

August Lectures and Events

\*Indicates registration is required.

Wednesday, August 2  
**SKATE: Rinks, Derbies & Discos in Washington Skate History \***  
10:00 am, Washington State History Museum

Wednesday, August 2  
**Seniors Helping Seniors: Summer Safety\***  
This class has safety tips for all ages.  
3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, August 3, August 10, August 17, August 17, August 24, & August 31  
**The Great Courses: The Medieval Legacy\***  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, August 3  
**Wheels Up Travel Club: Exploring River Cruising\***  
Join this exciting and informative session as we delve into the world of AmaWaterways, one of the leading luxury river cruise lines.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, August 4, August 11, August 18, & August 25  
**American Mah Jong, Beginning Level\***  
10:00 am – 12:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, August 4  
**Art Appreciation Lecture Series: Exploration Through Materials - Photography and Film Part 2\***  
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

Monday, August 7  
**Writer’s Workshop\***  
This monthly workshop will offer participants a place to create and develop their writing pieces.  
10:00 am - 12:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, August 7  
**Pt. Defiance~Ruston Senior Center\***  
Join us as we discover the hidden secrets of a wonderful place where seniors thrive and grow.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, August 9  
**Medicare Diabetic Treatment and Supplies\***  
A deep review of how Medicare covers diabetic treatment and supplies.  
11:00 am, Zoom (Pre-register at medicareclass.net)

Wednesday, August 9  
**Nature around Tacoma Series: Reptile and Amphibian Walk at Tacoma Nature Center\***  
This walk is on a mostly flat packed gravel trail.  
2:00 pm, Field Trip to Tacoma Nature Center (bus departs Bistro at 1:30 pm)

Thursday, August 10  
**Nutrition for Healthy Aging: Detox Demystified**  
Learn about the detox process, some of the concerns, and how to help get the body ready.  
2:00 pm, Zoom  
Meeting ID: 871 8744 9528    Passcode: 845170

Thursday, August 10  
**Ken Jacobsen Music Hour: 500 Years of Music\***  
The evolution of the guitar and guitar music from the Renaissance to the present.  
4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, August 11, August 18, & August 25  
**Mindful Movement\***  
Connect your mind and body through breath work, gentle stretching, and meditative movement.  
2:00 – 3:30 pm, MJ Wicks Wellness Center

Monday, August 14 & August 21  
**Great Courses: Music and the Brain\***  
These enthralling half-hour DVD lectures will make you think about music and your brain in a new way.  
2:00 pm, Lillian Pratt Parlor

Wednesday, August 16  
**Experimental Printmaking: Gelli Blok Printmaking\***  
Learners will use Gelli Bloks to create and print on a variety of surfaces.  
10:00 am – 12:00 pm, TJ Craft Room

Wednesday, August 16  
**Museum of Glass Tea and Tour\***  
Tour the Museum of Glass galleries and Hot Shop. The tour culminates with tea and cookies in the Education Studio, along with an art-making project.  
2:00 – 4:00 pm, Field Trip (the bus leaves the Bistro at 1:30 pm )

Thursday, August 17  
**Great Decisions Discussion: Global Famine\***  
3:00 pm, Zoom (Pre-register to receive the Zoom link)

Tuesday, August 22  
**Medicare Diabetic Treatment and Supplies\***  
3:30 pm, Zoom (Pre-register at medicareclass.net)

Wednesday, August 23  
**Experimental Printmaking: Syntra Printmaking\***  
Objects supplied by instructor and/or learners will be used to produce a relief plate with Syntra closed-cell foam.  
10:00 am – 12:00 pm, TJ Craft Room

Wednesday, August 23  
**Literary League Book Club—Yoke: My Yoga of Self-Acceptance\***  
Join us as we discuss *Yoke: My Yoga of Self-Acceptance* by Jessamyn Stanley  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, August 24  
**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

Monday, August 28  
**Explore Uwajimaya\***  
Join Senior University and the Holistic Wellness Program for this exploratory trip to Uwajimaya, one of the largest Asian grocery retailers in the Pacific Northwest.  
10:00 am – 2:00 pm, Field Trip to Uwajimaya (bus will leave the Bistro at 10:00 am)

Wednesday, August 30  
**Experimental Printmaking: Found Object Collagraph Printing\***  
Experiment with small-press assistance in printing intaglio plates constructed of found objects and surfaces.  
10:00 am – 12:00 pm, TJ Craft Room

Wednesday, August 30  
**Psychedelics, Aging, and the End of Life**  
This workshop on Psychedelics at the End of Life will consider the current research on how psychedelic assisted therapy can be of benefit for persons facing existential end of life issues.  
2:00 pm, Zoom  
Meeting ID: 481 600 3295    Passcode: 845170

Thursday, August 31  
**Tour Presentation – Memorials of War,80th Anniversary of the Normandy Invasion\***  
Learn about this tour being offered in 2024.  
3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

August 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

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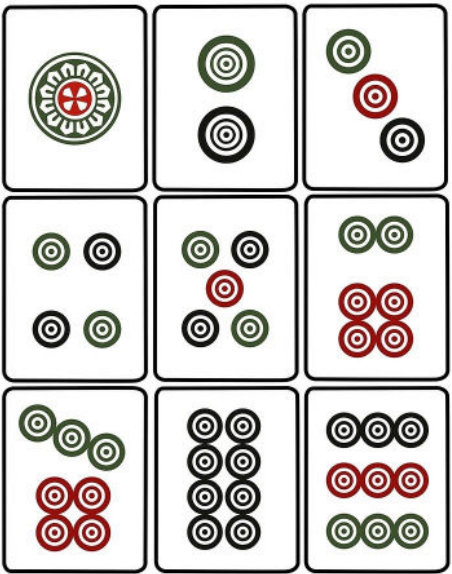
To check for schedule changes, e-mail  
jwennstrom@franketobeyjones.com

SKATE: Rinks, Derbies & Discos in Washington Skate History

Join Gwen Whiting, Lead Curator for the Washington State History Museum, for a talk and tour of *SKATE: Rinks, Derbies & Discos in Washington Skate History*. Relive the glory of roller disco, couples’ skate, the snack bar, skate fashion, and your favorite skating music. Learn how present-day roller derby and new innovations are enlivening skate culture. The exhibition also explores how skating culture has reflected social and political movements over time, providing both entertainment and community. The history of this sport in Washington goes back several decades, connecting people from all parts of the state. Explore artifacts and photographs from the Washington State Historical Society and other museums and community organizations, including items from early endurance competitions, objects connected to modern roller derby, and period fashions that provide context for the skating culture of their time. Also shown are roller skates that show the evolution of skate design over time, beginning in about 1840. RSVP to join this Washington State History Museum tour on Wednesday, August 2nd at 10:00 am (bus departs Bistro at 9:30 am).



Learn to Play American Mah Jong



Mah Jong is a game of calculation, skill, and strategy employing tiles with Chinese Characters. Players seek to acquire specific tiles to form a “mah jong” in a predetermined pattern. In the American version, several exchanges of tiles among players offers everyone a chance to improve the dealt hand before the game begins. Players select a hand to play based on a printed card. Play is facilitated by familiarity with the card and the hands. As the players become proficient, the pace of play increases. The card is revised annually to keep the game challenging. Game sets and cards will be provided for use during the sessions.

RSVP to join us on Fridays from 10:00 am—12:00 pm throughout August in the Bristol View 1st Floor Bowditch Room.

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

www.FrankeTobeyJones.com / Phone: 253.752.6621

# August 2023

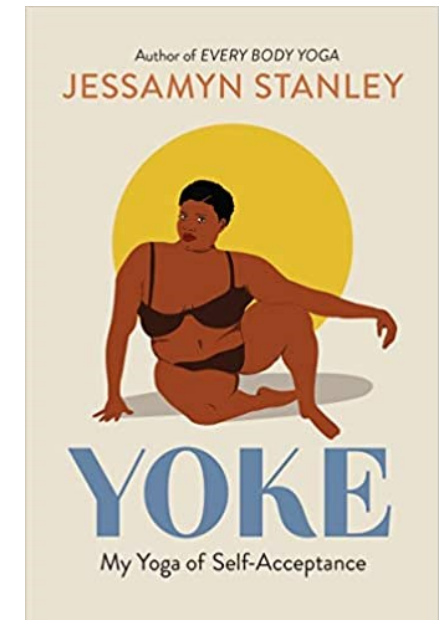


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



**Literary League Book Club—*Yoke: My Yoga of Self-Acceptance***

Join us as we discuss *Yoke: My Yoga of Self-Acceptance* by Jessamyn Stanley  
About the book: In a series of deeply honest, funny autobiographical essays, Jessamyn explores everything from imposter syndrome to cannabis to why it's a full-time job loving yourself, all through the lens of yoke. She calls out an American yoga complex that prefers debating the merits of cotton versus polyblend leggings rather than owning up to its overwhelming Whiteness. She questions why the Western take on yoga so often misses—or misuses—the tradition's spiritual dimension.  
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 10:00 (FT) SKATE: Rinks, Derbies & Discos in Washington Skate History*  3:00 (BV) Seniors Helping Seniors: Summer Safety*	3 11:00 (BV) The Great Courses: The Medieval Legacy*  2:00 (BV) Wheels Up Travel Club: Exploring River Cruising*	4 10:00 (BV) American Mah Jong, Beginning Level*  2:00 (BV) Art Appreciation Lecture Series: Exploration Through Materials - Photography and Film Part 2*
7  10:00 (BV) Writer's Workshop*  2:00 (BV) Pt. Defiance~Ruston Senior Center*	8	9 11:00 (Z) Medicare Diabetic Treatment and Supplies*  2:00 (FT) Nature around Tacoma Series: Reptile and Amphibian Walk at Tacoma Nature Center*	10 11:00 (BV) The Great Courses: The Medieval Legacy* 2:00 (Z) Nutrition for Healthy Aging: Detox Demystified 4:00 (BV) Ken Jacobsen Music Hour: 500 Years of Music*	11  10:00 (BV) American Mah Jong, Beginning Level*  2:00 (W) Mindful Movement*
14  2:00 (LP) Great Courses: Music and the Brain*	15 	16 10:00 (C) Experimental Printmaking: Gelli Blok Printmaking*  2:00 (FT) Museum of Glass Tea and Tour*	17 11:00 (BV) The Great Courses: The Medieval Legacy*  3:00 (Z) Great Decisions Discussion: Global Famine*	18  10:00 (BV) American Mah Jong, Beginning Level*  2:00 (W) Mindful Movement*
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28  10:00 (FT) Explore Uwajimaya*	29 	30 10:00 (C) Experimental Printmaking: Found Object Collagraph Printing*  2:00 (Z) Psychedelics, Aging, and the End of Life	31 11:00 (BV) The Great Courses: The Medieval Legacy*  3:00 (BV) Tour Presentation – Memorials of War, 80th Anniversary of the Normandy Invasion*	