

November Lectures and Events

*Indicates registration is required.

Tuesday, November 4, November 11, November 18, & November 25
Practices to Improve Your Writing Skill*
This class will offer participants strategies to improve their general writing skills and talent. Students will be encouraged to find their own writing style and voice practicing dialogue, metaphor, and character development.
10:00 am – 12:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, November 5, November 12, & November 19
Art and Identity*
Have fun using foundational visual arts techniques to explore and express your sense of identity and personal story. All materials are provided, and no prior “art” experience is needed!
10:00 am, Tobey Jones Craft Room

Wednesday, November 5
Documentary Discussions - *The Misunderstood Epidemic: Depression**
The Misunderstood Epidemic: Depression is an intimate look at how depression affects its victims and their families.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, November 6 & November 13
Great Courses - Gut Health Explained*
In 12 fascinating lectures over 6 weeks (October 9 – November 13), Dr. Gabrielle Fundaro shares the latest scientific knowledge about the trillions of organisms that live in your gut. 11:00 am, Bristol View 1st Floor Bowditch Room

Thursday, November 6
The 4 C’s of Medicare*
Using the 4 Cs of Medicare—coverage, cost, convenience, and customer service—can help you determine if your current plan is right for you.
2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, November 7, November 14, & November 21
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! Grow your drum skills in this fun and engaging environment.
10:00 am, Bristol View 1st Floor Bowditch Room

Friday, November 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, November 11 & November 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. Each week will have a new destination and be driven by attendees’ interests. RSVPs required and space is limited for this program. This program was made possible through a generous donation to Senior University.
2:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, November 12
Nature Around Tacoma Series: Changing of the Seasons at Dune Park*
Walk the paths around Dune Park with Tacoma Nature Center staff to enjoy the stunning views of mountains and sound. prepare for the coming winter.
2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Thursday, November 13
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, Bristol View 1st Floor Bowditch Room

Friday, November 14
Make a Distressed Wooden Sign with Scrap Wood*
We’ll use scrap wood from the wood shop and a limited palette of acrylic and chalk paints.
2:00 – 4:00 pm, Tobey Jones Craft Room

Wednesday, November 19
Museum of Glass Tea and Tour#
Cost is \$12 per person and pre-registration is required.
2:00 – 4:00 pm, Field Trip (the bus leaves the Bistro at 1:30 pm)

Thursday, November 20
Virtual Reality Rendezvous*
Join us for a Virtual Reality experience.
10:00 am, Bristol View 1st Floor Bowditch Room

Thursday, November 20
Pretty Gritty Lecture: Tacoma Then and Now*
Side-by-side looks at the city of destiny in its origin and how it arrived to where it is today.
3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, November 21
American Musics - Hosted by EJ Crocker: Clave con Jazz - The influence of Cuban Music*
Get your salsa on...or maybe your danzón? Join Jesse Kuras and EJ Crocker on an exploration of Cuba's musical stylings.
4:00 pm, MJ Wicks Wellness Center

Monday, November 24
Downsizing Your Home with Monarch Transitions*
10:00 am, Bristol View 1st Floor Bowditch Room

Monday, November 24
Virtual Reality Rendezvous*
Join us for a Virtual Reality experience.
2:00 pm, Bristol View 1st Floor Bowditch Room

Tuesday, November 25
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, November 26
Balance Begins in Bed*
10:00 am, Bristol View 1st Floor Bowditch Room

Wednesday, November 26
Literary League Book Club— *The Snow Child**
Join us as we discuss *The Snow Child* by Eowyn Ivey.
2:00 pm, Bristol View 1st Floor Bowditch Room



FRANKE TOBEY JONES

SENIOR UNIVERSITY

November 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

Live & Learn

Museum of Glass Tea and Tour

Join this tour led by a docent through the Museum of Glass galleries and Hot Shop. The Tea and Tour culminates with tea and cookies in the Education Studio, along with an art-making project. Cost is \$12 per person and pre-registration is required. The tour takes place on Wednesday, November 19 from 2:00—4:00 pm (the bus leaves the Bistro at 1:30 pm) and pre-registration is required.



Downsizing Your Home

Local professional Senior Move Manager and Transition Specialist, Tina Baril, will be discussing senior move management and the challenges of downsizing your home. She will share some tips and provide handouts. If you are struggling with where and how to start, this is your first move in many years, or yet another life transition, this is the presentation for you! Join us on Monday, November 24 at 10:00 am in the Bristol View 1st Floor



Balance Begins in Bed

Join author of *Easy Balance Exercises for Seniors: A Holistic Approach to Improve Stability, Prevent Falls, and Maintain Independence for all Abilities*, Lena Ihara, for her book talk on Wednesday, November 26 at 10:00 am in the Bristol View 1st Floor Bowditch Room. If you’re recovering from an injury or interested in preventing an injury this class is for you. We will practice the guided exercises while in our seats.



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

www.FrankeTobeyJones.com / Phone: 253.752.6621

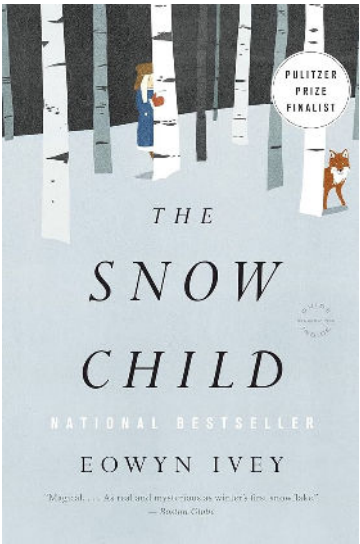
November 2025



FRANKE TOBEY JONES

SENIOR UNIVERSITY

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



Wednesday, November 26
Literary League Book Club— *The Snow Child**
Join us as we discuss *The Snow Child* by Eowyn Ivey.

About the book: Alaska, 1920: a brutal place to homestead, and especially tough for recent arrivals Jack and Mabel. Childless, they are drifting apart--he breaking under the weight of the work of the farm; she crumbling from loneliness and despair. In a moment of levity during the season's first snowfall, they build a child out of snow. The next morning the snow child is gone--but they glimpse a young, blonde-haired girl running through the trees.

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
3 	4 10:00 (BV) Practices to Improve Your Writing Skill*	5 10:00 (C) Art and Identity* 2:00 (BV) Documentary Discussions - <i>The Misunderstood Epidemic: Depression</i> *	6 11:00 (BV) Great Courses - Gut Health Explained* 2:00 (BV) The 4 C's of Medicare*	7 10:00 (BV) Discover Drums! Learning Percussion and Drum Circle* 2:00 (BV) Art Appreciation Lecture Series: Touring the World Through Art*
10 	11 10:00 (BV) Practices to Improve Your Writing Skill* 2:00 (BV) Virtual Reality Rendezvous*	12 10:00 (C) Art and Identity* 2:00 (FT) Nature Around Tacoma Series: Changing of the Seasons at Dune Park*	13 11:00 (BV) Great Courses - Gut Health Explained* 2:00 (BV) Virtual Reality Rendezvous*	14 10:00 (BV) Discover Drums! Learning Percussion and Drum Circle* 2:00 (C) Make a Distressed Wooden Sign with Scrap Wood*
17 	18 10:00 (BV) Practices to Improve Your Writing Skill* 2:00 (BV) Virtual Reality Rendezvous*	19 10:00 (C) Art and Identity* 2:00 (FT) Museum of Glass Tea and Tour#	20 10:00 (BV) Virtual Reality Rendezvous* 3:00 (BV) Pretty Gritty Lecture: Tacoma Then and Now*	21 10:00 (BV) Discover Drums! Learning Percussion and Drum Circle* 4:00 (W) American Musics - Hosted by EJ Crocker: Clave con Jazz - The influence of Cuban Music*
24 10:00 (BV) Downsizing Your Home with Monarch Transitions* 2:00 (BV) Virtual Reality Rendezvous*	25 10:00 (BV) Practices to Improve Your Writing Skill* 2:00 (GA) Hot Topics – A Political Discussion Group*	26 10:00 (BV) Balance Begins in Bed* 2:00 (BV) Literary League Book Club— <i>The Snow Child</i> *	27 	28 