



COMMUNIVERSITY

A T P R O V I D E N C E P O I N T

WINTER QUARTER 2022 COURSE DESCRIPTIONS

Monday, January 3rd – Friday, February 25th

Special Note: Classes will continue on ZOOM and CHANNEL 8 during Winter Quarter.

MONDAYS

CHAIR YOGA

9:00 – 10:00 beginning January 3

8 sessions, ZOOM

Elaine Black

Class Limit: 20

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 January 3

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.



LET'S GET BALANCED

10:00 – 10:30 beginning January 3

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.

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.

ZUMBA GOLD TONING®

10:45 – 11:30 beginning January 3

8 sessions, CHANNEL 8

Joan Wilde

No Class Limit

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 using Zumba Toning Sticks to shake up those muscles! Walk in ready to have a blast and tone up, leave exhilarated and empowered!

ART: MORE WONDERFUL WATERCOLOR

12:30 – 3:00 beginning January 3

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 January 3

8 sessions, CHANNEL 8

Diana Marusiak

No Class Limit on Channel 8

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 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!**

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!!

YOGA - new

3:00 – 4:00 beginning January 3
8 sessions, ZOOM

Alison Eliason

Class Limit: 20

This yoga class is appropriate for active adults new or experienced in yoga. The class incorporates balance, strength, flexibility and focus in dynamic and static poses to create an overall sense of well-being. All classes will build on the previous class and add new elements. Yoga is the union of body, mind and breath. Honor your abilities. **Please bring a yoga mat. A few props that may be helpful are a blanket or towel for padding, chair, yoga blocks, and a belt. Wear comfortable clothes to move in.**

Alison Eliason has instructed yoga since 2000 in a private, group and online setting. She considers Yoga a practice on and off the mat. Her intention is to share a peaceful presence and encourage healthy movement and mindful practice for an overall sense of vitality.



TUESDAYS

STRENGTH TRAINING

10:00 – 11:00 beginning January 4
8 sessions, CHANNEL 8

Diana Marusiak

No Class Limit on Channel 8

See course description for 1:00 Monday Class.

IMPROVING YOUR BRIDGE GAME

10:00 – Noon beginning January 4
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.



GENTLE TECH: Getting the Most from Your Expensive iPhone!

10:00 – Noon beginning January 4

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. 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. Many features are also available on iPads!

Bridget Agabra holds certificates in Gerontology and Tech Writing. She led future studies and game designer conferences, was featured on CNN, 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 that immersive technology will be bringing to our lives.

AEROBIC FITNESS

11:15 – 11:45 beginning January 4

8 sessions, CHANNEL 8

Diana Marusiak

No Class Limit on Channel 8

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.

GENTLE TECH: The Many Tools of Google!

Explore the World of Google Apps that Work on your Device

1:00 – 2:30 January 4 – 25

4 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: Talk Series - 4 Informative Sessions

1:00 – 2:30 February 1 - 22

4 sessions, ZOOM

Bridget Agabra

No Class Limit

Join us for 4 talks on different technology subjects for regular, non-techie people. Some sessions will be general information oriented, and some will have steps you might take in your own life. Sign up and attend all four or any talk that interests you. Topics will include: **Preventative Digital Security – Don't Let the Weak Link Be You, Surprising Health Tools of the iPhones and Apple Watches, Apple, Google and Microsoft: Who Does What on Your Device?** and **Digital Decluttering: Organizing Your Files.** There will be time for questions and notes will be sent after each session

GEOLOGY: Rocks Under Our Boots – One Billion Years of Washington Geology

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

No Class Limit

Time travel with Rocks Under our Boots III. We 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! Not to worry-you will enjoy this class even if you were unable to attend the first two courses in the series. Join us as we explore the timing of our earthquakes, volcanic eruptions, natural disasters, and intriguing glacial landscapes!

Dale Lehman is the president of the Puget Lobe Chapter of the Ice Age Floods Institute, a member of both the Geologic Society of America, and the Northwest Geological Society. Dale recently retired after 36 years of teaching geology for 36 years at UW, CWU, and Tahoma High School. He is eager to share his love of geology and the natural world through here at Providence Point!

**TUESDAY NIGHT AT THE MOVIES:
Unforgettable Hollywood Movie Couples**

6:30 – 9:00 beginning January 4
8 Sessions, ZOOM

Francie Greth-Peto, film notes by Guy Peto emailed to participants
No Class Limit

Picture this! You're sitting on a deeply sunken couch watching your favorite film when things suddenly happen. Your eyes begin to water, your stomach is jumpy, your ears burn, yet you feel hope. You are watching a love story. Movie couples can turn cynics into believers and critics into fans. In film, the chemistry must be palpable, aspirational and the love intense – A love story may have a happy ending or not and film goers can indulge in passion that lasts or fails.

(See list of Winter Quarter films and dates on p.8)

Francie's love of film began as a little girl sitting next to her father on their sunken couch watching "VICTORY AT SEA" on a fuzzy B&W TV. She learned about war and how film can show and tell, bring a story to life. As a teen she was ready to leave that couch and go out to the Big Screen or read her latest issue of PHOTOPLAY. In college at Cal State University - San Francisco, she used her elective course hours to study in their excellent film department.



WEDNESDAYS

YOGA for Back Health

9:00 – 10:00 beginning January 5
8 sessions, ZOOM
Elaine Black

Class Limit: 20

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 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 January 5
8 sessions, ZOOM
Kathy McMurtry

No Class Limit

In this class, we will continue to explore Greek, Roman and Norse Mythology. Everything you did not know about those ancient myths will be revealed. We will learn how the myths evolved and changed over time and how they were absorbed by other cultures. We will also explore the countries where these myths began and why they became such an important part of everyday life. We will also see how those myths play a role in our lives today. Often in a very surprising and unexpected manner. See you in class.

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 January 5
8 sessions, CHANNEL 8
Joan Wilde

No Class Limit on Channel 8

See course description for 10:00 Monday Class.

ZUMBA GOLD®

1:00 – 1:45 beginning January 5
8 sessions, CHANNEL 8
Joan Wilde

No Class Limit on Channel 8

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 Zumba Fitness is known for: the zesty Latin music like salsa, merengue, flamenco, samba, tango, and belly dance; the exhilarating, easy-to-follow moves; and the party-like atmosphere. Come for the excitement, fitness, and FUN!

A SWIFT SURVEY OF HIGH MEDIEVAL HISTORY: Gothic Glories

1:00 – 2:30 beginning January 5
8 sessions, ZOOM
Kristi Busch

No Class Limit

This course will examine the glories of the High Middle Ages. During these years, we will see life focus around three groups: those who work, those who fight, and those who pray. Europe will also re-establish trade routes and lively fairs, thriving towns, even universities. Philosophy will resurrect as reason engages with faith. Literature, music, and the arts will revive culminating in the rise of hundreds of majestic cathedrals. Come explore the highlights and the calamities of this engaging era. We will also hear some of the epic romances of the Middle Ages, such as the quest for the Holy Grail.

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: SHAKESPEARE'S AS YOU LIKE IT

2:00 – 4:00 beginning January 5

8 sessions, Collin Hall

Nancy Talley and Tony Curry will co-direct.

No Class Limit

Banished by his evil brother, the “good” Duke lives in the forest of Arden like Robin Hood of old. Disguised as a man, the Duke’s daughter, Rosilind, and her cousin avoid separation by running away to the same forest and living like shepherds. The hero, Orlando, wins a wrestling match, falls for the Duke’s daughter, and tacks love-letters to trees. In her disguise, Rosilind teaches the hero to woo her. In the end, of course, all is revealed, and the world is set right. Bonus: Discover the funniest line in the Shakespearean canon. Join us!



YOGA - new

3:00 – 4:00 beginning January 5

8 sessions, ZOOM

Alison Eliason

Class Limit: 20

See course description for 3:00 Monday Class



THURSDAYS

STRENGTH TRAINING

10:00 – 11:00 beginning January 6

8 sessions, CHANNEL 8

Diana Marusiak

No Class Limit on Channel 8

See course description for 1:00 Monday class

PERSONAL CREATIVE WRITING

10:00 – Noon beginning January 6

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.



HOME DESIGN: Uniquely “YOU” Organizing - new

10:30 – Noon beginning January 6

8 sessions, ZOOM

Sandy Hare

Class Limit: 20

If you’ve felt a bit messy your whole life, this course is for you. If you’ve tried and failed to keep organized in your home, this course is for you. If the way others you live with organize their lives makes you crazy, this course is for you. Your unique “organizational personality” determines why you organize the way you do. This class will help you discover what your type is, methods to organize in a way that makes sense for you and how to co-exist with others who don’t share your organizational style. Join us to connect the dots and STAY organized for the rest of your life--less stress, more time, and more sanity.

Sandy Hare “Dr. Design” has been a trained and certified home redecorator, color consultant and home stager for the last 10 years. Before that she had a 35-year career in education as an elementary teacher, principal, assistant superintendent and college professor. She really is a “Doctor” having earned an Ed.D. from UCLA in 1996!

AEROBIC FITNESS

11:15 – 11:45 beginning January 6

8 sessions, CHANNEL 8

Diana Marusiak

No Class Limit on Channel 8

See course description for 11:15 Tuesday class

TED TALKS AND STORYTELLING: Sharing your Legacy

1:00 – 2:30 beginning January 6

8 sessions, ZOOM

Rachel Glass

Class Limit: 12

If you’re hoping to write a story about an experience that changed your life and preserve it in perpetuity for future generations then this class is for you. Your stories reflect the rich history of who you are, and they are worth being told. Or maybe you’re an expert in your field and you want to create a presentation about it. Here’s your opportunity to create your very own TED Talk! Learn specific skills to achieve consistency and power in your presentation. Practice applying those tools to develop stories that are unique. Create presentations that delight audiences, deepen connections, change lives and, ultimately, change the world.

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.

GENEALOGY: Discovering Your Ancestors

2:00 – 3:30 beginning January 6

8 weeks, ZOOM

Janet O’Conor Camarata

Class Limit: 20

Bring your families to class. We will research together and add another generation to your family tree, overcome “brick walls,” find elusive ancestors, analyze our families and the records they created, and build timelines together. Get in-depth knowledge on how to use Ancestry, Google Books, FamilySearch, WorldCat, DPLA, NARA, maps, newspapers, land records, military service records, ship manifests, DNA, etc. Whatever interests you!

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 – Beginners Welcome!

3:00 – 4:30 beginning January 6

8 weeks, ZOOM

Tomomi Galeano

Class Limit: 12

What is Zentangle? It is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. This class is designed to accommodate new students with no previous Zentangle experience as well as the students who are continuing their Zentangle journey. You are responsible to provide black pens, pencil and tortillon – a detailed list will be sent to registered students. (Expect to spend between \$10-15 if you are new to Zentangle.) **There is also a \$15 project fee for additional materials used in class.**

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

LET'S EXPLORE NOVA SCOTIA - *new*

10:00 – 11:30 beginning January 7

8 sessions, ZOOM

Hetty Watters

No Class Limit

Why a class about Nova Scotia? Some of you have visited or may visit in the future. Nova Scotia is shaped by the sea, surrounded by beauty, with a mixed history of wars, joys, sorrows, surprises, and mystery. We will explore the people, the history, the land, the creatures who live there and topics requested by class attendees. Some of my family have lived there for 9 generations and I am a proud "Bluenoser!" Let's explore Nova Scotia!

Hetty Watters is a Nova Scotian, now living in Providence Point. She enjoys teaching and is looking forward to sharing some hidden surprises about this east coast Canadian Province!

THE NATIVE AMERICAN EXPERIENCE: Looking Through Indigenous Eyes

10:30 – 12:30 beginning January 7

8 sessions, ZOOM

James Starkey

It is difficult, if not impossible, to really understand a different culture than one's own. This course will introduce the participants to a variety of Native American topics and issues after looking first at the American Indian Worldview & Philosophy to understand the dichotomous approach taken by two very different perspectives: the Western-influenced "mainstream" American worldview and that of Indigenous People. The two points of view will then be used to compare and contrast subsequent 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 January 7

8 sessions, ZOOM

Rachel Glass

Class Limit: 18

Come and join us as we explore the beauty and mystery of Shakespeare's sonnets. We will discuss and analyze this poetic form as we study 2 - 3 of his sonnets each week. Aside from some of the sonnets that are included in his glorious plays, there are over 150 stand alone sonnets that are part of the great Bard's repertoire so we will be able to explore different sonnets over the next several academic years. No homework involved, just the pure joy of unravelling the mysteries of Shakespeare's sonnets.

ZUMBA GOLD TONING

2:30 – 3:00 beginning January 7

8 sessions, CHANNEL 8

Joan Wilde

No Class Limit on Channel 8

See course description for 10:45 Monday Class.

ZUMBA GOLD®

3:15 – 4:00 beginning January 7

8 sessions, CHANNEL 8

Joan Wilde

No Class Limit on Channel 8

See course description for 1:00 Wednesday class

ALSO OF INTEREST

IMPORTANT REGISTRATION INFORMATION:

Registration deadline is Wednesday, **December 29** for **ALL** classes.

General requirements for Winter Quarter 2022 Registration:

1. Registration forms should either be MAILED or EMAILED to the following addresses:

MAIL - **Kim Parriott - 4508 226th Terrace SE, Issaquah 98029**

EMAIL - kparriott@icloud.com

2. Mail-in registrations should be mailed no later than Friday, **December 24**

3. After December 24th, all Registrations **MUST** be emailed. Simply print, fill out, scan as a PDF and attach to an email to kparriott@icloud.com

4. Please make sure your **EMAIL ADDRESS is clearly written** on the Registration Form as it is needed for your invitation to the ZOOM Classes.

5. **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.

A WORD ABOUT COMMUNIVERSITY

Communiversity Services, Inc. is a 501(c)(3) Non-Profit Organization founded by and dedicated to serving the Providence Point Community. For \$8 per unit each month, residents enjoy a full curriculum of classes from Art to Zumba taught by an extraordinary faculty, many of whom have taught at some of the most prestigious colleges and universities in the country. And the best part is that all these classes are free for Providence Point residents. Communiversity also sponsors special events throughout the year. Sign up for as much as you like. Enjoy!

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.

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 add you to our list.

COVID SAFETY POLICY:

Since the pandemic has proven to be so unpredictable, the Communiversity Board of Directors has decided to keep classes on Zoom and Channel 8 through Winter Quarter for the continued safety of the community.

DONATIONS:

As a 501(c)(3), gifts to Communiversity enjoy the tax advantages of any nonprofit organization so your donation is tax deductible. Contact our Executive Director, Tony Curry for more information. Email: tcurry51@msn.com or call: 206-200-3459

ABOUT THE LOTTERY:

All ZOOM classes with class limits may be subject to a lottery on **Thursday, December 30**. 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.

WINTER CALENDAR 2022

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|--|---|---|--|---|
| Chair Yoga 9:00 – 10:00 ZOOM | Strength Training 10:00 – 11:00 CHANNEL 8 Improving Your | Yoga for Back Health 9:00 – 10:00 ZOOM | Strength Training 10:00 – 11:00 CHANNEL 8 | Exploring Nova Scotia 10:00 – Noon ZOOM |
| Watercolor 9:30 – Noon ZOOM | Bridge Game 10:00 – Noon ZOOM | Virtual Mythology 10:30 – Noon ZOOM | Creative Writing 10:00 – Noon ZOOM | Through Indigenous Eyes 10:30 – 12:30 ZOOM |
| Balance 10:00 – 10:30 Channel 8 | Gentle Tech: iPhone 10:00 – Noon ZOOM | Balance 12:15 – 12:45 CHANNEL 8 | Uniquely YOU Organizing 10:30 – Noon ZOOM | Shakespeare's Sonnets 1:00 – 2:30 ZOOM |
| Zumba Gold Toning 10:45 – 11:30 Channel 8 | Aerobic Fitness 11:15 – 11:45 CHANNEL 8 | Zumba Gold 1:00 – 1:45 CHANNEL 8 | Aerobic Fitness 11:15 – 11:45 CHANNEL 8 | Zumba Toning 2:30 – 3:00 CHANNEL 8 |
| More Wonderful Watercolor 12:30 – 3:00 ZOOM | Gentle Tech: Google 1:00 – 2:30 ZOOM (Jan. 4 – 25) | Medieval History 1:00 – 2:30 ZOOM | Storytelling/TED Talk 1:00 – 2:30 ZOOM | Zumba Gold 3:15 – 4:00 CHANNEL 8 |
| Strength Training 1:00 – 2:00 CHANNEL 8 | Gentle Tech: Talk Series 1:00 – 2:30 ZOOM (Feb.1 – 22) | Drama: As You Like It 2:00 – 4:00 ZOOM | Genealogy 2:00 – 3:30 ZOOM | |
| Yoga 3:00 – 4:00 ZOOM | Geology 3:00 – 4:30 ZOOM | Yoga 3:00 – 4:00 ZOOM | Zentangle 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

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 or EMAIL** registrations will be accepted this quarter. 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 Friday, Dec. 24, EMAIL ONLY after that date. Registration closes Wednesday, Dec. 29.**
4. If not contacted by phone or by email, you can assume you are registered.



COMMUNIVERSITY WINTER QUARTER 2022 REGISTRATION FORM

REGISTRATION CLOSSES WEDNESDAY, **DEC. 29** FOR ALL CLASSES. While there are no limits on classes shown on CHANNEL 8, certain classes on ZOOM will still maintain class limits. **REGISTER EARLY**

| | | |
|------------------|------------------|-------------------|
| Student 1 | Last Name | First Name |
| Student 2 | Last Name | First Name |
| Street | | City |
| Phone | | Zip |
| | | 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 | |
| | | TUESDAY | | | |
| | | Improving Your Bridge Game | No Charge | \$40.00 | |
| | | Gentle Tech: Talk Series (2/1-2/22) | No Charge | \$20.00 | |
| | | Geology | No Charge | \$40.00 | |
| | | Tuesday Night Movies | No Charge | \$40.00 | |
| | | WEDNESDAY | | | |
| | | Virtual Mythology | No Charge | \$40.00 | |
| | | Medieval History | No Charge | \$40.00 | |
| | | Drama: As You Like It | No Charge | \$40.00 | |
| | | THURSDAY | | | |
| | | Personal Creative Writing | No Charge | \$40.00 | |
| | | Uniquely YOU Organizing | No Charge | \$40.00 | |
| | | Storytelling/TED Talk | No Charge | \$40.00 | |
| | | Genealogy | No Charge | \$40.00 | |
| | | Zentangle | Supply fee \$15.00 | \$55.00 | |
| | | FRIDAY | | | |
| | | Exploring Nova Scotia | No Charge | \$40.00 | |
| | | Through Indigenous Eyes | No Charge | \$40.00 | |
| | | Shakespeare's Sonnets | 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 | | | |
| | | Chair Yoga | No Charge | | |
| | | Balance | No Charge | | |
| | | Zumba Gold Toning | No Charge | | |
| | | Strength Training | No Charge | | |
| | | Tuesday | | | |
| | | Strength Training | No Charge | | |
| | | Gentle Tech: iPhone | No Charge | | |
| | | Aerobic Fitness | No Charge | | |
| | | Gentle Tech: Google (1/4-1/25) | 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 WINTER QUARTER 2022

Monday, January 3rd through Friday, February 25th

Communiversality Board of Directors and Planning Committee

Francie Greth-Peto, President
Tak Yee Aw, Vice-President
Pat King, Treasurer
Kathie Jorgensen, Recording
Secretary
Barbara Beyers
Ellen Bondi
Jan Elmore
Verlie Espling

Harriet Glass
Jim Hinkley
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
UNFORGETTABLE HOLLYWOOD
MOVIE COUPLES**

WINTER 2022 FILM SCHEDULE

(Substitutions are rare but may happen for extreme reasons)

| | |
|-------------|----------------------|
| January 4 | WHEN HARRY MET SALLY |
| January 11 | THE AFRICAN QUEEN |
| January 18 | DIRTY DANCING |
| January 25 | CASABLANCA |
| February 1 | WESTSIDE STORY |
| February 8 | NOTORIOUS |
| February 15 | PRETTY WOMAN |
| February 22 | THE NOTEBOOK |



CALENDAR OF SPECIAL EVENTS

**GENTLE TECH: Talk Series
Tuesdays 1:00 – 2:30**

February 1

**Preventative Digital Security –
Don't Let the Weak Link Be You**

February 8

**Surprising Health Tools of the
iPhones and Apple Watches**

February 15

**Apple, Google, and Microsoft:
Who Does What on Your Device?**

February 22

**Digital Decluttering:
Organizing Your Files.**