

Registration opens at 10 a.m. Dec. 13, 2022

Note: The College will be closed Dec. 23-Jan. 2. Online registration will still be available.

Winter/Spring 2023 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 through Encore Campus Fridays, Encore On-the-Go and Neighborhood Scholars.



Virtual Session

Winter

Tuesdays, Jan. 24 – March 7
(9 a.m., 11 a.m. and 1 p.m.)

Thursdays, Jan. 26 – March 9 (2 p.m.)

Spring

Tuesdays, March 21 – May 2
(9 a.m., 11 a.m. and 1 p.m.)

Thursdays, March 23 – May 4 (2 p.m.)

50-minute virtual classes

Cost: \$30 per course

On-Campus Session

Winter

Fridays, Jan. 27 – March 10

50-minute in-person classes

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

Spring

Fridays, March 24 – May 5

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 or \$30 per course

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!

Visit tri-c.edu/encore or call 216-987-2274 for more information.

We look forward to seeing you soon!

The Encore Team

TABLE OF CONTENTS

WINTER SESSION

Encore On-The-Go (Virtual)

Tuesdays.....	5
Thursdays	5

Encore Campus Fridays

Eastern Campus Schedule	6
Western Campus Schedule	8

SPRING SESSION

Encore On-the-Go (Virtual)

Tuesdays.....	10
Thursdays	10

Encore Campus Fridays

Eastern Campus Schedule	11
Western Campus Schedule	13
Westshore Campus Schedule.....	15

Course Descriptions

Neighborhood Scholars

Instructor and Advisory Team.....

How to Register

Cancellation and Withdrawal Policies.....

Registration Form.....

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.

**The west entrance to the Student Services building will be closed through June 2023. Visit tri-c.edu/constructionupdates for more details.*

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.

Jan 19: 10-11 a.m.; 1-2 p.m.

March 16: 10-11 a.m.; 1-2 p.m.

Register at tri-c.edu/EOGtest.

New to Encore Campus Fridays or Neighborhood Scholars?

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.

MEET THE ENCORE TEAM

The Team



Suzanne Ortiz

*Director
Professional Development,
Community Education and
Encore 55+ Learning*



Fran Tomba

*Program Coordinator
Community Education
and Encore 55+ Learning*



Traci Lyons

*Program Coordinator
Professional Development
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.**

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

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 (or \$30 per course).

Encore On-the-Go allows students to engage with our instructors in a virtual format. Students can register for \$30 per course. Technology test 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 and Thursdays Virtual – Winter

\$30 per course

Tuesdays, Jan. 24 – Mar. 7

COURSE	INSTRUCTOR	A La Carte Subject Code	A La Carte CRN
9-9:50 a.m.			
Big Pharma: Pulling Back the Curtain on the Business of Health Care	Mary R. Kolk	ZELD1945	41607
Food Over Medicine	Karen Brucken	ZELD1950	41608
French Theater History	Doug Woods	ZELD1951	41609
Northeast Ohio Wines 101	Carol Agnew	ZELD1952	41610
Sisters in Arms: Women Who Flew in WWII	Judi Slack	ZELD1953	41611
SMART Recovery Journey	Jody M. Bell	ZELD1954	41612
11-11:50 a.m.			
Basic Hatha Yoga	Jody Schrock	ZELD1955	41613
Beginner American Sign Language I	Deborah Stylinski	ZELD1956	41614
Blogging Through Retirement	Jennifer Otto	ZELD1957	41615
Gettysburg: The Aftermath of Battle	Judi Slack	ZELD1958	41616
Health/Happiness Improvements	Kyle Pansky	ZELD1959	41617
Loneliness: The Human Signal We All Need to Hear	Mary R. Kolk	ZELD1960	41618
Pilates for 55+	Alyssa Wilmot	ZELD1961	41619
1-1:50 p.m.			
A Gift of Time	Ted Smith	ZELD1962	41620
Anahat Ageless Chair Yoga	Jody Schrock	ZELD1963	41621
Awesome Women Writers: First Ladies of Literature	Judi Slack	ZELD1964	41622
Chair Yoga	Katie Evans	ZELD2654	41623
Cultural Awareness Begins by Interrupting Microaggressions	Jackie Arendt	ZELD2278	41624
Northeast Ohio Wines 201	Carol Agnew	ZELD2279	41625

Thursdays, Jan. 26 – Mar. 9

COURSE	INSTRUCTOR	A La Carte Subject Code	A La Carte CRN
2-2:50 p.m.			
Book Discussion Group	Marcia Petchers	ZELD2281	41626



Jan. 27 – Mar. 10 | 9 a.m. – 3 p.m.

\$99 for up to 6 courses (bundle) or \$30 per course (a la carte)

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

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
9-9:50 a.m.					
Analyzing Major League Baseball	Michael Walczak	ZELD2283	41631	ZELD2475	41632
Augustine of Hippo	Ted Smith	ZELD2284	41633	ZELD2476	41634
Famous Americans You've Never Heard of or Know Little About	Avery Fromet	ZELD2761	41897	ZELD2762	41894
Great American Songbook Singers I	Jerry Jelinek	ZELD2285	41635	ZELD2477	41637
Microsoft Windows, Word, Excel and PowerPoint for Beginners	Deborah Judith Piccus	ZELD2286	41639	ZELD2478	41641
Publish Your Legacy	Deante Young	ZELD2287	41643	ZELD2479	41645
Retirement Planning Strategies	Keith Witkowski	ZELD2288	41647	ZELD2480	41648
10-10:50 a.m.					
Apple iPhone for Beginners	Deborah Judith Piccus	ZELD2289	41649	ZELD2481	41651
Comprehensive Estate Planning 101	Dan Baron	ZELD2290	41656	ZELD2482	41658
How We Beat Diabetes	Mary R. Kolk	ZELD2291	41653	ZELD2483	41655
The Nature of Suffering	Ted Smith	ZELD2292	41659	ZELD2484	41661
Speaker Series: Explore, Enrich, Engage	Betty Zak	ZELD2293	41662	ZELD2485	41663
11-11:50 a.m.					
Anahat Ageless Chair Yoga	Jody Schrock	ZELD2294	41664	ZELD2486	41665
Beginning Piano Theory	Patricia A. Miles Ashford	ZELD2295	41667	ZELD2487	41668
CANCELED Casino Games	Terry Perko	ZELD2296	41669	ZELD2488	41670
Everyone Has a Story: My Life as a Fractured Fairy Tale	Jeanne Goldberg	ZELD2297	41671	ZELD2489	41672
Fun With Italian	Maureen Huefner	ZELD2298	41675	ZELD2490	41677
Garden of Eden	Ted Smith	ZELD2299	41684	ZELD2491	41686
How to Select a Nursing Home	Gary Klein	ZELD2300	41688	ZELD2492	41689
Loneliness: The Human Signal We All Need to Hear	Mary R. Kolk	ZELD2301	41690	ZELD2493	41691
Noon-12:50 p.m.					
Ancient Yoga Breath	Jody Schrock	ZELD2302	41807	ZELD2494	41808
Bad Math (and Fun Math)	Marty Cohen	ZELD2303	41692	ZELD2495	41693
The Beatles	Frank Thomas	ZELD2304	41694	ZELD2496	41695
Extremely Basic Computer Skills	Jeanne Goldberg	ZELD2305	41696	ZELD2497	41697
History of the Underground Railroad in Northeast Ohio	Herbert A. Burns	ZELD2306	41698	ZELD2498	41699
Meditative Music: Healing Body and Soul	Barbara Perkins	ZELD2307	41703	ZELD2499	41705

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
1 - 1:50 p.m.					
Basic Hatha Yoga	Jody Schrock	ZELD2308	41706	ZELD2501	41711
Beginner Line Dancing	Beth Parnin	ZELD2309	41712	ZELD2502	41713
Beginning Weight Training: Machines	Shad Nye	ZELD2310	41715	ZELD2503	41717
The Black Laws of Ohio	Herbert A. Burns	ZELD2311	41719	ZELD2504	41721
Northeast Ohio Wines 101	Carol Agnew	ZELD2312	41723	ZELD2505	41725
Rock Music of the '70s	Frank Thomas	ZELD2313	41726	ZELD2506	41727
Tea Time Mindfulness	Jody M. Bell	ZELD2314	41728	ZELD2507	41729
2 - 2:50 p.m.					
Core Training	Shad Nye	ZELD2315	41730	ZELD2508	41731
Fun With Fitness	Beth Parnin	ZELD2316	41732	ZELD2509	41733
Northeast Ohio Wines 201	Carol Agnew	ZELD2317	41734	ZELD2510	41735



Jan. 27 – Mar. 10 | 9 a.m. – 3 p.m.

\$99 for up to 6 courses (bundle) or \$30 per course (a la carte)

Western Campus | 11000 Pleasant Valley Road | Parma, OH 44130

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
9-9:50 a.m.					
The Beatles	Frank Thomas	ZELD2318	41627	ZELD2511	41628
Beginning Piano Theory	Patricia A. Miles Ashford	ZELD2319	41629	ZELD2512	41630
CANCELED Casino Games	Terry Perko	ZELD2320	41636	ZELD2513	41638
It's Not What You Think: A Citizen's Guide to Policing in America	Walter S. Topp	ZELD2321	41640	ZELD2514	41642
Meditative Music: Healing Body and Soul	Barbara Perkins	ZELD2322	41644	ZELD2515	41646
Retirement Planning 101	Thomas Windom	ZELD2323	41650	ZELD2516	41652
TV Game Show Fun	Gerry Nemeth	ZELD2324	41654	ZELD2517	41657
Watercolor Journaling	Bonny Carroll	ZELD2325	41666	ZELD2518	41673
10-10:50 a.m.					
Beginning Weight Training: Machines	Shad Nye	ZELD2326	41674	ZELD2519	41676
Blogging Through Retirement	Jennifer Otto	ZELD2327	41678	ZELD2521	41679
The Heretical Jesus, Then and Now	Wendell Brooker	ZELD2328	41680	ZELD2522	41681
Practical Estate Planning for Older Adults	Erin C. Eurenus	ZELD2329	41682	ZELD2523	41683
Qi Gong: Stand and Sit	Martha Lois	ZELD2330	41685	ZELD2524	41687
Rock Music of the '70s	Frank Thomas	ZELD2331	41700	ZELD2525	41701
Speaker Series: Explore, Enrich, Engage	Betty Zak	ZELD2332	41702	ZELD2526	41704
11-11:50 a.m.					
Cleveland Sports Highlights and Lowlights	Gerry Nemeth	ZELD2333	41707	ZELD2527	41708
Cultural Awareness Begins by Interrupting Microaggressions	Jackie Arendt	ZELD2334	41709	ZELD2528	41710
Effective Presentations	Deborah Judith Piccus	ZELD2335	41714	ZELD2529	41716
Historic Figures in Psychology	Charles Banevich	ZELD2336	41718	ZELD2531	41720
Political Parties, Voting and Voter Rights	Jeff Black	ZELD2337	41722	ZELD2532	41724
Tai Chi: Form for Balance	Martha Lois	ZELD2338	41820	ZELD2533	41827
Walt Disney: Imagining a World for Children	Wendell Brooker	ZELD2339	41860	ZELD2534	41861
We Built This City: How Transportation, Immigration, Industrialization and Politics Came Together to Build Modern Cleveland (1796-1929)	Walter S. Topp	ZELD2340	41864	ZELD2535	41866
Noon-12:50 p.m.					
Analyzing Major League Baseball	Michael Walczak	ZELD2341	41871	ZELD2536	41872
Ancient Greek and Roman Art	Martha Lois	ZELD2342	41873	ZELD2537	41874
Christianity's Family Tree	Bob Wido	ZELD2343	41875	ZELD2538	41876
Comprehensive Estate Planning 101	Dan Baron	ZELD2344	41878	ZELD2539	41880

View course descriptions beginning on page 16 and register online at tri-c.edu/encore. Find instructions to register on page 35.

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
Noon - 12:50 p.m. (continued)					
George Washington, American Father	Dennis Geffert	ZELD2345	41882	ZELD2541	41891
Health/Happiness Improvements	Kyle Pansky	ZELD2655	41895	ZELD2542	41896
1 - 1:50 p.m.					
A Smart Approach to Estate Planning	Samuel Butcher	ZELD2347	41899	ZELD2543	41900
Don't Go Broke in a Nursing Home	Dan Baron	ZELD2348	41901	ZELD2544	41903
Historical Geography of the United States	Dennis Geffert	ZELD2349	41905	ZELD2545	41907
How We Beat Diabetes	Mary R. Kolk	ZELD2350	41909	ZELD2546	41910
The Nature of Suffering	Ted Smith	ZELD2351	41911	ZELD2547	41912
Road-Tripping Through Ohio	Milenko Budimir	ZELD2352	41913	ZELD2548	41914
2 - 2:50 p.m.					
Beatles Redone II	Ted Smith	ZELD2353	41916	ZELD2549	41918
Blame It on the Bossa Nova	Gary Anderson	ZELD2354	41919	ZELD2550	41920
History of Cleveland	Douglas Imhoff	ZELD2355	41922	ZELD2551	41925
Loneliness: The Human Signal We All Need to Hear	Mary R. Kolk	ZELD2356	41927	ZELD2552	41929
Stoic Philosophy: Ancient Wisdom for Modern Life	Milenko Budimir	ZELD2357	41931	ZELD2553	41933
Beginner Piano II	Rebecca Unkefer	ZELD2358	41934	ZELD2554	41936

Encore

On-the-Go

 Tuesdays and Thursdays
Virtual – Spring

\$30 per course

Tuesdays, Mar. 21 – May 2

COURSE	INSTRUCTOR	A La Carte Subject Code	A La Carte CRN
9-9:50 a.m.			
Pilates for 55+	Alyssa Wilmot	ZELD2359	41843
Free Will and Moral Responsibility	Ted Smith	ZELD2360	41844
How We Beat Diabetes	Mary R. Kolk	ZELD2361	41846
Northwest Ohio Wines 102	Carol Agnew	ZELD2362	41849
SMART Recovery Journey	Jody M. Bell	ZELD2363	41862
Why is Democracy so Fragile?	Charlene Mileti	ZELD2364	41851
11-11:50 a.m.			
The A-Z of Wonder Women	Judi Slack	ZELD2365	41852
Basic Hatha Yoga	Jody Schrock	ZELD2366	41853
Blogging Through Retirement	Jennifer Otto	ZELD2367	41855
Historic Costume Design	Doug Woods	ZELD2368	41858
The Irish Come to America	Ted Smith	ZELD2369	41850
1-1:50 p.m.			
Anahat Ageless Chair Yoga	Jody Schrock	ZELD2370	41863
Cultural Awareness Begins by Interrupting Microaggressions	Jackie Arendt	ZELD2371	41865
Dance Basics	Alyssa Wilmot	ZELD2372	41867
It's a Scientific Fact: Women Rock!	Judi Slack	ZELD2373	41868
Northwest Ohio Wines 202	Carol Agnew	ZELD2374	41869

Thursdays, Mar. 23 – May 4

COURSE	INSTRUCTOR	A La Carte Subject Code	A La Carte CRN
2-2:50 p.m.			
Book Discussion Group	Marcia Petchers	ZELD2375	41870

Mar. 24 – May 5 | 9 a.m. – 3 p.m.

\$99 for up to 6 courses (bundle) or \$30 per course (a la carte)

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

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
9-9:50 a.m.					
BalloFlex	Mary Kopczynski	ZELD2376	41736	ZELD2555	41737
Einstein and the Historic Debate No One Remembers	Charlene Mileti	ZELD2377	41738	ZELD2556	41739
Famous People from N.E. Ohio You've Never Heard of Or Know Little About	Avery Fromet	ZELD2764	41915	ZELD2763	41917
Great American Songbook Singers II	Jerry Jelinek	ZELD2378	41747	ZELD2557	41748
Retirement Planning Strategies	Keith Witkowski	ZELD2379	41740	ZELD2558	41741
10-10:50 a.m.					
Analyzing Major League Baseball	Michael Walczak	ZELD2380	41742	ZELD2559	41743
The Enlightenment I: The Search for a Secular Morality	Charlene Mileti	ZELD2381	41746	ZELD2560	41745
Heroes of the Holocaust	Avery Fromet	ZELD2766	41924	ZELD2765	41938
Sometimes I Worry	Mary Lou Fasko	ZELD2382	41744	ZELD2561	41749
Speaker Series: Explore, Enrich, Engage	Betty Zak	ZELD2383	41750	ZELD2562	41752
11-11:50 a.m.					
Beginner American Sign Language I	Deborah Stylinski	ZELD2384	41753	ZELD2563	41754
Beginning Piano Theory	Patricia A. Miles Ashford	ZELD2385	41755	ZELD2564	41756
CANCELED Casino Games	Terry Perko	ZELD2386	41757	ZELD2565	41758
The Enlightenment II: The Legacy	Charlene R. Mileti	ZELD2387	41809	ZELD2566	41810
Gardener's Gazette	Rita Politzer	ZELD2388	41759	ZELD2567	41760
Greatest Symphonies Other Than Beethoven's	Richard Polster	ZELD2389	41761	ZELD2568	41762
Hollywood and the Holocaust	Sol Factor	ZELD2390	41763	ZELD2569	41764
More Fun With Italian	Maureen Huefner	ZELD2391	41765	ZELD2570	41766
Postwar America (1945-1960)	Thomas Hartshorne	ZELD2392	41767	ZELD2571	41768
Noon-12:50 p.m.					
Ancient Yoga Breath	Jody Schrock	ZELD2393	41771	ZELD2572	41772
The European Renaissance: Come to the Faire!	Barbara Perkins	ZELD2394	41769	ZELD2573	41770
Gray Matter Matters	Mary Lou Fasko	ZELD2395	41773	ZELD2574	41774
Meditation	Katie Evans	ZELD2396	41775	ZELD2575	41776
Rock Music of the '70s	Frank Thomas	ZELD2397	41777	ZELD2576	41778
1-1:50 p.m.					
Basic Hatha Yoga	Jody Schrock	ZELD2398	41779	ZELD2577	41780
The Beatles	Frank Thomas	ZELD2399	41781	ZELD2578	41782

View course descriptions beginning on page 16 and register online at tri-c.edu/encore. Find instructions to register on page 35.

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
1 - 1:50 p.m. (continued)					
Beginner Line Dancing	Beth Parnin	ZELD2400	41783	ZELD2579	41784
Beginner American Sign Language II	Deborah Stylinski	ZELD2401	41785	ZELD2580	41786
Beginning Weight Training: Free Weights	Shad Nye	ZELD2402	41787	ZELD2581	41788
Meditation	Katie Evans	ZELD2403	41789	ZELD2582	41790
More Than a Snapshot	Judith Khaner	ZELD2404	41791	ZELD2583	41792
Northwest Ohio Wines 102	Carol Agnew	ZELD2405	41793	ZELD2584	41794
The Slave Bible	Herbert A. Burns	ZELD2406	41795	ZELD2585	41796
2 - 2:50 p.m.					
Abolitionist Attorneys and Civil Rights Activists of 19th-Century Ohio	Herbert A. Burns	ZELD2407	41797	ZELD2586	41798
Anahat Ageless Chair Yoga	Jody Schrock	ZELD2408	41799	ZELD2587	41800
Core Training	Shad Nye	ZELD2409	41801	ZELD2588	41802
Fun with Fitness	Beth Parnin	ZELD0780	42181	ZELD0781	42182
Healthy Smartz	Vera Bartasavich	ZELD2410	41803	ZELD2589	41804
Northwest Ohio Wines 202	Carol Agnew	ZELD2411	41805	ZELD2590	41806

Mar. 24 – May 5 | 9 a.m. – 3 p.m.

\$99 for up to 6 courses (bundle) or \$30 per course (a la carte)

Western Campus | 11000 Pleasant Valley Road | Parma, OH 44130

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
9-9:50 a.m.					
American Democracy in Peril	Patrick H. O'Leary	ZELD2412	41877	ZELD2591	41879
Beginning Piano Theory	Patricia A. Miles Ashford	ZELD2413	41881	ZELD2592	41751
CANCELED Casino Games	Terry Perko	ZELD2414	41883	ZELD2593	41884
The European Renaissance: Come to the Faire!	Barbara Perkins	ZELD2415	41885	ZELD2594	41886
Rock Music of the '70s	Frank Thomas	ZELD2416	41887	ZELD2595	41888
Royal Scandals of European History	Betty Zak	ZELD2417	41889	ZELD2596	41890
Symphonies of Beethoven	Richard Polster	ZELD2418	41892	ZELD2597	41893
TV Game Show Fun	Gerry Nemeth	ZELD2419	41898	ZELD2598	41973
10-10:50 a.m.					
The Beatles	Frank Thomas	ZELD2420	41902	ZELD2599	41904
Beginning Weight Training: Free Weights	Shad Nye	ZELD2421	41906	ZELD2600	41908
Blogging Through Retirement	Jennifer Otto	ZELD2422	41921	ZELD2601	41923
Enneagram: Understanding Yourself and Others	Patrick H. O'Leary	ZELD2423	41926	ZELD2602	41928
Practical Estate Planning for Older Adults	Erin C. Eurenus	ZELD2424	41930	ZELD2603	41932
Qi Gong: Stand and Sit	Martha Lois	ZELD2425	41935	ZELD2604	41937
Speaker Series: Explore, Enrich, Engage	Betty Zak	ZELD2426	41942	ZELD2605	41944
What Makes Us Human?	Wendell Brooker	ZELD2427	41949	ZELD2606	41950
11-11:50 a.m.					
Cleveland Sports Highlights and Lowlights	Gerry Nemeth	ZELD2428	41952	ZELD2607	41974
Gardener's Gazette	Marilyn Hallenburg	ZELD2429	41955	ZELD2608	41956
Historic Figures in Psychology	Charles Banevich	ZELD2430	41957	ZELD2609	41958
Poets With Guitars	Wendell Brooker	ZELD2431	41959	ZELD2610	41960
Principles of Government at the Federal and State Levels	Jeff Black	ZELD2432	41961	ZELD2611	41962
Stress: Your Secret Weapon	Pat Stropko-O'Leary	ZELD2433	41963	ZELD2612	41964
Tai Chi: Form for Balance	Martha Lois	ZELD2434	41965	ZELD2613	41966
Noon-12:50 p.m.					
The 1960s: The Decade That Changed Everything	Bob Wido	ZELD2436	41969	ZELD2615	41970
Analyzing Major League Baseball	Michael Walczak	ZELD2437	41971	ZELD2616	41972
Fascinating Aspects of Modern Architecture and Functional Art	Martha Lois	ZELD2438	41975	ZELD2617	41976

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
Noon - 12:50 p.m. (continued)					
Health/Happiness Improvements	Kyle Pansky	ZELD2439	41977	ZELD2618	41978
Ohio Archaeology	Eric Olson	ZELD2440	41979	ZELD2619	41980
Retirement Planning 101	Thomas Windom	ZELD2441	41981	ZELD2620	41982
World Geography: Special Topics	Dennis Geffert	ZELD2442	41983	ZELD2621	41984
1 - 1:50 p.m.					
A Gift of Time	Ted Smith	ZELD2443	41985	ZELD2622	41986
BalloFlex	Mary Kopczynski	ZELD2444	41987	ZELD2623	41988
Hollywood and the Holocaust	Sol Factor	ZELD2445	41989	ZELD2624	41990
Talking TED	Susan Ungham	ZELD2446	41991	ZELD2625	41992
"What If?" II: Speculative History	Dennis Geffert	ZELD2435	41967	ZELD2614	41968
2 - 2:50 p.m.					
A Smart Approach to Estate Planning	Samuel Butcher	ZELD2447	41993	ZELD2626	41994
Amorous Voices From the '60s	Gary Anderson	ZELD2448	41995	ZELD2627	41996
Beatles Go Classical	Ted Smith	ZELD2449	41997	ZELD2628	41998
The Women's Suffrage Movement: An Overview	Linda Witkowski	ZELD2450	41999	ZELD2629	42000

Mar. 24 – May 5 | 9 a.m. – 3 p.m.

\$99 for up to 6 courses (bundle) or \$30 per course (a la carte)

Westshore Campus | 31001 Clemens Road | Westlake, OH 44145

COURSE	INSTRUCTOR	Bundle Subject Code	Bundle CRN	A La Carte Subject Code	A La Carte CRN
9-9:50 a.m.					
A Gift of Time	Ted Smith	ZELD2451	41605	ZELD2630	41606
Fall From Grace: How Business, Politics, Economics and Racism Came Together to Deconstruct Modern Cleveland	Walter S. Topp	ZELD2452	41939	ZELD2631	41940
Knead to Know: The History of Bread	Judi Slack	ZELD2453	41811	ZELD2632	41812
Season for Gardening: Spring	Shelly A. Hill	ZELD2454	41813	ZELD2633	41814
10-10:50 a.m.					
Gettysburg Faces	Judi Slack	ZELD2455	41941	ZELD2634	41943
Introduction to Yoga	Wendy Barrett	ZELD2456	41815	ZELD2635	41816
Let's Go to the Opera	Elizabeth Bird	ZELD2457	41818	ZELD2636	41819
The Nature of Suffering	Ted Smith	ZELD2458	41821	ZELD2637	41822
11-11:50 a.m.					
The Best Medicine?	Ted Smith	ZELD2459	41825	ZELD2638	41826
Gardener's Gazette	Mary Jo Rawlins	ZELD2461	41830	ZELD2640	41831
The Immigrant Experience: How Immigration Helped Build Greater Cleveland	Walter S. Topp	ZELD2462	41946	ZELD2641	41947
Music History: Romantic Period to 20th Century	Elizabeth Bird	ZELD2460	41828	ZELD2639	41829
Nevertheless, She Wore It: Iconic Fashion Moments	Judi Slack	ZELD2463	41832	ZELD2642	41833
Noon-12:50 p.m.					
Art Perspectives	Kristy Simpson	ZELD2464	41834	ZELD2643	41835
Cooking With Chef Elizabeth	Elizabeth Bird	ZELD2465	41836	ZELD2644	41837
The Exciting Experience of Virtual and Augmented Realty	Gary Arnosk	ZELD2466	41948	ZELD2645	41951
When Women Played Hardball	Judi Slack	ZELD2467	41838	ZELD2646	41839
1-1:50 p.m.					
Creative Writing: The Novel	Leanne Miller	ZELD2468	41823	ZELD2647	41824
Dance Basics	Alyssa Wilmot	ZELD2469	41840	ZELD2648	41841
Now Entering the Twilight Zone	Michael Bohnert	ZELD2470	41842	ZELD2649	41845
2-2:50 p.m.					
Mat Pilates	Alyssa Wilmot	ZELD2471	41847	ZELD2650	41848
Rosie the Riveter: Women Working on the Home Front in WWII	Judi Slack	ZELD2472	41953	ZELD2651	41954
Tea Time Mindfulness	Jody M. Bell	ZELD2473	41854	ZELD2652	41856
TV Game Show Fun	Gerry Nemeth	ZELD2474	41857	ZELD2653	41859

View course descriptions beginning on page 16 and register online at tri-c.edu/encore. Find instructions to register on page 35.

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 for supply list.



Additional fee for class materials.



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

The 1960s: The Decade That Changed Everything *Bob Wido*

Spring Bundle | Western | noon-12:50 p.m. | 41969
Spring A la carte | Western | noon-12:50 p.m. | 41970

A fun, energetic and insightful look at what many consider the most important period in American history. We'll look at major events and people and discuss our own personal experiences throughout the '60s.

The A-Z of Wonder Women *Judi Slack*

Spring A la carte | Virtual | 11-11:50 a.m. | 41852

Meet trailblazers and groundbreakers across the globe and throughout time, from Ada Lovelace to Zaha Hadid. These heroic Wonder Women are Aboriginal, Asian, African, white, young, old, strong, smart, harsh, kind and stubborn. They show that there is no one way to be a woman — or to succeed. Let them shine a light on your path to success as we free them from the shadows.

Abolitionist Attorneys and Civil Rights Activists of 19th-Century Ohio *Herbert A. Burns*

Spring Bundle | Eastern | 2 - 2:50 p.m. | 41797
Spring A la carte | Eastern | 2 - 2:50 p.m. | 41798

This course brings to light the unsung heroes who fiercely opposed unjust laws enacted by the Ohio state legislature and the federal government. Examine historical speeches, letters and news articles.

American Democracy in Peril *Patrick H. O'Leary*

Spring Bundle | Western | 9-9:50 a.m. | 41877
Spring A la carte | Western | 9-9:50 a.m. | 41879

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

Amorous Voices From the '60s *Gary Anderson*

Spring Bundle | Western | 2-2:50 p.m. | 41995
Spring A la carte | Western | 2-2:50 p.m. | 41996

The 1960s may have begun with kids doing the twist, the mashed potato, the frug and the jerk, but the decade was really a showcase for romantic ballads. Written by old and new master composers, these songs were sung by people who had lived long enough to experience various affairs of the heart.

Anahat Ageless Chair Yoga *Jody Schrock*

Winter Bundle | Eastern | 11-11:50 a.m. | 41664
Winter A la carte | Eastern | 11-11:50 a.m. | 41665
Winter A la carte | Virtual | 1-1:50 p.m. | 41621
Spring Bundle | Eastern | 2 - 2:50 p.m. | 41799
Spring A la carte | Eastern | 2 - 2:50 p.m. | 41800
Spring A la carte | Virtual | 1-1:50 p.m. | 41863

Hatha yoga designed for people with limited mobility due to age, illness or disability. Classes consist of warm-ups, working the major muscle groups and reducing stress through breathing and meditation.

Analyzing Major League Baseball *Michael Walczak*

Winter Bundle | Eastern | 9-9:50 a.m. | 41631
Winter A la carte | Eastern | 9-9:50 a.m. | 41632
Winter Bundle | Western | noon-12:50 p.m. | 41871
Winter A la carte | Western | noon-12:50 p.m. | 41872
Spring Bundle | Eastern | 10-10:50 a.m. | 41742
Spring A la carte | Eastern | 10-10:50 a.m. | 41743
Spring Bundle | Western | noon-12:50 p.m. | 41971
Spring A la carte | Western | noon-12:50 p.m. | 41972

Examine tools used to evaluate major league performance. From bunts to zone ratings, from Bill James to Moneyball, come prepared to see the game as you've never seen it before.

Ancient Greek and Roman Art

Martha Lois

Winter Bundle | Western | noon-12:50 p.m. | 41873
 Winter A la carte | Western | noon-12:50 p.m. | 41874

The Greeks were the first to achieve realism in human figurative statues. The Romans utilized their own engineering and building skills throughout the Mediterranean. The resulting art and architecture reveal much about these cultures' values and beliefs.

Ancient Yoga Breath

Jody Schrock

Winter Bundle | Eastern | noon-12:50 p.m. | 41807
 Winter A la carte | Eastern | noon-12:50 p.m. | 41808
 Spring Bundle | Eastern | noon-12:50 p.m. | 41771
 Spring A la carte | Eastern | noon-12:50 p.m. | 41772

Calm down and reset with an expanded variety of breathing techniques, meditations and simple warm-ups. Use your breath to change your mood. Mat not required.

Apple iPhone for Beginners

Deborah Judith Piccus

Winter Bundle | Eastern | 10-10:50 a.m. | 41649
 Winter A la carte | Eastern | 10-10:50 a.m. | 41651

Learn how to effectively use your iPhone, from buttons and settings to finding and installing new apps and much more.

Art Perspectives

Kristy Simpson

Spring Bundle | Westshore | noon-12:50 p.m. | 41834
 Spring A la carte | Westshore | noon-12:50 p.m. | 41835

Find your inner artist. Explore and utilize basic visual art techniques to create eye-catching 3D designs on a 2D surface. Through hands-on exercises, learn to apply fundamental art techniques to create personal compositions. The instructor will supply all class supplies.

Augustine of Hippo

Ted Smith

Winter Bundle | Eastern | 9-9:50 a.m. | 41633
 Winter A la carte | Eastern | 9-9:50 a.m. | 41634

In the late 4th century AD, young Augustine struggled to find himself. 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 — and even brought legal challenges against — his fellow clergy to make his positions Church Law. Was Augustine right, or were his contemporaries onto something better?

Awesome Women Writers: First Ladies of Literature

Judi Slack

Winter A la carte | Virtual | 1-1:50 p.m. | 41622

This course journeys through time to highlight women who have left their mark on the literary world. Dig deep into the lives and works of renowned authors as well as some lesser-known greats. Maya Angelou, Jane Austen, Rachel Carson, Margaret Mead and others make up a diverse group of women writers who were at times ignored, banned and reviled by the public.

Bad Math (and Fun Math)

Marty Cohen

Winter Bundle | Eastern | noon-12:50 p.m. | 41692
 Winter A la carte | Eastern | noon-12:50 p.m. | 41693

Using clear, specific examples, this course illustrates how phony math, bogus statistics and misleading numbers can affect our politics, economics, culture and beliefs. We'll also address several everyday math quirks of a more amusing nature. No prior knowledge required.

BalloFlex

Mary Kopczynski

Spring Bundle | Eastern | 9-9:50 a.m. | 41736
 Spring A la carte | Eastern | 9-9:50 a.m. | 41737
 Spring Bundle | Western | 1-1:50 p.m. | 41987
 Spring A la carte | Western | 1-1:50 p.m. | 41988

BalloFlex is a seated chair fitness program carefully designed to provide fun group interaction using lowimpact 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 Bundle | Eastern | 1-1:50 p.m. | 41706
 Winter A la carte | Eastern | 1-1:50 p.m. | 41711
 Winter A la carte | Virtual | 11-11:50 a.m. | 41613
 Spring Bundle | Eastern | 1-1:50 p.m. | 41779
 Spring A la carte | Eastern | 1-1:50 p.m. | 41780
 Spring A la carte | Virtual | 11-11:50 a.m. | 41853

Join us for 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 include warm-ups, asanas, breathing and meditation.

The Beatles

Frank Thomas

Winter Bundle | Eastern | noon - 12:50 p.m. | 41694
 Winter A la carte | Eastern | noon-12:50 p.m. | 41695
 Winter Bundle | Western | 9-9:50 a.m. | 41627
 Winter A la carte | Western | 9-9:50 a.m. | 41628
 Spring Bundle | Eastern | 1-1:50 p.m. | 41781
 Spring A la carte | Eastern | 1-1:50 p.m. | 41782
 Spring Bundle | Western | 10-10:50 a.m. | 41902
 Spring A la carte | Western | 10-10:50 a.m. | 41904

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

Beatles Go Classical

Ted Smith

Spring Bundle | Western | 2-2:50 p.m. | 41997
 Spring A la carte | Western | 2-2:50 p.m. | 41998

Explore iconic Beatles songs reinterpreted in a classical style. Let's make a game of it: Can you guess the name of the song or if it's done in the style of Bach, Vivaldi or Mozart?

Beatles Redone II

Ted Smith

Winter Bundle | Western | 2-2:50 p.m. | 41916
 Winter A la carte | Western | 2-2:50 p.m. | 41918

The lads from Liverpool were inspired by (and sometimes openly copied) performers they listened to in their youth; in turn, they've inspired artists across a variety of genres for 50 years and counting. Explore the musical stories of McCartney, Lennon and Harrison, retold and reinterpreted by the musicians they copied as well as those who copied them.

Beginner American Sign Language I

Deborah Stylinski

Winter A la carte | Virtual | 11-11:50 a.m. | 41614
 Spring Bundle | Eastern | 11-11:50 a.m. | 41753
 Spring A la carte | Eastern | 11-11:50 a.m. | 41754

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

Beginner American Sign Language II

Deborah Stylinski

Spring Bundle | Eastern | 1-1:50 p.m. | 41785
 Spring A la carte | Eastern | 1-1:50 p.m. | 41786

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.

Beginner Line Dancing

Beth Parnin

Winter Bundle | Eastern | 1-1:50 p.m. | 41712
 Winter A la carte | Eastern | 1-1:50 p.m. | 41713
 Spring Bundle | Eastern | 1-1:50 p.m. | 41783
 Spring A la carte | Eastern | 1-1:50 p.m. | 41784

Learn the basic steps of line dancing. Have fun and move to the music. Good for body and mind!

Beginner Piano II

Rebecca Unkefer

Winter Bundle | Western | 2-2:50 p.m. | 41934
 Winter A la carte | Western | 2-2:50 p.m. | 41936

Expand your knowledge of note reading, rhythms and repertoire. Have fun learning new pieces and discussing musical styles and composers. **Prerequisite: *Beginner Piano I***

Beginning Piano Theory

Patricia A. Miles Ashford

Winter Bundle | Eastern | 11-11:50 a.m. | 41667
 Winter A la carte | Eastern | 11-11:50 a.m. | 41668
 Winter Bundle | Western | 9-9:50 a.m. | 41629
 Winter A la carte | Western | 9 - 9:50 a.m. | 41630
 Spring Bundle | Eastern | 11-11:50 a.m. | 41755
 Spring A la carte | Eastern | 11-11:50 a.m. | 41756
 Spring Bundle | Western | 9-9:50 a.m. | 41881
 Spring A la carte | Western | 9-9:50 a.m. | 41751

Receive instruction in basic musical theory as you learn to play the piano. Access to a piano or keyboard is a must. **Required text: *Leila Fletcher Piano Course Book 1***

Beginning Weight Training: Free Weights

Shad Nye

Spring Bundle | Eastern | 1-1:50 p.m. | 41787
 Spring A la carte | Eastern | 1-1:50 p.m. | 41788
 Spring Bundle | Western | 10-10:50 a.m. | 41906
 Spring A la carte | Western | 10-10:50 a.m. | 41908

Learn to use dumbbells, kettlebells and barbells and master exercise programming basics in a safe environment.

Beginning Weight Training: Machines

Shad Nye

Winter Bundle | Eastern | 1-1:50 p.m. | 41715
 Winter A la carte | Eastern | 1-1:50 p.m. | 41717
 Winter Bundle | Western | 10-10:50 a.m. | 41674
 Winter A la carte | Western | 10-10:50 a.m. | 41676

Learn to use a variety of weight equipment and master exercise programming basics in a safe environment.

The Best Medicine?

Ted Smith

Spring Bundle | Westshore | 11-11:50 a.m. | 41825
 Spring A la carte | Westshore | 11-11:50 a.m. | 41826

Did Norman Cousins really laugh himself back to health in the 1960s, or was it all in his head? Is there any scientific research to explain the placebo effect? How do emotions impact our physical health? Western medicine is coming to terms with the fact that how a patient feels about their condition can affect their recovery.

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

Mary R. Kolk

Winter A la carte | Virtual | 9-9:50 a.m. | 41607

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.

The Black Laws of Ohio

Herbert A. Burns

Winter Bundle | Eastern | 1-1:50 p.m. | 41719
 Winter A la carte | Eastern | 1-1:50 p.m. | 41721

In the early 19th century, the State of Ohio enacted a series of laws specifically designed to discriminate against African Americans. Explore the political culture and legal cases that resulted from Ohio’s Black Laws.

Blame It on the Bossa Nova

Gary Anderson

Winter Bundle | Western | 2-2:50 p.m. | 41919
 Winter A la carte | Western | 2-2:50 p.m. | 41920

In the 1960s, a beautiful new type of music caught American ears. Listen with me and be transported to the warm beaches of Brazil.

Blogging Through Retirement

Jennifer Otto

Winter Bundle | Western | 10-10:50 a.m. | 41678
 Winter A la carte | Western | 10-10:50 a.m. | 41679
 Winter A la carte | Virtual | 11-11:50 a.m. | 41615
 Spring Bundle | Western | 10-10:50 a.m. | 41921
 Spring A la carte | Western | 10-10:50 a.m. | 41923
 Spring A la carte | Virtual | 11-11:50 a.m. | 41855

Enjoy sharing your stories and connecting with others? Great — those are the only requirements for this class! We'll cover the basics of blogging, from finding your niche and creating the best blog name to registering a free or paid domain. Plus, we'll brush up on writing skills as we discuss finding your voice and share storytelling tips. Get your creative juices flowing!

Book Discussion Group

Marcia Petchers

Winter A la carte | Virtual | 2-2:50 p.m. | 41626
 Spring A la carte | Virtual | 2-2:50 p.m. | 41870

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 welcome.

Casino Games

Terry Perko

Winter Bundle | Eastern | 11-11:50 a.m. | 41669
 Winter A la carte | Eastern | 11-11:50 a.m. | 41670
 Winter Bundle | Western | 9-9:50 a.m. | 41636
 Winter A la carte | Western | 9-9:50 a.m. | 41638
 Spring Bundle | Eastern | 11-11:50 a.m. | 41757
 Spring A la carte | Eastern | 11-11:50 a.m. | 41758
 Spring Bundle | Western | 9-9:50 a.m. | 41883
 Spring A la carte | Western | 9-9:50 a.m. | 41884

Ever wanted to learn blackjack, roulette, craps or poker? 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).

Chair Yoga

Katie Evans

Winter A la carte | Virtual | 1-1:50 p.m. | 41623

Learn how to strengthen your body through chair yoga.

Christianity's Family Tree

Bob Wido

Winter Bundle | Western | noon-12:50 p.m. | 41875
 Winter A la carte | Western | noon-12:50 p.m. | 41876

Explore the history, theology and practices of different Christian denominations in order to understand each other (and our own faith) in new and respectful ways.

Cleveland Sports Highlights and Lowlights

Gerry Nemeth

Winter Bundle | Western | 11-11:50 a.m. | 41707
 Winter A la carte | Western | 11-11:50 a.m. | 41708
 Spring Bundle | Western | 11-11:50 a.m. | 41952
 Spring A la carte | Western | 11-11:50 a.m. | 41974

This course covers the 1948 Cleveland Indians, the 1964 Cleveland Browns, the 1976 Cleveland Cavs and much more. Watch rare videos and meet sports authors and retired Cleveland athletes. Prizes and a few surprises!

Comprehensive Estate Planning 101

Dan Baron

Winter Bundle | Eastern | 10-10:50 a.m. | 41656
 Winter A la carte | Eastern | 10-10:50 a.m. | 41658
 Winter Bundle | Western | noon-12:50 p.m. | 41878
 Winter A la carte | Western | noon-12:50 p.m. | 41880

As the saying goes, failing to plan is planning to fail. This workshop takes a hands-on approach to avoiding probate court by introducing foundational estate planning tools every family should have in place. Learn about basic wills, powers of attorney, advance directives, family trusts, long-term care, Medicaid, asset protection strategies and more.

Cooking With Chef Elizabeth

Elizabeth Bird

Spring Bundle | Westshore | noon-12:50 p.m. | 41836
 Spring A la carte | Westshore | noon-12:50 p.m. | 41837

Learn to make quick, easy and delicious meals with rising food costs in mind. If we can make it in one 50-minute class, just think what you could do at home!

Core Training

Shad Nye

Winter Bundle | Eastern | 2-2:50 p.m. | 41730
 Winter A la carte | Eastern | 2-2:50 p.m. | 41731
 Spring Bundle | Eastern | 2-2:50 p.m. | 41801
 Spring A la carte | Eastern | 2-2:50 p.m. | 41802

Learn multiple techniques for strengthening and stretching your abdominals, obliques and lower back.

Creative Writing: The Novel

Leanne Miller

Spring Bundle | Westshore | 1-1:50 p.m. | 41823
 Spring A la carte | Westshore | 1-1:50 p.m. | 41824

Share your novel in progress. We'll discuss the writing techniques of new and renowned authors to motivate you to write regularly. Bring a digital tablet, laptop or notebook for automatic-writing exercises.

Cultural Awareness Begins by Interrupting Microaggressions

Jackie Arendt

Winter Bundle | Western | 11-11:50 a.m. | 41709
 Winter A la carte | Western | 11-11:50 a.m. | 41710
 Winter A la carte | Virtual | 1-1:50 p.m. | 41624
 Spring A la carte | Virtual | 1-1:50 p.m. | 41865

What are microaggressions, and why they are harmful? Get the resources, tools and strategies you need to understand and identify them and help others do the same.

Dance Basics

Alyssa Wilmot

Spring Bundle | Westshore | 1-1:50 p.m. | 41840
 Spring A la carte | Westshore | 1-1:50 p.m. | 41841
 Spring A la carte | Virtual | 1-1:50 p.m. | 41867

Listen to great music as we learn line dances and other dance styles for fun and gentle exercise. No experience required.

Don't Go Broke in a Nursing Home

Dan Baron

Winter Bundle | Western | 1-1:50 p.m. | 41901
 Winter A la carte | Western | 1-1:50 p.m. | 41903

The average nursing home costs \$114,936 per year — and Medicare only covers the first 100 days. In this hands-on workshop, you'll learn essential asset protection planning tools and elder law planning strategies and explore Medicaid Asset Protection Trusts, LTC insurance, veterans benefits and more.

Effective Presentations

Deborah Judith Piccus

Winter Bundle | Western | 11-11:50 a.m. | 41714
 Winter A la carte | Western | 11-11:50 a.m. | 41716

Whether you're a new or seasoned presenter, this course will teach you some wonderful techniques for imparting information more effectively.

Einstein and the Historic Debate No One Remembers

Charlene Mileti

Spring Bundle | Eastern | 9-9:50 a.m. | 41738
 Spring A la carte | Eastern | 9-9:50 a.m. | 41739

Paris, 1922: Albert Einstein and world-famous philosopher Henri Bergson debate the true nature of time. Einstein maintained that time is a physical experience that is measurable and quantifiable, while Bergson saw time as the lived experience of all life on Earth — a perpetual flow of memories, dreams, inspiration, intuition, visions and moods. This debate rages on today, with both men's views influencing global politics, religion, art, history, economics and ideas about war and peace.

The Enlightenment I: The Search for a Secular Morality

Charlene Mileti

Spring Bundle | Eastern | 10-10:50 a.m. | 41746
 Spring A la carte | Eastern | 10-10:50 a.m. | 41745

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. Since only rational investigation could reveal the truths of man, nature and the cosmos, traditional ideas about religion, politics and morality had to be reimagined. The United States — the first secular democracy in the world — is the direct result of Enlightenment thought.

The Enlightenment II: The Legacy

Charlene R. Mileti

Spring Bundle | Eastern | 11-11:50 a.m. | 41809

Spring A la carte | Eastern | 11-11:50 a.m. | 41810

The Enlightenment is proof that ideas can change the world; however, because change happens faster than humans can adapt to it, we find ourselves in a chaotic world we do not understand. For many, Enlightenment ideas have led to the rejection of democracy in favor of authoritarian regimes and increased violence, hatred and immorality.

Enneagram: Understanding Yourself and Others

Patrick H. O'Leary

Spring Bundle | Western | 10-10:50 a.m. | 41926

Spring A la carte | Western | 10-10:50 a.m. | 41928

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

The European Renaissance: Come to the Faire!

Barbara Perkins

Spring Bundle | Eastern | noon-12:50 p.m. | 41769

Spring A la carte | Eastern | noon-12:50 p.m. | 41770

Spring Bundle | Western | 9-9:50 a.m. | 41885

Spring A la carte | Western | 9-9:50 a.m. | 41886

Follow the lives and times of Western Europeans from all walks of life in the late Middle Ages to the High Renaissance. Learn about society, politics, dress, food, art, architecture, music and entertainment and how this era still influences us today.

Everyone Has a Story:

My Life as a Fractured Fairy Tale

Jeanne Goldberg

Winter Bundle | Eastern | 11-11:50 a.m. | 41671

Winter A la carte | Eastern | 11-11:50 a.m. | 41672

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.

The Exciting Experience of Virtual and Augmented Reality

Gary Arnosk

Spring Bundle | Westshore | noon-12:50 p.m. | 41948

Spring A la carte | Westshore | noon-12:50 p.m. | 41951

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.

Extremely Basic Computer Skills

Jeanne Goldberg

Winter Bundle | Eastern | noon-12:50 p.m. | 41696

Winter A la carte | Eastern | noon-12:50 p.m. | 41697

This basic computer course takes a hands-on approach to helping you achieve the technical knowledge necessary to feel more comfortable using a computer. Learn everything from mouse skills and email to Microsoft Word and more!

Fall From Grace:

How Business, Politics, Economics and Racism Came Together to Deconstruct Modern Cleveland

Walter S. Topp

Spring Bundle | Westshore | 9-9:50 a.m. | 41939

Spring A la carte | Westshore | 9-9:50 a.m. | 41940

In 1929, Cleveland was the sixth largest U.S. city — a prosperous and progressive community driving America's industrial growth. Yet by 2022, it had fallen to 54th place in population and had the highest poverty rate among American cities. Explore how national and local business, economics, politics, racism and crime have fueled disinvestment, abandonment, poverty and population loss in Cleveland.

Famous Americans You've Never Heard of or Know Little About

Avery Fromet

Winter Bundle | Eastern | 9-9:50 a.m. | 41897

Winter A la carte | Eastern | 9-9:50 a.m. | 41894

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.

Famous People from N.E. Ohio You've Never Heard of Or Know Little About

Avery Fromet

Spring Bundle | Eastern | 9-9:50 a.m. | 41915

Spring A la carte | Eastern | 9-9:50 a.m. | 41917

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

Fascinating Aspects of Modern Architecture and Functional Art

Martha Lois

Spring Bundle | Western | noon-12:50 p.m. | 41975
 Spring A la carte | Western | noon-12:50 p.m. | 41976
 Explore the rise in creativity after the Industrial Revolution, from art nouveau and art deco to the English arts and crafts movement and modern architect Frank Lloyd Wright. Discover how beautiful design enriches our everyday lives.

Food Over Medicine

Karen Brucken

Winter A la carte | Virtual | 9-9:50 a.m. | 41608
 How does what you eat affect your health? How have doctors and researchers used food to improve long-term health? Discover the optimal diet for humans and why it's not all about genes. Come away with a sustainable whole-food, plant-based eating plan. Eat well for life!

Free Will and Moral Responsibility

Ted Smith

Spring A la carte | Virtual | 9-9:50 a.m. | 41844
 Philosophers, theologians and physicists have grappled with the idea of free will. Some conclude we have it but don't use it very well; others deny its existence. Everyone from Aristotle and Augustine to Thomas Aquinas, Baruch Spinoza, Immanuel Kant and Derk Pereboom have weighed in, and Stephen Hawking sought an answer through science. Let's explore and discuss their conclusions.

French Theater History

Doug Woods

Winter A la carte | Virtual | 9-9:50 a.m. | 41609
 This course highlights significant contributions to French Theater throughout history, from the royal decree on dance by the Sun King (Louis XIV) to Parisian-inspired floor shows in America. We'll pay special attention to a few historical contributions that shaped cultural partnerships, political intrigue and international espionage.

Fun With Fitness

Beth Parnin

Winter Bundle | Eastern | 2-2:50 p.m. | 41732
 Winter A la carte | Eastern | 2-2:50 p.m. | 41733
 Spring Bundle | Eastern | 2-2:50 p.m. | 42181
 Spring A la carte | Eastern | 2-2:50 p.m. | 42182
 Fun fitness course for all skill levels, with exercises for every part of the body. Low-impact aerobics, chair work and resistance work all in one.

Fun With Italian

Maureen Huefner

Winter Bundle | Eastern | 11-11:50 a.m. | 41675
 Winter A la carte | Eastern | 11-11:50 a.m. | 41677
 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 with no tests or homework!

Garden of Eden

Ted Smith

Winter Bundle | Eastern | 11-11:50 a.m. | 41684
 Winter A la carte | Eastern | 11-11:50 a.m. | 41686
 An account so old, some relegate it to myth; others insist it is history. Modern classics like Steinbeck's East of Eden borrow freely from its compelling themes of depravity, self-destruction, guilt and the price of freedom. Augustine of Hippo used the cautionary tale to formulate the concept of Original Sin. Explore the text for hidden meaning: Was expulsion from the Garden necessary for Free Will? Is humanity inherently sinful? Were Adam and Eve really the first humans? Was the serpent really the devil, or God's agent?

Gardener's Gazette

Rita Politzer, Marilyn Hallenburg, Mary Jo Rawlins

Spring Bundle | Eastern | 11-11:50 a.m. | 41759
 Spring A la carte | Eastern | 11-11:50 a.m. | 41760
 Spring Bundle | Western | 11-11:50 a.m. | 41955
 Spring A la carte | Western | 11-11:50 a.m. | 41956
 Spring Bundle | Westshore | 11-11:50 a.m. | 41830
 Spring A la carte | Westshore | 11-11:50 a.m. | 41831
 Master Gardeners of Cuyahoga County present a variety of topics including plant selection, soil needs, plant descriptions and basic good-gardening techniques based on research from The Ohio State University Extension service.

A Gift of Time

Ted Smith

Winter A la carte | Virtual | 1-1:50 p.m. | 41620
 Spring Bundle | Western | 1-1:50 p.m. | 41985
 Spring A la carte | Western | 1-1:50 p.m. | 41986
 Spring Bundle | Westshore | 9-9:50 a.m. | 41605
 Spring A la carte | Westshore | 9-9:50 a.m. | 41606
 Science and spirituality converge to tackle the questions of time: Why do we move forward through time rather than back? What would our existence look like without it? What has science discovered about the true nature of time versus our human perception of it? Recent scientific discoveries give insight into why we should consider this precious commodity one of God's greatest gifts.

George Washington, American Father

Dennis Geffert

Winter Bundle | Western | noon-12:50 p.m. | 41882
 Winter A la carte | Western | noon-12:50 p.m. | 41891

Was George Washington the most important American ever? Learn about the patriot, general and first president in the world in this return of a popular Encore course.

Gettysburg Faces

Judi Slack

Spring Bundle | Westshore | 10-10:50 a.m. | 41941
 Spring A la carte | Westshore | 10-10:50 a.m. | 41943

See the faces and hear powerful personal narratives of officers, including artillery, infantry and cavalry enlistees, sharpshooters, Signal Corps, medical staff and chaplains, detailing the triumphant and tragic events before, during and after the three-day Battle of Gettysburg. Among those you'll meet are James M. "Roe" Reisinger, who was wounded and later received the Medal of Honor; Zachariah Angel Blanton of the 18th Virginia Infantry, who was wounded and captured in Pickett's Charge; and Harriet A. Dada Emens, a nurse who cared for the sick and desperately wounded in the Union Army's 12th Corps hospital.

Gettysburg: The Aftermath of Battle

Judi Slack

Winter A la carte | Virtual | 11-11:50 a.m. | 41616

Gettysburg. Few names evoke such instant recognition throughout the world as this one. Hundreds of books have been published describing every aspect of the three-day battle, but none truly deal with its saddest and most tragic aspect: the aftermath. Examine the disturbing months that followed, in which death and utter destruction littered the landscape. Who cared for the tens of thousands who were wounded? What happened to the dead men and horses and other detritus? How did civilians cope with their radically changed lives?

Gray Matter Matters

Mary Lou Fasko

Spring Bundle | Eastern | noon-12:50 p.m. | 41773
 Spring A la carte | Eastern | noon-12:50 p.m. | 41774

As seniors, our goal is to continue living functional and happy lives — but aging can sometimes interfere. Maintaining good health and maximizing our brain potential can support us on this journey. An essential component of this challenge is enhancing our executive functioning skills — those that reside in the part of our brain that helps us remember, plan, organize, initiate and carry out purposeful activities; exert self-control; and demonstrate emotional regulation.

Great American Songbook Singers I

Jerry Jelinek

Winter Bundle | Eastern | 9-9:50 a.m. | 41635
 Winter A la carte | Eastern | 9-9:50 a.m. | 41637

Explore the life and times of seven Great American Songbook singers through music and video: Louis Armstrong, Ella Fitzgerald, Bing Crosby, Peggy Lee, Nat King Cole, Sarah Vaughan and Frank Sinatra.

Great American Songbook Singers II

Jerry Jelinek

Spring Bundle | Eastern | 9-9:50 a.m. | 41747
 Spring A la carte | Eastern | 9-9:50 a.m. | 41748

Explore the life and times of seven more Great American Songbook singers through music and video: Mel Tormé, Billie Holiday, Nat King Cole, Judy Garland, Tony Bennett, Ella Fitzgerald and Sammy Davis Jr.

Greatest Symphonies Other Than Beethoven's

Richard Polster

Spring Bundle | Eastern | 11-11:50 a.m. | 41761
 Spring A la carte | Eastern | 11 - 11:50 a.m. | 41762

Beethoven wasn't the only composer to produce great symphonies. Enjoy selections by popular composers like Dvorak and Schubert as well as lesser-known Franck and others. Discover new masterpieces and enjoy old standbys.

Health/Happiness Improvements

Kyle Pansky

Winter Bundle | Western | noon-12:50 p.m. | 41895
 Winter A la carte | Western | noon-12:50 p.m. | 41896
 Winter A la carte | Virtual | 11-11:50 a.m. | 41617
 Spring Bundle | Western | noon-12:50 p.m. | 41977
 Spring A la carte | Western | noon-12:50 p.m. | 41978

Discover how everyday areas of life can positively influence your happiness — and, in turn, your health. Examine daily routines like exercising, eating and sleeping and learn how to make sustainable improvements that can change your life for the better.

Healthy Smartz

Vera Bartasavich

Spring Bundle | Eastern | 2-2:50 p.m. | 41803
 Spring A la carte | Eastern | 2-2:50 p.m. | 41804

Explore a different health topic each week, focusing on conditions relevant to Boomers and beyond. Topics include women's and men's health, heart-healthy food choices, brain health, diabetes prevention, portion distortion, smart snacking and navigating the grocery store.

The Heretical Jesus, Then and Now

Wendell Brooker

Winter Bundle | Western | 10-10:50 a.m. | 41680
 Winter A la carte | Western | 10-10:50 a.m. | 41681

We cannot clearly understand and responsibly respond to Jesus as a teacher in conflict with prevailing religious authorities of the first century unless we recognize that his teachings continue to conflict with religious authority. What does he teach, and how can we authentically respond today?

Heroes of the Holocaust

Avery Fromet

Spring Bundle | Eastern | 10-10:50 a.m. | 41924
 Spring A la carte | Eastern | 10-10:50 a.m. | 41938

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.

Historic Costume Design

Doug Woods

Spring A la carte | Virtual | 11-11:50 a.m. | 41858

This course highlights costume design and construction for entertainment shows, featuring famous costumes, designers and renderings from the 1950s Parisian cabarets.

Historic Figures in Psychology

Charles Banevich

Winter Bundle | Western | 11-11:50 a.m. | 41718
 Winter A la carte | Western | 11-11:50 a.m. | 41720
 Spring Bundle | Western | 11-11:50 a.m. | 41957
 Spring A la carte | Western | 11-11:50 a.m. | 41958

A survey course of prominent psychologists including Freud, Jung, Adler, Piaget, Binet, Pavlov, Rorschach, Skinner, Frankl, Rogers, Erikson and others.

Historical Geography of the United States

Dennis Geffert

Winter Bundle | Western | 1-1:50 p.m. | 41905
 Winter A la carte | Western | 1-1:50 p.m. | 41907

Reach back in our nation's history to the periods of discovery, colonialism, founding and the early republic and explore the importance of geography to its expansion.

History of Cleveland

Douglas Imhoff

Winter Bundle | Western | 2-2:50 p.m. | 41922
 Winter A la carte | Western | 2-2:50 p.m. | 41925

Join us as we discuss four areas of Cleveland history: general history from 1860 to the present, immigration history, Cleveland neighborhoods and the city's landmarks and tourist attractions. See great photos of Cleveland throughout its history!

History of the Underground Railroad in Northeast Ohio

Herbert A. Burns

Winter Bundle | Eastern | noon-12:50 p.m. | 41698
 Winter A la carte | Eastern | noon-12:50 p.m. | 41699

This course provides detailed descriptions of Underground Railroad stations and conductors in Cuyahoga, Jefferson, Lake and Lorain counties. Hear personal testimonies from participants and their descendants and receive a detailed map pinpointing Northeast Ohio's Underground Railroad stations and routes.

Hollywood and the Holocaust

Sol Factor

Spring Bundle | Western | 1-1:50 p.m. | 41989
 Spring A la carte | Western | 1-1:50 p.m. | 41990
 Spring Bundle | Eastern | 11-11:50 a.m. | 41763
 Spring A la carte | Eastern | 11-11:50 a.m. | 41764

A look at the attitudes of Hollywood companies toward Nazi Germany as reflected in films released from 1933 to 1945. We'll also explore Holocaust-related films from the 1950s to today.

How to Select a Nursing Home

Gary Klein

Winter Bundle | Eastern | 11-11:50 a.m. | 41688
 Winter A la carte | Eastern | 11-11:50 a.m. | 41689

Learn how to select a nursing home, resolve grievances, navigate the resident adjustment process and understand payment options for long-term care. This course encourages questions and group discussion.

How We Beat Diabetes

Mary R. Kolk

Winter Bundle | Eastern | 10-10:50 a.m. | 41653
 Winter A la carte | Eastern | 10-10:50 a.m. | 41655
 Winter Bundle | Western | 1-1:50 p.m. | 41909
 Winter A la carte | Western | 1-1:50 p.m. | 41910
 Spring A la carte | Virtual | 9-9:50 a.m. | 41846

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.

The Immigrant Experience:

How Immigration Helped Build Greater Cleveland

Walter S. Topp

Spring Bundle | Westshore | 11-11:50 a.m. | 41946
 Spring A la carte | Westshore | 11-11:50 a.m. | 41947

Immigration to Northern Ohio predates the arrival of Moses Cleaveland in 1796 and remains a significant factor in the regional economy. Examine the role immigration has played in Cleveland's history, including its role in the development of the modern city and its potential impact on our region's future.

Introduction to Yoga

Wendy Barrett

Spring Bundle | Westshore | 10-10:50 a.m. | 41815
 Spring A la carte | Westshore | 10-10:50 a.m. | 41816

An introduction to asana (Hatha-based postures), pranayama (breath practices) and meditation.

The Irish Come to America

Ted Smith

Spring A la carte | Virtual | 11-11:50 a.m. | 41850

Every March, people of all backgrounds celebrate the son of a Roman tax collector who was kidnapped and sold into slavery, single-handedly turning his captors and their nation to monotheism. Their descendants, suffering under oppressive foreign rule and famine, would leave their island home and arrive in North America as a shattered culture. Discover how the Irish have overcome prejudice and addiction to make an indelible mark on American society.

It's a Scientific Fact: Women Rock!

Judi Slack

Spring A la carte | Virtual | 1-1:50 p.m. | 41868

Female scientists have had enormous impact on our understanding of the world and beyond; yet, throughout the centuries, much of their work has gone unrecognized. Celebrate the achievements of intrepid women who paved the way for the next generation of female engineers, biologists, mathematicians, doctors, astronauts and physicists, from the ancient world to the modern.

It's Not What You Think:

A Citizen's Guide to Policing in America

Walter S. Topp

Winter Bundle | Western | 9-9:50 a.m. | 41640
 Winter A la carte | Western | 9-9:50 a.m. | 41642

Despite a near-constant diet of cop shows, movies, books and breathless crime coverage across the media, few Americans understand how police departments work and why. Explore the history of American police departments and their organization, administration and operations while examining current efforts at police reform.

Knead to Know: The History of Bread

Judi Slack

Spring Bundle | Westshore | 9-9:50 a.m. | 41811
 Spring A la carte | Westshore | 9-9:50 a.m. | 41812

Bread plays an important role in the folklore, culture, religion and politics of many wheat-growing countries. In the past 130 years, there have been dramatic changes in the way bread is made and consumed. Whether you like your bread white, sliced and wrapped; stone-ground and whole meal; or in baguette, bagel or brioche form, you'll learn about the technological, social and economic changes that brought it to your local bakery or supermarket at a price you can afford.

Let's Go to the Opera

Elizabeth Bird

Spring Bundle | Westshore | 10-10:50 a.m. | 41818
 Spring A la carte | Westshore | 10-10:50 a.m. | 41819

Opera is storytelling at its finest. Join us as we explore, listen to and learn about some of the world's most famous operas.

Loneliness:

The Human Signal We All Need to Hear

Mary R. Kolk

Winter Bundle | Eastern | 11-11:50 a.m. | 41690
 Winter A la carte | Eastern | 11-11:50 a.m. | 41691
 Winter Bundle | Western | 2-2:50 p.m. | 41927
 Winter A la carte | Western | 2-2:50 p.m. | 41929
 Winter A la carte | Virtual | 11-11:50 a.m. | 41618

In *Loneliness: Human Nature and the Need for Social Connection*, John Cacioppo states that "feeling lonely from time to time is like feeling hungry or thirsty from time to time. It is part of being human." Explore the evolution, neurology and spiritual aspects of loneliness — as well as its implications on individual and societal health and well-being — and learn how to find and restore connection for overall happiness.

Mat Pilates

Alyssa Wilmot

Spring Bundle | Westshore | 2-2:50 p.m. | 41847
 Spring A la carte | Westshore | 2-2:50 p.m. | 41848

Gentle Pilates exercise to work the core and all the muscle groups with a focus on strength, flexibility and mobility. Safe for those with injuries.

Meditation

Katie Evans

Spring Bundle | Eastern | noon-12:50 p.m. | 41775
 Spring A la carte | Eastern | noon-12:50 p.m. | 41776
 Spring Bundle | Eastern | 1-1:50 p.m. | 41789
 Spring A la carte | Eastern | 1-1:50 p.m. | 41790

Learn how to focus on the here and now through mindful meditation.

Meditative Music: Healing Body and Soul

Barbara Perkins

Winter Bundle | Eastern | noon-12:50 p.m. | 41703
 Winter A la carte | Eastern | noon-12:50 p.m. | 41705
 Winter Bundle | Western | 9-9:50 a.m. | 41644
 Winter A la carte | Western | 9-9:50 a.m. | 41646

Find serenity through meditation and music. We'll follow guided meditations in each class as we explore a variety of healing music styles.

Microsoft Windows, Word, Excel and PowerPoint for Beginners

Deborah Judith Piccus

Winter Bundle | Eastern | 9-9:50 a.m. | 41639
 Winter A la carte | Eastern | 9-9:50 a.m. | 41641

This course is for newbies who want to learn more about the Windows operating system on their PC and explore Microsoft Office, one of the most popular word processing, spreadsheet and presentation tools.

More Fun With Italian

Maureen Huefner

Spring Bundle | Eastern | 11-11:50 a.m. | 41765
 Spring A la carte | Eastern | 11-11:50 a.m. | 41766

Learn Italian in a relaxed, fun and non-threatening environment! This course focuses on forming and speaking in complete sentences while increasing useful vocabulary related to travel destinations, food, beverages and music. There are no tests or extensive memorization, and classes are conducted primarily via choral repetition.

More Than a Snapshot

Judith Khaner

Spring Bundle | Eastern | 1-1:50 p.m. | 41791
 Spring A la carte | Eastern | 1-1:50 p.m. | 41792

Learn ways to evaluate and improve your photographs to make them more meaningful to you and your friends and family.

Music History: Romantic Period to 20th Century

Elizabeth Bird

Spring Bundle | Westshore | 11-11:50 a.m. | 41828
 Spring A la carte | Westshore | 11-11:50 a.m. | 41829

Explore the lives and works of composers representing different historical periods and world cultures.

The Nature of Suffering

Ted Smith

Winter Bundle | Eastern | 10-10:50 a.m. | 41659
 Winter A la carte | Eastern | 10-10:50 a.m. | 41661
 Winter Bundle | Western | 1-1:50 p.m. | 41911
 Winter A la carte | Western | 1-1:50 p.m. | 41912
 Spring Bundle | Westshore | 10-10:50 a.m. | 41821
 Spring A la carte | Westshore | 10-10:50 a.m. | 41822

Why do we suffer? Is there a point to it? Philosophers and spiritualists have suggested answers that seem untenable, as few can follow the solutions. Perhaps humanity likes to suffer? Job appears to challenge God on the subject, experiencing hell on Earth without losing his faith. The journey takes him to the depths of his consciousness, confronting —and finally reconciling — the rejected aspects of his soul.

Nevertheless, She Wore It: Iconic Fashion Moments

Judi Slack

Spring Bundle | Westshore | 11-11:50 a.m. | 41832
 Spring A la carte | Westshore | 11-11:50 a.m. | 41833

Study history's most iconic fashions and the women who changed the world while wearing them. From the revolutionary bikini to the presidential pantsuit, we'll explore styles that demonstrate the power of fashion as a political and cultural tool.

Northeast Ohio Wines 101

Carol Agnew

Winter Bundle | Eastern | 1-1:50 p.m. | 41723
 Winter A la carte | Eastern | 1-1:50 p.m. | 41725
 Winter A la carte | Virtual | 9 - 9:50 a.m. | 41610

Looking for some cheap swills? Dare to dip your toes into the eerie lake of fermented grapes? Join us as we explore the history of Northeast Ohio's wineries and unravel the mysteries of wine tasting.

Northeast Ohio Wines 201

Carol Agnew

Winter Bundle | Eastern | 2-2:50 p.m. | 41734
 Winter A la carte | Eastern | 2-2:50 p.m. | 41735
 Winter A la carte | Virtual | 1-1:50 p.m. | 41625
 Found your go-to Northeast Ohio wine? Get ready to taste, share and dig deeper into the mysteries of wine tasting while exploring the history and influence of Northeast Ohio's wineries.

Northwest Ohio Wines 102

Carol Agnew

Spring Bundle | Eastern | 1-1:50 p.m. | 41793
 Spring A la carte | Eastern | 1-1:50 p.m. | 41794
 Spring A la carte | Virtual | 9 -9:50 a.m. | 41849
 Looking for some cheap swills? Join us as we discover the wild, wild west of wine. Unravel the mysteries of wine tasting while exploring the history of Northwest Ohio's wineries.

Northwest Ohio Wines 202

Carol Agnew

Spring Bundle | Eastern | 2-2:50 p.m. | 41805
 Spring A la carte | Eastern | 2-2:50 p.m. | 41806
 Spring A la carte | Virtual | 1-1:50 p.m. | 41869
 Think you've found your go-to Northwest Ohio wine? Not so fast, partner! Delve deeper into wild territory as we unravel the mysteries of wine tasting and explore the rich history and influence of Northwest Ohio's wineries. You just might find liquid gold!

Now Entering the Twilight Zone

Michael Bohnert

Spring Bundle | Westshore | 1-1:50 p.m. | 41842
 Spring A la carte | Westshore | 1-1:50 p.m. | 41845
 Re-enter The Twilight Zone, the classic series that ran from 1959 to 1964. With its mix of fantasy, science fiction and horror, The Twilight Zone endures as one of the greatest anthology shows of all time.

Ohio Archaeology

Eric Olson

Spring Bundle | Western | noon-12:50 p.m. | 41979
 Spring A la carte | Western | noon-12:50 p.m. | 41980
 Learn about the various archaeological cultures and peoples of Ohio, from first human colonization of the continent to the 17th century.

Pilates for 55+

Alyssa Wilmot

Winter A la carte | Virtual | 11-11:50 a.m. | 41619
 Spring A la carte | Virtual | 9-9:50 a.m. | 41843
 Work on strength, flexibility, mobility and core strength in this gentle Pilates mat class. Safe for those with injuries.

Poets With Guitars

Wendell Brooker

Spring Bundle | Western | 11-11:50 a.m. | 41959
 Spring A la carte | Western | 11-11:50 a.m. | 41960
 Much of the most emotionally moving and enjoyable poetry of the 20th century was written for guitar accompaniment. Explore the poetry and music of Bob Dylan, Judy Collins, Leonard Cohen, Joni Mitchell, Harry Chapin, John Prine and others.

Political Parties, Voting and Voter Rights

Jeff Black

Winter Bundle | Western | 11-11:50 a.m. | 41722
 Winter A la carte | Western | 11-11:50 a.m. | 41724
 Learn about voting behaviors, political behaviors, voting procedures and the history of political parties in the United States.

Postwar America (1945-1960)

Thomas Hartshorne

Spring Bundle | Eastern | 11-11:50 a.m. | 41767
 Spring A la carte | Eastern | 11-11:50 a.m. | 41768
 A general history of postwar America including the Cold War, McCarthyism, and social and cultural developments such as the Baby Boom and the growth of suburbia.

Practical Estate Planning for Older Adults

Erin C. Eurenus

Winter Bundle | Western | 10-10:50 a.m. | 41682
 Winter A la carte | Western | 10-10:50 a.m. | 41683
 Spring Bundle | Western | 10-10:50 a.m. | 41930
 Spring A la carte | Western | 10-10:50 a.m. | 41932
 Taught by a certified elder law attorney, this course provides a thorough explanation of key estate planning documents such as power of attorney documents, trusts and wills. Stories, vignettes and other devices showcase the importance of these documents.

Principles of Government at the Federal and State Levels

Jeff Black

Spring Bundle | Western | 11-11:50 a.m. | 41961
 Spring A la carte | Western | 11-11:50 a.m. | 41962
 A democracy is based upon recognizing the worth and dignity of all, equality, majority rule and minority rights, and individual freedom.

Publish Your Legacy

Deante Young

Winter Bundle | Eastern | 9-9:50 a.m. | 41643
 Winter A la carte | Eastern | 9-9:50 a.m. | 41645
 A master class on developing, writing and publishing your personal and/or professional life's journey in book form — a priceless articulation of your legacy.

Qi Gong: Stand and Sit

Martha Lois

Winter Bundle | Western | 10-10:50 a.m. | 41685
 Winter A la carte | Western | 10-10:50 a.m. | 41687
 Spring Bundle | Western | 10-10:50 a.m. | 41935
 Spring A la carte | Western | 10-10:50 a.m. | 41937
 Similar to tai chi, qi gong is a self-healing technique that combines breathing, movement and focused mind. Some exercises are done standing, others seated. Qi gong may prevent illness, strengthen the body and help you regain vigor.

Retirement Planning 101

Thomas Windom

Winter Bundle | Western | 9-9:50 a.m. | 41650
 Winter A la carte | Western | 9-9:50 a.m. | 41652
 Spring Bundle | Western | noon-12:50 p.m. | 41981
 Spring A la carte | Western | noon-12:50 p.m. | 41982
 Gain the knowledge necessary to improve your finances before and during retirement.

Retirement Planning Strategies

Keith Witkowski

Winter Bundle | Eastern | 9-9:50 a.m. | 41647
 Winter A la carte | Eastern | 9-9:50 a.m. | 41648
 Spring Bundle | Eastern | 9-9:50 a.m. | 41740
 Spring A la carte | Eastern | 9-9:50 a.m. | 41741
 Learn how to build wealth and align your financial affairs with your values to accomplish your life goals. Classes cover life planning for retirement, retirement needs and expenses, common roadblocks and mistakes, income sources, retirement plan distributions, investments, risk management and asset protection, Social Security and Medicare, and estate planning.

Road-Tripping Through Ohio

Milenko Budimir

Winter Bundle | Western | 1-1:50 p.m. | 41913
 Winter A la carte | Western | 1-1:50 p.m. | 41914
 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 most interesting places to visit in Ohio, with itineraries and tips to make the most of your exploration.

Rock Music of the '70s

Frank Thomas

Winter Bundle | Eastern | 1-1:50 p.m. | 41726
 Winter A la carte | Eastern | 1-1:50 p.m. | 41727
 Winter Bundle | Western | 10-10:50 a.m. | 41700
 Winter A la carte | Western | 10-10:50 a.m. | 41701
 Spring Bundle | Eastern | noon-12:50 p.m. | 41777
 Spring A la carte | Eastern | noon-12:50 p.m. | 41778
 Spring Bundle | Western | 9-9:50 a.m. | 41887
 Spring A la carte | Western | 9-9:50 a.m. | 41888
 Explore the different genres of 1970s rock music, including glam, country, arena, stadium, punk and disco. Be sure to wear your bell bottoms and mood ring!

Rosie the Riveter: Women Working on the Home Front in WWII

Judi Slack

Spring Bundle | Westshore | 2-2:50 p.m. | 41953
 Spring A la carte | Westshore | 2-2:50 p.m. | 41954
 In the early 1940s, 18 million American women — many of whom had never before held a job — entered the workforce during World War II. Their unprecedented participation would change the course of history forever. Meet the American women who entered the workforce in unprecedented numbers as widespread male enlistment left gaping holes in the industrial labor force.

Royal Scandals of European History

Betty Zak

Spring Bundle | Western | 9-9:50 a.m. | 41889
 Spring A la carte | Western | 9-9:50 a.m. | 41890
 Hear the secrets, scandals and stories surrounding some of the most prominent rulers of England, France, Spain and Russia. Some had the morals of an alley cat and the cunning of a tiger; others, the compassion of a viper.

Season for Gardening: Spring

Shelly A. Hill

Spring Bundle | Westshore | 9-9:50 a.m. | 41813
 Spring A la carte | Westshore | 9-9:50 a.m. | 41814
 This course covers various gardening topics such as seed starting, vegetables, herbs and perennials.

Sisters in Arms: Women Who Flew in WWII

Judi Slack

Winter A la carte | Virtual | 9-9:50 a.m. | 41611

World War II marked the first time women pilots were trained to fly military planes. Although most weren't allowed to fly combat missions, they provided great service to the Allied forces. Sharing both patriotism and a love of aviation, these pioneering women challenged assumptions of male supremacy in wartime culture. Learn about the brave American, British and Soviet women who trained, flew and fought for the Allies, blazing a path for women in the military.

The Slave Bible

Herbert A. Burns

Spring Bundle | Eastern | 1-1:50 p.m. | 41795

Spring A la carte | Eastern | 1 - 1:50 p.m. | 41796

The purpose of the Slave Bible was to conceal the true meaning of the master-servant relationship as sanctioned by God in the King James Bible of 1611. Join us as we compare and contrast the Slave Bible with the Old and New Testaments of the 1611 KJV.

A Smart Approach to Estate Planning

Samuel Butcher

Winter Bundle | Western | 1-1:50 p.m. | 41899

Winter A la carte | Western | 1-1:50 p.m. | 41900

Spring Bundle | Western | 2-2:50 p.m. | 41993

Spring A la carte | Western | 2-2:50 p.m. | 41994

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.

SMART Recovery Journey

Jody M. Bell

Winter A la carte | Virtual | 9-9:50 a.m. | 41612

Spring A la carte | Virtual | 9-9:50 a.m. | 41862

Learn skills to empower yourself and others to achieve a healthy, positive and balanced lifestyle, and enjoy different types of tea for different moods.

Sometimes I Worry

Mary Lou Fasko

Spring Bundle | Eastern | 10-10:50 a.m. | 41744

Spring A la carte | Eastern | 10-10:50 a.m. | 41749

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

Speaker Series: Explore, Enrich, Engage

Betty Zak

Winter Bundle | Eastern | 10-10:50 a.m. | 41662

Winter A la carte | Eastern | 10-10:50 a.m. | 41663

Winter Bundle | Western | 10-10:50 a.m. | 41702

Winter A la carte | Western | 10-10:50 a.m. | 41704

Spring Bundle | Eastern | 10-10:50 a.m. | 41750

Spring A la carte | Eastern | 10-10:50 a.m. | 41752

Spring Bundle | Western | 10-10:50 a.m. | 41942

Spring A la carte | Western | 10-10:50 a.m. | 41944

Explore a new topic or expand and enrich your existing knowledge with a different speaker each week. Previous presentations include What the FBI Really Does, Diplomats in the World of Politics and more.

Stoic Philosophy: Ancient Wisdom for Modern Life

Milenko Budimir

Winter Bundle | Western | 2-2:50 p.m. | 41931

Winter A la carte | Western | 2-2:50 p.m. | 41933

How can ancient Greek and Roman philosophy help you live a better life today? Explore the core principles of Stoicism and discover its surprising resonance with human life in our own day and age.

Stress: Your Secret Weapon

Pat Stropko-O'Leary

Spring Bundle | Western | 11-11:50 a.m. | 41963

Spring A la carte | Western | 11-11:50 a.m. | 41964

Stress can kill you — or make you stronger! Learn how to reduce the effects of bad stress and accentuate the stress that makes our lives interesting and meaningful. We'll explore the difference between stress and stressors, learn how stress affects our bodies and practice strategies for enhancing our lives.

Symphonies of Beethoven

Richard Polster

Spring Bundle | Western | 9-9:50 a.m. | 41892

Spring A la carte | Western | 9-9:50 a.m. | 41893

Beethoven composed nine symphonies that broke all the rules. See how he revolutionized the classical concept of symphonic composition through his approach to form, rhythm, melody, drama and expression.

Tai Chi: Form for Balance

Martha Lois

Winter Bundle | Western | 11-11:50 a.m. | 41820
 Winter A la carte | Western | 11-11:50 a.m. | 41827
 Spring Bundle | Western | 11-11:50 a.m. | 41965
 Spring A la carte | Western | 11-11:50 a.m. | 41966

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 both relax and energize the practitioner.

Talking TED

Susan Ungham

Spring Bundle | Western | 1-1:50 p.m. | 41991
 Spring A la carte | Western | 1-1:50 p.m. | 41992

Join us for intriguing discussions. We'll view a different TED Talk in each class and break into smaller groups to discuss it. If you've been wanting to contribute and get to know your classmates better, then this is the course for you. All new talks!

Tea Time Mindfulness

Jody M. Bell

Winter Bundle | Eastern | 1-1:50 p.m. | 41728
 Winter A la carte | Eastern | 1-1:50 p.m. | 41729
 Spring Bundle | Westshore | 2-2:50 p.m. | 41854
 Spring A la carte | Westshore | 2-2:50 p.m. | 41856

Achieve a healthy, positive and balanced lifestyle and move on with life while enjoying the benefits of various types of tea.

TV Game Show Fun

Gerry Nemeth

Winter Bundle | Western | 9-9:50 a.m. | 41654
 Winter A la carte | Western | 9-9:50 a.m. | 41657
 Spring Bundle | Western | 9-9:50 a.m. | 41898
 Spring A la carte | Western | 9-9:50 a.m. | 41973
 Spring Bundle | Westshore | 2-2:50 p.m. | 41857
 Spring A la carte | Westshore | 2-2:50 p.m. | 41859

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. Prizes and a few surprises!

Walt Disney: Imagining a World for Children

Wendell Brooker

Winter Bundle | Western | 11-11:50 a.m. | 41860
 Winter A la carte | Western | 11-11:50 a.m. | 41861

Now more than ever, we understand how important popular media are to the growth and development of young children. Disney was a master at capturing kids' attention and shaping their hopes and dreams. Were you among them?

Watercolor Journaling

Bonny Carroll

Winter Bundle | Western | 9 - 9:50 a.m. | 41666
 Winter A la carte | Western | 9 - 9:50 a.m. | 41673

Watercolor journaling is an opportunity to record everyday events and chronicle once-in-a-lifetime trips. Explore sketchbook options and watercolor techniques and learn ways to make painting outdoors easier, with better results. All skill levels welcome.

We Built This City: How Transportation, Immigration, Industrialization and Politics Came Together to Build Modern Cleveland (1796-1929)

Walter S. Topp

Winter Bundle | Western | 11-11:50 a.m. | 41864
 Winter A la carte | Western | 11-11:50 a.m. | 41866

In 1929, Clevelanders celebrated the grand opening of the spectacular Union Terminal complex — a massive mixed-use grouping that still anchors the city's downtown district. On the eve of the Great Depression, the nation's sixth-largest city was a world-class manufacturing, finance and cultural center. Enjoy a glimpse of the city at its height, examining the various threads that came together to build modern Cleveland.

“What If?” II: Speculative History

Dennis Geffert

Spring Bundle | Western | 1-1:50 p.m. | 41967
 Spring A la carte | Western | 1-1:50 p.m. | 41968

Explore what could have happened had fate been altered even slightly — from ancient times and conflicts to contemporary events, such as controversial elections. Discussion and opinions highly encouraged. What do you think?

What Makes Us Human?

Wendell Brooker

Spring Bundle | Western | 10-10:50 a.m. | 41949
 Spring A la carte | Western | 10-10:50 a.m. | 41950

For thousands of years, humans have struggled to express just what we are and how and why we exist through art, culture and religion. Journey through time to consider keys to human identity.

When Women Played Hardball

Judi Slack

Spring Bundle | Westshore | noon-12:50 p.m. | 41838
Spring A la carte | Westshore | noon-12:50 p.m. | 41839

The magical era of the All-American Girls Professional Baseball League (1943-1954) proved beyond a doubt that women can play hardball. More than 500 women took to baseball diamonds throughout the Midwest, dazzling fans with their skill and style. Women's professional baseball was exactly what America needed: something new and exciting that took people's minds off of wartime struggles while boosting morale through its emphasis on patriotism.

Why is Democracy so Fragile?

Charlene Mileti

Spring A la carte | Virtual | 9-9:50 a.m. | 41851

Examine the historical issues, problems and influences that perpetually threaten democratic republics. Common themes include factionalism, rich versus poor, religious conflicts, greed, corruption, materialism, anti-intellectualism, racial and gender stereotypes, and propaganda versus truth. Today, the United States of America is itself rendered weaker due to many of these same influences. Join us for a historical overview and an analysis of some unique contemporary influences.

The Women's Suffrage Movement: An Overview

Linda Witkowski

Spring Bundle | Western | 2-2:50 p.m. | 41999
Spring A la carte | Western | 2-2:50 p.m. | 42000

The Equal Rights Amendment (ERA) celebrates its centennial in 2023. Explore the movement that led to women's suffrage and the subsequent ERA – the Lucretia Mott Amendment – proposal by Alice Paul.

World Geography: Special Topics

Dennis Geffert

Spring Bundle | Western | noon-12:50 p.m. | 41983
Spring A la carte | Western | noon-12:50 p.m. | 41984

Take a deeper dive into the physical, cultural and political geography of Canada, Mexico, Central America, China, Japan, North and South Korea, Australia and New Zealand. Share your own experiences traveling to these far-flung global destinations.

Neighborhood Scholars

The Neighborhood Scholars program offers one-time or short series courses at locations throughout greater Cleveland and virtually.*

View all Neighborhood Scholars courses and full descriptions at 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 35 for online registration instructions.

PARTNERSHIPS

Questions: Fran Tomba | 216-987-2333 | 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 7 passengers and includes space for one wheelchair.

Monday, April 10	10-11:30 a.m.	\$20 CRN 41598
	1-2:30 p.m.	\$20 CRN 41599
Monday, April 17	10-11:30 a.m.	\$20 CRN 41600
	1-2:30 p.m.	\$20 CRN 41601

Winter 2023

Cleveland Museum of Art

Innovations in Art Materials and Processes

Technological innovation has influenced the materials and processes artists use to make art, as well as the methods museum professionals use to conserve and exhibit these works.

Hear conservators, preparators, curators and educators speak on topics like tapestry conservation, how technology helps visitors experience and understand objects from the museum's Chinese art collection, interesting sources of color, changing methods of image reproduction, and the use of new and unexpected materials in contemporary art.

\$79 | CRN 41595

Mondays, 10-11 a.m., Jan. 23 – Feb. 27

Virtual (Zoom)

\$79 | CRN 41588

Tuesdays, 11 a.m. – noon, Jan. 24 – Feb. 28

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

Spring 2023
Cleveland Museum of Art

Style and Self-Presentation

Style — the distinctive way in which something is made or how it appears — is a central characteristic of art and culture. Museums like the CMA catalog how specific styles emerge in different parts of the world during certain time periods due to changing tastes and new inspiration. Style is also a way of describing personal or cultural tastes, from codes of dress and home décor to the objects one might collect.

Sessions are dedicated to the museum’s fashion collection and reflections on personal and cultural style. Discussion topics include garments and textiles, gilded artworks in 17th-century France and connections to special exhibitions at the museum, including **The Tudors: Art and Majesty in Renaissance England** and **Egyptomania**.

\$79 | CRN 41597

Mondays, 10-11 a.m., Mar. 20 – Apr. 24

Virtual (Zoom)

\$79 | CRN 41596

Tuesdays, 11 a.m. – noon, Mar. 21 – Apr. 25

On-site (Cleveland Museum of Art)

11150 East Blvd., Cleveland 44106

PLACES OF WORSHIP

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

Date and times for Places of Worship will be available in the online catalog and upon registration.

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

Greater Cleveland Shiva Vishnu Temple

7733 Ridge Road, Parma 44129

\$20 | CRN 42274

Wednesday, May 10 | 11:30 a.m. – 1 p.m.

Learn about Hindu religion and culture as you tour this beautiful temple built in 1997 to serve the spiritual, cultural and social dimensions of Cleveland’s Hindu community.

St. Ignatius of Antioch

10205 Lorain Ave., Cleveland 44111

\$14 | CRN 42172

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

Visit this magnificent historical church to learn about their extensive food pantry and Share-A-Meal program as well as the distinctive Taizé style of meditative prayer.

St. James Catholic Church

17514 Detroit Ave., Lakewood 44107

\$14 | CRN 42175

Wednesday, March 22 | 10:30 a.m. – noon

Tour this grand structure built in 1914 and learn how parishioners made an appeal to the Vatican to reopen their spiritual home after it was closed in 2010.

Chagrin Valley Islamic Center

6909 Liberty Road, Solon 44139

\$14 | CRN 42176

Wednesday, April 12 | 10-11:30 a.m.

Explore Islamic culture and religious beliefs at this newly established center that promotes goodwill, understanding and tolerance within the Muslim community and beyond.

Church of the Covenant

11205 Euclid Ave., Cleveland 44106

\$14 | CRN 42171

Thursday, April 27 | 12:30-2 p.m.

Located in University Circle, this Presbyterian church serves a multicultural, multiracial and intergenerational congregation. The breathtaking Gothic structure also houses Cleveland’s only cast bell carillon.

Old Stone Church

91 Public Square, Cleveland 44113

\$14 | CRN 42173

Wednesday, May 17 | 10:30 a.m. – noon

Established in 1820 as Cleveland’s First Presbyterian Church, this stately sandstone structure has quite a history. Destroyed by fire in 1857 and again in 1884, the Old Stone Church features a Peace Bell commemorating the end of the Civil War as well as a pew that once held mourners of President Abraham Lincoln.

McGaffin Carillon Concert at Church of the Covenant

11205 Euclid Ave., Cleveland 44106

\$14 | CRN 42174

Friday, June 23 | Noon – 2:30 p.m.

Join us on the lawn (weather permitting) or inside the church for a 12:15 p.m. concert followed by a tour of the Alexander McGaffin Memorial Tower and Carillon, which features 47 cast-bronze bells.

Ask Your Questions

Location TBD

Join us as representatives from local places of worship discuss similarities among their varying beliefs and cultures.

View course descriptions beginning on page 16 and register online at tri-c.edu/encore. Find instructions to register on page 35.

Winter/Spring 2023 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.

Carol Agnew, B.A., Environmental Studies	Thomas Hartshorne, Ph.D.	Richard Polster, MBA
Gary Anderson, B.S., MAT	Maureen Huefner, BBA, M.Ed.	Jody Schrock, BFA; Anahat yoga certificate
Gary Arnosk	Douglas Imhoff, CPA, MBA	Judi Slack, B.A., M.A., M.Ed.
Charles Banevich, M.Ed. and M.A., Psychology	Jerry Jelinek, B.S.	Ted Smith, B.A.
Vera M. Bartasavich, M.Ed., NDTR, MCHES	Judith Khaner, M.Ed.	Pat Stropko-O'Leary, B.S., MBA, RN
Elizabeth Bird, AAS, Culinary Arts; studied music at Cairn University	Nicole Ledinek, BAE, M.S.Ed.	Deborah Stylinski, AAS, Deaf Interpretive Services
Jeff Black, B.S., M. Ed., MMA	Martha Lois, B.A. and MFA, Ceramics	Frank Thomas, MBA
Michael Bohnert, English instructor	Charlene Miletj, BFA, M.A., J.D.	Walter S. Topp, MPA
Wendell Brooker, B.A., M.Div., D.Min.	LeAnne Miller, BSJ	Susan Ungham, B.A., MLS
Milenko Budimir, BSEE; M.A., Philosophy	Gerry Nemeth, BSEET	Rebecca Unkefer, B.A., Piano Pedagogy and Music Industry
Herbert A. Burns, Former adult education teacher; current president, Warrensville Hts. Library Branch Friends	Shad Nye, M.Ed.; NSCA Certified Personal Trainer	Michael Walczak, B.A., M.Ed., J.D.
Josephine M. "Katie" Evans, M.Ed.	Patrick H. O'Leary, M.S., M.Div	Bob Wido, M.A., M.Div., D.Min.
Sol Factor, B.A., MAT	Eric Olson, Anthropology/archaeology professor	Keith Witkowski, CPA, CFP
Mary Lou Fasko, M.S., School Psychology	Jennifer Otto, Writer, editor, web content manager	Linda Witkowski, M.A.
Avery Fromet, J.D.	Beth Parnin, B.A.	Betty Zak, B.S., M.A.
Dennis Geffert, B.A., M.A.	Barbara Perkins, M.M.	
Marilyn A. Hallenburg, B.A.	Marcia Petchers, B.A., M.Ed., Ph.D.	

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 or 216-987-2274.

Would you like to teach in the Encore program?

Contact us at encore@tri-c.edu or 216-987-2274.

Eastern Campus

Bob Berkowitz	Mary Garapic	Anne Stottler
Sandy Berkowitz	Juanita Ingram	Christine Ticknor
Alicia Ciliberto	Phil Piccus	

Western Campus

Sharon Gettig	Karen Jones	Terri Kroboth
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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.
- **No:** Complete the online noncredit registration form to receive your S-Number (it will appear onscreen once submitted). Visit tri-c.edu/NCRRegistration.

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

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

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 Campus Fridays Bundle Option (\$99 for up to 6 classes):

- Go to tri-c.edu/encore.
- Choose desired location.
- Click the Bundle button.
- Click "Add to cart" on the bundle page.
- Select your desired courses.
- 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.
- A welcome email with class logistics will be sent 2-3 business days before the course start date.

Individual Course Registration (Encore Campus Fridays, Encore On-the-Go and Neighborhood Scholars):

- Go to tri-c.edu/encore.
- Choose individual course category.
- 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 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 35 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.

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

Terri Kroboth, Western Campus: Student Services building (B)

Mike Ketterick, Westshore Campus:
Liberal Arts and Technology building (1st floor)

What Is my Tri-C space?

My Tri-C space (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. For Eastern Campus, the west entrance to the Student Services building will be closed through June 2023. Visit tri-c.edu/constructionupdates for more details.

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). 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.**

Fall in Love

with **Encore**

Invite a friend
to Encore On-The-Go or
Campus Fridays!

Winter Session

Tuesday, Feb. 14

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

Friday, Feb. 17

9 a.m. – 3 p.m.

Spring Session

Tuesday, April 11

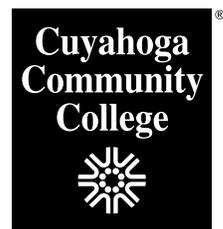
9 a.m., 11 a.m. and 1 p.m.

Friday, April 14

9 a.m. – 3 p.m.

Watch your inbox for details.

MORE INFORMATION tri-c.edu/encore | 216-987-2274 | encore@tri-c.edu



ENCORE REGISTRATION FORM

ONLINE:

Visit tri-c.edu/encore and select "Register Online" from the campus page. See page 35 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.

**Registration opens
Dec. 13 at 10 a.m.**

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 35 for details.

Name _____
Last First M.I.

Date of Birth ____ / ____ / ____
Month Day Year

Student S# 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

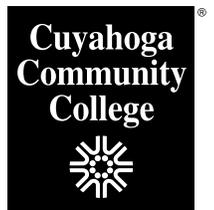
Black White (non-Hispanic) Hispanic
 American Indian or Alaskan
 Asian, Pacific Islander or Indian Subcontinent
 Other

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

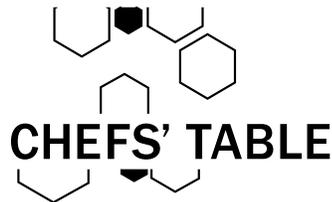
____ \$30 per course
____ \$99 for up to six Encore Campus Fridays courses at a single campus
____ Neighborhood Scholars Total
____ **Grand Total**



View course descriptions beginning on page 16 and register online at tri-c.edu/encore. Find instructions to register on page 35.

Join us for other opportunities

**Community
Education**
at Tri-C

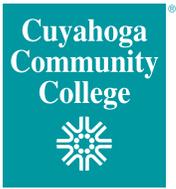


**Would you like to teach in the
Encore program?**

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

**Know someone who might be
interested in Encore?**

Email their name, home address,
apartment, city, ZIP and email address
to encore@tri-c.edu or call us with
this information at [216-987-2274](tel:216-987-2274).



Cuyahoga Community College
Corporate College® East
4400 Richmond Road
Warrensville Heights, OH 44128

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