

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**.



This course will use a **computer**.

NEW 1960s Sitcoms and Their Life Lessons

Diane Wido

CRN 31266

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

Did you grow up watching your favorite sitcoms of the 1960s? Join others to reminisce and discuss the often silly antics of favorite characters, considering life lessons that emerge from their unique worlds. Featured shows and clips include *The Andy Griffith Show*, *The Beverly Hillbillies*, *The Dick Van Dyke Show*, *Gilligan's Island* and others you likely remember!

Advanced Book Folding

Jill Hallet

CRN 31163

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

CRN 31283

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

Take your book-folding skills to new heights!

NEW African American History in the Public Square

Geoffrey Black

CRN 31237

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

CRN 31254

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

This course focuses on African American history as it is communicated by the monuments in Cleveland Public Square. The themes covered include African Americans in the U.S. military, in arts and education, in the struggle for racial equality, and in sports and entertainment.

America's Famous and Not-So-Famous Monuments

Avery Fromet

CRN 31361

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

Most of us know about Mount Rushmore, the Washington Monument and the Golden Gate Bridge — but do we have any idea what it took to build them? What about lesser-known but equally fascinating American monuments? Learn about the movers and shakers who proposed these monuments and saw them through to completion.

Analyzing Major League Baseball

Michael Walczak

CRN 31206

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

CRN 31184

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

This class will examine the new statistical analysis tools that affect all aspects of Major League Baseball. From bunts to zone ratings, come prepared to see the game like you've never seen it before.

NEW Are These 1960s Songs Really Rock 'N' Roll?

Gary Anderson

CRN 31189

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

In the middle of the Rock Evolution, tunesmiths like Wilson, Phillips, Robinson and Simon composed for and performed with their duos, trios and even a six-man band. Their beautiful melodies slipped onto the Billboard charts and into our minds and hearts — some for months, others forever.

NEW Art and Public Health

Nicole Ledinek

CRN 31322

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

CRN 31156

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

Expand your understanding of today's most pressing public health issues through a survey of artists and artworks. Develop literacy skills to “read” art that asks us to consider the complexity of our lived experience and what makes a healthy society. Each week, we will focus on a new public health topic and provide suggestions for how you might take action to change outcomes for yourself or those you care about.

NEW Art and Public Health, Part II

Nicole Ledinek

CRN 31261

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

Continue your understanding of today's most pressing public health issues through a survey of artists and artworks. Develop literacy skills to “read” art that asks us to consider the complexity of our lived experience and what makes a healthy society. Each week, we will focus on a new public health topic and provide suggestions for how you might take action to change outcomes for yourself or those you care about.

NEW Art as Therapy: Sketchbook Exercises for Processing, Integration and Healing

Amanda Nyx

CRN 31414

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

Art provides a different language to communicate with, opening up a much broader way to express and process thoughts, emotions and experiences. This class will introduce a variety of simple sketchbook exercises to help you navigate through your inner landscape. This course is beginner-friendly, and no artistic experience is necessary. Note: this class will focus on using artistic approaches as tools for personal understanding and growth. **The instructor is not a licensed therapist.**

NEW Art Fitness



Nicole Ledinek

CRN 31415

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

CRN 31271

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

Learn to think like an artist by connecting with classmates through hands-on art-making exercises that emphasize process, imagination and experimentation. This studio-based course will develop your creativity through play, using printmaking, photography, collage and more. Art-making experience or identifying as creative is not required — but an open mind and heart are! **Supplies Fee: \$20**

Art for Beginners



Sharon Dundee

CRN 31250

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

CRN 31402

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

This course is part lecture, part experience. Learn the art basics, including 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. **Supplies Fee: \$10**

NEW Art of Paper Weaving



Sharon Dundee

CRN 31232

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

CRN 31359

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

In this hands-on class, students will explore the creative styles of paper art using various techniques. Part collage, part texture weaving, we'll create several unique artworks. No experience is necessary.

Supplies Fee: \$20

Art Potpourri II



Anne Stottler

CRN 31233

Winter | 11 – 12:50 p.m. | Eastern Campus

We will be creating new and fun art and craft projects using different materials. No art experience is necessary. **Supplies Fee: \$10**

Art Potpourri III

Anne Stottler

CRN 31401

Spring | 11 – 12:50 p.m. | Eastern Campus

We will be creating new and fun art and craft projects using different materials. No art experience is necessary. **Supplies Fee: \$10**

NEW The Art of Reading Tarot

Amanda Nyx

CRN 31280

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

CRN 31197

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

CRN 31410

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

CRN 31264

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

Learning to read tarot can be a daunting task, even if you have some familiarity with the cards themselves. This course dives into the intellectual and intuitive principles that create strong, clear and cohesive readings. Whether you're a beginner in the medium (pun fully intended) or an intermediate practitioner looking to expand your confidence and skills, your instructor will introduce approaches and scaffolding to help you build a deeper relationship with the cards and a more powerful intuitive ability to produce quality readings. Please note, while this class is beginner-friendly, it is helpful to have taken Amanda's Tarotpy class as a precursor to this series.

Artificial Intelligence Fundamentals With Generative AI Lab

Gary Arnosk

CRN 31160

Winter | 9 – 10:50 a.m. | Western Campus

This two-session class will combine learning the fundamental constructs of AI by utilizing generative AI agents to build projects in a computer lab setting.

Artificial Intelligence TED Talks

Susan Ungham

CRN 31434

Spring | 9 – 9:50 a.m. | Brunswick University Center

CRN 31300

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

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

NEW The Artificial Intelligence Revolution: A 7-Week Overview

Gary Arnosk

CRN 31439

Spring | 10 – 10:50 a.m. | Brunswick University Center

Curious about how AI functions? Over the course of seven weeks, we'll unravel the mysteries of Artificial Intelligence and its practical applications in everyday life. This non-technical course is crafted to enhance your understanding of AI fundamentals, featuring hands-on demonstrations of tools like ChatGPT and image generators, along with essential tips on security and privacy. Our aim is to empower you to become a more confident and informed user of today's advanced technologies.

NEW Astronomy 1010

Brenda Gibson

CRN 31292

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

CRN 31403

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

In this course, we'll study the planets, stars, the moon and Earth and how creation plays a vital role in our daily lives.

NEW Autocracy 101: Life After Democracy

Walter Topp

CRN 31205

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

This course will examine the daily life of citizens of noted autocracies, including Germany 1933-1945, East Germany 1945-1990, Hungary 2010-2025 and Russia 2000-2025.

NEW Back to Broadway: Part VI

Gary Anderson

CRN 31369

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

If Barbra Streisand went "Back to Broadway," we should too. Let's sample the songs and stories of Adrian (*Rocky*), Aldonza (*Man of La Mancha*), Fran (*Promises, Promises*), Mabel (*Mack and Mabel*), Margo (*All About Eve, Applause*) and more. We will be mostly in America and within our lifetimes.

Balance, Strength and Core

Karin Cottman

CRN 31192

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

CRN 31307

Spring | 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

CRN 31404

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

CRN 31257

Spring | 9 – 9:50 a.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 31343

Spring | 9 – 9:50 a.m. | Eastern 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

Martha Hall

CRN 31164

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

CRN 31270

Spring | 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, laughter and dancing!

NEW Beginner Spanish 1010

Brenda Gibson

CRN 31323

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

CRN 31416

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

We'll be using flash cards and phone apps to learn how to pronounce words in Spanish and pictures to look at for association. The class will include workbooks for fun and easy activities.

Beginning Line Dance

Beth Parnin

CRN 31294

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

CRN 31417

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

Learn the basic steps in line dancing and many fun dances. Have fun, keep moving and enjoy yourself!

No experience necessary.

NEW Behind the Shadows: WWII Women Spies, Saboteurs, Rescuers and Resistance Fighters

Judi Slack

CRN 31191

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

CRN 31381

Winter | 1 – 1:50 p.m. | Virtual

Forget the history textbooks — the real fight for freedom was waged in the shadows. This class dives “behind the shadows” to explore the astonishing, unwritten history of WWII women whose courage turned the tide of the war. We will move beyond traditional narratives to study the critical and covert roles these agents played across Europe, from the streets of occupied Paris to the underground networks of the Dutch resistance. You will learn the techniques of espionage and the brutal reality of sabotage. But their work was not only destructive — we will also examine their extraordinary efforts as rescuers, which saved thousands of lives. These women were not just heroes — they were pivotal, highly trained operatives who risked everything. Join us to uncover the identity, motivation and legacy of the “shadow” agents who held the fate of a vast geopolitical region — and the Allied war effort — in their hands.

NEW The Best Book I Read Lately Club

Susan Ungham

CRN 31362

Spring | 1 – 1:50 p.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 to class. Tell the group what you loved about the book. Take home a list of recommended books each week.

The Best Medicine?

Ted Smith

CRN 31301

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

CRN 31386

Spring | Noon – 12:50 p.m. | Virtual

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

NEW Beyond the Ball:

Vixens, Virgins and Victors — Princesses Redefined

Judi Slack

CRN 31371

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

CRN 31389

Spring | 2 – 2:50 p.m. | Virtual

Ready for the ultimate royal exposé? This is your chance to step past the velvet ropes and explore the hidden historical reality of princesses who broke the rules. This class introduces you to the global royal bad girls — and the occasional hero — from the fourth century to today. These princesses prove that history is far wilder than any cartoon. You will discover how the ruthless vixens leveraged scandals and espionage, how the pious virgins acquired political power, and how the warrior victors secured their reigns. Prepare to have your understanding of “princess” permanently redefined. Stop waiting for the glass slipper — these princesses were not rescued; they were the ones kicking ass.

NEW The Biblical Book of the Apocalypse/ Revelation: Word of Hope!

Kevin Shemuga

CRN 31318

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

CRN 31172

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

The book is not an obscure writing about the end times. Apocalyptic writing is a source to inspire hope in a saving God!

NEW Beyond the Bullets: **The Untold Stories of the Civil War**

Judi Slack

CRN 31201

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

CRN 31383

Winter | 2 – 2:50 p.m. | Virtual

This class takes a unique approach to the American Civil War. It moves beyond the typical focus on battles, generals and political strategies to illuminate the personal, day-to-day experiences of those who lived through the conflict. Learn little or unknown facts, heartfelt stories about the tragedies and triumphs of soldiers and civilians, and tidbits of information about other curious and fascinating aspects of the war. For example, a Confederate soldier designed barrel staves into an artificial leg for the one he lost, and shortly thereafter, began making artificial limbs for other unfortunate soldiers. By focusing on the personal experiences and hidden details of the war, the class will provide a more complete and emotionally resonant portrait of the conflict and its lasting impact on the nation.

Bible Overview

Diane Wido

CRN 31275

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

There are quotes from the Bible everywhere in our culture. It is a large collection made up of many smaller books. This seven-week class gives an overview of all the books, their individual uniqueness and how each one's purpose ties them together into a large, amazing book.

NEW Biblical Nature Meditations for Coping With Life Stressors

Chemarra Bryant

CRN 31238

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

The objective of this class is to experience biblical nature meditation practices to help cope with life stressors. This class may require brief periods of being outdoors when the weather permits.

NEW Birding and the Brain

Daniel Dolesh and Jeff Potocsnak

CRN 31331

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

This unique course combines class sessions and field learning. The sessions will be split into two parts. The first part will examine how birding affects the brain, body and personality of the individual birder. The second part will teach bird identification, appreciation and field study. We will take time at each session to observe bird feeders strategically placed on campus. The topics in the first part will include how birding promotes neuroplasticity and slows the progression of senile dementia and Alzheimer's; reduces pain by decreasing baseline inflammation throughout the body; counteracts depression and anxiety; reduces loneliness by encouraging social interaction; promotes memory function by activating the auditory cortex of the brain; and offsets the negative physical effects of aging. In the second part, we will study bird anatomy, physical bird characteristics, flight adaptations, functions of bird behavior, migration, bird conservation and ecology, and identifying bird songs using eBird and Merlin.

A Bit of Germany

Angela Schaal

CRN 31236

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

CRN 31360

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

Learn interesting things about the country.

NEW Black Inventors: The Building of America

Herbert Burns

CRN 31332

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

This course will highlight African American inventors and how American society benefits from these scientific trailblazers. Special attention will be placed on Black inventors from Ohio.

NEW Bliss and Joy

Michael Grusenmeyer

CRN 31258

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

In this course, we will learn the secrets of the individuals who mastered life despite intense suffering, enabling them to experience profound bliss and joy. These individuals will include French philosopher Michel de Montaigne, American Transcendentalist Henry David Thoreau, spiritual teacher Eckhart Tolle, and motivational speaker and writer Byron Katie, among others. One class will be dedicated to the obstacles to bliss and joy.

Book Discussion Group

Marcia Petchers

CRN 31379

Winter | 2 – 2:50 p.m. | Virtual

CRN 31378

Spring | 2 – 2:50 p.m. | Virtual

This student-led literature discussion class actively engages participants in constructively conversing about books we read. We will discuss, dissect, analyze and react personally to four books, guided by structured discussion questions. The books, which include recent fiction or nonfiction, are announced in advance so students have ample opportunity to get and 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 welcomed. Class members suggest books for future terms.

Book Folding

Jill Hallet

CRN 31171

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

CRN 31267

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

Learn the art of folding the pages of a book to create pictures and images.

NEW Brand Development

Rupert Crawford

CRN 31324

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

CRN 31166

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

In this course, we'll discuss brand development and its social impact and influence. We'll take a look at popular brands that have changed American and international lives, focusing primarily on food, textiles and art.

Caring for Our Aging Loved Ones

Gary Klein

CRN 31207

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

CRN 31333

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

Whether you are a spouse, sibling, child or close friend of an aging loved one, this course will focus on how to cope with and assist them on this challenging journey. We will explore the emotions, conflicts and some techniques for parenting the elderly. As we strive to maintain safety, independence and a loving relationship, conflict is almost inevitable. Join us in this heartfelt discussion of a cycle of life.

NEW Citizenship, Civics and Civility

Pam Conger-Cox

CRN 31218

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

CRN 31334

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

This nonpartisan class will examine these three concepts in depth. We will look at the difference between civics and politics, discuss the rights and duties of citizens, take the test given to immigrants who are seeking citizenship, and cover political and civic apathy and the reasons for it. We will look at political discourse as it exists today, discuss the role of civility in political discourse and debate, and cover some of the elements of good and bad political arguments. Students will learn how to spot some common logical errors in arguments as well as propaganda techniques. We will study the efforts of groups like “Better Angels” to encourage more civil discourse and reduce divisiveness. Students will be armed with resources to become active citizens as we cover ways to participate in our society/government. We will start by composing and signing a class “civility oath,” which will apply to all class discussions. (The oath will include respecting others’ opinions, not interrupting another speaker and always being courteous to classmates.)

NEW Civics and Civility 101 or “Are You as Smart as a Fifth Grader (in Social Studies)?”

Pam Conger-Cox

CRN 31208

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

This nonpartisan class will explore the meaning of the terms “civics” and “civility.” We will discuss the basic rights and duties of each of us as citizens and delve into the history of civic action. We will also discuss effective and civil ways to participate in today’s political climate. Students will be provided with tools to participate in the political process. They will also be provided with resources and a bibliography to continue learning beyond the classroom. On the first day of class, we will all agree on and sign a “civility oath” before we have any class discussions.

NEW Civics for Citizens: How Government Works in the United States

Walter Topp

CRN 31437

Spring | 10 – 10:50 a.m. | Brunswick University Center

CRN 31365

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

The course will examine the history and structure of the American government, including federalism, the rule of law, checks and balances, separation of powers, the role of the free press, the Constitution and the Bill of Rights.

NEW A Civil War Soldier’s Cost of Service: The Unwritten Story of Army Life

Judi Slack

CRN 31296

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

CRN 31385

Spring | Noon – 12:50 p.m. | Virtual

Tired of Civil War history defined only by famous generals and grand battles? This class will explore the relentless routine of camp life, the fight against disease and monotony, the vital importance of coffee and camaraderie, and the strict systems of discipline that governed every march. By focusing on the soldiers’ rations and daily life, you will learn that the most compelling stories of the Civil War are found in the trenches, the hospital tents and the simple act of sharing a piece of hardtack. This is social history at its grittiest — a story of survival, not glory. Step past the monuments and understand the human reality of the Civil War, one hard-won day at a time.

Cleveland Rocks! (and You Will, Too)

Gerry Nemeth

CRN 31170

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

CRN 31305

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

We will cover all of what makes Cleveland the Rock ‘N’ Roll Capital of the World! We will look at the venues (e.g., the Richfield Coliseum, the Agora Ballroom, the Corral and more). We will look at the locals who made it big (e.g., Michael Stanley, the Raspberries, Eric Carmen as a solo artist and more). We will also look at the concerts (the Moondog Coronation Ball, the World Series of Rock and more). I plan to bring in musicians and other VIPs to enhance the class!

NEW Cleveland's Black History: A Neglected Scholarship

Herbert Burns

CRN 31240

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

This course will unravel the social reform movement in the '60s, led by the Carl Stokes administration in Cleveland. We will closely examine the untold stories surrounding segregation in Cleveland public schools, including the Hough and Glenville riots.

NEW Cleveland's Ethnic Communities

Walter Topp

CRN 31377

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

Cleveland is home to dozens of ethnic communities, comprised of recent immigrants and the descendants of immigrants from more than a century ago. This course will examine the ways these immigrant communities maintain their cultural traditions and histories and how they contribute to the makeup and success of Northeast Ohio.

NEW Cleveland's Main Street:

A History of Euclid Avenue

Walter Topp

CRN 31185

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

From 1815 until today, Euclid Avenue has been Cleveland's "main street." This course will examine the history of Euclid Avenue, from its origins at Public Square in 1815 through its years as Millionaires' Row and as the home of Cleveland's greatest organizations, including Playhouse Square, the Cleveland Clinic, the Cleveland Museum of Art, Severance Hall, University Hospitals, Case Western Reserve University, University Circle, Lake View Cemetery, the Cleveland Foundation, the City Club and others.

NEW The Cold War: War in a Time of Peace

Robert Wido

CRN 31263

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

For most of our lives, America has been at war. Korea, Vietnam, Cuba — all were part of a shadowy, covert fight. Learn about this long-running war and how it has changed the entire world.

NEW Comedy on the Air II

Neil Oblonsky

CRN 31219

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

Let's discuss the best of comedy sitcoms, talk shows, cable, podcasts and the people behind funny.

NEW Commentary, Parallel, Concordance, What Version ...Too Much? How About Some Basic Equipment and Tools for Studying Sacred Texts?

Gloria Chaney

CRN 31325

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

Are you ready to explore Scriptural or Biblical history more in depth? Take your study of the inspired text, scriptures and sacred writings to the next level. Students can explore the scriptures like never before with a hands-on examination of resources that can provide depth, context and practical application for a more enriching Bible study experience.

NEW Community Advocacy

Clarissa Epps

CRN 31220

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

CRN 31187

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

CRN 31346

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

CRN 31303

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

This course material empowers students with the knowledge and skills needed to become advocates for social justice locally. Students will learn how to surface community needs, research and develop action plans, and engage with local stakeholders (including government officials, labor unions, nonprofit organizations and residents). Key topics include understanding the political process, power dynamics, media strategy, and keeping a team together over the long haul.

NEW Conquer Your Photo Chaos: Organize, Preserve and Celebrate Your Memories

Kari Shick

CRN 31308

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

CRN 31418

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

Our photos and family memories are priceless, but they can easily become overwhelming. In this course, you'll learn practical strategies to gather, organize and preserve your photos in a safe, permanent digital home. Each week, we'll cover step-by-step methods, tips and guidance to help you create a manageable system and begin building a legacy collection — all without feeling lost in the clutter. No materials are required for the first session — just bring your curiosity and willingness to learn.

NEW Curious Cats Live Longer

Nicole Ledinek

CRN 31252

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

CRN 31165

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

CRN 31423

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

CRN 31290

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

Find more opportunities for creating meaningful moments of joy during your daily routine by strengthening your curiosity skills. Together, we will learn about and practice applying strategies for close looking, reflection, wonder, research and more. Group discussions about class presentations and at-home exercises will deepen our understanding of how curiosity helps us to create our own unique life narrative.

Current Events

Avery Fromet

CRN 31347

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

This course will discuss the hot topics of the week, including political and public policy issues.

Demystifying the Technology in Your Life

Linda Witkowski

CRN 31309

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

This course will help you understand the technology that affects your life. We will simplify terms like the “Deep/Dark Web,” “AI,” “the Cloud” and all the dreaded social media gremlins that are giving many pause and creating some concern, as computers are now encroaching on our awareness in significant ways. 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.

NEW Design for Human Well-Being: How Everyday Design Shapes Our Safety, Comfort and Joy

Geraldine Arnold

CRN 31363

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

What is human-centered design? This course will include interactive examples from home and community environments.

NEW Digital Security

Denneth Campbell

CRN 31424

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

In today's digital world, staying safe online is more important than ever. This course offers practical ways to protect your personal information, recognize scams, and use technology with confidence through guided discussions and easy-to-follow tips.

The Diverse Paths of Love

Charlene Mileti

CRN 31344

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

The word “love” is perhaps one of the most ambiguous words in the world. Other than great literature and art, few Western scholars have investigated the subject. But those who have written about the meaning of love have made significant and influential contributions. This course will examine their ideas.

Drawing

Angela Schaal

CRN 31221

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

CRN 31348

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

This class will focus on drawing interesting things around us.

NEW EmBODYing Awareness: Releasing Tension Through Movement

Maxine Greer

CRN 31209

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

CRN 31178

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

CRN 31335

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

CRN 31295

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

The goal of this course is to have fun while exploring more holistic ways to mitigate anxiety, tension and worry. This course gives students simple, practical body movements that can be completed either standing or sitting, which help them connect with their bodies through movement. The goal is to improve physical comfort, enhance energy and create a greater sense of relaxation in daily life.

NEW Energy Options for Planet Earth, Part II

Joseph Reardon

CRN 31200

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

This is Part II of the class that began in Fall 2025 at the Western Campus. It explores the many kinds of energy and technologies available to us as America faces a huge upsurge in the demand for electricity and the threats of impending climate change. Up-to-date information is illustrated with colorful photos and charts.

Part 1 is not required.

Exercise in the Chair

Josephine Katie Evans

CRN 31222

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

CRN 31349

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

Learn how to exercise in a chair. This course blends gentle movement while listening to music and exercising.

NEW Exercises To Get Ready for Summer Activities

Judith Rogers

CRN 31419

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

Learn compatible exercises to improve your summer activities.

NEW Expeditious Jaunt Through Biblical Premises of the Scriptures and Possible Relevance/Application for Today

Gloria Chaney

CRN 31256

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

This survey course provides an overview of the premises presented through the Old and New Testaments. Students will explore recurring topics woven throughout the sacred texts, as well as their relevance and applications in today's society.

An Expeditious (Speedy, Swift, Hasty, Efficient) Jaunt (Trip, Stroll, Excursion) Through the New Testaments

Gloria Chaney

CRN 31413

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

The analysis will disclose the New Testament book summary, authorship source, key verses and phrases, dating of the text, main themes, key elements/themes, symbolism and life application to the total picture of the scriptures.

NEW “Experiencing God”

Charles Anderson

CRN 31287

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

CRN 31157

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

Experiencing God has a life-changing message for all of us. This timeless classic, authored by Henry Blackaby and Claude King, will challenge each of us to seek God with all our hearts and discover and live out His will for our lives.

NEW “Experiencing God,” Part II

Charles Anderson

CRN 31412

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

CRN 31253

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

This is the second part of the two-part series that explores the book *Experiencing God*. **Part 1 is a prerequisite.**

NEW Exploring Different Yoga Practices

Judith Rogers

CRN 31326

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

From Ashtanga to Vinyasa Flow, discover different yoga practices.

Famous People of NE Ohio That You Never Heard of or Know Little About

Avery Fromet

CRN 31241

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

Throughout American history, Northeast Ohioans have taken on major roles. Some you know, some you don't. This series will discuss these individuals.

Feelings Make the World Go Round

Mary Lou Fasko

CRN 31242

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

“Are you feeling happy today? Or maybe a little down?” Feelings are an 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 The Feminine Spirit Continues, Part II

Mary Kolk

CRN 31183

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

The Feminine Spirit: Part II — The Women Who Carried the Torch: In this continuation of The Feminine Spirit: Remembering the Past, Living the Present, Shaping the Future, we'll journey beyond Seneca Falls to explore the stories of remarkable women who worked quietly in the background or never received the recognition they deserved. From early pioneers and reformers to trailblazing candidates who dared to run for president of the United States, we'll uncover the courage, vision and persistence of women who helped shape our nation's destiny. Together, we'll celebrate senators, activists and everyday women whose steady determination expanded the boundaries of what women could dream — and achieve.

Food Over Medicine

Karen Brucken

CRN 31286

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

How does the food you eat affect your long-term health? First, you will discover what the optimal eating pattern is for humans and how we know that. Then, you will look at the relationship between food and chronic diseases, including diabetes and heart disease. Finally, you will take what you learned and see how you can incorporate it into your own life.

Frank Sinatra: A Man and His Music

Jerry Jelinek

CRN 31336

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

CRN 31281

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

Explore the unforgettable voice, style and story of Frank Sinatra — an icon who defined American cool.

Fun With Fitness

Beth Parnin

CRN 31327

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

CRN 31425

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

Enjoy low-impact aerobics, chair work, resistance work and stretching all in one fun fitness class. This class is appropriate for all levels of fitness — even the very beginner.

The Gardener's Gazette

Marilyn Hallenburg

CRN 31397

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

CRN 31288

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

We're witnessing so many 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 food. We now realize that 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. Join us, 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 and answer your gardening questions. All classes are taught by Master Gardeners of Cuyahoga County and other experts in the field.

Genesis and the Big Bang

Ted Smith

CRN 31210

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

The events depicted in the first chapter of Genesis are quite similar to events described by the Big Bang Theory. The real question is, was it six days or 16 billion years? This class will explore how the answer is actually “yes” to both perspectives, thanks to Einstein’s theory of relativity. 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 of time).

NEW Gentle Yoga With Deep Relaxation

Darlene Kelbach

CRN 31223

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

CRN 31351

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

Begin with a gentle flow practice, incorporating floor and standing postures. Move at a slower pace and take the time to align and modify each pose. The class will end with an extended rest, using guided meditation to experience deep relaxation through yoga nidra. **Bring a yoga mat and a water bottle. Blankets, bolsters and blocks are optional.**

Gray Matter Matters

Mary Lou Fasko

CRN 31259

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

As seniors, our goal is to continue living functional and happy lives. Maintaining good health and maximizing our brain potential can support us on this journey. Gray Matter Matters is a class designed to discuss enhancing our executive functioning skills and using the part of our brain that helps us remember, plan, organize, carry out purposeful activities, exert self-control and regulate our emotions.

Great American Conflicts

Avery Fromet

CRN 31224

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

From the time of the American Revolution to today, the United States has been involved in major conflicts that have changed the world. This series will discuss those conflicts and their impact across the globe.

Great American Songbook Singers

Jerry Jelinek

CRN 31211

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

We’ll explore the life and times of seven Great American Songbook singers. Louis Armstrong, Ella Fitzgerald, Bing Crosby, Peggy Lee, Nat King Cole, Sarah Vaughan and Tony Bennett will be featured in music and videos.

NEW The Heart of the Universe

Ted Smith

CRN 31355

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

CRN 31375

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

CRN 31390

Spring | 2 – 2:50 p.m. | Virtual

Philosophy, physics, music, mathematics and theology all converge to guide the willing to a greater understanding of healing, relationships and a radical approach to living in the heart of the universe.

NEW Heroes and Spies

Julie Koenig

CRN 31285

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

Historical Women Heroes: Meet pioneers of social reform and resistance in WWII.

NEW High Beginner Line Dance

Martha Hall

CRN 31173

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

CRN 31289

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

In this high beginner class, we will learn more advanced line dance steps. We will dance to high beginner choreographed dances.

Historic Sites Hidden in Plain Sight

Part I and II

Mary Kolk

Part I CRN 31436

Spring | 9 – 9:50 a.m. | Brunswick University Center

Part II CRN 31174

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

This course takes you on a journey through even more of Northeast Ohio's overlooked landmarks — places people pass every day without realizing their rich past. From grand buildings and forgotten neighborhoods to surprising cultural gems, each session uncovers stories of transformation, resilience and community identity. Through archival images, storytelling and “then-and-now” visuals, participants will discover how history surrounds us in unexpected ways and how these hidden sites shaped the Cleveland area's character. This course invites learners to see the familiar with new eyes and connect more deeply with local history.

NEW History of Brands

Rupert Crawford

CRN 31426

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

CRN 31272

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

We'll discuss specific brands and their impact from the '60s and the '70s.

History of Cleveland

Doug Imhoff

CRN 31168

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

CRN 31391

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

This class will discuss the general history of Cleveland, which will include business, politics, entertainment and sports. We will also discuss the history of its many attractions, venues, landmarks and the neighborhoods that make Cleveland a great place to live! As we go down memory lane, we will include interesting facts and many great pictures of Cleveland over time.

NEW History of Comedy on Film: 1960 to Today

Neil Oblonsky

CRN 31212

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

This is the sequel to the History of Comedy in America I course. We work from the genesis of comedy in the 1950s through today.

NEW History of Jazz

Natalie Mallis

CRN 31312

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

CRN 31420

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

This course is designed to increase the response to music through a knowledge of the art and development of perceptive listening skills and the study of various styles and principles of jazz music. The course will give you the basic elements and vocabulary of jazz and an appreciation and understanding of the diverse styles of jazz, past and present. It also includes opportunities for experiencing recorded and/or live jazz music.

NEW History of Modern Art

Sharon Dundee

CRN 31213

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

CRN 31337

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

Have you ever looked at modern art and wondered what it means? What was the artist thinking when they created it? How was it made — and why? Learn the history of modern art and artists in this lecture class.

History of the U.S. Constitution

Avery Fromet

CRN 31338

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

The U.S. Constitution is the oldest living governmental document in the world. It arose out of an experiment that blossomed into the most respected democracy on Earth. This series will discuss its amendments and the history behind this hallowed document.

History of the United States 1010

Brenda Gibson

CRN 31427

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

This course focuses on the founding fathers of this nation and how the Constitution came to be. In addition, it complements the Bible, because God is the author of all knowledge.

NEW How History Is Created and Recreated

Wendell Brooker

CRN 31167

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

How do events and ideas, visions and revisions, facts and fiction, and constructive and destructive processes all work together to create a compelling narrative of human life in time? G.W.F. Hegel will be our philosopher/guide.

NEW “I Remember Mama” — Iconic Mothers From the World of Film and Television

Judi Slack

CRN 31180

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

CRN 31380

Winter | Noon – 12:50 p.m. | Virtual

Mothers have been a powerful element of story arcs throughout television and film history. This class will provide a great overview of moms in the movies — from Mother, Ma, Mama and Mommie to Auntie, Nanny, Mammy and more. You will meet the Sad Moms, the Eccentric Showbiz Moms, the All-American moms and the Battling Mothers who will do anything to protect their kids. We will meet them in every category, including comedy, romance, drama, crime, animation and horror, from the lowest-budget indie films to the biggest-budget prestige films. These moms made us laugh, cry, remember and reflect as we spent time with them in their kitchens and living rooms, feeling like part of the family.

NEW Improver Line Dance

Martha Hall

CRN 31193

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

CRN 31310

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

We will focus on sequencing numerous steps to improver-level choreographed dances with a variety of music genres. Please join us and have some fun!

NEW In Art — Values Are Important

Carol Agnew

CRN 31392

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

In art, value — the lightness or darkness of a color — is one of the most important elements, as it creates the illusion of a three-dimensional form on a two-dimensional surface. A well-executed value structure is essential for giving an artwork depth, readability and a sense of mood. **Supplies Fee: \$20**

NEW Interesting Topics in Psychology, Part II

Charles Banevich

CRN 31274

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

This survey course covers interesting topics in psychology. Students will engage in a discussion of current topics, such as personality, intelligence, counseling theories, dream interpretation and significant psychologists and their contributions.

NEW Intermediate Computer Class

Xandria Bennett

CRN 31428

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

This class will help the adult learner perform while building their basic skills and becoming more confident and independent on the computer. This class is designed to strengthen their knowledge for professional, academic and personal use by applying technology to practical and real-world skills.

NEW Intro to Content Creation

Clarissa Epps

CRN 31243

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

CRN 31198

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

CRN 31393

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

CRN 31366

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

Have you ever wanted to start a YouTube channel or blog? In this fun and interactive class, you'll learn the basics of content creation, and we'll start the process together. Whether you're a budding writer, an aspiring social media influencer, or just curious about crafting engaging content, this is the space for you.

Intro to Esoteric Philosophy and Applied Spirituality

Aaron Baker

CRN 31186

Winter | 1 – 1:50 p.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 and released. This class will open the door.

Introduction to African American History, Part I

Dennis Geffert

CRN 31188

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

This course is a survey of the African American experience. It includes a short history of the people of Africa and the development of slavery. We will also explore the development of the system of chattel slavery and its application to West Africa and the European colonies in North America. The period of focus is from 1619 through the American Revolution and the early republic of the United States.

Introduction to African American History, Part II

Dennis Geffert

CRN 31367

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

This course is a survey of the African American experience from the early republic of the United States through the antebellum and postbellum periods of the American Civil War and the Reconstruction era through the early 20th century.

NEW Introduction to Basic Computer Functions

Xandria Bennett

CRN 31328

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

Learn about the basic functions of the computer, and develop skills such as typing, software use (including Microsoft Office), desktop navigation, file management, web browsing, email communication and much more.

NEW Introduction to Improv Comedy

Amanda Nyx

CRN 31429

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

This intro-level performance class is all about thinking on your feet! Learn about foundational acting techniques through games and scenes made up completely on the spot. Your instructor will introduce new performance concepts before incorporating them into common improv games and structures that use the actors' tools (voice, body and imagination) to bring scenes to life. Bring your energy and your smile, and let's have fun! This class is limited-mobility friendly.

NEW Is There Value in Color?



Carol Agnew

CRN 31405

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

Yes, all colors have a value, which is simply their relative lightness or darkness. You can take any hue — like red, blue or yellow — and create an entire range of values, from a very light tint to a very dark shade. It's no secret!

Supplies Fee: \$20

Italian Fun Continues, Level III

Maureen Huefner

CRN 31406

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

This course will help you expand your Italian vocabulary and learn to form and speak in complete sentences. More useful phrases and expressions are taught, as well as reading and translating basic Italian. Your personal contributions about Italy and Italian customs are always appreciated — these truly enrich the classroom experience and enable a relaxed, fun and engaging learning environment for all. **Note: Levels 1 and 2 are not prerequisites. All eager Italian learners are welcome, regardless of prior language experience or proficiency.**

NEW Journaling and the Power of Words

Maxine Greer

CRN 31225

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

CRN 31199

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

CRN 31352

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

CRN 31368

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

This course will guide students on how to explore their creative hearts through journaling. It will empower students to use the written word as a tool for memory preservation, gratitude and legacy building. It encourages self-reflection and personal growth by providing a supportive space where participants can explore their life experiences. They will also use their imagination to write a poem, an essay or a story. Students will explore how words have an incredible ability to take us places and make us feel connected.

NEW The Korean War: 1950-2025

Walter Topp

CRN 31302

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

This course will examine the Korean War, its aftermath, its role in shaping the Cold War and its enduring impact on America.

Learn German

Angela Schaal

CRN 31260

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

CRN 31407

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

Learn basic German words and phrases.

NEW Let's Face It!

Carmen Cox Harwell

CRN 31226

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

Many people fear death for many different reasons. This class can help us face our fear of dying, death and what may or may not be next.

NEW Let's Finish Your Painting

Carol Agnew

CRN 31262

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

To complete and improve your painting/drawing in its final stages, we will focus on intensifying colors and refining details. Final steps include making adjustments from different perspectives and possibly unifying the surface sheen. **Supply Fee: \$20**

NEW Let's Make It Happen

Nicole Ledinek

CRN 31313

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

Bust open that mental storage closet and grab those creative ideas sitting on the back shelf. Have a passion project or a way to give back to your community that you're holding onto, but you're not sure how to scale it or who to pitch it to? Working collaboratively as a class, we will workshop your ideas, identifying the resources, partners and audiences needed to make it happen. Build skills in researching, proposal writing and program development. Creativity and fully formed ideas are not required!

NEW "Let's Start at the Very Beginning"

Carol Agnew

CRN 31235

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

Don't skip the initial steps in understanding or creating something — they are the foundation for success. It is important to understand the context or starting point before moving on to more complex ideas or techniques.

Supply Fee: \$20

NEW Lincoln on Race and Slavery

Herbert Burns

CRN 31394

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

This course will closely examine President Lincoln's views on slavery and the Black race.

NEW Line Dancing —

High Beginner/Improver Level 

Darlene Kelbach

CRN 31244

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

CRN 31395

Spring | 11 – 11:50 a.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. **Wear comfortable clothing and shoes. Bring a water bottle.**

NEW Method Acting 101

Anna Wright

CRN 31227

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

CRN 31396

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

Method Acting 101 is a comprehensive introduction to the technique of method acting, emphasizing emotional authenticity and deep character immersion. This seven-week course is designed for aspiring actors and performers who wish to explore the psychological and emotional aspects of acting, utilizing exercises that foster genuine connections to characters and situations.

NEW The Mind of the Universe

Ted Smith

CRN 31246

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

CRN 31204

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

CRN 31384

Winter | 2 – 2:50 p.m. | Virtual

Theologians, philosophers and neurobiologists have not defined consciousness so far. What is the meaning of “me”? Is it just the ego, personality and a collection of memories? What part of the brain produces the “mind”? As we learn more about the brain and the nature of the universe, we are coming to inescapable conclusions about the grounding of existence, the nature of consciousness and what it means to be human.

More Fun With Italian

Maureen Huefner

CRN 31314

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

This course will focus on forming and speaking in complete sentences while increasing useful vocabulary. Travel destinations in Italy, food, beverages, music and cultural highlights are also covered. You will never be required to speak individually, since the class is conducted primarily in choral repetition. The learning environment is always relaxed, fun, and nonthreatening.

Note: Fun With Italian, Level 1, is not a prerequisite.

Muscle Conditioning

Karin Cottman

CRN 31181

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

CRN 31298

Spring | 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. All fitness levels are welcome.

NEW Music Appreciation

Natalie Mallis

CRN 31329

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

CRN 31430

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

This course is designed to increase the response to music through a knowledge of the art and development of perceptive listening skills and the study of various styles and principles from non-Western, Western European and American music from the Renaissance era to the late 20th century. This course covers the basic elements and vocabulary of music, an appreciation and understanding of diverse styles of music from the past and present, and the development of listening skills. It also includes opportunities for experiencing recorded and/or live music.

NEW Music for Dancing Feet

Barbara Perkins

CRN 31315

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

As long as we’ve had music, people have been inspired to dance to it. This course follows the evolution of the dance from folk and primitive dances through ballroom dancing, culminating with a trip down memory lane with the dance music of our youth. Musical examples will accompany discussions of dance styles.

The Music of Laurel Canyon

Frank Thomas

CRN 31162

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

CRN 31398

Spring | 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.

The Musical Revolution of the 1960s

Frank Thomas

CRN 31169

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

CRN 31356

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

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

NEW The Mystic Path

Aaron Baker

CRN 31247

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

This course is an introduction to cosmic laws and eternal truths to solve personal problems. We will learn from a host of historic wisemen and find out for ourselves about the power of self-observation, the meaning of psychic sleep, the illusion of self, the intelligence beyond thought and more. Life is not a race to win but a school for our higher education.

NEW Narrative Writing: The Human Need for Storytelling

Kevin Shemuća

CRN 31421

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

CRN 31269

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

Anyone can write a story — the story of life, family or revealing our imaginative skills.

Northeast Ohio Sports

Gerry Nemeth

CRN 31179

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

We will look at the history of the Browns, Cavs and Indians/Guardians. We will also look at some of the sports that don't typically get the attention they deserve, including soccer, hockey, golf, softball, marathons and more.

NEW “Oh Baby, It's Cold Outside!” Wines To Warm You Up!

Carol Agnew

CRN 31321

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

Join me as we search for the best Winter wines that will warm your toes! **Supply Fee: \$20**

Parallel Teachings of Jesus, Lao Tzu, Buddha and Krishna

Ted Smith

CRN 31228

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

CRN 31195

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

CRN 31382

Winter | 1 -1:50 p.m. | Virtual

When we look past the religious and cultural phrasings, the philosophy of these unique teachers is remarkably similar. Was this ancient wisdom simply common knowledge across cultures and eras, or did these teachings come to each individual from a higher source? If so, what are the implications?

NEW Philosophy in the Comic Strips

Wendell Brooker

CRN 31293

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

We will probe provocative comic strips such as *The Far Side*, *Calvin and Hobbes*, and *Peanuts* for philosophical ideas and insights. We will also have some fun. Please join us.

NEW Pilates as We Age

Judith Rogers

CRN 31408

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

This course focuses on the core for improving balance and mobility.

NEW The Poetry of Being: Robert Frost and Robert Penn Warren

Wendell Brooker

CRN 31277

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

Two of the great poets of the 20th century will enrich our lives and enable our spiritual growth through the intense examination of specific human moments, particularly those moments experienced by elders and/or seniors.

NEW Power Ball Pilates

Judith Rogers

CRN 31277

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

We will use small and large exercise balls to strengthen the core and improve our balance.

The Power of Connection and Purpose

Mary Kolk

CRN 31299

Spring | 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 Principles of the U.S. Constitution and Article 3 of the Constitution

Jeff Black

CRN 31279

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

This course is a study of the principles of the U.S. Constitution and a special look at the federal judiciary system.

NEW Rethinking Suburbia: From Deadly Monoculture to Native Paradise

Walter Topp

CRN 31196

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

Americans spend billions of dollars each year cultivating lawns that provide no environmental benefit and that may actually harm the environment. This course will examine alternative strategies, making use of native plants that can reclaim millions of acres of nonproductive American suburban landscape.

NEW The Rise and Fall of Disco

Frank Thomas

CRN 31158

Winter | 9 – 9:50 a.m. | Western 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 Road Tripping: Northeast Ohio Edition

Milenko Budimir

CRN 31373

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

Come along as we narrow our road trip focus to Northeast Ohio. From Cleveland east to the Pennsylvania border, down to the foothills of Appalachia, and westward to the border of the Firelands, we'll explore the best things to see and do in our rich Northeast Ohio region.

Road Tripping Through Ohio

Milenko Budimir

CRN 31311

Spring | 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 for Lifelong Learners — Learn Simple Ways To Stay Safe

Bonita Prewitt

CRN 31214

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

CRN 31176

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

CRN 31339

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

CRN 31276

Spring | Noon – 12:50 p.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.

NEW The Science of the Underground Railroad

Herbert Burns

CRN 31282

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

This course explores the ingenuity of 19th-century technology and the courageous efforts of fugitives and Underground Railroad conductors for slave rescue missions. Secret code words, signs, astrology and geographical landscapes will be the main topics of discussion.

NEW Science, Speculation and the Bible 

Ted Smith and Joe Kolecki

CRN 31340

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

CRN 31364

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

CRN 31388

Spring | 1 – 1:50 p.m. | Virtual

Many of the Bible’s miracles can be visualized in terms of naturally occurring phenomena. This class will explore the seven plagues of Egypt and many other biblical events, comparing them with known phenomena to speculate on the possible correlations between the two.

NEW Screenwriting 101

Anna Wright

CRN 31215

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

CRN 31353

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

This introductory course is designed for aspiring screenwriters who seek to develop a strong foundation in the craft of writing for film and television. We will explore the principles of storytelling, character development, dialogue creation and screenplay formatting, providing students with the essential tools to write engaging scripts that captivate audiences.

The Secret To Mastering Life in Your 50s and Beyond 

Natalie Rudd

CRN 31345

Spring | 9 – 9:50 a.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 this class to become the master of your destiny. **Supplies Fee \$10**

NEW See Like the Masters: Renaissance Techniques for the Figure and Portrait

Geraldine Arnold

CRN 31316

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

The Renaissance Look: How artists moved from the flat medieval figure to the three-dimensional forms. This course serves as an introduction to observational and basic proportion.

NEW The Seven Habits of Highly Healthy Women — Discover Your Divine Design for Healing, Vitality and Wholeness

Miriam Spencer

CRN 31203

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

CRN 31374

Spring | 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.

Sign Language Is Fun!

Valerie Williams

CRN 31376

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

Participants will learn the basics of American Sign Language (ASL) through role-play and other fun activities. We start by fingerspelling the alphabet and numbers 1 to 10. Then, we’ll learn how to fingerspell our first names and sign a greeting. Feel free to take notes. *No experience needed.*

NEW Sketchbook Starters: 

Drawing for Non-Artists

Amanda Nyx

CRN 31230

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

Drawing isn’t just for realism! This course is designed for anyone who’s ever said, “I’ll never be an artist. I can’t draw!” We’ll go over the basic elements of art theory alongside sketchbook prompts to get your pencil moving across the page. No prior drawing or art experience is required. Let this class empower and inspire you to consider art in an entirely new way!

NEW The Slave Bible: Removing Righteousness for the Sake of Slavery!

Herbert Burns

CRN 31319

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

The chronological history of the Slave Bible provides evidence that it removed chapters from the 1611 King James Bible, pointing to the righteous relationship between master and servant. The purpose was to mentally brainwash the slave population into believing that the word of God supported slavery.

Smart Shopping

Karen Brucken

CRN 31268

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

Food packaging and labeling — what does it all mean? This course breaks down terms like “organic,” “natural,” “sweeteners” and “additives” to help you understand what words can tell us about the food we eat. Learn which ingredients to avoid and which are safe and how to read nutritional labels. You will be equipped to make healthy choices in the grocery aisles.

NEW Song Lyrics and Their Impact

Barbara Perkins

CRN 31409

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

CRN 31249

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

When lyrics and music are coordinated to provide the listener with a story, we are impacted by the song — often in a powerful way. In this class, a broad variety of musical examples will be played, spanning the ages and ranging from early European songs, ancient and indigenous songs of a spiritual nature, folk songs, popular songs and children’s songs.

NEW Songsters of Our Age

Barbara Perkins

CRN 31278

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

CRN 31156

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

This is the first of a series about the lives and music of the songsters who influenced our early years. We will cover their biographies and study examples of the most popular and influential songs. We will then compare musicians whose music has similarities and discuss their differences.

Speakers Series: Explore, Enrich, Engage

Betty Zak

CRN 31231

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

CRN 31161

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

CRN 31354

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

CRN 31265

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

Explore a new topic or expand and enrich your existing knowledge on a topic 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.”

NEW Spring Wines From Around the World

Carol Agnew

CRN 31431

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

Let’s travel together in search of the best wines that will lift our spirits! **Supplies Fee: \$20**

NEW Stand-Up Comedy in the Last 75 Years

Neil Oblonsky

CRN 31341

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

We’ll study the comedians that shaped comedy, from the nightclub comics of the ‘50s to the Catskills to the ‘60s and ‘70s.

NEW Starlight and Shadow: Movie Stars — They Had It All...or Did They?

Mary Kolk

CRN 31194

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

CRN 31438

Spring | 10 – 10:50 a.m. | Brunswick University Center

Step behind the bright lights of Hollywood’s Golden Age — the 1940s through the 1970s — to explore the glittering rise and often complicated lives of the stars who defined it. Through rare film clips, Movietone newsreels and captivating stories, we’ll rediscover legends like Bogart, Monroe, Hepburn, Tracy and Brando — artists who seemed to have it all. Yet, behind the fame, they carried private struggles, rivalries, affairs and heartbreak. Join us as we celebrate their brilliance and humanity and examine the timeless allure of the silver screen.

Strength Circuit Training

Karin Cottman

CRN 31202

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

CRN 31372

Spring | 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.

NEW Strength Training, Balance and Core

Judith Rogers

CRN 31317

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

Keep consistent with an exercise program with these weight training exercises that complement core exercises.

NEW Stretch, Balance and Strengthen

Darlene Kelbach

CRN 31216

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

CRN 31342

Spring | 9 – 9:50 a.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. **Wear comfortable clothing and shoes. Bring a yoga mat, water bottle and light hand weights.**

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

Amanda Nyx

CRN 31245

Winter | 11 – 11:50 a.m. | Eastern 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 the ways tarot can be used as your own personal “life coach” and a wonderful addition to any mindfulness and self-care kit.

TED Talks, the Sequel

Susan Ungham

CRN 31291

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

View and discuss a different TED Talk each week. Contribute your thoughts and get to know your classmates. Thousands of TED Talks are available, so we'll have all new talks every session!

Titans, Robber Barons and Scallywags

Avery Fromet

CRN 31217

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

Men such as Andrew Carnegie, J.P. Morgan and John D. Rockefeller emerged after the Civil War to amass vast fortunes. Referred to as “titans,” “robber barons” or even “scalawags,” these men helped turn America into an industrial giant. Explore these men, their backgrounds and their rise to prominence.

TV Game Show Fun

Gerry Nemeth

CRN 31190

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

CRN 31400

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

CRN 31370

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

CRN 31435

Spring | 9 – 9:50 a.m. | Brunswick University Center

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 expect a few surprises!

NEW The U.S. Constitution “101” 

Pam Conger-Cox

CRN 31248

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

CRN 31357

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

In this nonpartisan class, we will go through the text of the U.S. Constitution and touch on some of its historical underpinnings. We will discuss how the Constitution affects our daily lives, look at some of today’s current events involving constitutional issues, learn about the process of amending the Constitution, and draft proposed amendments that the class would like to make to the Constitution. Students will each receive a pocket copy of the Constitution. We will start the class by composing and signing a class “civility oath,” which will apply to all class discussions. The oath will include respecting others’ opinions, not interrupting another speaker, and being courteous to classmates at all times. **Supplies fee: \$1**

NEW The Untold Stories of Frederick Douglass

Herbert Burns

CRN 31358

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

This course will reveal certain aspects of the life of Frederick Douglass not taught in the traditional educational environment and their relevance in the present day and age.

The Vietnam War

Thomas Hartshorne

CRN 31399

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

This course includes an account of the United States’ involvement in Vietnam, how we got into the war, how we fought it, and why it turned out as it did.

Viktor Frankl: A Survey of His Momentous Work on Man’s Search for Meaning 

Kevin Shemuga

CRN 31411

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

CRN 31255

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

Although the book is not required, the purchase of the work is recommended. We will survey the book, how Frankl found meaning to survive a concentration camp in World War II, and how we can find meaning in the circumstances of our lives.

NEW Watercolor Journaling and Painting 

Bonny Carroll

CRN 31251

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

We will build on our knowledge about watercolor painting methods while incorporating the journaling principles. The class will continue to practice mixing colors, brush strokes, design and composition and discuss the benefits of journaling and recording our days as we put those skills into our practice. *Weather permitting, we will explore painting locations outside.*

NEW Weight Loss Options

Karen Brucken

CRN 31297

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

There are many advertised ways to lose weight and get healthy. What does each entail? Where did it originate? We will explore choices, including keto, Weight Watchers, the Mediterranean diet, Atkins and more to find out if they result in long-term weight loss and good health.

NEW A Well-Seasoned History: Cookbooks Through Time 

Judi Slack

CRN 31306

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

CRN 31387

Spring | 1 – 1:50 p.m. | Virtual

Embark on a culinary-historical exploration that begins in the spice-laden kitchens of the late Middle Ages and spans across continents and centuries. This course offers a sweeping literary and historical overview of the cookbook genre, treating these texts as more than just instructions — they are vital documents of taste, economy and power. Tracing the evolution from handwritten manuscripts to modern bestsellers, we discover how these books are rich reservoirs of information about manners, morals, nutrition and social history. Uncover how the earliest collections of European recipes, the influence of global cuisines and the rise of the domestic goddess all define who we are, what we value, and how we eat.

NEW What Might Balance Look Like for You? Time To Work on Our P.I.E.S. (Not Cherry or Peach)

Gloria Chaney

CRN 31320

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

CRN 31432

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

Psychology Today suggests “maintaining a balanced life is more challenging than ever in this present day and age.” As our “total” selves, we need to make sure we are working on constant well-being. Participants will investigate and identify possible ways of maintaining “B.A.L.A.N.C.E.” physically, intellectually, emotionally and spiritually.

NEW Winter Uplift: Mood Elevators

Chemarra Bryant

CRN 31284

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

The objective of the class is to help students appreciate the gifts of | Winter | that are often overlooked. Students will learn practical and fun ways to enjoy this reflective season and beat the Winter blues.

NEW The Wisdom of Loren Eiseley

Wendell Brooker

CRN 31273

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

Anthropologist, scientist and poet Loren Eiseley expands the thinking of all who encounter his writing in provocative and exciting ways. Prepare for an adventure in humane and creative thinking.

NEW World and Individual Crisis: An Opportunity for Change and To Forge New Futures

Kevin Shemuga

CRN 31330

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

CRN 31182

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

We are facing critical — even chaotic — events in our personal lives and the world. These are not endings but transformations and change, bringing new beginnings.

NEW World Music

Barbara Perkins

CRN 31422

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

World music includes different styles of music from across the globe, including quasi-traditional, intercultural and traditional music. This music does not follow “North American or British pop and folk traditions” and was given the term “world music” by the music industries in Europe and North America. The term was popularized in the 1980s as a marketing category for non-Western traditional music.

NEW World Regional Geography: Focus on Africa and Latin America

Dennis Geffert

CRN 31304

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

An examination of the physical, cultural, economic and political geography of Africa and Latin America and the comparative characteristics of both regions.

NEW World Regional Geography: Focus on Asia

Dennis Geffert

CRN 31177

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

An examination of both historical and contemporary dimensions of the physical, cultural and political geography of the world’s largest continent. The course includes cartography (the use of maps).

NEW Yoga That Complements Your Moods

Judith Rogers

CRN 31433

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

Learn to use yoga poses that parallel your mood.