



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
Helene Robertson, MC

NEW STAFF
Charla Morris, Activities
Runiesa Killian-Horace,
Housekeeping

IN REMEMBRANCE
Lloyd Albert, SN
Dee Havlina, LP

MONDAY, MARCH 6

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Rummy Card Game	9:30 am	LP Parlor
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Modern Jeopardy Trivia	10:30 am	LP Parlor
SU: From Crater to the Courtroom	11:00 am	BV Bowditch Room
<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
St. Paddy's Rhymes	1:30 pm	LP Parlor
Hot Buttered Rum Hallway Social	2:30 pm	LP Hallways
<i>Holistic Wellness: Are You Breathing?</i>	2:30 pm	Wellness Center
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

TUESDAY, MARCH 7

What 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
Rodeo Day	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
Japanese Fashions	1:30 pm	LP Parlor
Safeway Shopping Bus	1:30 pm	Sign up at LP Desk
<i>Holistic Wellness: Acrylic Pours</i>	2:00 pm	TJ Craft Room
Daffodil Princess Visit	2:00 pm	LP Parlor
<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 8

<i>Wellness: Seniorcise Gold I</i>	8:00 am	Wellness Center
<i>Wellness: Seniorcise Gold II</i>	9:00 am	Wellness Center
Paper Flamenco Fan Craft	9:30 am	LP Parlor
SU: New Tech for Visually Impaired	10:00 am	BV Bowditch Room
<i>Wellness: Strength & Flex I</i>	10:00 am	Wellness Center
Travelogue	10:30 am	LP Parlor
SU: Medicare w/ Federal, VA or Tricare	11:00 am	Zoom Meeting
<i>Wellness: Strength & Flex II</i>	11:00 am	Wellness Center
Random Trivia	1:30 pm	LP Parlor
SU: Field Trip- Birds & Blooms at the Rhododendron Gardens	1:30pm	Bus Departs Bistro
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

February 27

Rick Bock

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 9

Bounce Off	9:30 am	LP Parlor
<i>Wellness: Strong & Stable</i>	<i>10:00 am</i>	<i>Wellness Center</i>
Unusual Trees of the World	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
Fred Meyer Shopping Bus	1:30 pm	Sign up at LP Desk
Live Music with Old Time Fiddlers	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
SU: Piano Through the Ages	4:00 pm	BV Bowditch Room


FRIDAY, MARCH 10

<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>
Spain Trivia	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>
Wii Bowling	10:30 am	LP Parlor
<i>Wellness: Strength & Flex II</i>	<i>11:00 am</i>	<i>Wellness Center</i>
Harriet Tubman Day	1:30 pm	LP Parlor
SU: Drawing Basics & Advanced Practice	2:00 pm	TJ Craft Room
All About Girl Scouts/ Girl Scout Cookie Tasting	2:30 pm	LP Parlor
<i>Wellness: Sit Fit Fun</i>	<i>2:30 pm</i>	<i>TJ Solarium</i>
Conversation Corner	3:00 pm	LP 3rd Floor Lobby

SATURDAY, MARCH 11

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 12

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Daylight Saving Time Begins		
Truth or Blarney	9:30 am	LP Parlor
Amazing Tricks of Plants	10:30 am	LP Parlor
Yoga	1:30 pm	LP Parlor
Food for Thought	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

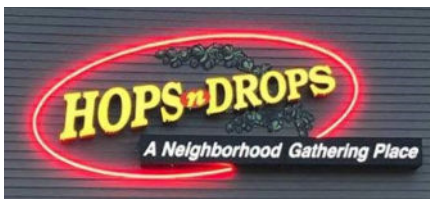
Bar cuisine! Originally from Bonney Lake WA, Hops & Drops have

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

In Skilled Nursing all residents tested negative this week. Group dining and activities have reopened. There are no restrictions on visitation as well. There is one direct-care staff member that tested positive earlier this week but they last worked on Friday, 2/24. All residents who tested positive recently have fully recovered and have come off of isolation precautions. We will continue weekly testing until we go 14 days with no new positives or exposures.

In Memory Care all residents tested negative this week. We still have one resident on isolation precautions. There are no changes to dining or activities. All visitation must occur in the resident rooms. We will continue weekly testing until we go 14 days with no new positives or exposures.

In Assisted Living there have been no new positives or exposures so no further testing is required unless there is a new positive 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

If you enjoy solving cryptograms, acrostics or crossword puzzles, you'll love solving **Quotefalls!** Each puzzle contains a hidden quote, with the spaces for each letter in that quote laid out in a typical crossword puzzle-type black and white grid. Above each column are a series of letters. Simply "drop" each letter into the appropriate squares in each row and column to reveal the hidden quote.

A	A	E	H	E	E	A	E	N	C	E	A	C	A	H	A	I	A
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~Lauren Bacall

Gardening Committee Update

The greenhouse is fully functional and ready for residents to use. Any residents can use the greenhouse to start plants for their balconies and patios as well as the garden plots. Kudos to Maintenance staff who have put together boxes for raised beds so there are now 16 garden plots! All are already spoken for. If you want a garden plot when one becomes available, contact Karen Fischer jlpicard79@gmail.com or 253-221-0879. She maintains a wait list. If you have topics you would like a Master Gardener to talk about, let her know. Plans are in place to schedule monthly gardening talks throughout the summer.

Piano Through the Ages

Piano Through the Ages brings students through an engaging hour of educational piano performance. Contact Jana at 253-756-6219 to register for this performance.

**Thursday, March 9
4:00 pm, BV Bowditch Room**

From the Crater to the Courtroom

Learn about the history of volcano hazard management in Washington State and go to the summit of Rainier to explore the world's largest subterranean ice cave network. Contact Jana at 253-756-6219 to register for this class.

**Monday, March 6
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 10, 17, 24, 31
10:00 am, TJ Parlor**

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 9, 16, 23, 30
11:00 am, BV Bowditch Room**

Vision Matters - The Newest Technology for Those Visually Impaired

Vision Matters is in the business of helping people living with low vision or blindness. They represent a variety of manufacturers and will be demonstrating some of the latest innovations – devices that make a life changing difference to those who can benefit from them. Contact Jana at 253-756-6219 to register for this class.

**Wednesday, March 8
10:00 am, BV Bowditch Room**

Nature Around Tacoma Series: Blooms and Birds at Pt. Defiance Rhododendron Garden

Enjoy a walk led by Tacoma Nature Center staff around the rhododendron garden at Point Defiance Park. This walk will take place on uneven gravel and some steep trails. Contact Jana at 253-756-6219 to register for this field trip.

**Wednesday, March 8
1:30 pm, Bus Departs from Bistro
2:00 pm, Pt. Defiance Rhododendron Garden**

MENU			
March 6th - March 12th			<i>Menu subject to change due to supply shortages</i>
	BREAKFAST	DINNER	SUPPER
M	Chilled Fruit	Chunky Vegetable & Orzo Soup	Chunky Vegetable & Orzo Soup
O	Orange Juice	Fruit Salad	Beef Mushroom & Barley Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Fruit Salad
D	Scrambled Egg	Grilled Salmon	BBQ Chicken Breast
A	Bacon	Roast Beef	Grilled Cheese, Tomato & Bacon
Y	Double Chocolate Muffin	Horseradish Yukon Mashed Potatoes	Baked Beans
	Whole Milk	Roasted Cauliflower	Macaroni Salad
6	Coffee	Devil's Food Cake	Bakers Choice
T	Chilled Fruit	Turkey Rice Soup	Turkey Rice Soup
U	Orange Juice	Cole Slaw	Garden Vegetable Soup
E	Cream of Wheat	Mixed Green Salad	Cole Slaw
S	Fried Large Cage Free Egg	Breaded Pork Cutlet	Chicken Tender Sandwich
D	Grilled Ham	Beef Stew & Cornbread	Farmers Omelet
A	Buttermilk Pancakes	Rice Pilaf	Hash Brown Potato Pattie
Y	Whole Milk	Brussel Sprouts	Potato Chips
7	Coffee	Strawberry Ice Cream	Chocolate Chip Cookies
W			
E	Chilled Fruit	Cauliflower Cheese Soup	Cauliflower Cheese Soup
D	Orange Juice	Cucumber Sour Cream Salad	Onion Soup with Parmesan Crouton
N	Old Fashioned Oatmeal	Mixed Green Salad	Cucumber Sour Cream Salad
E	Scrambled Egg	Chicken Marsala	BLT Sandwich
S	Sausage Link	Eggplant Parmesan	BBQ Pork Mac & Cheese
D	Apple Cinnamon Muffin	Penne Pasta	Baked Tomato
A	Whole Milk	French Cut Green Beans	Potato Chips
Y	Coffee	Garlic Black Pepper Rolls	Vanilla Pudding Cup
8		Cookies and Cream Blondie	
T			
H	Chilled Fruit	Egg Drop Soup	Cream of Chicken Soup
U	Orange Juice	Mixed Green Salad	Tossed Green Salad
R	Cream of Wheat	Fruited Jell-O Salad	Fruited Jell-O Salad
S	Whole Wheat French Toast	Pork Lo Mein	Hot Beef Sandwich
D	Scramble Eggs	Sweet & Sour Chicken	Broccoli Cheddar Quiche
A	Bacon	Steamed Brown Rice	Mixed Vegetables
Y	Whole Milk	Asian Blend Vegetables	Mashed Potatoes
9	Coffee	Bakers Choice	Assorted Desserts
F	Chilled Fruit	New England Clam Chowder	New England Clam Chowder
R	Orange Juice	Bean Salad	Tossed Green Salad
I	Old Fashioned Oatmeal	Mixed Green Salad	Bean Salad
D	Poached Eggs	Crispy Parmesan Tilapia	Fish & Chip Platter
A	Sausage Patty	Farmers Meatloaf	Beef Stroganoff
Y	Donuts Holes	Mashed Potatoes	Rotini Noodles
	Whole Milk	Peas & Carrots	Grilled Yellow Squash
10	Coffee	Banana Cream Pie Pudding Cup	Linzi Bars
S	Chilled Fruit	Spring Pasta Fagioli	Spring Pasta Fagioli
A	Orange Juice	Cottage Cheese	Vegetable Soup
T	Old Fashioned Oatmeal	Mixed Green Salad	Cottage Cheese
U	Fried Cage Free Egg	Baked Chicken	Grilled Cheese Quesadilla
R	Bacon	Stuffed Cabbage Rolls	Grilled Bratwurst & Kraut
D	Coffee Cake	Jasmine Rice & Scallions	Home Fried Potatoes
A	Whole Milk	Sesame Green Beans	California Mixed Vegetables
Y	Coffee	Apple Crumble	Raspberry Yogurt Mousse
11			
S	Chilled Fruit	Vegetarian Lentil & Spinach Soup	Vegetarian Lentil & Spinach Soup
U	Orange Juice	Waldorf Salad	Beef Barley Soup
N	Old Fashioned Oatmeal	Mixed Green Salad	Waldorf Salad
D	Eggs To Order	Fried Shrimp	Beef Pub Wrap
A	Bacon	Baked Ham	Teriyaki Chicken Fried Rice Bowl
Y	Hash Browned Potatoes	Scalloped Potatoes	Sautéed Bok Choy
	Cinnamon Rolls	Steamed Broccoli	Banana Split
12	Whole Milk	Lemon Meringue Pie	
	Coffee		