

## January Lectures and Events

Wednesday, January 5, January 12, January 19, & January 26

### Great Courses: Classical Mythology\*

From Athena to Zeus, the characters and stories of classical mythology have been both unforgettable and profoundly influential. They have inspired and shaped everything from great art and literature, to our notions of sexuality and gender roles, to the themes of popular films and TV shows. *Classical Mythology* is an introduction to the primary characters and most important stories of classical Greek and Roman mythology.

10:00 am, Lillian Pratt Parlor

Thursday, January 6

### Nutrition for Healthy Aging Series: Gut Healing – The Internal Root Cause

Explore and learn about how the digestive system and microbiome impact the immune system and inflammation which is a leading contributing factor to many age-related conditions.

3:00 pm, Zoom

### Join Zoom Meeting

Meeting ID: 875 8652 4938

Passcode: 845170

Friday, January 7, January 14, January 21, & January 28

### Great Courses - Food: A Cultural Culinary History\*

In *Food: A Cultural Culinary History*, award-winning Professor Ken Albala of the University of the Pacific puts this extraordinary subject on the table, taking you on an enthralling journey into the human relationship to food. With this innovative course, you'll travel the world discovering fascinating food lore and culture of all regions and eras—as an eye-opening lesson in history as well as a unique window on what we eat today. Incorporating extensive study of historical recipes, food preparation techniques from around the world, and activities you can try at home, these 36 colorful lectures take you through the entire spectrum of food history, from the cuisine of ancient Egypt to the great flowering of European cookery in the Middle Ages, and from the celebrity chefs of 18th-century France to our own Zagat- and Michelin-rated restaurant culture.

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

Friday, January 7

### Art Appreciation Lecture Series: Impressionism Versus Expressionism: Reactions to the Modern World - Part 2\*

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. 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.

2:00 pm, MJ Wicks Wellness Center

Monday, January 10

### 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, Bristol View 1<sup>st</sup> Floor Gathering Room

You must register to attend. Contact Jana Wennstrom to register at [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) or at 253-756-6219.

Wednesday, January 12

### Beloved Moments from Beethoven's Immortal String Quartet Legacy\*

Geoffrey Block is a musicologist and author of *Experiencing Beethoven: A Listener's Companion*. This Professor Block will present an overview of Beethoven's sixteen string quartets, which traversed the breadth of his entire compositional life. Block will focus on his favorite passages, passages he calls "Beloved Moments from Beethoven's Immortal String Quartet Legacy," unpacking the techniques and beloved moments of Beethoven's quartets and highlighting what makes them special and memorable.

2:00 pm, MJ Wicks Wellness Center

You must register to attend. Contact Jana Wennstrom to register at [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) or at 253-756-6219.

\*Indicates registration is required.

Thursday, January 13, January 20, & January 27

### Self-Care: Practice, Patience, and Positivity\*

What is all this talk about "self-care" and how do I do it without spending a fortune at the spa every week? Join this three-part series to learn about self-care and tap into artistic practices that engage your mind, body and spirit. Together we'll explore the science and art of self-care, enjoying time to restore, create and connect!

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

Thursday, January 13, January 20, & January 27

### Great Courses: Scientific Secrets for a Powerful Memory\*

While all of us have an amazing capacity for memory, there are plenty of times when it seems to fail us.

In just six engaging and interactive lectures, you'll explore the real research (not the fads) on how memory functions—and then apply these findings to help you make better use of the memory abilities you have. By tapping into a series of scientifically proven strategies, tricks, and techniques, and by practicing them through dynamic exercises, you'll emerge from the end of this short course with the ability to process information more effectively and to increase your chance of remembering almost anything you want.

2:00 pm, Tobey Jones Parlor

Wednesday, January 19

### Genealogy: Beyond Ancestry\*

Ancestry.com is one of the largest genealogy databases on the internet today, and they have the advertising dollars to make themselves known. However, there are many, many other online resources (most of them free) that can supplement the information you have on your family and fill in the missing puzzle pieces. We'll talk about census records, vital records, online newspapers, state archives and libraries, cemetery records, military records, and more.

2:00—3:30 pm, MJ Wicks Wellness Center

You must register to attend. Contact Jana Wennstrom to register at [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) or at 253-756-6219.

Wednesday, January 26

### Literary League Book Club— Talking to Strangers: What We Should Know about the People We Don't Know\*

Join us as we discuss *Talking to Strangers: What We Should Know about the People We Don't Know* by Malcolm Gladwell

About the book: *Talking to Strangers* is a classically Gladwellian intellectual adventure, a challenging and controversial excursion through history, psychology, and scandals taken straight from the news. He revisits the deceptions of Bernie Madoff, the trial of Amanda Knox, the suicide of Sylvia Plath, the Jerry Sandusky pedophilia scandal at Penn State University, and the death of Sandra Bland—throwing our understanding of these and other stories into doubt.

Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world.

2:00 pm, Bristol View 1<sup>st</sup> Floor Gathering Room

Friday, January 28

### French Art 1880-1914

Examine French art history in the last quarter of the 1800s including Post-Impressionism, Pont-Aven School, Symbolism, Les Nabis and Fauvism. Learn how these new art styles were an avant-garde reaction to previous art movements. Explore the paintings of Cézanne, Van Gogh, Gauguin, Toulouse-Lautrec, Sérusier, Matisse and other artists. At the start of the "Belle Époque" the visual arts flourished and numerous masterpieces gained extensive recognition. These "fin de siècle" art styles ranged from large color shapes to the tiny dots of pointillism, during this last quarter of the 19th century and beyond.

2:00 pm, Zoom

### Join Zoom Meeting

Meeting ID: 831 1211 2955

Passcode: 019047



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

January 2022

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

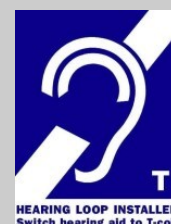
Classes are FREE of charge, unless otherwise marked.

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)

## Learn About Genealogy and How to Create Your Own Family Tree

If you are interested in exploring your family's history but don't know how to get started or what resources are out there, join us for this informative series by Claudia Breland. Claudia has been doing genealogical research since 1974 and has been a professional genealogist since 2008. Her clients come from all over the world, including Norway, Australia, and England, and she has collaborated with



other researchers across the United States to explore local records that are not online.

Claudia has a master's degree in Library Science and has worked for over 10 years in libraries in Western Washington and has taught classes in library research at the community college level. She's also written two books on genealogical research: *Genealogy Offline: Finding Family History Records that are Not Online* and *Searching for Your Ancestors in Historic Newspapers*.

To learn more about Claudia Breland, visit her website at <https://www.ccbreland.com/>.

The class series schedule is as follows:

Wednesday, January 19  
**Genealogy: Beyond Ancestry**  
2:00—3:30 pm, MJ Wicks Wellness Center

Wednesday, February 9  
**Genealogy: Beyond the Basics**  
2:00—3:30 pm, MJ Wicks Wellness Center

Wednesday, March 9  
**Beyond the U.S.: Genealogy Research in Other Countries**  
2:00—3:30 pm, MJ Wicks Wellness Center



You must register for each class that you wish to attend. Contact Jana Wennstrom at [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) or at 253-756-6219 to sign up or ask questions about the classes.

# January 2022



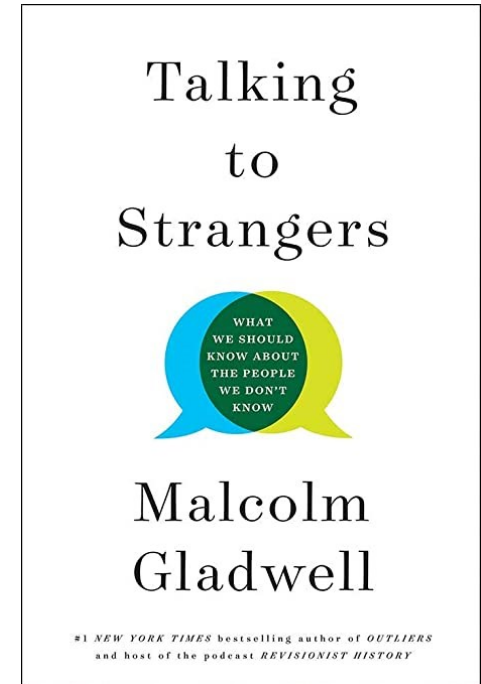
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*Non scholae sed vitae discimus.*

We do not learn for school but for life.

Mon	Tue	Wed	Thu	Fri
3	4	5 10:00 (LP) Great Courses: <i>Classical Mythology</i> *	6 3:00 (Z) Nutrition for Healthy Aging: Gut Healing – The Internal Root Cause	7 10:00 (BV) Great Courses - <i>Food: A Cultural Culinary History</i> * 2:00 (W) Art Appreciation Lecture Series: Impressionism Versus Expressionism - Part 2*
10 1:00 (BV) Brain Training	11	12 10:00 (LP) Great Courses: <i>Classical Mythology</i> * 2:00 (W) Beloved Moments from Beethoven's Immortal String Quartet Legacy*	13 11:00 (BV) Self-Care: Practice, Patience, and Positivity* 2:00 (TJ) Great Courses: <i>Scientific Secrets for a Powerful Memory</i> *	14 10:00 (BV) Great Courses - <i>Food: A Cultural Culinary History</i> *
17	18	19 10:00 (LP) Great Courses: <i>Classical Mythology</i> * 2:00 (W) Genealogy: Beyond Ancestry*	20 11:00 (BV) Self-Care: Practice, Patience, and Positivity* 2:00 (TJ) Great Courses: <i>Scientific Secrets for a Powerful Memory</i> *	21 10:00 (BV) Great Courses - <i>Food: A Cultural Culinary History</i> *
24	25 3:30 (Z) Medicare Basics*	26 10:00 (LP) Great Courses: <i>Classical Mythology</i> * 2:00 (BV) Literary League Book Club— <i>Talking to Strangers</i> *	27 11:00 (BV) Self-Care: Practice, Patience, and Positivity* 2:00 (TJ) Great Courses: <i>Scientific Secrets for a Powerful Memory</i> *	28 10:00 (BV) Great Courses - <i>Food: A Cultural Culinary History</i> * 2:00 (Z) French Art 1880-1914
31				



Wednesday, January 26  
**Literary League Book Club— *Talking to Strangers: What We Should Know about the People We Don't Know*\***  
 Join us as we discuss *Talking to Strangers: What We Should Know about the People We Don't Know* by Malcolm Gladwell  
 2:00 pm, Bristol View 1<sup>st</sup> Floor Gathering Room

### 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