



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
Janice Crist, SN
Dr. Robert Crist, LP

NEW STAFF
Vivienne Campbell,
Clinical
Sarah Durant, Clinical

IN REMEMBRANCE
Raeon deBoer

MONDAY, MARCH 27

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Quiddler Game	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Spanish Fencing	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
Classical Music—Dvorak	1:30 pm	LP Parlor
Italian Soda Hallway Social	2:30 pm	LP Hallways
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

TUESDAY, MARCH 28

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
Virtual Salt Mine Tour	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
Make Scented Hand Scrub	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
SU: Medicare with Federal, VA or Tricare	3:30 pm	Zoom Meeting

WEDNESDAY, MARCH 29

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Lucky Dice	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
March Madness	10:30 am	LP Parlor
SU: The Mysterious Octopus	11:00 am	BV Bowditch Room
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
<i>Holistic Wellness: Sound Bath</i>	1:30 pm	Wellness Center
Inventions of the 50's-70's	1:30 pm	LP Parlor
SU: French Art 1960—75	2:00 pm	Zoom Meeting
<i>Wellness: Sit Fit Fun</i>	2:30 pm	TJ Solarium
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 30

Strange Amphibians	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
The Yukon	10:30 am	LP Parlor
<i>Wellness: Yoga</i>	<i>11:00 am</i>	<i>Wellness Center</i>
SU: The Other Side of History	11:00 am	BV Bowditch Room
<i>Holistic Wellness: Safe & Steady</i>	<i>1:15 pm</i>	<i>Wellness Center</i>
Trader Joe's Shopping Bus	1:30 pm	Sign up at LP Desk
Giant Outdoor Sculpture	1:30 pm	LP Parlor
Knit Wits	2:00 pm	TJ Parlor
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>LP Parlor</i>
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 31

<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>
Lion & Lamb	9:30 am	LP Parlor
SU: Great American Music	10:00 am	TJ Parlor
<i>Wellness: Strength & Flex I</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Victorian Era Life	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
Celebration of Life Bell Ringing	1:30 pm	TJ Parlor
You're on Candid Camera	1:30 pm	LP Parlor
SU: 120 Years of Women in the Military	2:00 pm	Wellness Center
Room Visits	2:30 pm	Resident Rooms
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby
Live Music with Enzo	4:30 pm	LP Dining Room

SATURDAY, APRIL 1

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, APRIL 2

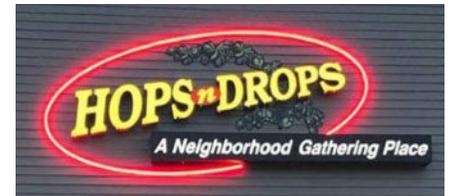
Write Word Game	9:30 am	LP Parlor
What is Flamenco	10:30 am	LP Parlor
Yoga	1:30 pm	LP Parlor
Water Pong	2:30 pm	LP Parlor
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

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.



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 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.

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!

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
E																									

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



WEEKLY RIDDLE

I'm round. I'm fat. I'm black. I spend most of my time in the dark. Unless the pressure gets too much for one of my brothers. I'm always there but you only need me in times of trouble.

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

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.

**Holistic Wellness Class
“Safe & Steady”**

This month we welcome back Dr. Eyford from the Health Connection! One of the greatest risks to the elderly population is the risk of falls during every day activities. Learn time tested techniques and exercises to keep yourself safe and steady to prevent any unnecessary accidents. Contact Sarah at 253-756-3241 to register for this class.

**Thursday, March 30
1:15pm Wellness Center**

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.

**120 Years of Women
in Our Military**

This program will cover how women progressed in the military and achieved the same rank and pay grade as their male counterparts. Alice Miller will talk about the numerous uniforms she will have on display and the women who wore them. We will start with a nurse’s uniform from the Spanish American War 1898. Contact Jana at 253-756-6219 to register for this class.

**Friday, March 31
2:00 pm, Wellness Center**

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**

The Mysterious Octopus

These creatures are now regarded as possessing consciousness and their ability to change their RNA without altering their DNA makes them model species for developing vaccines. In fact, their peculiar traits provoked a group of scientists to publish an article claiming octopuses are alien creatures.



During this interactive and educational presentation, you'll have the chance to learn about the anatomy, behavior, and ecological importance of octopuses. Our expert speaker will delve into the various species of octopuses and share fascinating stories and insights about these intelligent and mysterious creatures, exploring the cultural significance of octopuses throughout history and discussing the role they play in the conservation of our oceans.

**Wednesday, March 29
11:00 am BV Bowditch Room**

French Art 1960-75

This lecture will also define various styles such as Nouveau Réalisme, Situationist International and Fluxus, which stressed active participation, modern communication, or unusual materials. Contact Jana at 253-756-6219 to register for this class.

**Wednesday, March 29
2:00 pm, Zoom Meeting**
Meeting ID: 481 600 3295
Passcode: 845170

**Holistic Wellness Class
“Sound Bath”**

Sound bathing is one of the oldest forms of healing, used by every culture for thousands of years. Using crystal singing bowls to stimulate the brain, we can promote deep sleep and tranquility. We will guide you on a 45 minute journey to relax the body, calm the mind, and activate the body's natural healing systems. Contact Sarah at 253-756-3241 to register for this class.

**Wednesday, March 29
1:30pm Wellness Center**

MENU			
Mar 27th - Apr 2nd			
			<i>Menu subject to change due to supply shortages</i>
	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Chicken Mulligatawny Soup	Chicken Mulligatawny Soup
O	Assorted Fruit Juice	Fruit Salad	Tomato Basil Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Mixed Green Salad
D	Poached Cage Free Egg	Braised Beef Goulash	Chef Salad Plate
A	Turkey Sausage Link	Ham & Potato Frittata	Pork Scaloppine Ragout
Y	Blueberry Muffin	Buttered Egg Noodles	Mashed Potatoes
	Whole Milk	Sugar Snap Peas and Carrots	Seasoned Green Beans
27	Coffee	Cherry Pie	Bakers Choice
T	Chilled Fruit	Sweet Potato and Black Bean Chili	Sweet Potato and Black Bean Chili
U	Assorted Fruit Juice	Mixed Green Salad	Mushroom Garlic Soup
E	Cream of Wheat	Coleslaw	Mixed Green Salad
S	Scrambled Eggs	Herbed Roast Beef	Grilled Cheese & Tomato Sandwich
D	Buttermilk Pancakes	Lemon Dill Tilapia	General Tso's Chicken Bowl
A	Grilled Ham	Stewed Tomatoes	Asian Steamed Vegetables
Y	Whole Milk	Baked Potato	Potato Chips
28	Coffee	White Cake	Monster Cookie
W			
E	Chilled Fruit	Cream of Mushroom Soup	Cream of Mushroom Soup
D	Assorted Fruit Juice	Cucumber Sour Cream Salad	Spring Pasta Fagioli
N	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
E	Western Scrambled Eggs	Fried Oysters	Mixed Green Salad
S	Bacon	Cranberry Dijon Chicken Breast	Bayou Inspired Pollock Plate
D	Coffee Cake	Barley Pilaf with Carrots and Lemon	Roast Beef & Cheddar Panini
A	Whole Milk	Corn O'Brien with Peppers	French Fries
Y	Coffee	Pear Cobbler	Linzi Bars
29			
T			
H	Chilled Fruit	Vegetarian Lentil Soup	Vegetarian Lentil Soup
U	Assorted Fruit Juice	Mixed Green Salad	Chicken Orzo Soup
R	Cream of Wheat	Fruited Jell-O	Mixed Green Salad
S	French Toast	Sweet & Sour Meatballs	Cheese Ravioli
D	Eggs to Order	Java Molasses Pork Tenderloin	Grilled Chicken, Bacon & Cheese Sandwich
A	Sausage Link	Jasmine Rice	Sweet Potato Fries
Y	Whole Milk	Yellow Squash, Red Pepper & Pea	Garlic Breadstick
30	Coffee	Bakers Choice	Raspberry Yogurt Mousse
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Assorted Fruit Juice	Mixed Green Salad	Mixed Green Salad
I	Old Fashioned Oatmeal	Bean Salad	Margherita Pizza
D	Scrambled Egg	Shrimp Scampi	French Dip Sandwich
A	Bacon	Spaghetti & Meat sauce	Steak Cut Fries
Y	Apple Cinnamon Muffin	Spaghetti w Parsley	Dinner Roll
31	Whole Milk	Broccoli	Truffle Brownie Bits
	Coffee	Garlic Bread	
		Lemon Blueberry Cake	
S	Chilled Fruit	Split Pea Soup	Split Pea Soup
A	Assorted Fruit Juice	Mixed Green Salad	Cheese Soup
T	Old Fashioned Oatmeal	Cottage Cheese	Mixed Green Salad
U	Fried Cage Free Egg	Fried Chicken	Black Bean Burger w Side Salad
R	Eggs Benedict	Pork Roast	Kielbasa Sausage
D	Sausage Patties	Mashed Potatoes	Home Fried Potatoes
A	Whole Milk	Green Beans w Tomatoes	Fried Cabbage
Y	Coffee	Banana Split	Vanilla Pudding Cup
1			
	Chilled Fruit	Cream of Tomato Soup	Cream of Tomato Soup
	Assorted Fruit Juice	Waldorf Salad	Bacon & Corn Chowder
S	Cream of Wheat	Mixed Green Salad	Mixed Green Salad
U	Poached Egg	Coq Au Vin	Italian Sub Sandwich w Pasta Salad
N	Bacon	Braised Pot Roast	Chicken Pot Pie
D	Cinnamon Roll	Scalloped Potatoes	Mixed Vegetables
A	Whole Milk	Peas & Pearl Onions	Oatmeal Cookie
Y	Coffee	Dutch Apple Pie	
2			