



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

---

LIFELONG LEARNING COURSE CATALOG | FALL 2024

---



*Lea Hill residents  
birding*

**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

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**

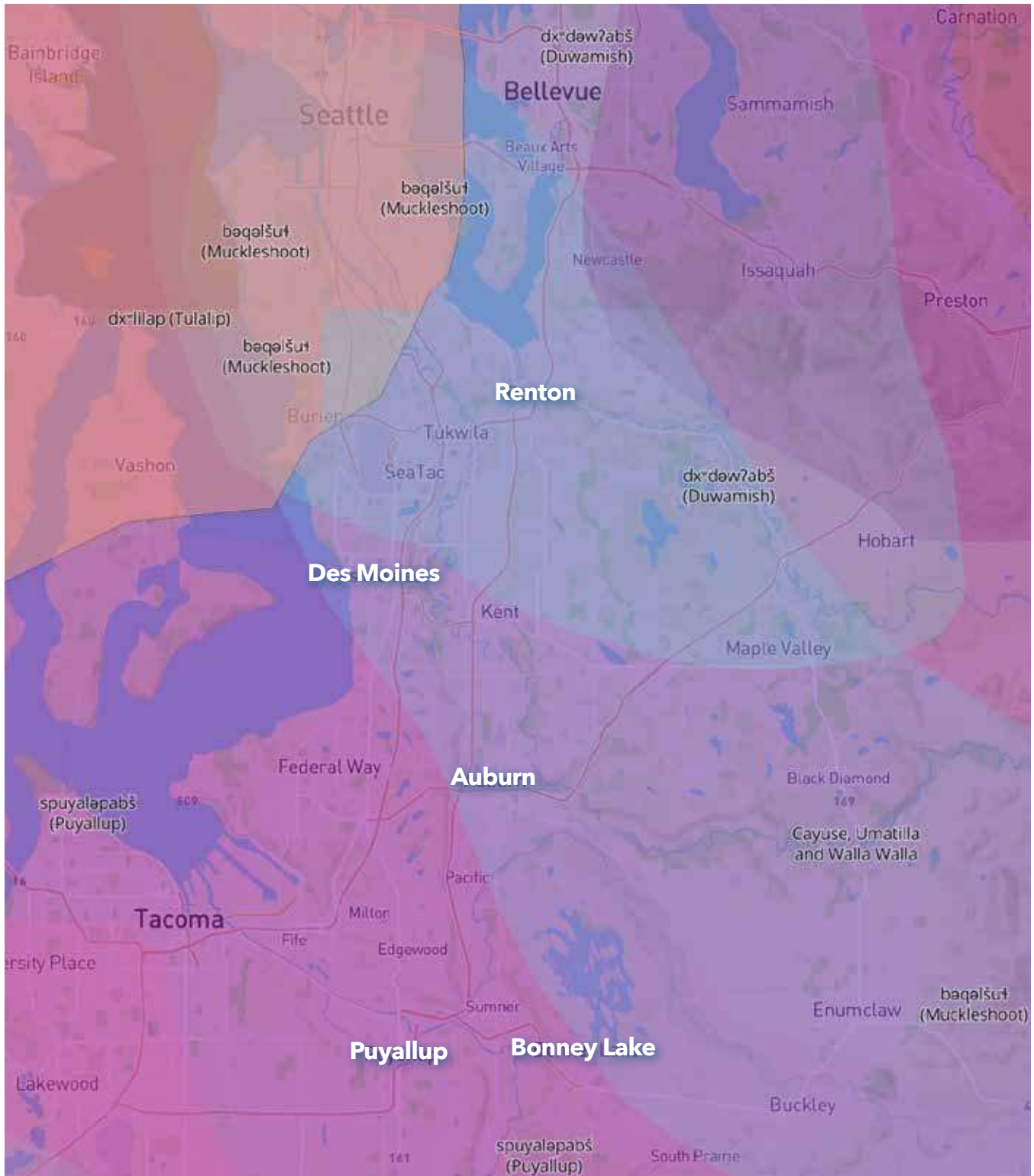
### DROP OFF

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



# WESLEY

Community · Choice · Continuing Care



Territories map: native-land.ca

## Land Acknowledgement

Wesley U acknowledges that we offer our programming from the ancestral homelands of Coast Salish Peoples, the Muckleshoot, Puyallup, Duwamish, Cayuse, Umatilla and Walla Walla. We express our respect and gratitude for their enduring stewardship of our shared lands and waterways.

## COURSE DESCRIPTIONS

### Watercolor Painting • Three-part Series

Lea Hill • Thursdays, September 19, 26, October 3 • 1:00pm-3:00pm

Des Moines • Fridays, September 20, 27, October 4 • 10:00am-12:00pm

Tehaleh • Mondays, October 7, 14, 21 • 10:00am-12:00pm

Bradley Park • Tuesdays, October 8, 15, 22 • 10:30am-12:30pm

***This in-person series requires physical and cognitive ability to independently follow the instructor. Each class has a limited number of participants. Please register early.***

Charlene includes seasonal subject matter and continues to focus on the beginner while offering growth in skills for those experienced in the medium. In each class, participants complete a painting based on a traced image so there is no need to know how to draw. Each painting features specific watercolor techniques to develop and enhance 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 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 for a 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 and loves the medium. Charlene is a collective member of the Art Gallery of Snovalley in Snoqualmie, and is also 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. Charlene is gifted at helping both beginner and experienced painters develop their skills in the same class.



## Craft Brewing in the Pacific Northwest: The Process, The Business, The Beer • Single Class

Thursday, September 19 • 10:30am-11:30am • Zoom

Have you ever wondered what distinguishes a pale ale from a hazy IPA? Why do we use unique glasses for certain beers? How is beer made and what's it like to be a craft brewer in the Pacific Northwest? This class, taught by a local brewer from Logan Brewing Company, will answer these questions and arm you with information for your next visit to a local brew pub.

### ABOUT THE INSTRUCTOR



**Michael Woodruff** is the head brewer and co-owner of Logan Brewing Company in Burien, Washington. His interest in brewing first took hold during college years while pursuing his undergraduate degree in fermentation science. Michael worked as a brewer in South Dakota, attaining his first head brewer job in Minnesota a few years later. He and his business partner first met in college at UC Davis, and they later reconnected to start Logan Brewing Company. Four years after their grand opening in August 2020, the business continues to grow as a part of the remarkable Washington craft beer community.

## Seeing Salvation: Tradition and Innovation in Christian Art • Two-part Series

Friday, September 20 • 1:30pm-2:30pm • Zoom

Tuesday, Sept 24 • 10:30am-11:30am • Zoom

Following two classes in May of 2024, we pick up this course that is based on the exhibition "Seeing Salvation" at the National Gallery in London (2000) and its catalogue. The exhibition presented the image of Christ to modern secular audiences through a selection of masterpieces of Christian art. Lectures cover works from early Christian Art and its changing styles from the Middle Ages to the present, and conclude with a focus on Renaissance artists in the Vatican and how they portrayed the image of Christ and the concept of "Salvation."

### ABOUT THE INSTRUCTOR



**Dr. Valeria Riedemann Lorca** (she/her), born in Valdivia, Chile, obtained her doctoral degree in Classical Art and Archaeology from the University of Oxford after completing an MA in Comparative Art and Archaeology at University College London. Valeria is currently a lecturer at the University of Washington, the University of Puget Sound, and the Northwest College of Art & Design. She teaches courses on art history, mythology, visual communication, and Classical archaeology.



## Lake Geneva Nature & History Walk • Single Field Trip

Des Moines • Thursday, September 26 • 10:30am-11:30am

Tehaleh • Thursday, September 26 • 12:30pm-1:30pm

Lea Hill • Friday, September 27 • 10:30am-11:30am

Bradley Park • Friday, September 27 • 12:30pm-1:30pm

***Each field trip has a limited number of participants. Please register early.***

Join King County Park's Volunteer Program for a nature walk at Lake Geneva Park in Federal Way. During this hour-long tour, we will walk about a half-mile, staying mainly on the paved path that meanders through the woods near the shores of Lake Geneva. We will make frequent stops as we explore the park and learn about the places that were important to people who lived, worked, and played around the area in the past and today. We will also discuss what has been done to support healthy forests and watersheds through forest restoration volunteer events at Lake Geneva Park.

### ABOUT THE INSTRUCTOR



**Anna Carragee** (she/her) is the King County Parks Volunteer Program Assistant. She holds a Master of Environmental Horticulture from University of Washington School of Environmental and Forest Sciences. She graduated from University of Vermont with a Bachelor's degree in Natural Resources: Resource Ecology. Plants and volunteers are her jam and she loves creating high-quality events that are both educational and community-building.

## Origami: The Art of Japanese Paper Folding • Single Workshop

Des Moines • Wednesday, October 9 • 10:30am-12:00pm

Tehaleh • Thursday, October 10 • 10:30am-12:00pm

Bradley Park • Friday, October 11 • 10:30am-12:00pm

Lea Hill • Wednesday, October 16 • 10:30am-12:00pm

***This in-person workshop requires physical and cognitive ability to independently follow the instructor. Each class has a limited number of participants. Please register early.***

After providing a brief background on origami, our instructor will lead the class through the art of paper folding. She will demonstrate, then offer individual assistance as participants create traditional figures by folding paper. Experience of artful folding is not required for this class - beginners are welcome. Supplies are included.

### ABOUT THE INSTRUCTOR



Origami has been a part of **Ayumi Hayatsu's** life since the age of three. She began folding with her grandma, then taught herself from books. After moving to Seattle, Ayumi (she/her) joined P.A.P.E.R. (Puget Area Paperfolding Enthusiasts Roundtable), a regional group dedicated to the enjoyment and promotion of origami. The group led her to become an active member of OrigamiUSA, Nippon Origami Association, and Japan Origami Academic Society. Ayumi is a certified instructor and enjoys sharing origami throughout the community at museums, schools, and festivals, following OrigamiUSA's official slogan "Origami is for anyone, anywhere, any time!"



## Americana Music: The Melting Pot of Bluegrass, Blues, Country and Folk Music • Four-part Series

**Mondays, October 14, 21, 28 and November 4 • 2:30pm-3:30pm • Zoom**

Dating back to the Civil War, the Americana musical tradition, or American Roots Music, continues to influence musicians today. In this series, we move through Appalachian roots music, bluegrass and country, skiffle and New Orleans jazz, and cowboy and Western ballad music. We discover what cultural traditions came together to produce these sub-genres of music, each distinct from the next, and we learn how instruments reflect culture and technology as these musical styles have evolved.

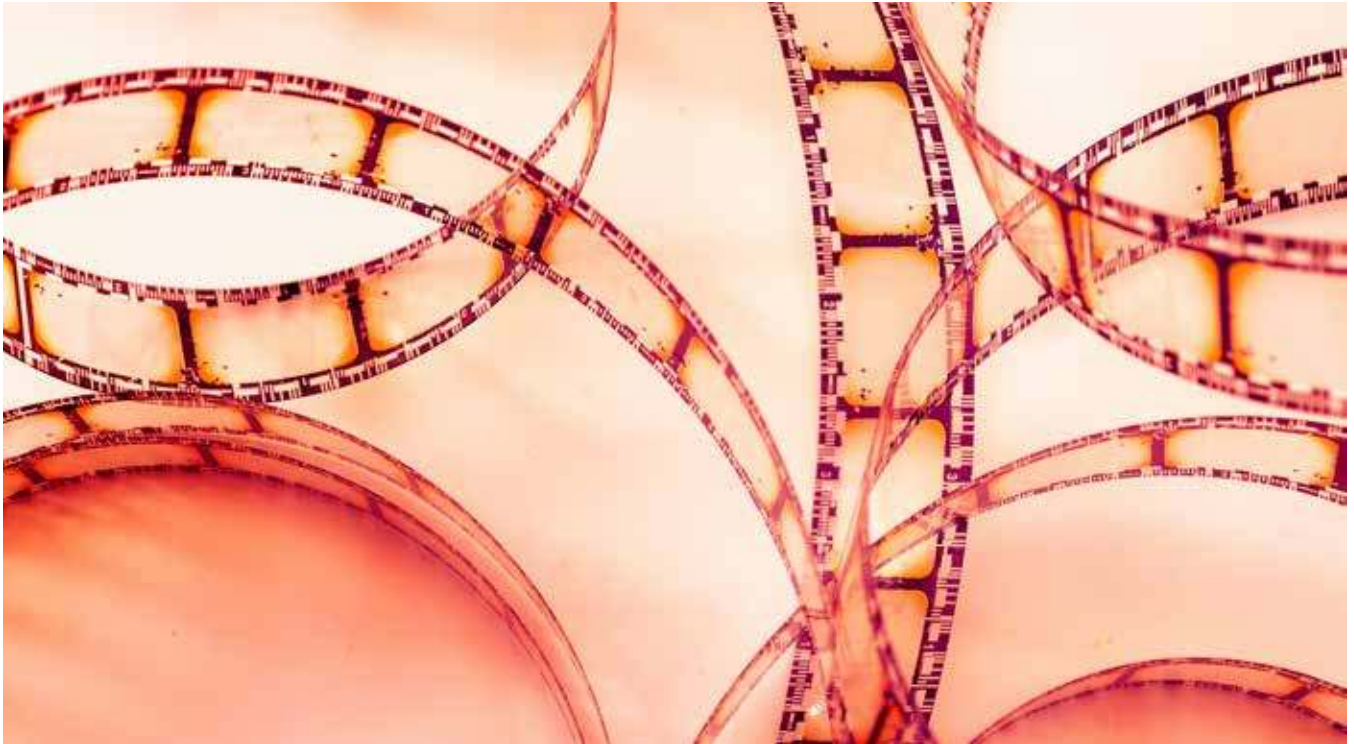
### ABOUT THE INSTRUCTOR



**Andrea Leap** (she/her) is a teaching artist with many years of experience as a singer, arranger, and educator. A five-time recipient of the Individual Artist Grants from the Minnesota State Arts Board, she is an active producer and performer of chamber music concerts ranging from the Baroque to modern. She holds a Bachelor of Music degree in Vocal Performance from Indiana University and a Master's in Music from the University of Michigan, with post-graduate studies in Paris, France. She is on the faculty at MacPhail Center for Music, where she teaches voice and music appreciation classes, and on the adjunct faculty at the University of St. Thomas.







## Classic Hollywood Cinema • Three-class Series + Film Viewings

**Class: Fridays, October 18, 25 and November 1 • 10:30am-12:00pm • Zoom**

**Screenings: View the films prior to each class at your site. Film lengths vary from 1.5 to 2.25 hours.**

- **Des Moines:** Tuesdays, October 15, 22, 29 at 10:30am to approximately 12:45pm.
- **Lea Hill:** Tuesdays, October 15, 22, 29 from 1:00pm to approximately 3:15pm.
- **Bradley Park:** Thursdays, October 17, 24, 31 from 1:30pm to approximately 3:45pm.
- **Tehaleh:** Thursdays, October 17, 24, 31 from 2:00pm to approximately 4:15pm.

Join us for screenings and discussion about three classic Hollywood films: *The Philadelphia Story* (1940), starring Jimmy Stewart, Cary Grant and Katherine Hepburn, *Some Like it Hot* (1959), starring Marilyn Monroe, Tony Curtis and Jack Lemmon, and *Breakfast at Tiffany's* (1961), starring Audrey Hepburn and George Peppard. We'll talk about each film in relation to the Classic Hollywood system, stardom, genres, and the historical and cultural changes of the period.

### ABOUT THE INSTRUCTOR



**Dr. Kirsten Moana Thompson** (she/her) is the Professor of Film and Media Studies and Director of Film and Media at Seattle University. She teaches and writes on American, German, and New Zealand film and media, as well as animation and color studies. Her recent work focuses on the material color history of Disney, animated advertising in Times Square, and the

Disney animated promotional film.



## The Experience of Immigrants and Refugees in the Pacific Northwest • Single Class

Wednesday, October 23 • 11:00am-12:00pm • Des Moines and Zoom

As we open the door to immigrants and refugees into the Pacific Northwest, how is our region impacted? In this presentation we will gather information about the process of becoming a new American, and we'll learn the distinctions between refugees, asylum seekers and undocumented immigrants. Discover the role of organizations like Tacoma Community House as immigrants enter our communities. Hear stories and information about the resilience, contributions and struggles of the immigrant community as people rebuild their lives in this country.

### ABOUT THE INSTRUCTOR



**Aimee Khoo** (she/her) is a passionate advocate for immigrant and human rights. She is the Executive Director of Tacoma Community House, a nonprofit in Tacoma with a 113-year history of serving immigrants and refugees. She holds a Master's Degree in Public Affairs, Nonprofit Management from the University of Washington. She has served on the Board of Directors for Southwest Youth and Family Services for the past six years, an organization committed to providing resources for low-income families and youth.

## Energy Efficiency and Power Generation in the Marine Industry • Single Class

Thursday, November 7 • 11:00am-12:00pm • Zoom

In this class, our presenter will share marine industry trends to improve efficiency in ship design and initiatives to generate renewable energy from wind and waves. Justin's lecture will touch on the ship design process, new technologies to improve vessel efficiency, floating offshore wind platforms, and developments in wave energy devices. He will also describe existing technology and address the potential benefits and challenges of coming developments.

### ABOUT THE INSTRUCTOR



**Justin Morgan** serves as chief engineer for Glosten, Inc., a firm of consulting engineers serving the marine industry. He earned a Bachelor of Science in Naval Architecture and Marine Engineering from the Webb Institute of Naval Architecture, and furthered his education by completing a Master of Science in Computer Science and Engineering from the

University of Washington. He has 30 years of experience as a naval architect, designing ships and analyzing ship performance.



## The Fourth Dimension: One Billion Years of Washington Geology - Part 1

Fridays, November 8, 22 • 1:00pm-2:30pm • Zoom

Mondays, November 18, 25 • 1:00pm-2:30pm • Zoom

This quarter, time travel with this third course of Dale's geology series! The Fourth Dimension will piece together our state's geology through the last one billion years of geologic time. Simply put, we will learn how Washington's geoscape evolved by going back through geologic eons, eras, periods, and epochs. We will put together the sequence of events which led to the geologic wonderland we explored in the first two courses. You will enjoy this class even if you were unable to attend the first two courses in the series (we will review as we go along). Join us as we explore the timing of our earthquakes, our volcanic eruptions, our natural disasters, and our intriguing glacial landscape!

### ABOUT THE INSTRUCTOR



**Dale Lehman** (he/him) 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.





## The Importance of Vision and Eye Health in Aging • Single Class

Tuesday, November 12 • 11:30am-12:30pm • Zoom

In this presentation we learn about the main eye diseases that afflict older adults and what options exist to slow the onset of eye disease. We will see what parts of the eye are impacted by different eye diseases and learn data from studies, including the Women's Health Initiative, that examine vision's impact on social, emotional and physical health among older adults.

### ABOUT THE INSTRUCTOR



**Dr. Emily Gower, PhD**, (she/her) is an ocular epidemiologist and clinical trialist whose work focuses on improving trichiasis surgery outcomes. She is an associate professor at University of North Carolina at Chapel Hill and has played a lead role in clinical trials investigating use of antibiotics at the time of surgery and testing a new surgical device, the TT clamp. She has taken the lead on developing a low-cost surgical simulator for improving training and supervision of trichiasis surgery technicians. Dr. Gower also maintains a portfolio of US-based ophthalmic epidemiology research focused on diabetic retinopathy, glaucoma and cataract surgery outcomes.



## Reviving Our Voices: Building Strength for Vocalization • Single Workshop

**Tehaleh • Wednesday, November 13 • 11:00am-12:00pm**

**Bradley Park • Wednesday, November 13 • 1:30pm-2:30pm**

**Lea Hill • Wednesday, November 20 • 11:00am-12:00pm**

**Des Moines • Wednesday, November 20 • 1:30pm-2:30pm**

As we age, our voices may lose potency and, as with any part of the anatomy, the muscles we use for speaking and projecting must be exercised to avoid atrophy. These in-person workshops with award-winning voice trainer Gin Hammond, will teach us exercises that incorporate breath work, allow us to experiment with vocal warm-ups, and help revive our vocal strength and projection as we speak.

### ABOUT THE INSTRUCTOR



**Gin Hammond** (she/her) is an award-winning Harvard University/Moscow Art Theatre grad, as well as an actor, playwright, director, and author. She has performed onstage both nationally and internationally and has received grants from a variety of institutions, including the National Endowment for the Arts. Gin also works as a voice teacher, dialect coach, and voice-over artist, and is known for her voice work in a variety of video games and audiobooks. She founded *All Things Voice*, and co-founded *Meditations for Actors (MFA)*, a mobile meditation app designed specifically for actors. Her debut novel, *Returning the Bones*, a historical fiction travel novel with a dash of magical realism, was recently nominated for an INDIE Award.

## The Future of Flying: An Exploration of New Aircraft Design and Energy Required to Support Advanced Air Mobility • Three-part Series

Thursdays, November 14 and 21 • 11:00am-12:00pm • Zoom

Tuesday, November 19 • 11:00am-12:00pm • Zoom

This series ushers us into the world of Advanced Air Mobility (AAM). We will learn about new aircraft design and related industries, the infrastructure required for such developments, and how sustainable aviation fuel (SAF), among other sources of energy, might fuel aircraft in the near future. Electric aviation, new industries and regulation, hydrogen and SAF as energy are part of the picture - see what is in store for the future of flight!

### ABOUT THE INSTRUCTOR



**Sarah Nilsson** is a fixed-wing aircraft pilot holding FAA ATP, CFI, CFII, and MEI certificates. She was a commercial pilot for 17 years, but now flies her own PA-28-235 for fun. She also holds drone pilot certificates in the US, Canada, and UK. Sarah has been an Arizona-licensed attorney since 2014, and is also a professor at Embry-Riddle Aeronautical University where she teaches aviation law, drone law, and advanced air mobility courses. She is the author of several legal textbooks on these same topics.



## Post-election Analysis: The 2024 Presidential Election and Critical Outcomes in Washington State • Single Class

Friday, November 15 • 1:00pm-2:00pm • Zoom

This class will recap the outcomes of the 2024 elections in the U.S., focusing on the presidency and the races that determined control of the U.S. Senate and U.S. House. The class will look at the results of the top races in Washington State in 2024, including the open race for governor, state attorney general and U.S. Senate. The class will discuss what these results mean for American politics and policy more broadly, and the changes we are likely to see in Washington State as a result of the election outcomes.

### ABOUT THE INSTRUCTOR



**Travis N. Ridout** is the Thomas S. Foley Distinguished Professor of Government and Public Policy and Director of the School of Politics, Philosophy and Public Affairs at Washington State University. He also serves as co-director of the Wesleyan Media Project, which tracks political advertising. His research on political campaigns, political advertising and campaign finance has appeared in dozens of journal articles and book chapters. Ridout's most recent book, *Political Advertising in the United States*, 2nd edition, was published in 2021.

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



#### In-person Classes and Workshops

Rotating Wesley locations host the instructor in-person. If specified, other Wesley locations participate via Zoom.



#### 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 Club Room



#### 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.





**September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
9 	10	11	12	13
<b>WESLEY U SUMMER TOUR</b>				
16	17	18	19 <input type="checkbox"/> 10:30am Craft Brewing in PNW - Z <input type="checkbox"/> 1:00pm Watercolor - LH	20 <input type="checkbox"/> 10:00am Watercolor - DM <input type="checkbox"/> 1:30pm Seeing Salvation - Z
23	24 <input type="checkbox"/> 10:30am Seeing Salvation - Z	25	26 <input type="checkbox"/> 10:30am Lake Geneva Pk Field Trip - DM <input type="checkbox"/> 12:30pm Lake Geneva Pk Field Trip - TE <input type="checkbox"/> 1:00pm Watercolor - LH	27 <input type="checkbox"/> 10:00am Watercolor - DM <input type="checkbox"/> 10:30am Lake Geneva Pk Field Trip - LH <input type="checkbox"/> 12:30pm Lake Geneva Pk Field Trip - BP
30				

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

## October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b> <input type="checkbox"/> <b>1:00pm</b> Watercolor - LH	<b>4</b> <input type="checkbox"/> <b>10:00am</b> Watercolor - DM
<b>7</b> <input type="checkbox"/> <b>10:00am</b> Watercolor - TE	<b>8</b> <input type="checkbox"/> <b>10:30am</b> Watercolor - BP	<b>9</b> <input type="checkbox"/> <b>10:30am</b> Origami - DM	<b>10</b> <input type="checkbox"/> <b>10:30am</b> Origami - TE	<b>11</b> <input type="checkbox"/> <b>10:30am</b> Origami - BP
<b>14</b> <input type="checkbox"/> <b>10:00am</b> Watercolor - TE <input type="checkbox"/> <b>2:30pm</b> Americana Music - Z	<b>15</b> <input type="checkbox"/> <b>10:30am</b> Watercolor - BP <input type="checkbox"/> <b>10:30am</b> Film Showing - DM <input type="checkbox"/> <b>1:00pm</b> Film Showing - LH	<b>16</b> <input type="checkbox"/> <b>10:30am</b> Origami - LH	<b>17</b> <input type="checkbox"/> <b>1:30pm</b> Film Showing - BP <input type="checkbox"/> <b>2:00pm</b> Film Showing - TE	<b>18</b> <input type="checkbox"/> <b>10:30am</b> Film Lecture - Z
<b>21</b> <input type="checkbox"/> <b>10:00am</b> Watercolor - TE <input type="checkbox"/> <b>2:30pm</b> Americana Music - Z	<b>22</b> <input type="checkbox"/> <b>10:30am</b> Watercolor - BP <input type="checkbox"/> <b>10:30am</b> Film Showing - DM <input type="checkbox"/> <b>1:00pm</b> Film Showing - LH	<b>23</b> <input type="checkbox"/> <b>11:00am</b> The Experience of Immigrants - DM, Z	<b>24</b> <input type="checkbox"/> <b>1:30pm</b> Film Showing - BP <input type="checkbox"/> <b>2:00pm</b> Film Showing - TE	<b>25</b> <input type="checkbox"/> <b>10:30am</b> Film Lecture - Z
<b>28</b> <input type="checkbox"/> <b>2:30pm</b> Americana Music - Z	<b>29</b> <input type="checkbox"/> <b>10:30am</b> Film Showing - DM <input type="checkbox"/> <b>1:00pm</b> Film Showing - LH	<b>30</b>	<b>31</b> <input type="checkbox"/> <b>1:30pm</b> Film Showing - BP <input type="checkbox"/> <b>2:00pm</b> Film Showing - TE	

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

## November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <input type="checkbox"/> <b>10:30am</b> Film Lecture - Z
<b>4</b> <input type="checkbox"/> <b>2:30pm</b> Americana Music - Z	<b>5</b>	<b>6</b>	<b>7</b> <input type="checkbox"/> <b>11:00am</b> Energy Efficiency & Power Generation in Marine Industry - Z	<b>8</b> <input type="checkbox"/> <b>1:00pm</b> 4th Dimension: Geology - Z
<b>11</b>	<b>12</b> <input type="checkbox"/> <b>11:30am</b> The Importance of Vision & Eye Health - Z	<b>13</b> <input type="checkbox"/> <b>11:00am</b> Reviving Our Voices - TE <input type="checkbox"/> <b>1:30pm</b> Reviving Our Voices - BP	<b>14</b> <input type="checkbox"/> <b>11:00am</b> The Future of Flying - Z	<b>15</b> <input type="checkbox"/> <b>1:00pm</b> Post-election Analysis - Z
<b>18</b> <input type="checkbox"/> <b>1:00pm</b> 4th Dimension: Geology - Z	<b>19</b> <input type="checkbox"/> <b>11:00am</b> The Future of Flying - Z	<b>20</b> <input type="checkbox"/> <b>11:00am</b> Reviving Our Voices - LH <input type="checkbox"/> <b>1:30pm</b> Reviving Our Voices - DM	<b>21</b> <input type="checkbox"/> <b>11:00am</b> The Future of Flying - Z	<b>22</b> <input type="checkbox"/> <b>1:00pm</b> 4th Dimension: Geology - Z
<b>25</b> <input type="checkbox"/> <b>1:00pm</b> 4th Dimension: Geology - Z	<b>26</b>	<b>27</b>	<b>28</b> THANKSGIVING	<b>29</b>

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

**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:** at Tehaleh - Club Room

**Zoom:** Online

CLASS	DAY/DATE	TIME	LOCATION
<b>Watercolor Painting</b>			
<input type="checkbox"/> LH residents only	Thurs, 9/19, 26; 10/3	1:00pm-3:00pm	LH Assembly Hall
<input type="checkbox"/> DM residents only	Fri, 9/20, 27; 10/4	10:00am-12:00pm	DM Club Rm
<input type="checkbox"/> TE residents only	Mon, 10/7, 14, 21	10:00am-12:00pm	TE Ldg Creativity Ctr
<input type="checkbox"/> BP residents only	Tues, 10/8, 15, 22	10:30am-12:30pm	BP Activity Rm
<b>Craft Brewing in the Pacific Northwest: The Process, The Business, The Beer</b>			
<input type="checkbox"/> Single Class	Thurs, 9/19	10:30am-11:30am	Zoom
<b>Seeing Salvation: Tradition and Innovation in Christian Art</b>			
<input type="checkbox"/> Two-part Series	Fri, 9/20	1:30pm-2:30pm	Zoom
	Tues, 9/24	10:30am-11:30am	Zoom
<b>Lake Geneva Park Field Trip</b>			
<input type="checkbox"/> DM residents only	Thurs, 9/26	10:30am-11:30am	DM
<input type="checkbox"/> TE residents only	Thurs, 9/26	12:30pm-1:30pm	TE
<input type="checkbox"/> LH residents only	Fri, 9/27	10:30am-11:30am	LH
<input type="checkbox"/> BP residents only	Fri, 9/27	12:30pm-1:30pm	BP
<b>Origami: The Art of Japanese Paper Folding (Workshop)</b>			
<input type="checkbox"/> DM residents only	Wed, 10/9	10:30am-12:00pm	DM Terrace SMEC
<input type="checkbox"/> TE residents only	Thurs, 10/10	10:30am-12:00pm	TE Event Center
<input type="checkbox"/> BP residents only	Fri, 10/11	10:30am-12:00pm	BP Activity Rm
<input type="checkbox"/> LH residents only	Wed, 10/16	10:30am-12:00pm	LH Assembly Hall
<b>Americana Music: The Melting Pot of Bluegrass, Blues, Country and Folk Music</b>			
<input type="checkbox"/> Four-part Series	Mon, 10/14, 21, 28; 11/4	2:30pm-3:30pm	Zoom
<b>Classic Hollywood Cinema: Film Viewings</b>			
<input type="checkbox"/> DM	Tues, 10/15, 22, 29	10:30am-12:45pm	DM Gardens Theater
<input type="checkbox"/> LH	Tues, 10/15, 22, 29	1:00pm-3:15pm	LH Theater
<input type="checkbox"/> BP	Thurs, 10/17, 24, 31	1:30pm-3:45pm	BP Theater
<input type="checkbox"/> TE	Thurs, 10/17, 24, 31	2:00pm-4:15pm	TH Theater
<b>Classic Hollywood Cinema: Lectures</b>			
<input type="checkbox"/> Three-part Series	Fri, 10/18, 25; 11/1	10:30am-12:00pm	Zoom
<b>The Experience of Immigrants and Refugees in the Pacific Northwest</b>			
<input type="checkbox"/> Single Class	Wed, 10/23	11:00am-12:00pm	DM, Zoom
<b>Energy Efficiency and Power Generation in the Marine Industry</b>			
<input type="checkbox"/> Single Class	Thurs, 11/7	11:00am-12:00pm	Zoom
<b>The Fourth Dimension: One Billion Years of Washington Geology - Part 1</b>			
<input type="checkbox"/> Four-part Series	Fri, 11/8, 22; Mon, 11/18, 25	1:00pm-2:30pm	Zoom
<b>The Importance of Vision and Eye Health As We Age</b>			
<input type="checkbox"/> Single Class	Tues, 11/12	11:30am-12:30pm	Zoom
<b>Reviving Our Voices: Building Strength for Vocalization</b>			
<input type="checkbox"/> TE residents	Wed, 11/13	11:00am-12:00pm	TE Event Center
<input type="checkbox"/> BP residents	Wed, 11/13	1:30pm-2:30pm	BP Event Center
<input type="checkbox"/> LH residents	Wed, 11/20	11:00am-12:00pm	LH Assembly Hall
<input type="checkbox"/> DM residents	Wed, 11/20	1:30pm-2:30pm	DM Terrace SMEC
<b>The Future of Flying: An Exploration of New Aircraft Design</b>			
<input type="checkbox"/> Three-part Series	Thurs, 11/14, 21; Tues, 11/19	11:00am-12:00pm	Zoom
<b>Post-election Analysis: The 2024 Presidential Election &amp; Critical Outcomes in Washington State</b>			
<input type="checkbox"/> Single Class	Fri, 11/15	1:00pm-2:00pm	Zoom