

## December Lectures and Events

\*Indicates registration is required.

Wednesday, December 1

### From the Glacier to the Sea

Experience how, besides incredible scenery, the glaciers of Southeast Alaska are important to the economic vitality of the region.

11:00 am, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, December 1 & December 8

### Introduction to the Zentangle Method\*

The Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. No artistic ability is needed!

2:00 pm, Wellness Center

Thursday, December 2

### Nutrition for Healthy Aging Series: Digestion and Why It Is So Important

Susan Blake teaches that food is important, but a well-functioning digestive system is more important. Please join this fascinating look inside the gut to learn why that is true and how to improve normal

3:00 pm, Zoom

Meeting ID: 875 8652 4938 Passcode: 845170

Fridays, December 3, December 10, & December 17

### Exploring Shakespeare: History, Acting, Production\*

Have fun studying The Bard through multiple lenses! In the first session, we'll examine Shakespeare from the perspective of history and place (Stratford-upon-Avon, the Globe, etc.) As we move through sessions two and three, we will shift our lens to how actors experience the work of Shakespeare and the unique ways we see these productions come to life.

10:00 am, BV 1<sup>st</sup> Floor Gathering Room

Friday, December 3

### Art Appreciation Lecture Series: Converging Histories – The Global Art World\*

This lecture explores the work of contemporary artists from Africa, China, Iran, India, and Japan and how their experiences, art histories, and traditions from their respective countries inform their work. We'll also look into their studio practices as to how their works are made.

2:00 pm, Wellness Center

Wednesday, December 8

### Medicare Basics\*

Whether you are new to Medicare, getting ready to turn 65, 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) each year.

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

Thursday, December 9

### Traveler's Guide to the Deep Blue Sea

Explore the Oceans' water cycle, depths, tides, coastlines, currents, animals, man's early exploration beneath the surface, and other fun facts and theories about what is going on beneath the Deep Blue Sea.

11:00 am, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Monday, December 13

### 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.

1:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, December 15

### Science Stories: A Collaboration of Book Artists and Scientists at The University of Puget Sound\*

Join co-curator Lucia Harrison for a guided tour of *Science Stories: A Collaboration of Book Artists and Scientists*. Just before the pandemic hit, local scientists from University of Puget Sound, UW, The Evergreen State College, WSU, and Tacoma Water were paired with artists who have an interest in science and making artist books. During the pandemic, the artists worked with the scientists to understand their research and make an artist book to reflect upon and interpret the scientist's research. This exhibit is the culmination of that work.

10:00 am, UPS Collins Library Field Trip

Wednesday, December 15

### Christmas and Holiday music from Ireland, Scotland, England, and the U.S.\*

Enjoy some Christmas and Holiday music arranged for fingerstyle guitar and voice and performed by Kat Eggleston. The focus will be on the more ancient and lesser-known pieces, with some background into each, including the tradition of the hunting of the wren on St. Stephen's Day. There could also be a few surprises!

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

Thursday, December 16

### Cancer and Society\*

This class will highlight historical events in understanding cancer then will move on to current understanding, treatments, and obstacles.

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

Friday, December 17

### Irish Fiddle Christmas Performance\*

Randal Bays and his wife, Susan Waters, present a program of Irish fiddle tunes, including not only the jigs and reels but also well-known Irish Christmas music like *The Wexford Carol*. Randal and Susan render the old music with passion and a heartfelt wish to share this magnificent tradition with their audiences.

3:00 pm, MJ Wicks Wellness Center (RSVP to attend)



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

December 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

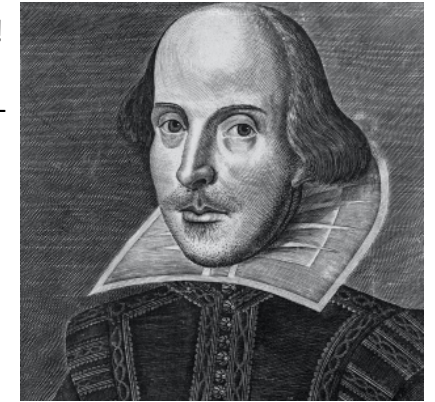
\* indicates registration required



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

## Exploring Shakespeare

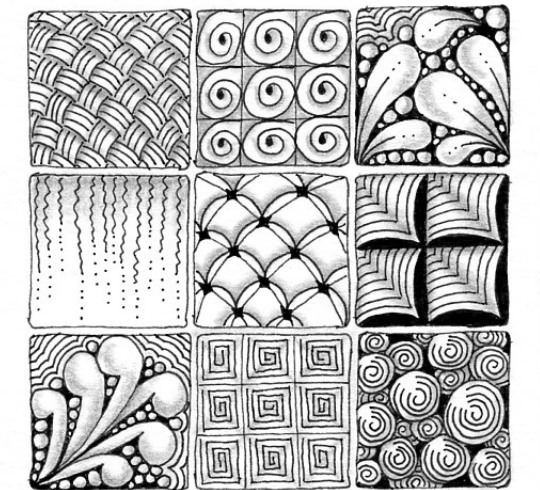
Have fun studying The Bard through multiple lenses! In the first session, we'll examine Shakespeare from the perspective of history and place (Stratford-upon-Avon, the Globe, etc.) As we move through sessions two and three, we will shift our lens to how actors experience the work of Shakespeare and the unique ways we see these productions come to life. Classes take place on Fridays at 10:00 on Fridays December 3—17. Registration is required.



The instructor, Jill Heinecke, holds a BFA in Theatre, 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.

## What is Zentangle?

Zentangle is a method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. Zentangle was invented by a monk named Rick Roberts and an artist named Maria Thomas. With Zentangle they created a combination of meditation and art. The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. These patterns are called tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. You don't need to have any art-making ability to achieve lovely images. Learn more about this process on December 1 & 8 with the class *Introduction to the Zentangle Method*. Registration is required as supplies are limited.



# December 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
<i>Happy Holidays</i>		1 11:00 (Z) From the Glacier to the Sea 2:00 (W) Introduction to the Zentangle Method*	2 9:30 (TJ) Knit Wits 3:00 (Z) Nutrition for Healthy Aging: Digestion and Why It Is So Important	3 10:00 (BV) Exploring Shakespeare* 2:00 (BV) Art Appreciation Lecture Series: Converging Histories – The Global Art World*
6	7	8 11:00 (BV) Medicare Basics* 2:00 (W) Introduction to the Zentangle Method*	9 9:30 (TJ) Knit Wits 11:00 (Z) Traveler's Guide to the Deep Blue Sea	10 10:00 (BV) Exploring Shakespeare*
13 1:00 (Z) Brain Training	14	15 10:00 (FT) <i>Science Stories: A Collaboration of Book Artists and Scientists</i> Exhibit Viewing* 2:00 (W) Christmas and Holiday music from Ireland, Scotland, England, and the U.S.*	16 9:30 (TJ) Knit Wits 2:00 (W) Cancer and Society*	17 10:00 (BV) Exploring Shakespeare* 3:00 (W) Irish Fiddle Christmas Performance*
20 <i>Winter Break</i> -----	21 -----	22 -----	23 -----	24 -----
27 <i>Winter Break</i> -----	28 -----	29 -----	30 -----	31 <b>HAPPY NEW YEAR</b>



**Senior University  
will be on  
winter break  
December 20th —  
January 1st.**

**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) MJ Wicks Wellness Center
- (WS) Tobey Jones Woodshop
- (Z) Zoom