Fall 2016 Courses

At SUNY New Paltz and other locations ● Noncredit and Noncompetitive Courses
Sponsored by the Office of Continuing 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.

As our “LEARNING IS A LIFETIME JOURNEY” pamphlet puts it so well...If you are

Looking for opportunities to enrich your mind and meet folks, join us at Lifetime Learning Institute (LLI), especially for folks age 55 and “wiser”. There are no grades, just the fun of learning something new! Through the Lifetime Learning Institute, you have the chance to meet and interact with people by participating in classes, special events, and social activities ... Courses embrace a wide variety of topics and interests, from art, literature, music and history to current events and movement.

This fall the curriculum committee once again put together a fantastic class lineup. Your challenge will be deciding which of the classes that appeal to you; you cannot attend due to time constraints on class days. When registering, please consider your stamina and attention span; so you do not register for more classes than you can handle. Due to class size limits, if you register and choose not to attend you may be wasting a seat another student would love and use.

Now for the commercial portion of my spiel: This is an all - volunteer organization and you could enhance your life, help LLI and keep our costs low by joining a committee. Committees plan courses and special events, make phone calls, do mailings, etc. so you are sure to find one that suits your talents.

Phyllis Sturm
President

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 2016–2017 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 2016–2017 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 14. Friday classes begin September 16.

AUGUST 19 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.
## FALL 2016 COURSES AT A GLANCE

### WEDNESDAY 8-WEEK COURSES (W-8) ........................................ Page 3
- Current Event Discussion .................................................. 3
- Distance Walking .................................................................. 3
- Playback Theatre .................................................................. 3
- Puzzles, Paradoxes, Polls, Picking Presidents ...................... 4
- The Craft of the Memoir ..................................................... 4
- Women in the Hebrew Bible .............................................. 5

### WEDNESDAY EARLY 4-WEEK COURSES (W-4-E) ................ Page 5
- Meet Your Ancestors ......................................................... 5
- Playing with Shakespeare .................................................. 5
- Population Issues and Changes in Developing and Developed Countries .... 6
- Use Applied Kinesiology to Help Balance Your Health ........ 6
- World History through Art ................................................ 6

### WEDNESDAY LATE FOUR-WEEK COURSES (W-4-L) .......... Page 7
- American Foreign Policy .................................................... 7
- Dry Pastel ........................................................................... 7
- Heroes, Villains or Both in the Revolutionary War .................. 7
- Moral Dilemmas: Hypothetical, Historical and Contemporary ...... 8
- Seeing Art with New Eyes .................................................. 8
- Voice Acting for Radio and TV Voice Overs .......................... 8
- Was the US Founded as a Christian Nation? ....................... 9

### THURSDAY EIGHT-WEEK COURSE (MEETS THREE TIMES) (T-8)
- Book Discussion ............................................................... 9

### THURSDAY EARLY FOUR-WEEK COURSE (T-4-E) .............. Page 10
- Easy Bike Rides ............................................................... 10

### FRIDAY EIGHT-WEEK COURSES (F-8) ............................... Page 10
- History of Soul Music ...................................................... 10
- Introduction to the Game of "GO" ...................................... 10
- James Joyce and His Works ............................................. 11
- Superb Symphonies ......................................................... 11
- The Making of New Paltz .................................................. 11

### FRIDAY EARLY FOUR-WEEK COURSES (F-4-E) ................. Page 12
- Creating Books for Young Children ................................... 12
- Family Photographs: A History in Black and White .............. 12
- Joy Through Dancing in Your Chair ................................... 13
- Let's Talk ............................................................................ 13

### FRIDAY LATE FOUR-WEEK COURSES (F-4-L) ..................... Page 13
- A Cultural history of the Hudson Valley in Modern Times .... 13
- Creative Writing ............................................................... 14
- Parents of Adult Children: Discussion Group ...................... 14
- The Coming Out Process .................................................. 15

### SATURDAY LATE FOUR-WEEK COURSE (S-4-L) ............... Page 15
- Hudson Valley Rambles ................................................... 15
DISTANCE WALKING
Mary Phillips
Hudson Valley Rail Trail in Highland
2:00-3:15

This program will take place for the most part on the Hudson Valley Rail Trail in Highland. We will begin with short walks for the beginners and gradually increase the distance to five miles. The trail is clearly marked with mileage numbers and will culminate with at least three walks on portions of the Walkway over the Hudson.

Mary Phillips is an aficionado of exercise as beneficial for mental and physical health. She has led "Distance Walking" in the past. Despite a Spring of many rainy days, the previous program was well received and had a few nice surprises along the way. Fall is usually less rainy so we will be able to enjoy views in both Ulster and Dutchess Counties.

CURRENT EVENT DISCUSSION
William Goldman and Jason Warren
SUNY Campus, 2:00-3:15
Class limit 15

This course is a discussion group of current events focusing on the most significant international and national news. Each week before class, the leader/facilitator will email a few key articles or editorials to the participants for their reading and class discussion. Participants should have an active internet address as the reading materials for each class will be distributed in advance by internet. The leader will facilitate the discussion to maximize participation and the coverage of the issues. Participants should come to class prepared to discuss the issues presented in the provided articles and by reading other media sources.

William Goldman has had a long term interest in current events, especially international affairs. He worked and lived as a Peace Corps Volunteer and then as a USAID foreign service officer in seven countries over 30 years, managing assistance for reproductive health, child survival, HIV/AIDS and related public health programs.

Jason Warren can trace his interest in current events to the time in the 60's when his father brought home a Hallicrafters shortwave radio. They would stay up late listening to Radio Moscow, Radio Free Europe and many more "original sources" all around the world. The decline of international shortwave broadcasting meshed with the birth of the Internet - the ultimate news junkie's source.

PLAYBACK THEATRE
Judy Swallow
SUNY Campus, 11:00-12:15
Class limit minimum 10
The definition of Playback Theatre is an original form of improvisational theater in which audience members tell stories from their lives and watch them enacted on the spot by fellow participants. The mood may vary from heavy to hilarious - sometimes light and uplifting - sometimes serious and somber. Playback affirms the importance of personal experience and enables audience members to view their lives from a fresh perspective. In this class we will experiment with some different forms used in Playback using movement, sound and the spoken word. Everyone in in the class will be able to participate.

Judy Swallow was a founding member (in 1975) of Playback Theatre, now practiced worldwide. She is co-director of Community Playback Theatre, which performs monthly at Boughton Place in Highland NY.

THE CRAFT OF THE MEMOIR
Kate Larson
SUNY Campus, 9:30-10:45
Class limit 12

We will explore personal narratives, examining the different forms they take (focusing on prose, poetry, zines and the graphic novel), and what makes them work. Through small guided exercises, you will use your own voice to craft written pieces that speak to your experiences. Everyone has a story to tell, and in this class you will explore the memoirs of others and well as craft fragments of your own. Sharing written pieces will be optional, but encouraged. We will look at selections from work by Alison Bechtel, Spalding Gray, Joan Didion, Audre Lords, and Eileen Nyles, among others.

Kate Larson has a degree in Creative Writing from SUNY New Paltz and has been keeping track of her own life's story through self publishing in the zine format for over a decade.

The first half of this course will be devoted to some of the most mind-blowing puzzles and paradoxes that have been discovered in the fields of philosophy, logic and mathematics. Occupying center stage during this phase are Zeno's paradox, the many ironies of infinite mathematics, "something for nothing" inconsistencies, and everyday enigmas (the source of much of our humor). Then, during the run up to the election of 2016, voting paradoxes will be in the limelight. Fairness in electoral selection processes with be examined and deeply scrutinized. The approach to elections taken in this course will be strictly theoretical, appealing to "both sides of the aisle," as well as anyone with an independent mindset.

Boyd Herforth has had more than a 40 year career teaching mathematics in 5 countries, in private and public schools, and is eager to introduce the beauty of math to a more general public.

Boyd Herforth
SUNY Campus, 9:30-10:45
The first half of this course will be devoted to some of the most mind-blowing puzzles and paradoxes that have been discovered in the fields of philosophy, logic and mathematics. Occupying center stage during this phase are Zeno's paradox, the many ironies of infinite mathematics, "something for nothing" inconsistencies, and everyday enigmas (the source of much of our humor). Then, during the run up to the election of 2016, voting paradoxes will be in the limelight. Fairness in electoral selection processes with be examined and deeply scrutinized. The approach to elections taken in this course will be strictly theoretical, appealing to "both sides of the aisle," as well as anyone with an independent mindset.

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This class will take a fresh look at the role of women in the Hebrew Bible by doing a close textual analysis of some the main female characters - Eve, the Matriarchs, Miriam, Deborah, Esther etc. But also explore the role of minor female characters; the archetype of woman as heroine or victim; and the use of the feminine as metaphor, especially in the theology of the Prophets and wisdom literature. No knowledge of Hebrew or familiarity with the Hebrew Bible will be assumed.

Rena Blumenthal is a freelance rabbi based in New Paltz. She was the campus rabbi at Vassar College from 2003-2014. Rena has a longstanding interest in Jewish feminism and the role of women in Jewish tradition.

Curious about your ancestors? Learn how to get started, research strategies to take you back generations, and great ways to organize your search. This course is geared to genealogy beginners. Students need to bring a laptop computer or Internet-enabled device to class and be computer literate (able to save and open files, use a search engine, download programs). We will focus on researching US records and those in Europe ONLY.

Marny Janson became addicted to genealogy in the 1990's while searching for her own ancestors. She is now a professional genealogist, a member of several local and regional genealogical societies, and has been a volunteer at the Family History Center in Kingston, NY.
USE APPLIED KINESIOLOGY TO HELP BALANCE YOUR HEALTH
Dr. Lori Morris
SUNY Campus, 9:30-10:45
This course is to acquaint people with the principles of Applied Kinesiology which is the use of manual muscle testing to evaluate body function through the dynamics of the musculoskeletal system. I will not be diagnosing or treating people, just teaching about certain neurolymphatic points and how to use them. Some points can be used on yourself. Most can be shared with others. This incredible method of analysis can be used to strengthen muscle and clear the lymphatic system. It can also be a tool to use in determining nutritional needs. Materials can be found in your kitchen.

Lori Morris has been a doctor of chiropractic for the past 29 years. She has studied Applied Kinesiology extensively, doing 200 hours of post graduate study. While in Chiropractic College, she taught the Applied Kinesiology club on a weekly basis.

POPULATION ISSUES AND CHANGES IN DEVELOPING AND DEVELOPED COUNTRIES
John Ross
SUNY Campus, 11:00 - 12:15
Rapid population growth in Africa and parts of Asia is contrasted with the slow growth or declines in Europe. Factors affecting population growth rates are discussed including family planning in fast growth areas and in-migration and incentives for childbearing in slow-growth countries. The interplay among population factors and climate change and refugee movements is discussed. The economic consequences of rapid aging and other changes in the population age structure are presented. The extremely rapid changes now ongoing are stressed in these topics.

As a demographer, John Ross assisted developing countries with their population programs. He served on the faculty of Columbia University and worked through non-profit agencies.

WORLD HISTORY THROUGH ART
Joe Britto and Tom Mounkhall
SUNY Campus, 2:00-3:15
This program combines the story of the past with the pleasures of visual art. It will help develop an understanding of world history through the beautiful works of art drawn from all the major global regions of the world. Examples will include art works from Ancient, Medieval and Modern time periods.

Joe Britto was adjunct professor of history at SUNY New Paltz for 26 years and is now at SUNY Orange. His area of concentration is Latin America, especially Mexico, the Caribbean and early modern world history. He had a career in the New York State Department of Corrections for thirty years as a counselor, psychotherapist and hostage negotiator. Tom Mounkhall is a world historian who has trained world history teachers all over the world. He has been a frequent presenter at LLI.
WEDNESDAY LATE 4-WEEK COURSES (W-4-L)
October 19, 26, November 2, 9

AMERICAN FOREIGN POLICY
Lewis Brownstein
SUNY Campus, 11:00-12:15

This course will cover a variety of topics including the vision of the Founding Fathers in our foreign-policy system; the historical evolution of America's relations with the outside world with particular emphasis on the 20th century; the major institutions tasked with making foreign policy with particular focus on the relations between the White House and the foreign policy bureaucracy; and an examination of the central foreign policy challenges facing the United States in the early part of the 21st century.

Lewis Brownstein was a professor of International Relations at SUNY New Paltz from 1968 to 2012. He has presented several courses for LLI in the past.

DRY PASTEL
Andrea McFarland
Woodland Pond (WP) 12:30-1:45
Class limit 16
Materials fee $50-$70

Discover dry pastel, a vivid, fun and fast medium with surprising versatility. This course is appropriate for beginners or for experienced artists wanting to try out a new medium. In this hands-on class, we will compare the different materials available, cover basic techniques, and practice drawing from life and from photo references, with attention to composition, shading, blending, and landscape techniques specific to pastel.

Andrea McFarland is a local artist and instructor whose pastel landscapes are shown at Mark Gruber Gallery and numerous other venues.

HEROES, VILLAINS OR BOTH IN THE REVOLUTIONARY WAR
Robert Ulrich
SUNY Campus, 12:30-1:45

Hear the stories of three heroes in the Revolutionary War: Henry Knox, John Stark and Daniel Morgan, each of whom played a very critical role in the ultimate Patriot victory. Follow the story of a fourth hero, Benedict Arnold, who turned villain. What did he do that was so brave? Why did he turn against his country; sell it out, and eventually flee with his wife and family to the safety and security of England? As with past presentations, lots of visuals and many interesting side stories will be shared.

A retired IBMer in the Hudson Valley, a self-taught historian, and a past presenter at LLI, Robert Ulrich’s use of photographs and illustrations make his presentations both interesting and memorable.
MORAL DILEMMAS: HYPOTHETICAL, HISTORICAL AND CONTEMPORARY
Michael Wallace
SUNY Campus, 11:00-12:15

How do moral dilemmas reflect cultural values, ethical codes, legal systems and social relationships? In an interactive forum, participants will engage in thinking through writing, Socratic dialogue, and interpersonal exchanges in order to broaden understanding of conflictual issues that challenge individuals and society.

Michael Wallace, Ed.D., retired teacher and school administrator, has studied moral dilemmas, as an avenue into complex issues, since the 1970's when they were a focal point of his doctoral dissertation.

SEEING ART WITH NEW EYES
William Clutz
Woodland Pond, 9:30-10:45

Great western artists have used some specific techniques learned from extensive figure drawing, such as line, value, grisaille, texture and relationships/composition. Over the centuries, these techniques have appeared in different guises in master paintings to intrigue the viewer. Many images of paintings and drawings in each class will illustrate these techniques and increase your understanding.

William Clutz is known for his semi-abstract paintings and pastels of urban streets. He was represented by and had many solo shows in 57th Street Galleries in New York City. His work is represented in many museum and corporate collections. He taught painting and drawing for many years at Parsons The New School for Design.

VOICE ACTING FOR RADIO AND TV VOICE OVERS
Alan Rothman
SUNY Campus, 9:30-10:45
Class limit 20

This is a beginners performance class. Learn how a voice articulation creates character by using vocal variations such as volume and pitch variety, pausing, emphasis, rate of speech and articulation. If time permits, we will study foreign accents using phonetics. We will rehearse real radio and voice over commercials. Study will include: (1) Using vocal variety to create a distinct radio character; (2) learning to use special punctuation used by voice actors; (3) final performance will be to perform radio commercials and TV voice overs.

Alan Rothman is a retired high school educator of Media Studies and Theatre and former synagogue religious school teacher, principal and youth director. He has taught at LLI for 3 years.

Use your LLI membership card for SUNY New Paltz discount at Fine and Performing Arts Events.
WAS THE UNITED STATES FOUNDED AS A CHRISTIAN NATION?
Richard Cannarelli
SUNY Campus, 11:00 - 12:15

A discussion of Church-State separation and how it impacts American politics. The course will review the historic documents and writings of our Founding Fathers on the subject of separation of church and state including, but not limited to, those of Presidents James Madison and Thomas Jefferson. In addition materials related to church-state separation in the US Constitution and Supreme Court decisions will be presented. Special emphasis will be given to the Citizens United decision, the Religious Freedom Restoration Act, Supreme Court decision in the Hobby Lobby case and their impact on the Affordable Care Act.

Richard Cannarelli is a graduate of Le Moyne College in Syracuse, NY, and has a Master of Social Work degree from Boston College. He has taught as an Adjunct Professor of Criminal Justice at SUNY Utica-Rome. He is a past president of the Sarasota-Manatee Chapter (Florida) of Americans United for Separation of Church and State. He has taught and given numerous lectures on the topic of church-state separation.

THURSDAY 8-WEEK COURSE (T-8)
September 15, October 6, November 3

BOOK DISCUSSION
Judy Reichler
Woodland Pond (WP), 11:00-12:00

Three 1-hour sessions will be held in the Fall. This group will be less formal than a course, with a facilitator rather than a presenter. We will read three books about the secrets we keep and discuss the difficult issues raised by each author. Participants should read the books before the class and be prepared to discuss the book. Week 1 The Husband’s Secrets by Laine Moriarty. Week 2 Everything I Never Told You by Celeste Ng. Week 3 Snowflower and the Secret Fan by Lisa See.

Judy Reichler likes to read and discuss books that raise interesting personal or societal issues. This class will not have a teacher. Rather, Judy will facilitate discussion so that everyone can have the benefit of hearing different perspectives without judgment.

Register early.
August 19 is the postmarked deadline.
Classes fill quickly!
A mind once stretched by a new idea never regains its original dimensions.
— Anonymous

**INTRODUCTION TO THE GAME OF "GO"**

Robert Burbank
St. Joseph’s (SJ), 9:05-10:20

The Game of GO is an ancient board game originating in China over 2000 years ago. According to the legend, it was developed as a teaching tool to learn discipline, contemplation, and balance. The rules are relatively simple; the game easy to play, but difficult to learn to play well. Classes will be approximately half teaching and half student game time. Students need to purchase the book *GO Basics* by Peter Shotwell ($15)

Robert Burbank has played the game for approximately forty years. He finds it to be extremely challenging and a learning experience. He has taught classes on other subjects.

**EASY BIKE RIDES**

Judy Reichler
RCEB parking lot, 1:00-2:00

Hour long easy bike rides beginning at the Reformed Church Education

Judy Reichler has been an avid cyclist occasionally taking long trips along the Erie Canal and in Louisiana. Now she stays closer to home with much shorter trips.

**HISTORY OF SOUL MUSIC**

Richard Sullivan
St. Joseph’s (SJ), 10:50-12:05

Soul music, starting with Gospel, will be looked at in detail. We will study the roots and the artists who not only developed Soul (and Gospel), but also the groups, bands, and individual performers of the 1950's, 60's, 70's, and 80's. As in previous courses, there will be plenty of visual and audio aids to help the participants better understand the material.

Richard Sullivan has been a presenter for LLI a number of times regarding music (The Early Hits of Rock and Roll; Doo Wop; Classic Rock of the 70's). He loves and DJs music of these genres.

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

A mind once stretched by a new idea never regains its original dimensions
— Anonymous
JAMES JOYCE AND HIS WORKS
Patrick Higgins
St. Joseph’s (SJ), 10:50-12:05

James Joyce’s book *Ulysses* was voted by a panel of “Modern Library” judges as being the best novel of the twentieth century. During the course we will read the book and see why it received this coveted rating. We will also examine its impact and its contribution to the English Language and its correlation with Homer’s Odyssey which Joyce used as the framework for his great novel. The course promises to be an exciting journey into English literature.

Patrick Higgins hails from Galway, Ireland; is a graduate of Hunter College New York, and NYU. He is currently retired from Wall Street. He now busies himself with his interest in history, literature and Irish language which he teaches at Vassar college. He has given courses on Irish literature at Bard LLI and here at LLI New Paltz.

SUPERB SYMPHONIES
Boyd Herforth
St. Joseph’s (SJ), 12:45-2:00
Class Limit 20

The works of superb symphonists will be introduced, discussed and heard in this class. From Hayden to Shostakovich, the composers of the best-loved symphonic works and their works will be center stage. Biographical details of the composers' lives will supplement guided listening to their compositions of this genre. Composers include Mozart, Beethoven, Brahms, Schumann, Mahler, Dvorak, Nielsen, Sibelius, Tchaikovsky, and Prokofiev.

Enveloped by the themes, movements and stories based on music programs that his father performed as a member of both Boston and Cleveland Orchestras, Boyd Herforth became familiar with symphonic literature from the inside out.

THE MAKING OF NEW PALTZ
Carol Johnson and Marilou Abramshe
Woodland Pond (WP), 2:30-3:45

This course will cover the development of the town and village of New Paltz from 1678 to the present. Did you know that the introduction of public services led to the creation of the village? Or were you aware that the borders with the neighboring towns changed the geography of New Paltz? Discover how the development of the different hamlets and neighborhoods helped shape the New Paltz we know today.

Carol Johnson is a New Paltz Town Historian. She also has been the coordinator of the Haviland-Heidgard Historical Collection of the Elting Library for 30 years. The collection is considered the best genealogical and local history collection in the Mid Hudson Valley and its strongest focus in on the town and village of New Paltz.

Marilou Abramshe has worked with primary documents in the educational field over 20 years and has offered several classes at LLI on local and Ulster County history.
Use your LLI membership card for SUNY New Paltz discount at Fine and Performing Arts Events.
JOY THROUGH DANCING IN YOUR CHAIR
Sondra Sperber
Woodland Pond (WP), 2:30-3:45
Class limit 12

Let the music move you without leaving your chair. If you once loved to dance, this class will rekindle that same joyous spirit in you. You will be gently engaged in movement you can easily do. You will also get to reminisce, tell stories and laugh. Your body, your brain, and your spirit will be nourished and most importantly, you will be having fun.

Sondra Sperber, 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."

LET'S TALK
Hilary Kramer
Woodland Pond (WP), 10:50-12:05

Although it can seem harder to make friends as we age, it is never too late to foster connections through conversation. Engaging questions inspire the best kinds of conversations. You will be surprised how much there is to talk about as friendships develop and go beyond small talk. In this course, conversation starters will be introduced to encourage, inform, and enliven our table talk skills. When people have a chance to talk and share their story, they feel more connected. Enjoy a fun and easy going way to learn more about ourselves and each other.

Hilary Kramer has been in the field of corporate communications for over 35 years. She was director of Sales & Marketing at Luminary Publishing for "Chronogram" Magazine and "Healthy Living" and was co-founder/co-publisher of "Inside Out" Magazine.

A CULTURAL HISTORY OF THE HUDSON VALLEY IN MODERN TIMES
Vernon Benjamin
St. Joseph's (SJ), 12:45-2:00

Week 1- Romancing the Valley: Take a virtual tour of the romantic allure of the Hudson River Valley with an emphasis on heritage, great estates, Mohonk Mountain House and Yamanouchi. Week 2- Saratoga Truncated: Visit the belle epoch of Saratoga Springs as "the watering hole of America", featuring the grand hotels, colorful characters and habits of the haute monde. Week 3- From Troutbeck to Yaddo: See the Hudson Valley as a mecca for creative individuals and institutions from the Armory Show to the Sixties. Week 4-Arts,
CREATIVE WRITING
Nancy Van Laan
St. Joseph’s (SJ), 9:05-10:20
Class limit 16

No previous writing experience is necessary. Discover how to connect jumbled thoughts into ideas and produce these in written form. Explore different genres as time allows including play writing. Through a series of exercises, both oral and written, your creative self is bound to emerge. Let that hidden talent come forth and blossom!

Nancy Van Laan, an author of children's books, taught Creative Writing at Rutgers, Kean College in NJ and Bucks County Community College in PA. She was Head of the English Department at Solebury School, a private boarding school in PA for six years during the 80's before she left to write full time.

PARENTS OF ADULT CHILDREN:
DISCUSSION GROUP
Jo Gangemi and Lois Pomeroy
St. Joseph’s (SJ), 10:50-12:05
Class limit 12

Is your adult child still dependent upon you? Do you walk on eggshells with him/her? Do you have a difficult relationship with your child's spouse? Do you disagree with how your grandchildren are being raised, but fear to say anything? Is there an actual cut-off? These are various issues that come up in the relationships between parents and their adult children. In a small group, we will have the opportunity to air these issues, share concerns, brainstorm some problem solving and be supportive of each other. This will be a very participative class with opportunities to bring in articles and suggest topics for consideration. The class will offer a chance to share ideas and is not group therapy.

Jo Gangemi has a lot of experience facilitating groups. She is a Psychiatric Nurse clinician with a private psychotherapy practice. She worked for many years as a practitioner in an inner-city hospital outpatient mental health clinic.

Lois Pomeroy holds a certificate in psychotherapy from the Blanton-Peale Institute and an MSW from Adelphi. Her real preparation for this class is knowing the joys and hearaches of raising 5 children...and making most of the mistakes in the book.
Coming out is a complex process that is never over. It takes a lot of courage for persons who identify as gay, lesbian, bisexual, trans, queer, and fluid to share that reality with family, friends, and colleagues. While it has become easier with increasing acceptance of same sex relationships, the process involves introspection, risk taking, and commitment to honor one’s identity while deciding what one needs to share with whom. This course will discuss the psychology, philosophy and politics of coming out as well as the internal and external dynamics, the impact on the person coming out and the influence on family, friends and others.

Fred Mayo raised his children in New Paltz and came out in his fifties. Currently, he is completing his sixth year on the Board of Directors of the Hudson Valley LGBTQ Community Center, where he is President of the Board. In 2012 he was honored with the NYU Arnold Grossman Outstanding Faculty Service Award to the LGBTQ Community Award. In 2013 he retired as Clinical Professor of Hotel and Tourism Management at NYU but continues to teach and consult in hospitality and related areas.

Richard Parisio has worked as an interpretive naturalist for over 40 years. His prize winning poetry collection, The Owl Invites Your Silence, was recently published by Slapering Hot Press.

Experience the pleasures of hiking in our region with an experienced naturalist and hike leader. Participants will sample four diverse walks within a 25 mile radius of New Paltz. Walks will be of moderate length (3-5 miles) and difficulty (easy - moderately strenuous) PARTICIPANTS MUST BE ABLE TO WALK FOR UP TO FOUR HOURS, OVER OCCASIONALLY STEEP AND/OR ROCKY TERRAIN.

Neal Christensen’s Introduction to Bridge was a popular class during the Spring 2015 semester.

Aging is not lost youth but a new stage of opportunity and strength.
AUGUST 2016

Deadline to mail the registration form

SEPTEMBER 2016

8-Week and 4-Week Early classes begin September 14 and 16.

1st Book Discussion, Sept 15

Bike rides begin

OCTOBER 2016

4-Week Early classes end October 5 and 7.

2nd Book Discussion, Oct 6

Bike rides end

No classes October 12 and 14 (Yom Kippur)

4-Week Late classes begin October 21 and 23.

Hudson Rambles begin Oct 22

NOVEMBER 2016

8-Week and 4-Week Late classes end November 9 and 11.

Last Book Discussion, Nov 3

Hudson Rambles end Nov 12
Fall 2016 Member:

- Become a member today
- Have fun learning what you love
- Explore new paths of knowledge
- Share your interests with others
- Spend time with old and new friends
- Membership offers student discount for SUNY fine arts events

www.newpaltz.edu/lifetime
lifetime@newpaltz.edu

Register Early.
Courses Fill Fast!

Phone: 845-257-2892

Learning for the Fun of it
State University of New York at New Paltz
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