

April Lectures and Events

Friday, April 1, April 8, April 15, April 22, & April 29

Great Courses - Food: A Cultural Culinary History*

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
10:00 am, Bristol View 1st Floor Gathering Room

Friday, April 1

Art Appreciation Lecture Series: Themes of Art*

We'll explore examples of art falling into eight general categories including The Sacred Realm, Politics and the Social Order, Stories and Histories, and more.
2:00 pm, MJ Wicks Wellness Center

Wednesday, April 6

Great Decisions Discussion: Outer Space*

How will the United States fare in a crowded outer space?
3:00 pm, Zoom (Please register in advance to receive the link.)

Thursday, April 7, April 14, & April 21

Rehearsal to Production, an Actor's Perspective*

In these sessions we will take a look behind the scenes and explore the process of bringing a script to life.
11:00 am, Bristol View 1st Floor Gathering Room

Thursday, April 7

Nutrition for Healthy Aging Series: Beyond Food for Health

Learn about the underlying root cause of food choices.
3:00 pm, Zoom
Meeting ID: 875 8652 4938 Passcode: 845170

Friday, April 8, 15, 22, & 29

Color of Law Book Discussion

Join us for a discussion of *The Color of Law: A Forgotten History of How Our Government Segregated America* by Richard Rothstein led by Dr. Dexter Gordon, Executive Vice President of The Evergreen State College. Copies of the book have been made available to FTJ residents in on-campus Book Exchanges and in the Bascom Library.
2:00 – 3:30 pm, Zoom
Meeting ID: 876 7453 7929 Passcode: 845170

Wednesday, April 13

Medicare and Mental Health Services*

Most of us may suffer with some form of anxiety and/or depression. How are these conditions covered under Medicare mental health services? Join us for this informative conversation.
Preregister to get the Zoom link by going to medicareclass.net
11:00 am, Zoom

Wednesday, April 13

Spanish Civil War for Beginners

This lecture will highlight some historical events that can help contextualize the Spanish Civil War and discuss some of the most recognizable names, dates, and events often associated with it.
3:00 pm, Zoom
Meeting ID: 481 600 3295 Passcode: 845170

*Indicates registration is required.

Thursday, April 14

Musical Culture in Imperial China

From the elegant and mystical “Qin” zither to the lively power and brilliance of “Xiju” opera, Chinese music is a world of beauty and a doorway into understanding Chinese civilization.
3:00 pm, Bristol View 1st Floor Gathering Room

Monday, April 18

Chilean Dictatorship for Beginners

This presentation will discuss the most important events and the most significant consequences of this period in Chile's history.
3:00 pm, Zoom
Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, April 20

Hurricane Alley – Birthplace of Atlantic Storms*

Explore how hurricanes are formed, how they are tracked, how they are named, and – with warmer oceans – will it just get worse?
11:00 am, Bristol View 1st Floor Gathering Room

Wednesday, April 20

Meaningful Movies - Chehalis: A Watershed Moment*

“Chehalis: A Watershed Moment” is a 60 minute documentary about how climate change and a legacy of human impact is affecting Washington's Chehalis River and the people living in the watershed. Join us for the movie and stay for the discussion to follow.
2:00 pm, Bristol View 1st Floor Gathering Room

Thursday, April 21

Aged Healthy, Wealthy & Wise: A Conversation with author Coventry Edwards-Pitt

1:00 pm, Zoom
Meeting ID 655 627 5153 Passcode 790292

Thursday, April 21

NAFTA (North American Free Trade Agreement) for Beginners

In this talk, we will discuss the nature of NAFTA, its history, its implications, its influence on Mexican and U.S. societies, as well as its current relevance.
3:00 pm, Zoom
Meeting ID: 481 600 3295 Passcode: 845170

Tuesday, April 26

Medicare and Mental Health Services*

Preregister to get the Zoom link by going to medicareclass.net.
3:30 am, Zoom

Wednesday, April 27

Literary League Book Club— The Library Book*

Join us as we discuss *The Library Book* by Susan Orlean
2:00 pm, Bristol View 1st Floor Gathering Room

Thursday, April 28

Five Answers to Five Questions About the Conquest of America

This lecture will attempt to answer five questions about this traumatic historical event and the consequences it has had on the indigenous populations of the continent. In this way, it will try to demonstrate that the indigenous populations of that time, like those of today, have not been completely defeated.
2:00 pm, Zoom
Meeting ID: 481 600 3295 Passcode: 845170



FRANKE TOBEY JONES
SENIOR UNIVERSITY

Live & Learn

April 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

Aged Healthy, Wealthy & Wise: A Conversation with Author Coventry Edwards-Pitt



There is much about aging we can't control. But there is much more that we can. Wealth advisor Coventry Edwards-Pitt (Covie) applies the success-story format of her highly acclaimed first book, *Raised Healthy, Wealthy & Wise*, to one of today's most pressing issues: How to age well—given our increased longevity—and ensure that our later years have a positive rather than negative impact on our families. Drawing on her many years of professional experience, Covie interviewed vibrant elders. In her newest book, *Aged Healthy, Wealthy & Wise*, she brings to life the daily choices that her interviewees are making that allow them to live content, engaged, and purposeful later lives and design legacies of meaning. The stories and research that Covie will

share today will inspire you to take the actions in your own life that will set you on a course, not only to age well yourself, but also to help ensure that your family experiences your later years not as a burden, but as a gift.

Wealth advisor Coventry Edwards-Pitt (Covie) is a Partner and the Chief Creative Officer of Ballentine Partners, a Boston-area based investment and wealth advisory firm she joined 17 years ago. She was pre-med in college and was drawn to the wealth management industry by her desire to help people—to help them navigate a complex, noisy, often conflicted financial world and implement strategies that weren't just financially sophisticated but also emotionally relevant. Covie is the author of the *Healthy, Wealthy & Wise Collection*, a two-book series based on interviews that highlight success stories of family wealth: the first, *Raised Healthy, Wealthy & Wise* (2014), focuses on raising children to be grounded and successful adults amid wealth and the second, *Aged Healthy, Wealthy & Wise* (2017), focuses on designing a vibrant and purposeful later life and legacy. Covie has spoken widely on the lessons in the books and has been a featured speaker at over 100 events for wealth-owning families and their advisors. She also consults to individuals about how to implement the books' best practices in their own lives and within their own families.

Join Covie for a conversation about her book *Aged Healthy, Wealthy & Wise* on Thursday, April 21 at 1:00 pm via Zoom (Meeting ID 655 627 5153 + Passcode 790292).



April 2022



FRANKE TOBEY JONES
SENIOR UNIVERSITY

Non scholae sed vitae discimus.
We do not learn for school but for life.



Literary League Book Club— *The Library Book**
Join us as we discuss *The Library Book* by Susan Orlean. About the book: In *The Library Book*, Orlean chronicles the LAPL fire and its aftermath to showcase the larger, crucial role that libraries play in our lives; delves into the evolution of libraries across the country and around the world, from their humble beginnings as a metropolitan charitable initiative to their current status as a cornerstone of national identity; brings each department of the library to vivid life through on-the-ground reporting; studies arson and attempts to burn a copy of a book herself; reflects on her own experiences in libraries; and reexamines the case of Harry Peak, the blond-haired actor long suspected of setting fire to the LAPL more than thirty years ago.
2:00 pm, Bristol View 1st 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

Mon

Tue

Wed

Thu

Fri

				<p>1</p> <p>10:00 (BV) Great Courses - <i>Food: A Cultural Culinary History</i>*</p> <p>2:00 (W) Art Appreciation Lecture Series: Themes of Art*</p>
<p>4</p>	<p>5</p>	<p>6</p> <p>3:00 (Z) Great Decisions: Outer Space*</p>	<p>7</p> <p>11:00 (BV) Rehearsal to Production, an Actor's Perspective*</p> <p>3:00 (Z) Nutrition for Healthy Aging: Beyond Food for Health</p>	<p>8</p> <p>10:00 (BV) Great Courses - <i>Food: A Cultural Culinary History</i>*</p> <p>2:00 (Z) <i>Color of Law</i> Book Discussion</p>
<p>11</p>	<p>12</p>	<p>13</p> <p>11:00 (Z) Medicare and Mental Health Services*</p> <p>3:00 (Z) Spanish Civil War for Beginners</p>	<p>14</p> <p>11:00 (BV) Rehearsal to Production, an Actor's Perspective*</p> <p>3:00 (BV) Musical Culture in Imperial China*</p>	<p>15</p> <p>10:00 (BV) Great Courses - <i>Food: A Cultural Culinary History</i>*</p> <p>2:00 (Z) <i>Color of Law</i> Book Discussion</p>
<p>18</p> <p>3:00 (Z) Chilean Dictatorship for Beginners</p>	<p>19</p>	<p>20</p> <p>11:00 (BV) Hurricane Alley – Birthplace of Atlantic Storms*</p> <p>2:00 (BV) Meaningful Movies— <i>Chehalis: A Watershed Moment</i></p>	<p>21</p> <p>11:00 (BV) Rehearsal to Production, an Actor's Perspective*</p> <p>1:00 (Z) <i>Aged Healthy, Wealthy & Wise: A Conversation with author Coventry Edwards-Pitt</i></p> <p>3:00 (Z) NAFTA for Beginners</p>	<p>22</p> <p>10:00 (BV) Great Courses - <i>Food: A Cultural Culinary History</i>*</p> <p>2:00 (Z) <i>Color of Law</i> Book Discussion</p>
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