



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, March 13
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

NEW STAFF

Lee Watson,
Housekeeping

IN REMEMBRANCE

Lloyd Albert, SN
Dee Havlina, LP

MONDAY, MARCH 13

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Bananagrams	9:30 am	LP Parlor
Resident Council	9:30 am	Zoom Meeting
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Andy Goldsworthy Art	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Wellness: Monday Meditation</i>	12:00 pm	Wellness Center
<i>Wellness: Line Dancing</i>	1:00 pm	Wellness Center
Live Music with Marty	1:30 pm	LP Parlor
Passionfruit Cocktail Hallway Social	2:30 pm	LP Hallways
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

TUESDAY, MARCH 14

Who Am I?	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
AL Worship Service	10:30 am	LP Parlor
Irish Music	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
Pi Day	1:30 pm	LP Parlor
Proctor District 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, MARCH 15

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
EZ Trivia	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Live Music with Dave	10:30 am	LP Parlor
SU: Wise Grandparents Discussion	11:00 am	Zoom Meeting
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Ides of March	1:30 pm	LP Parlor
SU: Meaningful Movies— Orchestrating Change	2:00 pm	BV Bowditch Room
<i>Holistic Wellness: Cultural Cuisine— Celebrate Holi 2023</i>	2:00 pm	Wellness Center
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

HAPPY BIRTHDAY

March 3

Louis Orrino

March 5

Marilyn Etzold

March 10

Karen Fischer

Richard Carr

March 11

Braxton Butler

March 12

Marilyn Thomas

Donna Kanyer

March 13

Phyllis Wire

March 16

Lee Fisher

Barbara Hill

March 18

Kathy Wilkie

Lawanna Ahrendt

March 19

Sharron Hartman

March 21

Maria Rapoport

March 23

John Lynn

Bobby Brown

March 26

Yvonne Zubalik

Bertrand Hill

March 27

Marcia Winkle

Laurie Bowman

March 28

Millicent McNearney

March 29

John Kriete

March 31

Francesca Okerlund

THURSDAY, MARCH 16

Cranium Crunches	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	10:00 am	Wellness Center
Grand Ole Opry	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
SU: The Other Side of History	11:00 am	BV Bowditch Room
Trader Joe's Shopping Bus	1:30 pm	Sign up at LP Desk
The Celts History	1:30 pm	LP Parlor
Knit Wits	2:00 pm	TJ Parlor
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
SU: Great Decisions Discussion	3:00 pm	Zoom Meeting
TJ Happy Hour	3:30 pm	TJ Parlor
GA Happy Hour	3:30 pm	GA Living Room

FRIDAY, MARCH 17

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
History of Irish Dancing	9:30 am	LP Parlor
SU: Great American Music	10:00 am	TJ Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Tales of the Irish	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Having Fun with Limericks	1:30 pm	LP Parlor
SU: Drawing Basics & Advanced Practice	2:00 pm	TJ Craft Room
St. Patrick's Day Social	2:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
IL St. Patrick Day Happy Hour	3:00 pm	Wellness Center
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, MARCH 18

Morning Movie	9:30 am	LP Parlor
TJ Afternoon Movie	2:30 pm	TJ Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Tacoma Symphony	6:30 pm	Sign up at LP Desk

SUNDAY, MARCH 19

Skip-Bo Card Game	9:30 am	LP Parlor
Jeopardy Trivia	10:30 am	LP Parlor
Yoga	1:30 pm	LP Parlor
15 Strange Things	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

Symphony Tacoma “Classics IV: Youthful Brilliance”

Saturday, March 18 Bus departs at 6:45 pm.

Sign up by Wednesday March 15. **Cost: Ticket \$35-\$77**

Viet Cuong’s *Bullish* is testimony to Bach’s continuing influence on today’s musical scene. Franck offers a rethinking of variation form in his Symphonic Variations.

Elfrida Andrée was the first woman to compose and conduct chamber and orchestral music in Sweden. Also influenced by Bach, Avner Dorman applied a modern

view to the classic composer in his Concerto in A which he wrote at the age of 19. Prokofiev’s first numbered symphony, which he dubbed “Classical,” is a modern reinterpretation of the classical style of Haydn and Mozart. Indonesian pianist and 2022 Gilmore Young Artist, Janice Carissa has been praised for radiating “the multicolored highlights of a mature pianist.”

Please sign up at LP Front Desk. Contact Heidi at 253-756-6284 or hwhite@franketobeyjones.com if you want her to purchase tickets for you.



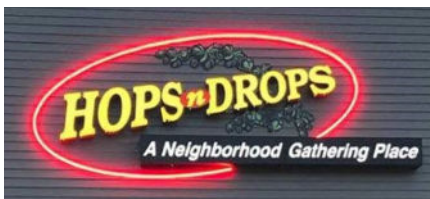
Lunch Bunch “Hops & Drops”

Friday, April 7 Bus departs at 11:30 am.

Sign up by Wednesday April 5. **Cost: Meal**

This month for Lunch Bunch we are trying a new restaurant. We’re going to Hops & Drops in Lakewood to experience classic American Bar cuisine! Originally from Bonney Lake WA, Hops & Drops have expanded to have an amazing selection of beer, wine, and cocktails that are excellently paired with their food. Enjoy a variety of salads, sandwiches, chicken dishes, tacos, and burgers. Bring your friends and enjoy a fun filled lunch outing.

Please sign up at LP Front Desk. This trip is capped at 21 people.



Symphony Tacoma “Classics V: Dancing Mallets & Pulsing Percussion”

Saturday, April 22 Bus departs at 6:45 pm.

Sign up by Wednesday April 19. **Cost: Ticket \$35-\$77**

RESONANT RHYTHM: Bartók invokes the rawness of Eastern European tunes originally played on fiddle or fife in his Romanian Folk Dances. Composer Nick DiBerardino conceives fantastical tales through his wide-ranging, story-driven musical language.

His newest commission will be debuted in Tacoma by arx duo, the dynamic percussion team of Garrett Arney and Mari Yoshinaga. Beethoven’s renowned Symphony No. 7 synthesizes dance-like energy, serene solemnity and rousing wildness.

Please sign up at LP Front Desk. Contact Heidi at 253-756-6284 or hwhite@franketobeyjones.com if you want her to purchase tickets for you.



Tacoma Musical Playhouse “Titanic the Musical”

Saturday, April 29 Bus departs at 1:20 pm.

Sign up by Wednesday April 26. **Cost: Ticket \$35**

Winner of five Tony Awards, *Titanic The Musical* is a stirring and unforgettable account of the first and last days of the ship of dreams. This epic musical features real stories of people aboard the most legendary ship in the world from third-class immigrants dreaming of a better tomorrow to first class passengers living a life of fame and fortune.

Please sign up at LP Front Desk. Contact Heidi at 253-756-6284 or hwhite@franketobeyjones.com if you want her to purchase tickets for you.



Covid Update

Here is the latest status update on our recent COVID outbreak.

We have great news! There are no active COVID cases for staff or residents at Franke Tobey Jones.

In Skilled Nursing all residents tested negative this week. There is no further testing required unless there is a new positive case or exposure.

In Memory Care all residents tested negative this week. The one resident that previously tested positive is no longer on isolation precautions. There is no further testing required unless there is a new positive case or exposure.

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 (jdunn@franketobeyjones.com) or to Bob Beckham at (bbeckham@franketobeyjones.com) or by phone at 253-752-6621.

Sincerely,

Judy Dunn, President and CEO



WEEKLY RIDDLE

Each day it's around, it's both near and far. Some are under it when not up to par. It always will change, it's never the same. It can be severe or it might be tame. Sam spoke of it once, partly just for fun. "Great deal has been said, little has been done".

How to Play Sudoku: Using only the numbers 1 through 9, complete the grid so that no number is repeated in any row, column or grid. Each puzzle has one, and only one, unique solution, and each can be solved using pure logic - guessing and trial-and-error are never required.

9	2		3		6			
		1		2	4	6		
5								1
	4				7			
1		3	4		2	7		6
			1				8	
8								2
		7	2	8		9		
			6		1		3	7

An Everlasting Memory on Arbor Day

Planting a tree in someone’s memory or to celebrate a loved one is a living tribute that will benefit present and future generations of FTJ Residents, Families, and Staff. To enhance the landscaping and beauty of the Franke Tobey Jones entrance, eight Japanese Zelcova Serrata Memorial Trees will be planted across from the Care Center on the large, grassed area, parallel to the rock riverbed. *Only eight trees will be planted.*



The cost of a Memorial Tree is \$5,000 and comes with an honorary plaque. The tree planting ceremony will be held on Arbor Day, Friday, April 28th, and all Memorial Tree donors will be invited to add the final soil to their tree.

If you would like to honor a loved one or plant a tree with your family name, please contact Shelley Harris in Philanthropy at sharris@franketobeyjones.com or at 253.756.6297.

Great Decisions Discussion: War Crimes

How will the war crimes committed in Ukraine be dealt with? Contact Jana at 253-756-6219 to register for this class and receive the Zoom link.

Thursday, March 16
3:00 pm, Zoom Meeting

Meaningful Movies: Orchestrating Change

This film tells the inspiring story of the only orchestra in the world created by and for people living with mental illness. Contact Jana at 253-756-6219 to register for this class.

Wednesday, March 15
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, March 16, 23, 30
11:00 am, BV Bowditch Room

Great Courses: Great American Music— Broadway Musicals

Join us for this 8-week Great Courses viewing from March 3 – April 21. Learn the story and the music behind popular Broadway musicals and hear rare recordings of groundbreaking artists. You’ll listen in on recorded interviews that take you behind the scenes of some of Broadway’s biggest hits and most memorable moments. Contact Jana at 253-756-6219 to register for this class.

Fridays, March 17, 24, 31
10:00 am, TJ Parlor

Holistic Wellness— Cultural Cuisine— Celebrate Holi 2023

Holi is a Hindu festival that celebrates the arrival of the spring, triumph of good over evil and new beginnings. It is the most colorful holiday of the year and celebrated in India and the US. Come join the party for food, stories and colorful celebration. The colors are played with water, powder along with some upbeat music. Wear an old outfit (or white shirt) you do not mind getting color on. Contact Sarah at 253-756-3241 to register for this class.

Wednesday, March 15
2pm, Wellness Center

Wise Grandparents Discussion

Elders play a vital role in the lives of grandchildren. We are historians -- teaching values, instilling ethnic heritage, and passing on family traditions. Most importantly, we pass on the stories of our lives. Contact Jana at 253-756-6219 to register for this class.

Wednesday, March 15
11:00 am, Zoom Meeting
Meeting ID: 481 600 3295
Passcode: 845170

MENU

March 13th - March 19th

Menu subject to change due to supply shortages

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