

## April Lectures and Events

Monday, April 3

### Nutrition for Healthy Aging: Eating the Vegetarian/Vegan Way

Learn all about a Vegetarian and Vegan style diet.

10:00 am, Zoom

Meeting ID: 828 5949 5441 Passcode: 845170

Monday, April 3

### Understanding the War in Ukraine\*

12:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, April 5, April 12, & April 19

### Ballet Folklórico\*

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

Wednesday, April 5

### Seniors Helping Seniors: Technology Scams to Avoid\*

Are you aware of the top senior technology scams? Did you know that seniors were five times more likely to report losing money on tech support scams. Learn what to do when you receive a scary pop up or a malware call.

3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, April 6, April 13, April 20, & April 27

### Great Courses - The Other Side of History: Daily Life in the Ancient World\*

You'll gain new insights into what daily life was like from its earliest beginnings through the Middle Ages.

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

Thursday, April 6

### Alzheimer's Association Lecture Series: Understanding Alzheimer's and Dementia\*

Join us to learn about: The impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors. We will also discuss current research and treatments available to address some symptoms and explore the different Alzheimer's Association resources.

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

Friday, April 7, April 14, & April 21

### Great Courses- Great American Music: Broadway Musicals\*

Join us for this 8-week Great Courses viewing from March 3 – April 21.

10:00 am, Tobey Jones Parlor

Friday, April 7

### Art Appreciation Lecture Series: Exploration of Art Through Materials - Painting Part 2\*

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

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

Wednesday, April 12

### Inflation Reduction Act\*

The Inflation Reduction Act was signed into law in 2022 and will make numerous improvements to the Federal Medicare program over the next couple of years. Learn all about the upcoming changes and what you can expect.

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

Wednesday, April 12

### Nature around Tacoma Series: Earth Day Walk at Tacoma Nature Center\*

Learn about the rich wetland and forest habitats from Tacoma Nature Center staff as you walk the half mile loop around Snake Lake. Walk will be on a packed gravel path with a few hills.

2:00 pm, Field Trip to Tacoma Nature Center (bus departs Bistro at 1:30 pm)

Thursday, April 13

### 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 1<sup>st</sup> Floor Bowditch Room

\*Indicates registration is required.

Friday, April 14

### Darwin's Falling Sparrow: Victorian Evolutionists and the Problem of Suffering\*

Darwin's *Falling Sparrow* tells the story of Darwin, his critics, and allies, with close attention to how they explained child loss during a time of unimaginably high mortality rates. In doing so the book examines the stakes Victorians faced in choosing between alternative explanations of the world.

2:00 – 3:30 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, April 19

### Meaningful Movies: Inhospitable\*

Inhospitable follows the story of patients and activists as they band together in an effort to fight UPMC, a multi-billion dollar nonprofit hospital behemoth in western Pennsylvania.

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

Thursday, April 20

### Great Decisions Discussion: China and the U.S.\*

How will the United States engage a China which is increasingly seeking to expand its sphere of influence?

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

Friday, April 21

### Ancient Disasters and the Legends and Myths They Inspired\*

Extreme events in nature have always been a part of human life, and ancient peoples from the Arctic to the Andes had their own way of explaining such events. Can we learn from them today?

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

Tuesday, April 25

### Inflation Reduction Act\*

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

Wednesday, April 26

### Conspiracy Candidates: Conspiracy Theories and The Candidates who Spread Them

In recent years, candidates for political office have disseminated conspiracies such as Q Anon, the Great Replacement Theory, and a host of theories related to the integrity of the electoral process. These theories are dangerous and have important implications for the safety of our communities and the future of American democracy itself.

11:00 am, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, April 26

### Literary League Book Club—*She Would Be King*

Join us as we discuss *She Would Be King* by Wayétu Moore

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

Thursday, April 27

### Steve's Local History: Tacoma's Role in Literature\*

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 1<sup>st</sup> Floor Gathering Room

Friday, April 28

### Self-Care Practices for Living Well - Resilience: Adapting to Change

A simple and direct approach to self-care for the whole person will be taught using mindfulness, movement, meditation, and breath.

2:00-3:30 pm, Zoom

Meeting ID: 898 2645 9310 Passcode: 845170

Friday, April 28

### Rock Painting\*

We will paint bugs, abstract designs, butterflies, rocket ships, monsters, flowers, etc. on our rocks and then seal them so they can go outside. No art experience needed. Just come for the fun and take home as many painted rocks as you desire.

10:00-11:30 am, Tobey Jones Craft Room



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

April 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](mailto:jwennstrom@franketobeyjones.com)

## Learn About Ballet Folklórico

Join this 3-week class exploring Mexican culture through movement, music, and costume. Even though it is a dance form, folklórico has a very interesting history and is extremely diverse. All states in Mexico have different styles of music, distinct outfits, and steps that culminate into the dances of that region. We will explore those differences throughout the workshop. As opposed to being a dance focused workshop, it would be more of a cultural workshop. Register to attend: Wednesdays, April 5, April 12, & April 19 from 10:00 – 11:30 am in the Bristol View 1st Floor Bowditch Room



Instructor Bio: Jessica Grossman began working as a Teaching Artist for Tacoma Arts Live in 2021, shortly before completing her degree in psychology at the University of Washington. Jessica specializes in Mexican folk dance, known as ballet folklórico. She has studied and performed with the Seattle-based folklórico group Bailadores de Bronce since 2017, and as of 2022 has been teaching classes weekly for Bronce's intermediate and advanced dance groups. Jessica teaches dance programs for various ages, including programs for elementary, middle, and high schoolers across multiple school districts in the South Sound. Jessica has also begun to choreograph her own folklórico pieces, with her first major project as a guest choreographer being The Puget Sound Revels' 2022 performance of The Midwinter Revel's. She plans to continue to teach and choreograph folklórico pieces, as she hopes to create an understanding and appreciation of Mexican culture among youth through the arts.

## Understanding the War in Ukraine

In February 2022, Russia launched its invasion of Ukraine, sending approximately 200,000 troops across the border in an effort to seize the Ukrainian capital of Kyiv, capture southern ports to protect access to the Crimean Peninsula, and expand Russian enclaves in the Donbas (eastern Ukraine). One year later, Russia has failed in its objectives, thanks to Ukrainian resolve and weapons provided by the U.S. and NATO member states. Now, having conscripted 500,000 new soldiers, Russia is preparing a second major offensive. Why did Russia invade in the first place? And why did Russian President Vladimir Putin so badly misjudge the quality of both the Russian and Ukrainian militaries? Is the war headed towards a World War I-style stalemate, or can either side breakthrough enemy lines? What are the chances that Russia uses a nuclear weapon? Join us for a discussion of the causes of the invasion of Ukraine and the possible future course of the war. This class takes place on April 3rd at 12:00 pm on Zoom.

Speaker Bio: Seth Weinberger is a specialist in international relations and security. His research includes examining congressional-executive war powers and reconsidering the laws of war in the armed conflict against ISIS and al Qaeda. Weinberger is author of *Restoring the Balance: War Powers in an Age of Terror*, which provides a policy-based exploration of the question of war powers in the age of international terror. He also has studied incongruencies between the original intentions of the Founding Fathers and Supreme Court rulings, and the actions of Congress and the president. Weinberger teaches courses on international relations, U.S. foreign policy, international security, terrorism, constitutional law, and political philosophy at the University of Puget Sound.



To register for a class, contact Jana Wennstrom at [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) or 253.756.6219

[www.FrankeTobeyJones.com](http://www.FrankeTobeyJones.com) / Phone: 253.752.6621

# April 2023

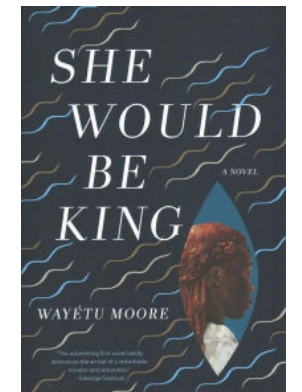


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, April 26

**Literary League Book Club—*She Would Be King***  
Join us as we discuss *She Would Be King* by Wayétú Moore

About the book: Moore's stunning debut novel is a magic-realism tour de force taking readers on a journey through the beginnings of Liberia. Gbessa, a girl shunned as a witch by her own Vai people who later comes to terms with her immortality, is a heroine cast in the mold of legendary women. June Dey, with his extraordinary strength and almost supernatural origins, becomes a metaphorical representation of the journey of former slaves who moved from plantations in the American South to the newly created settlement of Monrovia. And then there is Norman Aragon, of mixed race, who fulfills his mother's deep desire to move to the free state from Jamaica, even as he comes to terms with his own power to disappear. Moore trusts her readers to follow complex characters and breathtaking plot twists as she brings together the story of what all of them leave behind and where they come together to create a brave new world.

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
<p>3</p> <p>10:00 (Z) Nutrition for Healthy Aging: Eating the Vegetarian/Vegan Way</p> <p>12:00 (Z) Understanding the War in Ukraine</p>	<p>4</p> 	<p>5</p> <p>10:00 (BV) Ballet Folklórico*</p> <p>3:00 (BV) Seniors Helping Seniors: Technology Scams to Avoid*</p>	<p>6</p> <p>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*</p> <p>2:00 (BV) Alzheimer's Association Lecture Series: Understanding Alzheimer's and Dementia*</p>	<p>7</p> <p>10:00 (TJ) Great Courses- Great American Music: Broadway Musicals*</p> <p>2:00 (BV) Art Appreciation Lecture Series: Exploration of Art Through Materials - Painting Part 2*</p>
<p>10</p>	<p>11</p> 	<p>12</p> <p>10:00 (BV) Ballet Folklórico*</p> <p>11:00 (Z) Inflation Reduction Act*</p> <p>2:00 (FT) Nature around Tacoma Series: Earth Day Walk at Tacoma Nature Center*</p>	<p>13</p> <p>11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World*</p> <p>4:00 (BV) Piano Through the Ages*</p>	<p>14</p> <p>10:00 (TJ) Great Courses- Great American Music: Broadway Musicals*</p> <p>2:00 (BV) Darwin's Falling Sparrow: Victorian Evolutionists and the Problem of Suffering*</p>
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<p>24</p>	<p>25</p> <p>3:30 (Z) Inflation Reduction Act*</p>	<p>26</p> <p>11:00 (Z) Conspiracy Candidates: Conspiracy Theories and The Candidates who Spread Them</p> <p>2:00 (BV) Literary League Book Club— <i>She Would Be King</i>*</p>	<p>27</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's Role in Literature*</p>	<p>28</p> <p>10:00 (C) Rock Painting*</p> <p>2:00 (Z) Self-Care Practices for Living Well - Resilience: Adapting to Change</p>