

# Encore

## Mini-Course Guide Spring 2025

### **LIT100-01: From Charlotte's Web to Chronicles of Narnia: Using Children's Literature to Connect with Your Grandchildren**

This mini course presents quality children's books for ages preschool through adolescence along with useful tools making connections with them.

**Instructor:** Dr. Laura Anderson, Part-time Faculty  
**Location:** Helen DeVos College of Education 124  
**Class Size:** 35  
**Schedule:** Six-week course meeting on Mondays 3:35-4:25 p.m.

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| ◆ January 20 | ◆ February 3  | ◆ February 17 |
| ◆ January 27 | ◆ February 10 | ◆ February 24 |

### **ENCOR-ART100-07: The Work of Her Hands: 17th & 18th Century Style**

For most of modern Western history, education for girls was very different compared to boys and girls in our time. In this class, we will walk in the footsteps of our great, great, great, great... grandmothers in an important aspect of a girl's education and preparation for the expectations of running a household - a needlework sampler. A band sampler, the style popular during the 16th and 17th centuries, provided the opportunity for a girl to show off the progression of her skill with a needle over time as the complexity of the stitches increased. We will walk that journey from simple stitches to more complex stitches as we work our way down a piece of fabric quite similar to the fabric of that time period.

**Instructor:** Dr. Delia Price, Associate Professor of Education  
**Location:** Mayfield Annex 101, Art Studio Building  
**Class Size:** 10  
**Schedule:** Eight-week course meeting on Tuesdays 9:10-10:25 a.m.

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| ◆ January 28  | ◆ February 18 | ◆ March 18 |
| ◆ February 4  | ◆ February 25 | ◆ March 25 |
| ◆ February 11 | ◆ March 4     |            |

**ENCOR-PSY101-01: Grief & Loss**

This course exposes students to knowledge and skills of counseling psychology with current research and theory in grief and bereavement. Grief therapy is a unique form of counseling and views bereavement as a normal response to life crisis. Students are taught the active steps in grieving that help people through their individual process of recovery.

**Instructor:** Lena Barber, LPC, MHSP  
**Location:** Humanities Building 105  
**Class Size:** 15  
**Schedule:** Six-week course meeting on Tuesdays 2:00-4:00 p.m.  
 ♦ January 28      ♦ February 11      ♦ February 25  
 ♦ February 4      ♦ February 18      ♦ March 4

**ENCOR-SPA100-01: Latin American Culture and History**

This class will be working on verb tenses, vocabulary and Latin American culture through films, documentaries, movies, and other Latin American speakers.

**Instructor:** Dr. Alexander Steffanell, Professor of Spanish  
**Location:** Vest Building 305  
**Class Size:** 20  
**Schedule:** Four-week course meeting on Wednesdays 1:20-2:25 p.m.  
 ♦ February 5      ♦ February 19  
 ♦ February 12      ♦ February 26

**ENCOR-PHE103-01: Fit4Life: Senior Strength**

Fit4Life: Senior Strength is a dynamic fitness class designed to help participants build strength, boost energy, and improve balance and flexibility, while enjoying the support and camaraderie of a group setting. Whether a seasoned exerciser or just starting out, Fit4Life offers a welcoming environment where students can work toward a healthier body and mind at their own pace. Chairs are available for seated exercises or as support during standing movements. Participants should wear comfortable, flexible clothing and supportive footwear to ensure the best experience.

**Instructor:** Kendra Gray, Certified Group Fitness Instructor  
**Location:** DeVos Recreation Center  
**Class Size:** 15  
**Schedule:** Ten-week course meeting on Tuesdays 5:00-5:50 p.m.  
 ♦ January 28      ♦ February 25      ♦ April 1  
 ♦ February 4      ♦ March 4      ♦ April 8  
 ♦ February 11      ♦ March 18  
 ♦ February 18      ♦ March 25

**ENCOR-PHE100-01: Couch to 5k Running & Walking**

Get moving with this Couch to 5k running and walking class. Learn about fitness, nutrition, hydration, strength, breathing, form, and intervals as you train for the 65 Roses 5k on March 29, 2025. Be prepared to walk and run outside during class with appropriate athletic shoes and clothes.

**Instructor:** Brittany Katz  
**Location:** Meet outside DeVos Recreation Center Entrance  
**Class Size:** 15  
**Schedule:** Eight-week course meeting on Tuesdays 8:00-9:00 a.m.  
 ♦ January 28      ♦ February 25  
 ♦ February 4      ♦ March 4  
 ♦ February 11      ♦ March 18  
 ♦ February 18      ♦ March 25

**ENCOR-ART100-06: You Can Draw!**

Have you ever said to yourself, "The only thing I can draw is a straight line and I don't do that very well"? If so, this course is for you. We will explore the fundamentals of pencil and ink drawing, learn some of the key elements of design, practice without judgment, and have a lot of fun in the process. Paper, pencils, erasers, and a really cool ink pen are included in the supply list. Come ready to explore and unleash your hidden talents with pencil and ink. You will be amazed at the progress you make!

**Instructor:** Dr. Bill Kamm, Retired Lee University Faculty  
**Additional Cost:** \$27 supply fee  
**Location:** Helen DeVos College of Education 124  
**Class Size:** 10  
**Schedule:** Four-week course meeting on Wednesdays 3:00-4:30 p.m.  
 ♦ March 5      ♦ March 19  
 ♦ March 12      ♦ March 26

**ENCOR-ART100-03: Canva Creations: Design Made Simple**

Would you love to create your own personalized stationery or greeting cards? Discover the art of creating stunning designs using Canva! This beginner-friendly course is tailored for those looking to explore their creative side while learning how to design invitations, greeting cards, social media posts, and more. Whether you are tech-savvy or just getting started, this class will guide you step-by-step in using Canva's intuitive tools to bring your ideas to life. Each week includes a tutorial and hands-on project. By the end of the course, you'll have a portfolio of projects and the confidence and skills to create personalized designs.

**Instructor:** Emily Strother  
**Location:** Communication Arts Building 113  
**Class Size:** 15  
**Schedule:** Four-week course meeting on Tuesdays 4:00-5:30 p.m.  
 ♦ February 4      ♦ February 18  
 ♦ February 11      ♦ February 25

**ENCOR-HIS101-01: Tennessee in Tennis Shoes: A Traveling History Course**

A traveling course that will include visits to historical sites and/or points of interest in Tennessee, Georgia, or Alabama. Potential sites to visit are listed below and class participants may choose which sites they wish to visit at the informational meeting with a minimum of 30 participants required for each trip. Dates of travel and sites will be announced at the meeting on January 23, 2025, in the Helen DeVos College of Education Rose Lecture Hall at 4:30 p.m.

*Travel options for Spring 2025:* Dahlonega Gold Museum, Museum of Appalachia, Ripley's Believe It or Not, Alcatraz East, General Longstreet Museum, Charleston/Savannah Trip

*Additional Costs:* There will be travel costs and admissions fees applied that will be made available during the first and only class meeting. Payments for trips are to be made in advance with the exception of the first travel date.

**Instructor:** Dr. David Altopp, Retired Lee University Faculty

**Class Size:** 85

**Schedule:** Dates and opportunities will vary.

**ENCOR-HUM100-02: Medieval to Modern: How the End of One Age Gave Birth to Another**

The years 1300-1650 were transformational in Europe. Plague, war, famine, and death were just some of the crises that threatened to destroy the medieval order that had been building for centuries. At the same time, new innovations expanded Europeans' ideas of how to think about themselves and their place in the world. While medieval trends continued, they evolved with the changing historical landscape. By the end of these centuries, the modern era had dawned.

**Instructor:** Dr. David Schlosser, Instructor in Humanities and Library Supervisor

**Location:** Humanities Building 101

**Class Size:** 30

**Schedule:** Ten-week course meeting on Wednesdays 12:15-1:15 p.m.

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| ♦ January 22  | ♦ February 19 | ♦ March 26 |
| ♦ January 29  | ♦ February 26 | ♦ April 2  |
| ♦ February 5  | ♦ March 5     |            |
| ♦ February 12 | ♦ March 19    |            |

**ENCOR-ART100-02: Oil Painting for Beginners and Intermediate Levels**

This course will offer studio time for intermediate level painters and give instruction for beginners at the onset classes.

**Instructor:** Gary McDonald

**Location:** Mayfield Annex 101, Art Studio Building

**Class Size:** 18

**Schedule:** Five-week course meeting on Tuesdays and Thursdays 6:00-8:00 p.m.

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| ♦ January 14 | ♦ January 28 | ♦ February 11 |
| ♦ January 16 | ♦ January 30 | ♦ February 13 |
| ♦ January 21 | ♦ February 4 |               |
| ♦ January 23 | ♦ February 7 |               |

**ENCOR-ART100-04: Introduction to the Art of Bonsai**

This course offers an introduction to the ancient Art of Bonsai, guiding students through the history, techniques, and philosophies behind this unique practice of cultivating miniature trees. Designed for beginners, this course will introduce you to the fundamental skills required to create and care for bonsai trees, including proper pruning, wiring, and potting techniques. Students will learn about the different styles of bonsai, the essential tools needed for the craft. By the end of the course, students will have a solid introduction to bonsai care and design basics. Through hands-on practice and expert guidance, students will leave with the skills to create their own beautiful bonsai creations. Each student will complete the course with two Bonsai tree creations including ceramic container, tree, soil, wiring and prep materials to include their own Bonsai scissors and Angled Bonsai shears.

*Course Objectives:*

- Understand the history and philosophy of Bonsai.
- Learn essential Bonsai Care techniques including introduction to pruning, wiring, and repotting.
- Explore different Bonsai styles and the aesthetic principles behind them.
- Gain knowledge of tree species best suited for Bonsai cultivation.
- Develop skills to design and maintain a healthy Bonsai collection.

**Instructor:** Dr. James E. White

**Additional Cost:** \$75 supply fee

**Location:** Mayfield Annex 025

**Class Size:** 8

**Schedule:** Seven-week course meeting on Mondays and Wednesdays 1:25-3:20 p.m.

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| ♦ January 22 | ♦ February 10 | ♦ February 26 |
| ♦ January 27 | ♦ February 12 | ♦ March 3     |
| ♦ January 29 | ♦ February 17 | ♦ March 5     |
| ♦ February 3 | ♦ February 19 | ♦ March 17    |
| ♦ February 5 | ♦ February 24 | ♦ March 19    |

### **ENCOR-ART100-05: Introduction to Ceramics**

This introductory ceramics course is designed to explore the fundamental techniques and concepts of working with clay, emphasizing hand building techniques. Students will gain hands-on experience in creating functional and sculptural pottery objects, learning the processes of shaping, glazing, and firing ceramic pieces. Through creative projects, students will also develop an understanding of the artistic and practical applications of ceramics, exploring texture, form, and surface treatment. By the end of the course, students will have an introduction to basic ceramics, with a greater appreciation for the material's history and cultural significance. Each student will complete the course with 25 lbs of speckle-brown stoneware clay with which to complete individual creations (mugs, bowls, functional wares, structural pieces). Glaze and firing of creations included.

#### **Course Objectives:**

- Understand the history and philosophy of Bonsai.
- To introduce students to the various methods of shaping and forming clay, including hand building, coil building, and molding.
- To teach the techniques for surface decoration and glazing, including the underglaze, glaze application, and texture creation.
- To familiarize students with ceramic firing process.

**Instructor:** Dr. James E. White

**Additional Cost:** \$50 supply fee

**Location:** Mayfield Annex 025

**Class Size:** 10

**Schedule:** Eight-week course meeting on Mondays and Wednesdays  
10:10 a.m.-12:05 p.m.

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| ♦ January 22 | ♦ February 10 | ♦ February 26 |
| ♦ January 27 | ♦ February 12 | ♦ March 3     |
| ♦ January 29 | ♦ February 17 | ♦ March 5     |
| ♦ February 3 | ♦ February 19 | ♦ March 17    |
| ♦ February 5 | ♦ February 24 | ♦ March 19    |

### **ENCOR-PHE100-02: Pickleball**

Learn to play one of the fastest growing sports in America! Pickleball is fun for all ages. Help improve hand eye coordination and balance. Enjoy social time and have fun learning together. All experience levels are welcome. Please, wear comfortable clothes and non-slip shoes for class meetings.

**Instructor:** Gina Simpson, Pickleball Coach

**Additional Cost:** \$25 supply fee will include the cost of a paddle and balls

**Location:** DeVos Recreation Center

**Class Size:** 16

**Schedule:** Semester-long course meeting on Tuesdays 11:30 a.m.-12:20 p.m.

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| ♦ January 21  | ♦ February 25 | ♦ April 8  |
| ♦ January 28  | ♦ March 4     | ♦ April 15 |
| ♦ February 4  | ♦ March 18    | ♦ April 22 |
| ♦ February 11 | ♦ March 25    | ♦ April 29 |
| ♦ February 18 | ♦ April 1     |            |

### **ENCOR-HUM100-01: Heroes and Villains**

Join Lee University's History, Humanities, and Political Science Faculty as we explore the lives of some of history's most intriguing figures. Each night a participating professor will present the life, times, actions, and ideas of an individual typically considered a hero and an additional figure more commonly thought to be a villain (or at least less well-liked!). Questions of heroism, greatness, and historical significance will be explored as well as problems of historical evidence and interpretation.

**Instructors:** Dr. John Coats, Dr. Randy Wood, and other faculty members

**Location:** Humanities Building 104, Johnson Lecture Hall

**Class Size:** 55

**Schedule:** Seven-week course meeting on Mondays 6:00-8:00 p.m.

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| ♦ January 27  | ♦ February 17 | ♦ March 3  |
| ♦ February 3  | ♦ February 24 | ♦ March 17 |
| ♦ February 10 |               |            |

### **ENCOR-ART100-01: Watercolor Painting for Beginning and Intermediate Painters**

This class will introduce students to the basics, as well as a variety of watercolor painting techniques. The course is designed to build skills and confidence in creating interesting compositions and developing a style that fits each artist. The focus will be on learning a variety of techniques and incorporating these into original compositions. Some projects will be teacher-guided and others will be self-paced. The instructor has more than 20 years of experience using this medium and an excess of 50 years painting with oils and acrylics. She will be available throughout the course for one-on-one instruction as needed.

**Instructor:** Mary Ann Poplin, Art Specialist, CCS

**Additional Cost:** \$40 supply fee

**Location:** Mayfield Annex 110

**Class Size:** 20

**Schedule:** Eight-week course meeting on Tuesdays 6:00-8:00 p.m.

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|---------------|---------------|------------|
| ♦ January 28  | ♦ February 18 | ♦ March 18 |
| ♦ February 4  | ♦ February 25 | ♦ March 25 |
| ♦ February 11 | ♦ March 4     |            |

### **ENCOR-SOC100-01: Conversations for a New America**

This course is designed to encourage student participation in dialogues about important social issues of the day. Each class will be organized around specific questions. Instructors will provide brief introductions and then open the class for discussion. Possible questions include: 1. How and why has America's trust in institutions declined? 2. Have recent trends in education been positive or negative? Why? 3. What has happened to medical care in America and why? 4. Is bureaucracy good or bad for America? 5. Why are marriage and family in decline? 6. Can churches and religion play a role in reversing these trends?

**Instructor:** Dr. Karen Mundy-Judkins and Dr. Ben Judkins

**Location:** Humanities Building 101

**Class Size:** 40

**Schedule:** Five-week course meeting on Mondays 4:00 p.m.

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| ♦ March 17 | ♦ April 7  |
| ♦ March 24 | ♦ April 14 |
| ♦ March 31 |            |

**ENCOR-SOC100-02: Of Mice and Men: Turning Back the Clock on Aging**

This class focuses on the new research on aging from an interdisciplinary approach. We begin by looking at the life course and aging. We offer a class on the epidemiological evidence of age and health. From the “bursts” of aging” to “weathering effects,” we consider the research on slowing down or ameliorating age. Metabolic and cognitive patterns are discussed, as well as physical variations among people groups. We conclude the class with suggestions for healthy aging, providing new references, and an invitation to a covered dish dinner.

February 3: “Boomers Face Age: Our new age, and its possibilities.” No, we’re not senescent. From solo aging to new research and the benefits of a good life

February 10: “Social Determinants of age.” What are the demographic patterns of aging? Lifestyle, region, ethnicity and gender. Can aging history be reversed? Why has life expectancy declined in the United States (it’s more than Covid)?

February 17: “Current research on Age.” The explosion of research on aging, genetics, and ameliorative effects of changing our lives

February 24: “The epidemiology of age, illness, and health.” A global perspective. The blue zones of global life span. Epicenters of zoonotic illness (don’t go there)

March 3: “Adversity, Resilience, and Wellness: A few Modest Suggestions.” Can we slow aging? References for further study are provided.”

**Instructor:** Dr. Karen Mundy-Judkins and Dr. Ben Judkins  
**Location:** Humanities Building 104, Johnson Lecture Hall  
**Class Size:** 60  
**Schedule:** Five-week course meeting on Mondays 4:00-5:30 p.m.  
 ♦ February 3                   ♦ February 24  
 ♦ February 10               ♦ March 3  
 ♦ February 17

**ENCOR-SOC100-01: Memoir Writing: Telling Your Story**

Everyone has a story. In this course, we will talk about strategies and techniques for writing our memoirs, sharing our stories with others in the class. If you have taken the class before, you can sign up again for different assignments and more discussions. We will also discuss ways of getting your stories published and in the hands of your family.

**Instructor:** Dr. Carolyn Dirksen, Part-Time Faculty  
**Location:** Science & Math Complex 257  
**Class Size:** 30  
**Schedule:** Six-week course meeting on Thursdays 3:00-4:30 p.m.  
 ♦ February 6                   ♦ February 20               ♦ March 6  
 ♦ February 13               ♦ February 27               ♦ March 20

**ENCOR- SOC100-03: Finding Your Roots: A Beginner’s Guide to Tracing Genealogy**

This is a basic introductory course for individuals wanting to trace their genealogy. The course will focus on basic research tools and processes, including using print and online sources, oral histories/interviews, and DNA testing. Examples of genealogical findings will be presented in the lectures, and students will have an opportunity to participate in discussion about their personal genealogical quests.

**Instructor:** Mrs. Morgan Mizer  
**Location:** Squires Library 109  
**Class Size:** 15  
**Schedule:** Six-week course meeting on the following Thursdays 4:15-5:30 p.m.  
 ♦ January 23               ♦ February 20               ♦ March 20  
 ♦ February 6               ♦ March 6                   ♦ April 3

**ENCOR-HLT100-01: American Heart Association Heart Saver First Aid CPR AED**

This course is intended for individuals with little to no medical training who want to learn the fundamentals of first aid, CPR, and AED use. The class covers basic first aid, medical, injury, and environmental emergencies, illness and injury prevention, adult CPR and AED use, and handling opioid-associated life-threatening emergencies.

**Instructor:** Dr. Samantha L. Spinks, DNP, AGANP-BC, CCRN  
 Assistant Professor of Nursing  
 Basic Life Support Instructor, American Heart Association  
**Location:** School of Nursing 101  
**Class Size:** 9  
**Schedule:** Six-week course meeting Wednesdays 8:30-9:30 a.m.  
 ♦ January 15               ♦ January 29               ♦ February 12  
 ♦ January 22               ♦ February 5               ♦ February 19

**ENCOR-BIB100-01: The Book of Daniel (Part 2)**

This class covers a verse-by-verse analysis of the Old Testament book of Daniel with a special focus on interpretation, prophetic aspects, and application for a modern context.

**Instructor:** Dr. Brian Peterson, Professor of Old Testament  
**Location:** School of Theology & Ministry 113, Jones Lecture Hall  
**Class Size:** 60  
**Schedule:** Six-week course meeting on Wednesdays 3:30-4:30 p.m.  
 ♦ January 15               ♦ January 29               ♦ February 12  
 ♦ January 22               ♦ February 5               ♦ February 19

**ENCOR-MIN100-01: The Book of Revelation**

This study will cover the Authorship, the Date, the Place and the Purpose for the Book of Revelation. It will cover the Message to the Seven Churches, the Tribulation, the Second Coming, the Millennium, the New Heaven and New Earth, and many other important events set forth in Revelation.

**Instructor:** Dr. Henry Smith, Adjunct Faculty of Pastoral Ministries

**Text:** Bible of your choice

**Location:** School of Theology & Ministry 148

**Class Size:** 30

**Schedule:** Eight-week course meeting on Mondays 5:00-6:15 p.m.

- ◆ January 20           ◆ February 17
- ◆ January 27           ◆ February 24
- ◆ February 3           ◆ March 3
- ◆ February 10          ◆ March 17

