



FRANKE  
TOBEY  
JONES

*Enjoy your age*

**Main Desk Phone**  
752-6621 or Ext. 0

**Work Order Line**  
Call or email Vicki for any  
maintenance needs at  
253-756-6293 or  
vweaver@franketobey  
jones.com

**RESIDENT COUNCIL  
MEETING**

Monday, January 9  
9:30 am, Zoom Meeting  
Contact Kelly Maxfield,  
Executive Assistant for  
an invite to the meeting  
or if you want a copy of  
the meeting minutes.

**BISTRO**  
Ext. 1394  
Location: LP 1st Floor  
*Next to Wellness Center*  
**Monday - Friday**  
*8am—2pm*

**NEW RESIDENTS**  
Francis Blair, TJ  
Stan Nyland, MC

**NEW STAFF**  
Briana Bumpas, Clinical  
Janae Jones, Clinical

**IN REMEMBRANCE**  
Doralin Burrows, DU

MONDAY, JANUARY 2		
1960's Trivia	9:30 am	LP Parlor
January Word Puzzles	10:30 am	LP Parlor
Australia's Wild Animals	1:30 pm	LP Parlor
Eggnog Hallway Social	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
TUESDAY, JANUARY 3		
What Am I?	9:30 am	LP Parlor
<i>Wellness: Strong &amp; Stable</i>	10:00 am	Wellness Center
AL Worship Service	10:30 am	LP Parlor
Rebus Puzzles	11:00 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
IL Worship Service	11:15 am	BV Bowditch Room
<i>Wellness: Restorative Yoga</i>	12:00 pm	Wellness Center
The Swinging 60's	1:30 pm	LP Parlor
Safeway Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
Room Visits	2:30 pm	LP Resident Rooms
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
WEDNESDAY, JANUARY 4		
<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
How 3D Puzzles are Made	9:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
<b>SU: Exploring the Ukulele</b>	<b>10:00 am</b>	<b>BV Bowditch Room</b>
Remembering Folk Songs	10:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	Wellness Center
Year of the Rabbit	1:30 pm	LP Parlor
<b>SU: Piano Through the Ages</b>	<b>2:00 pm</b>	<b>BV Bowditch Room</b>
Happy Hour	2:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

**Assessment Week in January**

From **January 16-20** the Wellness Staff will be conducting assessments. These will be exactly the same as the assessments conducted for class placement. This is a chance for those taking our classes to be re-assessed to track fitness progress and for staff to gauge the effectiveness of the class programming. The re-assessments will be for those who participate in one of our Seniorcise Gold, Strength n' Flex or Strong n' Stable classes. It is also a great opportunity for those that have been thinking about taking a fitness class to get assessed to figure out which class is best.

A sign up sheet with times will be posted in the Wellness Center later in the month. Classes will not be in session during these dates. Assessments are not required but highly encouraged. If you have any questions or would like to sign up, please contact the Wellness Team at 253-756-6279.

### HAPPY BIRTHDAY

January 1

Dorris Martin  
Edward Hudson

January 5

Linda McFerran  
Carol Rataczyk

January 9

Bev Werschkul

January 13

Marilyn Lindberg

January 14

Jim Cook  
James Wilcox

January 15

Robin Leitzinger

January 17

John Brooks  
Virginia Kenefick

January 18

Marlys Mitzner

January 19

Al Waters

January 21

Louise Brightwell

January 26

Barbara Lindsay

January 30

Lois Johnson

### HAPPY ANNIVERSARY

December 28

Mike & Mame Matteson

December 30

Peter & Kathy Wilkie

January 7

John & Jett Brooks

January 21

Hank & Judy Ball

### THURSDAY, JANUARY 5

<b>Rummy Card Game</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<i>Wellness: Strong &amp; Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<b>Cereals of the 60's</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<i>Wellness: Yoga</i>	<i>11:00 am</i>	<i>Wellness Center</i>
<b>SU: The Other Side of History</b>	<b>11:00 am</b>	<b>BV Bowditch Room</b>
<b>Lunch Bunch</b>	<b>11:30 am</b>	<b>Sign up at LP Desk</b>
<b>Jeopardy Trivia</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Knit Wits</b>	<b>2:00 pm</b>	<b>TJ Parlor</b>
<b>SU: Healthy Habits for Your Brain</b>	<b>2:00 pm</b>	<b>BV Bowditch Room</b>
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### FRIDAY, JANUARY 6

<i>Wellness: Seniorcise Gold I</i>	<i>8:00 am</i>	<i>Wellness Center</i>
<i>Wellness: Seniorcise Gold II</i>	<i>9:00 am</i>	<i>Wellness Center</i>
<b>Star of the Month</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<i>Wellness: Strength &amp; Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
<b>SU: Basics of Sign Language</b>	<b>10:00 am</b>	<b>BV Bowditch Room</b>
<b>Junk Drawer Detective</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<i>Wellness: Strength &amp; Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
<b>Wii Bowling</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>SU: Art Appreciation Lecture Series</b>	<b>2:00 pm</b>	<b>BV Bowditch Room</b>
<b>Room Visits</b>	<b>2:30 pm</b>	<b>Resident Rooms</b>
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### SATURDAY, JANUARY 7

<b>Morning Movie</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>TJ Afternoon Movie</b>	<b>2:30 pm</b>	<b>TJ Parlor</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### SUNDAY, JANUARY 8

<b>Skip-Bo Game</b>	<b>9:30 am</b>	<b>LP Parlor</b>
<b>Funny New Year Resolutions</b>	<b>10:30 am</b>	<b>LP Parlor</b>
<b>Seated Exercise</b>	<b>1:30 pm</b>	<b>LP Parlor</b>
<b>Australia Trivia</b>	<b>2:30 pm</b>	<b>LP Parlor</b>
<b>Conversation Corner</b>	<b>3:00 pm</b>	<b>LP 3rd Floor Lobby</b>

### Upcoming Resident Council via Zoom

On **Monday January 9th** we will hold our Resident Council meeting via Zoom. If you would like to receive an email with the information and the link to the Zoom meeting, please contact Kelly Maxfield at 253-756-6366 or [kmaxfield@franketobeyjones.com](mailto:kmaxfield@franketobeyjones.com). If you need assistance logging in or muting your computer after you have logged in, please also contact Kelly.



**Lunch Bunch—Boathouse 19**

**Thursday, January 5** Bus departs at 11:40am

Sign up by Tuesday January 3 **Cost: Meal**

Boathouse 19 is the newest addition to the Anthony’s Family of Restaurants. It is conceived to be casual, comfortable, affordable and fun – befitting their dockside setting. With their unique location over the waters of Puget Sound, the fabulous views of the Narrows Bridge and the snow-capped Olympic Mountains, the maritime activity of the Tacoma Narrows Marina, and the romance of the railroad in their backyard – they represent everything wonderful about the Pacific Northwest.

**This trip is capped at 20 people.  
Please sign up at the front desk.**

**NW Sinfonietta “Land (Wind) Fall”**

**Saturday, January 28** Bus departs at 6:45 pm.

Sign up by Wednesday January 25. **Cost: Ticket \$40-\$90**

Artistic Partner Mei-Ann Chen conducts this program that begins with Mendelssohn’s great Sinfonia No. 11, and explores the immigration story of of Erich Korngold, a child prodigy hailed in his native Austria as the ‘next Mendelssohn’ who was forced to flee to America due to the rise of the Nazi regime. Korngold’s Much Ado About Nothing brings the humor, intrigue and beauty of Shakespeare to this lush score. Nokuthula Ngwenyama’s noble ‘Bishop’s Processional’ and Viet Cuong’s Baroque-meets-marching-band ‘Extra(ordinarily) Fancy’ showcase NW Sinfonietta soloists.



**Please sign up at LP Front Desk**

**Tacoma Musical Playhouse “Once Upon This Island”**

**Saturday, January 28** Bus departs at 1:20 pm.

Sign up by Wednesday January 25. **Cost: Ticket \$32**



**Once Upon This Island**, is a coming-of-age one-act stage musical with a book and lyrics by Lynn Ahrens and music by Stephen Flaherty. It is based on the 1985 novel *My Love, My Love; or, The Peasant Girl* by Rosa Guy, a Caribbean-set retelling of Hans Christian Andersen's fairy tale *The Little Mermaid*. It concerns a peasant girl in the French Antilles who falls in love with a rich boy and makes a deal with the gods to save his life.

**Please sign up at LP Front Desk**

**Covid Update**

We hope everyone had a wonderful holiday weekend with your loved ones. Here is an update on the COVID outbreak in Assisted Living. This week we have one additional resident and two direct-care staff that have tested positive for COVID. All other Assisted Living residents and staff have tested negative. There are no changes to restrictions at this point. The dining room will remain open and we are pausing group activities. Visitation can continue but all visits must be in the resident room. Also a reminder that masks are still required for visitors throughout the Assisted Living building, even in resident rooms. We will continue regular testing until we go two weeks with no new positive results.

Thank you for everything you have done and continue to do to protect FTJ residents and staff. As always, if you have any questions, please do not hesitate to reach out via email to me (bbeckham@franketobeyjones.com) or Judy Dunn (jdunn@franketobeyjones.com) or by phone at 253-752-6621.

We are sending you and your family warmest thoughts and best wishes for a Happy New Year. May peace, love and prosperity follow you always.

Thank you,

Bob Beckham, Administrator and COO

# Happy New Year!



AULD LANG SYNE  
 BABY  
 BALL  
 BALLOONS  
 CALENDAR  
 CELEBRATION  
 CHAMPAGNE  
 CLOCK  
 CONFETTI  
 COUNTDOWN  
 DANCING  
 DECEMBER  
 EVE

FATHER TIME  
 FIRECRACKER  
 FIRST  
 FLUTE  
 GAMES  
 GOWN  
 HAPPY  
 HAT  
 HOURGLASS  
 INVITATION  
 JANUARY  
 KISS  
 MIDNIGHT

MUSIC  
 NOISE MAKER  
 PARTY  
 RESOLUTION  
 SPARKLER  
 STREAMER  
 TIMES SQUARE  
 TOAST  
 TRADITION  
 TUXEDO  
 VOW  
 YEAR



### WEEKLY RIDDLE

Two girls have the same parents and were born at the same hour of the same day of the same month, but they are not twins. How can this be possible?

### Tacoma Community Ukulele Project: Exploring the Ukulele

The ukulele is an instrument that you can learn chords & songs on with no prior musical training, so please join us regardless of your previous musical experience and leave with the tools to keep learning on your own. Contact Jana at 253-756-6219 to register for this class.



**Wednesdays, January 4, 11, 18, 25  
10:00 am, BV Bowditch Room**

### Piano Through the Ages

Piano Through the Ages brings students through an engaging hour of educational piano performance. With genres ranging from pop to jazz to classical and composers hailing from France to New Orleans, Piano



Through the Ages is sure to both entertain and enlighten. Contact Jana at 253-756-6219 to register for this class.

**Wednesday, January 4  
2:00 pm, BV Bowditch Room**

### Great Courses: The Other Side of History

*The Other Side of History: Daily Life in the Ancient World* is your chance to get beyond the abstract dates and figures, kings and queens, and battles and wars that make up so many historical accounts. Professor Robert Garland of Colgate University covers the breadth and depth of human history from the perspective of the so-called ordinary people, from its earliest beginnings through the Middle Ages. Contact Jana at 253-756-6219 to register for this class.

**Thursdays, January 5, 12, 19, 26  
11:00 am, BV Bowditch Room**

### Restorative Yoga

Restorative Yoga is gaining in popularity. It is used by athletes during rest/recovery days, and by individuals healing from illness and injuries.

This is a gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses in the Restorative tradition of Yoga, so the entire class is practiced on the floor with the aid of supportive props, like bolsters and blankets. Contact Sarah at 253-756-3241 to register for this class.

**Tuesdays  
12:00 pm Wellness Center**

### Basics of Sign Language

Join this “voice off” 6-week class to learn the basics of American sign language (ASL). Contact Jana at 253-756-6219 to register for this class.

**Fridays, 6, 13, 20, 27  
10:00 am, BV Bowditch Room**



### Knit Wits Group

The Knit Wits is a sewing, knitting, embroidery group that is open to anyone who has any kind of craft project that you sit for... and you'd like to be in the company of others while doing it. The Knit Wits meet in the Tobey Jones Parlor on Thursdays at their new time of 2:30pm. They'd love for you to join them!

**Thursdays, 2:30 pm  
Tobey Jones Parlor**



### Alzheimer's Association Lecture Series: Healthy Habits for Your Brain

Learn how healthy habits can help lower the risk of cognitive decline and possibly dementia and hear from someone who is making positive changes. Contact Jana at 253-756-6219 to register for this class.

**Thursday, January 5  
2:00 pm, BV Bowditch Room**

<b>MENU</b>			
<b>Jan 2nd - Jan 8th</b>			<i>Menu subject to change due to supply shortages</i>
	<b>BREAKFAST</b>	<b>DINNER</b>	<b>SUPPER</b>
<b>M</b>	Chilled Fruit	Cream of Chicken & Wild Rice	Cream of Chicken & Wild Rice
<b>O</b>	Orange Juice	Fruit Salad	Tomato Florentine Soup
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>D</b>	Belgian Waffles	Horseradish Crusted Trout	Fruit Salad
<b>A</b>	Scramble Eggs	Bean, Pork Kielbasa & Chicken Casserole	Three Cheese Quiche
<b>Y</b>	Grilled Ham	Brown Rice & Barley Pilaf	Bruschetta Burger
	Whole Milk	Summer Squash & Carrot Medley	French Fries
<b>2</b>	Coffee	Coconut Cream Pie	Broccoli Cuts
			Bakers Choice
	Chilled Fruit	Split Pea Soup w Ham	Split Pea Soup w Ham
<b>T</b>	Orange Juice	Cole Slaw	Turkey Rice Soup
<b>U</b>	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
<b>E</b>	Apple Cinnamon Muffin	Pinto Bean & Potato Cheddar Quesadilla	Cole Slaw
<b>S</b>	Fried Cage Free Egg	Pork Chop & Sauerkraut	Baked Ziti
<b>D</b>	Bacon	Oven Brown Potatoes	Pastrami & Swiss on Rye
<b>A</b>	Whole Milk	Peas w Onions	Potato Chips
<b>Y</b>	Coffee	Yellow Cake with Fudge Icing	Dinner Roll
<b>3</b>			Chocolate Chip Cookie
<b>W</b>			
<b>E</b>	Chilled Fruit	Chicken Gumbo	Chicken Gumbo
<b>D</b>	Orange Juice	Cucumber Sour Cream Salad	Red Pepper & Basil Soup
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>E</b>	Blueberry Coffee Cake	Crispy Baked Cod	Cucumber Sour Cream Salad
<b>S</b>	Scramble Eggs	Swedish Meatballs	Chicken Pattie Sandwich
<b>D</b>	Sausage Patty	Buttered Noodles	Classic Mac & Cheese
<b>A</b>	Whole Milk	Roasted Butternut Squash	Stewed Tomatoes
<b>Y</b>	Coffee	Bread Pudding	Sweet Potato Waffle Fries
<b>4</b>			Chocolate Brownie
<b>T</b>	Chilled Fruit	Hearty Beef Vegetable Soup	Hearty Beef Vegetable Soup
<b>H</b>	Orange Juice	Fruited Jell-O Salad	Mexican Street Corn Chowder
<b>U</b>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<b>R</b>	Eggs to Order	Pork & Wild Mushroom Ragout	Mixed Green Salad
<b>S</b>	Whole Wheat French Toast	Chicken Alfredo	Cheese Enchilada Casserole
<b>D</b>	Bacon	Rotini Pasta	Ham & Cheddar Croissant Melt
<b>A</b>	Whole Milk	Yellow Squash, Red Pepper, Pea Medley	Cilantro Lime Brown Rice
<b>Y</b>	Coffee	Garlic Crostini	Potato Chips
<b>5</b>		Bakers Choice	Cookies & Cream Cupcake
<b>F</b>	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<b>R</b>	Orange Juice	Side Caesar Salad	Side Caesar Salad
<b>I</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>D</b>	Fried Cage Free Egg	Grilled Salmon	Cheese Pizza
<b>A</b>	Sausage Link	Spinach Lasagna with Marinara Sauce	Tuna Noodle Casserole
<b>Y</b>	Mixed Berry Wheat Pancakes	Steamed Red Potatoes	Mixed Vegetables
	Whole Milk	Corn O'Brien with Peppers	Pound Cake
<b>6</b>	Coffee	Banana Split	
<b>S</b>			
<b>A</b>	Chilled Fruit	Loaded Baked Potato Soup	Loaded Baked Potato Soup
<b>T</b>	Orange Juice	Cottage Cheese & Tomato	Lemon Chicken Orzo Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>R</b>	Scrambled Egg	Meatloaf	Cottage Cheese & Tomato
<b>D</b>	Bacon	Buttermilk Fried Chicken Thighs	Zucchini, Bacon & Swiss Frittata
<b>A</b>	Whole Milk	Smashed Yukon Potatoes	Patty Melt Sandwich
<b>Y</b>	Coffee	French Cut Green Beans	Steamed Vegetables
<b>7</b>		Angel Food Cake w Orange Sauce	French Fries
			Butterscotch Pudding
<b>S</b>	Chilled Fruit	Chicken Ditalini Soup	Chicken Ditalini Soup
<b>U</b>	Old Fashioned Oatmeal	Mixed Green Salad	Cream of Vegetable Soup
<b>N</b>	Eggs To Order	Deviled Eggs	Deviled Eggs
<b>D</b>	Sausage Link	Seasoned London Broil	Mixed Green Salad
<b>A</b>	Hash Browned Potatoes	Honey Orange Pork Tenderloin	New England Shrimp Salad Roll
<b>Y</b>	Cinnamon Roll	Mashed Sweet Potatoes	Chicken Breast w Rice
	Whole Milk	Creamed Peas	Broccoli
<b>8</b>	Coffee	Cherry Pie	Oatmeal Raisin Cookie