

## March Lectures and Events

Thursday, March 2, March 9, March 16, March 23 & March 30  
**Great Courses - The Other Side of History: Daily Life in the Ancient World\***  
 11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, March 2  
**Alzheimer's Association Lecture Series: 10 Warning Signs of Alzheimer's\***  
 Join us to learn about 10 common warning signs and what to watch for in yourself and others.  
 2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, March 3, March 10, March 17, March 24, & March 31  
**Great Courses- Great American Music: Broadway Musicals\***  
 Join us for this 8-week Great Courses viewing from February 17 – April 7. Learn the story and the music behind popular Broadway musicals and hear rare recordings of groundbreaking artists.  
 10:00 am, Tobey Jones Parlor

Friday, March 3  
**Nutrition for Healthy Aging: Eating the Keto Way**  
 Learn all about a Keto or high fat style diet – what to include, what to exclude, how to modify, health benefits and shortcomings. Includes a menu plan for a week.  
 2:00 pm, Zoom  
 Meeting ID: 828 5949 5441 Passcode: 845170

Monday, March 6  
**From the Crater to the Courtroom\***  
 Learn about the history of volcano hazard management in Washington State and go to the summit of Rainier to explore the world's largest subterranean ice cave network.  
 11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, March 8  
**Vision Matters - The Newest Technology for Those Visually Impaired\***  
 Vision Matters is in the business of helping people living with low vision or blindness. They represent a variety of manufacturers and will be demonstrating some of the latest innovations – devices that make a life changing difference to those who can benefit from them.  
 10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, March 8  
**I Am New to Medicare But Have Federal, VA, or Tricare, Now What?\***  
 How does Medicare work with federal employee health benefits, and Tricare? What about VA benefits?  
 11:00 am, Zoom (Pre-register at medicareclass.net)

Wednesday, March 8  
**Nature around Tacoma Series: Blooms and Birds at Pt. Defiance Rhododendron Garden\***  
 Enjoy a walk led by Tacoma Nature Center staff around the rhododendron garden. This walk will take place on uneven gravel and some steep trails.  
 2:00 pm, Field Trip to Point Defiance Rhododendron Garden (bus departs Bistro at 1:30 pm)

Thursday, March 9  
**Piano Through the Ages\***  
 Piano Through the Ages brings students through an engaging hour of educational piano performance.  
 4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, March 10 & March 17  
**Drawing Basics & Advanced Practice\***  
 2:00 – 4:00 pm, Tobey Jones Craft Room

Wednesday, March 15  
**Wise Grandparents Discussion**  
 Elders play a vital role in the lives of grandchildren. We are historians -- teaching values, instilling ethnic heritage, and passing on family traditions. Most importantly, we pass on the stories of our lives.  
 11:00 am, Zoom  
 Meeting ID: 481 600 3295 Passcode: 845170

\*Indicates registration is required.

Wednesday, March 15  
**Meaningful Movies: Orchestrating Change\***  
 This film tells the inspiring story of the only orchestra in the world created by and for people living with mental illness.  
 2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, March 16  
**Great Decisions Discussion: War Crimes\***  
 How will the war crimes committed in Ukraine be dealt with?  
 3:00 pm, Zoom (Pre-register to receive the Zoom link)

Wednesday, March 22  
**What We Learned While We Were Alone (Together): Voices of the Pandemic\***  
 This hand's-on, generative poetry writing workshop will offer opportunities to do some unpacking and processing of our many experiences of that historic time.  
 11:00 am – 12:30 pm, Bristol View 1<sup>st</sup> Floor Gathering Room

Wednesday, March 22  
**Literary League Book Club— Starvation Heights\***  
 Join us as we discuss *Starvation Heights* by Gregg Olsen  
 2:00 pm, Bristol View 1<sup>st</sup> Floor Gathering Room

Thursday, March 23  
**French Art 1945-59**  
 This lecture will describe such art styles as Tachism, L'Art Informel, COBRA & Lyrical Abstraction.  
 2:00 pm, Zoom  
 Meeting ID: 481 600 3295 Passcode: 845170

Friday, March 24  
**Self-Care Practices for Living Well - Grounding & Balance: Relationship to Earth**  
 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, March 28  
**I Am New to Medicare But Have Federal, VA, or Tricare, Now What?\***  
 3:30 pm, Zoom (Pre-register at medicareclass.net)

Wednesday, March 29  
**The Mysterious Octopus\***  
 11:00 am, Bristol View 1<sup>st</sup> Floor Gathering Room

Wednesday, March 29  
**French Art 1960-75**  
 This lecture will also define various styles such as Nouveau Réalisme, Situationist International and Fluxus, which stressed active participation, modern communication, or unusual materials.  
 2:00 pm, Zoom  
 Meeting ID: 481 600 3295 Passcode: 845170

Friday, March 31  
**120 Years of Women in Our Military\***  
 2:00 – 3:30 pm,  
 MJ Wicks Wellness Center



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

March 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

## Learn About the Mysterious Octopus

Attention all octopus enthusiasts! Are you interested in learning more about these fascinating creatures? Then mark your calendars for our upcoming talk on octopuses! These creatures are now regarded as possessing consciousness and their ability to change their RNA without altering their DNA makes them model species for developing vaccines. In fact, their peculiar traits provoked a group of scientists to publish an article claiming octopuses are alien creatures.

During this interactive and educational presentation, you'll have the chance to learn about the anatomy, behavior, and ecological importance of octopuses. Our expert speaker will delve into the various species of octopuses and share fascinating stories and insights about these intelligent and mysterious creatures, exploring the cultural significance of octopuses throughout history and discussing the role they play in the conservation of our oceans. Join us for *The Mysterious Octopus\** on Wednesday, March 29 at 11:00 am in the Bristol View 1<sup>st</sup> Floor Gathering Room

#### Speaker Bio:

Barbara Krystal is a marine biologist and humanist scholar. Her doctorate combines the biology of marine invertebrates with the ways in which those marine invertebrates are represented in literature to question the qualities we turn to in defining what it means to be human.

In addition to teaching at the University of Washington, Barbara has published non-fiction books for young adults, worked as an environmental planner, and as a park naturalist.



## 120 Years of Women in Our Military



This program will cover how women progressed in the military and achieved the same rank and pay grade as their male counterparts. Alice Miller will talk about the numerous uniforms she will have on display and the women who wore them. We will start with a nurse's uniform from the Spanish American War 1898.

Friday, March 31  
**120 Years of Women in Our Military\***  
 2:00 – 3:30 pm,  
 MJ Wicks Wellness Center

# March 2023

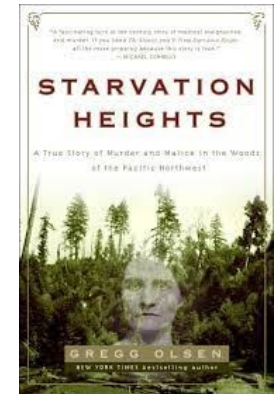


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, March 22

**Literary League Book Club— *Starvation Heights*\***

Join us as we discuss *Starvation Heights* by Gregg Olsen. About the book: In 1911 two wealthy British heiresses, Claire and Dora Williamson, came to a sanatorium in the forests of the Pacific Northwest to undergo the revolutionary "fasting treatment" of Dr. Linda Burfield Hazzard. It was supposed to be a holiday for the two sisters. But within a month of arriving at what the locals called Starvation Heights, the women were emaciated shadows of their former selves, waiting for death. They were not the first victims of Linda Hazzard, a quack doctor of extraordinary evil and greed who would stop at nothing short of murder to achieve her ambitions. As their jewelry disappeared and forged bank drafts began transferring their wealth to Hazzard's accounts, Dora Williamson sent a last desperate plea to a friend in Australia, begging her to save them from the brutal treatments and lonely isolation of Starvation Heights ... one of the most unusual and disturbing criminal cases in American history.

2:00 pm, Bristol View 1<sup>st</sup> 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  | 2<br>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*<br>2:00 (BV) Alzheimer's Association Lecture Series: 10 Warning Signs of Alzheimer's* | 3<br>10:00 (TJ) Great Courses- Great American Music: Broadway Musicals<br>2:00 (Z) Nutrition for Healthy Aging: Eating the Keto Way                                  |
| 6<br>11:00 am (BV) From the Crater to the Courtroom*                                      | 7   | 8<br>10:00 (BV) New Technology for the Visually Impaired*<br>11:00 (Z) I Am New to Medicare But Have Federal, VA, or Tricare*<br>2:00 (FT) Blooms and Birds at Pt. Defiance Rhododendron Garden* | 9<br>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*<br>4:00 (BV) Piano Through the Ages*  | 10<br>10:00 (TJ) Great Courses- Great American Music: Broadway Musicals<br>2:00 (C) Drawing Basics & Advanced Practice*  |
| 13<br> | 14  | 15<br>11:00 (Z) Wise Grandparents Discussion<br>2:00 (BV) Meaningful Movies: <i>Orchestrating Change</i> *   | 16<br>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*<br>3:00 (Z) Great Decisions Discussion: War Crimes*                                  | 17<br>10:00 (TJ) Great Courses- Great American Music: Broadway Musicals<br>2:00 (C) Drawing Basics & Advanced Practice*  |
| 20  | 21  | 22<br>11:00 (BV) What We Learned While We Were Alone (Together): Voices of the Pandemic*<br>2:00 (BV) Literary League Book Club— <i>Starvation Heights</i> *                                     | 23<br>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*<br>2:00 (Z) French Art 1945-59   | 24<br>10:00 (TJ) Great Courses- Great American Music: Broadway Musicals<br>2:00 (Z) Self-Care Practices for Living Well - Grounding & Balance: Relationship to Earth |
| 27  | 28<br>3:30 pm (Z) I Am New to Medicare But Have Federal, VA, or Tricare, Now What?* | 29<br>11:00 (BV) The Mysterious Octopus*<br>2:00 (Z) French Art 1960-75  | 30<br>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*  | 31<br>10:00 (TJ) Great Courses- Great American Music: Broadway Musicals<br>2:00 (W) 120 Years of Women in Our Military*  |