

## February Lectures and Events

Tuesdays, February 4 & February 18

### Beginning Crochet\*

During this 6-week class from January 7 – February 18, students will learn the basics of crochet.

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

Tuesday, February 4

### Brain Training with Linda Terry

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

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

2:00 pm (Level 2), Wellness Center

Wednesdays, February 5 & February 19

### Creative Writing: Flash Fiction\*

During this 8-week class (every other Wednesday from January 8 – April 15), we will be working from prompts to develop short, even extremely short, works of fiction each week and share them in a workshop setting.

10:30 am – 12:00 pm, Tobey Jones Multipurpose Room

Wednesday, February 5

### Marking Immigrants Distinctively

Immigration emerged as a defining moment in our political landscape in 2016. The role of political parties, racial cues, and the sidelining of policy experts and foreign policy concerns makes this moment different than in the past. Recognizing these differences is key for understanding what might come next, not just in terms of treatment of newcomers, but also for how we define what it means to be American.

3:00 pm, Tobey Jones Parlor

Thursday, February 6

### Music with Dr. Paul: Be My Valentine, Classical Songs of Love

This is a class everyone will enjoy simply because we all have this need to be loved and share expressions of love. Dr. Paul invites you to attend and “Be my Valentine.”

3:00 pm, Lillian Pratt Parlor

Thursday, February 6

### Steve’s History Hour: Tacoma’s Music History

Most locals know about Tacoma’s rock and roll roots that included the Sonics, the Wailers and the Ventures, but the City of Destiny also gave Jazz great Ferdinand Morton his “Jelly Roll” nickname and gave Loretta Lynn her big break.

6:00 pm, Lillian Pratt Parlor

Monday, February 10

### Edward Jones Lecture Series: Rules of the Road

This seminar teaches fundamental concepts of investing and potential strategies to help build wealth.

11:00 am, Lillian Pratt Parlor

Monday, February 10

### Pop Music Lecture Series: Rock Around the Clock

Rock around the clock with Professor Matt DelCiampo in this second American popular music lecture. In this session we examine the musicians, songwriters, and disc jockeys that formed rock ‘n’ roll in the 1950s. “I heard the news, there’s good rockin’ tonight!”

1:30 pm, Tobey Jones Parlor

Monday, February 10

### Using Your Words: The Source of Creativity \*

We’ll discuss creativity, what it is, where it comes from and where it takes us. For those taking the class, here is your homework: Finish this sentence, “Creativity is....” Come up with at least five answers.

2:00 – 4:00 pm, Tobey Jones Multipurpose Room

Tuesday, February 11

### The Physics of Sound and Waves

This demonstration-filled presentation will address the concept of a wave and the physics of sound waves such as frequency, speed, the Doppler Effect, sound intensity and the decibel scale, and resonance.

1:00 pm, Tobey Jones Parlor

Thursday, February 13

### Dabbling in Art History: Illuminated Manuscripts and the Decorated Letter\*

In Europe during the eleventh through the sixteenth centuries all books were handwritten, decorated and illuminated. In addition to a cursory exploration of ancient and contemporary manuscripts, this workshop provides the opportunity to create and illuminate a decorated personal initial.

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

\*Indicates registration is required.

Thursdays, February 13 & February 27

### Improv Class\*

Join Jill Heinecke, Tacoma Arts Live Education Coordinator and local performer, for this 4-class series, meeting every other week from February 13th through March 26th.

3:00 pm, Wellness Center

Monday, February 17

### 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, Bistro

Tuesday, February 18

### Performing Arts Series: Music- Mapping Latino Musical Migrations

In this interactive musical experience, we will learn stories about the people and places that shaped music and dance across the Americas – and discover how Latin American ideas contributed to other styles including jazz, rock n roll, country and hip hop. Get ready for exciting music and even some hands-on time with instruments!

11:00 am, Lillian Pratt Parlor

Wednesday, February 19

### Working Past 65? Medicare and Employer Coverage

If you are 65+ or turning 65, still working and have employer medical coverage, you have several decisions to make. You are invited to come learn the do’s and don’ts that will help you with the decision process so that you don’t make costly mistakes.

2:00 pm, Tobey Jones Parlor

Thursday, February 20

### Buddha and Meditation

Join Buddhist monk, Gen Kelsang Wangpo, the Resident Teacher of Tushita Kadampa Buddhist Center in Tacoma and Olympia, for a modern presentation of Buddha’s timeless teachings and to learn how to meditate.

11:00 am, Lillian Pratt Parlor

Thursday, February 20

### Meaningful Movies Tacoma: Free Trip to Egypt

This film tells the story of a successful businessman who wished to change people’s minds about Islamic religion by offering a disparate group of Americans the chance to meet Muslims in Egypt. A very entertaining and touching film. Come for the documentary and stay for the discussion to follow.

3:00 – 5:00 pm, Lillian Pratt Parlor

Tuesday, February 25

### Computer Help with AI

Volunteer AI Lessenger can help with all your Windows 10 or PC problems.

1:00 pm, Bascom Library

Tuesday, February 25

### Great Decisions Discussion Group: Climate Change and the Global Order

Climate change has become one of the defining issues of our time. What impact will the effects of climate change have on global geopolitics?

2:00 pm, Wellness Center

Wednesday, February 26

### Searching for the Origins of the Aztec Empire: War, Sacrifice, and Society in Central Mexican Prehistory

Bradford W. Andrews, professor of archaeology at Pacific Lutheran University, will explore the suggestion that some Aztec social institutions such as human sacrifice, knightly warrior classes, and city-state confederacies began to emerge perhaps as early as A.D. 650.

11:00 am, Tobey Jones Parlor

Wednesday, February 26

### Literary League Book Club— Your Heart Is a Muscle the Size of a Fist

3:00 pm, Tobey Jones Parlor

Thursday, February 27

### Living History Performance: Women of Destiny\*

1889 was quite a year for Tacoma. Washington achieved statehood. Rudyard Kipling visited the “City of Destiny” and declared it was “literally staggering under a boom of the boomiest”. And three remarkable women arrived in town: businesswoman Thea Foss, artist Abby Williams Hill and visionary philanthropist Franke Tobey Jones. Each of them left their own mark on Tacoma, all the while giving back to the community they came to call home. Meet these three women as Karen Haas portrays them in a living history presentation “Women of Destiny”.

11:00 am, Lillian Pratt Parlor



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

February 2020

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

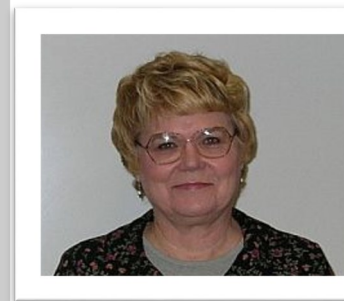
\* indicates registration required



To check for schedule changes, e-mail [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com)

## Dabbling in Art History

In January, Senior University started a new monthly series called “Dabbling in Art History.” This series gives participants a brief taste of an art history topic followed by a hands-on artmaking activity associated with that month’s talk.

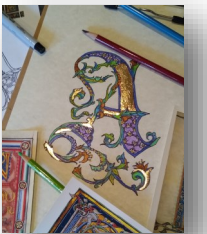


About the instructor:

As an art educator, Terry Dew earned her BA and MA from USCLB; completed post graduate courses at USCDH, UCLA and additional course work in Washington State. Teaching art for over forty-five years for students ranging in age from pre-school to senior citizens in Southern California and Washington has been her greatest joy. The venues for which she’s taught in include: public schools, private galleries, museums, art associations, community centers and groups, parks and recreation programs, and senior citizens facilities.

Terry’s artwork can be seen in private homes throughout the Western United States and in Europe. In addition to her many portrait commissions and

illustrations for sports teams, sporting events and kennel clubs, her murals appear in churches and private homes. She utilizes whichever medium or combination of media best expresses the subject matter. She enjoys combining her original photographs with an illustrated mat which extends the view and adds a little surprise. The illustrations are created with colored pencils, pastels and ink. Often painting with watercolors and acrylics, she predominately paints with oils because she prefers the depth and richness of the available colors. Check out Terry’s class on February 13th where you can learn about illustrated manuscripts and the decorated letter. All art classes require registration, so get your name in early to secure a spot!



Starting this month, Senior University will offer the opportunity to give the art of improvisation a try. This class is being led by Jill Heinecke, Education Coordinator for Tacoma Arts Live. Originally from Minnesota, Jill holds a BFA in Theatre, with emphasis in Acting and Directing, from Pacific Lutheran University. While at PLU she was a member of the Clay Crows improv group and the theatre honor society, Alpha Psi Omega. She has been teaching with Tacoma Arts Live since 2013. In addition to teaching, she has had the opportunity to choreograph and direct with local theatres and schools. Jill keeps busy performing in the area at theatres like Tacoma Little Theatre, Dukesbay Theater, and Tacoma Musical Playhouse. Jill enjoys drawing from her on and off stage experiences for her classes, wanting to expose people to many different aspects of the performing arts.

The benefits of learning improvisation have been proven in both young people and adults to improve and promote communication, decision making, working as a team, social interaction, confidence, active listening, physical awareness and helping with anxiety.

Thursdays, February 13 & February 27

### Improv Class\*

Jill Heinecke, Tacoma Arts Live Education Coordinator and local performer, for this 4-class series, meeting every other week from February 13th through March 26th. We will use fun games and activities to explore fundamental improv skills including accepting offers, character work, building ensemble and saying yes to yourself! No experience needed, just come and have fun!

3:00 pm, Wellness Center



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

# February 2020

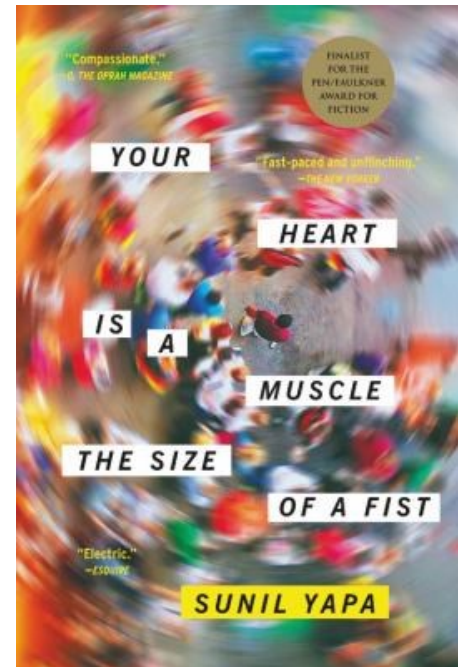


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, February 26

**Literary League Book Club— Your Heart Is a Muscle the Size of a Fist**

Join us as we discuss *Your Heart Is a Muscle the Size of a Fist* by Sunil Yapa

About the book: Follows seven different people, including a marijuana dealer and his estranged police chief father, who have their lives altered one afternoon in Seattle during the WTO protests that tried to shut the city down in 1999.

3:00 pm, Tobey Jones Parlor

### Legend

# Registration and fee

\* Registration, no cost

### Location Codes:

(B) Lillian Pratt Bascom Library

(BS) Bistro

(C) Tobey Jones Craft Room +

(FT) Field Trip

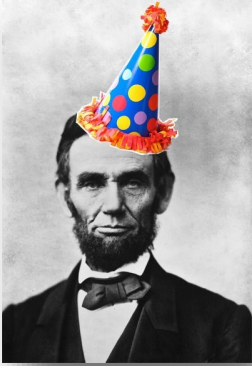

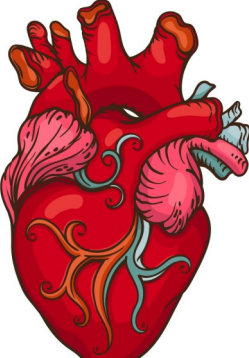
(LP) Lillian Pratt Parlor

(M) Tobey Jones Multipurpose Room +

(TJ) Tobey Jones Parlor +

(W) Wellness Center

(WS) Tobey Jones Woodshop +

Mon	Tue	Wed	Thu	Fri
3 4:00 (TJ) The Great Courses at TJ	4 10:00 (C) Watercolors# 10:00 (M) Beginning Crochet* 11:00 (LP) Brain Training (Level 1) 2:00 (W) Brain Training (Level 2)	5 10:30 (M) Creative Writing: Flash Fiction* 3:00 (TJ) Marking Immigrants Distinctively	6 9:30 (TJ) Knit Wits 3:00 (LP) Music with Dr. Paul 6:00 (LP) Steve's History Hour: Tacoma's Music History	7
10 11:00 (LP) Edward Jones Seminar 1:30 (TJ) Pop Music History 2:00 (M) Source of Creativity Writing Workshop* 4:00 (TJ) The Great Courses at TJ	11 10:00 (C) Watercolors# 1:00 (TJ) The Physics of Sound and Waves	12 	13 9:30 (TJ) Knit Wits 10:00 (C) Dabbling in Art History: Illuminated Manuscripts and the Decorated Letter* 3:00 (W) Improv Class*	14 
17 2:00 (BS) Apple Device Workshop 4:00 (TJ) The Great Courses at TJ	18 10:00 (C) Watercolors# 10:00 (M) Beginning Crochet* 11:00 (LP) Performing Arts Series: Mapping Latino Musical Migrations	19 10:30 (M) Creative Writing: Flash Fiction* 2:00 (TJ) Medicare and Employer Coverage	20 9:30 (TJ) Knit Wits 11:00 (LP) Buddha and Meditation 3:00 (LP) Meaningful Movies: Free Trip to Egypt	21
24 4:00 (TJ) The Great Courses at TJ	25 10:00 (C) Watercolors# 1:00 (B) Computer Help with AI 2:00 (W) Great Decisions : Climate Change and the Global Order	26 11:00 (TJ) Origins of the Aztec Empire 3:00 (TJ) The Literary League Book Club	27 9:30 (TJ) Knit Wits 11:00 (LP) Women of Destiny* 3:00 (W) Improv Class*	28 

+ 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.