

November Lectures and Events

*Indicates registration is required.

Wednesday, November 3

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, November 3

Bad Generals and Bad Admirals

This class previews Dr. Jeff Matthews' forthcoming book *Bad Generals, Bad Admirals: Unethical Leadership in the U.S. Military*. The book examines seven different types of unethical and criminal behavior, using both historic and contemporary case studies: Insubordination, War Crimes, Obstruction of Justice, Sex Crimes, Toxic Leadership, Moral Cowardice, and Public Corruption.
2:00 pm, Zoom
Meeting ID: 481 600 3295 Passcode: 845170

Thursday, November 4

Nutrition for Healthy Aging Series: Basics of Probiotics and Prebiotics

This class goes beyond simply eating yogurt – in fact that might not be the best source! In this class you will hear lightly technical information about the value of strain-specific probiotics and prebiotics which is the food they like to consume. You will also learn that the key to gut health is not which brand of probiotics you take but improving the environment of the intestines to invite the beneficial species to stay.
3:00 pm, Zoom
Meeting ID: 875 8652 4938 Passcode: 845170

Friday, November 5, November 12, & November 19

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, November 5

Art Appreciation Lecture Series: Impressionism Versus Expressionism: Reactions to the Modern World*

The goal of modern art (according to modern art critic and poet Baudelaire) is to be infused with the idea of modernity, to depict contemporary manners, and to speak for the modern time and place. For Baudelaire, "Modernity is the transient, the fleeting, the contingent..." Impressionism captures impressions of the external, like the shifting of light, or transitory moments from modern life. Expressionism expresses the internal experience of the modern world, like the anxiety and alienation of urban life. Post-Impressionist artists were inspired by Impressionism but developed their own individual styles. We will discuss several notable figures.
2:00 pm, Bristol View 1st Floor Gathering Room

Wednesday, November 10

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.
11:00 am, BV 1st Floor Gathering Room

Wednesday, November 10

Living History Performance: I Am Always on the Women's Side - Vignettes of the Civil War*

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

Thursday, November 11

The Battle of Gettysburg: Memory and Myth*

This class covers highlights of the Battle of Gettysburg, which took place between July 1st and July 3rd, 1863. We will identify key features of each day of the battle, discuss Union and Confederate leadership, and confront popular myths. Was Confederate military leadership better than the Union? Were Confederate soldiers better fighters? Was the battle really the "turning point of the Civil War?"
11:00 am, Bristol View 1st Floor Gathering Room

Wednesday, November 17

Gender 201: Gender Identities

What does it mean to be nonbinary? Should we use special pronouns if people ask for them? How should we interact with Trans folks? In this class we'll explore each of these topics, and briefly touch on the consequences of limiting our gender expressions to a strict gender binary.
10:00 am, Zoom
Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, November 17

Brain Training with Linda Terry*

Fun, interactive brain exercises and practical lifestyle options to raise brain awareness.
1:00 pm, Bristol View 1st Floor Gathering Room

Wednesday, November 17

The German Catholic Church Leadership and the Persecution of Jews in Nazi Germany

This class will explore how the German Catholic Church leaders tended to react to various Nazi antisemitic acts and Nazi antisemitic legislation. We will explore how many Church leaders believed that Jews could defend themselves and were thus outside the "circle of concern" for the Church.
2:00 pm, Zoom
Meeting ID: 481 600 3295 Passcode: 845170

Thursday, November 18

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

Tuesday, November 23

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:

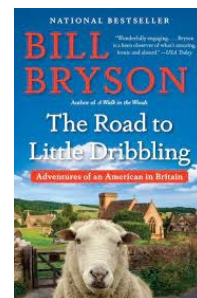
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<https://us02web.zoom.us/j/87586524938>

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

Wednesday, November 24

Literary League Book Club— The Road to Little Dribbling: Adventures of an American in Britain

Join us as we discuss *The Road to Little Dribbling: Adventures of an American in Britain* by Bill Bryson
About the book: A sequel to *Notes from a Small Island* stands as the author's tribute to his adopted country of England and describes his riotous return visit two decades later to rediscover the country, its people and its culture. In 1995, Bill Bryson got into his car and took a weeks-long farewell motoring trip about England before moving his family back to the United States. The book about that trip, *Notes from a Small Island*, is uproarious and endlessly endearing, one of the most acute and affectionate portrayals of England in all its glorious eccentricity ever written. Two decades later, he set out again to rediscover that country, and the result is *The Road to Little Dribbling*. Nothing is funnier than Bill Bryson on the road; prepare for the total joy and multiple episodes of unseemly laughter.
3:00 pm, Zoom Discussion
Meeting ID: 838 6275 2332 Passcode: 845170



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

November 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

Living History Performance: I Am Always on the Women's Side - Vignettes of the Civil War



Though women's voices are often lost amid the din of the battlefield, their stories are an integral part of our nation's history. Karen Haas has researched numerous diaries, letters, and songs written by women to create a program portraying women from differing walks of life and points of view. These vignettes bring a frequently neglected side of the Civil War to life: women striving to survive in a time of violence, turmoil, and societal change. Karen is a former Teacher and Museum Curator of Education. She is also one of the founders and organizers of the annual Tacoma Living History Cemetery Tour. She feels especially rewarded telling the tales of those whose voices are usually silent in history -- women.

Join Karen for her presentation on Wednesday, November 10 at 2:00 pm in the Wellness Center. You must RSVP to attend.

More Historical Perspectives on the Civil War

Join Franke Tobey Jones resident Richard Griffin for his lecture *The Battle of Gettysburg: Memory and Myth* on November 11 in the Bristol View 1st Floor Gathering Room. Richard became fascinated with history at an early age when his parents presented him with *The American Heritage Picture History of the Civil War*. Since then, he has read and extensively studied the Civil War. His book, *Three Years a Soldier*, based on the diary of his Civil War soldier great-grandfather, was published by the University of Tennessee Press. He is a member of the Sons of Union Veterans of the Civil War and has spoken to groups across the country on Civil War topics. He holds a bachelor's degree from Miami University, a master's degree from Johns Hopkins University, and a diploma from the Naval War College. He retired as a Captain from the U. S. Navy.



November 2021













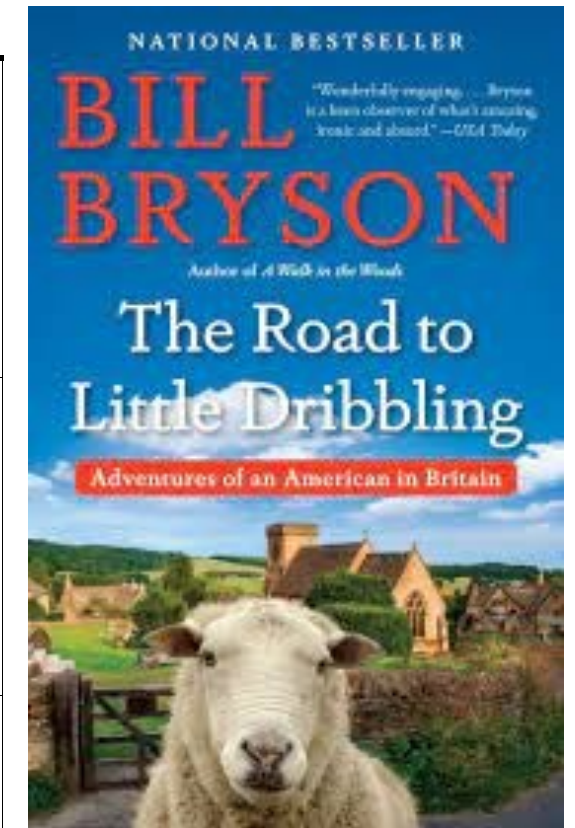
FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.

Mon	Tue	Wed	Thu	Fri
1 	2	3 10:30 (LP) Great Courses—Outsmart Yourself: Brain-Based Strategies to a Better You* 2:00 (Z) Bad Generals and Bad Admirals	4 9:30 (TJ) Knit Wits 3:00 (Z) Nutrition for Healthy Aging: Basics of Probiotics and Prebiotics	5 11:00 (Z) Writing Short Stories* 2:00 (BV) Art Appreciation Lecture Series: Impressionism Versus Expressionism: Reactions to the Modern World*
8 	9	10 11:00 (BV) Medicare Basics* 2:00 (W) Living History Performance: I Am Always on the Women's Side - Vignettes of the Civil War*	11 Happy Veteran's Day 9:30 (TJ) Knit Wits 11:00 (BV) The Battle of Gettysburg: Memory and Myth*	12 11:00 (Z) Writing Short Stories*
15 	16	17 10:00 (Z) Gender 201: Gender Identities 1:00 (BV) Brain Training* 2:00 (Z) The German Catholic Church Leadership and the Persecution of Jews in Nazi Germany	18 9:30 (TJ) Knit Wits 4:00 (W) Chat with Councilman John Hines*	19 11:00 (Z) Writing Short Stories*
22 	23 3:30 (Z) Medicare Basics*	24 3:00 (Z) Literary League Book Club— <i>The Road to Little Dribbling: Adventures of an American in Britain</i>	25 	26
29 	30 			



Wednesday, November 24
Literary League Book Club— The Road to Little Dribbling: Adventures of an American in Britain
 Join us as we discuss *The Road to Little Dribbling: Adventures of an American in Britain* by Bill Bryson
 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