

## December Highlights

*Tuesdays, December 3, 10*

**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: 820 5049 9629

Passcode: 845170

*Tuesday, December 3*

**H: Acrylic Pours– Wooden Ornaments\***

In this class we will be painting round wooden Christmas ornaments using different acrylic pour techniques. All materials will be provided.

*2:00 pm, TJ Craft Room*

*Friday, December 6*

**SU: Cozy Quilt Tales– Storytelling by Debbie Dimitre\***

A collage of heartfelt stories that illustrate the importance of cross generational sharing and the power of story to connect us, regardless of age, gender or cultural background.

*11:00 am, BV Bowditch Room*

*Friday, December 6*

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

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

*2:00 pm, BV Bowditch Room*

*Tuesday, December 10*

**SU: Hate Speech in the United States: Social Media\***

The question of how to respond to the cascading avalanche of hate speech has gained substantial momentum as of late, with governments around the world scurrying to create a meaningful approach to the ever-growing problem. Most countries have attempted some level of legal restriction. However, the increasing popularity of the Internet as a place for hate mongers is forcing a reevaluation of the treatment of hate speech, both abroad and in the United States.

*2:00 pm, BV Bowditch Room*

*Friday, December 13*

**H: Create YOUR Ideal Life\***

**Part 1:** At every stage of life, it's important to our wellbeing that we have goals, dreams & desires. In part 1 of this interactive play shop, we will learn what manifestation is, why it's important and how creating a vision book or vision board can help you achieve your ideal life! You will take home, "homework" to enjoy over the weekend.

*2:00 pm BV Bowditch Room*

*Friday, December 13*

**SU: Music for the Heart and Hearth: Holiday Songs and Stories\***

Join keyboardist/multi--instrumentalist Serni Solidarios and guitarist EJ Crocker as they usher in the holiday season with their favorite holiday songs.

*4:00 pm, Wellness Center*

*Monday, December 16*

**H: Create YOUR Ideal Life\***

**Part 2:** Your ideas, images, and words gathered over the weekend will all come together in a fun, creative process that will give you clarity and help kick start the actions to achieve your ideal life, a great start to the new year!

*2:30 pm, BV Bowditch Room*

*Tuesday, December 17*

**H: Gong Sound Bath\***

The 90- minute event includes a discussion on the healing attributes of the Gong, a 62-minute Gong Meditation, followed by sweets & community. Join us on a transformative journey of healing and deep relaxation, as we bathe every cell of the body in therapeutic sound and vibration. The Gong acoustically elevates us, creating a deep, spontaneous meditative state that restores harmony and vitality to the mind, body and soul. The pure, penetrating sound waves of the Gong will leave you feeling tuned, refreshed and connected with your intuitive personal power.

*2:00 pm, Wellness Center*

*Wednesday, December 18*

**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*

*Friday, December 20*

**SU: Irish Traditional Music for the Holidays\***

An hour of fiddle music and conversation highlighting the approach of the holidays with reels, jigs, and hornpipes. Also, some transcribed Celtic harp music played on the open-tuned guitar.

*2:00 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, December 9

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

## December 2024

### The Intrepid Victorian Traveler

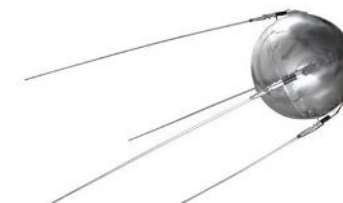
In this five-costume program, Tames Alan presents a look into the clothing and lifestyle of a Victorian woman during the mid-1850s through the early 1860s. She discusses travel through the day, travel through society, and travel in general, which really opened up in the 19th century. This program is made possible by a generous donation to Senior University.



**Thursday, December 12, at 2:00 pm in the Wellness Center**

### The Space Race & the Journey to the Moon

In the dark days at the end of World War II, modern rocketry became a viable new technology for war and peace. The end of the military conflict sowed the beginnings of the Cold War between the United States and the Soviet Union. The Space Race began soon after when the Soviets launched Sputnik, the first man-made satellite to orbit the earth. The Cold War heated up with a furious race to put men on the moon. This talk tells the story of the beginnings of the Space Race, through the Mercury, Gemini and Apollo missions of the 1960's, culminating in the historic achievement of the Apollo 11 moon landing on July 20, 1969.



**Thursday, December 19 at 2:00 pm in the BV Bowditch Room**

### Metolius Wellness Presentation

Metolius is a 100% organic CBD company based in Bend, OR. All the products are non-psychoactive and are 50 state legal. The products are formulated to relieve pain, anxiety, inflammation, and depression, as well as improve sleep quality without the morning grogginess that often accompanies more conventional sleeping aids. Metolius also has a program in place called Exit PACT (Pharmaceuticals, Alcohol, Caffeine, Tobacco), where they help people reduce or replace unhealthy substances with healthier, non-psychoactive hemp-based alternatives.



**Tuesday, December 10 at 2:00 pm in the Wellness Center**

## Outings, Day Trips, Special Events

### **Lunch Bunch “McMenamins Pub at Elks Temple”**

**Friday, December 6** Bus departs at 11:15 am. **Cost: Meal**

Join us as we go to McMenamins in the historic Elks Temple. The 1916 Elks Temple has been restored and reimagined into a vibrant gathering place for out-of-town guests and locals alike. Threads of art, history and elements of the local community are woven into the structure. We will be eating in the McMenamins Pub where they serve classic Pacific Northwest fare in a room with a spectacular view facing the Foss Waterway.

**Please sign up at LP Front Desk. This trip is capped at 19 people**

### **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.**

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

**Saturday, December 21** 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 “Greenhouse”**

**Friday, January 3** Bus departs at 11:10 am. **Cost: Meal**

With gracious service, delicious food, and an extensive wine list, Greenhouse is more than just a restaurant; it's a cherished gathering place appreciated for its ambiance and culinary delights. From locally sourced seafood to salads, sandwiches, pastas, entrees and more each bite will delight. Join us for lunch bunch at this, new to Lunch Bunch, restaurant in Gig Harbor. **Please sign up at LP Front Desk. This trip is capped at 19 people**

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.

### **December Resident Birthdays**

Elaine Eppick	2
John Johnson	3
Lynn Sill	3
Karen McInturff	6
John Whitely	9
Pat Mail	10
Theodore Taranovski	11
Joan Bell	12
Jerry Alfors	12
Mame Matteson	13
Carol Bruda	15
Norm Dicks	16
Jeanette Adkins	16
Beverly Minch	19
Eric Swenson	20
Janet Lindgren	21
Kathryn Munn	22
Buck Buckner	24
Mary Damonte	26
Carolyn Hunt	28
Beverly Smaby	30
Jim Bridston	30
Wayne Phillips	30



### **December Wedding Anniversaries**

Braxton & Emily Butler	7
Peter & Kathy Wilkie	20



### **November New Staff**

Tina Czarnikow, Dining  
Michael Sienes, Custodian  
Tyshawn White, Dining  
Victoria Gorun, Dining  
Wendy Carnahan, Clinical  
Jason Fifer, Housekeeping  
Savanah Smith, Clinical  
Jessica Trujillo, Finance

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### **November New Residents**

Despina Margaris, SN  
Connie Conroy, TJ  
Charlotte Schroeder, MC  
Gail Dahl, TJ  
Margaret Barzar, GA

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### **November In Remembrance**



MaryLynn Buss, LP  
Betty Buhre, LP  
Nancy Feagin, MC  
Julianna Thompson, SN  
Lorraine Buntain, SN



### **Happy Holidays to All**

Throughout the busy holiday season we wish everyone a joyful time. The following are the dates and times of our Holiday Parties in December.

Tuesday Dec. 10 - Assisted Living Luncheon  
11:30am in the LP Dining Room

Saturday Dec. 14 - Memory Care & Skilled  
Nursing 1:30pm in the Care Center

Thursday Dec. 19 - Independent Living Party  
5:00pm in the Wellness Center

Tuesday Dec. 31 - AL New Year’s Eve Happy  
Hour 1:30pm in the Lillian Pratt Parlor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Registration Required Events</b></p> <p>All programs with an asterisk require that you register for the class, program or field trip.</p> <p>If the class is <b>Orange</b>, you must contact Jana in Senior University to register.</p> <p>If the class is <b>Green</b>, you must contact Sarah in Holistic Wellness to register.</p> <p>If the outing is <b>Blue</b>, you must contact the LP front desk to sign up.</p>	<p>2</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) 1:00 Line Dancing (W) 5:00 DU Happy Hour (Zoom)</p>	<p>3</p> <p>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) <b>10:00 Holiday Helper With the Work of Byron Katie* (Z)</b> 10:30 Worship Service (LP) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) <b>1:00 Thinkie Tank* (W)</b> <b>1:30 Westgate Shopping Bus* (Z)</b> <b>2:00 Acrylic Pours* (C)</b> 2:30 Sit Fit n Fun (LP) <b>4:00 Tacoma Through the Decades: Ten Dates That Explain Tacoma* (W)</b></p>	<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) <b>10:00 Great Courses—Elements of Jazz* (BV)</b> 10:30 Live Music with Dave (LP) 11:00 Strength n Flex II (W) <b>1:00 Thinkie Tank* (W)</b> <b>2:00 Documentary Discussions: Tickled* (BV)</b> 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p>	<p>5</p> <p>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) <b>10:00 Collage* (C)</b> 11:00 Gentle Flow Yoga (W) <b>1:00 Thinkie Tank* (W)</b> <b>1:30 Union District Shopping Bus*</b> 2:00 Knit Wits (TJ) <b>2:00 Carols of the Season: A Piano Program* (BV)</b> 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) <b>4:00 Ken Jacobsen Music* (BV)</b></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 Live Music w/ Martin Goldsmith (LP) <b>11:00 Cozy Quilt Tales: Story by Debbie Dimitre* (BV)</b> 11:00 Strength n Flex II (W) <b>11:30 Lunch Bunch—The Matador (Bus)</b> 12:00 Meditation (W) <b>2:00 Balance Lab* (W)</b> <b>2:00 Underrepresented Artists Lecture Series* (BV)</b> 2:00 Balance Lab (W)</p>	<p>7</p> <p><b>1:15 Tacoma Musical Playhouse (Bus)*</b></p>
<p>8</p> <p><b>1:45 Tacoma Symphony (Bus)*</b></p>	<p>9</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) 1:00 Line Dancing (W) 1:30 Live Music with Marty (LP) <b>3:00 Music in Motion with Jim Valley* (W)</b> 5:00 DU Happy Hour (W)</p>	<p>10</p> <p>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service (LP) <b>10:00 Holiday Helper With the Work of Byron Katie* (Z)</b> 11:00 Gentle Flow Yoga (W) 11:30 AL Holiday Party (D) <b>1:30 Proctor District Shopping Bus*</b> <b>2:00 Hate Speech in the US—Social Media* (BV)</b> <b>2:00 Metolius Wellness Presentation* (W)</b> 2:30 Sit Fit n Fun (LP)</p>	<p>11</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) <b>10:00 Great Courses—Elements of Jazz* (BV)</b> 11:00 Strength n Flex II (W) 1:00 Sing Along with Puget Sounds (LP) <b>2:00 Acrylic Pours* (C)</b> <b>2:00 Salmon to Salmonberry at Puget Creek* (FT)</b> 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</p>	<p>12</p> <p>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) <b>10:00 Collage* (C)</b> 11:00 Gentle Flow Yoga (W) <b>1:30 Fred Meyer Shopping Bus*</b> 1:30 Live Music with Old Time Fiddlers (LP) <b>2:00 The Intrepid Victorian Traveler* (W)</b> 2:00 Knit Wits (TJ) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>13</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) <b>10:00 Tour Museum of Flight* (FT)</b> 11:00 Strength n Flex II (W) 12:00 Meditation (W) <b>2:00 Create Your Ideal Life—Part 1* (BV)</b> 2:30 Sit Fit n Fun (TJ) <b>4:00 American Music for the Heart and Hearth* (BV)</b></p>	<p>14</p> <p><b>1:30 SN/ MC Holiday Party (Care Center)</b> <b>4:00—6:00 Briggs Singers—Various Locations on Campus</b></p>
<p><b>Room Key</b></p> <p>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</p> <p><b>Color Key</b></p> <p><b>Orange =Senior University</b> <b>Green = Holistic</b> <b>Blue = Bus Outing</b></p>	<p>16</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) 1:00 Line Dancing (W) <b>2:30 Create Your Ideal Life—Part 2* (BV)</b> 5:00 DU Happy Hour (W)</p>	<p>17</p> <p>9:00 Tai Chi &amp; Qi Gong (W) 10:00 Strong n Stable (W) <b>10:00 What's New for Snacks?* (Z)</b> 10:30 Worship Service (LP) 11:00 Gentle Flow Yoga (W) 11:15 Chaplain Services (BV) <b>1:30 Westgate Shopping Bus*</b> 1:30 Live Music with Vintage Virtuosos (LP) <b>2:00 Sound Bath* (W)</b> <b>2:00 Hate Speech in the US—Political Leaders* (BV)</b> 2:30 Sit Fit n Fun (LP)</p>	<p>18</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) <b>10:00 Great Courses—Elements of Jazz* (BV)</b> 11:00 Strength n Flex II (W) <b>1:00 Thinkie Tank* (W)</b> <b>2:00 Tour Meeker Mansion* (FT)</b> 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour w/ Sandra Walker (LP) <b>3:00 Support Group for People Whose Partner Has Dementia* (RSVP for Location)</b></p>	<p>19</p> <p>9:00 Tai Chi &amp; Qi Gong (W) <b>10:00 Collage* (C)</b> 10:00 Strong n Stable (W) 11:00 Gentle Flow Yoga (W) <b>1:30 Trader Joe's/ Whole Foods Shopping Bus*</b> 2:00 Knit Wits (TJ) <b>2:00 The Space Race and the Journey to the Moon* (BV)</b> 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 5:00 IL Holiday Party (W)</p>	<p>20</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) <b>10:00 Explore Marvel Food &amp; Deli* (FT)</b> 11:00 Strength n Flex II (W) 12:00 Meditation (W) <b>2:00 Cultural Cuisine* (BV)</b> <b>2:00 Irish Traditional Music for the Holidays* (W)</b> 2:30 Sit Fit n Fun (TJ)</p>	<p>21</p> <p><b>6:45 NW Sinfonietta (Bus)*</b></p>

Sun

Mon

Tue

Wed

Thu

Fri

Sat



**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

23  
 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)

24  
 10:00 Strong n Stable (W)  
 10:30 Worship Service (LP)  
 11:00 Gentle Flow Yoga (W)  
 11:15 Chaplain Services (BV)  
 1:30 Proctor District Shopping Bus\*

25  
  
 Hanukkah Begins  


26  
 10:00 Strong n Stable (W)  
 11:00 Gentle Flow Yoga (W)  
 1:30 Fred Meyer Shopping Bus\*  
 2:00 Knit Wits (TJ)  
 2:30 Sit Fir n Fun (LP)  
 3:30 GA Happy Hour (GA)  
 3:30 TJ Happy Hour (TJ)

Kwanzaa Begins  


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)  
 11:00 Strength n Flex II (W)  
 12:00 Meditation (W)  
 2:30 Sit Fit n Fun (TJ)

28

**Registration Required Events**

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

30  
 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)

31  
 10:00 Strong n Stable (W)  
 10:30 Worship Service (LP)  
 11:00 Gentle Flow Yoga (W)  
 11:15 Chaplain Services (BV)  
 1:30 Westgate Shopping Bus\*  
 1:30 AL New Years Eve Happy Hours (LP)

*December 2024*