

WINTER 2025

Encore Campus Fridays Sneak Peek



EASTERN CAMPUS

Jan. 24 – Mar. 7 | 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
	Duke Ellington - Life and Music	Jerry Jelinek
NEW	Everything You Need To Know About Nursing Homes and Assisted Living Facilities	Gary Klein
NEW	Surviving a Nazi Death Camp and the Meaning of Life (It's Not What You Think)	Ted Smith
	The Beatles	Frank Thomas
	Type 2 Diabetes Can Be Reversed	Mary R. Kolk
	US Supreme Court Cases that Changed America	Avery Fromet
10 - 10:50 a.m.		
	Benedict Spinoza and God	Charlene Mileti
	Great American Conflicts	Avery Fromet
	Introduction to Collage Styles & Technique	Sharon Dundee
	Loneliness - The Human Signal We Need to Hear	Mary R. Kolk
	Speaker Series: Explore, Enrich, and Engage	Betty Zak
	The Cost of Resistance, Succession	Ted Smith
	The Music of Laurel Canyon	Frank Thomas
11 - 11:50 a.m.		
NEW	A Bit of Germany	Angela Schaal
NEW	Creating Collage Art	Sharon Dundee
	Environmental Science: The Basics	Angela Sanson
	Famous people of Northeast Ohio	Avery Fromet
NEW	It's Your Art	Carol Anne Agnew
	Musical Revolution of the 60s	Frank Thomas

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Noon - 12:50 p.m.

	Anahat Ageless Chair Yoga	Jody Schrock
NEW	Gone but Not Forgotten	Barbara Perkins
NEW	Learn German for Fun, for You, for Traveling....	Angela Schaal
NEW	Creating Your Own Personal Mandalas	Christine Siarka
	More Fun with Italian	Maureen Huefner
NEW	Prop Pilates	Judith J. Rogers
NEW	Survey of Viktor Frankl's Man's Search for Meaning: A Guide To Finding Hope	Kevin C. Shemuga

Noon - 1:50 p.m.

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

	Beginning Line Dancing	Beth Parnin
NEW	Decoding Food Labels and Health Trends: How To Shop for Healthy Eating	Lourdes Sánchez-Solis
	Drum Circle	Barbara Perkins
NEW	Esperanto, the International Language	Jeremy E.C. Genovese
	Exercise in the Chair	Josephine Katie Evans
	Free Weights for Building Bone Density Balance and Muscle Maintenance	Judith J. Rogers

2 - 2:50 p.m.

	Chakra Yoga	Judith J. Rogers
	Fun With Fitness	Beth Parnin
	Meditation and Mudras	Jody Schrock
NEW	Public Speaking for Those Who Don't Like To Speak in Public	Robert Loeffler
NEW	Seven Different Ways To Taste Wine	Carol Anne Agnew
NEW	The Spanish Empire and the First Globalization	Lourdes Sánchez-Solis