

February Lectures and Events

*Indicates registration is required.

Thursday, February 1, February 8, February 15, & February 22

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 1st Floor Bowditch Room

Thursday, February 1

The Secret to your Heart (Health)*

Learn new ways to create a heart healthy lifestyle through daily practices, habits and behaviors from a mind, body, and spiritual perspective.
2:00 pm, MJ Wicks Wellness Center

Friday, February 2, February 9, February 16, & February 23

Tacoma Community Ukulele Project: Exploring the Ukulele - Part 2*

For returning learners who have completed "Exploring the Ukulele" or already have basic experience playing the instrument.
10:00 am, Bristol View 1st Floor Bowditch Room

Friday, February 2

Paint and Sip – Colorful Octopus#

Pre-registration is required and the cost for the event is \$35.
2:00 pm, Tobey Jones Craft Room

Tuesday, February 6, February 13, & February 27

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

Oceanography: Exploring Earth's Final Wilderness takes you on a scientific expedition to fathom the ocean's mysteries in 36 intensively illustrated half-hour lectures (running from January 9 through May 14).
11:00 am, Tobey Jones Parlor

Tuesday, February 6

Celebrating 100 Years of FTJ - Tacoma Through the Decades: 1910-20s the Between the War Years*

As we celebrate the 100th Anniversary of Franke Tobey Jones, Steve Dunkelberger will take us through the decades of Tacoma's history from the 1920's – 2020's.
4:00 pm, MJ Wicks Wellness Center

Wednesday, February 7, February 14, February 21, & February 28

Crochet a Boomerang Shawl#

Supply fee is \$25 and registration is required.
10:00 am - 12:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, February 7

Meaningful Movies: Tell Them We Are Rising*

A haven for Black intellectuals, artists, and revolutionaries' path of promise toward the American dream. Black colleges and universities have educated the architects of freedom movements and cultivated leaders in every field. They have been unapologetically black for 150 years, and their story is told for the first time ever.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, February 8

The History of Tacoma's Parks*

Learn how Tacoma's park system grew from one small neighborhood park into the award-winning park district it is today and some of the key individuals who helped make it all happen.
2:00 pm, MJ Wicks Wellness Center

Friday, February 9

Underrepresented Artists Lecture Series*

Underrepresented refers to groups who have been denied access and/or suffered past institutional discrimination in the United States.
2:00 pm, Bristol View 1st Floor Bowditch Room

Tuesday, February 13

Shackleton's Whisky *

Hear the amazing story of the 1907-1909 Nimrod Expeditions and the 3 cases of whisky that were preserved for 100 years frozen under Sir Ernest Shackleton's hut at Cape Royds, then how it was saved, replicated and returned to the whisky market.
2:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, February 14

Should I Delay Medicare Enrollment?*

As you approach age 65 and reach Medicare eligibility, it's important to understand whether or not you need to sign up for coverage or if you should delay enrolling.
11:00 am, Zoom (Pre-register at medicareclass.net)

Wednesday, February 14

Nature around Tacoma Series: Happy New Year at Chinese Reconciliation Park*

Learn about the history of the park and walk along the waterfront.
2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Thursday, February 15

Mideast Realignment*

Can the U.S. continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region?
3:00 pm, Zoom (Pre-register to receive the Zoom link)

Friday, February 16

Embracing Change: A Journey to Self-Love and Self-Compassion in Later Years*

Join us for a day of connection, self-discovery, and empowerment as we embark on a collective journey to embrace change, cultivate self-love, and foster self-compassion in the beautiful tapestry of our later years.
2:00 pm, MJ Wicks Wellness Center

Wednesday, February 21

Tacoma Art Museum Tour#

Join Senior University for a short tour of *Soft Power* and then wander the museum on your own. Cost is \$12 per person and pre-registration is required.
2:00 – 4:00 pm, Tacoma Art Museum (bus leaves Bistro at 1:30 pm)

Thursday, February 22

Pretty Gritty Tacoma Lectures: Volcanoes in Washington*

There are five active volcanoes in Washington state, and it may surprise you to know which of them is considered the most dangerous and why.
3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, February 23

American Music, Hosted by Ian Crocker - Ellington: Traditions and Innovations*

Join Ian Crocker and Noah Pettibon as they dive into a crucial aspect of the Jazz process: what it means, from a performer's perspective, to interpret and arrange a song.
4:00 pm, MJ Wicks Wellness Center

Tuesday, February 27

Should I Delay Medicare Enrollment?*

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

Wednesday, February 28

Literary League Book Club— Heart Berries: A Memoir*

Join us as we discuss *Heart Berries: A Memoir* by Terese Marie Mailhot
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, February 29

Great Courses: The Science of Integrative Medicine*

Delivering a foundational explanation of this wide and diverse new field of medicine, this DVD course running from February 29 – April 4 is designed to empower you.
11:00 am, Bristol View 1st Floor Bowditch Room

Thursday, February 29

Women Poets of the Romantic Period*

Women were a crucial part of the Romantic literary movement. In this class, we will cover poetry and prose from female poets from the period (1760-1830).
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, February 29

Ken Jacobsen Music Hour: South American Guitar Music*

America is a vast continent with many different countries and cultures, and a wealth of great guitar music is something they have in common.
4:00 pm, Bristol View 1st Floor Bowditch Room

February 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

Paint and Sip at Senior University



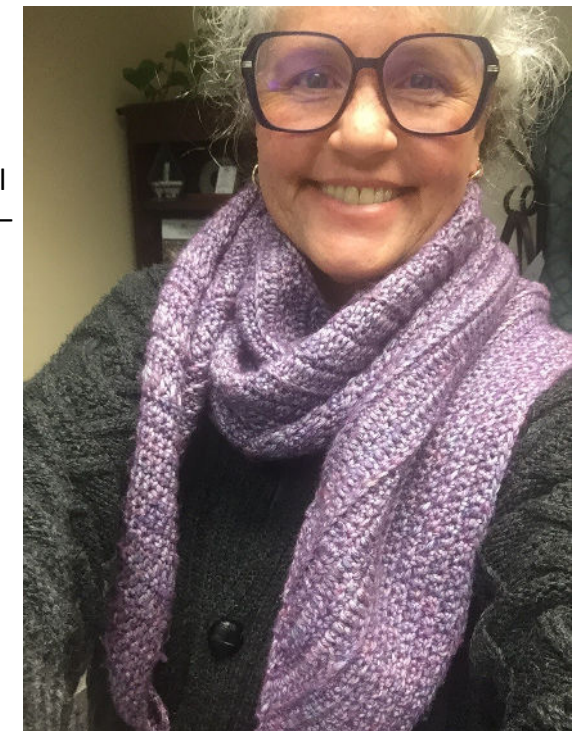
Artväna, the leading Paint & Sip events provider for Western Washington, will provide a fun and accessible art instruction experience with step-by-step painting instructions to create your very own artwork. No artmaking experience is required to have a great time! This class will take place on Friday, February 2nd at 2:00 pm in the Tobey Jones Craft Room. Pre-registration is required and the cost for the event is \$35. Beverages will be provided.



Learn to Crochet a Boomerang Shawl

Learn to make your own boomerang shawl for cozy, cold weather wear. This shawl is simple enough for a beginner and can be made more complicated for the well-versed crocheter. This class will take place on Wednesdays, February 7–February 28 from 10:00 am–12:00 pm in the Bristol View 1st Floor Bowditch Room. There is a supply fee of \$25.00 and pre-registration is required.

Instructor Bio: You may know her as Senior University Coordinator, but Jana Wennstrom is also an avid boomerang shawl maker. She has been encouraged to share this passion with all of you as well.



February 2024

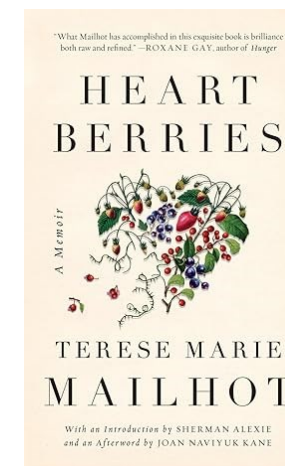


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, February 28
Literary League Book Club— Heart Berries: A Memoir*
 Join us as we discuss *Heart Berries: A Memoir* by Terese Marie Mailhot
 About the book: *Heart Berries* is a powerful, poetic memoir of a woman's coming of age on the Seabird Island Indian Reservation in the Pacific Northwest. Having survived a profoundly dysfunctional upbringing only to find herself hospitalized and facing a dual diagnosis of post-traumatic stress disorder and bipolar II disorder, Terese Marie Mailhot is given a notebook and begins to write her way out of trauma. The triumphant result is *Heart Berries*, a memorial for Mailhot's mother, a social worker and activist who had a thing for prisoners; a story of reconciliation with her father—an abusive drunk and a brilliant artist—who was murdered under mysterious circumstances; and an elegy on how difficult it is to love someone while dragging the long shadows of shame.
 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 |
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| | | | 1 10:00 (BV) Finding, Telling, and Sharing Life Stories* 2:00 (W) The Secret to your Heart (Health)* | 2 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele - Part 2* 2:00 (C) Paint and Sip – Colorful Octopus# |
| 5 | 6 11:00 (TJ) Great Courses – Oceanography: Exploring Earth's Final Wilderness* 4:00 (W) Tacoma Through the Decades: 1910-20s the Between the War Years* | 7 10:00 (BV) Crochet a Boomerang Shawl# 2:00 (BV) Meaningful Movies: <i>Tell Them We Are Rising*</i> | 8 10:00 (BV) Finding, Telling, and Sharing Life Stories* 2:00 (W) The History of Tacoma's Parks* | 9 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele - Part 2* 2:00 (BV) Underrepresented Artists Lecture Series* |
| 12 | 13 11:00 (TJ) Great Courses – Oceanography: Exploring Earth's Final Wilderness* 2:00 (BV) Shackleton's Whisky* | 14 10:00 (BV) Crochet a Boomerang Shawl# 11:00 (Z) Should I Delay Medicare Enrollment?* | 15 10:00 (BV) Finding, Telling, and Sharing Life Stories* 3:00 (Z) Great Decisions Discussion: Mideast Realignment* | 16 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele - Part 2* 2:00 (W) Embracing Change: A Journey to Self-Love and Self-Compassion in Later Years* |
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