

LEE UNIVERSITY

Encore



**Mini-Course Guide
Spring 2023**

ENCOR 031-01: 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 and a special trip to Pennsylvania. Class participants may choose which sites they wish to visit with a minimum of 30 participants required for each trip. Dates of travel and locations will be announced at the meeting on Thursday, January 19th at 4:00 p.m. in the Walker Lecture Hall (room 255) in the Science & Math Complex.

Travel options for Spring 2023: Sights and Sounds of Lancaster, Pennsylvania Tour, Medal of Honor Museum, Tennessee Museum of Aviation, General Longstreet Museum, Oak Ridge History Museum, Grinders Switch Museum, and a visit to Rugby, TN.

Required Materials: There will be travel costs and admission 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: David Altopp, Retired Lee University Faculty
Class Size: 75
Schedule: Dates and opportunities will vary.

ENCOR-031-02: The Post-War Campion Novels of Margery Allingham: 1950-60s

We will read five novels over ten weeks. The language and plotting of Allingham's post-war novels are amazing in their mixture of psychological suspense and traditional detective techniques. Her rendering of post-War London in dialogue and description is spot on and make the pages fly. All the bad guys are weird but recognizable modern types. As always, discussion makes us happy.

Books in order of reading. All books are paper and ISBN #s are for Agora found on Amazon in paper and Kindle. Any edition you want will do, though.

1. *Coroner's Pidgin* – ISBN: 978-1911295198
2. *More Work for the Undertaker* – 978-191129520416
3. *Hide My Eyes* – 978-1911295235
4. *The China Governess* – 978-1911295242
5. *The Mind Readers* – 978-1911295259

Please come to class on January 25 having read to end of Chapter 13 of *Coroner's*.

Instructor: Dr. Christopher Coulter, Associate Professor of English
Location: VST 303 / Class size: 20
Schedule: Ten-week course meeting on Wednesdays 3:30 - 5:00 p.m.

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|---------------|------------|
| ◆ January 25 | ◆ March 1 |
| ◆ February 1 | ◆ March 15 |
| ◆ February 8 | ◆ March 22 |
| ◆ February 15 | ◆ March 29 |
| ◆ February 22 | ◆ April 5 |

Special Instructions: In case of ice or snow, we will NOT have class. We will pick up the next week and extend our time in April.

ENCOR 031-03: Ageless Part II:

What the Research Says about Getting Older

Ageless is a new way of understanding getting older, based on current research. This is not our grandparents' generation. We are not just living longer; we are living younger. Ideas of chronological age have been replaced with measures of physiological age. We consider the adverse effects of "weathering," and offer ways to "turn back the clock" in times of adversity. We include studies of "super-agers," strategies for enhancing cognitive and functional abilities, the impact of our social, cultural and medical environment, decisions about work and retirement, and practical strategies to sustain and enhance well-being. We will also have a "Celebration of Life" covered dish supper at the end of the class to encourage people to make new friends and have fellowship together.

Instructor: Dr. Karen Mundy-Judkins and Dr. Bennett M. Judkins
Location: HUM 104 / Class Size: 60
Schedule: Five-week course meeting on Mondays 4:00 - 5:30 p.m.
◆ January 30 ◆ February 20
◆ February 6 ◆ February 27
◆ February 13

ENCOR 031-04: Back to the Sixties: And the Beat Goes On

This course is an upgraded repeat of the class we offered a few years ago. It will be part history (what happened in the 1960s, why it happened, and why it was significant), part academic (both theoretical and empirical), part nostalgia (our and your reflections on the decade), and part personal (your own experiences of growing up in the sixties and its impact on you today). We will look at the sixties culture (including music and fashion), social movements of the sixties, and the political issues that came out of the decade the influenced who we are today. We will conclude with the "Back to the Sixties" covered dish supper where people will bring foods that were popular in that decade.

Instructor: Dr. Karen Mundy-Judkins and Dr. Bennett M. Judkins
Location: HUM 104 / Class Size: 60
Schedule: Five-week course meeting on Mondays 4:00 - 5:30 p.m.
◆ March 20 ◆ April 17
◆ March 27 ◆ April 24
◆ April 3

ENCOR 031-05: Spanish Language and Culture

This class will be conducted in both Spanish and English. The course seeks to analyze Latin American short stories (written in English), discuss cultural issues, but also deepen on Spanish grammar by learning new vocabulary and structure.

Instructor: Dr. Alexander Steffanell, Professor of Spanish
Location: VST 303/ Class Size: 20
Schedule: Six-week course on Wednesdays 1:25 - 2:15 p.m.
◆ January 25 ◆ February 15
◆ February 1 ◆ February 22
◆ February 8 ◆ March 1

ENCOR 031-06: Joint Conditioning

This course will cover different techniques to help students strengthen and regain movement in their joints. The class will include different stretches and breathing techniques to help with relaxation, flexibility, agility, and strength. Chairs will be used in class, but some of the exercises do require standing.

Required Materials: Students will need to wear the proper attire, such as clothing that one can move easily in, along with comfortable walking shoes.

Instructor: Roxanne Tyson, Part-Time Faculty
Location: DeVos Recreation Center / Class Size: 15
Schedule: Ten-week course meeting on Wednesdays 2:00 - 2:50 p.m.

◆ January 18	◆ February 22
◆ January 25	◆ March 1
◆ February 1	◆ March 15
◆ February 8	◆ March 22
◆ February 15	◆ March 29

ENCOR 031-07: Fitness Class

In this class we will build muscle and strength while using weights. We will also stand to help our endurance and mobility while enjoying fun music that helps with our coordination.

Required Materials: Students will need to wear the proper attire, such as clothing that one can move easily in, along with comfortable walking shoes.

Instructor: Roxanne Tyson, Part-Time Faculty
Location: DeVos Recreation Center / Class Size: 15
Schedule: Ten-week course meeting on Wednesdays 1:00 - 1:50 p.m.

◆ January 18	◆ February 22
◆ January 25	◆ March 1
◆ February 1	◆ March 15
◆ February 8	◆ March 22
◆ February 15	◆ March 29

ENCOR 031-08: Fit4Life: Senior Strength

Fit4Life: Senior Strength is a fitness class for adults looking to improve cardiovascular health, increase strength, and have more energy. Whether an avid exerciser or a beginner, Fit4Life offers an opportunity for all to have a healthier body and mind. Chairs are provided for those who prefer seated exercises or require support while standing.

Required Materials: Students will need to wear the proper attire, such as clothing that one can move easily in, along with comfortable walking shoes.

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 24	◆ February 28
◆ January 31	◆ March 14
◆ February 7	◆ March 21
◆ February 14	◆ March 28
◆ February 21	◆ April 4

ENCOR 031-09: Prayer as Taught by Jesus and Biblical Writers

The course will deal with the understand of prayer, the power of prayer, the protection of prayer and the response to prayer. We will study examples of prayer in both the Old and New Testaments. We will study and learn how to apply the prayer that Jesus taught us to pray.

Instructor: Dr. Henry Smith, Senior Adjunct in Christian Ministries
Text: Bible of your choice
Location: STM 148 / Class Size: 30
Schedule: Six-week course meeting on Mondays from 5:00 - 6:30 p.m.

◆ January 23	◆ February 13
◆ January 30	◆ February 20
◆ February 6	◆ February 27

ENCOR 031-10: Homer and Virgil

We will explore the ancient epics of Homer and Virgil. Specifically we will look at Homer's *Odyssey* and Virgil's *Aeneid*. Special attention will be given to the historical contexts of these books, the similarities and differences they share, and how they laid the foundation for the Western literary tradition that followed.

Instructor: J. David Schlosser, Adjunct Professor of Humanities
Text: Homer, *Odyssey*. trans. Stanley Lombardo. (Hackett Publishing, 2000)
Virgil, *Aeneid*. trans. Stanley Lombardo (Hackett Publishing, 2005)
Location: VST 303 / Class Size: 25
Schedule: Ten-week course meeting on Fridays from 1:00 - 2:00 p.m.

◆ January 20	◆ February 24
◆ January 27	◆ March 3
◆ February 3	◆ March 17
◆ February 10	◆ March 24
◆ February 17	◆ March 31

ENCOR 031-11: The Weeping Prophet: The Life and Message of Jeremiah - Part 2

The late 7th century and early 6th century was a period of extreme turmoil and foreboding in ancient Judah. It was in this context that God called the prophet Jeremiah to warn the nation of impending doom unless they repented of their sin. The hardships of Jeremiah have caused scholars to label Jeremiah the "Weeping Prophet." This class unpacks the prophetic message of Jeremiah and the modern application of this major prophet's words.

Instructor: Dr. Brian Peterson, Associate Professor of Old Testament
Location: STM 246 / Class Size: 60
Schedule: Six-week course meeting on Wednesdays 3:45 - 4:45 p.m.

◆ January 11	◆ February 1
◆ January 18	◆ February 8
◆ January 25	◆ February 15

ENCOR 031-12: Introduction to American Sign Language

This course will provide prospective participants with basic expressive and receptive skill development in American sign language and foundational knowledge of Deaf culture. We will cover vocabulary units on greetings and emotions, colors, transportation and living, physical traits, and personality. Additionally, we will go over basic ASL grammar and Deaf Culture. Class will be conducted with a mix of voice on/off. By the end of this course participants should be able to have a basic conversation with an individual who uses American Sign Language.

Instructor: Kaylen Purks
Location: HUM 201 / Class Size: 25
Schedule: Six-week course meeting on Mondays 4:15 - 5:30 p.m.
♦ January 23 ♦ February 13
♦ January 30 ♦ February 20
♦ February 6 ♦ February 27

ENCOR 031-13: Portrait Painting

A Study of the human head proportions allowing students to paint realistic portraits, then working to achieve individual likeness.

Instructor: Gary McDonald, Painter, former Public School Art Teacher
Additional Cost: \$30 supply fee
Location: Mayfield Annex 124B / Class Size: 20
Schedule: Six-week course meeting on Tuesdays & Thursdays 6:00 - 8:00 p.m.
♦ January 24 ♦ February 14
♦ January 26 ♦ February 16
♦ January 31 ♦ February 21
♦ February 2 ♦ February 23
♦ February 7 ♦ February 28
♦ February 9 ♦ March 2

ENCOR 031-14: Grief and 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: SON 100 / Class Size: 15
Schedule: Six-week course meeting on Tuesdays 2:00 - 4:00 p.m.
♦ January 24 ♦ February 14
♦ January 31 ♦ February 21
♦ February 7 ♦ February 28

