

May Highlights

Wednesday, May 1

SU: Meaningful Movies: Birthing Justice*

A film and conversation about the maternal health experience for minorities.

2:00 pm, BV Bowditch Room

Tuesday, May 7

SU: Celebrating 100 Years of FTJ - Tacoma Through the Decades: The Outbreak of Peace and the Suburbs, 1950s*

Discover how peace from after the war years impacted the suburbs throughout North America.

4:00 pm, MJ Wicks Wellness Center

Wednesday, May 8

SU: Nature around Tacoma Series: Oak Tree Park*

Enjoy a walk at Oak Tree Park as you learn about the intricacies of the Oak Prairie Ecosystems.

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

Friday, May 10

SU: Houselessness: The Problem, Faces, and Solutions*

We are going to investigate multiple facets of the problem and explore solutions.

10:00 am, BV Bowditch Room

Wednesday, May 15

SU: Seniors Helping Seniors: Botox Scams*

Come join Seniors Helping Seniors and learn about fake Botox scams! Unscrupulous doctors are targeting seniors and people who would like cosmetic treatments. This class will discuss what you should look for in assessing your cosmetic treatments.

2:00 pm, BV Bowditch Room

Saturday, May 18

H: Community Litter Cleanup at Pt. Defiance Marina*

Are you interested in a day trip that does some good? Then please join us and other community volunteers who, through the help of Metro Parks, will be given the necessary equipment to clean up litter around the Point Defiance Marina. If you would like to participate, or have questions, please contact Frankie in Philanthropy at 253-756-6327 or at fthomas@franketobeyjones.com by Tuesday, May 14th.

9:00 am—12:00 pm, Pt Defiance Marina

Tuesday, May 21

H: Tree Walk with Tacoma Tree Foundation*

Join us for a tree walk around Franke Tobey Jones campus. We will stop at a number of different trees and learn some fun and inspiring facts about them. Participants on this walk will have an opportunity to get outside with a group, learn interesting things about the trees we pass by every day, and cultivate a sense of awe and wonder in the nature nearby.

2:00 pm, Meet at Bistro

Thursday, May 23

SU: Pretty Gritty Tacoma Lectures: Tacoma's China Town*

On November 3rd, 1885, a group of Tacomans lead by the mayor expelled the Chinese population of Tacoma from the city and burned the neighborhood to the ground in a violent act of mistrust and betrayal. Come explore how this act affected the history of Tacoma.

3:00 pm, BV Bowditch Room

Friday, May 24

SU: American Music - Hosted by Ian Crocker*

Guitarist Ian Crocker delivers a solo guitar performance.

4:00 pm, MJ Wicks Wellness Center

Wednesday, May 29

SU: What Teenagers Haven't Explained: An Overview of Current Young Culture*

An interactive exploration into what the current young people's culture is today.

4:00 pm, BV Bowditch Room

Thursday, May 30

H: Pain Relief through Nutrition*

Join Dr. Bree Zehnder MD for a wellness seminar and workshop that explores how dietary choices impact pain management and learn some practical tips for incorporating pain-relieving foods into our daily lives. Not only will we learn about these foods but we will have a chance to try some of them out as well! To sign up for an ingredient to bring to our workshop or if you have any questions contacting Sarah Doerner..

12:30 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, May 13

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

May 2024



FTJ Centennial Spring Tea Celebration

Celebrated since 1922 and as part of our 100 year celebration this year, you are invited to attend our Spring Tea. Enjoy music by Harpist Catherine Paffile as you mingle with “Mrs. Franke Tobey Jones” portrayed by Karen Hass and partake in delicious hors d’oeuvres. You are encouraged to dress in your best 1920’s attire. Please RSVP to Adelia Nunn by May 15th at anunn@franketobeyjones.com or 253-756-6278.

Wednesday, May 22, from 2:00 pm to 4:00 pm, TJ Solarium



Line Dancing

Besides being just plain fun, line dancing has some amazing benefits to our health. Studies have shown that line dancing may reduce the risk of falls. In addition, it may help lower the risk of cognitive disorders like Alzheimer's or early on-set dementia. This is a low- to moderate impact dance class aimed at improving cardiovascular health, muscular strength, flexibility, coordination and balance.

Mondays, at 1:00 pm in the Wellness Center



Unraveling the Mystery of Publication

Join Senior University for a live lecture class entitled, **How We “Dunnit”: Writing and Publishing Murder Mysteries**. Three published murder mystery authors will discuss their road to publication (and beyond) after retiring from non-writing careers. Class will include where the stories come from, the writing process and the ups and downs of publication. The discussion is designed for those who are considering writing, those who love to read, and those who are curious about how a book comes to be. You must RSVP to Jana to attend this event.

Friday, May 10 at 2:00 pm in the BV Bowditch Room



Outings, Day Trips, Special Events

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. **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's 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. **Sign up at LP Front Desk. Heidi White will purchase tickets and charge your FTJ account for all who sign up for this event.**

Lunch Bunch “Il Lucano”

Friday, May 10 Bus departs at 11:15 am. **Cost: Meal**

Experience authentic Italian cuisine at Il Lucano Ristorante Italiano, located in the heart of downtown Gig Harbor. From traditional pasta dishes to specialty fish, poultry and meat, you'll find every selection to tempt your tastes. Fresh local ingredients are always used and all meals are made to order, just ask! Be sure to enjoy a glass of wine from their extensive Italian wine selection. They take great pride in their food, service and dining atmosphere and assure you a uniquely Italian dining experience. Spots are limited . **Sign up at LP Front Desk.**

Tacoma Symphony “Dreams & Dances”

Saturday, May 11 Bus departs at 6:45 pm. **Cost: Ticket \$30- \$95**

Featured in this performance: Coleridge-Taylor: Ballade in A minor, Brahms: Violin Concerto in D Major, and Elgar: *Enigma Variations*. Samuel Coleridge-Taylor’s classical compositions were influenced by traditional African music, reflecting his “Anglo-African” heritage. Brahms’ Second Violin Concerto is infused with the spirit of his native Hungarian folk music. Elgar wrote odes to the people in his life by inscribing movements in his compositions with initials that hint of their identities. **Sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

Watson’s Nursery Trip

Wednesday, May 15 Bus departs at 10:30 am. **Cost: Whatever you purchase and Meal**

We are heading to Watson’s Nursery to celebrate the warmer months. Watson’s will have their summer flowers in and will be geared up for the growing season. Join us to purchase flowers for your garden or to just browse their fun displays. We will eat at Watsons’ Terrace Café before returning to FTJ. **Sign up at the LP front desk.**

Tacoma Musical Playhouse “The Prom”

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

The Prom, is a musical with music by Matthew Sklar, lyrics by Chad Beguelin, based on an original concept by Jack Viertel. The musical follows four Broadway actors lamenting their days of fame, as they travel to the conservative town of Edgewater, Indiana, to help a lesbian student banned from bringing her girlfriend to high school prom. **Sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

May Resident Birthdays

Sandra Driskell	2
Rosemary Crawford	3
Judy Hill	3
Patricia Ducolon	3
Virginia Dalley	4
Joy Drewfs	8
Nadyne Meteyer	9
Edna Franklin	9
Perry Bodman	9
John Hodge	10
Dale Hall	11
Richard Driskell	12
Mike Wiese	13
Liliane Bender	13
Richard Farner	15
Paul Conn	17
Freeman Brown	21
Patsy Mills	22
Eloise Johnson	23
Joan Garden	26
Dick Griffin	27
Phyllis Larsen	31
Cat McIntyre	31
Lura Murphy	31



May Wedding Anniversaries

Don & Donna Johnson	10
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April New Staff

Winnie Wachuka, Clinical
Mali Prelusky, Housekeeping
Adnan Ahmed, Dining
Kirsten Chambers, Activities
Tressa Schneidt, Clinical
Joanna Tirey, Clinical
Brian Kipro, Clinical
Sarah Cila, Activities



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April New Residents

Don Shrewsbury, MC
Marge Johnson, MC
Shirley Liston, TJ
Alice Askov, MC
AL Slaughter, SN
John & Karen Trueman, TJ
Ross Kauper, MC

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April In Remembrance



Marilyn Rees, MC
Steven Still, LP
Bob Kohn, BV






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.

From 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
 <p style="text-align: center; font-size: 2em; color: purple;">May 2024</p>		<p style="text-align: center;">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 Prat Parlor SC= Ruston Senior Center TJ= Tobey Jones Parlor W= Wellness Center Z= Zoom Meeting * Registration Required</p> <p style="text-align: center;">Color Key Orange =Senior University Green = Holistic Blue = Bus Outing</p>	<p style="text-align: center;">1 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I (W) 10:30 Live Music with Dave (LP) 11:00 Strength n Flex II (W) 2:00 Meaningful Movies—Birthing Justice* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p> <p style="text-align: center;">May Day</p>	<p style="text-align: center;">2 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Shakespeare Operas* (BV) 11:00 Gentle Flow Yoga (W) 1:30 Union District Shopping (Bus)* 2:00 Knit Wits (TJ) 2:00 Tacoma's Japanese Community 1920's to Present* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 4:00 Ken Jacobsen Music Performance* (BV)</p>	<p style="text-align: center;">3 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 Layered Hearts Fabric Pendants* (C) 11:00 Strength n Flex II (W) 2:00 Under Represented Artists Lecture Series (BV) 2:30 Sit Fit n Fun (TJ)</p>	<p style="text-align: center;">4 6:45 NW Sinfonietta (Bus)</p> <div style="text-align: center;">  </div>
<p style="text-align: center;">5 2:15 NW Repertory Singers (Bus)</p> <p style="text-align: center; font-size: 1.5em;">Cinco de Mayo</p>	<p style="text-align: center;">6 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) 1:00 Line Dancing (W) 5:00 DU Happy Hour (Z)</p>	<p style="text-align: center;">7 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service (LP) 11:00 Great Courses—Oceanography* (TJ) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) 12:30 Chair Yoga (W) 1:30 Safeway Shopping Bus* 2:30 Sit Fit n Fun (LP) 4:00 Tacoma Through the Decades: Outbreak of Peace & the Suburbs, 1950s* (W)</p>	<p style="text-align: center;">8 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 Medicare & Employer Coverage* (Z) 1:00 Sing Along with Puget Sounds (LP) 2:00 Nature around Tacoma Series: Oak Tree Park* (FT) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 4:00 Staying Safe in Your Home* (BV)</p>	<p style="text-align: center;">9 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Shakespeare Operas* (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) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 4:00 Aging With A Plan* (BV)</p>	<p style="text-align: center;">10 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 Houselessness: The Problem, Faces & Solutions* (BV) 11:15 Lunch Bunch (Bus) 2:00 How We "Dunnit": Writing & Publishing Murder Mysteries* (BV) 2:30 Sit Fit n Fun (TJ)</p>	<p style="text-align: center;">11 6:45 Tacoma Symphony (Bus)</p>
<div style="text-align: center;">  <p style="font-size: 1.5em;">Happy Mother's Day!</p> </div>	<p style="text-align: center;">12 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) 1:00 Line Dancing (W) 1:30 Live Music with Marty (LP) 5:00 DU Happy Hour (W)</p>	<p style="text-align: center;">13 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) 12:30 Chair Yoga (W) 1:30 Proctor District Shopping Bus* 3:00 Art Expression— Tie Dye* (C) 2:30 Sit Fit n Fun (LP) 4:00 Psychology to Travel* (W)</p>	<p style="text-align: center;">14 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Bee Friendly Apiculture* (BV) 10:00 Strength n Flex I (W) 10:30 Watson's Nursery Trip (Bus) 11:00 Strength n Flex II (W) 1:00 Stretch Lab* (W) 2:00 Botox Scams (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 3:00 Support Group for People Whose Partner Have Dementia* (RSVP for Location)</p>	<p style="text-align: center;">15 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Shakespeare Operas* (BV) 10:00 Mindfulness Walk in the Park* (Bistro) 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) 3:30 BV Happy Hour (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 4:00 Chat with Councilman John Hines* (W)</p>	<p style="text-align: center;">16 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 Elegies, Obits, & Honoring Life in Writing* (M) 11:00 Strength n Flex II (W) 1:30 Tea Tasting—Simple Syrup Lab* (Bistro) 2:00 Tai Chi, Qi Gong, & Health* (Z) 2:30 Sit Fit n Fun (TJ)</p>	<p style="text-align: center;">17 9:00—12:00 Community Litter Cleanup at Pt. Defiance Marina* (FT) 2:30 Afternoon Movie (TJ)</p> <div style="text-align: center;">  <p style="font-size: 1.5em; font-weight: bold;">ARMED FORCES DAY</p> </div>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>19</p> <p>Registration Required Events</p> <p>All programs with an asterisk require that you register for the class, program or field trip.</p> <p>If the class is Orange, you must contact Jana in Senior University to register.</p> <p>If the class is Green, you must contact Sarah in Holistic Wellness to register.</p> <p>If the outing is Blue, you must contact the LP front desk to sign up.</p>	<p>20</p> <p>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) 1:00 Line Dancing (W) 5:00 DU Happy Hour (W)</p>	<p>21</p> <p>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Pinwheels & Posies* (C) 10:30 Worship Service (LP) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) 12:30 Chair Yoga (W) 1:30 Safeway Shopping Bus* 2:00 Tree Walk with Tacoma Tree Foundation* (Bistro) 2:00 Challenges & Tips for Downsizing* (W) 2:30 Sit Fit n Fun (LP)</p>	<p>22</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 Love Me Tonight vs. The Hollywood Production Code* (BV) 10:30 Live Music with Sandra (LP) 11:00 Strength n Flex II (W) 2:00 Literary League Book Club* (BV) 2:00– 4:00 Spring Tea (TJ)</p>	<p>23</p> <p>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Shakespeare Operas* (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) 3:00 Pretty Gritty Tacoma: China Town* (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>24</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 Elegies, Obits, & Honoring Life in Writing* (M) 11:00 Strength n Flex II (W) 2:30 Sit Fit n Fun (TJ) 4:00 American Music* (W)</p>	<p>25</p> <p>11:30 Pet Therapy Visit (LP) 2:30 Afternoon Movie (TJ)</p>
<p>26</p> <p>Room Key</p> <p>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</p> <p>Color Key</p> <p>Orange =Senior University Green = Holistic Blue = Bus Outing</p>	<p>27</p> <p>5:00 DU Happy Hour (W)</p>  <p>MEMORIAL DAY <small>* IN MEMORY OF OUR HEROES *</small></p>	<p>28</p> <p>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) 12:30 Chair Yoga (W) 1:30 Proctor District Shopping Bus* 2:00 Acrylic Pours Workshop* (C) 2:30 Sit Fit n Fun (LP) 3:30 Medicare & Employer Coverage* (Z)</p>	<p>29</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 Great Courses: King Arthur: History & Legend* (LP) 11:00 Strength n Flex II (W) 1:30 Pierce College Science Dome* (Bistro) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 4:00 What Teenagers Haven't Explained* (BV)</p>	<p>30</p> <p>9:00 Tai Chi & Qi Gong (W) 10:00 Shakespeare Operas* (BV) 11:00 Gentle Flow Yoga (W) 12:30 Pain Relief Through Nutrition* (W) 1:30 Trader Joes/ Whole Foods Shopping Bus* 2:00 Knit Wits (TJ) 3:00 Great Decisions Discussion: US China Trade Rivalry* (Z) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>31</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 Elegies, Obits, & Honoring Life in Writing* (M) 11:00 Strength n Flex II (W) 2:00 Tai Chi, Qi Gong, & Health* (Z) 2:30 Sit Fit n Fun (TJ)</p>	 <p>FRANKE TOBEY JONES 100TH <i>Anniversary</i> <small>2024</small></p>