



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

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LIFELONG LEARNING COURSE CATALOG | **SUMMER 2024**

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*Wesley U Summer Tour 2023 participants visit the Maryhill Stonehenge Memorial in Goldendale, WA.*

**Classes kick off in July** with musical lecture-performances on the Harlem Renaissance. In August, we shift gears to topics inspired by the Wesley U Summer Tour 2024, and you will also find connections with the book *Deep River*, by Karl Marlantes. These classes are not exclusive to tour participants, nor are you required to have read the book. **All are welcome to join our sessions this summer!**

**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

Liz Carter  
Marilyn Knutson  
Margaret McCormick  
Mistie Hansen, staff

### Wesley Des Moines

Rita Bailie  
Diane Collier  
Sue Lawrence  
Verla Morrison  
Nancy Robertson  
Paula Olson, staff  
Naniofa Poulivaati-Mounga, staff

### Wesley Lea Hill - Auburn

Helena Hanna  
Barbara Dadd Shaffer  
Elaine Stamm  
Marlene Feliciano, staff

### Wesley at Tehaleh - Bonney Lake

Diane Olson  
Marilyn Thoms  
Erica Hack, staff

### 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 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. If specified, 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

*If more than one person per household is participating, please register separately online or indicate both names on registration form.*

### BEST WAY: ONLINE

**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



### Music From the Age of the Harlem Renaissance: Hope and Reality

**Tehaleh • Monday, July 29 • 10:00am-11:00am**

**Lea Hill • Tuesday, July 30 • 10:00am-11:00am**

**Bradley Park • Wednesday, July 31 • 11:00am-12:00pm**

**Des Moines • Thursday, August 1 • 11:00am-12:00pm**

This presentation is an informative and entertaining exploration of a golden age of African-American literature, art, social movements, and music. It came forth with the establishment of Harlem as America's most prominent and promising African-American community starting in the early 20th century. Incorporating multi-media and live performance by Dr. Joyner, we will hear music of legendary Black composers such as Scott Joplin, Fats Waller, and Duke Ellington.



A native of Memphis, Tennessee, **Dr. David Lee Joyner** came to western Washington from the University of North Texas in Denton, where he held the position of Associate Professor of Jazz Studies from 1986 to 2000. From 2000-2017 he was Professor of Music at Pacific Lutheran University in Tacoma, Washington. He received his Bachelor's degree in composition and PhD in ethnomusicology from the University of Memphis, and his Master's degree in composition from the University of Cincinnati College-Conservatory of Music. His album, *Up Front*, featuring fourteen of his original compositions, his piano artistry, and some of the finest jazz musicians in the Northwest, was released in 2022.



## Heaven on the Half Shell: Washington State's Oyster Odyssey

Monday, August 12 • 1:00pm-2:00pm • Zoom



Get to know the Pacific Northwest's most beloved bivalve: the oyster. In this talk, author David George Gordon discusses three species— the Olympia, Eastern, and Pacific oysters— along with the people who have cultivated these delicacies for many generations. Learn about Native American sea gardens and clam beds that existed 11,500 years ago, as well as contemporary efforts in our state to cultivate oysters, both native and introduced. Along the way, learn about the many surprising innovations that have made oysters such an enduringly popular and environmentally sustainable food. As the old saying goes: when the tide is out, the table is set.



**David George Gordon** (he/him) is the principal author of *Heaven on the Half Shell: The Story of the Oyster in the Pacific Northwest*, recently revised and updated by University of Washington Press. A former science writer for *Washington Sea Grant*, Gordon has written 22 books on topics ranging from slugs and snails to sharks, gray whales, and Sasquatch.

Gordon lives in Tacoma.

## Fish Wars: Tribal Rights, Resistance, and Resiliency in the Pacific Northwest

Tuesday, August 13 • 10:30am-11:45am • Zoom



In the 1960s and 70s, tribes throughout the Pacific Northwest launched protests and acts of civil disobedience to pressure the government to recognize their fishing rights. Now known as the "Fish Wars," the lessons from these events remain relevant today. In this talk, professor Kestrel A. Smith surveys the evidence and events before and after the Fish Wars, which rocked Washington State for decades. Encompassing tribal sovereignty, treaties, statehood, and the fish themselves, the Fish Wars are a powerful reminder of our interconnectedness. Understanding these events is a first and essential step in achieving social, cultural, and political justice.



**Kestrel A. Smith** (she/her) is the Department Chair of the American Indian Indigenous Studies (AIIS) program at Wenatchee Valley College-Omak. Much of her work has focused on how to place Indigenous epistemologies and education within broader historical and cultural contexts to better understand the contemporary Indigenous experience. In the Fall of 2018,

Smith moved to Washington State to begin building a new AIIS program at Wenatchee Valley College-Omak, the state's first full AIIS program at a community college. Smith lives in Omak.

## Whistle Punks, Donkey Punchers and River Pigs: Early 20th Century Logging in Southwest Washington

Wednesday, August 14 • 10:30am-11:30am • Zoom

The forests of southwest Washington looked considerably different one-hundred years ago than today. Who were the people who felled the colossal trees? Who owned the land? How were enormous Douglas Firs and other logs transported to rivers to eventually reach their downstream destinations? This presentation will acquaint you with history and logging as the dominant industry of the area in the twentieth century.

As a beneficial preview and tie-in to this presentation, Wesley U will send a link to registrants to the 14-minute video, "A Story of West Coast Lumber" on TV Washington, which will familiarize viewers with equipment and jobs in the early logging industry.



***John Larson** has called Hoquiam home for much of his life. Following his passion for history and museums, John earned a history degree from the University of Chicago in 1996. His first practical experience in museums came through working at the Museum of Science and Industry in Chicago. John was hired as full-time Executive Director of Grays Harbor's Polson*

*Museum in 1997. There he has implemented full computerization of the Polson's collection records, and has, for thirteen years, produced the Polson's "Centennial Moment" radio program that broadcasts daily on five Harbor stations. In addition to serving on a variety of local boards, in 2018 John was appointed to the Washington State Historical Society's Board of Trustees where he continues to serve.*

## Ghost Towns of the Lower Columbia River

Thursday, August 15 • 10:30am-11:30am • Zoom

This presentation indulges us with stories and historical images of old towns nestled along the lower Columbia River. Learn the unique character of these former fishing and logging communities steeped in Scandinavian heritage. Uncover how these towns became remnants of the past and find out how the term "sisu" relates to their inhabitants' histories.



***Annika Kay** received her Master of Fine Arts from The California Institute of the Arts and her Bachelor's degree, with honors, from California State University of Fullerton. She has worked as a producer, director, writer, and teacher, with experience in public relations and library sciences. She has also served on the boards of non-profit organizations and on grant*

*committees, and was an active volunteer with the Los Angeles Finlandia Foundation, Ladies of the Kalevala, and the National Scandinavian Foundation. Kay is a dual citizen of Finland and the USA. She is honored to work for the Appelo Archives Center and is proud to help carry on the legacy of Carlton Appelo in helping to preserve the rich cultural history of the surrounding area.*



## The Story of the Kantele, An Ancient Finnish Instrument

Friday, August 16 • 10:30am-11:30am • Zoom

The Finnish population surged in towns near the mouth of the Columbia River around the turn of the nineteenth century and thus brought cultural influences like the kantele to the area. This presentation will lead participants through a brief history of the kantele, an ancient Finnish instrument that resembles a zither. We will learn its significance in Finnish culture and how it is tied to the ancient epic, the Kalevala. Our presenter will show us various forms and sizes of kanteles, and will demonstrate different playing techniques. Kanteles are now played in many parts of the world where Finns share their music and culture.



**Satu Mikkola**, born and educated in Finland with a pharmacy degree, relocated when her husband's job took them to Portugal, then to the United States, where she has resided since 1978. Her career spans work as a pharmacist in Finland and later, in sales and marketing roles in both Europe and the United States.

*She has played an active role in numerous Finnish and Finnish-American organizations, contributing as both an organizer and an active leader. Her passion for music has led her to organize numerous workshops, concerts, and tours for Finnish musicians and artists in the United States. A dedicated advocate for the kantele, she continues to teach, coordinate, and promote the Livakat Evergreen Kantele Ensemble, which she established in the Pacific Northwest in 1999. In 2011, the President of Finland honored her with the Knight of the Order of the Lion of Finland.*

**July 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> <input type="checkbox"/> <b>10:00am - TE</b> Music from the Age of the Harlem Renaissance	<b>30</b> <input type="checkbox"/> <b>10:00am - LH</b> Music from the Age of the Harlem Renaissance	<b>31</b> <input type="checkbox"/> <b>11:00am - BP</b> Music from the Age of the Harlem Renaissance		

**August 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <input type="checkbox"/> <b>11:00am - DM</b> Music from the Age of the Harlem Renaissance	<b>2</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>12</b> <input type="checkbox"/> <b>1:00pm - Z</b> Heaven on the Half Shell: Washington State's Oyster Odyssey	<b>13</b> <input type="checkbox"/> <b>10:30am - Z</b> Fish Wars: Tribal Rights, Resistance, & Resiliency in the PNW	<b>14</b> <input type="checkbox"/> <b>10:30am - Z</b> Whistle Punks, Donkey Punchers & River Pigs: Early 20th Century Logging in SW Washington	<b>15</b> <input type="checkbox"/> <b>10:30am - Z</b> Ghost Towns of the Lower Columbia River	<b>16</b> <input type="checkbox"/> <b>10:30am - Z</b> The Story of the Kantele, An Ancient Finnish Instrument

**BP:** Bradley Park   **DM:** Des Moines   **LH:** Lea Hill   **TE:** 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 Theater or check activities calendar  
**LH:** Lea Hill Assembly Hall or check activities calendar  
**DM:** Des Moines Terrace, Suzanne McCarthy Education Center

**TE:** Tehaleh Theater  
**Zoom:** Online

CLASS	DAY/DATE	TIME	LOCATION
<b>Music From the Age of the Harlem Renaissance: Hope and Reality</b>			
<input type="checkbox"/> TE residents	Mon, 7/29	10:00am-11:00am	TE Event Center
<input type="checkbox"/> LH residents	Tue, 7/30	10:00am-11:00am	LH Fireside Room
<input type="checkbox"/> BP residents	Wed, 7/31	11:00am-12:00pm	BP Event Center
<input type="checkbox"/> DM residents	Thurs 8/1	11:00am-12:00pm	DM Chapel
<b>Heaven on the Half Shell: Washington State's Oyster Odyssey</b>			
<input type="checkbox"/> Single Class	Mon, 8/12	1:00pm-2:00pm	Zoom
<b>Fish Wars: Tribal Rights, Resistance, and Resiliency in the Pacific Northwest</b>			
<input type="checkbox"/> Single Class	Tues, 8/13	10:30am-11:45am	Zoom
<b>Whistle Punks, Donkey Punchers and River Pigs: Early 20th Century Logging in Southwest Washington</b>			
<input type="checkbox"/> Single Class	Wed, 8/14	10:30am-11:30am	Zoom
<b>Ghost Towns of the Lower Columbia River</b>			
<input type="checkbox"/> Single Class	Thurs, 8/15	10:30am-11:30am	Zoom
<b>The Story of the Kantele, An Ancient Finnish Instrument</b>			
<input type="checkbox"/> Single Class	Fri, 8/16	10:30am-11:30am	Zoom

**You can participate in Wesley U classes a number of ways!**

**Over Zoom**

- **Online from your own device** (computer, tablet, or phone) at home.
- **With a small group** at your Wesley campus. Below are the default locations unless otherwise indicated:

**Bradley Park:** check your activities calendar

**Des Moines:** in the Suzanne McCarthy Education Center (Terrace Classroom)

**Lea Hill:** check your activities calendar

**At Tehaleh:** in the Theater

**Watch a recording**

Classes offered on Zoom will also be recorded. Everyone who registers for a class will be sent a link to the recording after the class, even if you have to miss the class or if you just want to watch it again.

*If more than one person per household is participating, please register separately online or indicate both names on registration form.*