

October Highlights

Thursday, October 1

SU: A Brief History of 6th Avenue*

Join us and hear the interesting history of 6th Avenue through the years.

11:00 am, BV Bowditch Room

Tuesdays, October 6, 20, 27

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

Thursday, October 8

SU: Understanding Diabetes* Learn all about identifying, preventing, and managing diabetes with Matt Santelli, Education and Outreach Specialist at Pierce County Aging Disability Resource Center.

3:00 pm, BV Bowditch Room

Wednesday, October 14

SU: AI and Education*

This session will detail the latest ways that AI is changing education, both for better and for worse.

11:00 am, BV Bowditch Room

Thursday, October 15

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

Thursday, October 15

SU: Great Decisions: The Future of Human Rights and International Law*

As democracy and human rights retreat globally—and the U.S. pulls back—how can civil society and legal norms remain effective in a divided world? What is the role and force of international law in this era of impunity?

2:30 pm, Zoom (Pre-register to receive the Zoom link)

Wednesday, October 21

SU: The 5 W's of Bird Feeders*

We'll discuss the different types of feeders and answer Who uses them, What food to use, When birds need it, Where to place them, and Why should we feed wild birds?

2:00 pm, BV Bowditch Room

Thursday, October 22

SU: Global Englishes – Part I*

Part I of this 2-part series will explore the history of the English language and how it has evolved differently in different parts of the world. Both sessions in this series are standalone events, and you are welcome to both or either.

11:00 am, BV Bowditch Room

Thursday, October 22

H: Make A Difference in Your Community

Join us for an informational presentation on volunteer opportunities with Lutheran Community Services. Learn about the many programs offered through Lutheran Community Services and how volunteering just 4 hours a month can make a significant impact on individuals and the community.

1:00 pm, Wellness Center

Friday, October 23

SU: American Musics Hosted by EJ Crocker - Fire & Rain*

Join guitarist EJ Crocker in an exploration of James Taylor's life and impact--six decades in song and counting.

4:00 pm, Wellness Center

Friday, October 30

H: Restorative Yoga & Live Cello

Enjoy a calming and restorative yoga class with live cello & singing. 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.

1:00pm, Wellness Center

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, October 12
9:30 am, Activity Terrace
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

October 2026

Things that Go Bump in the Night

A quick look at the popularity of horror movies and the upsurge in Halloween decorations will confirm: we humans seem to love scary things. Storyteller Karen Haas has delved into the archives for a gaggle of ghostly tales from around the world. Come and join the fun - if you dare!



Thursday, October 29 at 2:00 pm in the Wellness Center

Food Inc.

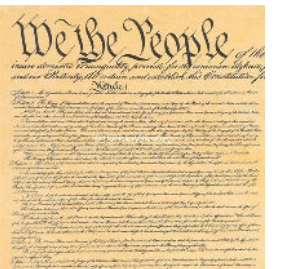
An unflattering look inside America's corporate controlled food industry and its trickle-down effects on the country's farmers and the health of its citizens. Learn how agribusiness produces food that is unhealthy in a way that is environmentally harmful and abusive of both animals and employees



Wednesday, October 7 at 2:00 pm in the BV Bowditch Room

The Presidency, the Courts, and the Constitution: Unprecedented Crisis or Familiar Tension?

In this session, we'll explore the balance of power between the presidency and the courts — and ask whether the tensions we're seeing today are genuinely new, or whether American history offers real precedent.



Wednesday, October 28 at 2:00 am in the BV Bowditch Room

Outings, Day Trips, Special Events

Wellness Week (Sponsored by AgeRight Therapy & Light Curve Internet)

Monday, October 12- Friday, October 16

Mark your calendars for **Wellness Week at Franke Tobey Jones!**

This is a special celebration for the FTJ residents and community Wellness Members. Each day offers something different, giving you plenty of opportunities to try something new, connect with others and simply enjoy yourself. For more information or to sign up please refer to the Wellness Week Brochure or contact our Wellness Team at (253) 756-6279.

Tacoma Symphony “Fanfare for Our Nation”

Saturday, October 17 Bus departs at 6:45 pm. Cost: Ticket \$30-\$90

The Tacoma Symphony kicks off their 80th season with a salute to our Nation. Enjoy works from various composers such as: **Price:** Dances in the Canebrakes, **Copland:** Appalachian Spring, **Price:** Piano Concerto (In One Movement), and **Gershwin:** Rhapsody in Blue

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

Dinner Club “The Greenhouse”

Wednesday, October 21 Bus departs at 4:30 pm. Cost: Meal

With gracious service, delicious food, and an extensive wine list, Greenhouse is more than just a restaurant; it's a cherished gathering place appreciated for its ambiance and culinary delights. From locally sourced seafood to salads, sandwiches, pastas, entrees and more, each bite will delight. Join us for this month's Dinner Club at Greenhouse restaurant in Gig Harbor. Trip is limited to 11 people. Please sign up at LP Front Desk.

NW Sinfonietta “The Planets”

Saturday, October 24 Bus departs at 6:45 pm. Cost: Ticket \$30-\$80

Travel beyond the stars with Northwest Sinfonietta and Artistic Partner Mei-Ann Chen in a program of cosmic scale. Jessie Montgomery’s radiant Starburst opens the concert with shimmering energy, followed by the otherworldly sound of virtuoso theremin. The concert culminates in Holst’s epic The Planets—a breathtaking orchestral journey from the fiery force of Mars to the serene mystery of Neptune, with visuals by Adrian Wyard. Experience a program of music that is expansive, powerful, and truly out of this world.

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, October 28 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.

October Resident Birthdays

Barbara Shipp	2
Ellen Snyder	2
Marianne Mathews	2
Robert Corbett	3
Jack Meteyer	5
Ray Mitzner	6
Jane Schuneman	7
Roger Ford	7
Carolyn Russell	7
Mardine Croppi	8
Connie Benjamin	9
Ann Edington	10
Cora Bock	11
Donna Swenson	14
Bekki Bergeson	15
Carolyn Seymour	17
Cynthia Hammer	17
Dick Coulter	18
Kathleen Ward	19
Doug Dorn	24
Milana Mclead	24
Gary Sexton	26
Roy Kimbel	28
Bob Bryan	29
Shelby Clayson	29
Jennifer Hamilton	31



October Wedding Anniversaries

John & Kay Hodge 4



September New Staff

Amanda Silcott, Clinical
Kaitlyn Peek, Dining
Ryin Tostado, Dining

September New Residents

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Colleen Moe, MC
Gary Long, BV
Rudy Saavadra, BV
Dan Hanson, DU
Ekaterini Hanson, DU

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September In Remembrance



Holiday Market

We are pleased to announce that our holiday market will be returning in November!



Join us on **Friday November 6th** from **10am to 2pm** in the **Wellness Center**. Some of your favorite vendors will be there as well as some new vendors with new products.

While most of our vendors have the ability to charge credit cards, some do not. It is recommended that you bring cash and or checks to purchase from vendors unable to process credit cards. If you want to cash a check, you can do so with Scott in the Finance Department.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026  				1 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 A Brief History of 6th Avenue* (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)	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) 10:00Writing & Illustrating Your Life* (BV) 11:00 Strength n Flex II (W) 11:30 Lunch Bunch (Bus) 2:00 Art Appreciation Lecture Series* (BV) 2:30 Sit Fit n Fun (TJ)	3 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 Color Key Orange =Senior University Green = Holistic Blue = Bus Outing	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) 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 (AT)	6 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) 3:00 Resident Art Gallery (LP1 6:30 Evening Movie (TJ)	7 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) 1:00 Acrylic Pour- Spooky Skulls* (C) 2:00 Documentary Discussions– Food Inc* (BV) 2:30 LP Happy Hour (LP) 4:00 Grief Support Group (GA)	8 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 Metabolic Health* (BV) 11:00 Gentle Yoga (W) 1:00 Pocket of Peace* (W) 1:30 Fred Meyer Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 3:00 Understanding Diabetes* (BV) 3:30 GA Happy Hour/Music with Mark Langford (GA) 3:30 TJ Happy Hour (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) 10:00Writing & Illustrating Your Life* (BV) 11:00 Strength n Flex II (W) 2:00 Romantic Poetry* (BV)	10 2:30 Afternoon Movie (TJ)
	12 Wellness Week 9:00 GA Continental Breakfast 9:30 Resident Council (Zoom) 10:00 Worship Service w/ Adelia (TJ) 5:00 DU Happy Hour (AT) Columbus Day Indigenous People Day	13 Wellness Week 11:00 Great Courses– Page to Stage Shakespeare* (BV) 1:30 Proctor District Shopping Bus* 2:00 Ayurvedic Nutrition: Commune Course* (TJ) 6:30 Evening Movie (TJ)	14 Wellness Week 9:00 GA Continental Breakfast 11:00 AI & Education* (BV) 2:00 Nature Around Tacoma: Swan Creek Park (FT) 2:30 LP Happy Hour (LP) 2:30 Eucharist Service (SN)	15 Wellness Week 10:00 Hot Topics (GA) 10:30 Worship Service w/ Adelia (LP) 1:30 Trader Joes Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Great Decisions (Zoom) 3:30 BV Happy Hour (BV) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)	16 Wellness Week 9:00 GA Continental Breakfast 10:00Writing & Illustrating Your Life* (BV) 2:00 Romantic Poetry* (BV) 2:30 Sit Fit n Fun (TJ)	17 2:30 Afternoon Movie (TJ) 6:45 Tacoma Symphony (Bus)

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	26 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 (AT)	27 10:00 Forest Bathing* (FT) 11:00 Great Courses– Page to Stage Shakespeare* (BV) 11:30 Proctor District Shopping Bus* 2:00 Ayurvedic Nutrition: Commune Course* (TJ) 2:30 Sit Fit n Fun (LP) 6:30 Evening Movie (TJ)	28 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 Pierce College Science Dome* (FT) 11:00 Strength n Flex II (W) 1:00 Ballroom Dance (W) 1:30 Movie Outing Bus* 2:00 Presidency, the Courts & the Constitution* (BV) 2:30 LP Happy Hour (LP)	29 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 Global Englishes Part II* (BV) 11:00 Gentle Yoga (W) 1:30 Trader Joes Shopping Bus* 2:00 Knit Wits (TJ) 2:30 Sit Fit n Fun (LP) 2:00 Things That Go Bump in the Night (W) 3:30 GA Happy Hour (GA) 3:30 TJ Happy Hour (TJ)	30 8:00 Seniorcise Gold I (W) 9:00 Seniorcise Gold II (W) 9:00 GA Continental Breakfast 10:00Writing & Illustrating Your Life* (BV) 10:00 Strength n Flex I (W) 11:00 Strength n Flex II (W) 1:00 Restorative Yoga & Live Cello* (W) 2:00 Moon & Stars Mobile* (C) 2:30 Sit Fit n Fun (TJ)	31 2:30 Afternoon Movie (TJ)  Halloween



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.