

# 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**.

## **The 17th- and 18th-Century Enlightenment, Part I**

*Charlene Mileti*

Winter – East | 11 a.m. | 31768

In the 17th and 18th centuries, the goal of many philosophers, writers, political scholars and scientists was to establish reason as man's defining feature. They believed that only rational investigation could reveal the truths of man, nature and the cosmos. For them, man would never be free unless critical thought and investigation became dominant in all areas of knowledge — most notably, science and politics. Not surprisingly, the Enlightenment resulted in the rejection of many, if not all, historical religious doctrines. There remained one lingering problem: Without the rules of religion, how will a citizen know how to act toward others in a free society? This course surveys the different ethical and moral theories of the Enlightenment and how those same theories remain influential in today's growing secular world.

## **The 17th- and 18th-Century Enlightenment, Part II**

*Charlene Mileti*

Spring – East | 11 a.m. | 31751

This course — part II of the Enlightenment — examines some of the most influential ideas, people and events of the 17th and 18th centuries that changed the Western world. The Enlightenment was the age of “reason” and changed every area of human knowledge — education, the arts, religion, economics, psychology and, most profoundly, politics, morality and science. This course will focus on the ideas of freedom, progress and happiness and their influence on democracy, private property and secularism.

## **The 1950s: America's Decade**

*Robert Wido*

Winter – West | Noon | 31659

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 1960s: A Musical Revolution**

*Frank Thomas*

Winter – West | 1 p.m. | 31669

Spring – East | 1 p.m. | 31803

Spring – West | 10 a.m. | 31722

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

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

*Robert Wido*

Spring – West | 10 a.m. | 31721

The 1960s represented a time of great change and challenge for the world. Learn about the decade that made us who we are today.

## **Academy Award Musicals of the 1960s, Part I**

*Gary Anderson*

Spring – West | 2 p.m. | 31740

The Great Depression years belonged to Fred and Ginger. Thirty years later, Broadway's music filled Hollywood.

## **Aging Thoughtfully With Purpose**

*Wendell Brooker*

Spring – West | 11 a.m. | 31680

Aging in our society has not often been seen as a positive process. It brings more fear and anxiety than hope and joy. Yet other cultures have seen and valued the possibilities and gifts of the maturity that can only come with an extended age. Let's explore some joyous possibilities together.

## America Between the Wars, 1918-1941

*Dennis Geffert*

Spring – West | 1 p.m. | 31730

We will study the tumultuous period between the end of World War I and the United States' entry into World War II. The return of this popular course includes topics such as the Roaring '20s, the Stock Market Crash and Great Depression, FDR and the New Deal, and the rising military threats in Asia and Europe.

## America in the '20s

*Thomas Hartshorne*

Spring – East | 11 a.m. | 31755

This course looks at the political, economic, social and cultural history of the U.S. from the end of World War I to the onset of the Great Depression.

## American Sign Language (ASL) II

*Deborah Stylinski*

Spring – East | 11 a.m. | 31757

Build upon previously learned vocabulary and cultural knowledge. Delve into grammar, learning how to communicate in short sentences, answer questions and make plurals, negatives, pronouns and classifiers. *A supply fee of \$5 is due to the instructor on the first day of class.*

## American Transcendentalism: Hope for a Troubled Time

*Wendell Brooker*

Winter – West | 11 a.m. | 31649

This distinctly American philosophy, rooted in the New England of Emerson, Thoreau and others, spoke eloquently to a troubled nation in the mid-19th century. It can also speak to the kinds of issues dividing our nation today. It offers hope for much-needed social communication and healing among us.

## America's Golden Age of Railroad Cuisine

*Judi Slack*

Spring – West | 2 p.m. | 31741

Movies like *The Orient Express* and *North by Northwest* gave us an inkling of the vanished experience of dining on the trains of yesteryear. Grab your ticket and come aboard for delicious, legendary railway journeys. Meals associated with train travel have been an important ingredient of railway history for more than a century — from dinners in dining cars to lunches at station buffets to food purchased from platform vendors. For many travelers over the years, the experience of eating on a railway journey was often the highlight of the trip, a major part of the “romance of the rails.” Today, we sit in overcrowded Amtrak passenger cars, peeling cellophane

off an overpriced cold sandwich, realizing we were born three generations too late. This course will delight rail enthusiasts, foodies and armchair travelers alike.

## Anahat Ageless Chair Yoga

*Jody Schrock*

Winter – East | Noon | 31775

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.

## Analyzing Major League Baseball

*Michael Walczak*

Winter – West | 9 a.m. | 31635

Winter – East | 11 a.m. | 31769

Spring – East | 9 a.m. | 31658

Examine the new tools used by general managers and others to evaluate Major League performance. From bunts to zone ratings and Bill James to Moneyball, see the game as you never have.

## Ancient Yoga Breath

*Jody Schrock*

Winter – East | 1 p.m. | 31783

Spring – East | Noon | 31794

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.*

## Antisemitism in History

*Ted Smith*

Spring – West | Noon | 31691

It is difficult to imagine a religious group that has endured so much consistent hatred across history as the Jews, from antiquity through the Middle Ages, the Renaissance, the 20th century's “Final Solution” and now the 21st century. What are the political, cultural and religious factors contributing to antisemitism through all these eras? What are the results and consequences for Jews and non-Jews alike?

## Archival Photography

*Jesika Orahoske*

Winter – West | 10 a.m. | 31641

This student-led photography course encourages meaningful conversation using sentimental objects from a memory in time. The themes will be announced a month in advance so students can plan. The classes will have three parts: discussion and journaling, photo techniques and showing and telling. *A \$10 fee is required for printing, paper and a mini photo album.*

## Course Descriptions

### Art History — Realism 1800-2010 New Media

*Martha Lois*

Spring – East | Noon | 31795

After three styles of naturalism opened in the 19th century, art took a drastic turn with the invention of the camera. Consider the explosion of styles and media after the turn of the 20th century.

### Art History Renaissance — 1400-1600 CE

*Martha Lois*

Winter – East | Noon | 31777

Explore art from the Renaissance and see its great influence on the Western world for centuries to come. See art grow in the New World with flamboyant baroque and rococo styles.

### Art Potpourri 2

*Anne Marsh Stottler*

Winter – East | Noon | 31781

Create more fun arts and crafts projects for your refrigerator. No art experience is necessary. A \$10 supply fee is required.

### Art Potpourri 3

*Anne Marsh Stottler*

Spring – East | Noon | 31802

We will continue experimenting with different art materials, making crafts and doing fun art projects. No art experience is necessary. A \$10 fee is required.

### Awash of Color Multimediam Art Class — Your Choice!

*Carol Anne Agnew*

Spring – East | 2 p.m. | 31810

Graphite, ink, watercolor, acrylic and oil — drift away from the beautiful grays, deep hues and sepia tones of winter and discover an array of spring colors. Try a variety of art mediums. All you need to bring is a sense of discovery. Art supplies are included. A \$10 fee is appreciated.

### Badges of Honor —

#### Civil War Medal of Honor Recipients

*Judi Slack*

Winter – West | Noon | 31657

Winter – Virtual | Noon | 31705

Medal of Honor recipients are the greatest American heroes — yet for the most part, no one knows their names or has heard of their deeds. The Battle of Gettysburg provides a backdrop for the stunning heroics of American soldiers who fought in the bloodiest campaign of the Civil War. Meet the men who earned

our country's highest military decoration for valor. The course will also look at the Confederate Medal of Honor, created by the Sons of Confederate Veterans, simply because some incredible acts of valor received little or no recognition. You'll be enlightened and inspired by accounts of bravery, sacrifice and patriotism above and beyond the call of duty.

### BalloFlex

*Mary Kopczynski*

Spring – East | 9 a.m. | 31662

Spring – West | Noon | 31692

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 Hatha Yoga

*Jody Schrock*

Winter – East | 2 p.m. | 31790

Spring – East | 2 p.m. | 31811

Classic Hatha yoga integrates body, mind and breath to strengthen postural and core muscles, improve flexibility, stretch major muscle groups and aid balance. Classes consist of warmups, asanas, breathing and meditation. A mat is required.

### The Beatles

*Frank Thomas*

Winter – East | 9 a.m. | 31752

Spring – West | 9 a.m. | 31714

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.

### Beginner Line Dance

*Martha Hall*

Winter – West | 10 a.m. | 31642

Spring – West | 10 a.m. | 31723

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 (ASL)

*Deborah Stylinski*

Spring – East | 10 a.m. | 31703

An introduction to American Sign Language (ASL) and deaf culture. Learn how to introduce yourself and communicate in simple phrases. A supply fee of \$5 is due to the instructor on the first day of class.

## **Beginning Line Dancing**

*Beth Parnin*

Winter – East | 1 p.m. | 31784

Spring – East | 1 p.m. | 31804

Learn basic line dancing steps that will have you ready to do the "Electric Slide" at your next party. Moving and using your mind to improve your general fitness makes this class fun and beneficial.

## **Beginning Piano II**

*Rebecca Unkefer*

Winter – West | 2 p.m. | 31675

Spring – West | 2 p.m. | 31742

Have fun playing while building on your basic piano skills. We will continue to learn how to read music while playing different styles. Some music background is helpful because we are continuing from the last course. **We will use *Adult Piano Adventures Level 1 (all-in-one enhanced)* by Faber & Faber.**

## **Bible Overview**

*Diane Wido*

Spring – West | 11 a.m. | 31681

Do you wonder what's in the Bible? Covering 66 books in seven weeks is a flyover. Presented by categories, themes and history, you will leave with a working knowledge of this bestseller.

## **Body Weight, Bands and Cardio**

*Karin Cottman*

Winter – West | Noon | 31660

Spring – West | 2 p.m. | 31744

This course offers a full-body workout using exercise bands, body-weight exercises and low-impact cardio moves.

## **Book Discussion Group**

*Marcia Petchers*

Virtual – Winter | 2 p.m. | 31704

Virtual – Spring | 2 p.m. | 31708

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 are welcome.

## **Books of Enoch**

*Ted Smith*

Winter – East | 11 a.m. | 31770

Spring – West | 2 p.m. | 31744

This person is mentioned exactly once in the *Old Testament* or *Tanakh*. We read that he lived 300 years and walked with God. Yet there are at least three "Books of Enoch" detailing his tour of the universe as God's guest.

## **Brazil's New Thing: Bossa Nova**

*Gary Anderson*

Winter – West | 1 p.m. | 31670

February is carnival time. Come for the flowers, beaches, parades and music.

## **British Royal Scandals: Country in Constitutional Crisis**

*Julie E. Koenig*

Spring – West | Noon | 31693

We will discuss two scandals: Queen Elizabeth II's annus horribilis in 1992, when three of her children divorced amid controversy and scandal. A devastated Queen Elizabeth II also faced the fire at Windsor Castle, the day Diana died and the subsequent public outcry in the week leading up to Diana's funeral.

## **British Royal Scandals: Scandals That Rocked the Monarchy**

*Julie E. Koenig*

Spring – West | 1 p.m. | 31732

We will discuss two scandals: Mrs. Brown — aka Queen Victoria — and her relationship with John Brown, and the relationship between King Edward VIII and Mrs. Simpson, which left the government in crisis and offended the public. Find out if they lived happily ever after!

## **British Royal Scandals: The Mistress Who Became Queen and the Rogue Butler**

*Julie E. Koenig*

Spring – West | 11 a.m. | 31682

We will discuss two people in royal circles surrounded by scandals: Camilla Parker Bowles and her ascent from a well-to-do middle-class family to the most vilified woman in the UK to the queen consort of England, and Paul Burrell, Diana's personal butler for 10 years who was prosecuted for stealing her personal property after her death.

## **Caravaggio: The Father of Modern Art**

*Charlene Mileti*

Winter – East | 10 a.m. | 31759

Spring – East | 10 a.m. | 31706

In 1601, Michelangelo Merisi, known as Caravaggio, was at the height of his fame throughout Italy. Coming 50 years after the Renaissance, Caravaggio changed the course and vision of painting for all time. Each painting either created a scandal or was immediately hailed as a masterpiece — often simultaneously. He was known to be violent, arrogant and even a murderer. Although he traveled in the circles of power and wealth, he is known as the painter of the poor. His work still stands today as the embodiment of empathy.

## **Cardio-Based Workout**

*Karin Cottman*

Winter – West | 2 p.m. | 31676

Spring – West | 1 p.m. | 31733

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.

## **Children's Literature: The Issue of Censorship**

*Wendell Brooker*

Winter – West | 10 a.m. | 31643

The practice of censoring reading and study materials for children and youth has again become popular in the U.S. This course will examine the issue in its current form — from both historical and philosophical perspectives — as we read some of these controversial materials.

## **Christianity's Family Tree**

*Robert Wido*

Spring – West | 9 a.m. | 31715

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.

## **Civil War: Before, During and After**

*Jeffrey Burger*

Winter – West | 10 a.m. | 31644

Join us for an overview of the periods directly before, during and after the Civil War.

## **Cleveland Sports History**

*Gerry Nemeth*

Winter – West | 11 a.m. | 31650

Spring – West | 11 a.m. | 31683

We will look at the history of all Cleveland-area sports, including the 1964 Browns, the 1976 Cavs and more. You'll meet Cleveland sports-related athletes and media people, win prizes and find a few surprises!

## **Cleveland's Industrial Heritage: 1828 – 2023**

*Walter S. Topp*

Winter – West | 9 a.m. | 31636

From the establishment of the city's first foundry in 1828 to the current ranking of Cleveland-Cliffs as the largest flat-rolled steel maker in North America, Cleveland has been an important industrial and manufacturing center for nearly 200 years. But while iron and steel largely defined the city's early industrial history, Cleveland has also been a national leader in automobile manufacturing, oil refining, paints and coatings, aviation, shipbuilding, machine tools and electrical equipment. This course will explore the history of Cleveland's industries through good times and bad, the beginnings of the nation's iron and steel industry, the city's key role in wartime production during World War II, and the wrenching transition from an industrial-age manufacturing behemoth to today's advanced manufacturing sector. Meet the leaders who built Cleveland's industries and trace the development of the city's great manufacturing companies.

## **Cleveland's Maritime Heritage: 1796 – 2023**

*Walter S. Topp*

Spring – West | 1 p.m. | 31734

Moses Cleaveland and his party of surveyors didn't land on the banks of the Cuyahoga River by accident. They came specifically to found a city at the junction of the Cuyahoga River and Lake Erie. This course will examine the many ways that Lake Erie, the Cuyahoga River and the Ohio and Erie Canal shaped the development of the city and its people. From the first canal boats to the great ore freighters to the lake passenger steamers to the modern container ships that sail today from Cleveland to Europe, much of the city's wealth has been derived from the waterways that define the city.

## **Cozy Up with These Seven Hearty Wines**

*Carol Anne Agnew*

Winter – East | 1 p.m. | 31785

Learn which wines are perfect for sitting in front of a winter fire, enjoying rich cuisine and evenings in with Netflix. Get cozy while the temperatures are low — you can even wear your ugly sweater! Slainte va! A \$20 fee is appreciated.



## **Cruising the Antarctic Peninsula**

*Diane Wido*

Winter – West | 10 a.m. | 31645

Winter is the Antarctic summer and the perfect time to cruise. Learn about its history, topography, weather, remarkable creatures and the various options to cruise the seventh continent.

## **Dance Basics**

*Alyssa Wilmot*

Spring – West | 1 p.m. | 31735

Listen to great music as we learn popular line dances and some Latin dance styles for fun and gentle exercise. You don't need experience or a partner!

## **Dance History**

*Alyssa Wilmot*

Spring – West | Noon | 31694

Learn about the history of dance around the world. This is a lecture course.

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

*Linda Witkowski*

Spring – West | Noon | 31696

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!**

*Judi Slack*

Winter – West | 1 p.m. | 31671

What do you get when you mix presidential history with food, chefs and cookery? A perfect recipe, and you don't even have to brush off your tuxedo to attend dinner with the president. Starting with George Washington cracking walnuts in his mouth to a shared love with Old Abe for corn cakes, this course features American presidents, White House kitchens and entertaining styles. The presidents have hosted some of the most significant moments in our history over meals at 1600 Pennsylvania Ave., understanding the value of breaking bread with both friends and foes. The food served at the White House has long been part of the image the administration wanted to project. In a sense, the food served in the White House influences the nation's

economic, social, cultural and political climate. Food even has the power to bring together disparate parties for productive political debate. The course combines history, food information and humorous looks at the lives of our presidents.

## **Enneagram: Understanding Yourself and Others**

*Patrick H. O'Leary*

Spring – West | 10 a.m. | 31724

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.

## **Entrepreneurship for Seniors**

*Mathew Peters*

Spring – West | 1 p.m. | 31736

This introduction to entrepreneurship will cover the following topics specifically for seniors: business planning, legal and regulatory considerations, marketing strategies, financial management, operations and technology/online presence.

## **Ethical Landscape of AI**

*Wendell Brooker*

Spring – West | 10 a.m. | 31725

The new world of AI is both exciting and frightening. It offers so much to us in terms of social communication and easy lifestyles that we often fail to notice the social and ethical costs. There is a kind of uneasiness around it that we need to clarify and understand as its presence around us grows. Join us as we explore this ethical uneasiness and how to respond.

## **The Exciting World of Virtual Reality and Augmented Tech**

*Gary Arnosk*

Spring – West | 10 a.m. | 31726

Explore the world of mixed reality with high-end virtual reality headsets and the Microsoft augmented reality HoloLens. Learn how the virtual world is changing lives now and in the future.

## **Exercise in a Chair**

*Josephine Katie M. Evans*

Winter – East | 1 p.m. | 31786

Spring – East | 1 p.m. | 31805

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.

## **Exploring Mars**

*Joseph C. Kolecki*

Winter – East | 11 a.m. | 31771

Winter – West | 2 p.m. | 31677

Mars has long been an object of human interest, from the advent of modern astronomy in the 17th century to the space flights of today. This course covers the history of Mars exploration from ancient times to the present, focusing on 19th- and 20th-century developments.

## **Food Over Medicine**

*Karen Brucken*

Spring – West | 11 a.m. | 31684

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 a long life.

## **Fun With Fitness**

*Beth Parnin*

Winter – East | 2 p.m. | 31792

Spring – East | 2 p.m. | 31812

This is a fitness class for all levels, which includes low-impact aerobics, chair work, resistance and fun. Feel stronger every week.

## **Gardener's Gazette**

*Rita Politzer*

Spring – East | 11 a.m. | 31760

*Marilyn Hallenburg*

Spring – West | 11 a.m. | 31685

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.

## **General History of Cleveland**

*Douglas Imhoff*

Winter – East | 11 a.m. | 31772

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. You will go down “memory lane,” and we will include many great pictures of Cleveland throughout its history!

## **Geopolitics in 20<sup>th</sup>-Century Europe**

*Dennis Geffert*

Spring – West | Noon | 31697

This course is a survey study of the world-changing events resulting from World War I and the collapse of the Old World Order, through the rise of fascism, communism and World War II, and a delineation of the events leading up to the Cold War.

## **God's Indwelling Spirit**

*Ted Smith*

Winter – East | 9 a.m. | 31753

“The kingdom of God is within you” (Luke 17:21). This enigmatic statement to Jesus’s contemporaries — and to us today — perhaps refers to God’s indwelling spirit or Shekhinah. We will explore historical and Biblical instances of God’s presence within humanity and the implications for each of us as we search for life’s meaning.

## **Gray Matter Matters**

*Mary Lou Fasko*

Spring – East | 11 a.m. | 31762

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 Songbook Singers I**

*Jerry Jelinek*

Spring – East | 9 a.m. | 31665

We'll explore the lives and music of seven Great American Songbook singers: Louis Armstrong, Ella Fitzgerald, Bing Crosby, Peggy Lee, Nat King Cole, Sarah Vaughan and Frank Sinatra.

## **Great American Songbook Singers II**

*Jerry Jelinek*

Winter – East | 9 a.m. | 31754

We'll explore the lives and music of seven Great American Songbook singers: Mel Tormé, Billie Holiday, Nat King Cole, Judy Garland, Tony Bennett, Ella Fitzgerald and Sammy Davis Jr.

## **Great Mysteries of the World**

*Avery H. Fromet*

Spring – East | 11 a.m. | 31765

Who was the man in the iron mask? What really happened to Amelia Earhart? What became of the lost Colony of Roanoke? These and other mysteries will be explored as part of this lecture series.

## **Hand Weights With Shad**

*Shad Nye*

Winter – East | 2 p.m. | 31793

Spring – East | 2 p.m. | 31813

Multiple exercises will be taught using hand weights to improve strength and mobility throughout the body.

## **Health Smartz**

*Vera Bartasavich*

Spring – East | 2 p.m. | 31814

This course covers women's and men's health, heart-healthy food choices, brain health, diabetes prevention, portion distortion in our food, smart snacking and mindfulness.

## **High Beginner/Improver Line Dance**

*Martha Hall*

Winter – West | 11 a.m. | 31651

Spring – West | 11 a.m. | 31686

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!

## **Historical Geography of the United States Part III**

*Dennis Geffert*

Winter – West | 1 p.m. | 31672

This course is a continuing study of the geographic development of the United States from the 19th to the 20th centuries, including the Secession, the War Between the States, Reconstruction and the settling of the West.

## **History of Cleveland Sports**

*Douglas Imhoff*

Winter – West | 1 p.m. | 31673

This presentation will discuss the general history of our Cleveland sports teams (the Browns, Cavaliers and Guardians/Indians), along with our sports writers and radio and TV personalities. We will look at the history of our various sports venues and individual sports personalities, such as Jesse Owens, Bob Feller, Jim Brown, LeBron James and Bernie Kosar.

## **History of the United States Constitution**

*Avery H. Fromet*

Spring – East | 10 a.m. | 31709

The United States Constitution is the oldest government document in the world. It has only been amended 27 times. This is the story of its creation and the amendments to it.

## **Interesting Topics in Psychology**

*Charles Banevich*

Spring – West | 11 a.m. | 31687

Students will engage in a discussion of current topics in psychology, including psychology assessment, intelligence testing and purposes, personality development, dream interpretation, human growth and development stages, counseling theories and techniques, and significant psychologists and their contributions.

## **Introduction to Estate Planning**

*Dan Baron*

Winter – West | 9 a.m. | 31637

Learn the basics of estate planning and asset protection in this unique, hands-on course. Discover how to efficiently pass on your assets to your children or heirs through probate avoidance and asset preservation strategies. The instructor uses real-life examples to explain basic wills, trusts, asset protection strategies, charitable gifting, powers of attorney, advanced directives and other estate planning tools.

## **It Was a Very Good Year: Cleveland in 1928**

*Walter S. Topp*

Spring – West | 9 a.m. | 31716

On the eve of the Great Depression, Cleveland was an industrial, financial and cultural powerhouse — the sixth-largest city in the nation and the third-largest metropolitan area, behind only New York and Chicago. This course will explore what life was like in Cleveland when the city was at its peak of wealth and power. We'll trace the growth of the city's neighborhoods and the development of the churches, schools, streetcar lines, bridges, department stores and industries that knit the community together. From Millionaire's Row to Shaker Square to Public Square to Playhouse Square, we'll explore the city as it was more than 100 years ago.



## **It's Not What You Think: A Citizen's Guide to American Law Enforcement**

**Walter S. Topp**

Winter – West | 11 a.m. | 31652

Although police dramas, documentaries and reality shows have been staples of American popular culture for decades, few citizens understand the history, organization and evolution of the nation's 18,000 law enforcement agencies. Today, as demands for police reform continue to roil American politics, concerned citizens can benefit from a basic understanding of American policing. We'll examine the history of American law enforcement and police organization and operations, highlighting key issues in the debate over the future of American policing, including organization, hiring, training, use of force, promotions, leadership and civilian oversight.

## **Italian Fun Continues, Level 3**

**Maureen Huefner**

Spring – East | 1 p.m. | 31806

This course will expand your Italian vocabulary and help you form and speak in complete sentences. Reading and translating basic Italian will also be included. Your personal contributions about Italy and Italian customs are always appreciated and truly enrich the classroom experience, enabling a relaxed, fun and engaging learning environment for all. Note: Levels 1 and 2 are not prerequisites.

## **Jefferson's Bible**

**Ted Smith**

Winter – West | 2 p.m. | 31678

Spring – East | 10 a.m. | 31711

Virtual – Winter | 2 p.m. | 31707

Of all his accomplishments, Thomas Jefferson was most proud of self-governance, freedom of religion and education. He wanted a solid philosophy to guide both the people of his fledgling nation and their elected representatives. Jefferson literally took a razor blade to several copies of the Bible, cutting and pasting the teachings of Jesus onto blank pages. The result is *The Life and Morals of Jesus of Nazareth*. We will explore his life and times, what he put in and left out, and why.

## **Journey of the Soul**

**Ted Smith**

Spring – West | 2 p.m. | 31745

Virtual – Spring | 2 p.m. | 31713

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 Into the Wayback Machine**

**Gerry Nemeth**

Winter – West | Noon | 31661

Spring – East | 1 p.m. | 31807

Let's take a look back at places that exist only in our memories: Euclid Beach Park, Chippewa Lake Park, Geauga Lake and more. We'll also look at vintage commercials, cartoons, cars, toys and games. Win prizes and find a few surprises!

## **Live Long, Live Well**

**Karen Brucken**

Winter – West | 10 a.m. | 31646

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**

Winter – East | 1 p.m. | 31788

Spring – East | 1 p.m. | 31808

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

## **Mat Pilates**

**Alyssa Wilmot**

Spring – West | 2 p.m. | 31746

*Students will need to bring a yoga mat and a TheraBand to class.*

## **Maya Archaeology**

**Eric Olson**

Winter – East | 9 a.m. | 31756

Spring – East | Noon | 31797

This course presents a brief survey and overview of the ancient Maya from the Archaic period to the present. The course will discuss prominent archaeological sites in the Yucatan Peninsula, along with an introduction to Mayan calendar systems, counting and cosmology. Optional reading, *Sons of Ixchel* by Eric Olson, will be used for the lesson.

## Meteorology

Joseph C. Kolecki

Spring – East | 11 a.m. | 31776

Spring – West | 2 p.m. | 31748

This course will study weather through observation and understanding weather phenomena — a nonmathematical approach to the science of meteorology.

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

Patrick H. O'Leary

Winter – West | 11 a.m. | 31653

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, Level 2

Maureen Huefner

Winter – East | 1 p.m. | 31789

This course will focus on forming and speaking in complete sentences while increasing useful vocabulary in Italian and travel destinations, food, beverages, music and cultural highlights of Italy. You will never be required to speak individually, as the class is conducted mainly with choral repetition. The learning environment is always relaxed, fun and non-threatening. *Note: Fun with Italian, Level 1, is not a prerequisite.*

## Multimediam Art Class – Your choice!



Carol Anne Agnew

Winter – East | 2 p.m. | 31796

Graphite, ink, watercolor, acrylic and oil — drift away from the beautiful grays, deep hues and sepia tones of winter and discover an array of spring colors. Try a variety of art mediums. All you need to bring is a sense of discovery. Art supplies are included. A \$10 fee is appreciated.

## Muscle Conditioning



Karin Cottman

Winter – West | 1 p.m. | 31674

Spring – West | Noon | 31698

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

## Musical Instruments and Their Families

Barbara Perkins

Spring – West | 9 a.m. | 31717

Spring – East | Noon | 31798

This course gives an overview of instrument families and a detailed description with pictures of the instruments. Musical examples will be played to depict how instrument families are used in music.

## Naval War in the Atlantic: 1939-1945

Walter S. Topp

Spring – West | 11 a.m. | 31688

When the Japanese attacked Pearl Harbor in 1941, the U.S. Navy had already been fighting an undeclared war in the Atlantic Ocean for two years. From the desperate fight against German U-boats through the great amphibious landings at North Africa, Sicily and Normandy, the U.S. Navy joined with U.S. Army forces and allied nations to conduct an unrelenting naval campaign that was critical to the final victory over Nazi Germany. This course will trace the Navy's strategy and operations, share the experiences of the American sailors who fought the Atlantic War and explain why the Navy's success in the Atlantic has been the model for U.S. military operations since 1945.

## Ohio Archaeology



Eric Olson

Winter – East | 11 a.m. | 31773

Spring – East | 11 a.m. | 31778

This course offers a brief overview and survey of Ohio before European contact. The lessons will cover all time periods, including the first peopling of North America, the "Mound Builders" and Contact-Era tribal history. *Ohio Archaeology: An Illustrated Chronicle of Ohio's Ancient American Indian Culture* by Brad Lepper is optional reading.

## Philosophy: Thinking About World Problems

Milenko Budimir

Spring – West | 2 p.m. | 31749

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.

## **Political Parties and What They Do at the Different Levels**

*Jeff Black*

Spring – West | 11 a.m. | 31689

This course will look at political parties, the two-party system and its history, minority parties and party organization.

## **Political Polarization: History, Sources, Impact, Tools**

*Nancy Miranda*

Spring – West | 10 a.m. | 31727

Polarization has been increasing for more than 35 years in our nation. Americans are aware of how polarized our country is — how Democrats, Republicans and Independents seemingly live in separate and divided worlds. The pandemic has deepened this divide. There is nothing wrong with disagreement in politics — in fact, it is important for a healthy democracy. The difference now is these divisions limit our productivity as a country. People tend to trust and associate only with people on their side. Join us to learn more about the history, current sources and impact of polarization on a personal level for our local communities and our nation. The course includes small group discussions.

## **Qigong for Wellness**

*Martha Lois*

Winter – East | 10 a.m. | 31761

Spring – East | 10 a.m. | 31743

Qigong consists of standing and sitting exercises. These healing practices, like Tai Chi, combine the use of the focused mind, abdominal breathing and gentle movements. Daily practice may strengthen organs, help reduce stress and help our immune system. *The class limit for students is 25.*

## **Raising Grandchildren Who Love to Read**

*Susan Ungham*

Spring – West | 11 a.m. | 31690

Right after giving unconditional love, the greatest gift grandparents can give grandchildren is a love of reading. Learn tips for raising readers from a children's librarian.

## **Road Tripping Through Ohio**

*Milenko Budimir*

Spring – West | 1 p.m. | 31737

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*

Winter – East | 10 a.m. | 31763

Winter – West | Noon | 31663

Spring – East | Noon | 31799

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!

## **Senior Side Hustles**

*Mathew Peters*

Spring – West | 2 p.m. | 31750

Side hustles are a great way to stay active, engaged and to supplement your retirement income. This course will discuss various ideas and means of a "side hustle" for seniors while focusing on your interests, skills and physical abilities.

## **Sign Language for Beginners**

*Valerie B. Williams*

Spring – West | Noon | 31699

Interested in learning a new way to communicate? Join this course to learn sign language.

## **Smart Shopping for Health**

*Karen Brucken*

Winter – West | 11 a.m. | 31654

Spring – West | 10 a.m. | 31728

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.

## **Social History of the Tearoom Craze in America**

*Judi Slack*

Winter – West | 2 p.m. | 31679

The Gypsy Tea Kettle. Polly's Cheerio Tea Room. The Mad Hatter. The Blue Lantern Inn. These are just a few of the many tearooms — most owned and operated by women — that popped up across America at the turn of the last century, exploding into a full-blown craze by the 1920s. This course will take you back to the exciting days when countless women realized their dream of opening their own tearoom. From the Bohemian streets of New York's Greenwich Village to the high-society tearooms of Chicago's poshest hotels and the Colonial roadside tea houses of New England to the welcoming bungalows of California, this course will trace the social, artistic and culinary changes the tearoom helped bring about. Return to the days when women celebrated independence, artistic expression and the American spirit, all in a humble cup of tea.

## Sometimes I Worry

Mary Lou Fasko

Spring – East | Noon | 31800

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.

## Songs of Love and Romance

Barbara Perkins

Winter – West | 9 a.m. | 31638

Winter – East | Noon | 31779

Throughout recorded history, experts believe that people have always expressed love through music. This course explains this common thread as we visit native and diverse cultures with roots in ancient times through contemporary music. Examples will be played and discussed as we experience the power of love songs.

## Speaker Series: Explore, Enrich, Engage

Betty J. Zak

Winter – West | 10 a.m. | 31647

Winter – East | 10 a.m. | 31764

Spring – East | 10 a.m. | 31747

Spring – West | 10 a.m. | 31729

Explore a new topic or expand and enrich your existing knowledge of a topic with a different speaker each week. Specialists have previously presented such topics as Hiking the Appalachian Trail, the Cleveland Jazz Orchestra, What the FBI Really Does and more.

## Speaking Truth to Power:

### Significant Women of Christianity

Pat Stropko-O'Leary

Winter – West | 10 a.m. | 31648

Religious history is often 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 women from participating in 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. Such women as Mary, the mother of Jesus, Hildegard of Bingen and Mother Teresa have made significant contributions and shaped history.

## Special Topics in Geography, Part III

Dennis Geffert

Winter – West | Noon | 31664

This course is a continuing study of contemporary topics in world geography, including the physical, environmental, political and cultural geography of all seven continents.

## Spring Forward With These Local Wines



Carol Anne Agnew

Spring – East | 1 p.m. | 31809

Spring is in the air! Discover the perfect way to celebrate this transitional season, from bold reds to refreshing rosés. A \$20 fee is appreciated.

## Stress: Your Secret Weapon!

Pat Stropko-O'Leary

Spring – West | 9 a.m. | 31718

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.

## Stretching With Shad

Shad Nye

Winter – East | Noon | 31780

Spring – East | Noon | 31801

Learn multiple flexibility exercises to improve your range of motion for everyday tasks.

## Synoptic Gospels, Part 1

Ted Smith

Winter – East | 10 a.m. | 31766

The Gospels of Matthew, Mark and Luke all share a similar narrative about Jesus of Nazareth. In side-by-side comparisons, we will explore the similarities and differences of each book to find a deeper understanding of this unique teacher's life and mission.

## Synoptic Gospels, Part 2

Ted Smith

Winter – West | 1 p.m. | 31667

Spring – East | 9 a.m. | 31668

Part 1 examined the similarities and differences about the life and mission of Jesus between the Gospels of Matthew, Mark and Luke. Part 2 explores the betrayal, trial, suffering, execution and resurrection of Jesus in each Gospel. You do not need to attend Part 1 to be in this course.

## Tai Chi

*Martha Lois*

Winter – East | 11 a.m. | 31774

Spring – East | 11 a.m. | 31782

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.” Tai Chi and abdominal breathing relax and energize the practitioner. *The student limit is 25.*

## Taking Better Photos

*Judith Khaner*

Spring – East | 2 p.m. | 31815

A professional photographer shares steps to taking better photos in a variety of situations using cameras or cellphones.

## TED Talks

*Susan Ungham*

Spring – West | Noon | 31700

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.

## The State and Federal Bureaucracy

*Jeff Black*

Winter – West | 11 a.m. | 31655

Learn about the workings of the Executive Office of the President, executive agencies, independent agencies and civil services.

## Tudor Scandals: Dirty Details About the Lives of Elizabeth and Shakespeare

*Rickey A. Burgess*

Spring – East | 11 a.m. | 31787

Explore the various rumors about Queen Elizabeth's love life and her connection to Shakespeare and the theater. The scandals involved politics, religion, the controversy over Shakespeare's identity and how he was connected to the Tudor court.

## TV Game Show Fun

*Gerry Nemeth*

Winter – West | 9 a.m. | 31639

Spring – West | 9 a.m. | 31719

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!

## U.S. Supreme Court Cases That Changed America

*Avery H. Fromet*

Spring – East | 9 a.m. | 31695

Many cases heard by the U.S. Supreme Court have been landmarks as they marked fundamental changes in American history. We'll explore how these cases changed America.

## The Underground Railroad in Medina County and the Old Western Reserve

*Herbert Addison Burns*

Winter – East | 10 a.m. | 31767

Discover rare historical documentation from the Wilbur H. Siebert collection in a colorful PowerPoint presentation.

## The Underground Railroad in Stark, Summit County and Delaware Ohio

*Herbert Addison Burns*

Spring – East | 11 a.m. | 31791

See rare historical documentation from the Wilbur H. Siebert collection in a colorful PowerPoint presentation.

## Virgin Queen, Pirate Queen, Master of Spies: Elizabeth I

*Betty J. Zak*

Spring – West | 9 a.m. | 31720

Virtual – Spring | 9 a.m. | 31710

Queen Elizabeth I was known as the Virgin Queen, the Pirate Queen, the Master of Spies and, even to some, the devil incarnate. She used her devoted mariners to terrorize the seas and her spymaster to lay the foundation for international espionage, transforming England into an imposing empire. How could she be all of these and still be a beloved “Virgin Queen?”

## Watercolor Journaling, Part 2

*Bonny Carroll*

Winter — West | 9 a.m. | 31640

Learn the fundamentals of painting and journaling to record your day in this hands-on course. We will explore different techniques, including daily and travel journaling. You will also develop your own style of painting. *Supplies include a watercolor journal, watercolor travel palette, paintbrush, plastic water container, pencil and eraser. We will discuss supplies in class.*



## **What Is Art?**

*Charlene Mileti*

Winter – East | 9 a.m. | 31758

Spring – East | 9 a.m. | 31701

The definition of art has changed often and dramatically throughout human history. Specific eras and movements mark the changing nature of art. By the 20th century, a precise definition of art no longer existed. Explore how the absence of great art may have led to our 21st-century technological world. Where did the beauty in art go?

## **Women for the Win!**

### **Fearless Athletes Who Triumphed**

*Judi Slack*

Spring – West | Noon | 31702

Virtual – Spring | Noon | 31712

This course highlights notable women's contributions to competitive athletics from the early 20th century through the present day, including women of different ethnicities, abilities and sexualities. You'll meet trailblazers, Olympians and other record-breaking female athletes, from well-known figures like tennis player Billie Jean King and gymnast Simone Biles, to lesser-known champions like Toni Stone, the first woman to play baseball in a professional men's league, and skateboarding pioneer Patti McGee. Join us as we cartwheel, pole vault and double flip, finding inspiration along the way on the field and track and in the pool.

### **Women of Action — Courageous Women of the Civil War: Soldiers, Spies, Mothers and Medics**

*Judi Slack*

Spring – West | 1 p.m. | 31739

Meet the women who defied society's expectations and bravely chose to take on more dangerous, unconventional roles during the Civil War. This course reveals the exploits of the remarkable women who served as medics, spies, battlefield helpers and even soldiers on the front lines. Meet fascinating figures such as Maria Lewis, a former slave who fought with the Cavalry Corps as it swept through Virginia, and Kady Brownell, who supported her husband's Rhode Island regiment as a vivandière, training with the soldiers, fighting in battle and helping the injured. Each woman's experience helps us to see a truer, fuller and richer version of what really happened in this country during the war.

## **WWI: Before, During and After**

*Jeffrey Burger*

Winter – West | 11 a.m. | 31656

Join us for an overview of the time periods directly before, during and directly after World War I.

## **WWII: Before, During and After**

*Jeffrey Burger*

Winter – West | Noon | 31666

Join us for an overview of the time periods directly before, during and directly after World War II.