

## WELLNESS—FITNESS CLUB



free, Wellness Center participants give rave reviews for the exercise classes, free personal training and experienced and attentive staff. They say the staff have a magical ability to make exercise fun and special!



Wellness is the cornerstone of a full life and encompasses a holistic approach to living. Exercise helps maintain mental and physical health, and enhances the quality of life while prolonging independence. In 2004, the state-of-the-art 6,000 square foot MJ Wicks Family Wellness Center opened and continues to be a hallmark of our vibrant campus. Free to our residents and available to community seniors for a small monthly

### Four Main Types of Training

1. Strength training for improved independence and Confidence
2. Flexibility training for increased mobility and greater range of motion
3. Cardiovascular training for healthy heart and lungs
4. Balance training for maximum stability and decreased risk of falls and injury

## SENIOR UNIVERSITY

*“Where there is an open mind there will always be a frontier.”  
~Charles F. Kettering*

Senior University at Franke Tobey Jones provides a wealth of programs for lifelong learning for older adults, both those residing on campus and in the surrounding community. Senior University offers people 55 or better many opportunities to build skills, explore new subjects and enjoy the learning process with others. Lecturers and instructors are experts in their fields hailing from local colleges and universities, businesses, non-for-profits, cultural organizations along with others who have retired with rich career experiences. Most classes are offered free of charge as a public service to the Tacoma-Pierce County community. No degree or level of educational experience is necessary to join a Senior University class, just a desire to learn and grow. You may participate in a single class or take advantage of a broad range of classes or series held in a variety of locations on our beautiful campus.

Senior University also organizes the annual juried Senior Art Show in October which showcases recent creations of artists 55 or older and awards cash prizes.

For more information about Senior University please go to [www.FrankeTobeyJones.com/CommunityPrograms/SeniorUniversity](http://www.FrankeTobeyJones.com/CommunityPrograms/SeniorUniversity).

### The Mission of Franke Tobey Jones:

To enrich and extend the quality of life for seniors in our community. As a not-for-profit organization, we provide senior residential services, a supportive continuum of care and innovative community outreach.

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[Facebook.com/FrankeTobeyJones](https://www.facebook.com/FrankeTobeyJones)



FRANKE TOBEY JONES  
*Enjoy your age*

## ENJOY YOUR AGE



From the minute you set foot on the beautiful grounds at Franke Tobey Jones you'll feel at home. Our vibrant senior community is a place where close friends and memories are made; a place where our warm, caring staff strives to make every day the best it can be. We promote the enjoyment of living and life.

Exercise your mind with a Senior University enrichment course. Take a walk around the grounds. Join us for a Tai Chi class. Enjoy coffee at the Bistro Café with friends. You choose how to spend your time.

From independent living to assisted living, memory care and skilled nursing, Franke Tobey Jones is a place you can call home.





## A REMARKABLE HISTORY



Franke Tobey Jones

Franke Tobey was born in Jay, New York, on May 22, 1845. In 1872 she married Charles Hebard Jones, and in 1888 Franke and Charles settled in Tacoma.

Charles Jones joined with partners to establish the St. Paul & Tacoma Lumber Company and it quickly became the world's biggest lumber producer. Mrs. Jones took an active interest in the

business, even showing up on the mill floor. When Charles died in 1922, Franke kept her quarter share in the company and maintained full ownership and management of the mill in Hoquiam.

Franke was also very interested in the needs of Tacoma's elderly and discovered in Chapter C of the P.E.O. (Philanthropic Educational Organization), a group of like-minded Tacoma women. In 1922, fifteen P.E.O. women had incorporated a company and named it "The Old People's Home of Tacoma." They rented the old Danaher Home at 424 N. D Street and set about establishing "Restholme," a nursing Home for 14 elderly people. P.E.O. chapters all over Tacoma joined in the effort to raise funds to furnish the home. In 1923 Franke donated a building site near Point Defiance Park in addition to \$150,000 for the development of a permanent home for the elderly.

In 1924, the Franke Tobey Jones Home cornerstone was laid on a spectacular five-acre site with views of Commencement Bay and Mount Rainier. Franke, at the age of 80, presided over the ceremony. On March 24, 1925 the Home opened, a beautiful Tudor-style building with private accommodations for up to 65 residents, and it was soon recognized as one of the most outstanding retirement facilities in the nation.

By 1948, the popularity of the home was so great that there was a waiting list of six years. In 1947, Mrs. Lillian Pratt made a bequest of \$750,000 to the Home. The windfall permitted the Home to acquire adjoining land which was sorely needed to expand. More funds for the expansion arrived in the form of a large gift from the Tenzler Foundation as well as many smaller donations. On May 22, 1962 a ground breaking ceremony took place for the new building. On January 6, 1964 Pratt-Tenzler Hall opened its doors to 70 seniors. Soon after, a nationwide study of retirement homes rated Franke Tobey Jones among the top three in the nation.

## EXPANSION, RENOVATION, INNOVATION

Since the Lillian Pratt building opened, continual expansion, renovation and innovation has kept Franke Tobey Jones ahead of the curve when it comes to the ever changing needs and desires of seniors. The expansion has included 22 Duplex Cottages and 29 Garden Apartments for independent living, a 43-bed Health Care Center for skilled nursing, a 15-resident memory support community, a 6,000 square foot Wellness-Fitness Center and a Bistro Café. In 2007 Franke Tobey Jones embarked on a cultural and educational renaissance with Senior University which offers lifelong learning opportunities to anyone 55 or better on campus or in the surrounding community.

The care and service philosophy of Franke Tobey Jones has evolved from an institution in 1924 that simply provided comfortable and attractive accommodations, wholesome meals and basic infirmity services for seniors, into a holistic community with a healthy and stimulating environment for residents and the surrounding community. This way of life is based on the concept of wellness as an integrated system of physical, mental and emotional well-being.



## LIFESTYLE OPTIONS

Tudor-style residences are located on 20 acres of beautifully landscaped grounds adjacent to 700-acre Pt. Defiance Park in Tacoma's historic North End. As a Continuing Care Retirement Community with 200 residents, FTJ offers multiple lifestyle options for active retirees, with the peace of mind of lovely Assisted Living, 24-hour Health Care and Memory Care facilities.

### Independent Living



**Cottage Duplex** ~ Enjoy a modern home in a comfortable neighborhood with all the conveniences and security of being in a retirement community. Our beautifully designed duplex cottages have 2 bedrooms and 2 bathrooms, come fully equipped and provide the comfort active seniors are looking for in retirement living. Enjoy all of the benefits of FTJ residency in a more private setting.



**Garden Apartments** ~ This elegant building with maintenance free 1, 2 and 2 bedroom with den apartments includes bi-monthly housekeeping. The building's well-appointed parlors, soaring ceilings, grand staircase, elevator, library, sunroom and lounge with wet bar, big- screen TV and piano are a joy to all residents. A Concierge will answer your questions and make sure your needs are met.



**Tobey Jones Building** ~ The historic 1924 Tobey Jones building has been beautifully renovated and offers apartment living in a comfortable, secure and convenient atmosphere. Residents receive three meals daily in a lovely dining room with waited service and weekly housekeeping. The Tobey Jones building has a warm and inviting sun porch, a cozy library, a wonderful view of the Resident Garden and the beautiful historic solarium is adjacent to the dining room.



### Assisted Living

**Lillian Pratt Building** ~ Residents retire in style and comfort. The gracious setting is matched by impeccable care and service. Lovely studio, 1 and 2 bedroom apartments are available, each with private bath and emergency call system, plus meals, housekeeping, utilities, phone and cable are included.



### Skilled Nursing

**Health Care Center** ~ This private pay Washington State Licensed skilled nursing center, with both private and semi-private rooms, provides our residents and their families with a multitude of amenities and the peace of mind of the most qualified clinical staff around.

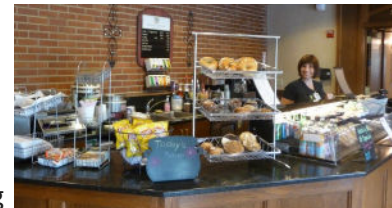


### Memory Care

**Our Place** ~ This homelike residence is specially designed for seniors with Alzheimer's Disease and dementia. Under the direction of a Licensed Nurse, Certified Nursing Aides and Activity Coordinators, the Our Place day is structured to maximize the quality of life for residents.

## AMENITIES

- ◇ 20 Acres with walking paths
- ◇ Wellness / Fitness Center
- ◇ Exercise Classes
- ◇ Senior University Classes
- ◇ Activities, Trips and Tours
- ◇ Hobby & Craft Room, Woodshop
- ◇ Resident Store, Bistro Café, Salon Spa Services
- ◇ Resident Garden/Green House
- ◇ Housekeeping and Laundry Services
- ◇ Guest House
- ◇ Priority to Move
- ◇ Water Views
- ◇ Pets Welcome
- ◇ Maintenance Free Living
- ◇ Transportation to Medical Appointments
- ◇ Transportation 5 days/week
- ◇ Close to Downtown Tacoma & the Proctor District
- ◇ Next to Pt. Defiance Park/Zoo
- ◇ Cable & Internet Service (for a fee), Emergency Response
- ◇ Massage Therapist (for a fee)



## FTJ IS A NON PROFIT, CCRC

As a not-for-profit Continuing Care Retirement Community (CCRC), Franke Tobey Jones is able to provide opportunities to our residents and community seniors that truly make everyday meaningful. Donors to our Annual and Endowment funds enable us to offer programs such as Charitable Subsidy, Wellness, Senior University and the Point Defiance ~



Ruston Senior Center. Both our Wellness and Senior University programs are open to anyone 55 or better.

Franke Tobey Jones remains dependent upon, and indebted to, the community members that have made our growth possible. Today FTJ remains a not-for-profit organization with its mission "To enrich and extend the quality of life for seniors in our community." The FTJ 501(c)3 status benefits the greater senior community by enabling the organization to offer outreach programming from the funding it receives.