

COURSE DESCRIPTIONS SPRING 2025

April 1 – May 20, 2025

Please Note: *NO Classes on April 22, 2025*

BENEDICT SPINOZA AND GOD / Charlene R. Milet, BFA, MA, JD

Born in 1632, Benedict Spinoza was the most original and controversial thinker of the 17th century Enlightenment. Born into Amsterdam's Jewish community, Spinoza's radical ideas led to his excommunication at the age of 23 years. Despite his unorthodox views, Spinoza's insights provide a captivating notion of divinity within the universe.

BRITISH TRADITIONS AND ROYAL WEDDINGS / Julie Koenig, BA

We will begin by learning about the traditions of a British Christmas. We will then discover the pomp and ceremony of a British Royal Wedding, starting with the late Queen Elizabeth II, her children, her sister and the marriage of Prince William to Kate Middleton. Learn about the traditions, the dress, the guests, with samples of music played. And did the late Queen really dance to the song YMCA?

FROM CATHEDRALS TO CYBER- RELIGION / Hugh Burtner, PhD

Both the ideas and forms of religion in the cultural West have undergone seismic changes in the historical era from 1500 - 2000 CE. We will explore some of these changes using research in the social sciences. We will also study possible reasons for the increasing percentage of people who identify as non-religious.

FLIGHT FROM SIBERIA – BOOTS FOR A PASSPORT / Diana M. Kunze, BA, MA Foreign Languages

My Austrian grandfather's heroic story of tenacity and survival. My own journey of discovery piqued by curiosity and underlying facts shrouded and embedded in nonchalant comments dispersed here and there among family members. DNA, internet, valuable documents, a journal of poetry, a newspaper interview, visits to museums and the help of village officials all helped find the key to so many unanswered questions. I am sharing my journey of discovering my roots, one clue at a time.

HOW TO LIVE A MAGICAL, CREATIVE LIFE / Judith A. Wade, BA, Reiki Master/Teacher

Drawing from inspiration and wisdom from Elizabeth Gilbert's "Big Magic, Creative Living Beyond Fear" and her own life experiences, Judith offers guidance on how to explore creative living. Whether you are wanting to write a memoir, make art, embark on a journey of a long-time or add more mindfulness and passion into your life, this is the class for you.

INSIDER'S VIEW OF OHIO LEGISLATURE / Casey Weinstein, State Senator

JUDAISM'S INFLUENCE ON WESTERN CULTURE / Ted Smith, BS

In ancient times, Hebrews began a centuries-long journey of self-discovery; we are not cogs in a cosmic machine sealing our fate. The idea that we are self-determining individuals changes the very way our minds work. The process allows us to formulate ethics, modern law and the roots of democracy; all originated with a tribe that became a nation.

MOMENTS IN MUSIC / Ed Wiles, MA Music Education, MA Church Music

Beyond the Viennese Classical; transcendent music of three centuries, 19th, 20th & 21st. We will explore Romanticism, Modernism and Post Modernism through music with our host and guests.

MONUMENTS OF THE WORLD / Avery Fromet, JD

There are unique structures and monuments throughout the world. Some were built in antiquity and some in relatively recent periods of time. But each has a distinctive place in history either as a monument or unusual structure. We will explore these shrines, statues and structures to identify their purposes and the history of their construction.

NATIVE AMERICAN PEOPLE, CUSTOMS AND WAYS / Cindi Gonzalez, BA, Montessori Teaching Degree, Certificate in Native American Studies

This course will provide an overview of our country's first people. Cindi has had the privilege to live among and learn from Native American elders, teachers and students on Reservations in South Dakota and Wisconsin. With this experience, she will introduce students to the history, culture, beliefs and experiences since Colonization of Native Americans in Part 1 of the class. The course will continue with Part 2 in the fall.

READING AND REFLECTION / Neelam Bhatia, MEd

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

1. *Klara and the Sun* by Kazuo Ishiguro
2. *The Queens of Crime* by Marie Benedict

SEATED 24 FORMS TAI CHI / Gary A. Harris, BSEE, Certified Member of American Tai Chi Qigong Assoc.

This class is a follow up to our Winter 2025 session. During this session we will learn how to play the entire Yang Style 24 Step Taiji (Tai Chi) Form while being seated. The 24 Step Form is the most popular Taiji form played today. A document will be emailed to everyone who enrolls in the class with YouTube video links to use as a reference to the 24 Step Form played standing. A handout of the 24 Steps will be handed out on the first day of class.

SUPREME COURT DECISIONS THAT CHANGED AMERICA / Avery Fromet, JD

From its inception, The U. S. Supreme Court has changed the political, social and economic structure of the United States. This series will discuss some of those cases and their impact.

THE ENLIGHTENMENT / Charlene R. Mileti, BFA, MA, JD

The 17th and 18th centuries are known as "The Enlightenment" or the "Age of Reason". The era marks a pivotal moment in the history of Western civilization. It is primarily a European event occurring in France and England. During this period, every area of life is subject to critical investigation including an analysis of government, science, religion, morality and the notion of history itself. Following the legacy of Ancient Greece, Enlightenment thinkers once again ask about the inherent value of man and his relationship with the state, his fellow man and nature itself. This course surveys developments in all relevant fields of knowledge from the 5th century BCE Athens, Greece to the 1680s. This is Part I of The Enlightenment course. Part II will be in the fall.

THE POWER OF POSITIVE / Devi Gursahaney, MSW, MA Organizational Development

What makes you fulfilled and happy? Do you ever ask yourself, “What makes my heart sing?” Is your level of happiness predetermined by your genetic makeup? Who really controls your happiness? Each week Devi will share insights and simple tools for managing stress, improving attitude and building a happier and more fulfilling life.

THROUGH THE EYES OF THE ARTIST / Felicia Zavarella Stadelman, MA, Art History

These lectures offer an exclusive view into the lives and times of our most famous and beloved artists. During this session you will be introduced to stories of the trailblazing female artists - the women alongside some of the most powerful men in art history. The list includes: Francoise Gilot (Picasso), Emilie Floge (Klimt), Josephine Nivison (Hopper), Camille Claudel (Rodin) and Gabrielle Munter (Kandinsky). Other lectures will feature Abstract Expressionists and the artists of the 1920s.

TRADITIONAL CHINESE MEDICINE / Ted Smith, BS

How and why does acupuncture work? Discussion on the nature of Qi (Chi) and its role in wellness, how cultural differences impacted the practice of Eastern and Western Medicine, and why exercises like Tai Chi are considered medicine in China. New material includes Western research on the relationship between emotional and physical health reflective of Chinese practices and the brain’s role in health and wellness.

UNDERSTANDING THE UKRAINE WAR / Andy Meldrum, MA

Context and anecdotes to help make sense of the war between Russia and Ukraine. Background to how the war started, the quick-changing developments, including the outlook for Ukraine and Europe. Four lectures by Andrew Meldrum, a journalist sent to Kyiv three times during the current conflict.

“WOMEN WHO RUN WITH WOLVES” / Rose McIntyre, MSW

There will be a recitation of 4 ancient stories known all over the world about our hidden inner wisdom. Based on the book of the same title by Clarissa Pinkola Estes.