

Course Descriptions



This course involves **physical activity**. Registrants may be asked to sign an informed consent/release of liability form prior to participation.



Hands-on **art course**. May require supplies to be purchased by student. Check tri-c.edu/encore for supply list.



Additional fee for class materials.



This course has **required or suggested books**.

AI Solutions To Use in Everyday Life

Gary Arnosk

West | 10 a.m. | 40314

Learn the AI basics. What is AI and what are its different types? Use real-world examples of AI applications and learn its benefits and limitations. Use common AI-powered tools to gain a functional understanding of AI and feel comfortable using it for increased productivity and creativity in your daily life.

A Dark History of Tea: Stories of Swindling, Adulteration, Greed and War

Judi Slack

West | 2 p.m. | 40349

A Dark History of Tea will examine our long relationship with the hot beverage. This class explores the history of a drink now considered quintessentially British. Discover the story of how, carried on the backs of the cruelty of slavery and illicit opium smuggling, tea flowed into the cups of British society as an enchanting beverage. Tea will be served.

A Journey Into the Frontiers of Pennsylvania, Ohio and Western Virginia (Part 1)

Terry E. Greathouse

West | 11 a.m. | 40343

In this class, history meets the arts as we use the paintings of Robert Griffing — and others — to tell the story of the settlement and wars of Pennsylvania, Ohio and western Virginia. This class covers the French and Indian War (1754-1763) and Pontiac's Rebellion (1763-1766).

A Taste of Germany

Angela Schaal

East | Noon | 40293

This course will talk about the history of Germany, the language, its cities, famous people, food and music among other topics.

Academy Award Musicals of the 1960s (Part 2)

Gary Anderson

West | 2 p.m. | 40345

After *West Side Story*, there were more Hall of Fame musicals that followed, including the likes of *Higgins*, *Poppins* and *Twist*.

Actors, Musicians and More

Barbara Perkins

East | Noon | 40294

West | 9 a.m. | 40259

In the performing arts and entertainment fields, many people have the talent and determination to excel in multiple areas. Many can sing and play musical instruments. Others can act and direct or produce films. Some of these people are successful in several genres. In this class, we'll explore their lives and learn about what drives them.

Adaptation: Books Into Movies

Michael Bohner

West | Noon | 40358

While there have been great original screenplays, Hollywood would have a much different history without the adaptations of novels, stories and plays. This course will look at the history of filmmakers bringing literary and popular works to the screen — Shakespeare and Dickens, Stephen King and Ian Fleming, Jane Austen and J.R.R. Tolkien. We will feature short film clips, and the classes will largely be built on discussion. We will frequently pose the age-old question: which is better, the film or the book?

Adventures in Math

Carl Sieke

East | 2 p.m. | 40319

This course will discuss interesting, amusing and surprising topics in math you never learned in school. Don't let the word "math" in the title scare you.

America in the 1930s

Thomas Hartshorne

East | 11 a.m. | 40292

This course covers the general history of the U.S. during the years of the Great Depression, including FDR and the New Deal, cultural history and the approach to World War II.

American Democracy in Peril

Patrick H. O'Leary

West | 10 a.m. | 40325

Investigate the history and evolution of the U.S. Constitution. Understand the powers and limits it gives the American government. Trace the history of our evolving democracy. Meet the heroes and villains in our three centuries of what George Washington called "the last great experiment for promoting human happiness."

American Sign Language (Beginner 1)

Deborah Stylinski

East | 10 a.m. | 40268

This class is designed as an introduction to manual communication using several types of visual aids, role-playing and other methods. Deaf culture will also be discussed. There is a \$5 fee due on the first day for materials.

American Sign Language (Beginner 2)

Deborah Stylinski

East | 11 a.m. | 40278

Students will build on their vocabulary to make sentences. Deaf culture will be discussed. There is a \$5 fee due on the first day for materials.

Anahat Ageless Chair Yoga

Jody Schrock

East | Noon | 40300

Hatha yoga caters to people with limited mobility due to age, illness or disability. The classes consist of warmups, working the major muscle groups, and breathing and meditation for stress reduction.

Ancient Theories of the Soul

Charlene Mileti

East | 9 a.m. | 40266

The concept of the soul is almost as old as the notion of the gods. This course traces the idea as it evolved throughout the centuries of Western culture. Theories developed by Plato, Aristotle, Plotinus, the Neoplatonists and others will be discussed.

Ancient Yoga Breath

Jody Schrock

East | 11 a.m. | 40281

Calm down and reset with an expanded variety of breathing techniques, various meditations and simple warmups. Use your breath to change your mood. A mat is not necessary.

Article 2 of the Constitution: The Executive Branch

Jeff Black

West | 11 a.m. | 40333

This course is a study of the executive branch of the government, including nomination, powers, executive appointments and how the executive and legislative branches work together.

Bad Girls of the Bible

Diane Wido

West | 9 a.m. | 40272

There are a lot of colorful people in the Bible. Did you know you can learn something from each of them? We will follow author Liz Curtis Higgs's book and video, "Bad Girls of the Bible."

BalloFlex (Seated Chair Exercise)

Mary Kopczynski

East | 9 a.m. | 40306

West | Noon | 40340

BalloFlex is a seated chair fitness program designed to provide fun group interaction using low-impact movements set to music. Activities tone all major muscle groups, help build core strength and provide a safe full body workout.

Basic Archaeology Principles

Eric Olson

East | Noon | 40299

This course will cover the fundamental concepts and theories of archaeological practices and methods. Students will learn about radiocarbon dating, how archaeologists examine soils, artifact identification and other methods and techniques.

Beginner Line Dance

Martha Hall

West | 10 a.m. | 40321

Learn the basic steps in beginner line dancing to songs from a variety of genres, including Latin, country and pop. You're guaranteed to laugh and have a great time.

Beginning Line Dancing

Beth Parnin

East | 1 p.m. | 40305

Learn the basic steps in line dancing with simple patterns. Have fun while using your body and mind to maintain your overall health. No experience is necessary.

Beginning Piano I

Rebecca Unkefer

West | 2 p.m. | 40357

This course will start you from the very beginning of piano playing, note reading and rhythms in a relaxed and fun environment. You will learn to play a variety of music, from classics to Christmas carols, by the end of the seven weeks. There will also be discussions on technique, posture and other tips as we work our way through *Adult Piano Adventures* (by Faber and Faber, all-in-one enhanced edition). You will need to purchase the book for this class.

Beginning Soprano Recorder

Patricia Ashford

West | 10 a.m. | 40298

Participants will learn to play the soprano recorder in a group setting. The class will include musical theory. Everyone is responsible for bringing their instruments. Soprano recorders can be purchased on Amazon.

Benedict Spinoza and God

Charlene Mileti

East | 10 a.m. | 40266

Discover the intellectual legacy of Benedict Spinoza, a trailblazing figure of 17th-century thought. Born in 1632 into Amsterdam's Jewish community, Spinoza's radical ideas led to his excommunication at just 23 years old. Despite facing condemnation for his unorthodox views on God, Spinoza's profound insights offer a captivating exploration of divinity within the universe.

Big Pharma: Pulling Back the Curtain on the Business of Health Care

Mary R. Kolk

East | 10 a.m. | 40271

West | 2 p.m. | 40351

In this course, we pull back the curtain on the pharmaceutical industry to examine the business of health care, including a multitude of disturbing facts, including marketing deceptions, how leaders earn big money schilling for the industry, how the industry encourages overprescribing, and misleading information in medical journals, court records and more.

Book Discussion Group

Virtual | 2 p.m. | 40373

This student-led literature course actively engages participants in constructive conversation using structured discussion questions. Books are announced a month in advance so students have ample opportunity to get and read them. We'll discuss each book for two weeks, with questions emailed before discussion begins. Students with diverse backgrounds and viewpoints welcome.

Brainstorming

Susan Ungham

West | Noon | 40360

Have you ever wanted to join a think tank? Each week, you will learn some brainstorming techniques and come up with possible solutions to local problems.

British Coronations: Past and Present

Julie E. Koenig

West | Noon | 40348

During the course, we will cover the coronations of Queen Victoria, King Edward VII, King George V, King George VI, Queen Elizabeth II and King Charles III. During the last week, there will be a quiz covering the material discussed, and the winner will get tea and candy.

British Royal Weddings

Julie E. Koenig

West | 10 a.m. | 40316

During the course, we will cover the weddings of Princess Elizabeth, her sister Princess Margaret and her children: Prince Charles, Princess Anne, Prince Andrew and Prince Edward. We will also discuss the wedding of Prince William. During the last week, there will be a quiz covering the material discussed, and the winner will get tea and candy.

Cardio, Core and Balance

Karin L. Cottman

West | 1 p.m. | 40367

This cardio, core and balance class incorporates lower-intensity balance and core moves along with cardio intervals. This class will get the heart pumping, work the core muscles and help improve balance.

Cardio-Based Workout

Karin Cottman

West | 2 p.m. | 40347

Benefit from heart-pumping cardio designed to improve aerobic fitness, strengthen the entire body and burn maximum calories. The classes also include body-weight strengthening exercises.

Creating Collage: Styles and Technique

Sharon Dundee

East | 10 a.m. | 40273

This course is intended for novices and experienced artists. It will provide a brief history of collage and define five collage styles. The course will introduce a variety of techniques and materials. The emphasis will be on experimenting with materials and developing a personal style toward a final exhibit piece. Special attention and guidance will be given to creative approaches, design concepts and hand skills.

Current Events

Avery H. Fromet

East | 10 a.m. | 40265

This course will discuss the hot topics of the week, including political and public policy issues.

Dance in America

Alyssa Wilmot

West | Noon | 40350

This course explores Dance history in America as it relates to artistic, cultural, religious, social and historical contexts.

Dance Basics

Alyssa Wilmot

West | 1 p.m. | 40363

Listen to great music as we learn popular line dances and some Latin dance styles for fun and gentle exercise. No experience (or partner) required!

Demystifying the Technology in Your Life

Linda Witkowski

West | Noon | 40355

Gain a better understanding of the technology that affects your life. Terms like Artificial Intelligence, augmented reality, the Cloud, ChatGPT, Bitcoin and the dreaded social media give many pause as computers encroach on our awareness. You'll also learn about the history and major players who are inventing these inscrutable terms daily. If you can count to one, you already understand the underpinnings of the computer universe. No computer literacy is needed for this course.

Dining at the White House: Breaking Bread With the Presidents! (Part 2)

Judi Slack

West | Noon | 40352

In the second part of this course, we are going to continue to see how the presidential palate has helped shape America. We will continue to explore the stories of first families through the food they ate and served, revealing a unique picture of the institution of the presidency and its place in American history.

Drum Circle

Barbara Perkins

East | 1 p.m. | 40304

Drumming is a language that allows us to tell a story without words. By drumming, we're able to lower our blood pressure, connect with others, and tap into our inner pulse and life force. No experience is necessary. Please supply a hand drum of your choosing.

Exercise and Aging

Judith J. Rogers

East | 2 p.m. | 40322

This exercise class will focus on adaptations, range of motion, balance and muscle maintenance. The class will give insight into exercise and injuries, as well as injury prevention.

Exercise in the Chair

Josephine Katie M. Evans

East | 1 p.m. | 40310

Exercise in a chair is an excellent way to stay healthy while sitting in a chair or on a couch. It allows you to use parts of your body you normally wouldn't use.

Fabulously Gory and Gruesome: Fashions that Kill

Judi Slack

West | 1 p.m. | 40366

Virtual | 1 p.m. | 40376

This class will examine the cruelties of fashion. From insidious murder weapons to blaze-igniting crinolines, clothing has been the cause of death, disease and madness throughout history — by accident and design. This class will take you on a fascinating journey through the lethal history of women's, men's and children's dress, in myth and reality.

Flexibility Work With Shad

Shad Nye

East | Noon | 40302

This course will discuss full-body stretching routines to improve your range of motion and increase your strength.

Food Facts Debunked

Karen Brucken

West | 1 p.m. | 40365

There are many slogans used to promote healthy eating. But do these sayings truly promote health? You will look at some of the popular ones, including "milk does a body good," and determine if they are fact or myth. As a result, you will gain a new perspective and come away with an understanding of what contributes to good, long-term health.

Frank Sinatra: The Man and His Music

Jerry Jelinek

East | 9 a.m. | 40332

West | 11 a.m. | 40336

Join us for an exploration of one of America's most influential artists of the 20th century: Frank Sinatra. We'll explore Sinatra's career as a singer and actor, along with his turbulent personal life.

Fun With Fitness

Beth Parnin

East | 2 p.m. | 40315

A fun, easy fitness class that aims to do something for every part of the body within the class time. There will be light aerobics, chair work, resistance and a cooldown.

Fun With Italian

Maureen Huefner

East | 1 p.m. | 40311

Have you always wanted to learn Italian? This course will explore the fundamentals of the language. It will cover pronunciation, vocabulary, numbers, colors, geography, food, music, cultural highlights and places of interest in Italy.

Gardener's Gazette

Rita Politzer

East | 11 a.m. | 40282

Marilyn Hallenburg

West | 11 a.m. | 40337

Master Gardeners of Cuyahoga County presents a variety of topics for gardeners, including plant descriptions and selection, soil needs and basic good gardening techniques based on research from The Ohio State University Extension.

Gray Matter Matters

Mary Lou Fasko

East | Noon | 40296

As seniors, our goal is to continue living functional and happy lives. Maintaining good health and maximizing brain potential can support us on this journey. An essential component of this challenge is enhancing our executive functioning skills — those that help us remember, plan, organize, initiate and carry out purposeful activities, exert self-control and demonstrate emotional regulation.

Haiku Moments: Light for Life's Journey

Wendell Brooker

West | 10 a.m. | 40328

For centuries, the Japanese people have practiced the art of haiku, capturing their most meaningful moments in brief poems of 17 syllables. The course will study the Japanese masters of the form and exercises will include trying to write haiku yourself.

Hand Weights With Shad

Shad Nye

East | 2 p.m. | 40324

This exercise class will focus on adaptations, range of motion, balance and muscle maintenance. The class will give insight into exercise and injuries, as well as injury prevention.

High Beginner/Improver Line Dance

Martha Hall

West | 11 a.m. | 40338

In this course, we will learn high beginner and improver dances to a variety of music. Basic step knowledge is required, and the focus will be on sequencing. Get ready to laugh and have a lot of fun!

History of Anti-Semitism

Ted Smith

East | 9 a.m. | 40264

Explore the enduring resilience of the Jewish people amidst centuries of unwavering persecution. From ancient times through medieval times, the Renaissance and the harrowing events of the 20th century, including the Holocaust to the present day, delve into the complex political, cultural and religious factors fueling anti-Semitism. Examine the profound impact of these attitudes and policies on both Jewish and non-Jewish communities, seeking to understand the far-reaching consequences across history and into the modern era.

History of Christianity Series: The Cost of Resistance

Ted Smith

West | 2 p.m. | 40359

Virtual | 2 p.m. | 40377

This course will explore the compelling narrative of a renowned 20th-century theologian who became entangled in a plot to assassinate Hitler. Through meticulous examination of Biblical principles, particularly Jesus's Sermon on the Mount, he arrived at a profound realization. Delve into his writings and ponder the relevance of his moral deliberations to our contemporary world in the 21st century.

History of Cuyahoga Valley National Park: Ice Age to 2002

Eric Olson

East | 11 a.m. | 40279

This class will provide an archaeological and historical overview of the Cuyahoga Valley from the end of the Ice Age (roughly 14,000 years ago) to 2002, when the National Park was created. The class will discuss sites to visit around the park that are of historical significance.

History of Sports Media in the United States

Norm Weber

West | 11 a.m. | 40323

This course will discuss the evolution of sports media from the late 1800s to the present day, encompassing the advent of newspaper, telegraph and ticker tape reports and expanding into radio, TV, cable, satellite and beyond. Trace the dynamic growth of sports management degrees over the past half century, exploring their impact on the ever-changing landscape of sports media.

I Love Lucy Trivia

Valerie B. Williams

West | 1 p.m. | 40371

Ricardo lovers, get ready to have some fun! Try to review as many episodes of *I Love Lucy* as you can to help your team win at trivia.

Influential Americans You Don't Know or Know Little About

Avery H. Fromet

East | 11 a.m. | 40277

While familiar names like Thomas Edison, Abraham Lincoln and Daniel Boone are often celebrated, there are lesser-known figures whose contributions to medicine, politics, social issues and more have left a significant mark on America. Join us for a thought-provoking series as we delve into the lives and legacies of these overlooked individuals, exploring their profound influence on shaping the fabric of American society.

Influential People in the World You Don't Know or Know Little About

Avery H. Fromet

East | 9 a.m. | 40258

While the names of Thomas Edison, Abraham Lincoln and Winston Churchill are widely recognized, there are lesser-known figures whose impactful contributions in fields such as medicine, politics and social issues are often overlooked. Join us for an enlightening series as we delve into the lives and legacies of these individuals, exploring their profound influence on the global stage.

Journey of the Soul

Ted Smith

East | 11 a.m. | 40287

There is a recurring theme throughout time and across cultures about something we call the "soul." What is its purpose? Why does this belief persist? How does it connect this life to the afterlife? What about reincarnation and karma? What did ancient people understand about it that we have forgotten? Has technology distracted us from it today, or is science on the brink of a profound discovery about the soul and consciousness?

Let's Go Back in the Wayback Machine

Gerry Nemeth

West | 11 a.m. | 40331

Let's revisit some of favorite places that exist only in our memories: Richfield Coliseum, Front Row Theater, Euclid Beach Park, Dover Lake Park and the like. Prizes and a few surprises!

Let's Make a Movie

Jonathan Tarnai

West | 9 a.m. | 40286

Participants in this class will write, shoot and edit a short film. Each student will play an integral role in the production of an original piece.

Lifetime Experiences

Marvin L. Axelrod

West | 11 a.m. | 40339

Discover the journey of a photographer within the U.S. Air Force, from capturing moments in Vietnam to transitioning back to civilian life and providing photographic services for professional athletic teams at iconic venues like the Cleveland Arena and the Richfield Coliseum. Explore firsthand experiences photographing high-profile events, such as presidential debates and world championship fights, along with the authorship of three instructional books on baseball. Delve into the entrepreneurial ventures of owning a limo service and selling new automobiles, offering unique insights into a diverse and dynamic career path.

Live Long, Live Well

Karen Brucken

West | 11 a.m. | 40335

What's special about the Blue Zones? Explore each one to discover the diet and lifestyle habits that help their populations live well to 100 and create a plan for incorporating their habits into your own life.

Machine Weights With Shad

Shad Nye

East | 1 p.m. | 40312

This course introduces students to multiple weight machines to improve strength and flexibility.

Managing High Blood Glucose (Prediabetes/Diabetes)

Vera Bartasavich

East | 2 p.m. | 40326

This course is designed to enhance the management of high blood glucose levels. Explore key topics, such as prediabetes and diabetes basics, nutrition strategies for improved blood glucose control and using the Glycemic Index Tool effectively. Learn the importance of physical activity, stress management techniques and optimizing sleep patterns for better blood glucose regulation.

Mat Pilates

Judith J. Rogers

East | Noon | 40301

This class will focus on the muscles and exercises that isolate the core to help maintain posture, balance and the integrity of movement. By engaging the core, we can alleviate back pain while also improving coordination and strength.

Meditation and Mudras

Jody Schrock

East | 1 p.m. | 40309

This course incorporates simple warmups, various types of breathing, mudras (using hands to work with the body's energy flow) and a relaxation process leading into meditation. Different types of meditation will be covered and can be done in a chair or on a mat.

Miniature Paintings

Carol Agnew

East | 11 a.m. | 40289

In this course, we will complete a small painting or two every class. No painting experience is needed. Complete instruction is included for those just starting their painting journey. There is a \$10 fee for supplies.

Multi-Medium Art Class: Intermediate

Carol Agnew

East | 1 p.m. | 40308

In this intermediate class, we will continue building off the beginner course. During this session, we will continue to build our skills in color, contrast and composition using a variety of mediums. There is a \$10 fee for supplies.

Muscle Conditioning

Karin Cottman

West | Noon | 40353

Engage in a full-body workout using strength and cardio training to build muscle and burn calories.

Nature-Inspired Photography

Jessica Orahoske

West | 9 a.m. | 40284

This is a student-led photography course that encourages students to view things from a different perspective. We will be exploring the beauty of fall and admiring what nature offers us. No experience is required. Smartphone cameras are encouraged.

Pilates Mat

Alyssa Wilmot

West | 2 p.m. | 40374

Join us for gentle Pilates mat exercise that works the core and muscle groups with a focus on strength, stability, flexibility and mobility. Safe for those with injuries.

Philosophy: Thinking About World Problems

Milenko Budimir

West | 2 p.m. | 40354

How do we know what's true and what's false? How do science and technology shape our society? Is there one true religion? What is the best type of government? Philosophy has been asking these questions and offering answers for thousands of years. Join us as we explore these questions and the various answers proposed for the world's problems today, including how best to understand scientific innovations, political developments and cultural trends.

Qigong (Chi Kung)

Martha Lois

East | 10 a.m. | 40267

Qigong consists of standing and sitting exercises. These healing practices, like Tai Chi, combine the use of focused mind, abdominal breathing and gentle movements. Daily practice may strengthen organs, help reduce stress and help our immune system.

Road Tripping Through Ohio

Milenko Budimir

West | 1 p.m. | 40369

How well do you know Ohio? Our 220-year-old state is home to a lively mix of cultures, traditions, history and natural beauty. There's no better way to discover Ohio than by hitting the open road and visiting the places that make it what it is. We'll look at some of the state's most interesting spots, with itineraries and tips to make the most of your exploration.

Rock Music of the '70s

Frank Thomas

East | 11 a.m. | 40280

We'll explore different genres, from glam to punk to straight-up rock 'n' roll. Let's go back and remember what made the '70s rock!

Sign Language Is Fun!

Valerie B. Williams

West | 2 p.m. | 40364

Knowing how to communicate is important. Join this course and have fun learning sign language.

Smart Shopping for Health

Karen Brucken

West | 10 a.m. | 40318

Food packaging and labeling: what does it all mean? Discover what the ingredient lists contain, which ingredients you should avoid and which are all right. You will learn how to make healthier choices while navigating the grocery store.

Speaker Series: Explore, Enrich, Engage

Betty Zak

East | 10 a.m. | 40269

West | 10 a.m. | 40295

Dive into captivating weekly sessions where you can either delve into a new topic each week or deepen your understanding of a chosen subject through diverse perspectives offered by different speakers. Previous specialists have covered intriguing topics, such as lost ghost stories of Cleveland, insights into the FBI's Operations and the role of diplomats in global politics, among others. Join us as we continue to explore an array of thought-provoking subjects and expand your intellectual horizons.

Stories of the Civil War

Steven Schechter

East | 1 p.m. | 40313

A look at what was not taught in school, this class focuses on interesting personalities — from women spies to comparing Lincoln and Jefferson Davis. Investigate why the North, with its demographic and industrial advantages, did not secure victory in the Civil War within an anticipated two-year timeframe.

Surviving a Nazi Death Camp and Learning Life's Meaning

Ted Smith

West | 1 p.m. | 40370

Amidst the distractions of material pursuits during prosperous times and the tumultuous waves of fear and emotions during crises, many overlook the profound questions about the essence of life. Yet, in moments of calmness, or perhaps in defiance of extremes, there lies an opportunity for introspection. Join us as we contemplate the timeless question of why we exist and the significance of our actions in shaping our purpose.

Surviving the Presence of Evil

Wendell Brooker

West | 11 a.m. | 40346

The presence of evil is an undeniable fact of the world in which we live. We know the reality of personal evil, social evil and cosmic evil. But what is evil and where is its source?

Tai Chi 2 Practice

Martha Lois

East | Noon | 40297

Tai Chi 2 is for those who have taken one session of Tai Chi before. Wu Style Long Form will be practiced for balance of body, mind and spirit.

Tai Chi for Balance

Martha Lois

East | 11 a.m. | 40276

This Tai Chi class is for balance and wellness. This mind, body and spirit exercise consists of a series of slow movements that combine into what is known as the "form."

TED Talks

Susan Ungham

West | 10 a.m. | 40327

Join us for intriguing discussions. TED Talks are short, free online lectures by experts about an array of nonfiction topics. View and discuss a new TED Talk each week. Contribute your thoughts and get to know your classmates. Each session features new talks.

That Magical Organ: the Heart

Terry E. Greathouse

West | 2 p.m. | 40362

Discover the vital role the heart plays in keeping us healthy. We'll learn about common heart conditions, such as coronaries and infarcts, and why some people need pacemakers. We'll also discuss the importance of blood and blood vessels. This course is designed to help you understand basic medical terms so you can talk to your health care provider more effectively.

The 1950s: America's Decade

Robert Wido

West | 10 a.m. | 40329

This course will look at the world as it existed in the 1950s. The world was recovering from World War II, communism was on the march, and America was in a unique position to become a world leader. How did it all play out?

The Best Medicine?

Ted Smith

East | 10 a.m. | 40274

Did Norman Cousins laugh himself back to health in the 1960s? Was it all in his head? Is there any scientific research to explain the placebo effect? How do emotions affect our physical health? Western medicine is coming to grips with the fact that how a patient feels about their condition is a determining factor in recovery.

The British Invasion of the 1960s

Frank Thomas

East | 9 a.m. | 40262

West | 1 p.m. | 40361

From The Beatles to the Rolling Stones, mods to rockers, we'll highlight bands from across the pond who forever changed the musical landscape.

The Immigrant Experience: Immigrant Communities, Their Lives and Their Impact on Greater Cleveland (1800 – 2024)

Walter S. Topp

West | 11 a.m. | 40344

Immigration to Northern Ohio predates the arrival of Moses Cleaveland and remains a significant factor in the regional economy. This course will examine how immigrants have adapted to life in Greater Cleveland, how they have contributed to Cleveland's growth, and how they continue to contribute to the city's well-being.

The Mitford Sisters

Julie E. Koenig

West | 11 a.m. | 40334

Six aristocratic sisters belonged to the Mitford Family — the original Downton Abbey family. They were labeled the “bright young things” of the 1930s and 1940s, expected to do what aristocratic women did in those days: marry well and have children. They reflected the social upheaval of the time, taking on quite different careers: a novelist, a farmer, a couple of fascists, a communist and a duchess — a Mitford for everyone. Each week, we will learn all about each sister: Jessica, Nancy, Diana, Unity and Pamela. During the last week, there will be a quiz covering the material discussed, and the winner will get tea and candy.

The Music of Laurel Canyon

Frank Thomas

East | 10 a.m. | 40270

West | 2 p.m. | 40342

In the late 1960s, Laurel Canyon became a creative and collaborative neighborhood, blending country, folk and rock music. We'll feature artists such as the Byrds, the Eagles and Crosby, Stills & Nash.

The Non-partisan Voter's Guide to Today's Issues

Walter S. Topp

West | Noon | 40356

In a heated campaign season, conflicting and confusing information about current topics is abundant. Voters want to make the right choice, but the issues we face are complex and are often the result of choices that were made decades ago. The slick, superficial soundbites that pass for proposals from political candidates are no help. This nonpartisan course will explore the history of issues that are currently in the news, including immigration, crime, the economy and others.

The Power of Connection To Overcome Loneliness

Mary R. Kolk

East | 9 a.m. | 40263

West | 1 p.m. | 40368

This course will address the pressing issue of loneliness, as highlighted by Surgeon General Dr. Vivek Murthy. Discover the profound implications of loneliness for both individual and societal health and well-being. Explore the influence of social media, the significance of faith and spirituality, and delve into the evolutionary and neurological factors contributing to loneliness. Most importantly, learn practical strategies for rediscovering the genuine and meaningful power of human connection, which is essential for cultivating overall happiness and fulfillment.

The Six Queens of Henry VIII: Their Passion, Obsession and Betrayal

Betty Zak

West | 9 a.m. | 40256

Virtual | 9 a.m. | 40375

Dive into the reality of the women who tempted both fate and the ire of King Henry for the title of Queen. Discover how history has painted Henry and his wives, then view them through 21st-century eyes.

Topics in Environmental Science

Angela J. Sanson

East | 11 a.m. | 40275

In this course, students will dive into the field of environmental science. The course will cover its foundations, economics, policies and environmental ethics. The discussions will include an exploration of population growth and demographic transitions, toxic substances and their effects, nonrenewable energy sources and their impact on the environment, the biodiversity of the earth, and the conservation biology and its benefits.

TV Game Show History

Gerry Nemeth

East | 1 p.m. | 40307

West | 9 a.m. | 40283

Take a look at the history of TV and radio game shows, including *Jeopardy!*, *Wheel of Fortune*, *Concentration*, *Password*, *Beat the Clock* and more. Play simulated versions of your favorite shows, win prizes and find a few surprises!

Type 2 Diabetes Can Be Reversed Without More Drugs

Mary R. Kolk

East | 11 a.m. | 40285

Explore the scientific breakthroughs and research studies revealing how Type 2 diabetes can be effectively reversed without relying on additional medications. The course will showcase how research has empowered us to eliminate insulin and other medications and achieve remission of painful neuropathy, among other things

Volunteering

Susan Ungham

West | 11 a.m. | 40341

Seniors are a largely untapped resource of community helpers. Join us to learn more about nonprofits in our area and how you can help.

Watercolor Journaling (Part 1)

Bonny Carroll

West | 9 a.m. | 40257

Watercolor journaling is an opportunity to record your day. This course is an overview of journaling and painting. Everyone will have an opportunity to mix colors and paint.

Wines From Around the World

Carol Agnew

East | 2 p.m. | 40317

Grab your passport and discover how your favorite domestic wine holds up to its international counterparts from Chile, New Zealand and Germany among other countries. There is a \$20 supply fee.

The Wisdom of King Solomon

Chuck Anderson

West | 9 a.m. | 40372

Wisdom is only effective when it's put into action. Is there a difference between wisdom and knowledge? Let's travel back in time some 2900 yrs. into the life of the wisest man to ever live, King Solomon. Responsible for writing many chapters in the Book of Proverbs and author of the Book of Ecclesiastes and the Song of Solomon. Let's learn some valuable lessons together that we can put into practice to improve our lives today.

Women Erased: Speaking Truth to Power in Christianity

Pat Stropko-O'Leary

West | 9 a.m. | 40290

Religious history is preserved by the winners of ideological debates. Most of what we understand about the development of Christianity is promoted by a male hierarchy that suppresses the participation of women in the historical structure of the church. Come and explore the stories of remarkable women who, in the face of overwhelming misogyny, exhibited resilience and got results. From Mary, the mother of Jesus, to Sojourner Truth — both Protestant and Catholic — these women made significant contributions and shaped history.

Write for Right

Lauren Persons

West | 10 a.m. | 40320

As Alice Walker said, “Writing is a very sturdy ladder out of the pit.” By venting, creating, jotting down ideas and responding to prompts, writing can bring healing.