

August Lectures and Events

*Indicates registration is required.

Wednesday, August 4 & August 11

Botanical Illustration Series

This 3-part class (July 22, August 4, & August 11) will cover the history of picturing plants from the Ancient Egyptians to the current day. The lecture series will end with discussion of contemporary botanical illustrators and resources for learning how to cultivate your own skills in picturing plants.

11:00 am, Zoom

Join Zoom Meeting

Meeting ID: 812 1126 7845 Passcode: 845170

Wednesday, August 4

Reflection of Myself

This session will offer an opportunity to reflect on ourselves as beings that are ever changing. It is also an opportunity to discuss that we are always becoming and growing as people- it is a lifetime activity.

4:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 481 600 3295 Passcode: 845170

Thursday, August 5, August 12, August 19 & August 26

Great Courses: Cooking across the Ages*

Join us for this 12-week DVD viewing. *Cooking across the Ages* is a fascinating international journey through civilizations across the ages—showing us who we were, how we lived, and why—through the lens of cooking.

10:00 am, Bristol View 1st Floor Gathering Room (Currently open to BV residents only)

Thursday, August 5

Nutrition for Healthy Aging Series: Let's Talk About Fat!

This class will be loaded with slightly technical information about various types of fatty acids, food sources, the only bad fat, and how to include it in your diet.

3:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 875 8652 4938 Passcode: 845170

Wednesday, August 11

Medicare Basics*

11:00 am, Zoom

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZwufu-rqDwrEtFJEEaOMFERGyi8-u7CdvOa>

Wednesday, August 11

Online dating: Swiping and Searching for Connection

3:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 481 600 3295 Passcode: 845170

Thursday, August 12

Gandhian Lessons from the Himalayas

Although inspired by Gandhi's vision and principles, Mira Behn and Sarala Behn continued Gandhi's work after his death not as mere "disciples" or followers but as leaders and initiators of new ideas to fight for peace and justice and in doing so, transformed the Gandhian concept of sustainability. The philosophy and teachings had a formative influence on the struggle for social justice and ecological stability in the Indian Himalayan region, spawning the world-renowned movement to save trees from commercial exploitation by hugging them, popularly called the Chipko (Hug the Tree) Movement (1973-81).

3:00 pm, Zoom

Join Zoom Meeting

<https://washington.zoom.us/j/8587602693>

Friday, August 13

Impressionist Painting Techniques

This one-hour lecture will cover the history of Impressionism including a discussion of how the Impressionists achieved their unique depictions of light.

10:00 am, Zoom

Join Zoom Meeting

Meeting ID: 481 600 3295 Passcode: 845170

Friday, August 13

Social Inequality Lecture Series: Gendered Violence

Are men and women equally to blame for domestic violence? What is men's role in preventing violence against women? What does it mean to say that the U.S. culture is a "rape culture?" In this class we'll explore these questions and learn ways to become an active bystander, to help prevent gendered violence.

2:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 836 3329 4621 Passcode: 845170

Wednesday, August 18 & August 25

The Great Courses - Outsmart Yourself: Brain-Based Strategies to a Better You*

Join us as we view the DVD series, *Outsmart Yourself: Brain-Based Strategies to a Better You*, which will give you insights into how your mind works and the tools you need to make lasting change. Taught by Professor Peter M. Vishton, Associate Professor of Psychology at William & Mary, these 24 exciting lectures give you a wealth of practical strategies for enhancing your thinking and improving your well-being. You'll see how the subconscious guides much of our behavior, leading to a kind of autopilot through much of life, including when it comes to making important decisions.

10:30 am, LP Parlor (Currently open to LP residents only)

Wednesday, August 18

Bringing it All Together: Reflections, Connections, and Extensions

In this session, we will have opportunities to revisit the activities and information of previous sessions, comment on the learning and development possible with/in play, performance, and the arts, and wonder about its possibilities for individual, social, and community transformation.

4:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 481 600 3295 Passcode: 845170

Thursday, August 19

Marine Mammals of Washington State

Did you know that 28 marine mammals are found in Washington State's coastal waters? This class is a great for anyone who is interested in nature and Washington's coastal environment.

2:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 481 600 3295 Passcode: 845170

Tuesday, August 24

Medicare Basics*

Come learn the A,B,C, & D's of Medicare, overview and difference between Medicare supplement insurance and Medicare advantage plans, overview of and what to look for when choosing prescription drug plans and tips for your first year on a Medicare health plan.

3:30 pm, Zoom

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZlTceGppz8vGNB5Gu5YiH8xAwxwraqlu7df4> After registering, you will receive a confirmation email containing information about joining the meeting.

Wednesday, August 25

Literary League Book Club— Do Not Become Alarmed

Join us as we discuss *Do Not Become Alarmed* by Maile Meloy. FTJ residents can check out a copy of the book from the shelved plastic tote in the Bascom Library.

3:00 pm, Zoom Discussion

Join Zoom Meeting

Meeting ID: 838 6275 2332 Passcode: 845170

Friday, August 27

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.

2:00 pm, Wellness Center (You must RSVP to attend and seating is limited)



FRANKE TOBEY JONES
SENIOR UNIVERSITY

Live & Learn

August 2021

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

Online dating: Swiping and Searching for Connection



With the emergence of the internet in the 1990s, followed by social media and phone-based apps in the 2000s, courtship and dating has changed dramatically with online dating as one of the most common and fastest growing means for people to meet. During these pandemic times, dating apps has seen increased user traffic as people have turned to these digital spaces to connect with others when social distancing mandates have made meeting in public more challenging. Join Riki Thompson, UWT Associate Professor of Digital Rhetoric & Writing

Studies, as she discusses choosing the right dating platform, setting up a profile, swiping and searching through profiles, communicating with others, and keeping yourself safe.

Wednesday, August 11 at 3:00 pm via Zoom (details on events page)

Speaker Bio:

Riki Thompson has a Ph.D. in English - Language and Rhetoric from University of Washington Seattle, an M.A. in English - Language and Rhetoric, University of Washington Seattle, and a B.A. in English, University of Washington Seattle.

Her research explores the relationship between self, story, language, literacy, technology and transformation, with an interest in how people gain acceptance into (or are excluded from) communities through know-how of technology, language ideologies and shared understandings about visual representations.



Impressionist Painting Techniques



This one-hour lecture will cover the history of Impressionism including a discussion of how the Impressionists achieved their unique depictions of light.

Friday, August 13 at 10:00 am via Zoom (details on events page)

Instructor Bio:

Diane Crago is an artist and art educator (<http://dianecrago.com/>). She has a Bachelor of Arts degree in Art from the University of Washington where she graduated Cum Laude. She has also studied Asian Art in Japan.

Diane has shown her work in numerous exhibitions and galleries and has been teaching art in Japan and in the United States since 1971. She has also taught art to Somali refugees and is currently



teaching both webinars and in person classes in Seattle and Bainbridge Island.

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

www.FrankeTobeyJones.com

August 2021



FRANKE TOBEY JONES
SENIOR UNIVERSITY

Non scholae sed vitae discimus.
We do not learn for school but for life.



Wednesday, August 25
Literary League Book Club— Do Not Become Alarmed
Join us as we discuss *Do Not Become Alarmed* by Maile Meloy
About the book: *Do Not Become Alarmed* is a story about the protective force of innocence and the limits of parental power, and an insightful look at privileged illusions of safety. Celebrated for her spare and moving fiction, Maile Meloy has written a gripping novel about how quickly what we count on can fall away, and the way a crisis shifts our perceptions of what matters most.
FTJ residents can check out a copy of the book from the shelved plastic tote in the Bascom Library.
3:00 pm, Zoom Discussion
Meeting ID: 838 6275 2332 Passcode: 845170

Legend

Registration and fee
* Registration, no cost

Location Codes:

(B) Lillian Pratt Bascom Library
(BV) Bristol View Gathering Room
(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
(Z) Zoom (request a link, if needed)

Mon	Tue	Wed	Thu	Fri
2 See a Zoom class you'd like to participate in but don't have the ability to do so on your own? Contact Jana and she will try to set something up for you.	3	4 11:00 (Z) Botanical Illustration Series 4:00 (Z) Reflection of Myself	5 10:00 (BV) Great Courses—Cooking across the Ages* 3:00 (Z) Nutrition for Healthy Aging: Let's Talk About Fat!	6
9	10	11 11:00 (Z) Botanical Illustration Series 11:00 (Z) Medicare Basics* 3:00 (Z) Online dating: Swiping and Searching for Connection	12 10:00 (BV) Great Courses—Cooking across the Ages* 3:00 (Z) Gandhian Lessons from the Himalayas	13 10:00 (Z) Impressionist Painting Techniques 10:00 (Z) Social Inequality Lecture Series: Gendered Violence
16	17	18 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 4:00 (Z) Bringing it All Together: Reflections, Connections, and Extensions	19 10:00 (BV) Great Courses—Cooking across the Ages* 2:00 (Z) Marine Mammals of Washington State	20
23	24 3:30 (Z) Medicare Basics*	25 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 3:00 (Z) Literary League Book Club: Do Not Become Alarmed	26 10:00 (BV) Great Courses—Cooking across the Ages*	27 2:00 (W) Brain Training*
30	31		Contact Jwennstrom@franketobeyjones.com if you would like to receive information or links for any of the Zoom classes listed.	