

January Highlights

Wednesday, January 3

SU: Meaningful Movies: *Tree of Life**

This film creates a deeply personal, trauma-informed portrait of the survivors, victims, and victims' family members of the Pittsburgh Synagogue attack, and brings into sharp focus the hate-based crisis that threatens our collective safety and the very social fabric of our society.

2:00 pm, BV Bowditch Room

Thursday, January 4

SU: One American View of China*

Stephen Ling wants to take you with him on a journey of discovery and surprises because China is unlike any country in the world.

3:00 pm, BV Bowditch Room

Tuesday, January 9

Memory Wellness*

This presentation provides practical tips to improve your brain health and to understand when memory loss might be a sign of something more serious. 3:00 pm, BV Bowditch Room

Tuesday, January 16

SU: Back to Broadway, Tribute 2*

Join Lori Anderson and Marian Wisham for this interactive musical performance, a follow-up to their Tribute to Broadway.

2:00 pm, BV Bowditch Room

Wednesday, January 17

H: Tea Tasting*

In the Caribbean the Holidays aren't complete without Sorrel Tea. "This hibiscus flower tea gets its all-natural, vibrant red hue from the sorrel plant. It's a feel-good, spiced tea that's brewed with the warming goodness of cinnamon, cloves, allspice, and cardamom". Join us as we nurture our social connection and learn about this beautiful hibiscus drink.

1:00 pm, Wellness Center

Wednesday, January 17

SU: Women in Science: Exploring the Past, Present, and Future*

In this interactive lecture, learn more about the history of women in science and consider the various explanations for why so few women pursue careers in the physical sciences and engineering in light of this history.

3:00 pm, BV Bowditch Room

Wednesday, January 17

H: Support Group for Those Whose Partners Have Dementia*

Join us in a support group focused specifically for those who are assisting a loved one with Dementia. This meeting is not for those who have dementia. It is for people who are assisting the person with dementia. You must RSVP with Sarah to reserve your spot & receive the location. This meeting is capped at 12 people.

3:00 pm, RSVP to Receive Location

Thursday, January 25

SU: Pretty Gritty Tacoma Lectures: Tacoma's History of Power*

A city thriving on hydroelectric power from dams far outside the city, Tacoma has glowed with innovation. Only once in the 1920s did the rain fail us and the US Navy dispatched an aircraft carrier to keep the lights on.

3:00 pm, BV Bowditch Room

Tuesday, January 30

H: Acrylic Pours 101*

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

Wednesday, January 31

SU: A Brief History of Architecture*

This presentation will provide a brief overview of the development of architecture from the beginning to the future and how it is shaped by socio-economic conditions, technology, materials, science, arts, to name a few, of that particular time.

4:00 pm, Zoom

Meeting ID: 481 600 3295 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, January 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
Staff Lunch Break
11:15a—11:45a

Tobey Topics

January 2024

FRANKE TOBEY JONES
100TH
Anniversary
2024

The Power of Qi

You're invited to experience how Qigong and Tai Chi engage mind, body, and spirit through coordinated movements and focused breathing moving gracefully and effortlessly, always allowing energy to flow freely throughout the body for more energy, vitality, and wellbeing. A new 10-week live series begins January 9th.



Tuesdays & Thursdays, January 9 - March 14, at 9:00 am in the Wellness Center

Natural Remedies for Health & Wellbeing

Learn about a simple and easy way to boost memory and brain health with honey and garlic! These healthy chemicals help the body balance the immune system and prevent disease. Fermented garlic and honey creates a potent mixture that is rich in antioxidants and is a traditional remedy that has been used for centuries. In this new series we will learn about different natural remedies to support our health and wellbeing as we power through the winter months.



***Registration required to attend.**

Friday, January 12 at 2:00 pm in the Wellness Center.

Celebrating 100 Years of Franke Tobey Jones

On July 16, 1924, the Franke Tobey Jones Home cornerstone was laid on a spectacular five-acre site with views of Commencement Bay and Mount Rainier. On March 24, 1925 the Home opened, a beautiful Tudor-style building with private accommodations for up to 65 residents. It was soon recognized as one of the most outstanding facilities in the nation.

Ms. Franke Tobey Jones' legacy lives on at Franke Tobey Jones senior living community, as we continue 100 years later to embrace her philosophy of giving back to seniors and our greater community. Throughout 2024 Franke Tobey Jones will be celebrating this amazing legacy and history of residential accommodations, care, innovation and holistic well-being for residents and the greater community with educational classes, displays, articles and events. We are excited to bring you along this year as we focus on the 100 year journey of Franke Tobey Jones.

Outings, Day Trips, Special Events

Movie at Ruston Theater “Boys in the Boat”

Wednesday, January 3 Bus departs at 1:30 pm. **Cost: Ticket \$10.50 for Seniors**

The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world. **You must purchase your own ticket either online or at the theater.** We are attending the 2:00pm showing at the Ruston Cinemark Theater. **Please sign up at LP Front Desk. This trip is capped at 21 people**

Lunch Bunch “Citron European Bistro”

Friday, January 5 Bus departs at 11:30 am. **Cost: Meal**

Citron specializes in homemade European food prepared with fresh market seasonal products. If you are looking for authentic European foods and tastes this is the place for you. On the menu are: Escargots, Tarte a l'Al-sacienne, Onion soup, Vegetable soup, Salads, Cheese plate, Baguette, Bratwurst, Schnitzel, Cordon bleu, Bouchee a la reine, Seafood pasta, Salmon, Beef Bourguignon, Duck, Marinated braised pork shoulder, Creme brulee, Chocolate mousse, Rote grutze, Seasonal fruit tart and much more. **Please sign up at LP Front Desk. This trip is capped at 21 people**

NW Sinfonietta “Sky & Sea”

Saturday, January 20 Bus departs at 6:45 pm. **Cost: Ticket \$25- \$55**

One of our favorite things? Taking care of the Earth and this beautiful Puget Sound region we call home. Canadian composer Marjan Mozetich's expansive and moving Postcards from the Sky opens this program, which then features four outstanding local percussionists in Viet Cuong's concerto for percussion quartet, Re(new)al, inspired by the renewable power of hydro, wind and solar energy. Debussy's iconic La Mer, arranged by Marlijn Helder for chamber orchestra closes the program. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

Lunch Bunch “Boran Royal Thai”

Friday, February 2 Bus departs at 11:30 am. **Cost: \$10, plus cost of Meal**

If you are looking for authentic, upscale Thai food, the Boran is the place to go. With fantastic complexity of flavors, fresh ingredients and beautiful presentations, Boran is a feast for all the senses. They offer a wide range of food from traditional curry's, to crab Rangoon, to street food, to noodles and more. Due to Boran's large group policy there is a \$10 per person charge and because they only accept one check for a large group, your meal will be charged to your FTJ account. **Please sign up at LP Front Desk. This trip is capped at 20 people.**

Tacoma Opera “A Streetcar Named Desire”

Sunday, February 11 Bus departs at 1:00 pm. **Cost: Ticket \$50—\$105**

Tacoma Opera presents André Previn's operatic adaptation of Tennessee Williams' iconic play, A Streetcar Named Desire. This explosive, passionate and heartrending opera delves into the complexities of stereotypes, psychology, and societal expectations that create deep-rooted prejudices against those who dare to challenge societal norms. The opera explores the unraveling of fading Southern belle Blanche DuBois who, wounded by romantic abuses, loss, and dangerous mistakes, begins a cruel and sadistic dance with her sister Stella's husband Stanley. Previn's haunting modern score masterfully weaves jazz, blues, and traditional opera elements as the audience enters Blanche's world of vulnerability and her fragile mental state, exacerbated by the harsh reality of her circumstances. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

January Resident Birthdays

Dorris Martin	1
Ed Hudson	1
Linda McFerran	5
Carol Rataezuk	5
Bev Werschkul	9
Marilyn Lindberg	13
James Cook	14
Robin Leitzinger	15
John Brooks	17
Virginia Kenefick	17
Marlys Mitzner	18
Al Watters	19
Louise Brightwell	21
Barbara Lindsay	26
Lois Johnson	30



Happy Wedding Anniversary

John & Jett Brooks 7



December New Staff

AnneMarie Daugherty, Clinical
Tiara Jackson, Clinical
Nicholas Garcia, Dining
Brian Kipruto, Clinical
Madeline Paskett, Dining
Susan Buttitta, Activities
Justin Angel, Dining



December New Residents

Susan Dean , LP
Michelle Gardner, MC
Gloria Gold, MC
Rose Gardner, MC
Jack Whitely, SN

December In Remembrance



Bob Lordahl, LP
Bobby Brown, SN
Jack Nagle, MC




FTJ 100th Anniversary

This year FTJ celebrates our 100th year anniversary. In preparation for this monumental event, several residents undertook the enormous task of sifting through years of FTJ documents, old pictures, news articles and various other pieces of information. They sorted, compiled and organized everything and often did additional research on their own to find more information than what was stored in the FTJ archives.

It was an incredible amount of work and FTJ wishes to express their appreciation to the residents of the 100 Year Anniversary Committee.

Thank you, Redmond Barnett, Claire Griffin, Cora Bock, Pam Baker, Karen Fischer, Ann Martin & Phyllis Gill.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<div><div><div><div><div></div><div>FRANKE TOBEY JONES</div></div><div><div>100TH</div><div>Anniversary</div><div>2024</div></div></div></div></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><div>1</div><div></div></div>	<div><div>2</div><div>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) 6:00 Music with Jordan (LP)</div></div>	<div><div>3</div><div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 1:15 Movie at Ruston—Boys in the Boat (Bus) 2:00 Meaningful Movies—Tree of Life* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div></div>	<div><div>4</div><div>10:00 Strong n Stable (W) 11:00 Cooking Better with Science* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Union District Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 One American View of China* (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div></div>	<div><div>5</div><div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:00 Ukulele Project* (BV) 11:30 Lunch Bunch (Bus) 2:00 Underrepresented Artists Lecture Series* (BV) 2:30 Sit Fit n Fun (TJ)</div></div>	<div><div>6</div><div>2:30 Afternoon Movie (TJ)</div></div>	
		<div><div>8</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) 1:00 Line Dancing (W) 1:30 Live Music with Marty (LP) 5:00 DU Happy Hour (W)</div></div>	<div><div>9</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) 11:00 Great Courses—Oceanography* (TJ) 11:15 Chaplain Services (BV) 12:45 Seabury School Student Visit (GA) 1:30 Proctor District Shopping Bus* 2:30 Sit Fit n Fun (LP) 3:00 Memory Wellness* (BV)</div></div>	<div><div>10</div><div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 11:00 Medicare Changes for 2024 (Z) 1:00 Sing Along with Puget Sounds (LP) 2:00 Nature around Tacoma Series: Tacoma Nature Center* (FT) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div></div>	<div><div>11</div><div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Mindfulness Walk* (W) 11:00 Cooking Better with Science* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 4:00 Chat with Councilman John Hines* (W)</div></div>	<div><div>12</div><div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:00 Ukulele Project* (BV) 2:00 Natural Remedies for Health & Wellbeing* (W) 2:00 Athens & the Greek Islands Tour Presentation* (BV) 2:30 Sit Fit n Fun (TJ)</div></div>	<div><div>13</div><div>2:30 Afternoon Movie (TJ)</div></div>
	<div><div>14</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>	<div><div>15</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) 1:00 Line Dancing (W) 5:00 DU Happy Hour (W)</div><div>Martin Luther King Day</div></div>	<div><div>16</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) 11:00 Great Courses—Oceanography* (TJ) 11:15 Chaplain Services (BV) 1:30 Safeway Shopping Bus* 2:00 Scrape Art* (C) 2:00 Back to Broadway, Tribute 2* (BV) 2:30 Sit Fit n Fun (LP)</div></div>	<div><div>17</div><div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:00 Forget Resolutions, Do This Instead (BV) 10:30 Live Music with Dave (LP) 1:00 Tea Tasting* (W) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 3:00 Support Group for People Whose Partners Have Dementia* (RSVP for Location) 3:00 Women in Science: Exploring Past, Present, and Future* (BV)</div></div>	<div><div>18</div><div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Finding, Telling & Sharing Life Stories* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Trader Joes/ Whole Foods Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Great Decisions Discussion Kick-off Meeting* (Z) 3:00 BV/DU Happy Hour (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div></div>	<div><div>19</div><div>9:00 Seniorcise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 10:00 Ukulele Project* (BV) 2:00 Watercolor Ink Doodle Books* (C) 2:30 Sit Fit n Fun (TJ)</div></div>	<div><div>20</div><div>2:30 Afternoon Movie (TJ) 6:45 NW Sinfonietta (Bus)</div></div>

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<div>28</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>29</div> <div>9:00 Seniorecise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 1:00 Line Dancing (W) 5:00 DU Happy Hour (W)</div>	<div>30</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Great Courses— Oceanography* (TJ) 11:15 Chaplain Services (BV) 1:30 Safeway Shopping Bus* 2:00 Acrylic Pours 101* (C) 2:00 AI in the Workplace: How Disruptive Will It Be?* (W) 2:30 Sit Fit n Fun (LP)</div>	<div>31</div> <div>9:00 Seniorecise Gold I & II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I & II (W) 11:00 After the Flush– Using Sewers to Understand Community Drug Use* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 4:00 Brief History of Architecture* (Z)</div>	<div></div>		