



Crochet a Cotton Gradient Boomerang Shawl*

Using 100% cotton gradient cake yarn, we will make a shawl to keep you warm through the seasons. Some experience helpful for this class as the yarn and crochet hook are small which can make it more challenging for some. Class runs September 2 – October 7. Registration is required and there is a \$30 supply fee. All supplies to make your shawl will be included.

Classes run Wednesday, September 2, September 9, September 16, September 23, September 30, & October 7 from 10:00 – 11:30 am in the Bristol View 1st Floor Bowditch Room.

Your class instructor will be Jana Wennstrom, Senior University Coordinator and shawl-making enthusiast.



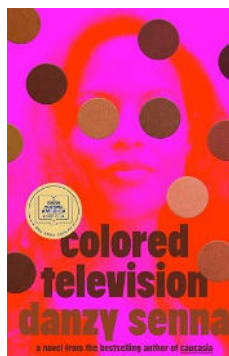
Numerous beautiful color variations will be available.

Literary League Book Club: Colored Television*

Join us as we discuss Colored Television by Danzy Senna

About the book: A brilliant dark comedy about second acts, creative appropriation, and the racial identity-industrial complex Jane has high hopes her life is about to turn around. After years of living precariously, she, her painter husband, Lenny, and their two kids have landed a stint as house sitters in a friend's luxurious home high in the hills above Los Angeles, a gig that coincides magically with Jane's sabbatical. If she can just finish her latest novel, Nusu Nusu, the centuries-spanning epic Lenny refers to as her "mulatto War and Peace," she'll have tenure and some semblance of stability and success within her grasp. But things don't work out quite as hoped. In search of a plan B, like countless writers before her Jane turns her desperate gaze to Hollywood. When she finagles a meeting with a hot young producer with a seven-figure deal to create "diverse content" for a streaming network, he seems excited to work with a "real writer" to create what he envisions as the greatest biracial comedy ever to hit the small screen. Things finally seem to be going right for Jane--until they go terribly wrong.

Thursday, September 24 at 2:00 pm in the Bristol View 1st Floor Bowditch Room



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

From Shy Singer to World Stages: Finding My Voice - A Lifetime of Singing Across the U.S. and Europe*

What begins as a shy young singer's love of music becomes a lifetime journey across concert halls, choirs, and friendships in the U.S. and through three unforgettable musical adventures in Europe, including her latest experience singing in Vienna this summer. Join FTJ Senior Director of Marketing and PR and longtime Northwest Repertory Singers member Christine Hall for a heartfelt presentation tracing her musical path from school choirs and college music experiences to decades of community singing and international performances. Through stories, photos, music, and travel memories, Christine will share how singing opened doors to lifelong friendships, personal growth, extraordinary travel opportunities, and performances in some of Europe's most inspiring settings. Along the way, you'll journey through Italy, Paris, England, Switzerland, Austria, Hungary, Slovakia, Slovenia, Croatia and beyond — experiencing the joy, humor, and magic of traveling as a singer abroad. Whether you love music, travel, or stories of passion pursued across a lifetime, this inspiring session celebrates how it's never too late for adventure, creativity, and finding your voice.

This talk takes place on Friday, September 18 at 10:00 am in the Bristol View 1st Floor Bowditch Room

Presenter Bio:

A lifelong singer and pianist who began piano lessons at age 8, Christine Hall has studied voice, performed with choirs across the U.S. and Europe, and served on several choir boards of directors throughout her musical journey. She graduated from UW Seattle with a degree in communication and enough credits for minors in both music and consumer behavior. She also spent 10 years in Toastmasters, further developing her passion for communication and storytelling. Her professional career began at age 10 working in her family's retail stores, where she developed an early love of customer service, marketing, and connecting with people. After graduating from college, she built a successful four-decade career as a Director of Marketing for several organizations, combining creativity, communication, and relationship-building throughout her professional life.



Tuesday, September 1, September 8, September 15, September 22, & September 29

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, September 1, September 8, September 15, September 22, & September 29

Ayurvedic Nutrition: A Commune Course*

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 9 weeks (running September 1 – October 27). In this course, you'll discover the key elements of living well through the lens of both Ayurveda and your own personal health values. You will learn how to better time your meals and strengthen digestion, and you will explore the connection between what you eat and how you feel. By the end of this course, you'll have newfound clarity and an action plan for lasting health... in a way that's right for you.

2:00 pm, Tobey Jones Parlor

Wednesday, September 2, September 9, September 16, September 23, & September 30

Crochet a Cotton Gradient Boomerang Shawl#

Class runs September 2 – October 7. Registration is required and there is a \$30 supply fee.

10:00 – 11:30 am, Bristol View 1st Floor Bowditch Room



Wednesday, September 2

Documentary Discussions: Poverty Inc.*

From Toms Shoes to international adoptions, from solar panels to U.S. agricultural subsidies, drawing from over 200 interviews filmed in 20 countries, Poverty, Inc. unearths an uncomfortable side of charity we can no longer ignore.

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

Thursday, September 3

Stadium High School, Wright Park, and Entrepreneurs*

Learn about a woman who once repaired and sold fur coats, cars that drove through Wright Park, and the early days of Wood Coffee Company.

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

Thursday, September 3

Why U.S. Naturalists Taught Eugenics*

In 2023 the University of Puget Sound removed the name of Professor James Slater from its Natural History Museum on the grounds Slater taught a course titled Eugenics from 1920 to 1951. As the community wrestled with whether to rename the museum, Kristin Johnson's job as an historian was to try and help students understand why naturalists like Slater (and zoologist Trevor Kincaid at the UW) believed teaching a course on eugenics was important. This class shares the results of that research, and why she believes studying the history of eugenics matters.

4:00 Pm, Bristol View 1st Floor Bowditch Room

Friday, September 4

Beneath the Southern Cross*

Learn about the most famous constellation in the Southern Hemisphere, the Southern Cross, and its role in history, ancient navigation, legends, and stories about it from Australia, New Zealand, Africa, China, Greece, and South Pacific islands. This program made possible by a generous donation to Senior University.

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

Friday, September 4

Universal Basic Income: An Idea Whose Time Has Come?*

Universal Basic Income (UBI) is a regular cash payment made to all adult citizens, regardless of their employment status or income. An idea with a long history, it is now gaining traction globally and across the political spectrum. This talk will explain UBI and examine the major arguments for and against it. It will then look at recent UBI experiments around the world, including here in Tacoma. This program made possible by a generous donation to Senior University.

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

Wednesday, September 9

Nature Around Tacoma Series: The Trees of Wright Park*

Walk around Wright Park with Tacoma Nature Center Staff and enjoy the variety of trees from all around the world. Enjoy interesting stories about these trees and the history of the park as you walk along rolling gravel trails.

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

Thursday, September 10

Estate Planning 101: Strategies for Estate Preservation and Transition *

Estate planning isn't just about preparing for the future—it's about protecting what matters most to you. You'll also get access to Balance Wellbeing's tools, digital resources, and one-on-one financial support.

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

Wednesday, September 16

The Many Faces of the American Immigrant Experience: How Local and State History Matters*

In this session, we'll explore how states and cities — not just the federal government — have shaped the experience of immigrants throughout American history.

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

Thursday, September 17

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, September 17

Great Decisions: U.S. Engagement of Africa*

What lessons can the U.S. learn from China's presence there, and how might it strengthen ties, especially with leading nations like Nigeria?

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

Friday, September 18

From Shy Singer to World Stages: Finding My Voice - A Lifetime of Singing Across the U.S. and Europe*

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

Friday, September 18

Create a Whimsical Scene in a Small Wooden Box*

Create a little scene with a theme in a 4-inch box. Magazine images and collage papers will be used to evoke a setting of your choosing, and we will use and make 3-D objects to make the imaginary scenes feel real

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

Wednesday, September 23

The Road Ahead: Safe Driving for Seniors*

Join Jillian Kirschke, an occupational therapist specializing in driver rehabilitation, as she shares practical, evidence-based approaches to ensure safety behind the wheel as we get older. This session provides a proactive guide to healthy aging and driving independence.

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

Thursday, September 24

Local Birds, Habitats and Conservation*

Native trees, plants and the insects they support are essential to birds for survival. Learn about what types of birds live in this area and what they need to thrive. We will touch on specific PNW plants and the birds they support for food, shelter and nesting opportunities. Who can you expect to see as regular visitors in gardens and parks?

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

Thursday, September 24

Literary League Book Club: Colored Television*

Join us as we discuss *Colored Television* by Danzy Senna

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

Friday, September 25

Explore the Washington State History Museum#

Join Senior University and Holistic Wellness for an exploration of Washington State's history. This is a self-guided tour of the Washington State History Museum.

Pre-registration is required and the cost for the event is \$14.

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

Friday, September 25

American Musics Hosted by EJ Crocker - 14 Strings and No Compunction: A Mandolin and Guitar Collaboration*

Mandolin wizard and composer Cory Briar joins us this September for a high-energy romp through several genres and eras of American music. Expect bluegrass and jazz tunes, folk music from at least two continents, and a sense of reckless abando

4:00 pm, MJ Wicks Wellness Center

Wednesday, September 30

Remember the Ladies: Abigail Adams Looks Back - A Living History Performance by Karen Haas*

Abigail Adams had a front-row seat for pivotal times in the United States. But Abigail was no mere onlooker, and her words on such things as women's roles, vaccinations and economic issues often sound downright modern to our 2026 ears. Meet this remarkable woman as Living History Performer Karen Haas portrays her looking back on her amazing life. This program made possible by a generous donation by Claire & Dick Griffin

2:00 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