

COURSE DESCRIPTIONS Winter 2024

A MINDFUL PLAYSHOP / Margo Kernen, M.S. Community Counseling

This “playshop” will introduce participants to a variety of meditation concepts and practices, focusing on the ways in which these practices can generate greater compassion, kindness, gratitude and joy in our lives. Learning will be experiential and interactive as we explore the richness of present moment awareness, deepen our connection to our inner selves, and discuss ways to integrate mindfulness into our daily lives.

ART JOURNALING JUMPSTART / Carolyn Hanson, B.F.A.

An art journal is a visual diary/or creative playground where there are no set rules or expectations. This hands-on class will offer ideas and opportunities to begin (or continue) a personal journal that can be as simple or grand as you wish. Care will provide demos and suggestions for collage, mixed media, simple drawing and painting play. Art experience beyond kindergarten level is welcome but certainly not required. Bring an open mind and your choice of a sketchbook, used/old children’s book or composition notebook. (There is a \$5 supply fee for this class, and classes will be held in the Upper Classroom.)

BEHAVIORAL AND COGNITIVE IMPAIRMENTS / Moshe Torem, M.D.

The 4 sessions will describe, explain diagnosis and treatment of the following conditions. They are ADHD, delirium and dementia, sleep disorders and trauma related disorders.

FOUR EASY SCANS: MEDICAL IMAGING DEVICES WE CANNOT LIVE WITHOUT / Ed Solem, M.S.

We will look at 4 common medical imaging procedures: CT, MRI, PET and MAMMO. For each device we cover uses, typical images and how it works. One of the devices uses antimatter during its operation.

INFLUENTIAL AMERICANS WHO YOU HAVE NEVER HEARD OF OR KNOW LITTLE ABOUT / Avery H. Fromet, J.D.

There are a number of Americans who had a definite influence on American history, but you’ve never heard of them or know little about them. For example, we’ve all heard of Thomas Jefferson, Thomas Edison and Steve Jobs. But do you know who the female Paul Revere was or who invented the modern television? Can you name the woman who invented COBOL (the first programming language for computers) or the first African-American who started the civil rights movement (it wasn’t Rosa Parks). You will discover these “unknown” American heroes during this lecture series.

INTRODUCTION TO TAI CHI AND QIGONG / Gary A. Harris, BSEE, Certified Member of American Tai Chi 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.

COURSE DESCRIPTIONS Winter 2024...Cont'd

MOMENTS IN MUSIC / Ed 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.

PARALLEL TEACHINGS OF JESUS, LAO TZU, BUDDHA AND KRISHNA / Theodore H. Smith, B.S.

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 or did these teachings come from a higher source? If so, what are the implications?

RELIGIOUS NATIONALISM / Hugh Burtner, Ph.D.

We will consider ways in which religious ideas and plans have been and are expressed in and through national [or governmental] forms. Most of the course will focus on what is often called the separation of church and state issue in American experience. We will look in some detail at Evangelical white Christian nationalism as a current manifestation of religious nationalism. We will also consider the historical example of South Africa during its 20th century apartheid regime.

THE NATURE OF FEAR: Part 1 / Theodore H. Smith, B.S.

We all have them. Some are real, some may be imagined: but what can we do about them? Social and news outlets of every stripe seem to want 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 worth exploring. What can we learn about the origins of our fears, addressing them, even overcoming them?

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 57 artists in her series, you will have the opportunity to learn about artists you may not know but will never forget!

Andrew Wyeth

Georgia O'Keeffe

Salvador Dali

Georges Seurat

TV GAME SHOW FUN: Part 2 / Gerry Nemeth, B.S.E.E.T.

Gerry has been a fan of TV game shows since the Art Fleming Jeopardy days. He has been teaching the TV game show class for 15 years at several area locations. He looks forward to sharing his knowledge of TV game shows with the SAGE participants.

WOMEN WHO RUN WITH WOLVES / Rose McIntyre, M.S.W.

This is a class for women. There will be a recitation of 4 ancient stories known all over the world about our hidden inner Wisdom.