



**BELLEVUE
COLLEGE**

COMMUNITY EDUCATION

TELOS Course Schedule SUMMER 2021

**ALL SUMMER
COURSES
ARE ONLINE!**

Explore a variety of compelling and fascinating courses for retirees, semi-retirees, and active seniors. Designed to focus on learning, growth, and fun—not performance.





2 Ways to Register

- 1. Online Registration** – At bellevuecollege.edu/ce/retiree-programs, click the “Browse Catalog” button on the right side of the homepage. On the Course Catalog page, click Retiree Programs (TELOS) in the left-hand column. You can browse courses by subject matter or day of the week. Follow the instructions after placing a course in your cart to complete your purchase and registration.
- 2. Phone-In Registration** – Call us at **425-564-2263**. Please have your Student I.D. Number, credit card information and course item number ready.

Bellevue College does not discriminate on the basis of race, color, national origin, language, ethnicity, religion, veteran status, sex, sexual orientation, including gender identity or expression, disability, or age in its programs and activities. Please see policy 4150 at bellevuecollege.edu/policies/. The following people have been designated to handle inquiries regarding non-discrimination policies: Title IX Coordinator, 425-564-2641, Office C227, and EEOC/504 Compliance Officer, 425-564-2178, Office R130.

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Frederic Silber

Engage in thoughtful discussion on theatre and media with instructor, Frederic Silber.

Frederic Silber's passion for media and Broadway eventually led him to teach courses at Bellevue College. With over 7 years of teaching experience, Frederic Silber enjoys creating a fun and engaging environment for his students to discuss and analyze various forms of American media, including film, theatre, and print magazine.

Frederic says, "My educational philosophy is a combination of how I desire to teach and my motivation to be a lifelong learner. As a teacher for TELOS, I am constantly learning during classroom and student interaction. Therefore, I consider myself to be both instructor and student. I am hoping my love for film, theatre and the arts is powerfully reflected in the courses I teach. For the summer, I am continuing my study of the Broadway theatre (with an emphasis on the musicals) during the so-called "Golden Age" of Broadway, this time focusing on the 1950s. My course on Orson Welles will be a deep dive into the life and career of one of the greatest theatre and film artists of the 20th Century. And of course, for anyone interested in great, meaningful yet often fun conversation would greatly enjoy my *New Yorker* Discussion class, which has been going strong for nearly four years now. Hope to see everyone in one (or all) of my classes."

This summer, Frederic is introducing two new courses. Check out Frederic's available courses below and register before spots fill up!

- **Orson Welles: The Man & The Myth – NEW!** July 7–August 25
- **The New Yorker Discussion Group** July 7–August 25
- **Golden Age of Broadway: 1950s – NEW!** July 8–August 26



Since the TELOS program began in 1976, the oak tree has been its distinctive symbol. Telos is the Greek word (τέλος) meaning ‘fulfillment.’ And that’s what the TELOS program offers: an engaging community where adults can fulfill their continuing desire to learn and grow.

TELOS presents a broad range of classes to meet a wide variety of interests. The atmosphere is intellectually stimulating and supportive. Classes are small and informal. Students and faculty interact as peers, making learning a creative exchange of ideas. Many students form lasting friendships.

At TELOS the emphasis is on education and growth, not measuring performance. There are no entrance requirements, grades or tests.

TELOS also has a student-run organization called TSO. For more information, go to their website:

studentweb.bellevuecollege.edu/telos-tso/

MONDAYS

Gentle Yoga and Pilates

Hatha Yoga (in the Iyengar Style). The class will incorporate poses that will include stretching, balance and mobility. Pilates is incorporated for core strength. The course is designed for all BODY TYPES and levels of FLEXIBILITY and STRENGTH. Explore self-direction and gain information about your body. Bring a “sticky” mat to the first class (available where yoga supplies are sold).

REQUIRED FORM: All fitness class students are required to complete the “Activity Release, Limitation of Liability and Assumption of Risk” form, found at bellevuecollege.edu/ce, and email to and email to:

ce-programs@bellevuecollege.edu. Fee: \$105

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|---------------|-------------|-------------|
| Item R8000 | M. Hanneman | |
| 8 Sessions MW | Jul 7–Aug 2 | 6:00–7:50pm |

TUESDAYS

Creative Writing

Whether you are a beginning or experienced writer, whether your interest is in memoir writing, fiction or non-fiction, you will benefit from this class. Exchange of ideas and opinions is an important tool in the development of your writing skills. Priming the pump uncovers myriad memories and touches the creative center in all of us. Fee: \$99

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| Item R8002 | D. Toppen | |
| 7 Tuesdays | Jul 6–Aug 17 | 10:00am–12:00pm |

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| Item R8003 | D. Toppen | |
| 7 Tuesdays | Jul 6–Aug 17 | 12:30–2:30pm |

Readers Theater

The popular acting series continues! We will analyze and rehearse a dramatic or comedic script, and then perform it for the TELOS community in the final class session. Readers Theater is a simple style of presentation that requires no memorizing; everything is done with the script in front of you. It’s all about the words, the characters and the fun of acting. No performing experience is necessary! Fee: \$85

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| Item R8001 | M. Waldstein | |
| 6 Tuesdays | Jul 6–Aug 10 | 2:00–4:00pm |

Recover from and Prevent Injury **NEW!**

Build your physical and emotional balance, agility, and flexibility with Feldenkrais Awareness Through Movement™ lessons that help you change habits that are getting in your way. We'll work with whatever you're struggling with, whether it be procrastination, sore knees, lingering problems from old injuries or surgeries, or building the skills to delve into something new. Fee: \$85

Item R8008

I. Pasternack

8 Tuesdays

Jul 6–Aug 24

2:00–3:30pm

Stories from Eastside's Past

This course will chronicle the development of the Eastside (of Lake Washington) communities from the Native Americans, logging, and mining to the corporation of the four major Eastside cities. Included will be the effects of the lowering of Lake Washington in 1916 on the economic growth of the area. Fee: \$85

Item R8007

J. Morton

8 Tuesdays

Jul 6–Aug 24

10:00–11:30am

WEDNESDAYS

Ballet for Balance

Using The Brain Dance, principles of Buff Bones, Pilates and ballet technique, we work on a chair, standing at a countertop or holding onto a chair or if you have one, a ballet barre. You will improve body mechanics for sitting, standing, walking and posture for all your activities, while doing ballet-based exercises to beautiful music. Increase your range of motion, strength, balance and overall fitness. Feel like a dancer as you perform these simple, fun, and effective exercises. No prior dance or exercise experience needed. Bare feet, no dance shoes. Fee: \$105

Item R8010

C. Lawrey

8 Wednesdays

Jul 7–Aug 25

10:00–11:30am

Gentle Yoga and Pilates

Hatha Yoga (in the Iyengar Style). The class will incorporate poses that will include stretching, balance and mobility. Pilates is incorporated for core strength. The course is designed for all BODY TYPES and levels of FLEXIBILITY and STRENGTH. Explore self-direction and gain information about your body. Bring a "sticky" mat to the first class (available where yoga supplies are sold).

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| Item R8000 | M. Hanneman | |
| 8 Sessions MW | Jul 7–Aug 2 | 6:00–7:50pm |

Moving to Heal **NEW!**

No matter what ails you, gentle playful movement to music becomes meditation, medicine, and community. You'll improve your skill at staying in the moment, finding pleasure and fun, and accessing your own inherent capacity to self-heal. We'll use a combination of the Feldenkrais Method and Nia Moving to Heal to find movements that are comfortable in your body with whatever illness or challenge you are dancing with. Fee: \$85

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| Item R8009 | I. Pasternack | |
| 8 Wednesdays | Jul 7–Aug 25 | 10:00–11:30am |

Orson Welles: The Man & The Myth **NEW!**

Orson Welles was a true renaissance man: actor, director and producer in many media – film, theatre and radio. This course will examine the breadth of Welles' storied career, as an innovative radio and stage actor and director. We will focus on his film career, both as actor and as one of the most revolutionary film directors of the 20th century, through such films as *Citizen Kane*, *Touch of Evil*, and many others. Particular attention will be paid to his interpretation and adaptation of several Shakespeare plays. Plentiful video and audio clips will make this an unforgettable experience. Fee: \$85

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| Item R8012 | F. Silber | |
| 8 Wednesdays | Jul 7–Aug 25 | 12:00–1:30pm |

Thackeray's Vanity Fair **NEW!**

We will read Thackeray's novel, *Vanity Fair*, and discuss both text and his pen and ink illustrations. There will be short lectures, but mostly interactive discussions. Students need to purchase the book: *Vanity Fair* (Norton Critical Editions) ISBN 9780393965957 or any text with the author's illustrations will do. Fee: \$85

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| Item R8013 | B. Bigley | |
| 8 Wednesdays | Jul 7–Aug 25 | 2:00–3:30pm |

The New Yorker Discussion Group

The New Yorker is an American magazine of reportage, commentary, criticism, essays, fiction, satire, cartoons and poetry. Despite its name, it has a wide audience outside of New York and is read internationally. This class will be a discussion group (limited to 20 students) who each week will choose three to five articles, reviews, poems, stories or cartoons to discuss. A subscription or access to the magazine is, of course, essential. Fee: \$85

Item R8014 F. Silber
8 Wednesdays Jul 7–Aug 25 2:00–3:30pm

THURSDAYS

Creative Writing

Whether you are a beginning or experienced writer, whether your interest is in memoir writing, fiction or non-fiction, you will benefit from this class. Exchange of ideas and opinions is an important tool in the development of your writing skills. Priming the pump uncovers a myriad of memories and touches the creative center in all of us. Fee: \$99

Item R8005 D. Toppen
7 Thursdays Jul 8–Aug 19 10:00am–12:00pm

Golden Age of Broadway: 1950s **NEW!**

This will be the second course in a series dedicated to examining and dissecting what were the crucial and best decades of musical theatre and dramatic plays to appear on Broadway. Next up is the 1950s. In the 1950s the economy was booming and so was Broadway. It was considered to be the best time for Broadway when some of the most entertaining and enduring shows came out of this decade. *Guys and Dolls*, *The King and I*, *My Fair Lady* and *West Side Story* were just a few of the many captivating musicals created in the 1950s, while groundbreaking plays from Arthur Miller, William Inge and Eugene O'Neill debuted as well. Many video and audio clips will make this an unforgettable experience. Fee: \$85

Item R8016 F. Silber
8 Thursdays Jul 8–Aug 26 12:00–1:30pm

Self-Defense 101 **NEW!**

Research indicates that people who successfully defend themselves are better able to quickly recognize threatening situations, express, and if necessary physically enforce their boundaries. Learn those skills. Recognize assailant ploys and manipulations—and how to thwart them. Practice releases from common grabs and decisive strikes to vital targets. Assess your risks, and plan around them. Understand the connections between awareness, threats, and our immediate environment. Come prepared to challenge yourself—emPOWERment doesn't get more fun.

REQUIRED FORM: All fitness class students are required to complete the "Activity Release, Limitation of Liability and Assumption of Risk" form, found at bellevuecollege.edu/ce, and email to and email to: ce-programs@bellevuecollege.edu. Fee: \$85

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| Item R8006 | J. Factor | |
| 6 Thursdays | Jul 15–Aug 19 | 10:30am–12:30pm |

Views of the News with Steve

In this participative discussion class led by Steve Gersman, we will look at a few national and international current affairs each week. We will discuss politics and more enduring topics suggested by our group. How do these events affect us today and into the future? What is the historical background that got us to these events? Is there leadership we can look to or is there a lack of leadership? Fee: \$85

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| Item R8015 | S. Gersman | |
| 8 Thursdays | Jul 8–Aug 26 | 12:00–1:30pm |

FRIDAYS

New Decade, New Virus

Course is designed to build students' basic knowledge of real microbiological phenomena. Focus will revolve around understanding healthcare-associated infections and vaccine-preventable disease. There will be discussions on the emergence of new coronaviruses in the new decade and their interaction with the host. Lecture, literature review and class discussions will be delivered through Zoom. Fee: \$85

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| Item R8017 | C. Xie | |
| 8 Fridays | Jul 9–Aug 27 | 10:00–11:30am |

Painting Birds in Watercolor **NEW!**

A course that takes inspiration from the winged creatures of the world—Birds. Their fascinating colors, their feathered texture, their details all painted in watercolors is the perfect way to appreciate nature's beauty.

With step-by-step instructions, students will learn the basic techniques of watercolor painting and how to draw and paint birds from a reference (image). This course will also take the students through the types of materials and tools that one can use to the techniques in handling the medium. Students will not only learn the anatomy of birds but also learn about value, basic composition, color mixing, blending and the mechanics of watercolors. Approaches such as 'wet on wet' and working in layers will be introduced. With demonstrations and constant guidance, brushwork exercises in every class, they will be able to create their own paintings. This course will equip the students with basic knowledge and an understanding of the medium and leave them feeling comfortable to pursue their passion for watercolors! Fee: \$85

Item R8018

L. Bandaru

8 Fridays

Jul 9–Aug 27

10:00–11:30am

SATURDAYS

Gene Editing: How it Works **NEW!**

This course provides you with an insight into the principles of gene editing and how it works. You'll be introduced to gene structure regulation and relevant new technology that could be applied to healthcare and industries. You'll gain an understanding of the benefits and ethical issues across multiple disciplines as well as the ability to better communicate this innovation to decision makers. Fee: \$85

Item R8019

C. Xie

8 Saturdays

Jul 10–Aug 28

10:00–11:30am

**All courses through Summer 2021
will be ONLINE and INSTRUCTOR-LED.**

**To receive the most up-to-date notice on courses, please
sign up for our eNewsletter at bellevuecollege.edu/ce.**



World Languages

The World Languages program offers the most comprehensive, non-credit selection of language classes in Washington state. Whether your goals include travel, hobby learning or enhancing your career, you will find our courses to be affordable and accommodating.

PROGRAM AREAS:

American Sign Language, Chinese (Mandarin), French, German, Italian, Korean, and Spanish

Go to bellevuecollege.edu/ce/language to register.





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will be ONLINE and INSTRUCTOR-LED.**

**To register or for more information:
bellevuecollege.edu/ce**

425-564-2263