



BELLEVUE
COLLEGE

Continuing Education

Course Schedule SUMMER 2025

What do you want to learn this summer?
Explore online and in-person courses
at Bellevue College campus.

**SUMMER
REGISTRATION
NOW OPEN!**

**NEW TELOS
COURSES
ADDED**



This Summer Discover Where Experience Meets Exploration!

Explore our Summer TELOS Lifelong Learners classes for adult learners aged 55+ including those who are retired or semi-retired. Online and in-person options available. TELOS, World Language, and Personal Enrichment summer classes start in July.





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. 4 *Continuing Education* is published quarterly by: Bellevue College, 3000 Landerholm Circle SE, Bellevue WA 98007-6484. USPS 019-147 periodicals postage paid at Bellevue, WA, and additional mailing offices. 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

Fun for Life

This 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: \$119

Item R15031	Gary Schwartz	Building B, B253
8 Mondays	July 7–Aug. 25	2:00–3:30PM

TUESDAYS

The Shortest of Short Fiction **NEW!**

Students will develop an appreciation of the literary form known as “flash fiction,” a term ordinarily applied to stories that do not exceed 1000 words in length. These writers are able, in 1000 words or less, give us something to think about without wasting a single word. Stories this brief require much from the writer because every word must be chosen with care. When done well, such stories are a pleasure to read. Students will read and discuss approximately 40 short stories. Fee: \$119

Item R16658	David Summers	Live Online
8 Tuesdays	July 8–Aug. 26	2:00–3:30PM

Writing your “Legacy Will” **NEW!**

What will you leave behind? Craft your Legacy Will. Students will create an “ethical will”—a heartfelt letter or personal document (not a legal one or a biography) to share your wishes, values, and wisdom with your loved ones. This class provides a supportive space to help you plan and express your intangible treasures and leave a lasting imprint. Students will review various formats to create a plan and then draft their unique legacy content. Fee: \$89

Item R16663	Mary Lynn Hafner	Building A, A130
4 Tuesdays	July 22–Aug. 12	12:00–1:30PM

WEDNESDAYS

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: \$89

Item R15034	Yan Gu	Building A, A130
6 Wednesdays	July 9–Aug. 13	2:00–3:30PM

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: \$119

Item R15734	William Jones	Building T, T122
8 Thursdays	July 10–Aug. 28	12:00–1:30PM



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

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: \$119

Item R15037	William Jones	Building T, T122
8 Thursdays	July 10–Aug. 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: \$119

Item R15036	Ekta Gupta	Building A, A252
8 Thursdays	July 24–Sept. 11	2:00–3:30PM



Fitness Screening Workshop **NEW!**

Take the first step to a healthier you with this fitness screening workshop. Students will be guided to discover their current fitness level; identify endurance, balance, strength and flexibility areas for improvement; and create simple sustainable habits. Fee: \$45

Item R16662	Mary Lynn Hafner	Building T, T121
1 Thursday	July 31	12:00–2:30PM

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: \$119

Item R15032	Charles (Ted) Watts	Live Online
8 Thursdays	July 10–Aug. 28	10:00–11:30AM

**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
online or in-person at Bellevue College.
All are non-credit. No applications or
admissions process is required.**



Personal Enrichment Classes

Canva for Beginners

Learn the ins and outs of the Canva design platform for creating graphics for social media, blogs, websites and other visual content such as presentation and even book publishing. Students will explore built-in video creation and AI tools and utilize the platform effectively for both personal and professional content needs. No graphic design background required. This is a hands-on class held online via Zoom. Students will need a paid Canva Pro account, computer and Zoom access. Fee: \$125

Item R15081	Michele Sweeney	Live Online
4 Wednesdays	July 9–30	6:30–8:30PM

Drawing Basics

Looking for a fun, informative and stress-free introduction to drawing? In this course, you'll learn basic sketching and drawing techniques and discover the secrets of shading solid forms while learning to draw common still lifes. Class is a combination of lecture, demonstration and one-on-one feedback. Work at your own pace. No drawing skills or experience is required. Fee: \$339

Item R16249	Nicole StremLOW Monahan	Building A, A206
8 Tuesdays	July 8–Aug. 26	6:00–9:00PM

Exploring Your Purpose NEW!

Are you seeking a more fulfilling life? Join us as we explore the benefits of purpose and discover perspectives on “your reasons for being.” We'll move beyond the idea of a single, lifelong passion and focus instead on cultivating meaning in our life now, understanding that purpose evolves over time. With structured discussions, introspective exercises and a supportive group environment you'll identify your values, explore your curiosities, and craft a life of meaning. Fee: \$139

Item R16670	Mary Lynn Hafner	Building T, T105
5 Wednesdays	July 16–Aug. 13	10:00–11:30AM

Class on 8/13 will be 2 hours long from 10AM–12PM.

Growing Wellness NEW!

Do you set health goals or resolutions, but often have trouble realizing them? This class helps people learn how to make healthy changes that stick. Students learn to create specific, measurable, achievable, realistic (SMART) goals for themselves to practice, build confidence, and learn from their challenges. Learn to manage chronic conditions or just improve your overall health and wellbeing. Behavior changes may reap positive benefits which include improved sleep, less

anxiety, reduced pain, increased movement, improved endurance, increased mindfulness, a greater sense of connectedness and community, and improved nutrition. Students will learn to improve their health while having fun and growing together in their wellness journey. Fee: \$129

Item R15079	Kathryn Middleton	Building T, T105
8 Tuesdays	July 8–Aug. 26	10:00–11:30AM

Photoshop: Essential Edits & AI-Powered Tools for Efficiency NEW!

Unlock the power of Photoshop to create polished visuals with ease! This course is designed for busy individuals who want to refine images quickly without hours of editing. Learn essential techniques like cropping, resizing, spot removal, color correction, and black-and-white conversions to improve image quality. Discover AI-powered tools such as background removal and content-aware fill to streamline your workflow. No prior Photoshop experience is required, but it can be helpful. Fee: \$99

Item R16665	Morgan Olson	Live Online
2 Sessions Mon, Wed	July 14, July 16	6:00–7:30PM

Recreational Piano NEW!

The focus of this class is learning to play piano in a relaxed and fun atmosphere. Whether you are returning to piano after an extended time away or learning to play for the first time, this class will help you take the next steps on your piano journey. Topics include: staff reading, rhythm, chords and lead sheets, and major and minor triads. Music for the class will include folk, classical and popular styles. Fee: \$229

Item R16697	Mark Deiter	Building A, A154
8 Mondays	July 7–Aug. 25	5:30–7:00PM

Self-Defense for Women

Research indicates that women 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 media environment. Come prepared to challenge yourself—emPOWERment doesn't get more fun. Fee: \$289

Item R15080	Joanne Factor	Building G, G110
6 Mondays	July 14–Aug. 18	6:00–8:00PM

Language Classes

Chinese 1

This course is for those who have not previously studied Mandarin Chinese. Students will be introduced to pronunciation, learn greetings and the use of practical, spoken Chinese. Fee: \$249

Item R15159	Lixia Gan	Live Online
8 Wednesdays	July 9–Aug. 27	6:00–8:30PM

Italian 1

Students will learn pronunciation, the essentials of grammar, and basic everyday vocabulary and expressions in the present tense. Fee: \$249

Item R15166	Josefina Moschella	Live Online
8 Wednesdays	July 9–Aug. 27	6:30–9:00PM

Japanese 1

More than 122 million people speak Japanese, and you can be one of them. In Level 1 of our Japanese language program, students will acquire basic everyday vocabulary and expressions in their proper cultural context. They will learn to read and write Hiragana and get acquainted with the essentials of Japanese grammar. Fee: \$249

Item R15163	Saori Sampa	Building T, T124
8 Wednesdays	July 9–Aug. 27	6:00–8:30PM

Japanese 8

For students who have taken seven quarters of Japanese or the equivalent. This course will help expand vocabulary, improve conversational fluency, and increase knowledge of Kanji. Fee: \$249

Item R15158	Tokie Benjamin	Live Online
10 Thursdays	July 10–Sept. 11	6:30–8:30PM

Learn a
language
this
summer!

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.

Summer language classes include Chinese, Italian, Japanese, Korean, and Spanish. Register at:
bellevuecollege.edu/ce/programs/language

Japanese Language Proficiency Test Preparation–N2

This course helps students with the requisite Japanese language skills prepare for the internationally accredited Japanese Language Proficiency Test (JLPT) - N2. The test assesses Japanese kanji and vocabulary, listening, reading and grammar. Prerequisites: Japanese 15 or higher; passed JLPT 3; 1000 kanji and 6000 words. Fee: \$249

Item R15155	Tokie Benjamin	Live Online
10 Saturdays	July 12–Sept. 13	10:30AM–12:30PM

Korean 2

In this class, students will learn to use the present tense verbs and appropriate markers to buy/order something, ask for and respond to locations, ask for the price, talk about daily routines, and gain a better understanding and knowledge of Korean culture. Intended for students who have completed one quarter of Korean or the equivalent. Fee: \$249

Item R15169	Soojin Kim	Live Online
8 Thursdays	July 10–Aug. 28	6:00–8:30PM

Korean 4

In this course, students will learn future tense verbs, adjectives, and honorific verbs to converse about future plans. They will learn to use noun modifiers to describe something and ask questions in honorific forms. This course is intended for students who have completed three quarters of Korean or the equivalent. Fee: \$249

Item R15170	Soojin Kim	Live Online
8 Wednesdays	July 9–Aug. 27	6:00–8:30PM

Spanish 3

Students will begin to use tenses other than the present tense, to participate in more diverse conversational situations, and to read, write and speak using the past tenses. Fee: \$249

Item R15161	Rosalyn Vera Rios	Live Online
10 Wednesdays	July 2–Sept. 3	1:00–3:00PM



Become a Lifelong Learners Instructor

Love history, science, 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.



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 8AM to 5PM

Saturday and Sunday Closed

Summer (July 7–August 29)–Closed on Fridays

Upcoming Office Closures: 5/26, 6/19, 7/4, and 9/1

425-564-2263 | conted@bellevuecollege.edu



3000 Landerholm Circle SE
Bellevue, WA 98007

Connect with Us

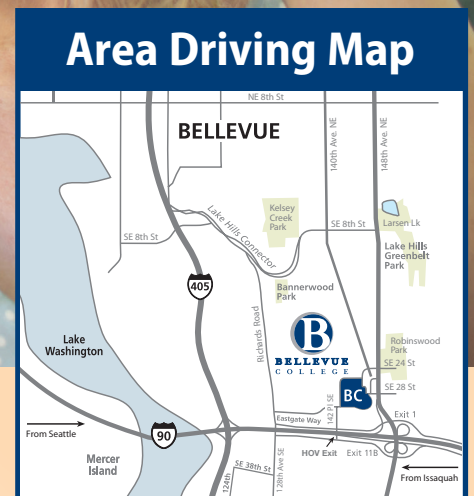


55+ and Love to Learn? Register today! Classes start in July!



Explore TELOS Lifelong Learners courses, including three new courses this summer!

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Scan to Register



bellevuecollege.edu/ce/retiree-programs