



AUBURN - Lea Hill  
BONNEY LAKE - at Tehaleh  
DES MOINES  
PUYALLUP - Bradley Park  
[WesleyChoice.org/WesleyU](http://WesleyChoice.org/WesleyU)

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LIFELONG LEARNING COURSE CATALOG | **SPRING 2022**

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*Bradley Park residents introduced to S'Wonderful, S'Gershwin program with Presenter/Musician David Joyner (left)*

**Please register in advance for each class  
so we can send you the appropriate link and details.**

**See page 2 for registration instructions.**

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Wesley U courses are **FREE** for residents and community members thanks to our sponsor:



Thank you to the **Wesley U Resident Committee** and staff for planning the Wesley U program.

### Wesley Bradley Park - Puyallup

A J Culver  
Liz Carter  
Marilyn Knutson  
Leslie Winchell  
Mistie Hansen, staff

### Wesley Des Moines

Rita Bailie  
Diane Collier  
Paul Cooke  
Gene Haugen  
Sue Lawrence  
Verla Morrison  
Nancy Robertson

### Wesley Lea Hill - Auburn

Helena Hanna  
Barbara Dadd Shaffer  
Elaine Stamm  
Marlene Feliciano, staff

### Wesley at Tehaleh - Bonney Lake

Karen McClure  
Barbara Toren  
Kaci Nisswandt, staff

### WesleyChoice.org

Wesley is a not-for-profit organization offering a full spectrum of lifestyle options for aging well, including residential communities, in-home health and care services in King and Pierce counties.



## Welcome to Wesley U

Wesley U classes stimulate meaningful learning, interaction, and personal growth for Wesley Homes residents and our neighboring communities.

Wesley U courses are available in a variety of formats:



### In-person Speaker

Rotating Wesley locations host the instructor in-person. Other Wesley locations participate via Zoom.



### Zoom In

Join a Zoom class from your computer, tablet or smartphone. Prior to each class, you'll receive an email reminder with the Zoom link and class information.



### Small Group

You can also participate in the Zoom class with other residents in the room as stated on the course page.

## PLEASE REGISTER IN ADVANCE

### BEST WAY: ONLINE

**WesleyChoice.org/WesleyU**

### EMAIL

Scan registration page or send your list of classes to Tracy Oshiro: [oshirot@wesleyhomes.org](mailto:oshirot@wesleyhomes.org)

### PHONE

Call Wesley U Manager: **(206) 870-1385**

### DROP OFF

Complete the **inserted registration form** and return it to your Front Desk.



# WESLEY

Community · Choice · Continuing Care

## COURSE DESCRIPTIONS

### Smartphone Photography

**Part I: Wednesday, April 20 • 10:30-11:30am. Zoom**

**Part II: On site-**

**Bradley Park • Thursday, April 28. 10:30am-Noon**

**Lea Hill • Friday, April 29. 10:30am-Noon**

**Des Moines • Wednesday, May 4. 10:30am-Noon**

**At Tehaleh • Thursday, May 5. 10:30am-Noon**

***Each class is limited to 10 participants.***

The smartphone's convenient, built-in photo feature has definitely nudged aside the conventional camera. Build on your basic skills of taking cellphone photos by sharpening your photographer's eye. After an initial Zoom introduction to Smartphone Photography, the instructor will join participants onsite in a follow up session. The small group setting is a relaxed, informative opportunity to exchange ideas and to learn how to achieve better quality photos.



#### ABOUT THE INSTRUCTOR

**Frank Greif** is a native of Seattle and started working with photography after semi-retiring from his consulting business as a strategic executive coach with companies such as HBO, Apple, and Getty Images. Most of his photography work has involved people, both candid shots and more formal family portraits. His work has been featured at the Auburn City Event Center Gallery, and in several locations in Seattle. Two of his photos were selected by King County Metro Transit and are installed in bus shelters in Seattle and Tukwila.

### Cryptocurrencies

**Friday, April 22 • 2:00-4:00pm. Lea Hill and Zoom**

What is it? Why are these Internet currencies being offered? Why is even the U.S. government thinking about producing its own? Why has Bitcoin and the other 9,000 currencies grabbed the attention of investors and the public? Come and see.



#### ABOUT THE INSTRUCTOR

**Rich Elfers** has an M.A. in history from Pepperdine University in California. He was a high school Social Studies teacher for 31 years at Sumner High. Rich taught U.S. History, Civics and Government for 15 years. He has traveled throughout a great deal of the world. Rich served on the Enumclaw City Council for four years and writes a political column for two small town newspapers.

## Steps toward Better Foot Care. Four-part Series

**Mondays, April 25, May 2, May 9, May 16 • 10:30-11:30am. Zoom**

Feet are not standard so finding comfortable, supportive shoes can be surprisingly complex. Become a wiser consumer of shoes with this four part series on practical foot care. In Part One, learn the misconceptions about the biomechanics and structure of feet of the mature adult. In Part Two, with an ever-changing variety of shoes in the market, become a knowledgeable shopper when selecting shoes and accessories for one's lifestyle. In Part Three, join a medical discussion on how to sustain healthy feet. In Part Four, assess how best to evaluate shoes for walking or running.



### ABOUT THE INSTRUCTOR

**Matt Donnelly** has been a business leader and consultant in the fitness and sports footwear industry for over 2 decades. A University of Washington graduate with a B.A. in Creative Writing, an avid runner, and a cross country and track coach, Matt Donnelly has overseen the design, development, marketing and manufacturing of different types of foot wear with BDA, Apex and Asics.

## History of Photography. Four-part Series

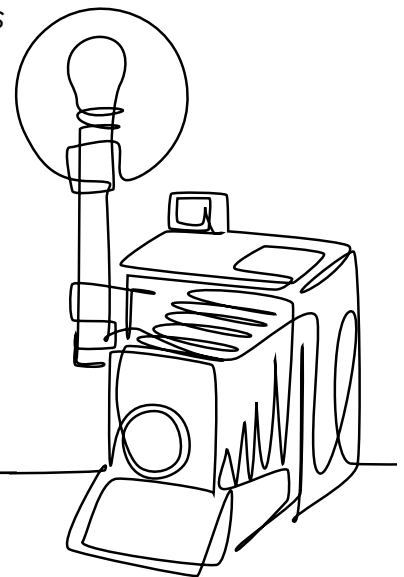
**Tuesdays, April 26, May 3, 10 and 17 • 10:30am-Noon. Zoom**

Hard to imagine a world without photography. This brief history on photography will cover its early 19th century beginnings to contemporary digital imaging. The overview covers key photographers, culture movements, historical milestones, social movements and mixed media use of photography.



### ABOUT THE INSTRUCTOR

**Kolya Rice** earned his Ph.C. in modern and contemporary art history and criticism from the University of Washington and received his M.A. from Rice University. He has taught a wide range of courses on western art, theory and criticism at the UW, Seattle University, and the University of Puget Sound over the last decade. He is currently an Associate Teaching Professor in the UW's Art History Department and an Associate Professor at Cascadia College.





## Watercolor Painting. Four class Series - On site

Des Moines • Thursdays, May 5, 12, 19 and 26. 9:00-11:00am

Lea Hill • Fridays, May 6, 13, 20 and 27. 9:00-11:00am

Bradley Park • Thursdays, June 2, 9, 16 and 23. 9:00-11:00am

At Tehaleh • Fridays, June 3, 10, 17 and 24. 9:00-11:00am

### **Each Class limited to 10 participants.**

In this Spring's watercolor sessions, Charlene will guide you through paintings that create light by using color and shadows. The subjects will be a building with lighted windows (pen and wash technique), lemons, pottery with shadows and a landscape with streaming light. All levels of ability are welcome. With each class, a participant completes a painting. Paper, reference photos and pencil drawings will be provided. Class size is limited. If a participant is new to watercolor and needs supplies, there is a supply list available or a kit can be purchased with at least one week notice to Instructor. The kit is \$75 (at cost) and has everything needed and will provide years of use. After registration is confirmed, contact Charlene Burley for the kit at [charlene.burley@gmail.com](mailto:charlene.burley@gmail.com)



#### ABOUT THE INSTRUCTOR

**Charlene Burley** has been painting in watercolor for more than 10 years. She first took lessons from three great local instructors: Ann Breckon, Kay Barnes and Mary Gibbs. She took additional classes from nationally known instructors, increasing her love of the medium. Charlene is a collective member of the Art Gallery of Snovalley in Snoqualmie. She is a member of the Northwest Watercolor Society, the South Hill Artists and the Mount Si Artist Guild. She has been providing painting classes for Wesley Homes for many years and has a dedicated following.



# Survival Challenges For Local News in the U.S.



## **SURVIVAL CHALLENGES FOR LOCAL NEWS IN THE U.S. Three-part Series**

Delve into the hurdles and changes of the news industry by gaining a historic and economic perspective. The series includes a look at a successful local news outlet.

### **I. History and the Print Media**

**Friday, May 6 • 10:30-11:30am. Zoom**

Examine history and changes which have affected the news. Discover that the current print media's decline with the rise of the internet is not necessarily a new phenomenon in the dissemination of information.



#### **ABOUT THE INSTRUCTOR**

**Chris Demaske** is a current Associate Professor with UW Tacoma's Culture, Arts & Communication Division. With a B.A. in Journalism, an M.A. in Journalism and Mass Communication and a Ph.D. from the University of Oregon, Demaske combines a prior career as a reporter in the media industry with her academic interest in the first amendment and media law.

## II. The Dollars and Sense of Local Media Ownership in the U.S.

Friday, May 13 • 10:30-11:30am. Zoom

The American news media is controlled by an ever-shrinking number of firms. Why is this happening? What are the implications for local news? What alternatives to the status quo exist?



### ABOUT THE INSTRUCTOR

**Matthew Powers** is the Associate Professor in the UW Department of Communication, where he co-directs the Center for Journalism, Media and Democracy. He is the author of *NGOs as Newsmakers: The Changing Landscape of International News*, and co-editor (with Adrienne Russell) of

*Rethinking Media Research for Changing Societies*.

## III. Celebrating Local News: West Seattle Blog

Friday, May 20 • 10:30-11:30am. Zoom

How does a niche community blog sustain itself on an ads-only business model with no subscriptions? Recognized as Business of the Year in 2010, the West Seattle Blog averages 150,000 readers per month. Meet the Founder of this news outlet. As the recipient of the June Almqvist Award for online journalism, Tracy Record discusses how this resilient, 24/7 news blog serves the needs of its residents in the southwest region of Seattle so successfully.



### ABOUT THE INSTRUCTOR

**Tracy Record** is the hands-on Founder, publisher and writer for the West Seattle Blog since its start in 2005. A West Seattle resident, Record has been called "a local news blogging pioneer" by the Puget Sound Business Journal.

## The Music of Broadway and Theater. Six-part Series

**Mondays, May 16, 23, June 6, 13, 20, 27 • 2:00-3:00pm. Zoom**

For the lover of Broadway and the stage, the history and variety of theater music is a deep and varied one. Follow the evolution of the musical form from the *Ziegfeld Follies*, through the golden age of Rodgers and Hammerstein, the camp era of Kander/Ebb's *Cabaret* and *Chicago*, the innovative music of Sondheim and the rock sounds of *Hair* and *Rent*.



### ABOUT THE INSTRUCTOR

**Andrea Leap** is a performer, teacher and arts advocate in Minneapolis, MN. A three-time recipient of the Artist Initiative Grant from the Minnesota State Arts Board, she produces and performs chamber music concerts. She performs with the Minneapolis' Greenville Light Opera, Michigan Opera

Theater, and Light Opera Oklahoma. Andrea works with composers through Nautilus Music-Theater, American Composers Forum, Outpost Words and Music and MacPhail Center for Music. She has a B.M. from Indiana University and a M.A. in Music from the University of Michigan, with post-graduate studies in Paris. She teaches at the MacPhail Center for Music, and at the University of St. Thomas.







## The Gift of Comfort, Care and Love: Prayer Shawls

Wednesday, May 18 • 1:00-2:00pm. Zoom

We all know someone who has been through a difficult time in their lives, or is going through one now. What is a tangible expression of our love, care, and comfort we can give them?

Explaining the history of Prayer Shawls in their own words, residents Marsha Tollefson and Pat Theonnes of Wesley at Tehaleh share with you an act of love and care that exponentially ripples outward.

Explore what these shawls are, how they become “Prayer” shawls, how and why they are distributed, and how they impact their recipients. Marsha Tollefson and Pat Theonnes will expound upon the opportunities of this ministry, going beyond shawls and including how everyone and anyone can be involved. This process can become a ministry to not only the recipients but also to the knitters. Those who craft the shawls can find comradery during the creative process.



### ABOUT THE INSTRUCTORS

**Marsha Tollefson** and **Pat Theonnes** are residents of Wesley Tehaleh. Marsha originally received a prayer shawl from a Boston church in 2007, after having surgery. She found knitting and crocheting shawls was a blessing for her own

church and has since made over 7,000 shawls which included crafting scarves and prayer dolls. Pat Theonnes experienced the miracles and benefits of knitting shawls after her own sister was gifted with a prayer shawl from Marsha. Pat found it gave her a sense of comfort, purpose and community. She has since created shawls which she hopes will be all over the world instead of sitting on a shelf.

# It's All About Power Through Messaging

**IT'S ALL ABOUT POWER THROUGH MESSAGING. Four-part Series**

## **I. Rise and Fall of the Tech Giants: Apple, Google, Amazon & Meta (Facebook)**

**Friday, June 3 • 2:00-4:00pm. Lea Hill and Zoom**

Join instructor Rich Elfers to examine how companies Apple, Google, Amazon and Facebook got to be such major players, how much they affect our lives and what the future holds for them. Will the federal government step in to rein in their power? Clarify and broaden your understanding of these global mega giants.

## **II. Conspiracy Theories Today**

**Friday, June 10 • 2:00-4:00pm. Lea Hill and Zoom**

The United States is in a time of enormous social, religious, and economic upheaval. Conspiracy theories abound. Belief in those conspiracies almost brought the downfall of our representative democracy on January 6, 2021. Understand the reasons for their rise, some of the beliefs, and what can be done to reunify the nation. Instructor Rich Elfers is no stranger to cult mentality having been a member of a religious cult from age 16-23.



### III. The 2022 Midterm Elections

Friday, June 17 • 2:00-4:00pm. Lea Hill and Zoom

Why are both major political parties focusing their time, talent, and treasures on these elections? What's at stake? How do these elections set the stage for the main act – the presidential election in 2024? Understand the jockeying for power in Congress, and in many state governments. The midterms have the possibility of determining whether the United States remains a representative democracy, or whether we will slip into autocracy. Understand the high stakes and the political games being played.

### IV. The Second Constitution: The Impact of the 14th Amendment

Friday, June 24 • 2:00-4:00pm. Lea Hill and Zoom

Vaxers versus Antivaxers, Pro-choice versus Pro-Life, Black Lives Matter and Racial Equity, Gender Equality, to Gerrymander or no Gerrymander; all these issues revolve around the questions of due process and equal protection under the law as stated in the 14th Amendment. Learn the history and the original intent of the law to understand how it has evolved and morphed since its ratification in 1868. The creators of this Amendment would have been very surprised were they living now.



#### ABOUT THE INSTRUCTOR

**Rich Elfers** has an M.A. in history from Pepperdine University in California. He was a high school social studies teacher for 31 years at Sumner High. Richard taught U.S. History, Civics and Government for 15 years. He has traveled throughout a great deal of the world.

*Rich served on the Enumclaw City Council for four years and writes a political column for two small town newspapers.*



## Art of Iconography. Two-part Series

Wednesday, June 29 • 10:30-11:30am. Bradley Park and Zoom

Thursday, June 30 • 10:30-11:30am. Bradley Park and Zoom

Far from being a primitive, religious art form, Iconography was a purposeful departure from more familiar forms of representative art. Learn how it achieved its stylized depiction of the human body with an Iconography artist in this series. Understand the origins and the continuing, living tradition of this pictorial art form through Christian images, scenes and symbols. In Part Two of the series, see how an artist breaks down the proportions of the human figure into the iconic, two-dimension image.



### ABOUT THE INSTRUCTOR

Active Arts and Crafts Artist **Kathy Sievers** is from Oregon with a B.A. Teaching certification in Art, Painting and Drawing from Portland State University. Currently completing two Seattle commissions, Iconographer Sievers has studied this unique art style in France, sharing the iconography tradition through art commission projects and through university and community college lectures, workshops and retreats.





## April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18	19	20 <input type="checkbox"/> 10:30am Smartphone Photography - Z	21	22 <input type="checkbox"/> 2:00pm Cryptocurren- cies - LH, Z
25 <input type="checkbox"/> 10:30am Better Foot Care - Z	26 <input type="checkbox"/> 10:30am History of Photography - Z	27	28 <input type="checkbox"/> 10:30am Smartphone Photography - BP	29 <input type="checkbox"/> 10:30am Smartphone Photography - LH

**BP:** Bradley Park   **DM:** Des Moines   **LH:** Lea Hill   **TH:** at Tehaleh   **Z:** Zoom

## May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <input type="checkbox"/> <b>10:30am</b> Better Foot Care - Z	<b>3</b>  <input type="checkbox"/> <b>10:30am</b> History of Photography - Z	<b>4</b>  <input type="checkbox"/> <b>10:30am</b> Smartphone Photography - DM	<b>5</b> <input type="checkbox"/> <b>9:00am</b> Watercolor Painting - DM <input type="checkbox"/> <b>10:30am</b> Smartphone Photography - TH	<b>6</b> <input type="checkbox"/> <b>9:00am</b> Watercolor Painting - LH <input type="checkbox"/> <b>10:30am</b> Local News - Z
<b>9</b> <input type="checkbox"/> <b>10:30am</b> Better Foot Care - Z	<b>10</b> <input type="checkbox"/> <b>10:30am</b> History of Photography - Z	<b>11</b>	<b>12</b> <input type="checkbox"/> <b>9:00am</b> Watercolor Painting - DM	<b>13</b> <input type="checkbox"/> <b>9:00am</b> Watercolor Painting - LH <input type="checkbox"/> <b>10:30am</b> Local News - Z
<b>16</b> <input type="checkbox"/> <b>10:30am</b> Better Foot Care - Z <input type="checkbox"/> <b>2:00pm</b> Broadway Music - Z	<b>17</b> <input type="checkbox"/> <b>10:30am</b> History of Photography - Z	<b>18</b> <input type="checkbox"/> <b>1:00pm</b> Prayer Shawls - Z	<b>19</b> <input type="checkbox"/> <b>9:00am</b> Watercolor Painting - DM	<b>20</b> <input type="checkbox"/> <b>9:00am</b> Watercolor Painting - LH <input type="checkbox"/> <b>10:30am</b> Local News - Z
<b>23</b> <input type="checkbox"/> <b>2:00pm</b> Broadway Music - Z	<b>24</b>	<b>25</b>	<b>26</b> <input type="checkbox"/> <b>9:00am</b> Watercolor Painting - DM	<b>27</b> <input type="checkbox"/> <b>9:00am</b> Watercolor Painting - LH
<b>30</b> MEMORIAL DAY	<b>31</b>			

**BP:** Bradley Park   **DM:** Des Moines   **LH:** Lea Hill   **TH:** at Tehaleh   **Z:** Zoom

## June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 <input type="checkbox"/> 9:00am Watercolor Painting - BP	3 <input type="checkbox"/> 9:00am Watercolor Painting - TH  <input type="checkbox"/> 2:00pm It's All About Power - LH, Z
6 <input type="checkbox"/> 2:00pm Broadway Music - Z	7	8	9 <input type="checkbox"/> 9:00am Watercolor Painting - BP	10 <input type="checkbox"/> 9:00am Watercolor Painting - TH  <input type="checkbox"/> 2:00pm It's All About Power - LH, Z
13 <input type="checkbox"/> 2:00pm Broadway Music - Z	14	15	16 <input type="checkbox"/> 9:00am Watercolor Painting - BP	17 <input type="checkbox"/> 9:00am Watercolor Painting - TH  <input type="checkbox"/> 2:00pm It's All About Power - LH, Z
20 <input type="checkbox"/> 2:00pm Broadway Music - Z	21	22	23 <input type="checkbox"/> 9:00am Watercolor Painting - BP	24 <input type="checkbox"/> 9:00am Watercolor Painting - TH  <input type="checkbox"/> 2:00pm It's All About Power - LH, Z
27 <input type="checkbox"/> 2:00pm Broadway Music - Z	28	29 <input type="checkbox"/> 10:30am Iconography - BP, Z	30 <input type="checkbox"/> 10:30am Iconography - BP, Z	

**BP:** Bradley Park   **DM:** Des Moines   **LH:** Lea Hill   **TH:** at Tehaleh   **Z:** Zoom

See page 2 for registration instructions

**Keep THIS COPY for your records • Use INSERTED FORM to register**

**Class locations unless otherwise noted: BP:** Bradley Park, Theatre **LH:** Lea Hill, Assembly Hall  
**DM:** Des Moines, S. McCarthy Classroom **TH:** at Tehaleh, Event Center

CLASS	DAY/DATE	TIME	LOCATION
<b>Smartphone Photography</b>			
<input type="checkbox"/> Introduction	Wed. 4/20	10:30-11:30am	Zoom
<input type="checkbox"/> BP residents only	Thu. 4/28	10:30am-Noon	BP
<input type="checkbox"/> LH residents only	Fri. 4/29	10:30am-Noon	LH
<input type="checkbox"/> DM residents only	Wed. 5/4	10:30am-Noon	DM
<input type="checkbox"/> TE residents only	Thu. 5/5	10:30am-Noon	TH
<b>Cryptocurrencies</b>			
<input type="checkbox"/> Cryptocurrencies	Fri. 4/22	2:00-4:00pm	LH, Zoom
<b>Steps Towards Better Foot Care</b>			
<input type="checkbox"/> Four-part Series	Mon. 4/25, 5/2-16	10:30-11:30am	Zoom
<b>History of Photography</b>			
<input type="checkbox"/> Four-part Series	Tue. 4/26, 5/3-17	10:30am-Noon	Zoom
<b>Watercolor Painting</b>			
<input type="checkbox"/> DM residents only	Thu. 5/5-26	9:00-11:00am	DM
<input type="checkbox"/> LH residents only	Fri. 5/6-27	9:00-11:00am	LH
<input type="checkbox"/> BP residents only	Thu. 6/2-23	9:00-11:00am	BP
<input type="checkbox"/> TE residents only	Fri. 6/3-24	9:00-11:00am	TH
<b>Challenges for Local News in the U.S.</b>			
<input type="checkbox"/> History and the Print Media	Fri. 5/6	10:30-11:30am	Zoom
<input type="checkbox"/> Local Media Ownership	Fri. 5/13	10:30-11:30am	Zoom
<input type="checkbox"/> Local News: W. Seattle Blog	Fri. 5/20	10:30-11:30am	Zoom
<b>Broadway and Theater Music</b>			
<input type="checkbox"/> Six-part Series	Mon. 5/16-23, 6/6-27	2:00-3:00pm	Zoom
<b>Gift of Comfort: Prayer Shawls</b>			
<input type="checkbox"/> Gift of Comfort: Prayer Shawls	Wed. 5/18	1:00-2:00pm	Zoom
<b>It's All About Power Through Messaging</b>			
<input type="checkbox"/> Rise and Fall of the Tech Giants	Fri. 6/3	2:00-4:00pm	LH, Zoom
<input type="checkbox"/> Conspiracy Theories Today	Fri. 6/10	2:00-4:00pm	LH, Zoom
<input type="checkbox"/> The 2022 Midterm Elections	Fri. 6/17	2:00-4:00pm	LH, Zoom
<input type="checkbox"/> The Second Constitution: Impact of the 14th Amendment	Fri. 6/24	2:00-4:00pm	LH, Zoom
<b>Art of Iconography</b>			
<input type="checkbox"/> Two-part Series	Wed. 6/29, Thu. 6/30	10:30-11:30am	BP, Zoom