

June Highlights

Tuesdays, June 2, 9, 16, 23 & 30

H: Shinrin-Yoku “Forest Bathing”

Join us for a forest bathing experience rooted in the Japanese practice of Shinrin-yoku, the art of mindfully immersing yourself in nature to restore the mind and body. Through intentional movement and exploring our senses, we will bathe in the wonders of nature. No experience needed. You must be able to walk without staff assistance.

10:00 am Meet outside the bistro

Thursday, June 4

SU: Israel/Palestine: One vs Two-State Solution*

This presentation is an examination of the prospects for the two-state solution and of the viability of the one-state solution as an alternative for Israel and Palestine. This program made possible by a generous donation to Senior University.

3:00 pm, BV Bowditch Room

Wednesday, June 10

SU: Nature Around Tacoma Series: Birding at Wapato Lake*

Learn from Tacoma Nature Center staff what to look for to identify birds and how to use binoculars. Walk around the lake looking for young waterfowl and turn toward the trees to hear and spot songbirds. This will be a paved walk

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

Friday, June 12

H: Mike Reznick Concert Performance

Join us for a fun-filled afternoon with the smooth sounds of Saxophone, Bass, Piano and Drums! This dynamic group brings you a mix of feel-good tunes, blending jazzy melodies, soulful rhythms, and some popular and seasonal music that will have you smiling, tapping your feet, and enjoying every note!

1:00 pm FTJ Wellness Center

Friday, June 12

SU: Make a Collaged Concertina Book*

A concertina book is created by folding paper in a special accordion style to create a multi-page book. We will first collage and print a large sheet of paper. Then we will cut and fold the books, revealing a different composition on each page. We'll add two covers and a closure for a complete book. All supplies are included. No art experience necessary!

2:00 pm, Tobey Jones Craft Room

Thursday, June 18

SU: Hot Topics – A Political Discussion Group*

Join us as we discuss, share, and learn about current local, national, and international topics in a safe and respectful environment open to varying views.

10:00 am, Garden Apartments Parlor

Wednesday, June 24

SU: William Blake's The Marriage of Heaven and Hell*

This lecture examines *The Marriage of Heaven* (1790), a book of illustrated writings by William Blake (1757-1825), British Romantic era poet, painter, political dissident, and “visionary prophet.” Aided by the William Blake Digital Archive we will examine this early work from various interpretive angles—formal, artistic, mythical, psychological, political, theological, philosophical—and immerse ourselves in his composite art, where verbal and visual elements create a uniquely profound aesthetic, intellectual, and for some, spiritual experience. This program made possible by a generous donation to Senior University.

2:00 pm, BV Bowditch Room

Thursday, June 25

H: Restorative Yoga & Live Cello

Enjoy a calming and restorative yoga class with live cello & singing by Karen Laura Peters. This class will begin with gentle movements to ease into the practice. Then we will build several restorative yoga poses and rest in each for 5-10 minutes. The restorative poses will be accompanied by live cello and singing.

1:00 pm FTJ Wellness Center

Friday, June 26

SU: American Musics Hosted by EJ Crocker: Stories on 6 Strings*

For an extra special edition of our American Musics Series, join internationally acclaimed guitarist Tim Lerch and your host EJ as they romp through blues, jazz, country, and funk tunes.

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
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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, June 8

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

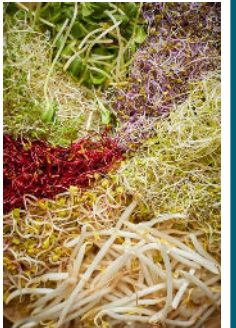
11:15a—11:45a

Tobey Topics

June 2026

Let's Sprout! A Commune Course

In this co-hosted course with Holistic Wellness and Senior University, watch pre-recorded presentations over 4 weeks. Learn about all things sprouts in this course with Doug Evans, including why they're so good for you and how to grow them in your own kitchen easily and affordably. Sprouts are one of the easiest foods you can learn to grow, with no backyard, green thumb, or garage full of tools required. You really can't eat anything fresher and more healing than what you harvest right from your countertop.



Tuesdays, June 16, 23, 30 at 2:00 pm in the TJ Parlor

Blacks in Rembrandt's Time: The Culture of Race in 17th-century Dutch Art

This talk aims to recover an aspect of art history that has long been neglected or suppressed. It focuses on Africans who were often depicted in 17th-century Dutch art as the racial “Other.” This talk explores the various lenses that 17th-century Dutch viewers may have used, when confronting these unusual artworks.



Thursday, June 11, at 3:00 pm in the BV Bowditch Room

The Declaration of Independence: Principles, Paradoxes, and Promises

As we celebrate our nation's 250th birthday, let's take a few minutes to look at the document that started it all. What were the principles (and politics!) that motivated the colonists to declare independence? What paradoxes and contradictions does the Declaration present? Finally, what promises did the Declaration make to people as diverse as Elizabeth Cady Stanton, Frederick Douglass, Abraham Lincoln...and you?



Thursday, June 4, at 11:00 am in the BV Bowditch Room

Outings, Day Trips, Special Events

Tacoma Musical Playhouse “Anything Goes”

Saturday, June 13 Bus departs at 1:20 pm. **Cost: Ticket \$32**

Anything Goes, The S. S. American is sailing between New York and England with a comically colorful assemblage of passengers: Reno Sweeney, a popular nightclub singer and former evangelist, her pal Billy Crocker, a lovelorn Wall Street broker who has come aboard to try to win the favor of his beloved Hope Harcourt (who is engaged to another passenger, Sir Evelyn Oakleigh), and a second-rate conman named Moonface Martin, aka “Public Enemy #13”. Song, dance, and farcical antics ensue as Reno and Moonface try to help Billy win the love of his life. **Sign up at LP Front Desk. Contact Heidi White if you want her to purchase your tickets.**

Dinner Club “Corbeau”

Wednesday, June 17 Bus departs at 4:45 pm. **Cost: Meal**

Corbeau is a Franco-Tacoman, community-oriented restaurant. It is built on French technique, a commitment to local ingredients, and community growth. They source from local farms, ranches, and seafood purveyors for their vegetables, meat, fish, mushrooms, and the flowers on each table. Opened in August 2024, rooted in a vision of creating a French restaurant that celebrated food grown and harvested in the Pacific Northwest. The menu changes frequently, driven by changes in seasonal ingredients. That intentionality in sourcing and creativity also carries over into their ever-rotating, seasonal cocktail program and robust wine program. Join us for a wonderful time. **Please sign up at LP Front Desk. This trip is capped at 9 people.**

The Grand Movie Outing “Movie to be determined”

Wednesday, June 24 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.**

All Campus Ice Cream Social

Our Ice Cream Socials are back for the summer!

Beginning on **June 26th** and running through mid September, you’re invited to join us each **Friday afternoon** on the Lillian Pratt Front Patio at **3:00pm**.

Enjoy some delicious ice cream as you cool off from the heat and visit with your fellow residents. **BV, DU, GA, TJ & AL** residents are invited to attend. See you there.



June Resident Birthdays

Suzanne Barnett	1
Suzanne Dicks	2
Bert Bannink	2
Carol Knapper	3
Mary Alice Olson	5
Louis Orlando	5
Charlotte Schroeder	6
Rose Gardner	7
Damian Gennette	8
Shirley Liston	17
Roberta Chapman	18
Pam Baker	23
Shirley Murphy	24
Julianne Orlando	25
Marcia Moe	26
Sharryn Clark	29



May New Residents

Doug Dahlgren, GA
Milana McLead, GA
Gretchen Schmidt, GA
Connie Hale, TJ
Kendall Jenson, TJ
Roert Corbett, MC
Denise Matuszewski, SN
Barbara Shipp, LP
Sue Graham, SN

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May In Remembrance



Shelly Shellabarger, LP
Walter Baade, MC
Phyllis Wire, LP
Tom Snyder, SN



June Wedding Anniversaries

Freeman & Mary Brown	5
Redmond & Suzanne Barnett	7
Dave & Judy Wheeler	18
David & Betsy Potts	18
Ken & Mary Clagett	26
John & Kimberly Hohengarten	29



May New Staff

Mariah Murray, Clinical
Scott Blount, Finance
Victoria Harrington, Clinical
Stephen Swenson, Dining








Symphony Tacoma, Then & Now

Tacoma music historian Kim Davenport will share her short documentary created in honor of Symphony Tacoma's 75th anniversary season and look into the future as the organization prepares for its transition to leadership under just its fourth conductor. This program made possible by a generous donation from Beth Lamanna to Senior University.

**Wednesday June 3,
10:00am in the BV Bowditch Room**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>June</p>	<p>1 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)</p>	<p>2 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* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 2:00 Intermittent Fasting Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)</p>	<p>3 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 Tacoma Symphony Then & Now* (BV) 11:00 Strength n Flex II (W) 2:00 Documentary Discussions – Tattoo Nation* (BV) 2:30 LP Happy Hour (LP) 4:00 Grief Support Group (GA)</p>	<p>4 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 11:00 The Declaration of Independence* (BV) 11:00 Gentle Yoga (W) 1:30 Union District Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Israel/Palestine: One vs Two* (BV) 3:30 GA Happy Hour (GA) 4:45 Piano Music by Carson (D)</p>	<p>5 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 Drum Circle* (BV) 10:00 Live Music with Martin (LP) 11:00 Strength n Flex II (W) 2:30 Sit Fit n Fun (TJ)</p>	<p>6 2:30 Afternoon Movie (TJ)</p>
<p>7 10:30 Worship Service w/ Adelia (LP)</p>	<p>8 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/ Adelia (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 (Gazebo)</p>	<p>9 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 Intermittent Fasting Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)</p>	<p>10 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 Fairytales in Opera* (BV) 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: Wapato Lake (FT) 2:30 Happy Hour (LP) 2:30 Eucharist Service (SN)</p>	<p>11 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) 1:30 Fred Meyer Shopping Bus* 1:30 Old Time Fiddlers (LP) 2:00 Knit Wits (TJ) 2:00 Tech Help w/ Tacoma Library* (W) 2:30 Sit Fit n Fun (LP) 3:00 Blacks in Rembrandt's Time* (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)</p>	<p>12 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 Drum Circle* (BV) 11:00 Strength n Flex II (W) 1:00 Mike Reznick Concert Performance* (W) 2:00 Collaged Concertina Book Art* (C) 2:30 Sit Fit n Fun (TJ) 2:30 Mocktails & Mingle with Kaye (D)</p>	<p>13 1:20 Tacoma Musical Playhouse (Bus) 2:30 Afternoon Movie (TJ)</p> 
<p>14 10:30 Worship Service w/ Adelia (LP)</p> 	<p>15 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Worship Service w/ Adelia (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 (Gazebo)</p>	<p>16 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 Let's Sprout: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)</p>	<p>17 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 Fairytales in Opera* (BV) 11:00 Strength n Flex II (W) 1:00 Acrylic Pours* (C) 1:30 Explore Tacoma Historical Society (FT) 2:30 Mocktails & Mingle with Kaye (TJ) 3:00 Support Group for People Whose Partners Have Dementia* (RSVP for Location) 4:30 Dinner Club (Bus)</p>	<p>18 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 Customize Your Smoothie* (W) 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>19 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 Drum Circle* (BV) 11:00 Strength n Flex II (W) 1:00 Symphony Tacoma Quartet* (W) 2:00 Necklace Satchel for Phone or Glasses* (C) 2:30 Sit Fit n Fun (TJ)</p> 	<p>20 12:30 A Day at the Races (Bus) 2:30 Afternoon Movie (TJ)</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>21</p> <p>10:30 Worship Service w/ Adelia (LP)</p> 	<p>22</p> <p>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Worship Service w/ Adelia (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 (Gazebo)</p>	<p>23</p> <p>8:00 Line Dancing (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 Let's Sprout: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)</p>	<p>24</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 Fairytales in Opera* (BV) 11:00 Strength n Flex II (W) 1:00 Life By Design* (W) 1:30 The Grand Movie Outing: Time TBD (Bus) 2:00 William Blake: Marriage of Heaven and Hell* (BV) 2:30 Happy Hour (LP) 2:30 Nutrition Talk and Teaching Kitchen (W)</p>	<p>25</p> <p>8:00 Commit Dance (W) 10:00 Strong n Stable (W) 11:00 Gentle Yoga (W) 1:00 Restorative Yoga & Live Cello* (W) 1:30 Fred Meyer Shopping Bus* 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>26</p> <p>9:00 GA Continental Breakfast 9:30 Coffee & Donuts with Kaye (TJ) 10:00 Drum Circle* (BV) 1:00 Acrylic Pours Open Studio* (C) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social 4:00 American Music Series—Stories on 6 Strings (W)</p>	<p>27</p> <p>2:30 Afternoon Movie (TJ)</p>	
<p>28</p> <p>10:30 Worship Service w/ Adelia (LP)</p>	<p>29</p> <p>8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Worship Service w/ Adelia (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 (Gazebo)</p>	<p>30</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* 2:00 Let's Sprout: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)</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 Prat Parlor
 TJ= Tobey Jones Parlor
 W= Wellness Center
 Z= Zoom Meeting
 * Registration Required

Color Key
 Orange =Senior University
 Green = Holistic
 Blue = Bus Outing



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.

