

October Lectures and Events

*Indicates registration is required.

Friday, October 1

Social Inequality Lecture Series: Capitalism vs Socialism

Is capitalism the best economic system? Is socialism evil? What are the benefits and drawbacks of each system? In this class we'll explore some of the features of capitalism and discover how we already enjoy some of the benefits of socialism.

10:00 am, Zoom

Meeting ID: 836 3329 4621

Passcode: 845170

Friday, October 1

Art Appreciation Lecture Series: Death and Mourning in the Prehistoric and Ancient World *

Art, literature, and architecture can be things which endure. Through the study of prehistoric and ancient times, we see that these works of art do indeed grant a sense of immortality to those whose lives on earth ended millennia ago. We'll look at examples from Mesopotamia, Egypt, and Ancient Greece.

2:00 pm, Wellness Center

Wednesdays, October 6, October 13, October 20 & October 27

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

Get 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

Wednesday, October 6

Hitler's American Friends in the Pacific Northwest

Most Americans remember the years of the Second World War as a period of national unity and shared sacrifice, but this is hardly a complete picture of the era. In reality, the United States was deeply divided, with far-right groups including the German American Bund and the Silver Legion advocating an American version of Nazi Germany. At the same time, the political establishment struggled to cope with the many challenges facing the country. This talk examines the extremist groups that threatened American democracy before Pearl Harbor and how the country's leaders ultimately ensured that Hitler's American supporters were finally defeated. Groups in the Pacific Northwest -- a particular stronghold for extremism in the period -- will be especially examined.

3:00 pm, Zoom

Meeting ID: 481 600 3295

Passcode: 845170

Thursdays, October 7 & October 21

Great Courses: Cooking across the Ages*

Join us for this 12-week DVD viewing. In *Cooking across the Ages*, award-winning Professor Ken Albala of the University of the Pacific takes us on 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

Thursday, October 7

Nutrition for Healthy Aging Series: Root Cause – Supporting Adrenals and Stress

"Stress is the new smoking" – sad but true. Join this class to learn about underlying mechanisms related to the stress response including adrenals and cortisol, sugar and regulation, and potential solutions.

3:00 pm, Zoom

Meeting ID: 875 8652 4938

Passcode: 845170

Friday, October 8, October 15, October 22, & October 29

Writing Short Stories*

This class (October 8 – November 19) will focus on writing short fiction with an emphasis on the six primary elements of the fictional short story: plot, conflict, setting, character, point of view, and theme. Over seven weeks, students will draft, workshop, and revise one original work of short fiction.

11:00 am, Zoom (you must pre-register to receive the Zoom link)

Friday, October 8, October 15, October 22, & October 29

The New Jim Crow Book Discussion

Since it was first published in 2010, it has been cited in judicial decisions and has been adopted in campus-wide and community-wide reads; it helped inspire the creation of the Marshall Project and the new \$100 million Art for Justice Fund; it has been the winner of numerous prizes, including the prestigious NAACP Image Award; and it has spent nearly 250 weeks on the New York Times bestseller list. Most important of all, it has spawned a whole generation of criminal justice reform activists and organizations motivated by Michelle Alexander's unforgettable argument that "we have not ended racial caste in America; we have merely redesigned it."

1:30 – 3:00 pm, Zoom

Meeting ID: 897 1327 7608

Passcode: 845170

Wednesday, October 13

Medicare Basics*

Whether you are new to Medicare or already enrolled in a Medicare health plan, you'll need to make important decisions at enrollment time and then during AEP (Annual Enrollment period).

11:00 am, Zoom

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZwufu-rqDwrEtFJaaOMFERGvi8-u7CdvOa>

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

Wednesday, October 20

Brain Training with Linda Terry*

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

1:00 pm, Bristol View 1st Floor Gathering Room

Tuesday, October 26

Medicare Basics*

3:30 pm, Zoom

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZltceGppz8vGNB5Gu5YIH8xAwxwrglu7df4>

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

Wednesday, October 27

Literary League Book Club— Emily, Alone

Join us as we discuss *Emily, Alone* by Stewart O'Nan

3:00 pm, Zoom Discussion

Meeting ID: 838 6275 2332

Passcode: 845170

Thursday, October 28

A New Cold War? Why are the United States and Russia Enemies Again?

In the past few years, US-Russia relations are at their lowest point since the Cold War. In this class, we will examine how we got to this moment, paying attention to Russian perceptions of threat resulting from the expansion of NATO and America's role as the single global superpower since 1991. We will also consider the role of public opinion in Russia and the experience of the 1990s.

11:00 am, Zoom

Meeting ID: 481 600 3295

Passcode: 845170

Thursday, October 28

Great Decisions Discussion: The End of Globalization?

As the United States enters another election season, the merits and drawbacks of globalization are again being debated by the presidential candidates. What is globalization and how will it be affected by protectionist trade policies? How will the United States and the world be affected by such policies? Is globalization really at an end, or in need of a refresh?

3:00 pm, Zoom Discussion

Meeting ID: 837 1594 4172

Passcode: 845170



FRANKE TOBEY JONES
SENIOR UNIVERSITY

Live & Learn

Educational Enrichment Opportunities

October 2021

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

Senior Art Show 2021

Franke Tobey Jones will be hosting the Senior Art Show again this year and it will take place Friday, October 15 through Sunday, October 17 in the M.J. Wicks Wellness Center, so mark your calendars and join us for this fabulous exhibit!

This year's show is curated by Heide Fernandez-Llamazares. Heide is the My Public Art Portal Project Manager for the Washington State Arts Commission where she manages the online presentation of the State Art Collection. She has worked for the Tacoma Art Museum Education Department, and she curated The Telephone Room Gallery out of her home in the North End of Tacoma from 2009-13. Heide currently serves as a Tacoma Arts Commissioner and was also a juror for the 2018 Senior Art Show.

The 2021 art show Jury includes:

Elise Richman, *Artist and Professor of Art at the University of Puget Sound*
Allison Hyde, *Artist and City of Auburn Parks, Arts & Recreation, Arts Coordinator*
Lynn Di Nino, *Artist and 2017 recipient of Washington State Governor's "Artist of the Year" Award*



The Senior Art Show will be on view Friday, October 15 through Sunday, October 17 in the M.J. Wicks Wellness Center from 12:00 pm—3:00 pm.

There will be an Opening Reception on Thursday, October 14 from 5:00 pm—7:00 pm. To attend the reception, please RSVP to Jana at

jwennstrom@franketobeyjones.com or call 253-756-6219 by October 8th.

October 2021

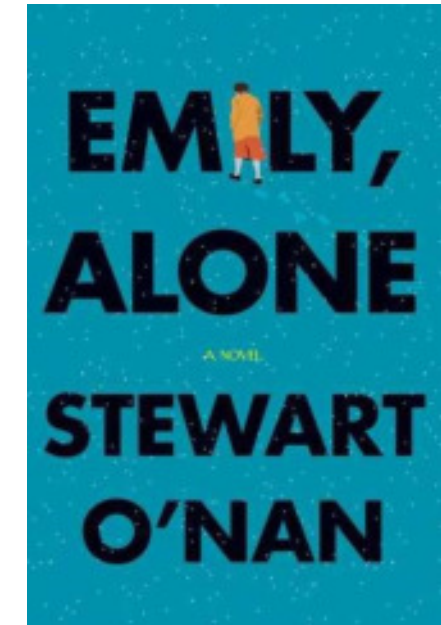


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, October 27

Literary League Book Club— Emily, Alone

Join us as we discuss *Emily, Alone* by Stewart O'Nan

About the book: Newly independent widow Emily Maxwell dreams of visits by grandchildren and mourns changes in her quiet Pittsburgh neighborhood before realizing an inner strength to pursue developing opportunities.

3:00 pm, TJ Parlor






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
	*= Register Please make sure that you register in advance for classes with a "*" so that you can be informed of any changes or cancelations.			1 10:00 (Z) Social Inequality Lecture Series: Capitalism vs Socialism 2:00 (W) Art Appreciation Lecture Series: Death and Mourning in the Prehistoric and Ancient World*
4 	5	6 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 3:00 (Z) Hitler's American Friends in the Pacific Northwest	7 9:30 (TJ) Knit Wits 10:00 (BV) Great Courses—Cooking across the Ages* 3:00 (Z) Nutrition for Healthy Aging: Supporting Adrenals	8 11:00 (Z) Writing Short Stories* 1:30 (Z) <i>The New Jim Crow</i> Book Discussion
11 	12	13 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 11:00 (Z) Medicare Basics*	14 9:30 (TJ) Knit Wits 5:00 (W) Senior Art Show Reception*	15 11:00 (Z) Writing Short Stories* 12:00—3:00 (W) Senior Art Show 1:30 (Z) <i>The New Jim Crow</i> Book Discussion
18 	19	20 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 1:00 (BV) Brain Training*	21 9:30 (TJ) Knit Wits 10:00 (BV) Great Courses—Cooking across the Ages*	22 11:00 (Z) Writing Short Stories* 1:30 (Z) <i>The New Jim Crow</i> Book Discussion
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