

October Highlights

Monday, October 2
SU: Around the World with Nellie Bly*
Join living history performer, Debbi Dimitre, as she portrays Nellie Bly, the first female investigative journalist in America.
3:00 pm, Wellness Center

Wednesday, October 4
SU: What’s New at the Zoo?*
Learn more about Point Defiance Zoo & Aquarium and Northwest Trek Wildlife Park with Alan Varsik, Director of Zoological & Environmental Education.
10:00 am, BV Bowditch Room

Wednesday, October 4
H: Intro to Argentine Tango*
Argentine Tango is a social street dance with movements natural and accessible to any ability or age. Many scientific studies have shown its benefits ranging from anti-depression, reduction in cortisol, better balance and coordination, to prevention of Alzheimer's and dementia. This class will give people an easy fun way to get to know a few basic elements of the dance through improvisation and musical interpretation.
2:00 pm, BV Bowditch Room

Wednesday, October 11
SU: Nature around Tacoma Series: Titlow Park*
Examine the flora and fauna around the lagoon with Tacoma Nature Staff.
2:00 pm, Field Trip to Tacoma Nature Center (bus departs Bistro at 1:30 pm)

Thursday, October 12
H: Tea Tasting*
Jump into Fall with our very own Barista, Peyton as she demonstrates how to lift our spirits through fall style beverages! Come celebrate Pumpkin Spice Season.
1:00 pm, Wellness Center

Thursday, October 12
SU: Ken Jacobsen Music Hour– Latin Guitar*
Ken will be discussing and performing music inspired by Spain, Central and South America.
4:00 pm, BV Bowditch Room

Friday, October 13
H: Art Expression– Botanical Pumpkins *
Get creative with pumpkins, a variety of leaves from your garden (& pressed flowers provided), and create botanical designs for the upcoming season!
2:00 pm, Wellness Center

Wednesday, October 18
SU: Meaningful Movies– DamNation*
This film explores the evolution of our national attitude from pride in big dams as engineering wonders to the growing awareness that our own future is bound to the life and health of wild rivers.
2:00 pm, BV Bowditch Room

Wednesday, October 25
SU: Soldiers in Petticoats*
Join us for this engaging presentation as Tames Alan brings to life the suffragettes, their struggles, and their influence on major issues of their era.
11:00 am, BV Bowditch Room

Friday, October 27
SU: Poverty: Who, What, Why*
This course will explore poverty in the larger social context of increasing social inequality and use sociological theories to investigate various aspects of poverty and its particularities in the U.S.
10:00 am, BV Bowditch Room

Friday, October 27
H: Acrylics Pour Workshop*
Explore the art of fluid painting. Learn different acrylic pouring techniques and nourish your social wellbeing by engaging in conversation with people from all different walks of life. Acrylic pouring can be liberating and fun. Join us once a month for a creative, healthy and fun outlet.
2:00 pm, TJ Craft 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, October 9
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
Staff Lunch Break
11:15a—11:45a

Tobey Topics
October 2023

Emerging Science of Longevity

In this 4-week series, Dr. Mark Hyman overturns the previous paradigm of aging and offers a new, empowering vision in which you have vastly more agency over your biology. He walks you through not only the root causes of aging, but also how you can optimize your body for long-term wellbeing through simple diet and lifestyle strategies and cutting-edge therapies. This course will teach a fundamental understanding of the science as well as specific protocols for living healthier for longer. *This program is a collaboration between Senior University and the Holistic Wellness Program.*

Mondays, October 9, 16, 23, & 30 at 1:30 pm in the BV Bowditch Room

Yoga Classes

Join our Yoga instructor as she teaches two yoga classes. Our Gentle Flow and Chair Yoga class focuses on slow steady paced postures & conscious movement with breathing. Chair Modifications allow for anyone to participate. Yin Rest & Restore Yoga focuses on stretching and releasing tension in the mind & body, allowing you to bring your nervous system into a state of healing.

Tuesdays, at 11:00 am Yoga Gentle Flow & Chair Yoga
Thursdays, at 11:00 am Yin Rest & Restore Yoga in the Wellness Center

Unlock the Secrets of Intimacy & Maturity

Discover the science behind arousal and desire, and gain practical tips and tools to navigate intimacy during your golden years. Join us for an engaging session where we delve into effective strategies for initiating conversations about desires and needs. As well as an opportunity to anonymously ask a sex therapist any burning questions you may have. Don't miss this empowering event designed to enhance your understanding and enrich your intimate relationships. This program is a collaboration between Senior University and the Holistic Wellness Program.
***Registration required to attend.**



Thursday, October 26 at 11:00 am in BV Bowditch Room

Outings, Day Trips, Special Events

Lunch Bunch “The Ram”

Friday, October 6 Bus departs at 11:20 am. **Cost: Meal**

American cuisine here we come! Join us as we try a new restaurant for Lunch Bunch. From steak, to burgers, to sandwiches, to seafood to soups and salads and other typical pub fare, there is great food at the Ram for all to enjoy. Begun 53 years ago, the tradition of great food and great brews continues today. **Please sign up at LP Front Desk. This trip is capped at 21 people**

NW Sinfonietta “Wine & Dine”

Saturday, October 7 Bus departs at 6:45 pm. **Cost: Ticket \$25- \$55**

Come party with the Sinfonietta! They’re opening this season of favorites with Juan Pablo Contreras's joyful homage to the birthplace of mariachi music, the Mexican state of Jalisco. They’re thrilled to be premiering Roupén Shakarian's Oboe Concerto written for oboist and wine aficionado Dan Williams. They’ll serve a complimentary flight of wines and munchies with this light, delightful work. The second half is an opera extravaganza. They are collaborating with the PLU Opera Chorus, Tacoma City Ballet and soloists to bring their favorite Die Fledermaus selections to the party, including the famous champagne song. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase tickets for you.**

Tacoma Opera “Carmen”

Sunday, October 8 Bus departs at 1:20 pm. **Cost: Ticket \$47—\$110**

Tacoma Opera opens its gripping 2023-24 season with a bold production of Georges Bizet's Carmen. Delve into the dark depths of desire with this provocative portrayal of passion and the strength of the human spirit. In this unflinching take on the consequences of unbridled passion, the fiercely independent Carmen finds herself ensnared in Don José's web of obsession, which ultimately seals her tragic fate. The powerful score, featuring such unforgettable arias as Habanera and the Toreador's Song, captures the story's emotional turbulence while simultaneously celebrating the heroine's resilience and strength. . Sung in French with English subtitles. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase tickets for you.**

Tacoma Symphony “Rhapsody”

Saturday, October 14 Bus departs at 6:40 pm. **Cost: Ticket \$32—\$85**

To kick off their 2023-24 season the Tacoma Symphony will perform; Boulangers’ D’un Matin du Printemps, Rachmaninoff’s Rhapsody on a Theme of Paganini, Ravels’ La Valse and Strauss’ Suite from Der Rosenkavalier. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase tickets for you.**

Lunch Bunch “Bruno’s European Restaurant”

Friday, November 10 Bus departs at 11:00 am. **Cost: Meal**

Bruno's European Restaurant is THE place to be for delicious, authentic, German and Polish cuisine! Great food, and friendly service, in a fun, casual atmosphere. Famous soups, classic entrees, an amazing assortment of desserts, and a beer and wine menu, that is second to none! **Please sign up at LP Front Desk. This trip is capped at 21 people**

Tacoma Symphony “American Infusion”

Saturday, November 18 Bus departs at 6:40 pm. **Cost: Ticket \$32—\$85**

Join us for a wonderful evening performance as the Tacoma Symphony performs; Bernsteins’ Candide Overture, Wynton Marsalis’s Violin Concerto, and Copeland’s Symphony No. 3. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase tickets for you.**

October Resident Birthdays

Lyla Kirchheim	1
Elsa Williams	4
Jack Meteyer	5
Ray Mitzner	6
Jane Schuneman	7
Roger Ford	7
Carolyn Russell	7
Connie Benjamin	9
Ann Edington	10
Cora Bock	11
Gerald Madison	11
Richard Fiscus	12
Geri Smith	12
Donna Swenson	14
Richard Coulter	18
Marylynn Buss	27
Tom Scott	27
Allan Benson	27
Bob Bryan	29
Shelby Clayson	29

Happy Wedding Anniversary

John & Kay Hodge 4



September New Staff

Pauline Kuria, Clinical
Courtney Parker, Medical Records
Karen Sheldon, Clinical
Doris Mutwiri, Clinical
Sherisha Manning, Housekeeping
Tenikah Fortner-Duren, Dining
Anacia Dinkes, Clinical
Cheyanne Rivas, Dining
Brian Kenboi, Clinical
Esther Wangari, Clinical
Vicki Cornwell, Beacon Senior Center

September New Residents

David Clark, TJ

September In Remembrance

Doris Gamble, SN







Holiday Market




We are pleased to announce that our holiday market will be returning in November!



Join us on **Friday November 3rd** from **10am to 2pm** in the **Wellness Center**. Some of your favorite vendors will be there as well as some new vendors with new products.

While most of our vendors have the ability to charge credit cards, some do not. It is recommended that you bring cash and or checks to purchase from vendors unable to process credit cards. If you want to cash a check, you can do so with Amy in the Finance Department.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Registration Required Events</div> <div>All programs with an asterisk require that you register for the class, program or field trip.</div> <div>If the class is Orange, you must contact Jana in Senior University to register.</div> <div>If the class is Green , you must contact Sarah in Holistic Wellness to register.</div> <div>If the outing is Blue, you must contact the LP front desk to sign up.</div>	<div>2</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 9:30 Church Service with Deacon Bill (LP) 10:00 Strength n Flex I & II (W) 10:00 Church Service with Deacon Bill (TJ) 10:00 Writer’s Workshop* (BV) 1:00 Line Dancing (W) 3:00 Around the World with Nellie Bly* (W) 5:00 DU Happy Hour (W)</div>	<div>3</div> <div>10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:15 Chaplain Services (BV) 1:30 Safeway Shopping Bus* 2:30 Sit Fit n Fun (LP)</div>	<div>4</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:00 What’s New at the Zoo* (BV) 1:00 Sing Along with Puget Sounds (LP) 2:00 Tribute to Broadway* (BV) 2:00 Intro to Argentine Tango* (W) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div>5</div> <div>11:00 Great Courses - The Medieval Legacy* (BV) 1:30 Union District Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Adjustment II: We’re Here, Now What?* (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>6</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:00 Aging Well– Healthier as You Age* (LP) 11:00 Strong & Stable (W) 11:20 Lunch Bunch* (Bus) 2:30 Sit Fit n Fun (TJ) 4:00 Grounded in Nature* (BV)</div>	<div>7</div> <div>2:30 Afternoon Movie (TJ) 6:40 NW Sinfonietta* (Bus)</div> <div></div>
<div>1:15 Tacoma Opera* (Bus)</div>	<div>9</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 9:30 Resident Council (Z) 10:00 Strength n Flex I & II (W) 10:00 Exploring the Ukulele* (BV) 1:00 Line Dancing (W) 1:30 The Emerging Science of Longevity* (BV) 3:00 Great Courses: Music & the Brain (LP) 5:00 DU Happy Hour (W)</div>	<div>10</div> <div>10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:15 Chaplain Services (BV) 1:30 Proctor District Shopping Bus* 2:00 Demystifying Dementia* (W) 2:30 Sit Fit n Fun (LP)</div>	<div>11</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:30 Live Music with Dave (LP) 11:00 Glaciers at Work* (BV) 11:00 Medicare Advantage Plans * (Z) 2:00 Energy Healing & Qigong* (W) 2:00 Nature around Tacoma Series: Titlow Park* (FT) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div>12</div> <div>10:00 Strong n Stable (W) 11:00 Rest & Restore Yoga (W) 1:00 Tea Tasting* (W) 1:30 Fred Meyer Shopping Bus* 2:00 Nutrition for Healthy Aging * (Z) 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 4:00 Ken Jacobsen Music Hour: Latin Guitar * (BV)</div>	<div>13</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 11:00 Daily Money Manager and You* (BV) 2:00 Art Expressions* (W) 2:30 Sit Fit n Fun (TJ)</div> <div></div>	<div>14</div> <div>2:30 Afternoon Movie (TJ) 6:40 Tacoma Symphony* (Bus)</div>
<div>15</div> <div><div>Room Key</div><div>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</div><div>Color Key</div><div>Orange =Senior University Green = Holistic Blue = Bus Outing</div></div>	<div>16</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 9:30 Church Service with Deacon Bill (LP) 10:00 Strength n Flex I & II (W) 10:00 Church Service with Deacon Bill (TJ) 10:00 Exploring the Ukulele* (BV) 1:00 Line Dancing (W) 1:30 Live Music with Marty (LP) 1:30 The Emerging Science of Longevity* (BV) 2:30 Art Expressions* (W) 3:00 Great Courses: Music & the Brain (LP) 5:00 DU Happy Hour (W)</div>	<div>17</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) 1:30 Safeway Shopping Bus* 2:30 Sit Fit n Fun (LP)</div> <div></div>	<div>18</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 2:00 Meaningful Movies— DamNation* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div>19</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Rest & Restore Yoga (W) 1:30 Trader Joes/ Whole Foods Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 BV/DU Happy Hour (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>20</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:00 LGBTQIA+ Competen- cy* (BV) 2:30 Sit Fit n Fun (TJ)</div>	<div>21</div> <div>2:30 Afternoon Movie (TJ)</div> <div> FRANKE TOBEY JONES <i>Enjoy your age</i></div>

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<div>22</div> <div><div>Registration Required Events</div><div>All programs with an asterisk require that you register for the class, program or field trip.</div><div>If the class is Orange, you must contact Jana in Senior University to register.</div><div>If the class is Green , you must contact Sarah in Holistic Wellness to register.</div><div>If the outing is Blue, you must contact the LP front desk to sign up.</div></div>	<div>23</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Exploring the Ukulele* (BV) 10:00 Strength n Flex I & II (W) 10:00 Church Service (LP) 1:00 Line Dancing (W) 1:30 The Emerging Science of Longevity* (BV) 3:00 Great Courses: Music & the Brain (LP) 5:00 DU Happy Hour (W)</div>	<div>24</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) 1:30 Proctor District Shopping Bus* 2:30 Sit Fit n Fun (LP) 3:30 Medicare Advantage Plans* (Z)</div> <div></div>	<div>25</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 11:00 Soldiers in Petticoats* (BV) 2:00 Literary League Book Club* (BV) 2:30 Happy Hour (LP) 2:30 Live Music with Sandra (LP) 2:30 Sit Fit n Fun (TJ)</div>	<div>26</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00am—3:30pm Vaccine Clinic (Old Health Care) 11:00 Rest & Restore Yoga (W) 11:00 Unlock the Secrets of Intimacy & Senior Sexuality * (BV) 1:30 Fred Meyer Shopping Bus* 2:00 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—History of Ghost Stories* (BV)</div>	<div>27</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:00 Poverty: Who, What, Why* (BV) 1:30 Celebration of Life Bell Ringing (TJ) 2:00 Acrylic Pours Workshop* (C) 2:00 Art Appreciation Lecture Series* (BV) 2:30 Sit Fit n Fun (TJ) 4:30 Live Music with Enzo (D)</div>	<div>28</div> <div>2:30 Afternoon Movie (TJ)</div> <div></div>
<div>29</div> <div><div>Room Key</div><div>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</div><div>Color Key</div><div>Orange =Senior University Green = Holistic Blue = Bus Outing</div></div>	<div>30</div> <div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Exploring the Ukulele* (BV) 10:00 Strength n Flex I & II (W) 1:00 Line Dancing (W) 1:30 The Emerging Science of Longevity* (BV) 3:00 Great Courses: Music & the Brain (LP) 5:00 DU Happy Hour (W)</div>	<div>31</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) 1:30 Safeway Shopping Bus* 2:30 Sit Fit n Fun (LP)</div>	<div></div>			