

## April Highlights

*Tuesday, April 2*

### **SU: Celebrating 100 Years of FTJ - Tacoma Through the Decades: 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*

*Friday, April 5*

### **SU: Underrepresented Artists Lecture Series\***

Underrepresented refers to groups who have been denied access or suffered past institutional discrimination in the United States and, according to the Census and other federal measuring tools.

*2:00 pm, BV Bowditch Room*

*Friday, April 5*

### **H: Recompose, A Sustainable End Of Life Choice\***

Recompose founder Katrina Spade began thinking about updating contemporary death care practices with a sustainable alternative. After years of research with green death care experts, ecologists, biologists, legislators and more, human composting emerged. It's been legal in Washington State since 2019 and is now legal in six other states as well. In this 60-minute presentation, we will learn more about the Recompose journey, how it works, and why this end of life option is a benefit to the earth and to humanity.

*2:00 pm, Wellness Center*

*Wednesday, April 10*

### **SU: Nature around Tacoma Series: Pt. Defiance Rhododendron Garden\***

Enjoy a walk led by Tacoma Nature Center staff around the rhododendron garden.

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

*Thursday, April 11*

### **SU: How Your Ears Work & Ways They Can Fail\***

The first portion of the session will include an overview of the basic anatomy and physiology of the ears, followed by an introduction of selected clinical conditions that can impact their function.

*10:00 am, BV Bowditch Room*

*Friday, April 12*

### **SU: Tips for Gender Inclusive Language and LGBTQ Support\***

Participants will learn LGBTQ terms and inclusive language, current state policies, and ways to be supportive allies and peers.

*2:00 pm, Wellness Center*

*Tuesday, April 16*

### **SU: Destination Alaska, Siberia, and Japan\***

Join a voyage from Seward, Alaska to Tokyo, Japan and learn a little human history and natural history about this part of the world.

*3:00 pm, BV Bowditch Room*

*Tuesday, April 23*

### **H: Thinkie Presentation\***

Experience an innovative brain training system by Thinkie! Thinkie is a safe and scientifically proven system that's designed to improve mental speed, memory, and concentration. Thinkie representatives will be presenting how it works, and answering questions that you may have.

*2:00 pm, Wellness Center*

*Wednesday, April 24*

### **H: Tea Tasting—Blooming Tea\***

Join us for another exciting new tea, Blooming tea! Learn about the artistry and craftsmanship behind this centuries- old tradition as our very own Barista guides you through the intricacies of brewing and savoring these exquisite floral infusions. Immerse yourself in the aromas and flavors of blooming tea, and discover a new appreciation for the harmony between nature and tea craftsmanship.

*1:30 pm, Meet at Bistro*

*Thursday, April 25*

### **SU: Pretty Gritty Tacoma Lectures: Stadium High School\***

Once built to be a luxury hotel for the Northern Pacific Railroad, this grand building was never opened as a hospitality center but instead became a public high school in 1911. Hear its incredible history.

*3:00 pm, BV Bowditch Room*

*Tuesday, April 30*

### **SU: Best Friends by Design?\***

In this class, we will explore the role domestication played in the creation of new species like dogs and house cats.

*4:00 pm, Wellness Center*

**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, April 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

## April 2024



### Houseplants and Health

Did you know that indoor plants can offer the following benefits: Improved air quality, reduced stress, improved sense of well-being, cognitive health support, faster recovery from illness, and improved quality of indoor air?

Learn how to cultivate an indoor garden by joining us for indoor plant care 101 at The Fernseed on South Tacoma Way. We will learn about the best way to care for your houseplants and tend to your indoor garden. \*Please RSVP to Jana Wennstrom at 253-756-6219 to join.

**Wednesday, April 24, at 10:00 am, The Fernseed on South Tacoma Way**

### Cultural Cuisine— Vietnam

Join our fearless Tai Chi & Qigong instructor, Mag for this month's cultural cuisine where he will introduce us to a healthy and organic version of the popular Pho. Pho is a Vietnamese soup dish consisting of broth, rice noodles, herbs, and meat. We welcome you to experience the Vietnamese culture through our senses!



**Monday, April 15, at 2:00 pm, BV Bowditch Room**

### Pacific Northwest Senior Writer's Showcase

Senior University has launched the Pacific Northwest Senior Writer's Showcase this year for writer's 55+ to show off their writing talent and have the opportunity to see their work published in a book created for this event. Entries can be in prose or poetry, fiction or nonfiction, but must have the theme of "home" and be no longer than 1500 words. **Submission deadline is April 28, 2024.**

There will be six cash prizes awarded ranging from \$350—\$50. Awards will be presented at an event on October 30, 2024 between 5:00—7:00 pm in the Wellness Center and the winners will be asked to give a reading of their entries at that time. All are welcome to come and celebrate! Books will be available for purchase at that time for \$20 each.



For more information, visit the Franke Tobey Jones website at franketobeyjones.com. Write on!

## Outings, Day Trips, Special Events

### Lunch Bunch “Jimmy Mac’s Roadhouse”

**Friday, April 5** Bus departs at 11:15 am. **Cost: Meal**

A “Texas-style,” restaurant featuring quality steaks, handcrafted food, craft cocktails and ice cold beer. Enjoy all you can eat, hot-out-of-the-oven yeast rolls with whipped honey butter & endless peanuts. Their signature, hand-made dishes include Dungeness crab cakes, crawfish chowder, BBQ baby back pork ribs, fresh grilled salmon, shrimp, a variety of specialty salads, hubcap burgers, grilled chicken entrees & sandwiches, smoked pork, desserts and more. **Please sign up at LP Front Desk. This trip is capped at 21 people.**

### Tacoma Musical Playhouse “Stepping Out”

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

Stepping Out, a musical concerning eight individuals from disparate backgrounds and with differing motivations who attend the same weekly tap dancing class in a dingy North London church hall. Despite the students at first treating the classes as social occasions, and showing little coordination, they later develop a level of skill and cohesiveness. The dance routines are the background for the focus of the play, the relationship and interaction of different people. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### Tacoma Symphony “Dreams & Dances”

**Saturday, April 20** Bus departs at 6:45 pm. **Cost: Ticket \$30- \$95**

Featured in this performance: *El Amor Brujo* is De Falla’s homage to the folksongs and dances of Andalusian Gypsies. Strauss demonstrates his understanding of the potential of the horn’s role as a solo and instrument. Gi-na Gillie’s *Reverie* portrays the divergent scenes of dreams. Kodály drew inspiration for the *Dances of Galán-ta* from Hungarian folk music he discovered in Vienna. Arturo Marquez’ *Danzon No. 2* captures the movement and rhythms of Latin ballroom dancing. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### Tacoma Opera “Madame Butterfly”

**Sunday, April 21** Bus departs at 1:15 pm. **Cost: Ticket \$36- \$80**

*Madam Butterfly* is one of opera’s most enduring tales of unrequited love. Puccini’s poignant score follows the tragic tale of Cio Cio San, a young Japanese girl who falls in love with American naval officer Pinkerton, with devastating consequences. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### NW Sinfonietta “Bach, Beethoven & Bass”

**Saturday, May 4** Bus departs at 6:45 pm. **Cost: Ticket \$30- \$95**

The favorite three B’s—Bach, Beethoven and...Bass. The extraordinary double bassist Xavier Foley is joining us for our season finale, performing Bottesini’s virtuosic Gran duo concertante with Concertmaster Denise Dillenbeck, For Justice and Peace. Clarice Assad’s Suite for Lower Strings by Bach opens this love-fest. To close our season, Artistic Partner Jeffery Meyer leads the orchestra in Beethoven’s Symphony No. 7, a sublime epic filled with Beethoven’s optimism in the face of adversity, and ultimately hope for the future. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### NW Repertory Singers “To Life, To Love!”

**Sunday, May 5** Bus departs at 2:15 pm. **Cost: Ticket \$32**

An inspiring program designed to celebrate the beauty of the human spirit and the ways we experience love. Featuring the first collection of *Liebeslieder* waltzes by Johannes Brahms. Also included are Elaine Hagenberg's "Measure Me, Sky," Cecilia McDowall's "Love’s Philosophy," Emma Lou Diemer's settings of Shakespeare poems in *Three Madrigals*, René Clausen's "Set Me as a Seal" and Undine Smith Moore's "I Would Be True." Each song offering a unique perspective on the meaning of life and love. **Please sign up at LP Front Desk. Heidi White will purchase tickets and charge your FTJ account for all who sign up for this event.**

### April Resident Birthdays

Maria Kirchmer	2
Paula Foreman	3
Jim Blankenship	10
Mara Johnson	10
Dave Wheeler	10
Jett Brooks	12
Janet Mathews	13
Nancy Feagin	16
Linda Kehoe	17
Ann Martin	20
Marcia Kuska	21
Beverly Cook	24
Rose Betts	24
Bernie Ekemo	25
Barbara Johnson	26
Betsy Potts	30



### 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.

### March New Staff

Carri Phillips, Clinical  
Felicia Cort, Clinical  
Cynthia McGlover, Medical Records  
Alisha Etherly, Custodian  
LeahWaweru, Clinical  
Angela Thomas, Dir. of Human Resources  
Alexandria Brink, Social Service Intern  
Tsega Ghebru, Dining



### March New Residents

Al Polansky, SN  
Cathy Taylor, MC  
Brenda Salzetti, MC  
Margery Smith, MC  
Zenaida Jasmin, SN  
Thomas Beale, SN

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### March In Remembrance



Don Helland, LP  
Fred Logsdon, SN  
Liz Gilbert, MC  
Lester Reid, DU  
Betty Peterson, LP  
Neil Bergeson, LP



### Expanding the Circle




In 1923, Mrs. Franke Tobey Jones donated \$150,000 and four acres of land where a rest-home could be built for persons over the age of 65 to live out the “sunset of their lives.” To perpetuate the legacy of Mrs. Franke Tobey Jones and strengthen the FTJ Charitable Subsidy Fund, Philanthropy is inviting residents to be part of the 2024 Centennial Circle.

In the next three months ~ April through June ~ anyone who makes a gift of \$100 or more will become a Centennial Circle Member. All gifts will benefit Charitable Subsidy and contributors will be acknowledged in the FTJ Centennial Time Capsule and as a Centennial Circle Member in the 2024 Annual Report.

We hope you will join us in growing the Charitable Subsidy Fund and ensuring residents who have outlived their resources through no fault of their own will always have a home at FTJ ~ just as Mrs. Franke Tobey Jones originally intended. If you have any questions, please don’t hesitate to contact the Philanthropy Office, Shelley Harris at 253.756.6297 or Franchesca Thomas at 253.756.6327.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>April 2024</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 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>1</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) 5:00 DU Happy Hour (Z)</div>	<div>2</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 Celebrating 100 Years of FTJ: The War Years* (W)</div>	<div>3</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 What is Gratitude &amp; Why is it Helpful?* (BV) 11:00 Strength n Flex II (W) 2:00 Meaningful Movies— The Tuba Thieves* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div>4</div> <div>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Great Courses: Integra- tive Medicine* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Union District Shopping (Bus)* 2:00 Knit Wits (TJ) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>5</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) 10:00 Reading &amp; Writing Po- etry* (BV) 11:15 Lunch Bunch (Bus) 2:00 Underrepresented Art- ists* (BV) 2:00 Recompose, Sustainable End of Life Choice* (W) 2:30 Sit Fit n Fun (TJ)</div>	<div>6</div> <div>2:30 Afternoon Movie (TJ)</div>
	<div>8</div> <div>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)</div>	<div>9</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* 2:30 Sit Fit n Fun (LP) 3:00 Safety at Home/Safe Travel for Seniors* (BV)</div>	<div>10</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) 11:00 Traveling &amp; Living Abroad with Medicare* (Z) 1:00 Sing Along with Puget Sounds (LP) 2:00 Nature around Tacoma Series: Pt Defiance Rhodo- dendron Garden* (FT) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div>11</div> <div>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 10:00 How Your Ears Work &amp; Ways They Can Fail* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Point Defiance Park: Tacoma's Great Pride* (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>12</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 Reading &amp; Writing Po- etry* (BV) 11:00 Strength n Flex II (W) 2:00 Tips for Gender Inclu- sive Language &amp; LGBTQ Support (W) 2:30 Sit Fit n Fun (TJ)</div>	<div>13</div> <div>2:30 Afternoon Movie (TJ)</div>
	<div>15</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 Cultural Cuisine– Vi- etnam (BV) 5:00 DU Happy Hour (W)</div>	<div>16</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* (BV) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) 1:00 Line Dancing (W) 1:30 Safeway Shopping Bus* 2:00 Acrylic Pours Work- shop* (C) 2:30 Sit Fit n Fun (LP) 3:00 Destination Alaska, Sibe- ria &amp; Japan* (BV)</div>	<div>17</div> <div>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:00 Bloedel Reserve in Spring* (FT) 10:00 Strength n Flex I (W) 10:30 Live Music with Dave (LP) 11:00 Strength n Flex II (W) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 3:00 Support Group for Peo- ple Whose Partners Have De- mentia* (RSVP for Location)</div>	<div>18</div> <div>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Falling Down the Rab- bit Hole, Reimagining Aging* (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 Discus- sion: Science Across Borders* (Z) 3:30 BV Happy Hour (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>19</div> <div>9:00 GA Continental Breakfast 10:00 Reading &amp; Writing Po- etry* (BV) 4:00 American Music Perfor- mance* (W)</div>	<div>20</div> <div>1:20 Tacoma Musical Play- house (Bus) 2:30 Afternoon Movie (TJ) 6:45 Tacoma Symphony (Bus)</div>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>21</div> <div>1:15 Tacoma Opera (Bus)</div> <div></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) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 1:00 Line Dancing (W) 2:30 A Healthy Earth is a Healthy you* (W) 5:00 DU Happy Hour (W)</div> <div>Passover Begins</div> <div>Earth Day</div>	<div>23</div> <div>10:00 Strong n Stable (W) 10:00 Mindfulness Walk* (W) 10:30 Worship Service (LP) 11:00 Gentle Flow Yoga (W) 11:00 Great Courses—Oceanography* (BV) 11:15 Chaplain Services (BV) 1:00 Line Dancing (W) 1:30 Proctor District Shopping Bus* 2:00 Thinkie Presentation* (W) 2:30 Sit Fit n Fun (LP) 3:30 Traveling &amp; Living Abroad with Medicare* (Z)</div> <div></div> <div></div>	<div>24</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 Indoor Plant Care* (FT) 11:00 Strength n Flex II (W) 1:30 Tea Tasting* (Bistro) 2:00 Literary League Book Club* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 2:30 Live Music with Sandra (LP)</div> <div></div> <div></div>	<div>25</div> <div>10:00 Strong n Stable (W) 10:00 How Your Heart Works &amp; Ways it Can Fail* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Art Expressions: Scavenger Hunt* (W) 2:30 Sit Fit n Fun (LP) 3:00 Pretty Gritty Tacoma: Stadium High School* (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div> <div></div> <div></div>	<div>26</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 Reading &amp; Writing Poetry* (BV) 11:00 Strong n Stable (W) 11:00 Strength n Flex II (W) 1:30 Celebration of Life Bell Ringing (TJ) 2:00 Neurographic Art* (C) 2:30 Sit Fit n Fun (TJ)</div> <div>Arbor Day</div> <div></div>	<div>27</div> <div>2:30 Afternoon Movie (TJ)</div> <div></div>
<div>28</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>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) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 1:00 Line Dancing (W) 5:00 DU Happy Hour (W)</div> <div></div> <div></div>	<div>30</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) 1:00 Line Dancing (W) 1:30 Safeway Shopping Bus* 2:30 Sit Fit n Fun (LP) 4:00 Best Friends by Design (W)</div> <div>Passover Ends</div> <div></div>	<div>FRANKE TOBEY JONES</div> <div>100<sup>TH</sup></div> <div>Anniversary</div> <div>2024</div>	<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 Pratt 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>	