

October Lectures and Events

\*Indicates registration is required.

Monday, October 2  
**Writer’s Workshop\***  
This workshop offers participants a place to create and develop their writing pieces. This program is made possible by a generous donation to Senior University.  
10:00 am - 12:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, October 2  
**Around The World with Nellie Bly – A Living History Performance\***  
Join living history performer, Debbi Dimitre, as she portrays Nellie Bly, the first female investigative journalist in America.  
3:00 pm, MJ Wicks Wellness Center

Wednesday, October 4  
**What’s New at the Zoo?\***  
Learn more about Point Defiance Zoo & Aquarium and Northwest Trek Wildlife Park with Alan Varsik, Director of Zoological & Environmental Education.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, October 4  
**Tribute to Broadway\***  
Join Lori Anderson and Marian Wisham for this interactive musical performance.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, October 5  
**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

Thursday, October 5  
**Adjustment II: We’re Here; Now What?\***  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, October 6  
**Aging Well: Tips and Strategies to Live Healthier as We Age\***  
10:00 am, Lillian Pratt Parlor

Friday, October 6  
**Grounded in Nature\***  
4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, October 9, October 16, October 23, & October 30  
**Tacoma Community Ukulele Project: Exploring the Ukulele\***  
You will learn at least 8 songs and multiple strumming patterns.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, October 9, October 16, October 23, & October 30  
**The Emerging Science of Longevity\***  
1:30 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, October 9, October 16, October 23, & October 30  
**Great Courses: Music and the Brain\***  
3:00 pm, Lillian Pratt Parlor

Wednesday, October 11  
**Glaciers at Work\***  
Learn about glaciers and explore areas of Southeast Alaska that have been and are being carved by ice.,  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, October 11  
**Medicare Advantage Plans: Everything You Need to Know\***  
This discussion will be about everything Medicare Advantage plans.  
11:00 am, Zoom (Pre-register at medicareclass.net)

Wednesday, October 11  
**Nature around Tacoma Series: History and Nature Walk at Titlow Park\***  
Examine the flora and fauna around the lagoon with Tacoma Nature Staff.  
2:00 pm, Field Trip to Titlow Park (bus departs Bistro at 1:30 pm)

Thursday, October 12  
**Nutrition for Healthy Aging: Gut Healing Follow-up**  
You will have a chance to share and discuss your experience with gut healing.  
2:00 pm, Zoom  
Meeting ID: 871 8744 9528 Passcode: 845170

Thursday, October 12  
**Ken Jacobsen Music Hour: Latin Guitar\***  
This month will be an exploration of music of Spain, Central and South America.  
4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, October 13  
**Daily Money Manager and You\***  
A Daily Money Manager (DMM) is a professional who takes care of someone’s day-to-day financial tasks providing peace of mind that your personal or household financial matters are taken care of in a secure and professional manner.  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, October 18  
**Meaningful Movies: DamNation\***  
This film explores the evolution of our national attitude from pride in big dams as engineering wonders to the growing awareness that our own future is bound to the life and health of wild rivers.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, October 20  
**LGBTQIA+ Competency\***  
Learn about gender identity, sexual orientation, and gender expression, how these things interact, how they impact all of us, and how to love and support the LGBTQIA+ people in our lives.  
10:00 am - 12:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Tuesday, October 24  
**Medicare Advantage Plans: Everything You Need to Know\***  
This discussion will be about everything Medicare Advantage plans.  
3:30 pm, Zoom (Pre-register at medicareclass.net)

Wednesday, October 25  
**Soldiers in Petticoats: The Struggles of the Suffragettes\***  
Tames Alan brings to life the suffragettes, their struggles, and their influence on major issues of their era.,  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, October 25  
**Literary League Book Club— Fleishman is in Trouble\***  
Join us as we discuss *Fleishman is in Trouble* by Taffy Brodesser-Akner  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, October 26  
**Unlock the Secrets of Intimacy and Maturity: A Workshop on Senior Sexuality!\***  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, October 26  
**Steve’s Local History: Ghost Stories and the History Behind Them\***  
Steve Dunkelberger focuses on local history.  
4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, October 27  
**Poverty: Who, What, Why\***  
This course will explore poverty in the larger social context of increasing social inequality and use sociological theories to investigate various aspects of poverty and its particularities in the U.S.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, October 27  
**Art Appreciation Lecture Series: Exploration Through Materials – Architecture\***  
We'll explore different artists’ approaches, techniques, and use of different technologies in construction.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

October 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

Practices for Healthy Aging

Healthy aging is something that we can work towards every day, and come at from many different angles, no matter where we are starting from. Below are some classes this month that will get you thinking about (and practicing) activities to start (or maintain) habits for a more vibrant and healthy lifestyle, no matter your age.

Thursday, October 5  
**Adjustment II: We’re Here; Now What?\***  
With the challenges of aging, how do we adapt, cope, attend to our well-being, foster resilience, and find meaning and purpose amidst the constancy of change? In other words, how do we continue to grow? How do we move from thought into action?  
2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, October 6  
**Aging Well: Tips and Strategies to Live Healthier as We Age\***  
Simply living longer isn’t enough. We want to stay healthy enough to continue doing the things we love. It’s never too late to make changes to help you live a longer and healthier life.  
10:00 am, Lillian Pratt Parlor

Friday, October 6  
**Grounded in Nature\***  
How does nature speak to you? Would you like to feel more grounded in nature? Come hear the personal story of Colette DeMonte, PsyD., the founder of Sow Therapeutic and how this non-profit program bloomed from an idea during the COVID-19 pandemic. Share your own stories of how nature transformed your life and learn a few creative strategies to ground yourself in nature.  
4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, October 9, October 16, October 23, & October 30  
**The Emerging Science of Longevity\***  
In The Emerging Science of Longevity, Dr. Mark Hyman overturns the previous paradigm of aging and offers a new, empowering vision in which you have vastly more agency over your biology in this 4-week video series.  
This program is a collaboration between Senior University and the Holistic Wellness Program.  
1:30 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, October 26  
**Unlock the Secrets of Intimacy and Maturity: A Workshop on Senior Sexuality!\***  
Discover the science behind arousal and desire, and gain practical tips and tools to navigate intimacy during your golden years. Join us for an engaging session where we delve into effective strategies for initiating conversations about desires and needs. As well as an opportunity to anonymously ask a sex therapist any burning questions you may have. Don't miss this empowering event designed to enhance your understanding and enrich your intimate relationships.

This program is a collaboration between Senior University and the Holistic Wellness Program.  
11:00 am, Bristol View 1<sup>st</sup> 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

# October 2023

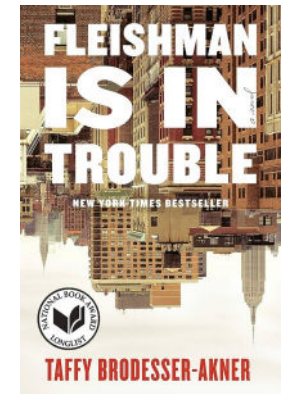


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, October 25

**Literary League Book Club— *Fleishman is in Trouble***  
Join us as we discuss *Fleishman is in Trouble* by Taffy Brodesser-Akner

About the book: Dr. Toby Fleishman wakes up each morning surrounded by women. Women who are self-actualized and independent and know what they want--and, against all odds, what they want is Toby. Who knew what kind of life awaited him once he finally extracted himself from his nightmare of a marriage? Who knew that there were women out there who would actually look at him with softness and desire? But just as the winds of his optimism are beginning to pick up, they're quickly dampened, and then extinguished, when his ex-wife, Rachel, suddenly disappears. Toby thought he knew what to expect when he moved out: weekends and every other holiday with the kids, some residual bitterness, tense co-parenting negotiations. He never thought that one day Rachel would just drop their children off at his place and never come back.

2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch 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>2</p> <p>10:00 (BV) Writer's Workshop*</p> <p>3:00 (W) Around The World with Nellie Bly – A Living History Performance by Debbie Dimitre*</p>		<p>4</p> <p>10:00 (BV) What's New at the Zoo?*</p> <p>2:00 (BV) Tribute to Broadway*</p>	<p>5</p> <p>11:00 (BV) The Great Courses: The Medieval Legacy*</p> <p>2:00 (BV) Adjustment II: We're Here; Now What?*</p>	<p>6</p> <p>10:00 (LP) Aging Well: Tips and Strategies to Live Healthier as We Age*</p> <p>4:00 (BV) Grounded in Nature*</p>
<p>9</p> <p>10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele*</p> <p>1:30 (BV) The Emerging Science of Longevity*</p> <p>3:00 (LP) Great Courses: Music and the Brain*</p>		<p>11</p> <p>11:00 (BV) Glaciers at Work*</p> <p>11:00 (Z) Medicare Advantage Plans: Everything You Need to Know*</p> <p>2:00 (FT) Nature around Tacoma Series: History and Nature Walk at Titlow Park*</p>	<p>12</p> <p>2:00 (Z) Nutrition for Healthy Aging: Gut Healing Follow-up</p> <p>4:00 (BV) Ken Jacobsen Music Hour: Latin Guitar*</p>	<p>13</p> <p>11:00 (BV) Daily Money Manager and You*</p>
<p>16</p> <p>10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele*</p> <p>1:30 (BV) The Emerging Science of Longevity*</p> <p>3:00 (LP) Great Courses: Music and the Brain*</p>		<p>18</p> <p>2:00 (BV) Meaningful Movies: DamNation*</p>	<p>19</p>	<p>20</p> <p>10:00 (BV) LGBTQIA+ Competency*</p>
<p>23</p> <p>10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele*</p> <p>1:30 (BV) The Emerging Science of Longevity*</p> <p>3:00 (LP) Great Courses: Music and the Brain*</p>	<p>24</p> <p>3:30 (Z) Medicare Advantage Plans: Everything You Need to Know*</p>	<p>25</p> <p>11:00 (BV) Soldiers in Petticoats: The Struggles of the Suffragettes*</p> <p>2:00 (BV) Literary League Book Club— <i>Fleishman is in Trouble</i>*</p>	<p>26</p> <p>11:00 (BV) Unlock the Secrets of Intimacy and Maturity: A Workshop on Senior Sexuality!*</p> <p>4:00 (BV) Steve's Local History: Ghost Stories and the History Behind Them*</p>	<p>27</p> <p>10:00 (BV) Poverty: Who, What, Why*</p> <p>2:00 (BV) Art Appreciation Lecture Series: Exploration Through Materials – Architecture*</p>
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