

June Lectures and Events

*Indicates registration is required.

Thursday, June 1, June 8, June 15, June 22, & June 29

The Great Courses: The Medieval Legacy*

Throughout the course (June 1–September 28), individual lectures highlight our heritage from the Middle Ages as it affects daily experience: in the kinds of paperwork we live with every day; the ways we read and publish texts; the medieval inventions we use, such as clocks and eyeglasses; how we compose poetry and novels; the universities we attend; and more.

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

Thursday, June 1

Alzheimer's Association Lecture Series: Living with Alzheimer's - For People with Alzheimer's *

Join us for this program and have a chance to hear from others who have been where you are discussing what you need to know, what you need to plan, and what you need to develop and work with your care team.

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

Friday, June 2

Art Appreciation Lecture Series: Exploration Through Materials - Printmaking Part 2*

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

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

Wednesday, June 7, June 14, & June 21

Evolution of Ballet*

10:00 – 11:30 am, Bristol View 1st Floor Bowditch Room

Wednesday, June 7

Seniors Helping Seniors: Robo Texts*

Robo texts have become such a concern that lawmakers are considering mandating new laws to restrict automated wire transfers from US banks. Join our discussion to understand the latest scam and what you can do about it.

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

Friday, June 9

Nutrition for Healthy Aging: Intermittent Fasting

Learn what intermittent fasting is and about the potential health benefits as well as consequences.

2:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Wednesday, June 14

New to Medicare 101*

Come learn the A, B, C, and D's of Medicare. Know the basics. Whether you're new to Medicare, getting ready to turn 65, or preparing to retire, you'll need to make several important decisions about your health coverage.

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

Wednesday, June 14

Nature around Tacoma Series: Urban Park Walk in Swan Creek Park, Lister Uplands Entrance*

Discover the variety of habitats and the human impacts in Swan Creek Park.

2:00 pm, Field Trip to Swan Creek Park Lister Uplands (bus departs Bistro at 1:30 pm)

Thursday, June 15

Great Decisions Discussion: Politics in Latin America*

Electoral results in Latin America over the past four years have led many observers of the regional/political scene to discern a left-wing surge in the hemisphere, reminiscent of the so-called "Pink Tide" that swept the area some 20 years ago.

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

Friday, June 16, June 23, & June 30

Finding, Telling, and Sharing Life Stories*

This 5-week (June 16 – July 14) course will teach participants to explore their life experiences, work them into short stories or vignettes and pass them on as legacy. Students will benefit most by attending all sessions but are welcome to come to one or any combination of sessions.

10:00 – 11:30 am, Bristol View 1st Floor Gathering Room

Friday, June 16

Hand-Stitched Amulet*

We will choose fabrics and hand-stitch a small pocket amulet. Then we will attach our amulets to a soft suede cord. No sewing experience needed.

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

Monday, June 19

The Last Shot of the Civil War*

Go back in history with Confederate Navy Commerce Raiders who raised havoc with Union commercial shipping on all the seven seas and brought the American Civil War to England, France, Brazil, Australia, South Pacific Islands and even Alaska.

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

Wednesday, June 21

Meaningful Movies: The Lost Salmon *

In *The Lost Salmon*, filmmaker Shane Anderson set out on a two-year journey across Washington, Oregon, California, and Idaho to document some of the last wild "springers", the historical and ongoing causes of their declining numbers, and their profound relationship to the people and places of the Pacific Northwest.

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

Thursday, June 22

Estate Planning: Wills, Trusts, Probate, and Everything In Between

This is an in-depth discussion of estate planning and probate. Topics that will be discussed include wills, revocable living trusts, durable powers of attorney, probate and how to avoid it, and tips for choosing an executor. This will be an interactive discussion, so please bring your questions.

3:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Friday, June 23

The Peloponnesian War (431-404 B.C.)*

Instead of a blow-by-blow history of the war, this class will instead focus on political and military decision making, how the combatants fought the war, how that changed during the war, the impact of unforeseen circumstances (such as plague), how cultural restraints over the conduct of war eroded and disappeared, the involvement of external (non-Greek) players, and the ultimate consequences for the Greek world's system of City States.

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

Tuesday, June 27

New to Medicare 101*

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

Wednesday, June 28

Tour of the Federal Courthouse with Judge Robert Bryan*

Tour the U.S. Courthouse in the beautiful Union Station and see behind the scenes, including Judge Bryan's chambers. An official, government-issued photo I.D. is required for entry and you must pre-register.

10:00 – 11:30 am, US Courthouse at Union Station (bus will depart the FTJ Bistro at 9:30 am)

Wednesday, June 28

Literary League Book Club—Big Lies in A Small Town*

Join us as we discuss *Big Lies in A Small Town* by Diane Chamberlain

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

Thursday, June 29

Steve's Local History: History of JBLM*

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, June 30

The Secret Lives of Honey Bees*

2:00 pm, MJ Wicks Wellness Center



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

June 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

The Secret Lives of Honey Bees



This presentation will discuss the life cycle and biology of the western honey bee, *Apis mellifera*. Specifically, we'll look at the lives of different castes of bees, the queen, workers, and the male drones. We'll look at the different roles workers play throughout their lives and their impact on the functioning of the hive. Also, we'll discuss how nectar is transformed into honey and how pollen is processed into bee bread. How do honey bees communicate, allowing them to maintain a complex social structure? Finally, we'll investigate the belief among scientists that honey bees are thinking, feeling, sentient creatures and what that means to humans. *RSVP to join us for this talk on Friday, June 30 at 2:00 pm in the MJ Wicks Wellness Center.

Instructor Bio:

David Muehleisen joined the Evergreen State College faculty as an Adjunct member in 2007, where he taught the Practice of Sustainable Agriculture at the Organic Farm. In 2009, Dave left Evergreen to become the Education Director and Farm Manager at the non-profit education farm, 21 Acres in Woodinville, WA. He returned to Evergreen as a permanent faculty member in 2010. Before coming to Evergreen in 2007, Dave was the Research and Outreach Coordinator for the WSU Small Farms Program.

Dr. Muehleisen received his BS in Zoology and MS in Botany from Clemson University, a Master of Agriculture from Auburn University, and his Ph.D. from Texas A&M University in Entomology, focusing on Integrated Pest Management (IPM) and Toxicology.



The Evolution of Ballet

Join us for this 3-week series to learn about European classical ballet's rich tradition from Louis XIV's Versailles to its progression into the various eras. We will also greatly discuss ballet's advances in The United States. Classes take place on Wednesdays, June 7, June 14, & June 21 from 10:00 – 11:30 am in the Bristol View 1st Floor Bowditch Room (Please RSVP if you plan to attend).



Instructor Bio:

Erricka Turner Davis received her BFA in Ballet Education with Honors from The University of The Arts and her MFA in Dance from The University of Washington. Erricka has choreographed, directed/staged, taught, and lectured at Cornish College of the Arts, Tacoma Urban Performing Arts Center, SOAR Academy, Tacoma Arts Live, Harlequin Theatre, Spectrum Dance Theater, Ensemble Ballet Theatre, Ballet Bellevue, Evergreen State College, Evergreen City Ballet, Rainier Dance Center, University of Washington Dance Series, and other venues throughout the Pacific Northwest.

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

www.FrankeTobeyJones.com / Phone: 253.752.6621

June 2023

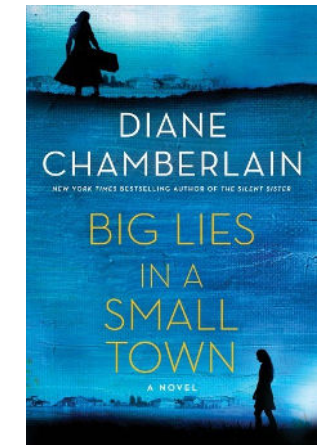


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, June 28

Literary League Book Club—*Big Lies in A Small Town**

Join us as we discuss *Big Lies in A Small Town* by Diane Chamberlain

About the book: North Carolina, 2018: Morgan Christopher's life has been derailed. Taking the fall for a crime she did not commit, she finds herself serving a three-year stint in the North Carolina Women's Correctional Center. Her dream of a career in art is put on hold-until a mysterious visitor makes her an offer that will see her released immediately. Her assignment: restore an old post office mural in a sleepy southern town. What she finds under the layers of grime is a painting that tells the story of madness, violence, and a conspiracy of small-town secrets.

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 11:00 (BV) The Great Courses: The Medieval Legacy* 2:00 (BV) Living with Alzheimer's - For People with Alzheimer's*	2 2:00 (BV) Art Appreciation Lecture Series: Exploration Through Materials - Printmaking Part 2*
5	6	7 10:00 (BV) Evolution of Ballet* 3:00 (BV) Seniors Helping Seniors: Robo Texts	8 11:00 (BV) The Great Courses: The Medieval Legacy*	9 2:00 (Z) Nutrition for Healthy Aging: Intermittent Fasting
12 	13	14 10:00 (BV) Evolution of Ballet* 11:00 (Z) New to Medicare 101* 2:00 (FT) Urban Park Walk in Swan Creek Park, Lister Uplands Entrance*	15 11:00 (BV) The Great Courses: The Medieval Legacy* 3:00 (Z) Great Decisions Discussion: Politics in Latin America*	16 10:00 (BV) Finding, Telling, and Sharing Life Stories* 2:00 (C) Hand-Stitched Amulet*
19 11:00 (BV) The Last Shot of the Civil War*	20	21 10:00 (BV) Evolution of Ballet* 2:00 (BV) Meaningful Movies: The Lost Salmon*	22 11:00 (BV) The Great Courses: The Medieval Legacy* 3:00 (Z) Estate Planning: Wills, Trusts, Probate, and Everything In Between	23 10:00 (BV) Finding, Telling, and Sharing Life Stories* 2:00 (BV) The Peloponnesian War (431-404 B.C.)*
26 	27 3:30 (Z) New to Medicare 101*	28 10:00 (FT) Tour of the Federal Courthouse with Judge Robert Bryan* 2:00 (BV) Literary League Book Club— <i>Big Lies in A Small Town</i> *	29 11:00 (BV) The Great Courses: The Medieval Legacy* 4:00 (BV) Steve's Local History: History of JBLM*	30 10:00 (BV) Finding, Telling, and Sharing Life Stories* 2:00 (W) The Secret Lives of Honey Bees*