

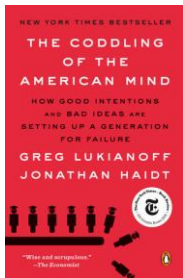


Book Discussion: *The Coddling of the American Mind*

The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure was named one of the best books of 2018, by entities as diverse as The New York Times and The Financial Times. Authors Greg Lukianoff and Jonathan Haidt write, "This is a book for anyone who is confused by what is happening on college campuses today, or has children, or is concerned about the growing inability of Americans to live, work, and cooperate across party lines."

Eight years later, what truth, if any, does *Coddling* offer? Come prepared to discuss this thought-provoking book! This program made possible by a generous donation to Senior University.

Tuesday, November 17 at 2:00 pm in the Bristol View 1st Floor Bowditch Room. Copies of the books are available at libraries on campus and the public libraries.



Learn to Knit

Have you ever wanted to learn to knit? Have you ever wanted the perfect, cozy hobby that both relaxes your mind and makes you think, but also results in fun, cute, and practical objects to delight as gifts? This 3-part series will teach the basics and introduce you to all the tips and tricks you'll need to create fun and practical knitted items. No previous knowledge of knitting is required. This class has a \$20 supply fee and pre-registration is required.

Thursday, November 5, November 12, & November 19 from 2:00 – 4:00 pm in the Tobey Jones Multipurpose Room

Teacher Bio:

Erica Fickeisen has been knitting since age 7. She has taught in shops in Wyoming, Seattle, and Tacoma. She currently has a weekly knit clinic in downtown Tacoma at Fibers Etc.



Holiday Botanicals

ORNAMENT SET



Holiday Botanicals 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 space is limited.

Friday, November 20 from 10:00 am – 12:00 pm in the Tobey Jones Craft Room



November 2026

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

Tea and Revolution: How Women Helped Birth a Nation

Ever wonder what the Founding Mothers did to help America win their independence from Britain? The American Revolutionary war wasn't fought just by the men. Women had a huge impact on the outcome of the war. They fulfilled many roles that were a major contribution to winning the War of Independence, from setting up a national boycott on British goods to working as spies, scouts and even a few as soldiers. Tames Alan brings to life many of these extraordinary women whose, cunning, courage, and creativity helped win the war and shape our country. This program made possible by a generous donation by Claire & Dick Griffin. Join us on Tuesday, November 10 at 2:00 pm in the MJ Wicks Wellness Center

Presenter Bio:

Tames Alan is an actress, historian, and fashion history teacher who has combined her skills to create Living History Lectures for people of all ages. Since 1986, she has been touring her programs throughout the United States and Canada.

Tames studied theater and history at Willamette University in Oregon and theater at the American Conservatory Theater in San Francisco and the Dell Arte School in California. For many years, she taught fashion history at the Art Institute of Seattle, offering a class that combined fashion history, social history, and women's studies. She is a historical consultant to museums, libraries, and historical festivals throughout the Pacific Northwest.



Buzz Pollination and Other Secrets in the Life of a Bumblebee

Bombus, otherwise known as the bumblebee, is a favorite visitor to the floral garden. This presentation will highlight critical events in the life of a bumblebee and demonstrate the unique role bumblebees play as a member of the pollinator community.

Wednesday, November 11 at 2:00 pm in Bristol View



Tuesday, November 3, November 10, & November 17

Great Courses: Experiencing Shakespeare from Page to Stage*

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.

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

Tuesday, November 3

High Rock Fire Lookout: Past Present and Future*

In this class, Rick McClure and Tracy Croshaw will explore the history and operation of Pacific Northwest fire lookouts and share the story of the effort to save High Rock. The presentation will also look at the practical application of federal historic preservation standards, the extraordinary role of volunteers in bringing the project to life, and the importance of preserving places like High Rock for future generations.

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

Wednesday, November 4, November 11, November 18, & November 25

Finding your Writing Voice—Turn your Memoir into Something Readers Feel*

Readers of memoir connect to how you tell your story not just the facts or events. This course will help you recognize, develop, and craft your own writing voice so that the story sounds like you. We will explore ways to uncover your personality and express it in ways that are natural and engaging. We will use dialogue, lyrics from favorite songs, and familiar sayings, as you explore what works best. Note: Instructor will email you the assignment for the first class when you register.

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

Wednesday, November 4

Documentary Discussions: *Food, Inc 2**

Robert Kenner and Melissa Robledo team up with authors Michael Pollan and Eric Schlosser to examine the modern food industry's efficiency and vulnerabilities.

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

Thursday, November 5

Gold! Gold! Gold! Gold!*

Share the adventure of the 1896 Klondike Gold Rush, the greatest in history, from the first whispers of gold along the Yukon River to how it is still impacting American politics and fashion today. This program made possible by a generous donation to Senior University.

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

Thursday, November 5, November 12, & November 19

Learn to Knit#

No previous knowledge of knitting is required.

This class has a \$20 supply fee and pre-registration is required.

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

Friday, November 6

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, November 10

Tea and Revolution: How Women Helped Birth a Nation*

Ever wonder what the Founding Mothers did to help America win their independence from Britain? The American Revolutionary war wasn't fought just by the men. Women had a huge impact on the outcome of the war. They fulfilled many roles that were a major contribution to winning the War of Independence, from setting up a national boycott on British goods to working as spies, scouts and even a few as soldiers. Tames brings to life many of these extraordinary women whose, cunning, courage, and creativity helped win the war and shape our country. This program made possible by a generous donation by Claire & Dick Griffin.

2:00 pm, MJ Wicks Wellness Center

Wednesday, November 11

Buzz Pollination and Other Secrets in the Life of a Bumblebee*

This presentation will highlight critical events in the life of a bumblebee and demonstrate the unique role bumblebees play as a member of the pollinator community.

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

Thursday, November 12

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

Friday, November 13

Stitch Up a Velvet and Linen Mushroom*

In this class you will make a soft sculpture mushroom or seed pod from lovely natural fabrics.

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



Tuesday, November 17

Book Discussion: *The Coddling of the American Mind**

Discuss *The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure* by authors Greg Lukianoff and Jonathan Haidt with Julie Nelson Christoph, Professor Emerita of English at the University of Puget Sound.

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

Wednesday, November 18

Nature Around Tacoma Series: History and Nature Walk at Titlow Park*

Examine the flora and fauna around the lagoon with Tacoma Nature Staff while learning the history of the park. This walk is mostly flat hard packed gravel trail

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

Thursday, November 19

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

Friday, November 20

Writing Class: Memoir*

With the holidays around the corner, it is the perfect time to write down some of your stories for your loved ones—including yourself! In this three-part class (November 20, December 11, & December 18), you will read and discuss short excerpts of memoirs, and draft and revise short memoirs of your own. The series is designed for participants to attend each session and to share feedback on each other's writing. This program made possible by a generous donation to Senior University.

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

Friday, November 20

Holiday Botanicals Ornaments*

No artmaking experience is required to have a great time! Pre-registration is required and space is limited.

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

Friday, November 20

American Music Series Presents Clave Cubana--Songs and Stories from the Cuban Tradition*

We've heard of Cuban salsas and rumbas, but...what about changüí, son montuno, and songo? Join EJ Crocker (guitar and tres cubano), Michael Olson (percussion), and Nick Rawson (bass) in a highly dance-able tour through Cuban musics, past and present.

4:00 pm, MJ Wicks Wellness Center

Monday, November 23

Explore Mayuri Indian Supermarket*

Mayuri Foods is a one-stop-shop Indian, Pakistani, Nepali, Sri Lankan, and Bangladeshi Asian grocery store and full-service marketplace. Halal meat shop, bakery, flower shop, restaurants, and more! Join Senior University and Holistic Wellness for this unique experience at Redmond Town Center. Plan to bring or buy lunch there for this all-day outing.

10:00 am – 4:00 pm, Field Trip to Redmond Town Center (bus leaves the Bistro at 10:00 am)

Tuesday, November 24

The Spiritual Survival Guide: A Commune Course Summit*

In this co-hosted summit with Senior University and Holistic Wellness, watch pre-recorded presentations over 3 weeks (running November 24 – December 15). This intensive program addresses 3 primary states of our suffering: psychological (fear, frustration, anxiety), physical (interrupted routines, motivation for healthy movement), and social (loneliness). We will meet in the morning, have a break and snacks and resume in the afternoon each of the four weeks. You may come for all or part of the summit.

11:00 am and 1:00 pm, Tobey Jones Parlor

Wednesday, November 25

Bird's Best Nests*

We will explore different types of materials used, placement, shapes, and strategies of local bird's nests. You will get to see examples in person of several types of nests.

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