

May Highlights

Wednesday, May 6

SU: Documentary Discussions: *Alive Inside**

Dan Cohen, founder of the nonprofit organization Music & Memory, fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it.

2:00 pm, BV Bowditch Room

Friday, May 8

SU: Western American Landscape Art, Manifest Destiny & Present-Day Controversy*

This talk features such landscapes as Bierstadt's Puget Sound on the Pacific Coast, 1870, and gives special attention to the controversies surrounding interpretations of these landscapes.

3:00 pm, BV Bowditch Room

Wednesday, May 13

H: Acrylic Pours- Double Dip Technique

The double-dip acrylic pour is a beginner-friendly art technique that creates matching or mirror-image paintings on two canvases. It involves creating a design on one canvas, pressing a second canvas against it to transfer the design, and pulling them apart for a detailed, mirrored effect.

1pm TJ Craft Room

Wednesday, May 13

SU: Nature Around Tacoma Series: Native Plant Garden*

Stroll through the Native Plant Gardens at Pt Defiance Park with Tacoma Nature Center Staff. Identify native plants as we examine different ecosystems found across Washington in this 2-acre park and look for wildlife enjoying the native vegetation. This walk will take place on uneven trails.

2:00 pm, Field Trip (Bus leaves the Bistro at 1:45 pm)

Friday, May 15

H: Experience The Aloha Spirit Through The Art Of Hula*

Dancers share the rich history of Hawaii through rhythmic movements and melodic chants, creating a captivating atmosphere of cultural story telling. Their performance blends the graceful flow of traditional hula, inviting the audience to experience the spirit of aloha.

2 pm FTJ Wellness Center

Wednesday, May 20

SU: Obscenity, Pornography, and Online Content: A New Era of First Amendment Protections*

This session will place these current legal efforts into the robust area of pornography case law, raising complicated questions about the usefulness of these more recent laws in curbing possible dangers associated with the production and distribution of sexual content. This program made possible by a generous donation to Senior University.

2:00 pm, BV Bowditch Room

Tuesday, May 26

H: Cultural Cuisine- Chinese Food*

This comforting meal celebrates the heart of Chinese home cooking, featuring the savory, silky texture of stir-fried tomato and egg served over delicate gua-mian noodles. The experience concludes on a high note with black sesame tang-yuan, offering a delightful contrast of chew rice flour and rich, nutty sweetness.

2 pm BV Bowditch Room

Thursday, May 28

SU: The Value of Sleep*

Should you take a pill that gives you all the health benefits of sleep and allows you to stay awake? Dr. Sara Protasi argues that you shouldn't. In order to fully support her argument, she situates it within a conception of goodness that embraces the fragility of the human condition and the limitations stemming from our corporeal nature.

10:00 am, BV Bowditch Room

Thursday, May 28

H: Narra Workshop- Once Upon A Life*

You have a story worth telling. More than one, actually. This free, hands-on workshop invites you to share a memory- out loud, in your own words- and watch it become a beautifully written story in minutes. No writing experience needed. Just a life well lived. You'll leave with the app, a finished story, and free ongoing access to keep telling your story- at your pace, on your own time.

1 pm FTJ Wellness Center

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
253-752-6621 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, May 11
9:30 am, Zoom Meeting
Contact Melissa Dempsey, 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

May 2026

Can You Hear Me Now?

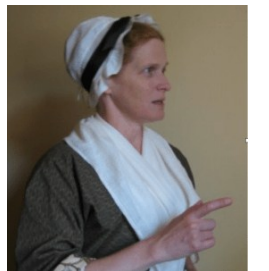
Faculty and students from the Speech and Hearing Department at the University of Washington will deliver an insightful presentation on hearing loss. The talk will explore key aspects of hearing loss, including its diagnosis, treatment options, and the latest advancements in related technologies. Attendees will also participate in breakout sessions featuring hearing screenings, a review of various over-the-counter hearing aids, and discussions on managing hearing difficulties.



Friday, May 8, at 2:00 pm, Wellness Center

Revolutionary Points of View

Join Karen Haas to learn about the American Revolution from the point of view of 2 tavern keepers' wives. Karen brings this pivotal era for our nation to life as she portrays Patriot Susannah Foote of Boston and Loyalist Eliza Fowler of New York. Their contrasting points of view shine a light on the past that can help us see our modern times more clearly.



Wednesday, May 27, at 2:00 pm, Wellness Center

Make A Difference in Your Community

Join us for an informal presentation on volunteering opportunities with Lutheran Community Services NW. Learn about the many program offerings through Lutheran Community Services and how volunteering just 4 hours/ month can make a significant impact on individuals and the community. Rena Marken, Program Supervisor for the AmeriCorps Retired and Senior Volunteer Program (RSVP), and Pat Jenkins, Program Coordinator for Senior Friends, will be available to answer questions and provide guidance on how to get started as a volunteer and how you can assist someone in need.



Thursday, May 14, at 1:00 pm Wellness Center

Outings, Day Trips, Special Events

Rainier Ringers Concert at FTJ

Monday, May 4 at 6:00 pm in the Wellness Center

Founded in 1997 Rainier Ringers is a 14-member community handbell ensemble based in Tacoma, Washington. You are invited to a private concert right here at Franke Tobey Jones as the Rainier Ringers perform an amazing tribute to the stage and the silver screen. Sit down and enjoy the sounds from some of your favorite movies and musicals, as they ring their way through award winning hits from Singin' in the Rain, Rent, The Greatest Showman, Wicked, and more!

Lunch Bunch "Moctezuma's"

Friday, May 8 Bus departs at 11:40 pm. **Cost: Meal**

Moctezuma's is Puget Sound's premier dining destination for quality Mexican cuisine. The flavors and aromas truly come alive at their restaurants, with only the freshest ingredients selected for their guests. Well known for their Tequila Flaming Fajitas, Molcajete Mixto and wide variety of Authentic Mexican Tacos made with fresh handmade tortillas! Enjoy time with your fellow residents and some authentic Mexican food. **Spots are limited to 11 people. Sign up at LP Front Desk.**

Tacoma Symphony "A Grand Finale"

Saturday, May 9 Bus departs at 6:45pm. **Cost: Ticket \$30- \$95**

Celebrate Sarah Ioannides' final concert on the Symphony Tacoma podium with a robust program. Elgar's vibrant overture captures the warmth and spirit of southern Italy, inviting listeners on a lively musical adventure filled with bright and joyful energy. Delve into the intriguing concept of time's unstoppable flow through a dynamic and thought-provoking composition that challenges perception and stirs the imagination. Still's groundbreaking symphony weaves lush African American spirituals and blues into a dynamic orchestral tapestry, offering a profound reflection on cultural identity and resilience. **Please sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

NW Sinfonietta "Flora and Fauna"

Saturday, May 16 Bus departs at 6:45 pm. **Cost: Ticket \$30- \$95**

Artistic Partner Mei-Ann Chen joins us for this phenomenal East meets West program. Following Che-Yi Lee's dynamic and virtuosic Dancing Strings, violinist Melissa White brings us the beloved Butterfly Lovers' Concerto, a tale of love, longing and transformation. Ravel's Mother Goose closes our season, with magical spinning wheels, pagodas, princesses and enchanted gardens. This program includes a mini Taiwan Festival with food and activities provided by Asia Pacific Cultural Center. **Sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

NW Repertory Singers "25th Anniversary Concert"

Sunday, May 17 Bus departs at 2:00 pm. **Cost: Ticket \$30**

Selections from Carl Orff's Carmina Burana with two pianos and percussion, With special guest artists Robert McPherson, tenor | Jieun Yun, piano | Percussion Artist Ensemble. Plus selected choral works with NWRS Festival Orchestra Music from René Clausen, Moses Hogan, Roland Carter, Z. Randall Stroope, Donna Gartman Schultz, Joshua Rist, and Gwyneth Walker. **Please sign up at LP Front Desk.**

The Grand Movie Outing "Movie to be determined"

Wednesday, May 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.**

May Resident Birthdays

Sandra Driskell	2
Rosemary Crawford	3
Judy Hill	3
John Hanby	3
Virginia Dalley	4
Dorothy Thirtyacre	5
Carl Anderson	6
Marilyn Hoban	7
Joy Drewfs	8
Nadyne Meteyer	9
John Hodge	10
Dale Hall	11
Victor Winquist	11
Richard Driskell	12
Mike Wiese	13
Gisela Taranovski	15
Richard Farnier	15
Paul Conn	17
Ron Patterson	20
Freeman Brown	21
Patsy Mills	22
Joan Garden	26
Dick Griffin	27
Gary Sagert	28
Jeffery Henne	30
Cat McIntyre	31
Lura Murphy	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 and give her your anniversary date.

April New Staff

Adrien Ruggles, Dining
Molly Ordway, Dining
Robert Croot, Building Services Manager
Melissa Dempsey, Executive Assistant
Beatrice Onyango, Clinical
Elisa Johnson, Dining
Sarah Zastavnetskiy, Dining

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April New Residents

Gary Sagert, SN
Joan Brown, TJ
Tweety Robb, MC
Gretchen Dille, SN
Doug Dorn, BV
Dianne Niemann, BV

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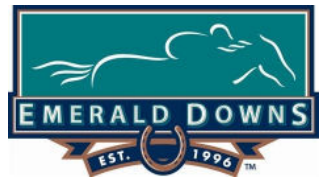
April In Remembrance

Foss Miller, SN
Susan Dean, SN






A Day at the Races!

Franke Tobey Jones is going to the races at Emerald Downs and you're invited! Enjoy an afternoon at the races as you watch multiple



live horse races from the Grandstand. One of the races will be named after FTJ and 10 people will have the opportunity to go to the padlocks just before the FTJ race to watch the horses parade and trainers give the jockeys final instructions. Then you'll watch the FTJ race from the Winners Circle, a commemorative photo will be taken. Included in this outing is a box lunch. Trip capped at 20 people. Trips and tours policy applies to this trip. You must register with Heidi via email or phone at 253-756-6284 or hwhite@franketobeyjones.com no later than May 15th.

**Saturday, June 20th, bus departs at 12:30pm
Cost: \$55 (ticket and box lunch included)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1 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 Art Appreciation– Touring the World Via Art* (BV) 2:30 Sit Fit n Fun (TJ)</p>	<p>2 2:30 Afternoon Movie (TJ)</p>
<p>Room Key AT= Activity Terrace 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 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>4 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) 2:30 Sit Fit n Fun (TJ) 5:00 DU Happy Hour (Zoom) 6:00 Rainier Ringers Performance (W)</p>	<p>5 8:00 Line Dancing (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Great Tours– Iceland* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 2:00 Hypnotherapy for Mental Health* (TJ) 2:30 Cino de Mayo Happy Hour (LP) 6:30 Evening Movie (TJ)</p>	<p>6 9:00 GA Continental Breakfast 10:00 Keeping Your Memoir Fresh & Alive* (BV) 1:00 Grief Support Group (GA) 2:00 Documentary Discussions– Alive Inside* (BV) 2:30 Live Music with Vintage Virtuosos (LP)</p>	<p>7 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Wearable Art* (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 College Life: Higher Ed in France* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour/ Music Mark Langford (GA)</p>	<p>8 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 Unbelonging: Gender, Race & Labor* (BV) 11:00 Strength n Flex II (W) 11:30 Lunch Bunch “Moctezuma’s” (Bus) 2:00 Can You Hear Me Now? Understanding Hearing Loss* (W) 2:30 Sit Fit n Fun (TJ) 3:00 Western American Landscape Art* (BV)</p>	<p>9 2:30 Afternoon Movie (TJ) 6:45 Tacoma Symphony (Bus)</p>
<p>10</p> 	<p>11 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 9:30 Resident Council (Zoom) 10:00 Worship Service w/ Deacon Bill (TJ) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 2:30 Sit Fit n Fun (TJ) 5:00 DU Happy Hour (AT)</p>	<p>12 8:00 Line Dancing (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Forest Bathing* (FT) 11:00 Great Courses– Social Media 101* (BV) 11:00 Gentle Yoga (W) 1:30 Proctor District Shopping Bus* 2:00 Hypnotherapy for Mental Health* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (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 Keeping Your Memoir Fresh & Alive* (BV) 10:00 Coffee Sips & Medicare Tips* (TJ) 11:00 Strength n Flex II (W) 1:00 Sing Along with Puget Sounds (LP) 1:00 Acrylic Pours* (C) 2:00 Nature Around Tacoma: Native Plant Garden (FT) 2:30 Happy Hour (LP) 2:30 Eucharist Service (SN)</p>	<p>14 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 11:00 Holistic Wellness Series: Metabolic Health (BV) 11:00 Gentle Yoga (W) 1:00 Make A Difference in Your Community* (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Norwegian Classroom Model* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>15 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 Unbelonging: Gender, Race & Labor* (BV) 11:00 Strength n Flex II (W) 2:00 Aloha Spirit Performance* (W) 2:00 Resilience & Aging* (BV) 2:30 Sit Fit n Fun (TJ)</p>	<p>16 2:30 Afternoon Movie (TJ) 6:45 NW Sinfonietta (Bus)</p> 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>17</p> <p>10:30 Worship Service w/ Adelia (LP) 2:15 NW Repertory Singers (Bus)</p>	<p>18</p> <p>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) 2:30 Sit Fit n Fun (TJ) 5:00 DU Happy Hour (AT)</p>	<p>19</p> <p>8:00 Line Dancing (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Forest Bathing* (FT) 11:00 Great Courses– Social Media 101* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 1:30 Live Music with Dave Kern (LP) 2:00 Intermittent Fasting Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)</p>	<p>20</p> <p>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 Keeping Your Memoir Fresh & Alive* (BV) 11:00 Strength n Flex II (W) 1:00 Acrylic Pours* (C) 2:00 A New Era of 1st Amendment Protections (BV) 3:00 Support Group for People Whose Partners Have Dementia* (RSVP for Location)</p>	<p>21</p> <p>8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Hot Topics (GA) 11:00 Gentle Yoga (W) 1:00 Coffee Sips & Medicare Tips* (BV) 1:30 Trader Joes Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 2:30 Great Decisions* (Z) 3:30 BV Happy Hour (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>22</p> <p>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Unbelonging: Gender, Race & Labor* (BV) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 2:30 Sit Fit n Fun (TJ) 4:00 American Music Series—Great American Songbook (W)</p>	<p>23</p> <p>2:30 Afternoon Movie (TJ)</p>
<p>24</p> <p>10:30 Worship Service w/ Adelia (LP)</p>	<p>25</p> <p>9:00 GA Continental Breakfast 10:00 Worship Service w/ Adelia (TJ) 5:00 DU Happy Hour (AT)</p>	<p>26</p> <p>8:00 Line Dancing (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Forest Bathing* (FT) 11:00 Great Courses– Social Media 101* (BV) 11:00 Gentle Yoga (W) 11:30 Proctor District Shopping Bus* 2:00 Cultural Cuisine* (BV) 2:00 Intermittent Fasting Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)</p>	<p>27</p> <p>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 Keeping Your Memoir Fresh & Alive* (BV) 11:00 Strength n Flex II (W) 1:00 Life By Design* (BV) 1:30 The Grand Movie Outing: Time TBD (Bus) 2:00 Revolutionary Points of View: A Living History Performance* (W) 2:30 Happy Hour (LP)</p>	<p>28</p> <p>8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Value of Sleep (BV) 11:00 Gentle Yoga (W) 1:00 Narra Workshop: Once Upon a Life* (W) 1:30 Fred Meyer Shopping Bus* 1:30 Live Music with James (LP) 2:00 Knit Wits (TJ) 2:00 Book Club* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>29</p> <p>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) 1:30 Bell Ringing (TJ) 2:30 Sit Fit n Fun (TJ)</p>	<p>30</p> <p>2:30 Afternoon Movie (TJ)</p> <div data-bbox="2604 1201 3008 1770" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">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> </div>
<p>31</p> <p>10:30 Worship Service w/ Adelia (LP)</p>	 <p style="font-size: 2em; color: purple; font-family: cursive;">Memorial Day</p>					

May 2026