

LIFETIME
LEARNING
INSTITUTE

S U N Y
NEW PALTZ

Learning for the fun of it



WINTER 2024 ONLINE COURSES



NON CREDIT AND NON COMPETITIVE COURSES

SPONSORED BY SUNY NEW PALTZ

THE OFFICE OF GRADUATE AND EXTENDED LEARNING

ROAD SCHOLAR – LLI RESOURCE NETWORK

LLI IS A VOLUNTEER MEMBER-RUN ORGANIZATION

REGISTER BY

JAN 3

CLASSES
FILL EARLY

Fellow Members of LLI at SUNY New Paltz

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

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

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

Your LLI Council.



Welcome to the Lifetime Learning Institute's ***Winter 2024 Catalog***. For this session **ALL CLASSES WILL BE USING ZOOM**. Connection links and information will be sent by email before each class.

Once again classes will open on the hour and allow 15 minutes for participants to get signed on and chat with other members of the class. The Classroom host (CA) will call the class to order at 15 minutes past the hour. The class will run for the usual 75 minutes.

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

Please register by Jan 3rd

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

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

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

THIS INCLUDES THE WINTER AND SPRING SESSIONS.

FOR NEW & FORMER MEMBERS REGISTRATION IS NOT COMPLETE UNTIL PAYMENT IS RECEIVED.

PLEASE MAKE YOUR CHECK PAYABLE TO CAS/LLI, (INCLUDE MEMBER NAME) AND SEND TO:

REGISTRAR LIFETIME LEARNING INSTITUTE PO BOX 275 NEW PALTZ, NY 12561

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WEDNESDAY COURSES



**W1 THE EVOLUTION OF HISTORY AND
MEMORIALIZATION ON HUGUENOT STREET**
WEDNESDAY Jan 10, 17, 24, 31

11:00 – 12:30

PRESENTER: Eddie Moran

This course will examine the history of New Paltz, and our understanding of how that history has changed over time. The first session will provide an overview of the current scholarly understanding of New Paltz's history, including the people Native to this land, the history of Dutch and English colonization in our region, and the establishment of New Paltz by European refugees and enslaved Africans in the late 17th and early 18th centuries. Subsequent sessions will examine the founding of Historic Huguenot Street as a historical society in the 1890's and will examine how and why our understanding of this history has evolved in the 130 years since.

Sessions will consist of visual presentations followed by group discussion. No materials are required for this course, and supplemental readings and resources will be provided to participants.

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



**W3 TRAVELING, TOURING, AND
TRANSFORMING OURSELVES**
WEDNESDAY Jan 10, 17, 24, 31

3:00 – 4:30

PRESENTER: Fred Mayo

According to the US International Trade Association, over 40 million US citizens traveled out of the country during the first six months of 2023. That number represents an 8.6 % increase over travel in 2019, which was before the pandemic. And 49 % plan to increase travel for the rest of this year. Given the incredible growth in travel, this course will provide a discussion of what is happening in this industry.

Topics will include: the differences among independent travel, touring, and cruising; the changing appeal of traveling; and new travel options. Some of the class time will be spent on examining the joys and insights that derive from visiting a foreign country. As Mark Twain wrote, *"Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime."*

Come share your questions and stories about where you traveled and how it changed you.

Fred Mayo, retired Professor of Hospitality and Tourism Management at NYU, has been teaching LLI courses for years. The first ones included topics related to manners using parts of his book *Modern American Manners: Dining Etiquette for Hosts and Guests*. More recent courses have included: Isolation, Rituals and Routine, Building Community, Friendship, and Giving and Generosity. This course builds on his interest in helping students think more carefully about topics important to us.

W2 THE HUDSON VALLEY: THEN AND NOW

COORDINATOR: Carole Heyl

WEDNESDAY Jan 10, 17, 24, 31

1:00 – 2:30

A discussion of various topics in the history of the Hudson Valley

Jan 10: Alex Sherwood

Mohonk Mountain House and Its History in the Hudson Valley

This talk will discuss the history of the Mohonk Mountain House and its origins in 1869 to the current day. The Minnewaska connection will be explained. Now in its fifth generation, the Smiley family continues to host guests at this iconic Hudson Valley location.

Jan 17 Stephen Blauweiss

The Roaring 1820's To Kingston Point Park

A multimedia talk based on the Ulster County section of his and Karen Berelowitz's 2022 book, *The Story of Historic Kingston*. The presentation covers a thriving era in Hudson Valley history and its intricate relationship with New York City.

Topics include: Hudson River School Painters; Delaware & Hudson Canal; Bluestone, Bricks, & Ice Harvesting, Day Line, and Kingston Point Park. The program includes short films, historic footage, and more than 500 photos and images. There will also be time for discussion and Q&A. Whether you're a novice or an expert you'll be surprised how much there is to discover—this is not your 8th grade history class!

Suggested reading: Blauweiss' book, *The Story of Historic Kingston*.

Jan 24 Judy Reichler

***The Boys in the Boat* – Book Discussion**

The Boys in the Boat, by Daniel James Brown, captures the University of Washington rowing crew as it struggles to compete in the 1936 Olympics against Hitler's crew. Sons of loggers, shipyard workers, and farmers, they had to first compete against well-trained rowers from elite eastern universities. **READ BOOK BEFORE CLASS**

Soon to be released as a movie, some of the action takes place on the Hudson River between Poughkeepsie and Highland, with thousands of spectators and special trains.

Jan 31 Marilou Abramshe

***Boys in the Boat* venues**

Marilou will show us and discuss some of the sites in Highland used by the teams, as well as other items connected to the 1935 regatta.

In his 25th year at Mohonk, **Alex Sherwood** is the Director of Hotel Operations. Alex is a Pennsylvania native who earned a degree in Hospitality Management from Lock Haven University. Alex has “grown” up at Mohonk, starting as a college intern and working his way through multiple roles at the Mountain House. He is able to give insight to both the historical facts of the Mountain House as well as the fast paced, day to day operations of the current day.

Stephen Blauweiss is a local filmmaker and historian. He and his partner **Karen Berelowitz** specialize in documenting and presenting the arts, architecture, and history of Ulster County through engaging presentations, short films, books, and museum-quality exhibitions. They also produce work in subjects ranging from art and education to social and environmental issues, and a number of their short films on regional artists air regularly on PBS and have been screened in museums, exhibitions, theaters, and festivals across the U.S., Europe, and Canada. They specialize in presenting less-known aspects of local history and the arts to audiences of all ages through a variety of multimedia projects.

Judy Reichler loves to read, and to find books about issues that engage our minds

Marylou Abramshe enjoys learning and sharing local history with others

FRIDAY COURSES



F1 HELPFUL RESOURCES FOR SENIORS
SPONSORED BY THE
ULSTER COUNTY OFFICE OF THE AGING
COORDINATORS: Susan Koppenhaver
Claire O'Brien

FRIDAY Jan 12, 19, 26, Feb 2
11:00 – 12:30

Jan 12: Susan Koppenhaver
Office for the Aging Overview and
Helpful Aspects of Aging in Place

An overview of the services and programs that are provided by the Ulster County Office for the Aging will be discussed.

An indepth discussion will be presented regarding preparation for aging at home, pitfalls and thinking ahead.

Jan 19: Bob Meci
Medicare Overview

Medicare and its details and recent changes in both the Medicare program and also the Medicare Savings Plan will be discussed in detail. As income eligibility has changed, more older adults may qualify for this important benefit. In addition, Medicaid has also changed its income eligibility levels. Medicare Advantage Plans will also be described and who can benefit, what to watch out for, and when to switch plans.

Jan 26: Gene Dumlao
Protect Yourself From Online Healthcare Scams
 Learn tips on what to look for to keep from falling for online pharmacy & healthcare scams.

Feb 2: Patricia O'Neill Ricks MPA, RD, CDN
Nutrition for Health and Wellbeing

The subject of nutrition for the senior population and the benefits of eating well for health and well-being will be discussed. Information on the Mediterranean Diet and possible medication and food interactions that may affect your health will be presented.

Susan Koppenhaver is currently the Director of the Office of the Aging in Ulster County. She has an extensive background in most aging services, including Home Care, Nursing Home Administration, Practice Management and Long Term Home Health Care programs. She has a Masters degree in Public Health, Health Policy and Management.

Bob Meci
 Bob has been a Medicare Counselor and Trainer for many years with the Office for Aging in Ulster County. He currently works for the Office for Aging as the HIICAP (Health Insurance and Information and Counseling Assistance Program) Coordinator, and has a team of dedicated volunteers who have been trained in the details of Medicare, enrollment, and the various Medicare plans, including Advantgae Plans and the Medicare Savings Plan. Bob also is a volunteer Fireman with the Wodostock Fire Company.

Gene Dumlao, Outreach Counselor
 Gene joined the staff of the NY Statewide Senior Action Council in 2011 and provides counseling on Medicare benefits and the EPIC program to help enrollees make informed choices. He is a certified HIICAP (Health Insurance Information Counseling and Assistance Program) counselor. Gene has been solving issues and doing what is right and fair for organizations and members for over thirty years.

Patricia O'Neill Ricks is a Practicing Registered Dietitian with over 30 years of clinical and managerial dietetic experience. She is presently working with the Ulster County Office for the Aging as a Consulting Dietitian. She looks forward to sharing her knowledge of nutrition and the benefits to a healthy lifestyle.



F2 ZENTANGLE 1 – Mindful Drawing Method

FRIDAY Jan 12, 19, 26, Feb 2

1:00 – 2:30

PRESENTER: Priscilla DeConti, CZT®

CLASS LIMIT: 15

Zentangle® is a method/practice of using lines and patterns in a repetitive mindful manner to make beautiful images. By focusing on the single strokes one at a time, it can improve mindfulness, reduce stress, add to confidence and NO previous art experience necessary.

Each week a different area will be explored:

Week 1 - Introduction to Tangling

Week 2 - Beyond Basics: Strings & Borders

Week 3 - Shading

Week 4 - Adding Extra Touches

Required Materials:

Each student will purchase a kit, consisting of a pen, a pencil, several **Zentangle®** tiles and a tortillon (blender stomp) which will be used in each of the sessions. No other materials are needed. The cost of the kit is \$15.00.

Priscilla DeConti is a Certified Zentangle Teacher who began her *tangling* journey in 2016 while involved in a *The Artist Way* group. She became certified in 2017 and has taught many times since then. She loves her Zentangle practice which has led her to explore other art forms such as collage, watercolor and hand lettering.

Zentangle 2 will be offered in the Spring Session



F3 INTRODUCTION TO TAI CHI EASY

FRIDAY Jan 12, 19, 26, Feb 2

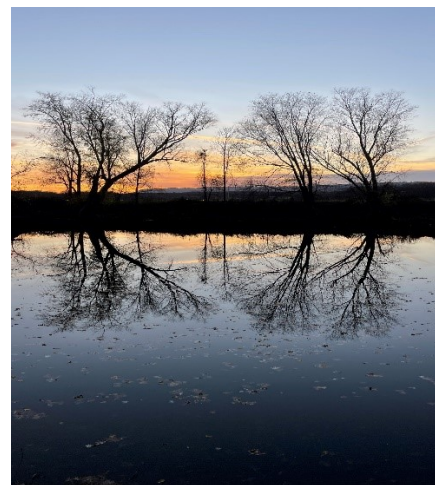
3:00 – 4:30

PRESENTER: Caroline Hopenwasser

Tai Chi Easy is a simple form of mind-body, selfcare designed to strengthen the body's own healing forces. Come learn sequences of mindful movements, breathing practices, self-applied massage techniques and styles of meditation that can be easily implemented in everyday life.

Caroline Hopenwasser is a certified Easy Tai Chi practice leader, who trained with Dr. Roger Janke, director of the Institute of Integral Qigong and Tai Chi. She has been a professional educator for 25 years. Caroline enjoys practicing Tai Chi daily with her dog and three cats.

ON THE COVER



Looking West over the Walkill River, New Paltz
Rebecca Heyl, Photographer

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

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

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

REGISTER/JOIN

<https://forms.gle/AXjpHndpwLhQXhEVA>

You MUST have an individual email address

Jan 3rd is the deadline for registration

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

**If you are a new or returning member mail your check of \$75 to LLI at PO Box 275
New Paltz, NY 12561**

Membership fee includes the Winter and Spring sessions