



BELLEVUE
COLLEGE

Continuing Education

**SPRING
REGISTRATION
NOW OPEN!
NEW TELOS
COURSES
ADDED**

Course Schedule SPRING 2025

Spring into learning! Explore online and
in-person courses at Bellevue College campus.



This Spring Discover Where Experience Meets Exploration!

Explore our Spring TELOS Lifelong Learners classes for adult learners aged 55+ including those who are retired or semi-retired. Online and in-person classes available. Classes start in April.





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. 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). 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. XVIII, no. 3 *Continuing Education* is published quarterly by: Bellevue College, 3000 Landerholm Circle SE, Bellevue WA 98007-6484.

Postmaster: Please send address changes to: Continuing 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. 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

Egyptian Voices: A Day in the Life

This course will explore the daily routines of the general population; the farmers, bakers and brewers, scribes, stone masons, priests, women, and children. Using archaeological evidence, we will examine their culture and society, their homes, fashions, and leisure activities. Fee: \$99

Item G35295	Cynthia Smith	Online
8 Mondays	Apr. 14–June 9	10:00–11:30am
NO CLASS 5/26		

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 G35277	Amy Chen	Building T, T106
8 Mondays	Apr. 14–June 16	12:00–1:30pm
NO CLASS 5/19 and 5/26		

More Fun for Life **NEW!**

This class is a continued exploration of games designed to help students revive their ability to play and have fun. Games focus on the skills of communication, listening, self-awareness, and spontaneity. Activities are designed to enhance memory, engage other students, and explore movement. This course is accessible to students of all skills and abilities. Fee: \$99

Item G36623	Gary Schwartz	Building B, B253
8 Mondays	Apr. 14–June 9	2:00–3:30pm
NO CLASS 5/26		

TUESDAYS

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 G35286	Stacey Almgren	Online
6 Tuesdays	Apr. 22–June 3	9:30–11:30am
NO CLASS 4/29		

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 G35289	Stacey Almgren	Online
6 Tuesdays	Apr. 22–June 3	12:00–2:00pm
NO CLASS 4/29		



Puget Sound Rocks! **NEW!**

Our region has a tumultuous geologic history recorded in the rocks and sediments. These rocks and sediments tell us the story of how and when ancient landscapes evolved into the stunning scenery of the Puget Sound region we see today. These same rocks may also help us understand what geologic changes to expect in the future. This course will help students read the local outcrops and how to interpret the geologic environment of western Washington. Join us as we take a virtual field trip to explore the breathtaking landscape of the Puget Sound region. Fee: \$99

Item G36632 Dale Lehman Online
8 Tuesdays Apr. 15–June 10 9:00–10:30am

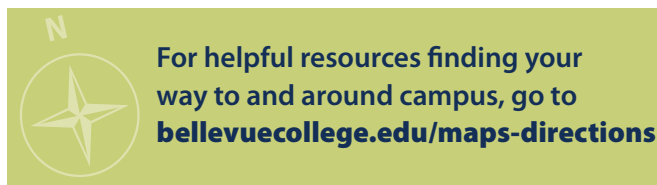
NO CLASS 4/29

WEDNESDAYS

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 G35212 Rohini Mathur Online
6 Wednesdays Apr. 16–May 21 12:00–2:00pm



Generative AI for Daily Life

Discover the transformative power of Generative AI in this engaging course. Designed for both beginners and tech enthusiasts, this course provides an accessible introduction to the principles and practical applications of Generative AI. Students will explore how GenAI technologies such as ChatGPT can enhance everyday tasks—from automating routine activities fostering creativity and improving decision-making processes. By the end of this course, you'll be equipped with the knowledge and skills to integrate Generative AI into your daily routine, making life more efficient, creative, and enjoyable. Join us and embark on a journey to harness the full potential of GenAI in your everyday life! No prior technical knowledge or programming skills are required to participate. Basic computer and internet skills are helpful. Fee: \$79

Item G35266 Yan Gu Building A, A130
6 Wednesdays Apr. 30–June 4 2:00–3:30pm

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. 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 G35216 Raymond Pfortner Online
6 Wednesdays Apr. 16–June 11 2:00–4:00pm
NO CLASS 5/7, 5/14, and 5/21

Bellevue College Continuing Education TELOS Lifelong Learners program welcomes adults aged 55 plus, 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.



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

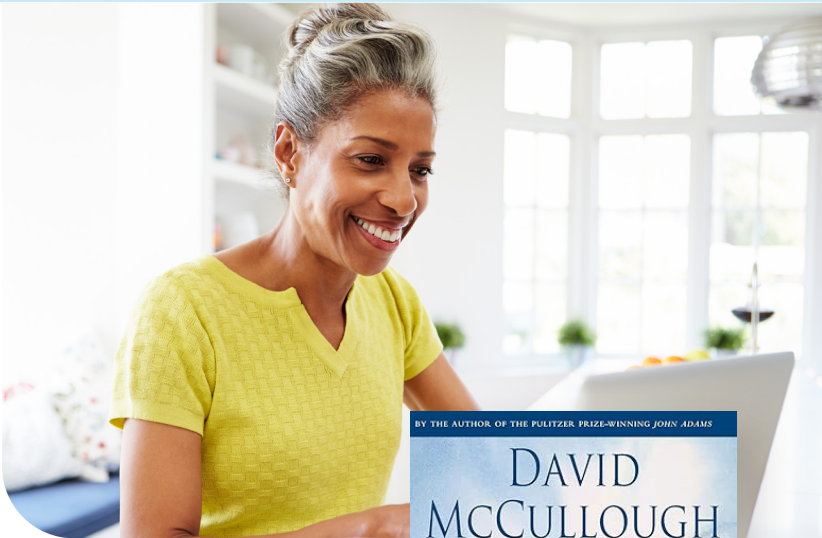
Item G35237	Gerald (Jerry) Bunce	Building T, T126
8 Wednesdays	Apr. 16–June 4	12:00–1:30pm

THURSDAYS

Advanced Photography Techniques

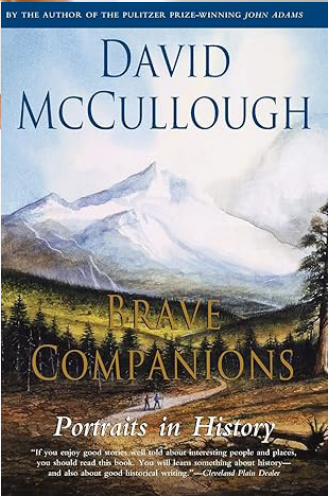
Advanced photography builds on the basic understanding of how to create a satisfactory image, both digital and film. Expanding beyond simple camera functions like light and exposure, the advanced course will dive into more complex concepts and creative methods. While there are many areas to explore in 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 G35221	William Jones	Building T, T121
8 Thursdays	Apr. 17–June 5	10:00–11:30am



Brave Companions:
At Our Best **NEW!**

Students will explore the essays in David McCullough’s “Brave Companions: Portraits in History.” This book is a collection of essays with biographical sketches of fascinating men and women whose purpose and determination had a profound impact. Following weekly reading assignments, students will discuss the essays and explore the influence of these historical figures. Students will need to bring a copy of the book to class; hardcover, paperback or eBook are all acceptable. Fee: \$99



Item G36615	David Summers	Online
8 Thursdays	Apr. 17–June 5	2:00–3:30pm



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 G35217	Ekta Gupta	Building T, T122
8 Thursdays	Apr. 17–June 5	2:00–3:30pm

How to Self-Publish Your Memoir **NEW!**

This course is designed to help students turn their memoir or other nonfiction manuscript into a finished, published book. Learn to take the first draft of your memoir and ensure it is polished and ready for publication, or turn a complete proofread manuscript into a professional-looking book that is available for sale at online and offline retailers. In this course, students will focus on publishing options for memoir and nonfiction writing. Students will explore cover design and interior layout (including resources for doing it yourself and/or hiring freelance expert help), and more. You'll also learn simple but effective options for spreading the word about your new book. Fee: \$99

Item G37159	Staff	Building T, T106
8 Thursdays	Apr. 17–June 5	10:00–11:30am

Painting Colorful Florals in Acrylics **NEW!**

In this beginner-friendly class, students will learn how to simplify floral and botanical shapes, apply color theory concepts and create floral and garden paintings that look vibrant, fresh, and joyful. Students will paint several floral compositions and garden scenes and may include pollinators such as bees, butterflies, etc. Students will learn skills to paint with acrylics using blood-loose brushstrokes, underpainting and layering, composition basics and mixing a strong color palette. These tips, techniques, and art skills will add to a student's painting practice. Additionally, students will understand color values and temperatures and to create depth and dimension in their floral garden paintings. Fee: \$109

Item G36619	Rohini Mathur	Building A, A265
6 Thursdays	May 8–June 12	12:00–2:00pm

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 G35244	Charles (Ted) Watts	Online
8 Thursdays	Apr. 17–June 5	10:00–11:30am

World Languages

Bellevue College Continuing Education offers one of the most comprehensive, non-credit selections 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.

SPRING LANGUAGE AREAS INCLUDE:

American Sign Language, Chinese (Mandarin), Italian, Japanese, Korean, and Spanish.

REGISTER AT

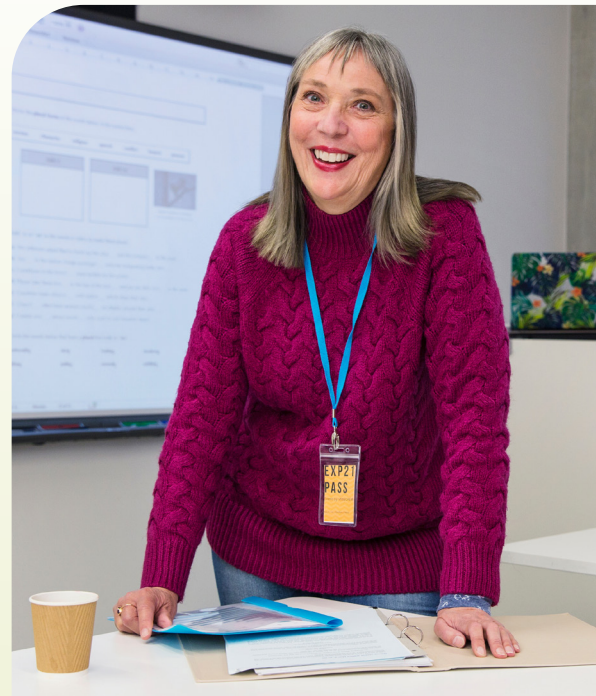
bellevuecollege.edu/ce/programs/language



Become a Lifelong Learners Instructor

Love personal technology, history, science, movies, art history, poetry, or current events and want to share your knowledge with others?

Bellevue College Continuing Education is actively looking for in-person Personal Enrichment or TELOS Lifelong Learner class instructors in the following popular topics: history-based, science-related, movie/cinema-oriented, current event discussion-based, or any topic that learners may enjoy. If you have an idea or always wanted to share your passion with others, please contact us today.



Submit a new
class proposal



Email
proposal

Proposals are accepted on an ongoing basis.

bellevuecollege.edu/ce/work-for-us



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.



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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

Upcoming Office Closures: 2/13, 2/17, 3/4, 4/29, 5/26, and 6/19

425-564-2263 | conted@bellevuecollege.edu



3000 Landerholm Circle SE
Bellevue, WA 98007

Connect with Us

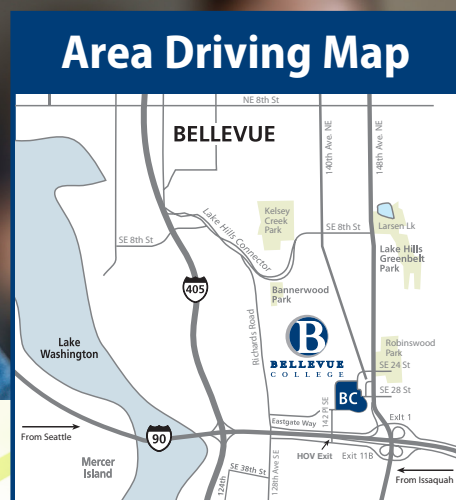


55+ and Love to Learn? Register today! Classes start in April.



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Scan to Register



bellevuecollege.edu/ce/retiree-programs