

## July Lectures and Events

Thursday, July 6, July 13, & July 27

### The Great Courses: The Medieval Legacy\*

The Medieval Legacy offers a deep look at a stunning millennium of change and innovation which continues to inform our contemporary world.

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

Friday, July 7 & July 14

### Finding, Telling, and Sharing Life Stories\*

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

Friday, July 7

### Art Appreciation Lecture Series: Exploration Through Materials – Photography and Film Part 1\*

We'll explore different artists' approaches, techniques, and use of different photo and film technologies.

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

### The Operas of Mozart\*

Monday, July 10 - Early works

Wednesday, July 12 - Opera Seria: Idomeneo; La Clemenza di Tito

Monday, July 17 - Opera Buffa - The Mozart/da Ponte Operas: Le nozze di Figaro; Don Giovanni; Così fan tutte

Wednesday, July 26 - Singspiel: Die Entführung aus dem Serail; Die Zauberflöte

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

Monday, July 10

### A Fine Romance: Adapting Broadway to Hollywood in the Studio System Era\*

In this class, Dr. Geoffrey Block will talk about his newest book, *A Fine Romance: Adapting Broadway to Hollywood in the Studio System Era*, which tells the story of the symbiotic relationship between Broadway and Hollywood from the 1920s to the 1970s through an exploration of a dozen stage musicals and their film adaptations.

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

Wednesday, July 12

### Medicare and Traveling Outside the U.S.A.\*

As mandates have been lifted and we get to travel, many families are traveling abroad. This presentation will explain how Medicare coverage works while you are out of the country and what to do in these situations.

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

Wednesday, July 12

### Nature around Tacoma Series: History and Art Walk in McKinley Park\*

Learn about the interesting history of McKinley Park, one of Tacoma's first parks.

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

Thursday, July 13

### Spinning a Yarn, Weaving a Tale\*

Get caught in a web of enjoyment as Karen Haas blends traditional tales with demonstrations of various spinning and weaving techniques. You'll even have a chance to try your hand at some of these arts, both ancient and new.

2:00 pm, MJ Wicks Wellness Center



\*Indicates registration is required.

Friday, July 14

### Being Well: Evidence-Based Strategies for Mental Health\*

2:00 pm, MJ Wicks Wellness Center

Monday, July 17

### The Cosmic Drama: Galaxies in Motion\*

In addition to the twinkling stars of the night sky, it is possible with a pair of binoculars to see entire galaxies of stars that are similar to our Milky Way Galaxy. Using larger telescopes, astronomers have found that our Milky Way Galaxy is surrounded by dozens of very small galaxies. The nearest of these is actually flying through our galaxy. During this presentation you will see how our galaxy is interacting with its neighbors. You will also see that some of the nearby galaxies are currently being shredded, leaving behind clouds that will fall into our galaxy. The sky is littered with additional clouds whose origins are not as easily traced. But, they, like the ones that we see being shredded from nearby galaxies, are enormous in size and are speeding toward us at astronomically fast speeds. We will discuss these clouds and, if the audience is interested, will show computer simulations that predict what will happen when the clouds hit the most populous part of our Milky Way.

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

Tuesday, July 25

### Medicare and Traveling Outside the U.S.A.\*

As mandates have been lifted and we get to travel, many families are traveling abroad. This presentation will explain how Medicare coverage works while you are out of the country and what to do in these situations.

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

Wednesday, July 26

### Literary League Book Club—Braiding Sweetgrass

Join us as we discuss *Braiding Sweetgrass* by Robin Wall Kimmerer. About the book: An inspired weaving of indigenous knowledge, plant science, and personal narrative from a distinguished professor of science and a Native American whose previous book, *Gathering Moss*, was awarded the John Burroughs Medal for outstanding nature writing. As a botanist and professor of plant ecology, Robin Wall Kimmerer has spent a career learning how to ask questions of nature using the tools of science. As a Potawatomi woman, she learned from elders, family, and history that the Potawatomi, as well as a majority of other cultures indigenous to this land, consider plants and animals to be our oldest teachers. Once we begin to listen for the languages of other beings, we can begin to understand the innumerable life-giving gifts the world provides us and learn to offer our thanks, our care, and our own gifts in return.

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

Friday, July 28

### Flower Tour at Point Defiance\*

Join Metro Parks Horticulturist Steve Herbig for a sensory-filled, educational walk through some of Point Defiance's flower gardens.

10:00 am, Point Defiance Rose Garden (Bus departs Bistro at 9:45 am)

Friday, July 28

### Nutrition for Healthy Aging: Stop the Snack Attack

Learn about the biggest downfall of modern eating – snacking. I will explain how and why it became popular, health issues associated with it, when it is beneficial and how to create a healthy snack.

2:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

July 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)

## 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.

Participants will learn:

- To chart their life experiences that made them who they are
- To understand the story that underlies the life experience
- To write creatively about life experiences in a short story or vignette
- To give and receive feedback on their writing
- Ways to pass on their stories as legacy

Students will benefit most by attending all sessions but are welcome to come to one or any combination of sessions. Please bring a notebook and something to write with.

RSVP to attend these classes from 10:00 – 11:30 am in the Bristol View 1st Floor Gathering 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 a Master's and Doctorate degrees from 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.



## Evidence-Based Strategies for Mental Health

Dr. Tiffany Artime 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.



Dr. Tiffany Artime is a licensed clinical psychologist and an associate professor of psychology at Pacific Lutheran University. She obtained her Ph.D. in Clinical Psychology from the University of Missouri, St. Louis. She also provides psychotherapy to adults in a private practice in Olympia. Dr. Artime studies trauma and recovery, most recently leading projects that focus on the dissemination and implementation of evidence-based trauma treatments in diverse settings such as University Counseling Centers and LGBTQ+-serving clinics.

RSVP to join **Being Well: Evidence-Based Strategies for Mental Health** on Friday, July 14 at 2:00 pm in the MJ Wicks Wellness Center.

# July 2023



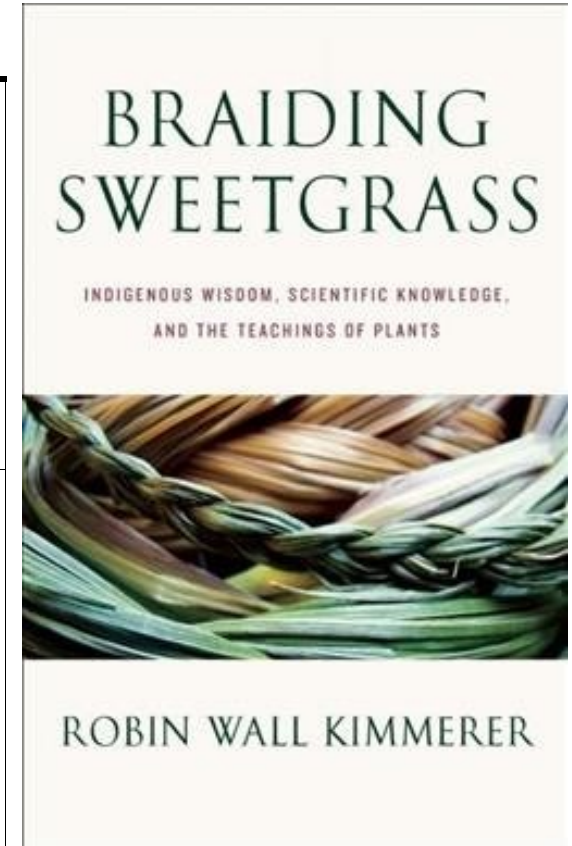
FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.

Mon	Tue	Wed	Thu	Fri
3	4 Happy 4 <sup>TH</sup> of JULY	5	6 11:00 (BV) The Great Courses: The Medieval Legacy*	7 10:00 (BV) Finding, Telling, and Sharing Life Stories*  2:00 (BV) Art Appreciation Lecture Series: Exploration Through Materials – Photography and Film Part 1*
10 10:00 (BV) The Operas of Mozart: Early Works*  2:00 (BV) A Fine Romance: Adapting Broadway to Hollywood in the Studio System Era*	11	12 10:00 (BV) The Operas of Mozart: Opera Seria—Idomeneo; La Clemenza di Tito*  11:00 (Z) Medicare and Traveling Outside the U.S.A  2:00 (FT) History and Art Walk in McKinley Park*	13 11:00 (BV) The Great Courses: The Medieval Legacy*  2:00 (W) Spinning a Yarn, Weaving a Tale*	14 10:00 (BV) Finding, Telling, and Sharing Life Stories*  2:00 (W) Being Well: Evidence-Based Strategies for Mental Health*
17 10:00 (BV) The Operas of Mozart: Early Opera Buffa - The Mozart/da Ponte Operas: Le nozze di Figaro; Don Giovanni; Così fan tutte*  2:00 (BV) The Cosmic Drama: Galaxies in Motion*	18 Summer Break	19	20	21
24	25 3:30 (Z) Medicare and Traveling Outside the U.S.A	26 10:00 (BV) The Operas of Mozart: Singspiel—Die Entführung aus dem Serail; Die Zauberflöte*  2:00 (BV) Literary League Book Club— <i>Braiding Sweetgrass</i> *	27 11:00 (BV) The Great Courses: The Medieval Legacy*	28 10:00 (FT) Flower Tour at Point Defiance*  2:00 (Z) Nutrition for Healthy Aging: Stop the Snack Attack



Wednesday, July 26  
**Literary League Book Club—*Braiding Sweetgrass***  
 Join us as we discuss *Braiding Sweetgrass* by Robin Wall Kimmerer  
 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