

## May Lectures and Events

Monday, May 1

### **Nutrition for Healthy Aging: Eating the Omnivore Way**

Learn all about an Omnivore or Mediterranean style diet.

10:00 am, Zoom

Meeting ID: 828 5949 5441 Passcode: 845170

Monday, May 1

### **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

Wednesday, May 3

### **A Path to War? China, Taiwan, and the United States**

Join Professor Seth Weinberger for a discussion of the relationship between China, Taiwan, and the United States and the likelihood of war.

12:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, May 3

### **Seniors Helping Seniors: Scams to Avoid - Impersonators\***

This session is about the impersonators. We will discuss new voice technology and how that can be used to impersonate loved ones.

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

Thursday, May 4

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

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with most common behavioral challenges.

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

Friday, May 5

### **Art Appreciation Lecture Series: Exploration Through Materials – Printmaking Part 1\***

We'll explore different artists' approaches and uses of different printmaking materials.

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

Wednesday, May 10

### **Medicare Part D, AKA Prescription Drug Coverage\***

Understanding the importance of Medicare Part D may lower your expenses and protect you from rising medication costs. Join us for an informative conversation!

11:00 am, Zoom (Pre-register to receive the link at medicareclass.net)

Wednesday, May 10

### **Nature around Tacoma Series: Low Tide Beach Walk at Titlow Beach\***

Learn from Tacoma Nature Center Staff what cool creatures make their home on the beach between the tides. This walk will be on a rocky, uneven beach.

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

Thursday, May 11

### **Piano Through the Ages\***

With genres ranging from pop to jazz to classical.

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

Friday, May 12, May 19, & May 26

### **Meaningful Journaling —To Enhance your Well-Being\***

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

Friday, May 12

### **The Psychology of Awe\***

We will review the literature on awe and discuss its personal relevance to our lives.

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

Wednesday, May 17

### **Meaningful Movies: Storming Caesars Palace\***

The story of Las Vegas activist Ruby Duncan and a band of ordinary mothers who launched one of the most extraordinary, yet forgotten, feminist, anti-poverty movements in U.S. history.

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

\*Indicates registration is required.

Thursday, May 18

### **Dao (Tao) and Health**

We will look at translated quotes from the ancient texts and use simple practices of breathing and meditation to build practices for health, self-cultivation, resilience, and renewal.

10:00 am, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Thursday, May 18

### **Great Decisions Discussion: Economic Warfare\***

Russia invaded Ukraine in February 2022, and economic warfare has been the main means for the west to challenge Russia. How effective will these sanctions be at convincing Russia to cease its war?

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

Friday, May 19

### **What is Adjustment?\***

We will explore what adjustment is and what might go into being adjusted. Topics include purpose in life, awareness of mortality, the importance of friendly networks, and the growing use of meditative practices.

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

Tuesday, May 23

### **Medicare Part D, AKA Prescription Drug Coverage\***

3:30 pm, Zoom (Pre-register to receive the link at medicareclass.net)

Wednesday, May 24

### **Infinity Rehab Series: Floor Recovery and Best Exercises for Seniors\***

Participants will learn about industry benchmarks that indicate an increased fall risk. A home exercise program requiring no equipment or assistance will be provided.

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

Wednesday, May 24

### **Literary League Book Club—Before the Fall\***

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

Thursday, May 25

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

Steve Dunkelberger 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, May 26

### **Still-Life Painting Workshop\***

In this workshop, we will use watercolors, pens, and watercolor crayons, as well as pencils. The emphasis will be on freedom and looseness rather than realism.

10:00 – 12:00 pm, Tobey Jones Craft Room

Friday, May 26

### **Self-Care Practices for Living Well - Resilience: Self-Care & Personal Practice: Relationship to Yourself**

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. 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

Wednesday, May 31

### **The Chemistry of Chocolate\***

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

Wednesday, May 31

### **The View from Aoraki\***

Learn about the natural history of New Zealand, the Māori legends about the creation of the New Zealand alps and fjords and follow mountaineers on a grand traverse of New Zealand's Mount Cook.

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



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

May 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)

## The Chemistry of Chocolate



Do you love eating chocolate and want to know more about how it's made? Come learn about the science of chocolate and what makes it so delicious! We'll talk about the humble origins of the cacao seed pod and how chocolate is made through a series of fermentation, roasting, refining, and tempering steps. RSVP to join us on Wednesday, May 31 at 11:00 am in the Bristol View 1st Floor Gathering Room.

### Speaker Bios:

Erica Fickeisen was the lead baker at Pacific Lutheran University from 2007 - 2022. She is a graduate of Le Cordon Bleu culinary school in Paris, France.

Dr. Justin Lytle has been a Professor of Chemistry at Pacific Lutheran University since 2008. He earned his doctoral degree in Chemistry from the University of Minnesota and did post-doctoral research at the U.S. Naval Research Laboratory in Washington, D.C.

Erica and Justin have presented about the science of chocolate to a variety of audiences since 2009.

## Meaningful Journaling

Sometimes Journaling can seem pointless and redundant or becomes more like a diary of the weather or everyday events. Join us for Meaningful Journaling —To Enhance your Well-Being to learn about the importance of Mindful Journaling and how the practice of it can enrich our lives. Participants will learn: What Mindful Journaling is; How Mindful Journaling can contribute to mental health; Steps to take to begin a Mindful Journaling practice; and How to reflect on life experiences in a way that brings understanding and meaning.

### Meaningful Journaling —To Enhance your Well-Being\*

Friday, May 12, May 19, & May 26

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

### Instructor Bio:

Patty Lee is a retired teacher of 50+ years. She taught K-12 and Graduate Students in Special Education and Learning Strategies. Patty holds both Master's and Doctorate degrees from the University of Kansas. Most recently, she has been an Instructor at Tacoma Community College teaching Writing Memoirs. Patty is also a Personal Editor and Writing Coach.



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

# May 2023

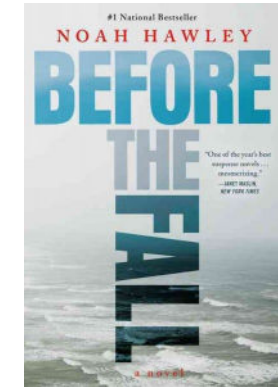


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, May 24

**Literary League Book Club—*Before the Fall*\***

About the book: On a foggy summer night, eleven people—ten privileged, one down-on-his-luck painter—depart Martha's Vineyard on a private jet headed for New York. Sixteen minutes later, the unthinkable happens: the plane plunges into the ocean. The only survivors are Scott Burroughs—the painter—and a four-year-old boy, who is now the last remaining member of an immensely wealthy and powerful media mogul's family. With chapters weaving between the aftermath of the crash and the backstories of the passengers and crew members, the mystery surrounding the tragedy heightens. As the passengers' intrigues unravel, odd coincidences point to a conspiracy. Events soon threaten to spiral out of control in an escalating storm of media outrage and accusations. And while Scott struggles to cope with fame that borders on notoriety, the authorities scramble to salvage the truth from the wreckage.

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 10:00 (Z) Nutrition for Healthy Aging: Eating the Omnivore Way 4:00 (W) Chat with Councilman John Hines*	2	3 12:00 (Z) A Path to War? China, Taiwan, and the United States 3:00 (BV) Seniors Helping Seniors: Scams to Avoid—Impersonators*	4 11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World* 2:00 (BV) Understanding Dementia Related Behavior*	5 2:00 (BV) Art Appreciation Lecture Series: Exploration Through Materials – Printmaking Part 1*
8	9	10 11:00 (Z) Medicare Part D, AKA Prescription Drug Coverage* 2:00 (FT) Nature around Tacoma Series: Low Tide Beach Walk at Titlow Beach*	11 11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World* 4:00 (BV) Piano Through the Ages*	12 10:00 (BV) Meaningful Journaling —To Enhance your Well-Being* 2:00 (BV) The Psychology of Awe*
15	16	17 2:00 (BV) Meaningful Movies: Storming Caesars Palace*	18 10:00 (Z) Dao (Tao) and Health 3:00 (Z) Great Decisions Discussion: Economic Warfare*	19 10:00 (BV) Meaningful Journaling —To Enhance your Well-Being* 2:00 (BV) What is Adjustment?*
22	23 3:30 (Z) Medicare Part D, AKA Prescription Drug Coverage*	24 11:00 (BV) Infinity Rehab Series: Floor Recovery and Best Exercises for Seniors* 2:00 (BV) Literary League Book Club— <i>Before the Fall</i> *	25 11:00 (BV) Great Courses - The Other Side of History: Daily Life in the Ancient World* 4:00 (BV) Steve's Local History: Tacoma's Role in Movies*	26 10:00 (BV) Meaningful Journaling —To Enhance your Well-Being* 10:00 (C) Still-Life Painting Workshop* 2:00 (Z) Self-Care Practices for Living Well - Resilience: Self-Care & Personal Practice: Relationship to Yourself
29	30	31 11:00 (BV) The Chemistry of Chocolate* 2:00 (BV) The View from Aoraki*		