

September Highlights

Tuesdays, September 1, 8, 15, 22, 29

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 am Meet outside the Bistro

Friday, September 4

SU: Beneath the Southern Cross*

Learn about the most famous constellation in the Southern Hemisphere, the Southern Cross, and its role in history, ancient navigation, legends, and stories about it from Australia, New Zealand, Africa, China, Greece, and South Pacific islands. This program made possible by a generous donation to Senior University.

11:00 am, BV Bowditch Room

Friday, September 4

H: Tech Help with Tacoma Public Library

Learn to use your iPhone or Android phone at your own pace. Tacoma Public Library staff will guide you through everyday tasks like opening apps, sending emails, searching the web, and using basic computer programs.

2:15 pm, Wellness Center

Friday, September 4

SU: Universal Basic Income: An Idea Whose Time Has Come?*

Universal Basic Income (UBI) is a regular cash payment made to all adult citizens, regardless of their employment status or income. An idea with a long history, it is now gaining traction globally and across the political spectrum. This talk will explain UBI and examine the major arguments for and against it. It will then look at recent UBI experiments around the world, including here in Tacoma.

3:00 pm, BV Bowditch Room

Wednesday, September 16

SU: The Many Faces of the American Immigrant Experience: How Local and State History Matters*

In this session, we'll explore how states and cities — not just the federal government — have shaped the experience of immigrants throughout American history.

2:00 pm, BV Bowditch Room

Wednesday, September 23

SU: The Road Ahead: Safe Driving for Seniors*

Join Jillian Kirschke, an occupational therapist specializing in driver rehabilitation, as she shares practical, evidence-based approaches to ensure safety behind the wheel as we get older. This session provides a proactive guide to healthy aging and driving independence.

3:00 pm, BV Bowditch Room

Thursday, September 24

SU: Local Birds, Habitats and Conservation*

Native trees, plants and the insects they support are essential to birds for survival. Learn about what types of birds live in this area and what they need to thrive. We will touch on specific PNW plants and the birds they support for food, shelter and nesting opportunities. Who can you expect to see as regular visitors in gardens and parks?

10:00 am, BV Bowditch Room

Thursday, September 24

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 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.

1:00pm, Wellness Center

Friday, September 25

SU: American Musics Hosted by EJ Crocker - 14 Strings and No Compunction: A Mandolin and Guitar Collaboration*

Mandolin wizard and composer Cory Briar joins us this September for a high-energy romp through several genres and eras of American music. Expect bluegrass and jazz tunes, folk music from at least two continents, and a sense of reckless abandon.

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**



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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, September 14
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

September 2026

Cultural Cuisine

Join Andre as we explore Korean culture through food! Learn the stories and traditions behind classic banchan (side dishes), then enjoy a tasting of authentic flavors. From kimchi to japchae. A delicious cultural journey for curious food lovers. Space is limited, please RSVP.



Monday, September 25 at 1:00 pm in the BV Bowditch Room

Poverty Inc.

From Toms Shoes to international adoptions, from solar panels to U.S. agricultural subsidies, drawing from over 200 interviews filmed in 20 countries, Poverty, Inc. unearths an uncomfortable side of charity we can no longer ignore.



Wednesday, September 2 at 2:00 pm in the BV Bowditch Room

Abigail Adams: Living History Performance

Abigail Adams had a front-row seat for pivotal times in the United States. But Abigail was no mere onlooker, and her words on such things as women's roles, vaccinations and economic issues often sound downright modern to our 2026 ears. Meet this remarkable woman as Living History Performer Karen Haas portrays her looking back on her amazing life. This program made possible by a generous donation by Claire & Dick Griffin



Wednesday, September 30 at 2:00 am in the Wellness Center

Outings, Day Trips, Special Events

Lunch Bunch “Jimmy Mac's Roadhouse”

Friday, September 4 Bus departs at 11:10 am. **Cost: Meal**

A “Texas-style,” restaurant featuring quality steaks, handcrafted food, craft cocktails and ice cold beer. Enjoy all you can eat, hot-out-of-the-oven yeast rolls with whipped honey butter & endless peanuts. Their signature, handmade dishes include Dungeness crab cakes, crawfish chowder, BBQ baby back pork ribs, fresh grilled salmon, shrimp, a variety of specialty salads, hubcap burgers, grilled chicken entrees & sandwiches, smoked pork, desserts and more. **Trip is limited to 11 people. Please sign up at LP Front Desk.**

Victoria BC, Annual Trip

Tuesday, Sept 8- Sept 11

For all residents signed up for this trip your itinerary, pickup times from FTJ and details of the trip will be sent to you via email. Some trip highlights include, whale watching, touring Butchart Gardens, and Craigdaroch Castle. Questions? please contact Heidi at 253-756-6284 or hwhite@franketobeyjones.com.

The Grand Movie Outing “Movie to be determined”

Wednesday, September 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 19 people.**

Tacoma Musical Playhouse “Les Miserables”

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

Les Misérables, is a sung-through musical based on the 1862 novel by Victor Hugo. It is one of the most popular and highest-grossing stage musicals of all time. Les Misérables is a musical set in 19th-century France that follows the story of Jean Valjean, an ex-convict seeking redemption after being released from prison. He adopts Cosette, the daughter of a dying factory worker, while being relentlessly pursued by the police inspector Javert, culminating in a backdrop of social upheaval during the French Revolution.

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

September Resident Birthdays

Jerry Winkle	1
Mary Quarles	1
Joan Bannister	5
Frank Breen	5
Londa Sevier	6
Linda Ford	15
Rita Copp	17
Kathleen Farner	18
Grechen Schmidt	25
Brian Peterson	25
Patrica Smith	26
Katia Healy	30



September Wedding Anniversaries

David & Sharryn Clark	19
Jack & Nadyne Meteyer	29



August New Staff

Marrofe Consolacion, Clinical
Shane Vogel, Senior Center
Timm Dowling, Director of
Philanthropy
Sofia Smith, Dining

August New Residents

Rein VanSpanckeren, MC

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August In Remembrance

Dorothy Thirtyacre, SN

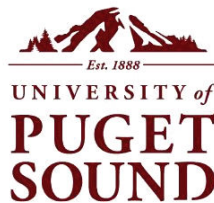


Why US Naturalists Taught Eugenics

In 2023 the University of Puget Sound removed the name of Professor James Slater from its Natural History Museum on the grounds Slater taught a course titled Eugenics from 1920 to 1951.

As the community wrestled with whether to rename the museum, Kristin Johnson’s job as an historian was to try and help students understand why naturalists like Slater (and zoologist Trevor Kincaid at the UW) believed teaching a course on eugenics was important. This class shares the results of that research, and why she believes studying the history of eugenics matters.

**Thursday, September 3
4:00 pm, BV Bowditch Room**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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 Ayurvedic Nutrition: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	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 Crochet a Boomerang Shawl* (BV) 11:00 Strength n Flex II (W) 2:00 Documentary Discussions– Poverty Inc* (BV) 2:30 LP Happy Hour (LP) 4:00 Grief Support Group (GA)	3 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 Gentle Yoga (W) 11:00 Stadium HS, Wright Park, Entrepreneurs (BV) 1:30 Union District 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) 4:00 Why the US Taught Eugenics* (BV)	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) 11:00 Beneath the Southern Cross* (BV) 11:00 Strength n Flex II (W) 11:30 Lunch Bunch (Bus) 2:15 Tech Help* (W) 2:30 Sit Fit n Fun (TJ) 3:00 Universal Basic Income* (BV) 3:00 All Campus Ice Cream Social	5 2:30 Afternoon Movie (TJ)
	6 9:00 GA Continental Breakfast 9:30 Church Service w/ Deacon Bill (LP) 10:00 Church Service w/ Deacon Bill (TJ) 5:00 DU Happy Hour (Gazebo) 	8 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 Ayurvedic Nutrition: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	9 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 Crochet a Boomerang Shawl* (BV) 11:00 Strength n Flex II (W) 1:00 Acrylic Pour* (C) 1:00 Sing Along with Puget Sounds (LP) 2:00 Nature Around Tacoma: Wright Park (FT) 2:30 LP Happy Hour (LP) 2:30 Eucharist Service (SN)	10 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 Estate Planning 101* (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)	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	12 2:30 Afternoon Movie (TJ)

September 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 	14 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)	15 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 Ayurvedic Nutrition: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	16 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 Crochet a Boomerang Shawl* (BV) 11:00 Strength n Flex II (W) 1:00 Mind Body Connection* (W) 2:00 Faces of the American Immigrant Experience* (BV) 2:30 LP Happy Hour (LP) 3:00 Support Group for People Whose Partners Have Dementia* (RSVP for Location)	17 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Hot Topics (GA) 10:00 Ukulele Sing Along* (MC) 10:30 Worship Service w/ Adelia (LP) 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)	18 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Shy Singer to World Stages* (BV) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 1:00 Tea & Origami* (W) 2:00 Create a Scene in a Box (C) 2:30 Sit Fit n Fun (TJ) 3:00 All Campus Ice Cream Social	19 2:30 Afternoon Movie (TJ) 
20	21 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 Strength n Flex I (W) 9:30 Church Service w/ Deacon Bill (LP) 10:00 Church Service w/ Deacon Bill (TJ) 11:00 Strength n Flex II (W) 2:30 Sit Fit n Fun (TJ) 5:00 DU Happy Hour (Gazebo)	22 8:00 Line Dancing (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 Ayurvedic Nutrition: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	23 9:00 GA Continental Breakfast 10:00 Crochet a Boomerang Shawl* (BV) 1:30 The Grand Movie Outing: Time TBD (Bus) 2:30 LP Happy Hour (LP) 3:00 The Road Ahead: Safe Driving for Seniors (BV)	24 8:00 Commit Dance (W) 9:00 Tai Chi & Qi Gong (W) 10:00 Strong n Stable (W) 10:00 Local Birds, Habitats & Conservation* (BV) 10:30 Worship Service (LP) 11:00 Gentle Yoga (W) 12:30 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)	25 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00 WA State History Museum* (FT) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 1:00 Cultural Cuisine* (BV) 1:30 Celebration of Life Bell Ringing (TJ) 2:30 Sit Fit n Fun (TJ) 4:00 American Musics-Mandolin & Guitar* (W)	26 1:20 Tacoma Musical Playhouse (Bus) 2:30 Afternoon Movie (TJ)
27 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	28 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)	29 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 Ayurvedic Nutrition: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	30 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 Crochet a Boomerang Shawl* (BV) 11:00 Strength n Flex II (W) 2:00 Abigail Adams: Living History Performance* (W) 2:30 LP Happy Hour (LP)	 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.		