



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, April 10  
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**

**IN REMEMBRANCE**

**MONDAY, MARCH 20**

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Crosswords	9:30 am	LP Parlor
Church Service	10:00 am	LP Parlor
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
IL Church Service	10:30 am	TJ Parlor
Star of the Month	10:30 am	LP Parlor
<i>Wellness: Strength &amp; 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
Name the Phrase	1:30 pm	LP Parlor
Root Beer Float Hallway Social	2:30 pm	LP Hallways
<i>Holistic Wellness: Art Expressions</i>	2:30 pm	Wellness Center
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

**TUESDAY, MARCH 21**

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
Famous Puppets	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
Prado Museum Art	1:30 pm	LP Parlor
Safeway Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Holistic Wellness: DIY Natural Products</i>	2:00 pm	Wellness Center
<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 22**

Cool Carnations	9:30 am	LP Parlor
EZ Word Games	10:30 am	LP Parlor
<b>SU: What We Learned While We Were Alone (Together)</b>	<b>11:00 am</b>	<b>BV Bowditch Room</b>
Live Music with Sandra	1:30 pm	LP Parlor
<b>SU: Literary League Book Club</b>	<b>2:00 pm</b>	<b>BV Bowditch Room</b>
Happy Hour	2:30 pm	LP Parlor
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 23

Women's History Month	9:30 am	LP Parlor
<i>Wellness: Strong &amp; Stable</i>	10:00 am	Wellness Center
Name That Tune	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	11:00 am	Wellness Center
<b>SU: The Other Side of History</b>	<b>11:00 am</b>	<b>BV Bowditch Room</b>
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Boggle Game	1:30 pm	LP Parlor
Knit Wits	2:00 pm	TJ Parlor
<b>SU: French Art 1945—59</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
<i>Wellness: Sit Fit Fun</i>	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
TJ Happy Hour	3:30 pm	TJ Parlor
GA Happy Hour	3:30 pm	GA Living Room

### FRIDAY, MARCH 24

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Uno Card Game	9:30 am	LP Parlor
<b>SU: Great American Music</b>	<b>10:00 am</b>	<b>TJ Parlor</b>
<i>Wellness: Strength &amp; Flex I</i>	10:00 am	Wellness Center
Giant Crystals	10:30 am	LP Parlor
<i>Wellness: Strength &amp; Flex II</i>	11:00 am	Wellness Center
More Jeopardy Trivia	1:30 pm	LP Parlor
<b>SU: Self Care Practices for Living Well—Grounding &amp; Balance</b>	<b>2:00 pm</b>	<b>Zoom Meeting</b>
Room Visits	2:30 pm	Resident Rooms
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Live Music with Enzo	4:30 pm	LP Dining Room

### SATURDAY, MARCH 25

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

### SUNDAY, MARCH 26

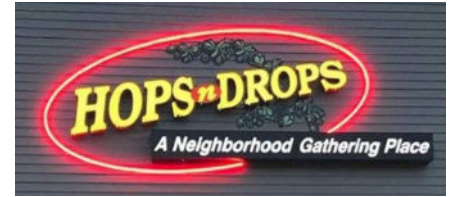
Write Word Game	9:30 am	LP Parlor
What is Flamenco	10:30 am	LP Parlor
Yoga	1:30 pm	LP Parlor
Water Pong	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

## **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.**

## **Watson’s Nursery and Lunch Trip**

**Tuesday, April 11** Bus departs at 10:30 am.

Sign up by Monday April 10 **Cost: Whatever you purchase, lunch**

We are heading to Watson’s Nursery to celebrate the warmer months. Watson’s will have their summer flowers in and will be geared up for the growing season. Join us to purchase flowers for your garden or to just browse their fun displays. We will stop at Poodle Dog restaurant in Fife for lunch on the way back to FTJ.



**Please sign up at the front desk.**

## **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](mailto: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](mailto:hwhite@franketobeyjones.com) if you want her to purchase tickets for you.**

### **New Monthly Topics**

Beginning on April 1st, Tobey Topics will become a monthly publication. The menu will continue to be delivered each week. One side will feature the menu and the other will contain puzzles and/or communications/updates from FTJ. Senior University, Holistic and Wellness Calendars will continue to be published as normal. Questions or concerns, please contact Heidi White.

**HOW TO SOLVE:** Cryptograms are simple-substitution ciphers where every letter of the alphabet has been switched. Your task is to use pattern recognition and your grammar and vocabulary abilities to decipher the hidden quote. Hint: Start with the 1, 2 and 3 letter words, and remember that the most common letters in the English language are E-T-A-I-O-N, in roughly that order. Good luck!

BQQ RXC MAYQF'H B HRBIC, BLF  
 BQQ RXC VCL BLF MAVCL VCYCQT  
 OQBTCYH; RXCT XBKC RXCPY CUPRH  
 BLF RXCPY CLRYBLWCH; BLF ALC  
 VBL PL XPH RPVC OQBTH VBLT  
 OBYRH; XPH BWRH NCPLI HCKCL  
 BICH.

BH TAJ QPEC PR



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A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
O																								H	



### WEEKLY RIDDLE

I counterfeit all bodies, yet have none;  
 Bodies have shadows, shadows give me one.

A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

Think IT Think	$\begin{array}{r} \text{WALK} \\ \hline \text{H}_2\text{O} \end{array}$	VAD ERS
$\begin{array}{c} \text{Mind}^{\text{ur}} \\ \text{Mind}^{\text{ur}} \\ \text{Mind}^{\text{ur}} \end{array}$	$\begin{array}{c} \text{KEEP} \\ \text{smiling} \end{array}$	$\begin{array}{r} \text{IT} \\ + \text{IT} \\ \hline ? \end{array}$

## 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 28<sup>th</sup>, 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](mailto:sharris@franketobeyjones.com) or at 253.756.6297.

## New Shopping Trip

We are pleased to announce that on the first Thursday of each month we will provide a shopping trip to the “Union District”. This trip will stop at Target, the Dollar Store and Walmart. Please sign up at the LP Front Desk by 3pm the day prior, if you want to go on any of our shopping trips.

## Gardening Talk

Master Gardener Karen Fischer will talk about gardening in containers, both flowers and vegetables. What are some things to consider when choosing a pot, soil, and plants, using fertilizers, avoiding insect pests and plant diseases, etc.? This talk is for any resident, not just garden plot and greenhouse users.

**Monday, April 3rd**  
**1:30 pm, BV Bowditch Room**

## Self-Care Practices for Living Well - Grounding & Balance: Relationship to Earth

This class is intended to enhance resilience of body and mind as we grow older, to help us live well and with an open heart even in the midst of challenging life circumstances. A simple and direct approach to self-care for the whole person will be taught using mindfulness, movement, meditation, and breath. Gentle and easy practices and movements that can serve us well in daily life will be offered. Contact Jana at 253-756-6219 to register for this class.

**Friday, March 24**  
**2:00 pm, Zoom Meeting**  
Meeting ID: 898 2645 9310  
Passcode: 845170

## What We Learned While We Were Alone (Together): Voices of the Pandemic

This hand's-on, generative poetry writing workshop will offer opportunities to do some unpacking and processing of our many experiences of that historic time. Contact Jana at 253-756-6219 to register for this class.

**Wednesday, March 22**  
**11:00 am, BV Bowditch Room**

## French Art 1945-59

This lecture will describe such art styles as Tachism, L'Art Informel, COBRA & Lyrical Abstraction. Contact Jana at 253-756-6219 to register for this class.

**Thursday, March 23**  
**2:00 pm, Zoom Meeting**  
Meeting ID: 481 600 3295  
Passcode: 845170

## Holistic Wellness– D.I.Y. Natural Products

Once a month we will introduce and teach you how to create different DIY Natural Products. Why DIY you may ask? You can save money, learn what really works for you, avoid harmful chemicals, get creative, stream line your routine, plus they make great gifts! This month, learn to make homemade body scrubs from ingredients found in your kitchen! We provide ingredients and tools. No previous experience needed. Contact Sarah at 253-756-3241 to register for this class.

**Tuesday, March 21**  
**2:00pm, Wellness Center**

<b>MENU</b>			
		<b>March 20th - March 26th</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	Minestrone Soup	Minestrone Soup
<b>O</b>	Assorted Fruit Juices	Fruit Salad	Split Pea, Potato & Sausage Soup
<b>N</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>D</b>	Poached Eggs	Chopped Beef Steak w Onions	Fruit Salad
<b>A</b>	Sausage Patty	Baked Cod w Tomato Caper Sauce	Open Faced Beef Sandwich
<b>Y</b>	Toast	Mashed Potatoes	Chicken & Rice Casserole
<b>20</b>	Whole Milk	Baked Butternut Squash	Mixed Vegetables
	Coffee	Lemon Pudding Cake with Lemon Sauce	Mashed Potatoes
			Bakers Choice
<b>T</b>	Chilled Fruit	Cream of Chicken Soup	Cream of Chicken Soup
<b>U</b>	Assorted Fruit Juices	Cole Slaw	Tomato Basil Soup
<b>E</b>	Cream of Wheat	Mixed Green Salad	Cole Slaw
<b>S</b>	Apple Cinnamon Muffin	Cumin Roasted Turkey Breast	Spaghetti Bolognese
<b>D</b>	Grilled Ham	Braised Swiss Steak	Chicken Fried Steak
<b>A</b>	Eggs To Order	Brown Rice	Potatoes Anna
<b>Y</b>	Whole Milk	Beets	Sautéed Spinach
<b>21</b>	Coffee	Mint Chocolate Chip Whoopie Pie	Bread Stick
			Applesauce Bar
<b>W</b>			
<b>E</b>	Chilled Fruit	Roasted Onion Soup	Roasted Onion Soup
<b>D</b>	Assorted Fruit Juices	Mixed Green Salad	Cream Of Mushroom Soup
<b>N</b>	Old Fashioned Oatmeal	Marinated Cucumber Salad	Mixed Green Salad
<b>E</b>	Fried Cage Free Egg	Braised Mediterranean Chicken	Marinated Cucumber Salad
<b>S</b>	Bacon	Salmon Scampi	Hamburger Pie
<b>D</b>	Coffee Cake	Bow Tie Pasta	Grilled Ham & Cheese Sandwich
<b>A</b>	Whole Milk	Broccoli w Lemon & Garlic	Potato Chips/ Steamed Vegetables
<b>Y</b>	Coffee	Bakers Choice	Asst Desserts
<b>22</b>			
<b>T</b>	Chilled Fruit	Bean Soup	Bean Soup
<b>H</b>	Assorted Fruit Juices	Fruited Jell-O Salad	Grilled Chicken Tortilla Soup
<b>U</b>	Cream of Wheat	Mixed Green Salad	Fruited Jell-O Salad
<b>R</b>	Sausage Link	Stuffed Sole	Mixed Green Salad
<b>S</b>	Scrambled Eggs	Farmers Style Meatloaf	Grilled Vegetable Quesadilla
<b>D</b>	Buttermilk Pancakes	Au gratin Potatoes	Beef Stew w/Cornbread
<b>A</b>	Whole Milk	French Cut Green Beans	Corn & Tomatoes
<b>Y</b>	Coffee	Carrot Cake	Chocolate Peanut Butter Brownie
<b>23</b>			
	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
<b>F</b>	Assorted Fruit Juices	Jicama Cabbage Slaw	Jicama Cabbage Slaw
<b>R</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>I</b>	Bacon	Grilled Fish Cakes	Vegetable Pizza
<b>D</b>	Fried Cage Free Egg	Herb Baked Chicken Thighs	Hot Meatball Sandwich
<b>A</b>	Asian Breakfast Taco	Orzo w Lemon & Herbs	Potato Chips
<b>Y</b>	Whole Milk	Peas & Carrots	Grasshopper Mousse
<b>24</b>	Coffee	Bread Pudding	
<b>S</b>	Chilled Fruit	Chicken Vegetable Soup	Chicken Vegetable Soup
<b>A</b>	Assorted Fruit Juices	Cottage Cheese & Tomato	Chili Con Carne
<b>T</b>	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
<b>U</b>	Scrambled Egg	Mango Crusted Tilapia	Cottage Cheese & Tomato
<b>R</b>	Hash Browned Potatoes	Breaded Pork Chop	Baked Ham & Potato Casserole
<b>D</b>	Sausage Patty	Rice Pilaf	Bacon Cheese Burger
<b>A</b>	Whole Milk	Steamed Cauliflower	French Fries
<b>Y</b>	Coffee	Banana Pudding Pie Cup	Sauteed Kale
<b>25</b>			Sugar Cookies
	Chilled Fruit	Cabbage White Bean Soup	Cabbage White Bean Soup
<b>S</b>	Assorted Fruit Juice	Deviled Eggs	Cream of Potato Soup
<b>U</b>	Cream of Wheat	Mixed Green Salad	Deviled Eggs
<b>N</b>	Fried Cage Free Egg	Beef Tri Tip	Mixed Green Salad
<b>D</b>	Bacon	Fried Chicken	Garden Vegetable Penne Pesto
<b>A</b>	Cinnamon Roll	Mashed Yukon Potatoes	Stuffed Bell Peppers
<b>Y</b>	Whole Milk	Braised Red Cabbage	Bread Sticks
<b>26</b>	Coffee	Lemon Meringue Pie	Angel Food Cake with Strawberry Sauce