

December Lectures and Events

\*Indicates registration is required.

Tuesday, December 2, December 9, & December 16  
**Fun with No-sew Fabric Crafts\***  
No-sew fabric crafts are great for beginning and experienced crafters alike! In this 3-week class, we will craft beautiful and functional projects.  
*10:00 am, Tobey Jones Craft Room*

Wednesday, December 3  
**Paint and Sip – Folk Ornaments#**  
Pre-registration is required and the cost for the event is \$40. Beverages will be provided.  
*10:00 am – 12:00 pm, Tobey Jones Craft Room*

Wednesday, December 3  
**Documentary Discussions: It’s “Just” Anxiety\***  
An honest film showing what anxiety is like, giving hope to anxious people that they can feel better.  
*2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*

Thursday, December 4  
**Money Smart-Preventing Fraud\***  
In this class, you will learn: recognize and reduce the risk of elder financial exploitation; Guard against identity theft; Plan for unexpected loss of the ability to manage your finances; Prepare financially for disasters; and Find other helpful resources on managing money and reporting financial exploitation.  
*10:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

Thursday, December 4  
**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 1<sup>st</sup> Floor Bowditch Room*

Friday, December 5  
**Zentangle Time!\***  
*10:00 am – 12:00 pm, Tobey Jones Multipurpose Room*

Friday, December 5  
**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, December 9  
**Make an Easy Crochet Tree Ornament\***  
Join Senior University Coordinator, Jana Wennstrom, to learn to make a cute, easy crochet tree ornament. All supplies included.  
*2:00 – 3:30 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*

Wednesday, December 10  
**Traveler’s Guide to the Deep Blue Sea\***  
Explore the Oceans' water cycle, depths, tides, coastlines, currents, animals, man’s early exploration beneath the surface, and other fun facts and theories about what is going on beneath the Deep Blue Sea.  
*11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

Wednesday, December 10  
**Nature around Tacoma Series: Spawning Salmon at Swan Creek Park\***  
Meander along Swan Creek with Tacoma Nature Center staff taking in the lush vegetation while looking for signs of spawning salmon. Learn about the salmon species that swim up Swan Creek and learn about the recent stream restoration work in the park and why it is important. This walk will take place on uneven trails with some elevation gain.  
*2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)*

Thursday, December 11  
**Understanding Gender: What’s Cake Got to Do with It?\***  
This presentation is a bite-sized “beginner’s” introduction to gender, a good fit for anyone who might feel overwhelmed or perplexed by the topic. Our 40-minute PowerPoint presentation is followed by time for questions, comments and discussion. We hope to plant seeds for future conversations about how gender affects us all and why we all need supportive and safe environments to grow into our best selves. And yes, we’ll also talk about why cake is related to gender!  
*11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

Thursday, December 11  
**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 1<sup>st</sup> Floor Bowditch Room*

Friday, December 12  
**Zentangle Time – The Fun Continues!\***  
*10:00 am – 12:00 pm, Tobey Jones Multipurpose Room*

Friday, December 12  
**Make a Charming Hand-Sewn Owl Ornament\***  
Hand stitch a charming 4- or 5-inch stuffed owl using scraps of wool and linen, vintage buttons, and easy boro stitch accents. All materials, including the template, will be provided.  
*2:00 – 4:00 pm, Tobey Jones Craft Room*

Tuesday, December 16  
**Carols of the Season: A Piano Christmas Program\***  
Hear some of the season’s favorite carols while also learning about their history and meanings.  
*2:00 pm, Bristol View 1<sup>st</sup> Floor Bowditch Room*

Wednesday, December 17  
**Explore Marvel Food and Deli\***  
Join Senior University and the Holistic Wellness Program to explore Marvel Food and Deli in Tacoma.  
*10:00 am – 12:00 pm, Field Trip to Marvel Food and Deli (bus departs Bistro at 10:00 am)*

Wednesday, December 17  
**Irish Traditional Music for the Holidays\***  
An hour of fiddle music and conversation highlighting the approach of the holidays with reels, jigs, and hornpipes performed by Randal Bays and Susan Waters.  
*3:00 pm, MJ Wicks Wellness Center*

Thursday, December 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*

Friday, December 19  
**The Bermuda Triangle – Fact of Fiction\***  
The legend of the Bermuda Triangle, from Miami to Puerto Rico to Bermuda, is a recent entry into maritime lore. Where did this idea come from and is there any truth to it?  
*11:00 am, Bristol View 1<sup>st</sup> Floor Bowditch Room*

Friday, December 19  
**American Musics - Hosted by EJ Crocker: Songs for the Season \***  
Join Serni Solidarios and EJ Crocker on a romp through some classic winter tunes.  
*4:00 pm, MJ Wicks Wellness Center*



FRANKE TOBEY JONES

SENIOR UNIVERSITY

December 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

Take Some Time to Relax and Zentangle

Zentangle has calming, stress-relieving effects, improves confidence and concentration, and helps you live in the moment. It is considered "yoga for the brain".



Friday, December 5

**Zentangle Time!\***

Replenish your creative spirit. Join us for this beginner-friendly Zentangle class, as well as a refresher class for those with experience. It’s easy to do, and it’s enjoyed by a wide range of ages and skill levels. No art experience is required.

If you can hold a pen, you can create beautiful images by drawing structured patterns. Discover the fun! This program was made possible through a generous donation to Senior University.

*10:00 am – 12:00 pm, Tobey Jones Multipurpose Room*

Friday, December 12

**Zentangle Time – The Fun Continues!\***

Create, relax, and be inspired. We will be creating mini masterpieces using structure patterns on a watercolor background. No art experience required. This program was made possible through a generous donation to Senior University.

*10:00 am – 12:00 pm, Tobey Jones Multipurpose Room*

Paint & Sip—Folk Ornaments



Wednesday, December 3

**Paint and Sip – Folk Ornaments#**

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.

*10:00 am – 12:00 pm, Tobey Jones Craft Room*

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

www.FrankeTobeyJones.com / Phone: 253.752.6621



# December 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
1 	2 10:00 (C) Fun with No-sew Fabric Crafts*	3 10:00 (C) Paint and Sip – Folk Ornaments#  2:00 (BV) Documentary Discussions: <i>It's "Just" Anxiety*</i>	4 10:00 (BV) Money Smart-Preventing Fraud*  2:00 (BV) Virtual Reality Rendezvous*	5 10:00 (M) Zentangle Time!*  2:00 (BV) Art Appreciation Lecture Series: Touring the World Through Art*
8 	9 10:00 (C) Fun with No-sew Fabric Crafts*  2:00 (BV) Make an Easy Crochet Tree Ornament*	10 11:00 (BV) Traveler's Guide to the Deep Blue Sea*  2:00 (FT) Nature around Tacoma Series: Spawning Salmon at Swan Creek Park*	11 11:00 (BV) Understanding Gender: What's Cake Got to Do with It?*  2:00 (BV) Virtual Reality Rendezvous*	12 10:00 (M) Zentangle Time – The Fun Continues!*  2:00 (C) Make a Charming Hand-Sewn Owl Ornament*
15 	16 10:00 (C) Fun with No-sew Fabric Crafts*  2:00 (BV) Carols of the Season: A Piano Christmas Program*	17 10:00 (FT) Explore Marvel Food and Deli*  3:00 (W) Irish Traditional Music for the Holidays*	18 10:00 (TJ) Virtual Reality Rendezvous*	19 11:00 (BV) The Bermuda Triangle – Fact of Fiction*  4:00 (W) American Musics - Hosted by EJ Crocker: Songs for the Season*
22 	23	24	25 	26 
29		31 		



### 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