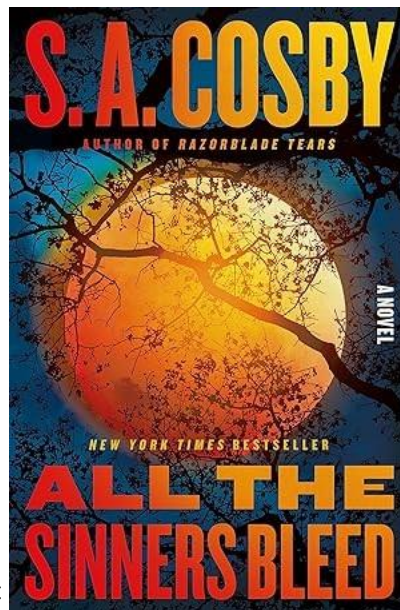


**Literary League Book Club: All the Sinners Bleed***

Join us as we discuss All the Sinners Bleed by S.A. Cosby

About the book: After years of working as an FBI agent, Titus Crown returns home to Charon County, land of moonshine and cornbread, fist fights and honeysuckle. Seeing his hometown struggling with a bigoted police force inspires him to run for sheriff. He wins and becomes the first Black sheriff in the history of the county. Then a year to the day after his election, a young Black man is fatally shot by Titus's deputies. Titus pledges to follow the truth wherever it leads. But no one expected he would unearth a serial killer who has been hiding in plain sight, haunting the dirt lanes and woodland clearings of Charon. Now, Titus must pull off the impossible: stay true to his instincts, prevent outright panic, and investigate a shocking crime in a small town where everyone knows everyone yet secrets flourish. All while also breaking up backroads bar fights and being forced to protect racist Confederate pride marchers. For a Black man wearing a police uniform in the American South, that's no easy feat. But Charon is Titus's home and his heart, and he won't let the darkness overtake it. Even as it threatens to consume him.

Meet with us on Thursday, October 22 at 2:00 pm in the Bristol View 1st Floor Bowditch Room.

**Telling Your Stories Through Comics: Writing & Illustrating Your Life***

Have you ever wanted to bring a story to life through art and words? Join UWT professor and comic artist Riki Thompson for a workshop series with a special focus on memoir and slice-of-life writing. Whether you want to document family history, capture everyday moments for yourself, or create something special for your children and grandchildren, you'll learn how to use both words and images to tell engaging, meaningful stories. Each week, you'll build on fundamental storytelling skills like character development, world-building, layout, and dialogue while learning how to blend writing and visuals to craft engaging personal narratives. Whether you prefer pen and ink, digital tools like an iPad and stylus, photography, or generative AI, this course offers you the freedom to create your comic, your way. No drawing experience is required—just a willingness to experiment with storytelling in a new way! This program made possible by a generous donation to Senior University.

Friday, October 2, October 9, October 16, October 23, & October 30 from 10:00 am – 12:00 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

Things that Go Bump in the Night: A Story Telling Performance by Karen Haas*

"From ghoulies and ghosties and long-legged beasts and things that go bump in the night, Good Lord, deliver us!" A quick look at the popularity of horror movies and the upsurge in Halloween decorations will confirm: we humans seem to love scary things. And Storyteller Karen Haas loves telling spooky stories. She's delved into the archives for a gaggle of ghostly tales from around the world. From the gently scary to frightfully chilling, these tales have stood the test of time. Come and join the fun - if you dare!

Thursday, October 29 at 2:00 pm in the MJ Wicks Wellness Center

**Great Courses: Great Courses: Experiencing Shakespeare from Page to Stage***

If you've ever been curious about everything that goes into an authentic production of a Shakespeare play, our new series, Experiencing Shakespeare: From Page to Stage, gives you the rare chance to peek behind the curtains. Professor Alissa Branch, award-winning actor, director, and creator of an advanced Shakespeare performance curriculum, shows us in 12 riveting DVD lessons (running from October 13 – November 17) how today's actors go about exploring, rehearsing, and performing his plays. Tuesday, October 13, October 20, & October 27 at 11:00 am in the Bristol View 1st Floor Bowditch Room



Thursday, October 1

A Brief History of 6th Avenue*

Hear the interesting history of 6th Avenue through the years.
11:00 am, Bristol View 1st Floor Bowditch Room

Friday, October 2, October 9, October 16, October 23, & October 30

Telling Your Stories Through Comics: Writing & Illustrating Your Life*

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

Friday, October 2

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 1st Floor Bowditch Room

Tuesday, October 6

Great Courses: The Science of Natural Healing*

These 24 compelling and practical DVD lectures 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, October 6, October 13, October 20, & October 27

Ayurvedic Nutrition: A Commune Course*

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.
2:00 pm, Tobey Jones Parlor

Wednesday, October 7

Documentary Discussions: Food, Inc.*

An unflattering look inside America's corporate controlled food industry and its trickle-down effects on the country's farmers and the health of its citizens.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, October 8

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, October 8

Understanding Diabetes*

Learn all about identifying, preventing, and managing diabetes with Matt Santelli, Education and Outreach Specialist at Pierce County Aging Disability Resource Center.
3:00 pm, Bristol View 1st Floor Bowditch Room

Friday, October 9 & October 16

Romantic Poetry*

Romantic poets of the late 18th and early 19th centuries found a capacity to see themselves, the subject, as part of a broader landscape in society and the natural world. How might the "Self" emerge differently for women than men? Join us for a 2-part course on the poetry of "Self" from the Romantic Period.
2:00 pm, Bristol View 1st Floor Bowditch Room

Tuesday, October 13, October 20, & October 27

Great Courses: Great Courses: Experiencing Shakespeare from Page to Stage*

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

Wednesday, October 14

AI and Education*

This session will detail the latest ways that AI is changing education, both for better and for worse.
11:00 am, Bristol View 1st Floor Bowditch Room

Wednesday, October 14

Nature Around Tacoma Series: Urban Park Walk in Swan Creek Park, Lister Uplands Entrance*

Discover the variety of habitats and the human impacts in this park. This walk will be on paved and unpaved trails with a few hills.
2:00 pm, Field Trip (Bus leaves the Bistro at 1:30 pm)

Thursday, October 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, October 15

Great Decisions: The Future of Human Rights and International Law*

As democracy and human rights retreat globally—and the U.S. pulls back—how can civil society and legal norms remain effective in a divided world? What is the role and force of international law in this era of impunity?
2:30 pm, Zoom (Pre-register to receive the Zoom link)

Wednesday, October 21

The 5 W's of Bird Feeders*

We'll discuss the different types of feeders and answer Who uses them, What food to use, When birds need it, Where to place them, and Why should we feed wild birds?
2:00 pm, Bristol View 1st Floor Bowditch Room

Wednesday, October 21

Medicare Market Update*

We will focus on practical changes, local plan movement, and the questions worth asking during Medicare Open Enrollment.
11:00 am, Bristol View 1st Floor Bowditch Room

Thursday, October 22

Global Englishes – Part I*

Part I of this 2-part series will explore the history of the English language and how it has evolved differently in different parts of the world. Both sessions in this series are standalone events, and you are welcome to both or either.
11:00 am, Bristol View 1st Floor Bowditch Room

Thursday, October 22

Literary League Book Club: All the Sinners Bleed*

Join us as we discuss *All the Sinners Bleed* by S.A. Cosby
2:00 pm, Bristol View 1st Floor Bowditch Room

Friday, October 23

American Musics Hosted by EJ Crocker - Fire and Rain: James Taylor's Life in Sound*

Join guitarist EJ Crocker in an exploration of James Taylor's life and impact--six decades in song and counting.
4:00 pm, MJ Wicks Wellness Center

Wednesday, October 28

Pierce College Science Dome*

Join us for a private show at Pierce College Science Dome. Presentation includes: 30- minute live planetarium presentation + a 30-minute full dome video.
10:00 am – 12:00 pm, Field Trip (Bus departs the Bistro at 10:00 am)

Wednesday, October 28

The Presidency, the Courts, and the Constitution: Unprecedented Crisis or Familiar Tension?*

In this session, we'll explore the balance of power between the presidency and the courts — and ask whether the tensions we're seeing today are genuinely new, or whether American history offers real precedent.
2:00 pm, Bristol View 1st Floor Bowditch Room

Thursday, October 29

Global Englishes – Part II*

In this two-part series, we will explore the complexity of the language that may seem to come naturally to Americans. We will explore why English is an official language in several national contexts—including Taiwan, Tanzania, and the United States.
11:00 am, Bristol View 1st Floor Bowditch Room

Thursday, October 29

Things that Go Bump in the Night: A Story Telling Performance by Karen Haas*

2:00 pm, MJ Wicks Wellness Center

Friday, October 30

Make a Whimsical Moon and Stars Mobile with Faux Paper Mache*

In this class, we'll use layers of corrugated cardboard, tissue paper, paint, and, of course, glitter to make a smiling crescent moon and a couple of stars. No experience is necessary for this class, and all supplies are included.
2:00 – 4:00 pm, Tobey Jones Craft 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