

April Lectures and Events

*Indicates registration is required.

Tuesday, April 2, April 9, April 16, April 23, & April 30

Great Courses – Oceanography: Exploring Earth’s Final Wilderness*
11:00 am, Tobey Jones Parlor

Tuesday, April 2

Celebrating 100 Years of FTJ - Tacoma Through the Decades: 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, April 3

What is Gratitude and Why Is It Helpful?*

There is new research on the effects of feeling grateful. Join us to learn more
11:00 am, Bristol View 1st Floor Bowditch Room

Wednesday, April 3

Meaningful Movies: The Tuba Thieves*

Through several Deaf people telling stories in a unique game of telephone, the central mystery of The Tuba Thieves isn’t about the theft of instruments: it’s about the nature of sound itself.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, April 4

Great Courses: The Science of Integrative Medicine*

11:00 am, Bristol View 1st Floor Bowditch Room

Friday, April 5, April 12, April 19, & April 26

Reading and Writing Poetry*

This course will offer participants a chance to read, interpret and write Free Verse Poetry.
10:00 – 11:30 am, Bristol View 1st Floor Bowditch Room

Friday, April 5

Underrepresented Artists Lecture Series*

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

Tuesday, April 9

Safety at Home/Safe Travel for Seniors*

You will also learn about safety tips to avoid becoming a crime victim when you are traveling away from home.
3:00 pm, Bristol View 1st Floor Bowditch Room
Licensed Mental Health Counselor in the State of Washington.

Wednesday, April 10

Traveling and /or Living Abroad with Medicare*

This presentation will explain how Medicare coverage works while you are out of the country and what to do in these situations.
11:00 am, Zoom (Pre-register at medicareclass.net)

Wednesday, April 10

Nature Around Tacoma Series: Blooms and Birds at Pt. Defiance Rhododendron Garden*

Enjoy a walk led by Tacoma Nature Center staff around the rhododendron garden.
2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Thursday, April 11

How Your Ears Work and Ways They Can Fail*

The first portion of the session will include an overview of the basic anatomy and physiology of the ears, followed by an introduction of selected clinical conditions that can impact their function.
10:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, April 11

Point Defiance Park: "Tacoma's Great Pride"*

McGinnis will take us on a journey from the park's beginnings up to today's modern amenities and efforts to ensure that the park remains "Tacoma's Great Pride".
2:00 pm, MJ Wicks Wellness Center

Friday, April 12

Tips for Gender Inclusive Language and LGBTQ Support*

Participants will learn LGBTQ terms and inclusive language, current state policies, and ways to be supportive allies and peers.
2:00 – 3:30 pm, MJ Wicks Wellness Center

Tuesday, April 16

Destination Alaska, Siberia, and Japan*

Join a voyage from Seward, Alaska to Tokyo, Japan and learn a little human history and natural history about this part of the world .
3:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, April 17

Bloedel Reserve in Spring#

The loop is approximately 2 miles long. Plan to bring a sack lunch to enjoy. Cost is \$15 per person.
9:00 am – 4:00, Trip to Bloedel Reserve (Bus leaves Bistro at 9:00 am)

Thursday, April 18

Falling Down the Rabbit Hole, Reimagining Aging *

This highly interactive workshop will examine the attributes of positive aging and guide participants in reimagining their aging journey.
10:00 – 11:30 am, Bristol View 1st Floor Bowditch Room

Thursday, April 18

Great Decisions Discussion: Science Across Borders*

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

Friday, April 19

American Music - Hosted by Ian Crocker*

Join vocalist Susan Tuzzolino and guitarist Ian Crocker for a duet performance.
4:00 pm, MJ Wicks Wellness Center

Tuesday, April 23

Traveling and /or Living Abroad with Medicare*

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

Wednesday, April 24

Indoor Plant Care 101*

10:00 am – 12:00 pm, Fernseed (bus departs Bistro at 9:30 am)

Wednesday, April 24

Literary League Book Club—The Last Town on Earth*

Join us as we discuss *The Last Town on Earth* by Thomas Mullen
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, April 25

How Your Heart Works and Ways It Can Fail*

Will include an overview of the basic anatomy and physiology of the heart, followed by an introduction of selected clinical conditions that can impact its function.
10:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, April 25

Pretty Gritty Tacoma Lectures: Stadium High School*

Once built to be a luxury hotel for the Northern Pacific Railroad, this grand building was never opened as a hospitality center but instead became a public high school in 1911. Hear its incredible history.
3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, April 26

Neurographic Art*

This creative method stimulates new neural pathways by combining art and psychology.
2:00—4:00 pm, Tobey Jones Craft Room

Tuesday, April 30

Best Friends by Design?*

In this class, we will explore the role domestication played in the creation of new species like dogs and house cats.
4:00 pm, MJ Wicks Wellness Center



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

April 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

Houseplants and Health

Did you know that indoor plants can offer the following benefits: Improved air quality, reduced stress, improved sense of well-being, cognitive health support, faster recovery from illness, and improved quality of indoor air. Learn how to cultivate an indoor garden by joining us for Indoor Plant Care 101 on Wednesday, April 24 from 10:00 am – 12:00 pm at the Fernseed on South Tacoma Way. We will learn about the best way to care for your houseplants and tend to your indoor garden. We will also learn about blending the best potting soil and how to pot a plant. There will even be houseplants available for sale at the Fernseed if you get inspired! RSVP to join us. (The bus departs the Bistro at 9:30 am).



The Pacific Northwest Senior Writer's Showcase

Senior University has launched the Pacific Northwest Senior Writer’s Showcase this year for writer’s 55+ to show off their writing talent and have the opportunity to see their work published in a book created for this event. Entries can be in prose or poetry, fiction or nonfiction, but must have the theme of “home” and be no longer than 1500 words. Submission deadline is April 28, 2024. There will be six cash prizes awarded ranging from \$350—\$50. Awards will be presented at an event on October 30, 2024 between 5:00—7:00 pm in the MJ Wicks Wellness

Center and the winners will be asked to give a reading of their entries at that time. All are welcome to come and celebrate! Books will be available for purchase at that time for \$20 each.

For more information, visit the Franke Tobey Jones website at franketobeyjones.com. Write on!



April 2024

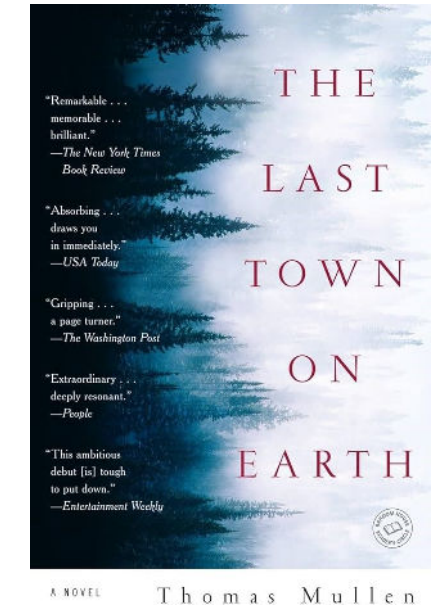


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, April 24

Literary League Book Club—*The Last Town on Earth**

Join us as we discuss *The Last Town on Earth* by Thomas Mullen
 About the book: Deep in the forests of the Pacific Northwest, a mill town called Commonwealth votes to quarantine itself in the wake of the 1918 flu pandemic, but a violent confrontation with a tired, hungry, and cold soldier will have devastating repercussions for the entire town.
 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 	2 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness* 4:00 (W) Celebrating 100 Years of FTJ - Tacoma Through the Decades: The War Years*	3 11:00 (BV) What is Gratitude and Why Is It Helpful?* 2:00 (BV) Meaningful Movies— <i>The Tuba Thieves</i> *	4 11:00 (BV) Great Courses: The Science of Integrative Medicine*	5 10:00 (BV) Reading and Writing Poetry* 2:00 (BV) Underrepresented Artists Lecture Series*
8 	9 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness* 3:00 (BV) Safety at Home/Safe Travel for Seniors*	10 11:00 (Z) Traveling and /or Living Abroad with Medicare* 2:00 (FT) Nature around Tacoma Series: Blooms and Birds at Pt. Defiance Rhododendron Garden*	11 10:00 (BV) How Your Ears Work and Ways They Can Fail* 2:00 (W) Point Defiance Park: "Tacoma's Great Pride"*	12 10:00 (BV) Reading and Writing Poetry* 2:00 (W) Tips for Gender Inclusive Language and LGBTQ Support*
15 	16 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness* 3:00 (BV) Destination Alaska, Siberia, and Japan*	17 9:00 (FT) Bloedel Reserve in Spring#	18 10:00 (BV) Falling Down the Rabbit Hole, Reimagining Aging* 3:00 (Z) Great Decisions Discussion: Science Across Borders*	19 10:00 (BV) Reading and Writing Poetry* 4:00 (W) American Music - Hosted by Ian Crocker*
22 	23 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness* 3:30 (Z) Traveling and /or Living Abroad with Medicare*	24 10:00 (FT) Indoor Plant Care 101* 2:00 (BV) Literary League Book Club— <i>The Last Town on Earth</i> *	25 10:00 (BV) How Your Heart Works and Ways It Can Fail* 3:00 (BV) Pretty Gritty Tacoma Lectures: Stadium High School*	26 10:00 (BV) Reading and Writing Poetry* 2:00 (C) Neurographic Art*
29 	30 11:00 (TJ) Great Courses – Oceanography: Exploring Earth’s Final Wilderness* 4:00 (W) Best Friends by Design?*	<p>The Pacific Northwest Senior Writer's Showcase submission deadline is April 28th. Don't be late!</p> 		<p>FRANKE TOBEY JONES</p> 