

INSTITUTE FOR LEARNING IN RETIREMENT PAST COURSE OFFERINGS*

*These course examples are for illustration purposes only and are not currently available.

Please check this website starting 11/16/26 for our Winter 2027 catalog

SPRING 2026

MON	4/6/2026 - 5/11/2026
	Course Name
S26-01	Masters of Art: A Review of Selected Great Artists in History NEW
S26-02	Ancient Wisdom In the Modern World NEW
S26-03	Cleveland: The Renaissance City NEW
S26-04	100 Years of Comedy - Part 3 NEW
S26-05	The Next Steps: To Understand, Support Others and Help Oneself to Navigate Loss ONGOING
S26-06	Behind the Scenes of Your Favorite Films NEW
S26-07	Knights and Castles REPEAT from Spring '23
S26-08	Spring is Spectacular in Cleveland Metroparks NEW
S26-09	The History of the English Language NEW
S26-10	"I Remember Mama" - Iconic Mothers from the World of Film and Television NEW
S26-11	God and Your Brain NEW
S26-12	Spooky Cleveland REPEAT from Winter '25

FALL 2026

MON	9/14/2026 - 10/19/2026
	Course Name
F26-01	American Artists NEW
F26-02	Medieval History and Viking Lore NEW
F26-03	Book Folding ONGOING
F26-04	A Century of Comedy From Vaudeville to Duck Soup NEW
F26-05	The Facts of Fascism NEW
F26-06	America’s Relationship to the Indigenous Population
F26-07	The Midi Crossbody Bag NEW
F26-08	Mixed Media: Acrylics and Oils
F26-09	Energy For Earthlings Part 1 NEW
F26-10	Cleveland Rocks and So Do You!! Part 3 NEW
F26-11	American Cinema in 18 Films - Part 2: 1946-1976 NEW

TUE	4/7/2026 - 5/12/2026
	Course Name
S26-13	Book Folding ONGOING
S26-14	Cleveland Rocks and So Do You!! - Part 2 NEW
S26-15	Amazing Trees REPEAT from Fall '25
S26-16	Wilderness in Your Yard REPEAT from Spring '25
S26-17	Making the Talise Bag NEW/ONGOING
S26-18	My Brain—Or Is It Memorex NEW
S26-19	Connecting the Physical Practice with the Philosophy of the 8 Limbs of Yoga NEW
S26-20	Historic Sites Hidden in Plain Sight - Part 2 NEW
S26-21	Religious Faiths and Their Places of Worship - Part 2 NEW
S26-22	Artificial Intelligence ONGOING
S26-23	Low Impact Adult/Senior Exercise Class Using Irish Dance Basics ONGOING
S26-24	History of the American Gilded Age (1865-1900) NEW

TUE	9/15/2026 - 10/20/2026
	Course Name
F26-12	Eco Printing on Fabric - NEW
F26-13	Justice - More or Less: 40 Years at the Trial Table REPEAT from Fall '25
F26-14	My Brain—Or Is It Memorex REPEAT from Spring '26
F26-15	Watercolors 101 NEW
F26-16	The Life and Times of Richard Nixon Part 1 NEW
F26-17	Introduction to the Spectrum of the 7 Chakras NEW
F26-18	VOTE: How Elections Change America NEW
F26-19	Western Europe in the Middle Ages NEW
F26-20	Historic Sites Hidden in Plain Sight - Part 3 NEW
F26-22	The American Frontier or Wild West Part 1 NEW

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WED	4/8/2026 - 5/13/2026
	Course Name
S26-25	Basic Drawing ONGOING
S26-26	A Look at Six Supreme Court Cases Including Current and Historic NEW
S26-27	Famous and Not So Famous Folk - Part 2 NEW
S26-28	“Brave, True-Hearted Women:” Women in Cleveland History NEW
S26-29	The Life Cycle of Stars NEW
S26-30	Exploring Positive Psychology and How to Apply It to Our Daily Life NEW
S26-31	The Glorious Cause - Part 2 NEW
S26-32	Chair Yoga with Lite Lifting - The Importance of Movement ONGOING
S26-33	Heroes and Spies NEW
S26-34	Hitchcock in the Sixties NEW
S26-35	Quilting: The Fancy Fence Rail Quilt ONGOING

WED	9/16/2026 - 10/21/2026
	Course Name
F26-23	Basic Drawing ONGOING
F26-24	A Look At Six Supreme Court Cases Including Current and Historic NEW
F26-25	The Cold War: The World In Which We Grew Up NEW
F26-26	Wedded, Bedded and Beheaded: Louis and Marie Antoinette REPEAT from Winter '23
F26-27	The Many Muni Facts of the Universe Or... The Muniverse As Observed by Len Muni NEW
F26-28	Unlock the Secrets of the Pointed Pen (Calligraphy) NEW
F26-30	Chair Yoga and the Importance of Movement ONGOING
F26-31	It's All About Bourbon REPEAT from Winter '25 with some new content
F26-32	The Majesty and Diversity of Great Lakes History NEW
F26-33	Demystifying the Technology In Your Life NEW
F26-34	Cleveland's Main Street: A History of Euclid Avenue NEW

THU	4/9/2026 - 5/14/2026
	Course Name
S26-36	The Best Medicine NEW
S26-37	Tai Chi and Qi Gong ONGOING
S26-38	Three Genres, One Cuppa: Exploring Movies, Literature and TV Through Tea NEW
S26-39	The History of NASA NEW
S26-40	Thirteen Days That Defined America: Lincoln's Pivotal Days to Power/The Cuban Missile Crisis NEW
S26-41	Sign Language is Fun! ONGOING
S26-42	The Story Behind the Stories NEW
S26-43	The U.S. Navy in the Pacific: 1943-1945 NEW
S26-44	Beer and Breweries, Cleveland Style NEW

THU	9/17/2026 - 10/22/2026
	Course Name
F26-35	Quilting - Jelly Roll Sampler Quilt ONGOING
F26-36	Tai Chi and Qi Gong ONGOING
F26-37	Spilling the White House Tea: A Presidential Look at Tea NEW
F26-38	Mind of the Universe NEW
F26-39	The Wright Brothers NEW
F26-40	Architectural Intelligence NEW
F26-41	Historical Events and Their Impact on American Life: 1970s to the Present NEW
F26-42	Autumn in Northeast Ohio REPEAT from Fall '25
F26-43	Sign Language is Fun! ONGOING
F26-44	Alfred Hitchcock: Capping a Career NEW