

## March Highlights

*Tuesday, March 4*

**SU: Meet Mayoral Candidate Anders Ibsen\***

Meet Mayoral Candidate Anders Ibsen and hear what his plans are for making Tacoma an even greater place to live. Bring any questions you may have.

*2:00 pm, BV Bowditch Room*

*Wednesday, March 5*

**SU: Documentary Discussions: Comedy Warriors – Healing Through Humor\***

*Comedy Warriors: Healing Through Humor* is a documentary film featuring five severely wounded service members from the Iraq/Afghanistan conflicts who were selected from numerous submissions to embark on an exciting new mission: stand-up comedy.

*2:00 pm, BV Bowditch Room*

*Wednesday, March 5*

**H: The Dark Side of Daylight Savings\***

Join Mag Secretario for an insightful discussion on how to protect your health during Daylight Saving Time. We'll explore five simple strategies you can implement to adjust smoothly and stay well.

*1:00 pm, Wellness Center*

*Thursday, March 6*

**SU: History of the Israel-Palestine Crisis\***

Professor Weinberger from the University of Puget Sound will provide a history of the Israel-Palestine crisis and the roots of the current state of the war in Gaza.

*4:00 pm, BV Bowditch Room*

*Tuesday, March 11*

**H: A Time for Wellness & Appreciation\***

Please join us for an afternoon of wellness and appreciation. Enjoy stress awareness screenings and tips on stretches to help reduce stress. Wellness information from Chrio One's health experts and educational, visual posture checks. We look forward to meeting you!

*1:00 pm, Wellness Center*

*Wednesday, March 12*

**SU: Nature Around Tacoma Series: Geology and Views at Wapato Hills Park\***

Walk to the top of Wapato Hill with Tacoma Nature Center Staff to discover beautiful views and learn about how the ice sheets shaped the landscape of this park. This walk takes place on steep, unpaved trails.

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

*Friday, March 21*

**SU: In Our Own Voice\***

National Alliance on Mental Illness (NAMI) *In Our Own Voice* presentations change attitudes, assumptions and ideas about people with mental health conditions.

*11:00 am, BV Bowditch Room*

*Wednesday, March 26*

**H: Peace of Mind Seminar\***

We invite you to learn how planning your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.

*2:00 pm, TJ Parlor*

*Thursday, March 27*

**SU: Restorative Yoga & Live Cello\***

Enjoy a calming and restorative yoga workshop with live cello & singing by Karen Laura Peters. This workshop will begin with gentle movements to ease into the practice. Then we will build about 7 restorative yoga poses and rest in them for 5 to 10 minutes each. The restorative poses will be accompanied by live cello and singing. (Made possible by a generous donation to the Holistic Wellness Program)

*2:00 pm, Wellness Center*

*Thursday, March 27*

**SU: Pretty Gritty Lecture: Lost Ships and Treasure of Commencement Bay\***

From lost safes to mysterious shipwrecks, join as we dive into history to uncover all that has gone missing along our shores.

*3:00 pm, BV Bowditch Room*

*Friday, March 28*

**SU: American Music - Guitar in the Americas\***

In the last century, it has become almost an unwritten assumption that popular music in America includes a guitar--sometimes even several! Join guitarist EJ Crocker as they unpack the history of the instrument in our country, from its humble acoustic beginnings to the ubiquity of the electric guitar sound.

*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, March 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**

*8am—2pm*

Staff Lunch Break

11:15a—11:45a

# Tobey Topics

## March 2025

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

### Book Reading & Signing of *Deadly Yours*

Join Cyndi L. Stuart to hear a riveting excerpt from her just-released mystery novel, *Deadly Yours*, and her humorous tale about the perils and pitfalls of becoming a published author. The road to murder is never easy. Cyndi will be signing copies of her book after the reading and be available for any questions.



**Tuesday, March 25, at 2:00 pm, BV Bowditch Room**

### Bibimbap Workshop

Join us for a hands-on Bibimbap workshop, where you'll get to customize your own delicious bibimbap bowl while learning about the rich traditions of Korean cuisine culture. This interactive experience will guide you through the essential ingredients, flavors, and techniques that make bibimbap a beloved Korean dish. From perfectly seasoned vegetables, protein options and the signature gochujang sauce, you'll have the freedom to build your own bowl just the way you like!



**Thursday, March 13, at 2:00 pm, Wellness Center**

### WA Talking Book & Braille Library

Get Reading Again with the Washington Talking Book & Braille Library. Did you know that there is a free state library service that provides audiobooks to any Washington resident who cannot read or use regular print materials as a result of temporary or permanent visual or physical limitation like glaucoma, macular degeneration, dementia, diabetes, stroke, Parkinson's, or multiple sclerosis? The presentation will include an overview of the service, the eligibility requirements, and the steps to utilize this service.



WASHINGTON TALKING  
BOOK & BRAILLE LIBRARY

**Tuesday, March 25, at 10:00 am, BV Bowditch Room**

## Outings, Day Trips, Special Events

### Lunch Bunch “Rosewood Cafe”

**Friday, March 7** Bus departs at 10:45 am. **Cost: Meal**

New to FTJ’s Lunch Bunch, the Rosewood Café, is located between Tacoma's Historic Stadium and Proctor Districts. Join us for a delicious lunch of savory sandwiches, salads, soups and desserts that will please your palate and satisfy your soul. From light meals to feasts for even the most voracious of appetites, Rosewood Café has something on the menu for you. Due to the size of the restaurant this lunch bunch is limited to 19 people. **Please sign up at LP Front Desk. This trip is capped at 19 people.**

### NW Sinfonietta “Freedom Song”

**Saturday, March 8** Bus departs at 6:45 pm. **Cost: Ticket \$25- \$55**

Featuring vocal sensation Taylor Raven and area youth from Tacoma Urban Performing Arts Center, Tacoma Youth Chorus and Tacoma Youth Symphony. In the first half, Jessie Montgomery uses the stories behind five spirituals to weave her powerful Five Freedom Songs for voice and strings, followed by a suite of works inspired by the poetry of Langston Hughes with dance and youth chorus. In the second half, Northwest Sinfonietta’s strings premiere a new serenade by Quinn Mason, followed by Tchaikovsky’s beloved Serenade for Strings performed side-by-side with members of Tacoma Youth Symphony. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### Symphony Tacoma “The Americas”

**Saturday, March 22** Bus departs at 6:45 pm. **Cost: Ticket \$30- \$95**

Featured in this performance: Nirvana Smells Like Teen Spirit, Barbara Harbach Phoenix Rising from The Soul of Ra, Samuel Barber Adagio for Strings, Op. 11, William Grant Still Danzas de Panama, Amy Beach Romance George Walker Lyric for Strings, and Astor Piazzolla Four Seasons of Buenos Aires. a captivating blend of dynamic rock-inspired energy, soulful compositions, lush string melodies, and vibrant rhythms from across the Americas and beyond. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

### 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.**

### March Resident Birthdays

Marilyn Etzold	5
Terry Weaver	5
Kay Coulter	5
Karen Fischer	10
Richard Carr	10
Braxton Butler	11
Marilyn Thomas	12
Donna Kanyer	12
Phyllis Wire	13
Laura Hull	14
Karen Graves	15
Barbara Hill	16
Kathy Wilkie	18
Lawanna Ahrendt	18
Maria Rapoport	21
David Potts	24
Yvonne Zubalik	26
Marcia Winkle	27
Millie McNearney	28
Doraine Fleming	28
John Kriete	29
Bob Ball	31



### 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](mailto:hwhite@franketobeyjones.com) and give her your anniversary date.

### February New Staff

Alyce Baskett, Activity Assistant  
Lesley Pollack, Ruston Senior Center  
Malangeni Dlamini, Clinical



### February New Residents

Janice DeLaFontaine, SN  
V. Winquist, TJ

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### February In Remembrance



Liz Pitroff, MC  
Tom Scott, SN  
Jack Falskow, TJ



### Language, Identity & Society Series

Starting this month, Senior University will be hosting a 4-part lecture series to introduce the field of sociolinguistics by examining the intersections of language, identity, and society in both a US and international context.

Language is influenced by and conveys information about one’s gender, race/ethnicity, class, and geographic location, among other social identities. Participants will learn about key topics in sociolinguistics with a focus on language and privilege as well as societal attitudes towards language and language change. All lectures will be at 10:00 am and will take place in the BV Bowditch Room.

**March 5:** Language identity and mapping

**March 12:** Code switching and bilingualism



**March 19:** Language movements / language and education

**March 26:** Language inclusivity

*Presenter Bio:*

*Dr. Bridget Yaden is a Professor of Hispanic and Latino studies and the Associate Provost for Undergraduate Programs at Pacific Lutheran University. She earned her PhD in Romance Linguistics from the University of Washington.*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div></div><div>March 2025</div></div>						
<div><div><div><div>Room Key</div><div>BV= Bristol View Bowditch Room</div><div>C= Tobey Jones Craft Room</div><div>D= Lillian Pratt Dining Room</div><div>FT= Field Trip</div><div>GA= Garden Apt. Living Room</div><div>LP= Lillian Prat Parlor</div><div>SC= Ruston Senior Center</div><div>TJ= Tobey Jones Parlor</div><div>W= Wellness Center</div><div>Z= Zoom Meeting</div><div>* Registration Required</div></div><div><div>Color Key</div><div>Orange =Senior University</div><div>Green = Holistic</div><div>Blue = Bus Outing</div></div></div></div>	<div><div>3</div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Worship Service (TJ)</div><div>10:00 Strength n Flex I (W)</div><div>11:00 Strength n Flex II (W)</div><div>12:00 Thinkie Tank (W)</div><div>1:30 Live Music with Marty (LP)</div><div>2:00 Line Dancing (W)</div><div>5:00 DU Happy Hour (Z)</div></div>	<div><div>4</div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>11:00 Gentle Yoga (W)</div><div>1:30 Westgate Shopping Bus*</div><div>2:00 Neurographic Art (W)</div><div>2:00 Meet Mayoral Candidate Anders Ibsen* (BV)</div><div>2:30 Sit Fit n Fun (LP)</div></div> <div>Mardi Gras</div>	<div><div>5</div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I (W)</div><div>10:00 Language, Identity &amp; Society Series* (BV)</div><div>11:00 Strength n Flex II (W)</div><div>1:00 The Dark Side of Day-light Savings (W)</div><div>2:00 Documentary Discussions– Comedy Warriors* (BV)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>2:30 Happy Hour (LP)</div></div> <div>Ash Wednesday</div>	<div><div>6</div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>10:30 Worship Service (LP)</div><div>10:00 Great Courses– Guide to Health &amp; Happiness* (BV)</div><div>11:00 Gentle Yoga (W)</div><div>1:00 STEADI Screen with UPS Students (W)</div><div>1:30 Union District Shopping Bus*</div><div>2:00 Knit Wits (TJ)</div><div>2:30 Sit Fit n Fun (LP)</div><div>3:30 GA Happy Hour (GA)</div><div>3:30 TJ Happy Hour (TJ)</div><div>4:00 History of the Israel-Palestine Crisis* (BV)</div></div>	<div><div>7</div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I (W)</div><div>10:00 Learning Percussion &amp; Drum Circle* (BV)</div><div>11:00 Strength n Flex II (W)</div><div>10:45 Lunch Bunch– Rosewood Cafe (Bus)</div><div>12:00 Meditation (W)</div><div>1:00 Commit Dance Fitness (W)</div><div>2:00 Touring the World Through Art* (BV)</div><div>2:30 Sit Fit n Fun (TJ)</div></div>	<div><div>8</div><div>3:30 Afternoon Movie (TJ)</div><div>3:30 Afternoon Movie (TJ)</div><div>6:45 NW Sinfonietta (Bus)</div></div>
<div><div>9</div><div><div></div><div>Daylight Saving Time Begins</div></div></div>	<div><div>10</div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>9:30 Resident Council (Zoom)</div><div>10:00 Worship Service (TJ)</div><div>10:00 Strength n Flex I (W)</div><div>11:00 Strength n Flex II (W)</div><div>12:00 Thinkie Tank (W)</div><div>2:00 Line Dancing (W)</div><div>5:00 DU Happy Hour (W)</div></div>	<div><div>11</div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>11:00 In the Footsteps of the Red Violin* (BV)</div><div>11:00 Gentle Yoga (W)</div><div>1:00 A Time for Wellness &amp; Appreciation (W)</div><div>1:30 Proctor District Shopping Bus*</div><div>2:00 Broadway Classics with Vintage Virtuosos* (BV)</div><div>2:30 Sit Fit n Fun (LP)</div></div>	<div><div>12</div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I (W)</div><div>10:00 Language, Identity &amp; Society Series* (BV)</div><div>11:00 Strength n Flex II (W)</div><div>1:00 Sing Along with Puget Sounds (LP)</div><div>2:00 Acrylic Pour Spin Art (C)</div><div>2:00 Geology &amp; Views at Wapato Hills Park* (FT)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>2:30 Happy Hour (LP)</div></div>	<div><div>13</div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>10:00 Great Courses– Guide to Health &amp; Happiness* (BV)</div><div>10:30 Worship Service (LP)</div><div>11:00 Gentle Yoga (W)</div><div>1:30 Fred Meyer Shopping Bus*</div><div>1:30 Live Music with Old Time Fiddlers (LP)</div><div>2:00 Bibimbap Workshop (W)</div><div>2:00 Knit Wits (TJ)</div><div>2:00 Tacoma Tree Foundation Presentation* (BV)</div><div>2:30 Sit Fit n Fun (LP)</div><div>3:30 GA Happy Hour (GA)</div><div>3:30 TJ Happy Hour (TJ)</div></div>	<div><div>14</div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I (W)</div><div>10:00 Learning Percussion &amp; Drum Circle* (BV)</div><div>11:00 Strength n Flex II (W)</div><div>12:00 Meditation (W)</div><div>1:00 Commit Dance Fitness (W)</div><div>2:00 Printing on Fabric with Traditional Indian Blocks* (C)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>2:30 Balance Lab (W)</div></div> <div>Purim</div>	<div><div>15</div><div>10:30 Girl Scout Cookie Booth (LP)</div><div>3:30 Afternoon Movie (TJ)</div></div>

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<div>16</div> <div><div><div>Room Key</div><div>BV= Bristol View Bowditch Room</div><div>C= Tobey Jones Craft Room</div><div>D= Lillian Pratt Dining Room</div><div>FT= Field Trip</div><div>GA= Garden Apt. Living Room</div><div>LP= Lillian Pratt Parlor</div><div>SC= Ruston Senior Center</div><div>TJ= Tobey Jones Parlor</div><div>W= Wellness Center</div><div>Z= Zoom Meeting</div><div>* Registration Required</div></div><div><div>Color Key</div><div>Orange =Senior University</div><div>Green = Holistic</div><div>Blue = Bus Outing</div></div></div>	<div>17</div> <div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>9:30 Church Service (LP)</div><div>10:00 Church Service (TJ)</div><div>10:00 Strength n Flex I (W)</div><div>11:00 Strength n Flex II (W)</div><div>12:00 Thinkie Tank (W)</div><div>2:00 Line Dancing (W)</div><div>5:00 DU Happy Hour (W)</div></div> <div>St Patrick's Day</div>	<div>18</div> <div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>11:00 In the Footsteps of the Red Violin* (BV)</div><div>11:00 Gentle Yoga (W)</div><div>1:30 Westgate Shopping Bus*</div><div>2:00 Spring Into Creativity– Card Making (W)</div><div>2:30 Sit Fit n Fun (LP)</div></div>	<div>19</div> <div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I (W)</div><div>10:00 Language, Identity &amp; Society Series* (BV)</div><div>10:30 Live Music with Dave (LP)</div><div>11:00 Strength n Flex II (W)</div><div>1:00 Science Dome at Pierce College Planetarium (FT)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>2:30 Happy Hour (LP)</div><div>3:00 Support Group for People Whose Partners Have Dementia* (RSVP for Location)</div></div>	<div>20</div> <div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>10:00 Great Courses– Guide to Health &amp; Happiness* (BV)</div><div>10:30 Worship Service (LP)</div><div>11:00 Gentle Yoga (W)</div><div>1:30 Trader Joe’s/ Whole Foods Shopping Bus*</div><div>2:00 Knit Wits (TJ)</div><div>2:00 Ballroom Dance is Alive &amp; Keeping Us Well (W)</div><div>2:30 Sit Fit n Fun (LP)</div><div>3:00 Great Decisions—US Changing Leadership of the World Economy* (Z)</div><div>3:30 BV Happy Hour (BV)</div><div>3:30 GA Happy Hour (GA)</div><div>3:30 TJ Happy Hour (TJ)</div></div>	<div>21</div> <div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I (W)</div><div>11:00 In Our Own Voice* (BV)</div><div>11:00 Strength n Flex II (W)</div><div>12:00 Meditation (W)</div><div>1:00 Commit Dance Fitness (W)</div><div>2:00Thinkie Tank (W)</div><div>2:00 Mathematical Beauty in Art* (BV)</div><div>2:30 Sit Fit n Fun (TJ)</div></div>	<div>22</div> <div><div>3:30 Afternoon Movie (TJ)</div><div>6:45 Tacoma Symphony (Bus)</div></div>
<div>23</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 University to register.</div><div>If the class is Green , you must contact Sarah in Holistic Wellness to register.</div><div>If the outing is Blue, you must contact the LP front desk to sign up.</div></div>	<div>24</div> <div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Worship Service (TJ)</div><div>10:00 Strength n Flex I (W)</div><div>11:00 Strength n Flex II (W)</div><div>12:00 Thinkie Tank (W)</div><div>2:00 Line Dancing (W)</div><div>5:00 DU Happy Hour (W)</div></div>	<div>25</div> <div><div>9:00 Tai Chi &amp; Qi Gong (W)</div><div>10:00 Strong n Stable (W)</div><div>10:00 Get Reading Again with WA Talking Book &amp; Braille Library* (BV)</div><div>11:00 Gentle Yoga (W)</div><div>1:30 Proctor District Shopping Bus*</div><div>2:00 Book Reading &amp; Signing of “Deadly Yours”* (BV)</div><div>2:00 Aligning Lifestyle With Nature’s Cycles (W)</div><div>2:30 Sit Fit n Fun (LP)</div></div>	<div>26</div> <div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I (W)</div><div>10:00 Language, Identity &amp; Society Series* (BV)</div><div>11:00 Strength n Flex II (W)</div><div>1:30 The Grand Movie Outing: Time to be Determined (Bus)</div><div>2:00 Peace of Mind Seminar (TJ)</div><div>2:00 Literary League Book Club* (BV)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>2:30 Happy Hour (LP)</div><div>2:30 Live Music with Sandra Walker (LP)</div></div>	<div>27</div> <div><div>10:00 Strong n Stable (W)</div><div>10:00 Great Courses– Guide to Health &amp; Happiness* (BV)</div><div>10:30 Worship Service (LP)</div><div>11:00 Gentle Yoga (W)</div><div>1:30 Fred Meyer Shopping Bus*</div><div>2:00 Knit Wits (TJ)</div><div>2:00 Restorative Yoga &amp; Live Cello (W)</div><div>2:30 Sit Fit n Fun (LP)</div><div>3:00 Lost Ships &amp; Treasures of Commencement Bay* (BV)</div><div>3:30 GA Happy Hour (GA)</div><div>3:30 TJ Happy Hour (TJ)</div></div>	<div>28</div> <div><div>9:00 GA Continental Breakfast</div><div>10:00 Learning Percussion &amp; Drum Circle* (BV)</div><div>12:00 Meditation (W)</div><div>1:00 Commit Dance Fitness (W)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>4:00 American Music– Guitar in the Americas* (BV)</div></div>	<div>29</div> <div><div>3:30 Afternoon Movie (TJ)</div></div>
<div>30</div>	<div>31</div> <div><div>8:00 Seniorcise Gold I (W)</div><div>9:00 Seniorcise Gold II (W)</div><div>9:00 GA Continental Breakfast</div><div>10:00 Strength n Flex I (W)</div><div>11:00 Strength n Flex II (W)</div><div>2:00 Line Dancing (W)</div><div>5:00 DU Happy Hour (W)</div></div>	<div>March 2025</div>				