

October Lectures and Events

*Indicates registration is required.

Tuesday, October 1

The Younger You Method with Dr. Kara Fitzgerald*
10:00 am, Tobey Jones Parlor

Tuesday, October 1

Abby Williams Hill – A Living History Performance by Karen Haas*
Abby Williams Hill's paintings capture the glories of natural wonders.
2:00 pm, MJ Wicks Wellness Center

Wednesday, October 2 & October 9

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

Wednesday, October 2

Documentary Discussions: Root Cause*

Root Cause is a feature length documentary featuring opinions from doctors and dentists from around the world, who try to postulate the health effects of the root canal procedure.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, October 3, October 10, October 17, October 24, October 24, & October 31

Great Courses: A New History of Life*
11:00 am, Bristol View 1st Floor Bowditch Room

Thursday, October 3

Aging With a Plan*

Join us for an educational and interactive seminar to learn about your pre-planning options and the benefits it will provide for your family. Refreshments provided.
3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, October 4, October 11, October 18, & October 25

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 1st Floor Bowditch Room

Friday, October 4

Underrepresented Artists Lecture Series*

2:00 pm, Bristol View 1st Floor Bowditch Room

Tuesday, October 8, October 15, October 22, & October 29

Life Stories: The Art of Memoir*

Students will learn the techniques used by writers - dialogue, narrative, tension, etc. - to craft successful memoirs. This 6-week class, runs October 8 – November 12.
10:00 am, Zoom (Pre-register to receive the Zoom link)

Tuesday, October 8

Cuba Discovery Tour Information*

This is an inside look at life in Cuba, scheduled for October 2025.
11:00 am, Bristol View 1st Floor Bowditch Room

Tuesday, October 8

Keep It Legal (Recommended Legal Documents for Older Adults)*

This presentation will review the necessary legal documents that you should have in place as an older adult.
3:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, October 9

2025 Medicare Advantage Plans: Everything about Advantage Plans*

Join us for a discussion covering everything you need to know about 2025 Medicare Advantage plans. Sign up now and get the answers to all your questions!
11:00 am, Zoom (Pre-register at medicareclass.net)

Wednesday, October 9

Nature around Tacoma Series: Trees of Wright Park*

Walk around Wright Park with Tacoma Nature Center Staff and enjoy the variety of trees from all around the world.
2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Friday, October 11

Ragtime Duo*

Vintage Virtuosos piano duo presents music of Gershwin, Cole Porter, and a Little Bit of Broadway, including trivia with audience participation.
2:00 pm, Bristol View 1st Floor Bowditch Room

Tuesday, October 15

Ascent of Mount Vancouver – 1976*

Follow three mountaineers attempting a new route on 15,787 ft. Mount Vancouver in Alaska's Saint Elias Range.
2:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, October 16, October 23 & October 30

Great Courses – Museum Masterpieces: The Louvre*

In Museum Masterpieces: The Louvre, expert art critic and historian Richard Brettell takes you on a journey through one of the world's greatest museums in this 12-lecture DVD series running October 16 – November 20.
10:00 am, Tobey Jones Parlor

Wednesday, October 16

Women of the Ancient World*

Using costume as a vehicle, Tames Alan explores what it was like to be a woman in three ancient cultures.
4:00 pm, MJ Wicks Wellness Center

Thursday, October 17

Great Decisions Discussion: Pandemic Preparedness*

Although this pandemic seems to have waned, how can we apply these lessons to future pandemics?
3:00 pm, Zoom (Pre-register to receive the Zoom link)

Friday, October 18

American Music - Hosted by Ian Crocker*

Join bassist Nick Rawson and guitarist Ian Crocker as they trace Paul Simon's career.
4:00 pm, MJ Wicks Wellness Center

Tuesday, October 22

Hate Speech in the United States: The U.S. Legal Response*

This session reviews the nearly 70-years of U.S. Supreme Court rulings pertaining to hate speech.
2:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, October 23

Literary League Book Club— What's Mine and Yours

Join us as we discuss *What's Mine and Yours* by Naima Coster
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, October 24

Pretty Gritty Tacoma Lectures: Lost Ships and Treasure of Commencement Bay*

Join us as we dive into history to uncover all that has gone missing along our shores.
3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, October 25

Paint and Sip – Hello Fall#

2:00–4:00 pm, Tobey Jones Craft Room (Pre-registration is required and the cost is \$35.)

Tuesday, October 29

Celebrating 100 Years of FTJ - Tacoma Through the Decades: Renewal Takes Hold, 2000s*

4:00 pm, MJ Wicks Wellness Center

Wednesday, October 30

The Pacific Northwest Senior Writer's Showcase Reception and Reading*

5:00 – 7 00 pm, MJ Wicks Wellness Center

Thursday, October 31

Murder, Magic, & Witchcraft: The Science of Herbal Poisons During the Salem Witch Trials*

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



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

October 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

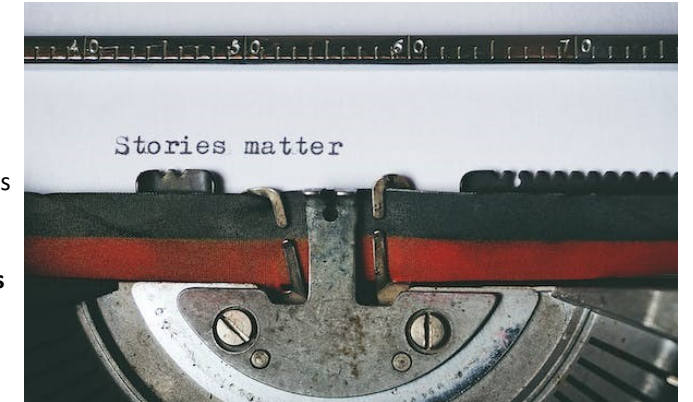
* indicates registration required



To check for schedule changes, e-mail jwennstrom@franketobeyjones.com

The Pacific Northwest Senior Writer's Showcase

In celebration of the Franke Tobey Jones Centennial this year, we are proud to announce the first ever Pacific Northwest Senior Writer's Showcase as part of Franke Tobey Jones Senior University. Join us for this evening of awards and readings to recognize these wonderful authors. **The Pacific Northwest Senior Writer's Showcase Reception and Reading*** takes place on Wednesday, October 30 from 5:00 – 7 00 pm in MJ Wicks Wellness Center. Please RSVP to attend this event.



Paint and Sip

Paint and Sip – Hello Fall#

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! Pre-registration is required and the cost for the event is \$35. Beverages will be provided.

This event takes place Friday, October 25 at 2:00 pm in the Tobey Jones Craft Room.



Murder, Magic, & Witchcraft

Join Senior University for **Murder, Magic, & Witchcraft: The Science of Herbal Poisons During the Salem Witch Trials*** on Thursday, October 31 at 4:00 pm in the Bristol View 1st Floor Bowditch Room. For centuries, plants have been used as sources of medicinally active compounds. These compounds extracted from plants and used in their optimal amounts can help cure certain diseases but are toxic if the concentrations are too high. Herbalists of the 17th century often accidentally overdosed during self-experimentation on physiological or psychoactive plant extracts—thus was born the idea of witches, witch-brews, and wild drug-induced flights on broom sticks into the night. University of Puget Sound Biology Professor Andreas Madlung will talk about the world of plant drugs, poisons, and hallucinogens and relate them to what we know about witches and their traditions.



To register for a class, contact Jana Wennstrom at jwennstrom@franketobeyjones.com or 253.756.6219

www.FrankeTobeyJones.com / Phone: 253.752.6621

October 2024

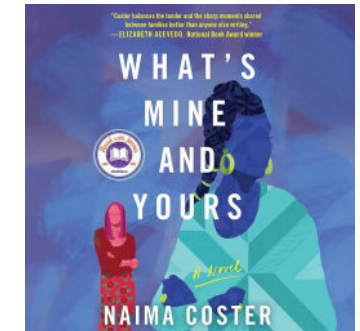


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, October 23

Literary League Book Club— *What's Mine and Yours**

Join us as we discuss *What's Mine and Yours* by Naima Coster

About the book: When a county initiative in the Piedmont of North Carolina forces the students at a mostly black public school on the east side to move across town to a nearly all-white high school on the west, the community rises in outrage. For two students, quiet and aloof Gee and headstrong Noelle, these divisions will extend far beyond their schooling. As their paths collide and overlap over the course of thirty years, their two seemingly disconnected families begin to form deeply knotted, messy ties that shape the trajectory of their lives. *What's Mine and Yours* is a sweeping, rich tapestry of familial bond and identity, and a sharp, poignant look at the ways race affects even the closest of relationships.





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
	<p>1</p> <p>10:00 (TJ) The Younger You Method with Dr. Kara Fitzgerald*</p> <p>2:00 (W) Abby Williams Hill – A Living History Performance by Karen Haas*</p>	<p>2</p> <p>10:00 (LP) Great Courses - <i>Experiencing Hubble: Understanding the Greatest Images of the Universe</i>*</p> <p>2:00 (BV) Documentary Discussions: <i>Root Cause</i>*</p>	<p>3</p> <p>11:00 (BV) Great Courses: <i>A New History of Life</i>*</p> <p>3:00 (BV) Aging With a Plan*</p>	<p>4</p> <p>10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*</p> <p>2:00 (BV) Underrepresented Artists Lecture Series*</p>
<p>7</p> 	<p>8</p> <p>10:00 (Z) Life Stories: The Art of Memoir*</p> <p>11:00 (B) Cuba Discovery Tour Information*</p> <p>3:00 (BV) Keep It Legal (Recommended Legal Documents for Older Adults)*</p>	<p>9</p> <p>10:00 (LP) Great Courses - <i>Experiencing Hubble: Understanding the Greatest Images of the Universe</i>*</p> <p>11:00 (Z) 2025 Medicare Advantage Plans: Everything about Advantage Plans*</p> <p>2:00 (FT) Trees of Wright Park*</p>	<p>10</p> <p>11:00 (BV) Great Courses: <i>A New History of Life</i>*</p>	<p>11</p> <p>10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*</p> <p>2:00 (BV) Ragtime Duo*</p>
<p>14</p> 	<p>15</p> <p>10:00 (Z) Life Stories: The Art of Memoir*</p> <p>2:00 (BV) Ascent of Mount Vancouver – 1976*</p>	<p>16</p> <p>10:00 (TJ) Great Courses – <i>Museum Masterpieces: The Louvre</i>*</p> <p>4:00 (W) Women of the Ancient World*</p>	<p>17</p> <p>11:00 (BV) Great Courses: <i>A New History of Life</i>*</p> <p>3:00 (Z) Great Decisions Discussion: Pandemic Preparedness*</p>	<p>18</p> <p>10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*</p> <p>4:00 (W) American Music - Hosted by Ian Crocker*</p>
<p>21</p> 	<p>22</p> <p>10:00 (Z) Life Stories: The Art of Memoir*</p> <p>2:00 (BV) Hate Speech in the United States: The U.S. Legal Response*</p>	<p>23</p> <p>10:00 (TJ) Great Courses – <i>Museum Masterpieces: The Louvre</i>*</p> <p>2:00 (BV) Literary League Book Club— <i>What's Mine and Yours</i>*</p>	<p>24</p> <p>11:00 (BV) Great Courses: <i>A New History of Life</i>*</p> <p>3:00 (BV) Pretty Gritty Tacoma Lectures: Lost Ships and Treasure of Commencement Bay*</p>	<p>25</p> <p>10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*</p> <p>2:00 (C) Paint and Sip – Hello Fall#</p>
<p>28</p> 	<p>29</p> <p>10:00 (Z) Life Stories: The Art of Memoir*</p> <p>4:00 (W) Celebrating 100 Years of FTJ - Tacoma Through the Decades: Renewal Takes Hold, 2000s*</p>	<p>30</p> <p>10:00 (TJ) Great Courses – <i>Museum Masterpieces: The Louvre</i>*</p> <p>5:00 (W) The Pacific Northwest Senior Writer's Showcase Reception and Reading*</p>	<p>31 Happy Halloween!</p> <p>11:00 (BV) Great Courses: <i>A New History of Life</i>*</p> <p>4:00 (BV) Murder, Magic, & Witchcraft: The Science of Herbal Poisons During the Salem Witch Trials*</p>	