

January Lectures and Events

*Indicates registration is required.

Wednesday, January 4, January 11, January 18, and January 25

Tacoma Community Ukulele Project: Exploring the Ukulele*

The ukulele is an instrument that you can learn chords & songs on with no prior musical training, so please join us regardless of your previous musical experience and leave with the tools to keep learning on your own.

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

Wednesday, January 4

Piano Through the Ages*

Piano Through the Ages brings students through an engaging hour of educational piano performance. With genres ranging from pop to jazz to classical and composers hailing from France to New Orleans, Piano Through the Ages is sure to both entertain and enlighten.

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

Thursday, January 5

Alzheimer's Association Lecture Series: Healthy Habits for Your Brain*

Learn how healthy habits can help lower the risk of cognitive decline and possibly dementia and hear from someone who is making positive changes.

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

Friday, January 6, January 13, January 20, & January 27

Basics of Sign Language*

Join this "voice off" 6-week class to learn the basics of American sign language (ASL).

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

Friday, January 6

Art Appreciation Lecture Series: Exploration of Art Through Materials – Drawing*

We'll explore different artists' approaches, techniques, and use of different drawing materials.

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

Monday, January 9

Tortillas, Tamales, and Chocolate: Studying the Ancient Mesoamerican Diet*

This class aims at summarizing the current state of knowledge regarding ancient diets in Mesoamerica and thus provides a deep-time perspective on foodstuffs that continue to make our mouths water.

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

Monday, January 9

Do Assistive Devices Keep You Safe?*

This class will teach you how a Physical Therapist decides what type of gait assistive device a person needs. There will also be a brief review of balance as it relates to gait and the choice of an assistive device. Appropriate for adults who may or may not currently use an assistive device, family members with aging parents, and anyone interested in learning about maintaining safe mobility.

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

Wednesday, January 11

What Are the Medicare Changes for 2023?*

In this conversation we will review the updated changes and upcoming changes centered around Medicare and the Inflation Reduction Act.

11:00 am, Zoom (Pre-register at medicareclass.net)

Wednesday, January 11

Nature around Tacoma Series: Introduction to Birding at Wapato Lake*

Learn from Tacoma Nature Center staff what to look for to identify birds and how to use binoculars. January is a great time to spot wintering waterfowl at Wapato Lake. This will be a paved walk.

2:00 pm, Field Trip to Wapato Park (bus departs Bistro at 1:30 pm)

Wednesday, January 11

The Secret to a Healthier & Happier New Year Starts with Sleep

Mag Secretario will share tips and simple practices that will help you create your own (spi)rituals to help you get quality, restorative sleep. We'll learn about a new way of thinking that can change how you look at your life and your own health.

4:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 481 600 3295

Passcode: 845170

Friday, January 13

Hard Decisions at the End of Life*

The ethics of healthcare at the end of life have evolved. We now give patients the option of refusing treatment when there are no reasonable prospects for getting better. What's more, many states give patients the option of self-administering a lethal dose of medication should they meet certain conditions. However, these changes in practice have not really clarified the ethical principles behind the practices. In this class I want to examine the use of palliative sedation, that is, giving a patient powerful drugs such as fentanyl, when there is no reasonable prospect of recovery, and it is also understood that administering these drugs will shorten the patient's life. If this practice ends the patient's life, what is the difference, morally speaking, between palliative sedation and active euthanasia?

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

Wednesday, January 18

Meaningful Movies: Love in the Time of Fentanyl*

An intimate, observational look beyond the stigma of people who use drugs, revealing the courage of those facing tragedy in a neighborhood often referred to as ground zero of the overdose crisis.

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

Thursday, January 19

The Intersection of Homelessness and Race

This talk will cover some of the systemic and big picture factors contributing to homelessness and some efforts being made in the region to reduce homelessness, as well as strategies to address homelessness with a racial equity lens.

2:00 pm, Zoom

Join Zoom Meeting

Meeting ID: 481 600 3295

Passcode: 845170

Thursday, January 19

Great Decisions Discussion Kick-off Meeting*

3:30 pm, Zoom (Pre-register to receive the Zoom link)

Friday, January 20

Seniors Helping Seniors: Senior Scams to Avoid*

Let's talk through the top 7 and red flags to be aware of. Due to the COVID pandemic, there is an increase in online Romance Scams. Fraudsters are very smooth and well-practiced days. Let's discuss real life examples of how to protect you and your family.

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

Tuesday, January 24

What Are the Medicare Changes for 2023?*

In this conversation we will review the updated changes and upcoming changes centered around Medicare and the Inflation Reduction Act.

3:30 pm, Zoom (Pre-register at medicareclass.net)

Wednesday, January 25

Literary League Book Club— The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century*

Join us as we discuss *The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century* by Kirk Wallace Johnson

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

Thursday, January 26

Steve's Local History: Tacoma Police and Fire Departments*

Steve Dunkelberger is a local historian, author, and journalist, as well as a teacher in the Tacoma Public Schools and Pierce College. He focuses on local history, particularly the odd quirks and figures of our shared heritage.

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

Friday, January 27

Dimensional Valentine's Day Cards*

Make Valentine's for your friends and family or just for yourself. Kits will be provided to make dimensional, fun cards. Each card will be a unique creation. Dimensional cards also make delightful decorations for our living spaces.

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



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

January 2023

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

Nature Around Tacoma

Tacoma is full of natural wonders and parks to enjoy them in. Starting in January, you can explore Tacoma's parks and learn about the natural world in this Senior University partnership with Metro Parks called the "Nature Around Tacoma Series." On the second Wednesday of each month, we will explore an area park and hear about some aspect of nature available on display in our own city. Classes will take place at 2:00 pm and you can catch the bus from the Bistro at 1:30 pm if you register, or you can just meet us at the park. Here is the lineup for 2023:

January 11 - Introduction to Birding at Wapato Lake

February 8 - Seaweed to Snails at Owen Beach

March 8 - Blooms and Birds at Pt. Defiance Rhododendron Garden

April 12 - Earth Day Walk at Tacoma Nature Center

May 10 - Low Tide Beach Walk at Titlow Beach

June 14 - Urban Park Walk in Swan Creek Park

July 12 - History and Art Walk in McKinley Park

August 9 - Reptile and Amphibian Walk at Tacoma Nature Center

September 13 - Mountains to Sound Walk at Dune Park

October 11 - History and Nature Walk at Titlow Park

November 8 - Migration Walk at Owen Beach

December 13 - Salmon Spawning Stroll at Swan Creek Park



World Affairs Discussion Class

Great Decisions is America's largest discussion program on world affairs and it is created by the Foreign Policy Association with feedback from participants on relevant topics. The program model involves reading the Great Decisions Briefing Book, watching the documentary film series, and meeting in a Discussion Group to discuss the most critical global issues facing America today. If you would like to learn more, please sign up to join us for the kick-off meeting:

Thursday, January 19

Great Decisions Discussion Kick-off Meeting*

This will be a short meeting to request your briefing book, get a copy of the program descriptions with meeting dates, and to sign up to lead discussions. You may feel free to use this opportunity to learn more about the Great Decisions discussion course and ask questions. It's also a great way to get familiar with Zoom if you aren't already. Please register in advance.

3:30 pm, Zoom (Pre-register to receive the Zoom link)

Foreign Policy Association



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

www.FrankeTobeyJones.com / Phone: 253.752.6621

January 2023

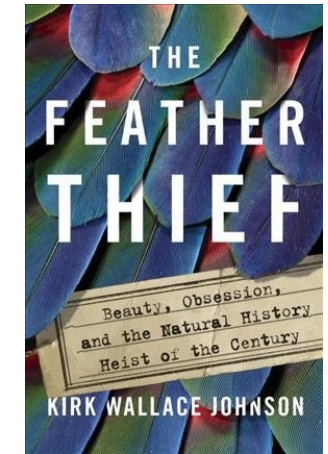


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SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, January 25

Literary League Book Club— *The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century*

Join us as we discuss *The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century* by Kirk Wallace Johnson

About the book: On a cool June evening in 2009, twenty-year-old American flautist Edwin Rist grabbed hundreds of bird skins - some collected 150 years earlier - and escaped into the darkness. Two years later, Kirk Wallace Johnson was consumed by the strange case of the feather thief. What would possess a person to steal dead birds? This is the gripping story of a bizarre and shocking crime, and one man's relentless pursuit of justice.

2:00 pm, Bristol View 1st Floor Gathering 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
<p>2</p> 	<p>3</p>	<p>4</p> <p>10:00 (BV) Exploring the Ukulele*</p> <p>2:00 (BV) Piano Through the Ages*</p>	<p>5</p> <p>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*</p> <p>2:00 (BV) Healthy Habits for Your Brain*</p>	<p>6</p> <p>10:00 (BV) Basics of Sign Language*</p> <p>2:00 (BV) Art Appreciation Lecture Series: Exploration of Art Through Materials – Drawing*</p>
<p>9</p> <p>11:00 (BV) Tortillas, Tamales, and Chocolate: Studying Ancient Mesoamerican Diet*</p> <p>3:00 pm (BV) Do Assistive Devices Keep You Safe?*</p>	<p>10</p>	<p>11</p> <p>10:00 (BV) Exploring the Ukulele*</p> <p>11:00 (Z) Medicare Changes for 2023*</p> <p>2:00 (FT) Introduction to Birding at Wapato Lake*</p> <p>4:00 (Z) The Secret to a Healthier & Happier New Year Starts with Sleep</p>	<p>12</p> <p>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*</p>	<p>13</p> <p>10:00 (BV) Basics of Sign Language*</p> <p>2:00 (BV) Hard Decisions at the End of Life*</p>
<p>16</p>	<p>17</p>	<p>18</p> <p>10:00 (BV) Exploring the Ukulele*</p> <p>2:00 (BV) Meaningful Movies: <i>Love in the Time of Fentanyl</i>*</p>	<p>19</p> <p>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*</p> <p>2:00 (Z) Homelessness and Race</p> <p>3:30 (Z) Great Decisions Discussion Kick-off Meeting*</p>	<p>20</p> <p>10:00 (BV) Basics of Sign Language*</p> <p>3:00 (BV) Seniors Helping Seniors: Scams to Avoid*</p>
<p>23</p>	<p>24</p> <p>3:30 (Z) What Are the Medicare Changes for 2023?*</p>	<p>25</p> <p>10:00 (BV) Exploring the Ukulele*</p> <p>2:00 (BV) Literary League Book Club— <i>The Feather Thief</i>*</p>	<p>26</p> <p>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*</p> <p>4:00 (BV) Steve's Local History: Tacoma Police and Fire Departments*</p>	<p>27</p> <p>10:00 (BV) Basics of Sign Language*</p> <p>2:00 (C) Dimensional Valentine's Day Cards*</p>
<p>30</p> 	<p>31</p>			