

December Lectures and Events

*Indicates registration is required.

Tuesday, December 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

Thursday, December 5

Downsizing Decathlon

Local professional Move Manager and Transition Specialist, Tina Baril, will be discussing some do's and don'ts of downsizing and transitioning. Tina will share some industry tips and resources and provide handouts and worksheets for future planning. If this is your first move in many years, or yet another life transition, this is the class for you! Bring your questions and concerns and we will discuss solutions.

2:00 pm, Tobey Jones Parlor

Friday, December 6

A Pioneer Christmas: Traditions Across America – A Living History Performance by Tames Alan*

11:00 am, Lillian Pratt Parlor

Monday, December 9

Edward Jones Series: Tax-free Investing - It's Not What You Make, It's What You Keep

This seminar is designed to help inform individuals of the benefits and considerations of choosing investments that offer tax advantages. Participants will learn: Tax-advantaged investments and their features, tax-free investment returns vs. taxable investment returns, three ways to purchase municipal bonds, how tax-free investing can help you achieve your goals faster.

11:00 am, Lillian Pratt Parlor

Monday, December 9

Music with Dr. Paul: Caroling, Caroling...All About Caroling

One of the main joys for many about the Christmas season is the music; especially singing the carols many of us have experienced since our childhood. Each of us has our favorites because of the tune, the words, or some special occasion in which our favorite carol was sung or performed. But we often are unaware of the history of carols; their melodies, texts and the composers of the carols.

We will begin by having the class take a "Carol Trivia Quiz" of 20 questions. Prizes will be awarded for the top three scores. We will finish the class with a "sing-along" of several carols and songs of the season. Dr. Paul will be at the keyboard leading festivities. Plan to attend this class simply to have fun and celebrate the season.

3:00 pm, Lillian Pratt Parlor

Tuesday, December 10

Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

11:00 am, Lillian Pratt Parlor

Wednesday, December 11

Dulcimer for the Holidays

Kat Eggleston performs selections of Holiday songs and melodies from old England, Ireland, and Scotland, with some background into the material. Some familiar carols as well, of course! Presented with guitar, voice, and the hammered dulcimer.

11:00 am, Lillian Pratt Parlor



Friday, December 13

Learn to Weave the Viking Way!*

In this class, we will learn how to weave chains, for use as jewelry, or anything else you can think of! Instructor, Abrian Curington, will teach this 1-day course twice this month since class sizes will be small. Registration required – specify your preferred date (December 13 OR December 20).

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

Monday, December 16

Fireside Stories with Larry Faulk

Hear stories from former Washington State Senator Larry Faulk about his 50+ years in politics.

11:00 am, Lillian Pratt Parlor

Monday, December 16

Northwest Apple Pickers Computer Workshop

The Northwest Apple Pickers is a Macintosh user group that serves Pierce County. 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, December 17

Living with Low-Vision: Discussion and Demonstration of Tools That Can Help

Whether you are experiencing some loss of vision or just know someone who is, come discuss the realities of living with vision loss and some ways to overcome the challenges it can bring. You will have the opportunity to get your hands on the latest, easy-to-use technology helping people around the world to read or participate in the activities they love once more.

2:00 pm, Lillian Pratt Parlor

Wednesday, December 18

2020 Planning A Head with Your Medicare Insurance Plan

Now that annual enrollment period is done, come learn more about how to get the most out of your Medicare health insurance plan, 2020 Medicare updates, and other tips to get the most benefits from your Medicare health insurance.

3:00 pm, Tobey Jones Parlor

Friday, December 20

Learn to Weave the Viking Way!*

In this repeat class, we will learn how to weave chains, for use as jewelry, or anything else you can think of! Instructor, Abrian Curington, will teach this 1-day course twice this month since class sizes will be small. Registration required – specify your preferred date (December 13 OR December 20).

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



Did you know that you can receive weekly email reminders about upcoming Senior University programs? If you want to get signed up for the e-newsletter, contact Jana Wennstrom at jwennstrom@franketobeyjones.com or 253.756.6219



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

December 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

Celebrate the Season with Festive and Edifying Programs With Senior University

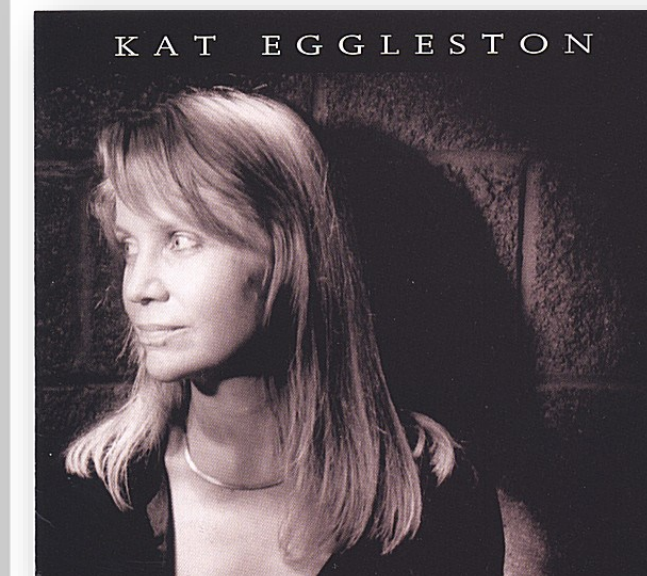
A Pioneer Christmas: Traditions Across America – A Living History Performance by Tames Alan*

This program explores the various traditional celebrations of the Christmas season as they might be found, across this country during the latter part of the 19th century. As people moved westward, they brought their traditions for celebrating the season with them and adapted them to their new environment.

Dressed in the authentic clothing of a pioneer woman, and using three differently decorated Christmas trees, Tames compares and contrasts how the holiday was celebrated by an upper-middle-class family in an East Coast city, a home-steading community in the Midwest, and those who tried to keep their traditions alive out on the prairie.

Discussed are the significance of presents, crèches, nutcrackers, and what was used to decorate the trees. Tames also talks about the perils of holiday travel and how food played a major part in the celebrations.

When people gathered to celebrate the holiday, there would be music, dancing, and the singing of carols. During this program, the audience will learn the history of and be encouraged to sing some traditional carols that were popular in this era. Friday, December 6 at 11 am in the Lillian Pratt Parlor.



Dulcimer for the Holidays

Kat Eggleston, has many years of performance experience in Irish, Scottish, and English traditional music. She has performed this music in Europe, Australia, and North America. Kat has 6 solo recordings and several with international touring groups. Her solo CD "Speak", released in 2009, won the "female vocalist of the year" award through Live Ireland. You can hear Kat perform on December 11 at 11:00 am in the Lillian Pratt Parlor.

December 2019




FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.



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)	4	5 9:30 (TJ) Knit Wits 2:00 (TJ) Moving Lecture	6 11:00 (LP) A Pioneer Christmas— Living History Performance*
9 11:00 (LP) Edward Jones Lecture 3:00 (LP) Music with Dr. Paul 4:00 (TJ) The Great Courses at TJ	10 10:00 (C) Watercolors#	11 11:00 (LP) Dulcimer Holiday Music	12 9:30 (TJ) Knit Wits	13 10:00 (C) Learn to Weave the Viking Way*
16 11:00 (LP) Fireside Stories with Larry Faulk 2:00 (W) Apple Device Workshop 4:00 (TJ) The Great Courses at TJ	17 10:00 (C) Watercolors# 2:00 (LP) Living with Low Vision	18 3:00 (TJ) Medicare Talk	19 9:30 (TJ) Knit Wits	20 10:00 (C) Learn to Weave the Viking Way*
23 	24 ~Winter Break~	25 	26 ~Winter Break~	27 ~Winter Break~
30 ~Winter Break~	31 ~Winter Break~			

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.