



COMMUNIVERSITY

AT PROVIDENCE POINT

FALL QUARTER 2021 COURSE DESCRIPTIONS

Monday, September 27th through Friday, November 19th

Special Note: Proof of vaccination will be required for all in-person classes.

Masks will also be required for all indoor, in-person classes while the state mandate is in effect.

MONDAYS

FIRST AID/CPR/AED TRAINING

9:00 – 11:00

Session 1, 4-weeks, Collin Hall 9/27-10/18

Session 2, 4-weeks, Collin Hall 10/25-11/15

Jeff Milner

Class Limit: 4 – 8 (*see explanation below)

The object of this course as stated by American Red Cross is as follows: "The Adult First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older". Successful students will receive a certificate for Adult First Aid/CPR/AED valid for two years. To be certified, a \$24 fee made payable to the America Red Cross will be required at the end of the 4-week session. Certification is not necessary to participate. The text for the course will be downloadable and any other supplies will be furnished at the course.

*There are only 4 resuscitation devices with one person or one couple assigned to each device. This means we can have 4 singles or 4 couples or any variation of that up to 8 people in the classroom: 3 singles and 1 couple, 2 singles and 2 couples, or 1 single and 3 couples.

Jeff Milner has been an educator and an administrator for 49 years in both the public and private sectors on the high school and college/university levels. He was also a paramedic and a Red Cross instructor for 10 years in upstate New York and has recently re-certified his instructor status.

CHAIR YOGA

9:00 – 10:00 beginning September 27

8 sessions, ZOOM

Elaine Black



The practice of Chair Yoga is gentle and accessible to everyone whether you have physical limitations, injuries, general stiffness, or reduced flexibility. In this class, we will focus on building strength, flexibility, and balance. This class will offer you postures that can help lengthen your spine, stretch and strengthen your muscles, and improve alignment. We will also explore breath work and learn to adapt postures safely and beneficially. All postures are performed while either seated in a chair or standing with the aid of a chair. This practice will help you be more active, resilient, and strong in your daily life.

Elaine Black is a certified yoga instructor at the 200-hour level. She has a special interest in bringing the benefits of yoga to the senior

population and her classes offer careful instruction and adaptations to make postures and movement accessible for all students regardless of fitness level or ability.

ART: WATERCOLOR PAINTING

9:30 – Noon beginning September 27

8 sessions, ZOOM

Fred Lisaius

Class limit: 16

No painting medium celebrates transparency, light and color quite like watercolor. It can be juicy and loose or detailed and controlled. This is a class intended for those who have learned the fundamentals of watercolor painting and want to take them to the next level. We will be exploring watercolor painting techniques, composition and color in a fun and relaxing environment. Have your watercolor paints, paper and supplies ready at the first class.

Fred Lisaius is a local painter and teacher. His paintings show in galleries around the country and are included in many local collections.



ART: MORE WONDERFUL WATERCOLOR

12:30 – 3:00 beginning September 27

8 sessions, ZOOM

Fred Lisaius

Class limit: 16

Take your watercolor skills to the next level and get the most out of your paint box. Explore many techniques in a fun and relaxed atmosphere. Learn how through contrast, composition, and color to make a painting that is strong, beautiful and dynamic. Have your watercolor supplies ready at the first class and let's get painting!



STRENGTH TRAINING

1:00 – 2:00 beginning September 27

8 sessions, CHANNEL 8/Collin Hall

Diana Marusiak

No Class Limit on Channel 8

Class Limit: 20 in Collin Hall

This class will guide and encourage you to strengthen your major muscle groups while listening to fun, upbeat background music. This class accommodates all fitness levels. Emphasis is placed on proper form, posture, and range of motion. **Focus is on strengthening the major muscle groups throughout the body to include the abdominal muscles...the Core.** All exercises will be described in detail highlighting proper form and modification options. You will be given the tools you need to do what works for you because **doing something is better than nothing at all!** It is essential to do strength training on a consistent and regular basis so progression in strength can be achieved and maintained.

Diana believes having fun is a key element in committing to a long term regular and consistent strength training program. Over the years, Diana has created and taught many class formats for both group and individual training sessions utilizing her numerous national certifications. Her emphasis is to work the entire body encouraging participants to keep moving and have fun!!

HOME HEALTHCARE FORUM ...is back!!!

1:00 – 3:00 September 27 only

1 session, ZOOM

Pam Stone, Various Speakers



Finally, this powerful panel discussion returns. It will cover everything you need to know about options for long-term care. Areas of discussion include: the differences between home health and home care, hospice care, and hospital discharge procedures. As always, our distinguished panelists will also discuss and answer questions regarding Medicare, Long-Term Care insurance and VA benefits. There will be a lively question and answer session with professionals who can help you understand how to navigate this often-confusing maze. This seminar is offered once a year to our residents and their families.

TUESDAYS

STRENGTH TRAINING

10:00 – 11:00 beginning September 28

8 sessions, CHANNEL 8

Diana Marusiak

No Class Limit on Channel 8

Class Limit: 20 in Collin Hall

See course description for 1:00 Monday Class.

GENTLE TECH: Getting the Most from Your Expensive iPhone!

10:00 – noon beginning September 28

8 sessions, ZOOM

Bridget Agabra

Class limit: 16

Inviting absolute beginners and comfortable users! Add health and medication information for first responders, keep your phone quiet and dark overnight, use the hidden document scanner, have fun with easy photography tips, and use your voice to type messages and make calls. Explore an immersive 3D ancient Egyptian temple. We will delve deep into those and many more often hidden features of your phone; the practical, the fun and the amazing! Learning is hands on. **Bring your curious minds and an iPhone model 6 or newer.** Each iPhone model is different; most settings will apply to most phones, but specific features may not be available on every phone. Many features are also available on iPads!

Bridget Agabra provides approachable technology training and services for seniors. She holds certificates in Gerontology and Tech Writing. Bridget led future studies and game designer conferences, was featured on CNN and in Newsweek and USA Today as a video gamer and co-founded California's Goldstein's Bagel Bakery. With an eye on the future of technology, Bridget is passionate about the magic immersive technology will be bringing to our lives.

HISTORY: The 50s

10:30 – 12:30 beginning September 28

8 sessions, North Community Building

Jim Hinkley

Class Limit: 25

A look at the 1950s, the last decade of the American Dream? We will consider the reasons for the affluence of the 50s, noting the economic fallout from WWII, and the great stimulus from the GI Bill of 1944. We will also trace the decade's contributions to some of the contentious social movements of the 60s and beyond. And... we will address the question: "What's not to like about the 50s?"

Jim Hinkley studied acting and history at Northwestern University, enlisted in the Army and served three years in Army intelligence during the Korean War. He earned his BA in history at San Diego State University and subsequent master's degrees, in history at San

Diego State and in counseling at Chapman University. He taught U.S. History at Grossmont College in California for 34 years and at the University of North Georgia for 4 years.

AEROBIC FITNESS

11:15 – 11:45 beginning September 28

8 sessions, CHANNEL 8

Diana Marusiak

No Class Limit on Channel 8

Class Limit: 20 in Collin Hall

This class **Gets You Moving!** Whether seated or standing, this class features fun and upbeat music choreographed with basic upper and lower body directional movements to improve your whole-body health. When we understand how our body moves, we begin to see overall health improvements. Individual modifications are encouraged, and participants can choose to move based on individual fitness levels. The emphasis of this class is to keep moving because any movement is better than no movement at all! No dance skills required. Join me as we continue our journey together to **keep moving and have fun!!**

BEGINNING PICKLEBALL

12:30 – 2:00 September 27 – October 19

4 sessions, Tennis Court

Ginger Rowe

Class limit: 8

Students will learn the basic rules, skills and strategies of pickleball. The lessons will take place on the pickleball/tennis courts. Balls and racquets are available if you don't have your own. Available racquets are wood and most players move up to graphite racquets that can be purchased at local sporting goods stores. The goal of this class is to give you the basics so you can play pickleball for fun and fitness. Pickleball players of all levels meet at 11:00 – 12:30 weekdays at the two courts to play. Courts can be used at other times by any condo owners who show up and sign up at the court.

Ginger Rowe has played sports her whole life. She had never heard of Pickleball until she moved to Providence Point in 2017 and took Communiversity's Beginning Pickleball class. Since then, she has played hundreds of games at local courts and competed in a local tournament. She currently spends her free time hiking, snowshoeing, and backpacking around Washington State.

GENTLE TECH: The Many Tools of Google!

Explore the World of Google Apps that Work on your Device

1:00 – 2:30 September 28 – November 2

6 sessions, ZOOM

Bridget Agabra

Class limit: 16

No matter if you use a PC or a Mac, an iPhone or Android, a Chromebook or tablet, Google apps work on them all. While everyone knows about Gmail, you also have access to free word processing, spreadsheets, cloud storage, maps, video meetings, a free phone line, art museum tours and much more! Join us in exploring different Google apps that might be new to you (and save you money!). Class notes will be emailed after each session.

GENTLE TECH: Emergency Digital Access (E.D.A.)

Creating a Transition Plan for your Digital Information

1:00 – 2:30 November 9 only

1 session, ZOOM

Bridget Agabra

Class limit: 18

If something happens to you, what becomes of your photos, your emails and accounts? Who handles everything electronic and how will they find the passwords? Will an old camera be donated with pictures still in it? Learn to create a transition plan document for electronic assets, making it easier for family to handle quickly and securely. Includes information about setting up a password vault and cloud storage, handling of physical devices and more. Class notes will be emailed afterwards. Class notes will be emailed afterwards.

GENTLE TECH: iPhone's BIG 2021 Update – What's New on Your Phone?

1:00 – 2:30 November 16 only
1 session, ZOOM
Bridget Agabra

In fall, 2021 Apple will be doing a major upgrade to the system that runs your iPhone. As usual, there will be lots of new features, hopefully few bugs and perhaps some changes to the way you do things now. We will look at the changes so you can be aware of what may be useful for you and minimize frustration with other changes.

GEOLOGY: Rocks Under Our Boots – The Geology of Cascadia

3:00 – 4:30 PM beginning September 29
8 sessions, ZOOM
Dale Lehman

No Class Limit

Join us to continue our study of Washington geology with course 2 of this series! Rocks Under Our Boots will build on the geologic story we began last spring with Fire and Ice: The geologic story of Washington. Not to worry, you will enjoy this class even if you were unable to attend the first course last spring. In the second course, we will delve into the geologic history of our region by taking a deeper dive into our glacial history, historic earthquakes, the Issaquah Alps, and, of course, the beautiful Cascade Mountains. As safety and good sense allow, we will be taking socially distanced field trips to the bluffs at Discovery Park, Cougar Mountain, and to the Snoqualmie Valley to see our geology firsthand.

Dale Lehman is the president of the Puget Lobe Chapter of the Ice Age Floods Institute, a member of the Geological Society of America, and a member of the Northwest Geological Society. Dale recently retired after teaching geology for 36 years as an adjunct instructor at UW, CWU, and as a high school teacher at Tahoma High School. Dale is eager to share his love of geology and the natural world through the Communiversity program at Providence Point!

TUESDAY NIGHT AT THE MOVIES:

France, French, Romance, Mystery, Music, Love

6:30 – 9:00 beginning September 28
8 Sessions, ZOOM

Francie Greth-Peto, film notes by Guy Peto emailed to participants

No Class Limit

Take a film journey through France with actors, musicians, story tellers, and historians. Visit mansions, quaint villages, night clubs, vineyards, Paris (the "City of Light"), dark nights and sun filled days. Take a staycation to France this fall from the comfort of your home. A lively discussion always follows. Viewing a film on ZOOM is easy. You can relax in your favorite chair, have a snack, a coffee, or a glass of wine. (See list of Fall Quarter films and dates on p.8. Substitutions are rare but may happen for extreme reasons.)

Francie Greth-Peto initiated Communiversity's TUESDAY NIGHT AT THE MOVIES and has taught a wide variety of film courses over the past eight years. Francie uses a thematic approach to each film series, providing a focus. She is skilled at keeping the moments on the screen alive through vivid discussions. Guy Peto creates useful, researched handouts with reviews and fun facts.



WEDNESDAYS

YOGA for Back Health

9:00 – 10:00 beginning September 29
8 sessions, ZOOM
Elaine Black

Class Limit: 15

This class focuses on building flexibility, strength, balance, and core strength. We will explore very gentle yoga postures to promote health in the low back, sacrum and hips. This class will offer you postures that can help lengthen your spine, stretch and strengthen your muscles, and improve alignment. We will also explore breath work and learn to adapt postures safely and beneficially. **Please wear comfortable clothing and have a yoga mat available.**



VIRTUAL TOUR OF MYTHOLOGY

10:30 – noon beginning September 29
8 sessions, ZOOM
Kathy McMurtry

No Class Limit

In this class, we will explore Egyptian, Greek, Roman and Norse Mythology. But this is not just a collection of entertaining, fanciful stories. It is much more than that. We will explore the places, the people, the conditions and the needs that gave rise to those myths. And, more importantly, how those myths influence our lives today.

Kathy McMurtry is a South African now living in Providence Point. She enjoys telling people the truth about life in South Africa and the world.

LET'S GET BALANCED

12:15 – 12:45 beginning September 29
8 sessions, CHANNEL 8
Joan Wilde

No Class Limit

Everyone from the youngest exercisers to the oldest can benefit from balance training exercises. All **functional movements require a working balance system**, from getting up out of your chair to walking to dancing to sprinting and everything in between. Good balance prevents injury, improves athletic performance, and eases activities of life as you go about your day.

ZUMBA GOLD

1:00 – 1:45 beginning September 29
8 sessions, CHANNEL 8
Joan Wilde

No Class Limit

Zumba Gold modifies Zumba fitness to low-impact moves and pacing suited to the needs of the active, mature participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia, reggaeton, flamenco, samba, bachata, tango, cha-cha, and belly dance; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Come for camaraderie, excitement, fitness and FUN!

Joan Wilde has been leading Zumba Gold classes at Providence Point since 2010! A former professional dancer, singer and musician she is now a Certified Senior Fitness Specialist. Also certified in Enhance Fitness. Licensed in Zumba, Zumba Gold and Zumba Gold Toning.

A SWIFT SURVEY OF EARLY MEDIEVAL HISTORY:

Shards of Light

1:00 – 2:30 beginning September 29
8 sessions, ZOOM
Kristi Busch

No Class Limit

This course will examine the changes in the Western World from the fall of Rome through the constriction of the Dark Ages to the beginnings of the Medieval era proper. During these 500 years we will see the resurrection of culture and the reestablishment of thinking, all based on faith. Interwoven with the reawakening of Europe we will explore the beginnings and flowering of Islam in the Middle East and the rich intermingling of the Jewish, Christian, and Islamic cultures in medieval Spain. We will also delve into the regional stories of the Middle Ages including "The Song of Roland", "Beowulf" and others.

Kristi Busch holds a master's degree in Museum Studies from George Washington University. She has been a storyteller in both performance and therapeutic settings. However, her main focus has been teaching for the past 30 years. She has taught courses in history, civics, philosophy and mythology to 16- to 86-year-olds and nothing compares to making history come alive.

DRAMA: MURDER AT THE CIRCUS -

Murder Mystery Dinner Theater

2:00 – 4:00 beginning September 29
8 sessions, Collin Hall

Nancy Talley and Tony Curry will co-direct.

No Class Limit



"Be a clown. Be a clown. All the world loves a clown." Our audience loves our Murder Mystery Dinner Theater, and we hope to be able to give them one this fall. Our play is set in a circus with goofy characters such as ATLAS SCHRUGG - the Strong Man, and FREDDY KATZ - the Cowardly Lion-tamer. HAPPY the CLOWN has been found dead in his trailer and the Inspector needs to find the guilty party. It might have been HOOTCHY or KOOTCHY, one of the Exotic Dancers. They have a lot to hide!

Special Note: If we discover by September 27 that we are unable to perform the Murder Mystery live due to pandemic restrictions, we will return to ZOOM and work on the play, *The Man Who Came to Dinner*.

THURSDAYS

STRENGTH TRAINING

10:00 – 11:00 beginning September 30
8 sessions, CHANNEL 8
Diana Marusiak

**No Class Limit on Channel 8
Class Limit: 20 in Collin Hall**

See course description for 1:00 Monday class

IMPROVING YOUR BRIDGE GAME

10:00 – noon beginning September 30
8 sessions, ZOOM
Paul Koch

Class limit 20

The purpose of this course is to help current bridge players improve their game. The course will include a review of basic bidding to help solidify bidding fundamentals, some basic conventions, aids in slam bidding, and tips for playing the hand both as declarer and defender. This class is designed for beginning and intermediate players. Students are requested to provide input on specific subject matter to cover.

Paul Koch is an engineer by education but spent most of his working career as a data analyst and computer programmer. A self-described "numbers" guy, he likes to solve logic problems and enjoys playing many different strategy games both on the computer and with friends. After graduation from college, he spent 35 years in California before moving to Washington State. He currently enjoys playing poker, duplicate bridge, and rubber bridge here in Providence Point.



PERSONAL CREATIVE WRITING

10:00 – noon beginning September 30
8 sessions, ZOOM
Doris Northstrom

Class Limit: 25

Whether you are a beginning writer or an experienced one, whether your interest is in memoir writing, fiction or nonfiction, you will benefit from this class. Exchange of ideas and opinions is an important tool in the development of your writing skills. Priming the pump uncovers myriad memories and touches the creative center in all of us. Come share the laughter and enjoy friendly exchanges with your peers.

AEROBIC FITNESS

11:15 – 11:45 beginning September 30
8 sessions, CHANNEL 8/Collin Hall
Diana Marusiak

**No Class Limit on Channel 8
Class Limit: 20 in Collin Hall**

See course description for 11:15 Tuesday class

APPLIED GENEALOGY AND FAMILY HISTORY

2:00 – 3:30 beginning September 30
8 weeks, ZOOM
Janet O'Conor Camarata

Class Limit: 20

"Where do I start? What do I want to know? How do I solve problems in family research? What do I do with what I find? Work on your own genealogy or family tree with helpful hints provided by

a professional genealogist. Whether a beginner or more advanced, join us in applying genealogical concepts together.

Janet O'Conor Camarata has over 25 years of experience as a genealogist. She is active in the South King County Genealogical Society as Technology User Group leader, and in the Eastside Genealogical Society as a presenter and program chairman of the German Interest Group. She is a member of the Association of Professional Genealogists and a graduate of the University of Washington Genealogy and Family History program.

ART: ZENTANGLE – Intermediate

3:00 – 4:30 beginning September 30
8 weeks, ZOOM
Tomomi Galeano

Class limit: 12

This fall, we are going to explore how we can incorporate letters in our Zentangle practice using Project Pack 15. Students will be asked to tangle on their own between each session using video lessons. Please expect to tangle 1 – 2 hours a week outside of our zoom sessions. This series is for people who have taken Zentangle classes before and are comfortable tangling on their own, not recommended for someone with no Zentangle experience. There is a \$38 per person fee for the materials.

Tomomi Galeano is a certified Zentangle teacher who is passionate about sharing the joy of Zentangle with her local community. She teaches Zentangle at multiple cancer treatment centers to help patients cope with physical and emotional pain. She also teaches at Bellevue College.

FRIDAYS

ART: SCRAPBOOKING AND HOLIDAY CRAFTS

10:00 – Noon beginning October 1
8 sessions, ZOOM
Char Eley

Class limit: 14

Photos have an impact on people's lives...sharing beautiful and memorable moments in different ways. This class will be appropriate for beginners and "pros". Classes will cover photo impact, organization, creative storytelling, page layout design, card making, holiday projects and other fun projects. There is a \$20 per person fee for materials.

Char Eley has been helping people preserve and share their creativeness for over 20 years.

LOOKING THROUGH INDIGENOUS EYES: Important Issues to the Native Community

10:30 – 12:30 beginning October 1
8 sessions, ZOOM
James Starkey

Through the use of articles, videos, PowerPoint, and discussions, we will examine issues that have emerged through the years as important to the Native Community, focusing on how the issues have developed, why they are important, the impact they have had, and what solutions have resulted. Areas we will investigate are the following: The Indian Boarding Schools: A Lasting Legacy, Missing and Murdered Indigenous Women, Pipelines Poisoning Our Lands, Abject Poverty, The Fight for Hunting & Fishing Rights, Gaming & Casinos, Native Rights & Resources, and Family & Community Issues.

James Starkey is a professor of education at Antioch University Seattle. He is a mixed-blood Ojibwe/Anishinaabe Indian originally from the White Earth Reservation in Northern Minnesota and has been an educator at all levels over four decades.

UNRAVELLING THE MYSTERIES OF SHAKESPEARE'S SONNETS

1:00 – 2:30 beginning October 1
8 sessions, ZOOM
Rachel Glass

Class Limit: 20

Shakespeare wrote 154 sonnets during his career, some of which are often quoted today. But what is a sonnet? How do we know when we are reading a sonnet and what do all the words and ideas mean? We will read aloud and examine what Shakespeare was saying to understand his sonnets on a deeper, more complex level. We will also explore the historical context of what was going on in Shakespeare's world when he wrote his sonnets, who he was writing his sonnets to, and how he beat back "time" and achieved immortality!

Rachel Glass has been a professional Dynamic Public Speaking coach since 1999. She served as an adjudicator for the Washington State Thespian Society including local, state, and national-level competitions. For the past 30+ years, she has worked professionally as an actress and is a longtime company member of AuralVision's nationally syndicated Imagination Theatre.

CONVERSATIONAL FRENCH

2:30 – 4:30 beginning October 1
8 sessions, South Community Building
Annie Joly

Class limit: 15



Bonjour, comment allez-vous? Whether or not you have learned French in high school, college or on your own, the aim of this class is to not only be able to know the basics of French but to be able to better understand the language of Molière. We will do that primarily through a series of everyday vignettes: introducing yourself, finding your way in the street, ordering your meal in a restaurant, etc. We will explore and practice the vocabulary used in these and other situations. This class will be fun! No boring grammar – just the pleasure of conversation together... in French! A bientôt.

*Annie Joly is French and lives in Providence Point. She is delighted whenever she can share her love of the French language. She was a teacher at the Education Française Greater Seattle and has been a substitute at the French Immersion School of Washington in Bellevue. She has also written some articles in the French magazine *le Mag' fr@ncophone* and is a French tutor.*

ZUMBA GOLD TONING

2:30 – 3:00 beginning October 1
8 sessions, CHANNEL 8
Joan Wilde

No Class Limit on Channel 8

Class limit: 20 in Collin Hall

Perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba Toning Sticks (or light 1-pound weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged, while toning target zones, including arms, core and lower body. Zumba Gold-Toning blends the Zumba party you love at a slower pace with a redefining total body workout to shake up those muscles! Walk in ready to have a blast and tone up; leave exhilarated and empowered!

ZUMBA GOLD

3:15 – 4:00 beginning October 1
8 sessions, Collin Hall
Joan Wilde

No Class Limit on Channel 8

Class limit: 20 in Collin Hall

See course description for 1:00 Wednesday class

ABOUT THE LOTTERY:

All classes with class limits may be subject to a lottery on **Thursday, Sept. 23**. If you DO NOT hear from us, assume you are in the class. **Students wait-listed last quarter and who did not get to subsequently join a class, will have preference this quarter. PLEASE NOTE:** Wait-listed students from last Quarter *must* register again for the class.

ALSO OF INTEREST

IMPORTANT REGISTRATION INFORMATION:

Registration deadline is Wednesday, September 22 for **ALL** classes.

General requirements for Fall Quarter 2021 Registration:

1. Due to the Pandemic, we are asking that participants please mail or email their registration forms to our Registrar.
2. Send registration forms to **Kim Parriott - 4508 226th Terrace SE, Issaquah 98029** or email to kparriott@icloud.com
3. Mail-in registrations should be mailed no later than Saturday, **Sept. 18**
4. After Saturday, Sept. 18, all Registrations **MUST** be emailed. Simply print, fill out, scan as a PDF and attach to an email to kparriott@icloud.com
5. Please make sure your **EMAIL ADDRESS is clearly written** on the Registration Form as it is needed for your invitation to the ZOOM Classes.
6. **MAKE CHECKS PAYABLE TO: Communiversity**
*Please do not write checks to individual teachers or Providence Point or PMO.

RETURNED CHECK POLICY: If a check is returned for insufficient funds, the payer is responsible for the amount of the check plus all bank fees associated with the returned check.

NON-DISCRIMINATION POLICY: Communiversity does not discriminate against any person because of race, color, creed, religious persuasion, gender, origin of birth, political affiliation, disability or sexual orientation.

IMPORTANT INFORMATION ABOUT FIRST AID/CPR/

AED: We are very excited to be finally adding this 4-week course to our Communiversity curriculum. This class is an opportunity for us to further protect our community. Though it is not necessary to certify at the course's completion, if you do successfully complete the class, you are welcome to receive a First-Aid Certificate. This certification will cost \$24.00 which is payable to the American Red Cross. Our instructor, Jeff Milner will help you through this process. We are limited in the number of students that can attend. At this point, we can take 4 students per session, but if there are couples interested then we can go to 8 (4 couples). This class will be a part of our curriculum for the next several years.

NON-PROVIDENCE POINT PARTICIPANTS: Request to be part of our email list and receive our catalogue each quarter as an attachment. Send your email address to tcurry51@msn.com and we will to add you to our list.

COVID SAFETY POLICY: If you are planning to attend any of the in-person classes, **PROOF of VACCINATION** will be required of all participants for all in-person classes. Also, if state or federally mandated, masks may be required for all indoor, in-person classes or events. Please stay safe!

DONATIONS: As a 501 (c)(3), gifts to Communiversity enjoy the tax advantages of any nonprofit organization so your donation is tax deductible. Please do think of us when planning your annual giving. We plan to bring back the Artist Series as soon as it can be done safely, and we would appreciate donations that can help us bring some outstanding talent to the Providence Point Community. Or if there's another area of special interest at Communiversity that you would like to support, please contact our Executive Director, Tony Curry. Email: tcurry51@msn.com or call: 206-200-3459

FALL CALENDAR 2021

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
First Aid/CPR/AED 9:00 – 11:00 Collin Hall Session 1 9/27-10/18 Session 2 10/25-11/15	Strength Training 10:00 – 11:00 CHANNEL 8/Collin Hall	Yoga for Back Health 9:00 – 10:00 ZOOM	Strength Training 10:00 – 11:00 CHANNEL 8	Scrapbooking & Holiday Crafts 10:00 – Noon ZOOM
Chair Yoga 9:00 – 10:00 ZOOM	Gentle Tech: iPhone 10:00 – Noon ZOOM	Virtual Mythology 10:30 – Noon ZOOM	Improving Your Bridge Game 10:00 – Noon ZOOM	Through Indigenous Eyes 10:30 – 12:30 ZOOM
Watercolor 9:30 – Noon ZOOM	History: The 50s 10:30 – 12:30 North Comm. Bldg.	Balance 12:15 – 12:45 CHANNEL 8/Collin Hall	Creative Writing 10:00 – Noon ZOOM	Shakespeare's Sonnets 1:00 – 2:30 ZOOM
More Wonderful Watercolor 12:30 – 3:00 ZOOM	Aerobic Fitness 11:15 – 11:45 CHANNEL 8/Collin Hall	Zumba Gold 1:00 – 1:45 CHANNEL 8/Collin Hall	Aerobic Fitness 11:15 – 11:45 CHANNEL 8	French 2:30 – 4:30 South Comm. Bldg.
Strength Training 1:00 – 2:00 CHANNEL 8/Collin Hall	Beginning Pickleball 12:30 – 2:00 Tennis Court (Sept. 28 – Oct. 19)	Medieval History 1:00 – 2:30 ZOOM	Genealogy 2:00 – 3:30 ZOOM	Zumba Toning 2:30 – 3:00 CHANNEL 8
Home Healthcare Forum 1:00 – 3:00 ZOOM (9/27 only)	Gentle Tech: Google 1:00 – 2:30 ZOOM (Sept. 28 – Nov. 2)	Drama: Murder Mystery 2:00 – 4:00 Collin Hall	Zentangle 3:00 – 4:30 ZOOM	Zumba Gold 3:15 – 4:00 CHANNEL 8
	Gentle Tech: E.D.A. 1:00 – 2:30 ZOOM (Nov. 9 only)			
	Gentle Tech: Big iPhone Update 1:00 – 2:30 ZOOM (Nov.16 only)			
	Geology 3:00 – 4:30 ZOOM			
	Tuesday at the Movies 6:30 – 9:00 ZOOM			

Questions?

Contact: Kim Parriott, 206-369-1433 or kparriott@icloud.com
Tony Curry, 206-200-3459 or tcurry51@msn.com

HOW TO SIGN UP

DIRECTIONS HAVE CHANGED DUE TO COVID

1. Complete the form on the next page.
2. Enclose check or money order payable to **Communiversity** for the exact amount only. **NOTE: IF PAYMENT IS NOT RECEIVED YOU WILL NOT BE REGISTERED FOR THE CLASS.**
3. **Only MAIL and EMAIL** registrations will be accepted this quarter due to the Corona Virus Pandemic. Please **MAIL** registration to **Kim Parriott - 4508 226th Terrace SE, Issaquah 98029.** Or **Print, Fill Out, Scan as a PDF and Attach to an email and send to kparriott@icloud.com**
***SPECIAL NOTE – DO NOT MAIL IN Registrations after Saturday, Sept. 18, EMAIL ONLY after that date. Registration closes Wednesday, Sept. 22.**
4. If not contacted by phone or by mail, you can assume you are registered.



COMMUNIVERSITY FALL QUARTER 2021 REGISTRATION FORM

REGISTRATION CLOSSES WEDNESDAY, SEPT. 22 FOR ALL CLASSES. During the Pandemic, Proof of Vaccination is required for all In-Person classes. While there are no limits on classes shown on CHANNEL 8, classes on ZOOM will still maintain class limits. REGISTER EARLY

Student 1	Last Name	First Name	
Student 2	Last Name	First Name	
Street		City	Zip
Phone		Email	

Interested in being a class monitor, check this box

1	2	Class	Prov Pt. Resident	Non-resident	Total Fees
		MONDAY			
		Watercolor	No Charge	\$40.00	
		More Wonderful Watercolor	No Charge	\$40.00	
		Home HealthCare Forum (9/27 only)	No Charge	\$5.00	
		TUESDAY			
		History: The 50s	No Charge	\$40.00	
		Geology	No Charge	\$40.00	
		Tuesday Night Movies	No Charge	\$40.00	
		WEDNESDAY			
		Virtual Mythology	No Charge	\$40.00	
		History: Medieval	No Charge	\$40.00	
		Drama: Murder Mystery	No Charge	\$40.00	
		THURSDAY			
		Improving Your Bridge Game	No Charge	\$40.00	
		Personal Creative Writing	No Charge	\$40.00	
		Genealogy	No Charge	\$40.00	
		Zentangle	Supply fee \$38.00	\$78.00	
		FRIDAY			
		Scrapbooking/Holiday Crafts	Supply fee \$20.00	\$55.00	
		Through Indigenous Eyes	No Charge	\$40.00	
		Shakespeare's Sonnets	No Charge	\$40.00	
		French	No Charge	\$40.00	

PROVIDENCE POINT RESIDENTS ONLY: (Please note: During the Covid Pandemic, there are no limits on classes shown on CHANNEL 8. Classes on ZOOM will still maintain Class limits.

		Monday			
		First Aid/CPR/AED (9/27-10/18)	No Charge at this time		
		First Aid/CPR/AED (10/25-11/15)	No Charge at this time		
		Chair Yoga	No Charge		
		Strength Training	No Charge		
		Tuesday			
		Strength Training	No Charge		
		Gentle Tech: iPhone	No Charge		
		Aerobic Fitness	No Charge		
		Beginning Pickleball (9/28-10/19)	No Charge		
		Gentle Tech: Google (9/28-11/2)	No Charge		
		Gentle Tech: E.D.A (11/9 only)	No Charge		
		Gentle Tech: iPhone Update (11/16 only)	No Charge		
		Wednesday			
		Yoga for Back Health	No Charge		
		Balance	No Charge		
		Zumba Gold	No Charge		
		Thursday			
		Strength Training	No Charge		
		Aerobic Fitness	No Charge		
		Friday			
		Zumba Gold Toning	No Charge		
		Zumba Gold	No Charge		

TOTAL

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COMMUNIVERSITY FALL QUARTER 2021

Monday, September 27 through Friday, November 19

Communiversality Board of Directors

Francie Greth-Peto, President
 Tak Yee Aw, Vice-President
 Pat King, Treasurer
 Kathie Jorgensen, Recording Secretary
 Ellen Bondi
 Jan Elmore
 Verlie Espling
 Harriet Glass
 Jim Hinkley
 Ann Lamb
 Kathy McMurtry
 Meredith Prock
 Nancy Talley
 Hetty Watters

Communiversality Planning Committee

Tak Yee Aw
 Barbara Beyers
 Ellen Bondi
 Jan Elmore
 Verlie Espling
 Harriet Glass
 Francie Greth-Peto
 Jim Hinkley
 Kathie Jorgensen
 Pat King
 Dena Klingler
 Ann Lamb
 Kathy McMurtry
 Meredith Prock
 Nancy Talley
 Hetty Watters

Tony Curry, Communiversality Executive Director
 Kim Parriott, Registrar
 Kathy McMurtry, Tech Coordinator



TUESDAY NIGHT AT THE MOVIES...

ON ZOOM
 6:30-9:00PM

**FRANCE, FRENCH, ROMANCE,
 MYSTERY, MUSIC, LOVE**

FALL 2021 FILM SCHEDULE

September 28: Midnight in Paris (2011)
 October 5: To Catch a Thief(1955)
 October 12: Tell No One (2006)
 October 19: La Vie En Rose (2007)
 October 26: Hugo (2011)
 November 2: Chocolat (2000)
 November 9: A Good Year (2006)
 November 16: Les Miserable (2012)



CALENDAR OF SPECIAL EVENTS

Monday, September 27

1:00 – 3:00: Home Healthcare Forum on ZOOM

Wednesday, November 17 (if possible)

3:00: Final Dress Rehearsal/Free Preview of
 "Murder at the Circus" in Our Place

Friday, November 19 (if possible)

5:30: Murder Mystery Dinner Performance of
 "Murder at the Circus" – Our Place

Saturday, November 20 (if possible)

5:30: Murder Mystery Dinner Performance of
 "Murder at the Circus" – Our Place