



**BELLEVUE
COLLEGE**

Course Schedule FALL 2024

Learn something new this fall.
Explore online and in-person course
offerings at Bellevue College.

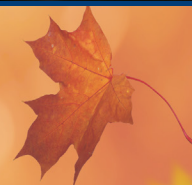
Continuing Education

**FALL
REGISTRATION
NOW OPEN:**

**New TELOS
Courses Added!**



**Are you 55+ and love to learn? Join us on Thursday, September 12 at
our in-person TELOS Community Connects Lifelong Learners event
from 10AM–12PM at Bellevue College. See back cover.**





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.

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

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

TELOS: Lifelong Learners

Live, Laugh, and Learn – Where Experience Meets Exploration

MONDAYS

NEW! Ancient Egypt: Gods, Myths & Heka

The ancient Egyptians’ pantheon of animal-headed gods, apparent focus on death, mummification, massive pyramids, and temples – all have been the source of wonder, curiosity and misunderstanding. Students explore the belief system of the ancient Egyptians – their cosmology, the deities, myths, the afterlife, temples rituals, festivals and magic.

Fee: \$99

Item F39196	Cynthia Smith	Online
8 Mondays	Sep. 30–Nov. 25	10:00–11:30am
NO CLASS 11/11		

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 F38712	Gary Schwartz	Building B, B253
8 Mondays	Sep. 30–Nov. 25	2:00–3:30pm
NO CLASS 11/11		



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

TUESDAYS

NEW! A Geologic Tour of Washington

Take a virtual geologic field trip! This course will take you on a tour to explore some of the spectacular scenery Washington has to offer and give you insights into the forces that created the stunning landscapes. You will discover the geologic story behind our long extinct “ghost volcanoes,” scenic rivers, lovely waterfalls, rugged mountains and glacial lakes. Come along as we engage in a visual exploration of the fascinating landscape of Washington. Fee: \$99

Item F39195	Dale Lehman	Building T, T119
8 Tuesdays	Oct. 1–Nov. 19	12:00–1:30pm

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 F38567	William Jones	Building T, T204
8 Tuesdays	Oct. 1–Dec. 3	10:00–11:30am
NO CLASS 10/22 AND 10/29		

Bellevue College Continuing Education TELOS Lifelong Learners program welcomes adults aged 55+, including those who are retired or semi-retired, to join a community of learners. This unique program is tailored for making connections and enjoying new friendships, all while learning in a relaxed environment free from tests or grades.

TELOS Lifelong Learner classes are offered in-person or online at Bellevue College. All are non-credit. No applications or admissions process is required.



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 F38568	Amy Chen	Building T, T106
8 Tuesdays	Oct. 1–Nov. 26	10:00–11:30am

NO CLASS 11/5

Introduction to Drawing

Draw with confidence. Learn to see differently and gain skills quickly while developing your line, form and perspective techniques. Exercises include contour drawing, value studies and creating depth. We will be working with pencil and using the season as our inspiration. All levels welcome! Fee: \$109

Item F38570	Stacey Almgren	Online
6 Tuesdays	Oct. 15–Nov. 19	9:30–11:30am

Introduction to Watercolor

Try your hand at a spontaneous medium. Develop basic watercolor painting skills in a relaxed environment. Study composition, color mixing and color relationships. Through demonstrations and experimentation, you will create a variety of artwork from abstract to landscape. We will be using the seasons as our inspiration. All levels welcome! Fee: \$109

Item F38576	Stacey Almgren	Online
6 Tuesdays	Oct. 15–Nov. 19	12:00–2:00pm

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 F38577	Fara Nizamani	Building T, T106
8 Tuesdays	Oct. 1–Nov. 19	12:00–1:30pm

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 F38585	Dale Lehman	Online
8 Tuesdays	Oct. 1–Nov. 19	9:00–10:30am

WEDNESDAYS

NEW! Balancing Act: Science & Practice of Stability and Posture

Discover the science behind balance and posture as you explore practical and cultural influences. From understanding the primary three balance systems to what natural posture means. Through a blend of theory and practice, develop personal takeaways to incorporate practice into your daily life. Fee: \$99

Item F39654	Staff	Building A, A250
8 Wednesdays	Oct. 2–Nov. 27	12:00–1:30pm

NO CLASS 10/16

NEW! Exploring Longevity: Secrets to Living a Longer Healthier Life

Be inspired by the fascinating science and lifestyle factors that contribute to longevity. Through lectures, discussions, media, and interactive experiences, students will explore the latest research on aging, learn about hotspots around the world called "Blue Zones" where people live long lives, and engage in practical strategies for extending the "health-span." Fee: \$99

Item F39652	Staff	Building A, A250
8 Wednesdays	Oct. 2–Nov. 27	10:00–11:30am

NO CLASS 10/16

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 F38579	Gerald (Jerry) Bunce	Building T, T106
8 Wednesdays	Oct. 2–Nov. 27	12:00–1:30pm

NO CLASS 10/16

THURSDAYS

NEW! Acrylic Painting for Beginners

This beginner level course will cover painting various subjects and themes in acrylics such as still life, landscape, floral, seascape, and many more. Students will learn skills such as loose brushstrokes, underpainting, layering, composition basics and mixing a strong color palette – all skills which they will be able to add to their own painting practice. Students will also learn to understand color values and temperature and to create depth and dimension in their acrylic paintings. Lessons on color mixing, compositional fundamentals and brush techniques will be covered. Fee: \$109

Item F39656	Staff	Building C, C161
6 Thursdays	Oct. 3–Nov. 7	12:00–2:00pm

NEW! Advanced Photography Techniques

Advanced photography builds on the basic understanding of how to create a satisfactory image, both digital and film. Expanding beyond simple camera functions like light and exposure, the advanced course will dive into more complex concepts and creative methods. While there are many areas to explore in the quest for high-quality images, the course will include subjects like aspect ratios, high dynamic range images, tonal range, visual “weight,” self-critique of images, silhouette imaging, panning, B&W landscapes, advanced composition concept, the use of histograms...and many more. The course will include ungraded “assignments,” results of which will be shared with the class and critiqued. Fee: \$99

Item F39194	William Jones	Building T, T110
8 Thursdays	Oct. 3–Dec. 5	10:00–11:30am

NO CLASS 10/24 AND 11/28

NEW! Photography in Black and White

For many, the world of black and white photography is another world. The rarified world of masters like Ansel Adams, Henri Cartier-Bresson, Dorothea Lange and Imogen Cunningham. A time past, a time of film, not digital capture. Yes, another world, but not one out of reach for any photographer using any camera. Come explore the potential of black and white for your own photography. Gain inspiration by discussing the work of different masters in each class. Photograph weekly assignments in color, converting to black and white, and posting on Flickr.com for feedback. This class is hybrid, meeting on Zoom with one session in person on location for a photography shoot. For all skill levels using phones to mirrorless cameras. Fee: \$99

Item F39659	Raymond Pfortner	Online
6 Thursdays	Oct. 3–Nov. 7	1:00–3:00pm

10/17 SESSION: ON-LOCATION PHOTOGRAPHY SHOOT

NEW! Short Stories: The Human Condition

In this course students will develop an appreciation of the short story as a way to convey a message about the human condition. Students will read and discuss approximately forty short stories by gifted writers who are able, in only a few pages, to encourage readers to reflect upon the human experience, in all its complexity and twists and turns. Some of the stories will be very short, 1000 words or less. Students will learn to distinguish the best short stories from “condensed novels.” Fee: \$99

Item F39197	David Summers	Online
8 Thursdays	Oct. 3–Nov. 21	2:00–3:30pm

The Future of the Final Frontier

Sixty-seven years after the beginning of the Space Age there is a new resurgence of efforts to develop the resources of the domain President John F. Kennedy called “this new ocean.” The exploration of space is now a global phenomenon, with many new players, both nation-states and commercial entities. This course will review the history of the first space age and what it portends for the second. Fee: \$99

Item F38713	Herbert (Ron) Hobbs	Building T, T121
8 Thursdays	Oct. 3–Nov. 21	12:00–1:30pm

NEW! U.S. History 1930–1960s

This class will examine the American struggle through the Great Depression and the greatest war ever fought, World War II. Later, a yearning for normalcy took over, with a flourishing of the economy and culture, hiding the fear of nuclear war. New York City’s art scene, new jazz, discoveries in medicine (like the Pill), and a trip to the moon are just some of the wonderful cultural highlights we’ll explore. Fee: \$99

Item F39193	Kristine Busch	Online
8 Thursdays	Oct. 3–Nov. 21	10:00–11:30am

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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 F38582	Charles (Ted) Watts	Online
8 Thursdays	Oct. 3–Nov. 21	10:00–11:30am

Become a Lifelong Learners Instructor

Love art history, castles, poetry, science or current events and want to share your knowledge with others? Bellevue College Continuing Education is actively looking for Personal Enrichment or TELOS Lifelong Learner class instructors in the following popular topics:

- Art History (museums, famous art and artists, deep dives into various painting styles, castles, etc.)
- Current Events, Poetry, Science, Astronomy, Geology, Geography, or Biology.



Submit a new
class proposal



Email
proposal



If you have an idea or always wanted to share your passion with others, please contact us today. Proposals are accepted on an ongoing basis.



Class Locations

Bellevue College 3000 Landerholm Circle SE | Bellevue, WA 98007

Online: Conducted via Zoom or Microsoft Teams. Online courses require an internet connection and the ability to interact both through audio and video using either a web cam/microphone, speakers/headset using a computer or via a mobile phone connection. Depending upon the class, students will need to download either Zoom or Microsoft Teams apps to attend and participate in class sessions. There is no additional cost for these applications.



Join our mailing list!

Subscribe for timely program and event info. As a member of our community, you can be one of the first to hear about exciting and popular learning events and programs. Sign up at bellevuecollege.edu/ce



Office hours

Monday–Friday 8 a.m. to 5 p.m.

Saturday and Sunday Closed

Summer (July 10–September 1) Closed on Fridays

425-564-2263 | conted@bellevuecollege.edu

FEATURED CLASSES

World Languages

The World Languages program offers one of the most comprehensive, non-credit selection of language classes in Washington state. Whether you are a traveler, or have a personal or business interest, you will find our courses to be affordable and accommodating. Language areas include American Sign Language, Chinese (Mandarin), French, German, Italian, Korean and Spanish. Register at bellevuecollege.edu/ce/programs/language



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3000 Landerholm Circle SE
Bellevue, WA 98007

Connect with Us



TELOS Community Connects



**55+ and
Love to Learn?
Join Us
Sept. 12!**

Join us on Thursday, Sept 12 for an in-person TELOS Community Connects Lifelong Learners Fall event from 10AM–12 PM at Bellevue College, Building A, Room 265.

- Explore TELOS Lifelong Learners fall courses
- Meet new friends and connect with old ones
- Enjoy FREE coffee and pastries

Scan to Register

bellevuecollege.edu/ce/retiree-programs

