

## September Lectures and Events

\*Indicates registration is required.

Wednesdays, September 1, September 8, September 15, September 22, & September 29

### 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. 10:30 am, LP Parlor

Wednesday, September 1

### Lauren Boilini: Artist Talk

Join painter Lauren Boilini for a 1-hour artist talk. She will share details on her background and the concepts behind her paintings and installations. Check out her work at [www.laurenboilini.com](http://www.laurenboilini.com).

2:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Thursdays, September 2, September 9, September 16, September 23, & September 30  
**Knit Wits Group**

A casual group of knitters and stitchers is meeting in our comfortable, yet stately, Tobey Jones parlor for coffee, conversation and a little knitting and decorative sewing. The group is open to both beginners and the experienced.

Thursdays, 9:30 am, Tobey Jones Parlor

Thursdays, September 2, September 9, September 16, September 23, & September 30  
**Great Courses: Cooking across the Ages\***

Join us for this 12-week DVD viewing. In *Cooking across the Ages*, take 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 1<sup>st</sup> Floor Gathering Room

Thursday, September 2

### Nutrition for Healthy Aging Series: Functional Foods – How to Use Food for Healing

Learn about many different foods that have health benefits particularly related to gut healing and how to incorporate them into your diet

3:00 pm, Zoom

Meeting ID: 875 8652 4938 Passcode: 845170

Friday, September 3

### Social Inequality Lecture Series: Critical Media Literacy

Learn how to be critical of the media we love, while still finding ways to enjoy it.

10:00 am, Zoom

Meeting ID: 836 3329 4621

Friday, September 3

### Art Appreciation Lecture Series: Prehistoric Art – Our Connection to the History of Humankind before Text \*

We can understand more deeply, through viewing the works of art that have endured for millennia, the kind of world that prehistoric people inhabited.

2:00 pm, Wellness Center (You must RSVP to attend)

Wednesday, September 8

### Medicare Basics\*

11:00 am, Zoom

Register in advance for this meeting:

<https://us02web.zoom.us/joining/register/tZwufu-rqDwrEtFJEaaOMFERGyi8-u7CdvOa>

After registering, you will receive a confirmation email containing information about joining the meeting.

Presented by Laurie Casas, Only Senior Options, [laurie@onlysenioroptions.com](mailto:laurie@onlysenioroptions.com), Phone: 253-651-4169

Wednesday, September 8

### Napoleon: Life and Times

Was Napoleon a dictator who foreshadowed twentieth century dictatorships? Or was he a liberator who ensured that the core ideals of the French Revolution would live on? In this course, we will examine the highlights of Napoleon's life and times in order to focus on the key historical debates surrounding his era.

2:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Thursday, September 9

### China's Ethnic Groups: Past and Present

This lecture introduces the different ethnic groups in China and reviews their stories from the past and into the present.

2:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Friday, September 10

### Seafaring, Sea Gods, Sea Monsters, and Mermaids\*

We embark on an expedition to sail across the seven seas with the Jack Tars of the 19th century and the superstitions, inventions, and discoveries coloring their lives.

11:00 am, Bristol View 1<sup>st</sup> Floor Gathering Room

Wednesday, September 15

### Brain Training with Linda Terry\*

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

1:00 pm, Bristol View 1<sup>st</sup> Floor Gathering Room

Wednesday, September 22

### Literary League Book Club— Under the Wide and Starry Sky

Join us as we discuss *Under the Wide and Starry Sky* by Nancy Horan

About the book: In her masterful new novel, Nancy Horan has recreated a love story that is as unique, passionate, and overwhelmingly powerful as the one between Frank Lloyd Wright and Mamah Cheney depicted so memorably in *Loving Frank*.

*Under the Wide and Starry Sky* chronicles the unconventional love affair of Scottish literary giant Robert Louis Stevenson, author of classics including *Treasure Island* and *The Strange Case of Dr. Jekyll and Mr. Hyde*, and American divorcee Fanny Van de Grift Osbourne. They meet in rural France in 1875, when Fanny, having run away from her philandering husband back in California, takes refuge there with her children. Stevenson too is escaping from his life, running from family pressure to become a lawyer. And so begins a turbulent love affair that will last two decades and span the world.

FTJ residents can check out a copy of the book from the shelved plastic tote in Bascom Library.

3:00 pm, Zoom Discussion

Meeting ID: 838 6275 2332 Passcode: 845170

Thursday, September 23

### Great Decisions Discussion: Roles of International Organizations in a Global Pandemic

What is the WHO's role in responding to international pandemics? What can be done to improve the WHO's response to future global health crises?

3:00 pm, Zoom Discussion

Meeting ID: 837 1594 4172

Passcode: 845170

Tuesday, September 28

### Medicare Basics\*

3:30 pm, Zoom

Register in advance for this meeting:

<https://us02web.zoom.us/joining/register/tZltceGppz8vGNB5Gu5YiH8xAwxwrlu7df4>

After registering, you will receive a confirmation email containing information about joining the meeting.

Presented by Laurie Casas, Only Senior Options, [laurie@onlysenioroptions.com](mailto:laurie@onlysenioroptions.com), Phone: 253-651-4169

Wednesday, September 29

### Chat with Councilman John Hines\*

Join Council Member John Hines to hear about what's happening in the City of Tacoma and to bring specific concerns to the Councilman's attention.

4:00 pm, Wellness Center

Thursday, September 30

### How to Get Up from a Fall\*

Join Kris Gonzalez from Infinity Rehab to learn what you can do to safely get up from a fall.

3:00 pm, Wellness Center



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

September 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](mailto:jwennstrom@franketobeyjones.com)

## New Art Appreciation Lectures Series

Starting Friday, September 3, Senior University will be hosting an Art Appreciation Lecture Series in the Wellness Center at 2:00 pm. With a focus on the visual arts, this series of lectures will explore different art movements, artists, and themes from art history. Some subjects might include *Ideal Beauty in the Ancient World*, *The Northern Renaissance and the Arnolfini Double Portrait*, *Reactions to the Modern World - Impressionism to Expressionism*, and *Converging Histories - The Global Art World*.

### Speaker Bio:

Jenny Roholt has been an artist all her life learning first from her mother, making art an integral part of who she is. Jenny worked for over 20 years as a graphic designer and illustrator, and those sensibilities definitely inform her current work. She received an MA in Illustration from Syracuse University and a BFA in Graphic Design from the University of Utah. She has been teaching on the college level since 2008 for various institutions including Salt Lake Community College, Tacoma Community College, Pierce College, and Brigham Young University – Idaho. Curriculum includes art appreciation, design, drawing, and painting classes.



## Seafaring, Sea Gods, Sea Monsters, and Mermaids



Ahoy. Let's set sail. We embark on an expedition to sail across the seven seas with the Jack Tars of the 19th century and the superstitions, inventions, and discoveries coloring their lives. Through storm and calm, the allure of seafaring was more than a journey from point A to point B, and back home again. It was an opening to make contact, to exchange ideas, to plumb the depths of an unfathomable world where all of life intersected. Our marine origins are reflected in our blood, sweat, and tears, and proximity to water evokes euphoric feelings, so we return to a time when the sea was just beginning to be explored and discover why we have always been drawn to the sea to understand ourselves and our world. Join us on Friday, September 10 at 11:00 am in the Bristol View 1st Floor Gathering Room (RSVPs are required and some restrictions may apply).

# September 2021

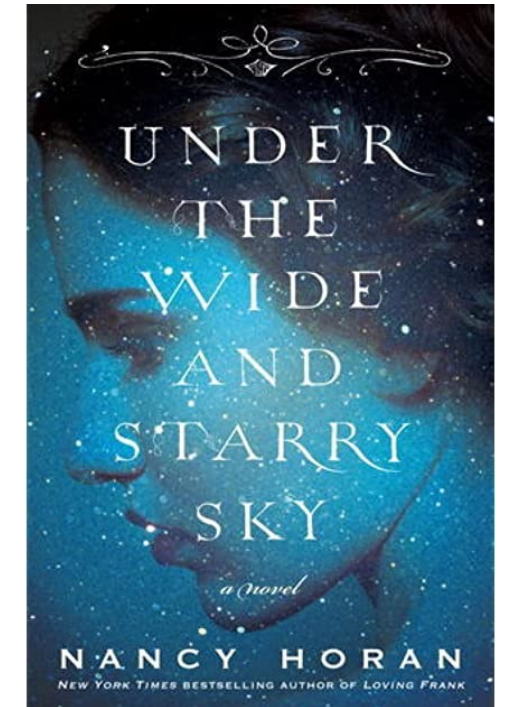


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, September 22  
**Literary League Book Club— Under the Wide and Starry Sky**

Join us as we discuss *Under the Wide and Starry Sky* by Nancy Horan

FTJ residents can check out a copy of the book from the shelved plastic tote in Bascom.

3:00 pm, Zoom Discussion

### 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
		1 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 2:00 (Z) Lauren Boilini: Artist Talk	2 9:30 (TJ) Knit Wits 10:00 (BV) Great Courses—Cooking across the Ages* 3:00 (Z) Nutrition for Healthy Aging: Functional Foods – How to Use	3 10:00 (Z) Social Inequality Lecture Series: Critical Media Literacy 2:00 (W) Art Appreciation Lecture Series*
6 <b>Contact</b> Jwennstrom@franketobeyjones.com if you would like to receive information or links for any of the Zoom classes listed.	7	8 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 11:00 (Z) Medicare Basics* 2:00 (Z) Napoleon: Life and Times	9 9:30 (TJ) Knit Wits 10:00 (BV) Great Courses—Cooking across the Ages* 2:00 (Z) China's Ethnic Groups: Past and Present	10 11:00 (BV) Seafaring, Sea Gods, Sea Monsters, and Mermaids*
13	14	15 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 1:00 (BV) Brain Training*	16 9:30 (TJ) Knit Wits 10:00 (BV) Great Courses—Cooking across the Ages*	17
20 <b>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.</b>	21	22 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 3:00 (Z) Literary League Book Club: <i>Under the Wide and Starry Sky</i>	23 9:30 (TJ) Knit Wits 10:00 (BV) Great Courses—Cooking across the Ages* 3:00 (Z) Great Decisions Discussion: Roles of International Organizations in a Global Pandemic	24
27	28 3:30 (Z) Medicare Basics*	29 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 4:00 (W) Chat with Councilman John Hines*	30 9:30 (TJ) Knit Wits 10:00 (BV) Great Courses—Cooking across the Ages* 3:00 (W) How to Get Up from a Fall*	<b>*= Register</b> <b>Please make sure that you register in advance for classes with a "*" so that you can be informed of any changes or cancelations.</b>