

Literary League Book Club: The Mighty Red*

Join us as we discuss The Mighty Red by Louise Erdrich... About the book: In this stunning novel, Pulitzer Prize and National Book Award-winning author Louise Erdrich tells a story of love, natural forces and the tragic impact of big business.

Great Courses: Social Media 101

In Social Media 101, educator and photographer Pei Ketron will teach you how to utilize social media to your best advantage, with a step-by-step guide to a curated group of 16 exciting and commonly used social media platforms.



Intermittent Fasting: A Commune Course

Intermittent fasting is so much more than a weight-loss tool — it is a scientifically validated method to reduce inflammation, improve metabolism, and increase energy.



Unbelonging: Gender, Race and Labor in Postwar Northwest

Join Senior U for this 3-part series presented by David J. Jepsen, award winning writer and film maker. Classes take place May 8, May 15, and May 22 at 10:00 am in the Bristol View 1st Floor Bowditch Room.

Unbelonging: Gender, Race and Labor in Postwar Northwest – Part 1 (Contested Boundaries: Race and Gender in the Pacific Northwest)* We will learn how racial minorities and women overcame boundaries from the earliest days of settlement through the Twentieth Century.

Unbelonging: Gender, Race and Labor in Postwar Northwest – Part 2 (Unbelonging: Prejudice and Fear in a City Uprooted by a World War)* Victory over fascism brought hope, but fear, suspicion and inequality continued to plague the city on the Sound.

Unbelonging: Gender, Race and Labor in Postwar Northwest – Part 3 (When History Rhymes)* Learn how the past can help us make sense of the political and cultural divisions in America today.

Campus Location

5340 N Bristol Street Tacoma, WA 98407 253.752.6621

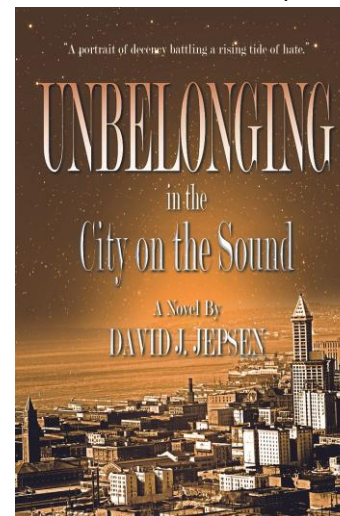
Classes are FREE of charge, unless otherwise marked.

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

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Friday, May 1

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.

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

Tuesday, May 5

The Great Tours: Iceland*

Armchair travelers and those planning an upcoming trip can finally get all the answers in a single, 24-lecture DVD resource (running February 17 – May 5) on a country where nature and humans collide.

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

Tuesday, May 5 & May 12

Hypnotherapy for Mental Health: A Commune Course*

Hypnotherapy for Mental Health with Marisa Peer is an online mental health course that will help you boost your self-esteem, improve your sense of self-worth, and support you in cultivating a positive mindset through gentle, effective meditations.

2:00 pm, Tobey Jones Parlor

Wednesday, May 6, May 13, May 20, & May 27

Keeping Your Memoir Fresh and Alive*

Please join this Writing Class to learn about keeping memoir writing alive and fresh. We will explore ways to enliven your writing so that it doesn't get stale or fall flat.

10:00 am - 12:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, May 6

Documentary Discussions: *Alive Inside**

Dan Cohen, founder of the nonprofit organization Music & Memory, fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it.

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

Thursday, May 7

Wearable Art with Kristin Tollefson*

Come learn about the work of artist Kristin Tollefson, which encompasses jewelry, wearable art, performance and sculpture. Participants are invited to make a small piece to take away at the end of the session.

10:00 am, Tobey Jones Parlor

Thursday, May 7

College Life, à la Française: Higher Ed in France*

Join Dr. Bridget Yaden for a presentation about the French higher education system. Based on participation in a Fulbright seminar for higher education administrators, she'll share personal experiences and surprising differences (and similarities!) between a student's life there and here in the U.S.

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

Friday, May 8, May 15, & May 22

Unbelonging: Gender, Race and Labor in Postwar Northwest*

Join Senior U for this 3-part series presented by David J. Jepsen, award winning writer and film maker.

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

Friday, May 8

Western American Landscape Art, Manifest Destiny & Present-Day Controversy*

This talk features such landscapes as Bierstadt's Puget Sound on the Pacific Coast, 1870, and gives special attention to the controversies surrounding interpretations of these landscapes.

3:00 pm, Bristol View 1st Floor Bowditch Room

Tuesday, May 12, May 19, & May 26

Great Courses: *Social Media 101**

Learn how to utilize social media to your best advantage, with a step-by-step guide to a curated group of 16 exciting and commonly used social media platforms. This DVD course runs from May 12 – July 7.

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

Wednesday, May 13

Nature Around Tacoma Series: Native Plant Garden*

Stroll through the Native Plant Gardens at Pt Defiance Park with Tacoma Nature Center Staff. Identify native plants as we examine different ecosystems found across Washington in this 2-acre park and look for wildlife enjoying the native vegetation. This walk will take place on uneven trails.

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

Thursday, May 14

Holistic Wellness Series: Metabolic Health*

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 1st Floor Bowditch Room

Thursday, May 14

The Norwegian Classroom Model: A Sociolinguistic Lens on Bilingual Education and Identity*

Based on a two-week student-faculty research project in Norway, this talk investigates the nation's highly diverse schools, which successfully support over 120 mother tongues. Dr. Bridget Yaden will share firsthand observations and data on how adapted language education affects the academic and socio-emotional outcomes for immigrant students, offering key lessons for U.S. educators and policymakers. This program made possible by a generous donation to Senior University.

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

Friday, May 15

Discussions of Resilience and Aging*

What is the meaning of "resilience"? How does the concept of resilience apply to the aging process? We will present highlights on the topic of resilience in aging and consider participants' personal experiences in this process.

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

Tuesday, May 19 & May 26

Intermittent Fasting: A Commune Course*

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 4 weeks (running May 19 – June 9). Intermittent fasting is so much more than a weight-loss tool — it is a scientifically validated method to reduce inflammation, improve metabolism, and increase energy.

2:00 pm, Tobey Jones Parlor

Wednesday, May 20

Obscenity, Pornography, and Online Content: A New Era of First Amendment Protections*

This session will place these current legal efforts into the robust area of pornography case law, raising complicated questions about the usefulness of these more recent laws in curbing possible dangers associated with the production and distribution of sexual content. This program made possible by a generous donation to Senior University.

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

Thursday, May 21

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, May 21

Coffee Sips & Medicare Tips

A relaxed, no-pressure gathering where residents can enjoy coffee, light snacks, and helpful conversation about Medicare. Hosted by Kristen with Voss Insurance Group, these sessions are designed to make Medicare easy to understand.

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

Thursday, May 21

Great Decisions: Ruptured Alliances and the Risk of Nuclear Proliferation*

U.S. alliance skepticism may drive countries like Japan and South Korea to reconsider nuclear options. Will this new uncertainty alter the way allies and rivals in various regions make decisions about security and nuclear weapons?

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

Friday, May 22

American Musics Hosted by EJ Crocker: Songs and Stories from the Great American Songbook*

Enjoy songs and stories from the great American songbook, featuring vocalist Cara Francis and guitarist EJ Crocker. A deft interpreter of the music, Cara is an educator and performer around the Puget Sound.

4:00 pm, MJ Wicks Wellness Center

Wednesday, May 27

Revolutionary Points of View: A Living History Performance by Karen Haas*

Join Karen Haas to learn about the American Revolution from the point of view of 2 tavern keepers' wives. Karen brings this pivotal era for our nation to life as she portrays Patriot Susannah Foote of Boston and Loyalist Eliza Fowler of New York. Their contrasting points of view shine a light on the past that can help us see our modern times more clearly. This program made possible by a generous donation to Senior University.

2:00 pm, MJ Wicks Wellness Center

Thursday, May 28

The Value of Sleep*

Should you take a pill that gives you all the health benefits of sleep and allows you to stay awake? Dr. Sara Protasi argues that you shouldn't. In order to fully support her argument, she situates it within a conception of goodness that embraces the fragility of the human condition and the limitations stemming from our corporeal nature.

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

Thursday, May 28

Literary League Book Club: *The Mighty Red**

Join us as we discuss *The Mighty Red* by Loise Erdrich

2:00 pm, Bristol View 1st 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