

Encore Campus Fridays Sneak Peek



EASTERN CAMPUS

\$99 for up to 6 courses

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

COURSE	INSTRUCTOR
9-9:50 a.m.	
Influential People of the World You Don't Know or Know Little About	Avery H. Fromet
Ancient Theories of the Soul	Charlene Mileti
The British Invasion of the 1960s	Frank Thomas
Frank Sinatra – The Man and His Music	Jerry Jelinek
The Power of Connection to Overcome Loneliness	Mary R Kolk
History of Anti-Semitism	Ted Smith
10-10:50 a.m.	
Current Events	Avery H. Fromet
Benedict Spinoza and God	Charlene Mileti
Qigong (Chi Kung)	Martha Lois
American Sign Language (Beginner 1)	Deborah Stylinski
Speakers Series: Explore, Enrich, Engage	Betty Zak
The Music of Laurel Canyon	Frank Thomas
Big Pharma: Pulling Back the Curtain on the Business of Healthcare	Mary R Kolk
Creating Collage: Styles and Technique	Sharon Dundee
The Best Medicine?	Ted Smith
11-11:50 a.m.	
Topics in Environmental Science	Angela J Sanson
Tai Chi for Balance	Martha Lois
Influential Americans You don't Know or Know Little About	Avery H. Fromet
American Sign Language (Beginner 2)	Deborah Stylinski
History of Cuyahoga Valley National Park: Ice Age to 2002	Eric Olson
Rock Music of the '70s	Frank Thomas
Ancient Yoga Breath	Jody Schrock
Gardener's Gazette	Rita Politzer
Type 2 Diabetes Can Be Reversed Without More Drugs	Mary R Kolk
Journey of the Soul	Ted Smith
Miniature Paintings – Fun Gifts or Stocking Stuffers	Carol Agnew
America in the 1930s	Thomas Hartshorne
Noon-12:50 p.m.	
A Taste of Germany	Angela Schaal
Actors, Musicians and More	Barbara Perkins
Gray Matter Matters	Mary Lou Fasko
Tai Chi 2 Practice	Martha Lois
Basic Archaeology Principles	Eric Olson
Anahat Ageless Chair Yoga	Jody Schrock

FALL 2024 Encore Campus Fridays Sneak Peek

COURSE	INSTRUCTOR
Noon-12:50 p.m. (continued)	
Mat Pilates	Judith J Rogers
Flexibility work with Shad	Shad Nye
1-1:50 p.m.	
CANCELED Art History	Anne Stottler
Drum Circle	Barbara Perkins
Beginning Line Dancing	Beth Parnin
BalloFlex (Seated Chair Exercise Program)	Mary Kopcznski
TV Game Show History	Gerry Nemeth
Multi-Medium Art Class: Intermediate	Carol Agnew
Meditation and Mudras	Jody Schrock
Exercise in the Chair	Josephine Katie Evans
Fun With Italian	Maureen Huefner
Machine Weight Training With Shad	Shad Nye
Stories of the Civil War	Steven Schecter
2-2:50 p.m.	
Fun With Fitness	Beth Parnine
Wines Around the World	Carol Agnew
Adventures in Math	Carl Sieke
Exercise and Aging	Judith J Rogers
Hand Weights With Shad	Shad Nye
Managing High Blood Glucose (Prediabetes/Diabetes)	Vera Bartasavich