

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 or materials needed**.



This course is **virtual**.



This course will use a **computer**.

1945: Year of Decision

Thomas Hartshorne

CRN 40365

11 – 11:50 a.m. | Eastern Campus

This course is an examination of the events of 1945, including the ending of World War II, postwar conferences, the decision to use atomic weapons, and how those events shaped the future.

The 1950s: America's Decade

Robert Wido

CRN 40334

10 – 10:50 a.m. | Western Campus

The World War is over, and it is time to get to work, putting America back together as the world's only superpower. Who will lead our country? How can we include everyone in the American dream? And what will we be like at the end of the decade?

NEW 1970s Sitcoms: What We Learn From Them

Diane Wido

CRN 40294

9 – 9:50 a.m. | Western Campus

What are your favorite sitcoms of the '70s? Join with others to reminisce and discuss shows of the 1970s that made us laugh yet taught us something at the same time. Shows and clips include *All in the Family*, *The Mary Tyler Moore Show*, *M*A*S*H* and others!

NEW Adding Lighting to a Home — Seven Steps to Better Illumination

Jeffrey Dross

CRN 40367

1 – 1:50 p.m. | Eastern Campus

It seems simple: put a light in the middle of the room and you're done. While that may have worked in the past, homeowner expectations have matured. Lighting itself has matured, and how it should be employed has reached the level of art. Using lighting as an aesthetic element allows homeowners to strive for something different. This series of seven talks is an introductory approach to developing the lighting needs for each room of the house. We will discuss light, light sources and the color of light, solid-state (LED) lighting, recessed lighting, track lighting and LED tape, outdoor lighting and landscape lighting, lighting plans for the kitchen, pantry, dining room, living room, bathroom and more.

NEW The Aging Brain and How To Take Care of It

Lourdes Sánchez-Solis

CRN 40422

11 – 11:50 a.m. | Eastern Campus

As we age, some cognitive abilities decline: working memory, attention and the ability to learn new complex tasks. We will explore some brain anatomy and brain ecology with our own bodies, as well as the environment and the difference between procedural tasks and declarative tasks. We will proceed to explore how trauma, stress, rest and nutrition affect us and what activities help our brains to stay sharp. Finally, we will explore what makes a person a cognitive super-ager.

Course Descriptions

NEW Aging Well

Karen Brucken

CRN 40296

10 – 10:50 a.m. | Western Campus

We view declining health as a normal part of aging — but does it have to be? During this class, we will explore ways to improve your chance of aging well by looking at nutrition, exercise, brain health, sense of purpose, social connections and more. It is not too late to develop healthy habits.

NEW

Course Level: Intermediate

AI in Action: From Fundamentals to Everyday Use

Gary Arnosk

CRN 40297

10 – 11:50 a.m. | Western Campus

This course builds on your foundational AI skills and helps you move beyond basic use into more practical, real-world applications. Through guided, hands-on practice, you'll learn to ask better questions, evaluate responses, and apply tools like ChatGPT, Microsoft Copilot, and Google Gemini to everyday tasks such as planning, writing, and research. By the end, you'll feel more confident using AI thoughtfully, efficiently, and independently as a reliable assistant in your daily life.

Capped at 25 max

NEW The Amazing Human Body: Exploring the Anatomy and Physiology of the Human Body

Angela Sanson

CRN 40423

Noon – 12:50 p.m. | Eastern Campus

This seven-week course takes adult learners on a guided tour of the human body — no science background needed, just curiosity. Each one-hour session explores related organ systems together, using plain language, vivid visuals, and real-world clinical examples to show how the body is built and how it works. Participants will come away with a practical understanding of how their own body maintains health, what happens when things go wrong, and why everyday health advice makes sense once you understand the underlying anatomy and physiology.

NEW America Between the Wars, 1918–1941

Dennis Geffert

CRN 40368

1 – 1:50 p.m. | Eastern Campus

This course is a study of the United States in a global context during the 23 years from the end of World War I to the outbreak of World War II.

NEW America Through the Cold War: The 45-year Journey; 1945–1990

Walter Topp

CRN 40369

2 – 2:50 p.m. | Eastern Campus

CRN 40298

Noon – 12:50 p.m. | Western Campus

Korea. The Marshall Plan. Keenan. NATO. Truman. Berlin. Vietnam. Apollo. Nixon. Reagan. Gorbachev. The 45-year Cold War between the United States and the Soviet Union continues to shape American politics and foreign relations. This course will examine the key events and figures of that era, and we'll follow the threads that tie it all together.

NEW American Folk Music of the 1960s

Gary Anderson

CRN 40299

2 – 2:50 p.m. | Western Campus

Seventy-five years ago, changes were coming to American popular music. Hank W., Chuck B., Elvis P. and Chubby C. all threw a party! Women like Carole King crashed that boys' club. Where the Crickets once chirped, the Animals and the Beatles thrived. During that era of rock 'n' roll roots, a simple, useful, beautiful branch also developed. Folk singers appeared, packing banjos to harmonicas. The stories they told and the songs they sold were sometimes old, sometimes new, often borrowed, and sometimes the blues.

NEW The American Short Novel

Michael Bohnert

CRN 40335

11 – 11:50 a.m. | Western Campus

The American short novel (or novelette) has had a place in American literature pretty much from the beginning. The 19th century features significant works by Hawthorne, Melville and Twain; in the 20th century, we have fine works by Ernest Hemingway, John Steinbeck and Toni Morrison. The short novel also has a major place in the genres of science fiction, horror and mystery. This course will look at the history of the short novel in America and consider its advantages over both longer and shorter forms of fiction. Some reading is expected in the course. Possible writers are Twain, Steinbeck, Truman Capote, Stephen King, Morrison and Raymond Chandler.

NEW Ancient People's Evolution of Consciousness 

Ted Smith

CRN 40370

10 – 10:50 a.m. | Eastern Campus

CRN 40300

2 – 2:50 p.m. | Western Campus

CRN 40288

2 – 2:50 p.m. | Virtual

Ancient people grasping their individuality, freewill and impact takes a while — shifting from a view that we are cogs in a cosmic machine and our fate is sealed to an idea that we are self-determining individuals changing the way our minds work today. Ancient Hebrews began a centuries-long journey of self-discovery. The process allows us to formulate ethics, modern law and the roots of democracy — all originated with a man who accepted an offer from the creator of the universe.

NEW Ancient Philosophy for Modern Life

Milenko Budimir

CRN 40301

2 – 2:50 p.m. | Western Campus

Ancient Greek and Roman philosophies have become popular again in the 21st century. In this class, we'll look at what these ancient philosophies taught, where they disagreed, where there was agreement, and what all of that means for people living in our present day and age. Specifically, what they can teach us about living our best lives today.

NEW Archaeological Angkor, Crown of the Khmer Kingdom

Amanda Nyx

CRN 40371

2 – 2:50 p.m. | Eastern Campus

CRN 40302

10 – 10:50 a.m. | Western Campus

The vast Cambodian temple complex of Angkor contains over 600 years of Khmer civilization, one of South | Eastern Campus Asia's greatest empires. Through monumental architecture, timeless artwork and strong rulership, the Khmer kings have left behind a truly incredible legacy. This course will cover the history of the region, the religious and political atmosphere in which the kingdom thrived, the archaeology of the remaining temple complexes, conservation concerns for both the historical and environmental aspects of the sites and more. Join your instructor on a trip to one of the most stunning and vast UNESCO World Heritage Sites on the planet!

NEW Art for Beginners: Part 2  

Sharon Dundee

CRN 40372

Noon – 12:50 p.m. | Eastern Campus

As requested, this class picks up where we left off in our beginner art lessons. While taking the first class is not a requirement, it would be helpful. In Part 2, we'll continue to explore elements and principles of art — the next steps. Part lecture, part hands-on experience.

Materials fee: \$15

Course Level: Beginner

Artificial Intelligence TED Talks

Susan Ungham

CRN 40283

1:30 - 2:20 p.m. | BUC

CRN 40303

9 – 9:50 a.m. | Western Campus

TED Talks, free online videos, are a great way to learn about trending topics, such as artificial intelligence (AI). Hear from the online experts and share your thoughts with your classmates. Who knows? You might make a new friend! There are hundreds of TED Talks about AI, so all new talks every session!

BalloFlex

(SEATED CHAIR EXERCISE PROGRAM) 

Mary Kopczynski

CRN 40373

9 – 9:50 a.m. | Eastern Campus

CRN 40304

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.

The Beatles

Frank Thomas

CRN 40445

1:30 - 2:20 p.m. | BUC

CRN 40336

10 – 10:50 a.m. | Western Campus

Roll up for a Magical Mystery Tour as we examine how an unknown skiffle group from England became the most successful pop group of all time.

Beginner Line Dance

Marie Wood

CRN 40374

2 – 2:50 p.m. | Eastern Campus

This is an introduction into line dancing. You will learn basic line dance steps, and we will do some absolute beginner dances.

Beginner Line Dance

Martha Hall

CRN 40305

10 – 10:50 a.m. | Western Campus

In this beginner class, we will learn some of the basic line dance steps and dance to a variety of genres of music. Please join us for a lot of fun, dancing and laughter!

The Best Book I Read Lately

Susan Ungham

CRN 40444

12:30 - 1:20 p.m. | BUC

CRN 40337

10 – 10:50 a.m. | Western Campus

This is a different kind of book club — one with no assigned books to read. Instead, bring one of the best books you've read lately (from the past five years) to class with you each week. Tell the group what you loved about the book. Take home a list of recommended books each week.

NEW The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma

Kevin Shemuga

CRN 40424

2 – 2:50 p.m. | Eastern Campus

CRN 40338

11 – 11:50 a.m. | Western Campus

Bessel Van Der Kolk, M.D., in this monumental work (New York: Penguin Books, 2014), describes how trauma can affect us. The author proposes innovative treatments to offer new paths to recovery and healing. The course will survey the book to inspire discussion and highlight his research into hope and reclaiming lives.

NEW The Botanical Battlefield: How Plants Helped Win World War II

Judi Slack

CRN 40339

1 – 1:50 p.m. | Western Campus

CRN 40292

1 – 1:50 p.m. | Virtual

Most histories of World War II focus on the clash of military might, steel and tanks — but the true foundation of the global conflict was found in the roots of plants. This course offers a unique blend of botanical and military history, exploring how plants affected every aspect of the war, even those rarely associated with botany. This course is designed for history buffs, passionate gardeners and science enthusiasts alike. It reveals how the war was fought and won in the forest and the field: from the timber that built high-speed bombers to the rubber that kept the Allies moving to the “Vitamin War” that prevented national starvation. Discover how the medicinal miracles of quinine and penicillin saved millions and how the humble Victory Garden became a powerful tool of civil defense. So, join us and see how the roots of resilience grew deep during the war years and how the natural world was — and remains — our most powerful ally. You will leave this class with a profound new understanding of how the roots of plants helped change the course of human history.

Book Discussion Group

Marcia Petchers

CRN 40289

2 – 2:50 p.m. | Virtual

This student-led literature discussion class actively engages participants in constructively conversing about the books we read. We discuss, dissect, analyze and react personally to three or four books, guided by structured discussion questions. Books (recent fiction or nonfiction) are announced a month in advance, so students have ample opportunity to obtain and read the selections. Each book is discussed for one to two weeks, as scheduled. This class runs during each of three Encore terms. Students from diverse backgrounds and viewpoints are welcomed. The class members suggest books for future terms.

Book Folding for Beginners and Advanced

Jill Hallet

CRN 40306

Noon – 12:50 p.m. | Western Campus

This course focuses on the art of folding pages in a book to create pictures and images.

Materials Needed: mechanical pencil, T ruler, and scissors

Caravaggio: The Man and His Art

Charlene Mileti

CRN 40381

10 – 10:50 a.m. | Eastern Campus

Michelangelo Merisi, famously known as Caravaggio, is known as the father of modern art. Despite being the creator of a new artistic style, his personal life overshadows his legacy. Regarded as temperamental and violent, he was eventually convicted of murder. This course examines the man and the genius behind his work.

Capped at 18 max

NEW Chair Yoga



Pamela Brackett

CRN 40382

10 – 10:50 a.m. | Eastern Campus

This course teaches chair yoga designed for Encore participants who want to support their well-being. Chair yoga is an accessible style of yoga using a chair for support. It's suitable for all levels and ages, whether you have limited mobility or arthritis, are rehabilitating an injury, or just are looking to move at a slower pace and with extra support during stretches and asanas (poses). During your chair yoga class, typical yoga poses, or asanas, are modified to include the support of chairs. Chairs and other equipment that may be used include yoga blocks, balls and bands. Each 50-minute session blends gentle yoga-based movement with practical wellness education. Participants will explore learning everyday routines for improving balance, breath, mobility and mind-body awareness. No prior experience is required. Chair yoga stretches the body while sitting in a chair to increase the range of motion of muscles in your body. Yoga is a mind-body practice that allows focused attention on our balance and strength. The benefits of yoga include improved flexibility and joint mobility; building long, lean muscle and core strength; reducing stress and improving mental clarity; supporting posture; balance and coordination; preventing injury and supporting recovery; and enhancing the mind-body connection through relaxation. The class is designed to be welcoming, practical and empowering.

Materials Needed: Yoga mats are optional.

NEW Clarifying Cannabis in the Era of Legalization

Amanda Nyx

CRN 40383

1 – 1:50 p.m. | Eastern Campus

CRN 40307

9 – 9:50 a.m. | Western Campus

As legalization spreads across Ohio and the rest of the country, cannabis is playing an increasingly visible role in U.S. society and culture. This class aims to demystify cannabis legislation and culture, including discussions around cannabis botany, medicinal use and realistic regulation. Please note: This course is intended to be educational only. While access is legal in Ohio, cannabis use is still restricted at the federal level, and use on campus grounds remains prohibited.

NEW A Cleveland Sampler: People, Places and Moments From Cleveland History: Vol. 2

Walter Topp

CRN 40295

11 – 11:50 a.m. | Western Campus

What aspect of Cleveland history do you want to learn about? In Volume 2 of our Cleveland Sampler series, we'll discuss more of the people, places and events that have created Greater Cleveland. Class participants will select the topics we cover as we dig deeper into Cleveland's rich and complicated history. It's not all good news, but it all comes together to create the city we know today.

NEW Comparative Religions: A Survey of Judaism, Christianity and Islam

Kevin Shemuga

CRN 40384

1 – 1:50 p.m. | Eastern Campus

CRN 40308

10 – 10:50 a.m. | Western Campus

Judaism, Christianity and Islam are Abrahamic, monotheistic religions. All share a common heritage but differ in beliefs, practices and interpretations of God, scripture and salvation. They emphasize the worship of a single, sovereign God and uphold moral and ethical codes derived from divine revelation. Each tradition recognizes prophets and sacred texts as central to guiding human conduct and holiness. This course will investigate all three traditions and then bring them together to reveal the one God and the different yet similar people who form these religions.

NEW Creating Collage Art

Sharon Dundee

CRN 40385

10 – 11:50 a.m. | Eastern Campus

In this hands-on class, students will explore some of the many creative styles of collage art using various techniques. The two-hour studio setting allows plenty of time to create several artworks throughout the session. No experience necessary.

Materials fee: \$15

NEW Creative Writing for Anyone

Rachel Hollander

CRN 40386

Noon – 12:50 p.m. | Eastern Campus

Using open prompts, similar to the Amherst Writers Method, this writing community will support one another in exploring different aspects of creative writing. We will use various visual, auditory, sensory and memory prompts to co-create a space where we will write freely and, if we choose, share what we have written. Whether you have never written anything before or you're in the middle of a project that's been calling out for some attention, this is a safe gathering to unleash your creative inner voice. Come write with us!

Materials Needed: Students will need to bring their own writing supplies (paper/journal, pens/pencil, etc.)

Capped at 20 max

Demystifying the Technology in Your Life

Linda Witkowski

CRN 40309

2 – 2:50 p.m. | Western Campus

Simplify everyday technology concepts This course is designed to help you gain a better understanding of the technology that affects your life. We will simplify terms like augmented reality, the cloud, AI, Bitcoin and all the dreaded social media gremlins that are giving many pause and sometimes concern, as computers are now encroaching on our awareness in significant ways. It will also help to learn a bit about the history and major players who are inventing these inscrutable terms on a daily basis. If you can count to one, you already understand the underpinnings of the computer universe. No computer literacy needed for this course.

EmBODYing Awareness

Maxine Greer

CRN 40387

9 – 9:50 a.m. | Eastern Campus

CRN 40310

1 – 1:50 p.m. | Western Campus

Learn to feel more grounded, relaxed and in tune with your body by expanding your movement repertoire with gentle, slow movements and mindful breathing exercises to release tension, energize the body, and infuse it with a sense of calm. This unique class is for everyone, regardless of movement ability. The only requirement is the willingness to explore simple movement sequences that help awaken the inner spirit.

NEW

Course Level: Beginner

Empowering Seniors To Use AI Responsibly

Jackie Arendt

CRN 40441

12:30 – 1:20 p.m. | BUC

CRN 40311

10 – 10:50 a.m. | Western Campus

This course is designed to bridge the technology gap while fostering independence, protecting dignity, and ensuring seniors are not left behind as society shifts toward AI-driven systems. It is about the social construction of technology use and not how to use AI.

Everything Funny and All at Once

Neil Oblonsky

CRN 40388

9 – 9:50 a.m. | Eastern Campus

Part 1 begins in 1901, and it's everything funny from vaudeville to silent movies to radio to early comedies with sound.

NEW Examining a Healthy Life

Joy Nowels

CRN 40389

Noon – 12:50 p.m. | Eastern Campus

We will consider health and wellness by surveying eight different areas of engagement and discussing the best practices for improving each area.

NEW The Federal Courts

Jeff Black

CRN 40340

11 – 11:50 a.m. | Western Campus

We will discuss the development of the federal court system from 1788 to the present.

Feelings Make the World Go 'Round!

Mary Lou Fasko

CRN 40390

Noon – 12:50 p.m. | Eastern Campus

“Are you feeling happy today? Or maybe a little down?” Feelings are the important partner of our being. Our feelings help us make decisions, provide emotional balance or distress, and promote our thinking and creativity. In this class, we will discuss different feelings, how to recognize them, and strategies to deal with them — happy or sad, anxious or angry.

NEW Finding Our Way: Wilderness as Modern Metaphor

Ted Smith

CRN 40391

9 – 9:50 a.m. | Eastern Campus

CRN 40312

1 – 1:50 p.m. | Western Campus

CRN 40290

1 – 1:50 p.m. | Virtual

Ancient Egypt in Exodus is less about a nation-state and more a symbol of slavery. When freed, the ancient Jews wandered aimlessly for two generations before finding themselves. Is the price of freedom personal responsibility? While our modern nation has been considered free since 1783, we continue to struggle among ourselves with envy, resentment, equality and violence. What are our personal and societal Egypts? What should we expect to encounter in our personal wilderness?

Fitness for a Purpose

Judith Rogers

CRN 40392

Noon – 12:50 p.m. | Eastern Campus

This class will use free weights to maintain muscle integrity. We will use bands for resistance training and balance for everyday function.

Food Over Medicine

Karen Brucken

CRN 40313

Noon – 12:50 p.m. | Western Campus

Come discover how the food you eat affects your long-term health. During this class, you will learn the optimal eating pattern for humans and how food is related to heart disease, diabetes, dementia and more. You will also get tips on healthy eating. Find out why food matters.

Forbidden Gospel of Mary Magdalene

Ted Smith

CRN 40393

11 – 11:50 a.m. | Eastern Campus

What can history tell us about this intriguing figure? Was she Jesus's wife or a reformed prostitute? Did she supply the financial backing to Jesus's ministry? Is it possible she was Jesus's first choice to lead the movement after his crucifixion? Take a historical look at events depicted in texts not included in the Bible. We will examine these writings for a wider perspective on history and their theological implications.

NEW The Forest City: Stellar Parks and Gardens of North | Eastern Campus Ohio

Laura Peskin

CRN 40425

1 – 1:50 p.m. | Eastern Campus

The Forest City has been Cleveland's nickname, dating back to pre-Civil War times. By 1940, Cleveland had about 220,000 trees. To this day, Cleveland-area tree expanses and park systems are the envy of the country. Instructor Laura Peskin will highlight some area park and garden firsts, the biggest and best from exceptional garden cemeteries to notable rose plots, and the most urban wilderness and extreme habitats a short way away. The beautification of local parks by Roosevelt-era “alphabet agencies” merits a class session. Trouble in paradise is addressed in the American chestnut and American elm blights with an emphasis on bringing back beloved trees.

Fun With Italian

Maureen Huefner

CRN 40394

Noon – 12:50 p.m. | Eastern Campus

Come learn the beautiful language of Italian in a nonthreatening environment. There will be no homework or tests. Class participation is not forced. Learning this language will be enjoyable!

The Gardener's Gazette

Marilyn Hallenburg

CRN 40426

11 – 11:50 a.m. | Eastern Campus

CRN 40341

11 – 11:50 a.m. | Western Campus

As we witness all the changes in our world — climate change, food recalls due to various pathogens, the 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. Today, there are so many ways to garden: traditional garden beds, raised beds, and container gardening on a patio or apartment balcony. We can even use whimsical containers to garden in. Join the Master Gardeners of Cuyahoga County as we explore the world of gardening and our pollinators who make our food and flowers possible. We provide up-to-date, research-based information about any number of gardening topics. Gardening benefits your physical and emotional health. Unlock the hidden beauty in your yard and enhance your homegrown produce skills. We'll discuss a variety of topics to enhance your gardening knowledge and techniques with every gardener in mind.

Gentle Yoga With Deep Relaxation

Darlene Kelbach

CRN 40395

11 – 11:50 a.m. | Eastern Campus

Begin with a gentle flow practice incorporating floor and standing postures. Moving at a slower pace, take time to align and modify each pose. End class with an extended rest using guided meditation to experience deep relaxation through yoga nidra.

Materials Needed: Wear comfortable clothing and be prepared to remove your shoes. Bring a yoga mat, water bottle, and any other props to support your practice such as a blanket, block, strap, or bolster (optional).

Capped at 20 max

NEW The Gold in Your Pantry: Spices That Built and Changed the World

Judi Slack

CRN 40342

2 – 2:50 p.m. | Western Campus

CRN 40293

2 – 2:50 p.m. | Virtual

Those innocent jars of spices in your cupboard do little to reveal their incredible world history. For centuries, the spice trade was the world's greatest industry — it established and destroyed empires, led to the discovery of new continents, and helped lay the foundation of the modern world. In this course, we will trace the global exploration ignited by these botanicals, pushing humanity across uncharted oceans and reshaping world economies and trade through the birth of the first global corporations. We will immerse ourselves in the profound global culinary and cultural impact of these treasures, discovering how a single peppercorn bridged the gap between the | Eastern Campus and West. Our journey will move from the galley to the laboratory to examine the medical and science significance of spices, investigating their transition from ancient “miracle cures” to modern anti-inflammatory breakthroughs. Finally, we will evaluate the lasting legacy of the spice trade — from the vibrant fusion cuisines on our tables today to the complex geopolitical borders it left in its wake. Join us for a seven-week expedition through the scents that built civilization.

NEW Hands Become Voice

Joy Nowels

CRN 40461

1 – 1:50 p.m. | Eastern Campus

Have you ever been in the presence of someone who is hard of hearing and realize that they are not in the loop of the conversation or you need to relay some information but it is too loud to be heard? This class will raise awareness of some basic signs and practical tips to help your friend or loved one feel included and informed. Though it may be helpful for both parties to take this class, handouts, class notes, and practice will help transfer this knowledge to the other.

High Beginner Line Dance

Martha Hall

CRN 40314

11 – 11:50 a.m. | Western Campus

In this high beginner class, we will learn more advanced steps and focus on sequencing them to a variety of genres of music.

NEW Highways and Byways: Road Trips Across North America

Dennis Geffert

CRN 40396

2 – 2:50 p.m. | Eastern Campus

Ditch the GPS and learn to love maps! Learn about the U.S. and Canadian highway systems and destinations, how to get there, and what to do when you arrive. The course includes driving tips from a former long-haul trucker and how to negotiate cities large and small.

NEW Historic Sites Hiding in Plain Sight: Part 3

Mary Kolk

CRN 40315

2 – 2:50 p.m. | Western Campus

As we move into Part 3 of Historic Sites Hidden in Plain Sight, join us to uncover the remarkable stories hiding behind Ohio's everyday façades! Historic Sites Hidden in Plain Sight invites you to peel back the layers of our state's landscape, exploring forgotten neighborhoods and grand landmarks that thousands pass daily without a second glance. Through captivating storytelling and stunning then-and-now visuals, we'll reveal how these hidden gems shaped the character of Cleveland, Columbus, Cincinnati and beyond. This course is your chance to see the familiar with fresh eyes, discovering the resilience and identity woven into our streets. Connect more deeply with the history right outside your door!

History of the U.S. Constitution

Avery Fromet

CRN 40397

11 – 11:50 a.m. | Eastern Campus

Recently, actions within the current administration have called into question the interpretation of the U.S. Constitution. This course will examine the history of the United States during its inception and its influence on the establishment of the U.S. Constitution. If time allows, we will also discuss its amendments and the socio-economic conditions that caused these amendments.

NEW Increase Longevity and Reduce Cognitive Decline Through Physical Activity

Karin Cottman

CRN 40316

1 – 1:50 p.m. | Western Campus

Learn simple mobility drills and techniques to improve balance, flexibility, coordination, reaction time and muscle preservation by using the four pillars of longevity (strength, power, mobility and recovery). In addition, learn simple and fun activities to improve cognitive ability using exercises that combine physical and cognitive elements that stimulate the brain and body.

Capped at 20 max

Interesting Topic in Psychology: Part II

Charles Banevich

CRN 40442

12:30 – 1:20 p.m. | BUC

This is a survey course of interesting topics in psychology. Students will engage in a discussion of various topics, such as psych assessment, intelligence testing, personality development, dream interpretation, counseling theories, and significant psychologists and their contributions.

Intro to Fitness

Bob Benden

CRN 40398

2 – 2:50 p.m. | Eastern Campus

This course will teach you how to utilize the equipment in the fitness center and how to put together a basic workout plan to follow.

Capped at 12 max

NEW Introduction to Basic Astronomy

Larry Smith

CRN 40399

1 – 1:50 p.m. | Eastern Campus

This course will provide an introduction to the basics of astronomy.

NEW Introduction to Estate Planning

Dan Baron

CRN 40400

9 – 9:50 a.m. | Eastern Campus

CRN 40317

11 – 11:50 a.m. | Western Campus

While a will is an essential tool, it represents only one piece of a complete estate plan. A well-rounded plan should protect your family, your assets and your intentions — both during your lifetime and after. This course provides an overview of the primary elements of estate planning using practical examples. Topics include wills, health care and financial powers of attorney, guardianship, revocable and irrevocable trusts, HIPAA authorizations, living wills, and the role of an executor and trustee. The course explains the function of each estate planning document and how they work together. It also introduces general considerations related to probate and asset distribution, including how certain planning tools may be used to manage the transfer of assets and administrative responsibilities.

Journaling and the Power of Words

Maxine Greer

CRN 40401

10 – 10:50 a.m. | Eastern Campus

CRN 40318

2 – 2:50 p.m. | Western Campus

This transformative course is an invitation to discover the empowering effects of journal writing. Whether seeking clarity, stress relief or a creative outlet, this guided journaling class makes self-reflection accessible and inspiring. Students will explore their inner landscape and emotions that foster personal growth. This is an opportunity to cultivate more self-awareness as students seek a more mindful and authentic self.

NEW Let's Face It: Our Fear of Death

Carmen Cox Harwell

CRN 40402

10 – 10:50 a.m. | Eastern Campus

Perhaps the most terrifying and | Eastern Campus talked about subject, facing our own mortality and the fears we have about it can be informative and freeing, regardless of one's religion/faith beliefs.

NEW Let's Go Into the Wayback Machine! Part 2

Gerry Nemeth

CRN 40403

1 – 1:50 p.m. | Eastern Campus

CRN 40319

11 – 11:50 a.m. | Western Campus

We will look back at places that exist only in our memories: Euclid Beach Park, Chippewa Lake Park, Geauga Lake, the Richfield Coliseum and more. We will also look at defunct retail establishments (Uncle Bill's, Giant Tiger, Gold Circle, Kresge, etc.), restaurants, movie theaters (the Parma Theater and Memphis Drive-In) and the like. In addition, we will look at some old technology (slide rules, vacuum tubes and floppy disks) as well. Prizes and a few surprises are in store for you!

NEW Lights, Camera, Mistletoe:

Holiday Film Magic

Judi Slack

CRN 40320

Noon – 12:50 p.m. | Western Campus

CRN 40291

Noon – 12:50 p.m. | Virtual

Why do we return to the same snowy villages and festive town squares every December? Beyond the flickering lights and the “happily ever afters,” there lies a fascinating history of how Hollywood captured — and sometimes created — the spirit of the season. In this course, we will go behind the lens of our most beloved holiday films to discover how the magic of the movies helped shape our own holiday traditions. From the mid-century nostalgia of *White Christmas* to the modern-day phenomenon of the “small-town” romance, we will explore the evolution of the genre. We will discuss the rise of the Christmas TV special, the secret formula behind the Hallmark “rush,” and why certain films have become as essential to our celebrations as the tree itself. Join us for a trip down memory lane as we celebrate the stories that make the season bright.

NEW Line Dance

Anjanette King

CRN 40404

10 – 10:50 a.m. | Eastern Campus

Learn beginner line dancing.

Line Dancing —

High Beginner/Improver Level

Darlene Kelbach

CRN 40405

1 – 1:50 p.m. | Eastern Campus

Come with an understanding of line dancing. Move beyond the basics to learn dances in various genres that incorporate more complex choreography with increased tempo and rhythm.

Materials Needed: Wear comfortable clothing and supportive shoes (no flip-flops, sandals, crocs or high heels). Bring a water bottle.

Capped at 20 max

NEW Live Above This Crazy World

Aaron Baker

CRN 40321

1 – 1:50 p.m. | Western Campus

Want to get off the wild roller coaster ride the world is on? Tired of the conflict, hatred and fear-mongering that floods the media? We are given human nature, but we are placed here on earth to develop our spiritual nature. This class will provide the key that opens the door to contacting a higher intelligence, understanding the eternal creative principle and enjoying an inner life of everlasting peace.

NEW Maximize Men's Health 55+

Benjamin Taddesse

CRN 40322

Noon – 12:50 p.m. | Western Campus

Learn the best sleep, diet and exercise practices to maximize your health in later life. We will focus on men, but there is something for everyone.

NEW Memories and Memoirs

Mary Lou Fasko

CRN 40406

11 – 11:50 a.m. | Eastern Campus

Memories are the “backbone” of who we are. Join our class to discuss how memories are made and the things that shape and impact them. We will explore the accuracy of memory and ways you can improve it. And finally, we will look at memoirs and creative pieces that reflect a specific experience in your life.

Materials Needed: Glue and scissors

NEW

Course Level: Beginner

Move Smarter:

Yoga and AI for Healthy Aging  

Pamela Brackett

CRN 40407

11 – 11:50 a.m. | Eastern Campus

This seven-week community class is designed for Encore participants who want to support their well-being, stay curious and build confidence in a changing world. Each 50-minute session blends gentle yoga-based movement with practical wellness education and a bit of beginner-friendly guidance on using AI. Participants will explore how AI can support everyday routines like stretching, hydration, relaxation, reflection, meal planning and building healthy habits while also learning tips for improving balance, breath, mobility and mind-body awareness. The benefits of yoga include improved flexibility and joint mobility; building long, lean muscle and core strength; reducing stress and improving mental clarity; supporting posture, balance and coordination; preventing injury and supporting recovery; and enhancing the mind-body connection through relaxation. **No prior experience with AI is required. The class is designed to be welcoming, practical and empowering.**

Materials Needed: Yoga mats are optional.

Muscle Conditioning

Karin Cottman

CRN 40323

Noon – 12:50 p.m. | Western Campus

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

All fitness levels are welcome.

Capped at 20 max

The Musical Revolution of the 1960s

Frank Thomas

CRN 40443

12:30 – 1:20 p.m. | BUC

CRN 40343

9 – 9:50 a.m. | Western Campus

The 1960s exploded with unbridled creativity. We'll explore Motown, the British Invasion, folk rock and more.

NEW My Brain — Or Is It Memorex?

Pat Stropko-O'Leary

CRN 40324

9 – 9:50 a.m. | Western Campus

This class is designed specifically for people who want to stay mentally sharp and actively support long-term brain health. Using easy-to-understand information about the brain and how memory works, the course helps participants distinguish between normal age-related changes and signs that deserve attention. By combining education, brain-building exercises and meaningful conversation, this course empowers seniors to take an active role in maintaining memory, supporting independence and potentially preventing dementia.

NEW Oedipus Rex: A Cautionary Tale

Charlene Mileti

CRN 40408

9 – 9:50 a.m. | Eastern Campus

For millennia, this ancient play continues to deliver a warning to mankind. In our 21st century, Oedipus Rex teaches the recurring and universal perils of personal and political arrogance.

Capped at 18 max

NEW Opera 101

Richard Polster

CRN 40409

9 – 9:50 a.m. | Eastern Campus

Whether you are a lifelong aficionado or a skeptic, this course has something for you. We'll study opera from A to Z. We'll start with the basics and work our way up to the masterpieces. You may even be surprised to discover much of the music you love actually came from operas.

Pilates 

Judith Rogers

CRN 40410

1 – 1:50 p.m. | Eastern Campus

Pilates for strength balance and movement.

Materials Needed: Yoga mats

NEW Poets and Storytellers With Guitars

Wendell Brooker

CRN 40325

11 – 11:50 a.m. | Western Campus

This class is a follow-up to the popular Poets With Guitars class but will utilize entirely different artists. Come and see how the soundtracks of our elder generations have healed, inspired and offered peace to our souls.

The Power of Connection and Purpose

Mary Kolk

CRN 40344

Noon – 12:50 p.m. | Western Campus

Discover the transformative power of human connection! We're hardwired for community — without it, we lose our spark, but with it, we thrive. Think of connection as the oxygen we breathe — essential, revitalizing and life-giving. In this class, we explore how even a five-minute “micro-moment” of conversation can purify the air around you. These transient interactions do more than just pass the time — they lift your spirits, help you breathe easier, and make life feel just a wee bit brighter. Join us to recharge your battery and master the art of the energized, everyday connection!

NEW

Course Level: Beginner

Practical AI for Everyday Tasks

Keith Gruber

CRN 40411

9 – 9:50 a.m. | Eastern Campus

Discover how generative AI can help with the kinds of tasks many of us face every day. Students will practice using tools such as ChatGPT and Gemini to generate ideas, improve writing, plan trips, compare options and answer everyday questions. We will also cover common mistakes, privacy basics and smart habits for getting better results. The goal is practical skill-building you can use right away.

Capped at 24 max

NEW Psychology: The Good, the Bad and the Weird

Sharon Hogan

CRN 40353

1:30 – 2:20 p.m. | BUC

CRN 40326

11 – 11:50 a.m. | Western Campus

This class will explore historical and current topics in psychology. We will explore how psychological research and practices have evolved.

NEW Redefining Grief and Loss

April Millis

CRN 40459

2 – 2:50 p.m. | Eastern Campus

CRN 40460

Noon – 12:50 p.m. | Western Campus

Grief and loss are often understood only through the lens of death and dying, when in fact they are a constant and fundamental feature of the human experience. This course is designed to unpack traditional understandings and narratives around grief and loss to help students develop a more individualized concept of what grief and loss mean to them. The course will explore various philosophical frameworks of both grief and loss, and those that examine the human experience (and human emotions) as a whole. Students will reflect on the impact of personal, cultural, and societal beliefs around identity, health, relationships, life transitions, and unmet expectations, and how these shape their unique experience of grief and loss.

NEW Rideshare Driving 101

Benjamin Taddesse

CRN 40327

1 – 1:50 p.m. | Western Campus

Learn how to become a rideshare driver. We'll cover multiple apps, the best vehicles for each service, and the best areas and times to maximize your earnings.

Road Tripping Through Ohio

Milenko Budimir

CRN 40328

1 – 1:50 p.m. | Western Campus

How well do you know Ohio? Our 223-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 exploration.

NEW Scams and Scam Prevention: Part 1

Bonita Prewitt

CRN 40412

2 – 2:50 p.m. | Eastern Campus

CRN 40329

9 – 9:50 a.m. | Western Campus

Join us for an eye-opening and empowering class that helps you stay one step ahead of scammers. We'll share real examples and helpful tips. You'll learn how to navigate and spot warning signs, protect your personal information, and gain confidence in keeping your finances and identity secure. Stay informed, stay confident and stay safe.

The Seven Habits of Highly Healthy Women

Miriam Spencer

CRN 40345

2 – 2:50 p.m. | Western Campus

Discover seven simple habits that awaken your body's natural ability to heal and thrive. In this uplifting, interactive course, Certified Cellular Health Coach Miriam Spencer blends story, science and spirituality to guide participants through breath, hydration, nutrition, movement, sleep, sunlight and redox — practical habits for vibrant aging, energy and wholeness.

Capped at 17 max

NEW Seven Swinging Stars: Masters of Swing and Song

Jerry Jelinek

CRN 40413

9 – 9:50 a.m. | Eastern Campus

CRN 40330

11 – 11:50 a.m. | Western Campus

Enjoy a seven-week exploration of the legendary artists who shaped jazz, swing and the Great American Songbook. Each week spotlights a different performer — Sammy Davis Jr., Count Basie, Benny Goodman, Billie Holiday, Judy Garland, Mel Torme and Tony Bennett — through their recordings, performances and lasting cultural impact. Join us for an entertaining and insightful celebration of the voices and bandleaders who defined a generation.

Sign Language Is FUN

Valerie Williams

CRN 40331

2 – 2:50 p.m. | Western Campus

Join us as we use role-play and other fun activities to learn some sign language. Finger spell the alphabet, numbers zero to 20, our first names and a basic meet and greet. No experience is required. The class material is for beginners and those with some knowledge.

Speakers Series: Explore, Enrich, Engage

Betty Zak

CRN 40414

10 – 10:50 a.m. | Eastern Campus

CRN 40332

10 – 10:50 a.m. | Western Campus

Explore a new topic or expand and enrich your existing knowledge of it with a different speaker each week. Specialists have previously presented such topics as "Superman," "The Cuyahoga Valley Scenic Railroad," "What Do Diplomats Do?" and "Ingenuity Fest."

Capped at 120 max

NEW Stealing Art: Amazing Stories of Loss and Attempted Recovery

Sharon Dundee

CRN 40415

9 – 9:50 a.m. | Eastern Campus

For centuries, art has been the target of thieves, pirates and political regimes. This class presents stories of top art heists and answers some of your questions: “Why this piece of art?” “Why this particular museum?” “Where is it now?” Plus, we will learn of the attempts to recover the art and the motivation behind the theft — surprisingly, it’s not always money!

NEW Stop Waiting, Start Living

Chemarra Bryant

CRN 40419

Noon – 12:50 p.m. | Eastern Campus

This course will focus on enjoying life at every stage and embracing the adjustments that come along with the journey.

Capped at 15 max

Strength Circuit Training

Karin Cottman

CRN 40333

2 – 2:50 p.m. | Western Campus

Benefit from low-impact, dynamic, muscle-building exercises. This fun circuit workout will strengthen the entire body and improve overall fitness. All fitness levels are welcome.

Capped at 25 max

Stretch, Balance and Strengthen

Darlene Kelbach

CRN 40420

Noon – 12:50 p.m. | Eastern Campus

In this chair-supported class, students will sit and stand while practicing various stretches and balancing postures. Light hand weights will be used for upper-body strengthening.

Materials Needed: Wear comfortable clothing and supportive shoes (no flip-flops, sandals, crocs or high heels). Bring a yoga mat, water bottle and light hand weights.

Capped at 20 max

NEW A Supportive Talk Series for Adults on Aging

Gary Klein

CRN 40366

9 – 9:50 a.m. | Eastern Campus

Growing older is a natural part of life — bringing with it new experiences, challenges, wisdom and sometimes uncertainty. This series of discussions is designed to explore the physical, emotional and social aspects of aging in a practical and supportive environment. The purpose of these sessions is not to provide advice or solutions but to create a space where each member feels heard and understood. Each session will encourage members to share their personal experiences at their own pace. Listening is just as important as speaking. Through open and respectful conversation, we hope to learn from one another’s experiences and discover new perspectives on aging. There is no expectation to speak — only an invitation.

NEW Tea Time With God

Chemarra Bryant

CRN 40421

1 – 1:50 p.m. | Eastern Campus

This course is based on the biblical devotional book *Tea Time With God*. Each week, herbal tea is shared as a group with a devotional message of encouragement for all.

Materials Needed: Please bring a tea cup and saucer or small mug.

Capped at 10 max

Titans, Robber Barons and Scalawags

Avery Fromet

CRN 40429

10 – 10:50 a.m. | Eastern Campus

The last half of the 19th century saw the unimagined growth of industry in America. Those who participated in that growth amassed vast industrial empires and extreme wealth. Men such as Cornelius Vanderbilt, Andrew Carnegie, J.P. Morgan and Jay Gould built fortunes while the government did little to impair their empire building. We’ll also talk about modern-day titans of industry such as Warren Buffett, Steve Jobs and Elon Musk. We’ll explore the humble beginnings of these men and their road to success.

Topics in Environmental Science: Humanity and the Environment

Angela Sanson

CRN 40430

11 – 11:50 a.m. | Eastern Campus

This seven-week course introduces adult learners to the science behind today's most pressing environmental issues — from climate change and air quality to food systems and energy policy. Each one-hour session emphasizes evidence over opinion, teaching participants how to evaluate scientific claims and separate well-supported conclusions from headlines and hype. No prior science background is required. Complex topics are presented in accessible language with real-world examples and open discussion.

Type 2 Diabetes CAN Be Reversed

Mary Kolk

CRN 40347

1 – 1:50 p.m. | Western Campus

Take control of your health with this proven three-step program designed for individuals with Type 2 diabetes. Learn to manage your blood sugar, reverse neuropathy and reduce medication dependency while boosting energy and improving sleep. Our road map empowers you to become an active partner in your health care alongside your doctor. With over 20 years of experience, including features on WKYC Channel 3 and presentations at The Ohio State College of Medicine, we have witnessed remarkable transformations. This course provides the essential tools to reverse Type 2 diabetes. Start your journey toward a healthier, more fulfilling life today.

U.S. Constitution 101

Pamela Conger-Cox

CRN 40427

11 – 11:50 a.m. | Eastern Campus

In this nonpartisan class, we will go through the text of the Constitution and its amendments and touch on some of its historical underpinnings. We will also look at some of today's current events that involve constitutional issues. Students will learn about the process of amending the Constitution and will get to draft proposed amendments they would like to make to the Constitution.

Materials Fee: Students will have the option of buying a pocket copy of the Constitution for \$1.

NEW U.S. Constitution 102

Pamela Conger-Cox

CRN 40431

Noon – 12:50 p.m. | Eastern Campus

This is a continuation of U.S. Constitution 101. It will focus on the amendments to the Constitution and current events and cases concerning the amendments.

Understanding Food Labels

Karen Brucken

CRN 40348

1 – 1:50 p.m. | Western Campus

Food labels — what does it all mean? From organic to natural, fortified to whole grain, discover what these words and others tell us about the food we eat. We will also look at nutrition labels and ingredient lists. Learn to make informed choices while navigating the grocery store aisles.

NEW The Universe in Seven (Easy?) Pieces

Marc Buchner

CRN 40428

Noon – 12:50 p.m. | Eastern Campus

We live in a vast universe that has been in existence for over 13 billion years. Over the past several hundred years, science (and physics in particular) has gained a good understanding of how the universe began (the Big Bang), how it has developed, and how it “works” today. In this course, we will examine the big ideas that have given us this understanding — including Newton's laws of motion and gravity, Maxwell's theory of electricity and magnetism, Einstein's special and general relativity, and quantum mechanics. We will even make a small foray into cutting-edge ideas and approaches being developed and tested. This is a lot to cover in seven weeks, but we'll do this in an almost completely non-mathematical manner by focusing on the basic ideas behind the mathematics. An exciting journey through time and space awaits you!

NEW Volunteering With Purpose: Finding the Right Opportunities and Making an Impact

Jennifer Cooper

CRN 40432

10 – 10:50 a.m. | Eastern Campus

Many adults want to give back but aren't sure where to start. This course guides participants through identifying meaningful volunteer opportunities that match their interests, skills and availability. Together, we'll explore local nonprofits, understand how volunteer roles are structured, and create a personalized service plan that supports both personal fulfillment and community impact.

NEW VOTE: How Elections Change America

Patrick O'Leary

CRN 40349

10 – 10:50 a.m. | Western Campus

The United States of America is a democracy where “We the People” elect fellow citizens to serve the welfare of all. The founders resented financial burdens imposed by a far-away government in which they had no voice. They wrote a constitution that ensured both local and federal governments would listen to the voters before taking action that stressed ordinary people. In our 250 years as a nation, America has evolved from a local rural economy to an international powerhouse. Those changes have been guided by our elected officials, who both make the laws and administer them. It has not always been a peaceful process. Yet time and again, leaders have emerged to unify our efforts to make the necessary changes. We elect leaders for the school board and the city, county, state and federal bodies of government. It is not unusual for a single vote to determine the outcome of an election. This class will discuss the key periods of change to our nation and the people who made them happen. We'll follow the votes from George Washington to the present day.

NEW Water Aerobics

Judith Rogers

CRN 40458

2 – 2:50 p.m. | Eastern Campus

Water based exercise program that improves cardiac fitness. Resistance and strength training while using the buoyancy of the water to improve mobility without the stresses of impact.

Capped at 25 max

NEW Watercolor Painting Small to Large

Bonny Carroll

CRN 40350

9 – 10:50 a.m. | Western Campus

Do you want to learn about painting and improve your skills? This class explores the fundamentals of painting, sketching and journaling. You will begin with small journal book sketches of reference work and expand to large-size paintings while learning fundamentals of value, brushwork and mixing colors. Our references will explore landscapes, florals, shadows and light paintings. You will also learn about plein air painting, which is painting outside. You will be developing your own style in this course.

Materials Needed: palette, brushes, sketch pad, watercolor paper

Capped at 20 max

NEW Wendell Berry, the Care of the Earth and God

Wendell Brooker

CRN 40351

10 – 10:50 a.m. | Western Campus

Wendell Berry, the agrarian writer and philosopher, connects divine creation and human responsibility for the care of that creation in imaginative and convincing ways. His unique perspective and deep wisdom will enrich your life.

NEW What Next?

Aaron Baker

CRN 40352

2 – 2:50 p.m. | Western Campus

Life's journey has brought you to this present moment. So, what's in store for you from here on out? What if past regrets and guilty feelings could be removed? What if future doubts and anxieties could be conquered in the here and now? This class will challenge our beliefs about the hereafter. Real wisdom, not imagination, can replace our misconceptions. A problem-free tomorrow awaits you.

NEW Women in Northeast Ohio History

Laura Peskin

CRN 40433

Noon – 12:50 p.m. | Eastern Campus

This course commences around 1800 as the modern women's movement dawns and Ohio prepares for statehood. The course will then go into considerable detail on the pre-Civil War progressiveness of our region for women's rights and education. These efforts and the intertwined ones of abolitionism and temperance garnered much Northeast Ohio support. In the later push for women's suffrage, Northeast Ohio was a state leader — another course emphasis. Mid-century brought Northeast Ohio female workplace trailblazers. The course wraps up in the mid-1960s with the passage of the Civil Rights Act's Title VII and the official, though unrealized, end of workplace gender discrimination.

NEW The Women's Suffrage Movement

Linda Witkowski

CRN 40346

1 – 1:50 p.m. | Western Campus

Understand the arc of the Women's Suffrage Movement from 1776 to the current day. Meet the women and some of the men who made it happen.

NEW World Mysteries II

Avery Fromet

CRN 40434

9 – 9:50 a.m. | Eastern Campus

In the first World Mysteries class, we discussed such topics as “What Really Happened to Amelia Earhardt” and “Did Atlantis really exist?” In this new session, we’ll discuss other world mysteries, such as “Who was the Zodiac Killer?” and “Did the Hanging Gardens of Babylon really exist?”

NEW World Regional Geography, Including Geography Basics

Dennis Geffert

CRN 40286

11 – 11:50 a.m. | Eastern Campus

This introduction to the seven continents and their various regions includes physical features, histories, cultures, economies and governments. We will also discuss earth-sun relationships, latitudes and longitudes, hemispheres and cartography (map skills).

NEW You Can Be a Comedian in Seven Weeks

Neil Oblonsky

CRN 40287

10 – 10:50 a.m. | Eastern Campus

Have you ever dreamed of being a comedian? In 7 weeks I can teach the skills necessary to put together a 5 minute set. We will collect your ideas, create and polish a set and end the course with a live performance. I can even assist in finding you open mic nites. Be the funny you want to be.