

LEE UNIVERSITY *Encore*

Mini-Course Guide Fall 2025

ENCOR-THE100-01: The Church in the Global South: A New Era of Christianity

This course offers an introduction to the growth and diversity of the church in the Global South, where the majority of the world's Christians now live. The class will focus on key developments in Africa, Asia, and Latin America, exploring how historical and cultural contexts shape Christian faith and practice beyond the Western world. The course will highlight major themes such as the impact of colonialism, the role of indigenous traditions, and the rise of contextual theologies that speak to local realities. This course invites participants to reflect on how Global South perspectives enrich the global Christian faith and practice.

Instructor: Dr. Lisa Stephenson, Professor of Systematic Theology

Location: STM 231

Class Size: 60

Schedule: Four-week course meeting on Tuesdays from 1:15 – 2:30 p.m.

- September 9
- September 16
- September 23
- September 30

ENCOR-FRE100-01: French for Travelers

This course will help you sound like a native with phrases like, "Where are the restrooms? How do I get to...? This is delicious! Medium well, please. What is this? HELP!" Let's learn some French language and culture to help make your next trip to France less stressful. *Alliez, on y va!*

Instructor: Dr. James D. Wilkins, Professor of French

Location: HUM 103

Class Size: 30

Schedule: Six-week course meeting on Tuesdays from 5:00 – 6:00 p.m.

- September 2
- September 9
- September 16
- September 23
- September 30
- October 7

ENCOR-PHE103-01: Fit4Life: Senior Strength

Fit4Life: Senior Strength is a group fitness class designed to help older adults increase strength and energy, improve balance and flexibility, and enjoy the social benefits of exercising together. The class welcomes participants of all fitness levels—whether seasoned or just beginning their wellness journey—and supports both physical and mental well-being. Chairs are provided for those who prefer seated exercises or need additional support while standing. Participants are encouraged to wear comfortable clothing and supportive footwear.

Instructor: Kendra Gray; Certified Group Fitness Instructor and Administrative Assistant to the Director of Communications

Location: Devos Recreation Center

Class Size: 15

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

- September 9
- September 16
- September 23
- September 30
- October 7
- October 14
- October 21
- October 28
- November 4
- November 11

ENCOR-GEN100-01: “Old Dogs, New Tricks”

Do you wish that you were more technologically literate? This is a technology literacy course that helps you learn to use readily available technology to simplify daily life and protect your privacy. A few of the topics include: using AI effectively, taking advantage of special features on your phone, how the Internet works (and why it matters for security), and how to verify sources and information for truth, accuracy, and bias

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

Location: SON 100

Class Size: 10

Schedule: Seven-week course meeting on Wednesdays from 9:00 – 10:30 a.m.

- August 27
- September 3
- September 10
- September 17
- September 24
- October 1
- October 8

ENCOR-BIB100-01: A Guidebook for Christian Living, the Book of James

This study will cover the instructions given by the Apostle James for successful Christian living in a non-Christian culture. James offers practical guidelines for living a Spiritual life.

Instructor: Henry J. Smith, D.Min

Location: STM 148

Class Size: 30

Schedule: Six-week course meeting on Mondays from 5:00 – 6:15 p.m.

- September 15
- September 22
- September 29
- October 6
- October 13
- October 20

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

Location: DeVos Recreation Center

Class Size: 20

Schedule: Eight-week course meeting on Tuesdays from 1:15 – 2:25 p.m.

- August 26
- September 2
- September 9
- September 16
- September 23
- September 30
- October 7
- October 14

ENCOR-PHE100-02: 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

Location: DeVos Recreation Center

Class Size: 20

Schedule: Eight-week course meeting on Thursdays from 1:15 – 2:25 p.m.

- August 28
- September 4
- September 11
- September 18
- September 25
- October 2
- October 9
- October 16

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: HUM 101

Class Size: 30

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

- September 9
- September 16
- September 23
- September 30
- October 7
- October 14

ENCOR-HUM100-01: Modern to Medieval II: The Birth of Modernity

The years leading up to 1500 had brought the seeds of change to Europe. But by 1650, the European society, culture, and economy underwent substantial changes. And yet, in many ways, the “early modern world” shared much in common with its “pre-modern” past. This mini course will look at the ways the extended Reformation movements, European global expansion, scientific revolution, military conflicts and other notable changes helped to shape Europe from its medieval roots into its modern form.

Instructor: David Schlosser; Instructor in Humanities and Library Supervisor

Location: HUM 103

Class Size: 30

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

- August 27
- September 3
- September 10
- September 17
- September 24
- October 1
- October 8
- October 15
- October 22
- October 29

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: Six-week course meeting on Tuesdays from 2:00 – 4:00 p.m.

- September 2
- September 9
- September 16
- September 23
- September 30
- October 7

ENCOR-SOC100-01: The Medical Detectives: Tracing Epidemics and Pandemics in the 21st Century

This class examines the history and current issues of epidemiology. Epidemiology is the study of widespread illness, from communicable to chronic. We begin with the early cases of infectious disease such as cholera and yellow fever. Then, look at the patterns of chronic illness in the modern world. The logic of epidemiology is presented, and its methods of investigation. We consider changing patterns of infectious and chronic illness in the U.S. And conclude the class with practical advice on being one's own backyard detective.

Instructors: Dr. Karen Mundy-Judkins and Dr. Ben Judkins

Location: STM 113, Jones Lecture Hall

Class Size: 60

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

- September 16 (Please note that this session will take place in STM 148)
- September 23
- September 30
- October 7
- October 14

ENCOR-SOC100-02: Hello Darlin': This is the New South

This course is open to newcomers and longtime residents of the region of the United States that is referred to as “The South.” During the class we will look at several aspects of the region: its people, the economy, politics, culture (including language, food, literature, music, etc.), religion, and health. Yankees and other intruders to the South are welcome. After the conclusion of the course, we will have a celebration dinner for our fall Encore classes.

Instructors: Dr. Karen Mundy-Judkins and Dr. Ben Judkins

Location: STM 113, Jones Lecture Hall

Class Size: 60

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

- October 28
- November 4
- November 11

- November 18
- November 25

ENCOR-ART100-01: 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: 30

Schedule: Four-week course meeting on Tuesdays from 4:00-5:30 p.m.

- September 9
- September 16
- September 23
- September 30

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: SMC 205

Class Size: 30

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

- September 2
- September 9
- September 16
- September 23
- September 30

ENCOR-PHE100-03: 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 5k at the Cleveland Half Marathon 10k, and 5k on October 25, 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: 20

Schedule: Eight-week course meeting on Tuesdays from 8:00-9:00 a.m.

- August 26
- September 2
- September 9
- September 16
- September 30
- October 7
- October 14
- October 21

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 Thursday, August 21st, in the Helen DeVos College of Education Rose Lecture Hall at 4:00 p.m.

Travel options for Fall 2025: U.S. Space and Rocket Center, West Virginia Rail Tour, American Museum of Science and Energy in Oak Ridge, TN, Falls Mill & Country Store, the Children's Holocaust Museum, Opryland at Christmas.

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: 90

Schedule: Dates and opportunities will vary

ENCOR-ENG100-02: Jane Austen and Her Adaptations

In this course, students will celebrate the writing and legacy of Jane Austen, a prominent British novelist of romance and social satire, recognizing the 250th anniversary of her birth. Students will read two of Austen's masterpieces and a corresponding modern adaptation of each text. Students will also be encouraged to attend on-campus screening(s) of film adaptations of these novels, which will be followed by a lively Q&A session. Austen's wry wit and complex characterization have had a profound impact on both literary history and popular culture; together, this course will revel in her humor and wisdom.

Instructor: Makayla Jenkins

Location: Humanities 204

Class Size: 20

Schedule: Eight-week course meeting on Tuesdays from 5:30 – 7:00 p.m.

- *September 2*
- *September 9*
- *September 16*
- *September 23*
- *September 30*
- *October 7*
- *October 14*
- *October 21*

ENCOR-PSY100-01: Introducing: Your Brain

This course is a general Introduction to the human brain and biological influences on behavior. Topics to be covered include: structures and functions of the brain, neural communication, language and the brain, sleep and dreams, and drugs and their effects.

Instructor: Robert Fisher, PH.D., Retired Professor of Psychology

Location: Education 201

Class Size: 30

Schedule: Four-week course meeting on Tuesdays and Thursdays from 1:15 – 2:30PM

- *September 2*
- *September 4*
- *September 9*
- *September 11*
- *September 16*
- *September 18*
- *September 23*

ENCOR- BIO100-01: What Can You See with a Microscope?

This short course will introduce the basics of the microscope and the newer class of scanning probe microscopes. This course is perfect for those who are curious about what we can see with a microscope. (Spoiler: we can see atoms!)

Learn about:

What's the difference between a magnifying glass, a telescope, and a microscope? What is the difference between an optical microscope and an electron microscope? What can you do with one that you can't do with the other?

Instructor: David Harkins, Assistant Professor

Location: SMC-300

Class Size: 8

Schedule: Four-week course meeting on Tuesdays and Thursdays from 6:00 - 7:00 p.m.

- *August 26*
- *August 28*
- *September 2*
- *September 4*
- *September 9*
- *September 11*
- *September 16*

ENCOR-PSY100-02: Created for Connections!

"The quality of your relationships determines the quality of your life."

We are gathering a group of women to experience the joy of human connection and to learn more about how to cultivate relationships in our lives. Here are just a few of the reasons to join this journey:

- *Enjoy life more fully with more meaningful relationships*
- *Feel less alone and experience a renewed sense of belonging*
- *Discover more about how God has wired you for connection*
- *Impact others with hospitable hearts and intentionality*
- *Discover creative ways to make more connections with others*
- *Learn from David Brooks' book entitled: How to Know a Person*
- *Studies also show that strong relationships can actually lengthen our lives!*

So, please COME! Let's work on the quality of our relationships so the quality of our lives will soar!

Additional Information: Participants are requested to purchase "How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen" by David Brooks

Instructor: Lynne Tellschow, Former Women's Director

Location: Comm Arts 113

Class Size: 16

Schedule: Six-week course meeting on Tuesdays from 11:00 a.m. – 12:00 p.m.

- *October 14*
- *October 21*
- *October 28*
- *November 4*
- *November 11*
- *November 18*

ENCOR-ART100-02: 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:

- 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: \$60 supply fee

Location: Mayfield Annex 025

Class Size: 14

Schedule: Thirteen-week course meeting on Tuesdays and Thursdays from 9:05 a.m.-12:30 p.m.

- | | |
|-----------------------|----------------------|
| • <i>August 26</i> | • <i>October 14</i> |
| • <i>August 28</i> | • <i>October 16</i> |
| • <i>September 2</i> | • <i>October 21</i> |
| • <i>September 4</i> | • <i>October 23</i> |
| • <i>September 9</i> | • <i>October 28</i> |
| • <i>September 11</i> | • <i>October 30</i> |
| • <i>September 16</i> | • <i>November 4</i> |
| • <i>September 18</i> | • <i>November 6</i> |
| • <i>September 23</i> | • <i>November 11</i> |
| • <i>September 25</i> | • <i>November 13</i> |
| • <i>September 30</i> | • <i>November 18</i> |
| • <i>October 2</i> | • <i>November 20</i> |
| • <i>October 7</i> | |
| • <i>October 9</i> | |

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

We're not trying to solve education issues, just share our experiences. This should be a little cathartic and a lot of fun.

Instructor: Frank Lear

Location: HUM 103

Class Size: 20

Schedule: Six-week course meeting on Thursdays from 4 – 5:30 PM.

- *September 4*
- *September 11*
- *September 18*
- *September 25*
- *October 2*
- *October 9*

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, AGACNP-BC, CCRN Assistant Professor of Nursing Basic Life Support Instructor, American Heart Association

Location: School of Nursing 101

Class Size: 9

Schedule: Five-week course meeting Wednesdays from 9:00-10:00 a.m.

- *September 3*
- *September 10*
- *September 17*
- *September 24*
- *October 1*

ENCOR-BIB100-02: Israel in Biblical Prophecy: Does Modern Israel = Biblical Israel?

This class does a deep dive into the modern dilemma of how to view and treat modern Israel in light of biblical prophecy related to biblical-era Israel. We will look at specific texts from Genesis to Revelation related to Israel's role as God's chosen people and as an integral part of God's end-times plan.

Instructor: Dr. Brian Peterson

Location: Jones Lecture Hall, STM 113

Class Size: 60

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

- *August 20*
- *August 27*
- *September 3*
- *September 10*
- *September 17*
- *September 24*

ENCOR-HIS100-01: Dead Presidents Society

The course is designed for anyone desiring more information about presidents of the United States who have passed on from George Washington to George Bush. Course highlights include:

- In-depth analysis of presidents' lives
- President's families
- Exploration of leadership styles
- Famous sites associated with each
- Review of final resting places

The course is designed to be interactive, conversational, with an intent to avoid present-day politics. It will include a day trip to Nashville, Tennessee where participants will visit Jackson's Hermitage, the Capitol, and then travel to Columbia, Tennessee for a visit to the James Polk House offering in-person exploration of these presidential historic sites.

Instructor: Cameron Fisher

Location: HUM 202

Class Size: 30

Schedule: Seven-week course meeting Tuesdays from 4:00 – 5:15 p.m.

- *October 7*
- *October 14*
- *October 21*
- *October 28*
- *November 4*
- *November 11*
- *November 18*

ENCOR-GEN100-02: Mahjong

Discover the joy of playing Mahjong, the classic tile-based game loved around the world for its blend of strategy, skill, and social connection. This hands-on course is perfect for beginners or those looking to refresh their knowledge. You'll learn:

- The basic rules and structure of the game
- How to recognize and use different tile sets
- Common gameplay terms and table etiquette
- Strategies to build winning hands

Each class includes guided instruction followed by practice play in a relaxed, supportive setting. Whether you're looking to join a local Mahjong group or just want to sharpen your mind while having fun, this course will get you started.

Materials fee: \$30

Instructor: Sissy Figlesthler

Location: SMC 201

Class Size: 8

Schedule: Three-week course meeting on Thursdays from 9:00 a.m. - 12:00 p.m.

- *September 25*
- *October 2*
- *October 9*

ENCOR-ART100-03: 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. Students will paint still lifes and landscapes and an introduction to portrait painting.

Materials fee: \$25.00

Instructor: Gary McDonald

Location: Mayfield Annex 101, Art Studio Building

Class Size: 18

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

- *September 2*
- *September 4*
- *September 9*
- *September 11*
- *September 23*
- *September 25*
- *September 30*
- *October 2*
- *October 7*
- *October 9*

ENCOR-PHE100-04: 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: Ten-week course meeting on Wednesdays from 10:30 – 11:15 a.m.

- *September 3*
- *September 10*
- *September 17*
- *September 24*
- *October 1*
- *October 15*
- *October 22*
- *October 29*
- *November 5*
- *November 12*

ENCOR-PHE100-05: 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: Ten-week course meeting on Wednesdays from 9:30 – 10:15 a.m.

- *September 3*
- *September 10*
- *September 17*
- *September 24*
- *October 1*
- *October 15*
- *October 22*
- *October 29*
- *November 5*
- *November 12*

ENCOR-HIS100-02: Puritans and Patriots: Traditions of American Identity and Patriotism

The United States of America is preparing to celebrate its 250th anniversary. Join us as we explore some of the origins of American traditions of identity, liberty, civic responsibility, and patriotism focusing primarily on seventeenth-century England and colonial New England.

Instructor: John Coats, Professor of History and Randy Wood, Professor of Humanities

Location: Humanities 101

Class Size: 60

Schedule: Six-week course meeting on Wednesdays from 6:00 – 8:00 p.m.

- *September 3*
- *September 10*
- *September 17*
- *September 24*
- *October 1*
- *October 8*

ENCOR-ART100-04: Floral Design for Fun

Join us for a journey into the world of floral design! This laid-back class is designed especially for those who want to enjoy the beauty of flowers, explore their creativity, and have a little fun along the way. No prior experience needed—just a love for flowers and a willingness to play with color and form. Each week, students will create simple yet beautiful arrangements using fresh, seasonal blooms. Students will experiment with arranging flowers and ways to bring natural beauty into their home. Every session is relaxed, social, and stress-free—perfect for making new friends and enjoying a hands-on creative outlet. Come as you are and leave with something beautiful!

*Fees will be required to cover the cost of flowers and supplies. This amount will be presented by the instructor prior to the first class or during the first class.

Instructor: Dwight Richardson

Location: Mayfield Annex 124 5-6p.m.

Class Size: 25

- *September 2*
- *September 9*
- *September 16*
- *September 23*
- *September 30*



LEE
UNIVERSITY