

July Lectures and Events

**Indicates registration is required.*

Tuesday, July 2

Brain Training with Linda Terry

Cognitive trainer Linda Terry features fun, interactive brain exercises and practical lifestyle options to raise brain awareness.

11:00 am (Level 1), Lillian Pratt Parlor

2:00 pm (Level 2), Wellness Center



Wednesday, July 3

Tahoma Audubon Lecture: Native Plants

Learn how to identify common native and invasive species in the Pacific Northwest

3:00 pm, Lillian Pratt Parlor

Friday, July 5

Open Studio Time*

Bring your current art project to work on while visiting and learning from other art-making enthusiasts.

10:00 am – 12:00 pm, Tobey Jones Craft Room

Monday, July 8

Museum of Glass Lecture Series: Modern and Deco Glass*

In the 20th century, glass designers push the boundaries of the media, and explore the high-tech feel of the modern era. Sleek elegance is then stunted by global wars.

11:00 am, Tobey Jones Parlor

Monday, July 8

Northwest Apple Pickers Computer Workshop

Come in and work in small groups with a coach who can answer your questions about your Apple device.

2:00 pm, Wellness Center

Wednesday, July 10

Tacoma Historical Society Lecture Series

Historian Michael Hemp will trace the little-known connections between Ed Ricketts (a founder of modern ecology), novelist John Steinbeck, the Tacoma-built fishing vessel The Western Flyer, and Washington state waters.

2:00 pm, Lillian Pratt Parlor

Thursday, July 11

Master Gardener Series: Amazing Roses

Everyone loves roses. Today there are so many disease resistant varieties along with a few old favorites. Learn how to care for these beloved perennials.

3:00 pm, Wellness Center

Friday, July 12

Final Arrangements Workshop

Andrew Nicholson from Global Atlantic / Forethought Insurance and Smart Cremation will be presenting a workshop in final arrangements. Andrew has 12 years of experience in the funeral home industry and will be presenting a program that will provide you with helpful guidance and hints to discussing your funeral services and memorialization preferences with your family. His goal is to give you the necessary tools to allow you and your family a less stressful experience when dealing with the loss of a loved one.

11:00 am, Lillian Pratt Parlor

Tuesday, July 16

Healing Medicinal Wild Plants

Come and learn about wild plants from our area that are both medicinal and healing. Some wild harvested products will be available for sale following the lecture.

11:00 am, Lillian Pratt Parlor



Tuesday, July 16

The Pursuit of Happiness: Aging and Mental Health

We will learn about aging and mental health. What are the early signs and symptoms of depression and anxiety? What can we do to prevent and reverse it? We will explore the role of happiness and the importance of having purpose and meaning in life. Learn about creating new insights in the midst of turmoil. Come prepared to learn about new research in the field of wellness and walk away with new insights and hope.

2:00 pm, Tobey Jones Parlor

Wednesday, July 17

Original Medicare and Medicare Advantage Appeals

Have you had coverage denied? Did you know you can appeal? This class will discuss the proper appeal process, the resources available, and answer any questions you may have. Each month on 3rd Wednesdays, we will discuss different topics around Medicare coverage.

3:00 pm, Tobey Jones Parlor

Thursday, July 18

Genetic Testing Workshop: Your DNA-How to Predict & Prepare

This workshop provides friendly, easy-to-understand education and answering of questions about DNA testing. You'll learn about testing that tailors medication to you and testing that identifies if you and your family are predisposed to any hereditary cancers. Both at no cost, if qualified.

11:00 am, Tobey Jones Parlor

Thursday, July 18

Photography Hotspots in the Puget Sound

Professional Photographer Joe Becker will describe where to go and how to capture some of the best photographic scenes in the Puget Sound area.

3:30 pm, Tobey Jones Parlor

Tuesday, July 23

Great Decisions Discussion Group - Decoding U.S.- China Trade

Though arguably the most advanced economy in the world, the United States still uses centuries-old numbers to measure trade. These antique numbers mangle understanding of the U.S.-China trade relationship, shrinking America's true economic size and competitiveness, while swelling China's. Bad numbers give rise to bad policies that ultimately kill U.S. jobs and cede market share to China. What other tools can the United States employ to counter China's unfair trade practices? There are several available, yet they remain mostly unused.

2:00 pm, Wellness Center

Wednesday, July 24

Infinity Rehab Series: Different Assistive Devices to Assist with Daily Tasks

Did you know that there are many devices out there that can help you do things like buttoning clothes, putting on socks or even cleaning yourself up? With this lecture you can be more familiar with devices that help you be as independent as you can be!

1:00 pm, Lillian Pratt Parlor

Wednesday, July 24

Literary League Book Club—The Secret Diaries of Charlotte Bronte

3:00 pm, Tobey Jones Parlor

Thursday, July 25

Music at the Court of Elizabeth I

Dr. Anne Lyman will take an in-depth look at sacred and secular music in the late 16th-century in England.

11:00 am, Lillian Pratt Parlor

Friday, July 26

Collage Portraits

10:00 am – 12:00 pm, Tobey Jones Craft Room

Tuesday, July 23

Computer Help with AI

Volunteer AI Lessenger can help with all of your Windows 10 or PC problems. Don't miss out on this great resource!

1:00 pm, Bascom Library



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

July 2019

Educational Enrichment Opportunities

Campus Locations

Main Campus

5340 N Bristol Street
Tacoma, WA 98407
253.752.6621

Pt. Defiance~Ruston Senior Center

4716 N Baltimore Street
Tacoma, WA 98407
253.756.0601

Classes are FREE of charge, unless otherwise marked.

The opinions and views expressed by the speakers and students of Senior University do not necessarily reflect the views of FTJ.

Courses are unaccredited personal enrichment and cannot be used toward a degree or certification.

indicates fee and registration required

* indicates registration required



To check for schedule changes, e-mail jwennstrom@franketobeyjones.com

Your DNA and Cancer Risk

Cancer is a disorder in which the normal control of cell growth is lost, causing abnormal proliferation of the affected cells. Inherited genetic mutations may increase a patient's risk of developing cancer through numerous mechanisms, depending on the aberrant functions of the mutated parent gene. Mutations in genes involved in mismatched repair of damaged DNA are particularly likely to lead to a higher cancer risk.

In 2018, there will be an estimated 1,735,350 new cancer cases diagnosed and 609,640 cancer deaths in the United States alone (cancer.org). Unfortunately, we ALL know people who have been diagnosed with cancer, and/or have passed away from cancer. For many, cancer seems a random and unavoidable nightmare. In addition, general cancer screening isn't promoted or taken advantage of nearly enough.

Molecular testing looks for specific inherited changes (mutations) in a person's genetic make-up. Genetic mutations may have multiple different effects on a patient's health. Mutations that are harmful may increase a person's chance, or risk, of developing a disease such as cancer. Inherited mutations are thought to play a role in 5-10% of all cancers. These particular conditions are considered hereditary and appropriate genetic testing may be used to determine an individual's risk. Some people inherit mutations in the germline, allowing for the mutations to be passed on from their parents and to their children. There are two classes of cellular genes: oncogenes and tumor suppressor genes. Often, multiple genetic mutations in a single individual are responsible for the development of hereditary cancers.

You qualify if you have a personal history of cancer OR/AND have

1st degree relatives with a history of cancer:

- Parents
- Siblings
- Children

2nd degree relatives with a history of cancer:

- Grandparents
- Grandchildren
- Aunts / Uncles
- Nephews / Nieces
- Half-Siblings



Fortunately, many insurance providers cover this test if the patient has a personal history of cancer OR/AND have 1st or 2nd degree relatives with a history of cancer. Many insurance providers deeming the test a medical necessity. Taking the CGX test allows the patient to be proactive and learn as early as possible what changes need to be made if they are more pre-disposed to acquiring cancer. Taking advantage of this revolutionary test can save millions of lives. Providers who encourage patients to take the CGX test are providing a true difference for countless families.

If you are interested in learning more, please join Senior University on the third Thursday of each month in the Tobey Jones Parlor at 11:00 am.

Learn How to Make Collage Portraits

Learn to make portraits using torn paper and paper cutouts in this class. We will explore collage techniques and experiment with pattern, color, and texture to build one-of-a-kind portraits. This class is great for beginners or artists of any level! Registration required. Friday, July 26 from 10:00 am – 12:00 pm in the Tobey Jones Craft Room



To register for a class, contact Jana Wennstrom at jwennstrom@franketobeyjones.com or 253.756.6219

www.FrankeTobeyJones.com / Phone: 253.752.6621

July 2019

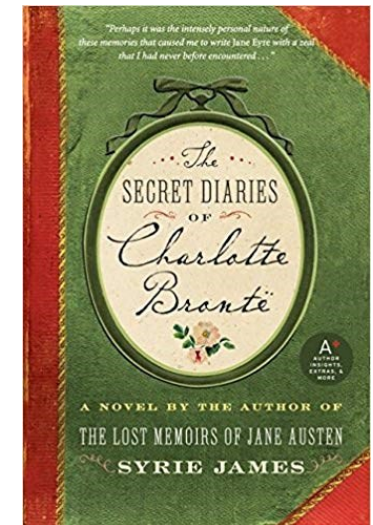


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, July 24

Literary League Book Club—The Secret Diaries of Charlotte Bronte
Join us as we discuss *The Secret Diaries of Charlotte Bronte* by Syrie James

About the book: Though poor, plain, and unconnected, Charlotte Bronte possesses a deeply passionate side which she reveals only in her writings—creating *Jane Eyre* and other novels that stand among literature's most beloved works. Living a secluded life in the wilds of Yorkshire with her sisters Emily and Anne, their drug-addicted brother, and an eccentric father who is going blind, Charlotte Bronte dreams of a real love story as fiery as the ones she creates. But it is in the pages of her diary where Charlotte exposes her deepest feelings and desires—and the truth about her life, its triumphs and shattering disappointments, her family, the inspiration behind her work, her scandalous secret passion for the man she can never have . . . and her intense, dramatic relationship with the man she comes to love, the enigmatic Arthur Bell Nicholls. From Syrie James, the acclaimed, bestselling author of *The Lost Memoirs of Jane Austen*, comes a powerfully compelling, intensely researched literary feat that blends historical fact and fiction to explore the passionate heart and unquiet soul of Charlotte Bronte. It is Charlotte's story, just as she might have written it herself.

3:00 pm, Tobey Jones Parlor

Legend

- # Registration and fee
- * Registration, no cost

Location Codes:

- (B) Lillian Pratt Bascom Library
- (C) Tobey Jones Craft Room +
- (FT) Field Trip
- (LP) Lillian Pratt Parlor
- (M) Tobey Jones Multipurpose Room +
- (TJ) Tobey Jones Parlor +
- (W) Wellness Center
- (WS) Tobey Jones Woodshop +

Mon	Tue	Wed	Thu	Fri
1 4:00 (TJ) The Great Courses at TJ	2 10:00 (C) Watercolors# 11:00 (LP) Brain Training (Level 1) 2:00 (W) Brain Training (Level 2)	3 3:00 (LP) Audubon Lecture Series: Native Plants	4 	5 10:00 (C) Open Studio Time*
8 11:00 (TJ) MOG Glass Lecture* 2:00 (W) Apple Device Workshop 4:00 (TJ) The Great Courses at TJ	9 10:00 (C) Watercolors#	10 2:00 (LP) THS Lecture Series	11 9:30 (TJ) Knit Wits 3:00 (W) Master Gardener Series: Amazing Roses	12 11:00 (LP) Final Arrangements Workshop
15 4:00 (TJ) The Great Courses at TJ	16 10:00 (C) Watercolors# 11:00 (LP) Healing Medicinal Plants 2:00 (TJ) Aging and Mental Health	17 3:00 (TJ) Medicare Appeals	18 9:30 (TJ) Knit Wits 11:00 (TJ) Genetic Testing Workshop 3:30 (TJ) Photography Hotspots	19
22 4:00 (TJ) The Great Courses at TJ	23 10:00 (C) Watercolors# 2:00 (W) Great Decisions Discussion	24 1:00 (LP) Infinity Rehab Series: Assistive Devices 3:00 (TJ) The Literary League Book Club	25 9:30 (TJ) Knit Wits 11:00 (LP) Early Music Lecture	26 10:00 (C) Collage Portraits*
29 4:00 (TJ) The Great Courses at TJ	30 10:00 (C) Watercolors# 1:00 (B) Computer Help with AI	31		

+ To gain entry to the **Tobey Jones** building, if you are a community member, you will need to use the phone directory at the door to contact the front desk, and identify the class you are attending, so that a staff person can buzz you into the building.