

## August Lectures and Events

\*Indicates registration is required.

Monday, August 1, August 8, August 15, & August 22

### Life Stories: The Art of Memoir\*

Students will learn the techniques used by writers - dialogue, narrative, tension, etc. - to craft successful memoirs. This 6-week class will include study and discussion of effective memoirs and writing exercises designed to help students tell their stories.

3:00 pm, Zoom (Pre-register to receive the link)

Wednesday, August 3, August 10, August 17, August 24, & August 31

### Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age\*

Professor of Medicine Dr. Anthony A. Goodmangives you a wealth of knowledge on which you can rely even as the science around it continues to evolve.

10:00 am, Tobey Jones Parlor

Wednesday, August 3

### Great Decisions Discussion: The Quad Alliance\*

As part of the U.S. pivot to Asia, the United States has been in dialogue with Japan, Australia, and India in an effort to contain China. How effective will the actions of this alliance be?

3:00 pm, Zoom (Please register in advance to receive the link.)

Thursday, August 4, August 11, August 18, & August 25

### Great Courses: The Vikings\*

As explorers and traders, the Vikings played a decisive role in the formation of Latin Christendom, and particularly of Western Europe.

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

Thursday, August 4

### Nutrition for Healthy Aging Series: Fat and the Diet

Find out which foods provides all the different and essential fatty acids and which one to avoid. You might be very surprised!

3:00 pm, Zoom

Meeting ID: 875 8652 4938 Passcode: 845170

Monday, August 8

### The History of Opera: Opera in the 20th Century and Beyond\*

3:00 pm, MJ Wicks Wellness Center

Wednesday, August 10

### HMO VS. PPO\*

Medicare Advantage plans have grown in popularity over the past decade and there are many different options to choose from. In fact, in 2022, Medicare beneficiaries will have access to an average of 39 different plan options across the United States. With so many options to choose from, it's important to have a good understanding of the differences between the two most popular plan designs, a Health Maintenance Organization (HMO) and a Preferred Provider Organization (PPO).

Preregister to get the Zoom link at medicareclass.net .

11:00 am, Zoom

Wednesday, August 10

### Alzheimer's Association Lecture Series: Legal Planning\*

Legal planning, as early in the disease as possible, are of paramount importance for those who have dementia and their families, this class will provide practical information on topics such as making legal plans that fit your needs, important legal documents and what they mean, strategies for making a long-term plan of care, how to find legal assistance. Please note: this presentation is appropriate for the person with early-stage memory loss and for family caregivers.

2:00 pm, MJ Wicks Wellness Center

Thursday, August 11

### Ethiopian Orthodox Church\*

Neal Sobania...

2:00 pm, MJ Wicks Wellness Center

Wednesday, August 17

### Meaningful Movies: \*

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

Thursday, August 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

Friday, August 19

### Writing the Persuasive Essay\*

Study the art of written persuasion, including call to action, emotional appeal, and authorial presence. Students will write, workshop, and revise one persuasive essay.

11:00 am, Zoom (Pre-register to receive the Zoom link)

Friday, August 19

### When Death Is Welcome: Hastening Dying Ethically, Legally, and with Palliative Support

The class will begin with a brief but comprehensive review of legally permissible ways for a patient to hasten death, including their major respective advantages and disadvantages to patient and family. Ethical arguments – some readily accepted, some highly controversial – will then be explored, particularly those about several of the less well-known or understood options. Special attention will be given to options for hastening death for those who wish to avoid living into the final stages of progressive dementia (including Alzheimer's).

2:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Tuesday, August 23

### HMO VS. PPO\*

Preregister to get the Zoom link at medicareclass.net .

3:30 pm, Zoom

Wednesday, August 24

### Literary League Book Club— The Life We Bury\*

Join us as we discuss *The Life We Bury* by Allen Eskens

About the book: College student Joe Talbert has the modest goal of completing a writing assignment for an English class. His task is to interview a stranger and write a brief biography of the person. With deadlines looming, Joe heads to a nearby nursing home to find a willing subject. There he meets Carl Iverson, and soon nothing in Joe's life is ever the same. Carl is a dying Vietnam veteran—and a convicted murderer. With only a few months to live, he has been medically paroled to a nursing home, after spending thirty years in prison for the crimes of rape and murder. As Joe writes about Carl's life, especially Carl's valor in Vietnam, he cannot reconcile the heroism of the soldier with the despicable acts of the convict. Joe, along with his skeptical female neighbor, throws himself into uncovering the truth, but he is hamstrung in his efforts by having to deal with his dangerously dysfunctional mother, the guilt of leaving his autistic brother vulnerable, and a haunting childhood memory. Thread by thread, Joe unravels the tapestry of Carl's conviction. But as he and Lila dig deeper into the circumstances of the crime, the stakes grow higher. Will Joe discover the truth before it's too late to escape the fallout?

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

Thursday, August 25

### Art of the Aloha Shirt: Keoni of Hawaii, 1938–1951\*

2:00 pm, MJ Wicks Wellness Center

Wednesday, August 31

### Washington State History Museum Visit\*

2:00 – 3:30 pm, Field Trip to Washington State History Museum (bus departs from the Bistro at 1:30 pm)



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

August 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)

## Art of the Aloha Shirt

Perhaps you've owned an Aloha shirt at sometime in your life, or even have one in your closet now. Here's your chance to learn a bit about the history behind Aloha shirts with help from The Washington State History Museum's Lead Exhibitions Curator, Gwen Whiting, during the following two upcoming programs.

Thursday, August 25

### Art of the Aloha Shirt: Keoni of Hawaii, 1938–1951\*

Join Gwen Whiting, Lead Exhibitions Curator at the Washington State History Museum, for this talk about the exhibit *Art of the Aloha Shirt: Keoni of Hawaii, 1938–1951*. This exhibition of sixty objects, including original textile artwork, production sketches and swatches, advertisements, and vintage shirts tells the story of an early innovator, John "Keoni" Meigs, in an industry that has left an indelible mark on fashion in the United States and the world.

2:00 pm, MJ Wicks Wellness Center

Wednesday, August 31

### Washington State History Museum Visit\*

Join Gwen Whiting for an introduction to the exhibit *Art of the Aloha Shirt: Keoni of Hawaii, 1938–1951* and then explore the rest of the museum on your own.

2:00 – 3:30 pm, Field Trip to Washington State History Museum



# August 2022



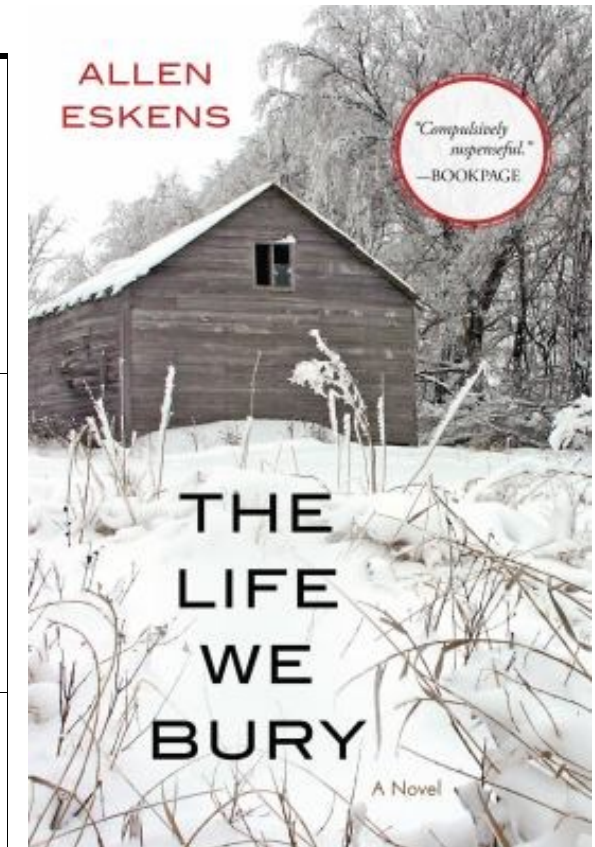
FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.

Mon	Tue	Wed	Thu	Fri
1 3:00 (Z) Life Stories: The Art of Memoir*	2	3 10:00 (TJ) Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age* 3:00 (Z) Great Decisions: The Quad Alliance*	4 11:00 (BV) Great Courses: The Vikings* 3:00 (Z) Nutrition for Healthy Aging: Fat and the Diet	5
8 3:00 (Z) Life Stories: The Art of Memoir* 3:00 (W) Opera in the 20th Century and Beyond*	9	10 10:00 (TJ) Great Courses - Lifelong Health* 11:00 (Z) HMO VS. PPO* 2:00 (W) Alzheimer's Association Lecture Series: Legal Planning*	11 11:00 (BV) Great Courses: The Vikings* 2:00 (W) Ethiopian Orthodox Church*	12
15 3:00 (Z) Life Stories: The Art of Memoir*	16	17 10:00 (TJ) Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age* 2:00 (BV) Meaningful Movies:	18 11:00 (BV) Great Courses: The Vikings* 4:00 (W) Chat with Councilman Hines*	19 11:00 (Z) Writing the Persuasive Essay* 2:00 (Z) When Death Is Welcome: Hastening Dying Ethically, Legally, and with Palliative Support
22 3:00 (Z) Life Stories: The Art of Memoir*	23 3:30 (Z) HMO VS. PPO*	24 10:00 (TJ) Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age* 2:00 (BV) Literary League Book Club— <i>The Life We Bury</i> *	25 11:00 (BV) Great Courses: The Vikings* 2:00 (W) Art of the Aloha Shirt: Keoni of Hawaii, 1938–1951*	26
29	30	31 10:00 (TJ) Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age* 2:00 (FT) Washington State History Museum Visit*		



Wednesday, August 24  
**Literary League Book Club— *The Life We Bury*\***  
 Join us as we discuss *The Life We Bury* by Allen Eskens  
 2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

### Legend

- # Registration and fee
- \* Registration, no cost

### Location Codes:

- (B) Lillian Pratt Bascom Library
- (BV) Bristol View Bowditch 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