

Learning for the fun of it

LIFETIME
LEARNING
INSTITUTE

S U N Y
NEW PALTZ



FALL 2024 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

SEPT 1

CLASSES FILL

EARLY

Welcome to our Fall 2024 Catalog

The education we received as children and teens helped prepare us for adulthood by providing the knowledge and skills to function in society. Postsecondary education improved our career prospects and earning potential. Lifetime Learning offers another form of education driven entirely by one's curiosity and thirst for knowledge. No degrees are received for lifelong learning, but the benefits are numerous, including improved mental sharpness and increased self-esteem.

This catalog offers 36 classes that cover a wide range of topics appealing to members varied interests; these include history, science, technology, entertainment, dance to name a few. Classes are offered either in-person or virtually.

As you peruse the catalog take time to realize that all this work was done by volunteers, members just like you, who have worked hard over six months (actually beginning when the last catalog was published) to put this together. The curriculum committee began searching for presenters to hold classes and the catalog committee began developing an outline for the present catalog. As a previous member of both of those committees I personally want to thank them all for another great publication.

Your challenge will be deciding which of the classes appeal to you, those you can/cannot take due to time restraints or class day. I don't need to emphasize the importance of registering as soon as possible. Classes fill up quickly so I strongly suggest you register online ASAP so you are not closed out of classes you truly desire.

We dedicate this catalog in memory of Lyn Mayo, our founding member who passed away recently.

Marilou Abramshe

Council Chair

MEMBERSHIP AND FEES

You must be a member to register for classes. Annual membership is \$120 per person. The 2024-2025 membership year runs from July 1 through June 30. If you choose a per semester membership (Fall or Spring), the fee is \$75.00 per person per semester which also includes the Winter session. Membership fee is non-refundable.

REGISTRATION

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

Registration confirmation letters will be mailed in early September.

Classes begin the week of September 16th unless otherwise noted.

SEPTEMBER 1st IS THE DEADLINE FOR REGISTRATION

Catalog and Registration will be online at newpaltz.edu/lifetime

Or use the Registration Form link at <https://forms.gle/yJFs8JhtsUZK1Hjv7>

THE LOTTERY SYSTEM

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 in the registration form and in the catalog with the word **LOTTERY**. The Lottery process will begin on the day after the close of registration. Names will be randomly drawn until the class is filled. A waiting list will be created from the remaining names.

FALL 2024 LLI COURSES

There are 36 classes being offered this Fall. In-person classes will meet at several locations on Monday, Tuesday, Wednesday or Friday and online classes via Zoom will meet on Thursday. Unless otherwise indicated all in person classes are 75 minutes long and Zoom classes are 90 minutes long.

EL - Elting Memorial Library	RE - Redeemer Lutheran Church
MN - Minnewaska State Park Preserve	SJ - St. Joseph's Church
NP - Village of New Paltz	SU - SUNY New Paltz Campus
ZM - Online via Zoom	

Elting Memorial Library	93 Main Street
Minnewaska State Park Preserve	5283 Rt 44/55 Kerhonkson, NY
Redeemer Lutheran Church	90 Route 32 South (South Manheim Blvd)
St Joseph Catholic Church	34 South Chestnut St (Elting Ave)

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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Lifetime Learning Institute

MISSION STATEMENT

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

Adopted 3/7/2008

TUESDAY EIGHT-WEEK COURSES (T-8)

September 17, 24, October 8, 15, 22, 29, November 5, 12 (no class on October 1)

BEGINNER LINE DANCE

Paula Greenspan

Redeemer Lutheran Church

T1 10:00 - 11:15

CLASS LIMIT: 20

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.

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).

INTERMEDIATE TAP DANCE

Anita-Jean McMonigle

Redeemer Lutheran Church

T2 11:30 - 12:45

A class designed for students who have already participated in the Introduction to Tap class, or who have had tap dance experience. More advanced steps will be introduced.

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.

BEGINNER TAP DANCE

Anita-Jean McMonigle

Redeemer Lutheran Church

T3 1:00 - 2:15

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.

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

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

September 17, 24, October 8, 15 (no class on October 1)

BE A HEALTHIER YOU!

Marilyn Reitman

Redeemer Lutheran Church

T4 11:30 - 12:45 *CANCELED*

CLASS LIMIT: 25

NEUROPLASTICITY - SPARK YOUR BRAIN

We will work together to reopen the neuro pathways to the brain. The practice is done sitting which allows students to feel comfortable and safe while doing exercises to music while engaging various parts of the body.

MATTER OF BALANCE – FEAR OF FALLING

We have balance points throughout our body and we need to work them so they can work for us. These classes will work on strengthening your

balance by working from the top of your head to the bottom of your feet. I keep the class interesting and fun. You will find this is a great class to attend every week! I take time to explain why we do each exercise, especially the fear of falling.

Marilyn Reitman began to teach 15 years ago through the government programs in Florida. She enjoys watching her students progress through her teaching methodology. After taking a course in Neuroplasticity, she taught that for three years in Florida and Mexico. Her aim is to see everyone laugh, smile and learn how to take care of themselves. She is certified in Neuroplasticity, Balance and Tai Chi.

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

October 22, 29, November 5, 12

NATURALIST BOOK and HIKING CLUB:

Braiding Sweetgrass at Minnewaska

Josh Grosse

Minnewaska State Park Preserve

T5 2:00 - 4:30 (2.5 hours)

CLASS LIMIT: 12

Join Josh Grosse, Student Conservation Association/AmeriCorps Environmental Educator for a naturalist book club opportunity at Minnewaska State Park Preserve. The book will be Robin Wall Kimmerer's, *Braiding Sweetgrass*.

Each chapter of *Braiding Sweetgrass* focuses on a different natural phenomenon, with Kimmerer recalling personal anecdotes, her study of western science, and her Native roots to help her understand and explain what the natural world can teach us.

For each class, we will take an easy to moderate hike, wherein we will discuss the chapter, and find real-life instances of these phenomena at Minnewaska.

Please note that participants need to be able to walk the distance of each outing in the allotted time frame. Hikes will be no longer than four miles. Folks should also come prepared with enough water and food to sustain themselves, and proper clothing and footwear to stay comfortable.

Book chapters and hike locations will be determined at a later date.

Materials Fee: \$20.00

Paperback copy of *Braiding Sweetgrass* (OPTIONAL—CAN ACCESS FREE COPIES ONLINE)

Participants are encouraged to support local bookstores and libraries. However, a free digital copy can be obtained online, and an audio book version can be found for free on YouTube. Links for both will be sent to students after registration closes.

Participants must pay Minnewaska's entrance/parking fee of \$10. State residents who are 62 years of age or older with a valid driver's license pay no parking fee during the week, except on holidays.

Josh Grosse earned an undergraduate degree in English, with a minor in Education from Binghamton University in 2022. After graduating, Josh moved back to the Hudson Valley, and began

working at Minnewaska State Park Preserve in 2023—a park he has frequented since childhood. In his position as an Environmental Educator through the Student Conservation Association, Josh has offered numerous programs for folks of all ages, blending the areas of art, science, mental health, English, history and more. This is his second time teaching a course for SUNY New Paltz Lifetime Learning Institute.

WEDNESDAY EIGHT-WEEK COURSES (W-8)

September 18, 25, October 9, 16, 23, 30, November 6, 13 (*no class on October 2*)

LATEST DEVELOPMENTS IN AI OFFERINGS

Don Grice

SUNY Campus

W1 09:30 - 10:45

The field of AI (Artificial Intelligence) has been changing very rapidly recently with the release of the new Large Language Models (LLMs) by several companies. Just a year ago most of the focus was on the newly released Chatbots that were primarily in an early research phase.

Since then, there have been releases of a wide variety of AI tools by a large number of vendors but they were still primarily in 'interest generation mode'. Now the focus is rapidly changing into the 'how do we make money' phase and there are constantly new apps, assistants and 'copilots' being made available in a wide range of use cases by a large number of vendors.

Many of the basic functions are still available for free and those will be the ones we will use for any discussions. As with many apps these days you can pay for additional functions if you decide you really want to use the app and the functions are worth it for you to pay for.

We will spend a good portion of each of the 8 classes discussing what the latest developments are and what they might mean to you and society

in general.

Then, depending on the amount of material in the 'current events' section we will fill the rest of the class time with a discussion of a variety of topics that are related to the AI and Expert System offerings.

There was some interest, for example, in a brief 'history of computing' that could cover how far things have come over the years and what lies ahead with new technologies like Quantum Computing without getting into too much technical detail.

The exact topics we cover will be guided by the interests of the class members and suggestions are always welcome.

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.

THE STRUCTURAL EFFECT ON HUMAN RIGHTS OF RELIGION IN AMERICAN LAW AND POLITICS

Kris McDaniel-Miccio

SUNY Campus

W2 12:30 - 1:45

CLASS LIMIT: 30

Religion has always been given a wide berth in American culture, law and politics. However, to be specific, it is Christianity which has been given space in Americanism. Indeed, Christmas is a national holiday and citations to the writings of Saul, as St. Paul, dot US Supreme Court opinions (and dissents), structured parts of our criminal law and at times trumped other expressions of life and liberty.

This course shall examine use of religion in law, culture and politics and whether its use has impacted basic human rights of life & liberty.

Dr 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 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.

And one personal note, she was raised Roman Catholic, is a graduate from a premier Catholic College— and is a rabbinic scholar. Go figure!

MAJOR BATTLES OF THE REVOLUTIONARY WAR (PART 2)

Robert Ulrich

SUNY Campus

W3 2:00 - 3:15

Part 1, in the north, ended with the Battle of Saratoga, considered the turning point of the 8 year long struggle. From that point on, the British strategy changed and moved the action to the little covered southern colonies. Quickly losing two armies in a row, a new Patriot strategy was needed, and it came in the way of newly appointed head of the Southern Department, Nathanael Greene, who introduced a form of guerrilla war, and a major use of local militia assistance.

With Great Britain losing both interest as well as vast sums of money, the war would wind down, but with a new problem introduced: How to restore Civil Order amongst the Patriots and those once Loyal to the King? The major fighting ends at the Siege of Yorktown, with the French army and navy now allied and fighting along side of the Americans, but the end of the war and agreeing on Peace terms would drag on for two more years.

Bob Ulrich has been a past presenter at LLI and other local Lifetime Learning programs. Bob has been a Guest Speaker at Mohonk Mt House in their after dinner lecture series, as well at appearances at several local organizations and senior facilities including the Landings of Poughkeepsie and Woodland Pond. His focus has been on early American History.

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**

OPERA AS (RACIAL) POLITICS

Chuck Mishaan

SUNY Campus

W4 2:00 - 3:15

This course will examine the history of Black representation and presence on stage, from the Renaissance and Shakespeare to the current opera season. From actors in blackface and Jim Crow dancers to today's all-black casts, we'll explore how the theater reflected and challenged the racial stereotypes of the times, in Europe and the United States.

Class presentations will include video commentaries and performances.

Chuck Mishaan has been presenting courses at SUNY New Paltz for many years, including his popular Opera as Politics series and recently, 'The Roaring 20s', 'Between the Wars: Arts and Culture of the 1930s' and 'The War and After: Arts and Culture of the 1940s'.

His commentary on the intersection of politics and the arts continues with this course

FOR THE LOVE OF SHAKESPEARE

An Introduction to the Sonnets

Peter Rogen

SUNY Campus

W5 3:30 - 4:45

CLASS LIMIT: 12

A revised version of the Spring 2024 course, will jump right into the Sonnets in the first class. The discussion of each Sonnet will include its content and meaning as a whole as well as a line-by-line study. Each Sonnet's structure, word usage, cultural/historical background, and, most importantly, the interplay of all its parts serves as an excellent, stimulating and fun approach to the study of Shakespeare's iconic collection of poems known as "*The Sonnets*".

These fourteen-line poems about love contain many diverse and challenging life experiences that may have been in Shakespeare's heart and

mind when he wrote "*The course of true love never did run smooth*" (A Midsummer Night's Dream, Act I, Scene I).

The word sonnet comes from the Italian "*soneto*" meaning "little song". Composed amidst world-changing events in Elizabethan England during the Renaissance, at a troubled time much like ours today. These sonnets may be read as isolated poems or as exploring different forms of love and desire, and challenging long established mainstream values. New views of the world and humankind's role in it were being questioned. The bubonic plague was beginning to kill one person in six, creating further anxiety and uncertainty.

These Sonnets were uncannily ahead of their time-addressing many of the identity and relationship issues that divide our present society. Shakespeare's insightful content, creative structure, and poetic skill provide us with new energy to approach these challenging issues today.

Suggested Readings:

William Shakespeare, "*The Sonnets and A Lover's Complaint*" Edited by John Kerrigan, (Published by Penguin Classics), Amazon: \$17.95

Peter Rogen's search for truth and love, and his passion for communication, theater and poetry, are threads that have run through his life and career.

He has performed in Off-Broadway Shakespeare productions of the Helen Hayes Equity Theater repertoire, won a Ford Foundation grant for Early Admission at age fifteen to enter the University of Chicago, and later awarded a Rockefeller Foundation Grant to teach, Voice and Speech in the American Theater.

After several years of teaching, Peter left the theatrical world and founded his own international communications consultancy, which he managed for more than 25 years.

**Use your LLI membership
card for a discount at
SUNY Fine and Performing
Arts events**

GLOBAL WARMING, MULTINATIONAL CORPORATIONS, AND ENVIRONMENTAL ORGANIZATIONS:

A Sociological View of the Ecological Crisis and Public Health Policy

Irwin Sperber

SUNY Campus

W6 3:30 - 4:45

CLASS LIMIT: 20

The harm done by greenhouse gas emissions has been known for thirty years. For example, Al Gore already began to publicize this evidence in 1989 and was awarded the Nobel Prize for his *Inconvenient Truth* in 2007.

How much harm reduction has been accomplished since then? How have environmental organizations (NGOs) and regulatory agencies confronted the fossil fuel industry? How do large corporations avoid accountability for their pollution of our air, water, and soil?

How have public health agencies coped with the diseases arising from (or making a comeback in) a heated planet? How can ordinary citizens (senior citizens, students, consumers, workers) effectively respond to them?

We will address these questions and explore some inconvenient truths about prospects for Lyme disease, malaria, yellow fever, cancer and even bubonic plague in the Catskills.

Irwin Sperber received his doctorate in sociology from the University of California at Berkeley (1975). Over the past thirty years at SUNY New Paltz, he has taught courses on environmental policy, public health, drug addiction in American society, and medical sociology. He has chaired panels on environmental and economic issues at academic conferences, and served as an associate editor of *Capitalism Nature Socialism* (a journal devoted to radical ecology).

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

September 18, 25, October 9, 16 (no class on October 2)

ARCHITECTURAL WALKS IN THE VILLAGE OF NEW PALTZ

Bill Rhoads

New Paltz Locales

W7 9:30 - 10:45

We will trace the architectural development of the village in four weeks.

Week 1 - The stone houses and the churches on Huguenot St.

Weeks 2 & 3 - Main St. and the vicinity from Water St. to Oakwood Terrace.

Week 4 - The final walk will survey the SUNY campus from Old Main to the newest science and engineering halls, ending with a look inside a faculty residence built in 1929.

Suggested Readings:

Images of America: New Paltz

Carol A. Johnson and Marion W. Ryan, Arcadia, 2001

Images of America. New Paltz Revisited

Carol A. Johnson, Arcadia, 2010

Ulster County, New York:

The Architectural History and Guide.

William B. Rhoads, Black Dome Press, 2012

Bill Rhoads is a Professor Emeritus of Art History at SUNY New Paltz where he began teaching in 1970. He has been a village resident since that year. Among his publications is *Ulster County, New York: Architectural History and Guide*, with a section on New Paltz.

AFRICAN AMERICANS FIGHTING IN AMERICA'S WARS

Charles Ford

SUNY Campus

W8 9:30 - 10:45

A review and discussion of African Americans who fought in the U.S. Armed Forces in the American Revolutionary War, the Civil War, the Spanish American War, World War I and World War II.

Half American, The Epic Story of African Americans Fighting WWII at Home and Abroad, by Matthew F. Delmont, will be used and referenced.

Charles Ford has presented programs for various Senior groups in the Mid-Hudson Valley such as Marist, Vassar, Bard and Mount St. Mary as well as the Shawangunk Correctional Facility in Wallkill, NY. Currently he is presenting at Desmond Campus for the Town of Newburgh. Charles has conducted classes for 20+ years on subjects which include United States Presidents and First Ladies, the Civil War, Generals George Patton and Douglas MacArthur, and the lives of Frederick Douglass, Harriet Tubman, Sojourner Truth, the Navajo Code Talkers and the Tuskegee Airmen, among others.

ELEANOR ROOSEVELT: An Extraordinary Woman in an Extraordinary Time

Dan Strickland

SUNY Campus

W9 11:00 - 12:15

How did a timid orphan from a wealthy family become a champion of the poor? What was her role during the Depression and WWII?

We will explore Eleanor Roosevelt's life and the people who surrounded her as she grew to become what President Truman called 'The First Lady of the World'.

In four sessions, we'll look at an overview of her life including: her formative years, family life, education, marriage, motherhood, emerging political interests, her years in Albany and

Washington, and then her support of the United Nations and beyond.

We'll look at changing gender roles and ER's place in those changes. We'll also include an intro to Val-Kill, Eleanor's residence in Dutchess County that she considered her retreat and her home.

Dan Strickland has been a volunteer with the National Park Service (NPS) in Hyde Park for seven years. During this time, he has focused on the life of Eleanor Roosevelt in particular as he gives tours of Eleanor's home at Val-Kill.

In addition, he recently completed a 2+ year volunteer project with the NPS curatorial team to better identify and organize oral history interviews for the ER/FDR/Vanderbilt sites. Dan considers himself an '*Eleanorian*' and hopes to convey some of his fascination with this very special lady.

PLAYING WITH SHAKESPEARE

Jessica Rothman

SUNY Campus

W10 11:00 - 12:15

CLASS LIMIT: 16

After Shakespeare's death, some of his fellow players gathered a number of scripts together and had them published under the title "*Complete Works*".

We've been "working" on them ever since. However, they were PLAYERS - and we need to PLAY! This is not an academic class "about" Shakespeare. This is an exploration of the language of the plays as an actor would approach it, through the use of theatrical games and exercises.

Each week we will be building skills that will help us appreciate the joy of playing, if you will forgive the paraphrase, suiting the actions to the words, the words to the actions

Jessica D. Rothman has been a theatre educator and director of both Shakespeare and Musical Theatre for five decades and has created curriculum guides for Broadway shows. She is a past NYS Director of the International Thespian Society and a member of SAG/AFTRA.

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

October 23, 30, November 6, 13

LAUREL CANYON & ROCK 'n' ROLL

Richard Sullivan

SUNY Campus

W11 11:00 - 12:15

A short history of Laurel Canyon. Then discussions and bios on the Rock 'n' Rollers who made it their home for a while. Other than those who made it home in the 60's, why was it so popular?

Richard Sullivan has presented many classes for LLI over many years. The focus of the classes has been about his passion for music. Each class has been a different genre of Americana music, starting with the earliest times in America. He continues to love the music, is a DJ on the Internet and loves teaching it in its many forms.

UNDERSTANDING THE MODERN

MIDDLE EAST

Lewis Brownstein

SUNY Campus

W12 11:00 - 12:15

This course will attempt to account for the current state of affairs in the modern Middle East by tracing the evolution of the current system in the 20th and 21st centuries. Emphasis will be placed on the political, economic and ideological forces which have shaped this region in the past 100 years.

Lewis Brownstein taught International Relations at SUNY New Paltz from 1968 to 2015. His major fields of interest included the International Relations of the Middle East, American foreign policy, and defense issues.

HUMAN EVOLUTION OF

CONTEMPORARY WORLD ISSUES

Richard Douglass

SUNY Campus

W13 12:30 - 1:45

This course is an exploration of the evolution of human consciousness and behavior from our beginnings as hunter-gatherers to the present state of contemporary worldwide issues. It brings into view the question of who we are, where we have come from, and where we are going.

Much, but not all of the course material is taken from "*A Wakening Earth*" by Dwayne Elgin, 1993

Richard Douglas is a psychologist who has been in practice in the Hudson Valley since 1984 and is retired from St. Francis Hospital in Poughkeepsie. He began teaching while completing his doctoral work at Hofstra University on Long Island in the 70's. After completion of his studies, he stayed on at Hofstra and taught full time. He has also taught psychology at SUNY New Paltz.

He has had a lifelong interest in human evolution but this is his first effort at discussing it with others in classroom setting.

The most important function of education at any level is to develop the personality of the individual and the significance of one's life to self and others.

THE BEATLES:

From Black & White To Color

John Bohan

SUNY Campus

W14 12:30 - 1:45

We will look at how the Beatles transformed the “Black & White” world of the 1950’s into the “Color” world of the 1960’s.

This societal transformation will be viewed through the lenses of music, fashion, and pop culture.

John Bohan was a High School Social Studies teacher for 30 years and he recently retired from the Walkkill High School. He once taught a course on ‘Pop Culture’ for High School students which included a unit on the Beatles.

He is now an Adjunct Professor with Ulster Community College.

HISTORY’s UNCHARTED STORIES:

Four Neglected Tales of the

Hudson River Valley

Alex Prizgintas

SUNY Campus

W15 2:00 - 3:15

From its role in the American Revolution to the 1960s Cultural Revolution, New York’s Hudson Valley has held a pivotal place in American history. While many of these stories are important, only some have been carefully preserved, shared, and passed down through generations

Using techniques of researching minute facts to uncover the hearts and hands that shaped what many of us call home, historian Alex Prizgintas presents a four-part lecture series about neglected history in the Hudson Valley.

Week 1

With a journey beginning in the eighteenth-century Gomez Mill House of Marlboro, NY, Prizgintas reveals the home’s significance as the nation’s oldest Jewish dwelling.

Week 2

A trip West brings listeners to the Ellenville Glass Works—an industry that, despite once boasting more than 700 employees, has vanished without almost any traces.

Week 3

This nineteenth-century industrial expansion was also a point at which dairy farming in regions such as Orange County, NY blossomed. It was here that, with the help of railroads, the first long-distance shipment of milk in the nation in 1842.

Week 4

Transitioning to the twentieth century, several of these influences had an effect on developing what many of us remember as the hotels and bungalow colonies which populated the Catskill Mountains.

An historian, musician and lecturer who focuses on neglected history of the Catskills and Hudson Valley region, **Alex Prizgintas** serves as president of the Woodbury Historical Society in Orange County, NY and has been published in the *Hudson River Valley Review*, *Orange County Historical Society Journal*, and the *New York Archives Magazine*.

Alex holds degrees in history and a Master’s of Public Administration from Marist College and has ten years of experience as a musician and lecturer traveling across New York and New Jersey.

**A mind once stretched by a
new idea never regains its
original dimensions
— Anonymous**

FRIDAY EIGHT-WEEK COURSES (F-8)

September 20, 27, October 11, 18, 25, November 1, 8, 15 (no class on October 4)

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 simple/intermediate level conversations. Though some knowledge of grammar is essential for learning a foreign language, this course will be primarily conversational in nature. I will provide grammatical charts of information 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 photo 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 a 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.

LIFETIME LEARNING IS ON

FACEBOOK

SEE PICTURES FROM COURSES,

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SHARE WITH FRIENDS,

SPREAD THE NEWS ABOUT LLI

FACEBOOK.COM/

LIFETIMELEARNINGINSTITUTE

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

September 20, 27, October 11, 18 (no class on October 4)

DRUMMING

Christopher Bowman

New Paltz (OAKWOOD STUDIO)

F3 9:30 - 10:45

CLASS LIMIT: 6 * LOTTERY *

Chris Bowman will be instructing ethnic rhythms in a drum circle format. You will be using world percussion instruments and sharing a fun, lively, and energetic experience. Come to the drum shop off of Main Street, New Paltz to let loose!

Chris Bowman has been playing, performing, and teaching drums for the majority of his life. He opened a drum shop in New Paltz, NY. Come as you are and we will have everything you need to have a good time.

FOLD EVERYTHING!

Kathryn Paulsen

St Joseph's Church

F4 3:00 - 4:15

CLASS LIMIT: 12

MATERIALS FEE: \$7.00

Discover the pleasure of creating something beautiful from a simple folded piece of paper: a box, an animal, a toy, a flower—all new models for Fall. Learn the basic skills and language of origami, how to follow instructions in books and make items which can be used as cards, gifts, displays and decorations. With origami there is always something new to fold. After this course you will be able to teach others about "The Peace of Paper". No experience necessary.

A lifetime maker of creative works, **Kathryn Paulsen** was a public school art teacher in Dutchess County for 38 years where "Folding Friday" delighted her students. In 2010 she received the New York State Teachers Association Middle School Art Teacher of the Year Award and the 2019 NYSATA (Retired) Art Educator of the Year Award.

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

October 25, November 1, 8, 15

WILTWYCK- a 17th Century Dutch Village

Marilou Abramshe

Redeemer Lutheran Church

F5 11:00 - 12:15

Why did the Dutch settle in Ulster County? Why was Kingston first known as Wiltwyck? What was life like in the 17th Century Dutch colony? Were all the colonists in Wiltwyck Dutch? What parts of our lives can be traced back to those early settlers? These and other questions about

the first Europeans to settle in what is today Ulster County will be discussed as we learn what life was like in Wiltwyck, a 17th Century Dutch Village

Marilou Abramshe was introduced to Wiltwyck in 2011 while working with Susan Stressin Cohen in developing a local history curriculum for 4th and 8th grade students. Since then she has continued researching and presenting programs on all facets of local history. Marilou feels that it is in knowing our history, we can better understand our present.

CREATE YOUR OWN PILGRIMAGE

Puja Thomson

St Joseph's Church

F6 11:00 - 12:15

A pilgrimage, traditional or modern, is an inner journey of personal, and possibly spiritual, significance within an outer journey. For example, you might go, alone or with others, to a holy site, to a place you have dreamed of, in search of your ancestors, or for healing. It could be distant or nearby, like a local labyrinth.

Discover where YOUR pilgrimage beckons and explore the four phases of a pilgrimage:

- 1] the preparation,
- 2] the journey,
- 3] the arrival and
- 4] the return to integrate,
and perhaps share, its gifts.

Puja A. J. Thomson has traveled widely in the spirit of a pilgrimage, rather than a tourist, since her youth in Scotland. As Director of ROOTS & WINGS, and as a long-time LLI presenter, through participatory workshops & writing, she offers tools to support authenticity, health & wellbeing.

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

QIGONG FOR BETTER BREATHING

Caroline Hopenwasser

Redeemer Lutheran Church

F7 1:00 - 2:15

CLASS LIMIT: 25

Explore the ancient wisdom of Traditional Chinese Medicine as we discover the incredible potential of breath to heal the body and calm the mind. Through purposeful movements and breathwork techniques designed to strengthen the lungs, boost the immune system, and eliminate fatigue, participants will tap into their body's natural rhythms to promote balance and harmony. Join us in harnessing the transformative power of the breath as we embark on a journey towards holistic well-being.

Caroline Hopenwasser is a certified Easy Tai Chi practice leader, having trained under the guidance of Dr. Roger Janke, esteemed director of the Institute of Integral Qigong and Tai Chi. With a commitment to ongoing learning and personal growth, Caroline recently completed her 200-hour qigong-teacher certification under the mentorship of renowned teacher Lee Holden of Holden Qigong. 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.

THURSDAY EIGHT-WEEK COURSES (TH-8)

September 19, 26, October 10, 17, 24, 31 November 7, 14 (no class on October 3)

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 four 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.

ON THE COVER



AUTUMN LEAVES

Rebecca Heyl, Photographer

READING CHARLES DARWIN AND HENRY THOREAU

Meta Plotnik

ONLINE

TH2 11:00-12:30

About the same time in the Reading Darwin & Thoreau... Charles Darwin and Henry D. Thoreau, on different sides of the ocean, Darwin and Thoreau were deep into the study of nature. Darwin circled the globe on the Beagle while Thoreau observed nature close to home and published *On Walden Pond*. Current nature writers have connected their work.

The class will discuss:

Charles Darwin

1839 *The Voyage of the Beagle*
(Optional but good background)

*1859 *On the Origin of Species*

Henry David Thoreau

1848 *Katadin and the Maine Woods*

1849 *A Week on the Concord and
Merrimack Rivers*

(Optional but good background)

*1849 *Walden Pond,*

A Life in the Woods

*1849 *Civil Disobedience*

1853 *Excursion to Canada*

* Class Reading

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.

REFLECTIVE JOURNALING

Barbara Jimerson

ONLINE

TH3 1:00 - 2:30

Studies have shown that personal journal writing increases and improves brain function, regulates anxiety and stress, and creates a sense of control or order in one's life.

Reflective journaling is facilitated by using a thematic approach. Each session covers a topic with prompts which encourages depth of thought. Sharing one's writing is optional.

Capturing the jumble of thoughts that cloud the mind often leads to a recognition of vulnerability

and a sense of self-acceptance and understanding.

Years ago, **Barbara Jimerson** searched for classes and approaches to personal writing formats, both for her own use and for presenting this form of writing to others. In the decades that followed, she has used reflective journaling in her classroom as an English teacher and a facilitator in peer counseling classes. She also began to present therapeutic reflective writing classes to athletes suffering from severe concussions as well as to those recovering from substance abuse. Barbara continues to facilitate these classes to senior adults in her community.

THURSDAY EARLY FOUR-WEEK COURSES (TH-4E)

September 19, 26, October 10, 17 (no class on October 3)

THE SAGA OF ANTHONY & SUSANNAH,

Two Africans who fled Enslavement
in 1670's Ulster County

Eddie Moran

ONLINE

TH4 11:00 - 12:30

In the Fall of 1673, as the Dutch briefly reclaimed the colony of New York, two enslaved Africans named Anthony and Susannah were among property seized from Col. Lewis Morris, a wealthy English planter in New York City. Soon after, they were sold by agents of the Dutch government to Louis Dubois, a future founder of New Paltz, NY. This is the earliest known record of enslavement by a New Paltz Patentee. However, Anthony and Susanna took their lives into their own hands the following Spring. They fled from Dubois and made the long journey back to the estate of Lewis Morris, setting off a legal battle over the ownership of these two human beings which would last for some five years.

While elements of Anthony and Susannah's story have been known in New Paltz for decades, recent research by Eddie Moran of Historic

Huguenot Street has brought together over a dozen newly located archival sources on the pair. In this course, Eddie will walk participants through these records to reveal the difficult and courageous experiences of two enslaved people amid a turbulent period of 17th century New York. Sessions will consist of visual presentations followed by group discussion. No materials are required for this course, and supplemental readings and resources will be provided to participants.

Eddie Moran currently serves as the Tour and Interpretation Manager at Historic Huguenot Street, and as a historical researcher for the Dr Margaret Wade Lewis Center, in New Paltz. He graduated with a B.A. in history from SUNY New Paltz in the Spring of 2020. Eddie began work as a tour guide at Historic Huguenot Street in 2017 and has overseen guided tours and interpretation full-time at HHS since January of 2022. He is a lifelong resident of the New Paltz area, and a descendant of New Paltz's Huguenot and Dutch colonizers.

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

October 24, 31, November 7, 14

THE POWER OF SACRED SITES

Lyla Yastion

ONLINE

TH5 1:00 - 2:30

What has prompted human beings through the ages to assign sacred qualities to certain natural landscapes, buildings, and even the concept of a 'soul'?

We will explore the power of sacred sites by considering examples of sacred land, sacred architecture and the sacred space in the heart – the place of the soul's journey to enlightenment. These three sacred spaces often weave together as a web.

For example, in Southern England there is an energetic grid underneath the ground that connects three sacred sites: Glastonbury, Stonehenge and Avebury. When reactivated this energetic pattern promotes spiritual growth for all peoples and aids in healing the world.

Lyla Yastion received a Ph.D. in anthropology at SUNY Albany and taught courses in anthropology and religious studies for 18 years at the college level, most recently at SUNY New Paltz. Since her retirement she has been presenting courses at various lifelong learning centers in the Hudson Valley. Lyla has written two books: *Pause Now: Handbook for a Spiritual Revolution* (2009) and *Homesick: finding our way back to a healthy planet* (2018), both published by Hamilton Books. She is certified in mindfulness-based-stress-reduction (MBSR), having studied with Jon Kabat-Zinn. She is a reiki master with training in shamanic healing.

SCIENCE POTPOURRI 7

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?

Oct 24: Don Grice

A Brief History of Computing

In this presentation we will discuss how far tools used for computing have come over the years. Computing technology is in the news quite a bit these days with the development of self-driving cars, crypto currency (Bitcoin mining), and of course AI.

We will briefly cover where things started. For example, was there always a Zero? People are now carrying Super Computers around with them all the time. We call them Cellphones. How did we get there? And how did the old 'dial phone system' actually jump start the computer development industry?

What's coming next and what are Quantum Computers anyway?

Oct 31: Jeremy Heyl

JWST: A successor to Hubble?

No, it is so much more!

On Christmas Day 2021, astronomers received a long-awaited gift, the launch of the most ambitious and expensive science experiment: the **James Webb Space Telescope**. I will describe the launch and deployment of JWST to the second Lagrange point (L2), the capabilities of JWST and some recent discoveries from the mission. My team was

fortunate to be awarded time in the first year of JWST operations and again for next year. Our first program was to search for evidence of planets in the ancient and metal-poor cluster of stars, 47 Tucanae. Next years' program follows this up with two more clusters (Terzan 5 and Liller 1) by taking a movie of each cluster to look for stars with planets and stars losing mass to unseen companions.

Nov 7: Cathy Law

Adventures of a Curious Biologist

Join world traveler Cathy Law on a captivating adventure through some of the world's most biodiverse regions and explore the unique animals and plants that live there.

Nov 14: Patricia O'Neill Ricks

Nutrition for Health and Wellbeing

In this presentation we will approach the subject of nutrition for the senior population and the benefits of eating well for health and well-being. It will include information on the Mediterranean Diet and possible Medication and Food interactions including facts on Ozempic and other weight loss medication treatments that may affect your health.

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.

Jeremy Heyl has published over 200 research papers on topics ranging from quantum field theory and cosmology to high-energy and stellar astrophysics.

He studied at Princeton, Durham, Cambridge and Santa Cruz and worked at Caltech and Harvard. He joined the UBC faculty in 2003 and became the head of Physics and Astronomy at UBC in 2024.

He is an expert on stellar evolution and especially stellar remnants, such as white dwarfs, neutron stars and black holes. With his students, he measured for the first time the cooling of both typical white dwarfs and massive dwarfs, the mass-loss of solar-mass stars in globular clusters, the evolutionary timescale of blue straggler stars and the effects of vacuum birefringence on the polarization of light. All of these projects have required the combination of theoretical insights (and calculations) with innovative statistical techniques to understand the astrophysical datasets.

Cathy Law taught high school biology and geology for 25 years at New Paltz High School. There she started the Courtyard Gardens which became an outdoor classroom for hands-on science research. Cathy was also an adjunct professor of geology for 10 years at SUNY New Paltz.

Cathy is an emeritus Master Teacher of New York State and has published in the Green Teacher Magazine. She has retired from public school education and presently works at Stonecrop gardens as a botany instructor and plant geek guide.

Cathy is a world traveler and has currently been to 67 countries. She is recently back from Brazil and Antarctica and has braved icebergs, sheet ice, mosquito outbreaks and 60 knot winds to be with you today.

Patricia O'Neill Ricks, MPA, RD, CDN is a practicing Registered Dietitian with over 40 years of clinical and managerial dietetic experience. She is presently working with the Ulster County Office for the Aging as a Consulting Dietitian.

SPECIAL COURSES

NATURALIST GUIDED WALKS AT MINNEWASKA STATE PARK PRESERVE

Laura Conner

Monday Sept 9, 23, 30, Oct 7

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

CLASS LIMIT: 25

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, 9/9/24, 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.

Approximate Distance: 4 miles round trip

Monday, 9/23/24, 10:00 am - 1:00 pm

A Scenic Stream and a Waterfall

We'll walk Lower Awosting Carriage Road to reach the rustic bridge over the Peter's Kill stream, whose clear waters gurgle as they cascade over the rocks below. Then, we'll return along the level Mossy Glen Footpath and follow two carriage roads to reach Awosting Falls.

Approximate Distance: 3.5 miles round trip

Monday, 9/30/24, 10:00 am - 1:00 pm

Mountain and Valley Views

We'll stroll two carriage roads to reach the wide Meadows footpath, which offers outstanding Catskill Mountains views. Then, we'll continue along the Castle Point Carriage Road to reach Kempton Ledge, which offers wide and breathtaking views. Our return trip will follow carriage roads around Lake Minnewaska.

Approximate Distance: 4 miles round trip

Monday, 10/7/24, 10:00 am - 1:00 pm

Cliff Edge Fall Foliage View

Join us for a picturesque walk along Millbrook Mountain Carriage Road, passing Patterson's Pellet and other scenic views, on the way to the start of the Gertrude's Nose Footpath. We'll walk for five minutes on this trail to reach the first, rock-slab, scenic view before returning on the same route.

Approximate Distance: 4 miles round trip

BOOK DISCUSSION: "Art and Artists"

Judy Reichler

Monday, Sept 23, Oct 14, Nov 4

Elting Memorial Library

SP2 11:00 - 12:15

We enter the art world through the discussion of three books, all centering around real events, ranging from 17th century Holland, to 1930s Austria, to a more recent Boston art heist.

**Sept 23: *The Art Forger*,
by B. A. Shapiro**

In 1990, thirteen works of art worth today over \$500 million were stolen from the Isabella Stewart Gardner Museum in Boston. It remains the largest unsolved art heist in history. In this fictionalized account, a woman who makes her living reproducing famous works of art for a popular online retailer, agrees to forge one of the stolen Degas masterpieces.

**Oct 14: *Girl With the Pearl Earring*,
by Tracy Chevalier**

History and fiction merge in this account of Johannes Vermeer, a 17th century Delft school painter, and the model for his painting "*Girl with a Pearl Earring*."

**Nov 4: *The Lady in Gold*,
by Anne-Marie O'Connor**

The true story of Adel Bloch-Bauer, a Viennese Jewish society figure, and the painting of her by Gustave Klimt. The Nazis confiscated the portrait and put it on display, stripping Adele's Jewish surname from it so that no clues to her identity would be revealed.

Judy Reichler likes to read and discuss books that raise interesting personal or social issues. Judy will facilitate the discussion so that everyone can have the benefit of hearing different perspectives, without judgment.

THE WONDERFUL WORLD OF MAH-JONGG

Carole Heyl

Monday, Sept 16, 23, 30,

Oct 7, 14, 21, 28, Nov 4

Elting Memorial Library

SP3 12:30 - 2:30 (2 hours)

CLASS LIMIT: 12

This class in American style Mah-Jongg is designed for the beginner who would like to learn a new and fun game.

We will be starting with the basics and learn to create a hand and by the end of the class you will be playing a complete game.

Websites will be suggested for practice.

Materials Fee: \$14.00 -15.00 for a 2024 National Mah-Jongg League card

Carole Heyl is a former teacher and software engineer. As a child she learned the game watching as her aunt played with friends. She began playing regularly after retiring.

SWING DANCE - PART 2

Ron Fields

Tuesday, Sept 17, 24, Oct 1, 8

Redeemer Lutheran Church

SP4 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. There will be demonstrations 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 Learning Program at Bard College.

**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**

**September 1st is the
registration deadline**

**Mail your check payable to
CAS/LLI
\$120 (Full Year membership)
or
\$75 (Fall and Winter Sessions)**

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

**Confirmation letters will be
mailed in early September**

HELPFUL HINTS

**Most classes are offered in
four or eight-weeks and are
scheduled for 75 minutes**

**Special Classes are those that fall
outside the dates and times we
typically offer.**

**All Thursday classes are ONLINE,
via Zoom. Class times are slightly
different because they are
scheduled for 90 minutes,
allowing the first 15 minutes for
students to login and
greet one another**

**SP1 Naturalist Guided Walks at
Minnewaska starts Sept 9**

**Some classes will meet on
Monday and Tuesday of the
no class week.**

**All Wednesday classes are on the
SUNY New Paltz campus. Once we
are assigned classrooms, we will
notify you. We must follow the
SUNY NP scheduling, so class
times will vary slightly compared
to other days.**

(One class is off campus)



HIKING AT MINNEWASKA



ORIGAMI

FALL 2024 LLI CLASS SCHEDULE										
SESSION	COURSE		PRESENTER		LOC	LIMIT	TIME OF THE CLASS			
T-8	8 Tuesdays (September 17, 24, October 8, 15, 22, 29, November 5, 12)						10:00	11:30	1:00	2:00
T1	Beginner Line Dance		Paula Greenspan		RE	20	X			
T2	Intermediate Tap Dance		Anita-Jean McMonigle		RE			X		
T3	Beginner Tap Dance		Anita-Jean McMonigle		RE				X	
T-4E	4 Tuesdays (September 17, 24, October 8, 15)									
T4	Be A Healthier You! *CANCELED*		Marilyn-Reitman		RE	25		X		
T-4L	4 Tuesdays Late (October 22, 29, November 5, 12)									
T5	Naturalist Book and Hiking Club		Josh Grosse		MN	12				X
W-8	8 Wednesdays (September 18, 25, October 9, 16, 23, 30, November 6, 13)						9:30	11:00	12:30	2:00
W1	Latest Developments in AI Offerings		Don Grice		SU		X			
W2	The Structural Effect on Human Rights of Religion...		Kris McDaniel Miccio		SU	30			X	
W3	Major Battles of the Revolutionary War (Part 2)		Robert Ulrich		SU					X
W4	Opera as (Racial) Politics		Chuck Mishaan		SU					X
W5	For the Love of Shakespeare		Peter Rogen		SU	12				X
W6	Global Warming: Multinational Corporations...		Irwin Sperber		SU	20				X
W-4E	4 Wednesdays Early (September 18, 25, October 9, 16)									
W7	Architectural Walks in the Village of New Paltz		Bill Rhoads		NP		X			
W8	African Americans Fighting in America's Wars		Charles Ford		SU		X			
W9	Eleanor Roosevelt: An Extraordinary Woman...		Dan Strickland		SU			X		
W10	Playing With Shakespeare		Jessica Rothman		SU	16		X		
W-4L	4 Wednesdays Late (October 23, 30, November 6, 13)									
W11	Laurel Canyon & Rock 'n' Roll		Richard Sullivan		SU			X		
W12	Understanding the Modern Middle East		Lewis Brownstein		SU			X		
W13	Human Evolution of Contemporary World Issues		Richard Douglas		SU				X	
W14	The Beatles: From Black & White to Color		John Bohan		SU				X	
W15	History's Uncharted Stories...		Alex Prizgintas		SU					X
F-8	8 Fridays (September 20, 27, October 11, 18, 25, November 1, 8, 15)						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	
F-4E	4 Fridays Early (September 20, 27, October 11, 18)									
F3	Drumming *LOTTERY*		Christopher Bowman		NP	6	X			
F4	Fold Everything!		Kathryn Paulsen		SJ	12				X
F-4L	4 Fridays Late (October 25, November 1, 8, 15)									
F5	WILTWYCK- a 17th Century Dutch Village		Marilyn Abramshe		RE			X		
F6	Create Your Own Pilgrimage		Puja Thomson		SJ			X		
F7	Qigong For Better Breathing		Caroline Hopenwasser		RE	25			X	
TH-8	8 Thursdays (September 19, 26, October 10, 17, 24, 31, November 7, 14)						9:00	11:00	1:00	3:00
TH1	Discussion of Current Events		Robert Arthurs		ZM	12	X			
TH2	Reading Charles Darwin and Henry Thoreau		Meta Plotnik		ZM			X		
TH3	Reflective Journaling		Barbara Jimerson		ZM				X	
TH-4E	4 Thursdays Early (September 19, 26, October 10, 17)									
TH4	The Sagas of Anthony and Susannah ...		Eddie Moran		ZM			X		
TH-4L	4 Thursdays Late (October 24, 31, November 7, 14)									
TH5	The Power of Sacred Sites		Lyla Yastion		ZM				X	
TH6	Science Potpourri 7		Various		ZM					X
SPECIAL COURSES										
SP1	Naturalist Guided Walks at Minnewaska - Laura Conner		Monday	10:00-1:00	MN	25	(Sept 9, 23, 30, Oct 7)			
SP2	BOOK DISCUSSION: "Art and Artists" - Judy Reichler		Monday	11:00-12:15	EL		(Sept 23, Oct 14, Nov 4)			
SP3	The Wonderful World of Mah-Jongg - Carole Heyl		Monday	12:30-2:30	EL	12	(Sept 16,23,30,Oct 7,14,21,28,Nov 4)			
SP4	Swing Dance - Part 2 - Ron Fields		Tuesday	1:00 2:30	RE	20	(Sept 17, 24, Oct 1, 8)			
KEY	EL-Elting Memorial Library		MN - Minnewaska State Park		NP - Village of New Paltz					
	RE - Redeemer Lutheran Church		SJ - St Joseph's Church		SU - SUNY Campus		ZM - Zoom			

Registration will be online at 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:

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