

## March Lectures and Events

Friday, March 1, March 8, March 15, & March 22

### Discover Drums! Learning Percussion and Drum Circle\*

Join us to experience what music making can be like as part of a real drum circle!  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, March 1

### Underrepresented Artists Lecture Series\*

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

Tuesday, March 5, March 12, March 19, & March 26

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

An 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, March 5

### Aging Well: Tips and Strategies to Live Healthier as We Age\*

It’s never too late to make changes to help you live a longer and healthier life.  
3:00 pm, Lillian Pratt Parlor

Wednesday, March 6

### Biology of Pollination and Biology and Lifecycle of Key Local Pollinators\*

We will talk about the various insects we see locally that make pollination happen.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, March 6

### Meaningful Movies - Matter of Mind: My Parkinson’s\*

Three people navigate their lives with resourcefulness and determination in the face of a degenerative illness, Parkinson’s disease.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, March 7, March 14, March 21, & March 28

### Great Courses: The Science of Integrative Medicine\*

This DVD course running from February 29 – April 4 is designed to empower you.  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, March 7

### Seniors Helping Seniors: Insurance Scams\*

Join Seniors Helping Seniors in our discussion to identify insurance scams.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, March 8

### Suffrage First! – A Living History Performance by Debbie Dmitri\*

2:00 pm, MJ Wicks Wellness Center

Tuesday, March 12

### Celebrating 100 Years of FTJ - Tacoma Through the Decades: Prohibition, 1930s\*

Steve Dunkelberger will take us through the decades of Tacoma’s history.  
4:00 pm, MJ Wicks Wellness Center

Wednesday, March 13

### How to Create a Pollinator-Friendly Habitat at Home or Anywhere\*

We’ll learn how to successfully prepare a pollinator garden.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, March 13

### Prescription Drugs AKA Medicare Part D\*

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, March 13

### Nature around Tacoma Series: Walk Through the Woods of Alderwood Park\*

Explore this small, wooded park and look for signs of spring.  
2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Thursday, March 14

### The Art of Communication - Discussing Love, Intimacy, and Dating\*

Delve into the nuances of discussing love, intimacy, and dating.  
2:00 pm, MJ Wicks Wellness Center

\*Indicates registration is required.

Friday, March 15

### What is Your Puzzling Passion? \*

Learn the history of mathematics as told through various games and puzzles through the ages. This program is made possible by a generous donation to Senior University.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Tuesday, March 19

### You’ve Come a Long Way, Sister!\*

3:30 pm, Lillian Pratt Parlor

Wednesday, March 20

### Mason Bees at Your Home\*

We will discuss how to get these gentle, hardworking bees started at your home and how to maintain them there.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, March 20

### The Happiness Playshop\*

We’ll learn how the latest research in positive psychology & neuroscience has been proven to create greater happiness and health.  
2:00 pm, MJ Wicks Wellness Center

Thursday, March 21

### Great Decisions Discussion: Climate Technology and Competition\*

Could a growing spirit of international accord develop to confront the “common enemy” of climate change?  
3:00 pm, Zoom (Pre-register to receive the Zoom link)

Friday, March 22

### Artist Trading Cards\*

In this class, a theme will be arrived at and each person will create several cards, one for themselves and 2-3 to trade.  
2:00—4:00 pm, Tobey Jones Craft Room

Tuesday, March 26

### Pretty Gritty Tacoma Lectures: Smuggling and Rumrunning in Washington\*

The Pacific Northwest was a pioneer in the maritime transportation of illicit goods.  
3:00 pm, Tobey Jones Parlor

Tuesday, March 26

### Prescription Drugs AKA Medicare Part D\*

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

Wednesday, March 27

### The Honey Bee Species Found Around the World\*

There are honey bee species found throughout the world that produce honey.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, March 27

### Literary League Book Club— How to Be Animal: A New History of What It Means to Be Human\*

Join us as we discuss *How to Be Animal: A New History of What It Means to Be Human* by Melanie Challenger  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, March 29

### Grandma Moses – A Living History Performance by Debbie Dmitri\*

10:00 am, LP Parlor

Friday, March 29

### How Your Eyes Work and Ways They Can Fail\*

An overview of the basic anatomy and physiology of the eyes, followed by an introduction of selected clinical conditions that can impact its function.  
2:00 pm, MJ Wicks Wellness Center

Friday, March 29

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

Join organ trio Threocracy as they explore trends in jazz through the history of the music.  
4:00 pm, MJ Wicks Wellness Center

March 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

## Pollinators Lecture Series

Starting this month, Senior University will be hosting a 5-part pollinator lecture series to learn more about these important beings that keep us in food and flowers.

All lectures will be at 10:00 am and will take place in the Bristol View 1st Floor Bowditch Room.

**Wednesday, March 6, 2024**, Biology of Pollination and Biology and life of Key Local Pollinators

**Wednesday, March 13, 2024**, How to Create a Pollinator-Friendly Habitat at Home or Anywhere

**Wednesday, March 20, 2024**, Mason Bees at Your Home

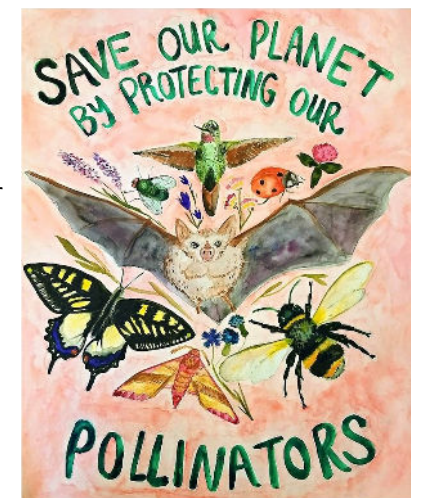
**Wednesday, March 27, 2024**, The Honey Bee Species Found Around the World

**Wednesday, May 15, 2024**, Bee-Friendly Apiculture

Speaker Bio:

David Muehleisen joined the Evergreen State College faculty as an Adjunct member in 2007, where he taught the Practice of Sustainable Agriculture at the Organic Farm. In 2009, Dave left Evergreen to become the Education Director and Farm Manager at the non-profit education farm, 21 Acres in Woodinville, WA. He returned to Evergreen as a permanent faculty member in 2010.

Dave was raised in Northeastern New Jersey and moved to South Carolina to attend college. He received his BS in Zoology and MS in Botany from Clemson University, a Master of Agriculture from Auburn University, and his Ph.D. from Texas A&M University in Entomology, focusing on Integrated Pest Management (IPM) and Toxicology.



## Celebrating Remarkable Women



Friday, March 8

### Suffrage First! – A Living History Performance by Debbie Dmitri\*

Debbie Dmitri is proud to announce her newest character, Alice Paul, the suffragette who many believe was the driving engine behind the suffrage movement the last 7 years - from 1913 to 1920, and who in 1923 wrote and introduced the Equal Rights Amendment - which she fought for the rest of her life.

2:00 pm, MJ Wicks Wellness Center

Tuesday, March 19

### You’ve Come a Long Way, Sister! - A Sing-Along Program with Karen Haas\*

Women’s roles have changed since Franke Tobey Jones first opened its doors in 1924, and popular song lyrics certainly reflect that. Karen Haas has delighted in delving into songs of the last century from *Oh, You Beautiful Doll* to *You Don’t Own Me* and beyond to create this sing-along program. Come join the fun and see how we truly have come a long way.

3:30 pm, Lillian Pratt Parlor

Friday, March 29

### Grandma Moses – A Living History Performance by Debbie Dmitri\*

The story of Anna Mary Robertson Moses who, without any formal art training, began painting when she was almost 70 years old and became one of our country’s most beloved folk artists.

10:00 am, LP Parlor



# March 2024



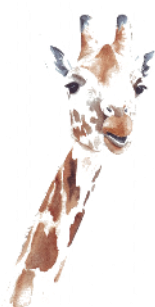
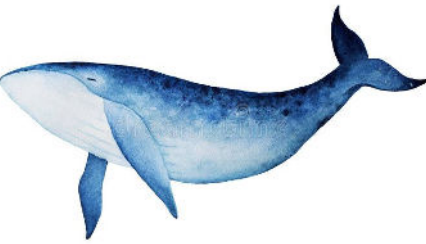


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.

Mon	Tue	Wed	Thu	Fri
<p>FRANKE TOBEY JONES</p> <p><b>100<sup>TH</sup></b> <i>Anniversary</i> 2024</p>				<p>1 10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*</p> <p>2:00 (BV) Underrepresented Artists Lecture Series*</p>
<p>4</p> 	<p>5</p> <p>11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness*</p> <p>3:00 (LP) Aging Well: Tips and Strategies to Live Healthier as We Age*</p>	<p>6</p> <p>10:00 (BV) Biology of Pollination and Biology and Lifecycle of Key Local Pollinators*</p> <p>2:00 (BV) Meaningful Movies—Matter of Mind: My Parkinson’s</p>	<p>7</p> <p>11:00 (BV) Great Courses: The Science of Integrative Medicine*</p> <p>2:00 (BV) Seniors Helping Seniors: Insurance Scams*</p>	<p>8</p> <p>10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*</p> <p>2:00 (W) Suffrage First! – A Living History Performance by Debbie Dmitri*</p>
<p>11</p> 	<p>12</p> <p>11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness*</p> <p>4:00 (W) Celebrating 100 Years of FTJ - Tacoma Through the Decades: Prohibition, 1930s*</p>	<p>13</p> <p>10:00 (BV) How to Create a Pollinator-Friendly Habitat Anywhere*</p> <p>11:00 (Z) Prescription Drugs AKA Medicare Part D*</p> <p>2:00 (FT) Walk Through the Woods of Alderwood Park*</p>	<p>14</p> <p>11:00 (BV) Great Courses: The Science of Integrative Medicine*</p> <p>2:00 (W) The Art of Communication - Discussing Love, Intimacy, and Dating</p>	<p>15</p> <p>10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*</p> <p>2:00 (BV) What is Your Puzzling Passion?*</p>
<p>18</p> 	<p>19</p> <p>11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness*</p> <p>3:30 (LP) You’ve Come a Long Way, Sister!*</p>	<p>20</p> <p>10:00 (BV) Mason Bees at Your Home*</p> <p>2:00 (W) The Happiness Playshop*</p>	<p>21</p> <p>11:00 (BV) Great Courses: The Science of Integrative Medicine*</p> <p>3:00 (Z) Great Decisions Discussion: Climate Technology and Competition*</p>	<p>22</p> <p>10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*</p> <p>2:00 (C) Artist Trading Cards*</p>
<p>25</p> 	<p>26</p> <p>11:00 (TJ) Oceanography: Exploring Earth’s Final Wilderness*</p> <p>3:00 (TJ) Smuggling and Rumrunning in Washington*</p> <p>3:30 (Z) Medicare Part D*</p>	<p>27</p> <p>10:00 (BV) The Honey Bee Species Found Around the World*</p> <p>2:00 (BV) Literary League Book Club—How to Be Animal: A New History of What It Means to Be Human*</p>	<p>28</p> <p>11:00 (BV) Great Courses: The Science of Integrative Medicine*</p>	<p>29</p> <p>10:00 (LP) Grandma Moses *</p> <p>2:00 (W) How Your Eyes Work and Ways They Can Fail*</p> <p>4:00 (W) American Music - Hosted by Ian Crocker*</p>

Wednesday, March 27

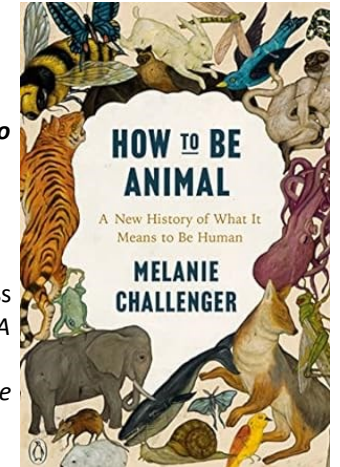
**Literary League Book Club— *How to Be Animal: A New History of What It Means to Be Human*\***

Join us as we discuss *How to Be Animal: A New History of What It Means to Be Human* by Melanie Challenger

About the book:

Humans are the most inquisitive, emotional, imaginative, aggressive animals on the planet. And we also happen to be the only animal that doesn't like to think it's an animal. 'How to Be Animal' argues that at the heart of our existence is a profound struggle with being animal. As well as piecing together the mystery of how this mindset evolved, Melanie Challenger examines the wide-reaching ways in which it affects our lives. Blending nature writing, history, and moral philosophy, *How to be Animal* is both a fascinating reappraisal of what it means to be human and a robust defense of all that is rich and rewarding about being an animal.

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