



AUBURN - Lea Hill
BONNEY LAKE - at Tehaleh
DES MOINES
PUYALLUP - Bradley Park
WesleyChoice.org/WesleyU

LIFELONG LEARNING COURSE CATALOG | WINTER 2023



*Watercolor Painting,
Wesley Lea Hill*

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

See page 2 for registration instructions.

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
Mistie Hansen, staff

Wesley Des Moines

Rita Bailie
Diane Collier
Sue Lawrence
Verla Morrison
Nancy Robertson
Paula Olson, staff

Wesley Lea Hill - Auburn

Helena Hanna
Barbara Dadd Shaffer
Elaine Stamm
Marlene Feliciano, staff

Wesley at Tehaleh - Bonney Lake

Don Froiland
Karen McClure
Erica Hack, staff

[WesleyChoice.org](https://www.wesleychoice.org)

Wesley is a nonprofit 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](https://www.WesleyChoice.org/WesleyU)

EMAIL

Scan registration page or send your list of classes to WesleyU@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



Watercolor Painting. Four-part Series

Bradley Park • Mondays, January 9, 16, 23, 30 • 10:00am-12:00pm.

Lea Hill • Tuesdays, January 10, 17, 24, 31 • 10:00am-12:00pm.

Tehaleh • Mondays, February 6, 13, 20, 27 • 10:00am-12:00pm.

Des Moines • Tuesdays, February 7, 14, 21, 28 • 10:00am-12:00pm.

Each class is limited to 12 participants. Please register early.

This winter, Charlene continues to focus on the beginner while offering growth in skills for those more experienced in the medium. In each class, you'll complete a painting based on a traced image so there is no need to know how to draw. Each painting will feature specific watercolor techniques to develop and enhance your skills.

Paper is provided for each project. 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 provided to the instructor. The kit is \$75 (her cost) and has everything you need for years to come. After registration is confirmed, contact Charlene Burley for a kit at 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 expanded her classes to nationally known instructors, which increased 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 provided painting classes for Wesley Homes for many years and has a dedicated following. She is gifted at helping both beginner and experienced painters develop their skills in the same class.



Geology of Washington: Fire and Ice. Eight-part Series

Wednesdays, January 11, 18, 25, February 1, 8, 15, 22, March 1, 2023

1:00pm-2:30pm • Zoom

Come explore the fascinating geology of Washington state as we climb the High Cascades, explore the deserts, and unravel the geologic story behind the beautiful landscapes of our state. We will learn about the web of geologic faults that transect the Puget Lowland as we examine mighty volcanoes and floodscapes left by the great Ice Age Floods. We will also scan the bluffs of Puget Sound for evidence of the advance and retreat of the great Cordilleran Ice Sheet, and examine the ancient seashore in Spokane. Let the adventures begin!



ABOUT THE INSTRUCTOR

Dale Lehman is the president of the Puget Lobe Chapter of the Ice Age Floods Institute, a member of the Geologic Society of America, and a member of the Northwest Geological Society. In 2014, he received the Outstanding Earth Science Teaching award from the National Association of Geoscience Teachers. Dale retired in 2021 after 36 years of teaching geology and environmental science to students of all ages. During his long career, Dale worked as an adjunct instructor at UW, at CWU, and for the Tahoma School District in Maple Valley. Dale is eager to share his love of geology and the natural world through the Wesley U program.



21st Century Imperialism in the Age of Nuclear Weapons. Two-part Series

1. Putin's Invasion of Ukraine

Friday, January 13 • 10:00am-11:30am • **Lea Hill and Zoom**

Why did Putin invade Ukraine? What did he expect to gain? How did he expect NATO and the US to react? Why have the US and NATO reacted so strongly against him? What does it bode for Russia, Europe, and the United States? Learn about the origins of the war and the current situation on the ground.

2. Xi Jin Ping and Taiwan

Friday, January 27 • 10:00am-11:30am • **Lea Hill and Zoom**

Will China Invade Taiwan? If Xi moves forward, how will the U.S. react? Why does China care about Taiwan and claim it as its own? What are the risks and rewards of such an invasion? Why is the US involved? What will Japan do if China invades? Do we want a militarily resurgent Japan? Answer these and other questions about the rise of China.



ABOUT THE INSTRUCTOR

Rich Elfers has an M.A. in history from Pepperdine University in California. He taught social studies for 31 years at Sumner High School and also taught US history, civics and government for 15 years. Rich has traveled throughout the world and served locally on the Enumclaw City Council for four years. He writes a political column for two small town newspapers and is a frequent speaker with Wesley U.

for four years. He writes a political column for two small town newspapers and is a frequent speaker with Wesley U.

Alternative Health Therapies. Four-part Series

1. Introduction to Herbal Medicine, Cardiometabolic Health, and Hormone Replacement Therapy

Thursday, January 19 • 11:00am-12:00pm • Des Moines and Zoom

In this lecture, we learn about three therapies as alternatives to Western medicine for disease prevention and health promotion. Steven will speak on herbal medicines, their history and how they relate to common conditions. He will also address cardiometabolic health and general wellness as we age. We further hear how hormone replacement therapy (HRT) serves in disease prevention, what the general nature of hormone imbalances are, and how HRT might improve health.



ABOUT THE INSTRUCTOR

Dr. Steven LaBrecque began his health education at Michigan State University earning a Master of Public Health degree. After completing his degree, he was inspired to help bridge the gap in primary care medicine by becoming a physician. He received his Doctorate of Naturopathic Medicine from Bastyr University where he also served on the Board of Directors for the Naturopathic Medical Student Association and Integrative Health Policy Consortium. After graduating, Steven pursued post-doctoral training with the Institute for Functional Medicine (IFM). He has received specialized training in environmental medicine, bio-identical HRT, mind-body medicine, and diet/nutrition counseling.

2. Introduction to Mindfulness

Wednesday, March 15 • 1:30pm-2:30pm • Des Moines and Zoom

Mindfulness is a practice of paying attention to what happens in each moment while fostering non-judgmental awareness, curiosity, and wonder. The benefits of mindfulness are scientifically documented as decreasing blood pressure, helping eliminate stress, and heightening the immune system. Mindfulness brings peace of mind and the ability to be present in each moment, thereby contributing to one's happiness and contentment. This practice also supports individuals in working with and accepting their own personal challenges of life.



ABOUT THE INSTRUCTOR

Katherine Dobson is a certified life coach and has worked as a nurse practitioner in adult mental health for over 30 years. Katherine has practiced mindfulness for most of her adult life. She leads workshops on mindfulness in retirement homes, yoga studios, people's homes, and places of work.

3. Introduction to Reiki

Wednesday, March 22 • 10:00am-11:00am • Des Moines and Zoom

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki works on the physical, emotional, mental and spiritual levels, enhancing many aspects of life. Reiki is an extremely pleasant, relaxing and holistic method of healing. It works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery. In this class we will talk about the history of Reiki, how it works, and discuss studies on its effectiveness, including treating people undergoing chemotherapy. There will be plenty of time for questions.



ABOUT THE INSTRUCTOR

Alison Ladd became a Reiki practitioner in 2017, and with advanced training, became a Reiki Master in the Usui tradition. She has practiced at Ascension Wellness Center in Des Moines and, before moving from Seattle, provided Reiki to members of the Southeast Seattle Senior Center. About five years ago, she left Seattle to move to the Riverview area by the wetlands outside of the Kent/Seatac area. Her only regret in regard to Reiki is not having found it sooner as it has been such a transformative experience for her personally. For this, she has immense gratitude and a desire to share the practice with as many people as she can.

4. Introduction to Health Coaching

Wednesday, March 29 • 1:30pm-2:30pm • Des Moines and Zoom

This class demonstrates how health coaching can serve as a non-invasive way to maintain health. Ruben will provide tips for best fitness and wellness practices for seniors, and he will focus on how to elevate full wellness potential. In this course participants will understand the importance of a fitness regimen that will boost the mind, body, and soul.



ABOUT THE INSTRUCTOR

Ruben Pereyra has been a driving force in the fitness industry for over 15 years. With a degree in kinesiology, his background includes personal training, group training, sports training, health education, fitness presenting and corporate fitness directing. He is on a mission to help others reach their full fitness potential and feel confident in their own skin. In his role as Senior Fitness Coordinator, Ruben pushes the limit and makes fitness inclusive for all.

Laban Movement Theory as Applied to Dance, Theater and Music

Friday, January 20 • 10:00am-11:30am • Des Moines and Zoom

Discover a fascinating system of movement created by Austro-Hungarian avant-garde dancer and choreographer Rudolf von Laban (1879-1958) and its current applications in many real-world situations. Laban Movement Analysis (LMA) is used increasingly by musicians, actors, and film animators to understand how people move and identify “movement signatures.” In this session, Giselle Wyers, Laban movement scholar and conductor, will show participants how to learn from their own unique “movement history,” as well as how to codify and better understand the expressive movement of others. Wyers will also describe how she utilizes Laban with her conducting students and choristers at University of Washington.



ABOUT THE INSTRUCTOR

Giselle Wyers is the Donald E. Petersen Endowed Professor of Choral Music at the University of Washington, where she conducts the University Chorale and teaches graduate and undergraduate courses in choral conducting and music education. Giselle is the director of Concord Chamber Choir, an adult community chorus within the Columbia Choirs community. She has conducted semi-professional ensembles across the United States and in Europe. She has written 30 choral pieces, often on texts related to social and environmental issues of our time. Her innovative work teaching Laban movement to choral conductors and choirs has led to numerous presentations, as well as publishing two chapters on Laban with GIA Publishing.

Introduction to ASL - Part 2. Two-part Series

Thursdays, February 2 and 9 • 10:00am-10:45am • Zoom

Learning a new language trains our brains to deal with different levels of complexity and absorb new patterns. It also enables us to communicate with a wider range of people. American Sign Language (ASL) is no exception. Discover more about this important language and come away knowing how to sign new words and phrases. These two classes follow Erica’s Fall 2022 classes of basic words and greetings but remain at an introductory level.



ABOUT THE INSTRUCTOR

Erica Hack is the Resident Engagement Director at Wesley at Tehaleh. With several family members who are hard of hearing, ASL is especially meaningful to her. She looks forward to bringing this language a step further with residents to broaden horizons and offer another method of communication.

At Our Age. Four-part Series

1. I Still Have Stuff

Friday, February 3 • 1:00pm-2:00pm • Lea Hill and Zoom

Explore how we define our personal effects, where they fall on the spectrum of value from sentimental to financial, and what do we do with our “stuff.” Wesley resident Elaine Stamm serves as moderator for a panel of Wesley residents as they share personal experiences of organizing, valuing and designating possessions based on recommendations from experts in the fields of appraisal and estate planning.



ABOUT THE INSTRUCTOR

Elaine Stamm is a member of the Wesley U Resident Committee. She and five other committee members representing all four campuses have planned this At Our Age series to expand our knowledge of current trends and valuable activities. Elaine is a lifelong learner and, having earned a master's degree in Curriculum and Instruction from the University of Wisconsin, also became a longtime teacher of students in public education from kindergarten through university level. She is an active member of the Resident Council at Wesley Lea Hill.

2. Money Still Matters

Friday, February 10 • 1:00pm-2:00pm • Des Moines and Zoom

At our age, many of us have queries on the subject of personal finance. This presentation provides answers to questions such as: Is online banking for me? What are the most common banking scams? What type of account should I have: sole, joint, JWROS, tenants in the entirety? What are the roles of accountant, wealth advisor, and tax attorney? Do I need all or any? What should my heirs know about my finances? Brian Frederick will also field questions from the audience.



ABOUT THE INSTRUCTOR

Brian Frederick is a Certified Financial Planner (CFP), and Certified Investment Management Analyst (CIMA). His firm, Mainspring Wealth Advisors, is one of the largest within Raymond James. Along with working with clients, he is the Chief Investment Officer and Chief Compliance Officer. For the last 18 years, he has helped individuals and their families navigate the ever changing financial landscape. He addresses financial concerns and goals by creating and implementing holistic financial plans. Brian also serves as the Vice President of the Wesley Community Foundation Board of Directors.

3. Make Daily Tasks Easier

Friday, February 17 • 1:00pm-2:00pm • Lea Hill and Zoom

In this class, we learn the art of making daily tasks easier for maintaining independence. We hear from occupational and physical therapists as they offer techniques to make dressing and bathing easier and safer. We will gain knowledge about maintaining mobility with appropriate devices, the importance of balance and strength, how to correctly transfer a person, and which sleeping positions we might use to reduce discomfort.



ABOUT THE INSTRUCTOR

Tania Clark is the Rehab Director with Consonus at Wesley Lea Hill. She is an occupational therapist with over 30 years of experience working with clients of all ages. She is passionate about working with elders as she knows that she is following in their footsteps. Getting old is not a choice but how we age is! She is pleased to introduce tips and tricks to keep us young at heart, and options to overcome everyday challenges as we age.

4. Move It!

Friday, February 24 • 1:00pm-2:30pm • Des Moines (DM), Zoom (Z)

Each 30-minute segment explores a different exercise format appropriate for seniors: Tai Chi, movement to interconnect mind and body (Z), Yoga, a meditative discipline using body postures (DM, Z), and Zumba Gold, low-impact dance fitness with global music (DM, Z).

ABOUT THE INSTRUCTORS



Kimberly Ivy has been practicing martial arts for over 45 years, teaching full time for 30. In addition to her classes and workshops, Kim works in healthcare settings using Tai Chi and Qigong for specific health concerns including neurological conditions and balance. She is founder of Embrace The Moon Tai Chi and Qigong in Seattle.



Janet Sweet leads gentle yoga, fitness and balance classes for older adults and has worked for a variety of community centers, retirement facilities and the YMCA. She loves continuing to learn new ways to help people keep moving with the goal of living an active, engaging and happy life. Her certifications include Silver & Fit, Enhance Fitness, and YogaFit.



Tish Hesse has taught many different fitness formats for the YMCA of Greater Seattle over the last 30 years. Her current classes include: Active Older Adult circuit, Barre, Senior Strength and Stretch, Zumba Gold and Zumba. Tish loves working with seniors to help them lead healthy and active lives. Her classes focus on fun and function for daily living.



Courtesy of Museum of Glass

Museum of Glass: Seniors Tea and Tour - Field Trips



Lea Hill • Thursday, March 2 • 1:00pm-3:30pm
Des Moines • Thursday, March 9 • 1:00pm-3:30pm
Bradley Park • Wednesday, March 22 • 1:30pm-4:00pm
Tehaleh • Thursday, March 23 • 1:30pm-4:00pm

Each field trip is limited to 12 participants. Please register early.

Located in Tacoma, Washington, **Museum of Glass** is a premier contemporary art museum dedicated to glass and glassmaking in the West Coast's largest and most active museum glass studio. It hosts impactful and engaging artist residencies and nationally traveling exhibitions, and creates unique programs for visitors. It continues to build a growing permanent collection that chronicles the development of contemporary glass.

On the Seniors Tea and Tour, a docent leads each group through the galleries, followed by tea and cookies in the Education Studio and an art-making project. The tour typically wraps up in the Hot Shop after which art projects are available to take home. Tours last approximately two-and-a-half hours. Wesley will provide transportation with departure times determined by your campus transportation department.



Forests and Conservation in the Pacific Northwest. Three-part Series

1. Sustainable Forestry and Conservation Benefits: A Local Industry at Work

Friday, March 3 • 10:00am-11:00am • Zoom

Claudine will talk with us about the conservation benefits of working forests in the Pacific Northwest. Forestry is a vibrant industry, providing many benefits to the local community and our environment. We will learn how forests are managed to provide sustainable, naturally sourced building products, and how they function to keep our air clean, protect our water, and provide habitat for fish and wildlife.



ABOUT THE INSTRUCTOR

Claudine Reynolds is the Director of Wildlife and Environmental Policy at Port Blakely. She oversees all aspects of wildlife and fisheries resources on Port Blakely's forestlands, providing guidance on resource protection, research, and restoration efforts. She also leads the company's environmental education and policy programs. Claudine has a Master of Environmental Studies degree from the Evergreen State College and has more than 15-years' experience working as a wildlife biologist in managed forestlands, including in the federal, state, and private sectors. She has lived in the Pacific Northwest her whole life and loves to work and play in the mountains, forests, and rivers that make this region so magnificent.

2. Carbon Sequestration and Forest Conservation: A Citizen Perspective

Friday, March 10 • 10:30am-11:30am • Zoom

Bonnie will discuss a citizen perspective of state land timber harvest near her home in the Olympia area. She will describe how climate, ice and lava influenced early settlers and land surveyors that mapped this area but also subsequent timber harvest patterns. She is particularly interested in sharing a citizen perspective on forests set aside for carbon sequestration.



ABOUT THE INSTRUCTOR

Bonnie Blessing-Earle earned a Bachelor of Science degree from the University of Washington in Microbiology and Immunology, with a minor in Forestry, and then completed a Master of Environmental Studies from The Evergreen State College. She spent ten years in environmental consulting and technical positions with the US Forest Service as a research assistant studying forest and stream ecology. She also assisted with permitting everything from ski areas to cell phone towers. She is active in conservation and raising public awareness of environmental concerns in the Northwest.

3. Threatened and Endangered Species in the Forest Ecosystem

Friday, March 17 • 10:00am-11:00am • Zoom

In this presentation, Claudine will identify a handful of species that fall under the Endangered Species Act. From Marbled Murrelets and the Northern Spotted Owl to salmon in our streams and open waters, we'll learn why certain species are listed and what efforts are supporting their recovery.



ABOUT THE INSTRUCTOR

Claudine Reynolds See biography on page 12.



Welcome to Jazz in My Living Room: Part 1

Des Moines • Monday, March 6 • 9:30am-10:30am

Tehaleh • Monday, March 13 • 1:00pm-2:00pm

Bradley Park • Tuesday, March 14 • 10:00am-11:00am

Lea Hill • Monday, March 27 • 10:00am-11:00am

In this lively in-person presentation of lecture and performance, jazz and popular music historian and performer David Lee Joyner will introduce the audience to the world of jazz, America's unique cultural contribution to the world. With songs and stories, David will explain the nature and origins of jazz and jazz improvisation, the different cultures of New Orleans that gave the music its birth, and some of the major jazz artists who developed it over the years, artists such as Louis Armstrong, Jelly Roll Morton, Duke Ellington, Dizzy Gillespie, and Charlie Parker.



ABOUT THE INSTRUCTOR

Dr. David Joyner is an in-demand pianist, composer, vocalist, and educator. David was an Associate Professor of Jazz Studies at the University of North Texas in Denton and then a Professor of Music at Pacific Lutheran University in Tacoma. He has a B.A. in composition, an M.A. in composition from the University of Cincinnati College-Conservatory of Music, and a Ph.D. in ethnomusicology from the University of Memphis. David has performed and lectured all over the world and has backed up such celebrities as Bob Hope, Henry Mancini, Rich Little, and Danny Thomas. A scholar in jazz and popular music, he has numerous published articles and books, including a chapter for *The Cambridge History of American Music* and the third edition of his history text *American Popular Music*. He's just completed a biography of rock 'n roll pioneer Bill Haley, commissioned by the Haley estate. David also serves on the board of directors for Pacific Public Media that includes radio station KNKX in Seattle and Tacoma.

After the Barbed Wire

Wednesday, March 8 • 10:00am-11:30am • Des Moines and Zoom

This panel of three US citizens who were forced to leave their homes and live in concentration camps during WWII will share their experiences from camp survival to how life shifted for them after the war. Their personal stories work to answer the question of how incarceration and its cruel nature affected them as they grew into adulthood. Eileen Yamada Lamphere moderates this discussion as the panelists recollect their remarkable survivorship and share their stories as they seek to prevent such injustice from occurring again.



ABOUT THE INSTRUCTOR

Eileen Yamada Lamphere is a life-long resident of the City of Kent and a retired 35-year educator. Her parents and their families were all incarcerated during WWII. Currently, Eileen serves as the president of the Puyallup Valley Chapter of the Japanese American Citizens League and is president of the Greater Kent Historical Society and Kent Museum.

ABOUT THE PANELISTS



Choichi (Cho) Shimizo was born of immigrant parents in 1937. He has degrees in mechanical, electrical and systems engineering and retired after 30 years at Boeing as a senior technical engineer in the Defense and Space Division. He's lived more than eighty years in the Puyallup area except the four years when he was incarcerated during WWII by the US government.



Teruo (Terry) Shimono was born on October 11, 1935 with a given name of Teruo, but has been called Terry since the first grade. Out of college, he worked for Lockheed Aircraft Company's Flight Test Division in Palmdale, CA before switching to the Boeing Commercial Airplane Division in Seattle WA, interspersed with three years for the Boeing Aerospace Division in Huntsville, Alabama on the Saturn S1-C booster rocket.



Anna Sakaizawa Hasegawa moved to Wesley Gardens in 1998 with her late husband Harry from Chicago, Illinois. During WWII, Anna and her family were incarcerated in Jerome, Arkansas and later at Amache, Colorado. Anna was able to leave camp to attend college at age 16, then later received her Master's of Education from National Louis University. She taught nursery school, kindergarten, special education and university level classes. Anna and Harry raised five children in a cooperative community outside of Chicago, Illinois.

Pacific Northwest Wine: From Production to Pairing. Two-Part Series

1. Vineyard, Vintner and Viticulture

Thursday, March 16 • 1:00pm-2:00pm • Des Moines and Zoom

What happens to wine grapes once they leave the vineyard? How are Northwest wine producers faring? This class will inform us about the process of winemaking in the Northwest, what grapes are grown in our state, and what prompts the economic highs and lows that vintners face. Mark will explain what goes into production and distribution so consumers might enjoy that bottle of sparkling rosé at a celebration or a glass of cabernet franc with dinner.

2. Food and Wine, Bottles and Glasses

Thursday, March 30 • 1:00pm-2:00pm • Des Moines and Zoom

If you find yourself scratching your head about what wine to pair with a specific appetizer, entrée, or dessert, this class promises to lift the fog from decision-making. We will learn nuances of varietals and blends, and how they are best showcased with food and vice-versa. Mark will even speak to the shape of wine bottles and glasses, and how they influence our visual, olfactory and taste experiences with wine.



ABOUT THE INSTRUCTOR

Mark Herwick comes from a varied career where his passions led him to the world of wine. He earned his Master of Divinity from Emmanuel School of Religion in Tennessee to become a teaching pastor for over 10 years in 3 states. Eventually landing in western Washington, Mark moved from pastoring to work at Boeing in information technology, and, over time, moved to World Vision as an asset management administrator. He first became interested in wine when viticulture was starting to flourish as an industry in the Willamette Valley, then later took evening classes at the Northwest Wine Academy, earning a certificate in Food and Wine Pairing. Retired now but continually pursuing his interest in enology, Mark exercises his skills at Sodo Urban Works at the Old World Tasting Room (Michael Florentino Cellars and Sherman Winery) and Structure Cellars Tasting Room, where he enlightens tasters on grape varietals, assists in bottling, and engages customers.

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 <input type="checkbox"/> 10:00am Watercolor - BP	10 <input type="checkbox"/> 10:00am Watercolor - LH	11 <input type="checkbox"/> 1:00pm Geology: Fire & Ice - Z	12	13 <input type="checkbox"/> 10:00am 21st Century Imperialism - LH, Z
16 <input type="checkbox"/> 10:00am Watercolor - BP	17 <input type="checkbox"/> 10:00am Watercolor - LH	18 <input type="checkbox"/> 1:00pm Geology: Fire & Ice - Z	19 <input type="checkbox"/> 11:00am Alt Health Therapies - DM, Z	20 <input type="checkbox"/> 10:00am Laban & Music - DM, Z
23 <input type="checkbox"/> 10:00am Watercolor - BP	24 <input type="checkbox"/> 10:00am Watercolor - LH	25 <input type="checkbox"/> 1:00pm Geology: Fire & Ice - Z	26	27 <input type="checkbox"/> 10:00am 21st Century Imperialism - LH, Z
30 <input type="checkbox"/> 10:00am Watercolor - BP	31 <input type="checkbox"/> 10:00am Watercolor - LH			

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

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <input type="checkbox"/> 1:00pm Geology: Fire & Ice - Z	2 <input type="checkbox"/> 10:00am ASL Part 2 - Z	3 <input type="checkbox"/> 1:00pm At Our Age: Stuff - LH, Z
6 <input type="checkbox"/> 10:00am Watercolor - TH	7 <input type="checkbox"/> 10:00am Watercolor - DM	8 <input type="checkbox"/> 1:00pm Geology: Fire & Ice - Z	9 <input type="checkbox"/> 10:00am ASL Part 2 - Z	10 <input type="checkbox"/> 1:00pm At Our Age: Money Matters - DM, Z
13 <input type="checkbox"/> 10:00am Watercolor - TH	14 <input type="checkbox"/> 10:00am Watercolor - DM	15 <input type="checkbox"/> 1:00pm Geology: Fire & Ice - Z	16	17 <input type="checkbox"/> 1:00pm At Our Age: Daily Tasks - LH, Z
20 <input type="checkbox"/> 10:00am Watercolor - TH	21 <input type="checkbox"/> 10:00am Watercolor - DM	22 <input type="checkbox"/> 1:00pm Geology: Fire & Ice - Z	23	24 <input type="checkbox"/> 1:00pm At Our Age: Move It! - DM, Z
27 <input type="checkbox"/> 10:00am Watercolor - TH	28 <input type="checkbox"/> 10:00am Watercolor - DM			

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

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <input type="checkbox"/> 1:00pm Geology: Fire & Ice - Z	2 <input type="checkbox"/> 1:00pm Museum of Glass - LH	3 <input type="checkbox"/> 10:00am Forests & Conservation - Z
6 <input type="checkbox"/> 9:30am Jazz Living Room - DM	7	8 <input type="checkbox"/> 10:00am After Barbed Wire - DM, Z	9 <input type="checkbox"/> 1:00pm Museum of Glass - DM	10 <input type="checkbox"/> 10:30am Forests & Conservation - Z
13 <input type="checkbox"/> 1:00pm Jazz Living Room - TH	14 <input type="checkbox"/> 10:00am Jazz Living Room - BP	15 <input type="checkbox"/> 1:30pm Alt Health Therapies - DM, Z	16 <input type="checkbox"/> 1:00pm Wine: Production to Pairings - DM, Z	17 <input type="checkbox"/> 10:00am Forests & Conservation - Z
20	21	22 <input type="checkbox"/> 10:00am Alt Health Therapies - DM, Z <input type="checkbox"/> 1:30pm Museum of Glass - BP	23 <input type="checkbox"/> 1:30pm Museum of Glass - TH	24
27 <input type="checkbox"/> 10:00am Jazz Living Room - LH	28	29 <input type="checkbox"/> 1:30pm Alt Health Therapies - DM, Z	30 <input type="checkbox"/> 1:00pm Wine: Production to Pairings - DM, Z	31

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, Check activities calendar

LH: Lea Hill, Check activities calendar

DM: Des Moines, Suzanne McCarthy Classroom

TH: at Tehaleh, Club Room

CLASS	DAY/DATE	TIME	LOCATION
Watercolor Painting			
<input type="checkbox"/> BP residents only	Mon 1/9-1/30	10:00am-Noon	BP Activity Room
<input type="checkbox"/> LH residents only	Tue 1/10-1/31	10:00am-Noon	LH Assembly Hall
<input type="checkbox"/> TH residents only	Mon 2/6-2/27	10:00am-Noon	TH Ldg Creativity Ctr
<input type="checkbox"/> DM residents only	Tue 2/7-2/28	10:00am-Noon	DM Club Room
Geology of Washington: Fire and Ice			
<input type="checkbox"/> Eight-part Series	Wed 1/11-3/1	1:00pm-2:30pm	Zoom
21st Century Imperialism			
<input type="checkbox"/> Two-part Series	Fri 1/13, 1/27	10:00am-11:30am	LH, Zoom
Alternative Health Therapies Four-part Series			
<input type="checkbox"/> Herbal Med, Cardio, HRT	Thurs 1/19	11:00am-Noon	DM, Zoom
<input type="checkbox"/> Mindfulness	Wed 3/15	1:30pm-2:30pm	DM, Zoom
<input type="checkbox"/> Reiki	Wed 3/22	10:00am-11:00am	DM, Zoom
<input type="checkbox"/> Health Coaching	Wed 3/29	1:30pm-2:30pm	DM, Zoom
Laban Theory and Music			
<input type="checkbox"/> Single Class	Fri 1/20	10:00am-11:30am	DM, Zoom
Introduction to ASL - Part 2			
<input type="checkbox"/> Two-part Series	Thu 2/2, 2/9	10:00am-10:45am	Zoom
At Our Age Four-part Series			
<input type="checkbox"/> I Still Have Stuff	Fri 2/3	1:00pm-2:00pm	LH, Zoom
<input type="checkbox"/> Money Still Matters	Fri 2/10	1:00pm-2:00pm	DM, Zoom
<input type="checkbox"/> Make Daily Tasks Easier	Fri 2/17	1:00pm-2:00pm	LH, Zoom
<input type="checkbox"/> Move It! Tai Chi, Yoga, Zumba Gold	Fri 2/24	1:00pm-2:30pm	DM, Zoom
Museum of Glass Field Trip			
<input type="checkbox"/> LH residents only	Thu 3/2	1:00pm-3:30pm	LH
<input type="checkbox"/> DM residents only	Thu 3/9	1:00pm-3:30pm	DM
<input type="checkbox"/> BP residents only	Wed 3/22	1:30pm-4:00pm	BP
<input type="checkbox"/> TH residents only	Thu 3/23	1:30pm-4:00pm	TH
Forests and Conservation in the Pacific Northwest Three-part Series			
<input type="checkbox"/> Forestry; Endangered Species	Fri 3/3, 3/17	10:00am-11:00am	Zoom
<input type="checkbox"/> Carbon Sequestration	Fri 3/10	10:30am-11:30am	Zoom
Welcome to My Jazz Living Room: Part 1			
<input type="checkbox"/> DM residents only	Mon 3/6	9:30am-10:30am	DM Chapel
<input type="checkbox"/> TH residents only	Mon 3/13	1:00pm-2:00pm	TH Event Center
<input type="checkbox"/> BP residents only	Tue 3/14	10:00am-11:00am	BP Event Center
<input type="checkbox"/> LH residents only	Mon 3/27	10:00am-11:00am	LH Fireside Room
After the Barbed Wire			
<input type="checkbox"/> Single Class	Wed 3/8	10:00am-11:30am	DM, Zoom
Pacific Northwest Wine: From Production to Pairing			
<input type="checkbox"/> Two-part Series	Thu 3/16, 3/30	1:00pm-2:00pm	DM, Zoom