

August Highlights

Tuesdays, August 4, 11, 18 & 25

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

Wednesday, August 5

SU: Documentary Discussions: *Showrunners – The Art of Running a TV Show**

A documentary that explores the world of U.S. television showrunners and the creative forces aligned around them.

2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, August 7, 14, & 21

SU: Chinese Mah Jong*

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. Please sign up, space is limited.

10:00 am, Bristol View 1st Floor Bowditch Room

Thursday, August 13

SU: Holistic Wellness Series: Metabolic Health*

This class, led by a professional metabolic health coach, explores how nutrition, movement, sleep, and stress impact your metabolic health—and how small daily choices can make a big difference.

11:00 am, BV Bowditch Room

Friday, August 14

SU: Tea-and-Butterflies Paint and Sip*

This class offers a simple process for painting a lovely butterfly, a symbol of hope and new beginnings, using acrylic paint. Although everyone will follow the same painting process, each person's creation will be completely unique. All supplies are included and no painting experience is necessary to enjoy this class.

2:00 pm, TJ Craft Room

Wednesday, August 26

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.

12:30 pm Wellness Center

Wednesday, August 26

SU: Supporting Safe Driving Decisions: A Caregiver's Role*

Families worry about safety, and drivers want independence; driver rehabilitation can help protect both. Join Jillian Kirschke, an occupational therapist specializing in driver rehabilitation, as she addresses common concerns that caregivers must navigate when caring for a loved one with dementia. Get answers to questions like when and how to discuss driving cessation, barriers to be aware of, local support and alternative transportation options, as well as information about possible medical and state involvement. This presentation will lay out workable options for drivers and caregivers alike, helping you to feel like you are not alone on this journey.

3:00 pm, BV Bowditch Room

Thursday, August 27

SU: Comics for Your Life*

Through exercises and prompts, you will create a comic strip that only you can tell. No particular drawing or writing proficiency is required - This is comics!

11:00 am, BV Bowditch Room

Friday, August 28

SU: Visit the Pacific Bonsai Museum*

Join us for a peaceful and inspiring visit to the Pacific Bonsai Museum, where art and nature come together in beautifully curated bonsai displays from around the world.

10:00 am, Field Trip (Bus departs the Bistro at 10:00)

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 10
9:30 am, Zoom

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

August 2026

Cultural Cuisine

Do you know a popular dish that will cool you down and is associated with healthier aging, better cardiovascular health and improved brain health? We'll use summer's harvest of peppers, tomatoes, and cucumbers. Join Mag Secretario as he teaches us to make Spain's iconic Gazpacho Andaluz, a refreshing, healthy soup for the summer with a few tapas. We'll also taste the original version before tomatoes came to Spain!



Friday, August 14 at 1:00 pm in the BV Bowditch Room

Blues From Around the Sound

Join guest host Benny Bostrom and his Tacoma band, the Green Onions, for a soulful romp through some heavy grooves. They'll bring their own mix of blues, jazz, and early funk...so maybe you should bring your dancing shoes



Friday, August 28, at 4:00 pm in the Wellness Center

Word Smart Writing Series

If you're writing memoir or life stories, this class will help you enliven your vocabulary and keep the writing interesting and engaging. Too often we slip into the habits of using the same words and expressions which can make the writing go stale. Come join us to explore different ways to bring your written vocabulary to life for interest and engagement. Weekly short writing assignments will be shared with the class. Note: the instructor, Patty, will email you the assignment for the first class when you register.



Wednesdays, August 5, 12, 19, & 26 at 10:00 am in the BV Bowditch Room

Outings, Day Trips, Special Events

Youth Marine Boat Cruise

Wednesday, August 5 Bus departs at 9:30 am.

Sign up by Friday July 31. Cost: \$45

Join us for a boat cruise around Commencement Bay. Snacks and beverages will be provided as you cruise the bay taking in all the sights offered over this two hour tour. You must be able to climb stairs to access the boat. FTJ will provide a bus to the dock. Tickets are \$45 and **you must RSVP by July 31st to Sarah Doerner** at sdoerner@franketobeyjones.com. This trip is capped at 50 people.

Dinner Club “Il Lucano Ristorante”

Wednesday, August 19 Bus departs at 4:30 pm. Cost: Meal

Experience authentic Italian cuisine at Il Lucano Ristorante Italiano, located in the heart of downtown Gig Harbor. From traditional pasta dishes to specialty fish, poultry and meat, you'll find every selection to tempt your tastes. Fresh local ingredients are always used and all meals are made to order, just ask! Be sure to enjoy a glass of wine from their extensive Italian wine selection. They take great pride in their food, service and dining atmosphere and assure you a uniquely Italian dining experience. **Please sign up at LP Front Desk. This trip is capped at 11 people.**

Mystery Day Trip

Thursday, August 20 Bus departs at 9:30 am and returns around 4pm. Cost: \$20 self guided 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 self guided tour with stationed docents of a historical site. A portion of this tour is ADA accessible. The full tour involves stairs. If you don’t want to take the tour you can enjoy the sights along the nearby waterfront. Lunch is at a restaurant known for delicious Pacific Northwest food. After lunch we will explore a store full of natural ingredient eco friendly soaps. Before returning to FTJ we'll make a stop at a Tasting Room that offers beers, wines and house made root beer. The walking required for this trip will be on pavement and gravel pathways. The minimum amount of walking to participate in the outing will be around 100 feet and the maximum, if you do the 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 17 people.**

The Grand Movie Outing “Movie to be determined”

Wednesday, August 26 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 19 people.**

August Resident Birthdays

Sylvia Gills	2
Larry Commeree	4
Charnley Marsden	4
Donna Raab	5
Kathleen Weaver	10
Irmgard Connally	13
Phyllis Gill	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

Greg & Cathy Brewis	19
Bob & Joan Garden	21
Jim & Beverly Cook	23
Norm & Suzie Dicks	25
Eric & Donna Swenson	26
Richard & Kathleen Farner	30



July New Staff

Mary Ngigi, Clinical
Perry Gitau, Clinical
Ivy Gitau, Clinical
Noelani Martin, Dining
Chloe Curtis, Dining
Mateo Paz, Dining
Philip Prelusky, Dining
Wamicia Jim, Clinical

July New Residents

W
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Mary Turner, MC
George Lewis, SN
Robin Emerson, TJ
John Emerson, TJ
Judith Tonkins, SN
Dayl Holst, SN

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July In Remembrance

Lynette Chandler, SN
Susan Emley, SN
Lyla Kircheim, AL



Annual Picnic

Franke Tobey Jones is holding our Annual picnic on **Friday August 7th from 11:30am to 1:00pm**. Our theme is Celebrating 250 Years as a Nation. You are encouraged to dress in Red, White and Blue clothing if you desire, or come in your picnic best.

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

Each resident may bring two guests. If you are inviting guests to the picnic, please RSVP to the LP Front Desk.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026						1 2:30 Afternoon Movie (TJ)
2 10:30 Worship Service w/ Adelia (LP)	3 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)	4 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– Science of Natural Healing* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 2:00 Healing People & the Planet: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	5 9:00 GA Continental Breakfast 9:15 Youth Marine Foundation Cruise* (FT) 10:00 Word Smart* (BV) 2:00 Documentary Discussions– Showrunners* (BV) 2:30 LP Happy Hour (LP) 4:00 Grief Support Group (GA)	6 1:30 Union District Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Cross-Stitch Bookmarks* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 6:30 Concerts on the Lawn	7 9:00 GA Continental Breakfast 10:00 Chinese Maj Jong* (BV) 11:30 Annual Picnic TJ & W Parking Lots 2:00 Art Appreciation Lecture Series* (BV)	8 2:30 Afternoon Movie (TJ)
9 10:30 Worship Service w/ Adelia (LP)	10 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)	11 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– Science of Natural Healing* (BV) 11:00 Gentle Yoga (W) 1:30 Proctor District Shopping Bus* 2:00 Healing People & the Planet: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	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 Word Smart* (BV) 11:00 Strength n Flex II (W) 1:00 Sing Along with Puget Sounds (LP) 2:00 Nature Around Tacoma: Point Defiance (FT) 2:30 LP Happy Hour (LP) 2:30 Eucharist Service (SN)	13 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Ukulele Sing Along* (MC) 11:00 Holistic Wellness Series: Metabolic Health (BV) 11:00 Gentle Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:00 Cross-Stitch Bookmarks* (BV) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 6:30 Concerts on the Lawn	14 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 Chinese Maj Jong* (BV) 11:00 Strength n Flex II (W) 1:00 Cultural Cuisine* (BV) 2:00 Paint and Sip* (C) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social (LP Patio)	15 2:30 Afternoon Movie (TJ) 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:30 Worship Service w/ Adelia (LP)	17 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 (Gazebo)	18 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–Science of Natural Healing* (BV) 11:00 Gentle Yoga (W) 1:30 Westgate Shopping Bus* 2:00 Healing People & the Planet: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	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 Word Smart* (BV) 11:00 Strength n Flex II (W) 1:00 Acrylic Pours* (C) 2:30 LP Happy Hour (LP) 3:00 Support Group for People Whose Partners Have Dementia* (RSVP for Location) 5:00 Dinner Club (Bus)	20 9:00 Tai Chi & Qi Gong (W) 9:30 Mystery Trip (Bus) 10:00 Strong n Stable (W) 10:00 Hot Topics (GA) 11:00 Gentle Yoga (W) 1:30 Trader Joes Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 2:30 Great Decisions (Zoom) 3:30 BV Happy Hour (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 6:30 Concerts on the Lawn	21 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Chinese Maj Jong* (BV) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 2:00 Foss Waterway Seaport Museum (FT) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social	22 2:30 Afternoon Movie (TJ)
23 10:30 Worship Service w/ Adelia (LP)	24 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)	25 8:00 Line Dancing (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Forest Bathing* (FT) 10:00 Strong n Stable (W) 11:00 Great Courses–Science of Natural Healing* (BV) 11:00 Gentle Yoga (W) 11:30 Proctor District Shopping Bus* 1:30 Live Music with Dave Kern (LP) 2:00 Healing People & the Planet: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	26 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 Word Smart* (BV) 11:00 Strength n Flex II (W) 12:30 Restorative Yoga & Live Cello* (W) 1:30 The Grand Movie Outing: Time TBD (Bus) 2:30 LP Happy Hour (LP) 3:00 Supporting Safe Driving Decisions (BV)	27 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 Comics for Your Life (BV) 11:00 Gentle Yoga (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ) 6:30 Concerts on the Lawn	28 9:00 GA Continental Breakfast 10:00 Chinese Maj Jong* (BV) 10:00 Pacific Bonsai Museum (FT) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social (LP Patio) 4:00 American Musics- Blues Around the Sound* (W)	29 2:30 Afternoon Movie (TJ)
30 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	31 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)	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.				