

## September Lectures and Events

\*Indicates registration is required.

*Wednesday, September 4, September 11, September 18, & September 25*  
**Great Courses - Experiencing Hubble: Understanding the Greatest Images of the Universe\***

Join us for this 6-week video series (September 4 – October 9) to explore different aspects of the cosmos that Hubble has revealed in startling detail.  
 10:00 am, Lillian Pratt Parlor

*Thursday, September 5, September 12, September 19, & September 26*  
**Great Courses: A New History of Life\***

At half an hour per lecture, you cover the entire 4.54-billion-year history of Earth in 18 hours (between July 25 – November 21), averaging 70,000 years per second!  
 11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

*Thursday, September 5*  
**Ken Jacobsen Music Hour: Guitarra Sudamericana\***

A performance featuring the many guitar styles of South America.  
 4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

*Friday, September 6, September 13, September 20, & September 27*  
**Tacoma Community Ukulele Project: Exploring the Ukulele\***

Over the course of just four classes, you will learn at least 8 songs, multiple strumming patterns, practice techniques to carry your learning into the future, and all in a fun and engaging social setting!  
 10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room

*Tuesday, September 10, September 16, September 23, & September 30*  
**The Younger You Method with Dr. Kara Fitzgerald\***

The Younger You Method is a Commune video course based on Dr. Kara Fitzgerald's groundbreaking clinical trial that shaved more than 3 years off participants' biological age in just 8 weeks.  
 10:00 am, Tobey Jones Parlor

*Tuesday, September 10*  
**Reflections on 9/11 at the World Trade Center\***

A first-hand account of rescue and recovery efforts in NY after 9/11 and how it changed US policy toward emergency management and preparedness for terrorism and other hazards.

*Wednesday, September 11*  
**2025 Annual Enrollment Period and Updates on Inflation Reduction Act\***

Join us for a valuable session on the Annual Enrollment Period (AEP)!  
 11:00 am, Zoom (Pre-register at medicareclass.net)

*Wednesday, September 11*  
**Nature around Tacoma Series: History and Nature at China Lake\***

Walk around China Lake with Tacoma Nature Center staff. Examine the wetland ecosystem looking for birds and other wildlife in this hidden gem. This nature walk will go around the lake, which is about ½ mile on unpaved, uneven trails.  
 2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

*Thursday, September 12*  
**Great Decisions Discussion: High Seas Treaty\***

Areas of the seas beyond national jurisdiction comprise the high seas, which are facing a degradation of ecosystems due to climate change and the increase in human activities.  
 3:00 pm, Zoom (Pre-register to receive the Zoom link)

*Friday, September 13*  
**"Minko" Imoshitiik Tales— Storytelling by Debbie Dmitri\***

The heroic stories of three Native American women.  
 2:00 pm, MJ Wicks Wellness Center

*Tuesday, September 17*  
**Living Agelessly is Liberating: How to Live a Life of Purpose!\***  
 2:00 pm, MJ Wicks Wellness Center

*Tuesday, September 17*  
**Celebrating 100 Years of FTJ - Tacoma Through the Decades: The Rise of Grunge, 1990s\***

As we celebrate the 100<sup>th</sup> 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, September 18*  
**Seniors Helping Seniors: Medicare Medical Device Scam\***

Learn how to avoid being charged for medical devices that you do not need. Learn which agencies need to be contacted to protect you and your loved one.  
 2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

*Thursday, September 19*  
**Chat with Councilman John Hines\***

Join Council Member John Hines to hear about what's happening in the City of Tacoma and to bring specific concerns to the Councilman's attention.  
 4:00 pm, MJ Wicks Wellness Center

*Friday, September 20*  
**Driftwood Vignettes - Harbor Scene\***

In this class you will construct a whimsical harbor scene on a piece of driftwood (legally obtained, of course!).  
 2:00 – 4:00 pm, Tobey Jones Craft Room

*Tuesday, September 24*  
**Hate Speech in the United States: Defining Hate Speech\***

Defining the concept of 'hate speech' concretely is a difficult task requiring a clear understanding of the context and purpose at the outset. This session addresses the various ways in which the term "hate speech" has been defined and operationalized.  
 2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

*Tuesday, September 24*  
**2025 Annual Enrollment Period and Updates on Inflation Reduction Act\***

Join us for a valuable session on the Annual Enrollment Period (AEP)!  
 3:30 pm, Zoom (Pre-register at medicareclass.net)

*Wednesday, September 25*  
**Literary League Book Club— Easy Beauty: A Memoir**

Join us as we discuss *Easy Beauty: A Memoire* by Chloé Cooper Jones  
 2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

*Thursday, September 26*  
**Pretty Gritty Tacoma Lectures: Tacoma, A City of Trains\***

Join us as we examine the timeline of trains in Washington's greatest train city.  
 3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room

*Friday, September 27*  
**Fall Prevention\***

We will discuss proper footwear, mobility, strength, physical and environmental factors that cause falls and how to prevent falling.  
 2:00 pm, MJ Wicks Wellness Center

*Friday, September 27*  
**American Music - Hosted by Ian Crocker\***

Guitar occupies a unique and prominent place in Brazilian music. From classical compositions and the choro of the early 20th century, to samba rhythms and lyrical bossa nova melodies, we will pay homage to the roots, branches, and offshoots of Brazilian styles, as expressed on six strings.  
 4:00 pm, MJ Wicks Wellness Center



FRANKE TOBEY JONES

SENIOR UNIVERSITY

# Live & Learn

September 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)

## Hate Speech in the United States

Senior University will be exploring hate speech in the US in this provocative series starting in September and running through December. These sessions will focus on what we are doing or should be doing to combat hate speech in contemporary society. Each session will unpack another aspect of this complex societal problem.

September 24 - Hate Speech in the United States: Defining Hate Speech  
 October 22 - Hate Speech in the United States: The U.S. Legal Response  
 November 12 - Hate Speech in the United States: First Amendment Theories  
 November 26 - Hate Speech in the United States: Hate Speech on College Campuses  
 December 10 - Hate Speech in the United States: Hate Speech and Social Media  
 December 17 - Hate Speech in the United States: Hate Speech and Political Leaders  
 Classes take place at 2:00 pm in the Bristol View 1st Floor Bowditch Room.



About the instructor: Chris Demaske is a professor of communication in the School of Interdisciplinary Arts and Sciences at the University of Washington Tacoma where she has served on the faculty since Autumn 2001. Her research explores issues of power associated with free speech and free press, resulting in a theoretical and analytical critique of First Amendment applications in areas including hate speech, Internet pornography, political dissidence, reporters' rights, high school censorship, incitement, and academic freedom. The bulk of her research has focused on exploring the complicated relationship between the First Amendment and culturally disempowered groups in the United States. That inquiry culminated in the publication of several articles and two books. Her first book, *Modern Power and Free Speech: Contemporary Culture and Issues of Equality*, (2009), suggested a new legal framework for case analysis that would complicate the currently applied content neutrality principle. Her most recent

book, *Free Speech and Hate Speech in the United States: The Limits of Toleration* (2020), uses a social justice framework to address the question: What can be done to curb the proliferation of hate speech and hate acts in the United States?

## How to Live a Life of Purpose

*Tuesday, September 17*

**Living Agelessly is Liberating: How to Live a Life of Purpose!\***

Madonna B. Hanna, retired fashion marketing instructor, will share her extraordinary, unexpected journey as a competitive, amateur sprinter. Her journey started at age 57, she had no prior track and field experience. Imagine at the sensational age of 70, Madonna won her first National Senior Games Gold Medal, scored an athletic sponsorship, and auditioned for her first musical, landing the role of Mrs. Claus! Madonna will also share practical steps for pursuing aspirations and achieving goals.

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

# September 2024

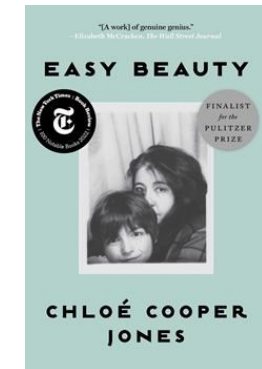


FRANKE TOBEY JONES

SENIOR UNIVERSITY

*Non scholae sed vitae discimus.*

We do not learn for school but for life.



Wednesday, September 25

**Literary League Book Club— *Easy Beauty: A Memoir***

Join us as we discuss *Easy Beauty: A Memoire* by Chloé Cooper Jones  
 About the book: "Moving through the world in a body that looks different than most, Jones learned on to factor "pain calculations" into every plan, every situation. She was born with a rare congenital condition called sacral agenesis, which affects both the stature and gait, and so her pain is physical. But there is also the pain of being judged and pitied for her appearance, of being dismissed as "less than." the ways she has been seen—or not seen—has informed her lens on the world for her entire life... But after unexpectedly becoming a mother (in violation of unspoken social taboos about the disabled body), she feels something in her shift, and Jones sets off on a journey across the globe, reclaiming the spaces she'd been denied and had denied herself."  
 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
2 	3	4 10:00 (LP) Great Courses - <i>Experiencing Hubble: Understanding the Greatest Images of the Universe*</i>	5 11:00 (BV) Great Courses: <i>A New History of Life*</i> 4:00 (BV) Ken Jacobsen Music Hour: <i>Guitarra Sudamericana*</i>	6 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele*
9	10 10:00 (TJ) The Younger You Method with Dr. Kara Fitzgerald* 3:00 (BV) Reflections on 9/11 at the World Trade Center*	11 10:00 (LP) Great Courses - <i>Experiencing Hubble*</i> 11:00 (Z) 2025 Annual Enrollment Period and Updates on Inflation Reduction Act* 2:00 (FT) History and Nature at China Lake*	12 11:00 (BV) Great Courses: <i>A New History of Life*</i> 3:00 (Z) Great Decisions Discussion: High Seas Treaty*	13 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele* 2:00 (W) "Minko" Imoshitiik Tales—Storytelling by Debbie Dmitri*
16	17 10:00 (TJ) The Younger You Method with Dr. Kara Fitzgerald* 2:00 (W) Living Agelessly is Liberating: How to Live a Life of Purpose!* 4:00 (W) Celebrating 100 Years of FTJ - Tacoma Through the Decades: The Rise of Grunge, 1990s*	18 10:00 (LP) Great Courses - <i>Experiencing Hubble: Understanding the Greatest Images of the Universe*</i> 2:00 (BV) Seniors Helping Seniors: Medicare Medical Device Scam*	19 11:00 (BV) Great Courses: <i>A New History of Life*</i> 4:00 (W) Chat with Councilman John Hines*	20 10:00 (BV) Tacoma Community Ukulele Project: Exploring the Ukulele* 2:00 (C) Driftwood Vignettes - Harbor Scene*
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