

December Lectures and Events

\*Indicates registration is required.

Friday, December 1  
**Art Appreciation: Exploration Through Materials – Arts of Ritual and Daily Life\***  
We'll explore different artists' approaches, techniques, and use of different materials like clay, glass, metal, and fiber in object construction.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, December 4  
**Writer's Workshop\***  
This workshop will offer participants a place to develop their writing pieces.  
10:00 am - 12:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, December 4  
**By a Lady: A Look at Jane Austen's World\***  
3:00 pm, MJ Wicks Wellness Center

Wednesday, December 6, December 13, & December 20  
**Dance in Film\***  
We will explore how film and dance have been publicly presented and their impact on the arts and the audience.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, December 7, December 14, December 21, & December 28  
**The Great Courses: Cooking Better with Science\***  
With science and practice, you can become a culinary magician. This Great Courses series runs from December 7 – January 11.  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, December 7  
**Irish Traditional Music for the Holidays\***  
An hour of fiddle music and conversation highlighting the approach of the holidays with reels, jigs, and hornpipes. Also some transcribed Celtic harp music played on the open-tuned guitar.  
3:00 pm, MJ Wicks Wellness Center

Friday, December 8  
**The Mercury 13: America's Women in Space Program\***  
Join Museum of Flight Docent, Jon Fehrenbach, to hear the story of a group of space pioneers who never got the chance to experience space flight but whose persistence and determination paved the way for future generations  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, December 8, December 15, December 22, & December 29  
**History of Jazz Through its Great Players**  
Each class in this 4-week series will focus on a jazz icon and their contributions.  
2:00 pm, Zoom  
Meeting ID: 835 8030 4832    Passcode: 845170

Tuesday, December 12  
**Zentangle: Inspired Zenbuttons\***  
Join us to learn how to create Zenbuttons. No prior Zentangle experience is needed.  
10:00 am, Tobey Jones Multipurpose Room

Tuesday, December 12  
**Arcobaleno Strings Holiday Performance\***  
Join Arcobaleno Strings, a string quartet, for a holiday performance. This program is made possible by a generous donation to Senior University.  
3:00 pm, MJ Wicks Wellness Center

Wednesday, December 13  
**Nature around Tacoma Series: Salmon Spawning Stroll at Swan Creek Park, Pioneer Entrance\***  
Visit Swan Creek Park, a salmon bearing stream with a Tacoma Nature Center staff.  
2:00 pm, Field Trip to Swan Creek Park (bus departs Bistro at 1:30 pm)

Thursday, December 14  
**Nutrition for Healthy Aging: Stress Eating**  
You will hear about how stress impacts digestion and eating patterns and what to do to help mitigate the effect.  
2:00 pm, Zoom  
Meeting ID: 871 8744 9528    Passcode: 845170

Thursday, December 14  
**Ken Jacobsen Music Hour: Yuletide Traditions\***  
Join us as we learn about holiday music from various regions around the world.  
4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, December 15  
**A Visitors Guide to Antarctica\***  
Learn about how Antarctica got its name, about the liquid lakes and rivers under its thickest ice, about its highest mountains and unique animals and other fun facts to enrich your trip to "The Ice".  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Monday, December 18  
**CHF / COPD\***  
This health talk will give cues on how to live with CHF/COPD to your fullest by maintaining a healthy lifestyle and having regular checkups.  
10:30 am, Lillian Pratt Parlor

Monday, December 18  
**Mad Hat Tea Field Trip\***  
In this private visit of Mad Hat Tea, learn about the different types of tea from owner Tobin Ropes.  
2:00 pm, Mad Hat Tea (bus departs the Bistro at 1:30 pm)

Wednesday, December 20  
**Meaningful Movies: The Disruptors\***  
The Disruptors documentary hears from many game-changing people about their ADHD and takes an immersive look at our approach to ADHD that debunks the most harmful myths, intimately taking viewers inside a number of families as they navigate the challenges and the surprising triumphs of living with ADHD.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, December 21  
**The Story of the Other Wiseman – Storytelling by Debbie Dimitre \***  
A beautiful telling of Henry Van Dykes famous literary Christmas parable.  
2:00 pm, MJ Wicks Wellness Center

Friday, December 22  
**Ye Olde Songs for the Holidays: A Kat Eggleston Performance\***  
Olde songs of the holiday season, along with a few newer ones.  
This program is made possible by a generous donation to Senior University.  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, December 27  
**Explore Paldo World\***  
Join Senior University and the Holistic Wellness Program for this exploration of Paldo World.  
10:00 am – 12:00 pm, Field Trip to Paldo World (bus departs Bistro at 10:00 am)

Wednesday, December 27  
**Literary League Book Club— Civilizations\***  
Join us as we discuss Civilizations by Laurent Binet  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, December 28  
**Steve's Local History: Tacoma Gift Basket\***  
Steve focuses on local history, particularly the odd quirks and figures of our shared heritage.  
4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, December 29  
**Life and Science "On the Ice" in the Late Heroic Age\***  
Enjoy tales of adventure and see what it was like to live and work in Antarctica before the internet and satellite TV arrived.  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

December 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

A Look at Jane Austen's World

Join Senior University as Tames Alan gives an engaging description of what it was like to be alive during the time Jane Austen wrote her books. In the first half of this program, Tames Alan appears in an authentic Regency dress that any of Jane Austen's characters would have worn during the day. Using quotes from the characters and the characters' behaviors from Austen's books, Tames shows how they reflect the reality of the times, especially concerning finances, entailment of estates, and all the social ramifications of marriage. She explains why this era is called the Regency and how ideas about love and marriage underwent significant changes during this era. Changing into an evening dress that would be appropriate for a ball or assembly dance, Tames describes each piece of clothing, including undergarments, fabrics, and hair and makeup, which marked a transition between the 18th century and the Victorian era. She then discusses ballroom etiquette, the importance of proper introductions, food and drink, and the dances that made up a major part of the hunt for a husband during this time. Take 4 String Quartet will also accompany Tames and play music of the era. This program is made possible by a generous donation to Senior University and takes place on Monday, December 4 at 3:00 pm in the MJ Wicks Wellness Center.



History of Jazz Through its Great Players

Each class in this 4-week series will focus on a jazz icon and their contributions to the art form. We will cover Louis Armstrong, Duke Ellington, Charlie Parker, Miles Davis, John Coltrane, and Wayne Shorter.  
History of Jazz Through its Great Players takes place on Fridays, December 8, December 15, December 22, & December 29 at 2:00 pm via Zoom.  
Join the Zoom Meeting:  
<https://us02web.zoom.us/j/83580304832?pwd=TzJkdXBwaEtWNk1GZ2RpYlllHWUhOdz09>  
Meeting ID: 835 8030 4832    Passcode: 845170



Speaker Bio: Kate Olson is currently the jazz saxophone instructor at Pacific Lutheran University. She also teaches about 20 students in her private studio in West Seattle, coaches woodwinds students at West Seattle High School and Seattle Academy of Arts and Sciences, and also works with non-profit Seattle JazzED. She graduated from the University of Wyoming in 2006 with degrees in International Studies and Music (Spanish Minor, Jazz Certificate) and from the University of Michigan in 2008 with a Masters of Music in Improvisation.

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

www.FrankeTobeyJones.com / Phone: 253.752.6621

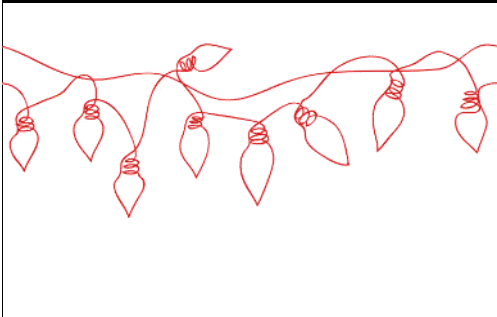
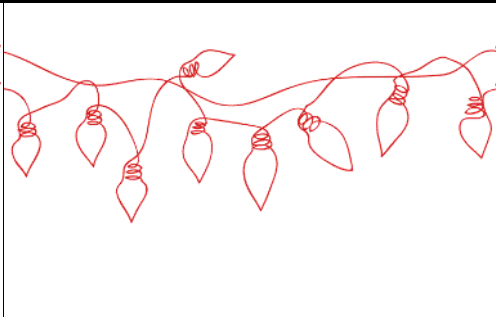
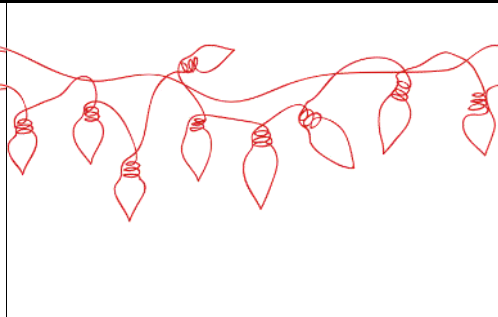
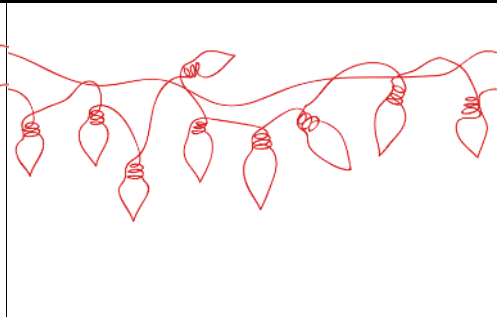






# December 2023



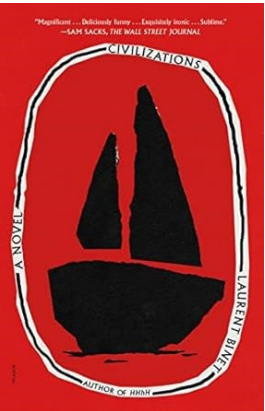
FRANKE TOBEY JONES  
SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*  
We do not learn for school but for life.

| Mon   | Tue   | Wed  | Thu   | Fri   |
|---|---|--|---|---|
|                 |                             |   |    | 1<br><br>2:00 (BV) Art Appreciation Lecture<br>Series: Exploration Through<br>Materials – Arts of Ritual and<br>Daily Life*   |
| 4<br>10:00 (BV) Writer’s Workshop*<br><br>3:00 (W) By a Lady: A Look at Jane<br>Austen's World* | 5   | 6<br>10:00 (BV) Dance in Film*   | 7<br>11:00 (BV) The Great Courses: Cooking<br>Better with Science*<br>3:00 (W) Irish Traditional Music for the<br>Holidays*<br> | 8<br>10:00 (BV) The Mercury 13: America's<br>Women in Space Program*<br><br>2:00 (Z) History of Jazz Through its<br>Great Players   |
| 11  | 12<br>10:00 (M) Zentangle: Inspired<br>Zenbuttons*<br><br>3:00 (W) Arcobaleno Strings Holiday<br>Performance* | 13<br>10:00 (BV) Dance in Film*<br><br>2:00 (FT) Nature around Tacoma Series:<br>Salmon Spawning Stroll at Swan<br>Creek Park, Pioneer Entrance* | 14<br>11:00 (BV) The Great Courses: Cooking<br>Better with Science*<br>2:00 (Z) Nutrition for Healthy Aging:<br>Stress Eating<br>4:00 (BV) Ken Jacobsen Music Hour:<br>Yuletide Traditions*                         | 15<br><br>11:00 (BV) A Visitors Guide to<br>Antarctica*<br>2:00 (Z) History of Jazz Through its<br>Great Players |
| 18<br>10:30 (LP) CHF / COPD*<br><br>2:00 (FT) Mad Hat Tea Field Trip*                           | 19  | 20<br>10:00 (BV) Dance in Film*<br><br>2:00 (BV) Meaningful Movies:<br><i>The Disruptors</i> *   | 21<br>11:00 (BV) The Great Courses: Cooking<br>Better with Science*<br><br>2:00 (W) The Story of the Other<br>Wiseman*  | 22<br>11:00 (BV) Ye Olde Songs for the<br>Holidays: A Kat Eggleston<br>Performance*<br><br>2:00 (Z) History of Jazz Through its<br>Great Players  |
| 25<br>       | 26<br>                     | 27<br>10:00 (FT) Explore Paldo World*<br><br>2:00 (BV) Literary League Book Club—<br><i>Civilizations</i> *                                      | 28<br>11:00 (BV) The Great Courses: Cooking<br>Better with Science*<br><br>4:00 (BV) Steve’s Local History: Tacoma<br>Gift Basket*  | 29<br>11:00 (BV) Life and Science “On the<br>Ice” in the Late Heroic Age*<br><br>2:00 (Z) History of Jazz Through its<br>Great Players  |

Wednesday, December 27  
**Literary League Book Club—  
*Civilizations*\***

Join us as we discuss  
*Civilizations* by Laurent Binet  
About the book: An ambitious  
and highly entertaining novel  
of revisionist history. Freydis is  
a woman warrior and leader  
of a band of Viking explorers  
setting out to the south. They  
meet local tribes, exchange  
skills, are taken prisoner, and  
get as far as Panama. But  
nobody ultimately knows  
what became of them. Fast  
forward five hundred years to 1492 and we're reading the  
journals of Christopher Columbus, mid-Atlantic on his  
own famous voyage of exploration to the Americas,  
dreaming of gold and conquest. But he and his men are  
taken captive by Incas. Even as their suffering increases,  
his faith in his superiority, and in his mission, is unshaken.  
Thirty years later, Atahualpa, the last Inca emperor, ar-  
rives in Europe in the ships stolen from Columbus. He  
finds a continent divided by religious and dynastic quar-  
rels, the Spanish Inquisition, Luther's Reformation, capi-  
talism, the miracle of the printing press, endless warmon-  
gering between the ruling monarchies, and constant  
threat from the Turks. But most of all he finds downtrod-  
den populations ready for revolution. Fortunately, he has  
a recent bestseller as a guidebook to acquiring power--  
Machiavelli's *The Prince*. The stage is set for a Europe  
ruled by Incas and Aztecs, and for a great war that will  
change history forever  
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