



# The Kern Center

for Workforce and Community Education



## Lifelong LEARNING

&

## Life Scholars

Learning for the **JOY** of Learning

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Spring 2024



**Lifelong**  
LEARNING

**Discover your passion  
with a class through Terra  
State Community College's  
Community Education  
Programs.**

All courses are non-credit, so there is no pressure – just FUN! From history, culture, arts, and fitness, there are so many possibilities.

Do you have a talent or area of expertise you wish to share? Call or email us to become a Lifelong Learning instructor!

**\*\*Please note that there is only one discount per registration.**

## To Register

- Email:** Learn@Terra.edu  
**Phone:** 419.559.2255  
**Online:** Learn.Terra.edu (*Website*)  
Facebook.com/LifelongLearningTSCC  
**Walk-in:** Building B, Room 104  
The Kern Center  
**Mail To:** Terra State Community College  
2830 Napoleon Road  
Fremont, OH 43420

## Lifelong Learning

Classes for any age adult

### Early Fitness Discount:

Register before January 10th and receive a 10% discount.

### Fitness Multi-Class Discount:

Register for three or more fitness classes and receive a 15% discount. The three classes **must be** in the same registration.

**Student Discount:** If you are a registered student for the Spring 2024 semester, you will receive a 50% discount on all fitness classes.

### Terra State Gracious Givers Volunteer Program

Terra State Community College has developed a volunteer program for all ages from teens through seniors. Whether you are in school and need to complete community service hours, looking for a way to give back to your community, or wanting to meet new friends, our volunteer program is a great opportunity. We have a variety of volunteer opportunities throughout the community education program, as well as, the College.

Opportunities and hours are flexible. You can sign up to be a volunteer by contacting the Community Education Coordinator at 419.559.2255 or emailing [learn@terra.edu](mailto:learn@terra.edu) for more information.

Volunteer opportunities will be posted online at [learn.terra.edu](http://learn.terra.edu) or in the Community Education office located in the Kern Center at Terra State.



# Life Scholars

Classes for age 50 and better (ELC classes)

## Life Scholars at Terra State Community College

Life Scholars is learning for the JOY of learning. Discover the joy of lifelong learning with other adults, age 50 and beyond, who share a common desire to learn. There are no tests or grades, just fun experiences for active adults, regardless of their educational background.

## Life Scholars Membership (LSM)

There are many benefits to joining the Life Scholars program at Terra State Community College. Not only are you helping promote this wonderful program with your support, you will also receive the following:

- Discounts on classes and outings
- Special Event invitations
- Leadership opportunities on the committees

Memberships run from September through August (the time to renew is each fall, but memberships are accepted all year.)

**23FELC100**      Membership Fees \$25 couple / \$15 single  
(Spring Discount ½ price for membership from January – August)

## Help the Endowment Grow!

The William P. Cunningham Endowment Fund helps to support the Life Scholars program. Contributions to this fund are invested and a portion of the interest is used each year to assist with operating costs and participant scholarships. Please consider making a tax-deductible donation, large or small, to assist us in building this fund and enhancing the program. For more information, please contact the Terra College Foundation at 419.559.2261.

## Our Mission

Life Scholars at Terra State Community College is a peer-led group serving mature learners by broadening intellectual interests, physical activity, and social interaction. Our Mission is to create a climate that fosters interest and stimulates the thrill of lifelong learning.



# Life Scholars

Learning for the **JOY** of Learning

## Life Scholar Committees

Life Scholars is such a success due to our members that give back by participating in one of our committees! If you are interested in being part of any committee, please contact Life Scholars at learn@terra.edu or 419.559.2255, or join us at a meeting and see what we are all about.

### Executive Committee

Janet Dorr, *Co-Chair*  
Carolyn Hollingsworth, *Co-Chair*  
Lois Livingston  
Carole Miller  
Kathleen Nalley  
Janet Myles

### Curriculum Committee

Ellen Beier  
*Executive Committee Rep.*

Kathleen Nalley  
*Executive Committee Rep.*

Cheryl Laugherty  
Janet Myles

### Travel Committee

Kathleen Haubert  
Carolyn Hollingsworth  
Carole Miller, *Executive Committee Rep.*  
Cassie Molyet  
Becky White

### Publicity and Special Events Committee

Cheryl Magargle, *Chair*

### Spring Committee Meetings

All committee meetings will be held in the conference room of Building B, Room 104, on Mondays from 2:30 p.m. - 3:30 p.m.

#### Executive Committee

January 8, February 5, March 4, April 1, May 6

#### Curriculum Committee

February 12, March 18, April 15, May 13

\*we are closed on Martin Luther King Day Jan. 15th

#### Travel Committee

January 22, March 25, May 20  
(meets every other month)

#### Publicity and Special Events Committee

February 26, April 22, June 17  
(meets every other month)



# 2 Arts & Crafts

## Canvas Painting: "Spring into Painting"

Variety of designs, unique techniques and easy to follow step by step instructions. Paint along with Carol as she demonstrates how to begin and finish these stunning pictures. All materials will be supplied by the instructor including the use of her brushes.

*\*Don't forget to bring a covered box to fit your 11x14 canvas in as it may still be wet when you take it home.*

**Instructor: Carol Hoffman, CDA BFA**

### Canvas Painting Course Numbers

**24SCFT10** Sat. Feb. 10 9am-12N  
Cost: \$45 Nonmember/\$40 Member

***Red Barns in Winter***  
11x14 Water-mixable oil

**24SCFT11** Sat. Feb. 24 9am-12N  
Cost: \$45 Nonmember/\$40 Member

***Foggy Creek***  
11x14 Water-mixable oil

**24SCFT12** Sat. March 9 9am-12N  
Cost: \$45 Nonmember/\$40 Member

***Sea Scape***  
11x14 Water-mixable oil

**24SCFT13** Sat. March 23 9am-12N  
Cost: \$45 Nonmember/\$40 Member

***Daffodils***  
11x14 Water-mixable oil

**24SCFT14** Sat. April 6 9am-12N  
Cost: \$45 Nonmember/\$40 Member

***House by Waterfall***  
11x14 Water-mixable oil

**24SCFT15** Sat. April 13 9am-12N  
Cost: \$45 Nonmember/\$40 Member

***Hanging Pans on Barn***  
11x14 Water-mixable oil

**24SCFT16** Sat. May 4 9am-12N  
Cost: \$45 Nonmember/\$40 Member

***Early Spring Landscape***  
11x14 Water-mixable oil

**Classes will be located in Building B Room 103**



**24SCFT10**  
**Red Barns in Winter**



**24SCFT11**  
**Foggy Creek**



**24SCFT12**  
**Sea Scape**



**24SCFT14**  
**House by the Waterfall**



**24SCFT13**  
**Daffodils**



**24SCFT16**  
**Early Spring Landscape**



**24SCFT15**  
**Hanging Pans on Barn**



**Not sure if you are ready to sign up for a whole session, try out any class for just \$7.00!**

If you decide to register for the whole session, we offer a discount on Fitness classes. If signing up for 3 or more fitness classes you can receive a 15% discount. The three classes must be in the same registration. Terra State students and employees can also take advantage of this discount if they register before the spring semester.

**We are now a SilverSneakers location, all SilverSneakers members are welcome to attend classes here on the Terra State Community College campus. All fitness classes are open to adults 18 and over.**

**Fit for Life Body Works**

Can you find 30 minutes to devote to yourself and your health? Tone, strengthen and add flexibility to your muscles with resistance type exercises using dynabands and hand weights to help prevent degenerative diseases. This class focuses on strengthening your core using not only the plank but a variety of exercises, which is the most important area to target for your overall health. Perfect for all ages and fitness levels.

**Instructor: Debbie Gallagher, Certified Fitness Instructor**  
**Location: Room D120**

**24SFIT01** Full Series: Mondays & Wednesdays, Jan. 8 – May 22  
 10:30 am – 11:00 am  
 (no class Jan. 15)  
  
 Cost: \$140/\$130 Senior Citizen Rate  
 40 sessions

**Or register for just one session**

**24SFIT02** Session 1: Mondays & Wednesdays, Jan. 8 – Mar. 13  
 10:30 am – 11:00 am  
 (No class Jan. 15)  
 Cost: \$75/\$65 Senior Citizen Rate  
 20 sessions

**24SFIT03** Session 2: Mondays & Wednesdays, Mar. 18 – May 22  
 10:30 am – 11:00 am  
 Cost: \$75/\$65 Senior Citizen Rate  
 20 sessions

**Hatha Yoga** 

Hatha Yoga can help you feel healthier, reduce stress, enhance focus, tone muscle, and improve flexibility. From beginner to intermediate, everyone can benefit from this class. Learn to balance the mind, body, and spirit, while gaining knowledge about yoga, their sequences, movements, breathing, and more.

**Instructor: Angie Schroeder, Certified Instructor**  
**Location: Room A206**

**24SFIT04** Session 1: Tuesday Jan. 9 – March 26 (12 wks.)  
 Cost: \$40 10:00 am – 10:50 am

**24SFIT05** Session 2: Tuesday April 2 – June 18 (12 wks.)  
 Cost: \$40 10:00 am – 10:50 am

**Cardio Drums** 

This energetic class brings together drumsticks, an exercise ball, and a stand to create one of the most fun workouts you'll ever do. Using an exercise ball mixed in with fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop.

**Instructor: Kim, Stacie, Certified Instructors**  
**Location: Room D120**

**24SFIT06** Session 1: Wed & Fri. Jan 10 – March 29 (12wks)  
 Cost: \$60 9:00 am – 9:45 am

**24SFIT07** Session 2: Wed & Fri. April 3 – June 21 (12wks)  
 Cost: \$60 9:00 am – 9:45 am

**24SFIT08** Session 1: Tuesday Jan 9 – March 26 (12 wks.)  
 Cost: \$40 5:30 pm – 6:15 pm

**24SFIT09** Session 2: Tuesday April 2 – June 18 (12 wks.)  
 Cost: \$40 5:30 pm – 6:15 pm



# 4 Health & Wellness

## Circuit with Jenn



This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercises, bodyweight exercises and finishes with core training and stretching for a complete workout.

**Instructor: Jennifer, Certified Instructor**

**Location: Room D120**

**24SFIT10** Session 1: Thurs., Jan. 11 - March 28 (12 wks.)  
Cost: \$40 5:00 pm – 5:45 pm

**24SFIT11** Session 2: Thurs., April 4 - June 20 (12 wks.)  
Cost: \$40 5:00 pm – 5:45 pm

## Cycling



A non-impact cardiovascular workout on a stationary bike designed to simulate the feel of riding a real bicycle with a wide range of adjustability.

**Instructor: Angie Schroeder, Certified Instructor**

**Location: Room A205**

**24SFIT12** Session 1: Thurs., Jan. 11 – March 28 (12wks)  
Cost:\$40 5:00 pm – 5:55 pm

**24SFIT13** Session 2: Thurs., April 4 – June 20 (12wks)  
Cost:\$40 5:00 pm – 5:45 pm

## Silver Sneakers Classic



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Instructor: Melanie, Certified Instructor**

**Location: Room D120**

**\*No Class on March 12th 2024 College Closed**

**24SFIT14** Session 1: Tues. & Thur. Jan. 9 – March 28 (12 wks.)  
Cost: \$60 10:00 am – 10:45 am

**24SFIT15** Session 2: Tues. & Thurs. April 2 – June 20 (12wks)  
Cost: \$60 10:00 am – 10:45 am

## Silver Sneakers Chair Yoga



This class will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Instructor: Melanie, Certified Instructor**

**Location: Room D120**

**24SFIT16** Friday's Session 1: Jan. 12 – March 29 (12 wks.)  
Cost: \$40 10:00 am – 10:45 am

**24SFIT17** Friday's Session 2: April 5 – June 21 (12 wks.)  
Cost: \$40 10:00 am – 10:45 am

## Silver Sneakers Cardio Dance



This class is all about burning calories and having fun. You'll start with simple dance moves then step into more complex sequences that build both stamina and strength. If you've ever dreamed of appearing on So You Think You Can Dance, this class is for you.

**Instructor: Kathie, Certified Instructor**

**Location: Room D120**

**24SFIT18** Thursday Session 1: Jan. 11 – March 28 (12 wks.)  
Cost: \$40 11:30 am – 12:15 am

## Wall Pilates



A dynamic, total body workout featuring classical Pilates exercises with the use of a wall for many of the exercises. Pilates is unique in that it's low-impact, and it combines heightened mental focus with precise, controlled movements that challenge your small and large muscles in a way other workouts don't.

**Instructor: Angie Schroeder, Certified Instructor**

**Location: Room A205**

**24SFIT20** Session 1: Thursday's Jan. 11 – March 28 (12 wks.)  
Cost: \$40 10:00 am – 10:45 am

**24SFIT21** Session 2: Thursday's April 4 – June 20 (12 wks.)  
Cost: \$40 10:00 am – 10:45 am

## Nutrition as We Age

Identify the components of a healthy, balanced diet. Three Sessions: 1. Describe how nutrition affects optimal aging, 2. Explain the relationship between nutrition, exercise, and stress management in maintaining overall health and 3. Make health and nutrition decisions geared toward optimal aging.

**Instructors: Angie Schroeder, Melani**  
**Location: Room B103**

**24SFIT22** Session 1: Monday's Feb. 5, 12, 19  
 1:00 pm -2:00 pm Cost: \$35

**24SFIT23** Session 2: May 6, 13, 20  
 1:00 pm – 2:00 pm Cost: \$35

## Evening Yoga

It's no secret that as we age, we lose flexibility and stability. Fight back and stay limber in this great class. This class moves at a comfortable pace for all fitness levels and you will be amazed at how great you feel afterwards. As you progress through the different poses, Stacie will give you pointers on form and help guide you towards your fitness goals. Great for everyone, from newbies to pros!

**Instructor: Stacie Marquart, Fitness Instructor**  
**Location: B301 Library**

**24SFIT24** Session 1: Mondays, Jan. 22 – April 1  
 5:30 pm - 6:30 pm 10 sessions  
 Cost: \$50

**24SFIT25** Session 2: Mondays, April 8 – June 17  
 5:30 pm – 6:30 pm 10 sessions  
 Cost: \$50

## ZUMBA

Zumba is a fitness program that combines Latin and International music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness. Zumba boosts heart health and helps de-stress. You don't need to be a great dancer to feel welcome in a Zumba class. With the tag line, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required. We now offer Full Series for this fitness class.

**Instructor: Johanna Mackey, Certified Zumba Instructor**

**24SFIT26** Full Series: Wednesdays, Jan. 10 – May 22  
 6:30 pm – 7:30 pm 20 sessions  
 Cost: \$100

**24SFIT27** Session 1: Wednesdays, Jan. 10 – March 13  
 6:30 pm – 7:30 pm 10 sessions  
 Cost: \$50

**24SFIT28** Session 2: Wednesdays, March 20 – May 22  
 6:30 pm – 7:30 pm 10 sessions  
 Cost: \$50

## Exploring Mind-Body Connections

This course is as unique as its instructor. Fred Garcia has been a Physical Therapist for the past 28 years and a pastor for the past 20 years. Leaning into this unique blend of knowledge and experience, in addition to a book entitled "Switch on Your Brain" by Dr. Caroline Leaf, this class will specifically explore:

1. Gaining victor over *toxic mindsets* affecting your physical health
2. Discuss strategies for *changing your mind*



**23SFIT29** Wednesday, February 21 4pm-6:00pm  
 Cost: \$20 nonmembers/\$15 members

## Preventing Falls Through Balance and Strength Training

Through this course we will pinpoint areas of improvement for balance and strength, providing strategies to enhance.

**Instructor: Shannon Reardon PT and Brandi Wammes PTA**

**23SFIT30** Monday, Feb. 12 4:30pm-5:30pm  
 Cost: \$20 nonmembers/\$15 members





# 6 History & Culture

## Rutherford B. Hayes

Celebrate the life and times of the nation's 19th president, from early childhood through the Civil War. Follow his life through the presidency and his lasting effect on our local community.

**Instructor: Mike Gilbert**

**24SELC01** Tuesday, February 27th 10:00 am – 11:30 am  
Cost: \$25 nonmembers/\$20 members

## Papyrus: The Invention of Books in the Ancient World

A presentation and discussion of the fascinating history of books and writing through thousands of years.

**Instructor: Ted Miller**

**24SELC02** Wednesday April 10 10:00 am- 12:00 pm  
Cost: \$25/\$20 members

## History of Birchard Library

"Birchard Library is celebrating its 150th anniversary in 2024. This one-session class will be a PowerPoint presentation showing highlights from its beginnings in 1874 with a bequest from Sardis Birchard and the efforts of his nephew Rutherford Hayes to the new addition that was completed just this past year. One of the first free public libraries in Ohio, Birchard Library's early years will be discussed, along with the many services it has offered, the additions that enabled its growth, and the dedicated librarians who have provided strong leadership over the years. Come and learn more about this Fremont community and Sandusky County treasure."

**Instructor: Larry Michaels**

**24SELC04** Monday, March 18 10:00 am – 11:30 am  
Cost: \$15/\$10 members

## Discover the History of Kelleys Island

Leslie Korenko, Island author and historian will present a slideshow and talk about the remarkably rich history of Kelleys Island. Compiled and preserved by its settlers, its history is visible in the houses, businesses, historic structures and the stories the residents shared. The entire island is on the National Register of Historic Places Instructor: Leslie Korenko Author, Historian Bio: Leslie Korenko is the author of 7 books about the history of Kelleys Island (in Lake Erie) with each book focusing on a specific period of time. She has written historical columns for the Black Swamp Trader & Gazette, and articles for the Ohio Genealogical Society Quarterly, Inland Seas, Anchor News (Wisconsin Maritime Museum) and Heart of Ohio, among others. She also has a History Blog, writes the Kelleys Island News column in the Put-In-Bay Gazette and a history column in Kelleys Life, the local newspaper. Her stories of Island soldiers during the Civil War have appeared in the Ohio Civil War Genealogy Journal and the Sandusky Register. She was the secretary for the Kelleys Island Historical Assoc., is on the Board of the Erie County Historical Society and does genealogy research for people with Island roots.

**24SELC05** Tuesday April 16 10:00 am – 12:00 pm  
Rm B101  
Cost: \$30/\$25 member

## Eleanor Roosevelt

Eleanor Roosevelt was more than a First Lady. She was an unconventional woman from a difficult childhood (the phrase, "dysfunctional family" hadn't yet been invented) who created her own unique path through life before, during and after her husband's presidency. Derived from the many biographies and writings about and by Eleanor Roosevelt, the instructor will give you a glimpse into what you already know or didn't know about this remarkable woman.

**Instructor: Kathleen Nalley**

**24SELC06** Thursday, February 15th 10:00 am – 11:30 am  
Cost: \$25/\$20 members



## “Disasters of Ohio’s Lake Erie Islands”

Beautiful and deadly, the Lake Erie Islands off the coast of Ohio have seen their fair share of disasters. While some islands are bustling villages or laidback tourist retreats, others are void of life altogether. Regardless of population, the fact that they are islands cut off from the mainland can lead to horrific problems. For example, the Victory Hotel on South Bass Island at Put-In-Bay was once the largest hotel in the nation, but the grand residence was reduced to ashes after a spark quickly became a raging, uncontrollable inferno. Reports of smallpox on Pelee Island resulted in mass hysteria and quarantine of an entire island. At the Toledo Harbor Lighthouse, one light keeper was frozen in for days with his deceased colleague until he could make a desperate escape. Join Wendy Koile as she shares these stories and other calamities that shattered the tranquility of those solitary shores and lead to Disasters of the Lake Erie Islands.

**Instructor: Wendy Koile, Author**

**24SELC07**      Wednesday April 17th      1:00 pm – 3:00pm  
Cost: \$40/\$35 members

## “America’s Fascinating History With Beer”

When our Forefathers sailed to the New World, their fellow passengers all had different reasons for undertaking this voyage: Freedom of religion, freedom of speech, political motives, economic opportunities or were fleeing families or the law. One thing all these people had in common was they drank beer! Beer was an absolute necessity and became more of a healthful practice than a cultural habit. Brewing beer killed the harmful bacteria often present in drinking water. One of the first buildings constructed in America was a Brew House! Join me in this fascinating class as we examine our national history with beer.

**Instructor: Dan Baker**

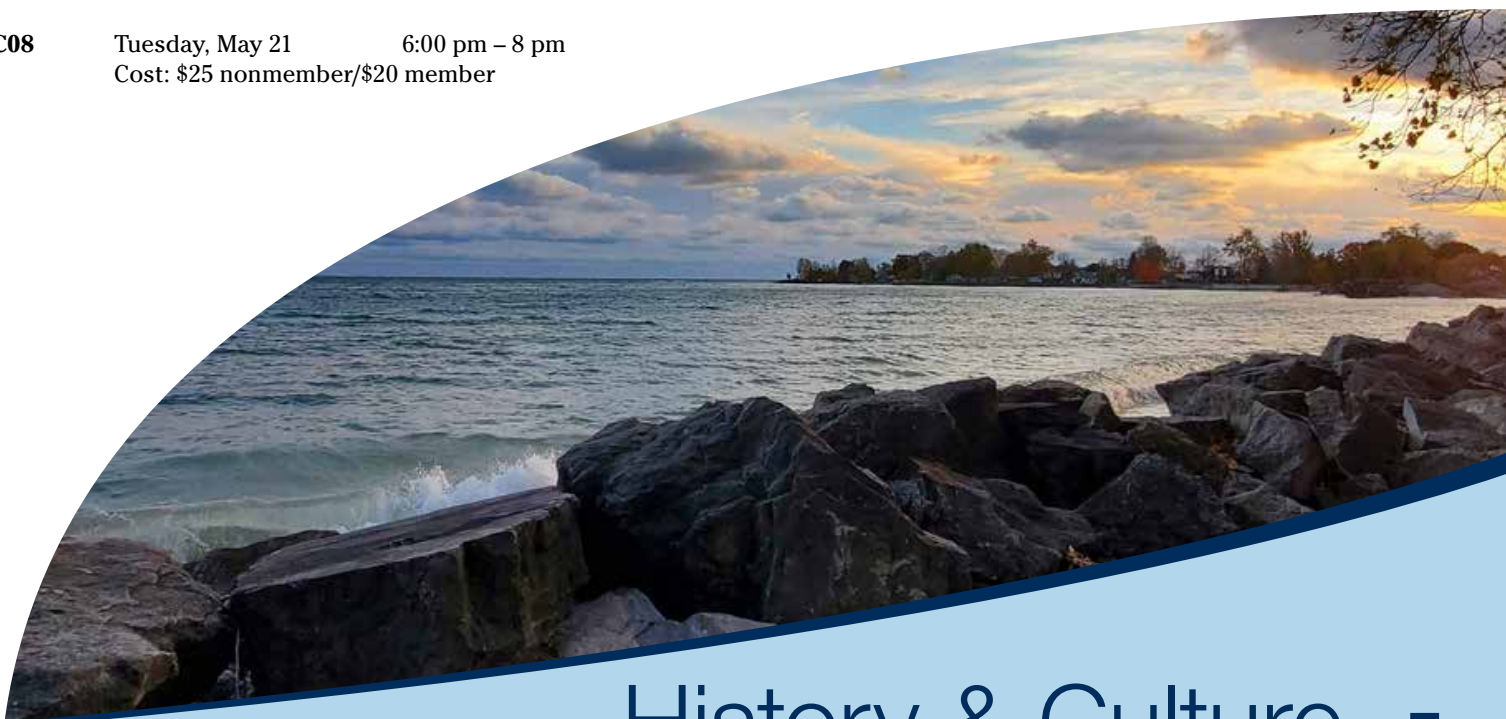
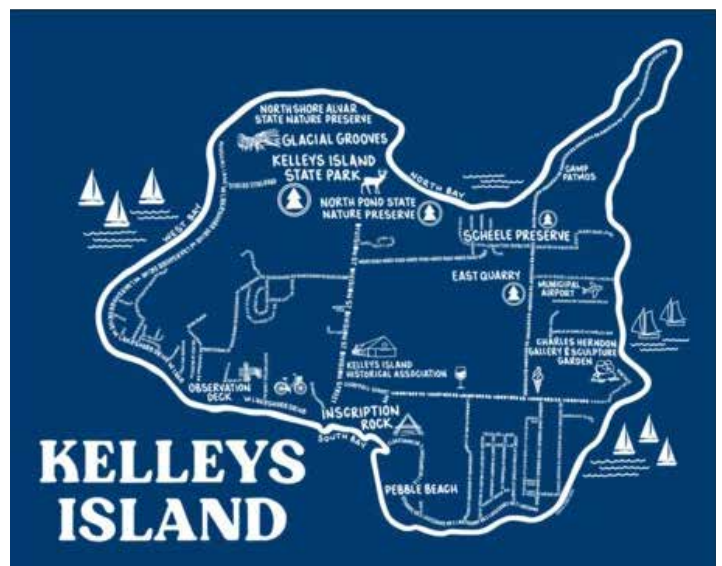
**24SELC08**      Tuesday, May 21      6:00 pm – 8 pm  
Cost: \$25 nonmember/\$20 member

## “Motown!”

In 1959, A young man in Detroit named Berry Gordy Jr. borrowed \$800 from his family and started his own record company called Tamala Records. One of his labels was “Motown”. His first successful act was “The Matadors” But their name was soon changed to “Smokey Robinson and the Miracles”. From 1961 to 1971, Motown record corporation produced 110 Top Ten Hits, from artists that included “Little Stevie Wonder”, “The Supremes”, “The Marvelettes”, “Marvin Gaye”, and many other favorites. Travel back with me in my musical time machine to the “1960’s and hear all the great Motown songs and stories about the performers.

**Instructor: Dan Baker**

**24SELC09**      Tuesday, May 7 & May 14th      6:00 pm – 8 pm  
Cost: \$30 nonmember/\$25 member



# 8 Hobbies/Cooking

## The Wonders of Warblers

Each Year, these marvelously colored birds make the extraordinary migration from as far as Central America to Canada and Alaska. Along the way, many stops in northern Ohio to refuel before crossing the lake and continuing their perilous journey. Northwest Ohio is known as “The Warbler Capital of the World” and each May, birders from all over the world come to see these amazing little birds. Learn what makes them so interesting and why birders love them in “The Wonders of Warblers.”

**Instructor: Rob Swindell, J.D., M.B.A., B.S., President, Black River Audubon Society**

**24SHOB10** Monday, May 6 10:00 am – 11:30 am  
Cost: \$20/\$15members

## Solar Eclipse 2024

Gene Zajac is a member of the Solar System Ambassador program NASA. Gene will be here to do a presentation and discussion on the total solar eclipse happening on April 8th. Gene will also have viewers for those registered for the presentation. You won't want to miss this!!

**Instructor: Gene Zajac, NASA Solar System Ambassador**

**24SHOB11** Wednesday March 27 10:00 a.m. – 12:00 p.m.  
**24SHOB12** Thursday March 28 6:00 p.m. – 8:00 p.m.  
Cost: \$25/\$20 members

## The Truth is Stranger than the Movie: Universal's "JAWS"

It was the summer of “75.” We were all there with our high school buddies waiting in the darkened movie theater to see a monster rise up from the deep. As the iconic theme music began, we realized we weren't going to be disappointed...and we weren't! Based on Peter Benchley's novel, JAWS broke box office records previously set by The Godfather and The Exorcist. Perfectly cast with Robert Shaw, Roy Schroeder, and Richard Dreyfuss, it won three of the four Academy Awards it was nominated for. It has even now spawned a hit play recently seen on Broadway. Figure that one out! As usual, we'll fill your heads with facts and fears, then watch this classic together, happily munching on popcorn. You don't want to miss this one. The music alone makes it worthwhile.

**Instructor: Kent McClary**

**24SHOB35** Wednesday April 10 6:00 pm – 8:00 pm  
Wednesday April 17 6:00 pm – 8:30 pm  
Cost: \$25 nonmember/\$20 member

## Adventures on The Rhine

We will take a pictorial tour of the Rhine River from Basel, Switzerland to Amsterdam, checking out several cities and their historic buildings and vineyards. We begin in Basel visiting a quaint pharmaceutical museum which includes a replica of an alchemist's laboratory. The city boasts many other important venues, such as the 17th Century Kunst museum, which is the first publicly-available venue for art in the world. Another stop is Strasbourg with its timber-framed homes and businesses, including Riesling wineries. The nationality of the town depended upon which country won the last war, Germany or France, so it is quite multicultural. A long stretch of the river includes dozens of castles, some decaying and others thriving. A highpoint will be a visit to the striking Gothic cathedral in Cologne. Touring this area would not be complete without peeking into a working Dutch windmill. These massive structures keep much of the country from being flooded. Andy has spent considerable time living and studying in Europe over the past several decades.

**Instructor: Andy Jorgensen, Professor Emeritus at the University of Toledo.**

**24SHOB36** Thursday, April 18 2:00 pm – 4:00 pm  
Cost: \$25 nonmember/\$20 member







# NATIONAL UNDERGROUND RAILROAD FREEDOM CENTER & HOLOCAUST AND HUMANITY TRIP

## APRIL 24TH

**DEPART: 6:30AM**

**COST: \$40 PER PERSON**

**DETAILS:**

**10AM: ARRIVE AT NATIONAL UNDERGROUND RAILROAD  
FREEDOM CENTER.**

**12PM: LUNCH (ON YOUR OWN)**

**1:30PM HOLOCAUST AND HUMANITY CENTER**

**3:30PM DEPART FOR TERRA**

**7:00PM ARRIVE AT TERRA**

**CONTACT [LEARN@TERRA.EDU](mailto:LEARN@TERRA.EDU) OR CALL 419-559-2255 TO  
RESERVE YOUR SPOT**



Jancy & David Wolf

**HOLOCAUST  
& HUMANITY  
CENTER**

# Life Scholars Special Events

## Dinner Club

Once a month    Third Thursday of every month    5pm  
**24SELC14    Life Scholar Membership Required**

Join the Dinner club on the third Thursday of every month for a fun, social evening as we tour different towns and enjoy dinner and friendship. You pay for your meal. We meet in the Terra State Community College parking lot at 5pm on that Thursday then it's off to a wonderful dinner. The cost is \$5.00 if you ride with us or you can meet us at the location. The restaurant is picked every month and we are open to suggestions.

**February 15th**  
**March 21st**  
**April 18th**  
**May 16th**

## Life Scholars Spring Sampler

Please join us for this wonderful celebration of the Life Scholar program at Terra State Community College. There will be a sampling of our courses planned for this spring. To reserve your seat, please call us at 419.559.2255 or email [learn@terra.edu](mailto:learn@terra.edu). Registration is required – the last day to register is January 3rd. Assorted desserts and beverages will be provided.

**24SELC16    Thursday, Jan. 11**  
**1:00 pm – 3:00 pm**  
**Cost: \$8**

## Eileen Perry Learning Table

Join us for our monthly luncheon and discussions. This special series is being provided at no cost due to the generosity of the family in remembrance of Eileen Perry. The learning table is held on the second Monday of each month. Lunch is provided. Registration is required so that we know how many to prepare for lunch. For more information on the upcoming schedule, visit our website at [learn.terra.edu](http://learn.terra.edu) or call us at 419.559.2255.

<b>24SEPL01</b>	Monday, January 8th 12 pm – 1 pm	YMCA
<b>24SEPL02</b>	Monday, February 12th 12 pm – 1 pm	P.T. Services
<b>24SEPL03</b>	Monday, March 4th 12 pm – 1 pm	Sandusky County Parks
<b>24SEPL04</b>	Monday, April 15th 12 pm – 1pm	Erie Shores & Islands





## All Write! All Write!! All Write!!!

A group of writers who meet to share their writing, explore new genres, entertain guest writers, and share duties of facilitating meetings. Group meets weekly, planning the schedule by month. Meetings include reading, writing on a provided prompt, and sharing a learning topic. (Life Scholars writing group).

**24SELC17** Jan. 5th is the first meeting of 2024  
(then meets every other week)  
1:00 p.m. – 2:30 p.m.  
Cost: \$15 non-members / \$10 members

## Fun with Poetry

Reading and discussing poetry can be both enlightening and enjoyable, even if you're not a masochist, as many Life Scholars have learned. This two-session class will again tackle a number of new poems by several different poets. Poetry is really just language set to music in an almost unlimited variety of ways to communicate thoughts and feelings with one another. The aim of the class is to learn more about the lives of some good poets and how their poems were written, so that we can appreciate them more. And hopefully you'll discover it really can be fun!

**Instructor: Larry Michaels**

**24SELC18** Mondays, Mar. 18 & 25 1:00 pm – 2:30 pm  
Cost: \$15 nonmembers/\$10 members

## Terra State Music Ensembles

Did you know that Terra State Community College offers a wide variety of music classes, ensembles, and recording sessions? Check out some of the great opportunities for community members. There is more information on our website at [terra.edu/community](http://terra.edu/community).

### Terra State Music Academy Private Lessons

The Terra State Music Academy offers high-quality musical training for all ages. We offer two different lesson packages to help fit your schedule and needs, whether a 6-lesson package with 45-minute lessons, or 9 lesson packages with 30-minute lessons. Lessons are held at Terra State and can be arranged to fit your schedule. For more information, or to register for lessons, call 419-559-2153 or email [music@terra.edu](mailto:music@terra.edu). Cost is \$175. There are no discounts on private music lessons.

### Terra State Ensembles

Do you love to play an instrument or sing? Did you know that Terra State has numerous music ensembles that community members can participate in including brass choir, symphonic band, percussion ensemble, Terra Choral Society, symphony orchestra, and chamber strings? Ensembles meet once per week for rehearsal each semester and, generally, each group participates in at least one performance per semester. For more information, call 419-559-2153 or email [music@terra.edu](mailto:music@terra.edu).

### Terra State Recording Studio

Are you looking for somewhere to record your voice over or musical talents? Check out the state-of-the-art recording studio at Terra State Community College. This is a great opportunity to produce commercials, radio programs, movie trailers and music recordings. Studio services available include production, recording, mixing, mastering, and digital transfer. The facility is also equipped with in-house musicians and personnel to help artists create projects from beginning to end. For more information, pricing, or to book recording studio time, please contact the Terra State Music Department at 419-559-2153 or email [music@terra.edu](mailto:music@terra.edu).

## Lifelong Learning Book Club

Do you love examining great books? Join us for the Lifelong Learning Book Club! Each month, we will examine a new book, suggestions are welcome, and go through several discussion questions that help us delve deeper into the book and topics presented. The discussions are led by a new person each month to ensure a variety of topics. Since the club meets during lunchtime, be sure to bring your lunch or snack! Our fall booklist will be coming soon! You only have to join the club once to attend the entire year, year starts in September 2023 and concludes in August 2024. Check out our exciting book list for this year:

**September:** The Girls in the Stilt House by Kelly Mustian  
**October:** The Book of Cold Cases by Simone St. James  
**November:** Round Ireland with a Fridge by Tony Hawk  
**December:** Lillian Boxfish Takes a Walk by Kathleen Rooney  
**January:** Hidden Valley Road by Robert Kolker  
**February:** The Shell Collector by Anthony Doerr  
**March:** The Book of Lost Friends by Lisa Wingate  
**April:** The Last Thing He Told Me by Laura Dave  
**May:** Grey Mountain by John Grisham  
**June:** Home (Autobiography) by Julie Andrews  
**July:** House Rules by Jodi Picoult  
**August:** Anxious People by Fredrik Backman  
**September:** Signal Fire by Danni Schapiro

**24SELC19** Meets on the Fourth Friday of every Month  
Cost: \$20 non-members / \$10 members

## Forensic Psychology – It’s a lot More Than Profiling

Have you watched Criminal Minds? Were you enthralled by the two FBI agents who took us into the mind of serial killers on Netflix’s Mindhunter? Television shows such as these have led to people having a narrow view of forensic psychology. This course will take you beyond “profiling” and explore the many ways that psychology influences both the criminal and civil justice systems. Assessing the mental health of a criminal offender for judging insanity, designing rehabilitation/treatment programs for criminal offenders, studying how people process and store information and how that is relevant, for example, to wrongful convictions and testifying as an expert witness are a few of the major forensic applications of psychology that will be covered in the class.

**Instructor: Steven D. Hurwitz, Ph.D., Professor Emeritus of Psychology and Criminal Justice**

**24SELC20** Monday, Feb 12th & Wed. Feb. 21  
10:00 am – 11:30 am  
Cost: \$30/\$25 members

## U.S. Constitution

This spring Sara, Tom, and Randy will kick off the discussion on different amendments of the Constitution and how they impact us today.

**Instructors: Sara Sherick, Tom Stierwalt, Randy Hoffman**

**24SELC21** Wednesdays, March 6th & 13th  
2:00 pm – 4:00 pm  
Cost: \$25/\$20 members

## Holy Week in Jerusalem: A Historical Perspective

Join us for a presentation showing the events from Palm Sunday to Easter based on the biblical narrative, the Roman political situation at the time, and the religious tensions and expectations in Jerusalem during Pontius Pilate’s term as Procurator from 26 to 36 A.D. A deeper understanding of the events of this week can help provide insight into the beginnings of Christianity and also to perhaps the greatest influence on the history of the past two millennia.

**Instructor: Larry Michaels**

**24SELC22** Monday, March 25  
10:00 am – 11:30 am  
Cost: \$15/\$10 members

## Dreams

Common to most people, dreaming projects our feelings and concerns from our unconscious mind. This talk will focus on dreams and their effects on the waking world. How dreams become reality gives an intriguing look on how the unconscious mind affects world events.

**Instructor: Mike Gilbert**

**24SELC23** Tuesday, May 7th 10:00 am – 11:30 am  
Cost: \$20/\$15 members

## “History of Aromatherapy and Healing Oils of the Bible”

This course will discuss the history of aromatherapy and several essential oils and their therapeutic benefits. We will discuss safe blending of oils for use and blends for particular ailments. This course will also review the essential oils discussed in the Bible, their uses then and their therapeutic benefits.

**Instructor: Peggy Wammes RN, Certified Aromatherapist.**

**24SELC36** Tuesday, April 9 5:00 pm – 7:00 pm  
Cost: \$25 nonmember/\$20 member

## God and the History of Religion

Throughout recorded human history, there appears to have been a relationship existing between God (the Supreme Being), His creation, and mankind. This continues to today with over 6 billion people believing in the existence of a Supreme Being but perhaps differing on cultural interpretations. The various human cultures recorded these stories/myths and made them integral to their societal existence. In God and the History of Religion – Part 1, we will look at the Anthropological progression involving the concepts of God and mankind’s understanding from the first member of the human race, Lucy (approx. 300,000 BCE) to Abraham (approx. 2300 BCE).

**Instructor: John Krochmalny**

**24SELC24** Wednesday’s April 24, May 1  
10:00 am – 11:30 am  
Cost: \$35 nonmember/\$30 member

## Cutting the Cord

Are you feeling overwhelmed with all the options for watching TV and movies in your home or on your favorite device? With over 200 streaming options, the choices can be difficult. We will cover some of the most popular streaming services and the hardware you need to watch them. This will include everything from free apps to services with a monthly subscription. We will also look at whether getting a TV antenna might be a viable option to get local channels for free.

**Instructor: Tim Wasserman**

**23SELC25**      Friday      April 12      9am- 11am  
Cost: \$25 non-members / \$20 members

## Podcast 101

Learn about podcasts, a digital form of media that allows individuals, groups, or organizations to share their knowledge, expertise, stories, or perspectives on a wide range of topics.

During the course you will learn how to subscribe, download and manage your podcasts. Discover the wide range of podcast genres, including storytelling, news, history, health, true crime, interviews and more. Find out the different devices you can use to listening to podcasts and the various apps you can download.

**Instructor: Tim Wasserman**

**24SELC26**      Friday      April 19      9am-11am  
Cost: \$25 non-member / \$20 members

## Artificial Intelligence (AI) What is it? It's Impact

Artificial intelligence (AI) is technology that allows a computer to think or act in a more humanistic way. Want to know more about what it is, how it impacts you, and why you may want to embrace it? In this course you will learn the meaning behind AI terminology, and what realistically AI can do. This course will also give an introduction to ethical uses and societal issues and concerns around AI.

**Instructor: Julie Ann Hamann, Director Technology Support Service BGSU Firelands**

**24SELC28**      Monday      March 4th      10am-12N  
Cost: \$30 non-members / \$25 members





## **American Heart Association: CPR & BLS Certification**

This course is for healthcare professionals or anyone who needs to know how to perform CPR, as well as, other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings. In the classroom, students participate in simulated clinical scenarios and learning stations while working with an American Heart Association Basic Life Support instructor to complete BLS skills practice and skills testing. Students also complete a written exam. An AHA BLS for Healthcare Providers Course Completion card is valid for two years.

***Spring Dates Coming Soon! Contact our office for more information!***

## **American Heart Association: Heartsaver® First Aid**

The Heartsaver® First Aid course trains participants first aid basics for the most common first aid emergencies, including how to recognize them, how to call for help, and how to perform lifesaving skills. This class is for anyone with limited or no medical training who needs to know how to perform CPR and First Aid, as well as, other lifesaving skills to meet a job requirement.

***Spring Dates Coming Soon! Contact our office for more information!***

## **CDL Training**

Truck drivers are in high demand! Terra State & Trainco Truck Driving School's partnership means you can get your CDL training and earn college credits for Terra State at the same time. Classes will be offered at Terra State Community College with on-the-road and skills training at Trainco's Perrysburg campus. Transportation from Terra will be provided. Trainco, in collaboration with Terra State Community College, provides its participants access to college credits. Each participant received 6.5 college credits for Truck Driving and Shop Truck Operations that can be used toward a degree at Terra State. For more information, contact the Tammy at Trainco at Tdeselms@traincoinc.com or 419.837.5730.

## **Motorcycle Ohio Safety Training Course**

Terra State Community College in partnership with the Ohio Department of Public Safety (ODPS) is pleased to offer Motorcycle Ohio safety training. Basic Rider courses are offered April through October. The Basic Rider Course (BRC) is recommended for beginning riders. If you already ride, but have never taken a safety course, the BRC also includes many tips and practices for riders with intermediate skills regardless of how many years/miles you have ridden. Students who successfully complete the Motorcycle Ohio Basic Rider Course (BRC) will have the State of Ohio skill test waived and will receive their motorcycle endorsement or license upon presenting their BRC Course Completion card to a Deputy Registrar (Bureau of Motor Vehicles). Students must have a valid TIPIC (Temporary Instruction Permit Identification Card) or endorsement to register and attend the Basic Rider Course. Classes fill quickly, so make plans now and register early. Students must pay a non-refundable registration fee of \$50. To see a complete schedule or register for the Motorcycle Ohio training course, visit [www.motorcycle.ohio.gov](http://www.motorcycle.ohio.gov). If you have questions, please call **Rob Brookman**, Terra State's MOTORCYCLE SAFETY PROGRAM COORDINATOR, 419.559.2110.

## **Ohio Real Estate Licensing**

In partnership with Hondros College, Terra State offers online Ohio Real Estate license courses that can be completed on your own schedule. Visit [terrastatecc.fastclass.com](http://terrastatecc.fastclass.com) for more information, or call us at 419.559.2464.

## **State Tested Nursing Assistant Training (STNA) – A Terra State and Fostoria Learning Center**

STNA's are in high demand in our area! After completing this course, students will be prepared to take the State written and competency exam. The state exam fee of \$104 is not included in the cost of this class. Before the first day of class, students must read and sign a code of conduct contract to be officially registered. This is an 76-hour class: 60 hours are held at Fostoria Learning Center over a three-week period. Clinicals are held at a local healthcare facility; the 16 hours will be on one weekend, both Saturday and Sunday, from 7:30 a.m. – 3:30 p.m. A four-hour review will be held the evening before the state test. Call us at 419.559.2464, or check online at [terra.edu/](http://terra.edu/) Kern for dates. Cost: \$850.00

***Terra State offers a wide variety of additional professional development and career training programs, both in-person and online. The offerings are limitless! For additional information, please visit our website at [terra.edu/](http://terra.edu/) community/kern Center.***

# 16 Seminars & Workshops

## Social Security Workshops

Seize Today. Secure Tomorrow. “One Size Fits All” works for Life Vest, not Retirement Plans. Join me to get some answers to the most common questions about your benefits, this class will be a great resource for you as you approach retirement and decide how you want to claim your Social Security Benefits. Great for ages 45 and older.

**Instructor: Patricia Gerber**

<b>24SELC30</b>	Wednesday, Mar. 20 Cost: \$0	10:00 am – 11:30 am
<b>24SELC31</b>	Monday, Apr. 22 Cost: \$0	5:30 pm – 7:00 pm

## Medicare Workshops

Aging comes naturally. Deciphering Medicare doesn't. This workshop is designed to help you gain knowledge of how Medicare works, what options are available to you and help you make informed decisions. Great for those turning 65 this year, those who have already turned 65 and those how are on or about to be approved for disability.

**Instructor: Patricia Gerber**

<b>24SELC32</b>	Wednesday, Feb. 7 Cost: \$0	1:00 pm – 3:30 pm
<b>24SELC33</b>	Monday, March 18 Cost: \$0	1:00 pm – 3:30 pm
<b>24SELC34</b>	Wednesday, Apr. 3 Cost: \$0	3:00 pm – 4:30 pm



## **Retirement Planning Today ® (RPT)**

Are you between the ages of 50 and 70 and want to learn more about retirement planning? Let former Terra State graduate, Christopher McIntire help you sort through the endless information. This course contains something for everyone. We address financial issues that pertain to self-employed, as well as employees of corporations and government agencies. Designed to teach you how to build wealth and align your money with your values, whether you plan to retire 20 years from now, or have just recently retired. This course isn't trying to sell you a service, it is meant to inform you of your retirement options and how to accomplish your financial goals. \*Cost is for you and a spouse/guest and includes one book. \*\*NOTE: To Register for either of these classes, Call 1-866-695-2620.

***Instructor: Christopher McIntire, McIntire Retirement Services***

**24SELC35**      Thursday's, April 11 & 18 6:00 pm – 9:00 pm  
Cost: \$49 (not eligible for any discounts)

## **Genealogy: Private Lessons**

Lisa will work with you one on one to solve your genealogy problems. She will use family search and other internet websites to help you find the answer to your road blocks. Please contact Lifelong Learning at 419-559-2255 to schedule individual sessions.

***Instructor: Lisa Hasselbach***

**24SELC15**      Private Sessions January – June 2024  
Cost: \$15 nonmember/\$10 member



Training













# Kids COLLEGE

## Mark Your Calendars!

Next year's KidsCollege will be  
July 15th-July 18th, 2024

Classes will run from 8:30 a.m. - 3:15 p.m. with an optional  
end of the day program until 5 p.m.\*

You may add your contact information to our mailing list by emailing [learn@terra.edu](mailto:learn@terra.edu)

\*Additional cost for end of day program

