

August Lectures and Events

Friday, August 1
Self Love & Self Compassion*
This workshop guides you through practices for building self-acceptance, exploring personal strengths, and creating compassion-based routines.
10:00 am, Bristol View 1st Floor Bowditch Room

Tuesday, August 5, August 12, August 19, & August 26
Great Course: The Everyday Gourmet: Rediscovering the Lost Art of Cooking*
The Everyday Gourmet: Rediscovering the Lost Art of Cooking is a 12-week DVD course running from July 15 – September 30.
11:00 am, Bristol View 1st Floor Bowditch Room

Tuesday, August 5, August 12, August 19, & August 26
Virtual Reality Rendezvous*
Join us for a Virtual Reality experience in which we will travel and enjoy experiences in a 3D, immersive environment using VR goggles.
2:00 pm, Tobey Jones Parlor

Wednesday, August 6, August 13, August 20, & August 27
Compact Writing—Making Every Word Count*
This class will offer instruction in making your writing precise.
10:00 am – 12:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, August 6
Documentary Discussions: A Plastic Ocean*
A Plastic Ocean documents the global effects of plastic pollution and highlights workable technologies and innovative solutions that everyone - from governments to individuals - can do to create a cleaner and greener ocean.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, August 7, August 14, & August 21
Optimize Your Metabolism – a Commune Course*
Join Senior University and Holistic Wellness for this 6-week course that runs July 17 – August 21.
10:00 am, Tobey Jones Parlor

Thursday, August 7
Reasons and Benefits for Preplanning a Funeral*
With advance funeral planning, you’re helping to ensure your final wishes and legacy.
2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, August 8
Stretching Your Body & Dollar *
Your physical and financial health goes hand in hand, and today we'll dive into both.
10:00 am, Bristol View 1st Floor Bowditch Room

Friday, August 8
Make a Bound Journal with a Collaged and Sewn Keeper Pocket*
In this class, you will create a small journal/booklet (4” x 5.5”) with a double pamphlet stitched binding. All materials are provided, but feel free to bring your own special paper and fabric scraps.
2:00 – 4:00 pm, Tobey Jones Craft Room

Wednesday, August 13
Medicare & Traveling Outside of the Country*
This presentation will explain how Medicare coverage works while you are out of the country and what to do in these situations.
11:00 am, Zoom (pre-register for this class at Medicareclass.net)

Wednesday, August 13
Nature around Tacoma Series: Titlow over the Ages*
Walk through Titlow Park with a Park Guide.
2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Thursday, August 14
Threads through Time - A Karen Haas Presentation*
Get caught in a web of enjoyment as Karen blends traditional tales with demonstrations of various spinning and weaving techniques. You’ll even have a chance to try your hand at some of these arts, both ancient and new.
2:00 – 3:30 pm, MJ Wicks Wellness Center

*Indicates registration is required.

Friday, August 15
Communication and Boundaries*
In this workshop, you’ll learn practical skills for expressing your needs, listening actively, and setting boundaries that honor yourself and others.
11:00 am, Bristol View 1st Floor Bowditch Room

Friday, August 15
Paint and Sip – Potted Pothos#
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 \$40. Beverages will be provided.
2:00 – 4:00 pm, Tobey Jones Craft Room

Monday, August 18
Virtual Reality Rendezvous*
Join us for a Virtual Reality experience in which we will travel and enjoy experiences in a 3D, immersive environment using VR goggles.
10:00 am, Tobey Jones Parlor

Wednesday, August 20
Mary Bridge Children’s Hospital – Expansion Update and Progress *
Join us for an engaging discussion and presentation on the exciting updates and progress of the Mary Bridge Children’s Hospital expansion.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, August 21
Great Decisions: India - Between China, the West, and the Global South*
What opportunities exist for Washington to work with India?
3:00 pm, Zoom (Pre-register to receive the Zoom link)

Tuesday, August 26
Hot Topics – A Political Discussion Group*
Join us as we discuss, share, and learn about current local, national, and international topics in a safe and respectful environment open to varying views.
2:00 pm, Garden Apartments Parlor

Wednesday, August 27
Literary League Book Club— Before I Go to Sleep*
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, August 28
B-17 and the Mighty Eighth Air Force: The Uncles We Never Knew*
Join John Farenbach as he talks about the B-17 bomb groups with the Eighth Air Force during WWII who flew strategic bombing missions over Europe, and shares personal stories about two of his uncles who served on B-17s
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, August 28
Virtual Reality Rendezvous*
Join us for a Virtual Reality experience in which we will travel and enjoy experiences in a 3D, immersive environment using VR goggles.
10:00 am, Tobey Jones Parlor

Friday, August 29
Pretty Gritty Tour: Tacoma’s Public Art Scene#
This 1-hour tour walks you through the milestones of Tacoma's story, both good and bad, and helps you turn the page on understanding the pulse of Washington's most exciting rail town. Pre-registration is required and the cost for the event is \$27.
10:00 – 11:30 am, Field Trip (bus departs the Bistro at 9:40 am)

Friday, August 29
American Musics - Hosted by EJ Crocker: Shadows and Light - Celebrating the Music of Joni Mitchell*
Join EJ Crocker and Nick Rawson on a sonic tour through Joni Mitchell's career, tracing her influences and life story through the songs she wrote.
4:00 pm, MJ Wicks Wellness Center



FRANKE TOBEY JONES

SENIOR UNIVERSITY

August 2025

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

Live & Learn

Educational Enrichment Opportunities

Self-Care Starts with (Senior) YOU

Friday, August 1
Self Love & Self Compassion*
Nurture a stronger, kinder relationship with yourself. This workshop guides you through practices for building self-acceptance, exploring personal strengths, and creating compassion-based routines. It’s a safe space to discover what makes you feel valued and supported from within.
10:00 am, Bristol View 1st Floor Bowditch Room

Friday, August 15
Communication and Boundaries*
Clear communication and respectful boundaries are the foundations of healthy relationships. In this workshop, you'll learn practical skills for expressing your needs, listening actively, and setting boundaries that honor yourself and others. Perfect for enhancing confidence in personal and professional interactions.
11:00 am, Bristol View 1st Floor Bowditch Room



Speaker Bio:
Austin Cresap is an AASECT certified Sex Therapist and a licensed Marriage and Family Therapist who is passionate about helping individuals and couples on their journey to fulfilling relationships and more passion-filled lives. In her private practice, I Came Here to Talk, she emphasizes compassionate non-judgmental guidance around intimacy and personal connection.

Paint and Sip – Potted Pothos

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



Virtual Reality Rendezvous



Sign up for one of our Virtual Reality Rendezvous this month. Join us for a Virtual Reality experience in which we will travel and enjoy experiences in a 3D, immersive environment using VR goggles. Each class will have a new destination and be driven by attendees’ interests. RSVPs required and space is limited for this program.
Class Times:
Tuesday, August 5, August 12, August 19, & August 26 at 2:00 pm in the Tobey Jones Parlor

Monday, August 18 at 10:00 am in the Tobey Jones Parlor

Thursday, August 28 at 10:00 am in the Tobey Jones Parlor

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

www.FrankeTobeyJones.com / Phone: 253.752.6621

August 2025

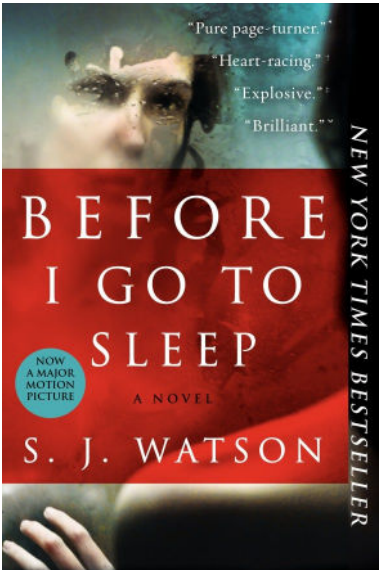


FRANKE TOBEY JONES

SENIOR UNIVERSITY

Non scholae sed vitae discimus.

We do not learn for school but for life.



Wednesday, August 27
Literary League Book Club— *Before I Go to Sleep**
Join us as we discuss *Before I Go to Sleep* by S. J. Watson
About the book: Without her husband's knowledge, Christine, whose memory is damaged by a long-ago accident, is treated by a neurologist who helps her to remember her former self through journal entries until inconsistencies begin to emerge, raising disturbing questions.
2:00 pm, Bristol View 1st Floor Bowditch Room

Legend
Registration and fee
* Registration, no cost

Location Codes:
(BV) Bristol View Bowditch Room
(C) Tobey Jones Craft Room
(FT) Field Trip
(GA) Garden Apartments Parlor
(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

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