

February Highlights

Wednesdays, February 5, 12, 19, & 26

SU: Finding, Telling and Sharing Life Stories*

This course will teach participants to explore their life experiences, work them into short stories or vignettes and pass them on as legacy. Please bring a notebook and pen or pencil.

10:00 am, BV Bowditch Room

Thursday, February 6

SU: History of Space Exploration*

This lecture will be a discussion of the Cold War and the Space Race to the Moon. Relive the excitement of sending humans into space while the tension of being first to the Moon ahead of Russia dominates.

3:00 pm, BV Bowditch Room

Wednesday, February 12

SU: Nature Around Tacoma Series: Wild Winter Life at Pt Defiance Park*

Explore the Pt Defiance Trails around Fort Nisqually with Tacoma Nature Center staff.

2:00 pm, Field Trip (Bus leaves the Bistro at 1:45 pm)

Thursday, February 13

H: Love & Other Four Letter Words*

Discover the healing power of love. We'll learn why our heart is our source of intelligence and inner guidance that can empower us to navigate life, improve our overall well-being, and align with our true purpose.

2:00 pm, Wellness Center

Friday, February 14

SU: Let's Make Jewelry from Vintage/Antique Silverware*

In this class, you can make a knife handle into a tassel or bud vase, make a spoon or fork handle into a simple pendant, or flatten a spoon to make a key fob, key keeper, or bookmark. We will provide examples, silverware, basic tools, and basic jewelry parts.

2:00 pm, TJ Craft Room

Wednesday, February 19

SU: Where Have All Our Birds Gone?*

Since 1966 bird populations have plummeted across the US and by 2030 we may have lost 50% of our bird population. Stuart Earley from the Tahoma Bird Alliance will be here to talk about why this has happened; what the causes have been for this unprecedented drop in bird populations; and what all of us can do to help birds.

2:00 pm, BV Bowditch Room

Friday, February 21

SU: The Brontë Sisters: The Life and Works of Charlotte, Emily, and Anne Brontë*

Join us for an engaging lecture on the Brontë sisters—Charlotte, Emily, and Anne—exploring their remarkable lives and the profound impact of their literary contributions. Discover how their personal experiences shaped their iconic works, and delve into the themes of love, identity, and social critique that resonate in their writing.

2:00 pm, BV Bowditch Room

Tuesday, February 25

SU: Downtown Tacoma's Alluring History*

Why was the notorious Broadway Hotel padlocked in 1929? How is the Broadway Hotel connected to Ben Dews Deli? Which longtime Tacoma department store will Miss Alice manage? This intriguing presentation includes the history of Rhodes Department Store, moving sidewalks, Pacific 1st Federal Savings, which child was the star of the Rust Building, the skilled music teachers who lived in the Bernice Building, and which buildings the ghosts haunt.

10:00 am, BV Bowditch Room

Thursday, February 27

SU: Space Junk – the Sky is Falling*

In this lecture, we will explore the challenge of space debris caused by defunct spacecraft and collision fragments, and how space is being polluted. Potential dangers to Earth will be identified.

3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, February 28

SU: American Music - Vocal jazz: the Music of Abbey Lincoln*

"There is no such thing as jazz," Abbey Lincoln says. "There's only a song and your spirit and your ancestors." An adroit interpreter of songs and a lion-hearted advocate for civil rights, Abbey Lincoln's creative arrangements cut to the poetic core of the music she performed. Join vocalist Susan Tuzzolino and guitarist EJ Crocker as they perform songs from the Abbey Lincoln songbook.

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, February 10
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
9am—2pm
Staff Lunch Break
11:15a—11:45a

Tobey Topics

February 2025

FRANKE TOBEY JONES
100TH
Anniversary
2024

Commit Dance Fitness Class

Commit Dance Fitness is a fun High Intensity Interval Training (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 student's success.



Fridays, February 7, 21, 28 at 1:00 pm in the Wellness Center

Balance Lab

Balance Lab is a new class designed to help improve your balance through focused, easy-to-practice exercises. Each session will cover three key exercises that you can take home to continue strengthening your balance. We'll work on a combination of strength, proprioception, static and dynamic balance, and stretching to enhance overall stability. Don't miss this unique opportunity to improve your balance and well-being!



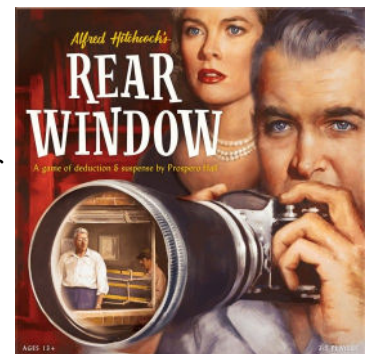
Friday, February 21 at 2:30 pm in the Wellness Center

A Peak Through the Rear Window

Join us for a two part series focused on Alfred Hitchcock's movie, "Rear Window".

On Tuesday, February 4 at 10:00am we will view Rear Window, a 1954 American mystery thriller film directed by Alfred Hitchcock. This viewing is in anticipation of a discussion of the film later in February.

On Tuesday, February 11 we will discuss the classic film *Rear Window* (1954), looking at the film's many layers, suggesting why it has been considered such a classic, and, as one scholar notes, "is perhaps the first of Hitchcock's films to which the term masterpiece can be reasonably applied". *Registration required



Tuesday, February 4 & 11 at 10:00 am in the BV Bowditch Room

Outings, Day Trips, Special Events

Lunch Bunch “BJ’s Restaurant & Brewhouse”

Friday, February 7 Bus departs at 11:15 am. **Cost: Meal**

BJ’s Restaurant & Brewhouse offers a warm and welcoming dining experience. The attentive staff, friendly servers, and knowledgeable bartender ensure a pleasant visit. The menu boasts a variety of options, including a satisfying gluten-free Pizookie dessert. With amazing food, award-winning beer, and a fun atmosphere, it’s a great place for lunch bunch! **Please sign up at LP Front Desk. This trip is capped at 19 people**

Tacoma Musical Playhouse “Xanadu”

Saturday, February 22 Bus departs at 1:20 pm. **Cost: Ticket \$32**

Xanadu, follows the journey of a magical and beautiful Greek muse, Kira, who descends from the heavens of Mount Olympus to Venice Beach, California in 1980 on a quest to inspire a struggling artist, Sonny, to achieve the greatest artistic creation of all time – the first ROLLER DISCO! (Hey, it’s 1980!) But, when Kira falls into forbidden love with the mortal Sonny, her jealous sisters take advantage of the situation, and chaos abounds. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

Tacoma Symphony “Mythical Landscapes”

Sunday, February 23 Bus departs at 1:45 pm. **Cost: Ticket \$32—\$85**

A lyrical journey through a magical blend of enchanting mythical dialogues and fiery storytelling. Sibelius gracefully intertwines the playful, mythic dialogue of ancient forest spirits with an elegant dance, creating a whimsical and enchanting musical experience. From its dramatic opening chords to its expressive melodies, Grieg’s *Piano Concerto* seamlessly blends Romantic expressiveness with folk-inspired themes. *Firebird Suite* mesmerizes with dazzling orchestration and pulsating rhythms, weaving a vivid tapestry of magical encounters, sinister villains, and triumphant climaxes that ignite the imagination. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

The Grand Movie Outing “Movie to be determined”

Wednesday, February 26 Bus departure to be determined . **Cost: Ticket \$10-14**

On the fourth Wednesday of February and March, FTJ is going to a movie matinee at The Grand Theater. The movie and time will be announced in the weekly Tobey Topics the Friday before. You must sign up with the LP front desk by Tuesday afternoon. Tickets will be purchased by you in advance online, or in person at the theater. The Grand is known for showing contemporary movies, along with special interests, foreign films, artistic films and much more. **Please sign up at LP Front Desk. This trip is capped at 20 people.**

February Resident Birthdays

Ildi Bradley	3
Susan Dean	5
Redmond Barnett	6
Emily Butler	7
Bob Garden	8
Tom Anderson	9
Dave Seago	10
Louis Queary	10
Gail Dahl	12
Neil Brown	13
Barbara Hinck	13
Elaine Stafford	14
Gloria Gold	14
Francie Carr	14
Nancy Bruce-Cook	15
Peggy Anderson	20
Carolyn Hudson	21
Toni Grabowski	24
Marva Christopher	24
Rick Bock	27



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January New Residents

Pamela Beyers, MC
Terry Weaver, GA
Kathy Weaver, GA
Don Graves, GA
Karen Graves, GA
Roy Kimbel, SN
Carolyn Seymour, MC
Cara Gambell-Mehl, GA

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January In Remembrance



Barbara Gabriel, SN
Marilyn Jorgenson, MC
Ted Taranovski, GA
Zenaida Jasmin, SN
Jim Blankenship, SN



Happy Wedding Anniversary

Ray & Marlys Mitzner 14



January New Staff

Brooke Passmore, Clinical
Savannah Rogers, Clinical



Wellness Assessment Week

From February 24th –28th the Wellness Staff will be conducting assessments. These will be exactly the same as the assessments conducted for class placement. This is a chance for those taking our classes to be re-assessed to track fitness progress and for staff to gauge the effectiveness of the class programming.

The re-assessments will be for those who participate in one of our Seniorcise Gold, Strength n’ Flex or Strong n’ Stable classes. It is also a great opportunity for those who have been thinking about taking a fitness class to get assessed to figure out which class is best. A sign up sheet with times will be posted later in the month. The strength and balance classes and Sit Fit n Fun will not be in session this week, however Line Dance, Tai Chi, Yoga, Meditation and Commit Dance will be on a normal schedule.

Assessments are not required for current members but highly encouraged. If you have any questions, please contact a Wellness Staff Member.

Sun

Mon

Tue

Wed

Thu

Fri

Sat

February 2025



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.

3
 8:00 Seniorcise Gold I (W)
 9:00 Seniorcise Gold II (W)
 9:00 GA Continental Breakfast
 9:30 Church Service (LP)
 10:00 Church Service (TJ)
 10:00 Strength n Flex I (W)
 11:00 Strength n Flex II (W)
 1:30 Live Music with Marty (LP)
 2:00 Line Dancing (W)
 3:00 Resident Art Gallery Reception (LP 1st Floor)
 5:00 DU Happy Hour (Z)

4
 9:00 Tai Chi & Qi Gong (W)
 10:00 Strong n Stable (W)
 10:00 **Rear Window Movie Viewing* (BV)**
 11:00 Gentle Yoga (W)
 12:30 **Thinkie Tank (W)**
 1:30 **Westgate Shopping Bus***
 2:30 Sit Fit n Fun (LP)

5
 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 Patty Lee's Writing Class (BV Game Room)
 10:00 **Finding, Telling & Sharing Life Stories* (BV)**
 10:30 Live Music with Dave (LP)
 11:00 Strength n Flex II (W)
 2:00 **Documentary Discussions- That Sugar Film* (BV)**
 2:30 Sit Fit n Fun (TJ)
 2:30 Happy Hour (LP)

6
 9:00 Tai Chi & Qi Gong (W)
 10:00 Strong n Stable (W)
 10:30 Worship Service (LP)
 10:00 **Great Courses- Guide to Health & Happiness* (BV)**
 11:00 Gentle Yoga (W)
 12:30 **Thinkie Tank (W)**
 1:30 **Union District Shopping Bus***
 2:00 Knit Wits (TJ)
 2:30 Sit Fit n Fun (LP)
 3:00 **History of Space Exploration* (BV)**
 3:30 GA Happy Hour (GA)
 3:30 TJ Happy Hour (TJ)

7
 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 **Exploring the Ukulele* (BV)**
 11:00 Strength n Flex II (W)
 11:30 **Lunch Bunch- BJs Restaurant (Bus)**
 12:00 Meditation (W)
 1:00 Commit Dance Fitness (W)
 2:00 **Touring the World Through Art* (BV)**
 2:30 Sit Fit n Fun (TJ)



9

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

10
 8:00 Seniorcise Gold I (W)
 9:00 Seniorcise Gold II (W)
 9:00 GA Continental Breakfast
 9:30 Resident Council (Zoom)
 10:00 Worship Service (TJ)
 10:00 Strength n Flex I (W)
 11:00 Strength n Flex II (W)
 2:00 Line Dancing (W)
 5:00 DU Happy Hour (W)

11
 9:00 Tai Chi & Qi Gong (W)
 10:00 Strong n Stable (W)
 10:00 **A Peak Through the Rear Window-More Than Meets the Eye* (BV)**
 11:00 Gentle Yoga (W)
 1:30 **Proctor District Shopping Bus***
 2:30 Sit Fit n Fun (LP)




12
 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 Patty Lee's Writing Class (BV Game Room)
 10:00 **Finding, Telling & Sharing Life Stories* (BV)**
 11:00 Strength n Flex II (W)
 1:00 Sing Along with Puget Sounds (LP)
 2:00 **Zentangle (C)**
 4:00 **Wild Winter Life at Pt. Defiance Park* (FT)**
 2:30 Sit Fit n Fun (TJ)
 2:30 Happy Hour (LP)

13
 9:00 Tai Chi & Qi Gong (W)
 10:00 Strong n Stable (W)
 10:00 **Great Courses- Guide to Health & Happiness* (BV)**
 10:30 Worship Service (LP)
 11:00 Gentle Yoga (W)
 12:30 **Thinkie Tank (W)**
 1:30 **Fred Meyer Shopping Bus***
 2:00 **Love & Other Four Letter Words (W)**
 2:00 Knit Wits (TJ)
 3:00 **Current & Future Planned Manned Space Exploration* (BV)**
 3:30 GA Happy Hour (GA)
 3:30 TJ Happy Hour (TJ)

14
 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 **Exploring the Ukulele* (BV)**
 11:00 Strength n Flex II (W)
 12:00 Meditation (W)
 2:00 **Jewelry From Vintage/ Antique Silverware* (C)**
 2:30 Sit Fit n Fun (TJ)

Valentines Day



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>16</p> <div style="border: 1px solid black; padding: 5px;"> <p align="center">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> </div>	<p>17</p> <p>9:30 Church Service (LP) 10:00 Church Service (TJ) 5:00 DU Happy Hour (W)</p> 	<p>18</p> <p>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Gentle Yoga (W) 12:30 Thinkie Tank (W) 1:30 Westgate Shopping Bus* 2:00 Mini Winter Hat Class (W) 2:30 Sit Fit n Fun (LP)</p>	<p>19</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 Patty Lee's Writing Class (BV Game Room) 10:00 Finding, Telling & Sharing Life Stories* (BV) 11:00 Strength n Flex II (W) 2:00 Where Have the Birds Gone and Can We Bring Them Back? (BV) 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>20</p> <p>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Great Courses– Guide to Health & Happiness* (BV) 10:30 Worship Service (LP) 11:00 Gentle Yoga (W) 12:30 Thinkie Tank (W) 1:30 Trader Joe's/ Whole Foods Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Great Decisions— American Foreign Policy at a Crossroads* (Z) 3:30 BV Happy Hour (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>21</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 Exploring the Ukulele* (BV) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 1:00 Commit Dance Fitness (W) 2:00 Balance Lab (W) 2:00 The Bronte Sisters* (BV) 2:30 Balance Lab (W)</p>	<p>22</p> <p>1:20 Tacoma Musical Playhouse (Bus)</p> 
<p>23</p> <p>1:45 Tacoma Symphony (Bus)</p> 	<p>24</p> <p>8:00—4:00 Wellness Assessments (W)</p> <p>9:00 GA Continental Breakfast 10:00 Worship Service (TJ) 2:00 Line Dancing (W) 5:00 DU Happy Hour (W)</p>	<p>25</p> <p>8:00—4:00 Wellness Assessments (W)</p> <p>9:00 Tai Chi & Qi Gong (W) 10:00 Downtown Tacoma's Alluring History* (BV) 11:00 Gentle Yoga (W) 1:30 Proctor District Shopping Bus* 2:00 Medicare 2025 Pie in the Parlor* (TJ)</p>	<p>26</p> <p>8:00—4:00 Wellness Assessments (W)</p> <p>9:00 GA Continental Breakfast 10:00 Finding, Telling & Sharing Life Stories* (BV) 10:00 Patty Lee's Writing Class (BV Game Room) 1:30 The Grand Movie Outing: Time to be Determined (Bus) 2:00 Literary League Book Club* (BV) 2:30 Happy Hour w/ Sandra Walker (LP)</p>	<p>27</p> <p>8:00—4:00 Wellness Assessments (W)</p> <p>9:00 Tai Chi & Qi Gong (W) 10:00 Great Courses– Guide to Health & Happiness* (BV) 10:30 Worship Service (LP) 11:00 Gentle Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Can You Hear Me Now? Understanding Hearing Loss (W) 3:00 Space Junk– The Sky is Falling* (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>28</p> <p>9:00 GA Continental Breakfast 10:00 Exploring the Ukulele* (BV) 12:00 Meditation (W) 1:00 Commit Dance Fitness (W) 4:00 American Music Series: Vocal Jazz– Music of Abbey Lincoln* (BV)</p> <p align="center">Ramadan Begins</p>	<div style="border: 1px solid black; padding: 5px;"> <p align="center">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 Prat Parlor SC= Ruston Senior Center TJ= Tobey Jones Parlor W= Wellness Center Z= Zoom Meeting * Registration Required</p> <p align="center">Color Key</p> <p>Orange =Senior University Green = Holistic Blue = Bus Outing</p> </div>