

COURSE DESCRIPTIONS

Spring 2023

An American View of Life in France / Susan Marks, M.P.A., M.A.

This course explores the culture of one of our oldest and strongest allies, France. We will examine France's approach to education, social services, immigration and private versus public life, and consider how life in France is similar to and different from life in the United States. What can we learn from each other? We will also have fun with the French language and learn basic vocabulary and useful French phrases.

Artificial Intelligence: Its Potential, Limits and Dangers / Ed Solem, M.S.

Learn what artificial intelligence is, its history, the different types and how it is created. See what an Artificial Intelligence program looks like. "Artificial Stupidity" will also be explored.

Brief Introduction to the Most Widely Spoken Language in the World: Spanish / Ehrman Armstrong, M.B.A.

Islamic Spain and the incredible coincidences of the year 1492 will be reviewed. What happened to the Jews of Islamic Spain? The positive and negative effects from La Conquista (the conquest) of nearly all the Americas and the Western half of the U.S will be discussed. What were the great civilizations destroyed by the conquest? Why is English our national language instead of Spanish? Why do so many Spanish words look familiar? The course will provide tips for travelers, including: How to order a meal. Where is...? How to exchange pleasantries.

Introduction to Indian Cuisine / Neelam Bhatia, M.Ed.

Spice up the afternoon with a fun introduction to Indian cuisine. Chai, snacks and recipes are included.

Getting the Most Out of Medicare: How to Use [medicare.gov](https://www.medicare.gov) / Don Jackovitz, M.S.

We will review the website, [medicare.gov](https://www.medicare.gov) and explore how you can use this to find answers to your Medicare questions, select insurance plans that meet your needs, establish an account to help you keep track of your Medicare usage and find quality providers such as hospitals, nursing homes, home care agencies, etc.

Health Care Websites to Help You Make Informed Health Care Decisions / Don Jackovitz, M.S.

We will review several highly regarded and beneficial websites that will help you make informed decisions on health care topics of concern to you and your family. We will cover websites that focus on cancer, heart, senior health, drugs and general health concerns.

Important People from Northeast Ohio that You Do Not Know or Know Little About / Avery Fromet, J.D.

Northeast Ohio is the home of many important Americans that you may know but know little about or don't know at all. They were born, raised, or lived a great part of their lives in Northeast Ohio. This eight week course will explore those who had a profound impact on American politics, history and/or culture.

Introduction to Tai Chi and Qigong / Gary A. Harris, BSEE, Certified Member of American Tai Chi and Qigong Assoc.

This is an 8-Step Yang Style Tai Chi form that will introduce students to several basic movements that are in the 24-Step Yang Style form. We will also play several different Qigong exercises. Tai Chi is a form of Qigong. Qigong exercises help to gather and move energy throughout the body. We will also do some basic exercises to help with balance.

Jazz at the Movies / Ted Smith, B.S.

Soundtracks are meant to enhance the emotion in a scene: romance, grief or adventure, even suspense. Yet the uniquely American art form of jazz is often used in movies to set moods in ways the orchestral music cannot. Joy in the face of oppression. Inspiration from hopelessness, complexity and meaning in the mundane, even a mood of mischief. All the Jazz we will listen to was written specifically for film.

Lincoln: The Civil War Years / Steven Schecter, M.A.

Wars change people. This program examines not only the war but how Lincoln changes during his four years in the presidency. We will continue to examine Andrew Johnson's presidency after Lincoln's assassination. Johnson begins life much the same way Lincoln did, in poverty. His presidency is an example of how a President missed an opportunity and allowed his prejudices to oppose basic civil rights opportunities for the newly freed millions of former slaves.

Longevity and Quality of Life / Ted Chandler, Ph.D.

Examines many controllable variables that permit us to live longer with quality. Some of these variables include exercise, nutrition, meditation, massage, sexuality, humor, spirituality, sleep, etc. We'll learn lessons from worldwide centenarians and how to manage memory issues. We'll critique theories and myths of aging.

Moments in Music / Edward Wiles, M.A. Music Ed., M.A. Church Music

For those who love music, this course is the perfect way to end your day at SAGE! It is a musical treat designed by lecturer-musician Ed Wiles. Invited local musicians, advanced music students from Hudson's Western Reserve Academy, and informative commentary concerning the music, composers, and performers provide a complete music appreciation experience.

News and Views / Rose McIntyre, M.S.W.

An open forum discussion group. Suggested topics offered each week by participants may focus on global, national, regional, and local political and social issues. Join in this lively class session.

Personality Behavioral Patterns: Adaptive and Maladaptive / Moshe S. Torem, M.D.

Personality patterns of behavior are enduring patterns involving actions and behaviors in daily living. Flexibility and the capacity for behavioral change are basic assets of healthy people. Stiffness and inability to accept new realities is one characteristic of people who have a personality disorder. These lectures will review various personality disorders such as: Obsessive-Compulsive, Avoidant, Antisocial, Borderline, Histrionic, Dependent and Narcissistic.

Pew and you / Gerald Graham, M.A.

The Pew Center conducts surveys on a wide range of topics and is the largest and most trusted public opinion research organization in this country. Join us as we learn how Pew collects its data on a wide range of current public policy issues. Then each week participants will complete the Pew survey questions about a topic and have an opportunity to see how their point of view compares with that of the nation as a whole and consider what the most important factors in the survey results are.

Reading and Reflection (R & R Book Club) / Neelam Bhatia, M.Ed.

A lively discussion group as participants share their opinions and experiences related to the selected books.

1. BLACK CAKE - CHARMINE WILKERSON
2. MIDNIGHT LIBRARY - MATT HAIG
3. ONCE I WAS YOU - MARIA HINAJOSA

Shakespeare's Life and Scandals / Richard Burgess, M.A.

This is the perfect Shakespeare course. We will share not only excerpts from Shakespeare's life, but enter his secret world, his encounters with the dark lady, and the ladies of the sonnets. Lectures, and TV clips tell untold stories of this famous playwright.

Storytelling Workshop / Carole Rice, Adv. TM

We all have a story, but how we tell it makes all the difference. In this workshop, we will work on presentation skills, organization, voice variety, pauses and creativity. Also included are the importance of writing our stories and ethical wills for future generations.

Through the Eyes of the Artist / Felicia Zavarella Stadelman, M.A., Art Historian

These lectures offer an exclusive view into the remarkable lives and times of our most famous and beloved artists. With over 48 artists in her series, you will have the opportunity to learn about artists you may not know but will never forget! Some of the artists featured are Louis Comfort Tiffany, Frederic Remington, William Alolphe Bouguereau, Norman Rockwell, and Michelangelo.

What Do Disasters Teach Us? / Gurmukh Bhatia, B.S.

When a disaster occurs, there are many lessons to be learned. Such as...What caused the incident? Who was negligent? Were any laws broken? Do we need more regulations? What is the role of our government in helping prevent such incidents? We will discuss all of these, and more.

What's that Stuff? – The Chemistry of Everyday Life / Marty Cohen, Ph.D.

On a basic level, with no prerequisite science knowledge necessary, we will explore: What is chemistry? What are chemicals? What is all the stuff around us made of? Why is there a fear of chemistry? Are there good and bad chemicals? What is the difference between natural and man-made stuff?