

**LIFETIME
LEARNING
INSTITUTE**

**SUNY
NEW PALTZ**



Connecting Seniors Through Lifelong Learning

WINTER 2025 ONLINE 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

JANUARY 1

**CLASSES
FILL EARLY**

Fellow Members of LLI at SUNY New Paltz

LLI SUNY New Paltz is pleased to announce that we will bring in the New Year with a special Winter Session.

We again will be offering diverse courses via Zoom to keep your mind and body active. You may choose any or all seven courses being offered.

Please join us as we all try to keep warm and safe this Winter.

Your LLI Council.



Welcome to the Lifetime Learning Institute’s **Winter 2025 Catalog**. For this session **ALL CLASSES WILL BE USING ZOOM**. Connection links and information will be sent by email before each class. Classes will open on the hour and allow 15 minutes for participants to get signed on and chat with other members of the class. The Classroom Host (CA) will call the class to order at 15 minutes past the hour. The class will run for the usual 75 minutes or as indicated.

Registration is completed electronically using the link <https://forms.gle/wcumVZ4nAmUUS1kE6>

Please register by Jan 1st

You MUST have an individual email address. All classes are first come, first served.

IF YOU ARE A CURRENT MEMBER, THERE IS NO ADDITIONAL CHARGE.

IF YOU ARE A NEW OR RETURNING MEMBER, THE FEE IS \$75.00.

THIS INCLUDES WINTER AND SPRING SESSIONS

FOR NEW & FORMER MEMBERS 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**

WEDNESDAY COURSES

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WEDNESDAY CLASSES JANUARY 8, 15, 22, 29

W1 GENTLE YOGA

11:00 – 12:30

PRESENTER: Debra Kelley

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 of yoga practice for twenty years. She recently completed Yoga Teacher Training and a course in Yoga for Osteoporosis.

W2 COMMUNITY

1:00 – 2:30

PRESENTER: Fred Mayo

Living in community is essential to our physical, intellectual and emotional health. Many of us have been members of a group, tribe, church body, or ethnic cluster. Some of us have enjoyed the activities and the experience; others have found it troubling and even painful. Understanding the dynamics of being part of a community can change our perspective and help us learn to appreciate and honor the communities where we are involved. The insights can also increase our ability to participate actively in the communities that are important to us. Discussing the processes of creating, enjoying, or helping a community grow can also help us improve the effectiveness of one or more of our communities. This course will take a different perspective from the previous course on Building Community taught at LLI in the Fall of 2021 during the pandemic.

Fred Mayo, retired Professor of Hospitality and Tourism Management at NYU, has been teaching LLI courses for years. The first ones included topics related to manners using parts of his book *Modern American Manners: Dining Etiquette for Hosts and Guests*. More recent courses have included: Isolation; Rituals and Routine; Building Community; Friendship; Giving and Generosity; The New Three Rs – Rupture, Repair and Respect in Friendships; Travel, Tourism and Transformation; and Where Did Customer Service Go?

This course builds on Fred Mayo's interest in helping participants think about and discuss topics important to us as we grow older and wiser.

W3 FINANCIAL PLANNING FOR SENIORS

3:00 - 4:30

PRESENTER: Irene Berner

JANUARY 8: RETIREMENT PLANNING

Plan for a comfortable retirement

JANUARY 15: SOCIAL SECURITY

When to take it

JANUARY 22: RETIREMENT ACCOUNTS

Contributions, distributions and RMD
(Required Minimum Distributions)

JANUARY 29: ESTATE PLANNING

Wills, trusts, organizing documents

Irene Berner is a Certified Financial Planner, Certified Divorce Financial Analyst, has the Series 7, 24, and 65 Securities licenses and is Insurance licensed. She has worked in the financial industry over 35 years, was a stockbroker on Wall Street, and has owned her own practice since 1996. Irene moved to New Paltz 27 years ago and is never leaving.

FRIDAY CLASSES
JANUARY 10, 17, 24, 31

F1 HELPFUL RESOURCES FOR SENIORS

*SPONSORED BY THE
ULSTER COUNTY OFFICE FOR THE AGING*

11:00 – 12:30

COORDINATOR: Susan Koppenhaver

JAN 10: Susan Koppenhaver

Scams and How to Avoid Them

We will discuss some of the scams that are floating around, especially the ones targeting older adults, and especially the ones over the internet, email, and via your phones. There are many ways to recognize the scammer, once everyone knows their tactics.

JAN 17: Patricia O’Neill Ricks

Nutrition For Health and Well Being

The subject of nutrition for the older adult population will be discussed as well as the benefits of eating well for health and well-being and Nutrition for Diabetic Health.

JAN 24: Robert Meci

Medicare Updates You Need To Know

As Medicare is changing yearly, it is important for those utilizing Medicaid or an Advantage Plan to keep current on changes – many upcoming changes are for the better.

JAN 31: Susan Koppenhaver

Tips and Tricks for Saving on Utility Bills and More!

There is a wealth of information for many levels of incomes for older adults, veterans, etc. that may qualify you for a home assessment, and there are many things you can do in your own home to save on your utility bill – this presentation will cover all those aspects.

Susan Koppenhaver has been the Director of the Ulster County Office of the Aging for 6 years, and before that she was a health care administrator for 30 years in various professional settings, including nursing home, medical practice and home care administration.

Bob Meci has been coordinating the volunteers and acting as a HIICAP (Health Insurance Information and Counseling Assistance Program) counselor for 14 years. He and his team get trained regularly in all changes affecting Medicare and those utilizing it.

Patricia O’Neill Ricks, MPA, RD, CDN is a practicing Dietician with over 30 years of clinical and managerial dietetic experience. She is presently working with the Ulster County Office for the Aging as a Consulting Dietician. She enjoys sharing her knowledge of nutrition and the benefit to a Healthy Lifestyle

**Aging is not lost youth but a new stage
of opportunity and strength.**

REGISTRATION DEADLINE

JANUARY 1, 2025

F2 MOVES IN THE MORNING

9:15 – 10:30 (75 minutes)

PRESENTER: Susan Trager

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 may be used during a portion of the 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

F3 DO YOU WANT TO DE-CLUTTER OR DOWNSIZE?

1:00 – 2:30

PRESENTER: Judy Reichler

Are you thinking about moving? Or maybe you just have too much stuff. You want to declutter and live more simply, but don’t know where to start. Old financial records. Things you inherited from your parents, or your children left behind. Unwanted gifts. Old hobby supplies or sports equipment. Crammed bookshelves, closets, drawers. Things that need repairing. All of this adds stress to your life.

We can’t solve the entire problem in only four weeks, but we can set our intention and develop our strategies. Starting small, we’ll help each other begin a process that will increase peace of mind and create a more restful environment. This is an ongoing process, so come, even if you attended this class in January 2023

Judy Reichler is not an expert on decluttering or minimalization, although she recently downsized her living situation and has devoted considerable attention over the years to living with fewer belongings and less clutter. During this process, she has developed several strategies to share with you.

F4 QIGONG FOR STRENGTH AND FLEXIBILITY

3:00 – 4:30

PRESENTER: Caroline Hopenwasser

This course offers a full-body strengthening, conditioning, and mobility training inspired by Eastern principles. What does that mean? Say goodbye to high-intensity workouts that leave you drained or expect you to contort your body into risky positions. This unique blend of energizing, heart-pumping exercises combined with gentle flows is perfect for all ages, especially those 50 and up. These routines are designed to make you sweat, but they’re fun, gentle, and easy to follow. Get “Qi Fit” with exercises that are 100% integrative, supporting your holistic well-being—mind, body, and soul.

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.

If you need assistance with registration, please call LLI at 845-257-2892 and leave a message or email us at lifetime@newpaltz.edu

The email from the Zoom Class Host will be your confirmation letter

Do you have a skill, hobby, or interest you would like to share? Contact the Curriculum Committee for further information at 845-257-2892 or at lifetime@newpaltz.edu

REGISTER/JOIN

<https://forms.gle/wcumVZ4nAmUUS1kE6>

You **MUST** have an individual email address

If you paid a yearly membership fee of \$120 or Fall membership fee of \$75 there is no additional charge for the Winter Session.

If you are a new or returning member, mail your check of \$75 payable to CAS/LLI to:
LIFETIME LEARNING INSTITUTE
PO Box 275
New Paltz, NY 12561

Membership fee includes the Winter and Spring sessions

January 1st is the deadline for registration