

May Highlights

Monday, May 1

SU: Chat with Councilman John Hines*

Join Council Member John Hines to hear about what's happening in the City of Tacoma and to bring specific concerns to the Councilman's attention.

4:00 pm, Wellness Center

Thursday, May 4

SU: Alzheimer's Association Lecture Series: Understanding Dementia Related Behavior*

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with most common behavioral challenges.

2:00 pm, BV Bowditch Room

Tuesday, May 9

H: Cultural Cuisine– Fruits of the World

Enjoy sampling different fruits from around the world and learn of their health and wellness benefits. Join us to explore new recipes from diverse cultures.

2:00 pm, BV Bowditch Room

Wednesday, May 10

SU: Nature around Tacoma Series: Low Tide Beach Walk at Titlow Beach*

Learn from Tacoma Nature Center Staff what cool creatures make their home on the beach between the tides. This walk will be on a rocky, uneven beach.

2:00 pm, Field Trip to Titlow Park (bus departs Bistro at 1:30 pm)

Wednesday, May 17

SU: Nutrition for Healthy Aging: Eating the Vegetarian/Vegan Way

Learn all about a Vegetarian and Vegan style diet – what to include, what to exclude, how to modify, health benefits and shortcomings. Includes a menu plan for a week.

10:00 am, Zoom Meeting

Wednesday, May 17

SU: Meaningful Movies: Storming Caesars Palace*

The story of Las Vegas activist Ruby Duncan and a band of ordinary mothers who launched one of the most extraordinary, yet forgotten, feminist, anti-poverty movements in U.S. history.

2:00 pm, BV Bowditch Room

Tuesday, May 23

H: D.I.Y. Natural Surface Cleaner

This month we will make a simple all natural surface cleaner. Come join us and customize your own unique non toxic surface cleaner!

2:00pm, Wellness Center

Wednesday, May 24

H: Aromatherapy Sound Bath*

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. This month we offer Singing Bowls & Aromatherapy- A Match Made in Heaven. Guiding you on a 45 minute journey to relax the body, calm the mind, and activate the body's natural healing systems.

1:30 pm, Wellness Center

Friday, May 26

H/SU: Self-Care Practices for Living Well - Relationship to Yourself

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

Tuesday, May 30

H: Art Expressions*

Explore the art of fluid painting. Learn different acrylic pouring techniques.

2:00 pm, TJ Craft Room

Wednesday, May 31

SU: The View from Aoraki*

Learn about the natural history of New Zealand, the Māori legends about the creation of the New Zealand alps and fjords and follow mountaineers on a grand traverse of New Zealand's Mount Cook.

2:00 pm, BV Bowditch Room

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, May 8
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

May 2023

Nutrition for Healthy Eating: Eating the Omnivore Way

Learn all about an Omnivore or Mediterranean style diet. The Mediterranean diet is a diet inspired by the eating habits and traditional food typical of Crete, much of the rest of Greece, and southern Italy.



Monday, May 1, at 10:00 am, Zoom Meeting
Meeting ID: 828 5949 5441 Passcode: 845170

Line Dancing

Besides being just plain fun, line dancing has some amazing benefits to our health. Studies have shown that line dancing may reduce the risk of falls. In addition, it may help lower the risk of cognitive disorders like Alzheimer's or early on-set dementia. This is a low- to moderate impact dance class aimed at improving cardiovascular health, muscular strength, flexibility, coordination and balance.



Mondays, at 1:00 pm in the Wellness Center

The Chemistry of Chocolate

Do you love eating chocolate and want to know more about how it's made? Come learn about the science of chocolate and what makes it so delicious! We'll talk about the humble origins of the cacao seed pod and how chocolate is made through a series of fermentation, roasting, refining, and tempering steps.



Our presenters are Erica and Justin. Erica Fickeisen, was the lead baker at Pacific Lutheran University from 2007 - 2022. She is a graduate of Le Cordon Bleu culinary school in Paris, France. Dr. Justin Lytle has been a Professor of Chemistry at Pacific Lutheran University since 2008. He earned his doctoral degree in Chemistry from the University of Minnesota. Erica and Justin have presented about the science of chocolate to a variety of audiences since 2009. RSVP required to attend.

Wednesday, May 31 at 11:00 am in the BV Bowditch Room

Outings, Day Trips, Special Events

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.

Northwest Repertory Singers “Songs of Land, Sea & Sky”

Sunday, May 7 Bus departs at 2:20 pm.

Sign up by Wednesday May 3. **Cost: Ticket \$21**

Featuring old and new sea shanties. This musical journey will span “the round earth’s imagined corners” from the landscape of the Red River Valley to the Shenandoah. In addition, they will perform works by two of their own members, Tom Walworth's "Song of the Whaler's Wife" and “Where the Ocean Meets the Sky.”

Please sign up at LP Front Desk, Heidi will purchase tickets for all who sign up at the LP Front Desk.

Tickets are non refundable. After the 15th, ticket purchases are subject to availability.

Symphony Tacoma “Classics VI: Blues, Tangos & Rhapsodies”

Saturday, May 13 Bus departs at 6:45 pm.

Sign up by Wednesday May 10. **Cost: Ticket \$35-\$77**

GLOBAL MELANGE: Multi-instrumentalist and composer Claudio Constantini will share his unique style that fuses classical, contemporary and Latin music genres in his performance of two pieces—his own tango-inspired Concerto for Bandoneon and Gershwin’s gem of symphonic jazz, *Rhapsody in Blue*. Written in 1932, Florence Price’s *Ethiopia’s Shadow in America* expresses the poignant experience of enslaved Africans in the United States. Gershwin’s rollicking *An American in Paris* portrays “the impressions of an American visitor in Paris as he strolls about the city, listens to the various street noises and absorbs the French atmosphere.”

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.

NW Sinfonietta “This Land”

Saturday, May 20 Bus departs at 6:45 pm.

Sign up by Wednesday May 17. **Cost: Ticket \$30—\$80**

With this program the lens is focused on Tacoma icon Nettie Asberry, bringing her story to life with a new ballet ‘Nettie’ choreographed and performed to Aaron Copland’s Appalachian Spring for 13 instruments. The second half broadens the lens to include Jessie Montgomery’s *Banner*, a rhapsody on the theme of ‘The Star Spangled Banner,’ and concludes with Argentinian composer Alberto Ginastera’s magnificent concerto for orchestra and ode to his homeland, the *Variaciones Concertantes*.

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 “The Hardware Store Restaurant”

Friday, June 9 Bus departs at 10:20 am.

Sign up by Wednesday June 7. **Cost: Meal**

We’re going to Vashon Island. The Hardware Store, serves 'great good food', perfectly prepared and gracefully presented, the ingredients locally-sourced, organic and all-natural, hormone-free, and in many cases gluten-free. **Please sign up at LP Front Desk. This trip is capped at 19 people.**

May Resident Birthdays

Don Clifford	2
Sandra Driskell	2
Ann Crawford	3
Judy Hill	3
Patricia Ducolon	3
Virginia Dalley	4
Jo An MacDonald	8
Joy Drewfs	8
Nadyne Meteyer	9
Edna Franklin	9
Frances Blair	9
Perry Bodman	9
Janice Hanson	10
John Hodge	10
Robert Lordahl	10
Dale Hale	11
Richard Driskell	12
Mike Wiese	13
Liliane Bender	13
Richard Farner	15
Paul Conn	17
Freeman Brown	21
Patsy Mills	22
Eloise Johnson	23
Joan Garden	26
Dick Griffin	27
Phyllis Larsen	31
Catherine McIntyre	31
Faye Warren	31
Lura Murphy	31



April New Staff

Josiah Gordon, Housekeeping
Tierra Butcher, Clinical
Jalisa McCaa, Clinical
Shana Sablan, Clinical
Tara Becker, Clinical
Eloise Christansen, Clinical
Pamela Gasper, Clinical
Jada Lane, Housekeeping

WELCOME!

TO THE TEAM!

April New Residents

Frances Blair, GA
Fred & Alison Kettering, TJ
Carol Napper, TJ
Mara Johnson, TJ
Carolyn Russell, TJ
Raymond Levesque, SN
Janet Lindgren, LP

Welcome!

April In Remembrance

Jan Johnson, GA
Bertrand Hill, SN
Steve Didis, SN
Marilyn Keebler, SN
Janice Crist, SN



Memory Care Open House

We have opened 21 beautiful Memory Care suites and you’re invited to join us at our Open House on May 23rd from 10:00 am to 1:00 pm in the Care Center Gathering Room.

Featured Presentation and Speakers

“Planning for Long-Term Care”


Matt Santelli, will review options for home care and facility care including the different types of care and the legal documents needed to make the right financial and medical decisions.


"Signs a Loved One Needs to Retire from Driving and How to Talk About It"

Telling someone to stop driving is a hard conversation. There are ways to identify when it is time and to have the conversation while still maintaining your loved one's dignity and independence.

“What are the benefits of Montessori Inspired Memory Care Programming?”

Montessori for dementia has been shown to be extremely effective in allowing a person with dementia to reconnect to a world they are losing access to. Learn how hands-on programming improves quality of life.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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 Prat 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>	<p>1 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 Omnivore Way (Z) 11:00 Strength n Flex II (W) 12:00 Monday Meditation (W) 1:00 Line Dancing (W) 1:30 Gardening Talk (BV) 4:00 Chat with Councilman John Hines (W) 5:00 DU Happy Hour (Z)</p>	<p>2 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)</p>	<p>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) 11:00 Strength n Flex II (W) 12:00 A Path to War? China, Taiwan & the USA* (Z) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 3:00 Seniors Helping Seniors: Scams to Avoid– Impersonators* (BV)</p>	<p>4 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 Dementia Behavior* (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)</p>	<p>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) 11:00 Strength n Flex II (W) 11:30 Lunch Bunch (Bus) 2:00 Art Appreciation Lecture Series: Art Through Materials - Printmaking Part 1* (BV) 2:30 Sit Fit n Fun (TJ) 3:00 IL Cinco de Mayo Happy Hour (W)</p>	<p>6 9:30 Morning Movie: (LP) 2:30 Afternoon Movie (TJ)</p>
<p>7 2:20 Northwest Repertory Singers (Bus)</p>	<p>8 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) 2:30 Art Expressions (W) 5:00 DU Happy Hour (W)</p>	<p>9 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 Cultural Cuisine (BV) 2:30 Sit Fit n Fun (LP)</p>	<p>10 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I (W) 10:30 Live Music w/Dave (LP) 11:00 Strength n Flex II (W) 11:00 Medicare Part D-Prescription Coverage* (Z) 1:30 Live Music Sing Along with the Puget Sounds (LP) 1:30 Tea Tasting (BV) 2:00 Nature around Tacoma Series: Low Tide Walk at Titlow Beach* (FT) 2:00 Understanding Dementia (SN Gathering Corner) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p>	<p>11 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)</p>	<p>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 Meaningful Journaling—To Enhance Your Wellbeing* (BV) 11:00 Strength n Flex II (W) 2:00 The Psychology of Awe* (BV) 2:30 Sit Fit n Fun (TJ)</p>	<p>13 9:30 Morning Movie: (LP) 2:30 Afternoon Movie (TJ) 6:45 Tacoma Symphony (Bus)</p>
<p>14 </p>	<p>15 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) 1:30 Music with Marty (LP) 5:00 DU Happy Hour (W)</p>	<p>16 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 2:30 Sit Fit n Fun (LP)</p>	<p>17 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Nutrition for Healthy Aging: Eating the Vegan / Vegetarian Way (Z) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 2:00 Meaningful Movies: Storming Caesars Palace* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p>	<p>18 10:00 Strong n Stable (W) 10:00 Dao (Tao) and Health* (Z) 11:00 Yoga (W) 1:30 Trader Joes Shopping Bus 2:30 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Great Decisions Discussion: Economic Warfare (Z) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>19 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 Meaningful Journaling—To Enhance Your Wellbeing* (BV) 11:00 Strength n Flex II (W) 2:00 What is Adjustment?* (BV) 2:30 Sit Fit n Fun (TJ)</p>	<p>20 9:30 Morning Movie: (LP) 2:30 Afternoon Movie (TJ) 6:45 NW Sinfonietta (Bus)</p>

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<p>21</p> <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 Prat 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>	<p>22</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>23</p> <p>10:00 Strong n Stable (W) 10:00– 1pm Memory Care Open House (Care Center) 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 DIY Natural Products (W) 2:30 Sit Fit n Fun (LP) 3:30 Medicare Part D-Prescription Coverage* (Z)</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) 11:00 Infinity Rehab Series—Floor Recovery (BV) 1:30 Live Music w/ Sandra (LP) 1:30 Sound Bath (W) 2:00 Literary League Book Club—Before the Fall* (BV) 2:00 Understanding Dementia (SN Gathering Corner) 2:30 Happy Hour (LP) 2:30 Sit Fit n Fun (TJ)</p>	<p>25</p> <p>10:00 Forest Bathing (Bistro) 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) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 4:00 Steve’s Local History: Tacoma’s Role in Movies* (BV)</p>	<p>26</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 Still Life Painting* (C) 10:00 Meaningful Journaling—To Enhance Your Wellbeing* (BV) 11:00 Strength n Flex II (W) 2:00 Self-Care Practices for Living Well - Resilience: Relationship to Yourself (Z) 2:30 Sit Fit n Fun (TJ) 4:30 Live Music with Enzo (D)</p>	<p>27</p> <p>9:30 Morning Movie: (LP) 2:30 Afternoon Movie (TJ)</p>
<p>28</p>	<p>29</p> <p>9:00 GA Continental Breakfast 5:00 DU Happy Hour (W)</p>  <p>MEMORIAL DAY * IN MEMORY OF OUR HEROES *</p>	<p>30</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 Acrylic Pours Workshop (C) 2:30 Sit Fit n Fun (LP)</p>	<p>31</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) 11:00 The Chemistry of Chocolate* (BV) 1:30 Celebration of Life Bell Ringing (TJ) 2:00 The View From Aoraki* (BV) 2:30 Happy Hour (LP) 2:30 Sit Fit n Fun (TJ)</p>	<h1>May 2023</h1>		