

## March Highlights

*Fridays, March 1, 8, 15, & March 22*

### **SU: Discover Drums! Learning Percussion and Drum Circle\***

Join us to experience what music making can be like as part of a real drum circle!

*10:00 am, BV Bowditch Room*

*Tuesday, March 5*

### **SU: Aging Well: Tips and Strategies to Live Healthier as We Age\***

It's never too late to make changes to help you live a longer and healthier life.

*3:00 pm, Lillian Pratt Parlor*

*Wednesday, March 6*

### **SU: Meaningful Movies: *Matter of Mind*\***

Three people navigate their lives with resourcefulness and determination in the face of a degenerative illness, Parkinson's disease.

*2:00 pm, BV Bowditch Room*

*Thursday, March 7*

### **H: Gong Meditation\***

This event includes a discussion on the healing attributes of the Gong, with a Gong Meditation, followed by sweets & community. Join us on a transformative journey of healing and deep relaxation.

*2:00 pm, Wellness Center*

*Friday, March 8*

### **SU: Suffrage First!\***

Debbie Dimitri is proud to announce her newest character, Alice Paul, the suffragette who many believe was the driving engine behind the suffrage movement the last 7 years - from 1913 to 1920, and who in 1923 wrote and introduced the Equal Rights Amendment - which she fought for the rest of her life.

*2:00 pm, Wellness Center*

*Tuesday, March 12*

### **SU: Celebrating 100 Years of FTJ - Tacoma Through the Decades: Prohibition, 1930s\***

Steve Dunkelberger will take us through the decades of Tacoma's history.

*4:00 pm, Wellness Center*

*Wednesday, March 13*

### **SU: Nature around Tacoma Series: The Woods of Alderwood Park\***

Explore this small, wooded park and look for signs of spring.

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

*Friday, March 15*

### **SU: What is Your Puzzling Passion? \***

Learn the history of mathematics as told through various games and puzzles through the ages. This program is made possible by a generous donation to Senior University.

*2:00 pm, BV Bowditch Room*

*Tuesday, March 26*

### **H: Holi Celebration\***

The Holi Festival is celebrated as a way to welcome in spring, seen as a new beginning and fresh start. Dive into the vibrant world of Holi, the Hindu festival of colors, in our immersive presentation. Learn about the rich cultural significance behind Holi, its roots in ancient mythology, and its modern-day celebration as a symbol of love, unity, and the triumph of good over evil.

*2:00 pm, Wellness Center*

*Tuesday, March 26*

### **SU: Pretty Gritty Tacoma Lectures: Smuggling & Rumrunning in Washington\***

The Pacific Northwest was a pioneer in the maritime transportation of illicit goods. See how this shaped the history of Washington.

*3:00 pm, TJ Parlor*

*Wednesday, March 27*

### **H: Tea Tasting—Moroccan Mint\***

Join us for an immersive tea tasting experience as we explore the rich traditional Moroccan Mint Tea. You'll learn about the cultural significance of tea in Moroccan hospitality, the art of preparing the perfect brew, and the nuanced flavors that make this beverage beloved worldwide.

*1:00 pm, Wellness Center*

*Friday, March 29*

### **SU: Grandma Moses—Living History Performance\***

The story of Anna Mary Robertson Moses who, without any formal art training, began painting when she was almost 70 years old and became one of our country's most beloved folk artists.

*10:00 am, Lillian Pratt Parlor*

**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, March 11  
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

## March 2024



### **You've Come a Long Way, Sister!**

Women's roles have changed since Franke Tobey Jones first opened its doors in 1924, and popular song lyrics certainly reflect that. Karen Haas has delighted in delving into songs of the last century from *Oh, You Beautiful Doll* to *You Don't Own Me* and beyond to create this sing-along program. Come join the fun and see how we truly have come a long way.



**Tuesday, March 19, at 3:30 pm, Lillian Pratt Parlor**

### **Happiness Play Shop**

Are you happy with your life and health? Discover new paths that can help you cultivate more happiness that can improve your health based on neuroscience & positive psychology. Our emotions and emotional health has EVERYTHING to do with how we experience a better quality of life. For this fun, interactive 'playshop' on the International Day of Happiness, bring/ wear something that brings you joy!



**Wednesday, March 20, at 2:00 pm, Wellness Center**

### **The Franke Tobey Jones Story**

On July 16, 1924 the Franke Tobey Jones Home cornerstone was laid on a five-acre site with views of Commencement Bay and Mount Rainier. With a wheelbarrow and spade, Franke, at the age of 80, presided over the ceremony. On March 24, 1925 the Home opened, with private accommodations for up to 65 residents. The building was designed with no stairs; gentle ramps went from one level to the next. It was soon recognized as one of the most outstanding facilities in the nation. Franke Tobey Jones Home was originally set up to run as a trust. A Board of Trustees was established, with Virginia Mason as president.

In 1930, Franke was recognized by Tacoma Chamber of Commerce as "having rendered distinguished service in the community and set an example of citizenship which, if followed by others, would make Tacoma a better city." Franke Tobey Jones was described as, "The biggest heart ever found in such a small body." Franke died in her own home on April 25, 1931 and rests next to her husband within Tacoma Mausoleum in South Tacoma.

## Outings, Day Trips, Special Events

### **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.**

### **Tacoma Musical Playhouse “Jersey Boys”**

**Saturday, March 9** Bus departs at 1:20 pm. **Cost: Ticket \$32**

Jersey Boys is a jukebox musical with music by Bob Gaudio, lyrics by Bob Crewe, and book by Marshall Brickman and Rick Elice. It is presented in a documentary-style format that dramatizes the formation, success and eventual break-up of the 1960s rock 'n' roll group The Four Seasons. The musical is structured as four "seasons", each narrated by a different member of the band who gives his own perspective on its history and music. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### **Tacoma Symphony “Transformation”**

**Saturday, March 16** Bus departs at 6:45 pm. **Cost: Ticket \$30- \$95**

Featured in this performance: Elfriede Andrée’s First Symphony, from which the Intermezzo is extracted, is likely the earliest symphony written by a Swedish woman. One continuous piece, Liszt’s Second Piano Concerto diverged from typical concertos of its day that were separated into distinct movements. The four notes that open Beethoven’s Fifth Symphony (the “fate motive”) are perhaps music history’s most iconic motif. **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, April 5** 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.**

### **March Resident Birthdays**

Marilyn Etzold	5
Frances Coulter	5
Karen Fischer	10
Richard Carr	10
Braxton Butler	11
Marilyn Thomas	12
Donna Kanyer	12
Phyllis Wire	13
Lee Fisher	16
Barbara Hill	16
Kathy Wilkie	18
Lawanna Ahrendt	18
Maria Rapoport	21
John Lynn	23
David Potts	24
Yvonne Zubalik	26
Marcia Winkle	27
Laurie Bowman	27
Millie McNearney	28
Doraine Fleming	28
John Kriete	29
Bob Ball	31



### **Wedding Anniversaries**

If you would like your wedding anniversary acknowledged in the Tobey Topics, please contact Heidi White at 253-756-6284 or [hwhite@franketobeyjones.com](mailto:hwhite@franketobeyjones.com) and give her your anniversary date.

### **February New Staff**

Kristina Langford, Clinical  
Marzani Joseph, Clinical  
Susan Moslander, Housekeeping  
Lolita Swan, Clinical  
Daniel Butters, Dining  
Cindy Nguyen, Dining  
Veronica Cintron, Clinical  
Peter Mirangi, Clinical  
Abel Mwaura, Clinical

### **February New Residents**

Marietta Whitley, MC  
Nancy Feagin, MC  
Bob Ball, GA  
Janet Mathews, SN  
Barbara Gabriel, MC  
David & Betsy Potts, LP  
Al Polansky, SN

### **February In Remembrance**



Gerald Madison, SN  
Elsa Williams, SN  
Michelle Gardner, MC  
Joann McDonald, MC  
Martin Cannon, SN  
Janet Broback, MC  
Michael Harrison, SN



### **Pollinators Lecture Series**

Starting this month, Senior University will be hosting a 5-part pollinator lecture series to learn more about these important beings that keep us in food and flowers. All lectures will be at 10:00 am and will take place in the BV Bowditch Room.

**Wednesday, March 6, 2024**, Biology of Pollination and Biology and life of Key Local Pollinators

**Wednesday, March 13, 2024**, How to Create a Pollinator-Friendly Habitat at Home or Anywhere

**Wednesday, March 20, 2024**, Mason Bees at Your Home

**Wednesday, March 27, 2024**, The Honey Bee Species Found Around the World

**Wednesday, May 15, 2024**, Bee-Friendly Apiculture

Speaker Bio: David Muehleisen joined the Evergreen State College faculty in 2007, where he taught the Practice of Sustainable Agriculture at the Organic Farm. In 2009, Dave left Evergreen to become the Education Director and Farm Manager at the non-profit education farm, 21 Acres in Woodinville, WA. He returned to Evergreen as a permanent faculty member in 2010.



Sun

Mon

Tue

Wed

Thu

Fri

Sat



# March 2024

**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 Pratt Parlor  
SC= Ruston Senior Center  
TJ= Tobey Jones Parlor  
W= Wellness Center  
Z= Zoom Meeting  
\* Registration Required


**Color Key**

Orange =Senior University  
Green = Holistic  
Blue = Bus Outing

Daylight Saving Time Begins



<p>4</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 Meditation (W) 1:00 Line Dancing (W) 5:00 DU Happy Hour (Z)</p>	<p>5</p> <p>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) 3:00 Aging Well: Tips &amp; Strategies to Live Healthier* (LP)</p>	<p>6</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 Biology of Key Local Pollinators* (BV) 11:00 Strength n Flex II (W) 2:00 Meaningful Movies— Matter of Mind: Parkinson's* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p>	<p>7</p> <p>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Great Courses: Integrative Medicine* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Imagine Monet Immersive Exhibition (Bus)* 2:00 Seniors Helping Seniors: Insurance Scams* (BV) 2:00 Gong Meditation* (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)</p>	<p>8</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 Discover Drums! Learning Percussion &amp; Drum Circle* (BV) 11:00 Strength n Flex II (W) 2:00 Suffrage First!* (W) 2:30 Sit Fit n Fun (TJ)</p>	<p>9</p> <p>1:20 Tacoma Musical Playhouse (Bus) 2:30 Afternoon Movie (TJ)</p>
<p>11</p> <p>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 Meditation (W) 1:00 Line Dancing (W) 1:30 Live Music with Marty (LP) 5:00 DU Happy Hour (W)</p>	<p>12</p> <p>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* 2:30 Sit Fit n Fun (LP) 4:00 Celebrating 100 Years of FTJ: Prohibition* (W)</p>	<p>13</p> <p>9:00 GA Continental Breakfast 10:00—3:00pm Senior Living Tour (W) 10:00 How to Create a Pollinator Friendly Habitat* (BV) 10:00 Mindfulness Walk* (W) 11:00 Prescription Drugs AKA Medicare Part D* (Z) 1:00 Sing Along with Puget Sounds (LP) 2:00 Nature around Tacoma Series: Woods of Alderwood Park* (FT) 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)</p>	<p>14</p> <p>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Great Courses: Integrative Medicine* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Fred Meyer Shopping Bus* 1:30 Live Music with the Old Time Fiddlers (LP) 2:00 Knit Wits (TJ) 2:00 The Art of Communication: Love Intimacy and Dating* (W) 3:30 BV Happy Hour (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>15</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 Discover Drums! Learning Percussion &amp; Drum Circle* (BV) 11:00 Strength n Flex II (W) 2:00 What's Your Puzzling Passion?* (BV) 2:30 Sit Fit n Fun (TJ)</p>	<p>16</p> <p>2:30 Afternoon Movie (TJ) 6:45 Tacoma Symphony (Bus)</p> <div data-bbox="2675 1681 2915 1860"><p>FRANKE TOBEY JONES</p><p>100<sup>TH</sup></p><p>Anniversary</p><p>2024</p></div>

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 <b>Orange</b>, you must contact Jana in Senior Universi- ty to register.</div> <div>If the class is <b>Green</b> , you must contact Sarah in Holistic Well- ness to register.</div> <div>If the outing is <b>Blue</b>, you must contact the LP front desk to sign up.</div>	<div>18</div> <div>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Church Service with Deacon Bill (LP) 10:00 Church Service with Deacon Bill (TJ) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 1:00 Line Dancing (W) 2:00 <b>Art Expression– Nature’s Palette (C)</b> 5:00 DU Happy Hour (W)</div>	<div>19</div> <div>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 <b>Great Courses— Oceanography* (TJ)</b> 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) 1:00 Line Dancing (W) 1:30 <b>Safeway Shopping Bus*</b> 3:00 <b>Introduction to Trees Walk with Tacoma Tree Foun- dation* (Bistro)</b> 2:30 Sit Fit n Fun (LP) 3:30 <b>You’ve Come a Long Way, Sister!*</b> (LP)</div>	<div>20</div> <div>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>Mason Bees at Your Home* (BV)</b> 10:30 Live Music with Dave (LP) 11:00 Strength n Flex II (W) 2:00 <b>The Happiness Play Shop* (W)</b> 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div>21</div> <div>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 11:00 <b>Great Courses: Integra- tive Medicine* (BV)</b> 11:00 Gentle Flow Yoga (W) 1:30 <b>Trader Joes/ Whole Foods Shopping Bus*</b> 2:00 Knit Wits (TJ) 2:00 <b>Stretch Lab (W)</b> 2:30 Sit Fit n Fun (LP) 3:00 <b>Great Decisions Discus- sion: Climate Technology &amp; Competition* (Z)</b> 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>22</div> <div>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>Discover Drums! Learning Percussion &amp; Drum Circle* (BV)</b> 11:00 Strength n Flex II (W) 2:00 <b>Artist Trading Cards* (C)</b> 2:30 Sit Fit n Fun (TJ)</div>	<div>23</div> <div>2:30 Afternoon Movie (TJ)</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>25</div> <div>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 Meditation (W) 1:00 Line Dancing (W) 5:00 DU Happy Hour (W)</div>	<div>26</div> <div>10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Gentle Flow Yoga (W) 11:00 <b>Great Courses— Oceanography* (TJ)</b> 11:15 Chaplain Services (BV) 1:00 Line Dancing (W) 1:30 <b>Proctor District Shopping Bus*</b> 2:00 <b>Holi Celebration* (W)</b> 2:30 Sit Fit n Fun (LP) 3:00 <b>Smuggling &amp; Rumrun- ning in Washington* (TJ)</b> 3:30 <b>Medicare Part D (Z)</b></div>	<div>27</div> <div>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>Honey Bees Around the World* (BV)</b> 11:00 Strength n Flex II (W) 1:00 <b>Tea Tasting* (W)</b> 2:00 <b>Literary League Book Club* (BV)</b> 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 2:30 Live Music with Sandra (LP)</div>	<div>28</div> <div>10:00 Strong n Stable (W) 11:00 <b>Great Courses: Integra- tive Medicine* (BV)</b> 11:00 Gentle Flow Yoga (W) 1:30 <b>Trader Joes/ Whole Foods Shopping Bus*</b> 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>29</div> <div>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>Grandma Moses* (LP)</b> 11:00 Strong n Stable (W) 11:00 Strength n Flex II (W) 1:30 Celebration of Life Bell Ringing (TJ) 2:00 <b>How Your Eyes Work &amp; Ways They Can Fail* (W)</b> 2:30 Sit Fit n Fun (TJ) 4:00 <b>American Music* (W)</b></div>	<div>30</div> <div>2:30 Afternoon Movie (TJ)</div> <div><div>FRANKE TOBEY JONES</div><div>100TH</div><div>Anniversary</div><div>2024</div></div>
<div>31</div> <div>Happy Easter!</div> <div></div>						