

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**.



This course is **virtual**.

NEW

12 Things Healthy People Do While Hospitalized

Natalie Rudd

30341 | 1 p.m. | Eastern Campus

Navigate hospital stays with confidence, whether planned or unexpected, by adopting essential habits for better outcomes. Learn about medication management and safety tips and discover the No. 1 thing you must do for a great experience — all wrapped in a bit of humor and practical advice from a registered nurse with over 30 years of experience.

A Bit of Germany

Angela Schaal

30343 | 10 – 10:50 a.m. | Eastern Campus

We will cover a bit of everything Germany, including the language, famous people, cities, music, food and more.

NEW A Cleveland Sampler: People, Places and Moments From Cleveland History, Vol. 1

Walter Topp

30345 | 11 – 11:50 a.m. | Western Campus

Like a cinematic box of chocolates, you never know what you're going to get with Cleveland's textured and fascinating history. We will look at a variety of Cleveland's most interesting places, personalities and events. Among the topics we might cover are Millionaire's Row, Progressive Mayor Tom L. Johnson, immigrant neighborhoods, shipbuilding, League Park, the Great Lakes Exposition and others. Sign up for the course and tell us what you want us to talk about.

A Few Interesting Characters

Linda Witkowski

30349 | Noon – 12:50 p.m. | Western Campus

We will explore some lives well (or ill) lived and ask (among other questions), “Did Coco Chanel sleep her way to the top?” “Just how drunk was Calamity Jane?” “Did Arthur Conan Doyle really hate Sherlock Holmes?” “How tarnished was Hollywood's Golden Age?” Join me for some fun and a bit of education along the way.

NEW A Journey Into the Human Body: The Cardiovascular System

Terry E. Greathouse

30351 | 9 – 9:50 a.m. | Western Campus

Many civilizations have believed in the magical qualities of the heart and blood. However, you cannot “leave your heart in San Francisco,” and criminals do not have “bad blood” nor aristocrats “blue blood.” So, what do the heart and blood do for us? Healthwise, heart disease is the No. 1 killer for seniors, and the No. 1 chronic condition is hypertension. A person's life is in danger if the heart loses its ability to pump blood for even a few minutes. Plus, what's the difference between leukemia and anemia, just how does blood clot, and what's all this fuss about blood types? Join your instructor for a fascinating journey into the human body, where you will be introduced to your heart and blood.

NEW A Storm Rising in the West

Terry E. Greathouse

30353 | 10 – 10:50 a.m. | Western Campus

Journey to the frontiers of colonial America as we travel through western Pennsylvania, Virginia, Ohio, Maryland and Michigan. In this course, art meets history when we meet the Native American tribes of this region through the paintings of Robert Griffing, John Buxton and others. We will also examine the causes and ramifications of the French and Indian War. This course aims to introduce students to a part of our American history predating the Revolutionary War — 1600-1762 — that is seldom taught and little understood.

NEW Abstract Mixed Media Art

Sharon Dundee

30468 | 10 – 11:50 a.m. | Eastern Campus

This hands-on class will explore a variety of materials and techniques used to create different abstract mixed media art. Some previous experience with any type of art will be helpful. **Fee: \$20**

AI TED Talks: The Sequel

Susan Ungham

30357 | 11 – 11:50 a.m. | Western Campus

TED Talks are a great way to learn about trending topics, such as artificial intelligence (AI). Hear from TED experts and share your thoughts with your classmates. All new talks every term!

American Social History: The Depression as Seen Through the Lens of Hollywood Cinema (1931-1941)

Mark Schwartz

30477 | 10 – 10:50 a.m. | Eastern Campus

A review of eight relevant Hollywood movies released between 1931 and 1941, studied in conjunction with lectures on the history of the Depression in America and discussions with the class and instructor.

NEW An Expeditious Jaunt Through the New Testament

Rev. Gloria Chaney

30359 | 1 – 1:50 p.m. | Eastern Campus

This enrichment offering will examine content, structure, events and theological themes. The curriculum probe will consider each book and the intrinsic correlation as a whole. There will be an analysis of the title, meaning, author, dating of text, keywords and phrases, key verses, purpose, message, outline and summary of the respective books.

NEW An Expeditious Jaunt Through the Old Testament Scriptures

Rev. Gloria Chaney

30360 | 2 – 2:50 p.m. | Eastern Campus

This enrichment offering will examine content, structure, events and theological themes. The curriculum probe will consider each book and the intrinsic correlation as a whole. There will be an analysis of the title, meaning, author, dating of text, keywords and phrases, key verses, purpose, message, outline and summary of the respective books.

Anahat Ageless Chair Yoga

Jody Schrock

30361 | 11 – 11:50 a.m. | Eastern Campus

Hatha Yoga is designed for people with limited mobility due to age, illness or disabilities and those who cannot get down on the floor. The class consists of warmups, working the major muscle groups, and stress reduction through breathing and meditation.

Ancient Yoga Breath

Jody Schrock

30362 | Noon – 12:50 p.m. | Eastern Campus

Calm down and reset with an expanded variety of breathing techniques, various meditations and simple warmups. Use your breath to change your mood. A mat is not necessary.

NEW Art for Beginners

Sharon Dundee

30363 | 9 – 9:50 a.m. | Eastern Campus

Part lecture, part experience. Learn art basics: terms, styles, techniques, some art history and how different materials are used. This course offers a good foundation for those who are curious about art but new to it. No experience is necessary. **Fee: \$10**

Art Potpourri

Anne M. Stottler

30471 | Noon – 1:50 p.m. | Eastern Campus
We will create new art projects for your fridge while exploring different mediums and having fun in a relaxed atmosphere. **Fee: \$10**

NEW Art Skills — It's No Secret!

Carol A. Agnew

30403 | Noon – 12:50 p.m. | Eastern Campus
Given the right tools, you can draw anything. This class will change the way you see and create art forever. **Fee: \$10**

NEW Artificial Intelligence Fundamentals With Generative AI Lab

Gary Arnosk

30473 | 9 – 10:50 a.m. | Western Campus
This two-session class will combine learning the fundamental constructs of AI with utilizing generative AI agents to build projects in a computer lab setting.

NEW Baby Boomers in the 1960s and '70s: Went to School, Went to War, Went to Work, Part 2

Dennis Geffert

30478 | 1 – 1:50 p.m. | Western Campus
As the Boomer Generation grew up, they faced large issues similar to their parents but in a context of greater numbers, voices and opinions reflective of the late 20th century.

Balance, Strength and Core

Karin Cottman

30404 | 1 – 1:50 p.m. | Western Campus
This class incorporates lower-intensity balance and core moves along with light strengthening and core exercises. These workouts will help improve balance and core strength.

Balloflex (Seated Chair Exercise Program)

Mary Kopczynski

30406 | 9 – 9:50 a.m. | Eastern Campus
30408 | Noon – 12:50 p.m. | Western Campus
BalloFlex is a seated chair fitness program that incorporates elements of music and dance. It is an activity that has been carefully designed to provide a fun group interaction using low-impact movements set to music. BalloFlex tones all major muscle groups, helps build core strength, and provides a safe full-body workout.

NEW Ban This at My Library!

Susan Ungham

30409 | Noon – 12:50 p.m. | Western Campus
Banning books (and people!) from public libraries and schools is not a new phenomenon, but the number of growing challenges makes this topic even more crucial now. Discover the types of bans and the reasoning behind these challenges.

Beginner Line Dance

Martha Hall

30410 | 10 – 10:50 a.m. | Western Campus
Learn the basic steps in beginner line dancing to songs from a variety of genres, including Latin, pop, country and disco. You're guaranteed to laugh and have a great time while dancing!

Beginning Line Dancing

Beth Parnin

30412 | 1 – 1:50 p.m. | Eastern Campus
Learn the basic steps of line dancing while having fun and keeping your body moving. No experience is necessary.

Bible Flyover

Diane Wido

30414 | 9 – 9:50 a.m. | Western Campus
The Bible is quoted everywhere: the news, TV, movies and everyday life. But what's really in that big book? This class gives an overview of each of its 66 books and how they fit together to form a unified message.

Book Discussion Group

Marcia Petchers

30415 | 2 – 2:50 p.m. | Virtual
This student-led literature discussion class actively engages you in constructively conversing about the books we read. We will discuss, dissect, analyze and react personally to four books, guided by structured discussion questions. The books (recent fiction or nonfiction) are announced a month in advance, giving you ample opportunity to read them. Each book is discussed for one to two weeks, as scheduled. This class runs during each of the three Encore terms. Students from diverse backgrounds and viewpoints are welcome. The class members suggest books for future terms.

Book Folding

Jill Hallet

30417 | 10 – 10:50 a.m. | Western Campus

Learn the art of taking used books and using cutting and folding methods to make pictures and images. For this hands-on course, you will need to buy your own used books after the first class (25 cents to \$3 per book at the library and thrift stores).

NEW Book Folding Advanced

Jill Hallet

30519 | 11 – 11:50 a.m. | Western Campus

This class is for those who have taken the Book Folding class and want to continue to improve and be challenged with new patterns and methods.

NEW British Royal Scandals

Julie E. Koenig

30418 | Noon – 12:50 p.m. | Eastern Campus

We will discuss Queen Victoria (aka, Mrs. John Brown); the Abdication: Edward and Mrs. Simpson; 1992: Queen Elizabeth II's "Annus Horribilis, Camilla;" Prince Philip: Faithful or Philanderer; the Exploits of King Edward VII; the Buckingham Palace Security Scandal; the Rogue Butler; Monarchy in Crisis: The Day Diana Died; Princess Margaret: Duty vs. Love; Prince in Disgrace: Prince Andrew; and Megxit: Harry and Meghan.

CANCELED Character Development for the Underdeveloped

Herbert A. Burns

30424 | Noon – 12:50 p.m. | Eastern Campus

In today's society, we are witnessing frequent incidents of domestic violence, teen rebellion, murder and thievery. This class explores how the lack of character development has contributed to the deterioration of the moral fiber in our communities. Remedies for this social illness will cite case studies with proven results and biblical values for molding character.

NEW Cleveland Rocks! (and You Will, Too)

Gerry Nemeth

30427 | 11 – 11:50 a.m. | Western Campus

30946 | 1 – 1:50 p.m. | Eastern Campus

We will cover everything that makes Cleveland the "Rock 'n' Roll Capital of the World!" We will look at the venues (the Richfield Coliseum, the Agora Ballroom, the Corral and more). We will look at the locals that made it big (Michael Stanley, the Raspberries, Eric Carmen as a solo artist and more). We will look at the concerts (the Moondog Coronation Ball, the World Series of Rock and more). Plus, the instructor plans to bring in musicians and other VIPs to enhance the class!

NEW Climate Change: Exploring the Data

Angela J. Sanson

30429 | Noon – 12:50 p.m. | Eastern Campus

In this seven-week course, we will explore the data behind climate change, helping participants understand the science, global trends and ways data informs policy, behavior and action. We will cover the qualitative and quantitative aspects of climate change, including key datasets, methodologies for analyzing climate data, and the role data plays in understanding the environmental crisis.

NEW CPR for the USA: Reviving Democracy With the Constitution

Patrick O'Leary

30431 | 10 – 10:50 a.m. | Western Campus

How can each of us revive our democracy? We will explore moments in U.S. history when democracy faced serious threats — from executive overreach to economic instability — and how Americans responded. We'll compare those crises to recent challenges to constitutional norms and discuss constructive, Constitution-based actions citizens can take today. No prior background in history or law is needed.

Dance Basics

Alyssa Wilmot

30433 | 1 – 1:50 p.m. | Western Campus

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

NEW Dance Through the Decades

Alyssa Wilmot

30434 | Noon – 12:50 p.m. | Western Campus

Let's go back in time in our dance time capsule and learn what dances were popular way back when and why! *This is a lecture class.*

Demystifying the Technology in Your Life

Linda Witkowski

30435 | 1 – 1:50 p.m. | Western Campus

Gain a better understanding of the technology that affects your life. We will simplify terms like "augmented reality," "the Cloud," ChatGPT, "AI," "Bitcoin," and all the dreaded social media gremlins that are giving many pause and sometimes causing concern as computers continue to significantly encroach on our awareness. You'll also learn a bit about the history of the computer world and the major players inventing these inscrutable terms daily. If you can count to one, you already have an understanding of the underpinnings of the computer universe. No computer literacy is needed for this course.

CANCELED Diabetes Basic Education

Vera Bartasavich

2 – 2:50 p.m. | Eastern Campus

Learn how to take control of your high blood glucose (prediabetes and diabetes) in this course on diabetes self-management.

NEW Diet Choices Explained

Karen Brucken

30437 | 9 – 9:50 a.m. | Western Campus

There are many ways to lose weight and get healthy. What does each diet entail? Where did it originate? What is the success rate? During this course, we will explore options, including keto, Mediterranean, Atkins and other diets, to see if they result in long-term weight loss and good health. By the end of the course, you will be equipped to make the best food choices for you.

NEW Drawing

Angela Schaal

30443 | Noon – 12:50 p.m. | Eastern Campus

This class will focus on drawing interesting things around us.

NEW Energy Options for Planet Earth

Joseph P. Reardon

30446 | Noon – 12:50 p.m. | Western Campus

This is a demystification of the fundamental concepts of the energy generation technologies discussed daily by the news media related to the climate change debate. This course focuses on a new topic each week, along with colorful graphics and photos, placing each subject in its proper historical context. The objective is unbiased understanding — not a particular ideology.

NEW Envisioning America: Winslow Homer and Norman Rockwell

Wendell Brooker

30448 | 11 – 11:50 a.m. | Western Campus

What does the envisioning process involve when an artist reproduces the people and places of their experience and imagination? When does perception go beyond simple seeing, and how are the discoveries made in this “beyond” creatively shared with the consumers of the art? Is there a truth and understanding available only to art? Can such art, in any sense, reveal the soul of a nation?

NEW Feelings Make the World Go ‘Round!

Mary Lou Fasko

30462 | 9 – 9:50 a.m. | Eastern Campus

“Are you feeling happy today? Or maybe a little down?” Emotions play an important role in our thoughts and behaviors. Our feelings help us make decisions, provide emotional balance or distress, and encourage our thinking and creativity. In this class, we will discuss different feelings, how to recognize them, and effective strategies to deal with them — happy or sad, anxious or angry.

CANCELED Fitness: Strength and Sculpt

Debbie Makowski

10 – 10:50 a.m. | Western Campus

This class is a full-body workout designed to strengthen and sculpt the body. All fitness levels are welcome, and modifications are provided for those with back, knee, hip and shoulder issues.

NEW Food Myths

Karen Brucken

30464 | 10 – 10:50 a.m. | Western Campus

(Formerly Food Facts Debunked) Slogans promoting foods are easy to repeat and remember and can influence our purchases. Are these items leading to better health, as the slogans often suggest? In this course, we will look at popular ones, including “milk does a body good” and “dark chocolate is good for you,” to see why they may be promoting food myths instead of facts. You will gain a new perspective and understanding of what contributes to good long-term health.

NEW Force or Grace? The Legacy of the Enlightenment

Charlene Mileti

30465 | 10 – 10:50 a.m. | Eastern Campus

This course asks why our view of life determines essentially everything we believe, especially what we accept as truth. During the 17th- and 18th-century Enlightenment period, the belief in human progress was established. The term “progress,” however, puts the competing ideas of “force” and “grace” in direct tension with one another. We will examine how this tension has contributed to the current crises in our world.

NEW Free Weights, Bands and Balance as We Age: Adaptations and Alternatives

Judith J. Rogers

30398 | 1 – 1:50 p.m. | Eastern Campus

In this course on aging and exercise, we will learn to adapt as we experience new limitations and offer alternatives to work around pre-existing injuries.

Fun With Fitness

Beth Parnin

30399 | 2 – 2:50 p.m. | Eastern Campus

Easy aerobics, chair work, resistance work and stretching — all in one class! Fun with fitness is appropriate for all fitness levels. Everyone works at their own level to feel better and get stronger while having fun.

Fun With Italian

Maureen Huefner

30400 | Noon – 12:50 p.m. | Eastern Campus

Have you always wanted to learn Italian? In this course, we will explore the fundamentals of this beautiful, romantic language. We will cover pronunciation, useful expressions and vocabulary, numbers, colors, geography, food, music, cultural highlights and places of interest in Italy. No need to worry about complicated grammar or tests. Come for the pure pleasure of learning in a non-threatening environment.

Gardener's Gazette

Marilyn Hallenburg

30401 | 11 – 11:50 a.m. | Eastern Campus

30402 | 11 – 11:50 a.m. | Western Campus

As we witness all the changes in our world — climate change, food recalls due to various pathogens, a decline in our pollinators and even the availability of certain types of foods — we realize gardening, whether for food or enjoyment, is becoming more important every day. Gardening, especially gardening with native plants, provides the food and shelter our pollinators need to pollinate most of the food we eat and the flowers we enjoy. Gardening helps increase our health through physical activity. It also provides us with a positive experience of the wonders of nature in our gardens and around us. Today, there are so many ways to garden: traditional garden beds, raised beds, and even container gardening on a patio or an apartment balcony. We can even use whimsical containers to garden in. All classes are taught by Master Gardeners and other experts in the field. We will provide up-to-date, research-based information about any number of gardening topics.

Genesis and the Big Bang

Ted Smith

30405 | 2 – 2:50 p.m. | Western Campus

30407 | 2 – 2:50 p.m. | Virtual

The events in the first chapter of Genesis are quite similar to those described by the Big Bang Theory. The real question is, was it six days or 13.7 billion years? This class will explore how the answer is actually “yes” to both perspectives. We will only use peer-reviewed science taught in universities (I promise no complicated formulas on the chalkboard!) and only conventional interpretations of the Genesis text (one day is not a metaphor for an epoch).

NEW God and Human Consciousness

Ted Smith and Joe Kolecki

30411 | 9 – 9:50 a.m. | Eastern Campus

30413 | Noon – 12:50 p.m. | Western Campus

30416 | Noon – 12:50 p.m. | Virtual

Instructors Joe Kolecki and Ted Smith explore the conventional view of neurobiology that suggests the human brain produces consciousness and self-awareness. Yet the quest to prove this hypothesis has taken researchers beyond the limits of physical science to the seemingly irrational domain of spiritual mysticism and possibly an encounter with the divine. Class participation and discussion are strongly encouraged.

NEW God and Your Brain

Ted Smith

30419 | 10 – 10:50 a.m. | Eastern Campus

30420 | 1 – 1:50 p.m. | Western Campus

30421 | 1 – 1:50 p.m. | Virtual

Is God just in your head? The amazing answer might be “yes,” but not how an atheist might believe. Neurological evidence suggests our brains have evolved a neurophysical ability to perceive beyond our sense of self to a greater presence. An encounter with God is a “neurologically real” experience. Let’s explore how the brain perceives God and how the mind interprets the encounter.

Gray Matter Matters — Aging and Your Brain

Mary Lou Fasko

30422 | 11 – 11:50 a.m. | Eastern Campus

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. Join our lively discussion about how our brain helps us focus, remember, plan, organize, initiate, carry out purposeful activities, exert self-control, and demonstrate emotional regulation.

NEW Heroes in the Sky: Great American Fliers and Aircraft of World War II

Dennis Geffert

30423 | 2 – 2:50 p.m. | Western Campus

We'll discuss tales of the exploits of American aircrews in the skies over Europe and the Pacific from 1941-1945.

Heroes of the Holocaust

Avery Fromet

30425 | 9 – 9:50 a.m. | Eastern Campus

The Nazis murdered millions during World War II, but some individuals risked their lives to help those in danger. We'll identify these heroes during this session.

High Beginner and Improver Line Dance

Martha Hall

30426 | 11 – 11:50 a.m. | Western Campus

In this course, we will learn high beginner and improver dances to a variety of songs. Basic step knowledge is required, as the focus will be on sequencing the steps. Get ready to smile and have a lot of fun! We may also learn some contra dances.

NEW Historic Gems Hidden in Plain Sight!

Mary R. Kolk

30428 | 2 – 2:50 p.m. | Western Campus

Historic buildings and locations in the Northeast Ohio area that you may pass daily and not realize their history and importance.

NEW History of Comedy — Silent Films to 1960

Neil A. Oblonsky

30430 | 11 – 11:50 a.m. | Eastern Campus

We examine how comedy evolved from the early silent movies to screwball comedies.

NEW History of Comedy in America I

Neil A. Oblonsky

30432 | 9 – 9:50 a.m. | Eastern Campus

We examine comedy from vaudeville through radio, with many clips of the great acts.

NEW History of Comedy on the Air, From Lucy to Modern Family

Neil A. Oblonsky

30438 | 10 – 10:50 a.m. | Eastern Campus

This class will showcase the talent behind modern situation comedies on TV and how the process has evolved.

NEW Hollywood Goes to War!

Movies, Stars and Stories of World War II



Judi Slack

30439 | Noon – 12:50 p.m. | Western Campus

30440 | Noon – 12:50 p.m. | Virtual

Whether you are a fan of Hollywood history, WWII or both, this class is for you! We will present a multifaceted account of Hollywood's contribution to the war effort, providing an interesting perspective on the participation of America's leading figures, both in front of and behind the cameras. We will also discuss stories about the projects undertaken by the studios by specific directors and how the stars approached WWII service — including stars like Carole Lombard, who lost her life returning from a war bond-selling tour; Bob Hope and Marlene Dietrich, who enthusiastically joined USO performances to entertain the troops; James Stewart and Clark Gable, who joined the fight themselves in uniform; Bette Davis and John Garfield, who created a starry haven for soldiers in their founding of the Hollywood Canteen; and filmmakers like Orson Welles, Walt Disney, Alfred Hitchcock and others, who made films aiming to shore up alliances, boost recruitment, and let the folks back home know what beloved family members were facing overseas.

NEW Hollywood Musicals, Part IV (1970s)

Gary Anderson

30441 | Noon – 12:50 p.m. | Western Campus

The years between 1972 and 1979 kept singers and dancers employed on screen but not at the pace of the 1960s. Enjoy a look at Liza Minnelli, Joel Grey, Keith Carradine, Kris Kristofferson, Liz Taylor, John Travolta, Olivia Newton-John, Ben Vereen and Roy Scheider.

NEW How We Got the Bible

Robert Wido

30442 | 10 – 10:50 a.m. | Western Campus

Have you ever wondered how the Bible you read at church came into existence? Who wrote it? When did they write it? Is the Bible reliable and close to what was originally written? These are the questions we will address in this class.

Inventions That Changed the World

Avery Fromet

30444 | 10 – 10:50 a.m. | Eastern Campus

From the discovery of fire to the invention of the wheel and the development of the vacuum tube to the integrated circuit, innovation has transformed the world. This series will explore the inventions and technologies that have enriched humanity throughout history.

NEW Intro to Esoteric Philosophy and Applied Spirituality

Aaron Baker

30445 | 9 – 9:50 a.m. | Western Campus

We will discuss esoteric philosophers of the past and present to give you insight into problem-free living. In light of this new information, common issues like anxiety, anger, grief and other negativities can be understood out of existence. This class will open the door.

NEW Jesus: The Man, the Myth, the Mystery

Wendell Brooker

30447 | 10 – 10:50 a.m. | Western Campus

No historical figure is, I believe, currently more misunderstood than the man we know as Jesus. This class will explore why this is, how this situation came to be, and where we might rediscover one of the most intriguing figures in human history and imagination. The roles of the Christian church, educational institutions and public media will be explored for clues to the mystery of the man.

Learn German for Fun, for You, for Travel...

Angela Schaal

30449 | 11 – 11:50 a.m. | Eastern Campus

Learn vocabulary and grammar rules to understand and speak German.

Learning To Read Labels and How Your Digestive System Works

Lourdes Sanchez

30450 | 2 – 2:50 p.m. | Eastern Campus

We will analyze and understand food labels to make healthy choices. At the same time, I will teach the physiology of the digestive system and its impact on our overall health.

Live Like the Blue Zones

Karen Brucken

30451 | 11 – 11:50 a.m. | Western Campus

Where are the Blue Zones? What enables their residents to live well to age 100 and beyond? We will explore each zone to discover their diet and lifestyle habits, learning what has contributed to their well-being. Then, we will look deeper into their common habits and create ways to incorporate them into our own lives.

Muscle Conditioning

Karin Cottman

30458 | Noon – 12:50 p.m. | Western Campus

Engage in a full-body workout to build muscle and burn fat using dumbbells, bands and body weight.

Music of Laurel Canyon

Frank Thomas

30461 | 11 – 11:50 a.m. | Eastern Campus

In the late 1960s, Laurel Canyon became a creative and collaborative neighborhood, blending country, folk and rock music. We'll feature artists such as the Byrds, the Eagles and Crosby, Stills & Nash.

NEW Musical Works Featuring Violin/Fiddle

Barbara Perkins

30467 | 1 – 1:50 p.m. | Eastern Campus

The history of bowed string instruments goes back to ancient times. This class will explore how these instruments have developed over centuries and are used in a broad range of musical styles. There will be distributed pictures of the varieties of instruments we'll hear in musical examples during each class.

Northern vs. Southern Hemisphere Wines

Carol A. Agnew

30470 | 2 – 2:50 p.m. | Eastern Campus

Is there a difference between Earth's two hemispheres when it comes to wine? Let's go exploring!

Fee: \$20

CANCELED Nutrition: How To Eat To Feel Vibrant and Energized

Debbie Makowski

11 – 11:50 a.m. | Western Campus

The class will focus on the fundamentals of eating real foods, how glucose spikes cause inflammation and fatigue, how to handle cravings, steps to take to improve one's relationship with food, and more!

Philosophy of Technology

Milenko Budimir

30475 | 2 – 2:50 p.m. | Western Campus

The developments of science and technology have shaped society in profound ways over the past several centuries. Join us as we cast a philosophical eye on these developments. We'll examine how technology impacts society (and vice versa) and look at current technological developments, including AI, social media and digital technologies in general, as well as climate change, the industrial revolution, and where the future of technology may take us.

Pilates

Alyssa Wilmot

30494 | 2 – 2:50 p.m. | Western Campus

Join us for a gentle Pilates mat exercise that works the core and muscle groups with a focus on strength, stability, flexibility and mobility.

Political Parties in the United States and Elections

Jeff Black

30481 | 11 – 11:50 a.m. | Western Campus

We'll discuss political parties and their history, the two-party system and the history of the election process.

Powerhouse Pilates

Judith J. Rogers

30484 | Noon – 12:50 p.m. | Eastern Campus

Learn how to activate your core to improve balance, stabilize your spine to reduce back pain, and improve your posture.

NEW Ritual: The Human Need for Cultural and Faith Expressions

Kevin C. Shemuga

30485 | 10 – 10:50 a.m. | Western Campus

30490 | 2 – 2:50 p.m. | Eastern Campus

In this course, we will explore different ritual expressions and the need to act on activities that unite and deepen our convictions and connections.

Road Tripping Through Ohio

Milenko Budimir

30491 | 1 – 1:50 p.m. | Western Campus

How well do you know Ohio? Our 222-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. In this class, we'll look at some of the most interesting places to visit in Ohio, with itineraries and tips to make the most of your explorations.

NEW Sacred Spaces —

The Splendor of Divine Sanctuaries



Judi Slack

30492 | 1 – 1:50 p.m. | Western Campus

30493 | 1 – 1:50 p.m. | Virtual

Due to their place in society, churches have long had the wealth and power to preserve history and fund creative, often extravagant works of art. Though styles and denominations vary, each proves just how resourceful and creative humans can be when designing to honor a higher power. Countless churches in this world stand head and shoulders above the rest, dazzling not only with their extraordinary beauty and giant dimensions but also with their histories and legends, making them much more than just places of worship. So, whether you are an avid armchair traveler, an art enthusiast, or someone seeking spiritual inspiration, these churches offer a glimpse into the sublime, showcasing the pinnacle of human achievement in architecture and faith.

CANCELED Scriptwriting for Beginners

Dana Booker

30342 | Noon – 12:50 p.m. | Eastern Campus

In this entry-level class in television and scriptwriting, students will learn how to format a script, develop characters and bring their stories to life.

NEW Serenity Through Music

Barbara Perkins

30344 | 9 – 9:50 a.m. | Western Campus

30346 | Noon – 12:50 p.m. | Eastern Campus

In this course, you will learn how to find serenity through music. The healing qualities of music have been known throughout all societies for as long as there have been people making music. In this class, we will learn about and listen to a variety of healing musical styles, including classical, new age, jazz, Indigenous, folk and world music.

NEW Seven Wonders of the World: Your Chakras

Jody Schrock

30347 | 1 – 1:50 p.m. | Eastern Campus

What are these mysterious “Wheels of Light” that govern the seven major energy centers in the body? Each week, we will study one chakra and its effect on the physical and spiritual body and conclude with a corresponding meditation. Handouts will be provided.

Sign Language Is Fun!

Valerie B. Williams

30348 | 2 – 2:50 p.m. | Western Campus

Join in as we use role-play and other fun activities to learn the art of sign language. No experience is required.

Speakers Series: Explore, Enrich, Engage

Betty Zak

30352 | 10 – 10:50 a.m. | Eastern Campus

30350 | 10 – 10:50 a.m. | Western Campus

Explore a new topic each week or expand and enrich your existing knowledge of a topic with a different speaker each week. Specialists have previously presented on such topics as “Superman,” “The North Coast Waterfront,” “What Do Diplomats Do?” and “NASA — What’s New?”

Stop the Scammers

Bonita Prewitt

30354 | 1 – 1:50 p.m. | Eastern Campus

We will provide information on the latest scams and how to protect yourself and your loved ones (especially the elderly and seniors).

Strength Circuit Training

Karin Cottman

30355 | 2 – 2:50 p.m. | Western Campus

Benefit from a mix of low-impact cardio and muscle-building exercises designed to improve aerobic and muscle fitness. This class will strengthen the entire body and improve cardio fitness.

NEW Tarotpy: Using Tarot for Self-Discovery, Reflection and Growth

Amanda Nyx

30364 | Noon – 12:50 p.m. | Eastern Campus

30365 | 2 – 2:50 p.m. | Western Campus

Tarot has a historically mystical vibe, based largely around the notion that the cards can tell the future or are linked to unusual religious practices. In reality, though, tarot is simply a collected and semi-codified set of archetypes, images and symbols that can be used for a wide variety of secular purposes. When approached as a secular or personal spiritual tool rather than a religious practice, tarot provides an exciting and accessible avenue for self-discovery, personal growth and reflection. This class dives into how tarot can be used as somewhat of a “life coach” and a wonderful addition to any mindfulness and self-care kit.

TED Talks, the Sequel

Susan Ungham

30366 | 1 – 1:50 p.m. | Western Campus

TED Talks are videos about a vast number of topics. We will view and discuss a different TED Talk each week. Contribute your thoughts and get to know your classmates. All new talks every term!

NEW The American Short Story

Michael Bohnert

30367 | Noon – 12:50 p.m. | Western Campus

In this course, we will examine the American short story, tracing the origins of writers like Poe, Hawthorne, Hemingway, Steinbeck and O’Connor. There will also be a study of “genre” writers, such as Ray Bradbury, Harlan Ellison, Raymond Chandler and more. We will look at the magazines that have published short stories and the advantages of the short story over other types of fiction.

NEW The Diverse Paths of Love

Charlene Mileti

30368 | 9 – 9:50 a.m. | Eastern Campus

The word “love” is perhaps the most ambiguous in the world. We will examine what some of the Western world’s greatest thinkers believe love really means.

CANCELED The Failure of Black History Month and Black Studies

Herbert A. Burns

30369 | 1 – 1:50 p.m. | Eastern Campus

In this course, we will compare and contrast how Black studies are being taught in the public school system and why it is counterproductive and unauthentic. The authenticity of true Black history and its relevance to our modern-day society will be presented.

NEW

The Feminine Mystique — The Power of Women

Mary Kolk

30370 | 11 – 11:50 a.m. | Western Campus

We will chronicle the Women’s Movement from the early 1900s until today, including the Suffragette era, the women’s liberation movement, the ERA, the fight for equal pay, the women who ran for president — Hillary Clinton and Kamala Harris — and the first female nominee for vice president, Geraldine Ferraro. We will look at women targeted as notorious figures simply because they were activists who were outspoken in their beliefs, such as Jane Fonda, Betty Friedan and Gloria Steinem. We’ll talk about female heroes whose names you may never have heard, such as Dr. Frances Oldham Kelsey, the first woman to serve on the FDA. Dr. Oldham is credited with denying the approval of the drug thalidomide for use in the United States, saving millions of babies from being born with severe birth defects. Discover the amazing women whose shoulders our daughters, granddaughters and great-granddaughters stand on.

NEW The Golden Door: Immigration in America, 1750-2025

Walter Topp

30371 | 2 – 2:50 p.m. | Western Campus

We will examine the economic, social and political impact of immigration on America in general and on Cleveland in particular. We'll look at the mechanics of immigration — what pushes people to emigrate and what pulls people to certain destinations — as well as American efforts to control immigration, America's previous attempts at mass deportations, the costs and benefits of immigration, the impact of immigration on the development of Cleveland, and how immigrants adapted to life in Cleveland.

NEW The History of Ohio's Underground Railroad: A Theological Tug of War

Herbert A. Burns

30372 | 2 – 2:50 p.m. | Eastern Campus

We will study the ministers, theologians and Christians living in Ohio during the 19th century who played an active role in the Underground Railroad movement. Without biblical values, the Underground Railroad stations would not have existed. Since biblical principles gave birth to this movement, this topic will be this course's main theme. You will be supplied with copies of rare historical manuscripts, letters and diaries, which give a firsthand account of these Underground Railroad operatives and their experiences. The material will be presented in a colorful PowerPoint-style presentation with ample time for discussion. Past experience has proven that the nature of this topic has been well received. Historical accounts of fugitive slaves will also be included, representing a symbol of freedom and righteousness.

NEW The Love That Derailed the Empire: Napoleon and Josephine

Betty Zak

30373 | 9 – 9:50 a.m. | Western Campus

30374 | 9 – 9:50 a.m. | Virtual

It has been said, "Love Makes the World Go 'Round.'" Yet, was Napoleon so captivated by Josephine that it clouded his judgment? Explore the secrets, facts, stories and motivations of Napoleon and Josephine in and out of the bedroom. He was strong, complex, superstitious and passionate. She survived a revolution, was penniless, and became a brothel favorite before becoming empress. Was love the cause of a derailed empire? Hear what historians, neuroscientists and psychologists say. What do you think?

NEW The Most Famous Classical Music Pieces of All Time

Richard Polster

30375 | 9 – 9:50 a.m. | Eastern Campus

We're going to listen to the most memorable classical music pieces of all time. If you recognize music from films, advertisements or anywhere but never knew where the pieces came from, this course will help you identify them and tell you "the rest of the story." These pieces are recognizable even to people who don't listen to classical music.

NEW The Panama Canal

Steven Schechter

30376 | 1 – 1:50 p.m. | Eastern Campus

The Panama Canal has been in the news recently, so let's learn about this small isthmus. Building canals to shorten routes goes back centuries. In this course, we will look at the first canals built in the U.S. and how they influenced the desire for a canal in Panama. The first serious effort was made by the French in the 1880s. After 10 years and over 20,000 deaths, they gave up. In the early 20th century, the U.S. took over the effort. To succeed, they had to figure out how to combat the malaria and yellow fever that killed so many French workers. The building of the Panama Canal was the greatest engineering feat of its day. This is the story.

The Power of Connection and Purpose

Mary Kolk

30377 | Noon – 12:50 p.m. | Western Campus

Get motivated to become involved in life again. Find new friends, overcome loneliness and discover your purpose in this second stage of life.

NEW The Rat Pack Singers

Jerry Jelinek

30378 | 9 – 9:50 a.m. | Eastern Campus

30379 | 11 – 11:50 a.m. | Western Campus

Examine the lives and times of Sammy Davis Jr., Dean Martin and Frank Sinatra during the 1950s through the 1980s. We'll explore how these men helped shape the cultural times of the post-World War II era.

NEW The Rise and Fall of Disco

Frank Thomas

30380 | 9 – 9:50 a.m. | Eastern Campus

Explore the roots and rise in the popularity of disco, followed by a falling out of public favor and, finally, a nostalgic resurgence.

NEW The Secret to Mastering Life in Your 50s and Beyond

Natalie Rudd

30381 | 1 – 1:50 p.m. | Eastern Campus

Unlock the potential of your 50s and beyond with this transformative course. It's never too late to pivot and invest in yourself. Discover the five key areas crucial for thriving and achieving success in every aspect of your life. Join us to become the master of your destiny.

The '60s in America

Thomas Hartshorne

30382 | 11 – 11:50 a.m. | Eastern Campus

We'll take a general look at the '60s with the main emphasis on the various protest movements of the decade.

NEW The Space Race in the Cold War

Frank Thomas

30383 | 10 – 10:50 a.m. | Eastern Campus

We'll discuss the two great superpowers that competed for dominance of the New Frontier and President Kennedy's goal to land a man on the moon.

Topics in Environmental Science

Angela J. Sanson

30384 | 11 – 11:50 a.m. | Eastern Campus

In this interdisciplinary course, we will explore current and emerging issues in environmental sciences, including climate change, population growth, biodiversity loss, pollution, energy and sustainability. Through scientific readings and collaborative discussions, we will examine the complex interactions between natural systems and human activities. The course highlights science's role in informing policy and the importance of global and local perspectives in addressing environmental issues.

TV Game Show Fun!

Gerry Nemeth

30385 | 9 – 9:50 a.m. | Western Campus

We will look at the rich history of the TV game show genre. We will play simulated versions of your favorite games (*Jeopardy!*, *Wheel of Fortune*, *Password* and more). Meet folks who have appeared on various TV game shows, win prizes and find a few surprises!

Type 2 Diabetes CAN Be Reversed

Mary R. Kolk

30386 | 9 – 9:50 a.m. | Eastern Campus

30387 | 1 – 1:50 p.m. | Western Campus

Type 2 diabetes and obesity are at epidemic proportions. Based on 20 years of personal and extensive research, this class will present evidence on why we get fat, how we can get control of our blood sugars, come off of most — if not all — medications for Type 2 diabetes and more.

NEW Understanding Current Events: A Guide for Americans

Walter Topp

30388 | 9 – 9:50 a.m. | Western Campus

A nonpartisan look at the history and current status of contemporary American issues, including trade, federal spending, Social Security, immigration, crime and national defense. This course will examine the factual foundation of today's highly politicized issues to help us understand where we are as a nation and how we got here.

Understanding Long-Term and Assisted Living Facilities

Gary Klein

30389 | 9 – 9:50 a.m. | Eastern Campus

We will look at how facilities are operated, owned, staffed, inspected, reimbursed and the payment methods for care. We will close the sessions by discussing various ways to avoid being placed in a facility and, finally, how to select a suitable facility.

NEW Waning, Waxing, Full and New Moon Yoga



Judith J. Rogers

30390 | 2 – 2:50 p.m. | Eastern Campus

This Hatha yoga class is designed to parallel the moon's cycle.

NEW Watercolor Journaling and Art *Bonny Carroll*

30391 | 9 – 9:50 a.m. | Western Campus

Watercolor journaling records everyday events and once-in-a-lifetime trips. Journaling opens your eyes to more details of your daily life. This watercolor journaling series is for all levels of painters. We will discuss sketchbook options and watercolor paint to use in our work. Our sessions develop watercolor techniques, including opaque colors, to give your paintings more depth. We will discuss ways to make the practice of painting outdoors easier and how to get better results. This course is an opportunity to learn more about art history and techniques and explore your watercolor style. We will learn to travel the world through art in articles and art books. The art will serve as a reference guide for our journaling.

NEW When Children Parent Their Parents *Gary Klein*

30392 | 10 – 10:50 a.m. | Eastern Campus

We will discuss the transition from being a child to becoming the guardian of your parents. The class is broken into three parts: the emotional journey, the tasks and challenges, and the parents' perspective. I encourage sharing personal experiences and questions.

NEW Wicked Ladies: Infamous Women Poisoners *Judi Slack*

30393 | 2 – 2:50 p.m. | Western Campus

30394 | 2 – 2:50 p.m. | Virtual

“Hell hath no fury like a woman scorned and packing rat poison in her purse.” Whether you are a mystery lover, history buff, true crime fan or just a curious person fascinated by the more macabre side of human nature, this class is for you! Meet women throughout history, united by their shared taste for poison and the unique stories behind their poisonous ventures — if you have the stomach for them. Did you know arsenic is the most popular poison of all time? Along the way, we’ll also discuss poisonous plants, venomous animals and poisonous elements. This class is best enjoyed in smaller doses. And remember, women can do anything — even commit murder!

Women Erased: Significant Women of Christianity *Pat Stropko-O’Leary*

30395 | 11 – 11:50 a.m. | Western Campus

Religious history is often preserved by the winners of ideological debates. Most of what we understand about the development of Christianity is promoted by a male hierarchy that suppresses the participation of women in the historical structure of the church. Explore the stories of remarkable women who exhibited assertiveness and resilience in the face of overwhelming misogyny and got results. From Mary, the mother of Jesus, to Hildegard of Bingen, to Mother Teresa and others, these women made significant contributions and shaped history.

World Mysteries *Avery Fromet*

30396 | 11 – 11:50 a.m. | Eastern Campus

What really happened to Amelia Earhart? Did Atlantis really exist? We will explore these and other mysteries during this series.

Write to Right *Lauren Persons*

30397 | 10 – 10:50 a.m. | Western Campus

In the words of writer Alice Walker, “Writing is a sturdy ladder out of the pit.” Through our own journaling and the powerful words of others, this class will explore ways to find acceptance, peace and purpose.