



LIFETIME
LEARNING
INSTITUTE
SUNY
NEW PALTZ

Friday
Aug. 21
is the deadline
to register

Learning for the Fun of it

Fall 2015 Courses

At SUNY New Paltz and other locations • Noncredit and Noncompetitive Courses
Sponsored by the Office of Regional Education • Elderhostel/Road Scholar affiliate
LLI is a volunteer, member-run organization.



34
Courses
to choose from



QUESTIONS? CALL 845.257.2892



Welcome Lifetime Learners.

Each Spring and Fall, LLI at SUNY New Paltz develops an extensive assortment of courses for our members. These may be old favorites brought back by popular demand, or new ideas suggested by members or potential instructors.

Our goal is to offer diverse offerings to meet the interests of as many members as possible

As you peruse this catalog, you will see classes that are scientific in nature while others are literature based. If you are a history buff, there are several that will appeal. Music of various genres is offered as well as several art classes. There are classes that interest the outdoor enthusiast as well as some that interest the more sedentary inclined.

This semester we are also offering, in cooperation with Phillis Bridge Farm, one-day workshops at the farm that will introduce you to a variety of agricultural topics and give you the hands on knowledge to use your newly acquired skills. These workshops are not scheduled on LLI regular class days.

Please read the courses offered, choose the ones that appeal to you and fill out your registration form. There is no end to what we can learn. Each class presents an opportunity to widen our horizons. There is no limit to the process of learning. To quote William Shakespeare (or Bill as one of our instructors calls him), "O! this learning, what a thing it is."

Marilou Abramshe

LLI MISSION STATEMENT

The Lifetime Learning Institute of 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)

MEMBERSHIP AND FEES

Annual membership is \$115 per person. The 2015–2016 membership year runs from July 1 through June 30. The annual membership fee is non-refundable. You must be a member to register for classes.

REGISTRATION

This catalog presents classes covering the coming Fall semester. Courses are open to current 2015–2016 LLI members. Non-members may join and register for courses by returning the enclosed form. For courses with size limits, members may be limited to enrolling in one or two classes.

REGISTRATIONS WILL BE CONSIDERED ON A SPACE AVAILABLE BASIS IN THE ORDER RECEIVED, WITH THE EXCEPTION OF LOTTERY (Ⓛ) CLASSES (See below). Registration confirmation letters will be mailed in early September. Wednesday classes begin September 16. Friday classes begin September 18.

AUGUST 21 IS THE POSTMARK DEADLINE FOR REGISTRATION.

THE LOTTERY SYSTEM

Some classes have a limited size number established by the presenters. 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 by an Ⓛ and in the catalog with the word *LOTTERY*.

The Lottery process will begin on the day after the close of registration and will apply only to classes with limited seats.

The names of all the members who have indicated their interest in the Lottery class will be placed in a hat. Names will be randomly drawn until the class is filled. A waiting list will be created from the remaining names.

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WEDNESDAY 8-WEEK COURSES (W-8)
September 16, 30, October 7, 14, 21, 28, November 4, 11



A BEGINNER'S GUIDE TO JEWISH CUSTOMS AND PRACTICES

Alan Rothman
SUNY Campus, 12:30-1:45
Class limit 15

This is an introduction to Jewish customs and practices, geared for those whose knowledge is limited and wish to learn more. It will cover: a very brief history; the differences and similarities among the various religious/cultural denominations; Kosher law; the Jewish calendar and holidays; family and home rituals; and synagogue geography and rituals.

Alan Rothman is a retired educator who has taught and lectured in public schools, synagogues, and summer camps to students of all ages.

This class conflicts with:
THE FUNERAL PROCESS; SIXTIES AND THE FOLK REVIVAL



FREE SPEECH AIN'T FREE

Ernest Giglio
SUNY Campus, 11:00-12:15
Class limit 15

The application of free speech often involves choices that come with consequences. Consider, for example, what life would be like in a society that permits absolute speech to always trump other values. The question is how far free speech should

extend to individuals and groups in a democratic society that also promises civility, personal safety and public order. We will examine how the Supreme Court has responded to this basic question when speech comes into conflict with public safety, individual and group protests, matters of national security, public morality and elections to public office.

Ernest Giglio is an emeritus professor who has taught constitutional law and civil liberties courses for 30 years at multiple institutions. His publications include books and articles on such legal issues as censorship, free speech and privacy.

This class conflicts with: **THE SELF-TAUGHT PHOTOGRAPHER; PLAYING WITH SHAKESPEARE; TERRORISM PAST AND PRESENT; NOT YOUR GRANDMOTHER'S BIBLE**



HOW COMPUTERS WORK

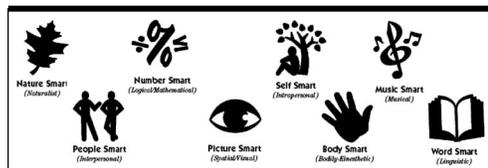
William Tuel
SUNY Campus, 9:30-10:45

What is happening under the covers while you are surfing the internet? This course will survey the essential ideas of how computers function. We'll briefly look at semiconductor electronics, logic, architecture, operating systems, programming languages, communications and computing theory. This is NOT a course that teaches any specific computer application and there is no hands on component. At the end of the course, the student should have

some familiarity with computer internals and should know some of the computer jargon that they might encounter.

Bill Tuel retired from IBM after a long career in computer research and development. He is eager to share his accumulated knowledge as a participant in the computer revolution.

This class conflicts with:
THE FAT TALKS; OUR RAINBOW OF INTELLIGENCES



OUR RAINBOW OF INTELLIGENCES

Boyd Herforth
 SUNY Campus, 9:30-10:45
 Class limit 20

The presenter will guide participants in an exploration of Howard Gardener's eight intelligences. Each week the focus will be on a different intelligence. Students will have the opportunity to identify their own intellectual strengths. Some class time will be devoted to small groups working together on intellectual challenges with the goal being to take advantage of the strengths of the individual members and to share different ways of thinking about the same problem.

Boyd Herforth retired from a career in teaching secondary mathematics. He developed activities to make mathematical terms and concepts more accessible to students whose primary intelligence was not mathematical.

This class conflicts with:
HOW COMPUTERS WORK; THE FAT TALKS



SIXTIES AND THE FOLK REVIVAL

Cantor Bob Cohen
 SUNY Campus, 12:30-1:45

A folksong movement started in the 1930's and fully blossomed in the 1960's. What began in Greenwich Village spread out to the rest of the country and around the world. The songs that came from a rich and multi-cultural population that expressed the people's anger, frustration, humor and joy and we will revive memories of our singing them together. Included will be the stories and works of Woody, Dylan, Ocha, Baez, Collins, and many others who rocked our world back in the day.

Bob Cohen, the Cantor at Congregation Emmanuel of the Hudson Valley, lived through the Sixties and remembers quite a bit! His folk group, the New World Singers, were participants in the civil rights and peace movements, and performers at Gerdes Folk City and many other Village venues. He befriended Bob Dylan, inspiring his writing of "Blowing in the Wind".

This class conflicts with: **THE FUNERAL PROCESS; A BEGINNERS GUIDE TO JEWISH CUSTOMS AND PRACTICES**



THE SELF-TAUGHT PHOTOGRAPHER

Glenn deWitt
 SUNY Campus, 11:00-12:15
 Class limit 16

This beginner to intermediate level class is specifically about the possibilities of self-development in the creation of artistic photography. Open to any enthusiast, our focus

will be on basic skill enhancement. Specific content will be determined by, and individualized, to meet the needs and interests of the participants with informal discussion and image review being at the heart of our approach. Required: a basic working knowledge of your camera (digital preferably, any style), and a willingness to discuss your images.

Glenn deWitt is a regional and international award-winning photogra-

pher who currently lives and works in the Hudson Valley. Self-taught, he has exhibited in Europe, South America and New York City. He has, from his years of teaching, maintained an interest in sharing his skills and experiences with other photography enthusiasts.

This class conflicts with: **FREE SPEECH AIN'T FREE; NOT YOUR GRANMOTHER'S BIBLE; TERRORISM PAST AND PRESENT; PLAYING WITH SHAKESPEARE**

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

September 16, 30, October 7, 14



PLAYING WITH SHAKESPEARE

Jessica D. Rothman

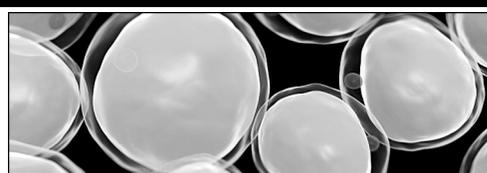
SUNY Campus, 11:00-12:15

Class limit 20

The complete WORKS of Shakespeare is a misnomer - he wrote PLAYS. Shakespeare's words were meant to be spoken and heard. This class will be a hands-on, on your feet (or in your chair) exploration of the language and the characters in those plays. We will explore the sound and feel of the words, as well as using games and exercises inspired by the Creative Art Team Student Shakespeare Festival, Shakespeare and Company, and years of research and experimentation. Discover the joy of playing!

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

This class conflicts with: **THE SELF-TAUGHT PHOTOGRAPHER; FREE SPEECH AIN'T FREE**



THE FAT TALKS

Andrea Lurie

SUNY Campus, 9:30-10:45

Did you know that some fat cells store energy, but others use it? Understanding how different fat cells work in our bodies and how they interact with the foods we eat forms the basis for safe, scientific, and satisfying weight management. Among other topics, we will explore why the best diet is no diet; whether diet or exercise is best for weight loss; whether one can be fat and fit; and why there is a worldwide "obesity epidemic" and what might be done about it.

A retired lawyer, Andrea Lurie founded Esopus Fitness. Passionate about the science of fat, she belongs to the American Obesity Society and is certified by the International Sports Science Association.

This class conflicts with: **OUR RAINBOW OF INTELLIGENCES; HOW COMPUTERS WORK**



THE FRENCH AND INDIAN WAR: THE WAR THAT MADE AMERICA

Robert Ulrich
SUNY Campus, 2:00-3:15

Confusing to the point of being ignored... Let's better understand the background and strategy that pitted the British and their colonial "Provincials" against the French, who were trying to connect their northern New Canada to their southern Louisiana territories. It is considered by some as the world's first "World War." It removed the French from control, but in trying to keep both the French and the dispossessed Native Americans from rebelling, it also set aflame the kindling that later erupted into the Revolutionary War.

Now retired, Bob Ulrich has become a self-taught historian with a focus on the Dutch creation of a successful American society, the Revolutionary War, and the Hudson River School of Painting. He has taught at LLI SUNY New Paltz, LLI Bard, LIFE at Mt. St. Mary and CLS, Marist.

This class conflicts with:
WALKING EXPLORATIONS OF NEW PALTZ ARCHITECTURE



THE FUNERAL PROCESS

Timothy Copeland
SUNY Campus, 12:30-1:45

This course will not only give you the inside scoop, but also help you gain

insight into every aspect of the funeral process, such as the funeral director, how to arrange a funeral, the cremation process, and much more. There are many options available when decisions need to be made on your funeral. Why not approach "that time" knowing exactly what you want? If you have ever wanted a chance to discuss this inevitable event, without pressure, now is your opportunity. Take a chance, take time, and educate yourself on a difficult subject.

Timothy Copeland, funeral director, has over 23 years of experience in the funeral profession. Tim has helped a very diverse clientele to arrange over 2500 funerals.

This class conflicts with: **SIXTIES AND THE FOLK REVIVAL; A BEGINNER'S GUIDE TO JEWISH CUSTOMS AND PRACTICES**



WALKING EXPLORATIONS OF NEW PALTZ ARCHITECTURE

Bill Rhoads
SUNY Campus, 2:00-3:15

As we travel through the village, we will discuss the sequence of architectural styles found as well as their changing uses as the community has developed since the late 1600's. We will study structures on Huguenot Street, Main and Chestnut Streets, SUNY New Paltz campus. The walks take place rain or shine. The first class will meet on the porch of the brick Reformed Church on Huguenot St. Starting points for other classes will be announced. Suggested readings: Images of America: New Paltz

by Carol A. Johnson & Marion W. Ryan; Images of America: New Paltz Revisited by Carol A. Johnson; Ulster County, New York: The Architectural History & Guide by William B. Rhoads; For the Village: The Story of Huguenot Street by Eric J. Roth.

Bill Rhoads is a professor emeritus of Art History at SUNY New Paltz and has enjoyed walking the streets of New Paltz since 1970

This class conflicts with:
THE FRENCH AND INDIAN WAR: THE WAR THAT MADE AMERICA

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

October 21, 28, November 4, 11



EMILY DICKINSON: PUGILIST & POET

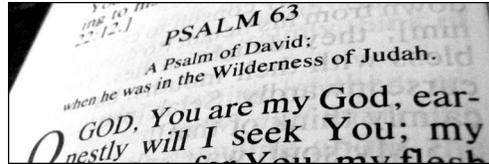
Anne Richey
 Woodland Pond, 2:00-3:15

Born in 1830, Emily Dickinson reached maturity at a time when the Calvinist verities of her New England heritage were losing ground against the inroads of scientific empiricism. Dickinson probed, in poem after poem, the issues which the new skepticism raised about God, the soul, death and immortality. In the process she created a body of religious poetry that no American poet has surpassed in terms of sheer originality and intellectual rigor. We will discuss a selection of poems in which the self-described 'pugilist' duked it out with the Big Question.

Anne Richey is a retired academic who has taught numerous poetry classes for Bard LLI.

This class conflicts with: **WORLD HISTORY THROUGH MUSIC; THE BASICS OF OIL PAINTING**

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



NOT YOUR GRANDMOTHER'S BIBLE

Rabbi Bill Strongin
 Jewish Comm. Center (JCC) 11:00-12:15

Using texts from many different books of the Hebrew Bible (in English) we will consider some delicate and dangerous issues such as: Erotic Theology: romance and physical intimacy as metaphors for human/divine love; the Bloodlust of the Soul: The love of violence and destruction that lurks within - what do we do with it? Why do the Good suffer? Yeah, why? The Devil: Who or what is Satan? Science vs. Religion: Is there really a problem here? We shall discover that much of what we think we know about the Bible's teachings is not quite accurate.

Rabbi William Strongin, B.A., M.T.S., M.A., D. Div has been a member of the History and Jewish Studies faculties of SUNY New Paltz for over twenty-five years and Director of the Program in Jewish Studies for the past seven years. He has been the spiritual leader of the Jewish Congregation of New Paltz for over thirty years.

This class conflicts with:
THE SELF-TAUGHT PHOTOGRAPHER; FREE SPEECH AIN'T FREE; TERRORISM PAST AND PRESENT



TERRORISM PAST AND PRESENT

Lewis Brownstein
SUNY Campus, 11:00-12:15

This course will survey the history and challenges of terrorism over the last 100 years. We will discuss how to define the concept, the forms that it has taken, the motivations for its use and the current challenges it poses.

Lewis Brownstein has been teaching a course on terrorism ever since the attacks on September 11, 2001.

***This class conflicts with:
NOT YOUR GRANDMOTHER'S BIBLE;
THE SELF-TAUGHT PHOTOGRAPHER;
FREE SPEECH AIN'T FREE***



THE BASICS OF OIL PAINTING

Pattie Eakin
Studio, 2:00- 3:15
Class limit 6 **LOTTERY**
Materials cost \$50-\$75

This course will begin with color mixing and theory. I will demonstrate rendering skies, water, trees, man-made objects, fruits and vegetables. We will also discuss building a palette and media needs. Class is at my studio in Gardiner.

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

Pattie Eakin was in the fashion industry for over 20 years: from designer to company president. She won the M.A.R.T.Y award for designing men's fashions. She studied art at the Art Institute of Pittsburg and has a BS from the West Chester State University. She was named best artist in the Hudson Valley by Hudson Valley Magazine in 2011.

***This class conflicts with:
EMILY DICKINSON: PUGILIST &
POET; WORLD HISTORY THROUGH
MUSIC***



WORLD HISTORY THROUGH MUSIC

Joe Britto and Tom Mounkhal
SUNY Campus, 2:00-3:15

This course will study examples of music from around the world; all of which will be placed in their World History context.

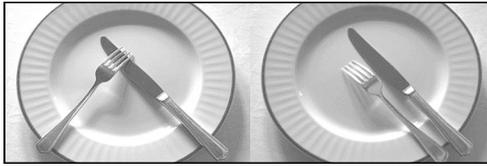
Both Joe Britto and Tom Mounkhal have taught history courses for LLI in the past.

***This class conflicts with:
EMILY DICKINSON: PUGILIST &
POET; THE BASICS OF OIL PAINTING***

**Register early.
August 21
is the postmarked
deadline.
Classes fill quickly!**

FRIDAY 8-WEEK COURSES (F-8)

September 18, October 2, 9, 16, 23, 30, November 6, 13



DR. MANNERS HOSTS A DINNER

Fred Mayo

St. Joseph's (SJ), 9:05-10:20

Hosting a party can be a lot of fun or it can be a frustrating challenge. We will focus on the key principles of making your guests comfortable and helping everyone enjoy the evening (welcoming guests, sending invitations, seating guests, setting the tone for the party, facilitating conversations, handling difficult situations and ending the evening).

Fred Mayo has been doing etiquette dinners at NYU for the past five years. He is currently writing a book on this subject in conjunction with Michael Gold, the photographer. Fred has just retired as Clinical Professor of Hotel and Tourism Management at NYU.

This class conflicts with:
MAH JONGG STRATEGIES FOR NOVICE PLAYERS; SPIRITUAL PSYCHOLOGY: THE WISDOM OF MEDITATION, PRAYER AND IMAGINATION



EXPLORING INNER AND OUTER WORLDS THROUGH WRITING POEMS

Richard Parisio

St. Joseph's (SJ), 12:45-2:00

Class limit 15

Participants will experience the pleasures of writing poetry in a variety of forms and modes. We will use

as models mentor poems ranging from ancient Chinese to contemporary American poetry as inspiration for our own writing. Weather permitting, we will spend time outdoors writing nature poems. All levels of experience with poetry welcome.

Richard Parisio is a lifelong naturalist, educator, and poet. His poetry collection, The Owl Invites Your Silence, won the 2014 Slapering Hol Press Poetry Chapbook Award.

This class conflicts with: HISTORY OF ROCK MUSIC OF THE 70'S; THE ORGAN MUSIC OF J.S. BACH II; JOY THROUGH MOVEMENT IN YOUR CHAIR; WATERCOLOR MADE EASY; THE CIVIL WAR THROUGH THE EYES OF NEW PALTZ



JAMES JOYCE AND HIS WORKS

Patrick Higgins

St. Joseph's (SJ), 10:50-12:05

James Joyce's Ulysses was voted the best novel of the 20th century; his autobiographical novel A Portrait of the Artist as a Young Man received third place. The course will view the life of Joyce and how it is reflected in his works. We will read Dubliners and A Portrait of the Artist as a Young Man. If time allows we will discuss Ulysses and maybe Finnegans Wake. The course promises to be uplifting and challenging.

Patrick Higgins hails from Galway, Ireland; is a graduate of Hunter College, New York and NYU. He is now

retired from Wall Street. He busies himself with his interests in history, literature and Irish language which he teaches at Vassar College. He has given courses on Irish literature at LLI Bard and LLI SUNY New Paltz.

This class conflicts with: ENTERPRISE AND COURAGE: A BRIEF CULTURAL HISTORY OF THE NORTHERN SHAWANGUNKS; MESSING WITH METAL; NEW PALTZ "ANTIQUES ROAD SHOW"; LEARN TO PLAY MAH JONGG; YOUR GENES AND YOUR HEALTH; THEATER GAMES



LEARN TO PLAY MAH JONGG

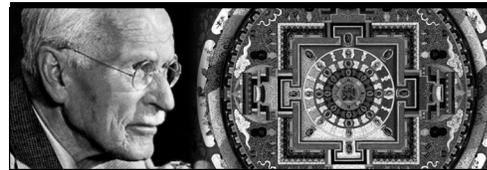
Ann Hanover
Woodland Pond, 10:50-12:05
Materials Fee \$8.00, Class limit 15

The American version of Mah Jongg is an adaptation of an ancient Chinese tile game. It has been played in the United States for over 60 years. It is not played with a partner; each player plays his/her own game. Mah Jongg cards indicating possible winning combinations are visible during the game. A booklet of instructions is distributed the first session so each lesson is reviewed. Many former participants are now enjoying this exciting game.

Ann Hanover is a retired teacher who has been playing Mah Jongg for more than 50 years. She has successfully taught the game to groups many times both in Washington State, her previous home, and in Woodland Pond.

This class conflicts with: ENTERPRISE AND COURAGE: A BRIEF CULTURAL HISTORY OF THE NORTHERN

SHAWANGUNKS; MESSING WITH METAL; NEW PALTZ "ANTIQUES ROAD SHOW"; YOUR GENES AND YOUR HEALTH; THEATER GAMES; JAMES JOYCE AND HIS WORKS



SPIRITUAL PSYCHOLOGY: THE WISDOM OF MEDITATION, PRAYER AND IMAGINATION

Craig Lennon PhD
Reformed Church (RC), 9:05-10:20

This course will review some basic concepts of Jungian psychology and upon this foundation we will explore a variety of meditation and prayer modalities including insight meditation, Tibetan meditation, Christian centering prayer, mystic poetry and body awareness. Each week you will receive instruction and have time to practice the foundational teachings of calming body tension, taming the monkey mind, developing an inner witness that is dis-identified with thought and gradually glimpsing your innate spiritual wisdom and energy known by the various names of Essence, Presence, Soul, True Nature, Indwelling Spirit.

Craig Lennon is a clinical psychologist in private practice. Since 1980 he has been exploring a variety of spiritual practices, studying closely with Tibetan Buddhist teachers as well as Christian contemplatives. His teachings are an integration of Jungian depth psychology and the universal spiritual teaching that "your own mind is the ultimate source of wisdom".

This class conflicts with: DR. MANNERS HOSTS A DINNER; MAH JONGG STRATEGIES FOR NOVICE PLAYERS

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

September 18, October 2, 9, 16



CLAY-PLAY

Connie Noelle

Studio, 2:30-3:45

Class limit 6 **LOTTERY**

The point of clay play is mostly experiment, have fun, and don't worry. In other words - PLAY! Two classes will be with fresh clay and the other two will be to glaze amazing brilliant colors and patterns on the fired work of a simple flower pot. No previous experience necessary.

Materials fee varies depending on the project size \$10-\$15

Connie Noelle, retired art teacher, taught all levels of public school and adult art classes for over 25 years. All her classes enjoyed clay and glazes every year. Currently Connie is having fun creating unique bowls and crazy bird houses. Amazing things are possible!

This class conflicts with: INTRODUCTORY COURSE ON THE CONTRIBUTION OF C.G. JUNG IN DEPTH PSYCHOLOGY



ENTERPRISE AND COURAGE: A BRIEF CULTURAL HISTORY OF THE NORTHERN SHAWANGUNKS

Robi Josephson

St Joseph's (SJ), 10:50-12:05

Class limit 12

The course focus is the 1800's and a lost hamlet called the Trapps. Gen-

eral topics include geography and geology, place names, settlements and survival on the mountain; the mountain houses of Lakes Mohonk and Minnewaska and the Civil War. Suggested readings: An Unforgiving Land by Josephson and Larson; Mohonk Mountain House and Preserve by Josephson, Mohonk: Its People and Spirit by Burgess; Shawangunk Place-names by Fried.

Robi Josephson's first ascent of the Labyrinth at Sky Top was 46 years ago. She's explored the Shawangunks ever since and is the author of two books about the range.

This class conflicts with: MESSING WITH METAL; NEW PALTZ "ANTIQUES ROAD SHOW"; LEARN TO PLAY MAH JONGG; JAMES JOYCE AND HIS WORKS



HISTORY OF ROCK MUSIC OF THE 70'S (LET'S ROCK)

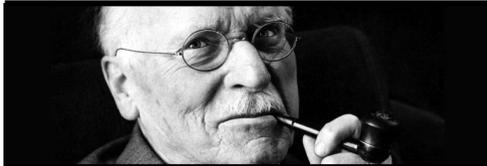
Richard Sullivan

St Joseph's (SJ), 12:45-2:00

We will explore how Rock and Roll evolved into the "Classic Rock" of the 1970's. Various bands of that era will be discussed and the variety of music that was heard. Diverse forms of "Classic Rock" will be looked at ("Progressive Rock", "Heavy Metal", etc). As with previous classes, audio examples of the music will be heard. For suggested readings, any archival material from "Rolling Stones" magazine would be appropriate.

Starting with the Vocal Group Harmony of the late 1940's-1960's, up to the more progressive bands of the 1970's and early 1980's, music and its history have been Richard Sullivan's passion.

This class conflicts with: THE ORGAN MUSIC OF J.S. BACH II; JOY THROUGH MOVEMENT IN YOUR CHAIR; EXPLORING INNER AND OUTER WORLDS THROUGH WRITING POEMS



INTRODUCTORY COURSE ON THE CONTRIBUTION OF C.G. JUNG IN DEPTH PSYCHOLOGY

Rob Greene

Woodland Pond, 2:30-3:45

Class limit 16

The course will outline Jung's unique contribution to Depth Psychology including his reasons for his split with Freud; his new Dream Interpretation; the Collective Unconscious; Personality, Typology and the discovery of the Individuation Process via alchemy.

Rob Greene is a Jungian Analyst in private practice; formerly president of the C.G. Jung Institute in New York City.

This class conflicts with: CLAY-PLAY



JOY THROUGH MOVEMENT IN YOUR CHAIR

Sondra Sperber

Woodland Pond (WP), 12:45-2:00

Class limit 12

Let the music move you without ever leaving your chair. If you once loved

to dance, this class will rekindle that same joyous spirit in you. Sondra will gently engage you in movements you can easily do. You'll also get to reminisce, tell stories and laugh. Your body, your brain and your spirit will be nourished and most importantly, you'll be having fun.

Sondra, a senior herself, will inspire you with her boundless energy. She has taught dance for many years to all age groups. She began her teaching career with young children and now she enjoys teaching and encouraging the young at heart.

This class conflicts with: HISTORY OF ROCK MUSIC OF THE 70'S; THE ORGAN MUSIC OF J.S. BACH II; EXPLORING INNER AND OUTER WORLDS THROUGH WRITING POEMS



NEW PALTZ "ANTIQUES ROAD SHOW"

Walter Marquez

St Joseph's (SJ), 10:50-12:05

Bring your treasures in to be reviewed and appraised. We will review antiques and collectibles along with fakes and reproductions. General info 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 the Ulster County Antique Dealers Assoc.

This class conflicts with: ENTERPRISE AND COURAGE: A BRIEF CULTURAL HISTORY OF THE NORTHERN SHAWANGUNKS; MESSING WITH METAL; LEARN TO PLAY MAH JONGG; JAMES JOYCE AND HIS WORKS



THE ORGAN MUSIC OF J.S. BACH II

Boyd Herforth
Reformed Church (RC), 12:45-2:00

Each week will include live performances of many of the works we discuss by the presenter and other local organists. Week 1: More Chorale Settings (Part 2). Week 2: Bach and Buxtehude Comparison. Week 3: Concerti and Partitas. Week 4: Great

Preludes and Fugues

Boyd Herforth has been a church organist for thirty years. During this time he earned a Master's Degree in Organ Performance and has given many recitals, almost all including Bach's works.

This class conflicts with:
HISTORY OF ROCK MUSIC OF THE 70'S; JOY THROUGH MOVEMENT IN YOUR CHAIR; EXPLORING INNER AND OUTER WORLDS THROUGH WRITING POEMS

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

October 23, 30, November 6, 13



MAH JONGG STRATEGIES FOR NOVICE PLAYERS

Barbara Wyman
Woodland Pond (WP), 9:05-10:20
Class limit 10 **LOTTERY**

This course will be geared toward Mah Jongg players who have a working knowledge of the game and would like to hone their skills. Strategies will be learned while playing actual games. A 2015 Mah Jongg League Card is necessary in order to participate.

Barbara Wyman has been playing Mah Jongg for over 40 years and plays in several weekly games. She has pursued her love of the game by participating in local and national tournaments.

This class conflicts with: SPIRITUAL PSYCHOLOGY: THE WISDOM OF MEDITATION, PRAYER AND IMAGINATION; DR. MANNERS HOSTS A DINNER



MESSING WITH METAL

Marny Janson
Woodland Pond (WP), 10:50-12:05
Class limit 10 **LOTTERY**
Materials fee \$5

Use simple tools to transform scrap metal into your own unique jewelry! You will transform recycled copper wire and flashing into gorgeous wearable art with an ancient artisan look. Skills will be added each week as we create an easy spiral ring, pendants, earrings and clasps. You will hammer, file edges, make jump-ring connectors, free-form wrap stones, age and color copper. In the end you will be able to adorn yourself with your own designs and create unique gifts.

Marny Janson loves working with copper and has sold her jewelry in local shops. She has learned from

several amazing artisan jewelers and loves teaching these skills to others.

This class conflicts with:
ENTERPRISE AND COURAGE: A BRIEF CULTURAL HISTORY OF THE NORTHERN SHAWANGUNKS; LEARN TO PLAY MAH JONGG; JAMES JOYCE AND HIS WORKS; NEW PALTZ "ANTIQUES ROAD SHOW"



THE CIVIL WAR THROUGH THE EYES OF NEW PALTZ

Marilou Abramshe
St. Joseph's (SJ), 12:45-2:00

How did the people of New Paltz in the 1860's feel about the Civil War? Who were the men who signed up to fight and why did they sign up? What about the families left at home during the war years? How did the war change New Paltz? Using documents such as letters, pictures and news articles current to the times as a lens, the big picture of the Civil War becomes more personal.

Since moving to this area in 2009, Marilou Abramshe has delved into local history and shares her enthusiasm for the use of documents to make history interesting. She has helped develop several publications for The Office of the Ulster County Clerk that are dedicated to the educational use of historic records.

This class conflicts with:
WATERCOLORS MADE EASY; EXPLORING INNER AND OUTER WORLDS THROUGH WRITING POEMS



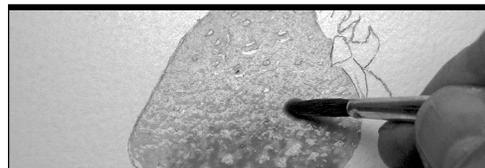
THEATER GAMES

Nancy Van Laan
Woodland Pond, 10:50-12:05
Class Limit 20

No previous acting experience necessary, only a willingness to let your imagination soar! Wear comfortable clothing as we will be doing some moving about. But if you can't and prefer to sit and watch, that will be okay too. We will begin each class with a few theater exercises- nothing too strenuous, I promise! If you've played charades or watched the TV hit, "Whose Line is it Anyway?" then you will already be familiar with the type of theater we will be doing in this class.

Nancy Van Laan has a MFA from Rutgers Mason Gross School of the Arts-Theater and has taught Improvisational Theater to people of all ages from young children through college. She has directed plays and musicals in both New Jersey and New York.

This class conflicts with: **YOUR GENES AND YOUR HEALTH; LEARN TO PLAY MAH JONGG; JAMES JOYCE AND HIS WORKS**



WATERCOLORS MADE EASY

Pattie Eakin
Studio, 12:45-2:00
Class limit 6 **LOTTERY**
Estimated cost of Materials \$50-\$75

This course demonstrates the basics of watercolor painting: washes, wet

on wet, dry brush, rendering trees, skies, water and basic geometrical shapes. Color mixing, an integral part of all painting, is taught and demonstrated. Each class will begin with the presenter showing examples of the above. Taught at my studio in Gardiner, NY.

Pattie Eakin was in the fashion industry for over 20 years: from designer to company president. She won the M.A.R.T.Y award for designing men's fashions. She studied art at the Art Institute of Pittsburg and has a BS from the West Chester State University. She was named best artist in the Hudson Valley by Hudson Valley Magazine in 2011.

This class conflicts with: THE CIVIL WAR THROUGH THE EYES OF NEW PALTZ; EXPLORING INNER AND OUTER WORLDS THROUGH WRITING POEMS



YOUR GENES AND YOUR HEALTH

Toby Rossman PhD
St. Joseph's (SJ), 10:50-12:05

All our genetic information (Genome) is contained in our cellular DNA. Knowledge of the Human Genome, and the implications of genetic variations among individuals, are increasing at a rapid rate. This course will introduce you to basic genetics, a description of DNA and what it does, information on how human genomes differ from each other and from other species, and how scientists are using this information in Forensics (CSI), in studying the evolution of species and populations, and in predicting disease risk. Some of the new

methods in genetic analysis will be described.

Semi-retired as Professor of Environmental Medicine at NYU Langone School of Medicine, and a Toxicology consultant to the legal profession, Toby Rossman has taught since 1968 at various levels including the general public. She is also the organizer of the Hudson Valley Science Cafe.

This class conflicts with: THEATER GAMES; LEARN TO PLAY MAH JONGG; JAMES JOYCE AND HIS WORKS



THE LOOP BUS: HASSLE-FREE PUBLIC TRANSPORTATION TO SUNY CAMPUS

From: Park & Ride (across from Stewart's) on Route 32 N.

Drop Off:

- Back of the Lecture Center (where you take an elevator up one flight to walk over to classrooms in Humanities) or
- Back of the Humanities Building (where you walk up a flight or two to get to the classrooms).

Tell driver what time you want the bus to return to take you back to your car.

For the full schedule and map, call 845-340-3333 or go to:
www.ulstercountyny.gov/sites/default/files/documents/New-Paltz-Loop.pdf



LLI at Phillies Bridge Farm

One-day courses. Cost of each workshop for LLI members only: \$10, payable to Phillies Bridge Farm. To register, contact Jasmine Wood, 845-256-9108 or jasmine@philliesbridge.org



CANNING AND FOOD PRESERVATION: END OF SEASON IDEAS

Susan Luxley-Friedle of Shawangunk Country Canners
Saturday, September 12, 2015
10:00-12:00

Preserving the fall bounty of fruits and vegetables isn't hard. Learn the techniques for making delicious chutney varieties of jellies and jams as well as drying and freezing.



TREE IDENTIFICATION WALK ON THE FARM NATURE TRAIL

Jasmine Wood
Monday, September 28
10:00-12:00

Enjoy a fall walk along the Farm Nature Trail led by Forest Biologist, Jasmine Wood. Learn to ID the 10 most common local trees both hardwood and coniferous.



LLI members enjoying the bounty of Phillies Bridge Farm at the Wine and Cheese Welcome party on June 18



CIDER PRESSING

Jasmine Wood
Tuesday, October 6
1:00-3:00

Turn the season's apple harvest into fresh pressed local cider. Participants will have the opportunity to press fresh cider with a traditional hand-cranked cider press and to bring some home to share with family and friends.



BAKING WITH FARM FRESH VEGGIES THROUGH THE WINTER

Jasmine Wood
Thursday, October 22
10:00-12:00

Enjoy farm fresh vegetables even with snow on the ground. Carrots, beets, kale and cabbage are all excellent storage crops. Learn techniques for preserving these vegetables in your refrigerator or freezer as well as some useful recipes using the preserved veggies.



Jasmine Wood leading an introductory walk for LLI members around the Phillies Bridge Farm on June 18

AUGUST 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Deadline to mail the registration form

SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Wed Classes Begin	17	18 Fri Classes Begin	19
20	21	22	23 No Classes	24	25 No Classes	26
27	28	29	30			

Canning and Food Preservation Class at Phillis Bridge, Sept 12

8-Week and 4-Week Early classes begin September 16 and 18.

No classes September 23 and 25

Tree Identification Walk on Phillis Bridge Nature Trail, Sept 28

OCTOBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Last Class of Early 4 Week	15	16 Last Class of Early 4 Week	17
18	19	20	21 Late 4 Week Class Begin	22	23 Late 4 Week Class Begin	24
25	26	27	28	29	30	31

Cider Pressing class at Phillis Bridge, Oct 6

4-Week Early classes end October 14 and 16.

4-Week Late classes begin October 21 and 23.

Baking with Farm Fresh Veggies Class at Phillis Bridge, Oct 22

NOVEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 All Wed Classes End	12	13 All Fri Classes End	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

8-Week and 4-Week Late classes end November 11 and 13.



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