

## September Lectures and Events

\*Indicates registration is required.

Tuesday, September 3

### Brain Training with Linda Terry

Cognitive trainer Linda Terry helps people of all ages fine tune their thinking skills. Her work 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

Tuesday, September 3

### Everything You Wanted to Know About Transportation, But Were Afraid to Ask\*

An information session by Pierce Transit.

3:00 pm, Tobey Jones Parlor

Wednesday, September 4

### Traditional Music from Ireland and Beyond

Join Kat Eggleston as she presents some of the favorite songs and dance tunes of Ireland, Scotland, and England, along with a description of each, and a glimpse into the rich background of the place of traditional music in the culture of their countries of origin.

2:00 pm, Lillian Pratt Parlor

Thursday, September 5

### Master Gardener Series: Gardening with Natives

More color, more "texture", more birds and butterflies. Sound great? You'll have a better understanding of the benefits, beauty and long-term sustainability of gardening with native plants.

3:00 pm, Wellness Center

Monday, September 9

### Museum of Glass Lecture Series: Glass Today\*

Contemporary art continues to evolve and transform, bringing new ideas to this 5000-year-old medium. Join for an exploration of the newest art and artists that are shaping the future of glass.

11:00 am, Tobey Jones Parlor

Monday, September 9

### Music with Dr. Paul: Songs About September

Please join us as we share some of our most cherished songs about September, and learn how creative artists quickly step forward to compose music to commemorate and comfort in times of tragedy.

3:00 pm, Lillian Pratt Parlor

Tuesday, September 10

### Coffee Club

Discussing current events, the economy and investing, in a relaxed, informal setting, is a great way to get to know one another.

9:30 am, Tobey Jones Parlor

Tuesday, September 10

### Drumming Workshop\*

During this hands-on, fun and rhythmic workshop, learn techniques of hand drumming, how to use percussion instruments, understand timing (the "blueprint" of rhythm), and learn how to play multi-part songs with African and Cuban beats.

2:00 pm, Wellness Center

Wednesday, September 11

### Tacoma Historical Society Lecture Series: The Historic Tug, Arthur Foss

The Arthur Foss was a venerable steam tug that was based in Tacoma for most of its 39 years in the Foss Fleet.

2:00 pm, Lillian Pratt Parlor

Thursdays, September 12 & 26

### Creative Writing: Memoir and Biography, Writing the Stories of Our Lives \*

Join writer Anthea Karanasos Hubanks for an engaging series of workshops from September 12 – November 21 that will help you transform memories and history into stories for you and your family to treasure. Together, we will explore various storytelling methods and how to get started. Students will have the opportunity to share their writing and will receive feedback in a fun and relaxed atmosphere.

2:00 – 3:30 pm, Tobey Jones Multipurpose Room

Monday, September 16

### 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

Tuesday, September 17

### Symphony Tacoma Lecture Series: Orchestra 101

Join Symphony Tacoma Executive Director Karina Bharné to learn more about what a symphony orchestra is, how you get to be a professional musician, the audition process and more!

3:00 pm, Lillian Pratt Parlor

Wednesday, September 18

### Medicare Fall Open Enrollment Period: What Does This Mean for You?

Before you decide to change or not, in this session, we will discuss what you need to know and do before deciding anything.

3:00 pm, Tobey Jones Parlor

Thursday, September 19

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

This workshop provides friendly, easy-to-understand education and answering of questions about DNA testing and how it can benefit you and your family. 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, September 19

### Rock History of the PNW Series: Purple Haze\*

Jimi Hendrix is arguably the most influential rock musician to come from the area. We'll survey his life, career, and legacy.

2:00 pm, Tobey Jones Parlor

Friday, September 20

### Do You Think You Can't Draw?\*

In this class, you will learn to rough out images for paintings or simple drawings.

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

Tuesday, September 24

### 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

Tuesday, September 24

### Great Decisions Discussion Group - The United State and Mexico: Partnership Tested

The United States and Mexico have a long, intertwined history, with both countries prominently featured in each other's politics and agendas. What impact will new leadership in both countries have on this crucial partnership?

2:00 pm, Wellness Center

Wednesday, September 25

### Hotel Murano Glass Tour\*

Hotel Murano carefully curated an international collection of 20th-century works in glass that mixes site-specific commissioned pieces with acquisitions from artists' studios and galleries around the world. Join us for a guided tour of some of these pieces of glass art led by a Museum of Glass Docent. Registration is required.

10:00 am, Hotel Murano

Wednesday, September 25

### Literary League Book Club— Bold Spirit

Join us as we discuss *Bold Spirit* by Linda Lawrence Hunt

3:00 pm, Tobey Jones Parlor

Friday, September 27

### Pleasant Compositions\*

This class will teach you how to arrange a scene that clearly communicates.

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



# FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

September 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](mailto:jwennstrom@franketobeyjones.com)

## Series of Art Workshops Focusing on Drawing and Composition Skills Begins This Month



Artist Abrian Curington is a professional illustrator living and working in Fircrest, WA. She graduated with a Bachelor of Arts from Western Washington University and has been running Blue Cat Co., an independent publishing company for the last two years, publishing her creator-owned graphic novels, including *Bellmage* and *Woolmancy*. She recently completed an Artist in Residency program on the science ship R/V Falkor where she visually documented two weeks at sea searching for meteorite debris on the ocean floor. She was also the curator for the 2018 Senior Art Show.

Starting in September, Abrian will offer a series of art workshops that focuses on drawing and composition skills. These will include:

Friday, September 20: Do You Think You Can't Draw?\*

Friday, September 27: Pleasing Compositions

Friday, October 18: How to Sketch

Friday, October 25: Urban Sketching Crash Course

Friday, November 15: Ink and Watercolor Exploratory

Friday, November 22: Plein Air Crash Course

You may take one or more of the classes but all require individual registration. Be sure to sign up while spaces are still open!



## Everything You Wanted to Know About Transportation, But Were Afraid to Ask



When driving becomes too much of a hassle or is no longer an option, how does a person get around? If you'd rather put your income away for a rainy day or a vacation instead of funneling it into your gas tank every week, what are the available options? If you are concerned about air quality and carbon footprint, what smart choices are out there?

Transportation is an important part of everyone's life, and single-occupancy vehicles are not the only way to go. In fact, drive-alone trips can be pretty inconvenient: traffic congestion, finding parking and the cost of maintenance are often stressful. Changing the way you travel can be confusing and intimidating, and if you haven't used a bus since you were young, it can take a leap of faith to get on board.

Join us for this session and you will be given a primer on local transportation options, how to figure them out and how to use them. Options will be presented for varying income levels and access needs, as well as information given on resources to help you on your way. (Please register)

Tuesday, September 3 at 3:00 pm in the Tobey Jones Parlor

To register for a class, contact Jana Wennstrom at [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) or 253.756.6219

[www.FrankeTobeyJones.com](http://www.FrankeTobeyJones.com) / Phone: 253.752.6621

# September 2019

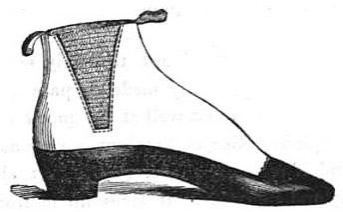
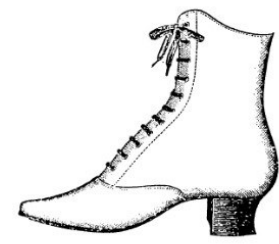




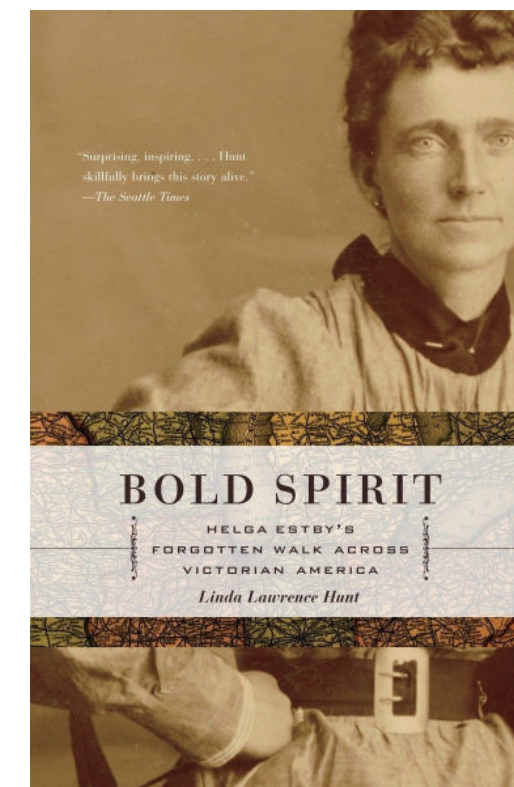
FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.

Mon	Tue	Wed	Thu	Fri
2 4:00 (TJ) The Great Courses at TJ	3 10:00 (C) Watercolors# 11:00 (LP) Brain Training (Level 1) 2:00 (W) Brain Training (Level 2) 3:00 (LP) Pierce Transit Presentation*	4 2:00 (LP) Traditional Music from Ireland and Beyond	5 9:30 (TJ) Knit Wits 3:00 (W) Master Gardener Series: Gardening with Natives	6
9 11:00 (TJ) MOG Glass Lecture 3:00 (LP) Music with Dr. Paul 4:00 (TJ) The Great Courses at TJ	10 9:30 (TJ) Coffee Club 10:00 (C) Watercolors# 2:00 (W) Drumming Workshop*	11 2:00 (LP) THS Lecture Series	12 9:30 (TJ) Knit Wits 2:00 (M) Creative Writing*	13
16 2:00 (W) Apple Device Workshop 4:00 (TJ) The Great Courses at TJ	17 10:00 (C) Watercolors# 3:00 (LP) Symphony Tacoma Lecture	18 3:00 (TJ) Medicare Lecture	19 9:30 (TJ) Knit Wits 11:00 (TJ) Genetic Testing Workshop 2:00 (TJ) Rock History of the NW*	20 10:00 (C) Drawing Class*
23 4:00 (TJ) The Great Courses at TJ	24 10:00 (C) Watercolors# 1:00 (B) Computer Help with AI 2:00 (W) Great Decisions	25 10:00 (FT) Hotel Murano Glass Tour* 3:00 (TJ) The Literary League Book Club	26 9:30 (TJ) Knit Wits 2:00 (M) Creative Writing*	27 10:00 (C) Pleasing Compositions Workshop*
30 4:00 (TJ) The Great Courses at TJ				



Wednesday, September 25

### Literary League Book Club— Bold Spirit

Join us as we discuss *Bold Spirit* by Linda Lawrence Hunt  
About the book: This is the forgotten story of Helga Estby and her daughter, Clara, who leave Spokane in 1896 to walk to New York City on a \$10,000 wager. The money, if won, will prevent the loss of the family homestead. The women face extreme cold and heat, hunger and exposure on their way east across Victorian America.

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 +

+ 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.