

*Connecting Seniors Through Lifelong Learning*

LIFETIME  
LEARNING  
INSTITUTE  
S U N Y  
NEW PALTZ



## SPRING 2025 COURSES

NON-CREDIT AND NON-COMPETITIVE COURSES

SPONSORED BY SUNY NEW PALTZ

THE OFFICE OF GRADUATE AND EXTENDED LEARNING

ROAD SCHOLAR – LLI RESOURCE NETWORK

LLI IS A VOLUNTEER MEMBER-RUN ORGANIZATION

REGISTER BY  
**MARCH 1**

CLASSES FILL  
EARLY

## **Welcome to our Spring 2025 Catalog**

As a history buff and a retired Social Studies teacher, I can't help but note that this year, 2025, is the 250<sup>th</sup> anniversary of the creation of our country. It was on April 19<sup>th</sup>, 1775 that the "***Shot heard round the world***" was fired in Lexington, Massachusetts.

The American Revolution was shaped by the aspirations of ordinary people to make fulfilling lives for themselves and their families. So, what does this have to do with the Spring Catalog of Lifetime Learning?

LLI was founded 18 years ago by a group of people who wanted to promote diverse and enriching learning experiences for older adults by providing opportunities for social interaction, and encourages individuals to use their knowledge and skills in creative ways.

In the following pages you will find over 30 classes that offer ways to use your knowledge and or skills in ways that will help fulfill your lives. You may find among these classes one or two that could help change your life by learning something new or introducing you to a skill you didn't realize you had.

As you peruse this catalog, I suggest that you not look just for something you like, but also something new and challenging that you might never have thought might interest you. Don't depend on one class but open yourself to something new.

***Revolutionize yourself!!!***

***Marilou Abramshe***

**LLI Council Chair**

## MEMBERSHIP AND FEES

You must be a member to register for classes. If you joined LLI with an Annual Membership (\$120 per person) in Fall 2024, there is no additional fee. The 2024–2025 membership year runs from July 1 through June 30. If you chose a per semester membership (Fall & Winter), the fee is \$75.00 per person for the Spring session. If you are a new or returning member, the fee is \$75.00 for the Spring session. Membership fee is non-refundable.

## REGISTRATION

This catalog represents classes covering the coming Spring semester. **REGISTRATIONS WILL BE CONSIDERED ON A SPACE AVAILABLE BASIS IN THE ORDER RECEIVED, WITH THE EXCEPTION OF LOTTERY and PREFERENCE CLASSES (See below).** There is no limit to the number of classes you can choose.

Registration confirmation letters will be mailed in early March.

Classes begin the week of March 17<sup>th</sup> unless otherwise noted.

**March 1<sup>st</sup> IS THE DEADLINE FOR REGISTRATION**

*Catalog and Registration will be online at [newpaltz.edu/lifetime](https://newpaltz.edu/lifetime)*

*Or use the Registration Form link at <https://forms.gle/zusjKz3peidhVKZo7>*

## THE LOTTERY AND PREFERENCE SYSTEMS

Some classes have a limited size. It has been decided to implement a lottery system for these classes. Lottery classes (limited to 10 participants or less) are indicated on the registration form and in the catalog with the word **LOTTERY**. Some classes are marked as **PREFERENCE**. Participants who have never taken the class will be given priority to register. If the class limit is not reached, others will be admitted in the order of their registration date. A wait list will be created from the remaining names for both types of classes.

## SPRING 2025 LLI COURSES

There are 34 classes being offered this Spring. In-person classes will meet at several locations on Monday, Tuesday, Wednesday or Friday. Online classes will meet via Zoom on Thursday. Unless otherwise indicated, all in person classes are 75 minutes long and Zoom classes are 90 minutes long.

<b>EL - Elting Memorial Library</b>	93 Main Street
<b>MN - Minnewaska State Park Preserve</b>	5283 Rt 44/55 Kerhonkson, NY
<b>NP - New Paltz Community Center</b>	3 Veterans Drive (off of North Chestnut Street)
<b>RE - Redeemer Lutheran Church</b>	90 Route 32 South (South Manheim Blvd)
<b>SJ - St Joseph Catholic Church</b>	34 South Chestnut St (Elting Ave)
<b>SU - SUNY New Paltz Campus</b>	VandenBerg Building and Dorsky Museum
<b>ZM - Online via Zoom</b>	

## PARTICIPATION AND CLASS DECORUM POLICY

SUNY New Paltz Lifetime Learning Institute (LLI) Members may experience a wide range of teaching styles guided by Presenters. In order to promote a dynamic learning environment and encourage a sense of community that is comfortable and accommodating, members are expected to behave in a manner that is respectful and courteous and does not distract from or disrupt the teaching and learning experience. Admission and participation in classes are within the sole discretion of LLI which reserves the right to revoke admission, limit or revoke class participation, or revoke membership at any time if the Council officers reasonably determine a participant's condition, behavior or actions are inappropriate or disruptive.

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\* Indicates this course is offered online via Zoom

Lifetime Learning Institute

**MISSION STATEMENT**

The Lifetime Learning Institute of SUNY, New Paltz promotes diverse and enriching learning experiences for older adults, provides opportunities for social interaction, and encourages individuals to use their knowledge and skills in creative ways.

Adopted 3/7/2008

Lifetime Learning Institute PO Box 275 New Paltz, NY 12561 845-257-2892

## TUESDAY EIGHT-WEEK COURSES (T-8)

March 18, 25, April 1, 8, 22, 29, May 6, 13 (no class on April 15)

### BEGINNER TAP DANCE

Anita-Jean McMonigle

Redeemer Lutheran Church

**T1 11:15 - 12:30**

A basic course covering beginning tap steps and a little history of tap dance.

Tap shoes are required, or hard soled shoes.

**Anita-Jean McMonigle** has taught dance in the Hudson Valley Area for over 50 years. She is a past President of the National Association of Dance and Affiliated Arts, Inc. She currently is First National Vice President of this Organization, having also served as National President and Chair of the Board. She is also a member of Dance Educators of America. She has appeared on the faculty of many dance organizations across the USA. Anita-Jean has been an LLI presenter for many years.

### GENTLE YOGA

Debra Kelley

Redeemer Lutheran Church

**T2 11:15 - 12:30**

**CLASS LIMIT: 25**

Gentle Yoga is a beginner-friendly class. All experience levels are welcome, from curious newbies to experienced yogis.

Special attention is given to accessibility while maintaining just enough of a challenge. You'll feel great at the end of class! Bring your own mat. Yoga blocks and a towel or blanket are helpful, but optional.

**Debra Kelley** has enjoyed the benefits practice for twenty years. She recently completed Yoga Teacher Training and a course in Yoga for Osteoporosis.

### TIBETAN MOVEMENT MEDITATION

(Cultivating Inner Balance and Joy)

Diana Shapiro

Elting Memorial Library

**T3 11:15 - 12:30**

Learn simple movement meditation practices to jumpstart a mindfulness practice or deepen an existing one. Kum Nye yoga (Kum Nye means massaging the body, on various different levels) not only helps develop/deepen our mindfulness practice. It also creates balance and harmony in the body, and promotes the flow of energy through all the energy centers, releasing physical and emotional blockages.

**Diana Shapiro** has been practicing Kum Nye yoga since 2000 and is now a certified teacher through the Nyingma Institute for Tibetan Buddhism in Berkeley, CA.

### INTERMEDIATE TAP DANCE

Anita-Jean McMonigle

Redeemer Lutheran Church

**T4 1:00 - 2:15**

A course of more advanced steps for those who took the beginner class.

Tap shoes are required, or hard soled shoes.

**Anita-Jean McMonigle** has taught dance in the Hudson Valley Area for over 50 years. She is a past President of the National Association of Dance and Affiliated Arts, Inc. She currently is First National Vice President of this Organization, having also served as National President and Chair of the Board. She is also a member of Dance Educators of America. She has appeared on the faculty of many dance organizations across the USA. Anita-Jean has been an LLI presenter for many years.

## TUESDAY EARLY FOUR-WEEK COURSES (T-4E)

March 18, 25, April 1, 8

### BEGINNER LINE DANCE

Paula Greenspan

Redeemer Lutheran Church

**T5 9:45 - 11:00**

**CLASS LIMIT: 25**

Learn and practice some basic line dances to Pop and Country Western music, with an emphasis on having fun and moving within our individual abilities. Line dancing is done singly, no partner required. We dance in rows, not touching each other.

Wear comfortable and supportive shoes, ideally with a hard sole. It's an aerobic activity so consider dressing lightly or in layers.

You'll receive step sheets and links to videos of the dances so you can practice between classes, but it's not required.

If you took Beginner Line Dance in Fall 2024, you can take it again. We'll learn different dances, with no overlap.

**Paula Greenspan** has loved dancing since she took a Tap and Tumbling class at age 5, and has carried her passion throughout her life and across several continents. She enthusiastically participates in several types of folk and popular dancing, and enjoys sharing her passion for joyfully moving to music. She leads line dancing regularly in Poughkeepsie, where she also teaches ENL (English as a New Language).

## TUESDAY LATE FOUR-WEEK COURSES (T-4L)

April 22, 29, May 6, 13

### SWING DANCE - PART 2

Ron Fields

Redeemer Lutheran Church

**T6 1:00 - 2:30 (90 minutes)**

**CLASS LIMIT: 20**

This class is a continuation of Introduction to Swing Dance and will include variations of Swing such as the Lindy Hop, Balboa and the Charleston. The course will include the demonstration and practice of the characteristics of partner dancing in the above Swing Dance modes, as well as some lecture on the History of Swing Dance and Swing Music.

**Ron Fields** has been a student of Swing Dancing for the past 20 years and continues to be in the present.

He has also taught East Coast Swing and the Lindy Hop and a course in the *History of Dance and Popular Music* for the Lifetime Program at Bard College.

**Always walk through life as if you  
have something new to learn and you  
will — Vernon Howard**

## WEDNESDAY EIGHT-WEEK COURSES (W-8)

March 19, 26, April 2, 9, 23, 30, May 7, 14 (no class on April 16)

### ARTIFICIAL INTELLIGENCE IN THE NEWS

Don Grice

SUNY Campus

W1 9:30 - 10:45

The field of AI is in the news constantly and is changing very rapidly. The introduction of the new AI training capabilities has opened up a brand new opportunity for Application Designers to combine AI and traditional computer methods to provide tools that were previously impossible. We will spend a good portion of each of the 8 classes discussing what the latest developments in the news are and what they might mean to you and society in general. If the new developments involve new or unfamiliar technologies or terminology, we will take some time to talk about the background needed to understand the news in those cases.

The AI industry is maturing and is turning from the Research Oriented attention grabbers to more practical offerings that provide real life benefits. We will spend some time in each of the sessions looking at some specific offerings and what you might expect to be able to do with them if you are interested.

**Don Grice** has a PhD in Electrical Engineering and worked at IBM in system design for close to 50 years, including a big emphasis on Man-Machine Interaction and large scale parallel supercomputing. His thesis was in the area of Voice Recognition and Communication similar to what we all take for granted today with **systems** like Siri and Alexa. He also worked with IBM's Research Division on programs like Deep-Blue the Chess playing machine, and Watson the Jeopardy machine.

### AUTHORITARIANISM AND THE ARTS

Chuck Mishaan

SUNY Campus

W2 12:30 - 1:45

This course will examine how the literary, visual and performing arts have functioned in authoritarian societies, the role they play in supporting or opposing those societies, and some of the consequences of dissident artistic expression. The course will discuss specific artistic works and present video excerpts of relevant performances and analyses. As appropriate, content may be updated in light of ongoing current events.

**Chuck Mishaan** lectures and writes on the intellectual, political and artistic history of Western Europe from the period of the Enlightenment to the present day. He has been presenting his popular classroom series on Opera as Politics for several years at SUNY New Paltz and other area LLIs.

**Do you have a skill or hobby you would like to share?**

**Contact the Curriculum Committee through LLI at:  
845-257-2892 or  
lifetime@newpaltz.edu**



## THE ART AND HISTORY OF PUPPETRY

Fred Wolinsky

SUNY Campus

**W3 2:00 - 3:15**

This course will present the history and culture of puppetry throughout the ages and around the world, the different styles of puppetry, the uses of puppets in film, television, and theater, as well as some behind the scenes insights. Highlighting the presentation will be pictures and videos, including from the presenter's own professional puppetry background, and even some live puppet demonstrations.

**Fred Wolinsky** has been involved professionally in many areas of the performing arts throughout his life – actor, director, choreographer, producer, puppeteer, magician, ventriloquist, booking agent, audiobook narrator, and college teacher, working in NYC, the Hudson Valley, summer stock, and touring productions.

He created and managed his own national touring puppet theatre company for over 10 years, as well as operating a booking agency promoting touring productions of all kinds for young audiences.

He is also a nationally certified American sign language interpreter. Fred has written and produced elaborate puppet productions, trained puppeteers, built and designed puppets, and performed with puppets on stage, film, and TV. He looks forward to sharing his knowledge and passion for puppetry with you.

### WEDNESDAY EARLY FOUR-WEEK COURSES (W-4E)

March 19, 26, April 2

#### LAUREL CANYON - PART II

Richard Sullivan

SUNY Campus

**W4 11:00 - 12:15 (3 weeks)**

(No class on April 9)

Continuing the growth and development of music from this historic location and its effect on different genres. Where Rock 'n' Rollers made it their home for a while.

**Richard Sullivan's** interest in music goes back to his teens when he was in a *doo wop acapella* group. He has continued with that passion for many years.

For approximately 20 years he has been doing *Doo Wop and Soul* on the *DOO WOP CAFE*, an internet doo wop station. His passion for music rose as a result. One of the things he loves about teaching at LLI, is the input he receives from the class. He has learned so much via that route. He is looking forward to seeing you all in "Laurel Canyon, Part II"

## WEDNESDAY LATE FOUR-WEEK COURSES (W-4L)

April 23, 30, May 7, 14

### EARTH'S AMAZING HISTORY: BEGINNING TO END

**Chris Bernabo**  
**SUNY Campus**  
**W5 9:30 - 10:45**  
**CLASS LIMIT: 30**

We will explore the 4.6-billion-year history of Earth, discover the major changes that shaped our current world and peek at the planet's ultimate future. The course will cover all the key events such as the formation of the moon, origins of life, development of the atmosphere and oceans, formation of the continents, and the periodic mass extinctions and rebirths of biodiversity.

Earth's history is full of epic cataclysms that were turning points that opened the way for amazing new developments in the evolution of the planet and life. We also will learn how scientists work as detectives deciphering the planet's history from the geologic record.

Knowing history is always crucial to understanding the present and anticipating the future. In this time of major human-induced changes to our planet, you will gain valuable perspective on the past to put our present era in context.

**Chris Bernabo** has a Ph.D. in Earth Sciences. He has worked with governments, businesses, universities, and environmental organizations on programs addressing climate change, biodiversity, acid rain, sustainable forestry, and smart growth. His activities across the U.S., Europe, and Asia have involved research, teaching, and consulting.

### THE BOOK OF ESTHER

**Rena Blumenthal**

**SUNY Campus**  
**W6 12:30 - 1:45**

*The Book of Esther* is the source of the raucous Jewish holiday of Purim; but what is it even doing in the Bible? None of the characters seem to have any interest in religious practices, and God is not mentioned at all. This class will engage in a close reading of this most silly and secular of Biblical books, exploring the ways in which its very frivolity masks vital concerns about survival in a dangerous and seemingly God-less world. Although we will engage with the original Hebrew text, no knowledge of Hebrew is required. This will be primarily a discussion-based class.

**Rena Blumenthal** is a freelance rabbi based in New Paltz.

### ESP AND LIFE AFTER DEATH: Are They Real? Is There Evidence? **Stefi Morrison**

**SUNY Campus**  
**W7 2:00 - 3:15**

This course will discuss ESP, also known as PSI, the evidence and the Quantum Physics and Science that may be behind it. We will talk about telepathy; near death experiences and out of body experiences; after death communication, and evidential mediums.

**Stefi Morrison, PA-C** is a board certified physician assistant, with 32 years of clinical practice. She has always had a strong interest in the scientific method and in parapsychology or the paranormal, and has been researching this field for many years.

## CUISINES OF SOUTHEAST ASIA

Harvey and Joan Monder

St Joseph's Church

**W8 3:30 - 5:00 \* PREFERENCE \***

**CLASS LIMIT: 15**

**PREFERENCE GIVEN TO THOSE WHO HAVE  
NOT TAKEN THIS CLASS BEFORE**

The countries of Southeast Asia represent diverse cultures and environments. Years of strife have resulted in the cross-pollination of food ingredients and the way they are prepared and seasoned. Many of the exotic spices and condiments of the area are now easily found in this country.

This course will demonstrate the uses of some of these ingredients. There will be discussion and preparation of various dishes from four of the countries in the area: Indonesia, Thailand, Vietnam and Malaysia.

Students will have the opportunity to taste samples of the prepared dishes.

**MATERIAL COST: \$40.00**

**Harvey Monder** has been fascinated by the foods of Southeast Asia for over 65 years. His interest developed when he accidentally came across a book on Indonesian cooking.

Through the years his interests spread to incorporate much of the other countries of Southeast Asia. He is self-educated on their cooking techniques and ingredients. He has prepared representative meals from the area for parties and picnics for up to 100 guests.

In addition to his interest in Southeast Asia, Harvey has taught classes in Caribbean, Japanese and Mediterranean cuisines.

## DIALOGUES AT THE DORSKY

Zachary Bowman

DORSKY MUSEUM - SUNY Campus

**W9 3:30 - 4:45**

In this class, we will spend our time in the exhibitions at the Dorsky Museum, discussing exhibition and artwork content and how the work on view relates to our own lived experiences. The goal is not to evaluate or categorize the work we are seeing, but rather to take time to consider why it was made and what we might learn from it about the artists' ideas, ourselves, and the other members of the class.

**Zachary Bowman** is the Manager of Education and Visitor Experience at The Samuel Dorsky Museum of Art. He has been a museum educator for over 10 years, having worked and trained at both The Solomon R. Guggenheim Museum and the MoMA PSI in New York City

**LIFETIME LEARNING IS ON**

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SPREAD THE NEWS ABOUT LLI**

**"Lifetime Learning Institute - New Paltz"**

## FRIDAY EIGHT-WEEK COURSES (F-8)

March 21, 28, April 4, 11, 25, May 2, 9 16 (no class on April 18)

### MOVES IN THE MORNING

Susan Trager

Redeemer Lutheran Church

**F1 9:30 - 10:30 (60 minutes)**

**CLASS LIMIT: 25**

Start your day with **MOVES in the Morning**. A structured movement, dance and exercise class to music. Easy movement & dance patterns (walking, touch-step, rock step, etc.) with a focus on balance, strength and toning in a fun and relaxed atmosphere. The class ends with stretching and “centering” exercises. (One hour duration) A mat or towel is recommended for floor work. Weights allowed but not necessary. Dynabands provided by instructor during class.

**Susan Trager** has been an instructor (dance, personal training, aerobics) for over 40 years. She has taught in NYC, Germany, and has had her own personal training business for over 20+ years. Her view on movement and exercise is “any movement is better than none; and every “body” is different - we’re not all the same.” Individual attention in a group atmosphere.

### INTERMEDIATE SPANISH CONVERSATION

Claudia Battaglia

St Joseph’s Church

**F2 1:00 - 2:15**

**CLASS LIMIT: 12**

Effective language learning requires conversational practice. Would you like to improve your ability to converse with native speakers, communicate with hired help, or enrich your travel experience in a casual and supportive atmosphere? Bienvenidos! Here is opportunity to practice!

This is a course for intermediate students who have studied Spanish and are able to engage in intermediate level conversations. Though some knowledge of grammar is essential for learning a foreign language, this course will be primarily conversational in nature. Grammatical charts of information will be provided for those who want to study, or use them as reference guides/ “cheat sheets” during class. Conversation will be both guided by the instructor, and driven by class interest. There will be some situational role-playing for the adventurous but no pressure to participate until ready. Please bring a few photos or other props to the first class to prompt conversation.

A retired English teacher, **Claudia Battaglia** now speaks Spanish almost daily with friends, or in her work as an interpreter for Ulster Immigrant Defense Network (UIDN). She has taught Spanish as an adjunct instructor at SUNY New Paltz, and in the SUNY Language Immersion program. Her love of languages and all things foreign was sparked at as young child, by her mother, who was born in France, and spoke French to Claudia. Having recently studied Arabic, Claudia brings a keen awareness to her classroom of the difficulties and frustrations of trying to express simple thoughts in a foreign language.

### MY BODY, MY PROPERTY, MY RIGHTS: DEFENDING AND PROTECTING

Kris McDaniel-Miccio

St Joseph’s Church

**F3 1:00 - 2:15**

**CLASS LIMIT: 25**

We have something called *The US Constitution*, *The Bill of Rights* and *The Declaration of Independence*. These three documents protect your body and your property (e.g. car, home and

possessions) from governmental interference. That is why if you are stopped for a traffic violation, the police or any law enforcement arm of the state cannot seize you or your property without probable cause. The government must also protect your rights to your body; therefore, you cannot be forced to undergo a medical procedure without consent nor can the government deny medical assistance and care.

During the past decade, rights to property including the body have been violated by both courts and politicians. Due to systematic race and sexism, many are adversely impacted via state power.

In this class we shall examine fundamental rights to the body, and property as they were envisioned by the founders and architects of the 14<sup>th</sup> Amendment as articulated in our founding documents.

**Kris McDaniel-Miccio** is a professor of law, an attorney, and rabbi. She has multiple degrees in law, theology, political science and education. McDaniel-Miccio has taught myriad courses as a law professor in the U.S. and EU and in LLI programs at SUNY, Saugerties, Bard and Vassar. A Fulbright & European Commission Scholar, with myriad publications on law, policy, culture, McDaniel-Miccio is one of those rare academics who actually worked on legal, political, and cultural issues in the community—litigating successful cases challenging discrimination against women and the LGBTQ community, authoring numerous pieces of legislation, consulting on international matters challenging misogyny and racism in the US and abroad.

## FRIDAY EARLY FOUR-WEEK COURSES (F-4E)

March 21, 28, April 4, 11

### BEGINNING BEADING

Helen Tennenbaum

Linda Worden

St Joseph's Church

**F4 9:30 - 10:45**

**CLASS LIMIT: 12 \* PREFERENCE \***

**PREFERENCE GIVEN TO THOSE WHO HAVE NOT TAKEN THIS CLASS BEFORE**

Learn about basic beading tools and supplies. Learn two beading stitches and create a project for each.

Tools will be shared but all supplies necessary for projects will be included in the kits for you to keep. Please bring small scissors.

**MATERIAL FEE: \$15.00**

**Helen Tennenbaum** is a retired Elementary School Teacher and **Linda Worden** is a retired Elementary School Librarian.

Helen and Linda have joined forces and have been teaching Beading for several years. Beading has become one of their favorite hobbies. They enjoy sharing their knowledge and creativity with others. They love teaching and helping people learn. Come join them.

## NEW PALTZ – “ANTIQUES ROADSHOW”

Walter Marquez

### St Joseph’s Church

**F5 11:00 - 12:15**

Bring your treasures to be reviewed and appraised. We will review antiques and collectibles along with fakes and reproductions. General information on dating and appraising antiques.

**Walter Marquez** is the owner/manager of Antiques Barn and Antiques on Main at Water Street Market. He is a past president of Ulster County Antique Dealers Assoc.

### SPACE FOR THE DIVINE

Rev. Arlene R. Wilhelm

### Redeemer Lutheran Church

**F6 11:00 - 12:15**

**CLASS LIMIT: 15**

In our very busy lives, do we make time to listen to God, by whatever name you call God? In this participatory class, we will learn and practice ways to quiet our minds, focus our attention, and become aware of that still small voice within. We will begin with centering prayer and branch off into other spiritual practices. No previous experience is required and people of all faiths or no particular faith at all are welcomed.

**Rev. Arlene R. Wilhelm** is a retired/repurposed ordained Minister of Word and Sacrament in the Reformed Church in America. She is also a certified Spiritual Director/Companion and a certified Christian Educator. Arlene practices centering prayer and mindfulness meditation. She has taught for LLI before and many times in churches and other educational settings. In the past, she has practiced yoga and its spiritual

disciples for many years and currently practices QiGong and Tai Chi Easy.

### BASIC DRAWING

Maureen Rogers

### St Joseph’s Church

**F7 3:00 - 4:15**

**CLASS LIMIT: 15**

During this four-week course we will create simple drawings in order to develop an awareness of shapes and values.

**MATERIAL COST: \$20.00**

**Maureen Rogers** is a retired school teacher, having taught Math and Computer Science.

She wants to capture this complex world with a simple, yet powerful tool, *a pencil*.

She now studies with professional artist/illustrator, Vince Natale of Woodstock.

*Many of my works are Hudson Valley images. This is my home. A lot of my life is caught in the scenes I choose to put in my art.*

### ON THE COVER



**CALLA LILY**

**Rebecca Heyl, Photographer**

## FRIDAY LATE FOUR-WEEK COURSES (F-4L)

April 25, May 2, 9, 16

### INTERMEDIATE BEADING

**Helen Tennenbaum**

**Linda Worden**

**St Joseph's Church**

**F8 9:30 - 10:45**

**CLASS LIMIT: 12**

It is best to know the basics of beading. We will do 2 beading projects. They will be new to the class.

Tools will be shared but all supplies necessary for projects will be included in the kits for you to keep.

Please bring small scissors.

**MATERIAL FEE: \$15.00**

**Helen Tennenbaum** is a retired Elementary School Teacher and **Linda Worden** is a retired Elementary School Librarian.

Helen and Linda have joined forces and have been teaching Beading for several years. Beading has become one of their favorite hobbies. They enjoy sharing their knowledge and creativity with others. They love teaching and helping people learn. Come and join them.

### QIGONG FOR LOVING KINDNESS

**Caroline Hopenwasser**

**Redeemer Lutheran Church**

**F9 1:00 - 2:15**

**CLASS LIMIT: 25**

Discover the transformative power of compassion, kindness, and love with this Loving Kindness QiGong practice.

This course is designed to help you develop and deepen feelings of empathy, connection, and love towards others. Through the gentle and flowing movements of "*The Lotus Flow*," a Buddhist QiGong practice, you will open your heart and enhance your sense of connection to all beings and the world around you. This powerful routine fosters a profound sense of empathy and love.

**Caroline Hopenwasser** is a certified Lee Holden Qigong teacher and Tai Chi Easy practice leader. With a professional background spanning over 25 years in education, Caroline seamlessly combines her passion for holistic wellness with her expertise in teaching to create enriching and transformative experiences for her students.

### SENIOR SIPS:

**Exploring Wine From Around The World**

**Manny Sloan**

**St Joseph's Church**

**F10 3:00 - 4:15**

**CLASS LIMIT: 25**

An opportunity to learn about and taste wines from the major wine producing countries.

Participants will need to bring 2 clear wine glasses and your sense of smell.

Bread and water will be supplied.

**MATERIAL FEE: \$40.00**

Over 40 years of enjoying and learning about wine as a hobby has led **Manny Sloan** to pursue his latest career as a wine consultant and educator. Manny has led several courses at LLI on the different nuances in wine.

## THURSDAY EIGHT-WEEK COURSES (Th-8)

March 20, 27, April 3, 10, 24, May 1, 8, 15 (no class on April 17)

### DISCUSSION OF CURRENT EVENTS

**Robert Arthurs**

**ONLINE**

**TH1 9:00 - 10:30**

**CLASS LIMIT: 12**

An open discussion of events happening locally and in the world. The presenter will pick two or three current articles from newspapers and/or periodicals and send them to the participants in advance of class. We will then discuss them during class. All points of view welcome. All members of the class are expected to participate in the discussion.

#### Course Materials:

A computer or smartphone.

**Robert Arthurs** has been the presenter for Current Events for five semesters of LLI. He is a musician and music educator and has also led LLI classes on Jazz History, and Everyday Life in the Soviet Union. He is the former dean of the Music Conservatory of Westchester and holds a Masters degree in Russian Language and Literature from SUNY Albany.

### TO CELEBRATE EARLY ENGLISH WOMEN WRITERS

**Meta Plotnik**

**ONLINE**

**TH2 11:00 - 12:30**

This Spring we will be returning to the wonderful Early English Women Writers. We will be reading and discussing early to mid-19<sup>th</sup> Century novels such as:

***Pride & Prejudice* by Jane Austen**  
***Shirley* by Charlette Bronte**  
**and more**

**Meta Plotnik** received her Ph.D. in English from the Graduate School at City University of New York (CUNY). She taught English at Nassau Community College for 33 years, along with Women's Studies courses for the last 20 years. Courses included English Literature, Mythology, Images of Women and Men in Literature, Women Writers, Introduction to Women's Studies, and the Goddess in World Religions, and an interdisciplinary course called Darwin, Marx, Freud and Einstein. Prof. Plotnik was also a leader of the Active Learning Workshops for Faculty.

### A FEMINIST EXAMINATION OF THE BIBLE

**Deborah Moore**

**ONLINE**

**TH3 1:00 - 2:30**

This course is intended to begin an examination of the Bible seeking evidence to support the full personhood of women. The Bible documents the relationship between the Divine and the people. But how do women fit into that story?

Did the Divine order the subjugation of women or did the Divine actively work to undermine this subjugation? The course is not designed to evangelize students to subscribe to a particular religion or to adopt a particular set of dogma.

All religious and secular views will be welcomed and respected.

For the purpose of this course, "The Bible" refers to both the Hebrew Bible and the Christian Bible, formerly known as the Old and New Testaments. Both people who have read the Bible and those who have not are welcome to attend.



A copy of *The New Oxford Annotated Study Bible NRSV* (New Revised Standard Version) is recommended, but not required.

This course has grown out of **Deborah Moore's** experience teaching college level theology to men in New York State prisons for 18 years for the Rising Hope program. There, she also taught courses in *Ethics and the New Testament*. Deborah is a trained Lay Servant of the United Methodist Church, which means that she leads worship services and preaches when pastors are on vacation.

In addition, she has led numerous Bible Study groups both inside and outside the prison system. She earned a Masters degree from Teachers College, Columbia University.

**Consider Volunteering For LLI  
It's FUN!  
Call 845-257-2892**

## **THURSDAY EARLY FOUR-WEEK COURSES (Th-4E)**

**March 20, 27, April 3, 10**

### **WINDOWS INTO ULSTER COUNTY HISTORY**

**Eddie Moran**

**Jon Palmer**

**Taylor Bruck**

#### **ONLINE**

**TH4 11:00 - 12:30**

*"Windows into Ulster County History"* is a course provided by the history team in the Ulster County Clerk's Office. Each week will feature a different topic from Ulster County's long and diverse history, featuring historical research, interpretations, and archival work currently underway at the Ulster County Hall of Records. Featured stories include new research into life in local colonial villages, the complex relationship between Lenape native people and European colonists in Ulster County, the experiences of free and enslaved Black residents, and more.

**Eddie Moran** currently serves as the appointed Historian for Ulster County, NY. Eddie graduated with a B.A. in history from SUNY New Paltz in

the Spring of 2020 and managed guided tours and historical interpretation at Historic Huguenot Street in New Paltz from 2022-2024. Eddie was appointed Ulster County Historian in September 2024. He is a lifelong resident of the New Paltz area, and a descendant of the town's Huguenot and Dutch colonizers.

**Jon Palmer** is a writer and historian from Athens, New York. He previously served as the archivist for the Greene County Historical Society and is currently employed as the Ulster County Archivist. Since 2021 he has held the appointment as the fifth Greene County Historian.

**Taylor Bruck** is the Acting Ulster County Clerk and City of Kingston Historian. Taylor became the Ulster County Archivist in 2016 before becoming Deputy of Records Management in 2022. He serves as a board member for the Friends of Historic Kingston and Ulster County Regional Chamber of Commerce. Taylor is also a captain and shortstop for the Kingston Guards Vintage Baseball team.

## THURSDAY LATE FOUR-WEEK COURSES (TH-4L)

April 24, May 1, 8, 15

### LIVING WITH THE REALIZATION OF COMING

Boyd Herforth

#### ONLINE

**TH5 9:00 - 10:30**

We are fast approaching a period in which human civilization that we have known will be reality altered. Following the book “*Life After Doom*” we will discuss possible responses, both scientific and psychological, which will better enable us to thrive with compassion and purpose for the remainder of our lives.

*Life After Doom: Wisdom and Courage for a World Falling Apart* by Brian D McLaren

**Boyd Herforth** has taught many LLI courses ranging from Astronomy to the organ music of J. S. Bach. His latest course was a book study of “*The Overstory*” by Richard Posera.

### SCIENCE POTPOURRI 8

Carole Heyl - Coordinator

#### ONLINE

**TH6 3:00 - 4:30**

**Science encompasses a wide variety of topics. This series deals with Humankind and from the beginning of time, we have sought the answer to the age-old questions of:**

***Who? What? When? Where? Why? How?***

**Apr 24: Jennifer Howitt Anolik**

**Autoimmune Diseases:**

- **the WHAT (are they)**
- **the WHY (are they increasing)**
- **the HOW (can we treat them)**

Autoimmune diseases, which occur when the immune system mistakenly attacks itself, are a common group of diseases affecting over 24 million Americans. Some of the more common autoimmune diseases include:

Type 1 Diabetes, Hashimoto’s thyroiditis, Multiple Sclerosis, Lupus and Rheumatoid Arthritis (RA).

These diverse diseases predominantly affect women and for unknown reasons are affecting more people than ever before. Though their full cause remains a mystery, many genetic and environmental factors contribute to the development of an overactive immune response and autoimmunity.

In this class we will focus on the most common systemic autoimmune diseases as prototype examples, Lupus and RA, which are treated by rheumatologists. We will discuss theories as to why autoimmune diseases are on the rise. We will also explain some of the latest experimental treatment approaches with CAR-T therapy, which are providing a promise of cure.

**May 1: Don Grice**

**Digital Currency Fundamentals**

There is a lot of discussion in the news and online about a variety of topics related to Digital Currency. You have probably heard terms like Bitcoin, Cryptocurrency, Blockchain, NFT, etc and wondered what they even refer to.

There are a lot of technical and social threads involving these technologies that are intertwined but also quite unique in how they are used and what the impact of each of them is in society. You have probably even heard that Cryptocurrency is responsible for a lot of energy utilization for example.

We will break down the various threads so that hopefully you will at least be able to follow discussions and know what people mean when they talk about things like *Stable Coins* or *Digital Currency Exchanges*. We will not be talking about any of the underlying computer/math algorithms or how Blockchain works in any detail but a basic understanding of each of the fundamentals should help you sort out the things you hear being discussed in the news.

#### **May 8: William Tuel**

##### **Your Grandfather's Astronomy**

This class will discuss the basic concepts of astronomy as understood in 1900 - your grandfather's era.

It is an introduction to a Modern Astronomy course planned for Fall 2025.

#### **May 15: Angelina Brandt**

##### **Understanding the Waste-Climate Connection**

What actually happens to the objects that we throw away – how is waste managed in a landfill and how does waste contribute to our carbon footprint? This class will introduce some basic climate science, eye-opening facts about waste generation and characterization in New York. Americans generate 2 times the world waste generation rate per capita, but leading experts believe that up to 80% of what Americans throw away can be reduced, recycled, composted, or avoided all-together. Let's explore the strategies our community is taking and how each of us can play a role in reducing our impact.

**Jennifer Howitt Anolik, MD PhD** is a Professor of Medicine and Chief in the Division of Allergy, Immunology, and Rheumatology at the University of Rochester (UR). She is a board-certified rheumatologist with a special research interest in Lupus and other systemic autoimmune diseases. She is a nationally known expert on the role of B cells in human autoimmune disease and directs a translational and basic science immunology research laboratory. Since joining the UR Rheumatology faculty in 2002 Dr. Anolik has become world renowned in the Lupus and B cell field.

**Don Grice** has a PhD in Electrical Engineering and worked at IBM in system design for close to 50 years, including a big emphasis on Man-Machine Interaction and large scale parallel supercomputing. His thesis was in the area of Voice Recognition and Communication similar to what we all take for granted today with systems like Siri and Alexa. He also worked with IBM's Research Division on programs like Deep-Blue the Chess playing machine, and Watson the Jeopardy machine.

**William (Bill) Tuel** has developed and presented several courses on the history of science. Previous topics have included: Computing, Mathematics, Atomic Physics, Electricity and Magnetism, Biology and Cryptography.

Bill earned the Boy Scout Merit Badge for Astronomy in 1954.

**Angelina Brandt** is the Director of Sustainability at UCRRA (Ulster County Resource Recovery Agency). She coordinates and oversees the overall efficacy of waste sustainability programs at UCRRA, supervises staff and volunteers and is sustainability liaison to elected officials, municipalities and private industry.

## SPECIAL COURSES

### NATURALIST GUIDED WALKS AT MINNEWASKA STATE PARK PRESERVE

Laura Conner

**Monday April 21, 28, May 5, 12**

**SP1 10:00 - 1:00 (3 hours)**

**CLASS LIMIT: 25 \* PREFERENCE \***

**PREFERENCE TO THOSE WHO HAVE NOT  
TAKEN THIS CLASS BEFORE**

Join Laura Conner, Environmental Educator at Minnewaska State Park, for a series of weekly, naturalist-led outings. Each modestly paced walk will take place on level, gravel-surfaced carriage roads and will feature education served with a side of scenic views, cultural history and signs of wildlife.

**Unless otherwise noted, all walks will begin at the Lake Minnewaska Visitor Center at 5281 Rt 44/55, Kerhonkson.**

**State residents who are 62 years of age or older pay no parking fee during the week, except on holidays.**

**Please note that participants need to be able to walk the distance of each outing in the allotted time frame.**

**Laura Conner** began her career with New York State Parks in 2000, when she worked as a seasonal environmental educator at Grafton Lakes (Rensselaer County). Next, she was the Assistant Park Manager at Moreau Lake (Saratoga County), while still offering environmental education. In 2007, she became the Environmental Educator at Minnewaska. Originally pursuing fine art, with a BFA in photography from the School of Visual Arts, she changed careers in 1995, when she received an MS in Environmental Studies from Antioch New England Graduate School.

**Monday, 4/21/25, 10:00 am - 1:00 pm**

#### **Awosting Falls Walk**

Meeting at the Peter's Kill Area of Minnewaska, 5080 Rt 44/55, Gardiner, NY

Join us as we enjoy an early Spring walk along the modestly inclined Awosting Falls Carriage Road. This scenic route, which meanders next to the Peter's Kill stream, offers views of a towering rock formation, before reaching our destination, the iconic 65-foot tall Awosting Falls.

Distance: 3.5 miles round trip.

**Monday, 4/28/25, 10:00 am - 1:00 pm**

#### **Around the Lake with a Catskills View**

Walking around Lake Minnewaska, we'll stop at all the scenic vistas. Then, we'll continue to the quiet Beacon Hill Carriage Road, which offers a spectacular view of the Catskills.

Distance: 4 miles round trip

**Monday, 5/5/25, 10:00 am - 1:00 pm**

#### **Opposite Views across a Ravine.**

This outing will feature two views across the Palmaghatt Ravine. Our first stop will be Patterson's Pellet, a cliff-edge boulder. Then, we'll walk to Kempton's Ledge, which offers stunning views in the opposite direction.

Distance: 4 miles round trip

**Monday, 5/12/25, 10:00 am - 1:00 pm**

#### **Echo Walk**

A favorite route that offers vast views of the hemlock forest, where porcupines are sometimes visible in the treetops. Our destination, Echo Rock, sits perched above the Palmaghatt Ravine, where vultures can be seen soaring.

Distance: 4 miles round trip.

**INTRODUCTION TO MODERN  
AMERICAN CANASTA**  
Carla Barrett

**New Paltz Community Center**

**SP2**

**Tuesday March 18, 25, April 1, 8 11:30 - 1:00**

**Tuesday April 22, 29, May 6, 13 11:30 - 1:30**

**CLASS LIMIT: 10 \* LOTTERY \***

Learn the basics of this popular card game played with four players and two decks of cards.

Strategy will be covered in addition to the basics such as dealing, setup and scoring.

There are various versions of Canasta. This class will teach the official rules as defined by Modern American Canasta.

Class is limited to 10 students who can commit to attending and playing for at least the first 4 weeks, as best as they can project.

After the first 4 weeks, real games will be played with instructor oversight and advice for an additional 4 weeks.

**Note: The first few classes will be 90 minutes and will increase to two hours once actual game play begins.**

**Carla Barrett** is an active MahJongg and Canasta player and instructor.

- **Classes fill early so do not delay your online registration**
- **There is no limit to the number of classes you choose**
- **You MUST have an individual email address to register**
- **March 1<sup>st</sup> is the registration deadline**

**ADVANCED MAH-JONGG STRATEGIES**  
Barbara Wyman  
Ester Williams

**New Paltz Community Center**

**SP3 12:00 - 1:15**

**Friday April 25, May 2, 9, 16**

**CLASS LIMIT: 12**

If you have been playing Mah-Jongg for a few years and would like to “up” your game, this course is for you. We will be teaching strategies that will enhance your understanding and playing of Mah-Jongg.

We will be analyzing the new hands and familiarizing the class with the nuances of the card.

A requirement of the course will be to purchase and play with the new 2025 card. **(\$14-15.00)**

**Barbara Wyman** has been playing Mah-Jongg for over 20 years. She has taught LLI classes in previous years. Her love for the game is reflected in her playing Mah-Jongg 2-3 times a week and in attending several Mah-Jongg tournaments.

**Ester Williams** worked in the activities department of adult day care for many years. She has been playing Mah-Jongg regularly.

**If required, mail your check payable to: CAS/LLI \$75 (Spring Sessions)**

**Mail To: REGISTRAR  
Lifetime Learning Institute  
PO Box 275  
New Paltz, NY 12561**

**SPRING 2025 LLI CLASS SCHEDULE**

SESSION	COURSE	PRESENTER	LOC	LIMIT	TIME OF THE CLASS				
T-8	8 Tuesdays (March 18, 25, April 1, 8, 22, 29, May 6, 13)				9:45	11:15	1:00		
T1	Beginner Tap Dance	Anita-Jean McMonigle	RE			X			
T2	Gentle Yoga	Debra Kelley	RE	25		X			
T3	Tibetan Movement Meditation	Diana Shapiro	EL			X			
T4	Intermediate Tap Dance	Anita-Jean McMonigle	RE				X		
T-4E	4 Tuesdays (March 18, 25, April 1, 8)								
T5	Beginner Line Dance	Paula Greenspan	RE	25	X				
T-4L	4 Tuesdays Late (April 22, 29, May 6, 13)								
T6	Swing Dance - Part 2	Ron Fields	RE	20			X		
W-8	8 Wednesdays (March 19, 26, April 2, 9, 23, 30, May 7, 14)				9:30	11:00	12:30	2:00	3:30
W1	Artificial Intelligence in the News	Don Grice	SU		X				
W2	Authoritarianism and the Arts	Chuck Mishaan	SU				X		
W3	The Art and History of Puppetry	Fred Wolinsky	SU					X	
W-4E	4 Wednesdays Early (March 19, 26, April 2, 9)								
W4	Laurel Canyon - Part II	Richard Sullivan	SU			X			
W-4L	4 Wednesdays Late (April 23, 30, May 7, 14)								
W5	Earth's Amazing History: Beginning to End	Chris Bernabo	SU	30	X				
W6	The Book of Esther	Rena Blumenthal	SU				X		
W7	ESP and Life After Death	Stefi Morrison	SU					X	
W8	Cuisines of Southeast Asia *PREFERENCE*	Harvey and Joan Monder	SJ	15					X
W9	Dialogues at the Dorsky	Zachary Bowman	SU						X
F-8	8 Fridays (March 21, 28, April 4, 11, 25, May 2, 9, 16)				9:30	11:00	1:00	3:00	
F1	MOVES in the Morning	Susan Trager	RE	25	X				
F2	Intermediate Spanish Conversation	Claudia Battaglia	SJ	12			X		
F3	My Body, My Property, My Rights	Kris McDaniel-Miccio	SJ	25			X		
F-4E	4 Fridays Early (March 21, 28, April 4, 11)								
F4	Beginning Beading *PREFERENCE*	Helen Tennenbaum	SJ	12	X				
F5	New Paltz – "ANTIQUES ROADSHOW"	Walter Marquez	SJ			X			
F6	Space for the Divine	Arlene R Wilhelm	RE	15		X			
F7	Basic Drawing	Maureen Rogers	SJ	15				X	
F-4L	4 Fridays Late (April 25, May 2, 9, 16)								
F8	Intermediate Beading	Helen Tennenbaum	SJ	12	X				
F9	QiGong For Loving Kindness	Caroline Hopenwasser	RE	25			X		
F10	Senior Sips: Exploring Wine From Around the World	Manny Sloan	SJ	25				X	
TH-8	8 Thursdays (March 20, 27, April 3, 10, 24, May 1, 8, 15)				9:00	11:00	1:00	3:00	
TH1	Discussion of Current Events	Robert Arthurs	ZM	12	X				
TH2	To Celebrate Early English Women Writers	Meta Plotnik	ZM			X			
TH3	A Feminists Examination of the Bible	Deborah Moore	ZM				X		
TH-4E	4 Thursdays Early (March 20, 27, April 3, 10)								
TH4	Windows Into Ulster County History	Eddie Moran and Others	ZM			X			
TH-4L	4 Thursdays Late (April 24, May 1, 8, 15)								
TH5	Living With the Realization of Coming	Boyd Herforth	ZM		X				
TH6	Science Potpourri 8	Various	ZM					X	
<b>SPECIAL COURSES</b>									
SP1	Walks at Minnewaska - Laura Conner *PREFERENCE*	Monday 10:00 - 1:00	MN	25	(April 21, 28, May 5, 12)				
SP2	Modern American Canasta - Carla Barrett *LOTTERY*	Tuesday 11:30 - 1:30	NP	10	(Mar 18,25, Apr 1,8,22,29, May 6,13)				
SP3	Advanced MahJongg Strategies Barbara Wyman	Friday 12:00 - 1:15	NP	12	(April 25, May 2, 9, 16)				
KEY	EL-Elting Memorial Library		MN - Minnewaska State Park		NP - New Paltz Community Center				
	RE - Redeemer Lutheran Church		SJ - St Joseph's Church		SU - SUNY Campus ZM - Zoom				

**Registration will be online at [newpaltz.edu/lifetime](http://newpaltz.edu/lifetime)**

YOUR REGISTRATION IS NOT COMPLETE UNTIL PAYMENT IS RECEIVED.

PLEASE MAKE YOUR CHECK PAYABLE TO **CAS/LLI**, (INCLUDE MEMBER NAME) AND SEND TO:

**REGISTRAR LIFETIME LEARNING INSTITUTE PO BOX 275 NEW PALTZ, NY 12561**