

# 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](http://tri-c.edu/encore) for supply list.



**Additional fee** for class materials.



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



This course is **virtual**.

## **NEW A Bit of Germany**

*Angela Schaal*

41221 | Spring | 1 p.m. | East

41198 | Winter | 11 a.m. | East

This course covers a bit of everything Germany, including language, famous people, cities, music, food and more

## **NEW A Blast From the Northeast Ohio Past!**

*Gerry Nemeth*

41328 | Spring | 11 a.m. | West

41265 | Winter | Noon | West

We will look at several Northeast Ohio places that no longer physically exist but have fond memories: the Richfield Coliseum (1974-1994), the Cleveland Municipal Stadium (1931-1993), League Park (1891-1947), the Front Row Theater (1974-1993), the Cleveland Arena (1933-1973) and more. Enjoy prizes and a few surprises!

## **NEW A Few Interesting Characters**

*Linda Witkowski*

41357 | Spring | 2 p.m. | West

We will explore some lives well- (or ill-) lived. In this course, we will ask (among other questions): "Did Coco Chanel sleep her way to the top?" "Just how drunk was Calamity Jane?" "Did Arthur Conan Doyle really hate Sherlock Holmes?" "How tarnished was Hollywood's Golden Age?" Join me for some fun and a bit of education along the way.

## **NEW A Multi-Flavored Tea Pot: Complete With Individual "Teaspoons" of Information**

*Judi Slack*

41337 | Spring | Noon | West

41373 | Spring | Noon | Virtual

Teaspoons have been around since the early 13th century, and, as we all know, they have many uses, including stirring, measuring, eating and even games. But in this class, I'll be offering you a little about a lot. You will be getting single-serving teaspoons of history,

culture, health and beauty, drinks and eats, and more. These "teaspoons" will provide surprising tips, fun and informative facts, and flavorful recipes, enhancing the most ardent or newbie tea drinkers' knowledge. Hopefully, these "teaspoons" will also give you the confidence to experiment as well as a wide and just deep enough look at the world of tea. Tea and cookies, of course, will be served, along with your very own teaspoon!

## **NEW A Spring Bouquet of Wines – Making a Case of Spring Wines**

*Carol Anne Agnew*

41260 | Spring | 2 p.m. | East

Spring wines are inspired by the weather. It's totally unpredictable... One moment it's "rosé all day" and the next, "where's my big ol' bear-hug of a red?" Let's go exploring...

## **NEW Academy-Award Winning Films of the 1960s (Part III)**

*Gary Anderson*

41276 | Winter | 1 p.m. | West

Return to 1968 to discover Finian, Fanny, Oliver, Tevye and more beloved characters of the Broadway hits that found their way to the silver screen! From then until today, let's explore the music of these award-winning movie-musicals.

## **NEW Academy-Award Winning Films of the 1970s**

*Gary Anderson*

41352 | Spring | 2 p.m. | West

In the 1970s, some great Broadway musicals soared and some crashed, but the characters and the music were memorable then and timeless now.

## **NEW AI Solutions to Use in Everyday Life II**

*Gary Arnosk*

41251 | Winter | 10 a.m. | West

Learn the AI basics. Use real-world examples of AI applications. Take a deeper dive into programs like ChatGPT, Copilot, Gemini, and Perplexity. Gain a functional understanding of these powerful AI tools to increase productivity and time efficiency. Develop a final project in AI to be shared with other class participants.

## **AI Solutions to Use in Everyday Life**

*Gary Arnosk*

41296 | Spring | 10 a.m. | West

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.

## **NEW All About Flutes**

*Barbara Perkins*

41201 | Spring | Noon | East

41281 | Spring | 9 a.m. | West

Learn about the use of various flutes throughout the ages up to today. The versatility of the flute is demonstrated in multiple genres, with live presentations and numerous recordings.

## **America's Greatest Conflicts**

*Avery Fromet*

41170 | Spring | 11 a.m. | East

The United States has been involved in many conflicts that greatly shaped America as well as the entire world. We'll look at the fascinating history behind the American Revolution, the Civil War, Afghanistan and more.

## **Anahat Ageless Chair Yoga**

*Jody Schrock*

41213 | Spring | Noon | East

41211 | Winter | Noon | East

Hatha Yoga designed for people with limited mobility, due to age, illness, or disabilities, and who cannot get down on the floor. Class consists of warm-ups, working the major muscle groups, and stress reduction through breathing and meditation.

## **Analyzing Major League Baseball**

*Michael Walczak*

41279 | Winter | 1 p.m. | West

Examine tools employed by general managers and others to evaluate major league performance. Against a backdrop of more than 150 years of play, we'll address such questions as: "Do clutch hitters actually exist?", "Are modern players as good as the old-timers?" and "How can we evaluate managers?" From bunts to zone ratings, from Bill James to Moneyball, come prepared to see the game as you've never seen it before.

## **Ancient Theories of the Soul**

*Charlene Mileti*

41307 | Spring | 9 a.m. | East

41171 | Winter | 9 a.m. | East

The concept of the soul is older than the idea 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*

41263 | Spring | 2 p.m. | East

Calm down and reset through an expanded variety of breathing techniques, meditations and simple warm-ups. No mat necessary.

## **Antarctica**

*Diane Wido*

41242 | Winter | 9 a.m. | West

We will look at the uniqueness of Antarctica and compare it to the Arctic.

## **NEW Awesome Women Writers:**

### **Bookish Broads Who Wrote Themselves Into History**

*Judi Slack*

41292 | Winter | 2 p.m. | West

41372 | Winter | 2 p.m. | Virtual

From the first recorded writer to current bestsellers, this class will take you through time, highlighting women who have left their mark on the literary world. We'll dig deep into the lives and works of legendary authors and discover some lesser-known greats. The works of these awesome women writers vary greatly? Each is as unique and significant as the women who penned them. It's a celebration of the journeys and accomplishments of women who worked to have their voices heard in black and white letters across the world — a diverse group of writers who were at times ignored, banned and reviled by the public for their use of the written word.

## Bad Girls of the Bible (Part 2)

*Diane Wido*

41291 | Spring | 10 a.m. | West

Each week, we will look at the life of one of seven bad girls found in the Bible: the Witch of Endor, Jael, the Adulteress, Athaliah, Herodias, Tamar and the bleeding woman.

## Balance, Strength and Core

*Karin Cottman*

41355 | Spring | 2 p.m. | West

41294 | Winter | 2 p.m. | West

This class incorporates lower-intensity balance and core moves with light strengthening and core exercises. These workouts will help to improve balance and core strength.

## BalloFlex (Seated Chair Exercise Program)

*Mary Kopczynski*

41174 | Spring | 11 a.m. | East

41287 | Spring | 9 a.m. | West

BalloFlex is a seated chair fitness program that incorporates elements of music and dance. A fun, interactive group activity, BalloFlex tones all major muscle groups, helps build core strength and provides a safe full-body workout.

## Beginner Line Dance

*Martha Hall*

41252 | Winter | 10 a.m. | West

41302 | Spring | 10 a.m. | West

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.

## Beginner's American Sign Language

*Deborah Stylinski*

41312 | Spring | 10 a.m. | East

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.

(\$5 materials fee)

## Beginning Line Dancing

*Beth Parnin*

41226 | Spring | 1 p.m. | East

41220 | Winter | 1 p.m. | East

Learn the basic steps of line dancing while having fun. This helps with memory and balance greatly. All dances are simple and easy to follow and remember.

## Beginning Piano II

*Rebecca Unkefer*

41295 | Winter | 2 p.m. | West

This class will continue to expand on what we learned in Beginning Piano I. It is a fun and relaxed environment. We will continue adding repertoire while working on posture and practice tips as we work our way through Faber & Faber's Adult Piano Adventures: Book 1 (all-in-one enhanced edition). **You will need to purchase this book for the class.**

## Beginning Piano III

*Rebecca Unkefer*

41356 | Spring | 2 p.m. | West

This class will continue to build on what we have learned up to this point. We will play different genres of music and discuss techniques to help with learning and playing these genres. Past classes have played everything from classic rock to classical to piano duo works in this fun environment.

## Benedict Spinoza and God

*Charlene Mileti*

41313 | Spring | 10 a.m. | East

41179 | Winter | 10 a.m. | East

Born in 1632, Benedict Spinoza was the most original and controversial thinker of the 17th century Enlightenment. Born into Amsterdam's Jewish community, Spinoza's radical ideas led to his excommunication at just 23 years old. Despite his unorthodox views, Spinoza's insights provide a captivating notion of divinity within the universe.

## NEW Better Living Through AI

*Susan Ungham*

41335 | Spring | Noon | West

Are you scared of Artificial Intelligence? You don't need to be. AI and other technology can make your life easier. Come learn how!

## Big Pharma: Pulling Back the Curtain on the Business of Healthcare

*Mary R. Kolk*

41308 | Spring | 9 a.m. | East

41347 | Spring | 1 p.m. | West

Big Pharma is big business, and we pay the price. Discover how medical journals become marketing for pharma and learn about me-too drugs, medicalization of life, ghostwriters, doctor CME/pharma, skewed studies, relative vs. actual risk, direct-to-consumer TV ads and more.

## Book Discussion Group

*Marcia Petchers*

41303 | Spring | 2 p.m. | Virtual  
41168 | Winter | 2 p.m. | Virtual

This student-led literature discussion class actively engages participants in constructively conversing about books we read. We discuss, dissect, analyze and react personally to three or four books guided by structured discussion questions. Books (recent fiction or non-fiction) are announced a month in advance so students have ample opportunity to get and read them. Each book is discussed for one to two weeks, as scheduled. This class runs during each of three Encore terms. Students from diverse backgrounds and viewpoints are welcomed. The class members suggest books for future terms.

## NEW Book Folding Art

*Jill Hallet*

41284 | Spring | 9 a.m. | West  
41256 | Winter | 11 a.m. | West

Learn the art of folding book pages to create pictures or images. We will measure out patterns on the book, then fold the pages to create a masterpiece!

## Building Bone Density with Free Weights and Resistance Bands

*Judith J. Rogers*

41235 | Spring | 1 p.m. | East  
41225 | Winter | 1 p.m. | East

Challenging your balance with free weight sequences. Maintaining muscle endurance by super sizing your repetitions adaptations for safety.

## Cardio-Strength Circuit Training

*Karin Cottman*

41341 | Spring | 1 p.m. | West  
41273 | Winter | 1 p.m. | West

Benefit from a mix of heart-pumping cardio and muscle-building exercises designed to improve aerobic and muscle fitness. This class will strengthen the entire body and burn maximum calories.

## Chakra Yoga

*Judith J. Rogers*

41266 | Spring | 2 p.m. | East  
41232 | Winter | 2 p.m. | East

Isolating the body's chakras to realign and balance the energy that the body naturally has.

## Christianity's Family Tree

*Bob Wido*

41253 | Winter | 10 a.m. | West

In this discussion-oriented course about Christian denominations, we will talk about church history and theology to learn about each other and how we can live better, more faithful and understanding lives.

## Comparative Political and Economic Systems

*Jeff Black*

41330 | Spring | 11 a.m. | West

Compare and contrast the world's major political and economic systems.

## NEW Creating Collage Art

*Sharon Dundee*

41320 | Spring | 11 a.m. | East  
41196 | Winter | 11 a.m. | East

Take a deeper dive into the art of collage. Through in-class experiments, you will develop your personal style and techniques. Taking the Introduction to Collage course previously is helpful but not required.

## Dance Basics

*Alyssa Wilmot*

41348 | Spring | 1 p.m. | West  
41280 | Winter | 1 p.m. | West

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!

## Dance in America

*Alyssa Wilmot*

41267 | Winter | Noon | West

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

## NEW Decoding Food Labels and Health Trends:

### How To Shop for Healthy Eating

*Lourdes Sánchez-Solis*

41218 | Winter | 1 p.m. | East

Healthy eating might seem complicated and even overwhelming. How do we know what to avoid? How do we choose the best options? In this class, you'll learn to understand how supermarkets are designed to make shoppers spend, how to select your produce and proteins seasonally, how to understand food labels, and how to approach farmer's markets and pantries. You do not need to be wealthy to be healthy — you just need to be informed.

## **Demystifying the Technology in Your Life**

*Linda Witkowski*

41346 | Spring | 1 p.m. | West

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.

## **Drum Circle**

*Barbara Perkins*

41228 | Spring | 1 p.m. | East

41222 | Winter | 1 p.m. | East

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.)*

## **Duke Ellington – Life and Music**

*Jerry Jelinek*

41172 | Winter | 9 a.m. | East

Examine the life and music of one of America's greatest composers and band leaders of the 20th century.

## **Enneagram: Understanding Yourself & Others**

*Patrick H O'Leary*

41304 | Spring | 10 a.m. | West

Learn the basics of personality theory and crisis management that give you a vocabulary for self-description to improve communication. Stop making the same interpersonal mistakes. Celebrate your true gift. Live more freely. Practice the skills that foster rewarding relationships.

## **Topics in Environmental Science**

*Angela Sanson*

41177 | Spring | 11 a.m. | East

41202 | Winter | 11 a.m. | East

An introduction to Environmental Science topics. The course includes discussions on issues that impact the world.

## **NEW Esperanto, the International Language**

*Jeremy E. C. Genovese*

41219 | Winter | 1 p.m. | East

The constructed language Esperanto was invented in 1887 to facilitate international communication and understanding. Esperanto was designed to be easy to learn with phonetic pronunciation and simple, consistent grammar. The Esperanto movement grew rapidly but suffered a severe setback in the run-up to World War II. The language was specifically condemned by Hitler. Stalin labeled it "the language of spies." But in recent decades, Esperanto has regained ground with the rise of the internet. Today, the Esperanto movement is a growing transnational community of over 2 million speakers who regularly communicate either virtually or in person. If you ever wanted to learn a second language, here is your chance. While all language learning takes effort, Esperanto can be learned in a fraction of the time it takes to learn other languages. Esperanto boasts a large literature of original and translated works, films and music.

## **NEW Everything You Need To Know About Nursing Homes and Assisted Living Facilities**

*Gary Klein*

41169 | Winter | 9 a.m. | East

We will discuss all aspects of long-term health care and nursing homes, including selection, payment, resolving grievances and strategies for maintaining independence.

## **Exercise in the Chair**

*Josephine Katie Evans*

41230 | Spring | 1 p.m. | East

41223 | Winter | 1 p.m. | East

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.

## **NEW Exploring the World for a Healthy Menu**

*Lourdes Sánchez-Solis*

41321 | Spring | 11 a.m. | East

This class is a continuation of the class on healthy shopping. Through lectures and discussions, you will learn how to venture out of your comfort zone and find healthy options from Northeast Ohio and other parts of the world, including Spain, Japan, India, the Middle East and Mexico.

## **Famous People of Northeast Ohio**

*Avery Fromet*

41200 | Winter | 11 a.m. | East

Throughout American history northeast Ohioans have taken on major roles. Some you know, some you don't. This series will discuss these individuals.

## Food Facts Debunked

*Karen Brucken*

41325 | Spring | 10 a.m. | West

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.

## Food Over Medicine

*Karen Brucken*

41259 | Winter | 11 a.m. | West

How does the food I eat affect my health? What is the optimal eating pattern? Understand the consequences of your food choices and how to eat for long life. Find out why food matters!

## NEW From Stone to Suspension – Fascinating Bridges That Have Histories Spanning Centuries V

*Judi Slack*

41343 | Spring | 1 p.m. | West

41375 | Spring | 1 p.m. | Virtual

From old stone spans to sweeping modern suspensions, bridges have a way of wowing us. And while bigger, staggering buildings often get all the love, there's something more democratic about bridges. After all, they're accessible for everyone to walk or drive over, and they connect places. Between the Bering Land Bridge theory and archaeological evidence of arches that date back to 1600 B.C.E., it's clear that our obsession with crossings began as early as we could build them. From more modern structures like the Brooklyn Bridge or Golden Gate Bridge to the famous old Italian bridges of Venice and Florence, bridges form some of the world's most iconic architectural wonders. So, come and take a tour across the globe and through the centuries as we explore some of the most recognizable, historic bridges mankind has constructed.

## Fun With Fitness

*Beth Parnin*

41268 | Spring | 2 p.m. | East

41233 | Winter | 2 p.m. | East

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.

## Garden of Eden V

*Ted Smith*

41297 | Winter | 2 p.m. | West

41379 | Winter | 2 p.m. | Virtual

An account so old, some relegate it to myth; others insist it is history. Modern classics like Steinbeck's *East of Eden* borrow freely from its compelling themes of depravity, self-destruction, guilt and the price of freedom. Augustine of Hippo used the cautionary tale to formulate the concept of Original Sin. Explore the text for hidden meaning: Was expulsion from the Garden necessary for Free Will? Is humanity inherently sinful? Were Adam and Eve really the first humans? Was the serpent really the devil, or God's agent?

## General History of Cleveland (1796-Present)

*Douglas Imhoff*

41282 | Winter | 1 p.m. | West

This presentation will discuss the general history of Cleveland, including its business, politics, entertainment and sports history. We will also look at the history of the many attractions and landmarks that make Cleveland a great place to live. Take a walk down memory lane with many great pictures of Cleveland throughout its history included!

## NEW Gone but Not Forgotten

*Barbara Perkins*

41210 | Winter | Noon | East

41238 | Winter | 9 a.m. | West

Over the past decade or so, the world has lost a number of cherished performers who have left their mark on the world of popular music. This course honors their memory and considers their impact on the music of today. Biographies of their lives will be discussed, and numerous recordings of their music will be played.

## Gray Matters Matter

*Mary Lou Fasko*

41214 | Spring | Noon | East

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.

## Great American Conflicts

*Avery Fromet*

41332 | Winter | 10 a.m. | East

From the time of the American Revolution to today, the United States has been involved in major conflicts that changed the world. This series will discuss those conflicts and their impact throughout the world.

## NEW Great Civilizations of Latin America

*Lourdes Sánchez-Solis*

41197 | Spring | Noon | East

In this class, the most relevant civilizations of America will be discussed. You will learn how their locations and environment shaped their development, their relationship with their neighbors, and how social roles have changed prior to the arrival of the Europeans. In addition, we will discuss some historical fiction that offers a glimpse into their worlds at different times. The civilizations we cover will include arid America, Mesoamerica, Colombia, Venezuela, the Northern Andes, South America, Chile, Argentina and more.

## High Beginner/Improver Line Dance

*Martha Hall*

41331 | Spring | 11 a.m. | West

41261 | Winter | 11 a.m. | West

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!

## NEW Historical Geography of the U.S. West (1850-1912)

*Dennis Geffert*

41264 | Winter | Noon | West

This course is a conclusion of the previous Historical Geography of the U.S. courses. We will focus on the conflict and displacement of Native Americans, westward expansion and settlement, the Western economy and women in the West.

## History of the US Constitution

*Avery Fromet*

41314 | Spring | 10 a.m. | East

The US Constitution is the oldest living governmental document in the world. It's arose out of an experiment that blossomed into the most respected democracy on earth. This series will discuss its history, its amendments and the history behind this hallowed document.

## NEW How To Find Your Own Style

*Francine Upton*

41250 | Spring | 2 p.m. | East

This course will empower women over 55, discussing styles and wardrobes that flatter their authentic bodies.

## NEW "I'm a Little Teapot, Short and Stout" —

*Judi Slack*

41262 | Winter | Noon | West

41370 | Winter | Noon | Virtual

How do you serve your tea? Do you simply brew a cup? Or do you serve from a teapot? Whether it is for two people or six, teapots have been around for centuries. They enhance the enjoyment of tea and turn the act of brewing into an art. The history of teapot design is a fascinating journey through time spanning centuries and continents, as it reflects the cultural influences, technological advancements and design trends that have shaped teapot design. So, whatever your ritual is for making tea swirling water in your granny's favorite pot or using one of the new elegant glass teapots put the kettle on, put your feet up, and enjoy a nice cup of tea. As the ancient Chinese proverb goes, "A Day without tea is a day without joy." Tea and cookies, of course, will be served.

## Introduction to Collage Styles and Technique

*Sharon Dundee*

41315 | Spring | 10 a.m. | East

41181 | Winter | 10 a.m. | East

An introduction to the terms, styles and history of collage art. Hands-on experiments with collage materials in class. No art experience necessary. Supplies included.

## NEW It's Your Art

*Carol Anne Agnew*

41194 | Winter | 11 a.m. | East

All skill levels are invited to this multi-medium art class. Whether or not you have an art background, this course takes the mystery out of drawing and painting, giving you the confidence to release your inner creativity. (\$10 materials fee.) Optional: In the sixth week, you will choose one piece of artwork that your instructor will then transfer onto your choice of a slate coaster or a tote bag, which you can take home on the final day.

**Each optional slate coaster or tote bag is \$5.**

## Italian Fun Continues – Level 3

*Maureen Huefner*

41212 | Spring | Noon | East

This course will expand your Italian vocabulary and work with forming and speaking in complete sentences. You will learn more useful phrases and expressions as well as how to read and translate basic Italian. Your personal contributions about Italy and Italian customs are always appreciated, as these truly enrich the classroom experience and create a relaxed, fun and engaging learning environment for all. NOTE: Levels 1 and 2 are not prerequisites.

## NEW Learn German for Fun, for You, for Traveling...

*Angela Schaal*

41244 | Spring | 2 p.m. | East

41206 | Winter | Noon | East

Learn German by hearing, reading, writing and speaking the language.

## NEW Learning From the Happiest People

*Karen Brucken*

41329 | Spring | 11 a.m. | West

Where are the happiest places on Earth? What factors contribute to their population's happiness? You will explore each area to discover what makes it a "blue zone of happiness." Then, you will learn how to incorporate the ideas into your own life.

## NEW Life, the Universe, and Everything

*Ted Smith and Joe Kolecki*

41309 | Spring | 9 a.m. | East

41349 | Spring | 1 p.m. | West

Instructors Joe Kolecki and Ted Smith exchange views, utilizing modern science and Ancient, or Biblical Wisdom to tackle the unanswered questions of life. Class participation and discussion are strongly encouraged.

## Loneliness – The Human Signal We Need to Hear

*Mary R. Kolk*

41358 | Spring | 2 p.m. | West

41183 | Winter | 10 a.m. | East

Loneliness can make you sick! Loneliness can lead to diabetes, stroke, dementia and heart attacks. It is as dangerous as smoking fifteen cigarettes a day and can create more health issues than obesity. Dr. Vivek Murthy, Surgeon General of the United States made combating loneliness the Number One priority of his time in office. England's Parliament instituted a Minister of Loneliness. In this course, we will examine the damaging effects of the loneliness epidemic, how being lonely impacts not only our emotional health but is

deleterious to our physical health as well. We will learn how and why loneliness sets off the same pain centers in the brain as physical pain, and define the difference between loneliness and solitude.

## NEW Lost Gospel of Judas Iscariot



*Ted Smith*

41359 | Spring | 2 p.m. | West

41377 | Spring | 2 p.m. | Virtual

This newly discovered Gospel provides an important understanding to the history of Christianity. How does this compare to the Gospels we know? What can we learn about the historic figures of both Jesus and Judas from this text? Was Judas a betrayer or Jesus' best pupil?

## Louis Armstrong – Life and Times

*Jerry Jelinek*

41310 | Spring | 9 a.m. | East

41333 | Spring | 11 a.m. | West

Explore the life of one of music's true icons through images, sounds and video clips.

## NEW Creating Your Own Personal Mandalas



*Christine Siarka*

41209 | Spring | Noon | East

41208 | Winter | Noon | East

Mandalas are circular designs originating in India, Tibet and from the Navajo. During the course, we will explore their global history, contemporary interest and personal uses via a PowerPoint presentation and interactive discussion. We will then complete a sample mandala and create two 12-by-12 mandalas — one in collage and one in mixed media.

## Meditation and Mudras



*Jody Schrock*

41234 | Winter | 2 p.m. | East

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.

## Meet the Artist I



*Anne Marsh Stottler*

41205 | Winter | Noon | East

Each week, there will be a brief overview of an artist, and a simple project in their style will be created.



## Meet the Artist II

*Anne Marsh Stottler*

41195 | Spring | Noon | East

Each week, there will be a brief overview of an artist, and a simple project in their style will be created. Different artists will be discussed from the winter session.

## Monks, Nuns and Jesuits: A Habit Hard to Break

*Patrick H O'Leary*

41269 | Winter | Noon | West

Monastic life has fascinated and formed Christian spirituality and religious practice from the beginning. Desert hermits evolved into cloistered monks and nuns. St. Ignatius Loyola broke the mold with missionaries educated in science and theology. At each transition, the laity tried to imitate monastic practices, often missing the evolving spirituality. Join a former Jesuit priest to trace their pioneering lives and learn their secrets for a more spiritual versus religious life.

## More Fun with Italian

*Maureen Huefner*

41216 | Winter | Noon | East

This course will focus on forming and speaking in complete sentences while increasing useful vocabulary. Travel destinations in Italy, food, beverages, music and cultural highlights are also covered. You will never be required to speak individually since the class is conducted primarily in choral repetition. The learning environment is always relaxed, fun, and non-threatening.

**NOTE: "Fun With Italian" Level 1 is not a prerequisite.**

## Muscle Conditioning

*Karin Cottman*

41339 | Spring | Noon | West

41270 | Winter | Noon | West

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

## Music of Laurel Canyon

*Frank Thomas*

41316 | Spring | 10 a.m. | East

41192 | Winter | 10 a.m. | East

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.

## Musical Revolution of the 60s

*Frank Thomas*

41311 | Spring | 9 a.m. | East

41204 | Winter | 11 a.m. | East

The diverse music of the '60s included folk, Motown, the British Invasion and more. Relive one of the most creative eras in modern music.

## Nature of Reality

*Ted Smith*

41180 | Spring | 11 a.m. | East

41283 | Winter | 1 p.m. | West

41376 | Winter | 1 p.m. | Virtual

Science, religion, and philosophy have all tried to define reality. In this class, we move beyond the dualities (male and female, light and dark) and surface paradoxes (matter and energy, body and soul) to perceive the true nature of reality and our place within it.

## Natures Canvas

*Carol Anne Agnew*

41182 | Spring | 11 a.m. | East

Look around you, what is happening? Come along with us as we focus on the colors and textures that only nature can bring. (**\$10 materials fee**)

## Near Death Experiences

*Ted Smith*

41317 | Spring | 10 a.m. | East

41271 | Winter | Noon | West

41374 | Winter | Noon | Virtual

Are you curious about near death experiences? Take this opportunity to explore the phenomenon through multi-dimensional accounts of near-death experiences as observed by nurses, doctors, and psychologists and hear about current research in this area.

## NEW Open Mic Audience

*Valerie B. Williams*

41345 | Spring | 1 p.m. | West

Join in as we portray mature short stories in real time.

## **NEW Palestine/Israel – An Ancient and Modern History**

*Wendell Brooker*

41249 | Winter | 10 a.m. | West

This “Holy Land,” which continues to stir violent passions after 4,000 years of dynamic history, dominates our news cycle again. Where and what is this land called “Holy?” Who declared it so, and to whom does it belong? Why is it worth such fierce struggles? How will the pain and conflict end?

## **NEW Philosophy of Technology**

*Milenko Budimir*

41353 | Spring | 2 p.m. | West

The developments of science and technology have shaped society in profound ways over the past several centuries. Join us as we cast a philosophical eye on these developments. We'll examine how technology impacts society (and vice versa) and look at current technological developments, including AI, social media and digital technologies in general — as well as climate change and the industrial revolution — and where the future of technology may take us.

## **Pilates**

*Alyssa Wilmot*

41360 | Spring | 2 p.m. | West

41298 | Winter | 2 p.m. | West

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.

## **NEW Policing in America (Part 2)**

*Walter S. Topp*

41278 | Spring | 9 a.m. | West

An earlier course (A Citizen's Guide to American Law Enforcement) examined the history, structure and operation of American law enforcement. This course will dive deeper into key issues facing American policing today, including staffing, training, technology, accountability, use of force, community policing and calls for reform.

## **Postwar America, 1945-1960**

*Thomas Hartshorne*

41184 | Spring | 11 a.m. | East

A general history of postwar America including the Cold War, McCarthyism, and social and cultural developments such as the Baby Boom and the growth of suburbia.

## **Prop Pilates and the Next Mat Level**

*Judith J. Rogers*

41215 | Spring | Noon | East

Exercise as we age. Every day is different.

## **NEW Prop Pilates**

*Judith J. Rogers*

41217 | Winter | Noon | East

Upping the intensity of Pilates with the Use of the Pilate ring, small balls and bands.

## **NEW Reading Fashion in Art –** **What Happens When Two Creative Worlds Meet?**

*Judi Slack*

41274 | Winter | 1 p.m. | West

41371 | Winter | 1 p.m. | Virtual

In the words of Louis XIV, “Fashion is the mirror of history. It reflects political, social and economic changes, rather than mere whimsy.” And as artist Andy Warhol rightly said, “Fashion is more art than art is.” Through time, art and fashion have influenced one another. Dress tells a story and provides clues as to the cultural beliefs of the time when artworks were produced. By looking at dress in art — using paintings, photographs, drawings and art installations from famous museums and galleries around the world — we'll see that fashion and art have always had a long-lasting, passionate relationship. We will explore what fashion in (art) history can tell us about gender, sexuality, class, race and revolution. So, join us for an armchair world tour as we understand and appreciate fashion through famed artwork.

## **Road Tripping through Ohio**

*Milenko Budimir*

41350 | Spring | 1 p.m. | West

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*

41187 | Spring | 11 a.m. | East

41361 | Spring | 2 p.m. | West

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!

## **NEW Seven Different Ways To Taste Wine**



*Carol Anne Agnew*

41229 | Winter | 2 p.m. | East

Join us on this seven-week multicultural journey as we explore the different ways to experience wine.

(\$20 materials fee)

## **NEW Seven Wonders of the World:**

### **Your Chakras**



*Jody Schrock*

41323 | Spring | 11 a.m. | East

What are these mysterious “Wheels of Light” that govern the seven major energy centers in the body? Each week, we will study one chakra and its effect on the physical and spiritual body and conclude the class with a corresponding meditation. Handouts will be provided.

## **Sign Language is Fun!**

*Valerie B. Williams*

41362 | Spring | 2 p.m. | West

Learn basic American Sign Language through roleplay and other fun activities. No experience needed.

## **Smart Shopping For Health**

*Karen Brucken*

41272 | Winter | Noon | West

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.

## **NEW Social Media 101 (for Beginners)**

*Pamela Smith*

41246 | Spring | 2 p.m. | East

Participants will gain a comprehensive understanding of social media fundamentals, including the creation and management of personal profile pages. The session will cover key activities, such as updating profile pictures, posting content, engaging with others, and utilizing various features of platforms like Facebook and Instagram. If time allows, additional tips and best practices will also be shared.

## **Sometimes I Worry**

*Mary Lou Fasko*

41237 | Spring | 1 p.m. | East

Explore the nature of anxiety and worry and learn evidence-based strategies to deal with them. We'll discuss triggers and practice anxiety-reducing strategies in a relaxed and open atmosphere. This is not a therapy group.

## **Speaker Series: Explore, Enrich, Engage**

*Betty Zak*

41318 | Spring | 10 a.m. | East

41322 | Spring | 10 a.m. | West

41185 | Winter | 10 a.m. | East

41254 | Winter | 10 a.m. | West

Explore a new topic each week or expand and enrich your existing knowledge of a topic with a different speaker each week. Specialists have previously presented such topics as Raptors (Hawks, Falcons, Eagles & Owls), The North Coast Waterfront, Diplomats in the World of Politics, etc.

## **NEW Special Topics in European Geography**

*Dennis Geffert*

41338 | Spring | Noon | West

We will examine the cultures and economies of European regions and nations and their effects on populations and governments.

## **NEW Special Topics in U.S. Geography**

*Dennis Geffert*

41277 | Winter | 1 p.m. | West

We will take a close look at America and Americans, including regional histories, occupations and diversity. We will also examine changes in populations, demographics, the growth of cities and diminishing rural areas.

## **NEW Stop the Scammers**

*Bonita Prewitt*

41224 | Spring | 1 p.m. | East

This course provides information to help senior citizens avoid getting scammed.

## **Stress: Your Secret Weapon**

*Pat Stropko-O'Leary*

41288 | Spring | 9 a.m. | West

Stress can kill you or make you stronger! We often think of stress as a bad thing, but we can actually use it to improve our health and well-being. Learn how to reduce the effects of bad stress and accentuate the stress that makes our lives interesting and meaningful. We will define the difference between stress and stressors, learn how stress affects our bodies and practice strategies to enhance our lives.

### **NEW Survey of Viktor Frankl's Man's Search for Meaning: A Guide To Finding Hope**

*Kevin C. Shemuğa*

41207 | Winter | Noon | East

41236 | Winter | 9 a.m. | West

Let's discuss one of the great books of our time, which can reveal hope and meaning in our contemporary culture. Viktor Frankl's insights can uncover the potential of each human being and the impact of conviction and faith in society.

### **NEW Surviving a Nazi Death Camp and the Meaning of Life (It's Not What You Think)**

*Ted Smith*

41173 | Winter | 9 a.m. | East

What's the point of all of this!? In good times many are distracted by acquiring and enjoying material wealth, and tend not to ask the deep questions of themselves. In turbulent times, fears and emotions overwhelm our ability to clearly process the deep questions. In between extremes (or in spite of them?) we might be wise to contemplate why we are here and what we're supposed to be doing about it.

### **TED Talks Spark Intriguing Conversations**

*Susan Ungham*

41351 | Spring | 1 p.m. | West

Join us for intriguing discussions. TED talks are short online lectures about an array of nonfiction topics. View and discuss a new TED talk each week. Contribute your own thoughts and get to know your classmates. All new talks!

### **The 1960s – The Decade That Changed Everything**

*Bob Wido*

41243 | Winter | 9 a.m. | West

JFK, Vietnam, Woodstock, Kent State, Hippies...these are the things we grew up with. Now they are part of the landscape of American history. What were the drivers of this turbulent decade? What can we learn from this era? This promises to be a fun, energetic and insightful look at what many people call the most important period in American history. We will look at the major events and people, and we will have time set aside to discuss our own personal experiences throughout the 60's.

### **NEW The 1970's – America's Difficult Decade**

*Bob Wido*

41289 | Spring | 9 a.m. | West

If you lived through the decade of the 1970s, you lived through one of the most tumultuous and difficult decades in American history. Some would say that it was the decade when America came "off the rails". What happened and what can we learn going forward?

### **NEW The Baby Boom (1945-1960), the Cold War, Tenuous Peace and the Children of the Modern World**

*Dennis Geffert*

41344 | Spring | 1 p.m. | West

In this historical examination of the post-World War II era, we will focus not just on the United States but also on the effects of conflict, the crumbling of empires and the rebuilding of Europe and Asia.

### **The Beatles**

*Frank Thomas*

41175 | Winter | 9 a.m. | East

41285 | Winter | 1 p.m. | West

The best-selling pop group of all time started out as an unknown skiffle band from England. Watch and reminisce as they change the world of music, fashion and more.

### **The Cost of Resistance, Succession**

*Ted Smith*

41189 | Winter | 10 a.m. | East

A brilliant 20th century German theologian enters into a conspiracy to assassinate Hitler. He didn't come to this conclusion lightly, rather through diligent consultation with Biblical principles. His writings on Jesus' Sermon on the Mount bring him to an inescapable conclusion. Are there any applications to us in the 21st century?

### **The Gardener's Gazette**

*Rita Politzer*

41193 | Spring | 11 a.m. | East

*Marilyn Ann Hallenburg*

41334 | Spring | 11 a.m. | West

Simple gardening information and techniques provided by Master Gardeners of Cuyahoga County.

### **NEW The George Spangler Farm and the Battle of Gettysburg: An Untold Story**



*Judi Slack*

41354 | Spring | 2 p.m. | West

41378 | Spring | 2 p.m. | Virtual

The George Spangler Farm in Gettysburg is truly a place of reverence on hallowed ground. In July 1863, the farm was nearly destroyed when the Union 11th Corps medical staffers took control of it, transforming the property into a field hospital for more than 1,900 wounded soldiers during and after the battle. This class will tell the heartbreaking and devastating story of the Spanglers and how their farm played a pivotal role in the battle as a hospital, transportation hub and staging area for those who labored to save lives and those who suffered and died there. Other farms were the sites of more combat than the Spangler Farm, and some were literally destroyed. But no single farm played a more strategic and important role during the battle than the Spangler Farm.

### **NEW The Heart of Cleveland: Organizations That Make Cleveland Great**

*Walter S. Topp*

41327 | Spring | 11 a.m. | West

Though no longer the Sixth City, Cleveland remains an important and vibrant city. This course will look at the history and current operations of organizations and Institutions that continue to make Cleveland a great place to live, including the Metroparks, Playhouse Square, Case Western Reserve University, University Circle, the Cleveland Clinic, Cleveland-Cliffs, Sherwin-Williams, the Cleveland-Cuyahoga County Port Authority and others.

### **NEW The History of Political Parties in America**

*Avery Fromet*

41306 | Spring | 9 a.m. | East

Political parties have changed throughout the history of the United States. Some have long histories, but the platforms have changed. This series of seminars will discuss the history of political parties in the United States and the events that made them change and spelled death for some.

### **NEW The Impact of Stress in Mature Adults**

*Kevin C. Shemuğa*

41305 | Spring | 9 a.m. | East

41336 | Spring | Noon | West

Learn techniques to address the inevitability of stress, discover how stress affects the brain, and treat stress and anxiety with meditation, exercise, nurturing loving relationships, therapy, study and building character through passionate activity.

### **NEW The Native American Spirituality and the Land**

*Wendell Brooker*

41326 | Spring | 11 a.m. | West

Native Americans possessed a unique feeling about the land they inhabited and the relationship that it offered them. This particular realm of consciousness blossomed into a kind of spirituality, which we could all benefit from today, both individually and collectively. Help us explore this realm.

### **The Philosophy of Law and the Supreme Court**

*Wendell Brooker*

41293 | Spring | 10 a.m. | West

What are the historical roots of the idea of “law?” Why are there courts and lawyers? How does the passage of time affect the interpretation of legal questions? When and how are law and morality connected? Where are the boundaries beyond which the law cannot pass? What is “supreme” about the Supreme Court? And so many more questions...

### **The Power of Connection and Purpose**

*Mary R. Kolk*

41319 | Spring | 10 a.m. | East

41299 | Winter | 2 p.m. | West

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.

### **NEW The Spanish Empire and the First Globalization**

*Lourdes Sánchez-Solis*

41227 | Winter | 2 p.m. | East

In this class, we will explore the historical and geopolitical factors that created the need to find a new commercial route to the Indies and the unexpected consequences of the meeting of the two worlds. Topics will include Kublai Khan and Marco Polo, the reunification of Spain, the Trastámara and the Habsburg royal houses, the influence of the Spanish Empire in the U.S. and more.

### **NEW The U.S. Navy in the Pacific (1930-1942)**

*Walter S. Topp*

41240 | Winter | 9 a.m. | West

The Pacific War was fought in two distinct phases. From the start of the war through 1942, the prewar U.S. Navy and the prewar Imperial Japanese Navy fought on nearly equal terms. Beginning in 1943, the products of America's massive shipbuilding program began to join the Pacific Fleet. By the time of the great naval battles around the Philippines in 1944, the U.S. Navy was vastly larger than the Japanese Navy. This course will focus on the prewar American Navy, how it was built, staffed, organized and trained, and how it succeeded in changing the course of the war in the pivotal 1942 battles at Midway and Guadalcanal.

### **NEW The U.S. Navy in the Pacific (Part 2: 1943-1945)**

*Walter S. Topp*

41342 | Spring | 1 p.m. | West

By the end of 1942, the prewar U.S. Navy had battled the Japanese to a standstill at Midway and Guadalcanal. In late 1942 and early 1943, the products of America's vast rearmament program began to arrive in the Pacific. For the next two years, the steadily growing U.S. Navy integrated new ships, personnel, equipment and tactics into the Pacific Fleet, creating the greatest naval force in world history and smashing the Japanese at the Philippine Sea, Leyte Gulf, Iwo Jima and Okinawa.

### **NEW They Built Cleveland**

*Walter S. Topp*

41275 | Winter | 1 p.m. | West

Meet some of the people who built today's Cleveland. This course will present a series of biographical sketches of notable personalities from Cleveland history, including Moses Cleaveland, Lorenzo Carter, John D. Rockefeller, Mark Hanna, Tom L. Johnson, Carl Stokes and others.

### **NEW TV Commercials and What They Reveal About Us**

*Wendell Brooker*

41255 | Winter | 11 a.m. | West

American companies and organizations spend billions of dollars each year trying to convince us of something. Who is the "us" they are trying to reach? What is the "something" they wish to convey? Why is the TV the vessel they choose? How does the strategy work? Where does the money come from, and where does it go? What do commercials reveal about us?

### **TV Game Show Fun**

*Gerry Nemeth*

41239 | Spring | 1 p.m. | East

41290 | Spring | 9 a.m. | West

41300 | Winter | 2 p.m. | West

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**

*Mary R. Kolk*

41176 | Winter | 9 a.m. | East

41286 | Winter | 1 p.m. | West

This course will help you understand type 2 diabetes, and how to work with your doctor to overcome many if not all of the debilitating effects of this condition. This 3-step program demonstrates how people with type 2 diabetes can achieve real control over high blood sugars, reverse neuropathy, reduce or eliminate the need for medication, lose weight, and become proactive partners with their doctor in their healthcare. With over 20 years of presenting this course, we have seen remarkable changes in people's lives, had the privilege of speaking to The Ohio State School of Medicine, featured on Channel 3 news, astonished doctors and more.

### **NEW Understanding the U.S. Military – An Owner's Manual**

*Walter S. Topp*

41258 | Winter | 11 a.m. | West

The United States spends more than \$900 billion each year on its armed forces "" 40% of the world total and three times more than China, the next largest spender. This course will provide an overview of U.S. military history, organization, equipment, capabilities and operational concepts.

### **US Supreme Court Cases that Changed America**

*Avery Fromet*

41178 | Winter | 9 a.m. | East

From its inception, the U.S. Supreme Court has changed the political, social and economic structure of the United States. This series will discuss some of those cases and their impact.

## **NEW Vision Board Making**



*Christine Siarka*

41241 | Spring | 1 p.m. | East

Intuitively creating a collage of images and words of inspiration arranged together on a poster large enough to be seen easily and often. This vision board collage is a visual tool to inspire and assist in achieving your goals and dreams, and aspirations. Each day students will be guided through the various steps of preparation and demos, to piece by piece, put together a unique inspiring collage helping guide their process of creating a new change...a new part of their life. **(\$10 Materials fee)**

## **Watercolor Journaling 2**



*Bonny Carroll*

41247 | Winter | 9 a.m. | West

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.

## **NEW Women Erased:**

### **Significant Women in Christianity**

*Pat Stropko-O'Leary*

41257 | Winter | 11 a.m. | West

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 from the historical structure of the church. Explore the stories of remarkable women who, in the face of overwhelming misogyny, exhibited assertiveness and resilience and got results. From Mary, the mother of Jesus, to Hildegard of Bingen, to Mother Teresa and others, these women made significant contributions and shaped history.

## **World Dance**

*Alyssa Wilmot*

41340 | Spring | Noon | West

Calling all dance lovers! Learn about the history of dance all over the world in this interesting lecture class with Alyssa, dance professor at Tri-C. Focus will be on an international perspective of dance surveying dance from a variety of cultures and countries.

## **Write for Right**

*Lauren Persons*

41324 | Spring | 10 a.m. | West

41248 | Winter | 9 a.m. | West

As Alice Walker said, "Writing is a very sturdy ladder out of the pit." By venting, creating, jotting down ideas, responding to prompts, exploring different forms of writing and sharing, healing is possible.