



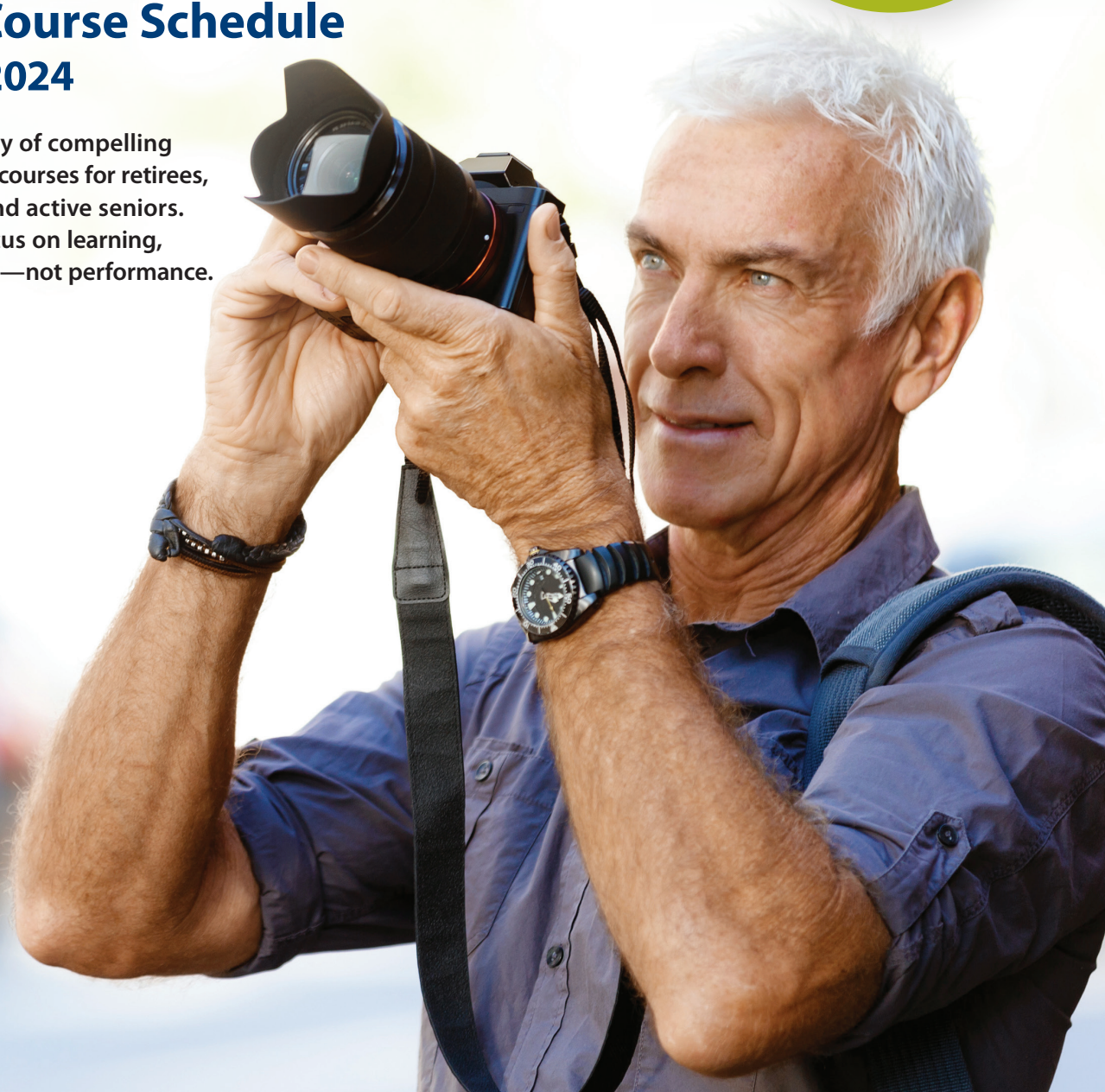
BELLEVUE
COLLEGE

COMMUNITY EDUCATION

IN PERSON
AND ONLINE
OPTIONS
AVAILABLE
THIS SPRING!

TELOS Course Schedule SPRING 2024

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.



Mt. Si Location

Bellevue College Community Education is eager to bring one of our most popular courses to Mt. Si Senior Center. See page 7 for details.



Educational Programs for Retirees

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.

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 B126.

Vol. XVII, no. 3 *Community Education* is published quarterly by: Bellevue College, 3000 Landerholm Circle SE, Bellevue WA 98007-6484.

Postmaster: Please send address changes to: Community Education, Bellevue College, 3000 Landerholm Circle SE, Bellevue WA 98007-6484.

Every effort is made to ensure that information and fees are accurate; however, changes, corrections, or cancellations of courses or fees may occur.

Community Education reserves the right to cancel any class. For the most current information, check bellevuecollege.edu/ce.

MONDAYS

Conversational Hindi

When you can communicate with someone in their language, you open up infinite ways to connect and a stranger becomes a friend. Also, research indicates that people who speak more than one language develop a better memory, talent for problem-solving, ability to concentrate and tendency to be more creative than people who speak only one language. Plus, knowing at least a second language reduces chances of cognitive decline as you age. Learning about the culture of different countries also broadens your mind. So come learn Conversational Hindi with us in an extremely relaxed environment with lots of fun and games. Fee: \$69

Item G34230 Ekta Gupta Mt. Si Sr. Center
8 Sessions, Mon., Fri. Apr. 8–May 3 2:00–3:00pm
CLASS MEETS TWICE A WEEK, MONDAY AND FRIDAY

Guided Autobiography

This course is designed to help students tap into their life experiences and transform them into compelling stories. Guided Autobiography (GAB) is a unique approach to writing memoirs that combines the power of guided reminiscence with writing exercises. Whether you are a seasoned writer or just starting out, GAB offers a structured, supportive environment to explore your memories, reflect on your life, and create meaningful narratives. Fee: \$99

Item G34103 Amy Chen Mt. Si Sr. Center
8 Mondays Apr. 8–June 3 10:00–11:30am
NO CLASS MAY 27

Highlights of Ancient Egypt

Explore 3,000 years of ancient Egyptian culture, society, religion, art, and architecture. See how Egypt interacted with its neighboring nations. Travel to the cities of Abydos, the cult center of the god Osiris; the ancient capital of Memphis; Thebes where you'll find Karnak Temple and the royal tombs in the Valley of the Kings; the workmen's village, Deir el-Medina; and Amarna, capital city built by Akhenaten and the birthplace of Tutankhamun. Fee: \$99

Item G34139 Cynthia Smith Online
8 Mondays Apr. 8–June 3 12:00–1:30pm
NO CLASS MAY 27

Improv for Seniors

This theater games course is designed to help students with individual wellness, creativity, and both mental and physical stimulation in a fun and relaxed atmosphere. Students will participate in improvisational games designed to enhance memory, engage with other students and explore movement. This course is accessible to students of all skills and abilities. Fee: \$99

Item G34134 Gary Schwartz Building A, A250
8 Mondays Apr. 8–June 3 12:00–1:30pm
NO CLASS MAY 27

FEATURED COURSE

Improv for Seniors

Join Gary Schwartz for some entertaining theater games. Gary brings a wealth of acting and theater education experience to the classroom. Come and join the fun!



Masterpieces Unveiled

Embark on a captivating artistic journey exploring the profound world of Western art. Delve into the meaning, techniques, and secrets behind masterpieces like Botticelli's *The Birth of Venus*, Leonardo's iconic *Mona Lisa*, and Artemisia Gentileschi's powerful *Judith Beheading Holofernes*. Uncover the enigmatic allure of van Gogh's *Starry Night*, the passionate embrace in Klimt's *The Kiss*, and the introspective works of Kahlo, including *Two Kahlo by Kahlo*. Immerse yourself in the rich history and symbolism of these timeless artworks, gaining a deep understanding of the cultural significance that has shaped the course of art history. Fee: \$79

Item G34237	Florence Dusausoy	Building A, A210
6 Mondays	Apr. 29–June 10	10:00–11:30am

NO CLASS MAY 27

Rock Year by Year: 1962–1965

Students proceed on a chronological year by year evaluation of the music and performers who influenced the sound of rock in the early 1960s. This includes a review of the changing styles that took place and how the introduction of the singer/songwriter and improvements in multi-track recordings brought about major changes in what people were now getting to experience and enjoy. A careful look at individual recordings and artists will help provide clarity to what was happening in the music industry at the time. Students will be encouraged to participate with their own knowledge and thoughts about the music and performers of the period. Fee: \$55

Item G34120	John Jensen	Online
4 Sessions, Mon., Thu. June 10–20		12:00–1:30pm

CLASS MEETS TWICE A WEEK, MONDAY AND THURSDAY

TUESDAYS

Modern Western Drama

Students will read and discuss eight plays by renowned European playwrights whose works contributed to the birth of modern Western drama, namely Chekhov, Gorky, Ibsen, Strindberg, Lorca, O'Casey, Shaw and Ionesco. Before the first class, students will receive a list of eight plays to read, the class will be exploring one play each week. Fee: \$99

Item G36330	David Summers	Online
8 Tuesdays	Apr. 9–May 28	2:00–3:30pm

Climate Change – Past and Future

The subject of climate change is increasingly important. The class will review the basic physics of climate change and the terminology. Students will also explore which emissions and activities are most deleterious and the tipping points associated with them. Other topics include planetary history of the atmosphere and the climate, and the causes of the ice ages. How did climate affect the spread of Homo sapiens? What are the likely effects on agriculture and social migration? Students will also explore the effects in the U.S. and elsewhere. Can geoengineering correct climate change? Fee: \$99

Item G34235	David Malcolm	Building T, T105
8 Tuesdays	Apr. 9–May 28	10:00–11:30am

Exploring Colored Pencils

Did you know that when you are completely immersed in your current action, you are meditating? Creating art is an example of an activity that teaches you how to focus on, and live in, the moment. Join us to experience the joy of creating amazing art with the humble but versatile medium of colored pencils. Learn simple tips, tricks and techniques for creating rich and vibrant artwork, which can be applied to all subjects including florals, still-life, landscapes, portraits, abstracts and more. No drawing experience or expertise necessary. Instruction will be tailored to suit each individual's skill level. Fee: \$99

Item G34111	Ekta Gupta	Building A, A252
8 Tuesdays	Apr. 9–May 28	2:00–3:30pm

Guided Autobiography

This course is designed to help students tap into their life experiences and transform them into compelling stories. Guided Autobiography (GAB) is a unique approach to writing memoirs that combines the power of guided reminiscence with writing exercises. Whether you are a seasoned writer, or just starting out, GAB offers a structured, supportive environment to explore your memories, reflect on your life and create meaningful narratives. Fee: \$99

Item G34107	Amy Chen	Building T, T110
8 Tuesdays	Apr. 9–May 28	10:00–11:30am

Intermediate Drawing

Ready to take your drawing to the next level? This is your class! Helpful if students have taken an **Intro to Drawing** class as we'll hit the ground running. Students will continue to work on creating depth and layers while developing your independent style. Students will tackle a range of subjects, including a complex still life, gesture drawing, figure drawing, landscape, and perspective. The last few classes will focus on creating a final, beautiful piece. This class will be using pencils and charcoal. Fee: \$109

Item G34226	Stacey Almgren	Online
6 Tuesdays	Apr. 23–May 28	9:30–11:30am

Intermediate Watercolor

Do you enjoy painting and want to increase your watercolor knowledge? This is your class! It's helpful if students have taken an **Intro to Watercolor** class. Students should also feel comfortable sketching a drawing before painting. Students will continue to utilize watercolor techniques, develop negative space, practice color mixing and composition while developing a style. This course will explore a range of subjects including a still life, urban landscape, and PNW landscape. Fee: \$109

Item G34227	Stacey Almgren	Online
6 Tuesdays	Apr. 23–May 28	12:00–2:00pm

Travel Photography

Do you find your travel photographs do not seem to capture the vibrancy and beauty of what you experience when you travel? Do you have plans for travel on the horizon? Learn how to get much more out of your camera, from settings to designing compelling photographs. Explore what to do before, during and after a trip to get the most out of your travel photography. For all skill levels using any digital camera, point and shoot to DSLR to mirrorless, even a smart phone. Select five travel photographs by you from near or far, older or new, to email to the instructor to be shared as part of your introduction. Instructions will be sent to registered students prior to the first class. Fee: \$99

Item G34128	Raymond Pfortner	Online
6 Tuesdays	May 7–June 11	1:00–3:00pm

ON-LOCATION SHOOT ON MAY 21

U.S.-China Relations

This course delves into the intricate tapestry of U.S.-China relations from Nixon to where we are today. By dissecting the cultural archetypes and values inherent to both American and Chinese societies, students will gain insights into the divergent thought and behavioral patterns that have charged the historical trajectories of both nations. This course critically assesses the impact of different political systems on business, social transformation, and global geopolitics, with a focus on the cross-Pacific dynamic. From the key issue of Taiwan and the rise of China to the rapid transitioning of the world's two largest economies from top trading partners to archrivals in just a few years, this course scrutinizes the multifaceted factors that have contributed to the current situation. Fee: \$99

Item G34240	George Liu	Mt. Si Sr. Center
8 Tuesdays	Apr. 9–May 28	10:00–11:30am

Water on Earth: A Geologic Story

Water is an incredibly important agent in the Earth system. This course will explore why it is imperative for us to understand the complex and beautiful ways in which rivers, streams, and floods change Earth's surface over time. In addition to examining surface water, students will also study aquifers and learn how to manage depletion and contamination of "fossil water" that is stored in groundwater systems. Fee: \$99

Item G34232	Dale Lehman	Building A, A206
8 Tuesdays	Apr. 9–May 28	12:00–1:30pm

WEDNESDAYS

Basic Photography Principles

This course introduces students to basic photographic principles and the use of cameras, lenses, and lighting equipment. There will also be a brief overview of the history of photography and the development of cameras and lenses over the last century. To better understand how cameras turn light into images there will be simple explanations and comparisons of how film cameras and digital cameras work. Discussions will include basic composition concepts to enhance images. The course will conclude with information on image file handle and simple image manipulation with basic photo editing tools. Students will also have an opportunity to participate in a fun weekly photo assignment involving shooting a common theme and critiquing the results. Fee: \$99

Item G34126	William Jones	Building T, T126
8 Wednesdays	Apr. 10–May 29	10:00–11:30am

Decoding AI and Its Impact on Humanity

This course is crafted to provide non-IT professionals, educators, students and all curious minds with a comprehensive understanding of Artificial Intelligence (AI). The course is designed to demystify AI technology, explore its diverse applications, risks, and ethical concerns, while fostering students' confidence in leveraging AI tools responsibly. No prior technical knowledge or programming skills are required to participate. Basic computer and internet skills are helpful. Fee: \$55

Item G34201 George Liu Building A, A210
4 Wednesdays Apr. 10–May 1 10:00–11:30am

FIRST 3 CLASS SESSIONS MEET IN A210
LAST SESSION ON MAY 1 MEETS IN A133

Views of the News

This participative discussion class looks at national and international current affairs each week. Discussions include politics and other topic matters suggested by the group. Events are considered based on their effects today and into the future, historical context, and leadership. Fee: \$99

Item G34098 Gerald (Jerry) Bunce Building T, T127
8 Wednesdays Apr. 10–May 29 12:00–1:30pm

U.S. History 1900–1929: The Moderns

Students will delve into the fascinating events of the first quarter of the 20th century; the Progressive Era and WWI, with memorable presidents, all of the muscle flexing imperialism, waves of immigrants, new attitudes and experimentation that brought several new amendments and astounding court cases. Students get to explore cultural phenomena from the jazz of the speakeasy to the literature of the Lost Generation noting new philosophies and what these signified about the unfolding modern consciousness. Fee: \$99

Item G34228 Kristine Busch Online
8 Thursdays Apr. 11–June 6 10:00–11:30am

NO CLASS APRIL 18

Views of the News

This participative discussion class looks at national and international current affairs each week. Discussions include politics and other topic matters suggested by the group. Events are considered based on their effects today and into the future, historical context and leadership. Fee: \$99

Item G34174 Charles (Ted) Watts Online
8 Thursdays Apr. 11–June 6 10:00–11:30am

NO CLASS APRIL 18

THURSDAYS

Mythology of Egypt & Mesopotamia

This course provides an introduction to the study of Egyptian and Mesopotamian mythology and will provide a cross-cultural introduction to the subject. Students will read, discuss, and analyze myths, with special attention to how the myths inform the cultures and provide insight into their views of the natural and spiritual worlds. Fee: \$99

Item G34648 Telos Staff Building A, A210
8 Thursdays Apr. 11–June 6 12:00–1:30pm

NO CLASS APRIL 18

Personal Enrichment classes are back!

Try out some of our new personal enrichment courses!

Get moving again with **FUNctional Fitness** or

improve your communication skills with our new

Introduction to Public Speaking.

Check out all of our personal enrichment offerings online at

bellevuecollege.edu/ce/personal-enrichment.



FEATURED CLASS

Mt. Si Senior Center



U.S.-China Relations

Bellevue College Community Education is eager to bring one of our most popular courses to Mt. Si Senior Center. George Liu will be examining the intricate tapestry of U.S.-China relations. George's unique background allows him to bring thoughtful insights and unique perspectives to this engaging course.



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.





3000 Landerholm Circle SE
Bellevue, WA 98007

Community Education has moved to main campus



For helpful resources finding your way to and around main campus, go to bellevuecollege.edu/maps-directions