

## January Highlights

*Fridays, January 3, 10, 17, & 24*

### **SU: Tacoma Community Ukulele Project: Exploring the Ukulele\***

Over the course of just four classes, you will learn at least 8 songs, multiple strumming patterns, practice techniques.

*10:00 am, Bristol View 1st Floor Bowditch Room*

*Friday, January 3*

### **SU: Art Appreciation Lecture Series: Touring the World Through Art\***

Come with us on a journey around the world as we explore global cultures, histories, and visual artistic traditions.

*2:00 pm, BV Bowditch Room*

*Thursday, January 9*

### **SU: Understanding Hospice and Palliative Care\***

Matt Santelli will provide an overview of palliative care and hospice services to help you better understand their function and be able to make informed decisions for you or your loved ones.

*3:00 pm, BV Bowditch Room*

*Tuesday, January 14*

### **SU: The Mental Universe\***

This talk addresses some of the enduring questions about the meaning of life that humans have asked since time immemorial and that often feel especially significant to those of us in the final decades of our lives.

*11:00 am, BV Bowditch Room*

*Tuesday, January 14*

### **SU: Strengthening Our Local Food Economy\***

In this lecture, Page will describe value-chain coordination, give examples of this by breaking down ingredients from food dishes ordered off a menu at a local restaurant in Olympia, and explain why it's important for the growing for-profit food and agriculture sector of our local economy.

*2:00 pm, Wellness Center*

*Wednesday, January 15*

### **SU: Where Do We Go from Here? Nonviolence or Nonexistence, Martin Luther King for Our Times\***

Dr. Michael Honey will explore how we might remember Martin Luther King's legacy for our own troubled times.

*4:00 pm, BV Bowditch Room*

*Thursday, January 16*

### **SU: Great Decisions Discussion Kick-Off Meeting\***

This will be a short meeting to request your briefing book, get a copy of the program descriptions with meeting dates, and to sign up to lead discussions. Feel free to use this opportunity to learn more about the Great Decisions discussion course.

*3:00 pm, Zoom (Pre-register to receive the Zoom link)*

*Thursday, January 23*

**SU: Elderly Intimacy\*** This workshop dispels myths, explores the evolving nature of connection, and offers practical tips *BV Bowditch Room*

*Wednesday, January 29*

### **SU: Considering Language and Judgement Together\***

Dr. Inoue will discuss several main theories that explain how judgement typically works, and consider some important mind bugs that are commonplace.

*2:00 pm, BV Bowditch Room*

*Thursday, January 30*

### **SU: An International Nonprofit's Impact: Publishing and Leading Philanthropy work in Western Kenya\***

Robin and Gordon Okumu will share insights about their book, *Crossing Waiyaki Way: A True Story of Poverty, Prayer, and Politics in Kenya*, as well as discuss their nonprofit's environmental development efforts in western Kenya.

*3:00 pm, BV Bowditch Room*

*Friday, January 31*

### **SU: How to Use Chat GPT – A Basic Intro**

An easy-to-understand class on what is Chat GPT, how to create your own account, how to give prompts to get the best results, to give killer prompts, and more. No prior knowledge necessary.

*10:00 am, Zoom Meeting*

Meeting ID: 481 600 3295, Passcode: 845170

**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](mailto:vweaver@franketobeyjones.com)

**RESIDENT COUNCIL MEETING**

Monday, January 13  
9:30 am, Activity Terrace  
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*

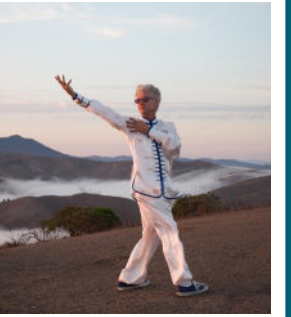
# Tobey Topics

## January 2025

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

### The Power of Qi

You're invited to experience how Qigong and Tai Chi engage mind, body, and spirit through coordinated movements and focused breathing moving gracefully and effortlessly, always allowing energy to flow freely throughout the body for more energy, vitality, and wellbeing. A new 10-week live series begins January 7th.



**Tuesdays & Thursdays, January 7 - March 14, at 9:00 am in the Wellness Center**

### Music in Film

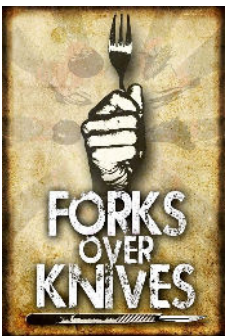
Winter is a dreary time of year, perfect for reading a good book or going to the movies. In this series of two lectures, PLU Professor of Music, Dr. Svend Rønning, gives an introduction to film music. What is the role of music in film? How did it come to be that way? Who are the innovators of the past and of the present? We'll learn some basic film music vocabulary and get to know a few classic scores of past and present.



**Thursdays, January 9 and 16th at 11:00 am in the BV Bowditch Room.**

### Forks Over Knives

Through an examination of the careers of American physician Caldwell Esselstyn and professor of nutritional biochemistry T. Colin Campbell, *Forks Over Knives* claims that many diseases, including obesity, cardiovascular diseases, and cancer, can be prevented and treated by eating a whole-food, plant-based diet, avoiding processed food and food from animals.



The film includes an overview of the 20-year China-Cornell-Oxford Project that led to Professor Campbell's findings, outlined in his book *The China Study* (2005), in which he suggests that coronary artery disease, diabetes, obesity, and cancer can be linked to the Western diet of processed and animal-based foods (including dairy products). This film will be followed by a discussion.

**Thursday, January 2 at 2:00 pm in the BV Bowditch Room.**

## Outings, Day Trips, Special Events

### **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**

### **The Grand Movie Outing “Movie to be determined”**

**Wednesday, January 22** Bus departure to be determined . **Cost: Ticket \$10-14**

On the fourth Wednesday of January, 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 on January 17th, the Friday before. You must sign up with the LP front desk by Tuesday afternoon. Tickets will be purchased by you, 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.**

### **NW Sinfonietta “Immortal Beloved”**

**Saturday, January 25** Bus departs at 6:45 pm. **Cost: Ticket \$25- \$55**

The Sinfonietta explores one of music's most enduring mysteries: the true identity of Beethoven's “Immortal Beloved.” This new violin concerto, offers a portrait of the phenomenal women who surface as possibilities. Beethoven's Triple Concerto for violin, cello and piano featuring the Puget Sound Piano Trio closes the program. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### **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.**

### January Resident Birthdays

|                   |    |
|-------------------|----|
| Dorris Martin     | 1  |
| Ed Hudson         | 1  |
| Harriett Fields   | 1  |
| Linda McFerran    | 5  |
| Beverly Werschkul | 9  |
| Marilyn Lindberg  | 13 |
| Jim Cook          | 14 |
| Robin Leitzinger  | 15 |
| Barbara Gabriel   | 15 |
| Betty Watson      | 16 |
| John Brooks       | 17 |
| Virginia Kenefick | 17 |
| Marlys Mitzner    | 18 |
| Charlotte Chalker | 18 |
| Louise Brightwell | 21 |
| Barbara Lindsay   | 26 |
| Sandra Olsen      | 27 |
| Don Graves        | 28 |
| Lois Johnson      | 30 |



### Happy Wedding Anniversary

John & Jett Brooks 7



### December New Staff

Michelle Nyamongo, Clinical  
Nicole Madakson, Clinical  
Valarie Scott, Clinical



### December New Residents

Mairlyn Jorgenson, MC  
Betsy Diffendal, GA  
Jan Kido, GA  
Ted Taranovski, SN

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### December In Remembrance



Charles Wilkinson, SN  
Jean Buhaley, MC  
Buck Buckner, SN









### *FTJ 100th Anniversary*

As part of our final celebration of Franke Tobey Jones' 100 year anniversary there will be a Time Capsule Burial Ceremony on **Wednesday January 22nd at 2:00pm** behind the Tobey Jones Building. The exact location will be announced in January.

There will also be a “book signing” party at 1:00pm that same day. Be sure to bring your FTJ 100 Year Anniversary book to the Tobey Jones Solarium or Parlor. Everyone at the party, residents and staff, will be able to sign everyone's books, just like a high school year book.

We'll see you there for our last celebration of FTJ's 100 Year Anniversary.

| Sun   | Mon   | Tue   | Wed  | Thu   | Fri  | Sat  |
|---|---|---|--|---|--|--|
|   |   |   |   |   |  |  |
| <div style="border: 1px solid black; padding: 5px;"> <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> </div>               |   |   |  |   |  |  |
|   | <p>6</p> <p>8:00 Seniorcise Gold I (W)<br/>9:00 Seniorcise Gold II (W)<br/>9:00 GA Continental Breakfast<br/>9:30 Church Service (LP)<br/>10:00 Church Service (TJ)<br/>10:00 Strength n Flex I (W)<br/>11:00 Strength n Flex II (W)<br/>1:00 Line Dancing (W)<br/>5:00 DU Happy Hour (Zoom)</p>                                      | <p>7</p> <p>9:00 Tai Chi &amp; Qi Gong (W)<br/>10:00 Strong n Stable (W)<br/>11:00 Gentle Yoga (W)<br/>1:30 <b>Westgate Shopping Bus*</b><br/>2:30 Sit Fit n Fun (LP)</p>   | <p>8</p> <p>8:00 Seniorcise Gold I (W)<br/>9:00 Seniorcise Gold II (W)<br/>9:00 GA Continental Breakfast<br/>10:00 Strength n Flex I (W)<br/>11:00 <b>Great Courses—Elements of Jazz* (BV)</b><br/>11:00 Strength n Flex II (W)<br/>1:00 Sing Along with Puget Sounds (LP)<br/>2:00 <b>Birding at Browns Point Lighthouse* (FT)</b><br/>2:30 Sit Fit n Fun (TJ)<br/>2:30 Happy Hour (LP)</p> | <p>9</p> <p>9:00 Tai Chi &amp; Qi Gong (W)<br/>10:00 Strong n Stable (W)<br/>10:30 Worship Service (LP)<br/>11:00 Gentle Yoga (W)<br/>11:00 <b>Music in Film* (BV)</b><br/>1:30 <b>Fred Meyer Shopping Bus*</b><br/>1:30 Live Music with Old Time Fiddlers (LP)<br/>2:00 Knit Wits (TJ)<br/>3:00 <b>Understanding Hospice &amp; Palliative Care* (BV)</b><br/>3:30 GA Happy Hour (GA)<br/>3:30 TJ Happy Hour (TJ)</p> | <p>10</p> <p>8:00 Seniorcise Gold I (W)<br/>9:00 Seniorcise Gold II (W)<br/>9:00 GA Continental Breakfast<br/>10:00 Strength n Flex I (W)<br/>10:00 <b>Exploring the Ukulele* (BV)</b><br/>11:00 Strength n Flex II (W)<br/>12:00 Meditation (W)<br/>1:00 Commit Dance Fitness (W)<br/>2:00 <b>Learn Needle Felting* (C)</b><br/>2:30 Sit Fit n Fun (TJ)</p>   |  |
|   | <p>13</p> <p>8:00 Seniorcise Gold I (W)<br/>9:00 Seniorcise Gold II (W)<br/>9:00 GA Continental Breakfast<br/>9:30 Resident Council (AT)<br/>10:00 Worship Service (TJ)<br/>10:00 Strength n Flex I (W)<br/>11:00 Strength n Flex II (W)<br/>1:00 Line Dancing (W)<br/>1:30 Live Music with Marty (LP)<br/>5:00 DU Happy Hour (W)</p> | <p>14</p> <p>9:00 Tai Chi &amp; Qi Gong (W)<br/>10:00 Strong n Stable (W)<br/>11:00 <b>The Mental Universe* (BV)</b><br/>11:00 Gentle Yoga (W)<br/>1:30 <b>Proctor District Shopping Bus*</b><br/>2:00 <b>Strengthening Our Local Food Economy* (W)</b><br/>2:30 Sit Fit n Fun (LP)</p> | <p>15</p> <p>8:00 Seniorcise Gold I (W)<br/>9:00 Seniorcise Gold II (W)<br/>9:00 GA Continental Breakfast<br/>10:00 Strength n Flex I (W)<br/>11:00 <b>Great Courses—Elements of Jazz* (BV)</b><br/>10:30 Live Music with Dave (LP)<br/>11:00 Strength n Flex II (W)<br/>2:30 Sit Fit n Fun (TJ)<br/>2:30 Happy Hour (LP)<br/>4:00 <b>Where Do We Go from Here?* (BV)</b></p>                | <p>16</p> <p>9:00 Tai Chi &amp; Qi Gong (W)<br/>10:00 Strong n Stable (W)<br/>10:30 Worship Service (LP)<br/>11:00 Gentle Yoga (W)<br/>1:30 <b>Trader Joe's/ Whole Foods Shopping Bus*</b><br/>2:00 Knit Wits (TJ)<br/>2:30 Sit Fit n Fun (LP)<br/>3:00 <b>Great Decisions Discussion Kick-Off Meeting* (Z)</b><br/>3:30 BV Happy Hour (BV)<br/>3:30 GA Happy Hour (GA)<br/>3:30 TJ Happy Hour (TJ)</p>               | <p>17</p> <p>8:00 Seniorcise Gold I (W)<br/>9:00 Seniorcise Gold II (W)<br/>9:00 GA Continental Breakfast<br/>10:00 Strength n Flex I (W)<br/>10:00 <b>Exploring the Ukulele* (BV)</b><br/>11:00 Strength n Flex II (W)<br/>12:00 Meditation (W)<br/>1:00 Commit Dance Fitness (W)<br/>1:30 Celebration of Life Bell Ringing (TJ)<br/>2:00 <b>My Photographic Life* (BV)</b><br/>2:30 Sit Fit n Fun (TJ)</p> | <p>18</p> <div style="text-align: center;">  <p>FRANKE TOBEY JONES<br/><i>Enjoy your age</i></p> </div> |
| <div style="border: 1px solid black; padding: 5px;"> <p><b>Room Key</b></p> <p>BV= Bristol View Bowditch Room<br/>C= Tobey Jones Craft Room<br/>D= Lillian Pratt Dining Room<br/>FT= Field Trip<br/>GA= Garden Apt. Living Room<br/>LP= Lillian Prat Parlor<br/>SC= Ruston Senior Center<br/>TJ= Tobey Jones Parlor<br/>W= Wellness Center<br/>Z= Zoom Meeting<br/>* Registration Required</p> <p><b>Color Key</b></p> <p>Orange =Senior University<br/>Green = Holistic<br/>Blue = Bus Outing</p> </div> |   |   |  |   |  |  |

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| <p>19</p> <div style="border: 1px solid black; padding: 5px;"> <p align="center"><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> </div>   | <p>20</p> <p>8:00 Seniorcise Gold I (W)<br/>           9:00 Seniorcise Gold II (W)<br/>           9:00 GA Continental Breakfast<br/>           9:30 Church Service (LP)<br/>           10:00 Church Service (TJ)<br/>           10:00 Strength n Flex I (W)<br/>           11:00 Strength n Flex II (W)<br/>           1:00 Line Dancing (W)<br/>           5:00 DU Happy Hour (W)</p>  | <p>21</p> <p>9:00 Tai Chi &amp; Qi Gong (W)<br/>           10:00 Strong n Stable (W)<br/> <b>10:00 Exploring the Wonders of China (BV)</b><br/>           11:00 Gentle Yoga (W)<br/> <b>1:30 Westgate Shopping Bus*</b><br/>           2:30 Sit Fit n Fun (LP)</p>            | <p>22</p> <p>8:00 Seniorcise Gold I (W)<br/>           9:00 Seniorcise Gold II (W)<br/>           9:00 GA Continental Breakfast<br/>           10:00 Strength n Flex I (W)<br/> <b>10:30 The Grand Movie Outing: Time to be Determined (Bus)</b><br/> <b>11:00 Great Courses—Elements of Jazz* (BV)</b><br/>           11:00 Strength n Flex II (W)<br/>           1:00 Centennial Book Signing (TJ)<br/>           2:00 Centennial Time Capsule Burial (TJ)<br/> <b>2:00 Literary League Book Club* (BV)</b><br/>           2:30 Sit Fit n Fun (TJ)<br/>           2:30 Happy Hour w/ Sandra Walker (LP)</p> | <p>23</p> <p>9:00 Tai Chi &amp; Qi Gong (W)<br/>           10:00 Strong n Stable (W)<br/> <b>10:00 Elderly Intimacy* (BV)</b><br/>           10:30 Worship Service (LP)<br/>           11:00 Gentle Yoga (W)<br/> <b>1:30 Fred Meyer Shopping Bus*</b><br/>           2:00 Knit Wits (TJ)<br/> <b>2:00 Estate Planning &amp; Administration Essentials* (Z)</b><br/>           2:30 Sit Fit n Fun (LP)<br/>           3:30 GA Happy Hour (GA)<br/>           3:30 TJ Happy Hour (TJ)</p> | <p>24</p> <p>9:00 Seniorcise Gold I &amp; II (W)<br/>           9:00 GA Continental Breakfast<br/>           10:00 Strength n Flex I &amp; II (W)<br/> <b>10:00 Exploring the Ukulele* (BV)</b><br/>           12:00 Meditation (W)<br/>           1:00 Commit Dance Fitness (W)<br/>           2:30 Sit Fit n Fun (TJ)<br/> <b>4:00 American Music Series: Tacoma Organ Trio* (BV)</b></p>                 | <p>25</p> <p><b>6:45 NW Sinfonietta (Bus)</b></p>  |
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