

## February Highlights

Thursday, February 1

### **SU: The Secret to your Heart (Health)\***

Learn new ways to create a heart healthy lifestyle through daily practices, habits and behaviors from a mind, body, and spiritual perspective.

2:00 pm, Wellness Center

Tuesday, February 6

### **Celebrating 100 Years of FTJ - Tacoma Through the Decades: 1910-20s the Between the War Years\***

As we celebrate the 100th Anniversary of Franke Tobey Jones, Steve Dunkelberger will take us through the decades of Tacoma's history from the 1920's – 2020's.

4:00 pm, Wellness Center

Wednesday, February 7

### **Meaningful Movies: Tell Them We Are Rising\***

A haven for Black intellectuals, artists, and revolutionaries' path of promise toward the American dream. Black colleges and universities have educated the architects of freedom movements and cultivated leaders in every field. They have been unapologetically black for 150 years, and their story is told for the first time ever.

2:00 pm, BV Bowditch Room

Friday, February 9

### **Underrepresented Artists Lecture Series\***

Underrepresented refers to groups who have been denied access and/or suffered past institutional discrimination in the United States.

2:00 pm, BV Bowditch Room

Wednesday, February 14

### **H: Tea Tasting\***

The Butterfly Pea Tea flowers have a high content of anthocyanins, pigments widely researched for their flavonoid benefits. In Thailand, the flowers have been used for centuries for hair and scalp health in ancient types of shampoo. Today, the flowers are very popular in tea and herbal blends because they easily infuse their vivid blue pigment.

1:00 pm, Wellness Center

Wednesday, February 14

### **Nature around Tacoma Series: Happy New Year at Chinese Reconciliation Park\***

Learn about the history of the park and walk along the waterfront.

2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Friday, February 16

### **SU: Embracing Change: A Journey to Self-Love and Self-Compassion in Later Years\***

Join us for a day of connection, self-discovery, and empowerment as we embark on a collective journey to embrace change, cultivate self-love, and foster self-compassion in the beautiful tapestry of our later years.

2:00 pm, Wellness Center

Thursday, February 22

### **Pretty Gritty Tacoma Lectures: Volcanoes in Washington\***

There are five active volcanoes in Washington state, and it may surprise you to know which of them is considered the most dangerous and why.

3:00 pm, BV Bowditch Room

Wednesday, February 28

### **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

Thursday, February 29

### **H: Natural Remedies for Health: Fire Cider\***

This immune boosting tonic that's been used for decades is a great way to support us through the cold and flu season. This ancient remedy can help ease congestion, boost our immunity, aid in digestion and fire up our body from the inside out. Join us as we learn about health benefits, uses and customize your own recipe based off your needs and likes.

2:00 pm, Wellness Center

Thursday, February 29

### **Ken Jacobsen Music Hour: South American Guitar Music\***

America is a vast continent with many different countries and cultures, and a wealth of great guitar music is something they have in common.

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, February 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

Staff Lunch Break

11:15a—11:45a

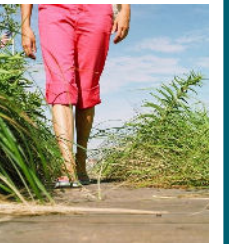
# Tobey Topics

## February 2024

FRANKE TOBEY JONES  
**100<sup>TH</sup>**  
Anniversary  
2024

### Mindfulness Walk in the Park

Starting in front of the FTJ Wellness Center. We will venture to Point Defiance then across the walking bridge down to the Dune Peninsula at Point Defiance Park and back. You must be able to walk this distance without staff assistance. An optional detour is offered on our way back. We will stop at the Wren's Nest Baking Co. for a delicious treat & social connection.



**Thursday, February 8, at 10:00 am starting from the Wellness Center**

### 100 Year Anniversary Special Events

#### **Spring Tea – May 22**

On Mrs. Franke Tobey Jones Birthday we will host our Annual Spring Tea. This event started the year FTJ opened (1924) and continued as an annual event until COVID. It returns this year as part of our celebrations.

#### **Annual FTJ Resident Picnic – August 2**

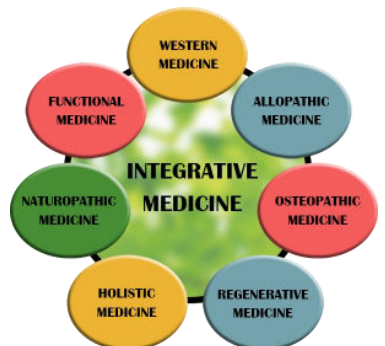
The Annual Resident Picnic, is a roaring 20s theme this year. Aside from residents and family members, city dignitaries, past and present board members, the press and other people in the community that are connected to FTJ are invited.

#### **Donor and Board Reception – August 8**

FTJ Philanthropy will be hosting a special Donor and Board Reception to honor and celebrate the many people that have donated to FTJ through the years.

### The Science of Integrative Medicine

The Science of Integrative Medicine, produced in collaboration with Mayo Clinic—widely regarded as one of the finest health institutions on the planet—provides you with 12 informative lectures on the science-based facts and historical context of commonly used integrative treatments. Delivering a foundational explanation of this wide and diverse new field of medicine, this DVD course running from February 29 – April 4 is designed to empower you and give you the knowledge you need to explore how to use these techniques to improve your wellness. Taught by Brent Bauer, M.D., director of Mayo Clinic's Complementary and Integrative Medicine Program, this course provides you with an illuminating exploration of many genuinely beneficial treatments.



**Thursdays, February 29 at 11:00 am in the BV Bowditch Room**

## Outings, Day Trips, Special Events

### 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 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, A Streetcar Named Desire. 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.**

### Tacoma Symphony “Remembrance”

**Saturday, February 24** Bus departs at 6:40 pm. **Cost: Ticket \$32—\$85**

Join us in the Pantages theater as the Tacoma Symphony combines with Symphony Tacoma Voices to perform Verdi’s Requiem. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### Lunch Bunch “Mandolin Sushi & Japanese Steak House”

**Friday, March 1** Bus departs at 11:15 am. **Cost: Meal**

Join us for a Hibachi lunch, at Mandolin Sushi & Steakhouse. A live cooking show is performed right in front of you and their talented chefs will make this an occasion full of surprises, never to be forgotten. **Please sign up at LP Front Desk. This trip is capped at 21 people.**

### NW Sinfonietta “Pictures at an Exhibition”

**Saturday, March 2** Bus departs at 6:45 pm. **Cost: Ticket \$25- \$55**

Showcased this performance, Goossens, Concerto for Oboe and Orchestra in One Movement, Piazzolla, Aconcagua (Bandoneon Concerto), Mussorgsky, Pictures at an Exhibition (arr. Lindberg). **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### Imagine Monet Immersive Exhibition

**Thursday, March 7** Bus departs at 1:30 pm.

Sign up by February 21. **Cost: Ticket \$28 Seniors, \$34 General Admission**

Claude Monet was a revolutionary artist who upset the social scene of his time. He is known for initiating Impressionism and as a pioneer of abstraction. Today, he is admired as one of the most influential artists of all time. Direct from Lyon, France, comes Imagine Monet; your opportunity to be immersed in more than 200 paintings projected in high-resolution color, 360 degrees, and sixteen feet tall. Enjoy a post-exhibit stroll through a colorful French town square, sit in the café to enjoy a glass of wine, participate in art making and shop among unique gifts. Imagine Monet starts with the famous painting *Impression, Soleil levant (1872)* and closes with the renowned *Water Lilies series (1914-1926)*. This experience features over 200 well-known masterpieces by Claude Monet. **Please sign up at LP Front Desk. This trip is capped at 21 people.**

## February Resident Birthdays

Ed Ransom	1
Ildi Bradley	3
Susan Dean	5
Redmond Barnett	6
Emily Butler	7
Bob Garden	8
Tom Anderson	9
Lorraine Buntain	10
Sam Seago	10
Paul Carbaugh	11
Neil Brown	13
Barbara Hinck	13
Elaine Stafford	14
Gloria Gold	14
Francie Carr	14
Nancy Bruce-Cook	15
Carolyn Hudson	21
Toni Grabowski	24
Estelle Reid	26
Rick Bock	27



## Happy Wedding Anniversary

Ray & Marlys Mitzner 14



## January New Staff

Gigi Aguilar, Housekeeping  
Lauryn Strickland, Activities  
Anson Wood, Facilities Operation Manager  
Amanda Vasquez, Clinical



## January New Residents

Martin Cannon, SN  
Bill Breitenbach, MC  
Bob Ball, GA  
Janet Mathews, SN  
Patricia Lawrence, TJ  
Gisela & Ted Taronovski, GA  
Frank Breen, DU  
Ron & Harriett Fields, TJ

## January In Remembrance



Edna Franklin, MC  
Margrit Englehartson, SN  
Gerald Madison, SN



## 4th Annual Souper Bowl

As the NFL playoff games continue, FTJ is kicking off the **“4th Annual Souper Bowl With Love”** food drive for the Pt. Defiance ~ Ruston Senior Center.







**Our goal and game plan:** Fill 100 bags with 3 cans of soup, one box of crackers and valentine chocolates for the senior center participants **by February 5th.**




Fred Meyer has a great Progresso soup sale and with crackers and a small box of chocolates, the cost of a Souper Bowl bag is \$12.00. Safeway has Campbells Chunky Soups on sale. Amazon and Walmart also have good offers!

If you would like to sponsor a \$12.00 bag or contribute a grocery gift card, Philanthropy will gladly do the shopping! If you would prefer to purchase any of the mentioned items, there are collection bins at the Care Center, Bistro, and LP and Garden Apt. Lobbies. All help is deeply appreciated.

At least 48 percent of participants who come through the Senior Center doors are below the poverty level threshold. With fixed incomes and facing the daily challenge of cost-of-living increases, many in our senior community struggle. It’s our game day and valentine goal to let them know they are in our hearts.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>February 2024</div> <div></div>				<div>1</div> <div>10:00 Strong n Stable (W) 10:00 Finding, Telling &amp; Sharing Life Stories* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Union District Shopping Bus* 2:00 The Secret to Your Heart Health* (W) 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>2</div> <div>9:00 Seniorcise Gold I &amp; II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I &amp; II (W) 10:00 Music with Martin(LP) 10:00 Ukulele Project* (BV) 11:30 Lunch Bunch (Bus) 2:00 Paint &amp; Sip* (C) 2:30 Sit Fit n Fun (TJ)</div> <div>Groundhog Day</div>	<div>3</div> <div>2:30 Afternoon Movie (TJ)</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 <b>Orange</b>, you must contact Jana in Senior University to register.</div> <div>If the class is <b>Green</b> , you must contact Sarah in Holistic Wellness to register.</div> <div>If the outing is <b>Blue</b>, you must contact the LP front desk to sign up.</div>	<div>5</div> <div>9:00 Seniorcise Gold I &amp; II (W) 9:00 GA Continental Breakfast 9:30 Church Service with Deacon Bill (LP) 10:00 Strength n Flex I &amp; II (W) 10:00 Church Service with Deacon Bill (TJ) 1:00 Line Dancing (W) 1:30 Live Music with Marty (LP) 5:00 DU Happy Hour (W)</div>	<div>6</div> <div>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Great Courses—Oceanography* (TJ) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) 1:30 Safeway Shopping Bus* 2:30 Sit Fit n Fun (LP) 4:00 Tacoma Through the Decades: 1910-1920* (W)</div>	<div>7</div> <div>9:00 Seniorcise Gold I &amp; II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I &amp; II (W) 10:00 Crochet a Boomerang Shawl* (BV) 10:30 Live Music with Dave (LP) 2:00 Meaningful Movies—Tell Them We Are Rising* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div>8</div> <div>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Mindfulness Walk* (W) 10:00 Finding, Telling &amp; Sharing Life Stories* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:00 The History of Tacoma Parks* (W) 2:30 Sit Fit n Fun (LP)</div>	<div>9</div> <div>9:00 Seniorcise Gold I &amp; II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I &amp; II (W) 10:00 Ukulele Project* (BV) 2:00 Underrepresented Artists* (BV) 2:30 Sit Fit n Fun (TJ)</div>	<div>10</div> <div>2:30 Afternoon Movie (TJ)</div> <div></div> <div>Chinese New Year</div>
<div>11</div> <div>1:00 Tacoma Opera (Bus)</div>	<div>12</div> <div>9:00 Seniorcise Gold I &amp; II (W) 9:00 GA Continental Breakfast 9:30 Resident Council (Z) 10:00 Strength n Flex I &amp; II (W) 1:00 Line Dancing (W) 1:30 Live Music with Marty (LP) 5:00 DU Happy Hour (W)</div>	<div>13</div> <div>9:00 Tai Chi &amp; 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 (LP) 1:30 Proctor District Shopping Bus* 2:00 Shackleton's Whisky* (BV) 2:30 Sit Fit n Fun (LP)</div> <div>Mardi Gras</div>	<div>14</div> <div>9:00 Seniorcise Gold I &amp; II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I &amp; II (W) 10:00 Crochet a Boomerang Shawl* (BV) 11:00 Should I Delay Medicare Coverage? (Z) 1:00 Tea Tasting* (W) 2:00 Nature around Tacoma Series: Chinese New Year at Reconciliation Park* (FT) 2:30 Sit Fit n Fun (TJ) 2:30 Valentines Happy Hour (LP)</div> <div>Valentines Day</div>	<div>15</div> <div>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Finding, Telling &amp; Sharing Life Stories* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Trader Joes/ Whole Foods Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Art Expressions: Painting with Essential Oils (W) 2:30 Sit Fit n Fun (LP) 3:00 Great Decisions Discussion: Mideast Realignment* (Z) 3:00 BV/DU Happy Hour (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>16</div> <div>9:00 Seniorcise Gold I &amp; II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I &amp; II (W) 10:00 Ukulele Project* (BV) 2:00 Embracing Change: Self Love &amp; Compassion in Later Years* (W) 2:30 Sit Fit n Fun (TJ)</div>	<div>17</div> <div>2:30 Afternoon Movie (TJ)</div> <div></div>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>18</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 <b>Orange</b>, you must contact Jana in Senior University to register.</div><div>If the class is <b>Green</b> , you must contact Sarah in Holistic Wellness to register.</div><div>If the outing is <b>Blue</b>, you must contact the LP front desk to sign up.</div></div>	<div>19</div> <div><div>9:00 GA Continental Breakfast</div><div>9:30 Church Service with Deacon Bill (LP)</div><div>10:00 Church Service with Deacon Bill (TJ)</div><div>5:00 DU Happy Hour (W)</div></div> <div></div>	<div>20</div> <div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>10:30 Worship Service (LP)</div><div>11:00 Gentle Flow Yoga (W)</div><div>11:15 Chaplain Services (BV)</div><div>1:00 Line Dancing (W)</div><div>1:30 Safeway Shopping Bus*</div><div>2:30 Sit Fit n Fun (LP)</div></div>	<div>21</div> <div><div>9:00 Seniorcise Gold I &amp; II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I &amp; II (W)</div><div>10:00 Crochet a Boomerang Shawl* (BV)</div><div>1:00 Sing Along with Puget Sounds (LP)</div><div>2:00 Tacoma Art Museum Tour* (FT)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>2:30 Happy Hour (LP)</div><div>3:00 Support Group for People Whose Partners Have Dementia* (RSVP for Location)</div></div>	<div>22</div> <div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Finding, Telling &amp; Sharing Life Stories* (BV)</div><div>11:00 Gentle Flow Yoga (W)</div><div>1:30 Fred Meyer Shopping Bus*</div><div>2:00 Knit Wits (TJ)</div><div>3:00 Pretty Gritty Tacoma Lectures– Volcanoes in Washington* (BV)</div><div>3:30 GA Happy Hour (GA)</div><div>3:30 TJ Happy Hour (TJ)</div></div>	<div>23</div> <div><div>9:00 Seniorcise Gold I &amp; II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I &amp; II (W)</div><div>10:00 Ukulele Project* (BV)</div><div>11:00 Strong n Stable (W)</div><div>1:30 Celebration of Life Bell Ringing (TJ)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>4:00 American Music: Traditions and Innovations* (W)</div></div>	<div>24</div> <div><div>2:30 Afternoon Movie (TJ)</div><div>6:45 Tacoma Symphony (Bus)</div></div> <div></div>
<div>25</div> <div><div>Room Key</div><div>BV= Bristol View Bowditch Room</div><div>C= Tobey Jones Craft Room</div><div>D= Lillian Pratt Dining Room</div><div>FT= Field Trip</div><div>GA= Garden Apt. Living Room</div><div>LP= Lillian Pratt Parlor</div><div>SC= Ruston Senior Center</div><div>TJ= Tobey Jones Parlor</div><div>W= Wellness Center</div><div>Z= Zoom Meeting</div><div>* Registration Required</div></div> <div><div>Color Key</div><div>Orange =Senior University</div><div>Green = Holistic</div><div>Blue = Bus Outing</div></div>	<div>26</div> <div><div>9:00 Seniorcise Gold I &amp; II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I &amp; II (W)</div><div>5:00 DU Happy Hour (W)</div></div>	<div>27</div> <div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>10:30 Worship Service (LP)</div><div>11:00 Gentle Flow Yoga (W)</div><div>11:00 Great Courses—Oceanography* (TJ)</div><div>11:15 Chaplain Services (BV)</div><div>1:00 Line Dancing (W)</div><div>1:30 Proctor District Shopping Bus*</div><div>2:30 Sit Fit n Fun (LP)</div><div>3:30 Should I Delay Medicare Coverage? (Z)</div></div>	<div>28</div> <div><div>9:00 Seniorcise Gold I &amp; II (W)</div><div>9:00 GA Continental Breakfast</div><div>9:30 Pierce College Science Dome (FT)</div><div>10:00 Strength n Flex I &amp; II (W)</div><div>10:00 Crochet a Boomerang Shawl* (BV)</div><div>2:00 Literary League Book Club* (BV)</div><div>2:00 Acrylic Pours Workshop* (C)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>2:30 Happy Hour (LP)</div><div>2:30 Live Music with Sandra (LP)</div></div>	<div>29</div> <div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>11:00 Great Courses: Integrative Medicine* (BV)</div><div>11:00 Gentle Flow Yoga (W)</div><div>1:30 Trader Joes/ Whole Foods Shopping Bus*</div><div>2:00 Knit Wits (TJ)</div><div>2:00 Women Poets of the Romantic Period* (BV)</div><div>2:00 Natural Remedies for Health &amp; Wellbeing* (W)</div><div>2:30 Sit Fit n Fun (LP)</div><div>3:00 BV/DU Happy Hour (W)</div><div>3:30 GA Happy Hour (GA)</div><div>3:30 TJ Happy Hour (TJ)</div><div>4:00 Ken Jacobsen Music Hour: South American Guitar Music* (BV)</div></div>	<div></div>	