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**.

The 1920s
Thomas Hartshorne
CRN 40930
Spring | 11 – 11:50 a.m. | Eastern
This course will survey the political, economic and cultural history of the U.S. in the 1920s.

The 1960s — The Decade That Changed Everything
Bob Wido
CRN 41084
Winter | 11 – 11:50 a.m. | Eastern
CRN 41120
Winter | 9 – 9:50 a.m. | Western
JFK, Vietnam, Woodstock, hippies: These are the things we grew up with. Now they are part of the landscape of American history. What were the drivers of this turbulent decade? What can we learn from this era? This promises to be a fun, energetic and insightful look at what many call the most important period in American history. We will look at the major events and people, and we will have time set aside to discuss our own personal experiences throughout the ’60s.

The 1970s: America's Difficult Decade
Bob Wido
CRN 40900
Spring | 1:30 – 2:20 p.m. | Brunswick
CRN 41024
Spring | 9 – 9:50 a.m. | Western
The 1970s marked a quantum change in the United States and the world. We fought a very unpopular war in Vietnam, had a vice president and president who both left office in disgrace and struggled through long gas lines. And yet, for many of us, it was the best decade of our lives. Why? Let’s look at this amazing decade and see what we can learn from it.

The 7 Habits of Highly Healthy Women
Miriam Spencer
CRN 41115
Winter | 2 – 2:50 p.m. | Western
CRN 41018
Spring | 2 – 2:50 p.m. | Western
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.
Capacity: 17

Aging Well
Karen Brucken
CRN 41008
Spring | Noon – 12:50 p.m. | Western
We view declining health as a normal part of aging, yet it does not have to be. During this course, we will explore ways to improve our chances of aging well by looking at nutrition, movement, brain health, sense of purpose and more. It is not too late to develop new healthy habits.

NEW AI for Daily Living
Carol Moss
CRN 41090
Winter | Noon – 12:50 p.m. | Eastern
Learn exactly what AI is and how you can utilize it as a tool in your daily life.
Capacity: 20

NEW The AI Forum: Headlines, Ethics and the Future

Gary Arnosk

CRN 41036
Winter | 10 – 10:50 a.m. | Western
CRN 40973
Spring | 10 – 10:50 a.m. | Western
CRN 41137
Spring | 12:30 – 1:20 p.m. | Brunswick

This fast-paced, 60-minute interactive forum explores modern artificial intelligence and critically examines its rapid development. Driven by real-time headlines, the session directly addresses the community's biggest questions, from the infrastructure demands and environmental impacts of massive data centers to ethical considerations and future developments in technology. By anchoring the discussion in current news, this dynamic town hall-style class demystifies complex concepts and empowers you with the knowledge needed to navigate the evolving AI landscape responsibly.

Capacity: 25

NEW American Sign Language Basic Course

Josephine Katie Evans

CRN 40925
Spring | 11 – 11:50 a.m. | Eastern

Learn basic ASL signs, including the alphabet and numbers, to communicate with deaf and hard-of-hearing people.

Analyzing Major League Baseball

Michael Walczak

CRN 41054
Winter | 1 – 1:50 p.m. | Eastern

This class will examine tools employed by MLB leaders to examine questions about team performance, individual batting and pitching records and other issues in baseball today. Come prepared to see the game as you've never seen it before.

Ancient Philosophy for Modern Life

Milenko Budimir

CRN 41065
Winter | Noon – 12:50 p.m. | Western

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 agreed and disagreed and what all of that means for people in our present day. Specifically, we will discover what they can teach us about living our best lives today.

Antarctica

Diane Wido

CRN 41123
Winter | 9 – 9:50 a.m. | Western

Antarctica is the fifth largest continent. It is so remote that most of us know little about it. This class explores the difference between the North and South Poles, explorers, topography and climate, living creatures like those popular penguins and the changes taking place there that affect our world. The last class will explore different ways you can visit in person.

NEW Aqua Fitness

Lenny Nixon

CRN 41037
Winter | 1 – 1:50 p.m. | Eastern
CRN 40932
Spring | Noon – 12:50 p.m. | Eastern

Learn water exercises that target your stomach, back, legs, arms, chest and shoulders.

Capacity: 25

NEW Aqua Jog and Walk

Lenny Nixon

CRN 41089
Winter | Noon – 12:50 p.m. | Eastern
CRN 40903
Spring | 1 – 1:50 p.m. | Eastern

We will walk and jog in the pool environment.

Capacity: 25

Art for Beginners

Sharon Dundee

CRN 40933
Spring | Noon – 12:50 p.m. | Eastern

This course assumes everyone is a beginner. It lays the foundation on which you can build your art knowledge and experience. You'll learn art terminology and what defines techniques and styles and experiment with various materials. This class will help you to develop an "eye" for art and how to "look" at art and the world. The goal of the seven-week class is for each student to gain a deeper understanding of art and develop a curiosity to learn more about it. No experience is necessary.

Supply Fee: $20

The Art of Reading Tarot
Amanda Nyx
CRN 40942
Spring | 2 – 2:50 p.m. | Eastern
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, 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 the Tarot-py class as a precursor to this series.***

NEW The Art of the Everyday: Scraps, Souvenirs and Keepsakes That Document Our Lives
Judi Slack
CRN 41011
Spring | Noon – 12:50 p.m. | Western
CRN 40953
Spring | Noon – 12:50 p.m. | Virtual
For centuries, official records have been dictated by the victors, carved into grand stone monuments and preserved in elite decrees — while quietly sweeping away the messy, fragile paper fragments of daily existence. But where do we find the true, beating pulse of human experience? We will step away and explore the forgotten paper trail of everyday folks. Extraordinary accounts have been hidden within humble keepsakes that were originally meant to be thrown away: ancient grocery lists on pottery shards, Victorian calling cards, vintage railway tickets, neighborhood theater playbills, mid-century diner matchbooks and wartime ration books. Join us as we uncover how these surviving mementos reveal the authentic rhythms of past generations — how people traveled, what they laughed at, how they managed crises and how they loved. Discover why the most fascinating aspects of human culture are not found in royal palaces, but tucked inside old shoeboxes, pocketbooks and kitchen drawers.

NEW Art: Color Theory in Practice
Sharon Dundee
CRN 41068
Winter | 10 – 11:50 a.m. | Eastern
Explore the world of color in this hands-on class. Part lecture, part experience, we'll learn how to define and combine colors, discovering which colors work well together and why. You'll also learn how we "see" color in different ways and how that can affect your art: warm versus cool, the strength of opposites, shocking color for shocking art, etc. No experience is necessary.
Supply Fee: $20

NEW Art: Fakes, Forgeries and Fraud
Sharon Dundee
CRN 41108
Winter | 9 – 9:50 a.m. | Eastern
Did you know Michelangelo once forged an artwork? Yikes! Yes, believe it or not, we can go as far back as the 15th century to find examples of art attributed to someone other than the creator to deceive buyers for financial gain. In this class, we'll hear stories of top art forgeries, "fake" artists and the fraud perpetrated on collectors, museums and the art market. How is the art created so convincingly? How do the fakes pass inspection? Can a victim find restitution? Find the answers to these and many other questions as we explore the shocking world of art forgery.

NEW Article III of the U.S. Constitution: The Federal Judiciary
Jeff Black
CRN 40999
Spring | 11 – 11:50 a.m. | Western
In this class, we will study all of the federal courts and jurisdictions.

Artificial Intelligence TED Talks
Susan Ungham
CRN 41133
Spring | 9 – 9:50 a.m. | Western
CRN 41135
Spring | 1:30 – 2:20 p.m. | Brunswick
TED Talks, free online videos, are a great way to learn about artificial intelligence. Hear from the online experts and share your thoughts with your classmates. All NEW talks every session!

BalloFlex Seated Chair Exercise Program

Mary Kopczynski

CRN 40989
Spring | 9 – 9:50 a.m. | Eastern

CRN 40966
Spring | 1 – 1:50 p.m. | Western

BalloFlex is a seated chair fitness program that incorporates elements of music and dance. It is an activity that has been carefully designed to provide a fun group interaction using low-impact movements set to music. BalloFlex tones all major muscle groups, helps build core strength, and provides a safe full-body workout.

NEW Becoming Baker Street — The Making, Mind and Myth of Sherlock Holmes

Judi Slack

CRN 41114
Winter | 2 – 2:50 p.m. | Western

CRN 40961
Winter | 2 – 2:50 p.m. | Virtual

What transforms a literary creation into an immortal cultural fixture? This course traces the complete developmental arc of the world's most famous consulting detective — from his ink-stained genesis under Arthur Conan Doyle and Dr. Joseph Bell to his reign as a global icon. Join us as we explore how the character evolved story by story: navigating the gaslit, atmospheric labyrinth of Victorian London, pioneering early forensic deduction before the age of modern criminology, and maturing past the arrogant skepticism of Scotland Yard into an institutional partner. Moving outward from the domestic hearth of 221B, we will investigate the terrifying rise of transnational crime syndicates under Professor Moriarty, the inescapable political shadows of the British Empire and the cultural leap from monthly magazine serials in The Strand to silent cinema, television masterworks and modern digital fandoms.

Beginner Line Dance

Anjanette King

CRN 41062
Winter | 10 – 10:50 a.m. | Eastern

CRN 40912
Spring | 10 – 10:50 a.m. | Eastern

We will practice basic six- and eight-count steps and one-, two- and four-wall line dances.

Beginner Line Dance

Marie Wood

CRN 41099
Winter | 2 – 2:50 p.m. | Eastern

CRN 41112
Spring | 2 – 2:50 p.m. | Eastern

We will learn basic line dance steps and dances designed for absolute beginners. Line dancing is the most fun you'll ever have getting your daily steps in.

Beginner Line Dance

Martha Hall

CRN 41035
Winter | 10 – 10:50 a.m. | Western

CRN 40972
Spring | 10 – 10:50 a.m. | Western

Join us to learn the basic steps of line dancing to wonderful music.

Book Art for Beginners and Advanced Students

Jill Hallet

CRN 41061
Winter | Noon – 12:50 p.m. | Western

CRN 41006
Spring | Noon – 12:50 p.m. | Western

Learn book art, which involves folding or cutting book pages to make patterns or pictures. We will use rulers, pencils and scissors.

Book Discussion Group

Marcia Petchers

CRN 40962
Winter | 2 – 2:50 p.m. | Virtual

CRN 40955
Spring | 2 – 2:50 p.m. | Virtual

This student-led literature discussion class actively engages you 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 you have plenty of time to read the selections. 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.

The British Invasion of the 1960s
Frank Thomas

CRN 41109
Winter | 9 – 9:50 a.m. | Eastern

CRN 41025
Spring | 9 – 9:50 a.m. | Western

After the Beatles and Rolling Stones opened the floodgates, British music began to take over the former colonies and influence fashion and culture while creating a unique musical sound.

NEW Buddhism Through Art and Iconography
Amanda Nyx

CRN 41097
Winter | 2 – 2:50 p.m. | Eastern

CRN 41038
Winter | 10 – 10:50 a.m. | Western

Buddhism has a long and rich history in many parts of both the ancient and modern worlds. This course looks at the history, beliefs and spread of Buddhist ideology through an art historical approach, using iconography to tell the epic story of one of Asia's most storied systems of belief.

NEW Chair Yoga — Seated to Standing
Pamela Brackett

CRN 41073
Winter | 10 – 10:50 a.m. | Eastern

This class is designed for Encore participants who are comfortable with basic chair yoga and would like to gradually expand their practice. Each 50-minute session blends seated yoga, standing poses using the chair as a prop, breath work, balance activities, gentle strengthening, stretching and relaxation. We will explore ways to improve mobility, posture, balance, coordination, strength and mind-body awareness while learning to move confidently between seated and supported standing positions. No advanced yoga experience is required. Participants are encouraged to work at their own pace and use the chair whenever additional support is needed. The class is designed to be welcoming, practical, progressive and empowering.

Choosing and Understanding a Nursing Home
Gary Klein

CRN 40995
Spring | 9 – 9:50 a.m. | Eastern

Choosing a nursing home for yourself or a loved one can be overwhelming. This educational series will help adults understand how nursing homes operate and what to look for when selecting a facility. We'll explore how to evaluate and choose a nursing home, how facilities are staffed and managed, how they are paid and reimbursed, and how they are inspected and regulated. We'll also discuss what questions to ask, what warning signs to watch for, and how to become a more informed advocate for yourself or a loved one. Knowledge can make an important difference when making one of life's most difficult decisions.

NEW Christianity's Family Tree
Bob Wido

CRN 41091
Winter | Noon – 12:50 p.m. | Eastern

Have you ever wondered why our landscape is covered with churches from so many different denominations? What is the difference between a Lutheran and a Baptist? What makes a Pentecostal a Pentecostal and what makes a Catholic a Catholic? This class will explore the history, theology and practices of different Christian denominations to help us understand each other and our own faith in new and respectful ways.

NEW Civics, Citizenship, Civility and Media Literacy
Pamela Conger-Cox

CRN 41092
Winter | Noon – 12:50 p.m. | Eastern

CRN 40938
Spring | Noon – 12:50 p.m. | Eastern

We will explore the concepts of civics, citizenship and civility as well as tools for media literacy. We will also learn best practices for navigating and evaluating media content concerning current affairs and study the U.S. naturalization civics test.

Clarifying Cannabis in the Era of Legalization
Amanda Nyx

CRN 41119
Winter | 9 – 9:50 a.m. | Western

As more states legalize cannabis, it 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 Cleveland Biographies
Walter Topp
CRN 40980
Spring | 10 – 10:50 a.m. | Western
This course will present biographical sketches of famous and not-so-famous Clevelanders. These are the people that built this city, and their stories can inspire and entertain us.

NEW A Cleveland Sampler: People, Places and Moments From Cleveland History — Vol. 3
Walter Topp
CRN 41040
Winter | 10 – 10:50 a.m. | Western
What aspect of Cleveland history do you want to learn about? In Volume 3 of our Cleveland Sampler series, we'll discuss more of the people, places and events that helped create Greater Cleveland. You 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 came together to create the city we know today.

NEW Cleveland's Main Street: A History of Euclid Avenue
Walter Topp
CRN 40947
Spring | 2 – 2:50 p.m. | Eastern
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 Millionaire's Row and as the home of Cleveland's greatest organizations, including Playhouse Square, the Cleveland Clinic, the Cleveland Museum of Art, Severance Music Center, University Hospitals, Case Western Reserve University, University Circle, Lake View Cemetery, the Cleveland Foundation, the City Club and others.

Community Advocacy
Clarissa Epps
CRN 40944
Spring | 2 – 2:50 p.m. | Eastern
CRN 41007
Spring | Noon – 12:50 p.m. | Western
Have you ever wondered how to effectively push for changes in your community or influence legislation? This class will teach you how to engage others in the process of community change.

Creating Collage Art
Sharon Dundee
CRN 40914
Spring | 10 – 11:50 a.m. | Eastern
In this hands-on class, we 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 is necessary.
Supply Fee: $20

Current Events
Avery Fromet
CRN 40916
Spring | 10 – 10:50 a.m. | Eastern
We'll discuss current, local and national issues.

NEW Dangerous Pages: Censorship, Subversion and the Fight to Read
Judi Slack
CRN 41017
Spring | 2 – 2:50 p.m. | Western
CRN 40954
Spring | 2 – 2:50 p.m. | Virtual
Why are those in power always so terrified of ink and paper? Throughout history, possessing the wrong volume could cost you your freedom — or your life. Why did ancient emperors, medieval inquisitors, Victorian moral crusaders and modern algorithms all share the exact same impulse to lock away specific stories? Step behind the locked doors of archives and discover the explosive stories of books that were burned, banned and prosecuted — not because they were weak but because they were dangerously effective. In the 21st century, the battle over what we read has migrated from physical school boards and library shelves to cloud servers, geo-blocking and algorithmic content moderation. This course traces the dramatic lineage of information control from ancient Greece to the digital age, investigating how societies have continually wrestled with the line between public protection and intellectual freedom — and discovering why the human drive to read and question remains entirely unconquerable. And always remember that great literature does not comfort — it disrupts.

NEW Demystifying Nutrition
Joy Nowels
CRN 40906
Spring | 1 – 1:50 p.m. | Eastern
What is food? How do our bodies use the food we eat? With today's easy access to information, it's hard to know what to believe and how it relates to our nutritional needs. By understanding what food is, why we need it, and how our bodies use it, we can make informed decisions for better health.

Digital Security
Denneth Campbell
CRN 41113
Spring | 2 – 2:50 p.m. | Eastern
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.

NEW Dr. Seuss and Classical Philosophy
Wendell Brooker
CRN 41004
Spring | 11 – 11:50 a.m. | Western
No one has taken a more provocative and entertaining look at the philosophical issues that define human life and experience than Dr. Seuss. Ostensibly written for children, his stories continue to engage people of all ages in the eternal search for wisdom.

NEW Drawing Practice for Beginners
Sharon Dundee
CRN 41094
Winter | Noon – 12:50 p.m. | Eastern
In this class, you will experiment with various approaches to drawing using basic techniques. You will learn how to get started, apply techniques and principles of composition, and use drawing materials. The class is part lecture, part studio time. You will be guided through each step and practice as you develop your skills. Some basic drawing knowledge is a plus but not required.
Supply Fee: $20

Embodied Awareness: Releasing Tension and Stress Through Movement
Maxine Greer
CRN 41107
Winter | 9 – 9:50 a.m. | Eastern
CRN 41031
Winter | 1 – 1:50 p.m. | Western
CRN 40928
Spring | 11 – 11:50 a.m. | Eastern
CRN 41015
Spring | 2 – 2:50 p.m. | Western
This course recognizes the expressive power of dance movements to release tension. It encourages you to simply dance to music while exploring your innermost emotions. You don't have to be a dancer, since most of the time is spent engaging in spontaneous, uninhibited dance without any steps or specific rules. All body types and fitness levels are welcome. To help awaken the inner spirit, you will learn some simple dance sequences, mirroring activities and dancing circles that help you engage your body in healthy and joyful ways. While dancing freely to music, you can forget the stresses of the day and immerse yourself in the present moment.

NEW An Exciting History of Codes and Ciphers Cryptography
Marc Buchner
CRN 41095
Winter | Noon – 12:50 p.m. | Eastern
Since the beginning of recorded history, individuals and groups have had an essential need to communicate in effective, safe and secure ways. Kings, queens, presidents, generals and many others have needed to relay critical information from one person or group to another without having anyone else receive and understand the message. Battles and wars have been won or lost when this has happened successfully or failed, respectively. Nations have operated code-making groups and code-breaking groups to create and to break codes and ciphers. These results have literally shaped the face and character of the ancient and modern world. In this class, we will examine the history of codes and ciphers (cryptography) by examining real case studies from ancient civilizations through to the current time.

NEW Exercise in the Chair

Josephine Katie Evans

CRN 41000
Winter | 1 – 1:50 p.m. | Eastern
CRN 40913
Spring | 10 – 10:50 a.m. | Eastern

We will practice chair exercises and stretches that work from head to toe. We will also learn movements you can perform with your shoulders, arms, legs and feet — all accompanied by a little music.

NEW Exploring Good and Evil

Ted Smith

CRN 40997
Spring | 9 – 9:50 a.m. | Eastern
CRN 40971
Spring | 1 – 1:50 p.m. | Western
CRN 40952
Spring | 1 – 1:50 p.m. | Virtual

Humanity has struggled to define these two terms for thousands of years, and many cultures over the millennia have come to radically different conclusions about what is good or evil. Today, some still struggle with morality. The Judeo-Christian tradition attributes definitions and the source of good and evil to God. Is that sufficient? A question explored in Dostoevsky's The Brothers Karamazov is whether morality can exist without God. Without God as arbiter of morality, what does the world look like? Would you want to live there?

NEW Exploring the Poetry of Jim Morrison and Bob Dylan

Norm Weber

CRN 41066
Winter | 10 – 10:50 a.m. | Eastern
CRN 41027
Winter | 1 – 1:50 p.m. | Western

Jim Morrison and Bob Dylan are two great American poets who became famous as singers. We will explore what made these two songwriters, poets and singers so great. Dylan earned the 2016 Nobel Prize for Literature.

NEW Exploring the Silk Roads

Amanda Nyx

CRN 40934
Spring | Noon – 12:50 p.m. | Eastern
CRN 41020
Spring | 9 – 9:50 a.m. | Western

Take a journey across Asia through the eyes of the Great Game era explorers who traveled thousands of miles from southern Europe and northern Africa all the way to China and beyond. We'll discuss major figures in the modern discovery of ancient sites, including Sven Hedin, Aurel Stein, Paul Pelliot, Albert von Le Coq and Langdon Warner, via their travelogues and archaeological accounts from the early 1900s as we make our way across the vast expanses of northern China.

NEW Faith at Gettysburg: Spiritual Shepherds in the Shadow of Slaughter

Judi Slack

CRN 41067
Winter | Noon – 12:50 p.m. | Western
CRN 40959
Winter | Noon – 12:50 p.m. | Virtual

From the opening shots to the long shadows of post-war memory, Gettysburg was a profound ethical and spiritual crisis. This immersive course examines the tragedy of the Civil War's bloodiest clash and its sweeping aftermath through a dedicated study of the region's religious and spiritual landscape. You will step inside sanctuaries violently transformed into makeshift trauma bays to examine the impossible ethical, pastoral and moral dilemmas faced by local pastors, priests and devoted volunteers. Moving beyond traditional troop movements and battlefield tactics, the course explores how these spiritual shepherds navigated mass triage, ministered to the dying in the sprawling tent city of Camp Letterman, and aided in sanctifying the solemn ground of the Soldiers' National Cemetery. The curriculum confronts the heavy human cost of total war — ranging from the grueling physical labor of re-interring the dead to the theological wrestling of Adams County's autumn pulpits — before investigating how sentimental reconciliation and the "Lost Cause" narrative ultimately reshaped the nation's historical memory.

NEW Family History Essentials: Exploring Your Family Tree
Diane Wido
CRN 41001
Spring | 11 – 11:50 a.m. | Western
Whether you are just starting to put together a family tree or have been working on it and want some fresh ideas, this may be the class for you. Using Ancestry.com and looking at other online resources, we will share ideas and discuss gathering information, interviewing relatives, useful family records and more.

NEW Fear
Ted Smith
CRN 40921
Spring | 10 – 10:50 a.m. | Eastern
We all have them. Some are real, some may be imagined. But what can we do about them? Social media and news outlets of every stripe seem to want to keep us in a perpetual state of fear. Why? Ancient spiritual texts like the Bible advise us to "be not afraid" over 300 times. How? Surely a recurring theme is worth exploring. What can we learn about the origins of our fears — addressing them and even overcoming them?

The Feminine Movement
Mary Kolk
CRN 41055
Winter | 11 – 11:50 a.m. | Western
From whispered voices at Seneca Falls to the bold calls for equity today, women have carried a flame of courage, wisdom and resilience across centuries. This course invites you on a journey through time — exploring the struggles, triumphs and ongoing evolution of the feminine spirit. This is more than a history course. It's a call to awaken, connect and take pride in the power of being a woman — past, present and future.

NEW Fitness As It Accompanies Daily Life
Judith Rogers
CRN 40931
Spring | Noon – 12:50 p.m. | Eastern
Learn how to incorporate fitness into your daily life, including functional movements and nutritional tips for exercising and aging.

NEW Flowers! Fresh and Forever, Tips, Tricks and How-Tos
Roseanne Greggor
CRN 40946
Spring | 2 – 2:50 p.m. | Eastern
Who doesn't love flowers? They are the embodiment of joy! Enhance your enjoyment of artificial and fresh-cut flowers for personal use. Some topics we will discuss will include selecting the freshest cut flowers and caring for them, containers, constructing arrangements and color combos. Fresh and silk flowers will be covered — not plants.
Capacity: 12

Food Myths
Karen Brucken
CRN 40978
Spring | 10 – 10:50 a.m. | Western
There are many slogans used to promote food items. Do these products offer genuine health benefits or are their claims simply marketing techniques? We will look at some of the popular ones, including "milk does a body good." You will gain a new perspective and come away with an understanding of what contributes to good long-term health.

NEW The Food of the Gods: A Global History of Chocolate
Judi Slack
CRN 41033
Winter | 1 – 1:50 p.m. | Western
CRN 40957
Winter | 1 – 1:50 p.m. | Virtual
Chocolate is far more than a simple confection — it is a window into human history. This course traces the evolution of the world's most beloved indulgence, from the sacred, bitter brews of ancient Mesoamerica to the rise of the great 20th-century chocolate empires. We will examine the innovations, industrial revolutions and cultural shifts that transformed a rare tropical bean into a daily global necessity. Along the way, you will hear the stories of the titans who built candy empires and the alchemists who perfected the science of the perfect snap, highlighting the ambition and artistry behind these storied bars. If you are a lifelong history buff or a terribly devoted fan of the sweet, this course is for you. Discover the fascinating science, ethics and artistry behind this global phenomenon. Get ready to taste some history!

The Forbidden Gospel of Mary Magdalene

Ted Smith

CRN 41034
Winter | 1 – 1:50 p.m. | Western
CRN 40958
Winter | 1 – 1:50 p.m. | Virtual

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 his ministry? Is it possible she was Jesus's first choice to lead the movement after his crucifixion? We'll take a historical look at events depicted in texts not included in the Bible. The writings will be examined for a wider perspective on history and their theological implications.

Functions of Fitness

Judith Rogers

CRN 41088
Winter | Noon – 12:50 p.m. | Eastern

Learn the purpose of exercising and how proper form and technique can support everyday movement.

Gardening for Success

Marilyn Hallenburg

CRN 40926
Spring | 11 – 11:50 a.m. | Eastern
CRN 40996
Spring | 11 – 11:50 a.m. | Western

As we witness all the changes in our world, including climate change, food recalls due to various pathogens, a decline in our pollinators and even the availability of certain types of foods, we realize gardening, whether for food or enjoyment, is becoming more important every day. There are so many ways to garden: traditional garden beds, raised beds and container gardening on a patio or an apartment balcony. We can even use whimsical containers to garden in. Join the Master Gardener Volunteers 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.

Gentle Yoga With Deep Relaxation

Darlene Kelbach

CRN 41102
Spring | 11 – 11:50 a.m. | Eastern
CRN 40950
Spring | 9 – 9:50 a.m. | Eastern

We will begin with a gentle yoga practice incorporating floor poses and stretches and end with an extended rest using guided meditation to experience deep relaxation through yoga nidra. Bring a yoga mat and water bottle. Blankets, bolsters and blocks are optional.

Capacity: 20

George Washington, American Father

Dennis Geffert

CRN 41052
Winter | 11 – 11:50 a.m. | Western
CRN 40927
Spring | 11 – 11:50 a.m. | Eastern

Was George Washington the most important American ever? As a frontier militiaman, American general and the first president of the United States, he casts an extremely long shadow to this day.

NEW Glue! Paper! Scissors! Go...

Andrea Sanders

CRN 41042
Winter | 10 – 10:50 a.m. | Western
CRN 40983
Spring | 10 – 10:50 a.m. | Western

This class will cover various areas of paper crafting and focus on the health benefits of crafting for adults.

Capacity: 10

Supply Fee: $10

Great American Conflicts

Avery Fromet

CRN 40979
Spring | 9 – 9:50 a.m. | Eastern

In this session, we'll discuss America's involvement in all its armed conflicts from the American Revolution to the present day.

Great Battles, Generals and Historic Sites of the Civil War
Dennis Geffert
CRN 41030
Winter | 1 – 1:50 p.m. | Western
CRN 40909
Spring | 1 – 1:50 p.m. | Eastern
Leaders, both famous and infamous, had a large impact on the War Between the States. Strategy, tactics and weapons all played a part. This class also includes a guide to visiting these national parks and monuments.

NEW Growing a Reader
Susan Ungham
CRN 41140
Spring | 12:30 – 1:20 p.m. | Brunswick
CRN 41132
Spring | 10 – 10:50 a.m. | Western
We grandparents can help our grandchildren be successful in life by fostering a love of reading. Learn tips from a retired children's librarian and get lists of good books for babies, toddlers, preschoolers, tweens, and teens.

NEW Hand Sewing I
Anne Stottler
CRN 41082
Winter | 11 – 12:50 p.m. | Eastern
You will learn the basic running stitch, buttonhole stitch and French knot. We will create a needle case, a six-inch wool owl and, if time permits, a miniature penny rug that was introduced during Colonial times.
Capacity: 12
Supply Fee: $10

NEW Hand Sewing II
Anne Stottler
CRN 40904
Spring | 1 – 2:50 p.m. | Eastern
You will learn the basic running stitch, buttonhole stitch and French knot while creating simple sewing projects.
Capacity: 12
Supply Fee: $10

Heroes and Spies
Julie Koenig
CRN 40985
Spring | 9 – 9:50 a.m. | Eastern
We'll discover the extraordinary people behind some of history's most fascinating stories. We'll meet eight courageous women who parachuted into France during World War II, learning about their dangerous missions as well as the women themselves. We'll then explore the women's suffrage movements on both sides of the Atlantic, featuring Emmeline Pankhurst and Susan B. Anthony, followed by the fascinating world of World War II codebreaking. Meet three brilliant codebreakers, including Alan Turing, and discover how the Polish mathematicians made the first breakthroughs in cracking the German Enigma code.

High Beginner Line Dance
Martha Hall
CRN 41047
Winter | 11 – 11:50 a.m. | Western
CRN 40987
Spring | 11 – 11:50 a.m. | Western
In this class, we will focus on sequencing line dance steps and having a blast dancing to great music. Knowledge of basic line dance steps, which are taught in Beginner Line Dance, is required.

High Beginner Line Dance
Darlene Kelbach
CRN 41093
Winter | Noon – 12:50 p.m. | Eastern
CRN 40939
Spring | Noon – 12:50 p.m. | Eastern
Come with an understanding of line dancing. We will 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, and bring a water bottle.
Capacity: 20

Highways and Byways: North American Road Trips
Dennis Geffert
CRN 41074
Winter | 2 – 2:50 p.m. | Western
Let's hit the road again with more adventures across the continent. Ditch the GPS and learn to love maps. This class includes a review of U.S. and Canadian highway systems.

NEW Highways and Byways: North American Road Trips — Part 2
Dennis Geffert
CRN 40948
Spring | 2 – 2:50 p.m. | Eastern
Due to many requests for additional destinations, let's start off the travel season with more adventures across the continent. Ditch the GPS and learn to love maps.

Historic Sites Hiding in Plain Sight — Part 4
Mary Kolk
CRN 41046
Winter | 10 – 10:50 a.m. | Western
In Part 4 of our series, we explore an entirely fresh lineup of all-new places, faces, towns and spaces as we uncover more of the surprising historical stories hiding in our daily surroundings. Discover what you and thousands of others pass by every day without a second glance.

Historic Sites Hiding in Plain Sight — Part 5
Mary Kolk
CRN 41130
Spring | 1 – 1:50 p.m. | Western
As we move into Part 5 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!

The History of Comedy in America From 1967 to 2000
Neil Oblonsky
CRN 40988
Spring | 9 – 9:50 a.m. | Eastern
This is part three of a trilogy. We will cover the birth of modern comedians in the 1960s, the golden age of sitcoms, Mel Brooks and so many great shows and films.
Capacity: 25

The History of Comedy in the 20th Century — Part II
Neil Oblonsky
CRN 41106
Winter | 9 – 9:50 a.m. | Eastern
The first class covered vaudeville, radio, silent films and screen comedies from 1900 to 1933. The second class covers screen comedies, the birth of the sitcom and the rise of stand-up from 1933 to 1966. We will end the course with the launch of Laugh-In.
Capacity: 25

History of Modern Art
Sharon Dundee
CRN 40991
Spring | 9 – 9:50 a.m. | Eastern
How did we go from da Vinci to de Kooning? This course helps you better understand modern art by learning how and where it developed. By studying the artists and cultures leading up to the modern art movement, we can come to appreciate it. Through a combination of presentations and class discussions, we'll explore how our own culture and biases affect our ability to fully experience and understand modern art in its various forms.

NEW Hooray for Hollywood! Big Screen Musicals in the 1950s — Part I
Gary Anderson
CRN 41079
Winter | 2 – 2:50 p.m. | Western
Come meet genius composers of 1950s musicals like Bizet, Borodin, Hammerstein, Lerner, Loesser, Loewe and Rodgers.

NEW Hooray for Hollywood! Big Screen Musicals in the 1950s — Part II
Gary Anderson
CRN 41016
Spring | 2 – 2:50 p.m. | Western
Come meet some barkers, cowgirls, courtesans, crap shooters, farmers, marines, nurses, teachers and sluggers from 1950s musicals. They're all here singing and some even dance!

NEW The Horse Soldiers at Gettysburg: The Eyes, Ears and Shields of the Armies
Judi Slack
CRN 40968
Spring | 1 – 1:50 p.m. | Western
CRN 40951
Spring | 1 – 1:50 p.m. | Virtual
They were the dashing, reckless and vital scouts of the Civil War. We will plunge into the dust, mud and thunder of the cavalry at Gettysburg, following the epic mounted clashes from the preliminary prelude at Brandy Station to the massive collisions on the East and South Cavalry Fields, with sabers drawn. We will meet the legendary figures of the horse war — from the stoic Union defender John Buford and the "Boy General" George Armstrong Custer to the flamboyant, dashing Confederate cavalier J.E.B. Stuart. Join us as we go beyond the infantry lines to understand the daring men whose job was to see all, know all and protect the army at all costs.

NEW Human "Being" in the Age of AI
Wendell Brooker
CRN 41044
Winter | 10 – 10:50 a.m. | Western
Philosophers have been working for more than 2,500 years to define what a person is and how they can live most appropriately. These questions have come at a serious point of development in the age of AI. Join us as we reconsider the human place in creation.

NEW The Importance of Self-Care and Aging
Carol Moss
CRN 41056
Winter | 1 – 1:50 p.m. | Eastern
Explore various areas of self-care and create a self-care plan and vision board.
Capacity: 15

Important Americans You May Not Know or Know Little About
Avery Fromet
CRN 41071
Winter | 10 – 10:50 a.m. | Eastern
In this session, we'll discuss Americans who have had a significant impact on our history but whom you may know little or nothing about.

Important People of Northeast Ohio You May Not Know or Know Little About
Avery Fromet
CRN 41083
Winter | 11 – 11:50 a.m. | Eastern
In this session, we'll discuss people from Northeast Ohio who had a significant impact on the United States or the world.

Improve Balance, Mobility and Brain Health
Karin Cottman
CRN 41026
Winter | 1 – 1:50 p.m. | Western
CRN 40964
Spring | 1 – 1:50 p.m. | Western
Learn simple mobility drills and techniques to improve balance and coordination. You will engage in simple and fun activities that combine physical and cognitive exercises to stimulate the brain and body.
Capacity: 20

Interesting Topics in Psychology
Charles Banevich
CRN 41136
Spring | 12:30 – 1:20 p.m. | Brunswick
Explore interesting topics in psychology, including assessment, personality, counseling, brain anatomy and function, and psychological theory and practice.

Introduction to Estate Planning
Dan Baron
CRN 40899
Spring | 1:30 – 2:20 p.m. | Brunswick
CRN 40982
Spring | 9 – 9:50 a.m. | Eastern
CRN 40992
Spring | 11 – 11:50 a.m. | Western
Having a basic will does not avoid probate. 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. In this course, we will use real-life examples to explain the key components of effective estate planning, including the last will and testament, healthcare and financial powers of attorney, guardianship, family trust planning, HIPAA, a living will and executorship. You'll learn not only what these documents do but also how they work together to safeguard your wishes and make life easier for your loved ones. The class also explores strategies for avoiding probate and protecting assets, demonstrating how tools such as revocable and irrevocable trusts can help you pass your estate to your heirs more efficiently, privately and with greater control.

Italian Fun Continues — Level 3
Maureen Huefner

CRN 40907
Spring | 1 – 1:50 p.m. | Eastern

This course will expand your Italian vocabulary and help you form and speak in complete sentences. More useful phrases and expressions are taught. Reading and translating basic Italian will also be included. 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.

Jesus Quotes the Old Testament V
Ted Smith

CRN 41111
Winter | 9 – 9:50 a.m. | Eastern

CRN 41070
Winter | Noon – 12:50 p.m. | Western

CRN 40960
Winter | Noon – 12:50 p.m. | Virtual

Many of the sayings attributed to Jesus are actually quotations from Jewish scripture or the Old Testament. We will explore the context by which Jesus chose these particular passages to address his disciples, countrymen and detractors.

Journaling and the Power of Words
Maxine Greer

CRN 41087
Winter | 11 – 11:50 a.m. | Eastern

CRN 41077
Winter | 2 – 2:50 p.m. | Western

CRN 40994
Spring | 9 – 9:50 a.m. | Eastern

CRN 41010
Spring | 1 – 1:50 p.m. | Western

Be your best self through journaling. This class will help you discover the anecdotal and evidence-based benefits of journaling for personal growth and well-being. You will practice journaling techniques during class and learn easy prompts to try outside of class. Using the principles of behavior change, you can design a daily journaling routine that supports ongoing reflection and personal development that is tailored to your life. Journaling strategies can help you manage stress, cultivate gratitude and enhance your overall well-being.

NEW Kabbalah V
Ted Smith

CRN 40929
Spring | 11 – 11:50 a.m. | Eastern

CRN 41019
Spring | 2 – 2:50 p.m. | Western

CRN 40956
Spring | 2 – 2:50 p.m. | Virtual

Just as Jesus used parables to describe the Kingdom of God, Jewish mystical traditions' attempts to study the nature of God in a rational way led them to metaphors, fables, paradoxes and dichotomies to help us grasp what this transcendent God really is.

NEW Kent State Massacre — The Full Story
Mary Kolk

CRN 41069
Winter | Noon – 12:50 p.m. | Western

May 4, 1970, headlines: "Four Students Killed by Army National Guard!" What really happened at Kent State? Was anyone held accountable? Were the students at fault — or the leaders of our government? Both sides of the story will be revealed.

NEW The Korean War: 1950–2025
Walter Topp

CRN 41100
Winter | 2 – 2:50 p.m. | Eastern

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

NEW Learn Voice Acting and Act Anywhere in the World From the Comfort of Your Own Home
Christopher Marshall

CRN 41063
Winter | Noon – 12:50 p.m. | Western

CRN 41028
Spring | 1 – 1:50 p.m. | Western

Learn about voice acting and how to get started, including industry terminology and how to record and edit your voice. Voice acting has no age limit. As long as you are willing to learn and play, you will have a great time.

Learning From the Happiest People
Karen Brucken
CRN 40993
Spring | 11 – 11:50 a.m. | Western
Select locations around the world consistently rank highly for happiness. In this course, we will look at the five areas to discover their special qualities. Then, we will take these qualities and find ways to incorporate them into our environments. Come learn why happiness matters.

Live Like the Blue Zones
Karen Brucken
CRN 41050
Winter | 11 – 11:50 a.m. | Western
What is special about the Blue Zones? We will explore each one to discover the diet and lifestyle habits that help their populations live well to 100. Then, we will learn how to incorporate their habits into our own lives.

Louis Armstrong Life and Music
Jerry Jelinek
CRN 40970
Spring | 9 – 9:50 a.m. | Eastern
CRN 40990
Spring | 11 – 11:50 a.m. | Western
Explore Louis Armstrong's life and legacy through music, video and historical context. Discover how his trumpet, voice and groundbreaking style transformed jazz and inspired generations of musicians.

NEW Mahjong 101 for Beginners $
Estamarie Fairchild
CRN 41134
Winter | 1 – 1:50 p.m. | Western
Learning the basics of Mahjong. Including: Suits and tiles, reading the card, the deal, organizing tiles for the Charleston, completing the Charleson and calling a tile. All pertinent terms will be discussed. Play will begin the 2nd class period.
Capacity: 15
Supply Fee: $15

Mark Twain's Letters From the Earth V
Ted Smith
CRN 41078
Winter | 10 – 10:50 a.m. | Eastern
CRN 41116
Winter | 2 – 2:50 p.m. | Western
CRN 40963
Winter | 2 – 2:50 p.m. | Virtual
This book was posthumously published by Samuel Clemens' estate in 1962 and was promptly labeled blasphemous. Inspired by the opening chapter of the Book of Job, the archangel Satan visits Earth and writes letters to his friend, the archangel Michael, of his observations on humanity. Clemens turns all of his wit, wisdom and wry humor to the nature of good and evil.

Memory and Memoirs
Mary Lou Fasko
CRN 41086
Winter | 11 – 11:50 a.m. | Eastern
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 delve into the accuracy of memory and ways you can improve it. And finally, we will look at memoirs — creative pieces that reflect a specific experience in your life.

Monks, Nuns and Jesuits: A Habit Hard to Break
Patrick O'Leary
CRN 40969
Spring | 1 – 1:50 p.m. | Western
Monastic life has fascinated and formed Christian spirituality and religious practice from the beginning. Desert hermits evolved to cloistered monks and nuns. St. Ignatius Loyola broke the mold with missionaries educated in science as well as theology. At each transition, the laity tried to imitate monastic practices, often missing the evolving spirituality. Join a former Jesuit priest in tracing the pioneering lives and learn their secrets for a more spiritual — versus a religious — life.

More Fun With Italian — Level 2
Maureen Huefner
CRN 41041
Winter | 1 – 1:50 p.m. | Eastern
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 non-threatening.
Note: Level 1 is not a prerequisite.

NEW More Than a Song: The Rhythms of Resistance and Renewal
Maxine Greer

CRN 41126
Winter | 10 – 10:50 a.m. | Eastern
CRN 40920
Spring | 10 – 10:50 a.m. | Eastern

Discover how African American spirituals carried history, hope, faith and powerful messages of freedom. We will listen to African American spirituals while exploring how to combine the songs' rhythms and repetition with simple liturgical and praise dance moves that help give shape and meaning to the sacredness of the songs. No musical or dance experience is required — just a curiosity and willingness to be a part of the conversation while considering how the words from these sacred songs can inspire courage and renewal today.

NEW Motown Magic, 1963–1972
Donald King

CRN 41098
Winter | 2 – 2:50 p.m. | Eastern

We'll explore Motown's history and origins, the development of "the Motown Sound," its best-known and lesser-known acts, changes within its roster and its lasting legacy.

Move Smarter 2: Yoga and AI for Healthy Aging — Gentle Yoga, Supported Movement and Everyday AI for Healthy Aging
Pamela Brackett

CRN 41081
Winter | 11 – 11:50 a.m. | Eastern
CRN 40923
Spring | 11 – 11:50 a.m. | Eastern

Move Smarter is a seven-week wellness class to support your well-being, help you stay active, and build confidence using everyday AI. Each 50-minute session will blend chair yoga, supported standing movement, breath work, balance, mobility, gentle strengthening and practical wellness education with beginner-friendly AI learning. You may choose seated or standing options throughout the class. Standing sequences use the chair as a prop for balance and support, making the class adaptable for different comfort and mobility levels. The AI portion will introduce you to prompting skills, such as adding preferences, asking follow-up questions, refining responses and using AI to support everyday wellness routines. You will also have access to the Move Smarter Resource Hub, where you can review weekly prompts, reflections, optional activities and class resources between sessions. No prior yoga or AI experience is required. The class is designed to be welcoming, practical, flexible and empowering.

Move Smarter: AI Literacy for Everyday Wellness
Pamela Brackett

CRN 40915
Spring | 10 – 10:50 a.m. | Eastern

Explore how AI can support everyday wellness while strengthening your critical thinking. This seven-week course will help you evaluate AI responses for relevance, accessibility, bias, limitations and reliability while building a personalized wellness plan grounded in human judgment.

Muscle Conditioning and Working With Weights
Karin Cottman

CRN 41059
Winter | Noon – 12:50 p.m. | Western
CRN 41005
Spring | Noon – 12:50 p.m. | Western

Engage in a full-body workout to build muscle and burn fat using dumbbells, machines and your body weight. All fitness levels are welcome.

Capacity: 20

The Music of Laurel Canyon
Frank Thomas

CRN 41138
Spring | 12:30 – 1:20 p.m. | Brunswick

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.

My Brain or Is It Memorex
Pat Stropko-O'Leary

CRN 41013
Spring | 2 – 2:50 p.m. | Western

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 will help you 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 helping to forestall dementia.

NEW Natural History of the Western Reserve
Walter Topp
CRN 40998
Spring | 11 – 11:50 a.m. | Western
The first European settlers in Northern Ohio found a land of unbroken forest, clean swift-moving streams, a vast inland sea and an astonishing variety of animals and plants. This course will examine the natural history of Northern Ohio's physical environment and the ways that the region's landforms, waterways, flora and fauna shaped the area's early development and continue to impact life here today.

NEW The Natural, the Supernatural and Human Perception
Wendell Brooker
CRN 41057
Winter | 11 – 11:50 a.m. | Western
Religion, literature, the arts and theoretical physics have each provoked our thinking about what lies beyond our natural existence. Is there anything more? If there is, what is it? Bring your own beliefs and questions to this class.

NEW Never Be Bothered Again
Aaron Baker
CRN 41075
Winter | 2 – 2:50 p.m. | Western
CRN 41009
Spring | Noon – 12:50 p.m. | Western
End irritation and anger once and for all. Conquer anxiety and frustration. Use the fundamental secret of all true teachings for problem-free living.

Northeast Ohio Road Trips
Milenko Budimir
CRN 41012
Spring | 2 – 2:50 p.m. | Western
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.

Notorious Bad Girls of the Bible
Diane Wido
CRN 41124
Winter | 10 – 10:50 a.m. | Western
This class will look at the most well-known bad girls of the Bible: Lot's wife who became a pillar of salt; Potiphar's wife who tried to seduce Joseph; Delilah, who betrayed Samson; Bathsheba, whom King David summoned; Jezebel; Herodias, whose daughter danced for Herod; and Mary Magdalene, from whom seven demons were expelled.

Oedipus Rex: A Cautionary Tale
Charlene Mileti
CRN 40981
Spring | 9 – 9:50 a.m. | Eastern
Written by Sophocles in the fifth century BCE, Oedipus Rex was the most celebrated of all the Greek dramas. It is held as a masterpiece along with Homer's Iliad and Odyssey, Faust, Don Quixote and Don Juan. It is considered a masterful exploration of the human condition. Oedipus Rex continues to deliver a warning to mankind about the recurring and universal perils of personal and political arrogance.
Capacity: 15

Ohio Road Trips
Milenko Budimir
CRN 40965
Spring | 1 – 1:50 p.m. | Western
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 tips to make the most of your explorations.

NEW Origins of Belief: A Survey of Religious Theory and Study
Amanda Nyx
CRN 40905
Spring | 1 – 1:50 p.m. | Eastern
CRN 40974
Spring | 10 – 10:50 a.m. | Western
This course approaches the study of religion and belief as an academic discipline, stepping outside any particular belief system to look more closely at the structures behind how those systems are created, organized and maintained. We'll be considering the approaches of influential religious theorists to examine religion through various lenses, including anthropology, sociology, psychology, history and phenomenology.

NEW Overcoming Fear of Public Speaking to Deliver an Engaging Icebreaker
Brian Holley
CRN 40935
Spring | Noon – 12:50 p.m. | Eastern
CRN 41021
Spring | 9 – 9:50 a.m. | Western
Conquer stage fright and find your voice! In this interactive seven-week course, you will learn simple, time-tested techniques that turn your nervous energy into stage presence. Each class is hands-on and supportive: brief demonstrations, collaborative practice and low-stress mini-speeches help you build comfort. You will leave each session with clear, engaging homework you can do with peers, family or friends. By the end of the course, you will have written, rehearsed and delivered a polished five-minute Icebreaker about yourself — complete with a memorable opening, focused key points and a strong conclusion. The final speech is a celebratory performance with structured, strength-based feedback designed to boost confidence and create momentum for your public speaking journey.
Capacity: 14

People You Don't Know or Know Little About
Avery Fromet
CRN 41104
Winter | 9 – 9:50 a.m. | Eastern
In this series, we'll explore individuals who have had a significant impact on the world but whom you may know little or nothing about.

Philosophy of Technology
Milenko Budimir
CRN 41072
Winter | 2 – 2:50 p.m. | Western
The developments of science and technology have shaped society in profound ways over the past several centuries. Join us as we cast a philosophical eye on these developments. We'll look at current technological developments including AI, social media and digital technologies in general, as well as climate change and the Industrial Revolution, and where the future of technology may take us.

Pilates and Yoga
Judith Rogers
CRN 41003
Winter | 1 – 1:50 p.m. | Eastern
Learn how to integrate breath work into core exercises, balance activities and exercises using props.

Pilates for Your Daily Routines
Judith Rogers
CRN 40902
Spring | 1 – 1:50 p.m. | Eastern
Learn how your core supports exercise and everyday activities.

Power of Connection and Purpose
Mary Kolk
CRN 41129
Spring | 2 – 2:50 p.m. | Western
Get motivated to become involved in life again. Find new friends, overcome loneliness and discover your purpose in this second stage of life.

Practical AI for Everyday Tasks
Keith Gruber
CRN 41118
Winter | 9 – 9:50 a.m. | Western
CRN 40977
Spring | 9 – 9:50 a.m. | Eastern
Learn what AI does well, where it makes mistakes, and how to start using tools like ChatGPT and Gemini for simple, everyday tasks. No technical background is needed.
Capacity: 25

Preparing for Aging Loved Ones
Gary Klein
CRN 41110
Winter | 9 – 9:50 a.m. | Eastern
Aging brings changes. For our loved ones, some changes can be challenging. This workshop will explore what to expect as loved ones age, how to have difficult conversations, how to recognize when they may need your help, and how to protect their safety while respecting their independence and dignity. We'll discuss practical ways to prepare before a crisis occurs, including driving, falls, memory changes, finances, healthcare, living arrangements and caregiving. Learn and share your experiences on how to be better prepared to support the people you love as they grow older.

NEW The Problem of Women
Charlene Mileti
CRN 40917
Spring | 10 – 10:50 a.m. | Eastern
This course will examine what is referred to as one of the "oldest prejudices." Stereotypes about all that is "female" pervade human history. From antiquity to today, women have been both the intended and unintended targets of cultural, religious and psychological marginalization. This course asks "why?"
Capacity: 15

Psychology, the Good, the Bad and the Weird
Sharon Hogan
CRN 41002
Spring | 11 – 11:50 a.m. | Western
This class will cover some interesting historical ideas, current practices and the more unusual ways psychology has been used and misused.

NEW Refugees and Black Settlements in Canada
Herbert Burns
CRN 40910
Spring | 1 – 1:50 p.m. | Eastern
We'll study personal accounts of former slaves who settled in Canada, including their journeys, trials and tribulations.

The Rise and Fall of Disco
Frank Thomas
CRN 41053
Winter | 11 – 11:50 a.m. | Western
Let's revisit the sounds and clubs that put disco on the map and the eventual backlash that brought about its downfall.

Rock Music of the 1970s
Frank Thomas
CRN 40901
Spring | 1:30 – 2:20 p.m. | Brunswick
We will explore various genres of rock, including country rock, glam rock, southern rock and more.

NEW Scams and Scam Prevention, Part 2
Bonita Prewitt
CRN 41105
Winter | 9 – 9:50 a.m. | Eastern
CRN 41049
Winter | 11 – 11:50 a.m. | Western
CRN 40943
Spring | 2 – 2:50 p.m. | Eastern
CRN 40976
Spring | 10 – 10:50 a.m. | Western
Scammers are becoming more creative, and anyone can be a target. In this fun, informative and practical class, you'll learn how to recognize common scams, spot red flags, protect your personal and financial information, and avoid being tricked by scammers. Through real-life examples, group discussions and easy-to-follow tips, you'll gain the knowledge and confidence to stay ahead of scammers and help protect yourself and the people you care about. ***Note: You do not need to complete Part 1 to take Part 2.***

Sign Language Is Fun!
Valerie Williams
CRN 41014
Spring | 2 – 2:50 p.m. | Western
Communication is important. Sign language is another way to connect. During our time together, we will finger-spell the alphabet, numbers zero to 20, our first names and a basic meet and greet.

NEW Sign Language:
A Bridge With the Hard-Of-Hearing
Joy Nowels
CRN 40937
Spring | Noon – 12:50 p.m. | Eastern
Have you ever had difficulty communicating with someone who is hard of hearing? They may have missed part of the conversation, or the environment might be too loud for your voice to be heard. This class will bridge that gap with 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 can help participants share what they learn with others.

NEW Smartphone Photography — An Introduction, Advanced Tools and Professional Photographer Techniques
Marc Buchner
CRN 40940
Spring | Noon – 12:50 p.m. | Eastern
Most of us have moved from using cameras to using our smartphones (iPhone and Android devices) to take pictures of anything from nature, social events and travels, as well as for business applications. The potential quality of smartphone images coupled with simple ways to edit and improve images is extraordinarily useful. This course will examine the basics of taking pictures with both iPhone and Android devices, the use of advanced techniques that are buried in the smartphones' software or available through free apps, and the essential components of classical techniques to create great pictures. Plan on using your smartphone extensively throughout this course! There will be homework for taking pictures between Encore Friday sessions, but these assignments are guaranteed to be fun and (bad pun ahead) illuminating!

So, You Want to Be a Comedian?
Neil Oblonsky
CRN 40918
Spring | 10 – 10:50 a.m. | Eastern
This course is for novices who have an unfulfilled desire to entertain as comedians and make audiences laugh.
Capacity: 10

Social Media for Beginners
Pamela Smith
CRN 40945
Spring | 2 – 2:50 p.m. | Eastern
This seven-week course introduces you to the fundamentals of social media through interactive instruction, demonstrations and hands-on activities. You will build your confidence in navigating popular platforms, connecting with family and friends, sharing content and practicing online safety. Each session builds on previous lessons, allowing you to develop practical digital skills for everyday use at a comfortable pace.

NEW Socrates and the Path to Authentic Knowledge
Wendell Brooker
CRN 40986
Spring | 10 – 10:50 a.m. | Western
At the root of Western philosophy is Socrates and his Socratic method. In short, he was the thinker and teacher who set the terms for how we continue to rationally approach the social, moral and political issues of human life. He will help you think more clearly and effectively.

Speakers Series: Explore, Enrich, Engage
Betty Zak
CRN 41076
Winter | 10 – 10:50 a.m. | Eastern
CRN 41045
Winter | 10 – 10:50 a.m. | Western
CRN 40919
Spring | 10 – 10:50 a.m. | Eastern
CRN 40984
Spring | 10 – 10:50 a.m. | Western
Explore a new topic each week or expand and enrich your existing knowledge of a topic with weekly speakers. Specialists have previously presented such topics as Superman, Treasures of the Gorge, Plants That Changed the World, North Coast Waterfront, Diplomats in the World of Politics and NASA — What's New?

NEW State of Ohio and the Federal Court Systems
Neil Rubin
CRN 41060
Winter | 1 – 1:50 p.m. | Eastern
CRN 40911
Spring | 1 – 1:50 p.m. | Eastern
This course will describe and explain the courts' structure, functions, operations and the differences between the two.

Stretch, Balance and Strengthen
Darlene Kelbach
CRN 41080
Winter | 11 – 11:50 a.m. | Eastern
CRN 40922
Spring | 11 – 11:50 a.m. | Eastern
In this chair-supported class, we 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, and bring light hand weights and a water bottle.
Capacity: 20

NEW Survey of Ohio Architecture
Milenko Budimir
CRN 41029
Winter | 1 – 1:50 p.m. | Western
Learn about Ohio's impressive architectural history with examples of some of the finest buildings throughout the state, embodying national and international movements in architectural style over the past 150 years.

NEW Survey of World Mythology
Amanda Nyx
CRN 41039
Winter | 1 – 1:50 p.m. | Eastern
CRN 41048
Winter | 11 – 11:50 a.m. | Western
Every early human culture across the world struggled to make sense of the phenomena surrounding them — and through these attempts, to explain and understand nature, faith and purpose, mythology was born. Each week will focus on a different cultural mythos, highlighting major figures, folklore and beliefs in various regions of the world. This course will also note the commonalities across cultures and time periods and how these myriad mythologies have grown to become some of the world's major religious groups.

Swing Music History of the 1920s Through Today
Jerry Jelinek
CRN 41103
Winter | 9 – 9:50 a.m. | Eastern
Discover the history of swing music from the 1920s through today. Through "soundies" and musical examples, we'll examine how dance and pop culture influenced the development of swing music.

NEW Thank You! I Made That
Andrea Sanders
CRN 41122
Winter | 9 – 9:50 a.m. | Western
CRN 41023
Spring | 9 – 9:50 a.m. | Western
This class will focus on making no-sew accessories, such as jewelry, hair accessories and a small wallet, using upcycled, recycled and repurposed objects.
Capacity: 10

TV Game Show Fun!
Gerry Nemeth
CRN 41121
Winter | 9 – 9:50 a.m. | Western
CRN 40936
Spring | Noon – 12:50 p.m. | Eastern
CRN 41022
Spring | 9 – 9:50 a.m. | Western
We will explore the history of television game shows, beginning with their roots in radio. We will play simulated versions of famous TV game shows including Jeopardy!, Wheel of Fortune and more. Enjoy prizes and a few surprises!

Type 2 Diabetes Can Be Reversed
Mary Kolk
CRN 41131
Spring | Noon – 12:50 p.m. | Western
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 41043
Winter | 1 – 1:50 p.m. | Eastern
CRN 40908
Spring | 1 – 1:50 p.m. | Eastern
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 the current events that involve constitutional issues. You will learn about the process of amending the Constitution and will get to draft proposed amendments you would like to make to the Constitution. You will have the option of buying a pocket copy of the Constitution for $1.

U.S. Constitution 201
Pamela Conger-Cox

CRN 41101
Winter | 2 – 2:50 p.m. | Eastern

CRN 40949
Spring | 2 – 2:50 p.m. | Eastern

This course examines the amendments to the Constitution and studies Supreme Court cases surrounding them. Taking the U.S. Constitution 101 course is recommended but not required.

U.S. Involvement in the Middle East
Bob Wido

CRN 40975
Spring | 10 – 10:50 a.m. | Western

How did the United States ever get so deeply involved in the conflicts in the Middle East? This historic overview will examine our involvement in Iraq, Afghanistan and other places where our sons and daughters have fought and died. A compelling and intriguing discussion!

NEW The U.S. Navy in the Pacific War, 1941–1945: Special Topics
Walter Topp

CRN 41051
Winter | 11 – 11:50 a.m. | Western

This course will discuss the major events of the Pacific War and will take a deep dive into various special topics that determined the outcome of the conflict, including U.S. and Japanese strategies, industrial resources, new technologies, training, logistics and code breaking.

NEW Understanding Autism
Jill Hallet

CRN 41032
Winter | 1 – 1:50 p.m. | Western

CRN 40967
Spring | 1 – 1:50 p.m. | Western

In this class, we will discuss the different levels of autism, how to form deep and meaningful relationships, different ways to help find calmness and activities to do with an autistic child or adult. This course will help grandparents better understand their grandchildren if they are autistic or have ADHD.

NEW Was There Slavery in Canada?
Herbert Burns

CRN 41058
Winter | 1 – 1:50 p.m. | Eastern

This in-depth historical analysis will focus on slavery in Canadian provinces. We will view a PowerPoint presentation titled “Destroying the myth that Canada was always a safe haven for Black refugees.” We will also study Canadian pro-slavery laws, documents from prominent scholars, court records and private interviews.

Water Aerobics and Exercise
Judith Rogers

CRN 40941
Spring | 2 – 2:50 p.m. | Eastern

We will use water exercises to build lung Capacity and incorporate resistance training.

Capacity: 25

Water Fitness
Judith Rogers

CRN 41096
Winter | 2 – 2:50 p.m. | Eastern

Discover water aerobics and functional pool fitness.

Capacity: 25

Watercolor Journaling
Bonny Carroll

CRN 41117
Winter | 9 – 9:50 a.m. | Western

Watercolor journaling records everyday moments and once-in-a-lifetime trips. This series will help you observe the details of daily life and translate them into watercolor sketches. No experience is required. We will discuss sketchbook options and watercolor paint. We will develop watercolor techniques, such as using opaque colors to give your paintings more depth, and practice the basics of drawing. The class will help you discover ideas for inspiration. We will discuss ways to achieve better results when painting outdoors.

Capacity: 22

Weight Loss Options
Karen Brucken

CRN 41064
Winter | Noon – 12:50 p.m. | Western

There are many advertised ways to lose weight and get healthy. What does each entail and where did it originate? During this course, we will explore choices including Keto, Mediterranean, Atkins and more. Find out which ones lead to long-term weight loss and good health.

Winter Uplift: Mood Elevators
Chemarra Bryant
CRN 41085
Winter | 11 – 11:50 a.m. | Eastern
Learn to appreciate the gifts of winter that are often overlooked. You will discover practical and fun ways to enjoy this reflective season and beat the winter blues.
Capacity: 12

World Monuments and Structures
Avery Fromet
CRN 40924
Spring | 11 – 11:50 a.m. | Eastern
We'll discuss some of the world's famous and not-so-famous monuments and structures, why they were constructed and their impact on the world.