

April Highlights

Monday, April 3

SU: Understanding the War in Ukraine*

In February 2022, Russia launched its invasion of Ukraine. Join us for a discussion of the causes of the invasion of Ukraine and the possible future course of the war.

12:00 pm, Zoom Meeting

Meeting ID: 481 600 3295 Passcode: 845170

Thursday, April 6

SU: Alzheimer's Association Lecture Series: Understanding Alzheimer's and Dementia*

Join us to learn about: The impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors. We will also discuss current research and treatments available to address some symptoms and explore the different Alzheimer's Association resources.

2:00 pm, BV Bowditch Room

Monday, April 10

H: Art Expressions*

Join us for a Community Art Experiment-5 minute paint & pass challenge.

2:30 pm, Wellness Center

Wednesday, April 12

SU: Nature around Tacoma Series: Earth Day Walk at Tacoma Nature Center*

Learn about the rich wetland and forest habitats from Tacoma Nature Center staff as you walk the half mile loop around Snake Lake. Walk will be on a packed gravel path with a few hills.

2:00 pm, Field Trip to Tacoma Nature Center (bus departs Bistro at 1:30 pm)

Thursday, April 13

SU: Piano Through the Ages*

Piano Through the Ages brings students through an engaging hour of educational piano performance.

4:00 pm, BV Bowditch Room

Tuesday, April 18

H: Cultural Cuisine- Chamorro

Chamorro cuisine is influenced by Spanish, Mexican, American, Japanese and Filipino culture. Join us to explore new recipes from diverse cultures.

2:00 pm, Wellness Center

Wednesday, April 19

H: Tea Tasting—Blooming Tea

learn about the surprising benefits of blooming tea or flowering tea- a tight bundle of green tea leaves or buds skillfully hand-woven around dried flowers

1:00pm, Wellness Center

Wednesday, April 19

SU: Meaningful Movies: Inhospitable*

Inhospitable follows the story of patients and activists as they band together in an effort to fight UPMC, a multi-billion dollar nonprofit hospital behemoth in western Pennsylvania.

2:00 pm, BV Bowditch Room

Friday, April 21

SU: Ancient Disasters & their Legends & Myths*

Extreme events in nature have always been a part of human life, and ancient peoples from the Arctic to the Andes had their own way of explaining such events. Can we learn from them today?

2:00 pm, BV Bowditch Room

Thursday, April 27

SU: Steve's Local History: Tacoma's Role in Literature*

Steve Dunkelberger is a local historian, author, and journalist, as well as a teacher in the Tacoma Public Schools and Pierce College. He focuses on local history, particularly the odd quirks and figures of our shared heritage.

4:00 pm, BV Bowditch Room

Friday, April 28

H/SU: Self-Care Practices for Living Well - Resilience Adapting to Change

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.

2:00pm, Zoom Meeting

Meeting ID: 898 2645 9310 Passcode: 845170

SU = Senior University program

H = Holistic Wellness program

For complete details refer to monthly Holistic &

Senior University calendars

*** indicates registration required**



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
@franketobeyjones.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

Tobey Topics

April 2023

Conspiracy Candidates: Conspiracy Theories and The Candidates who Spread Them

In recent years, candidates for political office have disseminated conspiracies such as Q Anon, the Great Replacement Theory, and a host of theories related to the integrity of the electoral process. These theories are dangerous and have important implications for the safety of our communities and the future of American democracy itself.

Wednesday, April 26, at 11:00 am, Zoom Meeting
Meeting ID: 481 600 3295 Passcode: 845170



Micro Greens Growing Workshop

Microgreens, also known as “vegetable confetti”- are packed with astonishing amounts of nutrients. In this workshop, we will introduce Microgreens and provide a simple, step by step guide on how to grow microgreens in your homes. Whether you are adding them to your salads, sandwiches, or smoothies these microgreens are a decorative, fun, and creative way to get more nutrients into your diet.

Tuesday, April 11th at 2:00 pm in the Wellness Center



Learn About Ballet Folklórico

Join this 3-week class exploring Mexican culture through movement, music, and costume. Instructor, Jessica Grossman, specializes in Mexican folk dance, known as ballet folklórico. She has studied and performed with the Seattle-based folklórico group Bailadores de Bronce since 2017, and as of 2022 has been teaching classes weekly for Bronce's intermediate and advanced dance groups. Her goal is to create an understanding and appreciation of Mexican culture through the arts. Even though it is a dance form, folklórico has a very interesting history and is extremely diverse. All states in Mexico have different styles of music, distinct outfits, and steps that culminate into the dances of that region. We will explore those differences throughout the workshop. As opposed to being a dance focused workshop, it is a cultural workshop. Register to attend:

Wednesdays, April 5, 12, 19 at 10:00 am in the BV Bowditch Room



Outings, Day Trips, Special Events

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 Trip

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

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

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 LP 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**

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.

Lunch Bunch “Coopers”

Friday, May 5 Bus departs at 11:20 am.

Sign up by Wednesday May 3. **Cost: Meal**

This month for Lunch Bunch we are trying another new restaurant. We're going to Coopers in Tacoma! Locally owned, they are dedicated to providing superb American Cuisine that is regionally sourced. Bring your friends and enjoy a fun filled lunch outing.

Please sign up at LP Front Desk. This trip is capped at 20 people.

See separate menu page for additional NW Repertory Singer outing in May

April Resident Birthdays

Maria Kirchmer	2
Paula Foreman	3
Steve Didis	9
Judy McDonald	9
Jim Blankenship	10
David Wheeler	10
Jett Brooks	12
Linda Kehoe	17
Ann Martin	20
Marcia Kuska	21
Beverly Cook	24
Bernie Ekemo	25
Barbara Johnson	26



March New Staff

Charla Morris, Activities
Runiesa Killian-Horace, Housekeeping
Lee Watson, Housekeeping
Vivienne Campbell, Clinical
Sarah Durant, Clinical
Juliet Willis, Clinical



March New Residents

Helene Robertson, MC
Frank & Liz Brian, GA
Ruth Jones, SN
Ken Johnse, SN
Wayne Phillips, TJ
Robert Crist, LP
Janice Crist SN

Welcome!

March In Remembrance

Lloyd Albert, SN
Raean DeBoer, LP
Jerry McKain, SN



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, at 11:00am in front of the Care Center, 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

April 2023



1
9:30 Morning Movie: (LP)
2:30 Afternoon Movie (TJ)

2

Room Key
 BV= Bristol View Bowditch Room
 C= Tobey Jones Craft Room
 D= Lillian Pratt Dining Room
 FT= Field Trip
 GA= Garden Apt. Living Room
 LP= Lillian Prat Parlor
 TJ= Tobey Jones Parlor
 W= Wellness Center
 Z= Zoom Meeting
 *= Registration Required

Color Key
 Orange =Senior University
 Green = Holistic
 Blue = Bus Outing

3
 8:00 Seniorcise Gold I (W)
 9:00 Seniorcise Gold II (W)
 9:00 GA Continental Breakfast
 10:00 Strength n Flex I (W)
 10:00 Nutrition for Healthy Aging: Eating the Vegetarian/Vegan Way (Z)
 11:00 Strength n Flex II (W)
 12:00 Monday Meditation (W)
 12:00 Understanding the War in Ukraine (Z)
 1:00 Line Dancing (W)
 1:30 Gardening Talk (BV)
 5:00 DU Happy Hour (Z)

4
 10:00 Strong n Stable (W)
 10:30 Worship Service & Communion (LP)
 11:00 Yoga (W)
 11:15 Chaplain Services (BV)
 12:00 Restorative Yoga (W)
 1:30 Safeway Shopping Bus
 2:30 Sit Fit n Fun (LP)

5
 8:00 Seniorcise Gold I (W)
 9:00 Seniorcise Gold II (W)
 9:00 GA Continental Breakfast
 10:00 Strength n Flex I (W)
 10:00 Ballet Folklorico* (BV)
 11:00 Strength n Flex II (W)
 2:30 Sit Fit n Fun (TJ)
 2:30 Happy Hour (LP)
 3:00 Seniors Helping Seniors: Technology Scams to Avoid* (BV)

6
 10:00 Strong n Stable (W)
 11:00 Yoga (W)
 11:00 Great Courses - The Other Side of History: Daily Life in the Ancient World (BV)
 1:30 Union District Shopping Bus
 2:00 Alzheimer's Association Lecture Series: Understanding Alzheimer's and Dementia* (BV)
 2:30 Knit Wits (TJ)
 2:30 Sit Fit n Fun (LP)
 3:30 GA Happy Hour (GA)
 3:30 TJ Happy Hour (TJ)

7
 8:00 Seniorcise Gold I (W)
 9:00 Seniorcise Gold II (W)
 9:00 GA Continental Breakfast
 10:00 Strength n Flex I (W)
 10:00 Great Courses- Great American Music: Broadway Musicals (TJ)
 11:00 Strength n Flex II (W)
 11:30 Lunch Bunch (Bus)
 2:00 Art Appreciation Lecture Series: Exploration of Art Through Materials - Painting Part 2* (BV)
 2:30 Sit Fit n Fun (TJ)

8
 9:30 Morning Movie: (LP)
 2:30 Afternoon Movie (TJ)

9

Happy Easter

10
 8:00 Seniorcise Gold I (W)
 9:00 Seniorcise Gold II (W)
 9:00 GA Continental Breakfast
 9:30 Resident Council (Z)
 10:00 Strength n Flex I (W)
 11:00 Strength n Flex II (W)
 12:00 Monday Meditation (W)
 1:00 Line Dancing (W)
 1:30 Music with Marty (LP)
 2:30 Art Expressions (W)
 5:00 DU Happy Hour (W)

11
 10:00 Strong n Stable (W)
 10:30 Watson's Nursery and Lunch Trip (Bus)
 10:30 Worship Service (LP)
 11:00 Yoga (W)
 11:15 Chaplain Services (BV)
 12:00 Restorative Yoga (W)
 1:30 Proctor District Shopping
 2:00 Micro Greens Growing Workshop (W)
 2:30 Sit Fit n Fun (LP)

12
 8:00 Seniorcise Gold I (W)
 9:00 Seniorcise Gold II (W)
 9:00 GA Continental Breakfast
 10:00 Strength n Flex I (W)
 10:00 Ballet Folklorico* (BV)
 11:00 Strength n Flex II (W)
 11:00 Inflation Reduction Act* (Z)
 1:30 Sound Bath (W)
 2:00 Nature around Tacoma Series: Earth Day Walk at Tacoma Nature Center* (FT)
 2:30 Sit Fit n Fun (TJ)
 2:30 Happy Hour (LP)

13
 10:00 Strong n Stable (W)
 11:00 Yoga (W)
 11:00 Great Courses - The Other Side of History: Daily Life in the Ancient World* (BV)
 1:30 Fred Meyer Shopping Bus
 1:30 Live Music: The Old Time Fiddlers (LP)
 2:30 Knit Wits (TJ)
 2:30 Sit Fit n Fun (LP)
 3:30 GA Happy Hour (GA)
 3:30 TJ Happy Hour (TJ)
 4:00 Piano Through the Ages* (BV)

14
 8:00 Seniorcise Gold I (W)
 9:00 Seniorcise Gold II (W)
 9:00 GA Continental Breakfast
 10:00 Strength n Flex I (W)
 10:00 Great Courses- Great American Music: Broadway Musicals (TJ)
 11:00 Strength n Flex II (W)
 2:00 Darwin's Falling Sparrow: Victorian Evolutionists and the Problem of Suffering* (BV)
 2:30 Sit Fit n Fun (TJ)

15
 9:30 Morning Movie: (LP)
 2:30 Afternoon Movie (TJ)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>16</p> <div style="border: 1px solid black; padding: 5px;"> <p>Room Key BV= Bristol View Bowditch Room C= Tobey Jones Craft Room D= Lillian Pratt Dining Room FT= Field Trip GA= Garden Apt. Living Room LP= Lillian Pratt Parlor TJ= Tobey Jones Parlor W= Wellness Center Z= Zoom Meeting *= Registration Required</p> <p>Color Key Orange =Senior University Green = Holistic Blue = Bus Outing</p> </div>	<p>17</p> <p>8:00 Seniorcise Gold I(W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I (W) 10:00 Church Service (LP) 10:30 Church Service (TJ) 11:00 Strength n Flex II (W) 12:00 Monday Meditation (W) 1:00 Line Dancing (W) 5:00 DU Happy Hour (W)</p>	<p>18</p> <p>10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Yoga (W) 11:15 Chaplain Services (BV) 12:00 Restorative Yoga (W) 1:30 Safeway Shopping Bus 2:00 Cultural Cuisine (BV) 2:30 Sit Fit n Fun (LP)</p>	<p>19</p> <p>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I (W) 10:00 Ballet Folklorico* (BV) 10:30 Live Music w/Dave (LP) 11:00 Strength n Flex II (W) 1:00 Tea Tasting (W) 2:00 Meaningful Movies: Inhospitable* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p>	<p>20</p> <p>10:00 Strong n Stable (W) 11:00 Yoga (W) 11:00 Great Courses - The Other Side of History: Daily Life in the Ancient World* (BV) 1:30 Trader Joes Shopping Bus 2:30 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Great Decisions Discussion: China and the U.S.* (Z) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>21</p> <p>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I(W) 10:00 Great Courses- Great American Music: Broadway Musicals (TJ) 11:00 Strength n Flex II (W) 2:00 Ancient Disasters and the Legends and Myths They Inspired* (BV) 2:30 Sit Fit n Fun (TJ)</p>	<p>22</p> <p>9:30 Morning Movie: (LP) 2:30 Afternoon Movie (TJ) 6:30 Tacoma Symphony (Bus)</p> <p style="text-align: center;">Earth Day</p>
<p>23</p> 	<p>24</p> <p>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 12:00 Monday Meditation (W) 1:00 Line Dancing (W) 5:00 DU Happy Hour (W)</p>	<p>25</p> <p>10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Yoga (W) 11:15 Chaplain Services (BV) 12:00 Restorative Yoga (W) 1:30 Proctor District Shopping 2:00 Acrylic Pours Workshop (C) 2:30 Sit Fit n Fun (LP) 3:30 Inflation Reduction Act* (Z)</p>	<p>26</p> <p>9:00 GA Continental Breakfast 11:00 Conspiracy Candidates: Conspiracy Theories and The Candidates who Spread Them (Z) 1:30 Live Music w/ Sandra (LP) 2:00 Literary League Book Club—She Would Be King* (BV) 2:30 Happy Hour (LP)</p>	<p>27</p> <p>10:00 Strong n Stable (W) 11:00 Yoga (W) 11:00 Great Courses - The Other Side of History: Daily Life in the Ancient World* (BV) 1:30 Fred Meyer Shopping Bus 2:30 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 4:00 Steve's Local History: Tacoma's Role in Literature* (BV)</p>	<p>28</p> <p>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I (W) 10:00 Rock Painting* (C) 11:00 Tree Planting Ceremony 11:00 Strength n Flex II (W) 2:00 Self-Care Practices for Living Well - Resilience: Adapting to Change (Z) 2:30 Sit Fit n Fun (TJ) 4:30 Live Music with Enzo (D)</p> <p style="text-align: center;">Arbor Day</p>	<p>29</p> <p>9:30 Morning Movie: (LP) 1:15 Tacoma Musical Playhouse (Bus) 2:30 Afternoon Movie (TJ)</p>
<p>30</p> <h1 style="color: blue; font-family: cursive;">April 2023</h1>						