

September Lectures and Events

*Indicates registration is required.

Thursday, September 1, September 8, September 15, September 22, & September 29

Great Courses: The Vikings*

In this course, you will study the Vikings not only as warriors, but also in other roles for which they were equally extraordinary: merchants, artists, kings, raiders, seafarers, shipbuilders, and creators of a remarkable literature of myths and sagas.

11:00 am, Bristol View 1st Floor Bowditch Room

Thursday, September 1

Nutrition for Healthy Aging Series: Cholesterol

In this class I will explain what cholesterol really is, how it functions in the body, why it is so important and what the underlying root problem really is.

3:00 pm, Zoom

Meeting ID: 875 8652 4938 Passcode: 845170

Friday, September 2, September 9, September 16, September 23, & September 30

Writing Forever Letters*

This 5-week course introduces participants to the value of writing about their own beliefs and values to the people important in their lives, whether they be living or have passed on.

10:00 – 11:30 am, Bristol View 1st Floor Bowditch Room

Friday, September 2

Conservation and Natural History of the Seabirds of the Salish Sea*

Moving between islands, seascapes, and species of the waters of Washington, Peter Hodum will share stories about a collaborative research program focused on advancing our understanding and conservation of species such as the Tufted Puffin and Marbled Murrelet.

2:00 pm, MJ Wicks Wellness Center

Wednesday, September 7, September 14, September 21, & September 28

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

In 36 lectures that have the feel of a personal chat with a knowledgeable and compassionate family physician, Professor of Medicine Dr. Anthony A. Goodman.

10:00 am, Tobey Jones Parlor

Wednesday, September 7

Great Decisions Discussion: Industrial Policy*

The upheaval in supply chains during the pandemic exposed weaknesses in the international economy. What policies can the United States implement to deal with trade and the economy?

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

Thursday, September 8, September 15, September 22, & September 29

Tacoma Community Ukulele Project: Exploring the Ukulele*

2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, September 9

Acrylic Landscapes*

Learn the basic techniques of acrylic painting in this class. You will recreate a landscape from your favorite photograph or from your imagination. This class is great for beginners or artists of any level.

2:00—4:00 pm, MJ Wicks Wellness Center

Wednesday, September 14

Medicare Annual Enrollment Period: What This Means for You and Important Things You Must Do*

It's that time of year and you will be getting lots of Medicare mail, phone calls, and emails. Everyone wants your business. Before you decide to change or not, in this session, we will discuss what you need to know and do before deciding anything. Join us for great insight and conversations.

Preregister here to get the Zoom link: go to medicareclass.net

11:00 am, Zoom

Wednesday, September 14

Alzheimer's Association Lecture Series: Effective Communication Strategies*

Improving communication with persons with dementia can lead to a decrease in dementia-related behaviors and distress and to improved quality of life for both care recipient and care partner. This class will help participants learn to understand and enter the world of the person with dementia and implement techniques for improving communication. It will also provide a brief overview of dementia basics.

2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, September 16

Genealogy: Beyond the Basics*

Learn how to search and find information in land, probate, and military records, both online and offline.

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

Wednesday, September 21

Meaningful Movies: INHABITANTS*

INHABITANTS is a feature documentary that follows five Native American Tribes across deserts, coastlines, forests, and prairies as they restore their traditional land management practices.

2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, September 23

Lady at the Crossroads: Narcissa Whitman – Living History Performance by Karen Haas*

2:00 pm, MJ Wicks Wellness Center

Tuesday, September 27

Medicare Annual Enrollment Period: What This Means for You and Important Things You Must Do*

Yep, it's that time of year and you will be getting lots of Medicare mail, phone calls, and emails. Everyone wants your business. Before you decide to change or not, in this session, we will discuss what you need to know and do before deciding anything. Join us for great insight and conversations.

Preregister here to get the Zoom link: go to medicareclass.net

3:30 am, Zoom

Wednesday, September 28

Literary League Book Club— Girl Waits with Gun*

Join us as we discuss *Girl Waits with Gun* by Amy Stewart

About the book: Constance Kopp doesn't quite fit the mold. She towers over most men, has no interest in marriage or domestic affairs, and has been isolated from the world since a family secret sent her and her sisters into hiding fifteen years ago. One day a belligerent and powerful silk factory owner runs down their buggy, and a dispute over damages turns into a war of bricks, bullets, and threats as he unleashes his gang on their family farm. When the sheriff enlists her help in convicting the men, Constance is forced to confront her past and defend her family — and she does it in a way that few women of 1914 would have dared.

2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, September 30

My Life and Times in Ethnic Minority Psychology: From Oriental to Asian, Awareness to Appreciation*

Born and raised in Hawaii, John Moritsugu's early life experiences were not framed by ethnicity and culture in the same way that a fish does not realize they are in the water. Today, culture and ethnicity are a central consideration in understanding individuals and our society. Professor Moritsugu will describe his personal experiences that led him to appreciating this perspective.

2:00 pm, MJ Wicks Wellness Center



FRANKE TOBEY JONES
SENIOR UNIVERSITY

Live & Learn

September 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

Learn to Play the Ukulele!

The ukulele is an instrument that you can learn chords & songs on with no prior musical training. Please join us for a 4-week primer class, regardless of your previous musical experience, and leave with the tools to keep learning on your own. You will learn at least 8 songs, multiple strumming patterns, practice techniques to carry your learning into the future, and all in a fun & engaging social setting! It is recommended that you bring your own ukulele (so that you will have one to practice with at home between classes), but some ukuleles will be on hand during the classes for those who don't have one and don't want to purchase one.

The instructor, Tommy Hawthorne, is a musician equally devoted to music performance and education. He splits his time between playing & teaching double bass in a variety of settings and working with the Tacoma Youth Symphony Association (TYSA) as their Education Manager. Holding his graduate and bachelor's degrees from the University of Michigan, Tommy has had the opportunity to study double bass under the tutelage of many of the world's finest instructors. As Education Manager with TYSA, Tommy serves the greater South Sound region in a number of capacities, including visiting middle and high schools to offer string sectionals, organizing run-out performances in the community for youth symphony students, and spearheading TYSA's new Tacoma Community Ukulele Project (TCUP). TCUP's aim is to provide ukulele courses in partnership



with organizations throughout the South Sound that allow students to participate with no financial obligation or prior musical knowledge.

Tacoma Community Ukulele Project: Exploring the Ukulele*

Thursday, September 8, September 15, September 22, & September 29
2:00 pm, Bristol View 1st Floor Bowditch Room

Lady at the Crossroads: Narcissa Whitman

Our nation's history is the story of diverse cultures meeting and interacting in ways both peaceful and hostile. As a missionary to the Cayuse in what is now Eastern Washington, Narcissa Whitman was at the center of one such cultural intersection. Using the text of many of Narcissa's letters as well as portions of her beloved hymns, Karen Haas, living history performer, portrays Mrs. Whitman as she shares her challenges, joys, and sorrows. Join us for this performance on September 23rd at 2:00 pm in the MJ Wicks Wellness Center.*



September 2022








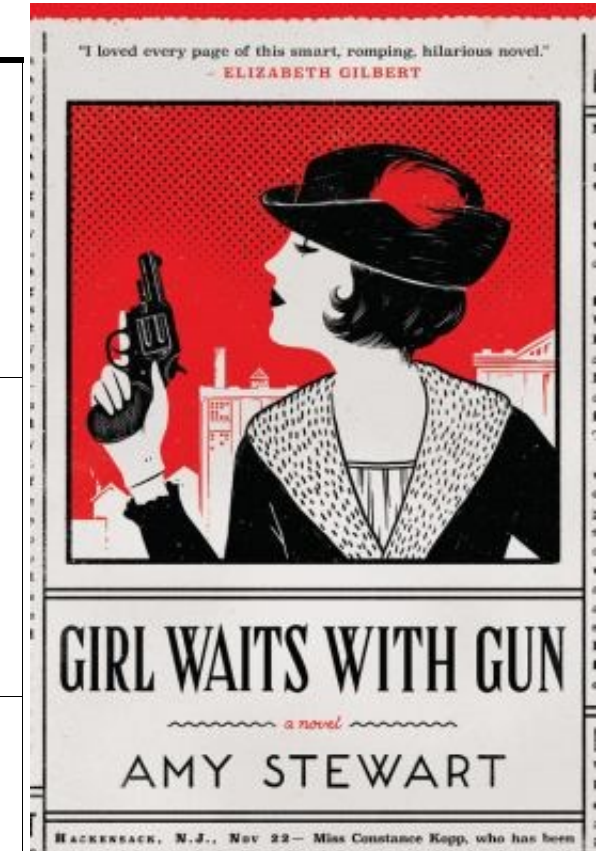
FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|---|
|  | | | 1 11:00 (BV) Great Courses: The Vikings* 3:00 (Z) Nutrition for Healthy Aging: Cholesterol | 2 10:00 (BV) Writing Forever Letters* 2:00 (W) Conservation and Natural History of the Seabirds of the Salish Sea* |
| 5  | 6 | 7 10:00 (TJ) Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age* 3:00 (Z) Great Decisions: Industrial Policy* | 8 11:00 (BV) Great Courses: The Vikings* 2:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele* | 9 10:00 (BV) Writing Forever Letters* 2:00 (W) Acrylic Landscapes* |
| 12  | 13 | 14 10:00 (TJ) Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age* 11:00 (Z) Medicare Annual Enrollment* 2:00 (BV) Effective Communication Strategies* | 15 11:00 (BV) Great Courses: The Vikings* 2:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele* | 16 10:00 (BV) Writing Forever Letters* 2:00 (W) Genealogy: Beyond the Basics* |
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Wednesday, September 28

Literary League Book Club— *Girl Waits with Gun**

Join us as we discuss *Girl Waits with Gun* by Amy Stewart

2:00 pm, Bristol View 1st 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