



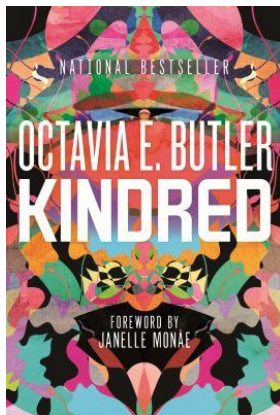
## Old Age in Art

Images serve as a lens for examining attitudes of people from earlier centuries. Nowhere is this clearer than visual images of old age. This lecture focuses on how old women and men have been depicted in European and American art -- as people in decline or as individuals who have achieved wisdom, experience, and even spiritual liberation. This talk discusses negative as well as positive associations with the elderly and how visual images of elderly women and men differ. We will also look at images that fight prejudice and bias and the circumstances behind these challenges to age-old tropes. Join us Friday, January 30 at 3:00 pm in the Bristol View 1st Floor Bowditch Room



### Presenter Bio:

Alison M. Kettering is William R. Kenan Professor of Art History Emerita, Carleton College, Northfield MN, where she taught from 1982-2014, offering courses on early modern European art and architecture and gender issues in Western art.



Thursday, January 22

### Literary League Book Club: *Kindred*\*

Join us as we discuss *Kindred* by Octavia E. Butler

About the book: Dana, a modern black woman, is celebrating her twenty-sixth birthday with her new husband when she is snatched abruptly from her home in California and transported to the antebellum South. Rufus, the white son of a plantation owner, is drowning, and Dana has been summoned across the years to save him. After this first summons, Dana is drawn back, again and again, to the plantation to protect Rufus and ensure that he will grow to manhood and father the daughter who will become Dana's ancestor. Yet each time Dana's sojourns become longer and more dangerous, until it is uncertain whether or not her life will end, long before it has even begun.

2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room



January 2026

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

## Hot Topics: A Political Discussion Group

Hot Topics meets once a month for an hour to discuss current political events of local, State, National, and Foreign Policies. In a divided nation, discussions are an opportunity to listen and understand different and opposing views. ALL voices are welcomed and needed. A relaxed setting encourages exchanging a wide variety of insights, opinions, and information, all needed for a vibrant democracy. Join this lively, friendly group for as many of the sessions as you like to share your views, adding another way to celebrate the 250 Anniversary of our country's Independence in 2026. The next session is:

Thursday, January 15

### Hot Topics – A Political Discussion Group\*

10:00 am in the Garden Apartments Parlor

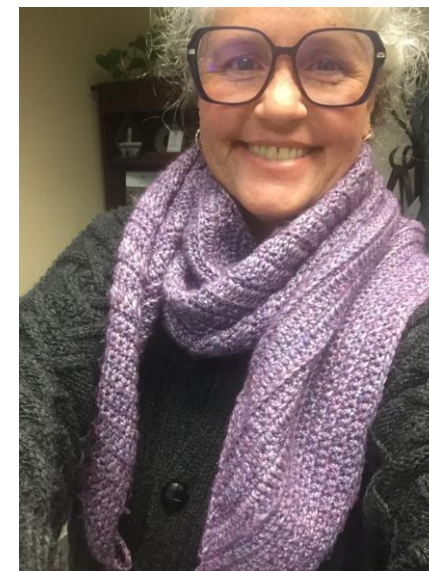


## Crochet a Boomerang Shawl

Learn to make your own boomerang shawl for cozy, cold weather wear. This shawl is simple enough for a beginner and can be made more complicated for the well-versed crocheter. Classes take place on Friday, January 9, January 16, January 23, & January 30 from 10:00 - 11:30 am in the Bristol View 1st Floor Bowditch Room.

There is a supply fee of \$30 which will get you everything you need to make your very own shawl.

\*Registration is required.



*Tuesday, January 6, January 13, January 20, & January 27*

**Great Courses: How to Survive in Space\***

Drawing on the hard-won insights of NASA astronauts and engineers, this 12-lecture DVD course (running January 6<sup>th</sup> – February 10<sup>th</sup>) presents the perils of spaceflight and what experts have done to make them survivable. It also deals with livability in space, including nutrition, sleep, environmental control, and personal hygiene.

*11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Wednesday, January 7 & 14*

**Living into Dementia: Options and Ethical Questions**

**Part I** (January 7) will explore your options for living or not living into advanced dementia, and the values you bring to assessing these options.

**Part II** (January 14) will examine actually acting on these various options, including the likelihood they will accomplish your personal goals, the ethical justification of these respective options, and their effects on family and caregivers.

*10:00 am, Zoom*

**Join Zoom Meeting**

Meeting ID: 894 3649 6819

Passcode: 845170

*Wednesday, January 7*

**Documentary Discussions: *Every Little Thing*\***

Author and rehabber Terry Masear wants to save every injured hummingbird in Los Angeles. Over the course of Sally Aitken's intimate and moving documentary, we become invested in Terry's hummingbird patients, celebrating their small victories and lamenting their tiny tragedies.

*2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Thursday, January 8*

**Holistic Wellness Series: Metabolic Health\***

Learn how metabolism changes with age and discover practical ways to boost energy, maintain a healthy weight, and support longevity. This class, led by a professional metabolic health coach, explores how nutrition, movement, sleep, and stress impact your metabolic health—and how small daily choices can make a big difference.

*11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Thursday, January 8*

**Memory Wellness\***

Come to this energetic presentation on how to improve and maintain your memory with Matt Santelli, Education and Outreach Specialist at Pierce County Aging Disability Resource Center. Matt will provide you with practical steps that you can take to keep your brain healthy as you age. If you have questions, Matt will provide the answers!

*3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Friday, January 9, January 16, January 23, & January 30*

**Crochet a Boomerang Shawl#**

Supply fee is \$30 and registration is required.

*10:00 - 11:30 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Friday, January 9*

**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 1<sup>st</sup> Floor Bowditch Room*

*Tuesday, January 13, January 20, & January 27*

**Practical Mysticism: A Commune Course\***

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 4 weeks (running January 13 - February 3). Over the course of lessons and meditations you will reconnect to and awaken eight divine inner states, including love, peace, harmony, joy, abundance, and bliss.

*2:00 pm, Tobey Jones Parlor*

*Wednesday, January 14*

**Nature around Tacoma Series: Winter Walk at Point Defiance Park**

Explore the Pt Defiance Trails around Fort Nisqually with Tacoma Nature Center staff. Discuss plant and animal winter survival strategies as we stroll through the park. This walk will take place on wet uneven trails.

*2:00 pm, Field Trip (Bus leaves the Bistro at 1:45 pm)*

*Thursday, January 15*

**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.

*10:00 am, Garden Apartments Parlor*

*Thursday, January 15*

**Discovering E-Books with Tacoma Public Library\***

This class will cover using the Libby and Hoopla online book resources. The goal is that Library users can access text and audiobook content on their personal devices using their TPL cards.

*11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Thursday, January 15*

**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. You may feel free to use this opportunity to learn more about the Great Decisions discussion course and ask questions. Please register in advance.

*2:30 pm, Zoom (Pre-register to receive the Zoom link)*

*Friday, January 16*

**Let's Make Opulent Fabric Tassels\***

Let's make elegant, scrappy tassels to decorate our lives! We will make tassels from strips of dyed silk, lace, and ribbon, and we'll use cut glass and metal beads, jewelry supplies, and lobster claws to finish our custom tassels. They look great on a bag, or hanging from a doorknob, or as "jewelry" for the pull chain on a ceiling fan. No crafting experience is necessary to take this class, and all supplies are included.

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

*Wednesday, January 21*

**China and Its Neighbors\***

China has fourteen contiguous neighbors. Good relations with each neighbor are important to the economic health of China itself. With some of these countries there are also strains, usually resulting from boundary disputes. Although China has natural resources, it must import from its neighbors to support its huge population, now at 1.34 billion persons. This presentation discusses China's interactions with each of its neighbors and its ambitions to achieve greatness.

*11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Wednesday, January 21*

**Composing About Climate Change\***

As the threats of climate change become more and more apparent, people in all sectors of the economy and society are increasingly using climate as a lens through which to see their work in the world, including artists. Composer Greg Youtz will talk about his recent multimedia compositions collaborating with colleagues in the international artist group Earth Creative.

*2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Thursday, January 22*

**Literary League Book Club: *Kindred*\***

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*2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Friday, January 23*

**American Musics Series Featuring Brady McCowan\***

Join EJ Crocker and saxophonist Brady as they play tunes from across the different projects they share--jazz, originals, and some nods to our favorite contemporary songwriters.

*4:00 pm, MJ Wicks Wellness Center*

*Wednesday, January 28*

**Visit the Pierce College Science Dome\***

Join us for a private show at Pierce College Science Dome. Presentation includes: 30- minute live planetarium presentation and a 30-minute full dome video.

*1:00 – 3:00 pm, Field Trip (Bus will depart the Bistro at 12:15 pm)*

*Thursday, January 29*

**Healthcare & Your Retirement\***

Health Care and Your Retirement is an educational program that addresses what steps investors should take to prepare for health care costs to help ensure their retirement savings stay healthy.

*11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Thursday, January 29*

**"Wailea Ike": What a Street Name in Maui Tells Us About the 2023 Lahaina Fire\***

When the Lahaina fire destroyed a historic Hawaiian town in 2023, mainstream media coverage focused on the destruction caused by the fire, the lives lost, and the seeming origin of the fire. Drawing on recent fieldwork in Maui, including interviews with survivors and community observations, this class reveals how a street name tells the deeper truth about the cause of the tragedy - what native Hawaiians and locals have been trying to tell the world all along.

*4:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*

*Friday, January 30*

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*3:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*



FRANKE TOBEY JONES

SENIOR UNIVERSITY

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

**Legend**

# Registration and fee

\* Registration, no cost