

November Lectures and Events

*Indicates registration is required.

Wednesday, November 1

Wreath Making Class at Fernseed *

You will have the option of purchasing the wreath you’ve made .
10:00 am – 12:00 pm, Fernseed (bus departs Bistro at 9:30 am)

Wednesday, November 1

Seniors Helping Seniors: Top Holiday Scams to Avoid*

This class will review several types of scams and examples of the activity.
3:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, November 2, November 9, November 16, November 30

Eating, Inspiration & Aging

Taking note of your daily choices is a powerful tool towards optimal health.
10:00 am, Zoom, Meeting ID: 828 7624 9645 Passcode: 845170

Thursday, November 2

Medicaid and Long-Term Care

An in-depth discussion about the essential facts about long-term care and how to pay for it.
3:00 pm, Zoom, Meeting ID: 481 600 3295 Passcode: 845170

Friday, November 3, November 10, & November 17

Creative Writing and Poetry*

Explore the literary arts through this inclusive creative writing series.
10:00 – 11:30 am, Bristol View 1st Floor Bowditch Room

Friday, November 3

Art Appreciation Lecture Series: Exploration Through Materials – Sculpture*

We’ll explore different artists’ approaches and techniques.
2:00 pm, Bristol View 1st Floor Bowditch Room

Monday, November 6

Writer’s Workshop*

This program is made possible by a generous donation to Senior University.
10:00 am - 12:00 pm, Bristol View 1st Floor Bowditch Room

Monday, November 6

The Taylor Aerocar Story*

The Aerocar, created by Pacific Northwest Aeronautical Engineer Molt Taylor, was one of the first practical flying cars.
2:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, November 8

Medicare Supplement AKA Medigap: Everything You Need to Know*

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

Wednesday, November 8

Nature around Tacoma Series: Migration Walk at Owen Beach*

Look for migrating birds and learn about migration with Tacoma Nature Center staff.
2:00 pm, Field Trip to Point Defiance Owen Beach (bus departs Bistro at 1:30 pm)

Thursday, November 9

Nutrition for Healthy Aging: Eating Around the Holidays

Learn how to create a healthy whole food meal plan and manage eating patterns.
2:00 pm, Zoom, Meeting ID: 871 8744 9528 Passcode: 845170

Thursday, November 9

Ken Jacobsen Music Hour: Playful Music*

This will be a participatory program. No musical experience required!
4:00 pm, Bristol View 1st Floor Bowditch Room

Friday, November 10

Journal of Delights*

Make a journal in which to keep a record of things in the world that make you smile.
2:00 – 3:30 pm, Tobey Jones Craft Room

Tuesday, November 14

Zentangle: Inspired World of Wacky Fantasy Flowers*

This is a light-hearted and entertaining approach to drawing fun flowers.
10:00 am, Tobey Jones Multipurpose Room



Tuesday, November 14

The Spice of Life*

2:00 pm, MJ Wicks Wellness Center

Wednesday, November 15

Denali: In the Footsteps of the Pioneers*

Enjoy a tale of history and high adventure with William Lokey.
11:00 am, Bristol View 1st Floor Bowditch Room

Wednesday, November 15

Meaningful Movies: Do You Trust This Computer?*

An exploration of the perils of artificial intelligence in the 21st Century. Self-learning computers could hold great potential for humanity or prove to be mankind's final invention.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, November 16

Great Decisions Discussion: Climate Migration*

How might the United States aid be affected by the migration?
3:00 pm, Zoom (Pre-register to receive the Zoom link)

Friday, November 17

Port of Tacoma: A Journey Through Time*

We will span nearly 150 years of the Port of Tacoma. Rod Koon’s book, *Port of Tacoma*, will be available for sale following the talk.
2:00 pm, MJ Wicks Wellness Center

Monday, November 20

The Amazing Amazon River*

Explore fun facts about the 2nd largest river in the world.
11:00 am, Bristol View 1st Floor Bowditch Room

Monday, November 20

Pioneer Memories, Future Dreams: Eliza Jane Meeker*

Karen Haas portrays Eliza Jane Meeker in this living history presentation.
3:00 pm, MJ Wicks Wellness Center

Tuesday, November 21 & Wednesday, November 22

Summit of Your Life*

10:00 am – 12:00 pm & 2:00 – 4:00 pm, Tobey Jones Parlor

Tuesday, November 21

Medicare Supplement AKA Medigap: Everything You Need to Know*

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

Tuesday, November 28

Living Well at Any Age*

Learn 10 ways you can stay healthy in mind and body.
11:00 am, Tobey Jones Parlor

Tuesday, November 28

Carols of the Season: A Piano Christmas Program*

Hear some of the season’s favorite carols while also learning about their history and meanings.
2:00 pm, Tobey Jones Parlor

Wednesday, November 29

Keep Calm and Carry a Song – a Karen Haas Sing-Along Program*

Songs that kept the G.I.s jiving through WWII.
11:00 am, Lillian Pratt Parlor

Wednesday, November 29

Literary League Book Club— *Pride, Prejudice, and Other Flavors**

Join us as we discuss *Pride, Prejudice, and Other Flavors* by Sonali Dev.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, November 30

Steve’s Local History: Medal of Honors in Tacoma*

4:00 pm, Bristol View 1st Floor Gathering Room

FRANKE TOBEY JONES
SENIOR UNIVERSITY

Live & Learn

November 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 Summit of Your Life

Join Senior University and the Holistic Wellness Program for this 2-day video summit to elevate your wellness in all areas of your life — from your health and mindset to the quality of your relationships and your sense of purpose. *The Summit of Your Life* features lessons from an array of spiritual leaders, personal development authors, yoga and meditation teachers, and social and environmental activists. Together, these sessions guide you toward clear, achievable resolutions in the key areas needed for your health and happiness. You can come to any or all of the sessions.

Day 1 – Morning Session
Welcome
Meet Your Future Self
Let Go of What Doesn't Serve You
Conscious Gratitude

Day 2 - Morning Session
Strengthen Your Commitment
Bring Love to All Relationships
Feel Your Interdependence

Day 1 – Afternoon Session
Get to the Root of Your Health
Set Intentions with Clarity
Find Time in Your Day

Day 2 - Afternoon Session
Break Out of Your Bubble
Reduce Your Bias Through Exposure
You Can Be an Advocate
Conclusion: Your Every Act is Powerful

Tuesday, November 21 & Wednesday, November 22 at 10:00 am – 12:00 pm & 2:00 – 4:00 pm in the Tobey Jones Parlor. Please RSVP if you plan to attend.

The Spice of Life

Spices were once worth their weight in gold, and fortunes were made if one’s ship successfully returned from the Spice Islands. Throughout much of history, a person’s place in society was often judged by how much spice he could afford to display on his table and use in his cooking. However, until modern times, very few people in the Western world knew what the plants that furnished these highly valued commodities looked like.

In this entertaining and informative horticultural lecture on spices, the audience will gain insight, both historical and modern, into the spice trade and its impact on Western culture and cooking. Learn the significance of a medieval spice tray and what went into the more-common spice blends used in ethnic cooking. Also covered by extensive slides will be a close look at the various plants, the parts that were harvested, and their preparation for use in cooking. This program is made possible by a generous donation to Senior University.

Join us Tuesday, November 14 at 2:00 pm in the MJ Wicks Wellness Center. Please RSVP if you plan to attend.

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

www.FrankeTobeyJones.com / Phone: 253.752.6621

November 2023

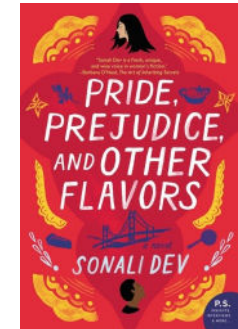


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, November 29

Literary League Book Club— *Pride, Prejudice, and Other Flavors**

Join us as we discuss *Pride, Prejudice, and Other Flavors* by Sonali Dev.

About the book: Dr. Trisha Raje is San Francisco's most acclaimed neurosurgeon. But that's not enough for the Rajes, her influential immigrant family who achieved power by making its own non-negotiable rules: never trust an outsider, never do anything to jeopardize your brother's political aspirations, and never, ever, defy your family. Trisha has been guilty of breaking all the rules, but finally has a chance to redeem herself. So long as she doesn't repeat her old mistakes. Up-and-coming chef DJ Caine has known people like Trisha before, people who judge him by his rough beginnings and place pedigree above character. He needs the lucrative job the Rajes offer, but he values his pride too much to indulge Trisha's arrogance. Then he discovers that she's the only surgeon who can save his sister's life. But before a future can be savored there's a past to be reckoned with.

2:00 pm, Bristol View 1st 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
		1 10:00 (FT) Wreath Making Class at Fernseed* 3:00 (BV) Seniors Helping Seniors: Top Holiday Scams to Avoid*	2 10:00 (Z) Eating, Inspiration & Aging 3:00 (Z) Medicaid and Long-Term Care	3 10:00 (BV) Creative Writing and Poetry* 2:00 (BV) Art Appreciation Lecture Series: Exploration Through Materials – Sculpture*
6 10:00 (BV) Writer's Workshop* 2:00 (BV) The Taylor Aerocar Story*	7	8 11:00 (Z) Medicare Supplement AKA Medigap: Everything You Need to Know* 2:00 (FT) Nature around Tacoma Series: Migration Walk at Owen Beach*	9 10:00 (Z) Eating, Inspiration & Aging 2:00 (Z) Nutrition for Healthy Aging: Eating Around the Holidays 4:00 (BV) Ken Jacobsen Music Hour: Playful Music*	10 10:00 (BV) Creative Writing and Poetry* 2:00 (C) Journal of Delights*
13	14 10:00 (M) Zentangle: Inspired World of Wacky Fantasy Flowers* 2:00 (W) The Spice of Life*	15 11:00 (BV) Denali: In the Footsteps of the Pioneers* 2:00 (BV) Meaningful Movies: Do You Trust This Computer?*	16 10:00 (Z) Eating, Inspiration & Aging 3:00 (Z) Great Decisions Discussion: Climate Migration*	17 10:00 (BV) Creative Writing and Poetry* 2:00 (W) Port of Tacoma: A Journey Through Time*
20 11:00 (BV) The Amazing Amazon River* 3:00 (W) Pioneer Memories, Future Dreams: Eliza Jane Meeker – Living History with Karen Haas*	21 10:00 (TJ) Summit of Your Life* 2:00 (TJ) Summit of Your Life* 3:30 (Z) Medicare Supplement AKA Medigap: Everything You Need to Know*	22 10:00 (TJ) Summit of Your Life* 2:00 (TJ) Summit of Your Life*	23 	24
27	28 11:00 (TJ) Living Well at Any Age* 2:00 (TJ) Carols of the Season: A Piano Christmas Program*	29 11:00 (LP) Keep Calm and Carry a Song – a Karen Haas Sing-Along* 2:00 (BV) Literary League Book Club— <i>Pride, Prejudice, and Other Flavors</i> *	30 10:00 (Z) Eating, Inspiration & Aging 4:00 (BV) Steve's Local History: Medal of Honors in Tacoma*	