

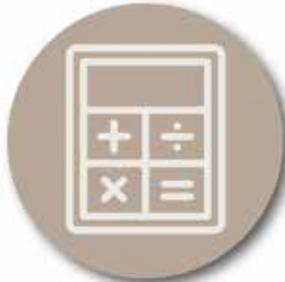
Registration opens at 10 a.m. Dec. 14, 2021

Note: The College will be closed Dec. 22-Jan. 4. Online registration will still be available.

Winter/Spring 2022 SCHEDULE

# encore

## 55+ LEARNING



A LEADER IN ADULT EDUCATION FOR MORE THAN 45 YEARS

Cuyahoga  
Community  
College



# WELCOME

## Welcome to Encore 55+ Learning at Cuyahoga Community College (Tri-C®).

For more than 45 years, Tri-C has been a premier provider of education to individuals 55 and older. The program continues to thrive due to our community's desire for high-quality and affordable lifelong learning opportunities.

Based on past winter enrollment as well as weather, participant travel and the overall transmissibility of various illnesses during this period, *we will offer an entirely virtual schedule for Winter 2022.*

Two seven-week sessions will be offered.

### **Tuesdays**

**Jan. 25 – March 8**

50-minute virtual classes

(9 a.m., 11 a.m. and 1 p.m.)

Cost: \$49.95 for up to three courses

### **Fridays**

**Jan. 28 – March 11**

50-minute virtual classes

(9 a.m., 11 a.m. and 1 p.m.)

Cost: \$49.95 for up to three courses

We recommend that virtual students download the **Cisco Webex Meetings application** prior to their class start date for the best user experience. And if you've never taken a virtual class before, we're here to help!

We will return to campus with our full schedule for Spring 2022. We will also offer a virtual session for those who do not wish to come to campus.

### **Virtual Session**

**Tuesdays, March 22 – May 3**

50-minute virtual classes

(9 a.m., 11 a.m. and 1 p.m.)

Cost: \$49.95 for up to three courses

### **On-Campus Session**

**Fridays, March 25 – May 6**

50-minute in-person classes (9 a.m.,

10 a.m., 11 a.m., noon, 1 p.m. and 2 p.m.)

Cost: \$99 for up to six courses at a single campus

Visit [tri-c.edu/encore](https://tri-c.edu/encore) or call 216-987-2274 for more information.

We look forward to seeing you soon!

The Encore Team

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## Encore Campus Fridays Locations

### Eastern Campus

4250 Richmond Road, Highland Hills, Ohio 44122  
Recommended Parking: Lot B3 off Richmond Road

### Western Campus

11000 W. Pleasant Valley Road, Parma, Ohio 44130  
Recommended Parking:  
Lots B and C off W. Pleasant Valley Road

### Westshore Campus

31001 Clemens Road, Westlake, Ohio 44145  
Recommended Parking: Lot 2

Campus maps and directions available at  
[tri-c.edu/campuses-and-locations](http://tri-c.edu/campuses-and-locations).

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## Encore On-the-Go Virtual (Webex)

Download the **Cisco Webex Meetings** application prior to your class start date for the best user experience.

Webex test sessions will take place to help make sure your technology is working and that you know what needs to be done to participate in your courses.

### Winter:

Thursday, Jan. 20, 10-11 a.m.

Thursday, Jan. 20, 1:30-2:30 p.m.

### Spring:

Thursday, March 17, 10-11 a.m.

Thursday, March 17, 1:30-2:30 p.m.

Register at [tri-c.edu/EOGtest](http://tri-c.edu/EOGtest).

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## New to Encore Campus Fridays or Neighborhood Scholars?

Due to COVID-19 protocols and limited on-campus staff, New Student Orientation has been recorded to answer frequently asked questions and help you navigate the campuses. View the 23-minute video at [tri-c.edu/encore](http://tri-c.edu/encore).

# MEET THE ENCORE TEAM

## The Team



**Suzanne Ortiz**

*Director  
Open Enrollment  
Programs*



**Fran Tomba**

*Program Coordinator  
Community Education  
and Encore 55+  
Learning*

---

## Site Facilitators

**Anne Stottler**, *Eastern Campus*

**Terri Kroboth**, *Western Campus*

**Mike Ketterick**, *Westshore Campus*

Our team is available to speak with you  
Monday through Friday, 8 a.m. – 4:30 p.m.

**Please call 216-987-2274  
or email [encore@tri-c.edu](mailto:encore@tri-c.edu).**

**Encore 55+ Learning offers on- and off-campus experiences to enhance learning opportunities and community engagement.**

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**Encore Campus Fridays** provides a unique academic learning environment focused on encouraging dialogue and developing relationships among individuals with common interests. There is no homework, tests or quizzes. Our instructors include Tri-C staff, retired educators and professionals from history, literature, science, arts and entertainment, business, health and wellness and more. Students can register for one to six courses per session, per campus for a single registration fee of \$99.

**Encore On-the-Go** allows students to engage with our instructors in a virtual format. Students can register for one to three courses per session for a single fee of \$49.95. Technology sessions are scheduled the week before each course start date.

**Neighborhood Scholars** programming is made possible in cooperation with community partners across Greater Cleveland. Discover the Cleveland Museum of Art via our in-person or virtual series. You can also explore familiar (and some not-so-familiar) places in the Greater Cleveland area, including historical landmarks and places of worship.

# Encore

*On-the-Go*

Tuesdays  
**Winter (Virtual)**

**Jan. 25-March 8 | 9 a.m.-2 p.m.**

COURSE	INSTRUCTOR	CRN
<b>9-9:50 a.m.</b>		
American Democracy in Peril	Patrick H. O'Leary	34335
Asian Thought and Modern Understanding	Theodore Smith	34332
A Smart Approach to Estate Planning	Samuel Butcher	34331
Let's Get Creative: Traveling the Globe	Carolina Martin	34367
Let's Go Back in the Wayback Machine	Gerry Nemeth	34368
The Musical Revolution of the 1960s	Frank Thomas	34426
U.S. Supreme Court Cases that Changed America	Avery Fromet	34447
<b>11-11:50 a.m.</b>		
86 Million U.S. Adults Have Prediabetes – Learn How to Reverse This Condition	Vera Bartasavich	34329
Beginning Piano	Patricia Miles Ashford	34352
Birding in Northeast Ohio: It's for Everyone!	Marty Cohen	34354
Intro to French	Penelope Lespinasse	34455
Religious Practice and Experience: East and West	Wendell Brooker	34395
Surviving the Stress of Now	Pat Stropko-O'Leary	34405
Writing Your Life Story	Kelly Boyer Sagert	34462
<b>1-1:50 p.m.</b>		
Anahat Ageless Yoga	Jody Schrock	34337
A Taxpayer's Guide to the U.S. Military	Walter S. Topp	34340
Backyard Nature Journaling and Writing	Carol Agnew	34343
Male Performer Potpourri	Michael Laurenty	34379
Travel Junkies	Jeanne Goldberg	34442
Turn-of-the-Century Vienna	Alison Rose	34443

# Encore

*On-the-Go*

## Fridays Winter (Virtual)

Jan. 28-March 11 | 9 a.m.-2 p.m.

COURSE	INSTRUCTOR	CRN
<b>9-9:50 a.m.</b>		
Big Pharma: Pulling Back the Curtain on the Business of Healthcare	Mark R. Kolk	34353
The British Invasion of the 1960s	Frank Thomas	34411
Christian Origins	Theodore Smith	34357
Duke Ellington: His Life and Music	Jerry Jelinek	34371
Fearless Daredevils, Adventurers and Rebels: Women Who Dared	Judi Slack	34385
French Refresher	Penelope Lespinasse	34388
<b>11-11:50 a.m.</b>		
America in the Twenties	Thomas Hartshorne	34333
Basic Hatha Yoga	Jody Schrock	34348
Impressionism and Post-Impressionism	Martha Lois	34450
Learning History Through Our Ancestors' Experiences	Robin Richmond	34362
Renewable Energy: It's Not Just Wind and Solar Anymore	Joel Keller	34396
Wedded, Bedded and Beheaded: Louis and Marie Antoinette	Betty Zak	34451
<b>1-1:50 p.m.</b>		
The British Home Front in WWII	Judi Slack	34408
Let's Get Creative: Inspired by Master Artists with Disabilities	Carolina Martin	34366
Loneliness: The Human Signal That We Need to Hear	Mary R. Kolk	34370
The Moguls	Sumi Srinivason	34423
Quirky Composers and Their Works	Barbara Perkins	34393
What's Your Philosophy of Life?	Milenko Budimir	34453

# Encore

On-the-Go

Tuesdays  
Spring (Virtual)

March 22-May 3 | 9 a.m.-2 p.m.

COURSE	INSTRUCTOR	CRN
<b>9-9:50 a.m.</b>		
The Enlightenment II: The Legacy We Live	Charlene Mileti	34414
The Ghosts of the Napoleons Lurk Among Us	Betty Zak	34415
Growing Christianity	Theodore Smith	34428
Male Performer Potpourri II	Michael Laurenty	34380
<b>CANCELED</b> Sleep: It's More Important Than You Think!	Vera Bartasavich	34400
Statins: What You Don't Know Could Hurt You	Mary R. Kolk	34403
<b>11-11:50 a.m.</b>		
<b>CANCELED</b> A Philosophy of Science: <i>Einstein's Dreams</i> and Beyond	Wendell Brooker	34328
Bad Girls Throughout History: Remarkable Women Who Changed the World	Judi Slack	34344
<b>CANCELED</b> Innovative Jewish Women	Alison Rose	34452
The Nature of Consciousness	Theodore Smith	34427
<b>CANCELED</b> Playwriting 101	Kelly Boyer Sagert	34392
Weather: A Backyard Science	Joseph Kolecki	34449
<b>1-1:50 p.m.</b>		
Contemporary Literature	Marcia Petchers	34365
Eastern Religious Traditions	Sumi Srinivason	34373
Female Performer Potpourri	Michael Laurenty	34386
<b>CANCELED</b> Let's Get Creative: Edible Art	Carolina Martin	34364
<b>CANCELED</b> World Music	Barbara Perkins	34456
Wrapped in History: Civil War-Era Quilts and the Women Who Made Them	Judi Slack	34459

# Eastern Campus

# SPRING Encore Campus Fridays

March 25-May 6 | 9 a.m.-3 p.m.

4250 Richmond Road | Highland Hills, OH 44122

COURSE	INSTRUCTOR	CRN
<b>9-9:50 a.m.</b>		
Classical Music for Non-Classical Music Lovers	Richard Polster	34358
The Enlightenment I: The Search for a Secular Morality	Charlene Mileti	34412
Famous People You've Never Heard Of	Avery Fromet	34384
<b>CANCELED</b> Loneliness: The Human Signal That We Need to Hear	Mary R. Kolk	34372
Louis Armstrong: His Life and Music	Jerry Jelinek	34376
<b>9-10:50 a.m.</b>		
iPhone or Android Photography and Editing	Georgio Sabino III	34461
<b>10-10:50 a.m.</b>		
<b>CANCELED</b> Comprehensive Trust Planning	Dan Baron	34359
The Enlightenment II: The Legacy We Live	Charlene Mileti	34413
Heroes of the Holocaust	Avery Fromet	34430
Safeguarding Your Assets in Retirement	Janice M. Cackowski	34397
<b>CANCELED</b> Writing Romance and Commercial Fiction	Nancy Loyan Schuemann	34460
<b>11-11:50 a.m.</b>		
Fun With Italian	Maureen Huefner	34419
Gardener's Gazette	Rita Politzer	34420
The Golden Days of Radio	Sol Factor	34416
The Sixties	Thomas Hartshorne	34438
TV Game Show Fun	Gerry Nemeth	34444
<b>Noon-12:50 p.m.</b>		
Ancient Yoga Breath	Jody Schrock	34338
Backstage Broadway	Joy Decker Borland	34342
BalloFlex	Mary Kopczynski	34345
The Beatles	Frank Thomas	34406
Fun With Colored Pencils	Jay Berkowitz	34417
Name That Tune	Barbara Perkins	34382
<b>Noon-1:50 p.m.</b>		
<b>CANCELED</b> Beginning Piano	Patricia Miles Ashford	34350
<b>1-1:50 p.m.</b>		
<b>CANCELED</b> Anahat Ageless Yoga	Jody Schrock	34336
Beginning Line Dancing	Beth Parnin	34349
The British Invasion of the 1960s	Frank Thomas	34409
The Sisters, the Solos and the Sirens	Joy Decker Borland	34439
<b>2-2:50 p.m.</b>		
Basic Hatha Yoga	Jody Schrock	34347
Fun With Fitness	Beth Parnin	34418
Old-Time Radio: Spooky Shows	Jay Berkowitz	34390

View course descriptions beginning on page 11 and register online at [tri-c.edu/encore](http://tri-c.edu/encore). Find instructions to register on page 28.

# Western Campus

# SPRING Encore Campus Fridays

March 25-May 6 | 9 a.m.-3 p.m.

11000 Pleasant Valley Road | Parma, OH 44130

COURSE	INSTRUCTOR	CRN
<b>9-9:50 a.m.</b>		
BalloFlex	Mary Kopczynski	34346
<b>CANCELED</b> The Beatles	Frank Thomas	34407
Name That Tune	Barbara Perkins	34389
The Nature of Fear	Theodore Smith	34429
TV Game Show Fun	Gerry Nemeth	34445
<b>9-10:50 a.m.</b>		
<b>CANCELED</b> Beginning Piano	Patricia Miles Ashford	34351
<b>10-10:50 a.m.</b>		
Augustine of Hippo: Father of Theology	Theodore Smith	34341
The British Invasion of the 1960s	Frank Thomas	34410
Three Poets of Ohio	Wendell Brooker	34441
<b>10-11:50 a.m.</b>		
<b>CANCELED</b> My Life as a Fractured Fairy Tale: Everybody Has a Story	Jeanne Goldberg	34381
<b>CANCELED</b> Soul Collage	Vicki Lynn Milnark	34401
<b>11-11:50 a.m.</b>		
<b>CANCELED</b> Everyday Yoga	Constance Jelen	34383
Gardener's Gazette	Marilyn Hallenburg	34422
Historic Figures in Psychology	Charles Banevich	34432
<b>CANCELED</b> How We Beat Diabetes	Mary R. Kolk	34448
The Presidency of the United States	Jeff Black	34437
Rare 20th-Century Composers	Theodore Smith	34394
<b>Noon-12:50 p.m.</b>		
Comprehensive Trust Planning	Dan Baron	34360
Highways and Byways: North American Road Trips II	Dennis Michael Geffert	34431
<b>CANCELED</b> Just Move It!	Constance Jelen	34464
The Women's Suffrage Movement	Linda Witkowski	34440
<b>1-1:50 p.m.</b>		
Art History Survey: 1500-1850 CE	Martha Lois	34339
<b>CANCELED</b> Foster a Love of Reading in Your Grandchildren	Susan Ungham	34387
The Golden Days of Radio	Sol Factor	34421
History of the English Language	Gary Nemes	34434
Speculative History: The Great "What Ifs"	Dennis Michael Geffert	34402
<b>2-2:50 p.m.</b>		
A Little Memorable Movie Music	Gary Anderson	34327
<b>CANCELED</b> A Smart Approach to Estate Planning	Samuel Butcher	34330
Casino Games	Terry Perko	34356
Secrets of the Public Library	Susan Ungham	34398
What's Your Philosophy of Life?	Milenko Budimir	34454

View course descriptions beginning on page 11 and register online at [tri-c.edu/encore](http://tri-c.edu/encore). Find instructions to register on page 28.

March 25-May 6 | 9 a.m.-3 p.m.

31001 Clemens Road | Westlake, OH 44145

COURSE	INSTRUCTOR	CRN
<b>9-9:50 a.m.</b>		
American Democracy in Peril	Patrick H. O'Leary	34334
<b>CANCELED</b> Going for Baroque	Joel Keller	34425
<b>10-10:50 a.m.</b>		
<b>CANCELED</b> Enneagram II: Communication and Relationships	Patrick H. O'Leary	34375
History and Pop Music of the 1920s – 1970s	Joel Keller	34433
Learning History Through Our Ancestors' Experience	Robin Richmond	34361
<b>11-11:50 a.m.</b>		
Brains, Balance and Never-Grow-Old Fitness	Paul O'Donoghue	34355
Dream Interpretation Basics	Sarah Staneff	34369
<b>CANCELED</b> Gardener's Gazette	Mary Jo Rawlings	34424
<b>CANCELED</b> Surviving the Stress of Now	Pat Stropko-O'Leary	34404
<b>Noon-12:50 p.m.</b>		
It's Not What You Think: A Citizen's Guide to American Law Enforcement	Walter S. Topp	34463
<b>CANCELED</b> Personalized Healthy Eating Strategies	Paul O'Donoghue	34391
<b>1-1:50 p.m.</b>		
<b>CANCELED</b> Intro to Spanish I	Ruben Lucio	34457
Make Your Own Website or Blog	Sarah Kepple	34378
The Nature of Fear	Theodore Smith	34435
<b>1-2:50 p.m.</b>		
<b>CANCELED</b> Sign Language Is Fun!	Valerie B. Williams	34399
<b>2-2:50 p.m.</b>		
<b>CANCELED</b> Comprehensive Trust Planning	Dan Baron	34363
<b>CANCELED</b> Intro to Spanish II	Ruben Lucio	34458
<b>CANCELED</b> Loneliness: The Human Signal That We Need to Hear	Mary R. Kolk	34374
<b>CANCELED</b> Make Your Own Video Games	Sarah Kepple	34377
TV Game Show Fun	Gerry Nemeth	34446

# 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**.

## **86 Million U.S. Adults Have Prediabetes — Learn How to Reverse This Condition**

*Vera Bartasavich*

**Winter** Virtual Tuesdays | 11-11:50 a.m. | 34329

If left unchecked, prediabetes can turn into Type 2 diabetes. We'll explore how to manage prediabetes through diet patterns, physical activity, sleep and stress management, as well as how to take control through mindfulness, tracking and changing behaviors.

## **A Little Memorable Movie Music**

*Gary Anderson*

**Spring** Western | 2-2:50 p.m. | 34327

Enjoy memorable soundtracks, beloved characters and actors wrapped inside their musical themes. Follow them through New Zealand, Siberia, Peru, Ireland, Africa, South Carolina, Colorado, Tennessee, Hawaii and Nevada.

## **America in the Twenties**

*Thomas Hartshorne*

**Winter** Virtual Fridays | 11-11:50 a.m. | 34333

A survey of social, political and cultural events in the United States from the end of WWI to the early 1930s. We'll focus on the impact of WWI, Prohibition, the racial situation, gender issues, economic changes, and the roots of the stock market crash and Great Depression.

## **American Democracy in Peril**

*Patrick H. O'Leary*

**Winter** Virtual Tuesdays | 9-9:50 a.m. | 34335

**Spring** Westshore | 9-9:50 a.m. | 34334

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

## **Anahat Ageless Yoga**

*Jody Schrock*

**Winter** Virtual Tuesdays | 1-1:50 p.m. | 34337

**Spring** Eastern | 1-1:50 p.m. | 34336

Hatha yoga designed for people with limited mobility due to age, illness or disability. Class consists of warm-ups, working the major muscle groups, and stress reduction through breathing and meditation. No floor work.

## **Ancient Yoga Breath**

*Jody Schrock*

**Spring** Eastern | 12-12:50 p.m. | 34338

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

**A Philosophy of Science:  
*Einstein's Dreams and Beyond*  
Wendell Brooker**

**Spring** Virtual | 11-11:50 a.m. | 34328

Beginning with the kinds of speculation found in the book by Alan Lightman, we'll examine the approaches to scientific truth taken by such modern and contemporary scientists as Albert Einstein, Richard Dawkins, Stuart Kaufman, Rachel Carson and Ursula Goodenough.

**Art History Survey: 1500-1850 CE**  
Martha Lois

**Spring** Western | 1-1:50 p.m. | 34339

Western art returned to a naturalistic style during the Renaissance. Flamboyant Baroque and Rococo styles followed, and art grew in the New World. Examine the art of Rembrandt, visit Spain with Goya and explore Romanticism with Delacroix in France.

**Asian Thought and Modern Understanding**  
Theodore Smith

**Winter** Virtual Tuesdays | 9-9:50 a.m. | 34332

Many Asian philosophies maintain that everything is interconnected. Indeed, there is a unity behind the perceived multiplicity of life. Einstein's discoveries on the nature of the universe seem to confirm what ancient sages declared thousands of years ago: that space and time, matter and energy, form and emptiness are two expressions of the singular unity of the universe. How do Hinduism, Buddhism and Taoism translate to the 21st century?

**A Smart Approach to Estate Planning**  
Samuel Butcher

**Winter** Virtual Tuesdays | 9-9:50 a.m. | 34331

**Spring** Western | 2-2:50 p.m. | 34330

What should you consider when creating a legal plan for your estate? Do you need a will, a trust, or both? What other documents are needed? Join us for thorough and thoughtful discussion of estate planning concepts and considerations, including how to protect your assets from the high cost of long-term care. Participants will receive advice on creating their own unique plan that satisfies their needs and reflects their values.

**A Taxpayer's Guide to the U.S. Military**  
Walter S. Topp

**Winter** Virtual Tuesdays | 1-1:50 p.m. | 34340

The United States spends more on defense than the next 11 nations combined. What are America's taxpayers getting for their \$715 billion annual investment? Get an overview of the history and organization of America's defense establishment to better understand the organization and capabilities of today's "military industrial complex."

**Augustine of Hippo: Father of Theology**  
Theodore Smith

**Spring** Western | 10-10:50 a.m. | 34341

In the early 400s AD, Augustine struggled to find himself as a young man. He eventually became a priest, and later a bishop, in the early Christian church. His background and experiences led him to formulate the doctrine of Original Sin. He fiercely debated his fellow clergy — and even brought legal challenges against them — in order to make his positions law. Was he right, or were his contemporaries onto something different?

**Backstage Broadway**  
Joy Decker Borland

**Spring** Eastern | 12-12:50 p.m. | 34342

Many Broadway musicals have interesting histories. We'll focus on seven specific musicals and tell their stories from conception to opening night. We'll also hear and sing the songs!

**Backyard Nature Journaling and Writing**  
Carol Agnew

**Winter** Virtual Tuesdays | 1-1:50 p.m. | 34343

Learn to use multiple strategies — including drawing, writing and other ways of recording information — to more fully and accurately record your observations and experiences. Practice engaging with a subject from multiple perspectives.

**Bad Girls Throughout History:  
Remarkable Women Who Changed the World**  
Judi Slack

**Spring** Virtual | 11-11:50 a.m. | 34344

Meet revolutionary women who challenged the status quo and changed the rules for all who followed. From pirates to artists, warriors, daredevils, women in science, activists and spies, the accomplishments of these incredible women vary as much as the eras and places in which they effected change.

## **BalloFlex**

*Mary Kopczynski*

**Spring** Eastern | 12-12:50 p.m. | 34345

**Spring** Western | 9-9:50 a.m. | 34346

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.

## **Basic Hatha Yoga**

*Jody Schrock*

**Winter** Virtual Fridays | 11-11:50 a.m. | 34348

**Spring** Eastern | 2-2:50 p.m. | 34347

Classic Hatha Yoga integrating body mind and breath. Yoga can strengthen postural and core muscles, improve flexibility, stretch major muscle groups, and aid balance. Classes consist of warm-ups, asanas, breathing, and end with meditation.

## **The Beatles**

*Frank Thomas*

**Spring** Eastern | 12-12:50 p.m. | 34406

**Spring** Western | 9-9:50 a.m. | 34407

Watch the evolution of the most successful musical group of all time as they perform simple pop songs and timeless masterpieces.

## **Beginning Line Dancing**

*Beth Parnin*

**Spring** Eastern | 1-1:50 p.m. | 34349

Learn basic line-dancing steps in this fun, active course. Dances are reviewed every week, with a new one to keep us moving. You'll get your steps done in no time! No experience needed.

## **Beginning Piano**

*Patricia A. Miles Ashford*

**Winter** Virtual Tuesdays | 11-11:50 a.m. | 34352

**Spring** Eastern | 12-1:50 p.m. | 34350

**Spring** Western | 9-10:50 a.m. | 34351

Learn to read music and play easy piano pieces. Must have access to a piano or keyboard in order to practice.

**Required text:** *The Leila Fletcher Piano Course – Book 1*

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

*Mary R. Kolk*

**Winter** Virtual Fridays | 9-9:50 a.m. | 34353

Big Pharma is big business, and we pay the price. Learn how medical journals became marketing tools, examine “me-too” drugs, discover the medicalization of life, learn why negative drug trials are hidden and more.

## **Birding in Northeast Ohio: It's for Everyone!**

*Marty Cohen*

**Winter** Virtual Tuesdays | 11-11:50 a.m. | 34354

Why birding? Because it's fun! There are more than 200 kinds of birds in Northeast Ohio that anyone can find — with a little practice and help from readily available resources. Learn about local hotspots to see birds and enjoy nature.

## **Brains, Balance and Never-Grow-Old Fitness**

*Paul O'Donoghue*

**Spring** Westshore | 11-11:50 a.m. | 34355

This course is specifically designed to help older adults improve their balance, flexibility, agility, reaction time and cognition. Your instructor will guide you through a series of fun and challenging exercises that will help you remain fit, vibrant and independent well into your later years.

## **The British Home Front in WWII**

*Judi Slack*

**Winter** Virtual Fridays | 1-1:50 p.m. | 34408

When WWII broke out in September 1939, everyone in Britain knew the civilian population would be affected far more than they had been in WWI. Explore how people lived during those times of fear, hardship and uncertainty and how they functioned on the home front while supporting those at war. It was the civilian population's resilience and resourcefulness that carried the country through those grim and challenging years.

## **The British Invasion of the 1960s**

*Frank Thomas*

**Winter** Virtual Fridays | 9-9:50 a.m. | 34411

**Spring** Eastern | 1-1:50 p.m. | 34409

**Spring** Western | 10-10:50 a.m. | 34410

England invaded her former colonies with a musical force that still reverberates today. Learn about the influences of British rock and the stories behind some of its most familiar acts — particularly the Beatles, the Rolling Stones, the Who and the Yardbirds.

## **Casino Games**

*Terry Perko*

**Spring** Western | 2-2:50 p.m. | 34356

Ever wanted to learn blackjack, roulette, craps or poker? Then this is the class for you! Come relax and stimulate your mind with educational, entertaining and fun-to-learn games. Learn a new game each week. Games require one to six decks of cards (provided).

## **Christian Origins**

*Theodore Smith*

**Winter** Virtual Fridays | 9-9:50 a.m. | 34357

An obscure itinerate preacher from a backwater village in Israel changed the world. The socioeconomic, religious and political expectations of the 1st century shaped people's expectations of a coming messiah. A military general to overthrow oppressors? A charismatic priest to draw people back to the law? A cosmic angel delivering God's wrath? What they wanted and what they got led many groups to vastly different theological conclusions over exactly who Jesus was. How did one group eventually prevail over the others?

## **Classical Music for Non-Classical Music Lovers**

*Richard Polster*

**Spring** Eastern | 9-9:50 a.m. | 34358

Think you don't care for classical music? Give me a chance, and I'll show you that you do! We'll talk about and listen to classical music like you've never done before. Even the biggest fan will learn something from this course.

## **Comprehensive Trust Planning**

*Dan Baron*

**Spring** Eastern | 10-10:50 a.m. | 34359

**Spring** Western | 12-12:50 p.m. | 34360

**Spring** Westshore | 2-2:50 p.m. | 34363

Learn trust planning strategies to protect assets for your loved ones and avoid a Medicaid/nursing home spend-down in this comprehensive, hands-on course.

## **Contemporary Literature**



*Marcia Petchers*

**Spring** Virtual | 1-1:50 p.m. | 34365

This student-led literature discussion course actively engages participants in constructive conversation about recent fiction and nonfiction selections. We will discuss, dissect, analyze and react personally to the assigned books. Books are announced a month in advance so students have ample opportunity to get and read them. Each will be discussed for two weeks (first half in week one, second half in week two). Discussion questions are emailed before each new book discussion. Students from diverse backgrounds and viewpoints welcome.

## **Dream Interpretation Basics**

*Sarah Staneff*

**Spring** Westshore | 11-11:50 a.m. | 34369

A dream not interpreted is like an unread letter from a wise friend. Learn methods for retrieving, analyzing and interpreting your own dreams to understand their relevance to your everyday life.

## **Duke Ellington: His Life and Music**

*Jerry Jelinek*

**Winter** Virtual Fridays | 9-9:50 a.m. | 34371

Examine the life and music of one of America's greatest composers and bandleaders.

## **Eastern Religious Traditions**

*Sumi Srinivason*

**Spring** Virtual | 1-1:50 p.m. | 34373

A survey of the religious practices of Buddhism, Hinduism, Sikhism, Daoism and Shintoism.

## **The Enlightenment I: The Search for a Secular Morality**

*Charlene Mileti*

**Spring** Eastern | 9-9:50 a.m. | 34412

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 Enlightenment II: The Legacy We Live**

*Charlene Mileti*

**Spring** Virtual | 9-9:50 a.m. | 34414

**Spring** Eastern | 10-10:50 a.m. | 34413

Explore some of the most influential ideas, people and events of the 17th and 18th centuries. As the "Age of Reason," the Enlightenment changed every area of human knowledge: education, the arts, religion, economics, psychology and, most profoundly, politics, morality and science. This course focuses on the ideas of freedom, progress and happiness and their influence upon democracy, private property and secularism.

## **Enneagram II: Communication and Relationships**

*Patrick H. O'Leary*

**Spring** Westshore | 10-10:50 a.m. | 34375

Use what you learned in Enneagram I to further improve your ability to communicate. Learn about the interpersonal dynamics that lead to healthy relationships. Improve your level of self-awareness and practice emotional intelligence.

## **Everyday Yoga**

*Constance Jelen*

**Spring** Western | 11-11:50 a.m. | 34383

Practice basic yoga concepts and postures to enhance your mental and physical abilities. Learn simple sequences that you can confidently perform at home on your own.

## **Famous People You've Never Heard Of**

*Avery Fromet*

**Spring** Eastern | 9-9:50 a.m. | 34384

There are many influential inventors, scientists, politicians and others you've probably never learned about. Discover some of these lesser-known men and women and examine their profound impact on the world.

## **Fearless Daredevils, Adventurers and Rebels: Women Who Dared**

*Judi Slack*

**Winter** Virtual Fridays | 9-9:50 a.m. | 34385

Women have been doing amazing, daring and dangerous things for years. Learn about women throughout history who have risked their lives for adventure — some you may not know, but all of whom you'll want to know.

## **Female Performer Potpourri**

*Michael Laurenty*

**Spring** Virtual | 1-1:50 p.m. | 34386

Examine the lives and legacies of Barbra Streisand, Ella Fitzgerald, Gladys Knight, Karen Carpenter, Patsy Cline, Stevie Nicks and Amy Winehouse.

## **Foster a Love of Reading in Your Grandchildren**

*Susan Ungham*

**Spring** Western | 1-1:50 p.m. | 34387

One of the greatest gifts a grandparent can give their grandchild is a love of reading. Among other things, it gives them a leg up throughout their school years by boosting their empathy, imagination and ability to concentrate. Discover from a children's librarian how to find good books and encourage reading.

## **French Refresher**

*Penelope Lespinasse*

**Winter** Virtual Fridays | 9-9:50 a.m. | 34388

Do you wish you could get back that French you learned in school? Then this course is for you! We'll practice basic conversation skills on a variety of topics including greetings; alphabet and numbers; talking about yourself and your family; communicating likes and dislikes; and discussing free-time activities.

## **Fun With Colored Pencils**

*Jay Berkowitz*

**Spring** Eastern | 12-12:50 p.m. | 34417

Colored pencils are a fun way to make art. We'll start off with shading, followed by simple color mixing, chalk and watercolor pencils.

## **Fun With Fitness**

*Beth Parnin*

**Spring** Eastern | 2-2:50 p.m. | 34418

Fun fitness course for all skill levels. Low-impact aerobics, chair work, resistance work, stretching and cooldown. Come give it a try!

## **Fun With Italian**

*Maureen Huefner*

**Spring** Eastern | 11-11:50 a.m. | 34419

Always wanted to learn Italian? Explore the fundamentals of this beautiful romance language, including pronunciation, useful expressions and vocabulary, numbers, colors, geography, food, music, cultural highlights and places of interest. Experience the pure pleasure of learning in a non-threatening environment.

## **Gardener's Gazette**

*Marilyn Hallenburg*

*Mary Jo Rawlings*

*Rita Politzer*

**Spring** Eastern | 11-11:50 a.m. | 34420

**Spring** Western | 11-11:50 a.m. | 34422

**Spring** Westshore | 11-11:50 a.m. | 34424

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

## **The Ghosts of the Napoleons Lurk Among Us**

*Betty Zak*

**Spring** Virtual | 9-9:50 a.m. | 34415

Look around you. Their ghosts — and their offspring — are there. Napoleon was a fierce military leader, a superstitious man and a voracious lover. His brother lived (and loved) in the United States for 15 years. His cousin, Napoleon III, supported the Impressionist movement, made Paris into the "City of Lights" and impacted cities such as Cleveland, Columbus and Chicago. Join us as we explore their loves and lives.

## **Going for Baroque**

*Joel Keller*

**Spring** Westshore | 9-9:50 a.m. | 34425

An introduction to the music of the Baroque era. We'll listen to music by as many as 40 different composers and discuss instruments of the period.

## **The Golden Days of Radio**

*Sol Factor*

**Spring** Eastern | 11-11:50 a.m. | 34416

**Spring** Western | 1-1:50 p.m. | 34421

Explore the beginnings of radio, including the famous 1920 reporting of the Presidential Election results. Discover the various types of shows, from comedies like The Jack Benny Program to family shows like The Nelsons. We will also study the popularity of shows like The Shadow and Dragnet. We'll conclude with a look at World War II radio broadcasts.

## **Growing Christianity**

*Theodore Smith*

**Spring** Virtual | 9-9:50 a.m. | 34428

In one of history's biggest turnarounds, Paul went from Christianity's main persecutor to its most zealous champion, almost single-handedly spreading the new religion across the Eastern Roman Empire. What does it take to change people's hearts and minds? In today's divided political and cultural climate, it's a question worth exploring.

## **Heroes of the Holocaust**

*Avery Fromet*

**Spring** Eastern | 10-10:50 a.m. | 34430

As everyone knows, Hitler's Final Solution caused the death of untold millions. Defying the Third Reich would result in severe penalties — even death. In spite of this, many people from all over the world risked their lives to save those who were condemned simply by virtue of their ethnic background. We will identify some of these heroes and describe the feats that saved countless lives.

## **Highways and Byways:**

### **North American Road Trips II**

*Dennis Michael Geffert*

**Spring** Western | 12-12:50 p.m. | 34431

Visit various regions, states and provinces, using maps to revisit past journeys and discover new ones. Where would you like to go?

## **Historic Figures in Psychology**

*Charles Banevich*

**Spring** Western | 11-11:50 a.m. | 34432

Discover the theoretical contributions of some of the most significant individuals in the field of psychology, including Freud, Adler, Jung, Binet, Pavlov, Skinner, Maslow, Rorschach and Erickson.

## **History and Pop Music of the 1920s – 1970s**

*Joel Keller*

**Spring** Westshore | 10-10:50 a.m. | 34433

Explore important 20th-century events and hear Top 5 pop hits by decade.

## **History of the English Language**

*Gary Nemes*

**Spring** Western | 1-1:50 p.m. | 34434

The evolution of English from its Indo-European roots to its arrival in England as Germanic, which combined with French after the Norman Conquest to become English. Examine Old and Middle English, Elizabethan, and modern British and American, including regionalisms.

## **How We Beat Diabetes**

*Mary R. Kolk*

**Spring** Western | 11-11:50 a.m. | 34448

This three-step program demonstrates how people with diabetes can achieve real control over high blood sugar, reverse neuropathy, and reduce or eliminate the need for medication. Reach your goals for optimum wellness by becoming a proactive partner in your own health care.

## **Impressionism and Post-Impressionism**

*Martha Lois*

**Winter** Virtual Fridays | 11-11:50 a.m. | 34450

Impressionists like Monet and Renoir brightened oil-painted canvases like never before, brushstrokes showing more than ever, while Post-Impressionists like Cezanne and Van Gogh exerted their influence to take art in new directions.

## **Innovative Jewish Women**

*Alison Rose*

**Spring** Virtual | 11-11:50 a.m. | 34452

Examine texts by and about women in modern Jewish history and discuss their stories. We'll look at a different innovative Jewish woman each week and discover how her life and work has shaped her identity as a woman and as a Jew.

## **Intro to French**

*Penelope Lespinasse*

**Winter** Virtual Tuesdays | 11-11:50 a.m. | 34455

Looking for a fun and interactive way to learn a new language? This course will teach you the basics you need to get started right away! Topics include pronunciation, greetings, alphabet and numbers, question words and sharing interests.

## **Intro to Spanish I**

*Ruben Lucio*

**Spring** Westshore | 1-1:50 p.m. | 34457

Learn basic Spanish for beginners, including numbers 1-100, alphabet, days of the week, months of the year, greetings, how to describe yourself and more.

## **Intro to Spanish II**

*Ruben Lucio*

**Spring** Westshore | 2-2:50 p.m. | 34458

Learn how to form basic sentences, numbers 101-500, basic vocabulary, articles and verbs, and how to tell time.

## **iPhone or Android Photography and Editing**

*Georgio Sabino III*

**Spring** Eastern | 9-10:50 a.m. | 34461

Elevate your iPhone or Android photography by creating compelling, serious art with your phone. Unlock the power of photo editing and learn basic principles of art and design.

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

*Walter S. Topp*

**Spring** Westshore | 12-12:50 p.m. | 34463

Although police dramas, documentaries and reality shows have been staples of American popular culture for decades, few viewers understand the history, organization and evolution of the nation's 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 police organization and operations, highlighting key issues in the debate over the future of American policing including accountability, training, use of force, personnel practices and civilian oversight.

## **Just Move It!**

*Constance Jelen*

**Spring** Western | 12-12:50 p.m. | 34464

Learn simple aerobic and resistance movements to enhance your functional ability and help you remain independent. Be prepared to move!

## **Learning History Through**

### **Our Ancestors' Experiences**

*Robin Richmond*

**Winter** Virtual Fridays | 11-11:50 a.m. | 34362

**Spring** Westshore | 10-10:50 a.m. | 34361

An often-overlooked and often-fascinating aspect of genealogy research is the discovery of elements of history through the direct experiences of one's ancestors. Examples include the fateful story of the Mayflower's sister ship, surprising aspects of New Netherlands and its conquest by Britain, the brutal 17th-century King Phillip's war in New England, stories of the abduction (and, in one case, the dramatic rescue) of European settlers by American Indians, the historically significant 1774 Battle of Point Pleasant, and tragic stories of Tennesseans who remained loyal to the Union.

## **Let's Get Creative: Edible Art**

*Carolina Martin*

**Spring** Virtual | 1-1:50 p.m. | 34364

Join us for weekly art classes focused on delicious art that you can make and eat! We'll focus on a different kind of edible art each week.

## **Let's Get Creative:**

### **Inspired by Master Artists with Disabilities**

*Carolina Martin*

**Winter** Virtual Fridays | 1-1:50 p.m. | 34366

Join us for weekly classes focused on master artists with disabilities, including Monet, Matisse, Van Gogh and others. Learn about a new artist each week, and create your own piece of art inspired by them.

## **Let's Get Creative: Traveling the Globe**

*Carolina Martin*

**Winter** Virtual Tuesdays | 9-9:50 a.m. | 34367

Join us for weekly art classes focused on the art and culture in various parts of the globe. Learn about a new region each week, and create your own piece of art inspired by its people.

## **Let's Go Back in the Wayback Machine**

*Gerry Nemeth*

**Winter** Virtual Tuesdays | 9-9:50 a.m. | 34368

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

## **Loneliness: The Human Signal We Need to Hear**

*Mary R. Kolk*

**Winter** Virtual Fridays | 1-1:50 p.m. | 34370

**Spring** Eastern | 9-9:50 a.m. | 34372

**Spring** Westshore | 2-2:50 p.m. | 34374

In John Cacioppo's book, *Loneliness*, he states that "feeling lonely from time to time is like feeling hungry or thirsty from time to time. It is part of being human." This course addresses the evolution, neurology and spiritual aspects of loneliness as well as its implications on individual and societal health and well-being and how to find and restore connection for overall happiness.

## **Louis Armstrong: His Life and Music**

*Jerry Jelinek*

**Spring** Eastern | 9-9:50 a.m. | 34376

Explore the life of a musical icon through images, sounds and video clips.

## **Make Your Own Video Games**

*Sarah Kepple*

**Spring** Westshore | 2-2:50 p.m. | 34377

Learn how to make video games for yourself or your grandkids. Never coded before? No problem! We'll start with the basics, then level up each session using a free coding tool called Scratch.

## **Make Your Own Website or Blog**

*Sarah Kepple*

**Spring** Westshore | 1-1:50 p.m. | 34378

Learn how to make your own website or blog — no coding skills required! We'll explore templates and explain how to customize your new site. Bring your email address and password to create a free WordPress account.

## **Male Performer Potpourri**

*Michael Laurenty*

**Winter** Virtual Tuesdays | 1-1:50 p.m. | 34379

Examine the lives and legacies of Billie Joel, Otis Redding, Tony Bennett, Elton John, John Denver, Paul Simon and Andrea Bocelli.

## **Male Performer Potpourri II**

*Michael Laurenty*

**Spring** Virtual | 9-9:50 a.m. | 34380

Examine the lives and legacies of Louis Armstrong, Johnny Cash, Sam Cooke, Stevie Wonder, Tom Jones, Willie Nelson and Elvis Presley.

## **The Moguls**

*Sumi Srinivason*

**Winter** Virtual Fridays | 1-1:50 p.m. | 34423

Explore the history, art, architecture, gardens, jewelry, politics, culture, language and religion of the Mogul Empire.

## **The Musical Revolution of the 1960s**

*Frank Thomas*

**Winter** Virtual Tuesdays | 9-9:50 a.m. | 34426

Explore different genres of music as we take you through the 1960s. We'll sample Motown, the British invasion, folk and other gems of the decade.

## **My Life as a Fractured Fairy Tale:**

### **Everybody Has a Story**

*Jeanne Goldberg*

**Spring** Western | 10-11:50 a.m. | 34381

Ever tried to write your memoirs? Sat down, pen in hand or computer at your fingertips, and stared at the clean white sheet or screen, not knowing where to begin? This course will gently walk you through the process of putting pen to paper and creating stories to share with your loved ones.

## **Name That Tune**

*Barbara Perkins*

**Spring** Eastern | 12-12:50 p.m. | 34382

**Spring** Western | 9-9:50 a.m. | 34389

How are melodies created? How do we determine what constitutes a good tune? Learn about the kernel and motif of a tune using well-known examples, and test your listening skills with a "Name That Tune" quiz in each class.

## **The Nature of Consciousness**

*Theodore Smith*

**Spring** Virtual | 11-11:50 a.m. | 34427

Both the theologian and the scientist have been scrambling to define consciousness for millennia. What is the meaning of "me"? Is it just the ego and a collection of memories? As science learns more about the brain and the nature of the universe, we're coming to inescapable conclusions about the grounding of existence, the nature of consciousness and what it means to be human.

## **The Nature of Fear**

*Theodore Smith*

**Spring** Western | 9-9:50 a.m. | 34429

**Spring** Westshore | 1-1:50 p.m. | 34435

We all have them. Some are real, some may be imagined; but what can we do about them? Social media and news outlets of every stripe seem to want us in a perpetual state of fear. Why? Ancient spiritual texts like the Bible and the Tanakh advise us to "be not afraid" more than 300 times. How? Surely a recurring theme worth exploring. What can we learn about the origins of our fears, how to address them and even how to overcome them?

## **Old-Time Radio: Spooky Shows**

*Jay Berkowitz*

**Spring** Eastern | 2-2:50 p.m. | 34390

Remember how much fun it was to listen to spooky radio shows? We'll start with *Lights Out* and *The Shadow*, ending with *The Twilight Zone* radio dramas.

## **Personalized Healthy Eating Strategies**

*Paul O'Donoghue*

**Spring** Westshore | 12-12:50 p.m. | 34391

There are many diets to choose from, but most require a lifestyle change that is restrictive and difficult to maintain. Examine your current eating habits and develop a personalized strategy that will allow you to change the way you eat while still enjoying the foods you love.

## **Playwriting 101**

*Kelly Boyer Sagert*

**Spring** Virtual | 11-11:50 a.m. | 34392

Always wanted to write a play, but weren't sure how to get started? Join us for time-tested tips and strategies.

### **The Presidency of the United States**

*Jeff Black*

**Spring** Western | 11-11:50 a.m. | 34437

Study the executive branch and its expressed, implied and appointment powers.

### **Quirky Composers and Their Works**

*Barbara Perkins*

**Winter** Virtual Fridays | 1-1:50 p.m. | 34393

Throughout time, people have explored societal norms and decided to forge a different path for themselves. This is particularly true of people who make their living in the creative arts. In music, every era has had its standards — as well as a few composers who chose not to adhere to them. Meet some of these people, learn about their unusual lives and discover how their attitudes influenced their music.

### **Rare 20th-Century Composers**

*Theodore Smith*

**Spring** Western | 11-11:50 a.m. | 34394

A number of 20th-century composers who produced beautiful, accessible music in their day seem to have been forgotten by history. Some were innovators of orchestral music, reinvigorating the form. Others reflected the ever-changing times. Let's rediscover their music and its place in recent history.

### **Religious Practice and Experience:**

#### **East and West**

*Wendell Brooker*

**Winter** Virtual Tuesdays | 11-11:50 a.m. | 34395

How do adherents of Eastern and Western religions differ in how they practice their respective faiths? How do they differ in their understanding of the divine dimension and the connection between this dimension and the human? What are the implications of these differences in their personal lives?

### **Renewable Energy:**

#### **It's Not Just Wind and Solar Anymore**

*Joel Keller*

**Winter** Virtual Fridays | 11-11:50 a.m. | 34396

Explore a variety of non-traditional means of renewable energy production in addition to wind and solar power.

### **Safeguarding Your Assets in Retirement**

*Janice M. Cackowski*

**Spring** Eastern | 10-10:50 a.m. | 34397

Whether heading toward or currently in retirement, safeguarding the assets you've worked hard for is important. Learn skills and strategies to preserve your money and get it to work for you — from the basics of investing to the taxation of your IRA withdrawals.

### **Secrets of the Public Library**

*Susan Ungham*

**Spring** Western | 2-2:50 p.m. | 34398

Did you know that your local public library is a treasure trove of materials, services and programs? Learn how to take advantage of all the free resources your library offers.

### **Sign Language Is Fun!**

*Valerie B. Williams*

**Spring** Westshore | 1-2:50 p.m. | 34399

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

### **The Sisters, the Solos and the Sirens**

*Joy Decker Borland*

**Spring** Eastern | 1-1:50 p.m. | 34439

Discover the stories of unique, strong, talented women performers of the 1940s through 1960s, including Doris Day, Janis Joplin, Peggy Lee, Judy Garland, Dinah Shore, Joan Baez and more. They sang us through an era in which women in many parts of the world were finding and revealing their truths and strengths. They took center stage, moved up the charts and made a difference. Learn about their lives, hear them sing, and sing with them!

### **The Sixties**

*Thomas Hartshorne*

**Spring** Eastern | 11-11:50 a.m. | 34438

Explore America in the 1960s, with emphasis on the protest movements, civil rights, the Vietnam War and the counter-culture.

## **Sleep: It's More Important Than You Think!**

*Vera Bartasavich*

**Spring** Virtual | 9-9:50 a.m. | 34400

Sleep management is an important aspect of a healthy lifestyle. Learn about sleep and how to get more ZZZs! We'll cover sleep basics, including the effects of stress, chronic disease, nutrition and physical activity on sleep, as well as tips for getting a good night's sleep.

## **Soul Collage**

*Vicki Lynn Milnark*

**Spring** Western | 10-11:50 a.m. | 34401

Based on Seena B. Frost's book, *SoulCollage® Evolving*, this course will help you create a collage that represents the real you. Participants will gather images from magazines, photos and other sources, cut them out and paste them onto cards to use as a guide on their individual life path. Archetypes recognized by Carl Jung (e.g., the Shadow, the Great Mother, the Child) will emerge on the cards, assisting the individual in creating a life that is joyful and meaningful.

**Note:** Supplies list will be provided.

## **Speculative History: The Great "What Ifs"**

*Dennis Michael Geffert*

**Spring** Western | 1-1:50 p.m. | 34402

What if the Reformation had never happened? What if Hitler never attacked the Soviet Union? What if Lincoln and Kennedy had not been assassinated? The possibilities are endless. What do you think?

## **Statins: What You Don't Know Could Hurt You**

*Mary R. Kolk*

**Spring** Virtual | 9-9:50 a.m. | 34403

Considerable controversy surrounds the class of drugs known as statins (e.g., Crestor, Lipitor). Learn about the side effects of statin drugs, what questions to ask your doctor, how statins work and more. Be a proactive partner in your own health care.

## **Surviving the Stress of Now**

*Pat Stropko-O'Leary*

**Winter** Virtual Tuesdays | 11-11:50 a.m. | 34405

**Spring** Westshore | 11-11:50 a.m. | 34404

These are unprecedented times. The pandemic is worldwide, with seniors at high risk. Political battles seem to never end. In the midst of everything, it's hard not to get overwhelmed by all the uncertainty. How did you survive? We'll examine our responses to the stress of the last few years, look at how we coped and practice strategies for lessening the effects of stress on our hearts, minds and bodies.

## **Three Poets of Ohio**

*Wendell Brooker*

**Spring** Western | 10-10:50 a.m. | 34441

Explore the lives and writings of Ohio's three most distinguished poets — Hart Crane (Cleveland), James Wright (Martin's Ferry) and Mary Oliver (Maple Heights) — and examine how their poems, rooted in our Midwestern soil, have contributed to the spiritual well-being of people everywhere.

## **Travel Junkies**

*Jeanne Goldberg*

**Winter** Virtual Tuesdays | 1-1:50 p.m. | 34442

Be ready when the world reopens and global travel resumes! Get tips, tricks and tantalizing ideas as you travel vicariously to lovely cities, towns and villages with a seasoned world travel instructor.

## **Turn-of-the-Century Vienna**

*Alison Rose*

**Winter** Virtual Tuesdays | 1-1:50 p.m. | 34443

An introduction to Viennese culture and politics at the turn of the 20th century. This tumultuous and creative era saw the emergence of mass political movements; innovations in art, architecture and literature; and the birth of psychoanalysis.

## **TV Game Show Fun**

*Gerry Nemeth*

**Spring** Eastern | 11-11:50 a.m. | 34444

**Spring** Western | 9-9:50 a.m. | 34445

**Spring** Westshore | 2-2:50 p.m. | 34446

Explore the genre of TV game shows. We'll cover Jeopardy, Wheel of Fortune, Password and many more. Play simulated versions of your favorite games. Prizes and a few surprises!

## **U.S. Supreme Court Cases that Changed America**

*Avery Fromet*

**Winter** Virtual Tuesdays | 9-9:50 a.m. | 34447

It is the duty of the U.S. Supreme Court to interpret the terms of the U.S. Constitution. In many cases, its interpretations have thrust social change upon America — both good and bad. Explore some of the more important cases heard by the court and the impact they had on our country.

## **Weather: A Backyard Science**

*Joseph Kolecki*

**Spring** Virtual | 11-11:50 a.m. | 34449

Weather is of interest to everyone because we experience weather every day. There is much about meteorology (the science of weather) that can be appreciated and enjoyed from wherever you are. After introducing the Earth's position in the solar system and the structure of its atmosphere, we'll talk about surface phenomena (weather zones, prevailing winds, high and low pressure systems, fronts, storms and jet streams). We'll also explore weather lore, including "tricks" the farmers of old used to predict weather and other simple observational methods for talking and thinking about weather.

## **Wedded, Bedded and Beheaded: Louis and Marie Antoinette**

*Betty Zak*

**Winter** Virtual Fridays | 11-11:50 a.m. | 34451

Some say Louis XVI was as worthless on the throne as he was in the bedchamber. Others say he was an authoritative power whose family was doomed from the start. Yet, no one denies that Marie Antoinette was a powerful legend at 20.

## **What's Your Philosophy of Life?**

*Milenko Budimir*

**Winter** Virtual Fridays | 1-1:50 p.m. | 34453

**Spring** Western | 2-2:50 p.m. | 34454

Explore the wide range of philosophies of life, from ancient religions and philosophies to views shaped by the modern world. We'll compare our own existing philosophies of life against the backdrop of these traditions, discovering areas of overlap as well as new insights for a rapidly changing world.

**Suggested text:** *How to Live a Good Life: A Guide to Choosing your Personal Philosophy* edited by Massimo Pigliucci, Skye C. Cleary, and Daniel A. Kaufman

## **The Women's Suffrage Movement**

*Linda Witkowski*

**Spring** Western | 12-12:50 p.m. | 34440

An overview of the Woman's Suffrage Movement, including detailed information on some of the prime movers: Sojourner Truth, Lucretia Mott, Alice Paul and others.

## **World Music**

*Barbara Perkins*

**Spring** Virtual | 1-1:50 p.m. | 34456

World music includes many forms of music considered ethnic, indigenous or folk by most Westerners. Though the definition has varied through time, the past 40 years have seen a growing interest in world music on a global scale. Explore this fascinating style and visit different continents and cultures through their music.

## **Wrapped in History: Civil War-Era Quilts and the Women Who Made Them**

*Judi Slack*

**Spring** Virtual | 1-1:50 p.m. | 34459

Wrap yourself in the history of the Civil War era as seen through the eyes of a quilter. In addition to diaries, women of this era expressed themselves through quilt-making. Quilts symbolized political views and even functioned as signals for the Underground Railroad. Since women were often left out of written history, a quilt became a tangible legacy of their lives that would remain for generations. The quilts were their books, and the needles their pens.

## **Writing Romance and Commercial Fiction**

*Nancy Loyan Schuemann*

**Spring** Eastern | 10-10:50 a.m. | 34460

An introduction to the art of writing commercial fiction and romance, including description, setting, dialogue, goal-motivation-conflict, plotting, publishing and promoting.

## **Writing Your Life Story**

*Kelly Boyer Sagert*

**Winter** Virtual Tuesdays | 11-11:50 a.m. | 34462

Whether you're writing your own memoir or a biography of someone else, this course will guide you from start to finish.

# Neighborhood Scholars

Interested in classes, but can't attend Encore Campus Fridays?  
Want to add to your campus experience? The Neighborhood Scholars  
program offers one-time or short series courses at locations throughout  
greater Cleveland.\*

View all Neighborhood Scholars courses at [tri-c.edu/neighborhoodscholars](http://tri-c.edu/neighborhoodscholars)  
or call 216-987-2274 for more information.

*\*Dates and times subject to change.*

**All Neighborhood Scholars  
participants must register  
in advance.** View page  
28 for online registration  
instructions.

## PARTNERSHIPS

**Questions:** Fran Tomba | 216-987-2333 | [frances.tomba@tri-c.edu](mailto:frances.tomba@tri-c.edu)

### CanalWay Tours

**Cleveland Metroparks CanalWay Center**  
4524 E. 49th St., Cuyahoga Heights 44125

See the splendor the season brings to the Ohio and Erie  
Canal Reservation via fully enclosed cart. Your guide will  
discuss the natural and cultural history of the park, including  
the Ohio and Erie Canal, the Cuyahoga River and flora and  
fauna along the way. Tours take place rain or shine. Cart  
holds 10 passengers and includes space for one wheelchair.

<b>Monday, March 21</b>	10-11:30 a.m.	\$20   CRN 34525
	1-2:30 p.m.	\$20   CRN 34526
<b>Monday, April 4</b>	10-11:30 a.m.	\$20   CRN 34527
	1-2:30 p.m.	\$20   CRN 34528

### Cleveland Museum of Art

Join us for gallery talks hosted by the Cleveland Museum  
of Art and presented by CMA's department of public and  
academic engagement.

#### **Sculpting the Figure Across Time I: The Ancient Mediterranean World**

*Andrew Cappetta, Arielle Levine and additional CMA staff TBD*

This six-session course offers a focused look at figurative  
sculpture in the ancient Mediterranean world with an  
emphasis on cultures and geographic areas such as  
Mesopotamia, Egypt, Greece and Rome. These ancient  
cultures created figurative art to share their religious beliefs  
and record the experiences of those who lived on Earth. A  
closer look at their depictions of the human form reveals the  
universal desire to record images of the inhabitants of both  
living and spiritual realms. Although we find religious and  
artistic differences across these cultures, we also find many  
human connections that span time and location.

\$79 | CRN 34516

**Mondays, 10-11 a.m., Jan. 24 – Feb. 28**

Virtual (Zoom)

**The next course has been canceled**

\$79 | CRN 34517

**Thursdays, 1-2 p.m., Jan. 27 – March 3**

On-site (Cleveland Museum of Art)  
11150 East Blvd., Cleveland 44106

View course descriptions beginning on page 11 and register online at [tri-c.edu/encore](http://tri-c.edu/encore). Find instructions to register on page 28.

### **Sculpting the Figure Across Time II: The Modern Era**

Andrew Cappetta, Arielle Levine and additional CMA staff TBD

This six-session course offers a focused look at figurative art in Europe and the United States, from the 19th century to today. Sessions will cover the impact of ancient realism on European art from the Renaissance through the 19th century; the shift toward abstraction at the turn of the 19th and into the 20th century; the influence of technological change on 20th-century sculpture; and the desire for more expressive forms in the work of contemporary sculptors.

*The on-site option involves walking through the museum galleries and may also include slide presentations in the CMA lecture hall and/or viewing objects in a classroom space. Assistive listening devices are available for use in the museum.*

\$79 | CRN 34514

**Mondays, 10-11 a.m., March 21 – April 25**

Virtual (Zoom)

\$79 | CRN 34515

**Thursdays, 1-2 p.m., March 24 – April 28**

On-site (Cleveland Museum of Art)

11150 East Blvd., Cleveland 44106

## CLEVELAND'S JEWELS

You never knew they existed ... or maybe you did! Join us as we experience Cleveland's hidden jewels.

**Questions:** Nancy Farinacci | 216-987-4087 | [nancy.farinacci@tri-c.edu](mailto:nancy.farinacci@tri-c.edu)

### **Cleveland Police Museum**

\$10 | CRN 34532

**Thursday, March 31 | 10-11 a.m.**

1300 Ontario St., Cleveland 44113

Join us as we explore people and incidents of the past including the Murphy call box, death masks, Eliot Ness, the Kingsbury Run Murders and much more!

### **Gordon Square Walking Tour**

\$10 | CRN 34533

**Wednesday, May 11 | 1-2 p.m.**

6516 Detroit Ave., Cleveland 44102

Explore this world-class arts district and retail and dining destination in the heart of Cleveland's Detroit Shoreway neighborhood. Tour is just over 1 mile in distance.

### **Lake View Cemetery Walking Tour**

\$24 | CRN 34534

**Thursday, June 16 | 10-11:30 a.m.**

12316 Euclid Ave., Cleveland 44106

\$24 CRN | 34535

**Thursday, June 23 | 1-2:30 p.m.**

12316 Euclid Ave., Cleveland 44106

Founded in 1869 by pioneering Cleveland leaders, Lake View is one of the largest and most beautiful garden cemeteries in the United States. As a nationally recognized landmark and historical burial ground, it is the final resting place of such notable figures as John D. Rockefeller, Charles F. Brush, Alan Freed and Eliot Ness, just to name a few. This walking tour includes the James A. Garfield Memorial and the Wade Chapel Memorial.

## A GLIMPSE OF THE PAST

The past is not the past if you enjoy it every day! Relive those fond memories with this nostalgic series.

**Questions:** Nancy Farinacci | 216-987-4087 | nancy.farinacci@tri-c.edu

### **Historical Shaker Heights Mansions: An Inside Look**

\$15 | CRN 34536

**Monday, Jan. 31 | 10-11 a.m.**

**Virtual (Webex)**

Join us for a virtual tour of Shaker Heights mansions dating back to the early 1800s.

## DEVELOPMENT OF CLEVELAND SERIES (1700 – PRESENT DAY)

This series will present the development of Cleveland, both a metropolis and small town founded by over 50 ethnic groups from all over the world. Beginning in the 1700s to present day, we will learn about the early development and growth of Cleveland over centuries to come.

*Note: Students must register for each course individually. Take one or all four!*

### **Development of Cleveland (1700s)**

\$15 | CRN 34538

**Wednesday, Feb. 9 | 1-2 p.m.**

**Virtual (Webex)**

### **Development of Cleveland (1800s)**

\$15 | CRN 34537

**Monday, March 14 | 11 a.m. – noon**

**Virtual (Webex)**

### **Development of Cleveland (1900 – Present Day)**

\$15 | CRN 34539

**Monday, April 11 | 10 a.m. – noon**

**Virtual (Webex)**

### **Remembering the Golden Age of Cleveland Shopping**

\$15 | CRN 34540

**Wednesday, June 1 | 10-11 a.m.**

**Virtual (Webex)**

Higbee's, Halle Brothers, Sterling Lindner ... remember when? Join us as we revisit our memories of growing up and shopping in Cleveland.

**PLACES OF WORSHIP**

Explore the beauty and history of Greater Cleveland’s places of worship.

**Questions:** Nancy Farinacci | 216-987-4087 | nancy.farinacci@tri-c.edu

The next course has been canceled

**Church of the Covenant**

\$10 | CRN 34512

**Monday, Feb. 28 | 11 a.m. – noon**

11205 Euclid Ave., Cleveland 44106

Join us for a tour of this magnificent Presbyterian church in University Circle. This diverse, multicultural church is among the most beautiful historical churches in Cleveland.

**St. Vitus Catholic Church**

\$10 | CRN 34513

**Wednesday, March 9 | 1-2 p.m.**

6019 Lausche Ave., Cleveland 44103

Cleveland is home to the largest population of Slovenians in the world outside of Slovenia. Join us as we tour this church and learn about the Slovenian immigrants who fled to escape the Communist regime post World War II. St. Vitus Church, a Byzantine-Lombard design with twin bell towers and three choir lofts, was completed in 1932. The church features a pipe organ built by Cleveland’s Holtkamp Organ Co. With 1,500 wooden and metal organ pipes, and the materials used in the church, the pipe organ provides a distinct orchestral sound.

**Islamic Center of Cleveland**

\$10 | CRN 34518

**Thursday, April 7 | 11 a.m. – noon**

6055 W. 130th St., Parma 44130

Join us as we return to the Islamic Center — a place of worship for all Muslims — to learn about the culture, beliefs, religious observances and mission statements universal to the culture.

**First Baptist Church of Greater Cleveland**

\$10 | CRN 34519

**Thursday, May 12 | 11 a.m. – noon**

3630 Fairmount Blvd., Cleveland 44118

On Jan. 13, 1833, a small group of Baptists met at the frozen shore of Lake Erie, cut a hole in the ice and witnessed the baptism of four people. A month later, the First Baptist church was founded with just 17 members. Join us for a tour and learn about the church’s history, including the renovation of the sanctuary organ.

**St. Theodosius Orthodox Christian Cathedral**

\$10 | CRN 34520

**Monday, May 23 | 11 a.m. – noon**

733 Starkweather Ave., Cleveland 44113

This historic cathedral, constructed between 1911-1912, is considered one of the finest examples of Russian church architecture in the United States and is listed on the National Register of Historic Places. The parish was organized by immigrant Russians living in Tremont in 1896. It served the needs of Orthodox Christian faithful of diverse ethnicities until they moved out of the city and into the suburbs to establish their own places of worship. St. Theodosius Cathedral was the "Mother Church" for most of the Orthodox Christian churches in Northeast Ohio today.

**St. John Cantius**

\$10 | CRN 34521

**Monday, May 23 | 1:30-2:30 p.m.**

906 College Ave., Cleveland 44113

One of Cleveland’s most beautiful churches has served the city’s Polish community since 1898. Explore the history of St. John Cantius from its beginning in a refurbished streetcar barn to its current home in the Tremont neighborhood, where masses are celebrated in various languages on a daily basis.

**Greater Cleveland Shiva Vishnu Temple**

\$10 | CRN 34522

**Wednesday, June 8 | 11 a.m. – noon**

7733 Ridge Road, Parma 44130

Join us as we learn about Hindu culture and religion at this suburban temple, which serves more than 12,000 area residents. We’ll also learn about the Bridge to Our Heritage project, in which each contributor owns a piece of the temple.

View course descriptions beginning on page 11 and register online at [tri-c.edu/encore](http://tri-c.edu/encore). Find instructions to register on page 28.

# Winter/Spring 2022 Instructors and Advisory Team

We are fortunate to have outstanding instructors associated with our 55+ Learning programs. If you are interested in becoming an instructor or know of someone who might be, please call 216-987-2274 or visit [tri-c.edu/encore](http://tri-c.edu/encore).

Carol Agnew, B.A.	Maureen Huefner, BBA, M.Ed.	Barbara Perkins, B.M., M.M.
Gary Anderson, B.S., MAT	Constance Jelen, M.Ed., ACSM, ACE	Terry Perko
Patricia Miles Ashford, B.M., BME, M.M.	Jerry Jelinek, B.S., Business	Marcia Petchers, B.A., M.Ed., Ph.D., LISW-S
Charles Banevich, M.Ed., M.A.	Joel Keller, B.Sc., DPM	Rita Politzer, Ph.D.
Dan Baron, J.D., B.S., VA Certified	Sarah Kepple, BFA, MLIS	Richard Polster, MBA
Vera Bartasavich, M.Ed., NDTR, CHES	Joseph Kolecki	Mary Jo Rawlings
Jay Berkowitz, M.Ed.	Mary R. Kolk	Robin Richmond, Ph.D.
Jeff Black, B.S., M.Ed., MMA	Mary Kopczynski, Certified BalloFlex Instructor	Alison Rose, Ph.D.
Kelly Boyer Sagert, B.A., Psychology; professional writer	Michael Laurenty, AAB, AAS, B.A., MFA, ND, LMT	Georgio Sabino III, B.A., M.A.
Wendell Brooker, B.A.; M. Div.; D. Min., Philosophy of Religion/Hermeneutics	Penelope Lespinasse, B.A., MAT	Jody Schrock, BFA, Anahat Yoga Instructor, Reiki Master
Milenko Budimir, BSEE, M.A.	Martha Lois, AAB, Graphic Design; B.A., Art; MFA, Ceramics	Nancy Loyan Schuemann, B.S., B.A.
Samuel Butcher, RPh, Esq., Certified Elder Law Attorney	Ruben Lucio, B.A., M.Ed.	Judi Slack, B.A., M.A., M.Ed.
Janice M. Cackowski, Certified Financial Planner (CFP)	Carolina Martin, B.A., B.S., M.Ed.	Theodore Smith, B.A.
Marty Cohen, Ph.D., Chemistry	Charlene Mileti, BFA, M.A., J.D.	Sumi Srinivason, M.A.; Ph.D.
Joy Decker Borland, B.A., LMS	Vicki Lynn Milnark, ATR, LPCC	Sarah Staneff, B.A., M.A.
Sol Factor, B.A., MAT	Gary Nemes, M.A.	Pat Stropko O'Leary, B.S., MBA, RN
Avery Fromet, J.D.	Gerry Nemeth, BSEET	Frank Thomas, MBA
Dennis Michael Geffert, B.A., M.A.	Paul O'Donoghue, BBA, MBA, NASM Certified Personal Trainer, ACE Certified Health Coach	Walter S. Topp, M.A.
Jeanne Goldberg, M.Ed.	Patrick H. O'Leary, M.S., M.Div.	Susan Ungham, B.A., MLIS, MLS
Marilyn Hallenburg, B.A.	Beth Parnin, B.A.	Valerie B. Williams, Certified ASL Interpreter
Thomas Hartshorne, Ph.D.		Linda Witkowski, B.A., M.A.
		Betty Zak, B.S., M.A.

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## Advisory Team

The Encore Program is wonderful because of participants like you! The advisory team meets two or three times a year to discuss improving the Encore program and attends promotional events throughout the area on a volunteer basis. Interested in joining? Contact us at [encore@tri-c.edu](mailto:encore@tri-c.edu) or 216-987-2274.

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## Would you like to teach in the Encore program?

Contact us at [encore@tri-c.edu](mailto:encore@tri-c.edu) or 216-987-2274.

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## Eastern Campus

Bob Berkowitz	Mary Garapic	Kevin Prewitt
Sandy Berkowitz	Juanita Ingram	Diane Schmenk
Alicia Ciliberto	Mary McClellan	Anne Stottler
Paulette Colarochio	Lois Millman	Christine Ticknor
	Phil Piccus	

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## Western Campus

Sharon Gettig	Karen Jones	Ralph Lenz
Gail Hansen	Terri Kroboth	

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## Westshore Campus

Coming Soon! Please contact the Encore Office if you would like to become an Encore Advisory Team member.

# How to Register Online

No lines. No waiting. Just click, pay and enjoy!

## Step 1: Do you have a Tri-C student number (S-Number)?

- **Yes, and I got it within the past year:** Proceed to Step 2.
- **Yes, but I got it more than a year ago:** Complete the online noncredit registration form to update your profile and activate your S-Number before registering. Visit [tri-c.edu/NCRRegistration](http://tri-c.edu/NCRRegistration).
- **No:** Complete the online noncredit registration form to receive your S-Number (it will appear onscreen once submitted). Visit [tri-c.edu/NCRRegistration](http://tri-c.edu/NCRRegistration).

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## Step 2: Do you have a Tri-C password?

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• <b>Yes:</b> Proceed to Step 3.</li><li>• <b>Yes, but I don't remember it:</b><ul style="list-style-type: none"><li>- Go to <i>my Tri-C space</i> (<a href="http://my.tri-c.edu">my.tri-c.edu</a>).</li><li>- Click "Forgot Your Password?" and follow the prompts.</li><li>- Log in to confirm your new password.</li></ul></li></ul> | <ul style="list-style-type: none"><li>• <b>No:</b><ul style="list-style-type: none"><li>- Go to <i>my Tri-C space</i> (<a href="http://my.tri-c.edu">my.tri-c.edu</a>).</li><li>- Click "Change Your Password" and follow the prompts.</li><li>- (Note: Your "old" password is your DOB in MM/DD/YYYY format.)</li><li>- Create a new password, then log in to confirm.</li></ul></li></ul> |
|---|---|

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## Step 3: Let's Get Registered!\*

**Before you begin:** Make sure you have your course selections, S-Number and password ready. You'll need the CRN and course title for each course.

**Paying by check?** Complete Steps 1 and 2, then visit a campus Enrollment Center to register and pay.

**Paying by credit card?** Follow the instructions below. *Please note: There is a 2.25% service fee for credit card payments.\**

### Encore On-the-Go and Encore Campus Fridays:

- Go to [tri-c.edu/encore](http://tri-c.edu/encore).
- Choose desired location (virtual or in person).
- Click the Bundle button.
- Click "Add to cart" on the bundle page.
- Select your desired courses.
  - 1-3 virtual courses for \$49.95
  - 1-6 in-person courses for \$99
- Click "Continue" at the bottom of the screen. **If you are finished registering, continue to checkout. If you would like to add more courses/bundles, view additional instructions on the next page.**
- Sign in to your account using your S-Number and password.
- Choose "Credit card" as your payment method.
- Enter card information.\*
- Click "Submit," then wait for the confirmation screen. You'll receive an email once your registration and payment are processed.
- Encore will send a welcome email about one week before each session starts.

### To add more courses/bundles:

- Click “Course Bundles” in the teal ribbon at the top of the screen.
- Enter one of the following in the search box:
  - Winter 2022 Tuesday Virtual Encore Bundle
  - Winter 2022 Friday Virtual Encore Bundle
  - Spring 2022 Virtual Encore Bundle
  - Spring 2022 Eastern Campus Encore Bundle
  - Spring 2022 Western Campus Encore Bundle
  - Spring 2022 Westshore Campus Encore Bundle
- Click “Search.”
- Select the bundle name.
- Follow the instructions from Step 3 (beginning with “Click ‘Add to Cart’ ...”).
- Follow these steps again if you would like to add more courses/bundles.

### Neighborhood Scholars:

- Go to [tri-c.edu/neighborhoodscholars](http://tri-c.edu/neighborhoodscholars).
- Click on the title of your desired course.
- Select the course section in the gray box and click “Add to Cart.”
- Click “Continue” at the bottom of the screen.
- Sign in to your account using your S-Number and password.
- Choose “Credit card” as your payment method.
- Enter card information.
- Click “Submit,” then wait for the confirmation screen. You’ll receive an email once your registration and payment are processed.
- A welcome email with class logistics will be sent 2-3 business days before the course start date.

## How to Register In Person

You may register in person and pay by check or money order at any campus Enrollment Center. *Be sure to complete Steps 1 and 2 above before visiting the Enrollment Center.*

See [tri-c.edu/enrollment-center](http://tri-c.edu/enrollment-center) for hours and locations.

#### \*Important Payment Information

*Effective July 15, 2014, a 2.25% service fee will apply to all payments made by credit card for Cuyahoga Community College credit and noncredit tuition, fees and other student account charges.*

## Course Withdrawal and Refund Policies

No refunds will be granted outside of the following timetable. Withdrawal requests can be submitted by email, phone, mail or fax. A refund check will be mailed to you within six weeks.

Last day for 100% refund	Last day for 90% refund	No refund
Five business days prior to course start date	On or after five (but prior to three) business days before course start date	On or after three business days prior to course start date

### View/Print Your Course Schedule

A schedule will be emailed to you upon registering online, so be sure we have your current email address on file. If not, you can update it via *my Tri-C space*. See Step 2 on page 28 for my *Tri-C space* login details.

### Important Information/ Site Facilitator Locations

Class schedules are emailed upon registration. They are also accessible in *my Tri-C space*. Click the main menu button to the left of the Tri-C logo, then click Discover and search Schedule. Click the View Schedule link on the Schedule and Grades card.

Schedules will be available on the first day of Encore Campus Fridays. Check the communication board at the Site Facilitator desk for important information, including room numbers.

**Eastern Campus:** Student Services building, second floor, across from elevators

**Western Campus:** Student Services building (B)

**Westshore Campus:**  
Liberal Arts and Technology building (1st floor)

### What Is my Tri-C space?

*My Tri-C space* ([my.tri-c.edu](http://my.tri-c.edu)) is the College's online information management system. There, you can verify your course schedule, reserve library books and discover Tri-C activities and events. All changes to your personal information are made through *my Tri-C space*. You can log in to *my Tri-C space* from any computer with internet access.

### Parking Information

Parking is included in your noncredit course registration fee through the College's Campus Security and Maintenance Fee. This fee provides students with unlimited access to all campuses, recreation facilities, technology learning centers, libraries and campus special events without the need to purchase a hangtag. Protected, lighted parking is provided at all campuses. You may park in any unrestricted parking lot; however, parking is prohibited in spaces designated for faculty and staff. Parking information is available online at [tri-c.edu/parking](http://tri-c.edu/parking).

### Emergency Notifications, Including Campus Closures

To have emergency alerts sent directly to your home phone or cellphone visit *my Tri-C space* ([my.tri-c.edu](http://my.tri-c.edu)). Click the main menu button to the left of the Tri-C logo, then click Discover and search Student Profile. On the Student Profile page, click Personal Information, then Update Address/Phone. Check the contact information that appears under Alert. If your info is incorrect, click the blue pencil icon to update.

### Course Cancellations

Courses may be canceled for a variety of reasons. Each course has a cancellation determination date (date on which course will be canceled without minimum enrollment). Every effort is made to notify students when a cancellation occurs. When registering, please be certain Tri-C has your current contact information. **You will be notified via email if a course in which you have enrolled is canceled.**

# ENCORE REGISTRATION FORM - WINTER 2022

## ONLINE:

Visit [tri-c.edu/encore](http://tri-c.edu/encore) and select "Register Online" from the campus page. See page 28 for online registration instructions.

## IN PERSON:

Visit any of our seven campus enrollment centers. Hours and locations are posted at [tri-c.edu/enrollment-center](http://tri-c.edu/enrollment-center).

**Registration opens  
Dec. 14 at 10 a.m.**

*Note: The College will be closed Dec. 22-Jan. 4. Online registration will still be available.*

**This is not a mail-in registration form. Registration can only be done online or in-person at an Enrollment Center.**

## Personal Information (Please be sure to include updated email to receive Encore communications.)

Update your information online via *my Tri-C space*. See page 28 for details.

Name \_\_\_\_\_  
Last First M.I.

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month Day Year

Student S#          **OR**

Full SSN    -   -

Address \_\_\_\_\_  
Number Street Apt. No.

City State Zip County

Home Phone    -    -      
Area Code

Cell Phone    -    -      
Area Code

Email \_\_\_\_\_

### OPTIONAL

Gender  Male  Female

U.S. Citizen  Yes  No

Veteran  Yes  No

### Ethnicity

Black  White (non-Hispanic)  Hispanic

American Indian or Alaskan

Asian, Pacific Islander or Indian Subcontinent

Other

Have you ever been convicted of a sex-related offense or a violent crime against a minor?  Yes  No

Have you been convicted of a sexual offense in the past 15 years?  Yes  No

Are you required to register as a sexual offender?  Yes  No

## Payment Information

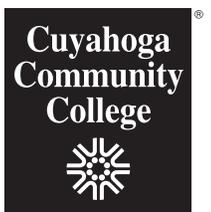
### Registration Fees

\_\_\_\_\_ \$49.95 for up to three Encore On-the-Go courses (Tuesdays)

\_\_\_\_\_ \$49.95 for up to three Encore On-the-Go courses (Fridays)

\_\_\_\_\_ Neighborhood Scholars Total

\_\_\_\_\_ **Grand Total**



View course descriptions beginning on page 11 and register online at [tri-c.edu/encore](http://tri-c.edu/encore). Find instructions to register on page 28.

**ENCORE ON-THE-GO WINTER SCHEDULE - TUESDAYS / \$49.95 FOR UP TO THREE COURSES**

Please indicate first and second choices in the event a class becomes unavailable. See course schedule on page 5.

Time Slot	Choice	5-Digit CRN					Title
9 a.m.	1st						
	2nd						
11 a.m.	1st						
	2nd						
1 p.m.	1st						
	2nd						

**ENCORE ON-THE-GO WINTER SCHEDULE - FRIDAYS / \$49.95 FOR UP TO THREE COURSES**

Please indicate first and second choices in the event a class becomes unavailable. See course schedule on page 6.

Time Slot	Choice	5-Digit CRN					Title
9 a.m.	1st						
	2nd						
11 a.m.	1st						
	2nd						
1 p.m.	1st						
	2nd						

**NEIGHBORHOOD SCHOLARS**

See course information beginning on page 23.

Start Date	5-Digit CRN					Title	Location	Fee

Neighborhood Scholars Fee Total \$ \_\_\_\_\_

**Grand Total** \_\_\_\_\_

# ENCORE REGISTRATION FORM - SPRING 2022

## ONLINE:

Visit [tri-c.edu/encore](http://tri-c.edu/encore) and select "Register Online" from the campus page. See page 28 for online registration instructions.

## IN PERSON:

Visit any of our seven campus enrollment centers. Hours and locations are posted at [tri-c.edu/enrollment-center](http://tri-c.edu/enrollment-center).

**Registration opens  
Dec. 14 at 10 a.m.**

*Note: The College will be closed Dec. 22-Jan. 4. Online registration will still be available.*

**This is not a mail-in registration form. Registration can only be done online or in-person at an Enrollment Center.**

## Personal Information (Please be sure to include updated email to receive Encore communications.)

Update your information online via *my Tri-C space*. See page 28 for details.

Name \_\_\_\_\_  
Last First M.I.

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month Day Year

Student S#          **OR**

Full SSN    -   -

Address \_\_\_\_\_  
Number Street Apt. No.

City State Zip County

Home Phone    -    -      
Area Code

Cell Phone    -    -      
Area Code

Email \_\_\_\_\_

### OPTIONAL

Gender  Male  Female

U.S. Citizen  Yes  No

Veteran  Yes  No

### Ethnicity

Black  White (non-Hispanic)  Hispanic

American Indian or Alaskan

Asian, Pacific Islander or Indian Subcontinent

Other

Have you ever been convicted of a sex-related offense or a violent crime against a minor?  Yes  No

Have you been convicted of a sexual offense in the past 15 years?  Yes  No

Are you required to register as a sexual offender?  Yes  No

## Payment Information

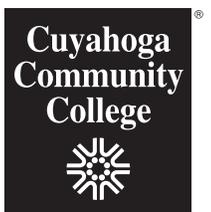
### Registration Fees

\_\_\_\_ \$49.95 for up to three Encore On-the-Go courses (Tuesdays)

\_\_\_\_ \$99 for up to six Encore Campus Fridays courses at a single campus

\_\_\_\_ Neighborhood Scholars Total

\_\_\_\_ **Grand Total**



View course descriptions beginning on page 11 and register online at [tri-c.edu/encore](http://tri-c.edu/encore). Find instructions to register on page 28.

**ENCORE ON-THE-GO SPRING SCHEDULE - TUESDAYS / \$49.95 FOR UP TO THREE COURSES**

Please indicate first and second choices in the event a class becomes unavailable. See course schedule on page 7.

Time Slot	Choice	5-Digit CRN					Title
9 a.m.	1st						
	2nd						
11 a.m.	1st						
	2nd						
1 p.m.	1st						
	2nd						

**ENCORE CAMPUS FRIDAYS SCHEDULE / \$99 FOR UP TO SIX COURSES AT A SINGLE CAMPUS**

Please indicate first and second choices in the event a class becomes unavailable. See course schedule on page 8.

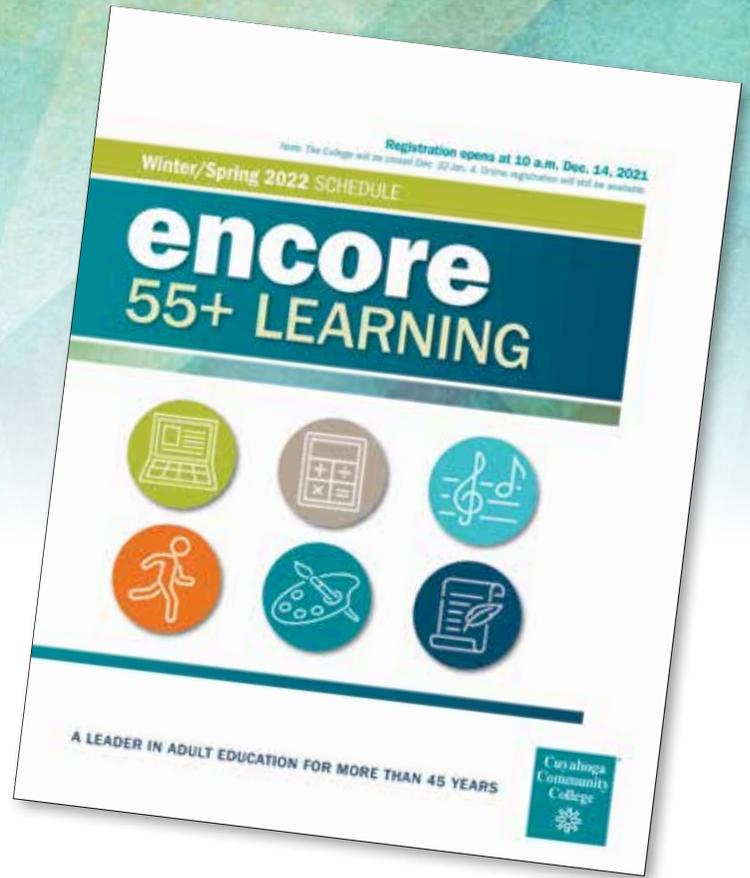
Time Slot	Choice	5-Digit CRN					Title	Location
9 a.m.	1st							
	2nd							
10 a.m.	1st							
	2nd							
11 a.m.	1st							
	2nd							
Noon	1st							
	2nd							
1 p.m.	1st							
	2nd							
2 p.m.	1st							
	2nd							

**NEIGHBORHOOD SCHOLARS**

See course information beginning on page 23.

Start Date	5-Digit CRN					Title	Location	Fee
							Neighborhood Scholars Fee Total \$ _____	

**Grand Total** \_\_\_\_\_



Know someone  
who might be  
interested in Encore?

**Want us to send them a catalog?**

**Mail this form to:**

**Encore, Corporate College® East**

4400 Richmond Road / Warrensville Heights, OH 44128

**Email the information below to:**

encore@tri-c.edu

**Name:** \_\_\_\_\_

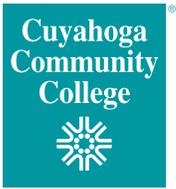
**Email:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**Apt.:** \_\_\_\_\_

**City:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**Referred by (your name):** \_\_\_\_\_



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