

## December Lectures and Events

\*Indicates registration is required.

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

**Great Courses - The Other Side of History: Daily Life in the Ancient World\***  
The Other Side of History: Daily Life in the Ancient World is your chance to get beyond the abstract dates and figures, kings and queens, and battles and wars that make up so many historical accounts. Over the course of 48 richly detailed lectures, Professor Robert Garland of Colgate University covers the breadth and depth of human history from the perspective of the so-called ordinary people, from its earliest beginnings through the Middle Ages.

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

Thursday, December 1

### United Health Care Open Enrollment Session\*

Drop in to learn more about United Healthcare options during open enrollment.

2:00 – 4:00 pm, Wellness Center

Friday, December 2

### Seniors Helping Seniors: Top Holiday Scams to Avoid\*

Are you tuned-in to holiday scams impacting seniors and their families currently? This class will review 5 types of scams to pick up on and examples of the activity. We will practice what to do to protect yourself and your family for each type of scam. Learn how to identify the latest fraudulent activity and actions you can take to avoid being a victim.

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

Friday, December 2

### Art Appreciation Lecture Series: What Is Art Part 3\*

Have you ever wondered why some works of art are even called art in the first place? This discussion and presentation we will focus on finding meaning in art through exploring its content, context, use of objects, and installation.

2:00 pm, MJ Wicks Wellness Center

Monday, December 5 & December 12

Wednesday, December 7 & December 14

### Basic Computer Skills Series\*

10:00 – 11:30 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, December 5

### United Health Care Open Enrollment Session\*

Drop in to learn more about United Healthcare options during open enrollment.

2:00 – 4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

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

Thursday, December 8

### Irish Traditional Music for the Holidays\*

An hour of fiddle music and conversation highlighting the approach of the holidays with reels, jigs, and hornpipes with Susan Waters and Margaret Keefe.

2:00 pm, MJ Wicks Wellness Center



Friday, December 9

### December Music\*

Instrumental and vocal performance of traditional carols from England, Ireland, and the U.S., with a bit of background on each.

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

Friday, December 9

### Back to the Fur Trade– Living History Performance by Karen Haas\*

The cast of characters in the fur trade of the Pacific Northwest in the 1800s was a fascinating diverse blend of Europeans, Native Americans, Hawaiians, and American settlers. Meet these people who created the region's first "shopping malls" as Karen takes you "Back to the Fur Trade." Dressed as a Hudson's Bay Company laborer, she tells the tales, sings the songs, and shows a trunk full of tools and treasures from a time that brought great change to our land and culture.

2:00 pm, MJ Wicks Wellness Center

Monday, December 12

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

This is a chance to learn about multiple popular eating patterns and trends.

3:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

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

Friday, December 16

### Orchestra 101\*

Join Symphony Tacoma Executive Director Karina Bharne to learn more about what a symphony orchestra is, how you get to be a professional musician, the audition process and more! There will be several instruments available for attendees to try!

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

Wednesday, December 21

### Meaningful Movies: 2040\*

2040 is a 2019 Australian documentary film directed by and starring Damon Gameau. The film looks at the effects of climate change over the next 20 years and what technologies that exist today can reverse the effects.

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

Thursday, December 22

### A Pioneer Christmas: Traditions Across America\*

2:00 pm, MJ Wicks Wellness Center

Wednesday, December 28

### Literary League Book Club— The Ministry of Utmost Happiness\*

Join us as we discuss Ministry of Utmost Happiness by Arundhati Roy

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

Thursday, December 29

### 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



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

December 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)

## A Pioneer Christmas: Traditions Across America

This program explores the various traditional celebrations of the Christmas season as they might be found, across this country during the latter part of the 19th century. As people moved westward, they brought their traditions for celebrating the season with them and adapted them to their new environment.

Dressed in the authentic clothing of a pioneer woman, and using three differently decorated Christmas trees, Tames Alan compares and contrasts how the holiday was celebrated by an upper-middle-class family in an East Coast city, a homesteading community in the Midwest, and those who tried to keep their traditions alive out on the prairie.

Discussed are the significance of presents, crèches, nutcrackers, and what was used to decorate the trees. Tames also talks about the perils of holiday travel and how food played a major part in the celebrations.

When people gathered to celebrate the holiday, there would be music, dancing, and the singing of carols. During this program, the audience will learn the history of and be encouraged to sing some traditional carols that were popular in this era.

RSVP to attend on December 22 at 2:00 pm in the MJ Wicks Wellness Center.



## Learn Basic Computer Skills

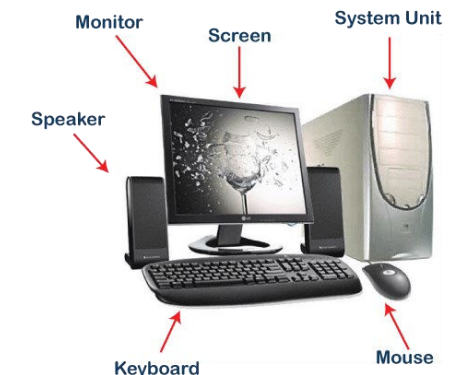
Join us for a basic computer skills series this month. This is a *basic* computer class. The series will cover Windows, Web Browsers (the interface to the Internet), using the Internet, social media, email, printers, and computer security. You can bring your own laptop and follow along with the instructor. If you don't have a computer, handouts of the information will be available.

### Basic Computer Skills Series\*

Monday, December 5 & December 12

Wednesday, December 7 & December 14

10:00 – 11:30 am, Bristol View 1<sup>st</sup> Floor Bowditch Room



# December 2022

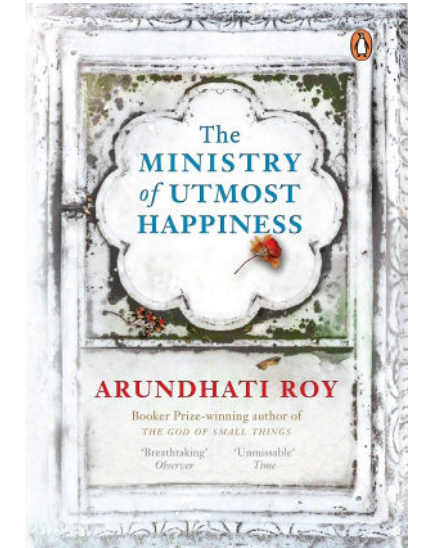


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SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, December 28

**Literary League Book Club— *The Ministry of Utmost Happiness*\***

Join us as we discuss *Ministry of Utmost Happiness* by Arundhati Roy

About the book: *The Ministry of Utmost Happiness* takes us on an intimate journey of many years across the Indian subcontinent—from the cramped neighborhoods of Old Delhi and the roads of the new city to the mountains and valleys of Kashmir and beyond, where war is peace and peace is war. An epic novel of love and history and the perseverance of the human spirit in the face of loss and tragedy.

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

Mon	Tue	Wed	Thu	Fri
			1 11:00 (BV) Great Courses— The Other Side of History: Daily Life in the Ancient World*  2:00 (W) United Health Care Open Enrollment Session*	2 11:00 (BV) Seniors Helping Seniors: Top Holiday Scams to Avoid*  2:00 (W) Themes of Art Part 3*
5 10:00 (BV) Basic Computer Skills Series*  2:00 (BV) United Health Care Open Enrollment Session*	6	7 10:00 (BV) Basic Computer Skills Series*  2:00 (W) Zentangled Up in Gray*	8 11:00 (BV) Great Courses— The Other Side of History: Daily Life in the Ancient World*  2:00 (W) Irish Traditional Music for the Holidays*	9 11:00 (BV) December Music*  2:00 (W) Back to the Fur Trade— Living History Performance by Karen Haas*
12 10:00 (BV) Basic Computer Skills Series*  3:00 (Z) Nutrition for Healthy Aging: Fad Diets – The Similarities and Differences	13 	14 10:00 (BV) Basic Computer Skills Series*  2:00 (W) Holiday Zentangle*	15 11:00 (BV) Great Courses— The Other Side of History: Daily Life in the Ancient World*	16 11:00 (BV) Orchestra 101*
19  happy Hanukkah!	20	21 2:00 (BV) Meaningful Movies—2040*	22 11:00 (BV) Great Courses— The Other Side of History: Daily Life in the Ancient World*  2:00 (W) A Pioneer Christmas: Traditions Across America*	23 
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