



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

LIFELONG LEARNING COURSE CATALOG | WINTER 2026



*Wesley U Committee Meeting 2025 -
Brainstorming in Breakout Groups*

**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
Dee Woods
Mistie Hansen, staff

Wesley Des Moines

Diane Collier
Sue Lawrence
Verla Morrison
Nancy Robertson
Lila Sjodin
Paula Olson, staff

Wesley Lea Hill - Auburn

Julie Carter
Barbara Dadd Shaffer
Bill Freitag
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 a common room. Check your
activities calendar.

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 - Scan QR code or visit
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

Human Decency and Dignity: A Core Theme to Consider

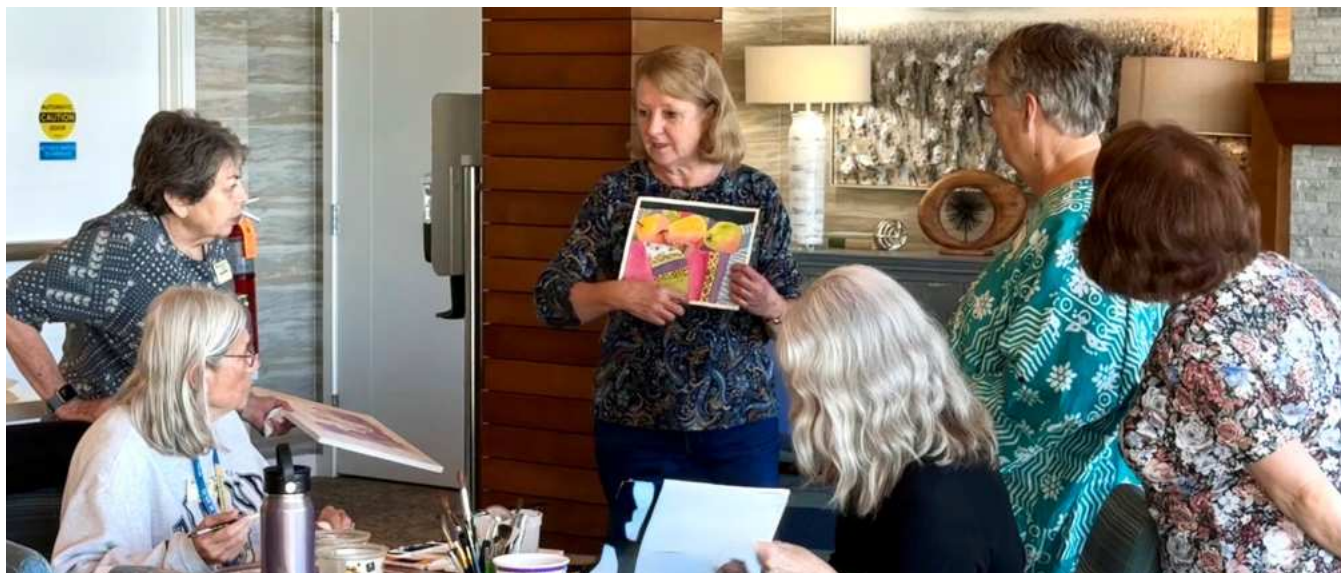


This quarter, Wesley U invites you to reflect on two questions as a theme that carries across our courses:

- 1. How do we exercise human decency, and**
- 2. How do we uphold human dignity?**

As we explore the diverse topics offered through Wesley U this winter, let's consider how our choices, both in and beyond the classroom, support or challenge these principles. When individuals courageously express their inherent dignity, how do we respond to that vulnerability? How do we check our own mindsets and treat others with decency?

While this theme resonates through nearly all of our classes this winter, even indirectly, topics particularly tied to the theme are noted with this symbol: ♦♦♦ These courses offer deeper opportunities to examine our shared humanity. After class, we encourage you to take time to reflect - jot down your thoughts or engage in meaningful conversation with others - about how the ideas of decency and dignity surfaced in your learning.



Watercolor Painting • Three-part Series

Tehaleh • Mondays, January 12, 19, 26 • 10:00am-12:00pm

Bradley Park • Tuesdays, January 13, 20, 27 • 10:30am-12:30pm

Lea Hill • Mondays, March 2, 16, 23 • 10:00am-12:00pm

Des Moines • Tuesdays, March 3, 17, 24 • 10:00am-12:00pm

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. NO ZOOM.

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.

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.

Furnished by Faith: Shaker Ideology & Material Culture Single Class ♦♦

Wednesday, January 14 • 11:00am-12:00pm • Zoom

For over two hundred years, the Shakers have endured as the United States' most successful utopian religious society. At their height in the mid-nineteenth century, more than 6,000 Believers lived in eighteen communal settlements across the eastern United States. Celibate pacifists who practiced gender and racial equality, the Shakers' radical religious ideology often brought them into conflict with their non-Shaker neighbors. Today, however, the most lasting legacy of the Shakers is their iconic material culture – from elegant cloaks sewed by Shaker sisters to oval boxes and fine furniture made by Shaker brethren.

ABOUT THE INSTRUCTOR



Becky Soules is the Collections and Education Director at Shaker Village of Pleasant Hill in Kentucky. Prior to that, she worked at Canterbury Shaker Village as the Interpretation Manager. Her research interests focus on the material culture of the Shakers, particularly during the late 1800s and early 1900s. She received her BA in American Civilization and her MA in Public

Humanities from Brown University.





“Are They Allowed to Do That?” - Founding Principles of the US Constitution to Modern Practice • Three-part Series ♦♦

Thursdays, January 15, 22, 29 • 11:00am to 12:00pm • Zoom

The political news comes at us fast. The President or a cabinet secretary takes an action. A governor or state attorney general declares that they find it illegal or unconstitutional and take the administration to court. The court intervenes and halts the action, or doesn't. Congress weighs in, or doesn't. All the while, the voters go about their day, asking themselves, “Are they allowed to do that?” This three-part series will seek to help you answer this question, examining the original intent of the Framers of the Constitution, the development of these institutions, and how the Trump administration has disrupted (and maintained) these trajectories.

ABOUT THE INSTRUCTOR



Dr. Patrick Schoettmer is an associate professor at Seattle University in the department of political science. His teaching focus at Seattle University is on American political institutions, teaching classes on the American Presidency, the US Congress, American campaigns and elections, and state and local politics in the US. He has published in journals such as *Politics and Religion* and *Politics, Groups, and Identities* as well as *The Oxford Research Encyclopedia of Religion and Politics* and *Religion and Political Tolerance in America*, and is a frequent political commentator in local, national and international media outlets.

Shaker Basket Weaving • Two-part Workshop

Des Moines • Mondays, February 2 and 9 • 10:00am-12:00pm

Des Moines • Mondays, February 2 and 9 • 1:00pm-3:00pm

Tehaleh • Tuesdays, February 17 and 24 • 10:00am-12:00pm

Bradley Park • Tuesdays, February 17 and 24 • 2:00pm-4:00pm

Lea Hill • Fridays, February 20 and 27 • 10:00am-12:00pm

In this class we will create a unique and beautiful shaker basket, woven with both round and flat reed as well as sea grass. You will have a selection of many color combinations, including a tie-dye reed that is absolutely stunning! No prior weaving experience is required, as our instructor teaches to many levels. Come join the fun! NO ZOOM.

Wesley Des Moines will host one group in the morning workshops, and a second group in the afternoon workshops.

A \$15 non-refundable materials fee is required for each participant. Payment is due within a week of registering or you may be removed from the class. Des Moines registrants will be billed on their monthly statements. Bradley Park, Lea Hill and Tehaleh registrants must submit a \$15 check made to Wesley Des Moines to their resident engagement directors. There will not be a waitlist for this space-limited workshop. Please register early.



This in-person series requires physical and cognitive ability to independently follow the instructor.

ABOUT THE INSTRUCTOR



Amy Sylvester recently retired after 33 years with the Department of Defense, Defense Contract Audit Agency, where she worked as an auditor, supervisor and instructor. She graduated from Northern Arizona University with a Bachelors in Business Administration and a concentration in Accountancy. She first learned to weave baskets in the early '90s through a class at the experimental college at the University of Washington and absolutely loved it. She has been teaching basket weaving for over 20 years. Sylvester loves helping people create unique and beautiful baskets, while keeping alive the tradition of weaving baskets from natural materials.

Perspectives on the Japanese American Experience in World War II: Stories Through Art and Narrative • Two-part Series



Part 1: We Are Not Strangers ♦♦♦

Wednesday, January 28 • 11:00am-12:00pm • Zoom

Josh Tuininga's award-winning graphic novel, *We Are Not Strangers*, is based on the true story of a Jewish immigrant who helped his Japanese-American neighbors when they were forced out of the neighborhood and incarcerated during WWII. Join us for this visually rich presentation as the author shares the intricacies of his research and creative process, and unravels the profound lessons embedded in this tale of allyship and unity amidst the turbulence of wartime.

To better appreciate this presentation as a whole, we encourage you to read this graphic novel in advance. It is

available through libraries, independent bookstores, and online booksellers.

ABOUT THE INSTRUCTOR



Josh Tuininga is an author, artist, and designer living in North Bend, Washington. After studying Fine Art at the School of the Art Institute of Chicago, he founded an art and design agency, where he continues to work as its creative director. His work has been published in *Communication Arts* magazine and *HOW Design* magazine, and he was awarded with the Communication Arts Award for excellence in illustration. Tuininga is the author of the children's books *Why Blue?* and *Dream On*. *We Are Not Strangers*, which was a finalist for the Washington State Book Award, is his first graphic novel.



Images from
the artist's
book *Deeply
Honored*

Part 2: Loyalty and Loss: Two Heroes of the 442nd ♦♦

Wednesday, February 4 • 11:00am-12:00pm • Zoom

The stories of Frank Shigemura and Shiro Kashino showcase two men's loyalty against the backdrop of historical injustice. These two Japanese Americans had been residents in Seattle before being removed from their homes by Executive Order 9066. Both joined the US Army from the confinement of Minidoka, serving with distinction in the 442nd Regimental Combat Team. Frank Shigemura was killed in the 442nd's most famous battle; Shiro Kashino survived multiple injuries and eventually returned to Seattle to raise a family. Fred Hagstrom will share their stories of courage and selflessness as he walks us through the art and narrative of his two artist's books, *Deeply Honored* and *Returning Home*.

ABOUT THE INSTRUCTOR



Fred Hagstrom holds degrees from both Hamline University and the University of Nebraska. He also worked at Atelier 17 in Paris, and taught at the Cleveland Institute of Art. His work is in a number of public collections, including the Minneapolis Institute of Art, the Walker Art Center, the Minnesota Museum of Art and the Weismann Museum at the University of

Minnesota. His artist's books are held by over 50 public collections. He taught at Carleton College from 1984 to 2022, retiring as the Rae Schupack Nathan Professor of Art. He received the Minnesota book award for a book artist for 2014. Also in 2014, he received the Teaching Excellence in Printmaking award from the Southern Graphics Council International. In 2022 he received the Distinguished Teaching of Art Award from the College Art Association.

Geology of the National Parks: Where the Wild Things Are - Part 2 • Four-part Series

Wednesdays, February 11, 18, 25 and March 4 • 11:00am-12:30pm • Zoom

America's National Parks are a true treasure! ***Geology of the National Parks*** will take you on virtual field trips to see the splendid scenery of our parks. In this second half of the course, we will examine the geologic history of four parks in the Western United States: *Yosemite, Grand Canyon and Glacier*; the fourth park will be one of the newest parks in the National Park System: the *Ice Age Floods National Geologic Trail*. We will take a deep dive into the geology behind the natural landscapes preserved in these parks. Join us as we explore landscapes of ice-polished granite, one of the deepest canyons on Earth, mountains caused by epic thrust faults, and the enigmatic landscape in the Pacific Northwest left over from Ice Age Floods.

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. Dale is eager to share his love of geology and the natural world with his students!





Genetics and Medications: What Every Patient Should Know • Single Class ♦♦

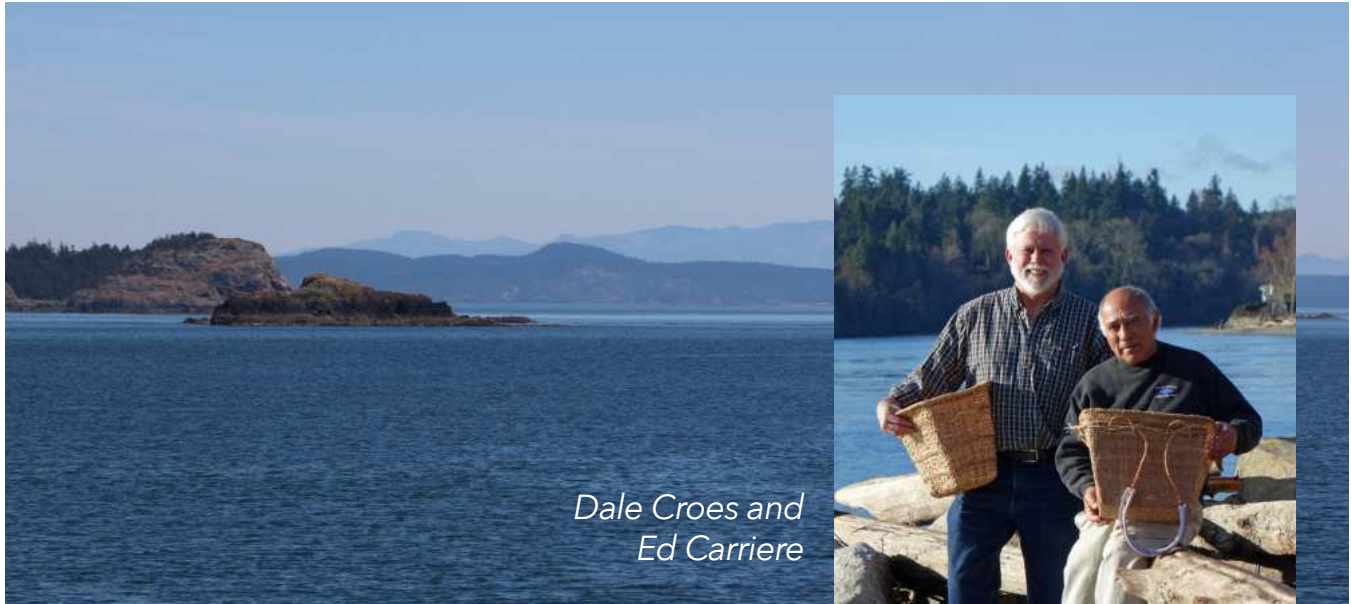
Monday, February 23 • 11:00am-12:00pm • Des Moines and Zoom

We all know that people respond differently to medications - some need higher or lower doses than typical, have no response, or have bad side effects. Genetics is a common reason for this variability for many medications used to treat depression, pain, cancer, heart disease and more. Medicare covers testing for medications with known genetic interactions. Unfortunately, most physicians learned nothing about this in medical school so patients often have to advocate for themselves. In this class, we will learn the basics of pharmacogenomics (the impact of genetics on medication), what medications are impacted, and how to talk to your healthcare provider about testing.

ABOUT THE INSTRUCTOR



Kristine Ashcraft has worked in pharmacogenomics since 2000 and was named one of the 25 leading global voices in precision medicine. She was the Founder and President of YouScript, an award-winning clinical decision support tool that has integrated PGx-guided personalized prescribing in the clinical workflow for over a decade. She has authored multiple publications on the clinical and economic benefits of pharmacogenomic testing and serves on numerous PGx advisory groups including the STRIPE Steering Committee, the FDA collaborative community for pharmacogenomics, CPIC, and the American Cancer Society Cancer Action Network PGx task force. Kristine is committed to catalyzing the adoption of precision medicine.



Dale Croes and
Ed Carriere

Salish Sea Archaeology: Ancient Basketry and Living Off the Land • Two-part Series

Fridays, March 6 and 13 • 1:00pm-2:00pm • Zoom

In retirement, Dr. Dale Croes is working with Ed Carriere, Suquamish Elder and Master Basketmaker. They together wrote *Re-Awakening Ancient Salish Sea Basketry, Fifty Years of Basketry Studies in Culture and Science*, Memoir 15, Journal of Northwest Anthropology. This book is the focus of our first talk and highlights their work analyzing and replicating 2,000-year-old Biderbost wet site basketry housed at the UW Burke Museum. They define this work as a new approach called *Generationally-Linked Archaeology (GLA)*. They recently added a new example of GLA in a book comparing how Ed used 44 natural resources in the first half of his life to support his great-grandmother, Julia Jacobs. Dale compares Ed's natural resource use to the fauna/flora in nine archaeological sites within twenty miles of Ed's home allotment. This new book, the focus of the second talk, is titled "*Living-Off-The-Land*" for 4,000 Years on the Salish Sea, Memoir 25, Journal of Northwest Anthropology.

ABOUT THE INSTRUCTOR



Dale R. Croes is a Northwest wet archaeological site specialist who received his BA in anthropology from the University of Washington, and did his PhD dissertation research on basketry and cordage artifacts from the Ozette Village wet site. He conducted post-doctoral research with the Makah Tribal Nation at the Hoko River wet site and Hoko Rockshelter shell midden; directed the first-ever archaeological excavations at the National Historic Landmark wet site of Sunken Village with the Confederated Tribes of Siletz Indians, Confederated Tribes of Grand Ronde, and the Confederated Tribes of the Warm Springs Indians; and co-directed excavations of the Qwu?gwəs wet and dry site with the Squaxin Island Tribe.

Being Human in the Age of A.I. • Single Class

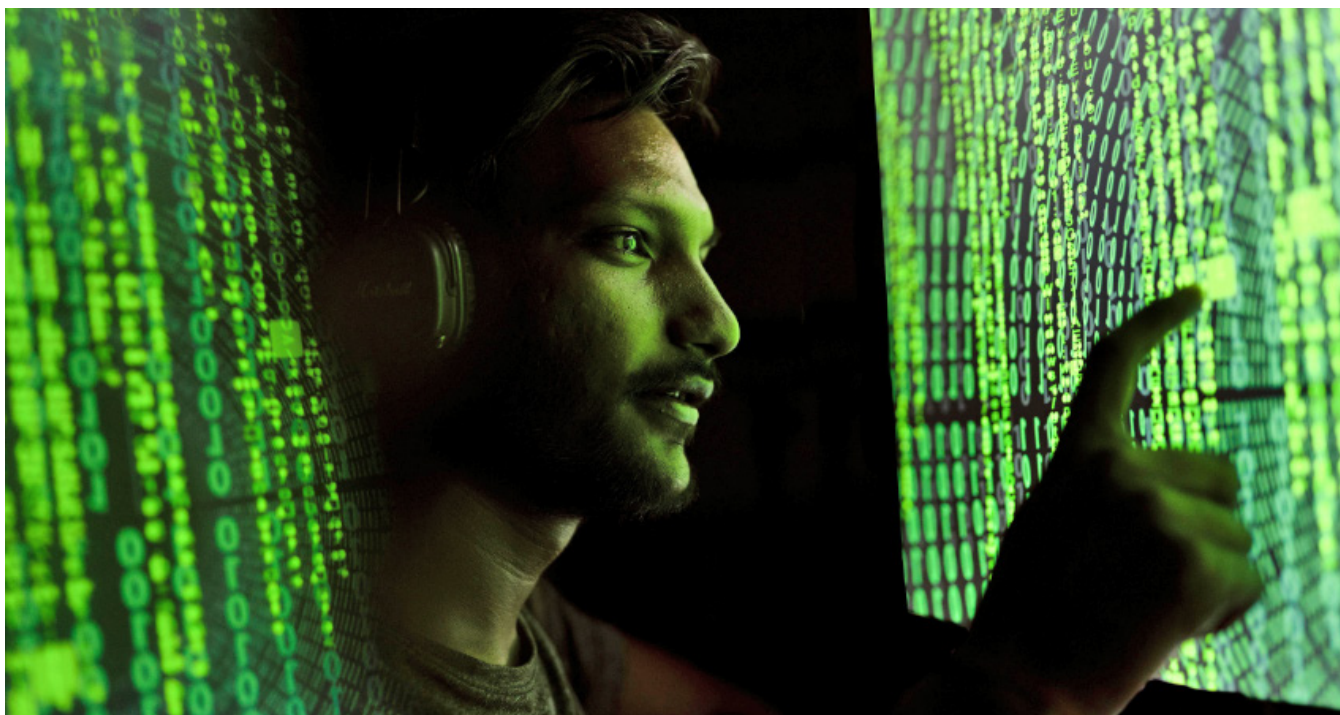
Monday, March 9 • 11:00am to 12:00pm • Zoom

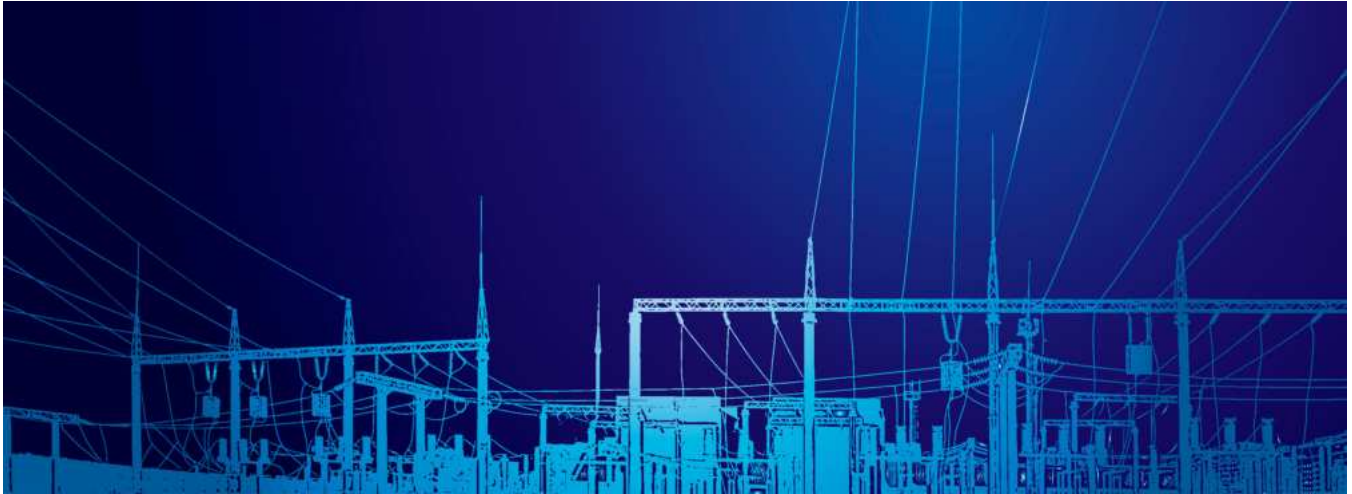
In just a few short years, machines can now do meaningful things we thought were uniquely human, like write poetry, create art, or engage in thoughtful conversation. Does anything remain distinctly human in this new world of artificial intelligence? In this talk, discover how A.I. is reshaping our understanding of human identity and purpose, and gain insights into how to navigate our complex relationship with A.I.

ABOUT THE INSTRUCTOR



Chirag Shah is an A.I. expert and professor at the University of Washington, specializing in the intersection of A.I. and human experience. He has published nearly 200 peer-reviewed articles, authored eight books, and given numerous presentations, including a TEDx talk exploring humanity's evolving relationship with A.I. He is the founding director of InfoSeeking Lab and founding co-director of the Center for Responsibility in A.I. Systems & Experiences (RAISE).





Powering the Future: The Evolving North American Electric Grid • Single Class

Wednesday, March 18 • 11:00am-12:00pm • Zoom

This lecture explores the current and future state of the North American electric power grid, tracing its structure across major US, Canadian, and Mexican interconnections, and the regional transmission organizations that coordinate power flow across vast distances. Participants will gain insight into how emerging high-efficiency conductors are revolutionizing current-carrying capacity and grid reliability. The discussion will address growing energy demands of data centers, electrified transportation, and renewable integration, along with the immense capital investments needed to expand and modernize North America's power infrastructure. Critical threats such as cyberattacks, extreme weather, and outdated transmission corridors will be examined alongside mitigation strategies and grid-hardening initiatives. Finally, the session will explore the accelerating role of large-scale battery storage systems as essential components in achieving a resilient, flexible, and sustainable energy future.

ABOUT THE INSTRUCTOR



John Dahlgren is a teacher, trainer and facilitator with over 40 years of manufacturing, construction and small business experience. He teaches at Butte College and with The Electricity Forum. John often expresses to his students: "The technical world cannot be memorized, and it is my job to help you learn how to find information, source information and collect information so it can be retrieved and referenced effectively." John's philosophy of teaching is to bring his experience and knowledge into the classroom and create a professional atmosphere based on mutual respect, trust and benefit providing as much a real-world setting as can be offered in a classroom.

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12 <input type="checkbox"/> 10:00am Watercolor - TE	13 <input type="checkbox"/> 10:30am Watercolor - BP	14 <input type="checkbox"/> 11:00am Furnished by Faith: Shaker Ideology - Z	15 <input type="checkbox"/> 11:00am "Are They Allowed to Do That?" - US Constitution - Z	16
19 <input type="checkbox"/> 10:00am Watercolor - TE	20 <input type="checkbox"/> 10:30am Watercolor - BP	21	22 <input type="checkbox"/> 11:00am "Are They Allowed to Do That?" - US Constitution - Z	23
26 <input type="checkbox"/> 10:00am Watercolor - TE	27 <input type="checkbox"/> 10:30am Watercolor - BP	28 <input type="checkbox"/> 11:00am We Are Not Strangers - Z	29 <input type="checkbox"/> 11:00am "Are They Allowed to Do That?" - US Constitution - Z	30

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

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 <input type="checkbox"/> 10:00am Shaker Basket Weaving - DM <input type="checkbox"/> 1:00pm Shaker Basket Weaving - DM	3	4 <input type="checkbox"/> 11:00am Loyalty & Loss: Two Heroes of the 442nd - Z	5	6
9 <input type="checkbox"/> 10:00am Shaker Basket Weaving - DM <input type="checkbox"/> 1:00pm Shaker Basket Weaving - DM	10	11 <input type="checkbox"/> 11:00am Geology of the National Parks: Part 2 - Z	12	13
16	17 <input type="checkbox"/> 10:00am Shaker Basket Weaving - TE <input type="checkbox"/> 2:00pm Shaker Basket Weaving - BP	18 <input type="checkbox"/> 11:00am Geology of the National Parks: Part 2 - Z	19	20 <input type="checkbox"/> 10:00am Shaker Basket Weaving - LH
23 <input type="checkbox"/> 11:00am Genetics & Medications - DM, Z	24 <input type="checkbox"/> 10:00am Shaker Basket Weaving - TE <input type="checkbox"/> 2:00pm Shaker Basket Weaving - BP	25 <input type="checkbox"/> 11:00am Geology of the National Parks: Part 2 - Z	26	27 <input type="checkbox"/> 10:00am Shaker Basket Weaving - LH

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

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 <input type="checkbox"/> 10:00am Watercolor - LH	3 <input type="checkbox"/> 10:00am Watercolor - DM	4 <input type="checkbox"/> 11:00am Geology of the National Parks: Part 2 - Z	5	6 <input type="checkbox"/> 1:00pm Salish Sea Archaeology: Ancient Basketry and Living Off the Land - Z
9 <input type="checkbox"/> 11:00am Being Human in the Age of A.I. - Z	10	11	12	13 <input type="checkbox"/> 1:00pm Salish Sea Archaeology: Ancient Basketry and Living Off the Land - Z
16 <input type="checkbox"/> 10:00am Watercolor - LH	17 <input type="checkbox"/> 10:00am Watercolor - DM	18 <input type="checkbox"/> 11:00am Powering the Future: The Evolving North American Electric Grid - Z	19	20
23 <input type="checkbox"/> 10:00am Watercolor - LH	24 <input type="checkbox"/> 10:00am Watercolor - DM	25	26	27
30	31			

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

Wesley U is funded by Wesley Community Foundation as part of the mission to support *Active People, Enriching Programs and Dynamic Places.*

You can support Wesley U by donating online (or by check) to Greatest Need - designating your community - at **Wesleychoice.org/donate**

*Wesley U Pyrography Classes,
Wesley Bradley Park*



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



In-person Classes and Workshops

Rotating Wesley locations host instructors 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: Theater

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

Lea Hill: check your activities calendar

At Tehaleh: in the Conference Room



Watch a recording

Classes offered on Zoom are typically recorded. Everyone who registers for a class will be sent a link to the recording after the class, whether you saw the class, missed it, or just want to watch it again.





Courses | WINTER 2026

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

LH: Lea Hill - Check activities calendar

Zoom: Online

TE: at Tehaleh - Conference Room

DM: Des Moines Terrace, Suzanne McCarthy Education Center (SMEC)

CLASS	DAY/DATE	TIME	LOCATION
Watercolor Painting			
<input type="checkbox"/> TE residents only	Mon, 1/12, 19, 26	10:00am-12:00pm	TE Ldg Creativity Ctr
<input type="checkbox"/> BP residents only	Tues, 1/13, 20, 27	10:30am-12:30pm	BP Creativity Ctr
<input type="checkbox"/> LH residents only	Mon, 3/2, 16, 23	10:00am-12:00pm	LH Assembly Hall
<input type="checkbox"/> DM residents only	Tues, 3/3, 17, 24	10:00am-12:00pm	DM Club Rm
Furnished by Faith: Shaker Ideology and Material Culture			
<input type="checkbox"/> Single Class	Wed, 1/14	11:00am-12:00pm	Zoom
"Are They Allowed to Do That?" - Founding Principles of the US Constitution to Modern Times			
<input type="checkbox"/> Three-part Series	Thurs, 1/15, 22, 29	11:00am-12:00pm	Zoom
Shaker Basket Weaving			
<input type="checkbox"/> DM residents only	Mon, 2/2, 9	10:00am-12:00pm	DM McCoy Studio, Terr
<input type="checkbox"/> DM residents only	Mon, 2/2, 9	1:00pm-3:00pm	DM McCoy Studio, Terr
<input type="checkbox"/> TE residents only	Tues, 2/17, 24	10:00am-12:00pm	TE Ldg Creativity Ctr
<input type="checkbox"/> BP residents only	Tues, 2/17, 24	2:00pm-4:00pm	BP Activity Rm
<input type="checkbox"/> LH residents only	Fri, 2/20, 27	10:00am-12:00pm	LH Assembly Hall
Perspectives on the Japanese American Experience in World War II: Stories Through Art and Narrative			
<input type="checkbox"/> Two-part Series			
We Are Not Strangers	Wed, 1/28	11:00am-12:00pm	Zoom
Loyalty and Loss: Two Heroes of the 442nd	Wed, 2/4	11:00am-12:00pm	Zoom
Geology of the National Parks, Part 2			
<input type="checkbox"/> Four-part Series	Wed, 2/11, 18, 25, 3/4	11:00am-12:30pm	Zoom
Genetics and Medications: What Every Patient Should Know			
<input type="checkbox"/> Single Class	Mon, 2/23	11:00am-12:00pm	DM, Zoom
Salish Sea Archaeology: Ancient Basketry and Living Off the Land			
<input type="checkbox"/> Two-part Series	Fri, 3/6, 13	1:00pm-2:00pm	Zoom
Being Human in the Age of A.I.			
<input type="checkbox"/> Single Class	Mon, 3/9	11:00am-12:00pm	Zoom
Powering the Future: The Evolving North American Electric Grid			
<input type="checkbox"/> Single Class	Wed, 3/18	11:00am-12:00pm	Zoom

See the next page for information on Wesley U's 2026 cruise!





Upper Mississippi River Cruise with Wesley U

September 18–26, 2026

St. Louis, Missouri to St. Paul, Minnesota 9 Days/8 Nights

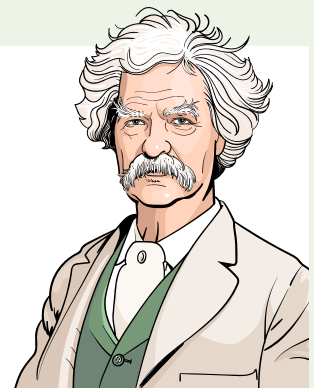
Join Wesley U as we cruise the Upper Mississippi River aboard American Cruise Lines' ***American Serenade!*** Visit the boyhood home of Mark Twain, explore art museums and natural history learning centers, and experience the engineering wonders of locks on the mighty Mississippi. Come aboard for a fun and educational trip with Wesley U!

Prices starting at \$6270 per person (double occupancy)

Option to lock in airfare at \$495 per person

Included on the cruise:

- Daily shore excursions/tours
- Gratuities, Wi-Fi, dining, wine, beer, complimentary cocktail hour
- Every stateroom with balcony (and only 180 guests on board)
- Nightly entertainment and daily enrichment/education sessions



To book with a deposit and select your stateroom, please contact Paula Olson, Wesley U Manager, at **206-870-1385** or email **polson@wesleyhomes.org**.

This trip is appropriate for travelers who meet these criteria:

- Are in good physical condition with overall good mobility
- Can independently perform basic activities of daily living

Wesley residents may invite fully independent non-resident adults to join them.

Deposit: \$500 per person (Single Supplement 150%)

Final Payment due June 20, 2026

Cancellation Insurance is highly suggested

Scan QR code for additional details
or visit: tinyurl.com/4shm5uyz



Certain restrictions apply. Ship, schedules, rates and itinerary subject to change.