

April Highlights

Thursday, April 3

SU: Communication and Boundaries* In this workshop, you'll learn practical skills for expressing your needs, listening actively, and setting boundaries that honor yourself and others.

2:00 pm, BV Bowditch Room

Tuesday, April 8

SU: The Donkey Trail: Assessing a New Pathway to America*

Professor Andrew Gardner describes an interview he conducted with a young Indian man who traveled from India to the US on what he referred to as "The Donkey Trail."

2:00 pm, BV Bowditch Room

Friday, April 11

H: Supporting Independence w/ ALDs*

Myah Firch, a current doctoral capstone student from University of Puget Sound's occupational therapy program will be presenting on various supports and aids to maintain and/or increase independence with everyday activities. This includes, education and training on energy conservation strategies to manage fatigue, affordable aids to support ease with dressing and feeding, arthritis and joint pain management, and much more.

2:30 pm, Wellness Center

Tuesday, April 15

SU: L'Arche Tahoma Hope - Volunteer or Engagement Opportunities to be Involved With Our Community!*

A person-centered and relationship focused organization that works with people with and without intellectual disabilities.

10:00 am, BV Bowditch Room

Wednesday, April 16

SU: Nature Around Tacoma Series: Nature and Play at Franklin Park*

Walk around this neighborhood park with Tacoma Nature Center staff to observe the intersection of nature and play. This park offers a mixture of outdoor activities from gardening and baseball, to hiking and Mt. Rainier viewing. Learn about the park's rich history and natural landscape as you walk up steep uneven trails then along paved paths through play areas.

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

Tuesday, April 15

SU: Preventing and Recovering from Scams, Fraud, and Identity Theft*

Matt Santelli will help you to discover how to identify and avoid scams and fraud so that you do not fall prey to financial harm, including identity theft.

3:00 pm, BV Bowditch Room

Wednesday, April 16

H: Gong Meditation & Sound Bath*

Learn of the healing attributes of the Gong, then participate in a 62-minute Gong Meditation, followed by sweets & community.

2:00 pm, Wellness Center

Wednesday, April 23

SU: Eco-Friendly Options for When We Die*

We'll review environmental pros and cons of final disposition options from conventional burial and flame cremation, to eco-friendly options.

11:00 am, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Thursday, April 24

SU: Loneliness Versus Solitude*

We will explore the differences and talk about some programs which have addressed loneliness.

2:00 pm, BV Bowditch Room

Friday, April 25

SU: American Musics Series: The Music of Brazil*

Join Brazilian singer and percussionist Adriana Giordano and accompanist EJ Crocker as they explore classic Brazilian songs.

4:00 pm, Wellness Center

Wednesday, April 30

SU: Northwest Sinfonietta Quartet - New/Old Voices in Music*

Northwest Sinfonietta brings an engaging string quartet program exploring important old and new voices in music.

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, April 14
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

April 2025

Book Discussion: *Democracy Awakening*

In this 4-week discussion class led by Dr. Dexter Gordon, we will analyze *Democracy Awakening* by acclaimed historian Heather Cox Richardson. Richardson examines the historical forces that have led to the current political climate, showing how modern conservatism has preyed upon a disaffected population, weaponizing language and promoting false history to consolidate power.



Classes take place **Fridays, April 4, 11, 18, & 25 at 10:30 am** via Zoom.

Importance of Pets & Aging

Myah Firch, a current doctoral capstone student from University of Puget Sound's occupational therapy program will be presenting her capstone project sharing current literature regarding the importance of having a pet while aging. She will share various benefits identified in literary journals and research, its overlap with occupational therapy, and discuss opportunities on how to gain these benefits through adoption, foster programs, or animal assisted therapy programs.



Friday, April 18, at 2:30 pm, Wellness Center

Magma-nificent Volcanoes

Volcanoes Have Changed the World and Will Again!

Explore volcanoes from South America to Iceland with a look at the impact they have had on world history and see how a community deals with a dangerous volcano in its back yard.

Tuesday, April 22, 10:00am BV Bowditch Room

Supervolcanoes – The Really Big Ones

While there is no evidence that a large-scale eruption of a supervolcano will occur any time soon, the consequences in the past have been extreme with worldwide impacts. What are they and where are they?

Tuesday, April 29, 10:00am BV Bowditch Room

William Lokey has a 45-year career in emergency management working for the Washington State Dept. of Emergency Management, Pierce County Dept. of Emergency Management, the California Office of Emergency Services, and the Federal Emergency Management Agency (FEMA).



Outings, Day Trips, Special Events

Lunch Bunch “Jimmy Mac’s Roadhouse”

Friday, April 4 Bus departs at 11:00 am. **Cost: Meal**

A “Texas-style,” restaurant featuring quality steaks, handcrafted food, craft cocktails and ice cold beer. Enjoy all you can eat, hot-out-of-the-oven yeast rolls with whipped honey butter & endless peanuts. Their signature, hand-made dishes include Dungeness crab cakes, crawfish chowder, BBQ baby back pork ribs, fresh grilled salmon, shrimp, a variety of specialty salads, hubcap burgers, grilled chicken entrees & sandwiches, smoked pork, desserts and more. **Please sign up at LP Front Desk. This trip is capped at 21 people.**

Tacoma Musical Playhouse “The Wedding Singer”

Saturday, April 5 Bus departs at 1:20 pm. **Cost: Ticket \$32**

The Wedding Singer is a musical with music by Matthew Sklar, lyrics by Chad Beguelin, and a book by Beguelin and Tim Herlihy. It is based on the 1998 film of the same name. The musical revolves around Robbie, who sings at weddings, his failed relationship with his former fiancée, and his romance with a new love, Julia.

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, April 23 Bus departure to be determined . **Cost: Ticket \$10**

On the fourth Wednesday of each month 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 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.**

Tacoma Symphony “Dreams & Dances”

Saturday, April 26 Bus departs at 6:45 pm. **Cost: Ticket \$30- \$95**

A journey through stirring landscapes, resonant with the echoes of nature and human emotion. Mendelssohn beautifully captures the mysterious and windswept beauty of the Scottish coast. George Li brings Schumann’s *Piano Concerto* to life with his expressive touch and technical brilliance, highlighting the work’s intricate dialogues and rich, Romantic touches. *Kynance Cove* evokes the serene beauty and sweeping landscapes of a coastal cove, with rich harmonies that capture the essence of the natural scenery. A beautiful intertwining of orchestral and vocal elements, featuring Symphony Tacoma Voices, creating a sense of adventure and hope, leading us on a powerful journey toward the unknown with sweeping melodies and deep emotional resonance.

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

Lunch Bunch “Il Lucano Ristorante”

Friday, May 2 Bus departs at 11:10 pm. **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. **Please sign up at LP Front Desk. This trip is capped at 20 people.**

NW Repertory Singers “Tapestries: Music for Choir and Cello”

Sunday, May 18 Bus departs at 2:00 pm. **Cost: Ticket \$18**

Cellists from the region will join NWRS and collaborative pianist Marjorie Skreen for an exciting program. This is the first time NWRS has taken such a "deep dive" with one solo instrument complementing the choir. Many concert selections are recent publications, and the range of expression—from lyric to percussive—is extraordinary. This will be a special concert. **Please sign up at LP Front Desk. Heidi White will purchase tickets and charge your FTJ account for all who sign up for this event.**

April Resident Birthdays

Maria Kirchmer	2
Paula Foreman	3
Eva Robb	8
Mara Johnson	10
Dave Wheeler	10
Jett Brooks	12
Jean Buhaly	17
Linda Kehoe	17
Cara Gambell-Mehl	19
Ann Martin	20
Marcia Kuska	21
Beverly Cook	24
Rose Betts	24
Bernie Ekemo	25
Barbara Johnson	26
Betsy Potts	30



Wedding Anniversaries

If you would like your wedding anniversary acknowledged in the Tobey Topics, please contact Heidi White at 253-756-6284 or hwhite@franketobeyjones.com and give her your anniversary date.

March New Staff

Nicole Price,
Philanthropy & Marketing Coordinator

Kathy Weaver,
Receptionist Ruston Senior Center

Jenna Neumiller,
Clinical Memory Care



March New Residents

Roberta Chaplain, MC
Marilyn Hoban, TJ
Joan Strait, MC
Durant Hehr, TJ
Marilyn Hehr, TJ
Damian Gennette, TJ

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March In Remembrance



Jan DeLaFontaine, SN
Karen Trueman, LP




Tacoma Youth Symphony Performance at FTJ

For over sixty years, the Tacoma Youth Symphony Association has been nationally recognized and respected for its exemplary musical education and artistic excellence. By using classical music as a common language, they bring diverse communities together and give youth skills they can take into any profession, anywhere in life.

The Tacoma Youth Symphony is coming to FTJ to perform various pieces of classical and contemporary music in preparation for their concert series beginning in May. You are invited to a private performance just for FTJ residents.

Saturday, April 26, at 1:15 pm, Wellness Center



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>Registration Required Events</div><div>All programs with an asterisk require that you register for the class, program or field trip.</div><div>If the class is Orange, you must contact Jana in Senior Universi- ty to register.</div><div>If the class is Green , you must contact Sarah in Holistic Well- ness to register.</div><div>If the outing is Blue, you must contact the LP front desk to sign up.</div></div>	<div>April 2025</div>	<div>1 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 1:30 Live Music w/ Vintage Virtuosos (LP) 2:30 Sit Fit n Fun (LP)</div>	<div>2 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 Grief Group (GA) 1:30 Understanding Dementia Series (W) 2:00 Documentary Discus- sions– Score* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div>3 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service w/ Adelia (LP) 10:00 Great Courses– Guide to Health & Happiness* (BV) 11:00 Gentle Yoga (W) 1:30 Union District Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Communication & Boundaries* (BV) 2:30 Sit Fit n Fun (LP) 3:00 Balance Boost with UPS Students (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>4 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 Book Discussion— Democracy Awakenings* (Z) 11:00 Strength n Flex II (W) 11:00 Lunch Bunch— Jimmy Mac’s Roadhouse (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)</div>	<div>5 1:15 Tacoma Musical Play- house (Bus) 2:30 Afternoon Movie (TJ)</div> <div><div>FRANKE TOBEY JONES</div><div>100TH</div><div>Anniversary</div><div>2024</div></div>
<div><div>Room Key</div><div>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</div><div>Color Key</div><div>Orange =Senior University Green = Holistic Blue = Bus Outing</div></div>	<div>7 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Church Service w/ Dea- con Bill (LP) 10:00 Church Service w/ Dea- con Bill (TJ) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 12:00 Thinkie Tank (W) 1:30 Live Music with Marty (LP) 2:00 Line Dancing (W) 3:00 Resident Art Gallery Re- ception (LP 1st Floor) 5:00 DU Happy Hour (Z)</div>	<div>8 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Medicare Made Easy* (BV) 11:00 Gentle Yoga (W) 1:30 Proctor District Shopping Bus* 2:00 The Donkey Trail—New Pathway to America* (BV) 2:30 Sit Fit n Fun (LP) 2:30 Spring Tea Tasting with Peyton (W)</div>	<div>9 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 Prescription Coverage & Inflation Reduction Act* (BV) 11:00 Strength n Flex II (W) 1:00 Sing Along with Puget Sounds (LP) 2:00 Neurographic Art (C) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 3:00 Tribute to Rogers & Hammerstein by Vintage Vir- tuosos* (BV)</div>	<div>10 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 w/ Adelia (LP) 11:00 Gentle Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Restorative Yoga & Live Cello (W) 2:00 Knit Wits (TJ) 2:00 Seniors Helping Seniors Relationship Scams* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>11 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 Book Discussion— Democracy Awakenings* (Z) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 1:00 Commit Dance Fitness (W) 2:00 Making Marbled Paper* (C) 2:30 Sit Fit n Fun (TJ) 2:30 Supporting Independence with Activities of Daily Living (W)</div>	<div>12 2:30 Afternoon Movie (TJ)</div> <div>Passover Begins</div> <div></div>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>13</div> <div><div>Registration Required Events</div><div>All programs with an asterisk require that you register for the class, program or field trip.</div><div>If the class is Orange, you must contact Jana in Senior Univer- sity to register.</div><div>If the class is Green , you must contact Sarah in Holistic Well- ness to register.</div><div>If the outing is Blue, you must contact the LP front desk to sign up.</div></div>	<div>14</div> <div>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Resident Council (AT) 10:00 Worship Service w/ Adelia (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)</div>	<div>15</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 L’Arche Tahoma Hope Volunteer Opportunities* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 2:00 The Duo– Cello & Piano Performance (W) 2:30 Sit Fit n Fun (LP) 3:00 Preventing & Recovering from Scams, Fraud & ID Theft* (BV)</div>	<div>16</div> <div>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) 2:00 Nature & Play at Frank- lin Park (FT) 2:00 Gong Meditation Sound Bath (W) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 3:00 Support Group for Peo- ple Whose Partners Have De- mentia* (RSVP for Location)</div>	<div>17</div> <div>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 w/ Adelia (LP) 11:00 Gentle Yoga (W) 1:30 Trader Joe’s/ Whole Foods Shopping Bus* 1:30 Understanding Dementia Series (W) 2:00 Knit Wits (TJ) 2:00 Acrylic Pours (C) 2:30 Sit Fit n Fun (LP) 3:00 Great Decisions: US- China Relations* (Z) 3:30 BV Happy Hour (BV) 3:30 GA Happy Hour (GA)</div>	<div>18</div> <div>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 Book Discussion— Democracy Awakenings* (Z) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 1:00 Commit Dance Fitness (W) 2:00 Mathematical Beauty in Nature* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Importance of Pets and Aging (W)</div> <div>Good Friday</div>	<div>19</div> <div>2:30 Afternoon Movie (TJ)</div> <div>Passover Ends</div>
<div>20</div> <div></div> <div><div>Room Key</div><div>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</div><div>Color Key</div><div>Orange =Senior University Green = Holistic Blue = Bus Outing</div></div>	<div>21</div> <div>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Church Service w/ Dea- con Bill (LP) 10:00 Church Service w/ Dea- con Bill (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)</div>	<div>22</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Volcanos Have Changed the World* (BV) 10:30 Live Music with Dave (LP) 11:00 Gentle Yoga (W) 1:30 Proctor District Shopping Bus* 2:00 Race as a Concept in Western Traditions* (BV) 2:30 Sit Fit n Fun (LP)</div> <div>Earth Day</div>	<div>23</div> <div>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 Eco Friendly Options for When We Die* (Z) 11:00 Strength n Flex II (W) 1:30 The Grand Movie Out- ing: Time TBD (Bus) 2:00 Shadow Boxes (W) 2:00 Literary League Book Club* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP) 2:30 Live Music with Sandra Walker (LP)</div>	<div>24</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Great Courses– Guide to Health & Happiness* (BV) 10:30 Worship Service w/ Adelia (LP) 11:00 Gentle Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Loneliness vs Solitude* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div>	<div>25</div> <div>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 Book Discussion— Democracy Awakenings* (Z) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 1:00 Commit Dance Fitness (W) 2:30 Sit Fit n Fun (TJ) 4:00 American Music– Music of Brazil* (BV)</div> <div>Arbor Day</div> <div></div>	<div>26</div> <div>1:15 Tacoma Youth Sympho- ny Performance (W) 2:30 Afternoon Movie (TJ) 6:45 Tacoma Symphony (Bus)</div>
	<div>28</div> <div>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Worship Service w/ Adelia (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)</div>	<div>29</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Super Volcanoes—The Really Big Ones* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 1:30 Understanding Dementia Series (W) 2:00 The Four Pillars of New Retirement* (BV) 2:30 Sit Fit n Fun (LP)</div>	<div>30</div> <div>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Flower Arranging 101* (FT) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 2:00 NW Sinfonietta Quartet New/Old Voices in Music* (BV) 2:30 Sit Fit n Fun (TJ) 2:30 Happy Hour (LP)</div>	<div></div>		