Spring 2016 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.

Friday Feb. 19 is the deadline to register

33 Courses to choose from

QUESTIONS? CALL 845.257.2892
Welcome to all Lifetime Learners,

Another Catalog – another great selection of classes. How do you decide what classes to take? If you are like me, you go over the listing several times, choosing and maybe even changing your choices. It reminds me of a quote from Dr. Seuss’s book, Oh, The Places You’ll Go! “You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go.” And that is so true. We look at the choices and we decide what interests us. Personally, I love to take history classes, but I have tried to branch out into some areas that I don’t know. After all, we are never too old to learn something new, are we?

So make your choices, because “You have brains in your head, you have feet in your shoes. You can steer yourself in any direction you choose”. But don’t so overload yourself that you cannot take all the classes you register for. Be discerning, realize your capabilities. Don’t fill a space you are not going to use. There may be someone else who also wants to attend that class.

I invite you to look at all the varied choices that are offered to you this spring. Branch out and take a chance on a class or a subject you might not ordinarily take. Open yourself to new ideas, new theories, and possibly new acquaintances. Because “You’re off to Great Places! Today is your day! Your mountain is waiting. So get on your way!” (another Seussism)

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
First time new registrants who register for the 2016 Spring classes may do so for an introductory fee of $75. 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 Spring semester. Courses are open to current 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 of them.

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

FEBRUARY 19 IS THE POSTMARK DEADLINE FOR REGISTRATION.

THE LOTTERY SYSTEM

Some classes have a limited size 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 L 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.
# SPRING 2016 COURSES AT A GLANCE

<table>
<thead>
<tr>
<th>WEDNESDAY 8-WEEK COURSES (W-8)</th>
<th>Page 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airpower and the Cold War</td>
<td>3</td>
</tr>
<tr>
<td>An Introduction to Linguistics</td>
<td>3</td>
</tr>
<tr>
<td>Current Events Discussion</td>
<td>3</td>
</tr>
<tr>
<td>Dream Theatre</td>
<td>4</td>
</tr>
<tr>
<td>Intermediate Chess</td>
<td>4</td>
</tr>
<tr>
<td>Intermediate Memoir, Mining Memory</td>
<td>5</td>
</tr>
<tr>
<td>Introduction to Bridge</td>
<td>5</td>
</tr>
<tr>
<td>Taking Privacy Seriously</td>
<td>5</td>
</tr>
<tr>
<td>The Intersection of Therapy and Buddhist Meditation Practice</td>
<td>6</td>
</tr>
<tr>
<td>The Nature of Drawing</td>
<td>6</td>
</tr>
<tr>
<td>What Makes Hamlet so Great?</td>
<td>6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY EARLY 4-WEEK COURSES (W-4-E)</th>
<th>Page 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>For the Love of Gardening</td>
<td>7</td>
</tr>
<tr>
<td>From a New Theory of Evolution - A New Human Nature</td>
<td>7</td>
</tr>
<tr>
<td>Short Fiction and Film on the Space Between Us</td>
<td>7</td>
</tr>
<tr>
<td>Theatre and World History</td>
<td>8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY LATE FOUR-WEEK COURSES (W-4-L)</th>
<th>Page 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drawing and Watercolor Techniques with YouTube</td>
<td>8</td>
</tr>
<tr>
<td>Explore Mystery Writing with Experienced Writers</td>
<td>9</td>
</tr>
<tr>
<td>The Columbian Exchange</td>
<td>9</td>
</tr>
<tr>
<td>Toward Psycho-Spiritual Freedom</td>
<td>9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY EIGHT-WEEK COURSES (F-8)</th>
<th>Page 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bookbinding</td>
<td>10</td>
</tr>
<tr>
<td>Literary Journalism</td>
<td>10</td>
</tr>
<tr>
<td>Reading Women's Short Fiction</td>
<td>10</td>
</tr>
<tr>
<td>The Fairy Tale Experience</td>
<td>11</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY EARLY FOUR-WEEK COURSES (F-4-E)</th>
<th>Page 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beading 101</td>
<td>11</td>
</tr>
<tr>
<td>Beading 102</td>
<td>11</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>12</td>
</tr>
<tr>
<td>Drawing Trees Made Easy</td>
<td>12</td>
</tr>
<tr>
<td>Tasting International Wines</td>
<td>12</td>
</tr>
<tr>
<td>The Celestial Dance: A Beginner’s Look at Western Astrology</td>
<td>13</td>
</tr>
<tr>
<td>You, the Empowered Patient</td>
<td>13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY LATE FOUR-WEEK COURSES (F-4-L)</th>
<th>Page 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birding for Lazy Birders</td>
<td>14</td>
</tr>
<tr>
<td>Exploring Better Communication</td>
<td>14</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SATURDAY LATE FOUR-WEEK COURSES (S-4-L)</th>
<th>Page 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hudson Valley Rambles</td>
<td>15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LLI AT PHILLIES BRIDGE FARM</th>
<th>Page 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple Syrup Making: From Start to Finish</td>
<td>16</td>
</tr>
<tr>
<td>Patio and Container Gardening</td>
<td>16</td>
</tr>
<tr>
<td>Tree Identification Walk on the Farm Nature Trail</td>
<td>16</td>
</tr>
</tbody>
</table>
CURRENT EVENTS DISCUSSION
William Goldman
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 differ from other forms of communication (if at all)? Why do people speak differently even if they speak the "same" language? This course is designed to give an overview of what it means to study language, including how we make and perceive the sounds we do, how we turn those sounds into words and sentences and how our use of language reflects how we perceive ourselves and the world around us. Readings will be provided that will help shed light on this crazy and wonderful thing we call language.

Eric Chambers is currently pursuing his PhD in Linguistics at the CUNY Graduate Center and teaches Linguistics at SUNY New Paltz.

This class conflicts with: DREAM THEATRE, FROM A NEW THEORY OF EVOLUTION, DRAWING AND WATERCOLOR TECHNIQUES, TOWARD PSYCHO-SPIRITUAL FREEDOM

AN INTRODUCTION TO LINGUISTICS
Eric Chambers
SUNY Campus, 9:30-10:45

What is language? How is language different from other forms of communication (if at all)? Why do people speak differently even if they speak the "same" language? This course is designed to give an overview of what it means to study language, including how we make and perceive the sounds we do, how we turn those sounds into words and sentences and how our use of language reflects how we perceive ourselves and the world around us. Readings will be provided that will help shed light on this crazy and wonderful thing we call language.

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This class conflicts with: THE NAUTRE OF DRAWING, WHAT MAKES HAMLET SO GREAT, INTERMEDIATE CHESS, INTERMEDIATE MEMOIR, MINING MEMORY

AIRPOWER AND THE COLD WAR
D. Michael Simpler
SUNY Campus, 11:00-12:15

This course examines the events that shaped the Cold War with an emphasis on the importance of aircraft and missiles. Early influences, impact of WWII and development of nuclear weapons are examined. The division of Europe and Asia by the Allies, the Berlin Airlift, Korean War, Cuban Missile Crisis and the Viet Nam War will illustrate the Global Conflict. The arms and space races, weapons treaties, the fall of the Berlin Wall and collapse of the USSR are discussed.

D. Michael Simpler flew the B-52 four years with nuclear strike capability in the USSR. He participated in numerous nuclear war exercises and had a combat tour in Viet Nam. After joining an airline, he flew extensively in the Eastern Block and Russia. As a resident of Berlin, he witnessed the fall of the Berlin Wall.

This class conflicts with: THE NATURE OF DRAWING, WHAT MAKES HAMLET SO GREAT, INTERMEDIATE CHESS, INTERMEDIATE MEMOIR, MINING MEMORY

WEDNESDAY 8-WEEK COURSES (W-8)
March 16, 23, 30, April 6, 13, 20, 27, May 4
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.

This class conflicts with: THEATRE AND WORLD HISTORY, FOR THE LOVE OF GARDENING, INTRODUCTION TO BRIDGE, THE COLUMBIAN EXCHANGE, EXPLORE MYSTERY WRITING WITH EXPERIENCED WRITERS

Jessica (Viskah) Koock, MA in Transpersonal Psychology, has been a member of the Symbolic Studies dream group for 17 years. She is a certified Dream Worker and has facilitated Living Dream groups and Dream-sharing Circles since 2006. Viskah has explored many ways to keep the dream images alive through the creative arts.

This class conflicts with: FROM A NEW THEORY OF EVOLUTION, TOWARD PSYCHO SPIRITUAL FREEDOM, DRAWING AND WATERCOLOR TECHNIQUES WITH YOUTUBE, INTRODUCTION TO LINGUISTICS

INTERMEDIATE CHESS
Ed Boden
SUNY Campus, 11:00 - 12:15

Knowledge of how pieces move is recommended, but limited playing experience is ok. We rely heavily on internet based chess websites projected on a large screen, hence no need to bring your own chess set. Covered topics: opening traps to use or avoid; middle game thinking; how to solve chess problems. We will also play a few games among ourselves and against chess software. We will use the chess web site at www.chess.com

Ed Boden has played chess since he was about 10 years old as taught by his Grandfather. He says he lost 3 games each evening for years.

This class conflicts with: WHAT MAKES HAMLET SO GREAT, AIRPOWER AND THE COLD WAR, THE NATURE OF DRAWING, INTERMEDIATE MEMOIR, MINING MEMORY
INTERMEDIATE MEMOIR, MINING MEMORY
Bette Ann Moskowitz
SUNY Campus, 11:00-12:15
Class limit 15

This course is for people who have had some experience writing memoir. A continuation of the serious fun of figuring out how to tell the truth artfully - tricks, techniques and tactics for telling personal stories in a public way. Make your writing work from the heart, the gut, the brain to the page. Recommended reading: The Art of the Personal Essay by Philip Lopate.

Bette Ann Moskowitz is the author of a novel, Leaving Barney and two memoirs, Do I know You and The Room at the End of the Hall as well as many articles, poems, songs and short stories. She writes frequently for the Senior Gazette.

This class conflicts with: THEATRE AND WORLD HISTORY, FOR THE LOVE OF GARDENING, CURRENT EVENTS DISCUSSION, THE COLUMBIAN EXCHANGE, EXPLORE MYSTERY WRITING WITH EXPERIENCED WRITERS

INTRODUCTION TO BRIDGE
Neal Christensen
SUNY Campus, 2:00 - 3:15

This course teaches the game of Contract Bridge. It is intended for those who have no experience with the game (although others will certainly gain valuable tips). It will cover the basic rules of the game, basic bidding, basic declarer play, opening leads and basic defender play. Suggested reading: Bridge for Dummies by Eddie Kantar.

Neal Christensen is a retired computer engineer and college professor who has been playing bridge for over 45 years and teaching Beginning Bridge Classes for 15 years. He has taught primarily in the LIFE program at Mount Saint Mary College since 2001. He also taught for the Poughkeepsie Bridge Club (Bridge Center MHV) and some private groups.

This class conflicts with: WHAT MAKES HAMLET SO GREAT, INTERMEDIATE CHESS, AIRPOWER AND THE COLD WAR, THE NATURE OF DRAWING

TAKING PRIVACY SERIOUSLY
Ernest Giglio
SUNY Campus, 12:30-1:45

A right to privacy is not mentioned in the Constitution. It was developed piecemeal by the U.S. Supreme Court over three decades. We will examine why privacy is important, discuss the important Court decisions, and look at the threats to the privacy right from several different sources. No legal knowledge is required. A good book on the threat to our privacy is Privacy in Peril by James B. Rule. (NY Oxford U Press, 2007)

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.
THE NATURE OF DRAWING
Deirdre Leber
Woodland Pond (WP), 11:00-12:15
Class limit 10
Materials fee $25

The nature of drawing is curiosity and investigation. Not unlike meditation, the process of drawing can calm the mind. Designed for beginner to intermediate levels, students may explore both expressive and realistic approaches to drawing. Participants will hone their perceptual skills while learning about composition, contour and shading through the genre of still life. There will be the opportunity to use a variety of drawing media.

Deirdre Leber began exhibiting her oil paintings in 1986. She has had several solo shows in the Hudson Valley area and been included in numerous group exhibitions at galleries across the country. She recently had a retrospectus of her paintings at the gallery of Hampshire College.

THE INTERSECTION OF THERAPY AND BUDDHIST MEDITATION PRACTICE
Maureen Ford
SUNY Campus, 12:30-1:45
Class size 15

The ultimate role of Buddhist practice is relief from suffering. This same desire also frequently prompts individuals to engage in the therapeutic process. Dialectical Behavior Therapy (DBT) focuses on four important skills (mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness) that can be taught and reinforced through practice and meditation. This course will teach these skills, provide the necessary support to enable practicing and integrating them, and explore habitual habits of behavior that may impede using them. Each class will consist of didactic, discussion/sharing and a brief meditation segment. Bring a notebook. Participants will be referred to web sites and also provided with handouts as needed.

Maureen Ford is a retired therapist (LCSW) and long time practitioner of Zen meditation. She has taught DBT skills in her clinical practice. She has offered a weekly meditation group at Woodland Pond since 2013.

WHAT MAKES HAMLET SO GREAT?
Paul R. Cooper
SUNY Campus, 11:00-12:15

An analysis of Shakespeare's play showing how poetry of the world and
of the stage and a compassionate understanding of what it feels like to be alive converge to make Hamlet the immortal masterpiece that it is.

Dr. Cooper who has a Ph.D. in Theatre, has taught English and Theatre at the University of Illinois, Pratt Institute, and Hamilton College where he was head of the Drama Department.

This class conflicts with:
THE NATURE OF DRAWING, AIR POWER AND THE COLD WAR, INTERMEDIATE CHESS, INTERMEDIATE MEMOIR-MINING MEMORY

WEDNESDAY EARLY 4-WEEK COURSES (W-4-E)
March 16, 23, 30, April 6

FOR THE LOVE OF GARDENING
Kim Bissell
SUNY Campus, 2:00-3:15

This introductory foray into growing a vegetable garden will include site selection, soil preparation, bed, container ideas, mulching and watering options and seed/plant choices. We will discuss vegetable varieties that do well in our area and are easy to grow. The timing of this class is perfect as it coincides with the area gardens being awakened by the warmer (we hope) weather.

Kim Bissell's gardening experience started with weeding and eating from her parent’s garden. She loves working in soil and watching things grow.

This class conflicts with:
THEATRE AND WORLD HISTORY, INTRODUCTION TO BRIDGE, CURRENT EVENT DISCUSSION

FROM A NEW THEORY OF EVOLUTION - A NEW HUMAN NATURE
Shaun Johnston
SUNY Campus, 9:30- 10:45

Evolution is today’s origin story. How we tell that story tells us who we are. We will start out by giving priority to consciousness, creativity and free will; combine that with what we have learned about the genome, to arrive at an entirely new theory of evolution. Through guided discussions we will then explore what such a theory can tell us about ourselves and the world around us.

Shaun Johnston studied biochemistry at University College, London. He has written several books about how our beliefs about evolution affect how we feel about ourselves.

This class conflicts with:
DREAM THEATRE, INTRODUCTION TO LINGUISTICS

SHORT FICTION AND FILM ON THE SPACE BETWEEN US
Suzanne Murphy
SUNY Campus, 12:30-1:45

We will read short stories by Ernest Hemingway, Anton Chekhov, Carson McCullers, James Joyce, Raymond Carver and Denis Johnson, and see clips from Antonioni’s film, "L’Avventura". Discussion will center around the strategies of the authors and filmmaker to actualize the void that separ-
rates us and attempts to bridge it.

Suzanne Murphy has taught literature and composition at SUNY New Paltz, Empire State College and LLI. She has an MA in English Education and an MSW.

This class conflicts with:
THE INTERSECTION OF THERAPY AND BUDDHIST MEDITATION PRACTICE, TAKING PRIVACY SERIOUSLY

THEATRE AND WORLD HISTORY
Robert Miller and Tom Mounkhall
SUNY Campus, 2:00-3:15

This course will be a study of four plays: The Merchant of Venice (William Shakespeare), A Doll’s House (Henrik Ibsen), Galileo (Bertolt Brecht) and Grounded (George Brant). There will be readings of selected play sections, discussion of the quality aspects of drama in the plays, and placing the plays in world history context.

Robert Miller has 20 years as a professional actor/director with productions performed at the Kennedy Center and the Brooklyn Academy of Music. He is the Co-Producer of Mohonk Mountain Stage Company and a faculty member at SUNY New Paltz.

Tom Mounkhall is a world historian who has trained world history teachers all over the country. He has taught many courses for LLI in the past.

This class conflicts with:
FOR THE LOVE OF GARDENING, INTRODUCTION TO BRIDGE, CURRENT EVENTS DISCUSSION

WEDNESDAY LATE 4-WEEK COURSES (W-4-L)
April 13, 20, 27, May 4

DRAWING AND WATERCOLOR TECHNIQUES WITH YOUTUBE
Maureen Rogers
SUNY Campus, 9:30-10:45
Class limit 12

Basic shapes and value charts, an understanding of making something look three dimensional rather than flat, looking at YouTube videos to better understand what is being presented. Instructor guidance as you create drawings and/or watercolors, using what has been learned.
Week 1 Supplies: pencil (H drawing pencil or simply a pencil from home).

Watercolor brushes, good synthetic or red sable sizes - 1" flat, #4 round, #8 round. Weeks 2,3,4 Supplies: After discussion with class, watercolor paper and paints will be suggested.

Since 1998 Maureen Rogers has been working in both graphite and watercolor. Although she attends Woodstock School for Art on a weekly basis, she has become aware of the wealth of information on the web to further educate herself and others. This course is a chance to show others what she has discovered.

This class conflicts with: DREAM THEATRE, TOWARD PSYCHO-SPIRITUAL FREEDOM, INTRODUCTION TO LINGUISTICS
THE COLUMBIAN EXCHANGE
Joseph Britto
SUNY Campus, 2:00-3:15

We will examine and discuss the history-altering events brought about by the contact of two "old" worlds. These changes are centuries long and vastly significant. Our discussions will include the beginning of the Age of Exploration by Eurasian and African colonists (willing and unwilling).

This class conflicts with:
INTRODUCTION TO BRIDGE,
THE COLUMBIAN EXCHANGE, CURRENT EVENTS DISCUSSION

TOWARD PSYCHO-SPIRITUAL FREEDOM
George Jacobs
SUNY Campus, 9:30-10:45
Class Limit 20

We have been conditioned since birth by parents, society and culture. Many of our beliefs, assumptions, personality patterns, and behaviors are programmed into us and often operate beneath the surface of our conscious minds. Through lecture, discussion and experiential practice, we will bring these conditioned beliefs and patterns to the light of our awareness to free us from their grip on our minds and hearts. We will use meditation, mindfulness, mantra, music and more to explore the question, "If I'm not my conditioned beliefs, patterns and personality, who am I?"

George Jacobs has served as a psycho-spiritual counselor, interfaith...
This class conflicts with: DRAWING AND WATERCOLOR TECHNIQUES WITH YOUTUBE, DREAM THEATRE, INTRODUCTION TO LINGUISTICS

FRIDAY 8-WEEK COURSES (F-8)
March 18, April 1, 8, 15, 22, 29, May 6, 13

BOOKBINDING
Eric Chambers
St. Joseph’s (SJ), 12:45-2:00
Class limit 12

Have you ever wanted to create your own one-of-a-kind journal? In this course, participants will get to see and experience the bookbinding process from paper to book. Participants will learn to make their own multi-signature journals and learn basic bookbinding and book repair techniques. There is an estimated $75 materials fee for a basic bookbinder’s kit as well as for paper, binder’s board and book cloth. (New participants only, no repeat students).

Eric Chambers has worked as a bookbinder for over six years and has trained at the Center for Book Arts in New York City.

This class conflicts with: BEADING 102, DRAWING TREES MADE EASY, LITERARY JOURNALISM

LITERARY JOURNALISM
Jeremiah Horrigan
St. Joseph’s (SJ), 12:45-2:00
Class limit 15

Journalism isn’t only about breaking news. Literary journalism is the creative nonfiction form that comes closest to newspaper and magazine writing. It is fact-driven and requires research and, often, interviews. We will dive deeply into the works of some of the genre’s greatest practitioners: Liebling, Wolfe and McPhee, to name a few. We will discuss and analyze, of course, but we will also try our own hands at it. Most materials will be available online.


This class conflicts with: BEADING 102, BOOKBINDING, DRAWING TREES MADE EASY

READING WOMEN’S SHORT FICTION
Ingrid Blaufarb Hughes
Woodland Pond, 10:50-12:05
Class limit 18

Students will read and discuss a selection from The Oxford Book of Modern Women’s Stories each week. Together we will compare the story to others in the book. Students will need to read the weekly story at home in preparation for each class. Required book: The Oxford Book of
Modern Women's Stories can be purchased at Amazon, Biblio.com and various other sites.

Ingrid Hughes taught English language and literature at CUNY for many years. Her poems and stories have appeared in a number of magazines.

This class conflicts with: BEADING 101, CHAIR YOGA, AN INTRODUCTION TO LINGUISTICS, EXPLORING BETTER COMMUNICATION

THE FAIRY TALE EXPERIENCE
Patty Kane Horrigan
St Joseph’s (SJ), 9:05-10:20
Class limit 16

Take a close look at fairy tales and the part they have played in our lives. Cinderella will be there, as well as Beauty and her Beast, the Snow Queen and others. Reunite with these old friends and make new ones as we examine tales from around the world and consider the many possible meanings they hold - for us as children and as adults. We all have at least one favorite childhood story that still resonates for us. Bring it to class and we’ll have a chance to explore it again.

Patty Kane Horrigan is a writer, teacher and counselor whose fairy tale classes help others find the deeply personal riches buried there. She encourages others to explore the magical moments of childhood.

This class conflicts with:  
THE CELESTIAL DANCE, YOU THE EMPOWERED PATIENT, BIRDING FOR LAZY BIRDERS

FRIDAY EARLY 4-WEEK COURSES (F-4-E)
March 18, April 1, 8, 15

BEADING 101
Helen Tennenbaum
St Joseph’s (SJ), 10:50-12:05
Class limit 8 LOTTERY
Materials Fee $20

This class will be for beginners who will learn two stitches, each having a project to go with it. A kit of beginning materials will be supplied as well as the beads. Repeaters are welcome but please know that this is a repeat project.

Helen Tennenbaum has been beading for 11 years. She finds it relaxing and easy to transport if you are on the go.

This class conflicts with:  
CHAIR YOGA, READING WOMEN’S SHORT FICTION

BEADING 102
Helen Tennenbaum
St Joseph’s (SJ), 12:45-2:00
Class limit 10 LOTTERY
Materials Fee $20

This class will be for people who are familiar with some beading techniques as well as some stitches.
TASTING INTERNATIONAL WINES
Mile Rupcic
Woodland Pond (WP), 2:30-3:45
Course fee: $20 - $35 depending on class size

Welcome to the world of wine.- the magic liquid that for over 8,000 years has comforted, thrilled and inspired.

This class conflicts with:
BEADING 101, READING WOMEN’S SHORT FICTION

DRAWING TREES MADE EASY
Connie Noelle
Studio, 12:45-2:00
Class limit 8 LOTTERY
Estimated cost of materials $5.00

This drawing method is for anybody, beginners on up. If you can draw some crooked lines, you can draw a tree. We will get the general idea of any tree, then some certain types of trees and soon you will be ready to do a local landscape. Bring a sketch book or blank paper any size and some ordinary pencils with erasers. You can switch up your media when you are ready. Classes are at the presenter’s studio on Durmo Rd, New Paltz, 4.5 mi on 299 west from the Wallkill Bridge.

This class conflicts with:
BOOKBINDING, DRAWING TREES MADE EASY, LITERARY JOURNALISM

CHAIR YOGA
Susan Jacque
New Paltz Community Center (CC), 10:50-12:05

This class is especially for people who may want to get back in shape and those who are recovering from illness or injury. You will experience gentle injury-free, flexibility and balance, using breath to connect you to the life force within and around you. We will work toward developing strength postures and movements with emphasis on alignment and detail. Class will end with a relaxation and meditation so you leave feeling refreshed and renewed in body, mind and spirit.

Susan Jacque has been practicing yoga for over 21 years and teaching the last twelve. Her trainings include interdisciplinary Yoga, Embody Yoga, and Yoga for cancer and heart patients. She is a continual student.

This class conflicts with:
BEADING 102, BOOKBINDING, LITERARY JOURNALISM

There will be supplies for two projects as well as materials such as wire and needles. The projects will be different than past projects. Repeaters welcome.

Helen Tennenbaum has been beading for 11 years. She finds it relaxing and easy to transport if you are on the go.

This class conflicts with:
BOOKBINDING, DRAWING TREES MADE EASY, LITERARY JOURNALISM
civilizations, peasants, kings and everyone in between. The first week will cover a brief history of wine, grape-growing areas, climate, soil, growing periods and the most important grape varieties. The remaining three weeks will introduce wines from the world’s three largest wine producing countries: Italy, France and Spain. The first part of each class will present an introduction with maps and graphs; in the second part we will taste, analyze and enjoy wines. Cheers!

Mile Rupcic is a wine consultant for Wine World Wide Inc. and program developer and wine educator for International Wine Masters, both located in New Paltz.

This class has no conflicts

THE CELESTIAL DANCE: A BEGINNER’S LOOK AT WESTERN ASTROLOGY
Nancy Sorvino
St Joseph’s (SJ), 9:05-10:20

Have you ever wondered why just reading about your Sun sign in the horoscope section does not quite fit you or your experiences or perhaps it does? Astrology is an ancient and complex art. Learn some basics that might help you understand yourself and others a little better. Learn why "As Above, So Below" and that the cosmos does not compel but more rightly impels us to grow and understand. Discover what makes you and everyone else a unique person. Planets, signs, symbols and a natal chart will be discussed. Come with an inquiring, open outlook.

Nancy Sorvino has studied, attended national conferences and taught numerous classes in astrology for several decades. She is a member of the National Council for Geocosmic Research and holds a Level 1 certification.

This class conflicts with:
THE FAIRY TALE EXPERIENCE;
YOU, THE EMPOWERED PATIENT

YOU, THE EMPOWERED PATIENT
Puja A.J. Thomson
Woodland Pond (WP), 9:05-10:20

Become the creator and manager of your own health journey. Topics include navigating the medical community, how to help your physician(s) to help you, questions to ask, second and third opinions, choosing from conventional, complementary and alternative therapies; organizing the paper trail, medical records, billing, insurance and advance directives; developing support and creating your own wellness program.

Puja Thomson, of Roots & Wings, is a long time LLI presenter. She creates tools to enhance health and well being and welcome change, such as My Health & Wellness Organizer.

This class conflicts with:
THE CELESTIAL DANCE, THE FAIRY TALE EXPERIENCE
EXPLORING BETTER COMMUNICATION
Kathy Mazzetti
St. Joseph’s (SJ), 10:50-12:05
Class limit 18

Would you like to be a better communicator? Do you have difficulty communicating with certain people? Has someone in your life told you that you don’t listen - even though you know that you do? Do you know that you could communicate better with loved ones? If you answered yes to even one of these questions, come join us for an interactive class where you will learn to use verbal and non-verbal language to improve your communication skills. No books are necessary, just a willingness to learn a very useful new skill.

Kathy Mazzetti is a certified Trainer of NLP (Neuro-Linguistic Programming) and has taught good communication skills to teachers, therapists, guidance counselors and other professionals at SUNY New Paltz and the Hudson River Teacher Center in Yorktown Heights for 25 years.

This class conflicts with:

REMEMBERS

- Classes fill early so do not delay in sending in your registration form.
- Limit your choice of classes to a total of 6 classes.
- Except for Lottery classes, registrations are considered on a first come basis.
- The Lottery is held the day after the close of registration which is Feb. 19.
- Confirmation letters will be mailed in early March.
SATURDAY LATE 4-WEEK COURSES (S-4-L)
April 23, 30, May 7, 14

HUDSON VALLEY RAMBLES
Richard Parisio
TBA, 9:00-2:00

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.

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.
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

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**PATIO AND CONTAINER GARDENING**
Jasmine Wood  
Thursday, March 17, 2016, 10:00-12:00

Don’t have room to have a traditional garden? Learn how to grow all of your favorite veggies, flowers and herbs in a container on your patio or porch. Find out which containers to use, what soil is best, and the varieties which do well growing in a container. Information regarding local businesses which supply needed materials to start your container garden will be discussed.

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**MAPLE SYRUP MAKING: FROM START TO FINISH**
Jasmine Wood  
Thursday, April 14, 2016, 10:00-12:00

Discover the process of syrup making during the peak sap flow in our region. Learn how to identify a sugar maple tree, the tapping and collection process and the health benefits of maple syrup. Sit by the sugaring fire and watch the sap cook down into syrup.

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**TREE IDENTIFICATION WALK ON THE FARM NATURE TRAIL**
Jasmine Wood  
Thursday, April 28, 2016, 10:00-12:00

Enjoy a walk on the Nature Trail, led by Forest Biologist Jasmine Wood. The spring season is a unique time to practice tree identification because there are no leaves to lead the way. Using bark, twigs, buds, and blossoms, participants will learn to ID common trees in our area such as sugar maple, red and white oaks, ash, hickory and more.
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- Deadline to mail the registration form

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- March 10: Annual Member Meeting – Woodland Pond
- March 17: Phillies Bridge, Patio and Container Gardening
- March 16 and 18: Beginning of 8-Week and 4-Week Early classes
- Mar 25: No Friday classes (Good Friday)

## APRIL 2016

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- April 6: Last day of Early Wednesday classes
- April 13: Beginning of Late Wednesday classes
- April 14: Phillies Bridge, Maple Syrup Making
- April 15: Last day of Early Friday classes
- April 22: Beginning of Late Friday classes
- April 23: First Day of Hudson Ramble class
- April 28: Phillies Bridge, Tree ID Walk

## MAY 2016

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- May 4: Last day of 8-week and late 4-week Wednesday classes
- May 13: Last day of 8-week and late 4-week Friday classes
- May 14: Last Day of Hudson Ramble class
Spring 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