

January Lectures and Events

*Indicates registration is required.

Thursday, January 2

Documentary Discussions: *Forks Over Knives**

This film will be followed by a discussion.

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

Friday, January 3, January 10, January 17, & January 24

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 .

10:00 am, Bristol View 1st Floor Bowditch Room

Friday, January 3

Art Appreciation Lecture Series: Touring the World Through Art*

Come with us on a journey around the world as we explore global cultures, histories, and visual artistic traditions.

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

Wednesday, January 8, January 15, January 22, & January 29

Great Courses - Elements of Jazz: From Cakewalks to Fusion*

Classes will run on Wednesdays November 27 – January 29, excepting January 1.

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

Wednesday, January 8

Nature Around Tacoma Series: Birding at Brown's Point Lighthouse*

Visit the Brown's Point Lighthouse for some winter birding and history.

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

Thursday, January 9 & January 16

Music in Film*

In this series of two lectures, PLU Professor of Music, Dr. Svend Rønning, gives an introduction to film music.

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

Thursday, January 9

Understanding Hospice and Palliative Care*

Matt Santelli will provide an overview of palliative care and hospice services to help you better understand their function and be able to make informed decisions for you or your loved ones.

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

Friday, January 10

Learn Needle Felting by Mending Holes in a Sweater or Other Woolen Garment*

Bring a wool garment to work on if you have something like that. Otherwise, you can use a wool square (provided). Needles, a foam mat, wool roving, and finger protectors are included with the class.

2:00 – 4:00 pm, Tobey Jones Craft Room

Tuesday, January 14

The Mental Universe*

This talk addresses some of the enduring questions about the meaning of life that humans have asked since time immemorial and that often feel especially significant to those of us in the final decades of our lives.

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

Tuesday, January 14

Strengthening Our Local Food Economy*

In this lecture, Page will describe value-chain coordination, give examples of this by breaking down ingredients from food dishes ordered off a menu at a local restaurant in Olympia, and explain why it's important for the growing for-profit food & agriculture sector of our local economy.

2:00 pm, MJ Wicks Wellness Center

Wednesday, January 15

Where Do We Go from Here? Nonviolence or Nonexistence, Martin Luther King for Our Times*

Dr. Michael Honey will explore how we might remember Martin Luther King's legacy for our own troubled times.

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

Thursday, January 16

Great Decisions Discussion Kick-Off Meeting*

This will be a short meeting to request your briefing book, get a copy of the program descriptions with meeting dates, and to sign up to lead discussions. Feel free to use this opportunity to learn more about the Great Decisions discussion course.

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

Friday, January 17

My Photographic Life: Analog to Digital*

In conversation with the class members, artist Steve Davis will discuss his 50 years in photography.

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

Tuesday, January 21

Exploring the Wonders of China: A Personal Travel Experience *

Dr. Bridget Yaden from PLU will share her experiences teaching and traveling in China in the summer of 2024.

10:00 am, Bristol View 1st Floor Bowditch Room

Wednesday, January 22

Literary League Book Club— *Yellowface**

Join us as we discuss *Yellowface* by R. F. Kuang

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

Thursday, January 23

Elderly Intimacy*

This workshop dispels myths, explores the evolving nature of connection, and offers practical tips for communicating desires.

10:00 am, Bristol View 1st Floor Bowditch Room

Thursday, January 23

Estate Planning and Administration Essentials with Special

Focus on Estate Tax*

Attorney Bryana Cross Bean will give an easy-to-understand overview of estate planning, probate, and trust administration.

2:00 pm, Zoom

Meeting ID: 481 600 3295 Passcode: 845170

Friday, January 24

American Musics Series Kickoff Party: Tacoma Organ Trio Threocracy*

Here's to another year of our concert series at Franke Tobey Jones!

4:00 pm, MJ Wicks Wellness Center

Tuesday, January 28

A Brief History of Global Health*

This class will walk us through some of the major shifts and changes in the world of global health.

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

Wednesday, January 29

Considering Language and Judgement Together*

Dr. Inoue will discuss several main theories that explain how judgement typically works, and considers some important mindbugs that are commonplace.

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

Thursday, January 30

An International Nonprofit's Impact: Publishing and Leading Philanthropy work in Western Kenya*

Robin and Gordon Okumu will share insights about their book, *Crossing Waiyaki Way: A True Story of Poverty, Prayer, and Politics in Kenya*, as well as discuss their nonprofit's environmental development efforts in western Kenya.

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

Friday, January 31

How to Use Chat GPT – A Basic Intro

An easy-to-understand class on what is Chat GPT, how to create your own account, how to give prompts to get the best results, to give killer prompts, and more. No prior knowledge necessary.

10:00 am, Zoom

Meeting ID: 481 600 3295 Passcode: 845170



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Live & Learn

January 2025

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

Happy New Year from Senior University!

It's a New Year and an opportunity to take stock and consider what you want to get out of 2025. Let me suggest that you consider upping your continued learning game. Lifelong learning is not confined to any age group but it is a journey that can bring immense benefits to seniors. By engaging in ongoing education and exploration, you can maintain your mental acuity, foster social connections, enhance self-esteem, and stay adaptable in a changing world. This, in turn, leads to a more fulfilling and enjoyable life and retirement experience.

There are several ways continuing education for seniors is a great idea. Here are only a few of the ways lifelong learning can help you:

Mental health

Learning new skills and hobbies can help seniors maintain their mental sharpness and memory, and reduce the risk of dementia.

Social interaction

Learning courses, book clubs, and discussion groups can help seniors avoid isolation and depression.

Personal growth

Learning new skills can boost self-esteem and provide a sense of accomplishment.

Cognitive stimulation

Learning new things stimulates the brain, which can help prevent cognitive decline.

Health awareness

Learning can help individuals become more aware of their health and adopt better health practices.

Social inclusion

Learning can help seniors build social capital and feel more included in society.

Practical skills

Learning new technologies or how to use smart devices can help us stay in touch with loved ones.

Lifelong learning can be done in many ways, such as taking a class, reading a book, or learning a new hobby. Take a look at the options in *Live & Learn* this month and consider trying something new or even joining us for the opportunity to meet some new folks and talk about what you just heard at a lecture or saw in a film. There are so many fun ways to learn and grow! I hope to see you in class soon.

-Jana Wennstrom, Senior University Coordinator



January 2025



FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.

Mon

Tue

Wed

Thu

Fri

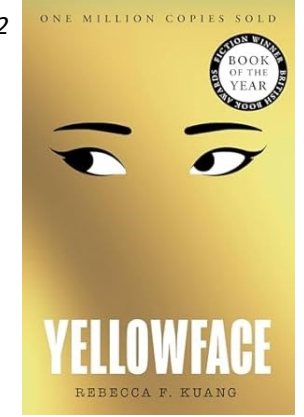
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27		28	29	30	31

Wednesday, January 22

Literary League Book Club— *Yellowface**

Join us as we discuss *Yellowface* by R. F. Kuang

About the book: Authors June Hayward and Athena Liu were supposed to be twin rising stars. But Athena's a cross-genre literary darling, and June didn't even get a paperback release. So when June witnesses Athena's death in a freak accident, she acts on impulse: she steals Athena's just-finished masterpiece, an experimental novel about the unsung contributions of Chinese laborers to the British and French war efforts during World War I. But June can't get away from Athena's shadow, and emerging evidence threatens to bring June's (stolen) success down around her. As June races to protect her secret, she discovers exactly how far she will go to keep what she thinks she deserves. With its totally immersive first-person voice, *Yellowface* takes on questions of diversity, racism, and cultural appropriation not only in the publishing industry but the persistent erasure of Asian-American voices and history by Western white society.



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