

## January Lectures and Events

\*Indicates registration is required.

Wednesday, January 3

### Meaningful Movies: *Tree of Life*\*

This film creates a deeply personal, trauma-informed portrait of the survivors, victims, and victims' family members of the Pittsburgh Synagogue attack, and brings into sharp focus the hate-based crisis that threatens our collective safety and the very social fabric of our society.

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

Thursday, January 4

### One American View of China\*

Stephen Ling wants to take you with him on a journey of discovery and surprises because China is unlike any country in the world.

3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, January 5, January 12, January 19, & January 26

### Tacoma Community Ukulele Project: Exploring the Ukulele\*

Learn ukulele in a fun & engaging social setting!

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

Friday, January 5

### Underrepresented Artists Lecture Series\*

Many contemporary artists fall into this category.

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

Tuesday, January 9, January 16, January 23, & January 30

### Great Courses – Oceanography: Exploring Earth's Final Wilderness\*

This video series (running January 9 through May 14) takes you on a scientific expedition to fathom the ocean's mysteries.

11:00 am, Tobey Jones Parlor

Tuesday, January 9

### Memory Wellness\*

This presentation provides practical tips to improve your brain health and to understand when memory loss might be a sign of something more serious.

3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, January 10

### What are the Medicare changes for 2024?\*

We'll be covering everything you need to know for the 2024 year!

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

Wednesday, January 10

### Nature around Tacoma Series: Winter Wonderland Walk at the Tacoma Nature Center

Discover organism's different strategies for surviving winter.

2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Thursday, January 11

### Chat with Councilman John Hines\*

Join Council Member John Hines to hear about what's happening in Tacoma.

4:00 pm, MJ Wicks Wellness Center

Friday, January 12

### Athens and the Greek Islands Tour Presentation\*

Join Liz Bell from Premier World Discovery to hear an overview of a 9-day trip to Athens and the Greek Islands which takes place in April.

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

Tuesday, January 16

### Back to Broadway, Tribute 2\*

Join Lori Anderson and Marian Wisham for this interactive musical performance, a follow-up to their Tribute to Broadway.

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

Wednesday, January 17

### Women in Science: Exploring the Past, Present, and Future\*

In this interactive lecture, learn more about the history of women in science and consider the various explanations for why so few women pursue careers in the physical sciences and engineering in light of this history.

3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, January 18 & January 25

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

This 6-week (January 18 – February 22) course will teach participants to explore their life experiences, work them into short stories or vignettes.

10:00 am - 12:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, January 18

### Great Decisions Discussion Kick-off Meeting\*

This will be a short meeting to request your briefing book, get a copy of the program descriptions with meeting dates, and to sign up to lead discussions. Please register in advance.

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

Friday, January 19

### Watercolor Ink Doodle Books\*

We will play with dripping brilliantly colored watercolor inks onto wet journal pages.

2:00 pm, Tobey Jones Craft Room

Tuesday, January 23

### What are the Medicare changes for 2024?\*

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

Wednesday, January 24

### Port of Tacoma Bus Tour\*

Join us for a bus tour through the Port and Tacoma Tidelands to learn the workings of the Port, maritime shipping and how they connect our region to international trade. Photo ID is required, as is pre-registration.

10:00 am – 12:00 pm, Field Trip (Bus departs at 9:20 am from the Bistro)

Wednesday, January 24

### Literary League Book Club— *The Family Upstairs*\*

Join us as we discuss *The Family Upstairs* by Lisa Jewell

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

Thursday, January 25

### Pretty Gritty Tacoma Lectures: Tacoma's History of Power\*

A city thriving on hydroelectric power from dams far outside the city, Tacoma has glowed with innovation. Only once in the 1920s did the rain fail us and the US Navy dispatched an aircraft carrier to keep the lights on.

3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, January 26

### American Music - Hosted by Ian Crocker\*

In the course of this one-hour educational performance, members of the organ trio Threocracy will talk about the jazz history and process which informs their work.

4:00 pm, MJ Wicks Wellness Center

Tuesday, January 30

### AI in the Workplace: How Disruptive Will It Be?\*

In this class, Professor Julie Nelson Christoph will discuss possible futures for AI in professional writing—and what it might mean for young people entering the workplace.

2:00 pm, MJ Wicks Wellness Center

Wednesday, January 31

### After the Flush: Using Sewers to Understand Community Drug Use \*

This talk will explore the WBE approach, provide chemical results from some wastewater case studies in WA, and suggest how wastewater may be useful with current and future challenges related to public health.

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

Wednesday, January 31

### A Brief History of Architecture

This presentation will provide a brief overview of the development of architecture from the beginning to the future and how it is shaped by socio-economic conditions, technology, materials, science, arts, to name a few, of that particular time.

4:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

January 2024

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)

## Celebrating 100 Years of Franke Tobey Jones

On July 16, 1924, the Franke Tobey Jones Home cornerstone was laid on a spectacular five-acre site with views of Commencement Bay and Mount Rainier. With a wheelbarrow and spade, Mrs. Franke Tobey Jones, at the age of 80, presided over the ceremony. On March 24, 1925 the Home opened, a beautiful Tudor-style building with private accommodations for up to 65 residents. It was soon recognized as one of the most outstanding facilities in the nation.

From her beginnings in Jay, New York through recession, war and prosperity, the story of Ms. Franke Tobey Jones is a remarkable one. She had a heart of giving and cared deeply for people. She had a strong passion for the elderly, and because of her prosperity, she wanted to share her wealth for the betterment of seniors. The care and service philosophy of Franke Tobey Jones has evolved from an institution that simply provided comfortable and attractive accommodations, good wholesome meals and basic infirmity services for the elderly, into a holistic center with a healthy and stimulating environment for residents and community members. This new way of life is based on the concept of wellness as an integrated system for promoting physical, mental and emotional well-being.

Ms. Franke Tobey Jones' legacy lives on at Franke Tobey Jones senior living community, as we continue 100 years later to embrace her philosophy of giving back to seniors and our greater community through our mission: To enrich and extend the quality of life for seniors in our community. As a not-for-profit organization, we provide senior residential services, a supportive continuum of care and innovative community outreach.

Throughout 2024 Franke Tobey Jones will be celebrating this amazing legacy and history of residential accommodations, care, innovation and holistic well-being for residents and the greater community with educational classes, displays, articles and events.

- Chris Hall, Senior Director of Marketing and Public Relations

Some of what Senior University has in store for 2024:

Celebrating 100 Years of FTJ - Tacoma Through the Decades with Steve Dunkelberger. This series will go decade by decade from the 1920's—2020's to illustrate the history of Tacoma throughout the period of time that Franke Tobey Jones has been in operation. We will also learn a bit about our namesake along the way.

Pretty Gritty Tacoma Lectures is a series offered by Chris Staudinger who will look at specific events during the time that FTJ has been in existence to provide even more framework for all of the history that has made Tacoma what it is today.

Finally, we have Karen Haas who has prepared a living history performance of Franke Tobey Jones in addition to providing a sing-along program that celebrates strong women throughout the decades, and a performance about Abby Williams Hill who arrived in Tacoma the same year as Franke Tobey Jones, 1889.



To register for a class, contact Jana Wennstrom at [jwennstrom@franketobeyjones.com](mailto:jwennstrom@franketobeyjones.com) or 253.756.6219

[www.FrankeTobeyJones.com](http://www.FrankeTobeyJones.com) / Phone: 253.752.6621

# January 2024

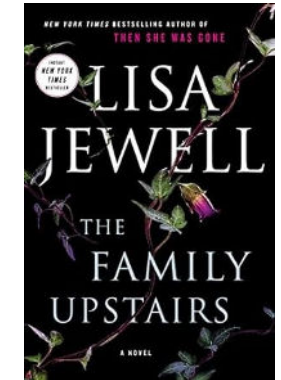


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, January 24

**Literary League Book Club— *The Family Upstairs*\***

Join us as we discuss *The Family Upstairs* by Lisa Jewell


About the book: Soon after her twenty-fifth birthday, Libby Jones returns home from work to find the letter she's been waiting for her entire life. She rips it open with one driving thought: I am finally going to know who I am. She soon learns not only the identity of her birth parents, but also that she is the sole inheritor of their abandoned mansion on the banks of the Thames in London's fashionable Chelsea neighborhood, worth millions. Everything in Libby's life is about to change. But what she can't possibly know is that others have been waiting for this day as well--and she is on a collision course to meet them. *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
1 	2	3 2:00 (BV) Meaningful Movies: <i>Tree of Life</i> *	4 11:00 (BV) The Great Courses: Cooking Better with Science*  3:00 (BV) One American View of China*	5 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele*  2:00 (BV) Underrepresented Artists Lecture Series*
8	9 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness*  3:00 (BV) Memory Wellness*	10 11:00 (Z) What are the Medicare changes for 2024?*  2:00 (FT) Nature around Tacoma: Winter Wonderland Walk at the Tacoma Nature Center *	11 11:00 (BV) The Great Courses: Cooking Better with Science*  4:00 (W) Chat with Councilman John Hines*	12 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele*  2:00 (BV) Athens and the Greek Islands Tour Presentation*
15	16 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness*  2:00 (BV) Back to Broadway, Tribute 2*	17 3:00 (BV) Women in Science: Exploring the Past, Present, and Future*	18 10:00 (BV) Finding, Telling, and Sharing Life Stories*  3:00 (Z) Great Decisions Discussion Kick-off Meeting*	19 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele*  2:00 (C) Watercolor Ink Doodle Books*
22	23 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness*  3:30 (Z) What are the Medicare changes for 2024?*	24 10:00 (FT) Port of Tacoma Bus Tour*  2:00 (BV) Literary League Book Club— <i>The Family Upstairs</i> *	25 10:00 (BV) Finding, Telling, and Sharing Life Stories*  3:00 (BV) Pretty Gritty Tacoma Lectures: Tacoma’s History of Power*	26 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele*  4:00 (W) American Music - Hosted by Ian Crocker*
29	30 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness*  2:00 (W) AI in the Workplace: How Disruptive Will It Be?*	31 11:00 (BV) After the Flush: Using Sewers to Understand Community Drug Use*  4:00 (Z) A Brief History of Architecture	<p>FRANKE TOBEY JONES</p> 