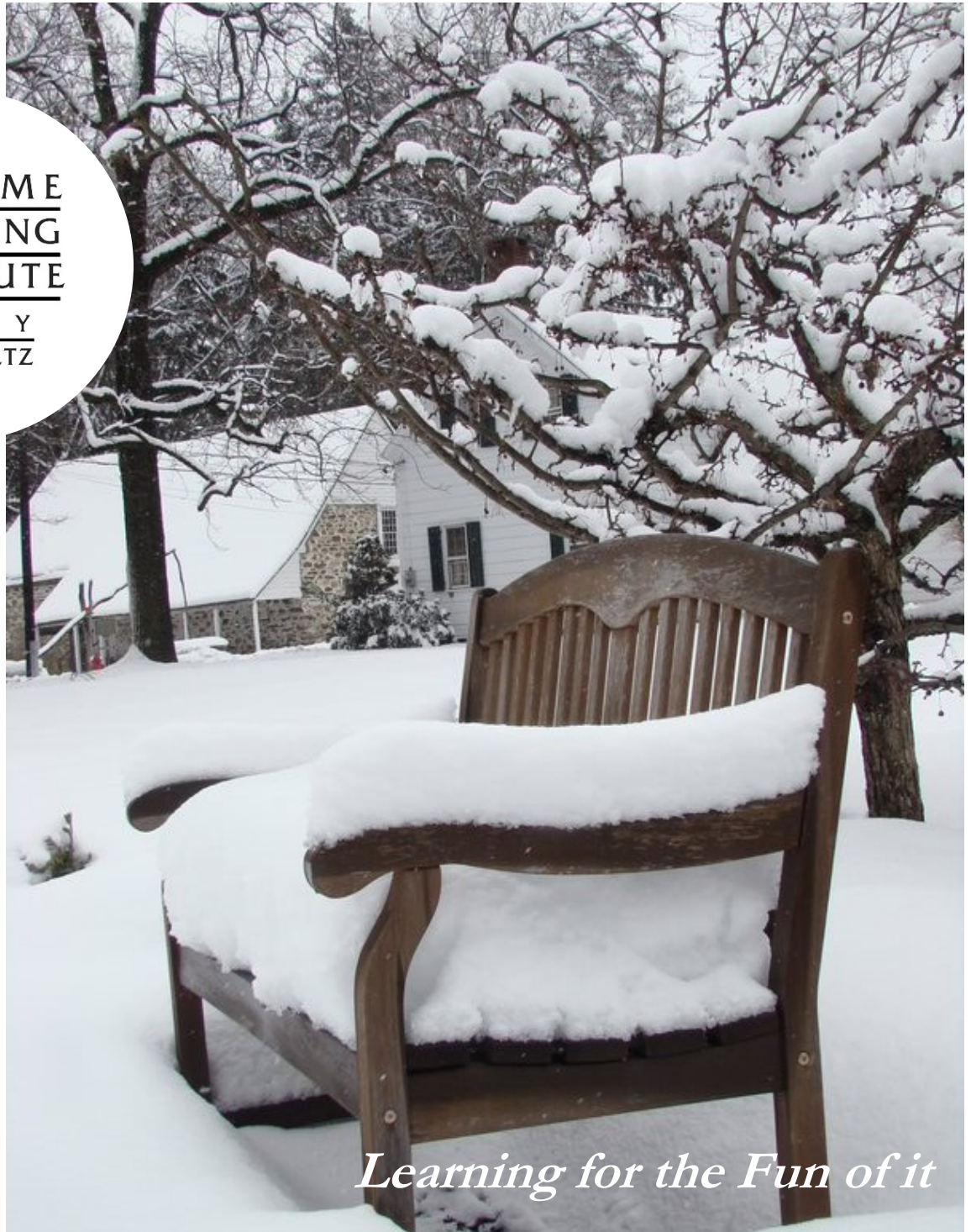


LIFETIME
LEARNING
INSTITUTE

SUNY
NEW PALTZ



Learning for the Fun of it

WINTER 2022 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

JANUARY 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 have listened to your suggestions and will be offering four diverse courses via Zoom to keep your mind and body active.

We are hoping to return to some in-person classes in the Spring.

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 2022 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 at www.newpaltz.edu/lifetime. 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 MEMBER, THE FEE IS \$75.00.

IF YOU ARE A RETURNING MEMBER, THE FEE IS \$120.00.

MEMBERSHIP IS THROUGH JUNE 30, 2022.

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

WEDNESDAY COURSES

- Zentangle 2 – Mindful Drawing Method 3
- Spotlights on History in the Hudson Valley 4

FRIDAY COURSES

- Introduction to Tai Chi Easy..... 5
- Helpful Resources For Seniors.....5

WEDNESDAY COURSES



**ZENTANGLE 2
MINDFUL DRAWING METHOD**

WEDNESDAY Jan 12, 26, Feb 9, 23

Mar 9

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 is necessary.

Each week a different area will be explored:

- Week 1 - Review Zentangle vs Doodling
- Week 2 - Reticula and Fragments
- Week 3 - Heart-Color in Tangling
- Week 4 - More in Color
- Week 5 - Hands

Required Materials:

- Black Micron pens (01 and 05)
- Watercolor paper or heavy card stock
- White charcoal pencil (General)
- White gelly roll pen or gel pen (Size 8 or 10)
- Assorted colored pencils or markers

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.

PLEASE NOTE

This course is a continuation of the Zentangle course presented in the Fall of 2021 by LLI SUNY New Paltz.

To register you MUST have either taken the Fall course or another Zentangle class.

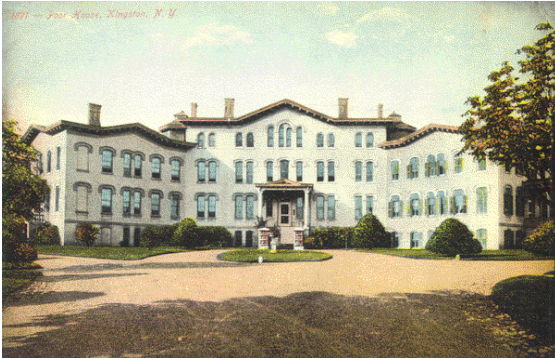
An introductory Zentangle course will be offered by LLI in the Spring 2022 program.

**SPOTLIGHTS ON HISTORY IN THE
HUDSON VALLEY**

WEDNESDAY Jan 19, Feb 2

1:00 – 2:30

COORDINATOR: Marilou Abramshe



Jan 19 - Richard Heyl de Ortiz
***Peculiar Institutions: The Poorhouse in
New York State and the Hudson Valley***

Few today know that poorhouses were at one time a staple in communities in the Hudson Valley and throughout New York State. At once the embodiment of society's benevolence toward the less fortunate and the place where man's darker side sometimes flourished, poorhouses and the poorhouse movement have much to teach us. Beginning with the European almshouse, this discussion explores what poorhouses were, how they developed, who they were meant to serve, who they really benefitted and what social forces led to their creation and their changing over time. Issues such as changing views about poverty, mental illness and children are explored. Also, the end of slavery in New York 1827 and its impact on the poorhouse movement is incorporated into the presentation.

We received so much positive feedback concerning the Spotlights On History classes that were given in the Fall 2021 series, we are offering additional ones now.



Feb 2 - Marilou Abramshe
Lost Industries – Amusement Parks

Can you imagine- Amusement Parks are a lost industry in the Hudson Valley? It's true – Amusement Parks were once a thriving industry in several towns in our part of New York State. Today they are largely forgotten. Join Marilou Abramshe and travel to six Amusement Parks that developed in our area at the turn of the 20th Century but no longer exist. Learn why they developed, what they offered and why they declined.

Marilou Abramshe

History isn't just the chronological recording of important events, but also the everyday events that make up people's lives. Marilou likes to research those everyday events of the past that make an effect on our lives today. For the past seven years she has introduced members of LLI to various aspects of Ulster County history. Amusement Parks is one more link in our connection to the past.

Richard Heyl de Ortiz is the Director of Training and Program Support for Court Appointed Special Advocates of New York State (CASA) and the former Director of Programs and Marketing for Historic Huguenot Street. Richard serves on the Board of Directors of the Child Welfare League of America and developed a particular interest in poverty and systemic bias while serving as a Public Scholar with the New York Council of the Humanities (now called Humanities New York).

FRIDAY COURSES



INTRODUCTION TO TAI CHI EASY

FRIDAY Jan 7, 14, 21, 28

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.

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



HELPFUL RESOURCES FOR SENIORS

**SPONSORED BY THE
ULSTER COUNTY OFFICE OF THE AGING**

FRIDAY Jan 7, 14, 21, 28

11:00 – 12:30

COORDINATOR: Susan Koppenhaver

**JAN 7: Susan Koppenhaver and
Gloria Ferraro**

***General Overview of the function
of the Office of the Aging***

A discussion of the services, programs and resources that are offered to the community. These include HICAP (Health Insurance Counselling and Advocacy Program), legal services, Case Management, social activities, exercise classes, transportation, and volunteer programs and opportunities.

**JAN 14: Maria Alvarez
*Health Care Fraud***

Explore the latest developments in Health Care Fraud and how this multi-billion dollar malady affects consumers and tax payers on a daily basis. Learn about resources that will help prevent and combat fraud, errors, and abuse to the Medicare billing system. Learn how to make a difference by sharing information and getting involved with the NYS Senior Medicare Patrol Program

JAN 21: Juanita Bryant

Balancing Your Microbiome for Optimal Health and Well-Being

There is a strong relationship between the healthy and unhealthy bacteria that make up the microbiota and its impact on bowel regularity, digestion, nutrient absorption, and the immune system. Current research is now focusing on the impact it has on maintaining normal glucose and cholesterol levels, as well as the correlation between stress, anxiety, depression and cognition. We will discuss some situations that disturb the microbiota balance and steps you can take to improve that balance and your overall health. For example, intake of fiber, fermented foods, and other sources of pre and probiotics.

JAN 28: Eleanor Minsky

Medicare: What You Need To Know and How You Can Save Money

The two main types of Medicare coverage (Original Medicare and Medicare Advantage) will be discussed as well as the Medicare Savings Program.

Additional topics include:

- How to save costs for your prescription medications
- How to obtain help paying your Medicare payments

Susan Koppenhaver has been the Director of the Ulster County Office of the Aging since September 2019, and previously was a health administrator in various health care positions.

Gloria Ferraro has been a Senior Service Aide for the Ulster County Office of the Aging for the last 7 years.

Maria Alvarez is the Executive Director of New York Statewide Senior Action Council, a non-profit organization that has served the community for 50 years in the fields advocacy, health care counseling, patients' rights, and Medicare fraud prevention.

The New York Statewide Senior Action Council is the federal grantee of the NYS Senior Medicare Patrol program which helps to combat Medicare fraud in NY.

Juanita Bryant has a Master of Education degree in Health and Wellness, is a Registered Dietitian Nutritionist, Certified NYS Dietitian/Nutritionist, and Certified Diabetes Care and Education Specialist. Her philosophy is lifestyle first, which includes food and activity in the prevention of chronic disease, improving and managing illness, and basic healthy living. Juanita is currently the contracted Dietician for the Ulster County Office of the Aging.

Eleanor Minsky is a Certified Medicare Counselor and has been the Medicare Outreach Counselor for the Ulster County Office of the Aging since 2014. Previously she was a practicing attorney for 35 years

REGISTRATION DEADLINE

JANUARY 3, 2022