

October Lectures and Events

*Indicates registration is required.

Wednesday, October 5, October 12, October 19, & October 26

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

This is your essential reference guide to healthy living, packed with information and sound advice rooted in the latest scientific understanding of nutrition, physiology, and other related fields.

10:00 am, Tobey Jones Parlor

Wednesday, October 5

Great Decisions Discussion: Drug Policy in Latin America*

What are the roots and the bureaucratic logic behind today's dominant drug policies in Latin America? Is it time to reconsider punitive drug control policies that disrupt supply chains and punish drug possession?

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

Thursday, October 6, October 13, October 20, & October 27

Great Courses: The Vikings*

In this 18-week 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, October 6

Nutrition for Healthy Aging Series: Grains – The Pros and Cons

You will hear about the issue with digesting all grains, how to resolve the issue and the benefits of consuming properly prepared whole grains.

3:00 pm, Zoom

Meeting ID: 875 8652 4938 Passcode: 845170

Friday, October 7

Alzheimer's Association Lecture Series: Dementia Conversations*

This workshop offers tips on how to have honest and caring conversations with family members about three difficult topics: going to the doctor, deciding when to stop driving, and making legal and financial plans.

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

Friday, October 7

Art Appreciation Lecture Series: Themes of Art Part 1*

We'll explore examples of art falling into general categories including The Sacred Realm, Politics and the Social Order, Stories and Histories, and Looking Outward: The Here and Now.

2:00 pm, MJ Wicks Wellness Center

Wednesday, October 12

Medicare Advantage Plans*

This discussion will be about everything Medicare advantage plans. Preregister at medicareclass.net

11:00 am, Zoom

Wednesday, October 12

Beneath the Southern Cross*

Learn about the most famous constellation in the Southern Hemisphere, the Southern Cross, and its role in history, ancient navigation, legends, and stories about it from Australia, New Zealand, Africa, China, Greece, and South Pacific islands.

3:00 pm, MJ Wicks Wellness Center

Thursday, October 13

Apple User Group#

Monthly topics will vary by class. If you are interested in attending, please register in advance, and bring your Mac, iPad, or iPhone and questions! The cost is \$5 per class.

1:00 pm, Pt. Defiance-Ruston Senior Center

Thursday, October 13

Competing Ideologies in US Politics: Historical Foundations of Fascism and Liberal Democracies*

This first of three lectures presents the ideal traits, or characteristics, of historical fascism and discusses how fascism can arise in liberal democracies. The presentation helps to clarify what is meant by fascism; a term that is increasingly being evoked in contemporary US politics.

3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, October 14

Bookmaking Class: Flutter Book*

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

Wednesday, October 19

Meaningful Movies - Stories of Us: Camp Second Chance*

An intimate look into homelessness here in the northwest. Director Melinda Raebyne embeds herself at one of Seattle's homeless camps over one winter, challenging public ignorance and humanizing a population that locals would rather neglect.

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

Thursday, October 20

Competing Ideologies in US Politics: Contemporary Far Right Extremism and Conservatism*

The Second lecture in this series examines the ideal traits, or characteristics, of far-right extremism and compares and contrasts conservatism in relation to the far right. The presentation examines the implications of far-right inroads into mainstream US politics.

3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, October 21

Varieties of Envy*

In this lecture, Professor Protasi defends a novel taxonomy of envy, according to which there are four kinds of envy: emulative, inert, aggressive, and spiteful envy. She will illustrate four paradigmatic cases and provide a detailed analysis of how each of them feels and what it motivates one to do. She will end by briefly alluding to the role envy plays in human flourishing.

3:00 pm, MJ Wicks Wellness Center

Wednesday, October 26

Literary League Book Club— The Last Resort*

Join us as we discuss *The Last Resort* by Marissa Stapley

About the book: Johanna and Ben have a marriage that looks perfect on the surface, but, they don't know each other at all. Shell and Colin fight constantly: after all, Colin is a workaholic, and Shell always comes second to his job as an executive at a powerful mining company. But what has really torn them apart is too devastating to talk about. When both couples begin Harmony's intensive therapy program, it becomes clear that Harmony is not all it seems—and neither are Miles and Grace themselves. What are they hiding, and what price will these couples pay for finding out?

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

Thursday, October 27

Competing Ideologies in US Politics: Why Anti-Fascism/Antifa in the 21st Century?*

The concluding lecture in this series examines the ideal traits, or characteristics, of anti-fascism as a counter-movement that differs from other types of social movements. The presentation examines anti-fascism historically and in our current context of US politics.

3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, October 28

Basic Computer#

Do you know what a web browser is? What about a server or search engine? This is part of an ongoing computer class. Sign up is required. Each class is \$5.00.

1:00 pm, Pt. Defiance-Ruston Senior Center

Friday, October 28

Murder, Magic, & Witchcraft: The Science of Herbal Poisons During the Salem Witch Trials*

For centuries, plants have been used as sources of medicinally active compounds. These compounds extracted from plants and used in their optimal amounts can help cure certain diseases but are toxic if the concentrations are too high. Herbalists of the 17th century often accidentally overdosed during self-experimentation on physiological or psychoactive plant extracts—thus was born the idea of witches, witch-brews, and wild drug-induced flights on broom sticks into the night. University of Puget Sound Biology Professor Andreas Madlung will talk about the world of plant drugs, poisons, and hallucinogens and relate them to what we know about witches and their traditions.

3:00 pm, MJ Wicks Wellness Center



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

October 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

Competing Ideologies in US Politics

Join Senior University for a 3-lecture series exploring competing ideologies in US politics led by Dr. Michael Vavrus. Professor Vavrus received his M.A. and Ph.D. from Michigan State University and B.A. from Drake University. He is Professor Emeritus at The Evergreen State College where he teaches interdisciplinary programs in education, history, and political economy. He is the author of *Teaching Anti-Fascism: A Critical Multicultural Pedagogy for Civic Engagement, Diversity and Education: A Critical Multicultural Approach, Transforming the Multicultural Education of Teachers: Theory, Research, and Practice*, and co-editor of *Intersectionality of Race, Ethnicity, Class, & Gender in Teaching and Teacher Education: Movement Toward Equity in Education*. Dr. Vavrus is past president of the Association of Independent Liberal Arts Colleges for Teacher Education and the state of Washington Association of Colleges for Teacher Education.

Lectures include:

Competing Ideologies in US Politics: Historical Foundations of Fascism and Liberal Democracies—

Thursday, October 13

Competing Ideologies in US Politics: Contemporary Far Right Extremism and Conservatism—

Thursday, October 20

Competing Ideologies in US Politics: Why Anti-Fascism/Antifa in the 21st Century? —

Thursday, October 27

All classes take place at 3:00 pm in the Bristol View 1st Floor Bowditch Room. Please pre-register to attend.



Bookmaking Class—The Flutter Book

The flutter book structure is a version of the accordion book structure. The seeming simplicity of folded book structures easily lend to creating more complex structures. In this structure single folded signatures are arranged, and their fore-edges are glued together. You can read a flutter book like a regular book or display it as a sculptural piece. In this workshop you will learn the fundamentals of folding, scoring and folding tools and explore the



versatility of this structure. This class will start by making a model book to learn the fundamentals of the structure. Then participants will move to creating two finished books using artist papers. Each participant will take away the book structure in a "learning model" format and two finished books made with artist paper.

Pre-register to participate in this class on October 14 from 2:00–4:00 pm in the Wellness Center.



To register for a class, contact Jana Wennstrom at jwennstrom@franketobeyjones.com or 253.756.6219

www.FrankeTobeyJones.com / Phone: 253.752.6621

October 2022








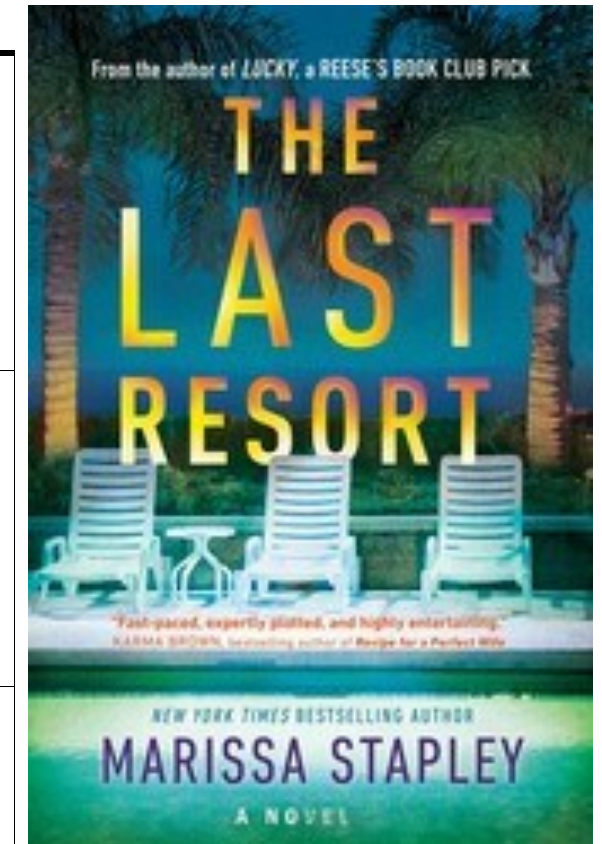
FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.

Mon	Tue	Wed	Thu	Fri
3	4	5 10:00 (TJ) Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age* 3:00 (Z) Great Decisions: Drug Policy in Latin America*	6 11:00 (BV) Great Courses: The Vikings* 3:00 (Z) Nutrition for Healthy Aging: Grains – The Pros and Cons	7 10:00 (BV) Alzheimer's Association Lecture Series: Dementia Conversations* 2:00 (W) Art Appreciation Lecture Series: Themes of Art Part 1*
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Wednesday, October 26

Literary League Book Club— *The Last Resort**

Join us as we discuss *The Last Resort* by Marissa Stapley

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
- (SC) Pt. Defiance-Ruston Senior Center
- (TJ) Tobey Jones Parlor
- (W) MJ Wicks Wellness Center
- (WS) Tobey Jones Woodshop
- (Z) Zoom