Tuesday, March 4

Meet Mayoral Candidate Anders Ibsen*

Meet Mayoral Candidate Anders Ibsen and hear what his plans are for making Tacoma an even greater place to live. Bring any questions you may have. 2:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, March 5, March 12, March 19, & March 26

Language, Identity, and Society*

This series of lectures introduces the field of sociolinguistics by examining the intersections of language, identity, and society in both a US and international context.

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

Wednesday, March 5

Documentary Discussions: Comedy Warriors - Healing Through Humor*

Comedy Warriors: Healing Through Humor is a documentary film featuring five severely wounded service members from the Iraq/Afghanistan conflicts who were selected from numerous submissions to embark on an exciting new mission: stand-up comedy.

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

Thursday, March 6, March 13, March 20, & March 27

Great Courses – The Scientific Guide to Health and Happiness*

The Scientific Guide to Health and Happiness is your perfect roadmap to achieving your best self in 24 recorded lectures over 12 weeks (February 6 – April 24). 10:00 am, Bristol View 1st Floor Bowditch Room

Thursday, March 6

History of the Israel-Palestine Crisis*

Professor Weinberger from the University of Puget Sound will provide a history of the Israel-Palestine crisis and the roots of the current state of the war in Gaza. 4:00 pm, Bristol View 1st Floor Bowditch Room

Friday, March 7, March 14, & March 28

Discover Drums! Learning Percussion and Drum Circle*

Through these classes, you'll learn the basics of playing percussion instruments. Try out instruments such as a djembe, frame drum, talking drum, and more! 10:00 am, Bristol View 1st Floor Bowditch Room

Friday, March 7

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, with each session focusing on a different region, country, or artistic movement.

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

Tuesday, March 11 & March 18

In the Footsteps of The Red Violin*

In these two lectures by Dr. Svend Rønning we'll explore the classical music cannon and world music by sailing with the itinerant violin around the world.

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

Tuesday, March 11

Broadway Classics with Vintage Virtuosos*

Hear Broadway numbers such as "Hello Dolly", "Tomorrow", and more. 2:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, March 12

Nature Around Tacoma Series: Geology and Views at Wapato Hills Park*

Walk to the top of Wapato Hill with Tacoma Nature Center Staff to discover beautiful views and learn about how the ice sheets shaped the landscape of this park. This walk takes place on steep, unpaved trails.

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

Thursday, March 13

Tacoma Tree Foundation Presentation*

Come to this talk to learn more about this organization and what they are doing in Tacoma.

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

Friday March 1

Learn the Craft of Printing on Fabric with Traditional Carved Printing Blocks from India*

Print your own design on a dish towel or large blank bandana using the kind of fabric printing blocks that have been used in India since the 12th century or longer. 2:00 – 4:00 pm, Tobey Jones Craft Room

Wednesday, March 19

Visit the Science Dome at the Pierce College Planetarium*

Join Senior University and Holistic Wellness for this trip to explore the night sky, fly through the solar system, explore the universe, and learn about new astronomical discoveries at the Science Dome, Pierce College's Planetarium! 1:00 – 4:00 pm, Planetarium (Bus leaves the Bistro at 1:00 pm)

Thursday, March 20

Great Decisions: U.S. Changing Leadership of the World Economy*

For most of the postwar era, the U.S. has tied its global leadership to cooperative agendas aimed at creating a more open world trading system, but that has apparently come to an end.

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

Friday, March 21

In Our Own Voice'

National Alliance on Mental Illness (NAMI) *In Our Own Voice* presentations change attitudes, assumptions and ideas about people with mental health conditions. 11:00 am, Bristol View 1st Floor Bowditch Room

Friday, March 21

Mathematical Beauty in Art*

We will discuss dimensionality, symmetry, and group theory in the mathematical underpinnings of artistry across centuries, cultures, and continents.

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

Tuesday, March 25

Get Reading Again with the Washington Talking Book & Braille Library*

Did you know that there is a free state library service that provides audiobooks to any Washington resident who cannot read or use regular print materials as a result of temporary or permanent visual or physical limitation like glaucoma, macular degeneration, dementia, diabetes, stroke, Parkinson's, or multiple sclerosis? The presentation will include an overview of the service, the eligibility requirements, and the steps to utilize this service.

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

Tuesday, March 25

Book Reading & Signing of *Deadly Yours*, with Debut Mystery Writer Cyndi L. Stuart * join Cyndi L. Stuart to hear a riveting excerpt from her just-released mystery novel, *Deadly Yours*, and her humorous tale about the perils and pitfalls of becoming a published author. The road to murder is never easy. Cyndi will be signing copies of her book after the reading and be available for any questions.

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

Wednesday, March 26

Literary League Book Club— Red Paint: The Ancestral Autobiography of a Coast Salish Punk*

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

Thursday, March 27

Pretty Gritty Lecture: Lost Ships and Treasure of Commencement Bay*

From lost safes to mysterious shipwrecks, join 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, March 28

American Musics - Guitar in the Americas: Styles and Variations from Across the Country and Beyond*

In the last century, it has become almost an unwritten assumption that popular music in America includes a guitar--sometimes even several! Join guitarist EJ Crocker as they unpack the history of the instrument in our country, from its humble acoustic beginnings to the ubiquity of the electric guitar sound.

4:00 pm, MJ Wicks Wellness Center



Live & Learn

March 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

Language, Identity, and Society

This series of lectures introduces the field of sociolinguistics by examining the intersections of language, identity, and society in both a US and international context. Language is influenced by and conveys information about one's gender, race/ethnicity, class, and geographic location, among other social identities. Participants will learn about key topics in sociolinguistics with a focus on language and privilege as well as societal attitudes towards language and language change.

March 5: Language identity and mapping

March 12: Code switching and bilingualism

March 19: Language movements / language and education

March 26: Language inclusivity

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

Presenter Bio:

Dr. Bridget Yaden is a Professor of Hispanic and Latino studies and the Associate Provost for Undergraduate Programs at Pacific Lutheran University. She earned her PhD in Romance Linguistics from the University of Washington. A

local of Tacoma, Bridget has worked at PLU since 1996.



Mathematical Beauty—An Upcoming Series

Friday, March 21

Mathematical Beauty in Art*

We will discuss dimensionality, symmetry, and group theory in the mathematical underpinnings of artistry across centuries, cultures, and continents.

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

Friday, April 18

Mathematical Beauty in Nature*

We will explore unseen self-organizing regularities in non-linear systems resulting in patterns of number and shape that underlie processes of growth, division, and replication. 2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, May 16

Mathematical Beauty in Music*

We will discuss resonance, the Pythagorean comma, Chladni Patterns and the visualization of music through mathematics.

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

Friday, June 6

Mathematical Beauty in Daily Life*

We will look at the spatial isometries, Bravais lattices, and gnomons among us.

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

Presenter Bio:
Miriam Chong was
born and raised in
Tacoma She was

Tacoma. She was recruited by maestro Edward Seferian to the University of Puget Sound and played in the Symphony Orchestra, Wind



Ensemble, and Jazz Band. Miriam majored in chemistry and mathematics with a minor in English Literature. She did graduate work at the University of Tennessee, Memphis and St. Jude Children's Research Hospital on the neurodegenerative aspects of the disease ataxia telangiectasia.

March 2025

Wed

Thu

Mon

Tue



Non scholae sed vitae discimus. We do not learn for school but for life.

3	4	5	6	7
	2:00 (BV) Meet Mayoral Candidate Anders Ibsen*	10:00 (BV) Language, Identity, and Society: Language Identity and Mapping*	10:00 (BV) Great Courses – The Scientific Guide to Health and Happiness*	10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*
		2:00 (BV) Documentary Discussions: Comedy Warriors — Healing Through Humor*	4:00 (BV) History of the Israel-Palestine Crisis*	2:00 (BV) Art Appreciation Lecture Series: Touring the World Through Art*
10	11	12	13	14
X TANGER	11:00 (BV) In the Footsteps of The Red Violin*	10:00 (BV) Language, Identity, and Society: Code Switching and Bilingualism*	10:00 (BV) Great Courses – The Scientific Guide to Health and Happiness*	10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*
	2:00 (BV) Broadway Classics with Vintage Virtuosos*	2:00 (FT) Nature Around Tacoma Series: Geology and Views at Wapato Hills Park*	2:00 (BV) Tacoma Tree Foundation Presentation*	2:00 (C) Learn the Craft of Printing on Fabric with Traditional Carved Printing Blocks from India*
17	18	19	20	21
O STANLEY O	11:00 (BV) In the Footsteps of The Red Violin*	10:00 (BV) Language, Identity, and Society: Language Movements / Language and Education*	10:00 (BV) Great Courses – The Scientific Guide to Health and Happiness*	11:00 (BV) In Our Own Voice* 2:00 (BV) Mathematical Beauty in Art*
		1:00 (FT) Visit the Science Dome at the Pierce College Planetarium*	3:00 (Z) Great Decisions: U.S. Changing Leadership of the World Economy*	
24	25	26	27	28
	10:00 (BV) Get Reading Again with the Washington Talking Book & Braille Library*	10:00 (BV) Language, Identity, and Society: Language Inclusivity*	10:00 (BV) Great Courses – The Scientific Guide to Health and Happiness*	10:00 (BV) Discover Drums! Learning Percussion and Drum Circle*
	2:00 (BV) Book Reading & Signing of <i>Deadly</i> Yours, with Debut Mystery Writer Cyndi L. Stuart*	2:00 (BV) Literary League Book Club— Red Paint: The Ancestral Autobiography of a Coast Salish Punk*	3:00 (BV) Pretty Gritty Lecture: Lost Ships and Treasure of Commencement Bay*	4:00 (W) American Musics - Guitar in the Americas: Styles and Variations from Across the Country and Beyond*

Wednesday, March
26
Literary League
Book Club— Red
Paint: The
Ancestral
Autobiography of a
Coast Salish Punk*
Join us as we discuss
Red Paint: The
Ancestral
Autobiography of a
Coast Salish Punk by
Sasha taqwšeblu
LaPointe
About the book:

Fri



Sasha taqwšeblu LaPointe, a Coast Salish indigenous woman, has always longed for a sense of home. Exploring what it means to be vulnerable in love and in art while offering an unblinking reckoning with personal traumas as well as the collective historical traumas of colonialism and genocide that continue to haunt native peoples. Red Paint is an intersectional autobiography of lineage, resilience and above all the ability to heal that chronicles Sasha's struggles navigating a collapsing marriage while answering the call to greater purpose.

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