



**BELLEVUE
COLLEGE**

COMMUNITY EDUCATION

**COURSES
AVAILABLE
ONLINE AND
IN PERSON!**

TELOS Course Schedule FALL 2022

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.





Bellevue College
is a vaccinated campus.
All students and employees
must complete a
COVID-19 vaccination
confirmation form.

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. XVI, no. 4 *Community 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: 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 BCconted.com.



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.

MONDAYS

Do More with Your Android Phone

Become more knowledgeable, confident, and capable in using your Android Phone (Samsung Galaxy, Google Pixel, or others). Topics covered in this course include taking better photos, and organizing and sharing them; customizing your home screen to include the apps and information you use most; important features of your internet browser; security and privacy; common Android gestures and commands. In addition, this course will cover Google Drive, OneDrive, and Dropbox, what they are, why you use them and which to choose. Other topics will be finding and researching new apps, finding music, books, and audio books (including from libraries) and other great tips and tricks. Fee: \$89

Item F39164

Eric Zocher

Rm 2133

8 Mondays

Oct 3–Dec 5

12:00–1:30pm

NO CLASS OCT 17 AND NOV 28

Egyptian Voices: The Middle Kingdom

The Middle Kingdom was a time of prosperity, peace and long-reigning kings, but also a time in which the role and status of the king was diminished, and the Egyptians were forced to become more cognizant of their neighbors. The language reached its highpoint and literature flourished as did arts and crafts, and sculpture. This course will review the classic period of Egyptian history by looking at the archaeological evidence found in architecture, literature and art. Fee: \$89

Item F39163

Cynthia Smith

Online

8 Mondays

Oct 3–Nov 28

10:00–11:30am

NO CLASS OCT 17

Geology of Terrestrial Planets

As the U.S. prepares to return to the Moon and continue the exploration of Mars, new missions will be launched to study the other inner worlds of the Solar System. This course will examine the contributions the geological sciences have made to the study of other planets and how that has informed the study of our own planet. Fee: \$89

Item F37047

Herbert Hobbs

Online

8 Mondays

Oct 3–Nov 28

2:00–3:30pm

NO CLASS OCT 17

Great Foreign Policy Decisions

Great Decisions is a discussion course offered by the Foreign Policy Association. The course includes a book with a chapter on each subject. In class we watch a DVD and then discuss the topic. Discussions are lively and interesting. The topics for 2022 are Outer Space, Changing Demographics, Climate Change, Russia, Myanmar and ASEAN (organization of SE Asia), Quad Alliance (U.S., India, Japan, Australia), Industrial Policy, Drug Policy in Latin America, and Biden's Agenda. Prepare to discuss the world.

Required Text: *Great Decisions 2022 Briefing* available at fpa.org (available online, not available at college bookstore). Fee: \$109

Item F38304

Carla Barnes

Online

9 Mondays

Oct 3–Dec 5

2:00–3:30pm

NO CLASS OCT 17

Self-Defense 101

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 decisive strikes to vital targets. Assess your risks, and plan around them. Understand the connections between awareness, threats, and our media environment. Be prepared to challenge yourself—emPOWERment doesn't get more fun.

REQUIRED FORM:

All fitness/movement 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: ce-programs@bellevuecollege.edu.

Fee: \$89

Item F37323

Joanne Factor

Rm 0100

6 Mondays

Sep 19–Oct 24

2:00–4:00pm

Stable Walking

Turn back the clock a few years by improving your coordination and efficiency in walking. Reduce pain, walk further and faster, and feel more confident on uneven ground and stairs. This classes use the Feldenkrais Method to help you discover easier and more comfortable ways of moving so you can stay more active. Fee: \$89

Item F37197

Irene Pasternack

Rm 0100

8 Mondays

Oct 3–Nov 28

10:00–11:30am

NO CLASS OCT 17

Virtual Visit–European Museums

Thanks to the internet, it's almost possible to walk into the most important European museums. Discover how important collections were born, their adventures and legacies. Learn how the Louvre was built in the Middle Ages and why it is now the most important French museum. Through the buildings and their collections, you'll be able to understand how and why conservation is an everyday challenge. Discover some of the most well-known museums and some of the more unusual ones like Rubenshuis, Rembrandthuis, and Convento di San Marco. Fee: \$89

Item F37037
8 Mondays

Florence Dusausoy
Oct 3–Nov 28

Online
10:00–11:30am

NO CLASS OCT 17

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: \$95

Item F37202
6 Tuesdays

Stacey Almgren
Oct 4–Nov 15

Online
9:30–11:30am

NO CLASS OCT 11

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: \$95

Item F37208
6 Tuesdays

Stacey Almgren
Oct 4–Nov 15

Online
12:00–2:00pm

NO CLASS OCT 11



One Billion Years of WA Geology

Time travel with this course! The Fourth Dimension: One Billion Years of WA Geology will piece together Washington state's geology through the last one billion years of geologic time. Learn how Washington's geoscape evolved by going back through geologic eons, eras, periods, and epochs. Piece together events which led to the geologic wonderland that is Washington state. Explore the timing of earthquakes, volcanic eruptions, natural disasters and intriguing glacial landscape. Fee: \$89

Item F37213
8 Tuesdays

Dale Lehman
Oct 4–Nov 22

Online
12:00–1:30pm

Photography: Share for Feedback

Have you ever wanted to receive useful feedback on your photographs? Every week, post your photographs to Flickr.com and receive feedback on Flickr and in our weekly Zoom sessions from your instructor and fellow students. You can post either new photographs or ones harvested from your collection, your choice. Get feedback on camera settings and designing the most evocative photographs you can. All you need is any digital camera, a free Flickr account and a computer to allow you to use Flickr and Zoom. (Instructions for using Flickr will be sent before class.) Fee: \$89

Item F37223
6 Tuesdays

Raymond Pfortner
Oct 11–Nov 15

Online
11:00am–1:00pm

Roots of Rock & Roll: 1940s–50s

Take a fascinating, informative and entertaining journey with Bay Area broadcaster John Jensen as we seek the roots of rock. You'll hear great music, see rare film and video clips while examining the legacies of the pioneers who contributed greatly to this popular music genre. You'll hear how Rhythm and Blues, Gospel, and Country intersected during that first decade and became the bedrock of Rock n' Roll. Along the way, we'll hear the musicians, the singers, the guy and girl groups, the personal stories and the influence of radio, television and big business. You'll play 50s rock trivia, hear rare studio sessions and see how the music impacted American culture during those early days. Fee: \$89

Item F37200
8 Tuesdays

John Jensen
Oct 4–Nov 22

Rm 2140
11:00am–12:30pm

Roots of Rock & Roll: 1960s

This course will examine the songs and the performers who shaped the music of this decade. We will review how genres continued to change and morph. With the help of Motown, Rhythm and Blues moved to Soul; The Surf Sound added the Hot Rod scene, Rockabilly became Country Rock and Folk-Rock melded into Psychedelic. Along the way we'll review one hit wonders, examine Top 40 Radio, hear plenty of demos and outtakes and have a fun quiz or two. Fee: \$89

Item F37201
8 Tuesdays

John Jensen
Oct 4–Nov 22

Rm 2140
1:00–2:30pm

Women Who Changed Literature

Through most of recorded history, women's social and professional roles were limited, and boundaries were strictly enforced. Penalties for women's participation in politics and the arts were severe. Overcoming these boundaries was a long and arduous process and literature by both sexes helped change perceptions of women and open doors for them. Through lectures and discussions of passages in the works of Shakespeare, the Bronte sisters, Thomas Hardy, Toni Morrison, and others, class participants will explore the ways in which literature re-envisioned women and in doing so, changed their lives. Fee: \$75

Item F38633
4 Tuesdays

Joan Perkins
Oct 4–Oct 25

Online
10:00am–12:00pm

WEDNESDAYS

Chair Yoga

Gentle yoga practice while sitting on a chair or using a chair while standing for support. This is a wonderful class for all levels who want to work on breath, balance, and strength. Equipment needed: chair with arm support. Fee: \$85

Item F37035
8 Wednesdays

Connie Ellis
Oct 12–Dec 7

Online
10:00–11:00am

NO CLASS NOV 23

Comedy in the 21st Century

With the advent of streaming services such as Netflix, YouTube, Prime Video, and so many others, there has been an explosion of comedic talent that used to be accessible only in comedy clubs or concert halls. This class will take a probing but entertaining look at some of the major comedy talents that have emerged in the past 20 years, such as Amy Schumer, Aziz Ansari, Hannah Gadsby, Trevor Noah, and even controversial comics such as Louis C.K. There will be an emphasis on diverse voices, previously unrecognized by the comedy world. As always, plentiful audio and video clips will leave you laughing (and perhaps shaking in the aisles.) Fee: \$89

Item F37038

Frederic Silber

Rm 2133

8 Wednesdays

Oct 5–Nov 23

10:00–11:30am

Japanese Cinema—Post World War II

Japanese cinema has a history that spans more than 100 years and has one of the oldest and largest film industries in the world. But it was after the end of World War II that Japanese film and directors gained world-wide notice and recognition, producing such great films as *Rashomon*, *The Magnificent Seven*, *Late Spring* and many others. This course will focus on the very best movies and directors that emerged from the debris of post-war Japan, including such filmmakers as Kurosawa, Ozu, Mizoguchi and Ichikawa. Expert lectures combined with informative film clips will make for an unforgettable experience. Fee: \$89

Item F37040

Frederic Silber

Rm 2133

8 Wednesdays

Oct 5–Nov 23

12:00–1:30pm



Expanding Community Education Offerings

We are now accepting course proposals for winter and spring in TELOS, Art & Design, and Personal Enrichment! To download the course proposal form, click on 'Information and Forms' at bellevuecollege.edu/ce/about. Once completed, you may email them to ce-communityprograms@bellevuecollege.edu.

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 who each week will choose three to five articles, reviews, poems, stories or cartoons to discuss. A subscription or access to the magazine is required. Fee: \$89

Item F36961	Frederic Silber	Online
8 Wednesdays	Oct 5–Nov 23	2:00–3:30pm

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: \$89

Item F36966	Gerald (Jerry) Bunce	Rm 2126
8 Wednesdays	Oct 5–Nov 23	12:00–1:30pm

THURSDAYS

American History 1500–1600s

The great sweep of American history begins with a step, the step of the nomads who walked onto the continent. This course will explore five distinct Native American cultures of the 1500s, a successful response to five distinct environments. A variety of early meetings between the Native Americans and Europeans will also be examined. Fee: \$89

Item F37220	Kristine Busch	Online
8 Thursdays	Sep 29–Nov 17	10:00–11:30am

Item F37221	Kristine Busch	Online
8 Thursdays	Sep 29–Nov 17	1:00–2:30pm



World Languages

Korean

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:

Chinese (Mandarin), French, German, Italian, Japanese, Korean, and Spanish

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

American Short Stories: A Survey

In this course, students will read and discuss twenty-eight short stories written by outstanding American writers from 1890–present. The stories will reflect the ethnic/racial diversity of the authors and will include those written by Native Americans, Black Americans, Asian Americans and Hispanic Americans, as well as by Whites. Keeping in mind the historical context of each story, students will explore these stories to discover what they teach us about the human experience. Fee: \$89

Item F37219

David Summers

Online

8 Thursdays

Oct 6–Dec 1

1:00–2:30pm

NO CLASS NOV 24

Ballet for Balance

Using ballet basics, brain dance and Pilates principles, this class begins in chairs and moves to ballet barre, with occasional center work at the end of class. Improve your posture, balance, range of motion, and physical well-being with these fun ballet exercises performed to beautiful music. Feel like a dancer and take these new movement patterns with you for better walking, sitting, and enhanced confidence in all your activities. No experience needed.

Bare feet or socks, no dance shoes. Fee: \$105

Item F36954

Claudia Lawrey

Rm 0100

8 Thursdays

Oct 6–Dec 1

10:00–11:30am

NO CLASS NOV 24

Stories from the Eastside's Past

This course chronicles the development of the eastside (of Lake Washington) communities from the Native Americans, logging, and mining to the incorporation of the four major eastside cities. One of the topics includes the effects of the lowering of Lake Washington in 1916 on the economic growth of the area. Fee: \$89

Item F36968

Jane Morton

Online

8 Thursdays

Oct 6–Dec 1

10:00–11:30am

NO CLASS NOV 24

Superstars of Dance

Each week, meet three important luminaries from the world of dance, each of whom reimagined and redefined the meaning and purpose of dance. Videos and lectures reveal the stories of Michael Flatley's rise to fame, Michael Jackson's unique movement style, the relationships between Isadora Duncan and Anna Pavlova, Gene Kelly and Fred Astaire, Gregory Hines and Savion Glover, and more. Learn how recent and current dance styles can be traced back to the superstars of classical dance. From Alvin Ailey to Misty Copeland, find out how the game changers break down cultural barriers to honor the past while creating dance for new generations. Fee: \$89

Item F37210
8 Thursdays

Claudia Lawrey
Oct 6–Dec 1

Rm 2133
12:00–1:30pm

NO CLASS NOV 24

Three Meetings Changed Our World

World War II was the deadliest conflict in history. At the epicenter were three men who were suspicious of each other. President Roosevelt did not know Stalin and Stalin viewed Roosevelt with interest. Roosevelt did not trust Churchill because he didn't like empires and Great Britain was the greatest empire the world had ever seen. Churchill didn't fully trust Roosevelt because he knew that Roosevelt had a political situation at home where many people were opposed to American involvement in the war.

This course highlights crucial war time decisions and the complex relationships between nations and, in particular, three individuals.

Take a deeper look into the personalities that shaped the world we live in today. Recreated in an interactive, fact-based presentation and delivered with energy, commitment and fun. Fee: \$89

Item F37048
8 Thursdays

John Bishop
Oct 6–Dec 1

Rm 2126
1:00–2:30pm

NO CLASS NOV 24

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: \$89

Item F36967
8 Thursdays

Charles (Ted) Watts
Oct 6–Dec 1

Online
10:00–11:30am

NO CLASS NOV 24



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and in-person formats.**

Please check individual courses to identify the format.

To register or for more information:

bellevuecollege.edu/ce

425-564-2263