

February Lectures and Events

*Indicates registration is required.

Wednesday, February 1, February 8, February 15, & February 22

Tacoma Community Ukulele Project: Exploring the Ukulele 2*

For returning learners who have completed "Exploring the Ukulele" or already have basic experience playing the instrument, this class will expand upon your library of chords and techniques.

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

Wednesday, February 1

Seniors Helping Seniors - Scams to Avoid: Travel Tips*

This class will talk about travel tips for seniors as well as how to spot travel scams using today's popular portals. Of course, we will also discuss the steps we can take to protect ourselves and our families.

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

Thursday, February 2

Flamenco Dancing and Music: Origins, History and Movements*

Professor Marisela Fleites will offer insightful information on the origins, history, and current developments of Flamenco.

3:00—4:30 pm, MJ Wicks Wellness Center

Friday, February 3 & February 10

Basics of Sign Language*

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

Friday, February 3

Art Appreciation Lecture Series: Exploration of Art Through Materials – Painting Part 1*

We'll explore different artist's approaches, techniques, and use of different painting materials.

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

Monday, February 6

Collecting Ethnic Minority Artefacts Amidst Southwest China's "Museum Fever"*

Focusing on Guizhou Province in southwest China that treasures minority culture as heritage, this lecture will consider two instances of locally based museums.

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

Monday, February 6

Treat Burnout and Boost Selfcare

Students will have opportunities to reflect on their experiences and to learn strategies and skills to help mitigate or prevent negative mental health symptoms.

2:00 pm, Zoom

Meeting ID: 481 600 3295

Passcode: 845170

Wednesday, February 8

Medicare Preventive Services*

What is Medicare coverage for preventive services? What preventive services does Medicare cover? What, how and when can I get preventive services?

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

Wednesday, February 8

Nature around Tacoma Series: Seaweed to Snails at Owen Beach*

Learn from Tacoma Nature Center staff about the seaweeds on the beach; how it grows and how it is used by humans and wild animals. Walk will take place on paved trail and uneven, rocky beach.

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

Thursday, February 9

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.

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

Friday, February 10, February 17, & February 24

Drawing Basics & Advanced Practice*

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

Wednesday, February 15

Meaningful Movies: Death of My Two Fathers*

A man turns the experience of watching videotapes that his terminally ill father recorded into an unforgettable contemplation of race, death, and the importance of family, composed as a letter to his own children.

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

Thursday, February 16

Great Decisions Discussion: Energy Geopolitics*

Access to oil and gas has long held an influence over the politics of individual nations and their relations with others. But as more countries move toward sustainable energy, and supply chain shortages affect the availability of oil and gas, how will this change the way in which the United States interacts with the outside world?

3:00 pm, Zoom (Pre-register to receive the Zoom link)

Friday, February 17

Travels Through Uruguay*

This lecture will explore the rich history and traditions of Uruguay.

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

Tuesday, February 21

Nutrition for Healthy Aging: Eating the Paleo Way

Learn all about a Paleo or high protein style diet – what to include, what to exclude, how to modify, health benefits and shortcomings. Includes a menu plan for a week.

10:00 am, Zoom

Meeting ID: 481 600 3295

Passcode: 845170

Tuesday, February 21

Native Peoples of the Northwest: An Anthropological Overview*

An overview of what anthropologists know and understand about the constellation of different indigenous people who resided here in the Pacific Northwest prior to the arrival of European, Asian, American, and Mexican settlers.

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

Wednesday, February 22

Literary League Book Club— I Was Anastasia*

Join us as we discuss *I Was Anastasia* by Ariel Lawhon

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

Thursday, February 23

Steve's Local History: Tacoma's Odd Ties to Pets and Animals*

Steve Dunkelberger focuses on local history, particularly the odd quirks and figures of our shared heritage.

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

Friday, February 24

Being Well: Evidence-Based Strategies for Mental Health*

Dr. Tiffany Arttime will share research on strategies that support good mental health and prevent difficulties with concerns like depression or anxiety. The talk will present both the science on interventions that promote well-being as well as ways to apply these tools for good coping and self-care.

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

Friday, February 24

Self-Care Practices for Living Well - Breath of Life: Inspiration

This class is intended to enhance resilience of body and mind as we grow older, to help us live well and with an open heart even in the midst of challenging life circumstances.

2:00-3:30 pm, Zoom

Meeting ID: 898 2645 9310

Passcode: 845170

Tuesday, February 28

Medicare Preventive Services*

What is Medicare coverage for preventive services? What preventive services does Medicare cover? What, how and when can I get preventive services?

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



FRANKE TOBEY JONES

SENIOR UNIVERSITY

February 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

Live & Learn

Self-Care and Your Health

Self-care is important to maintaining a healthy relationship with yourself. It means doing things to take care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress. Doing so enhances our ability to live fully, vibrantly, and effectively. The practice of self-care also reminds both you and others that your needs are valid and a priority. Want to learn more about how to foster this healthy relationship with yourself? Join Senior University and the Holistic Wellness Program for one or more of these presentations this month:

Monday, February 6

Treat Burnout and Boost Selfcare

11:00 am, Zoom

Meeting ID: 481 600 3295

Passcode: 845170

Friday, February 24

Being Well: Evidence-Based Strategies for Mental Health*

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

Friday, February 24

Self-Care Practices for Living Well - Breath of Life: Inspiration

2:00-3:30 pm, Zoom

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Drawing Basics

Join Senior University for a drawing class for all experience levels. Drawing is a wonderful tool for idea development all the way through to a finished work of art. We will use a constructive method combined with expressive mark-making. The class will meet for five sessions and each meeting will cover one or two topics and include discussion, examples, demonstrations and drawing time.

Topics include:

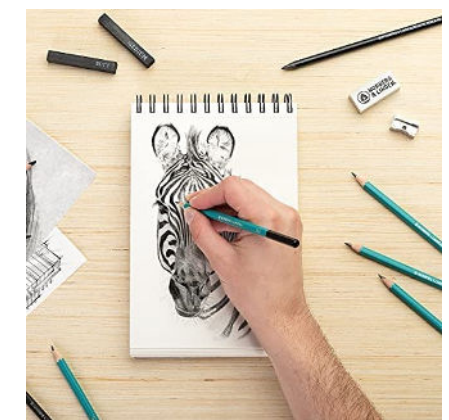
- Discovering artistic tendencies
- Line qualities
- Basic shapes, light & modeling
- Composition
- Perspective

Fridays, February 10, February 17, February 24, March 10, & March 17

Drawing Basics & Advanced Practice*

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

*Pre-registration required.



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

www.FrankeTobeyJones.com / Phone: 253.752.6621

February 2023

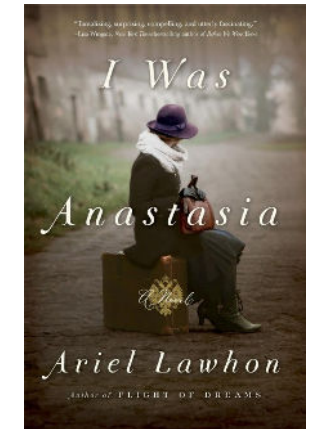


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, February 22

Literary League Book Club— *I Was Anastasia*

Join us as we discuss *I was Anastasia* by Ariel Lawhon

About the book: Did Anastasia Romanov survive the Russian Revolution, or was Anna Anderson, the woman who notoriously claimed her identity, an impostor? As rumors begin to circulate through European society that the youngest Romanov daughter has survived the massacre at Ekaterinburg, old enemies and new threats are awakened. The question of who this woman is and what actually happened to Anastasia creates a saga that spans fifty years and three continents. This thrilling page-turner is every bit as moving and momentous as it is harrowing and twisted.

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
		1 10:00 (BV) Exploring the Ukulele 2* 3:00 (BV) Seniors Helping Seniors - Scams to Avoid: Travel Tips*	2 11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World* 3:00 (W) Flamenco Dancing and Music: Origins, History and Movements*	3 10:00 (BV) Basics of Sign Language* 2:00 (BV) Art Appreciation Lecture Series: Exploration of Art Through Materials – Painting Part 1*
6 11:00 (BV) Collecting Ethnic Minority Artefacts Amidst Southwest China's "Museum Fever"* 2:00 (Z) Treat Burnout and Boost Selfcare	7	8 10:00 (BV) Exploring the Ukulele 2* 11:00 (Z) Medicare Preventive Services* 2:00 (FT) Nature around Tacoma Series: Seaweed to Snails at Owen Beach*	9 11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World* 4:00 (BV) Piano Through the Ages*	10 10:00 (BV) Basics of Sign Language* 2:00 (C) Drawing Basics & Advanced Practice*
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27	28 3:30 pm (Z) Medicare Preventive Services*			