

August Highlights

Friday, August 1

H: Nice Cream*

Craving a cool treat without guilt? Join us for a fun, hands-on class where we whip up nice cream- a delicious and healthy alternative to ice cream made from frozen bananas! You'll learn the basics, get creative with mix-ins, and build your own customized sundae. Space is limited, please sign up and let's scream for nice cream!

2:00 pm, BV Bowditch Room

Wednesday, August 6

SU: A Plastic Ocean*

A Plastic Ocean documents the global effects of plastic pollution and highlights workable technologies and innovative solutions that everyone - from governments to individuals - can do to create a cleaner and greener ocean.

2:00 pm, BV Bowditch Room

Wednesdays, August 6, 20, & 27

H: Summer Tales*

Create a storybook this summer- without writing a word. Join us for Summer Tales with Narra, an easy and enjoyable storytelling program. Whether you want to capture memories from this summer, reflect on summers past, or share any story close to your heart, Narra makes it simple.

2:00 pm, Wellness Center

Thursday, August 7, 14, & 21

SU: Optimize Your Metabolism – a Commune Course*

Join Senior University and Holistic Wellness for this 6-week course that runs July 17 – August 21. By the end of this program, you will be equipped and inspired to make simple, impactful changes in your daily life.

10:00 am, Tobey Jones Parlor

Thursday, August 7

H: Customize Your Smoothie Bowl*

Join us for a fun and nourishing Smoothie Bowl Workshop where you'll learn simple nutrition tips and how to build a balanced, energizing bowl. You'll then get hands-on to create your own colorful smoothie masterpiece with toppings that suit your taste and wellness goals. Come hungry and ready to blend, socialize, and enjoy! Please sign up, space is limited.

2:00 pm, Wellness Center

Thursday, August 14

SU: Threads through Time - A Karen Haas Presentation*

Get caught in a web of enjoyment as Karen blends traditional tales with demonstrations of various spinning and weaving techniques. You'll even have a chance to try your hand at some of these arts, both ancient and new.

2:00pm, Wellness Center

Wednesday, August 20

SU: Mary Bridge Children's Hospital – Expansion Update and Progress *

Join us for an engaging discussion and presentation on the exciting updates and progress of the Mary Bridge Children's Hospital expansion.

2:00 pm, BV Bowditch Room

Thursday, August 28

SU: B-17 and the Mighty Eighth Air Force: The Uncles We Never Knew*

Join John Farenbach as he talks about the B-17 bomb groups with the Eighth Air Force during WWII who flew strategic bombing missions over Europe, and shares personal stories about two of his uncles who served on B-17s

2:00 pm, BV Bowditch Room

Friday, August 29

SU: Pretty Gritty Tour: Tacoma's Public Art Scene#

This 1-hour tour walks you through the milestones of Tacoma's story, both good and bad, and helps you turn the page on understanding the pulse of Washington's most exciting rail town. Pre-registration is required and the cost for the event is \$27.

10:00 am Field Trip (bus departs the Bistro at 9:40 am)

Friday, August 29

SU: American Musics - Hosted by EJ Crocker: Shadows and Light * Join EJ Crocker and Nick Rawson on a sonic tour through Joni Mitchell's career, tracing her influences and life story through the songs she wrote.

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, August 11

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

August 2025



Self-Care Starts with (Senior) YOU

Join us for a self care series in August taught by Austin Cresap, a certified Sex Therapist & licensed Marriage and Family Therapist.

Friday, August 1

Self Love & Self Compassion Nurture a stronger, kinder relationship with yourself. This workshop guides you through practices for building self-acceptance, exploring personal strengths, and creating compassion-based routines. It's a safe space to discover what makes you feel valued and supported from within.

10:00 am, BV Bowditch Room

Friday, August 15

Communication and Boundaries Clear communication and respectful boundaries are the foundations of healthy relationships. In this workshop, you'll learn practical skills for expressing your needs, listening actively, and setting boundaries that honor yourself and others. Perfect for enhancing confidence in personal and professional interactions.

11:00 am, Bristol View 1st Floor Bowditch Room

* Registration is required. Contact Jana Wennstrom to sign up for these classes.



Through Our Eyes: A Summer in Focus

Join us for a unique community art project celebrating the stories, beauty, and perspectives of older adults. Each participant will receive a disposable camera to capture their view of the end of summer—whether it's quiet morning walks, cherished family moments, neighborhood scenes, or the little joys of daily life. Over the month of August, you'll document what summer looks and feels like through your eyes.

This project is open to seniors who want to explore creativity, memory, and meaning through photography. The final collection will be displayed in a community showcase to highlight the vibrant and diverse experiences of aging.

Space is limited, Registration required—Contact Sarah to reserve your spot.



Outings, Day Trips, Special Events

The Grand Movie Outing “Movie to be determined”

Wednesday, August 27 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.**

FTJ Summer Concerts are here thanks to a generous resident donor.

Concerts will be **Thursday nights in August at 6:30pm** in the Care Center South Parking area. If you can, bring your own chair. We'll also have 50 chairs set up in the Care Center Parking area.

Here is the line up:

Aaron Crawford Duo – August 7

A Northwest native, Aaron Crawford brings a sound to the country music scene that he has termed Cascade Country; a little rock and roll, some classic country and a whole lot of grit. He has shared the stage with Lynyrd Skynyrd, Riley Green, Trace Adkins and more. Whether it's 50 close friends or a stadium of 5,000 Aaron Crawford is at home on the stage!

Shabby Road – August 14

Experience the timeless magic of The Beatles with Shabby Road the ultimate tribute band dedicated to bringing the iconic hits of the Fab Four to life. With meticulous attention to detail, our talented musicians recreate the sound and spirit of John, Paul, George and Ringo. Come sing along with the greatest pop songs ever written

Angeli Silva and Sabor – August 21

Anjali Silva sings brilliantly in English, Spanish and Portuguese! She and Sabor brings you a sophisticated mix of the best Bossa Nova, Reggaeton and Cumbia music, as well as Western and Latin styled jazz and pop.

Wally & The Beaves – August 28

Wally & The Beaves is a seven-piece fun Oldies variety band from the Pacific Northwest that performs songs from the 50s, 60s, 70s, 80s (and more). Each member of the band brings a bit of humor by dressing like a well-known iconic character from the era. Guaranteed to get you dancing all night!

July Resident Birthdays

Laurence Commeree	4
Wynn Hoffman	4
Charnley Marsden	4
Thomas McNearney	8
Kathleen Weaver	10
Richard Smaby	11
Abbie Watters	12
Irmgard Connally	13
Phyllis Gill	16
Nancy Konrad	16
Liz Hildebrant	18
Steve Hammer	21
Gail Helland	22
Carol Williams	22
Kay Bristow	24
Ron Fields	25
Mary Brown	26
Janice Shaw	27



August Wedding Anniversaries

Bob & Joan Garden	21
Jim & Beverly Cook	23
Eric & Donna Swenson	26
Richard & Kathleen Farner	30



July New Staff

Oliver Orr, Sales Assistant
Bem Smith, Dining
Marinet Bankes, Laundry



July New Residents

David Adler, SN
Walter Burton, MC

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July In Remembrance







Annual Picnic



Franke Tobey Jones is holding our Annual picnic on **Friday August 1st from 11:30am to 1:00pm**. Our theme is Hawaiian Luau. You are encouraged to dress in Hawaiian or beach style clothing if you desire, or come in your picnic best.

As part of the festivities there will be live music provided by Wally and the Beaves, caricature Artists, and amazing food provided by your FTJ dining staff.

Look for more information and an invitation in your Franke Tobey Jones internal mail. If you're bringing guests, please RSVP by July 28th.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<div>1</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) 10:00 Self Love & Self Compassion* (BV) 11:00 Strength n Flex II (W) 11:30 Annual Picnic TJ & W Parking Lots 12:00 Meditation (W) 2:00 Making Nice Cream (BV) 2:30 Sit Fit n Fun (TJ) </div>	<div>2</div> 
<div>3</div> <div> 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 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 </div>	<div>4</div> <div> 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Church Service w/ Deacon Bill (LP) 10:00 Church Service w/ Deacon Bill (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) 2:30 Sit Fit n Fun (TJ) 5:00 DU Happy Hour (Z) </div>	<div>5</div> <div> 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Gentle Yoga (W) 11:00 Great Courses— Everyday Gourmet* (BV) 1:30 Westgate Shopping Bus* 2:00 Virtual Reality Rendezvous* (TJ) 2:30 Sit Fit n Fun (LP) 2:30 Resident Art Gallery Reception (LP1st Floor) 6:30 Evening Movie (TJ) </div>	<div>6</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) 10:00 Compact Writing* (BV) 11:00 Strength n Flex II (W) 1:00 Grief Support Group (GA) 2:00 Documentary Discussions– Plastic Ocean* (BV) 2:00 Summer Tales* (W) 2:30 Happy Hour (LP) </div>	<div>7</div> <div> 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Optimize Your Metabolism* (TJ) 10:30 Worship Service w/ Adelia (LP) 11:00 Gentle Yoga (W) 1:30 Union District Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Customize Your Smoothie Bowl *(W) 2:00 Reasons & Benefits to Preplanning Funerals* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 6:30 Concert on the Lawn </div>	<div>8</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) 10:00 Stretching Your Body & Dollar* (BV) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 2:00 Make a Bound Journal* (C) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social (LP Patio) </div>	<div>9</div> 
<div>10</div> <div> 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. </div>	<div>11</div> <div> 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Resident Council (Z) 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) 2:30 Sit Fit n Fun (TJ) 5:00 DU Happy Hour (Gazebo) </div>	<div>12</div> <div> 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Land Snorkeling* (Bistro) 11:00 Gentle Yoga (W) 11:00 Great Courses— Everyday Gourmet* (BV) 1:30 Proctor District Shopping Bus* 2:00 Virtual Reality Rendezvous* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ) </div>	<div>13</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) 10:00 Compact Writing* (BV) 11:00 Medicare Traveling Outside the Country* (Z) 11:00 Strength n Flex II (W) 1:00 Sing Along with Puget Sounds (LP) 2:00 Through Our Eyes *(W) 2:00 Titlow Through the Ages (FT) 2:30 Happy Hour (LP) </div>	<div>14</div> <div> 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Optimize Your Metabolism* (TJ) 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 Threads Through Time* (W) 2:00 Acrylic Pours *(C) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 6:30 Concert on the Lawn </div>	<div>15</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 Communication & Boundaries* (BV) 11:00 Strength n Flex II (W) 12:00 Meditation (W) 2:00 Sip & Paint* (C) 2:00 Cultural Cuisine *(BV) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social (LP Patio) </div>	<div>16</div> 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>17</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>	<div>18</div> <div><div>9:00 GA Continental Breakfast</div><div>9:30 Church Service w/ Deacon Bill (LP)</div><div>10:00 Church Service w/ Deacon Bill (TJ)</div><div>2:00 Line Dancing (W)</div><div>2:30 Live Music with Vintage Virtuosos (LP)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>5:00 DU Happy Hour (Gazebo)</div></div>	<div>19</div> <div><div>Wellness Assessments</div><div>9:00 Tai Chi & Qi Gong (W)</div><div>11:00 Great Courses—Everyday Gourmet* (BV)</div><div>1:30 Westgate Shopping Bus* (TJ)</div><div>2:00 Virtual Reality Rendezvous* (TJ)</div><div>2:00 The Gentlemen’s Nook* (W)</div><div>2:30 Sit Fit n Fun (LP)</div><div>6:30 Evening Movie (TJ)</div></div>	<div>20</div> <div><div>Wellness Assessments</div><div>9:00 GA Continental Breakfast</div><div>10:00 Compact Writing* (BV)</div><div>10:30 Live Music with Dave (LP)</div><div>2:00 Mary Bridge Children’s Hospital* (BV)</div><div>2:00 Summer Tales *(W)</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>21</div> <div><div>Wellness Assessments</div><div>8:00 Commit Dance (W)</div><div>9:00 Tai Chi & Qi Gong (W)</div><div>10:00 Optimize Your Metabolism (Z)</div><div>10:30 Worship Service w/ Adelia (LP)</div><div>1:30 Trader Joe’s/ Whole Foods Shopping Bus*</div><div>2:00 Knit Wits (TJ)</div><div>2:00 Neurographic Art—Artist Trading Cards *(W)</div><div>2:30 Sit Fit n Fun (LP)</div><div>3:00 Great Decisions: India—Between China & the West* (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>6:30 Concert on the Lawn</div></div>	<div>22</div> <div><div>Wellness Assessments</div><div>9:00 GA Continental Breakfast</div><div>12:00 Meditation (W)</div><div>1:30 Owen Beach Walk (Bus)</div><div>2:30 Sit Fit n Fun (TJ)</div><div>3:00 All Campus Ice Cream Social (LP Patio)</div></div>	<div>23</div> <div></div>
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<div>31</div>	<div>August</div>					