

## November Highlights

Friday, November 1

**SU: 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, November 6

**SU: Vintage Virtuosos – Patriotic Music\***

Celebrate Veterans Day with a patriotic tribute featuring the history and music of Irving Berlin, George M. Cohan and others, presented by Vintage Virtuosos, piano duo Lori Genna Anderson and Marion Wisham.

2:00 pm, BV Bowditch Room

Thursdays, November 7, 14, & 21

**SU: Fun with No-sew Fabric Crafts \***

No-sew fabric crafts are great for beginning and experienced crafters alike! In this 3-week class, we will craft beautiful and functional projects in a low-pressure environment.

2:00 – 3:30 pm, TJ Craft Room

Thursday, November 7

**SU: Ken Jacobsen Music\***

Early music - from the era of Gregorian chant to the Renaissance western music was in a formative stage, with influences from Europe, the Middle East and Asia coming together to form a unique sound that to modern ears might sound familiar or might sound exotic. We will hear some chant, some medieval songs, Renaissance lute music and more on guitar, cello and hammered dulcimer.

4:00 pm, BV Bowditch Room

Fridays, November 8, 15, 22

**H: Commit Dance Fitness\***

Commit Dance Fitness is a fun HIIT inspired dance program. We teach to all ages and abilities, combining several genres of music. Commit choreography is taught in levels to introduce movement and modification to ensure each students' success.

2:00 pm, Wellness Center

Tuesday, November 12

**H: Acrylic Pours– Making Skins\*** What is an acrylic skin? It's a separate piece of acrylic without any backing or support. We will pour acrylic paint to a non-stick surface. Once dry it can be peeled off. These skins will be used in Nov 19 class on journals. All materials will be provided.

2:00 pm, TJ Craft Room

Wednesday, November 13

**SU: Nature around Tacoma Series: Winter Birds at Wapato Lake\***

Join us for a walk around Wapato Lake where we will look for migrating and year-round bird residents. The trail is flat and paved.

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

Tuesdays, November 19, 26

**SU: Holiday Helper with the Work of Byron Katie\***

This class is an introduction to The Work of Byron Katie. The Work is a way to question the stressful thoughts we hold about reality. The holiday season, for some, can be joyful and stressful at the same time. Join us as we bring understanding and awareness to our lives.

10:00 am, Zoom Meeting

Meeting ID: 894 8286 5655

Passcode: 845170

Tuesday, November 19

**H: Acrylic Pours– Journal Using Acrylic Skins\***

In this class we will be using Acrylic Skins from previous class to decorate journals with other decorations for embellishments. You will add a personal quote or words of wisdom or thanks to our wonderful teachers. All materials will be provided.

2:00 pm, TJ Craft Room

Wednesday, November 20

**H: Support Group for People Whose Partners Have Dementia\***

Join us for a gathering of a support group focused specifically for those who are assisting a loved one with Dementia. You must RSVP with Sarah Doerner to reserve your spot and receive the location. This meeting is capped at 12 people

3:00 pm, RSVP to receive location

Tuesday, November 26

**SU: Hate Speech in the United States: Hate Speech on College Campuses\***

Hate speech on college campuses and the tension over protecting speech versus protecting a safe learning environment has been an issue to one degree or another ever since universities began enrolling a diverse student population.

2:00 pm, BV Bowditch Room

Wednesday, November 27

**SU: Great Courses - Elements of Jazz: From Cakewalks to Fusion\***

Taught by Professor Bill Messenger of the Peabody Institute, the lectures in this video course are a must for music lovers. Classes will run on Wednesdays November 27 – January 29.

11:00 am, 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, November 11  
9:30 am, Zoom Meeting  
Contact Kelly Maxfield, Executive Assistant if you want a copy of the meeting minutes or to get the link for the meeting. kmaxfield@franketobeyjones.com

**BISTRO**

Ext. 1394

Location: LP 1st Floor  
Next to  
Wellness Center  
**Monday - Friday**  
9am—2pm  
Staff Lunch Break  
11:15a—11:45a

# Tobey Topics

## November 2024

### Vintage Virtuosos Patriotic Music Performance



Celebrate Veterans Day with a patriotic tribute featuring the history and music of Irving Berlin, George M. Cohan and others, presented by Vintage Virtuosos, piano duo Lori Genna Anderson and Marion Wisham.

**Wednesday, November 6, at 2:00 pm in the BV Bowditch Room**

### Hate Speech in the US Series

Senior University is exploring hate speech in the US in a provocative series running through December. Each session focuses on what we are doing or should be doing to combat hate speech in contemporary society. This month there are two sessions. **First Amendment Theories:** In this session, Chris Demaske elaborates on how traditional scholars, starting in the 1940s and continuing through today, have dominated the development and propagation of First Amendment doctrine and principles. **Hate Speech on College Campuses:** Hate speech on college campuses and the tension over protecting speech versus protecting a safe learning environment has been an issue to one degree or another ever since universities began enrolling a diverse student population.



**Tuesday, November 12 and 26 at 2:00 pm in the BV Bowditch Room**

### Senior Corp Volunteer Program

Connect to Point Defiance Park in new and meaningful ways by learning more about upcoming volunteer opportunities and how to help through the newly formed Senior Corps Volunteer Program. Senior Corps was designed for retired individuals ages 55+ to serve in the park and assist with park projects in order to meet the growing needs of our community and also to benefit from the experience, skills, and talents of older residents. The Senior Corps Volunteer Program will offer a range of volunteer activities including park watch programs, gardening events, special projects, and promoting good park stewardship. Everyone is welcome to learn more!

**Thursday, November 14 at 2:00 pm in the Wellness Center**

## Outings, Day Trips, Special Events

### **NW Sinfonietta “Never Give Up”**

**Saturday, November 2** Bus departs at 6:45 pm. **Cost: Ticket \$30- \$65**

Award-winning cellist Efe Baltacigil, a native of Istanbul, Turkey joins the Sinfonietta for a moving performance of Fazil Say’s Cello Concerto “Never Give Up,” a story of resilience and hope composed during a time of harrowing terrorist attacks in Europe and Istanbul. Ligeti’s Concert Românesc (Romanian Concerto), filled with whirling folk tunes and sounds of alpenhorn, opens the program and transports us to the Balkans. Mozart’s masterful Symphony No. 40, famous for its urgent and murmuring opening melody, echoes the first half’s story of danger and hope.

**Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase tickets for you.**

### **Lunch Bunch “The Matador”**

**Friday, November 8** Bus departs at 11:15 am. **Cost: Meal**

The Matador was created to offer an experience like no other! Featuring made from scratch Mexican cuisine and hand crafted cocktails along with the most diverse selection of Tequilas anywhere! Featuring a team of chefs, servers and bartenders that take pride in always delivering a memorable experience at every turn! Join us for lunch bunch at this great restaurant in the heart of downtown Tacoma. **Please sign up at LP Front Desk. This trip is capped at 20 people**

### **Tacoma Symphony “Pasion & Intrigue”**

**Saturday, November 23** Bus departs at 6:45 pm. **Cost: Ticket \$45- \$90**

Join us for a captivating evening filled with a dramatic fusion of fiery Spanish themes, exotic tales from the East, and powerful operatic themes, creating an evening of intense emotion and mesmerizing storytelling. Bizet’s suites burst with Spanish flair, and vibrant, passionate, and dramatic storytelling of romance and intrigue. Audiences are immersed in an exotic soundscape as Ravel colorfully evokes the enchanting tales of the Arabian Nights. Tacoma’s very own mezzo-soprano J’Nai Bridges brings her exquisite vocal artistry, emotive interpretations and commanding stage presence back to the Pantages. *Samson & Delilah* delves into the timeless biblical tale of love, betrayal, and divine intervention told through sweeping phrases and powerful, musical climaxes. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### **Tacoma Musical Playhouse “Anastasia the Musical”**

**Saturday, December 7** Bus departs at 1:20 pm. **Cost: Ticket \$32**

Anastasia is a musical play with music and lyrics by Stephen Flaherty and Lynn Ahrens, and a book by Terrence McNally. Based on the 20th Century Fox Animation film Anastasia, the musical adapts the legend of the Grand Duchess Anastasia Nikolaevna of Russia, who was rumored to have escaped and survived the execution of the Russian Imperial family.

**Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### **Tacoma Symphony “Holiday Favorites”**

**Sunday, December 8** Bus departs at 1:45 pm. **Cost: Ticket \$45- \$90**

Join us for a wonderful holiday performance as the Tacoma Symphony performs their annual collage of seasonal delights for the whole family, featuring a cornucopia of songs from cherished traditions!

**Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

Due to conflicts with the Tacoma Musical Playhouse and the Tacoma Symphony performances on December 7th and 8th, Franke Tobey Jones will NOT be going to or providing transportation to the NW Repertory Singers in December. We apologize for any inconvenience this causes.

### November Resident Birthdays

Claire Griffin	4
John Reid	8
Beth Lamanna	8
Alan Rapoport	9
Robert Crist	9
Stan Nyland	10
Kay Hodge	12
David Clark	13
Myron Anderson	16
Kay Burrough	16
Mike Bradley	17
Lynn Brown	18
Karen Flamoe	18
Ken Hildebrant	21
Peter Wilkie	22
Judy Wheeler	24
Donna Johnson	24
Pat Smith	25
Cliff Kirchmer	28
Kristie Langlow	29
Jackie Vangilder	30



### November Wedding Anniversaries

John & Mary Quarles	1
Shelby Clayson & Elaine Stafford	20



### October New Staff

Joseph Gichuki, Clinical  
 Star Fairburn, Finance  
 Lanica Thornburgh, Activities  
 Heather Spaleny, Social Services Intern  
 Lauren Keltgen, Receptionist  
 Elena Jimenes Ramirez, Clinical  
 Amanda Baugh, Activities

### October New Residents

Wayne Phillips, TJ

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### October In Remembrance



Estelle Reid, MC  
 Helene Robertson, MC  
 Brian Wilson, MC  
 Eloise Johnson, MC  
 Nancy Toal, SN



### Holiday Market

We are pleased to announce that our holiday market will be returning in November!



Join us on **Friday November 1st from 10am to 2pm** in the **Wellness Center**. Some of your favorite vendors will be there as well as some new vendors with new products.

While most of our vendors have the ability to charge credit cards, some do not. It is recommended that you bring cash and or checks to purchase from vendors unable to process credit cards. If you want to cash a check, you can do so with Amy in the Finance Department.



Sun

Mon

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Wed

Thu

Fri

Sat

# November

3

**Daylight Saving Time Ends**



4

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)  
 2:00 Thinkie Tank\* (W)  
 5:00 DU Happy Hour (Zoom)

5

9:00 Tai Chi & Qi Gong (W)  
 10:00 Strong n Stable (W)  
 10:00 Life Stories: The Art of the Memoir\* (Z)  
 10:30 Worship Service (LP)  
 11:00 Gentle Flow Yoga (W)  
 11:15 Chaplain Services (BV)  
 1:00 Thinkie Tank\* (W)  
 1:30 Safeway Shopping Bus\*  
 2:30 Sit Fit n Fun (LP)  
 4:00 Tacoma Through the Decades: Growing Pains\* (W)



**Election Day**

6

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—Museum Masterpieces\* (TJ)  
 10:30 Live Music with Dave (LP)  
 11:00 Strength n Flex II (W)  
 2:00 Vintage Virtuoso—Patriotic Music\* (BV)  
 2:30 Sit Fit n Fun (TJ)  
 2:30 Happy Hour (LP)

7

9:00 Tai Chi & Qi Gong (W)  
 10:00 Strong n Stable (W)  
 11:00 Gentle Flow Yoga (W)  
 11:00 Great Courses—A New History of Life\* (BV)  
 1:30 Union District Shopping Bus\*  
 2:00 Knit Wits (TJ)  
 2:00 Fun with No Sew Fabric Crafts\* (C)  
 2:30 Sit Fit n Fun (LP)  
 3:30 GA Happy Hour (GA)  
 3:30 TJ Happy Hour (TJ)  
 4:00 Ken Jacobsen Music\* (BV)

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)  
 10:00 Learn to Knit\* (BV)  
 11:00 Strength n Flex II (W)  
 11:30 Lunch Bunch—The Matador (Bus)  
 12:00 Meditation (W)  
 2:00 Commit Dance Fitness\* (W)  
 2:00 Aging With a Plan\* (BV)  
 2:30 Sit Fit n Fun (TJ)

9

**Registration Required Events**

All programs with an asterisk require that you register for the class, program or field trip.

If the class is **Orange**, you must contact Jana in Senior University to register.

If the class is **Green**, you must contact Sarah in Holistic Wellness to register.

If the outing is **Blue**, you must contact the LP front desk to sign up.

**Room Key**  
 AT= Activity Terrace, LP  
 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

**Color Key**  
 Orange =Senior University  
 Green = Holistic  
 Blue = Bus Outing

11

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)  
 2:30 AL Veterans Day Happy Hour (LP)  
 5:00 IL Veterans Day Happy Hour Celebration (W)



**Veterans Day**

12

9:00 Tai Chi & Qi Gong (W)  
 10:00 Strong n Stable (W)  
 10:30 Worship Service (LP)  
 10:00 Life Stories: The Art of Memoir\* (Z)  
 11:00 Gentle Flow Yoga (W)  
 11:15 Chaplain Services (BV)  
 1:00 Thinkie Tank\* (W)  
 1:30 Proctor District Shopping Bus\*  
 2:00 Acrylic Pours\* (C)  
 2:00 Hate Speech in the US—First Amendment Theories\* (BV)  
 2:30 Sit Fit n Fun (LP)

13

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—Museum Masterpieces\* (TJ)  
 11:00 Strength n Flex II (W)  
 11:00 Inflation Reduction Act & Part D\* (Z)  
 1:00 Sing Along with Puget Sounds (LP)  
 2:00 Cultural Cuisine\* (BV)  
 2:00 Winter Birds at Wapato Lake\* (FT)  
 2:30 Sit Fit n Fun (TJ)  
 2:30 Happy Hour (LP)


14

9:00 Tai Chi & Qi Gong (W)  
 10:00 Strong n Stable (W)  
 11:00 Gentle Flow Yoga (W)  
 11:00 Great Courses—A New History of Life\* (BV)  
 1:30 Fred Meyer Shopping Bus\*  
 2:00 Senior Corp Volunteer Program\* (C)  
 2:00 Fun with No Sew Fabric Crafts\* (C)  
 2:00 Knit Wits (TJ)  
 2:30 Sit Fir n Fun (LP)  
 3:30 GA Happy Hour (GA)  
 3:30 TJ Happy Hour (TJ)

15

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 Learn to Knit\* (BV)  
 11:00 Strength n Flex II (W)  
 12:00 Meditation (W)  
 2:00 Commit Dance Fitness\* (W)  
 2:00 Seniors Helping Seniors—Holiday Scams\* (BV)  
 2:30 Sit Fit n Fun (TJ)

16



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

Sun

Mon

Tue

Wed

Thu

Fri

Sat

# November



17

**Registration Required Events**

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If the class is **Orange**, you must contact Jana in Senior University to register.

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18

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)  
 1:00 Line Dancing (W)  
 2:00 Thinkie Tank\* (W)  
 5:00 DU Happy Hour (W)

19

9:00 Tai Chi & Qi Gong (W)  
 10:00 Strong n Stable (W)  
 10:00 Holiday Helper With the Work of Byron Katie\* (Z)  
 10:30 Worship Service (LP)  
 11:00 Gentle Flow Yoga (W)  
 11:15 Chaplain Services (BV)  
 1:00 Thinkie Tank\* (W)  
 1:30 Safeway Shopping Bus\*  
 2:00 Acrylic Pours\* (C)  
 2:00 Destination Southeast Alaska\* (BV)  
 2:30 Sit Fit n Fun (LP)

20

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—Museum Masterpieces\* (TJ)  
 11:00 Strength n Flex II (W)  
 12:00 Strong n Stable (W)  
 2:00 Museum of Glass, Tea & Tour\* (FT)  
 2:30 Sit Fit n Fun (TJ)  
 2:30 Happy Hour (LP)  
 3:00 Support Group for People Whose Partner Has Dementia\* (RSVP for Location)

21

9:00 Tai Chi & Qi Gong (W)  
 11:00 Gentle Flow Yoga (W)  
 11:00 Great Courses—A New History of Life\* (BV)  
 1:30 Trader Joe's/ Whole Foods Shopping Bus\*  
 2:00 Knit Wits (TJ)  
 2:00 Fun with No Sew Fabric Crafts\* (C)  
 3:30 GA Happy Hour (GA)  
 3:30 TJ Happy Hour (TJ)

22

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 Learn to Knit\* (BV)  
 11:00 Strength n Flex II (W)  
 12:00 Meditation (W)  
 2:00 Commit Dance Fitness\* (W)  
 2:30 Sit Fit n Fun (TJ)  
 4:00 American Music\* (W)

23

6:45 Tacoma Symphony (Bus)\*

24

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25

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)  
 1:00 Line Dancing (W)  
 5:00 DU Happy Hour (W)

26

9:00 Tai Chi & Qi Gong (W)  
 10:00 Strong n Stable (W)  
 10:30 Worship Service (LP)  
 10:00 Holiday Helper With the Work of Byron Katie\* (Z)  
 11:00 Gentle Flow Yoga (W)  
 11:15 Chaplain Services (BV)  
 1:30 Proctor District Shopping Bus\*  
 2:00 Hate Speech in the US—College Campuses\* (BV)  
 2:30 Sit Fit n Fun (LP)

27

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—Elements of Jazz\* (BV)  
 11:00 Strength n Flex II (W)  
 2:00 Literary League Book Club\* (BV)  
 2:30 Sit Fit n Fun (TJ)  
 2:30 Live Music with Sandra (LP)  
 2:30 Happy Hour (LP)S



29

9:00 GA Continental Breakfast  
 1:30 Live Music with Mark Langford—Spanish Guitar (LP)

