

SPRING 2025

Encore Campus Fridays Sneak Peek



EASTERN CAMPUS

Mar. 28 – May 9 | 9 a.m. – 3 p.m.

\$99 for up to 6 courses | Registration Opens **Dec. 17th** at **10 a.m.**

Eastern Campus | 4250 Richmond Road, Highland Hills, Ohio 44122

	COURSE TITLE	INSTRUCTOR
9 - 9:50 a.m.		
	Ancient Theories of the Soul	Charlene Mileti
	Big Pharma: Pulling Back the Curtain on the Business of Healthcare	Mary R. Kolk
NEW	Life, the Universe, and Everything	Ted Smith & Joe Kolecki
	Louis Armstrong - Life and Times	Jerry Jelinek
	Musical Rev of the 60s	Frank Thomas
NEW	The History of Political Parties in America	Avery Fromet
NEW	The Impact of Stress in Mature Adults	Kevin C. Shemuga
10 - 10:50 a.m.		
	Beginner's American Sign Language	Deborah Stylinski
	Benedict Spinoza and God	Charlene Mileti
	History of the US Constitution	Avery Fromet
	Introduction to Collage Styles & Technique	Sharon Dundee
	Music of Laurel Canyon	Frank Thomas
	Near Death Experience	Ted Smith
	Speakers Series: Explore, Enrich and Engage	Betty Zak
	The Power of Connection and Purpose	Mary R. Kolk
11 - 11:50 a.m.		
	America's Greatest Conflicts	Avery Fromet
	BalloFlex (Seated Chair Exercise Program)	Mary Kopczynski
	Creating Collage Art	Sharon Dundee
	Environmental Science: The Basics	Angela Sanson
NEW	Exploring the World for a Healthy Menu	Lourdes Sánchez-Solis
	Nature of Reality	Ted Smith
	Natures Canvas	Carol Anne Agnew
	Postwar America, 1945-1960	Thomas Hartshorne
	Rock Music of the 70s	Frank Thomas
NEW	Seven Wonders of the World: Your Chakras	Jody Schrock
	The Gardener's Gazette	Marilyn Ann Hallenburg

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Noon - 12:50 p.m.

NEW	All About Flutes	Barbara Perkins
	Anahat Ageless Chair Yoga	Jody Schrock
	Gray Matters Matter	Mary Lou Fasko
NEW	Great Civilizations of Latin America	Lourdes Sánchez-Solis
	Italian Fun Continues — Level 3	Maureen Huefner
	Creating Your Own Personal Mandalas	Christine Siarka
	Prop Pilates and the Next Mat Level	Judith J. Rogers

Noon - 1:50 p.m.

	Meet the Artist II	Anne Marsh Stottler
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1 - 1:50 p.m.

	A Bit of Germany	Angela Schaal
	Beginning Line Dancing	Beth Parnin
	Drum Circle	Barbara Perkins
	Exercise in the Chair	Josephine Katie Evans
	Free Weights and Resistance Bands for Building Bone Density, Balance and Muscle Maintenance	Judith J. Rogers
	Sometimes I Worry	Mary Lou Fasko
NEW	Stop the Scammers	Bonita Prewitt
	TV Game Show Fun	Gerry Nemeth
	Vision Board Making	Christine Siarka

2 - 2:50 p.m.

	A Spring Bouquet of Wines - Making a Case of Spring Wines	Carol Anne Agnew
	Ancient Yoga Breath	Jody Schrock
	Chakra Yoga	Judith J. Rogers
	Fun With Fitness	Beth Parnin
NEW	How To Find Your Own Style	Francine Upton
NEW	Learn German for Fun, for You, for Traveling....	Angela Schaal
	Social Media 101 (for Beginners)	Pamela Smith