

## June Highlights

Wednesday, June 7

### **SU: Seniors Helping Seniors: Robo Texts\***

Robo texts have become such a concern that lawmakers are considering mandating new laws to restrict automated wire transfers from US banks. Join our discussion to understand the latest scam & what you can do about it.  
3:00 pm, BV Bowditch Room

Friday, June 9

### **SU: Nutrition for Healthy Aging: Intermittent Fasting \***

Learn what intermittent fasting is and about the potential health benefits as well as consequences.  
2:00 pm, Zoom  
Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, June 14

### **SU: Nature around Tacoma Series: Urban Park Walk in Swan Creek Park, Lister Uplands Entrance\***

Discover the variety of habitats and the human impacts in Swan Creek Park..  
2:00 pm, Field Trip to Swan Creek Park Lister Uplands (bus departs Bistro at 1:30 pm)

Wednesday, June 14

### **H: Art Expressions**

Express yourself through customized healthy and delicious smoothie bowls! Learn about the health and wellness benefits of each ingredient and learn to craft a well balanced nutrient dense smoothie bowl!  
2:00pm, Wellness Center

Monday, June 19

### **SU: The Last Shot of the Civil War\***

Go back in history with Confederate Navy Commerce Raiders who raised havoc with Union commercial shipping on all the seven seas and brought the American Civil War to England, France, Brazil, Australia, South Pacific Islands and even Alaska.  
11:00 am, BV Bowditch Room

Wednesday, June 21

### **SU: Meaningful Movies: The Lost Salmon \***

In The Lost Salmon, filmmaker Shane Anderson set out on a two-year journey across Washington, Oregon, California, and Idaho to document some of the last wild "springers", and their profound relationship to the people and places of the Pacific Northwest.  
2:00 pm, BV Bowditch Room

Thursday, June 22

### **H: Forest Bathing\***

Uncover the meaning of 'Shinrin-yoku'. Experience the remarkable healing energy of nature through walks that create change. A simple way to relax your mind, revitalize your body and rediscover your authentic self through forest walks and gentle mind play exercises. We will walk from FTJ to the Japanese garden at Point Defiance and back. Roughly 1.5 miles round trip over uneven terrain.  
10:00 am, Meet at Bistro

Thursday, June 22

### **SU: Estate Planning: Wills, Trusts, Probate, and Everything In Between\***

This is an in-depth discussion of estate planning and probate. Topics that will be discussed include wills, revocable living trusts, durable powers of attorney, probate and how to avoid it, and tips for choosing an executor. This will be an interactive discussion, so please bring your questions.  
3:00 pm, Zoom  
Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, June 28

### **H: Aromatherapy 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, relax the body, calm the mind, and activate the body's natural healing systems.  
1:30 pm, Wellness Center

Thursday, June 29

### **SU: Steve's Local History: History of JBLM\***

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

**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, June 12  
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

## June 2023

### Tour of the Federal Courthouse

Join us as we take a tour of the Federal Courthouse with Judge Robert Bryan. The U.S. Courthouse is located in the beautiful Union Station and we will go behind the scenes of this historic building, including a visit to Judge Bryan's chambers. An official, government-issued photo I.D. is required for entry and you must pre-register.



**Wednesday, June 28, Bus Departs FTJ Bistro at 9:30 am**

### Farmers Market Adventure

Connect with the community as we explore Tacoma's vibrant Broadway Farmers Market. Learn about small farms, local businesses, and organizations in our area. Get curious about ways we can use food as medicine and the benefits seasonal eating has on our overall health & wellness. You must RSVP to attend this field trip.



**Thursday, June 8 at 10:00 am in front of the Bistro**

### The Secret Lives of Honey Bees

This presentation will discuss the life cycle and biology of the western honey bee. We'll look at the lives of different castes of bees, the queen, workers, and the male drones, as well as the different roles workers play throughout their lives and their impact on the functioning of the hive. Also, we'll discuss how nectar is transformed into honey and how pollen is processed into bee bread. How do honey bees communicate? Finally, we'll investigate the belief among scientists that honey bees are thinking, feeling, sentient creatures.



Our presenter Dr. Muehleisen received his BS in Zoology and MS in Botany from Clemson University, a Master of Agriculture from Auburn University, and his Ph.D. from Texas A&M University in Entomology, focusing on Integrated Pest Management (IPM) and Toxicology. RSVP required to attend.

**Friday, June 30 at 2:00 pm in the Wellness Center**

## Outings, Day Trips, Special Events

### **Tacoma Musical Playhouse “Escape to Margaritaville”**

**Saturday, June 3** Bus departs at 1:20 pm.

Sign up by Wednesday May 31. **Cost: Ticket \$32**

Escape to Margaritaville is a musical that was first performed in 2017, featuring Jimmy Buffett songs. The plot revolves around a part-time bartender and singer who falls for a career-minded tourist. The show features music and lyrics by Jimmy Buffett with dialogue and plot written by Greg Garcia and Mike O'Malley. **Please sign up at LP Front Desk.**

### **Lunch Bunch “The Hardware Store Restaurant”**

**Friday, June 9** Bus departs at 10:30 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.**

### **Lewis Army Museum**

**Thursday, June 15,** Bus departs at 10:30am,

Sign up by Tuesday June 13. **Cost: Free**

The Lewis Army Museum is the only certified U.S. Army Museum on the West Coast. The Museum preserves and interprets historic artifacts relevant to Camp Lewis, Fort Lewis, and the role that the United States Army has played in the exploration, defense and development of the Pacific Northwest. **Please sign up at LP Front Desk.**

### **Watson's Nursery Trip**

**Tuesday, June 20** Bus departs at 10:30 am.

Sign up by Sunday June 18. **Cost: Whatever you purchase, Meal**

Watson's will have their summer flowers in and will be geared up for the growing season. We will stop at Poodle Dog restaurant in Fife for lunch on the way back to FTJ. **Please sign up at LP Front Desk.**

### **Tacoma Rainiers Baseball Game**

**Wednesday, June 28** Bus departs at 5:30 pm.

Sign up by Friday June 16. **Cost: \$20 plus any thing you purchase**

The Rainiers are going up against the Salt Lake Bees for a 6:05 pm game and Franke Tobey Jones will be there! Join us to cheer on the Rainiers while you enjoy ball park favorites and the company of other baseball minded people. Your ticket includes a free ballpark hotdog meal. If you request a ticket after the 18th of June we will get you as close to the group as we can, but you are not guaranteed to be able to sit with the main group. Some stairs must be climbed to reach the main group of seats. There is also ADA seating available close to where our group is. If you need ADA seating, please let Heidi know when you reserve your ticket. Once purchased, tickets are non-refundable. **Please sign up at LP Front Desk.**

### **June Resident Birthdays**

Suzanne Barnett	1
Suzanne Dicks	2
Ken Clagett	3
Carol Knapper	3
Nancy Toal	5
Mary Church	9
Elizabeth Breen	9
Betty Peterson	15
Bob Wholey	22
Jack Falskow	23
Shelly Shellabarger	23
Mike Harrison	23
Pam Baker	23
Shirley Murphy	24
Helene Robertson	28



### **Happy Wedding Anniversary**

Freeman & Mary Brown	5
Redmond & Suzanne Barnett	7
Al & Abbie Watters	11
Dave & Judy Wheeler	18
Jack & Mary Falskow	22
John & Ann Martin	25
Ken & Mary Clagett	26
Bob & Janet Lordahl	27



### **May New Staff**

Noland Gaspard, Housekeeping  
 Zachary Wilcox, Dining  
 Nancy Loosli, Clinical  
 Natalie Valdobinos, Dining  
 Chandra Mitchell, Housekeeping  
 Olivia Anderson, Clinical  
 Brian Kiira, Clinical  
 Joyce Hung, Clinical



TO THE TEAM!

### **May New Residents**

Carol Williams, SN  
 John Leahy, SN  
 Carol Knapper, TJ  
 Mara Johnson, TJ  
 David & Betsy Potts, GA  
 Carolyn Hunt, TJ  
 Carolyn Russell, TJ  
 Roger & Linda Ford, GA  
 Doris Gambill, SN



### **May In Remembrance**

John Leahy, SN



### ***All Campus Ice Cream Social***



Our Ice Cream Socials are back for the summer!


Beginning on **June 23rd** and running through mid September, you're invited to join us each **Friday afternoon** on the Lillian Pratt Front Patio at **3:00pm.**

Enjoy some delicious ice cream as you cool off from the heat and visit with your fellow residents. **BV, DU, GA, TJ & AL** residents are invited to attend. See you there.



# June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 2023						
				<p>1 10:00 Strong n Stable (W) 11:00 Yoga (W) 11:00 Great Courses - The Medieval Legacy (BV) 1:30 Union District Shopping Bus 2:00 Alzheimer's Association Lecture Series: Living with Alzheimer's* (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>2 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) 2:00 Art Appreciation Lecture Series: Art Through Materials - Printmaking Part 2* (BV) 2:00 Qigong- The Eight Brocades (W) 2:30 Sit Fit n Fun (TJ)</p>	<p>3 9:30 Morning Movie (LP) 1:20 Tacoma Musical Playhouse (Bus) 2:30 Afternoon Movie (TJ)</p>
<div style="border: 1px solid black; padding: 5px;"> <p><b>Room Key</b> 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 SC= Ruston Senior Center TJ= Tobey Jones Parlor W= Wellness Center Z= Zoom Meeting * Registration Required</p> <p><b>Color Key</b> Orange =Senior University Green = Holistic Blue = Bus Outing</p> </div>	<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) 12:00 Monday Meditation (W) 1:00 Line Dancing (W) 1:30 Gardening Talk (BV) 5:00 DU Happy Hour (Z)</p>	<p>6 10:00 Strong n Stable (W) 10:00 Guitar Lessons (SC) 10:30 Worship Service &amp; Communion (LP) 11:00 Yoga (W) 11:15 Chaplain Services (BV) 12:00 Restorative Yoga (W) 1:30 Safeway Shopping Bus (BV) 2:00 Downsizing Decathlon (BV) 2:30 Sit Fit n Fun (LP)</p>	<p>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 Evolution of Ballet* (BV) 10:30 Live Music with Dave (LP) 11:00 Strength n Flex II (W) 1:00 Normandy Presentation (SC) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 3:00 Seniors Helping Seniors: Scams to Avoid- Robo Texts* (BV)</p>	<p>8 10:00 Strong n Stable (W) 10:00 Farmer's Market Adventure* (FT) 11:00 Yoga (W) 11:00 Great Courses - The Medieval Legacy * (BV) 1:30 Fred Meyer Shopping Bus 1:30 Live Music with 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)</p>	<p>9 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:30 Lunch Bunch (Bus) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 1:00 Soap Making Class (SC) 2:00 Nutrition for Healthy Aging- Intermittent Fasting* (BV) 2:00 Qigong- The Eight Brocades (W) 2:30 Sit Fit n Fun (TJ)</p>	<p>10 9:30 Morning Movie: (LP) 2:30 Afternoon Movie (TJ)</p>
<p>11</p>	<p>12 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 Live Music with Marty (LP) 5:00 DU Happy Hour (W)</p>	<p>13 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 2:30 Sit Fit n Fun (LP)</p>	<p>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 Evolution of Ballet* (BV) 11:00 Strength n Flex II (W) 11:00 New to Medicare 101* (Z) 2:00 Nature around Tacoma Series: Urban Park Walk in Swan Creek Park* (FT) 2:00 Art Expressions *(W) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p> <p style="text-align: center;">Flag Day </p>	<p>15 10:00 Strong n Stable (W) 10:30 JBLM Museum (Bus) 11:00 Yoga (W) 11:00 Great Courses - The Medieval Legacy * (BV) 1:30 Trader Joes Shopping Bus 2:30 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Great Decisions Discussion: Politics in Latin America (Z) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>16 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 Pacific Bonsai Museum* (FT) 10:00 Finding, Telling &amp; Sharing Life Stories* (BV) 11:00 Strength n Flex II (W) 2:00 Hand Stitched Amulet (C) 2:00 Qigong- The Eight Brocades (W) 2:30 Sit Fit n Fun (TJ)</p>	<p>17 9:30 Morning Movie: (LP) 2:30 Afternoon Movie (TJ)</p> <div style="text-align: center;">   <b>FRANKE TOBEY JONES</b>  <i>Enjoy your age</i> </div>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>18</p> <p><b>Happy Father's Day</b></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 Church Service (LP) 10:30 Church Service (TJ) 11:00 Strength n Flex II (W) 11:00 <b>The Last Shot of the Civil War * (BV)</b> 12:00 Monday Meditation (W) 1:00 Line Dancing (W) 2:00 <b>Cultural Cuisine* (BV)</b> 5:00 DU Happy Hour (W)</p>	<p>20</p> <p>10:00 Strong n Stable (W) 10:00 Guitar Lessons (SC) 10:30 Worship Service (LP) 10:30 <b>Watson's Nursery (Bus)</b> 11:00 Yoga (W) 11:15 Chaplain Services (BV) 12:00 Restorative Yoga (W) 1:30 <b>Safeway Shopping Bus</b> 2:30 Sit Fit n Fun (LP)</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 <b>Evolution of Ballet* (BV)</b> 11:00 Strength n Flex II (W) 11:00 Veterans Pain Relief Program (SC) 1:00 <b>Tea Tasting* (W)</b> 2:00 <b>Meaningful Movies: The Lost Salmon* (BV)</b> 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p>	<p>22</p> <p>10:00 Strong n Stable (W) 10:00 <b>Forest Bathing *(FT)</b> 11:00 Yoga (W) 11:00 <b>Great Courses - The Medieval Legacy * (BV)</b> 1:30 <b>Fred Meyer Shopping Bus</b> 2:30 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 <b>Estate Planning- Wills, Trusts, Probate and Everything In Between* (BV)</b> 3:00 BV/DU Happy Hour (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>23</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 <b>Finding, Telling &amp; Sharing Life Stories* (BV)</b> 11:00 Strength n Flex II (W) 2:00 <b>The Peloponnesian War (BV)</b> 2:00 <b>Qigong- The Eight Brocades (W)</b> 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social 4:30 Live Music with Enzo (D)</p>	<p>24</p> <p>9:30 Morning Movie: (LP) 2:30 Afternoon Movie (TJ)</p>
<p>25</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Room Key</b> 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 SC= Ruston Senior Center TJ= Tobey Jones Parlor W= Wellness Center Z= Zoom Meeting * Registration Required</p> <p><b>Color Key</b> Orange =Senior University Green = Holistic Blue = Bus Outing</p> </div>	<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) 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>27</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 <b>Proctor District Shopping</b> 2:30 Sit Fit n Fun (LP) 3:30 <b>New to Medicare 101* (Z)</b></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) 11:00 <b>Tour of the Federal Courthouse* (FT)</b> 11:00 Strength n Flex II (W) 2:00 <b>Literary League Book Club* (BV)</b> 1:30 <b>Aromatherapy Sound Bath* (W)</b> 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 2:30 Live Music with Sandra (LP) 5:30 <b>Rainier's Game (Bus)</b></p>	<p>29</p> <p>11:00 <b>Great Courses - The Medieval Legacy * (BV)</b> 1:30 <b>Trader Joes Shopping Bus</b> 2:30 Knit Wits (TJ) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 4:00 <b>Steve's Local History: JBLM (BV)</b></p>	<p>30</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 <b>Finding, Telling &amp; Sharing Life Stories* (BV)</b> 11:00 Strength n Flex II (W) 1:30 Celebration of Life Bell Ringing (TJ) 2:00 <b>The Secret Lives of Honey Bees (W)</b> 2:00 <b>Qigong- The Eight Brocades (BV)</b> 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social</p>	 <p>FRANKE TOBEY JONES <i>Enjoy your age.</i></p>