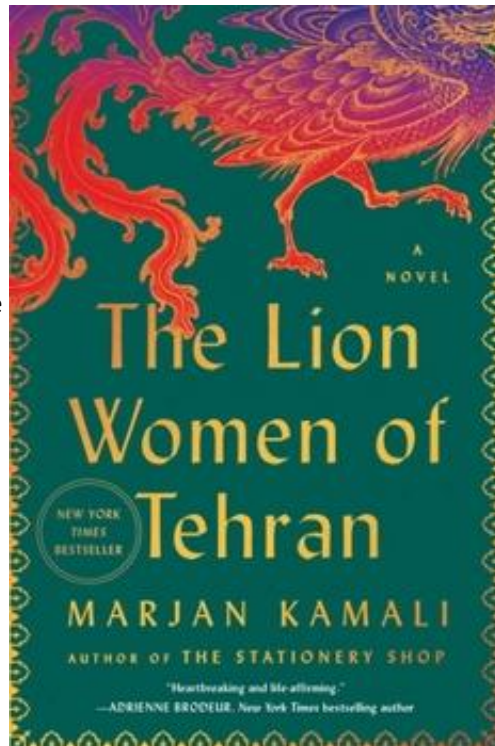


**Literary League Book Club: The Lion Women of Tehran***

Join us as we discuss *The Lion Women of Tehran* by Marjan Kamali

About the book: In 1950s Tehran, seven-year-old Ellie lives in grand comfort until the untimely death of her father, forcing Ellie and her mother to move to a tiny home downtown. Lonely and bearing the brunt of her mother's endless grievances, Ellie dreams of a friend to alleviate her isolation. Luckily, on the first day of school, she meets Homa, a kind, passionate girl with a brave and irrepressible spirit. Together, the two girls play games, learn to cook in the stone kitchen of Homa's warm home, wander through the colorful stalls of the Grand Bazaar, and share their ambitions for becoming "lion women." But their happiness is disrupted when Ellie and her mother are afforded the opportunity to return to their previous bourgeois life. Now a popular student at the best girls' high school in Iran, Ellie's memories of Homa begin to fade. Years later, however, her sudden reappearance in Ellie's privileged world alters the course of both of their lives. Together, the two young women come of age and pursue their own goals for meaningful futures. But as the political turmoil in Iran builds to a breaking point, one earth-shattering betrayal will have enormous consequences. Thursday, July 23 at 2:00 pm in the Bristol View 1st Floor Bowditch Room

**Pretty Gritty Tour: Walking Tour of 6th Ave#**

This one-hour tour with Chris Staudinger will talk about the local history, architecture, and street art as it paints a comprehensive picture of the original streetcar line that was replaced by Highway 16. You can stop at local record shops, cat cafes, and learn about legal marijuana in Washington. Join us Wednesday, July 29 from 10:00 – 11:30 am for this Field Trip (bus departs the Bistro at 9:30 am) Pre-registration is required and the cost for the event is \$25.



July 2026

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

Cross Stitch Bookmarks*

Using pre-printed patterns, you can cross stitch a lovely bookmark. This 3-week class is from July 30 – August 13. All supplies and instructions will be provided.

Thursday, July 30 from 2:00 – 3:30 pm in the Bristol View 1st Floor Bowditch Room

**Explore Vashon Island***

Join Senior University and Holistic Wellness for an exploratory trip to Vashon Island. Plan to bring a lunch or buy one while there. Wednesday, July 22 from 10:00 am – 4:00 pm (Bus departs the Bistro at 9:45 am and departs Vashon Downtown at 1:30 pm - times may vary a bit based on the ferry schedule)

**Puget Sound Book Artists Annual Exhibit***

Join Senior University and Holistic Wellness for a tour of the Annual exhibit of the Puget Sound Book Artists at the University of Puget Sound Collins Library. Friday, July 24 from 10:00 am – 12:00 pm at the University of Puget Sound Collins Library (Bus leaves the Bistro at 10:00 am)



Counting Crows - A Traditional Folk Rhyme by Kim Izenman



Ochre by Rhiannon Alpers

Wednesday, July 1

Documentary Discussions: *To Dye For**

After discovering that their child has a life-altering sensitivity to synthetic dyes, parents and first-time filmmakers Brandon and Whitney Cawood are documenting their journey to unravel the impacts of synthetic dyes.

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

Thursday, July 2

Art as a Response to the World Around Us*

During this lecture, Artist and Professor Rebecca Padilla will share perspectives on art and creative practices that engage with environmental concerns and ecological complexities.

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

Thursday, July 2

Peace of Mind: Planning Ahead with Mountain View Funeral Home and Memorial Park*

Planning ahead for life's final chapter is one of the most meaningful gifts we can give our families.

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

Tuesday, July 7

Great Courses: Social Media 101*

This DVD course runs from May 12 – July 7.

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

Tuesday, July 7

Let's Sprout!: A Commune Course*

Watch pre-recorded presentations over 4 weeks (running June 16 – July 7).

2:00 pm, Tobey Jones Parlor

Wednesday, July 8

Tax-Favored Investing*

We'll discuss various wealth preservation strategies and how you can use tax rules to your advantage.

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

Wednesday, July 8

Nature Around Tacoma Series: History and Nature at China Lake*

Walk around China Lake with Tacoma Nature Center staff.

2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Thursday, July 9

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.

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

Thursday, July 9

Preventing and Recovering from Scams/Fraud/Identity Theft*

Join this enlightening discussion to learn how you can avoid becoming a victim of fraud, provided by Matt Santelli, Education and Outreach Specialist at Pierce County Aging Disability Resource Center.

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

Friday, July 10

Let's Embellish Our Denim!*

Bring your garment of choice and (optionally) any special fabrics and trims that you might want to use. Many kinds of interesting fabrics and trims will be available for your use, as well as hand sewing supplies and fusible web (heat activated glue). To take this class, you need only be able to sew a running stitch by hand.

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

Tuesday, July 21 & July 28

Great Courses: The Science of Natural Healing*

These 24 compelling and practical DVD lectures (running from July 21 – October 6) offer a rich spectrum of choices and possibilities for your own healthcare, as well as practical tools for creating a truly healthful lifestyle.

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

Tuesday, July 21 & July 28

A Path for Healing People & Planet: A Commune Course*

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 6 weeks (running July 21 – August 25). This program gathers together thought leaders and changemakers centered on regenerative agriculture, because healthy soil, communities, economies, and people all form one essential ecosystem.

2:00 pm, Tobey Jones Parlor

Wednesday, July 22

Explore Vashon Island*

10:00 am – 4:00 pm, Field Trip to Vashon Island (Bus departs the Bistro at 9:45 am and departs Vashon Downtown at 1:30 pm – times may vary based on ferry schedule)

Thursday, July 23

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, July 23

Literary League Book Club: *The Lion Women of Tehran**

Join us as we discuss *The Lion Women of Tehran* by Marjan

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

Friday, July 24

Puget Sound Book Artists Annual Exhibit*

10:00 am – 12:00 pm, University of Puget Sound Collins Library (Bus leaves the Bistro at 10:00 am)

Wednesday, July 29

Pretty Gritty Tour: Walking Tour of 6th Ave#

Pre-registration is required and the cost for the event is \$25.

10:00 – 11:30 am, Field Trip (bus departs the Bistro at 9:30 am)

Thursday, July 30

Current Market Update with Jessica Pichora*

Today we'll cover a current market update. We'll look at market performance, what's creating volatility, our key views (will interest rates drop, inflation, oil prices...), policy implications (tariffs), and where we see opportunities for your portfolio.

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

Thursday, July 30

Cross Stitch Bookmarks*

This 3-week class is from July 30 – August 13. All supplies and instructions will be provided.

2:00 – 3:30 pm, Bristol View 1st Floor Bowditch Room

Friday, July 31

Chinese Mah Jong*

Learn the rich history and intricate rules of traditional Chinese Mahjong in this hands-on class, where you'll learn tile recognition, gameplay strategies, and cultural etiquette. Please sign up, space is limited. (Classes run July 31 – August 21)

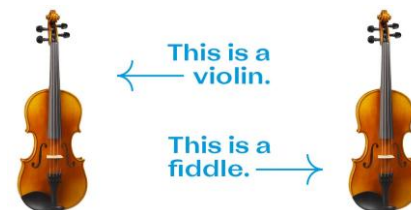
10:00 am – 12:00 pm, Bristol View 1st Floor Bowditch Room

Friday, July 31

American Musics Hosted by EJ Crocker - Kat Bula & EJ Crocker: Fiddle Tunes and Beyond*

Seattle-based violinist/songwriter Kat Bula joins us this July for an evening of songs-all-kinds: country and western music, sure, but also Brazilian tunes and some James Taylor! Both Kat and EJ fit into the category of 'none-such players': musicians whose careers take them beyond the typical genres, roles, and musical responsibilities of their instruments. Kat is a stellar improviser and a wry tunesmith--we are in for a treat.

4:00 pm, MJ Wicks Wellness Center



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