

July Highlights

Tuesdays, July 1, 8, 15, 22, & 29
H:Nature Walk*
Starting in front of the Bistro, we will venture to Point Defiance then across the Wilson bridge down to the Dune Peninsula at Point Defiance Park and back. You must be able to walk this distance without staff assistance. Optional detour: On our way back we will stop at the Wren’s Nest Baking Co. for a delicious treat & conversation.
10:00 am, Meet at Bistro

Tuesday, July 1
SU: Hurricanes – That Was Then, This Is Now*
Explore how the lessons learned from Katrina have improved disaster response and recovery, and with warming oceans – will they just get worse?
2:00 pm, BV Bowditch Room

Thursday, July 10
H: Restorative Yoga and 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.
2:00 pm, Wellness Center

Tuesday, July 15
SU: Understanding Diabetes*
We will review Type 1 and Type 2 diabetes, then focus on risk factors and practical steps that you can take to maintain healthy blood sugar levels.
3:00 pm, BV Bowditch Room

Thursday, July 17, 24, & 31
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, July 17
H: Acrylic Art*
The "swipe technique" involves layering colors and then gently swiping over them with paper towel or playing cards to create patterns and cell effects.
2:00 pm, TJ Craft Room

Friday, July 18
SU: A Revolution in her Blood: Mary Wollstonecraft, The Mother of Western Feminism*
Born in 1759, Mary Wollstonecraft was a philosopher, writer, and educator. This talk explores Mary's thrilling and devastating life and the works that changed the course of feminist thought.
11:00 am, BV Bowditch Room

Thursday, July 24
H: Mindfulness & Marimos*
Ready to relax and get creative? Join, Katie Lodge for a Marimo Moss Ball workshop to craft your own tranquil underwater world. Discover the calming magic and fascinating facts about these aquatic ecosystems. Spots are limited. Reserve your serene escape today!
10:00 am, Wellness Center

Thursday, July 24
SU: Pretty Gritty Lecture: Psychics* This lecture we are going to explore the interesting connection between Tacoma and some of the world’s most famous clairvoyants. Who would’ve seen it coming, huh?
3:00 pm, BV Bowditch Room

Friday, July 25
SU: American Musics - Hosted by EJ Crocker: Singing the Blues*
Join vocalist Dee Smith and an all-star Tacoma band for an evening of songs and stories from her repertoire.
4:00 pm, Wellness Center

Friday, July 31
H: Balinese Cultural Cuisine*
Experience the rich flavors and vibrant tradition of Bali - where you'll savor authentic dishes, learn about local customs, and connect with others in a warm, social setting. Discover the heart of Balinese culture through food, stories, and shared moments! Space is limited, please don't wait to sign up!
2:00 pm, BV Bowditch Room

SU = Senior University program
H = Holistic Wellness program
For complete details refer to monthly Holistic & Senior University calendars
*** indicates registration required**



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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, July 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
July 2025



Virtual Reality Experiences with Senior U

Thanks to a generous donation, Senior University is now offering a unique virtual reality (VR) experience through a platform created by Rendever. Using VR goggles, you can travel and enjoy learning in a 3D, immersive environment. Each class will be driven by the attendee’s interests and will be limited in size to allow for the best experience possible, as well as, flexibility in the programming. This program is called **Virtual Reality Rendezvous** and will be held on various days and times starting this month and running throughout the rest of 2025 to allow as many people to participate as possible. Each class must be signed up for individually even though the name of the class will always be the same. Be sure to RSVP with Jana for a date and time that works best for you—you won’t want to miss this!



Various Dates & Times in the TJ Parlor

Traditional Chinese Mahjong Classes

Learn the rich history and intricate rules of traditional Chinese Mahjong in this hands-on class, where you'll learn tile recognition, gameplay strategies, and cultural etiquette. Whether you're a beginner or brushing up your skills, you'll enjoy an engaging introduction to this classic game of skill and luck.



Mondays, July 7, 14, 21, and 28, at 1:00 pm in the BV Bowditch Room

Impact of AI on the Environment

Artificial Intelligence has taken the world by storms. What is generative artificial intelligence (AI)? What can it do and what can it not do? Why does it make serious mistakes while appearing to be extremely “smart” at the same time? How should we conduct ourselves in an era with AI being an integral part of our life? What opportunities and challenges does AI pose to our human capacity and human existence? What are the driving forces of the development of AI and why should we care? In this interactive lecture, we are going to be exploring AI’s applications in education, medicine, businesses and public services, we are also going to explore its social, ethical and environmental impacts.



Wednesday, July 30, at 11:00 am in the BV Bowditch Room

Outings, Day Trips, Special Events

Lunch Bunch “Boathouse 19”

Thursday, July 3 Bus departs at 11:30 am. **Cost: Meal**

Boathouse 19 is conceived to be casual, comfortable, affordable and fun – befitting their dockside setting. With their unique location over the waters of Puget Sound, the fabulous views of the Narrows Bridge and the snow-capped Olympic Mountains, the maritime activity of the Tacoma Narrows Marina, and the romance of the railroad in their backyard – they represent everything wonderful about the Pacific Northwest.

Spots are limited to 19.

Mystery Day Trip

Wednesday, July 9 Bus departs at 9:30 am and returns around 3pm. **Cost: \$5 guided garden tour, Meal, anything you purchase**

Where are we going? It’s a mystery! But we promise fun and interesting things to see and explore. As part of our trip we will take a docent guided tour of a botanical heritage garden. If you don’t want to walk the garden you can explore the exhibits in the visitor center. Lunch is at a restaurant known for delicious Pacific Northwest food. After lunch we will explore a museum dedicated to the regional heritage of the area, from the First People to the European settlers who came later. Before returning to FTJ a short stop will be made at a gourmet chocolate factory. The walking required for this trip will be a combination of pavement, gravel pathways and some grass if you choose. The minimum amount of walking to participate in the outing will be around 300 feet and the maximum, if you do the garden tour, can be up to half a mile. Indulge your sense of fun and adventure and join us on this mystery trip. **This trip is capped at 15 people.**

The Grand Movie Outing “Movie to be determined”

Wednesday, July 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 Rainiers Baseball Game

Thursday, July 24 Bus departs at 6:05 pm.

Sign up by Friday July 12. Cost: \$15 plus anything you purchase

The Rainiers are going up against the Texas Round Rocks for a 7:05 pm game and Franke Tobey Jones will be there! Join us to cheer on the Rainiers while you enjoy ball park favorites and the company of other baseball minded people. Your ticket includes a free ballpark hotdog meal. If you request a ticket after the 12th of July we will get you as close to the group as we can, but you are not guaranteed to be able to sit with the main group. Some stairs must be climbed to reach the main group of seats. There is also ADA seating available close to where our group is. If you need ADA seating, please let Heidi know when you reserve your ticket. Once purchased, tickets are non-refundable. **Please sign up at LP Front Desk.**

Tacoma Musical Playhouse “Mary Poppins”

Saturday, July 26 Bus departs at 1:20 pm. **Cost: Ticket \$32**

Mary Poppins is a musical with music and lyrics by Richard M. Sherman and Robert B. Sherman (the Sherman Brothers) and additional music and lyrics by George Stiles and Anthony Drewe, and a book by Julian Fellowes. The musical is based on the similarly titled *Mary Poppins* children's books by P. L. Travers and the 1964 Disney film, and is a fusion of various elements from the two, including songs from the film.

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

July Resident Birthdays

Doris Renna	4
Cathy Tashiro	4
Janet Lordhal	5
Richard Hanson	7
Elin Gratton	11
Patricia Fullerton	12
Mary Anne Fray	12
Marietta Whitely	14
Marilyn Hehr	16
Marge Yager	19
John Quarles	21
Francine Mastini	21
Millie McNerthney	25
Janice Kido	26
Rosalind Petro	28
Barbara Miener	29
Walter Baade	29



July Wedding Anniversaries

Dick & Claire Griffin	3
Richard & Cora Bock	21
Jerry & Marcia Winkle	28



June New Staff

Sara Strom, Dining
Elora Kelly, Dining
Jessica Prokhor, Dining
Joe Wood, Dining



June New Residents

Carol Meade, GA
Kimberly Hohengarten, MC
Leslie Steinkraus, MC
Gary Sexton, MC

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June In Remembrance



Mara Kirchmer, SN
Francine Mastini, SN






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 later in July



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>July 2025</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><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>	<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/ 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) 1:00 Traditional Chinese Mahjong (BV) 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><div>1 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Virtual Reality Rendezvous* (TJ) 10:00 Nature Walk* (Bistro) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 2:00 Hurricanes—Then & Now* (BV)</div><div>8 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Nature Walk* (Bistro) 11:00 Gentle Yoga (W) 1:30 Proctor District Shopping Bus* 2:00 Neurographic Art—Artist Trading Cards *(W) 2:30 Sit Fit n Fun (LP)</div></div>	<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) 10:00 Telling Your Stories Through Comics* (BV) 11:00 Strength n Flex II (W) 1:00 Grief Support Group (GA) 2:00 Documentary Discussions— Facing Monsters* (BV) 2:00 Summer Tales* (W) 2:30 Happy Hour (LP)</div><div>9 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Mystery Trip* (Bus) 10:00 Strength n Flex I (W) 11:00 Medicare Coverage of Cancer Treatment* (Z) 11:00 Strength n Flex II (W) 1:00 Sing Along with Puget Sounds (LP) 2:00 Summer Tales* (W) 2:30 Happy Hour (LP)</div></div>	<div><div>3 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 9:00 Strong n Stable (W) 10:00 Time for a Medicare Checkup* (BV) 10:30 Worship Service w/ Adelia (LP) 11:00 Gentle Yoga (W) 11:30 Lunch Bunch—Boathouse 19 (Bus) 1:30 Live Music– Vintage Virtuosos (LP) 1:30 Union District Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Summer Tales *(W) 2:00 Earth Economics Intro to Ecological Economics* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</div><div>10 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 9:00 Strong n Stable (W) 10:00 Farmers Market Trip (Bistro) 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 Restorative Yoga & Live Cello *(W) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA)</div></div>	<div><div>4 9:00 GA Continental Breakfast</div><div></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) 11:00 Strength n Flex II (W) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social (LP Patio)</div></div>	<div>5</div> <div></div> <div>12</div>

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<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>21</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 Worship Service w/ Adelia (TJ) 11:00 Strength n Flex II (W) 1:00 Traditional Chinese Mahjong (BV) 2:00 Line Dancing (W) 2:30 Sit Fit n Fun (TJ) 5:00 DU Happy Hour (W)</div>	<div>22</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Nature Walk* (Bistro) 10:00 Strong n Stable (W) 11:00 Great Courses—Everyday Gourmet* (BV) 11:00 Gentle Yoga (W) 11:30 Proctor District Shopping Bus* 2:00 Hot Topics: A Political Discussion Group* (GA) 2:00 Virtual Reality Rendezvous* (TJ) 2:30 Sit Fit n Fun (LP)</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 Planning for End of Life* (BV) 11:00 Strength n Flex II (W) 1:30 The Grand Movie Outing: Time TBD (Bus) 2:00 Summer Tales* (W) 2:00 Literary League Book Club* (BV) 2:30 Happy Hour (LP) 2:30 Live Music with Sandra Walker (LP)</div>	<div>24</div> <div>8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Optimizing Metabolism (TJ) 11:00 Gentle Yoga (W) 1:00 Mindfulness & Marimos* (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Pretty Gritty Lecture: Psychics* (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 6:05 Rainiers Game* (Bus)</div>	<div>25</div> <div>9:00 GA Continental Breakfast 10:00 Outsmart the Scammers* (BV) 12:00 Meditation (W) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social (LP Patio) 4:00 American Music Series: Singing the Blues* (W)</div>	<div>26</div> <div>1:15 Tacoma Musical Playhouse (Bus)</div>
<div>27</div>	<div>28</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) 1:00 Traditional Chinese Mahjong (BV) 2:00 Line Dancing (W) 2:30 Sit Fit n Fun (TJ) 5:00 DU Happy Hour (W)</div>	<div>29</div> <div>9:00 Tai Chi & Qi Gong (W) 10:00 Nature Walk* (Bistro) 10:00 Strong n Stable (W) 11:00 Great Courses—Everyday Gourmet* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 2:00 Virtual Reality Rendezvous* (TJ) 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 10:00 Strength n Flex I (W) 11:00 Impact of AI on the Environment* (BV) 11:00 Strength n Flex II (W) 2:00 Explore Tacoma Art Museum* (FT) 2:30 Happy Hour (LP)</div>	<div>31</div> <div>8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Optimizing Metabolism (TJ) 11:00 Gentle Yoga (W) 1:30 Trader Joe’s/ Whole Foods Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Balinese Cultural Cuisine* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 4:00 Chat with Council Member John Hines* (W)</div>	<div>July 2025</div> <div></div>	