

LEE UNIVERSITY *Encore*

**Mini-Course Guide
Spring 2026**

ENCOR-BIB100-01: Hard Sayings of the Bible: Part 1

This class examines a series of biblical passages that have generally troubled or stumped scholars, pastors, and laypeople alike either interpretively, theologically, or otherwise. The class will begin in Genesis and work canonically through each biblical book where difficult passages appear. This is not a prolonged commentary on each book, but rather a focused examination on specific texts (e.g., Gen 6:1–4; Exod 4:24–26). Depending on class discussion, each class will cover from 1–4 problematic passages.

Instructor: Dr. Brian Peterson, Professor of Old Testament

Location: STM 113, Jones Lecture Hall

Class Size: 60

Schedule: Six-week course on Wednesdays 3:45–4:45 p.m.

- January 14
- January 21
- January 28
- February 4
- February 11
- February 18

ENCOR-CIS100-01: The iHow's in the iWorld: A Guide to the iPhone and iPad

This course will introduce the novice user to world of iPads and iPhones. Over the last several years there have been new features and updates in the iOS. The course will cover the basics of navigation, settings, email, social media (Facebook, etc.), FaceTime, AirDrop, messaging, taking pictures and videos and some of these new features and updates such as removing unwanted objects in pictures and NameDrop. Students will learn how to share pictures with friends and family through messaging, email, and Facebook. Students will learn how to explore the Web and social media such as Facebook with the iPhone or iPad. Students will examine free apps, utilities, and games for these two devices.

*Students should bring their Apple iPhones and iPads to this class. The phone or tablet must be an Apple product. The phone or tablet should have the latest update on operating systems or be willing to update the first night of the class. The student should also have a Lee University email address.

Instructor: Dr. Bill Jaber

Location: School of Business 232

Class Size: 30

Schedule: Five-week course on Tuesdays 5:00-6:00 p.m.

- January 27
- February 3
- February 10
- February 17
- February 24

ENCOR-PHE100-04: 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 28, 2026. Runners and walkers are welcome! We will meet outside weather permitting, and inside the Lee Rec if necessary. Join for accountability, fitness friends, and to get moving this spring!

Instructor: Brittany Katz, Terra Running Co. Owner & Certified Running Coach

Location: Meet outside DeVos Recreation Center Entrance

Class Size: 20

Schedule: Ten-week course on Tuesdays 8:00-9:00 a.m.

- January 13
- January 20
- January 27
- February 3
- February 10
- February 17
- February 24
- March 3
- March 17
- March 24

ENCOR-SOC100-02: Matters of Age: Health, Medicine, and Living Well

This class considers aging in a medical and social context. New research on aging is presented, with information on longevity and improving the quality of life. The emphasis is on holistic well-being. The challenges and possibilities of aging are discussed. The last class gives recommendations for well-being and health, from everyday measures to large changes. We conclude the semester with our spring celebration dinner.

Instructors: Drs. Bennett Judkins and Karen Mundy-Judkins

Location: STM 113, Jones Lecture Hall

Class Size: 60

Schedule: Five-week course on Tuesdays 4:00-5:30 p.m.

- **January 27** – The Facts of Healthy Aging. “Spring Chickens or “Long in the Tooth,” Good News for Boomers and Beyond
- **February 3** – Science and Longevity. Research, Frontiers of Age, and Charlatans
- **February 10** – Challenges to Aging. Health, Money & Community
- **February 17** – Redefining Old Age. Aging with Imagination. The Science Behind Positive Aging
- **February 24** – The Epiphany of Age. New Ways of Living and Learning. Finding Faith in Our Age

ENCOR-SOC100-03: Making Sense of Everyday Life: Its Patterns, Challenges, and Surprises

This course examines the context of everyday life, its taken-for-granted reality. Yet everyday life is full of surprises, including cultural change. The class is taught from an experimental social psychology perspective. Each session focuses on the challenges we face. Topics include: the presentation of the self (i.e., embarrassment, managed emotions, turning points in identity), breaking rules versus conformity, friendship and intimate relationships, personal space and territories, and the strange life of groups and communities. Instructors will also provide a bibliography of research in the “grounded theory” of everyday life. We conclude the semester with our spring celebration dinner.

Instructors: Drs. Bennett Judkins and Karen Mundy-Judkins

Location: STM 113, Jones Lecture Hall

Class Size: 60

Schedule: Five-week course on Tuesdays 4:00-5:30 p.m.

- March 17
- March 24
- March 31
- April 7
- April 14

ENCOR-GEN100-01: A Taste of Thai Culture

This course offers a vicarious journey through Thailand presenting a bit of Thai culture (including some Thai dance), Thai language, and Thai cuisine (sampling Thai food). We will also take time to pray for Thailand and the Thai people.

Instructor: Dr. Jo Ann Higginbotham, Part-Time Faculty

Location: Helen DeVos College of Ed 101

Class Size: 15

Schedule: Five-week course on Wednesdays 4:00-5:00 p.m.

- March 18
- March 25
- April 1
- April 8
- April 15

ENCOR-PHE100-05: Zumba Gold

Zumba Gold is a fun, low-impact dance fitness class designed specifically for active older adults and anyone looking for a gentler approach to the popular Zumba program. This class uses easy-to-follow dance moves to improve cardiovascular fitness, balance, flexibility, and coordination. No dance experience necessary. Special Instructions: Wear comfortable workout clothing. Don't forget sneakers and a bottle of water.

Instructor: Christina Hartgraves, Zumba Gold® Instructor

Location: DeVos Recreation Center, Group Room

Class Size: 15

Schedule: Semester-long course on Wednesdays 11:00-11:45 a.m.

- January 21
- January 28
- February 4
- February 11
- February 18
- February 25
- March 4
- March 18
- March 25
- April 1
- April 8
- April 15
- April 22

ENCOR-PHE100-06: Zumba Gold

Zumba Gold is a fun, low-impact dance fitness class designed specifically for active older adults and anyone looking for a gentler approach to the popular Zumba program. This class uses easy-to-follow dance moves to improve cardiovascular fitness, balance, flexibility, and coordination. No dance experience necessary.
Special Instructions: Wear comfortable workout clothing. Don't forget sneakers and a bottle of water.

Instructor: Christina Hartgraves, Zumba Gold® Instructor

Location: DeVos Recreation Center, Group Room

Class Size: 15

Schedule: Semester-long course on Wednesdays 10:00-10:45 a.m.

- January 21
- January 28
- February 4
- February 11
- February 18
- February 25
- March 4
- March 18
- March 25
- April 1
- April 8
- April 15
- April 22

ENCOR-PHE100-07: Zumba Gold Chair

Zumba Gold Chair is a fun and engaging seated dance fitness class designed for active older adults, individuals with limited mobility, or anyone who prefers a low-impact workout from the comfort of a chair. This class brings the party to your seat with easy-to-follow dance routines. A full-body workout that improves cardiovascular health, coordination, and muscle tone.
Special Instructions: Wear comfortable workout clothing. Don't forget sneakers and a bottle of water.

Instructor: Christina Hartgraves, Zumba Gold® Instructor

Location: DeVos Recreation Center, Group Room

Class Size: 15

Schedule: Semester-long course on Wednesdays 9:00-9:45 a.m.

- January 21
- January 28
- February 4
- February 11
- February 18
- February 25
- March 4
- March 18
- March 25
- April 1
- April 8
- April 15
- April 22

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

This course will highlight quality age-appropriate books for children from birth through fifth grade. Additional topics address community literacy resources, response activities to shared books and strategies for sharing books as a long-distance grandparent.

Instructor: Dr. Laura Anderson, Professor of Education

Location: Helen DeVos College of Education 124

Class Size: 15

Schedule: Six-week course on Wednesdays 3:35-4:25 p.m.

- January 14
- January 21
- January 28
- February 4
- February 11
- February 18

ENCOR-ART100-03: 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 201

Class Size: 15

Schedule: Six-week course on Wednesdays 3:00-4:30 p.m.

- February 18
- February 25
- March 4
- March 11
- March 18
- March 25

ENCOR-ART100-04: You Can Draw Too (2)!

Did you take our spring drawing course and now wonder what you are going to do with all that paper? This course is your answer. We will review the fundamentals of drawing but spend most of our time making use of our talents by drawing outside elements or classroom constructed still life ensembles. If you enjoyed our drawing course last spring and want more practice in exploring your talent, here is your opportunity. Weather permitting, we will spend a significant amount of our time outdoors doing plein air studies attempting to capture the beauty of nature for drawing.

Instructor: Dr. Bill Kamm, Retired Lee University Faculty

Location: Helen DeVos College of Education 201

Class Size: 15

Schedule: Six-week course on Wednesdays 5:00-6:30 p.m.

- February 18
- February 25
- March 4
- March 11
- March 18
- March 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 35 participants required for each trip. Dates of travel and sites will be announced at the meeting on January 15, 2026, in the School of Theology & Ministry, Jones Lecture Hall at 3:00 p.m.

Travel options for Spring 2026:

- Children's Holocaust Museum/Cookie Jar Café
- Cumberland Playhouse to see "Deathtrap" – it's a comedy!
- Ducktown Basin Museum
- Marion County Coal Miners Museum
- Washington D.C. – March 24-28
- Virginia's Colonial Triangle – May 18-23
- South Dakota/Mt. Rushmore – June 17-27

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.

Instructor: Dr. David Altopp, Retired Lee University Faculty

Class Size: 90

Schedule: Dates and opportunities will vary.

ENCOR-HUM100-01: Ancient Greece

This course will exam the Greek World in antiquity from the Mycenaeans through the Hellenistic period after Alexander the Great. We will explore how politics, society, culture and environment shaped the Greek experience in various city-states during this period. Readings will come from excerpts of both primary and secondary sources.

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

Location: Humanities Building 103

Class Size: 30

Schedule: Ten-week course on Wednesdays 12:25-1:15 p.m.

- January 21
- January 28
- February 4
- February 11
- February 18
- February 25
- March 4
- March 18
- March 25
- April 1

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 on Tuesdays and Thursdays 6:00-8:00 p.m.

- January 27
- January 29
- February 3
- February 5
- February 10
- February 12
- February 17
- February 19
- February 24
- February 26

ENCOR-BIB100-02: Miracles & Other Great Works of God

Miracles and other great works of God recorded in the Old Testament and the New Testament. Also, miracles that have happened since Bible days.

Instructor: Dr. Henry Smith, D.Min

Location: STM 148

Class Size: 30

Schedule: Seven-week course on Mondays 5:00-6:30 p.m.

- January 12
- January 19
- January 26
- February 2
- February 9
- February 16
- February 23

ENCOR-GEN100-03: Teacher Tales

This course is for teachers, retired or not, or if you just love teacher tales, please join us. Each week I will share a teacher tale on a select topic. I will have class members also share, both written and orally. Topics will include: A. *Your first days* B. *Relationships* C. *Parent Conferences* D. *Discipline (not fights)* E. *Fights* F. *After teacher tales*. In our last meeting I will present to you a collection of our Teacher Tales.

We're not trying to correct the education system or dig up old bones we want to forget, just share our experiences. This should be a little cathartic and a lot of fun.

Instructor: Frank Lear

Location: Humanities Building 103

Class Size: 15

Schedule: Six-week course on Thursdays 4:00-5:30 p.m.

- January 29
- February 5
- February 12
- February 19
- February 26
- March 5

ENCOR-GEN100-04: Those Other Religions

This is a 7-week layman's discussion on "Those Other Religions", from a Christian perspective. I am not a theologian or a professor. However, I have covered these topics multiple times in Bible Studies. I am certain you can research all the material, but I will do so you won't have to! The course is designed to be comparative, informative, and casual. We will culminate the course with a "special" last week.

- A. *Hinduism*
- B. *Buddhism*
- C. *Judaism*
- D. *Mormans, Jehovah's Witnesses*
- E. *Atheism*
- F. *Islam*
- G. *That "Last" Week?*

Instructor: Frank Lear

Location: Humanities Building 103

Class Size: 60

Schedule: Seven-week course on Thursdays 6:00-7:00 p.m.

- March 12
- March 19
- March 26
- April 2
- April 9
- April 16
- April 23

ENCOR-PHE100-01: Intro to Pickleball

Always wanted to learn how to play pickleball? Then this course is for you! Learn the basic rules and skills you need to play the fastest growing sport in America.

Instructor: Gina Simpson, Pickleball Coach

Location: DeVos Recreation Center

Class Size: 20

Schedule: Seven-week course on Tuesdays 1:15-2:25 p.m.

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

ENCOR-PHE100-03: Intermediate Pickleball

Have you been playing pickleball and already know the rules, but want to spend time playing with others in a fun and less competitive setting? Then this course is for you!

Instructor: Gina Simpson, Pickleball Coach

Location: DeVos Recreation Center

Class Size: 20

Schedule: Seven-week course on Thursdays 1:15-2:25 p.m.

- January 22
- January 29
- February 5
- February 12
- February 19
- February 26
- March 5

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 113

Class Size: 24

Schedule: Eight-week course meeting on Tuesdays 5:30-7:30 p.m.

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

ENCOR-ENG100-01: Telling Your Story: Memoir Writings

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, Ph.D. Professor Emerita

Location: Humanities Building 207

Class Size: 30

Schedule: Six-week course meeting on Tuesdays 3:00-4:30 p.m.

- March 17
- March 24
- March 31
- April 7
- April 14
- April 21

ENCOR- SOC100-01: 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: SMC 205

Class Size: 30

Schedule: Five-week course meeting on Tuesdays 10:00-11:15 a.m.

- March 24
- March 31
- April 7
- April 14
- April 21

ENCOR-PSY100-01: Created for Connections!

"The quality of your relationships determines the quality of your life." We are inviting women to gather for a meaningful journey centered on the joy of human connection and the art of cultivating deep, life-giving relationships. Together, we will explore how God has uniquely wired us for connection, learn hospitable and intentional ways to impact others, and discover creative approaches to building community. Drawing from David Brooks' How to Know a Person, we'll reflect, learn, and grow—because strong relationships not only enrich our lives but can truly help us flourish. Please come and join us as we invest in relationships that help the quality of our lives soar.

Instructor: Lynne Tellschow, Former Women's Director

Location: Comm Arts, 212

Class Size: 16

Schedule: Six-week course on Tuesdays 11:00-12:30 p.m.

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

ENCOR-GEN100-02: "Old Dogs, New Tricks"

This course delivers a big-picture overview of several key technology areas that will help you be more comfortable making decisions in how you use technology in today's world. Topics include: How the Internet works (and why it matters), Tips and Tricks with your phone, getting comfortable with AI, and how to verify sources of information online (source reliability and authority, bias, etc).

Instructor: Tom Shiflet, School of Nursing Recruiting and Community Engagement Coordinator

Location: School of Nursing 101

Class Size: 12

Schedule: Seven-week course meeting on Tuesdays 3:30-5:00 p.m.

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

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: SMC 205

Class Size: 20

Schedule: Five-week course on Tuesdays 2:00-4:00 p.m.

- January 27
- February 3
- February 10
- February 17
- February 24

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, Group Room

Class Size: 20

Schedule: Ten-week course meeting on Tuesdays 5:00-5:50 p.m.

- January 27
- February 3
- February 10
- February 17
- February 24
- March 3
- March 17
- March 24
- March 31
- April 7

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 Spinks, DNP, AGACNP-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 on Wednesdays 8:30-9:30 a.m.

- January 21
- January 28
- February 4
- February 11
- February 18
- February 25



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