

## August Lectures and Events

\*Indicates registration is required.

Thursday, August 1, August 8, August 15, August 22, & August 29

### Great Courses: A New History of Life\*

An all-embracing story of life on Earth in 36 DVD episodes. (July 25 – November 21).  
11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, August 1

### What's News? Session 1 - What's New in the News Business\*

3:00 – 4:30 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, August 2, August 9, August 16, August 23, & August 30

### Aging Young\*

Aging Young is a 5-week video course that shows you how to feel younger at any age, extend your healthspan, and make your future years really great ones.  
10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, August 2

### Pretty Gritty Tacoma Lectures: The ASARCO Smelting Legacy\*

ASARCO went on to be one of the largest polluters of the PNW.  
3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Tuesday, August 6, August 13, August 20, & August 27

### Five Watercolor Techniques: Images from the Backroads of Washington\*

Five one-hour classes (July 30 – August 27) teach and practice specific watercolor techniques.

10:00 am, Tobey Jones Craft Room

Tuesday, August 6

### Celebrating 100 Years of FTJ - Tacoma Through the Decades: That Time Tacoma Was Almost Under Marshal Law, 1980s\*

4:00 pm, MJ Wicks Wellness Center

Wednesday, August 7, August 21, & August 28

### Great Courses - King Arthur: History and Legend \*

An overview of the Arthurian legend during this 12-week video series.  
10:00 am, Lillian Pratt Parlor

Wednesday, August 7

### Meaningful Movies: Butterfly in the Sky\*

Inspiring and nostalgic, Butterfly in the Sky takes audiences behind the scenes of the beloved PBS children's series Reading Rainbow.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Thursday, August 8

### What's News? Session 2 - How the News Media Covers People Aged 55+\*

3:00 – 4:30 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, August 9

### Sexual Health for Older Adults\*

This presentation will be a comprehensive overview of important factors about reproductive health for older adults to understand. This includes common challenges, disorders, and ways to advocate for open discussion with your healthcare team.

2:00 pm, M.J. Wicks Wellness Center

Tuesday, August 13

### What Do Dreams Mean? Part 1: Dreams as Wish-Fulfillments\*

In the first of this two-part introduction to psychoanalysis, we will talk about the key role dreams played in convincing Freud that we have an unconscious.  
2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Wednesday, August 14

### Explore Uwajimaya\*

Join Senior University and the Holistic Wellness Program for this exploratory trip to Uwajimaya, one of the largest Asian grocery retailers in the Pacific Northwest.

10:30 am – 1:30 pm, Field Trip to Uwajimaya (bus will leave the Bistro at 10:30 am)

Wednesday, August 14

### Tips for Moving Out-of-State with Medicare\*

We will share what you need to know to ensure there are no interruptions in your benefits or health care coverage.

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

Thursday, August 15

### Great Decisions Discussion: Understanding Indonesia\*

What are current issues in U.S.-Indonesian relations, and what role can the country play in Asia?

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

Friday, August 16

### Nature around Tacoma Series: Activism and Flavor at Charlotte's Blueberry Park\*

During this walk snack on blueberries, look for wildlife and learn how one person can make a huge difference in a community.

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

Tuesday, August 20

### What Do Dreams Mean? Part 2: Unhappy Dreams and the Theory of a Death Drive\*

In the second of this two-part introduction to psychoanalysis we will talk about how his experiences with veterans suffering from what we would now call post-traumatic symptoms radically challenged Freud's theory of what it means to be human.

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

Wednesday, August 21

### What's New for Dinner?

Learn ways to add color, variety, and taste into your daily eating.

2:00 pm, Zoom

### Join Zoom Meeting

Meeting ID: 481 600 3295 Passcode: 845170

Friday, August 23

### Writing Four Historical Novels—From Imagination to Reality, the Empress Irini Byzantine Series\*

This talk will be about writing historical fiction from a published author.

2:00 pm, MJ Wicks Wellness Center

Friday, August 23

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

In this month's installment of our series, we will trace the influence of jazz and blues on popular music. Join vocalist Ari Campanilla and guitarist Ian Crocker for an afternoon of R&B tunes, from the 80's to today.

4:00 pm, MJ Wicks Wellness Center

Tuesday, August 27

### Nutrition and Hydration\*

This health talk focuses on the importance of nutrition and hydration for seniors to live a healthier life, improve digestion, and overall wellness that comes from proper nutrition and hydration.

3:00 pm, Lillian Pratt Parlor

Tuesday, August 27

### Tips for Moving Out-of-State with Medicare\*

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

Wednesday, August 28

### Literary League Book Club—The Lifeboat\*

Join us as we discuss *The Lifeboat* by Charlotte Rogan

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

Thursday, August 29

### Ken Jacobsen Music Hour: Playful Music\*

This will be a participatory program where we will discuss different elements of music and instruments from around the world.

4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

Friday, August 30

### Visit the Pacific Bonsai Museum\*

Discover a captivating oasis at the Pacific Bonsai Museum in Federal Way, where nature and art beautifully converge. Join us to marvel at the exquisite practice of bonsai, surrounded by serene landscapes and meticulously sculpted trees that invite tranquility and inspiration.

1:00 pm, Field Trip (Bus departs the Bistro at 1:00 pm)



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

August 2024

Educational Enrichment Opportunities

## Campus Location

5340 N Bristol Street

Tacoma, WA 98407  
253.752.6621



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)

## What's News?

Thursday, August 1

### What's News? Session 1 - What's New in the News Business\*

See updated data about these use of social media as news sites, topics covered in the news, economics of news, and AI-generated stories and photos to contextualize the news media today, show examples of AI-generated stories, and engage participants in discussions of their own news reading.

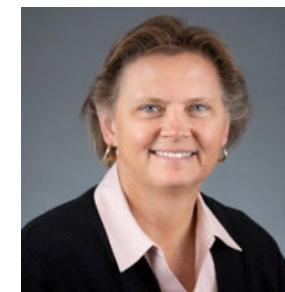
3:00 – 4:30 pm, Bristol View 1st Floor Bowditch Room

Thursday, August 8

### What's News? Session 2 - How the News Media Covers People Aged 55+\*

Learn about how the news media covers people aged 55+ (both written and visual) and how the media is changing to more effectively represent 55+ people in the news media--this session also would engage participants in their views about media representation.

3:00 – 4:30 pm, Bristol View 1st Floor Bowditch Room



Speaker Bio: Laura L. Behling is a Professor of English at the University of Puget Sound. Dr. Behling's interests and expertise are in late 19-century through 21st-century literature of the United States, as well as literature and medicine, the health humanities, journalism, and science writing. As a Fulbright Scholar, Behling has taught at Palacky University in Olomouc, Czech Republic, and served as a Fulbright Senior Specialist at the American University of Bulgaria in Blagoevgrad, Bulgaria. Her B.A. is from Kalamazoo College (MI), with graduate degrees from Boston University (M.A. in Science and Medical Reporting) and the Claremont Graduate School (Ph.D. in English and American Literature).

## Historical Novelist Shares Her Story

Friday, August 23

### Writing Four Historical Novels—From Imagination to Reality, the Empress Irini Byzantine Series\*

Humans are a curious species, and we are most curious about each other—whether it's truth or gossip. For that reason, historical fiction is enormously popular, even though it's partly fiction. Most of the bookstores that carry Jan McGiffin's books have a separate table for historical fiction and it's right by the door. Next to Young Adult fiction.

Her Empress Irini four-book historical fiction series is set in the Byzantine era. It was published by Scotland Street Press in Edinburgh. Every person in the books is real, with few exceptions. She found them all in the pages of history and what wasn't in history, she found in her imagination.

This talk will be about writing historical fiction, the joys of research in Oxford, England and New York, the anguish of deciding what facts to use or leave out, how to make the characters accessible to a modern reader without forgetting their place in history, the back-and-forth exchanges with the editor assigned by the publisher, the final copy-reading, finding an illustrator, and arranging the initial book-signings in England. Some of those who attend the class may have written memoirs or other sorts of historical fiction and will want to share their experience.

2:00 pm, MJ Wicks Wellness Center



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

# August 2024

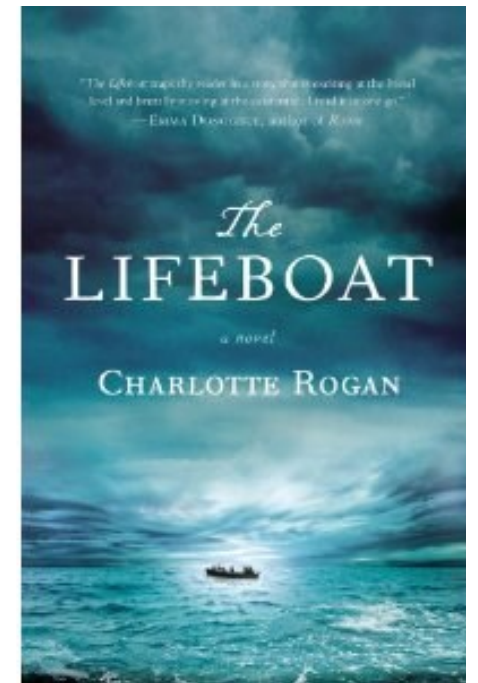


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, August 28

**Literary League Book Club—*The Lifeboat*\***

Join us as we discuss *The Lifeboat* by Charlotte Rogan

About the book: Forced into an overcrowded lifeboat after a mysterious explosion on their trans-Atlantic Ocean liner, newly widowed Grace Winter battles the elements and her fellow survivors and remembers her husband, Henry, who set his own safety aside to ensure Grace's.






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 11:00 (BV) Great Courses: <i>A New History of Life</i> *  3:00 (BV) What's News? Session 1 - What's New in the News Business*	2  10:00 (BV) Aging Young*  3:00 (BV) Pretty Gritty Tacoma Lectures: The ASARCO Smelting Legacy*
5  	6 10:00 (C) Five Watercolor Techniques: Images from the <i>Backroads of Washington</i> *  4:00 (W) Tacoma Through the Decades: That Time Tacoma Was Almost Under Marshal Law, 1980s*	7  10:00 (LP) Great Courses - King Arthur: History and Legend*  2:00 (BV) Meaningful Movies: <i>Butterfly in the Sky</i> *	8 11:00 (BV) Great Courses: <i>A New History of Life</i> *  3:00 (BV) What's News? Session 2 - How the News Media Covers People Aged 55+*	9  10:00 (BV) Aging Young*  2:00 (W) Sexual Health for Older Adults*
12  	13 10:00 (C) Five Watercolor Techniques: Images from the <i>Backroads of Washington</i> *  2:00 (BV) What Do Dreams Mean? Part 1: Dreams as Wish-Fulfillments*	14  10:30 (FT) Explore Uwajimaya*  11:00 (Z) Tips for Moving Out-of-State with Medicare*	15 11:00 (BV) Great Courses: <i>A New History of Life</i> *  3:00 (Z) Great Decisions Discussion: Understanding Indonesia*	16  10:00 (BV) Aging Young*  2:00 (FT) Nature around Tacoma Series: Activism and Flavor at Charlotte's Blueberry Park*
19  	20 10:00 (C) Five Watercolor Techniques: Images from the <i>Backroads of Washington</i> *  2:00 (BV) What Do Dreams Mean? Part 2: Unhappy Dreams and the Theory of a Death Drive*	21  10:00 (LP) Great Courses - King Arthur: History and Legend*  2:00 (Z) What's New for Dinner?	22  11:00 (BV) Great Courses: <i>A New History of Life</i> *	23  10:00 (BV) Aging Young*  2:00 (W) Writing Four Historical Novels—From Imagination to Reality, the Empress Irini Byzantine Series*  4:00 (W) American Music - Hosted by Ian Crocker*
26  	27 10:00 (C) Five Watercolor Techniques: Images from the <i>Backroads of Washington</i> *  3:00 (LP) Nutrition and Hydration* 3:30 (Z) Tips for Moving Out-of-State with Medicare*	28  10:00 (LP) Great Courses - King Arthur: History and Legend*  2:00 (BV) Literary League Book Club— <i>The Lifeboat</i> *	29 11:00 (BV) Great Courses: <i>A New History of Life</i> *  4:00 (BV) Ken Jacobsen Music Hour: Playful Music*	30  10:00 (BV) Aging Young*  1:00 (FT) Visit the Pacific Bonsai Museum*