

February Highlights

Wednesday, February 4, 11, 18, & 25

SU: Music, Memory, and Memoir*

In this class, you will write a short memoir piece each week, prompted by particular songs, as assigned by the instructor. The course is best taken in its entirety, but participants are welcome to any and all sessions. Please be prepared to write, read aloud, and share copies of written work.

10:00 am, BV Bowditch Room

Thursday, February 5

H: Introduction to Meditation: Mundane, Medium, and Magnificent*

Meditation is for everyone- especially when it's grounded in real life. This class is thoughtfully designed with seniors in mind, blending gentle meditation practice with time for conversation and connection. The instructor is a 71- year-old former monk of 21 years and a meditation teacher with over 50 years of experience, having taught in the U.S, Europe, and India across corporate, military, and community settings, and remains an active and trusted presence in Tacoma.

1:00 pm, Wellness Center

Fridays, February 6, 13, & 27

SU: Tacoma Community Ukulele Project: Exploring the Ukulele*

The ukulele is an instrument that you can learn chords & songs on with no prior musical training, so please join us regardless of your previous musical experience and leave with the tools to keep learning on your own. Over the course of just four classes, you will learn at least 8 songs, multiple strumming patterns, practice techniques to carry your learning into the future, and all in a fun & engaging social setting!

10:00 am, BV Bowditch Room

Tuesday, February 10, 17, & 24

SU/H Biohacking for Every Body: A Commune Course*

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 6 weeks (running February 10 – March 17). In *Biohacking for Every Body* with Dave Asprey, the founder of the biohacking movement shares everything he learned the hard way — so you can do it the easy way.

2:00 pm, Tobey Jones Parlor

Friday, February 13

H: Cultural Cuisine- Baklava*

In this intimate cultural cuisine class, Gisela Tarannovski, an FTJ resident, will demonstrate a treasured baklava recipe- a tradition filled with memory, heritage, and the unmistakable aroma of home. Participants will learn how to prepare the fragrant nut filling and master the syrup that brings it all together. Gisela will share family stories and cultural insights that make this dessert so much more than a sweet treat. Expect a warm, hands-on experience and a taste of baklava made with history, love, and care.

1:00 pm BV Bowditch Room

Wednesday, February 18

SU: Space Missions to the Moon and to Mars*

In this lecture, you will learn about NASA's current plans for the development of a Moon base and exploration to Mars and beyond. Latest developments and setbacks for the mega-rockets being developed by NASA, SpaceX, and Blue Origin. Includes a discussion of the importance of exploring outer space and the challenges that lie ahead.

3:00 pm, BV Bowditch Room

Friday, February 20

H: Gentlemen's Nook- Brunch at Cooks Tavern

The FTJ bus will be taking the Gentlemen's Nook group on a delicious outing to Cooks Tavern. You are responsible for the cost of your meal. For any questions or to sign up, please contact Sarah Doerner.

10:00 am, Bus Departs Bistro

Thursday, February 26

SU: What is Dialectical Materialism, and What Does it Offer?*

This talk explores how people throughout history have tried to understand change—why societies, economies, and ideas evolve over time. We'll look at “dialectical materialism” as a framework for seeing how different forces shape human life, emphasizing cause and effect rather than blame. The goal is to make sense of how progress and conflict drive history, using clear, real-world examples.

11:00 am, BV Bowditch Room

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, February 9
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

February 2026

Commit Dance Fitness Class

Commit Dance Fitness is a fun High Intensity Interval Training (HIIT) inspired dance program. We teach to all ages and abilities, combining several genres of music. Commit choreography is taught in levels to introduce movement and modification to ensure each student's success.



Thursdays, February 5, 12, 19, 26 at 8:00 am in the Wellness Center

Queen Time Entertainment

Queen Time Entertainment proudly presents Connection Cabaret, a joyful, community-centered drag experience featuring Miss Community Tacoma Melody MVP. The show celebrates connection, kindness, and joy- brought to life through the art of drag and designed to welcome audiences of all ages. Every song and theme is thoughtfully crafted with seniors in mind, honoring nostalgia and life experience while remaining playful and accessible for younger generations. There will be a Q&A session during the preshow.



Thursday, February 12 at 1:00 pm in the Wellness Center (Preshow)
Thursday, February 19 at 1:00 pm in the Wellness Center (Performance)

Women in Space

This lecture will be a discussion of women in outer space, starting with the first woman in space, Russian cosmonaut Valentina Tereshkova, a farm girl with dreams of flying and representing her country in the space race. The discussion moves on to the “Mercury 13”, a group of women who trained to become astronauts in the early 1960s and the importance of the “female computers” of the space program, as featured in Hidden Figures. Sally Ride, the first American woman to go into space, is featured next along with a couple of notable Space Shuttle astronauts – Mae Jemison: doctor astronaut and Eileen Collins: first female commander of the Space Shuttle.



Thursday, February 12 at 3:00 pm in the BV Bowditch Room

Outings, Day Trips, Special Events

Lunch Bunch “McMenamins Pub at Elks Temple”

Friday, February 6 Bus departs at 11:15 am. **Cost: Meal**

Join us as we go to McMenamins in the historic Elks Temple. The 1916 Elks Temple has been restored and reimagined into a vibrant gathering place for out-of-town guests and locals alike. Threads of art, history and elements of the local community are woven into the structure. We will be eating in the McMenamins Pub where they serve classic Pacific Northwest fare in a room with a spectacular view facing the Foss Waterway.

Please sign up at LP Front Desk. This trip is capped at 19 people

Tacoma Symphony “A Legacy in Bloom”

Sunday, February 22 Bus departs at 1:45 pm. **Cost: Ticket \$32—\$85**

From the jubilant energy of *Academic Festival Overture* to the poignant beauty of *Schicksalslied*, Brahms reveals both his celebratory spirit and deep philosophical soul in this compelling pairing. Arutiunian’s *Trumpet Concerto* is a fiery, virtuosic showcase that blends Armenian themes with lyrical flair. Experience the vivid colors and delicate moods of spring’s renewal in Debussy’s exquisite orchestral work, *Printemps*, which beautifully captures nature’s awakening and leads you to explore its impressionistic charm. **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, February 25 Bus departure to be determined. **Cost: Ticket \$10-14**

On the fourth Wednesday of 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 the Friday before. You must sign up with the LP front desk by Tuesday afternoon. Tickets will be purchased by you in advance online, or 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 Musical Playhouse “Dear Evan Hansen”

Saturday, February 28 Bus departs at 1:20 pm. **Cost: Ticket \$32**

Dear Evan Hansen tells the story of a young man with social anxiety disorder who so yearns to make a connection with his peers that he fabricates a relationship with a deceased student to become closer to the boy’s family. When a classmate commits suicide, shy Evan Hansen finds himself at the center of the tragedy and turmoil. In a misguided attempt to comfort the boy’s grieving family, Evan pretends that he was actually good friends with their son. Eventually, Evan is forced to make a decision: Will he give himself over to the fantasy he’s created, or will he bite the bullet and risk losing everything he’s ever wanted? **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

February Resident Birthdays

Ildi Bradley	3
Susan Dean	5
Redmond Barnett	6
Emily Butler	7
Joan Brown	7
Bob Garden	8
Tom Anderson	9
Dave Seago	10
Louis Queary	10
Gail Dahl	12
Neil Brown	13
Barbara Hinck	13
Elaine Stafford	14
Francie Carr	14
Nancy Bruce-Cook	15
Kimberly Hohengarten	19
Peggy Anderson	20
Carolyn Hudson	21
Toni Grabowski	24
Marva Christopher	24
Rick Bock	27



Happy Wedding Anniversary

Ray & Marlys Mitzner 14



January New Staff

Cookie Leach, Senior Center
Marilyn Milloy, Laundry



January New Residents

Pamela Krinbring, SN
Beverly Henne, LP
Jeff Henne, LP
Max Hedgecock, LP
Elizabeth Hedgecock, LP
Marianne Mathews, LP

W
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C
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M
E

January In Remembrance

Nancy Konrad, MC
Pamela Krinbring, SN



Happy Semi-Quincentennial!

2026 marks the 250th anniversary of the signing of the Declaration of Independence founding the United States of America. Franke Tobey Jones Senior University will feature programs throughout the year to acknowledge this milestone. Be sure to mark your calendar to join us as we celebrate the USA’s Semi-quincentennial with interesting and educational programs.

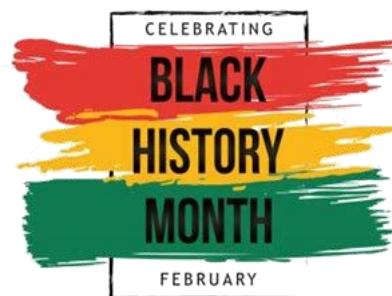


Thursday, March 5 at 2:00pm
Remember the Ladies: Women of the Revolutionary Era and Early Republic*

Thursday, April 2 at 11:00am
The “Other” Washington: The Man, and The Memory*

Wednesday, May 27 at 2:00pm
Revolutionary Points of View: A Living History Performance*

Thursday, June 4 at 11:00am
The Declaration of Independence: Principles, Paradoxes, and Promises*

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Registration Required Events</p> <p>All programs with an asterisk require that you register for the class, program or field trip.</p> <p>If the class is Orange, you must contact Jana in Senior University to register.</p> <p>If the class is Green, you must contact Sarah in Holistic Wellness to register.</p> <p>If the outing is Blue, you must contact the LP front desk to sign up.</p> <p></p>	<h1>February 2026</h1> <p>Groundhog Day</p>	<p>2 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Church Service w/ Adelia (TJ) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 1:30 Live Music with Marty (LP) 5:00 DU Happy Hour (Zoom)</p>	<p>3 8:00 Line Dancing (W) 10:00 Strong n Stable (W) 11:00 Great Courses– How to Survive in Space* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 2:00 Practical Mysticism: A Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)</p>	<p>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) 10:00 Music, Memory & Memoir* (BV) 11:00 Strength n Flex II (W) 1:00 Grief Support Group (GA) 1:00 Peace Poles* (W) 2:00 Documentary Discussions– Finding the Money* (BV) 2:30 Happy Hour (LP)</p>	<p>5 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Virtual Reality (BV) 10:30 Worship Service w/ Adelia (LP) 11:00 Gentle Yoga (W) 1:00 Introduction to Meditation* (W) 1:30 Union District Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Women in Aviation* (BV) 3:30 GA Happy Hour (GA)</p>	<p>6 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 Exploring the Ukulele* (BV) 11:00 Strength n Flex II (W) 11:30 Lunch Bunch Bus* 1:00 Acrylic Pours* (C) 2:00 Art Appreciation– Touring the World Via Art* (BV)</p> <p></p>	<p>7 2:30 Afternoon Movie (TJ)</p>
<p>8 3:30 Super Bowl Watch Party (LP)</p> <p>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 Pratt Parlor SC= Ruston Senior Center TJ= Tobey Jones Parlor W= Wellness Center Z= Zoom Meeting * Registration Required</p> <p>Color Key Orange =Senior University Green = Holistic Blue = Bus Outing</p>	<p>9 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) 5:00 DU Happy Hour (AT)</p>	<p>10 8:00 Line Dancing (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Great Courses– How to Survive in Space* (BV) 11:00 Gentle Yoga (W) 1:30 Proctor District Shopping Bus* 2:00 Biohacking for Every Body: A Commune Course* (TJ) 2:30 Live Music with Vintage Virtuosos (LP) 6:30 Evening Movie (TJ)</p>	<p>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) 10:00 Music, Memory & Memoir* (BV) 11:00 Strength n Flex II (W) 1:00 Sing Along with Puget Sounds (LP) 2:00 Nature Around Tacoma: Alderwood Park (FT) 2:30 Happy Hour (LP) 2:30 Eucharist Service (SN)</p>	<p>12 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:30 Worship Service w/ Adelia (LP) 11:00 Holistic Wellness Series: Metabolic Health (BV) 11:00 Gentle Yoga (W) 1:00 Queen Time Preshow* (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Women in Space* (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>13 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 Exploring the Ukulele* (BV) 11:00 Strength n Flex II (W) 1:00 Cultural Cuisine* (BV) 2:00 Easy Intro to Gel Plate Printing* (C)</p>	<p>14 2:30 Afternoon Movie (TJ)</p> <p></p>	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<h1>February 2026</h1>
15	16	17	18	19	20	21
22	23	24	25	26	27	28