

November Lectures and Events

*Indicates registration is required.

Wednesday, November 2, November 9, & November 16

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

Lifelong Health: Achieving Optimum Well-Being at Any Age 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, November 2

Great Decisions Discussion: Biden's Agenda*

How will issues such as climate, the pandemic, and alliances be treated under the Biden administration?
3:00 pm, Zoom (Please register in advance to receive the link.)

Thursday, November 3, November 10, & November 17

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, November 3

Nutrition for Healthy Aging Series: Fad Diets – The Similarities and Differences

This is a chance to learn about multiple popular eating patterns and trends. You will learn what they all avoid and what they all include as well as have a chance to ask detailed questions.

2:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 875 8652 4938 Passcode: 845170

Friday, November 4

Alzheimer's Association Lecture Series: Managing Money - A Caregiver's Guide to Finances*

Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

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

Friday, November 4

Art Appreciation Lecture Series: Themes of Art Part 2*

To better appreciate the art that is immediately around us, and in the world, it can be helpful to categorize it according to different themes. We'll explore examples of art falling into general categories including Looking Inward: The Human Experience, Invention and Fantasy, The Natural World, and Art About Art.

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

Friday, November 4

Meet Judicial Candidate Dee Sonntag*

Participate in an open discussion with the judicial candidate, Dee Sonntag – Tacoma Municipal Court Position 1.

4:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, November 9

Medicare Supplement Insurance, aka Medigap Plans*

The conversation will be everything about Medicare supplement plans! Preregister here to get the Zoom link: go to medicareclass.net

11:00 am, Zoom

Wednesday, November 9

From the Streets of Shakespeare to the Court of Elizabeth*

2:00 pm, MJ Wicks Wellness Center

Thursday, November 10

Ballads and Story Songs – a Kat Eggleston Performance*

A performance of traditional story songs from England and Scotland, with discussion of their transformation as they age and as they travel to different countries, including the U.S. There'll be a few surprisingly familiar songs that have lasted through the ages to find a new life in the popular music of the modern world.

2:00 pm, MJ Wicks Wellness Center

Friday, November 11

Exploring the String Quartet*

Explore and come to understand why the string quartet is such a wonderful combination of instruments. We will demonstrate how our instruments complement each other and explain how we communicate musically with each other. In the process we will perform some of our favorite string quartet music providing interesting tidbits about the music and composers we play. Questions will be welcomed.

10:00 am, MJ Wicks Wellness Center

Friday, November 11

Demystifying Pre-planning – Educational Seminar*

This seminar presented by Mountain View Funeral Home will discuss the benefits of preplanning your end-of-life arrangements. It will also include Veteran's benefits as well.

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

Wednesday, November 16

Meaningful Movies: The Human Trial*

Unprecedented, real-time access to the world's sixth embryonic stem cell trial. An intimate journey with the patients and scientists who put themselves on the line. In 2011, Lisa Hepner and her husband Guy Mossman heard about a radical stem cell treatment for diabetes, a disease that shockingly kills more than five million people each year. Driven by a desire to cure Lisa of her type 1 diabetes (T1D), the filmmakers were given unprecedented access to a clinical trial-- only the sixth-ever embryonic stem cell trial in the world.

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

Thursday, November 17

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.

2:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 481 600 3295 Passcode: 845170

Friday, November 18

Pet Portrait Painting*

Learn the basic techniques of acrylic painting in this class. You will create a portrait of a local shelter animal using a pre-sketched canvas on behalf of the 501(c)3 non-profit PawsWithCause. This class is great for beginners or artists of any level.

2:00 – 4:00 pm, Tobey Jones Craft Room

Monday, November 21

CaptionCall: Caption Phones for the Hard of Hearing*

CaptionCall helps people with hearing loss who need captions to use the phone effectively at NO COST. Come to this presentation to learn more!

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

Tuesday, November 22

Literary League Book Club— The Huntress*

Join us as we discuss *The Huntress* by Kate Quinn

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

Wednesday, November 30

Continents in Collision – Movement of Continents and the Building of Mountains*

See how much we have learned about our earth in the last 50 years and see what our planet is up to in our part of the world.

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

Wednesday, November 30

Zentangle Time!*

Even if you have never taken a Zentangle class, you will be successful as we explore basic tangles using 3.5" and round paper tiles, a Sakura Micron black ink pen, and graphite for shading.

2:00 – 4:00 pm, Wellness Center



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

November 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

Zentangle Series

Zentangle is a drawing method that combines simple shapes and repetitive lines to make an interesting piece of art. There is a meditative quality to the process that is perfect for this busy time of year. Spark your creativity and find your calm with these classes:

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Zentangle Time!*

Even if you have never taken a Zentangle class, you will be successful as we explore basic tangles using 3.5" and round paper tiles, a Sakura Micron black ink pen, and graphite for shading.

2:00 – 4:00 pm, Wellness Center

Wednesday, December 7

Zentangled Up in Gray*

Welcome to the work of gray! Discover new opportunities as we explore tangling on 3.5" gray-toned tiles using a blue Sakura Micron pen and shading with graphite and a chalk pencil.

2:00 – 4:00 pm, Wellness Center

Wednesday, December 14

Holiday Zentangle*

Seasonal art will take center stage in this class! Using red and green Sakura Micron pens, we will be creating festive and fun projects using basic tangles on 3.5" round tiles. Because it's the season for surprises, the class will end with a fun addition to your art.

2:00 – 4:00 pm, Wellness Center

You must register to attend. Register at jwennstrom@franketobeyjones.com or at 253-756-6219.



From the Streets of Shakespeare to the Court of Elizabeth

Have you ever wondered what life was like in Shakespeare's time? In this two-costume program, Tames Alan presents a look into the lives of the working class and the nobility during the Elizabethan era. She discusses what these people ate, wore, and what it was like to go to the doctor.

Tames Alan is an actress, historian, and fashion history teacher who has combined her skills to create Living History Lectures for people of all ages. Since 1986, she has been touring her programs throughout the United States and Canada.

Tames studied theater and history at Willamette University in Oregon and theater at the American Conservatory Theater in San Francisco and the Dell Arte School in California.

Join us for Tames' program on November 9th at 2:00 pm in the MJ Wicks Wellness Center. Please register to attend.



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

www.FrankeTobeyJones.com / Phone: 253.752.6621

November 2022

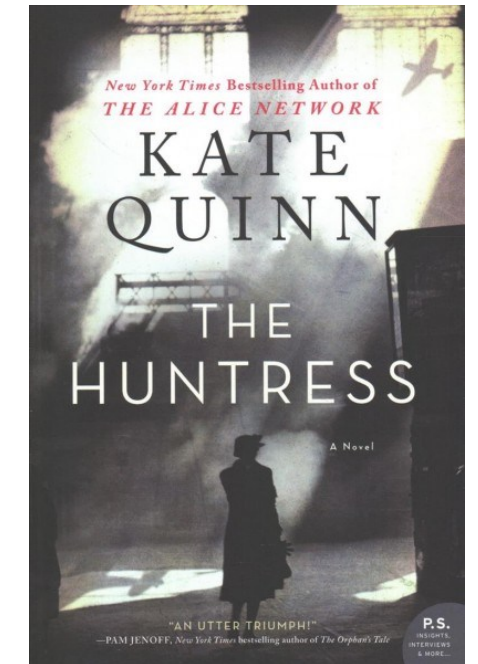


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Tuesday, November 22

Literary League Book Club— *The Huntress**

Join us as we discuss *The Huntress* by Kate Quinn
About the book: Stranded behind enemy lines, brave bomber pilot Nina Markova becomes the prey of a lethal Nazi murderess known as the Huntress and joins forces with a Nazi hunter and British war correspondent to find her before she finds them.

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

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><i>be thankful</i> ♥</p>	<p>2</p> <p>10:00 (TJ) Great Courses - Lifelong Health: Achieving Optimum Well-Being at Any Age*</p> <p>3:00 (Z) Great Decisions: Biden's Agenda*</p>	<p>3</p> <p>11:00 (BV) Great Courses: The Vikings*</p> <p>2:00 (Z) Nutrition for Healthy Aging: Fad Diets – The Similarities and Differences</p>	<p>4</p> <p>10:00 (BV) Managing Money - A Caregiver's Guide to Finances*</p> <p>2:00 (BV) Themes of Art Part 2*</p> <p>4:00 (BV) Meet Judicial Candidate Dee Sonntag*</p>	
<p>7</p>	<p>8</p>	<p>9</p> <p>10:00 (TJ) Great Courses - Lifelong Health*</p> <p>11:00 (Z) Medigap Plans*</p> <p>2:00 (W) From the Streets of Shakespeare to the Court of Elizabeth*</p>	<p>10</p> <p>11:00 (BV) Great Courses: The Vikings*</p> <p>1:00 (SC) Apple User Group#</p> <p>2:00 (W) Ballads and Story Songs – a Kat Eggleston Performance*</p>	<p>11</p> <p>★ THANK YOU ★ <i>veterans</i></p> <p>10:00 (W) Exploring the String Quartet*</p> <p>2:00 (BV) Demystifying Pre-planning – Educational Seminar*</p>
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<p>21</p> <p>2:00 (BV) CaptionCall: Caption Phones for the Hard of Hearing*</p>	<p>22</p> <p>2:00 (BV) Literary League Book Club—<i>The Huntress</i>*</p>	<p>23</p>	<p>24</p> <p>HAPPY THANKS GIVING</p>	<p>25</p> <p>1:00 (SC) Basic Computer#</p>
<p>28</p>	<p>29</p>	<p>30</p> <p>11:00 (BV) Continents in Collision – Movement of Continents and the Building of Mountains*</p> <p>2:00 (W) Zentangle Time!*</p>		