

FALL COURSE CATALOG

2025

**REGISTER
BY
AUGUST 25**
CLASSES
FILL EARLY

Connecting Seniors Through Lifelong Learning

NON-CREDIT AND NON-COMPETITIVE COURSES

ROAD SCHOLAR – LLI RESOURCE NETWORK

LLI IS A VOLUNTEER MEMBER-RUN ORGANIZATION

**SPONSORED BY SUNY NEW PALTZ OFFICE OF
ACADEMIC PLANNING AND LEARNING INNOVATION**

**LIFETIME
LEARNING
INSTITUTE**
SUNY NEW PALTZ



Welcome to our Fall 2025 Catalog

As a history buff and a retired Social Studies teacher, I can't help but note that this year, 2025, is the 250th anniversary of the creation of our country. It was on April 19th, 1775 that the "***Shot heard round the world***" was fired in Lexington, Massachusetts.

The American Revolution was shaped by the aspirations of ordinary people to make fulfilling lives for themselves and their families. So, what does this have to do with the Fall Catalog of Lifetime Learning?

LLI was founded 18 years ago by a group of people who wanted to promote diverse and enriching learning experiences for older adults by providing opportunities for social interaction, and encourages individuals to use their knowledge and skills in creative ways.

In the following pages you will find over 30 classes that offer ways to use your knowledge and or skills in ways that will help fulfill your lives. You may find among these classes one or two that could help change your life by learning something new or introducing you to a skill you didn't realize you had.

As you peruse this catalog, I suggest that you not look just for something you like, but also something new and challenging that you might never have thought might interest you. Don't depend on one class but open yourself to something new.

Revolutionize yourself!!



Marilou Abramshe
LLI Council Chair

MEMBERSHIP AND FEES

You must be a member to register for classes. Membership fee is non-refundable.

- 2025–2026 Annual Membership: \$120 per person.
The membership year runs from July 1 through June 30.
- Per Semester Membership (Fall & Spring/Winter sessions): \$75 per person/semester.

REGISTRATION

IMPORTANT DATES: OPENS – JULY 28; CLOSES – AUGUST 25

REGISTRATIONS WILL BE CONSIDERED ON A SPACE AVAILABLE BASIS IN THE ORDER RECEIVED, WITH THE EXCEPTION OF “LOTTERY” CLASSES (See below).

- To register, follow the new ProClass registration procedure at: www.newpaltz.edu/lifetime
- First complete a member profile, select one course and join LLI for a year or a semester.
You will then be able to add additional courses.
- There is no limit to the number of classes you can choose. Make your check or money order payable to: Lifetime Learning Institute and mail it to: Treasurer, Lifetime Learning Institute, PO Box 275, New Paltz NY 12561. Your registration is not complete until the payment is received by LLI.
- Final confirmation letters will be emailed after the August 25 deadline.
- Classes begin the week of September 8 unless otherwise noted
- Catalog and Registration will be online at: www.newpaltz.edu/lifetime

THE LOTTERY SYSTEM

Some classes have a limited size. It has been decided to implement a lottery system for these classes. Lottery classes (limited to 10 participants or less) are indicated with the word ‘LOTTERY.’ The Lottery process will begin on the day after the close of registration. Names will be randomly drawn until the class is filled. A waiting list will be created from the remaining names.

FALL 2025 LLI COURSES

There are 36 classes being offered this Fall. In-person classes will meet at several locations on Monday, Tuesday, Wednesday or Friday and online classes via Zoom will meet on Thursday. Unless otherwise indicated, all in-person classes are 75 minutes long and Zoom classes are 90 minutes long.

EL - Elting Memorial Library	93 Main Street
MN - Minnewaska State Park Preserve	5283 Rt 44/55 Kerhonkson, NY
NP - Village of New Paltz	
RE - Redeemer Lutheran Church	90 Route 32 South (South Manheim Blvd)
SJ - St. Joseph's– Church	34 South Chestnut St (Elting Ave)
SU - SUNY New Paltz Campus	van den Berg Hall
ZM - Online via Zoom	

PARTICIPATION AND CLASS DECORUM POLICY

SUNY New Paltz Lifetime Learning Institute (LLI) Members may experience a wide range of teaching styles guided by Presenters. In order to promote a dynamic learning environment and encourage a sense of community that is comfortable and accommodating, members are expected to behave in a manner that is respectful and courteous and does not distract from or disrupt the teaching and learning experience. Admission and participation in classes are within the sole discretion of LLI which reserves the right to revoke admission, limit or revoke class participation, or revoke membership at any time if the Council officers reasonably determine a participant's condition, behavior or actions are inappropriate or disruptive.

FALL COURSES AT A GLANCE

2025

MONDAY | EIGHT-WEEK COURSES

M1 Tibetan Movement Meditation	1
M2 The Wonderful World of Mah-Jongg	1

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T1 Introduction to Swing Dancing	2
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TUESDAY | LATE FOUR-WEEK COURSES

T2 Beginner Line Dance	2
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Mission Statement

The Lifetime Learning Institute of SUNY 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.



MONDAY | EIGHT-WEEK COURSES (M-8)

September 8, 15, 29 ▪ October 6, 13, 20, 27 ▪ November 3

(no class September 22)

M1

TIBETAN MOVEMENT MEDITATION (CULTIVATING INNER BALANCE AND JOY)

Diana Shapiro

Elting Memorial Library
12 – 1:15 p.m.

Learn simple movement meditation practices to jumpstart a mindfulness practice or deepen an existing one. Kum Nye yoga (Kum Nye means massaging the body, on various different levels) not only helps develop/ deepen our mindfulness practice, it also creates balance and harmony in the body, and promotes the flow of energy through all the energy centers, releasing physical and emotional blockages.

Diana Shapiro has been practicing Kum Nye yoga since 2000 and is now a certified teacher through the Nyingma Institute for Tibetan Buddhism in Berkeley, CA.

M2

THE WONDERFUL WORLD OF MAH-JONGG

Carole Heyl

Elting Memorial Library

1:30 – 3:30 p.m.

Class limit: 12

Materials: \$15.00

This class in American style Mah-Jongg is designed for the beginner who would like to learn a new and fun game. We will be starting with the basics and learn to create a hand and by the end of the class you will be playing a complete game. Anyone who has played in the past and needs a refresher can attend.

Websites will be suggested for practice.

Carole Heyl is a former teacher and software engineer. As a child she learned the game watching as her aunt played with friends. She began playing regularly after retiring.

DID YOU KNOW?

You can use your LLI membership card
for a SUNY New Paltz discount at
Fine & Performing Arts theatre events?

Show your card to attend
concerts as a student, **for free!**

TUESDAY | EIGHT-WEEK COURSES (T-8)

September 9, 16, 30 ▪ October 7, 14, 21, 28 ▪ November 4

(no class September 23)

T1 INTRODUCTION TO SWING DANCING Ron Fields

Redeemer Lutheran Church

1 – 2:30 p.m.

Class limit: 20

The primary goal of the course is to teach students the basic dance moves involved in Swing Dancing. Specific details will involve elements of East and West Coast Swing and the Lindy Hop.

The course will include the demonstration and practice of the characteristics of partner dancing in the above Swing Dance modes, as well, as some lecture on the History of Swing Dance and Swing Music.

Ron Fields has been a student of Swing Dancing for the past 20 years and continues to be in the present. He has also taught East Coast Swing and the Lindy Hop and a course in the *History of Dance and Popular Music* for the Lifetime Learning Program at Bard College.

TUESDAY | LATE FOUR-WEEK COURSES (T-4L)

October 14, 21, 28 ▪ November 4

T2 BEGINNER LINE DANCING Paula Greenspan

Redeemer Lutheran Church

9:30 – 10:45 a.m.

Class limit: 25

Learn and practice some basic line dances to Pop and Country Western music, with an emphasis on having fun and moving within our individual abilities. Line dancing is done singly, no partner required. We dance in rows, usually not touching each other.

Wear comfortable and supportive shoes, ideally with a hard sole or a dance sock that allows you swivel. It's an aerobic activity so consider dressing lightly or in layers.

You'll receive step sheets and links to videos of the dances so you can practice between classes, but it's not required. If you took Beginner Line Dancing, you can take it again. We'll learn different dances, with no overlap.

Paula Greenspan has loved dancing since she took a Tap and Tumbling class at age 5, and has carried her passion throughout her life and across several continents. She enthusiastically participates in several types of folk and popular dancing, and enjoys sharing her passion for joyfully moving to music. She leads line dancing regularly in Poughkeepsie, where she also teaches ENL (English as a New Language).

WEDNESDAY | EIGHT-WEEK COURSES (W-8)

September 10, 17 ▪ October 1, 8, 15, 22, 29 ▪ November 5

(no class September 24)

W1

ARTIFICIAL INTELLIGENCE (AI) IN THE NEWS-FALL 2025

Don Grice

SUNY New Paltz
9:30 – 10:45 a.m.

The field of AI is in the news constantly and is changing very rapidly. You will see a wide variety of things called AI these days since it is an attention grabber and good marketing material. Most of the applications that you will run into use a combination of a form of Neural Network, and Expert Systems for computer assistance. We will discuss both types of constructions as we look into the current state of Computer Assistants, Copilots, Chatbots, etc.

We will spend a good portion of each of the 8 classes discussing what the latest developments in the news are and what they might mean to you and society in general. Since the impact is so widespread some of the developments will be technical, some will be financial/business, and some will be societal. If the new developments involve new or unfamiliar technologies or terminology, we will take some time to talk about the background needed to understand the news in those cases.

We will spend some time in each of the sessions looking at some specific offerings and what you might expect to be able to do with them if you are interested. (Many of the basic functions are still available for free and those will be the ones we will use for most discussions so that you can try them at home.)

Dr. Grice has a PhD in Electrical Engineering and worked at IBM in system design for close to 50 years, including a big emphasis on Man-Machine Interaction and largescale parallel supercomputing. His

thesis was in the area of Voice Recognition and Communication similar to what we all take for granted today with systems like Siri and Alexa. He also worked with IBM's Research Division on programs like Deep-Blue the Chess playing machine, and Watson the Jeopardy machine.

W2

ON TYRANNY: LEARNING FROM THE PAST

Kris McDaniel-Miccio

SUNY New Paltz
12:30 – 1:45 p.m.

Threats to democracy did not end with the defeat of Hitler or Stalin. Indeed, the rise of tyranny in the mid-twentieth century has extended beyond Western Europe, into other countries including the Americas.

This class shall examine tyranny, its social, cultural, and political roots, whilst analyzing the myriad grass root challenges to tyranny which served to protect and support both an open civil society and adherence to the rule of law.

Kris McDaniel-Miccio, JD LL.M. JS.D is an award-winning attorney, scholar, and teacher with a long history of work here in the U.S. and internationally. She has won numerous cases to protect the rights and lives of women; the LGBTQ community and her scholarship is cited in U.S. federal court decisions as well as internationally. McDaniel-Miccio is known as a teacher who encourages critical thought, yet always with a sense of humor. Her students in NY, Colorado and the EU can attest to her knowledge, compassion, and Bronx humor.

WEDNESDAY EIGHT-WEEK COURSES (W-8)

September 10, 17 ▪ October 1, 8, 15, 22, 29 ▪ November 5 ▪ (no class September 22)

W3

THE FASCINATING FRIGHTENING FIFTIES: AN ANALYSIS OF THE ARTS, CULTURE AND POLITICS OF THE 1950S **Chuck Mishaan**

SUNY New Paltz
2 – 3:15 p.m.

This course will explore the decade of the 1950s, a decade filled with contrasts and cultural change. As the world emerged from the dark shadows of World War II, it stepped into a time of remarkable economic growth. The decade was characterized by a fascinating tug-of-war between conformity and rebellion, tradition and innovation. This tension inspired a wealth of artistic expression and cultural richness, profoundly influencing literature, music, the visual arts, film, television, fashion, and architecture.

Chuck Mishaan has been presenting courses at SUNY New Paltz for many years, including his popular Opera as Politics series and recently, 'The Roaring 20s', 'Between the Wars: Arts and Culture of the 1930s' and 'The War and After: Arts and Culture of the 1940s'. His commentary on the intersection of politics and the arts continues with this course.

W4

PSYCHOANALYSIS AND EVERYDAY LIFE **Irwin Sperber**

SUNY New Paltz
3:30 – 4:45 p.m.
Class limit: 20

These questions will be covered in eight sessions. (1) How did psychoanalysis take shape in the early career of Sigmund Freud? (2) Is it a doctrine based on speculation and intuition? Or can it be viewed as a scientific discipline? What are its theoretical and methodological foundations? (3) To what extent is it effective or ineffective in promoting emotional health? Is it useful for individuals who have few or no symptoms

of mental illness? (4) What led to its widespread acceptance in the 1950s and 60s, and its steady decline in more recent decades? What are the main arguments of neo-Freudians? (5) Even if psychoanalysis might be beneficial for many people, how can its affordability and accessibility be ensured? (6) To what extent can it benefit senior citizens, young people, and families undergoing severe conflict? (7) Do public health agencies and the health insurance industry have any responsibility to make it broadly available? Or have they actually marginalized it? Could it be covered by Medicare and Medicaid? Should it be so covered? (8) Can sociology and other social sciences benefit from and illuminate psychoanalysis?

Suggested readings: These recommended works by Sigmund Freud are available in numerous editions but not necessary for purposes of this course: *The Psychopathology of Everyday Life; An Outline of Psychoanalysis; and Interpretation of Dreams.*

- Likewise for these recommended works by Karen Horney: *Our Inner Conflicts; New Ways in Psychoanalysis; and Self-Analysis.*
- Last but not least are sociological works by Erving Goffman: *The Presentation of Self in Everyday Life; and Asylums: Essays on the Social Situations of Mental Patients and Other Inmates.*
- For an alternative to psychoanalytic and psychiatric approaches to mental illness, see *Revolution in Psychiatry: The New Understanding of Man* by Ernest Becker.

Irwin Sperber's graduate studies in sociology included course work and seminars in psychoanalytic theory and experience as a teaching assistant to Ernest Becker. He has taught courses on the sociology of mental illness and social psychology in the Department of Sociology at SUNY New Paltz.

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

September 10, 17 • October 1, 8

(no class September 24)

W5

THE POWER OF LISTENING

Fred Mayo

SUNY New Paltz

9:30 – 10:45 a.m.

Listening is a powerful tool in recognizing or seeing the other person, and most of us appreciate “being seen” which really means being heard. However, many of us get triggered in our minds when listening to an acquaintance, colleague, friend, or family members talk. Sometimes, we don’t pay enough attention to what the person is saying; other times, we get excited by the conversation and want to share our own experience or thoughts. Either way, the other person doesn’t feel heard since we did not listen carefully.

This course will focus on several types of listening, their importance, and the impact they can have on individuals. There will be explanations of types of listening, skill sets involved, and practice in listening using various models. Come if you want to learn how to listen more deeply to the people you care about.

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 Routines, Building Community, Friendship, Giving and Generosity, The New Three Rs – Rupture, Repair and Respect in Friendships, Travel, Tourism and Transformation, and Where Did Customer Service Go. Last winter, he also taught a course on Community and its importance in people’s lives. This course builds on his interest in helping participants

think about and discuss topics important to us as we grow older and wiser.

W6

ASTRONOMY IN THE TWENTIETH CENTURY

William Tuel

SUNY Campus

11 a.m. – 12:15 p.m.

The spectacular advances in Astronomy during the 21st Century can’t be fully appreciated without an understanding and knowledge of the equally spectacular advances in the 20th Century.

That century answered many important questions posed in the 19th Century — “How do stars shine?”; “What’s the nature of a nebula?”; “How far away is the Milky Way?”; “How did the Solar System form?”. These questions were answered by exploiting theoretical advances in Physics and practical advances in Engineering, many of these related to the electromagnetic spectrum. Not all of Astronomy relies on visible light, but uses radio frequencies, microwaves, and X-rays.

We’ll look at the impact of the discovery of blinking stars and revel at the Hertzsprung-Russell sequence of star lifetimes. We’ll explore the hubbub caused by Hubble and the eye-opening theories of Einstein; we’ll Ooh! over the Oort Cloud, and look with awe at the Van Allen belts. And, of course, babble about the Big Bang and Hans Bethe.

William (Bill) Tuel has developed and presented several courses on the history of science. Previous topics have included: Computing, Mathematics, Atomic Physics, Electricity and Magnetism, Biology and Cryptography. Bill earned the Boy Scout Merit Badge for Astronomy in 1954. The science has changed a lot since then!

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

September 10, 17 ▪ October 1, 8 ▪ (no class September 24)

W7 FROM DOO-WOP TO SOUL **Richard Sullivan**

SUNY Campus
11 a.m. – 12:15 p.m.

We will be discussing the histories of great doo-wop groups that became great soul artists.

Some of the groups are:

The Dells, The Blue Notes, Patti LaBelle and the Bluebelles, Van McCoy, The Temptations, The Miracles, Eddie Holman, and The Intruders.

Richard Sullivan's interest in music goes back to his teens when he was in a doo wop acappella group. He has continued with that passion for these many years. For approximately 20 years he has been Doing Doo Wop and Soul on the DOO WOP CAFE, an internet doo wop station. His passion for music rose as a result. One of the things he loves about teaching at LLI, is the input he receives from the class. He has learned so much via that route.

This interactive course will teach you how to:

- Recognize the emotional and psychological impact of crises on individuals and communities
- Apply evidence-based techniques to offer immediate support and stabilize someone in distress
- Navigate challenges with survivors of trauma, disaster, and mental health struggles
- Understand the connection between mental health, resilience, and community recovery
- Build confidence in responding effectively to crises in schools, workplaces, and public settings

Through real-world case studies, role-playing exercises, and discussions on current global events, you'll gain practical, lifesaving skills that can make a difference in times of crisis. This course will equip you with the tools to provide compassionate, effective support when it matters most.

We will have discussion time in each class, but the activities will be more prominent in the last two classes once the concepts have been learned. A certificate will be awarded upon the completion of the course.

No prior experience in mental health is required—just a willingness to learn and help others.

Andrew O'Meara, M.S., is the Program Manager for the Institute for Disaster Mental Health. He co-authored the Psychological First Aid curriculum and has led these trainings for first responders and mental health workers for the past 5 years. He is the current instructor for the Practicum in Disaster Studies course at SUNY New Paltz.

W8 RESPONDING TO CRISIS **IN A CHANGING WORLD** **Andrew O'Meara**

SUNY Campus
12:30 – 1:45 p.m.
Class limit: 25
Materials: \$12 (PFA training manual)

In a world facing increasing climate disasters and acute crises, knowing how to support others in distress is more important than ever. Psychological First Aid (PFA) provides the essential skills needed to help individuals cope with trauma, stress, and crisis situations—whether in your community, workplace, or on a global scale.

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

September 10, 17 ▪ October 1, 8 ▪ (no class September 24)

W9

THE MANY FACES OF ELVIS

John Bohan

SUNY Campus

2 – 3:15 p.m.

Elvis Presley is a true American icon. The king of rock'n'roll. A legend for the Ages. In his lifetime though, he went through a series of distinct phases: Dirt poor mama's boy, Elvis the pelvis, GI Joe, Hollywood Hunk, Viva Las Vegas, and finally bloated drug addict. We will examine the many faces of Elvis - what they were and how they came about.

By doing so, hopefully we will gain more insight into his life and appreciation for his contribution to our culture. Long live the king!

John Bohan is a retired public school teacher who taught in the Social Studies Department at Wallkill High School. He has taught a High School course entitled "Pop Culture" where he did a unit on Elvis Presley. He is now an Adjunct Professor of Sociology via Ulster Community College teaching at the Shawangunk Correctional Facility.

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

October 15, 22, 29 ▪ November 5

W10

ELEANOR ROOSEVELT: AN EXTRAORDINARY WOMAN IN AN EXTRAORDINARY TIME

Dan Strickland

SUNY Campus

9:30 – 10:45 a.m.

How did a timid orphan from a wealthy family become a champion of the poor? What was her role during the Depression and WWII? We will explore Eleanor Roosevelt's life and the people who surrounded her as she grew to become what President Truman called 'The First Lady of the World'. In four sessions, we'll look at an overview of her life including: her formative years, family life, education, marriage, motherhood, emerging political interests, her years in Albany and Washington, and then her support of the United Nations and beyond. We'll look at

changing gender roles and ER's place in those changes. We'll also include an intro to Val-Kill, Eleanor's residence in Dutchess County that she considered her retreat and her home. THIS IS A REPEAT CLASS to include those who could not attend last Fall.

Dan Strickland has been a volunteer with the National Park Service in Hyde Park for eight years. During this time he has focused on the life of Eleanor Roosevelt in particular as he gives tours of Eleanor's home at Val-Kill. He recently completed a 2+ year volunteer project with the NPS curatorial team to better identify and organize oral history interviews for the ER/FDR/Vanderbilt sites. Dan considers himself an 'Eleanor' and hopes to convey some of his fascination with this very special lady.

**W11 THE GLOBAL WARMING CHALLENGE:
SCIENCE AND POLICY**
Chris Bernabo

SUNY Campus
9:30 – 10:45 a.m.
Class limit: 35

This course explores a defining challenge of our time—global warming. With an objective evidence-based approach, the course provides a clear and accessible overview of the scientific principles behind climate change and examines the policy options to address its far-reaching effects that are shaping the future of our planet. Gain knowledge of the processes that drive global warming, including the greenhouse effect and the roles of natural versus human-induced factors.

Explore the diverse impacts of a warming planet—from rising sea levels and extreme weather events to public health challenges, economic disruptions, wildfires and shifts in agricultural productivity. We will discuss the profound consequences of the current Administration's actions to not only reverse policies to address the issue but also to ban the federal government from the future collection, distribution, study or even the use of climate information.

Chris Bernabo earned a Ph.D. in Earth Sciences and has worked on climate issues for over 40 years by linking science to the needs of decision makers. He has been a researcher, policy analyst, program manager, Congressional Science Fellow, educator and consultant. Chris has conducted projects in the U.S., Europe and China for governments, businesses and environmental organizations.

**W12 THE COLD WAR NEVER ENDED:
HOW OUR PAST HAS SHAPED
OUR PRESENT**
Lewis Brownstein

SUNY Campus
11 a.m. – 12:15 p.m.

We live in a time of heightened concern about global level conflict. Many thought this could not happen when the Cold War supposedly ended in 1992. Unfortunately, the Cold War never ended. To understand why, we must study how the events of World War II and its aftermath shaped the world we live in today.

Lewis Brownstein taught International Relations at SUNY New Paltz for 45 years and has offered a range of courses for LLI before and after his retirement.

**W13 ULSTER DURING THE
AMERICAN REVOLUTION**
Marilou Abramshe

SUNY Campus
11 a.m. – 12:15 p.m.

250 Years ago, on July 9, 1775, the New York Provisional Congress voted to join the other colonies in supporting independence from England.

This class will highlight the impact of that decision on the social, political and economic lives of the people living in Ulster County at that time. How this pivotal moment both brought Ulster together and tore it apart. How the Committees of Safety were formed and how they impacted life in the county. How people determined who was a Patriot and who was a Loyalist. How women coped when the men went to war. How the war's ending changed Ulster County.

Marilou Abramshe loves history, especially local history and how the decisions of the past influence the life of today. For the past 10 years she has shared various aspects of Ulster history with fellow members of LLI and other organizations. On this, the semi-quincentennial of the founding of the United States, she reviews how that pivotal moment helped shape the Ulster that we know today.

W14 THE COVER SONG – AS A TRIBUTE AND A CULTURAL MILESTONE

Jerry O'Shea

**SUNY Campus
2 – 3:15 p.m.**

A great cover only makes a song stronger. Jimi Hendrix's version of Bob Dylan's "All Along the Watchtower." The Beatles rocking out with "Twist and Shout." Aretha Franklin demanding "Respect" are only a couple of examples.

Cover songs provide a fascinating lens by which to examine artistic interpretation, cultural shifts, and technological innovation. This course will trace the evolution of popular music using cover songs as markers of transformation from the 1950s through the 1980s and 1990s. We will examine how foundational genres -the Blues, Gospel, Folk and Country music styles – shaped the emergence of Rock N Roll and contemporary music. Some covers will be very familiar to us and in some cases, we will be surprised to learn that they are not the original versions.

Songwriters have an extraordinary ability to translate raw feelings into words and structure, while singers bring those words to life with nuance, passion, and meaning. This combination—when melody, lyrics, and delivery align—can be transcendent. I've always believed that music taps into something primal in us, something universal, making it one of the most powerful tools we have for understanding ourselves and each other.

In this class we will explore, listen, discuss, reminisce and celebrate together.

Like many of you, **Jerry O'Shea** is a lifelong, passionate listener of contemporary music—especially rock and roll. He finds deep joy in melody and rhythm and has a profound appreciation for lyrics and vocal delivery. He believes it is an inherent human occupation that brings us together. He will be presenting this class, not as an expert, but as a person who loves music and knows a little something about it, as he is sure you do.

For over three decades, Jerry had the privilege of working at Madison Square Garden, where he witnessed some of the world's greatest contemporary artists bring their music to life on a grand scale. That experience further deepened his appreciation—not just for the music itself, but for the communal act of listening and celebrating it together. He has read widely and watched countless documentaries to understand more about the artists, their creative processes, and the cultural moments that shaped them.

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

October 15, 22, 29 ▪ November 5

W15 THE IMMIGRANT EXPERIENCE ON BROADWAY: I AM GOING TO LIKE IT HERE

Jessica Rothman

SUNY Theater Department
3:30 – 4:45 p.m.

We are a nation of immigrants - and it is often reflected on the Broadway stage. This class will look at the different points of view of and about immigrants in plays and musicals of the twentieth and twenty first century.

Please note: There will be only 3 classes in this course. The course meeting dates are October 22, 29 and November 5.

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

THURSDAY | EIGHT-WEEK COURSES (TH-8) | ONLINE

September 11, 18, 25 ▪ October 9, 16, 23, 30 ▪ November 6

(no class October 2)

Th1 DISCUSSION OF CURRENT EVENTS Robert Arthurs

Online: Zoom
9 – 10:30 a.m.
Class limit: 12

An open discussion of events happening locally and in the world. The presenter will pick two or three current articles from newspapers and/or periodicals and send them to the participants in advance of class. We will then discuss them during class. All points of view welcome. All members of the class are expected to participate in the discussion.

Robert Arthurs has been the presenter for Current Events for five semesters of LLI. He is a musician and music educator and has also led LLI classes on Jazz History, and Everyday Life in the Soviet Union. He is the former dean of the Music Conservatory of Westchester and holds a Master degree in Russian Language and Literature from SUNY Albany.



THURSDAY | EIGHT-WEEK COURSES (TH-8) | ONLINE

September 11, 18, 25 ▪ October 9, 16, 23, 30 ▪ November 6 ▪ (no class October 2)

TH2 MOVES IN THE MORNING Susan Trager

Online: Zoom
11 a.m. – 12 p.m.

Start your day with MOVES in the Morning. A **60 minute** structured movement, dance and exercise class to music. Easy movement & dance patterns (walking, touch-step, rock step, etc.) with a focus on repetition, balance, strength and toning in a fun and relaxed atmosphere. The class ends with stretching and “centering” exercises. (One hour duration) A mat or towel is recommended for floor work. Weights and/or dynabands may be used but not necessary during the zoom session.

Susan Trager has been an instructor (dance, personal training, aerobics) for over 40 years. She has taught in NYC, Germany, and has had her own personal training business for over 20+ years. Her view on movement and exercise is “movement keeps us young and nimble!” Every “body” is different—we’re not all the same.” Individual attention in a group atmosphere. All levels welcome!

TH3 READING CHARLOTTE BRONTE Meta Plotnik

Online: Zoom
11 a.m. – 12:30 p.m.

This class is a continuation of a study of Early English Women Writers.

We will read and discuss two Charlotte Bronte novels:

1847 - *Jane Eyre*

1857 - *The Professor*

Meta Plotnik received her Ph.D. in English from the Graduate School at City University of New York (CUNY). She taught English at Nassau Community College for 33 years, along with Women’s Studies courses for the last 20 years. Courses included English Literature, Mythology, Images of Women and Men in Literature, Women Writers, Introduction to Women’s Studies, and the Goddess in World Religions, and an interdisciplinary course called Darwin, Marx, Freud and Einstein. Prof. Plotnik was also a leader of the Active Learning Workshops for Faculty.



THURSDAY | EARLY FOUR-WEEK COURSES (TH-4E) ONLINE

September 11, 18, 25 ▪ October 9

(no class October 2)

TH4

THE MINDFUL SENIOR

Lyla Yastion

Online: Zoom

1 – 2:30 p.m.

Have you ever wondered why, as we age, we begin to forget simple things like where did I leave the keys or where are my glasses? Scientific research in brain function shows that practice in mindfulness reenergizes brain cells, enhancing cognitive capacities and reducing stress. This course will examine the effect of mindfulness practice on health - particularly the challenges of aging, and its application in education and in developing a sustainable lifestyle. It will also provide experiential tools whereby we can use mindfulness to enhance physical and mental health, deepen relationships, and provide insight into paths of spiritual development.

Lyla Yastion received a Ph.D. in Anthropology from University of Albany and

taught courses in anthropology and religious studies for 18 years at the college level, most recently at SUNY New Paltz. Since her retirement she has been presenting courses at various lifelong learning centers in the Hudson Valley. Lyla has written two books: *Pause Now: Handbook for a Spiritual Revolution* (2009) and *Homesick: finding our way back to a healthy planet* (2018) both published by Hamilton Books. A third book, which will be released by Blossom Spring Publishing in April 2025, is entitled *My Years as an Alzheimer's Caregiver: Transcending Loss by Nurturing Spirit*. Lyla is a Reiki Master with training in Shamanic Healing. She studied mindfulness under Jon Kabat Zinn and is certified in Mindfulness-Based Stress Reduction.

Lyla lives in New Paltz with her cat, Henry.

DO YOU HAVE A SKILL, HOBBY, OR INTEREST YOU WOULD LIKE TO SHARE?

Contact the Curriculum Committee
for further information at:

(845) 257-2892 ▪ lifetime@newpaltz.edu

TH5

**THE NATURE PHOTOGRAPHY
WORKSHOP SERIES****Rebecca Heyl****Online: Zoom****3 – 4:30 p.m.****Class limit: 12**

This workshop is a 4-part series in which participants will learn about photography and practice being observant and looking closely at the natural world. The only equipment necessary for this course is a smartphone.

The first session will introduce the course and provide technical tips on maximizing your device's photographic capabilities. In each of the following sessions we will cover technical aspects of photography such as: composition, exposure, focus, depth of field, etc.

Thematic photographing assignments will be given each week to encourage participants to start their explorations. Sharing back a selection of photographs the following session will allow us to learn about aspects of photography as a group.

Rebecca Heyl is an artist, author and educator. After completing an undergraduate

degree in Psychology, Rebecca studied documentary photography and photojournalism at New York's International Center of Photography. While living in New York she gained vital experience working as a newspaper photographer, as well as an archival assistant at Black Star Publishing, a photo agency founded in 1935.

Rebecca began her teaching career in Florence, Italy. She taught black and white darkroom photography for three years, before returning to North America to pursue an MFA at the joint School of the Museum of Fine Arts/Tufts University program in Boston. She has taught courses ranging from darkroom photography to photojournalism to art activism at several universities.

In recent years, Rebecca has become involved in the use of photography for pedagogical documentation in primary education settings. Heyl's personal work largely deals with social rights issues carried out in the mediums of photography and installation. *Windows in the Wall* (Skira/Rizzoli) is the title of her first book, published in 2008.

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THURSDAY | LATE FOUR-WEEK COURSES (TH-4L) ONLINE

October 16, 23, 30 ▪ November 6

TH6

INTRO TO THE MANY PATHS OF INDIAN SPIRITUALITY

Pravrajika Gitaprana

Online: Zoom
9 – 10:30 a.m.

The religious tradition known as Hinduism is actually a vast array of many philosophies and spiritual practices. This course will look at some of the many ways these traditions are lived both in India as well as in the West.

Pravrajika Gitaprana is an ordained monastic of the Ramakrishna Order. She spent 20 years living and training at the Vedanta Society of Southern California. For the past 20 years she has served as the Minister in Residence at Vivekananda Retreat, Ridgely in Stone Ridge.

may be familiar with like artificial legs and arms but enhancements of prosthetic tools needing much finer levels of activity-like hands and self-adjusting hearing aids are also making significant progress.

The most surprising however, and either scary or exciting depending on your viewpoint, are the new developments in brainwave and other nerve ending related outputs which allow the users to control a lot of new devices, including computers, by just 'thinking about doing something'.

These new advances open up a whole new range of possibilities for people with various spinal and brain injuries that currently prevent most actions from being controlled. The brain itself is still active but the final connection to the muscular system is missing. The AI pattern recognizers can help bridge that gap.

TH7

SCIENCE POTPOURRI 9

Carole Heyl - Coordinator

Online: Zoom
3 – 4:30 p.m.

Science encompasses a wide variety of topics. This series deals with Humankind and from the beginning of time, we have sought the answer to the age-old questions of: Who? What? When? Where? Why? How?

Oct 16: Don Grice **AI Enhanced Prosthetic Devices**

The ability of AI neural network models to be trained on real world data and figure out and recognize complex patterns has opened up a whole new avenue for the application of prosthetics of all kinds.

We will look at the wide variety of new possibilities that are enhanced with the addition of AI pattern recognition and understanding. These include the ones you

Oct 23: Elizabeth Call

What is Chinese Medicine and How is it Useful Today?

Chinese Medicine includes the following disciplines: Acupuncture, Chinese Herbology, Dietary Therapy, Exercise, Feng Shui, Deep Relaxation/Meditation and TUI NA/Body Work.

Some of the topics that will be discussed are:

- What is the history of Chinese Medicine?
- What are the branches of Chinese Medicine and how they are used?
- What are some practical applications?
- What are some comparisons and contrasts of Chinese Medicine and Western Medicine?

Oct 30: Lyla Yastion

Living in Non-local Consciousness

Living in non-local consciousness is partaking in that universal energy which Einstein called *the unified field*. We will

investigate this primal energy in its several aspects.

Biologically, it is the energy of the Earth's ecosystem which operates under the law of interconnectedness and interdependence. Socially, it is the social compact described by philosophers such as Rousseau.

Spiritually, it is the energy of compassion and love that enlivens and binds all life forms. In this aspect it is known by various names, such as the Dharmakaya or body of Buddha and the Mystical Body of Christ.

We can learn to live in this pervasive consciousness through the practice of presence, also known as mindfulness and sensory awareness. Awareness is the major attribute of consciousness.

Nov 6: Myaing Nyunt **The Global Threat of Malaria**

Malaria has killed more people throughout human history than any other single cause, including wars. In the last century alone, malaria claimed between 150 million and 200 million lives with transmission occurring on every continent but Antarctica. About 2000 malaria cases are still reported every year in the U.S., primarily among travelers returning from malaria-endemic countries.

In this lecture, we will discuss how malaria is acquired and transmitted, how it is diagnosed and treated, malaria prevention for travelers and for those living in endemic countries, recent scientific advances in diagnosis and treatment, and ongoing efforts at global malaria eradication.

Don Grice has a PhD in Electrical Engineering and worked at IBM in system design for close to 50 years, including a big emphasis on Man-Machine Interaction and large-scale parallel supercomputing. His thesis was in the area of Voice Recognition and Communication similar to what we all take for granted today with systems like

Siri and Alexa. He also worked with IBM's Research Division on programs like Deep-Blue the Chess playing machine, and Watson the Jeopardy machine.

Elizabeth Call is a Licensed Acupuncturist in practice since 1993, having trained at Tri-State College of Chinese Acupuncture. Upon graduation, Elizabeth set up one of the first hospital-based acupuncture detox programs in NYC, at Metropolitan Hospital Center in East Harlem, to support drug abuse detox and recovery. Later, in her role as Dean of Clinical Training at TSCA, she supervised clinical interns treating those affected by HIV-AIDS and maintained a private practice in NYC. When she moved to upstate NY, she set up an acupuncture clinic at Southwestern Vermont Medical Center as part of their Complementary Medicine Department and continues her private practice in Cambridge, NY. She has also completed additional post graduate training with several practitioners in different lineages of acupuncture.

Lyla Yastion received a Ph.D. in Anthropology from University of Albany and taught courses in anthropology and religious studies for 18 years at the college level, most recently at SUNY New Paltz. Since her retirement she has been presenting courses at various lifelong learning centers in the Hudson Valley.

Lyla has written two books: *Pause Now: Handbook for a Spiritual Revolution* (2009) and *Homesick: finding our way back to a healthy planet* (2018) both published by Hamilton Books. A third book, which was released by Blossom Spring Publishing in April 2025, is entitled *My Years as an Alzheimer's Caregiver: Transcending Loss by Nurturing Spirit*. Lyla is a Reiki Master with training in Shamanic Healing. She studied mindfulness under Jon Kabat Zinn and is certified in Mindfulness-Based Stress Reduction.

Lyla lives in New Paltz with her cat, Henry.

THURSDAY | LATE FOUR-WEEK COURSES (TH-4L) | ONLINE

October 16, 23, 30 ▪ November 6

Myaing Nyunt, MD, MPH, PhD is a retired Associate Professor of Medicine who created and led malaria research programs as a faculty member at Johns Hopkins University, the University of Maryland, and Duke University, with field sites in Zambia, Mali, China's Yunnan Province, the

Chittagong Hill Tracts of Bangladesh, and her country of origin, Burma. Her work was supported by the National Institute of Health, USAID, the U.S. President's Malaria Initiative, and the Bill & Melinda Gates Foundation, and has been profiled in Science and Nature.

FRIDAY | EIGHT-WEEK COURSES (F-8)

September 12, 19 ▪ October 3, 10, 17, 24, 31 ▪ November 7

(no class September 26)

F1

WELCOME TO THE WORLD OF LGBTQ+ PERSONS

Fred Mayo and Richard Heyl de Ortiz

Redeemer Lutheran Church

9:30 – 10:45 a.m.

Understanding the challenges facing LGBTQ+ individuals and families has become increasingly important as their rights have come under attack while the numbers of persons who identify as lesbian, gay, bisexual, trans, queer, questioning has increased. This course will explain the continuing struggle to obtain recognition and acceptance as well as introduce the major organizations that have led these efforts, and it will offer information about the delights, struggles and triumphs faced by LGBTQ+ individuals in making a successful life and a career. Participants will also learn the language and pronouns used by lesbian, gay, bisexual, trans, non-binary, queer, and questioning individuals. The teachers will also give participants time to discuss the range of issues surrounding the LGBTQ+ movement. Guest speakers may be invited for various topics. All persons interested in these topics

are welcome to register for this course.

Topics of the weekly class session will include:

- The Struggles for LGBTQ+ Rights
- The Roles of LGBTQ+ Allies and Friends
- PRIDE Marches and Festivals
- The Activities and Impact of Coming Out
- Same Sex Marriages
- LGBTQ+ Families
- Current Challenges for Transgendered Persons
- Drag Performers

Richard Heyl de Ortiz, Executive Director of the Hudson Valley LGBTQ+ Community Center, and a leader in the field for the past thirty years, and **Fred Mayo**, who has volunteered at the Hudson Valley LGBTQ+ Community Center for the past twenty years, will co-teach this course.

Richard Heyl de Ortiz also hosts the *Out in the Valley Radio Show* on Kingston Radio every Saturday morning. **Fred Mayo** has taught *The Coming Out Process* for LLI before and given several lectures on LGBTQ+ issues at Woodland Pond.

FRIDAY | EIGHT-WEEK COURSES (F-8)

September 12, 19 ▪ October 3, 10, 17, 24, 31 ▪ November 7 ▪ (no class September 26)

F2 THE FAIRY TALE EXPERIENCE **Patty Kane Horrigan**

St. Joseph's Church
11 a.m. – 12:15 p.m.
Class limit: 25

We are engulfed in such strange times that fairy tales seem more prescient than ever. Many of the fairy tales we are most familiar with originated in dark and challenging times such as these. We'll discuss these kinds of parallels and look to find ways to describe our own world turmoil in fairy tale terms.

Patty Kane Horrigan has been exploring fairy tales since she was a little girl. They have never gotten old or stale and instead become more nuanced and complicated as time goes on. She is a writer, a trained counselor and a teacher and loves to engage with others on her favorite stories.

F3 GENTLE YOGA **Debra Kelley**

Redeemer Lutheran Church
11 a.m. – 12:15 p.m.
Class limit: 25

Gentle Yoga is a beginner-friendly class. All experience levels are welcome, from curious newbies to experienced yogis.

Special attention is given to accessibility while maintaining just enough of a challenge. You'll feel great at the end of class! Bring your own mat. Yoga blocks and a towel or blanket are helpful, but optional.

No Class: September 12 and 26. Class meets September 19, October 3, 10, 17, 24, 31 and November 7

Debra Kelley has enjoyed the benefits of a yoga practice for twenty years. She completed Yoga Teacher Training and a course in Yoga for Osteoporosis.

F4 SPANISH FOR ADVANCED BEGINNERS **Claudia Battaglia**

St. Joseph's Church
1 – 2:15 p.m.
Class limit: 12

Effective language learning requires knowledge of grammar and conversational practice. Would you like to improve your ability to converse with native speakers, communicate with hired help or enrich your travel experience in a casual and supportive atmosphere? ¡Bienvenidos!

This course is geared to advanced beginners who have had some exposure to Spanish and are willing to spend a few minutes a day studying vocabulary and verb endings. Though grammar is essential for learning a foreign language, it is equally important to have an opportunity to practice conversing. I will provide grammatical charts of information for study at home and to use as reference guides in class. Conversation will be casual, and both guided by the instructor and driven by class interest. There will be some role-playing for the adventurous, but no pressure to participate until ready.

A retired English teacher, **Claudia Battaglia** now speaks Spanish almost daily with friends and in her work as an interpreter for Ulster Immigrant Defense Network (UIDN). She has tutored Spanish for over 50 years, taught Spanish as an adjunct instructor, and taught in the SUNY Language Immersion program. Her love of languages and all things foreign was sparked by her mother, who was born in France and spoke French to Claudia when she was little. Having recently studied Arabic, Claudia brings a keen awareness of the difficulties of trying to learn a new language to her presentation.

FRIDAY | EIGHT-WEEK COURSES (F-8)

September 12, 19 ▪ October 3, 10, 17, 24, 31 ▪ November 7 ▪ (no class September 26)

F5

BEGINNER TAP DANCE

Anita-Jean McMonigle

Redeemer Lutheran Church

1:30 – 2:45 p.m.

A basic course covering beginning tap steps and a little history of tap dance.

F6

INTERMEDIATE TAP DANCE

Anita-Jean McMonigle

Redeemer Lutheran Church

3 – 4:15 p.m.

A course of more advanced tap steps for those who took the beginner class.

Anita-Jean McMonigle has taught dance in the Hudson Valley Area for over 50 years. She is a past President of the National Association of Dance and Affiliated Arts, Inc. She currently is First National Vice President of this Organization, having also served as National President and Chair of the Board. She is also a member of Dance Educators of America. She has appeared on the faculty of many dance organizations across the USA. Anita-Jean has been an LLI presenter for several years.

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

October 17, 24, 31 ▪ November 7

F7

DRUMMING

Christopher Bowman

**1 South Oakwood Terrace (Studio),
New Paltz**

9:30 – 10:45 a.m.

Class limit: 6

LOTTERY

I will be instructing ethnic rhythms in a drum circle format. We will be using world

percussion instruments and sharing a fun, lively, and energetic experience. Come to the drum shop off of Main Street, New Paltz to let loose! Come as you are and we will have everything you need to have a good time!

Chris Bowman has been playing, performing, and teaching drums for the majority of his life. He opened a drum shop in New Paltz, NY.

SPECIAL COURSES • EARLY SESSIONS

SP1 BOOK DISCUSSION: THE EPISTOLARY NOVEL Judy Reichler

Elting Memorial Library

Mondays: September 15 • October 6, 27

10:30 – 11:45 a.m.

Enter the world of the epistolary novel. The use of real-world documents, such as letters, diary entries, and newspaper clippings, can make the narrative more believable and engaging. This genre of writing allows the author to provide a sense of immediacy and intimacy, and for the reader to be privy to the characters' private thoughts and feelings.

September 15: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows

It's the end of World War II, and a British writer begins a correspondence with a man living on the Island of Guernsey. He is a member of the Guernsey Literary and Potato Peel Pie Society—created as an alibi for its members who defied the Germans occupying their island.

October 6: *Dear Committee Members* by Julie Schumacher

Puts the “pissed” back into “epistolary.” A beleaguered professor of creative writing at a small college in the Midwest, his once-promising writing career in the doldrums, tells his tale through a series of passive-aggressive letters of recommendation.

October 27: *Meet Me at the Museum* by Anne Youngson

The curator of a Danish museum responds to a query from a British farm wife about the Tollund Man (who died in the 4th century BC and was discovered in the bogs of Denmark). They continue a correspondence of joy, anguish, and discovery.

Judy Reichler likes to read and discuss books that raise interesting personal, literary, or social issues. Judy will facilitate the discussion so that everyone can have the benefit of hearing different perspectives, without judgment.

SPECIAL COURSES • EARLY SESSIONS

SP2

NATURALIST GUIDED WALKS AT MINNEWASKA STATE PARK PRESERVE SESSION 1 EARLY

Laura Conner

Minnewaska State Park

Mondays: September 8, 15, 22, 29

10 a.m. – 1 p.m.

Class limit: 25

Join Laura Conner, Environmental Educator at Minnewaska State Park, for a series of weekly, guided outings. Each modestly paced walk will take place on level, gravel-surfaced carriage roads and will feature education served with a side of scenic views, cultural history and signs of wildlife. Two outings will also include short sections of narrow footpath walking. All walks will begin at the Lake Minnewaska Visitor Center at 5281 Rt 44/55, Kerhonkson, but one outing will meet at the Lower Parking Lot. State residents who are 62 years of age or older pay no parking fee during the week, except on holidays.

** Please note: This course is scheduled on September 22, the week when in person classes are off. Participants need to be able to walk the distance of each outing in the allotted time frame.*

Around the Lake with a Catskills View

Monday: September 8

10 a.m. – 1 p.m.

Walking around Lake Minnewaska, we'll stop at all the scenic vistas. Then, we'll continue to the quiet Beacon Hill Carriage Road, which offers a spectacular view of the Catskills.

Distance: 4 miles round trip.



SPECIAL COURSES • EARLY SESSIONS

A Scenic Stream and a Waterfall

Monday: September 15

10 a.m. – 1 p.m.

We'll walk Lower Awosting Carriage Road to reach the rustic bridge over the Peter's Kill stream, whose clear waters gurgle as they cascade over the rocks below. Then, we'll return along the level Mossy Glen Footpath and follow two carriage roads to reach Awosting Falls. Meet at Lower Parking Lot.

Approximate distance: 3.5 miles round trip

Cliff Edge Fall Foliage View

Monday: September 22

10 a.m. – 1 p.m.

Join us for a picturesque walk along Millbrook Mountain Carriage Road, passing Patterson's Pellet and other scenic views, on the way to the start of the Gertrude's Nose Footpath. We'll walk for five minutes on this trail to reach the first, rock-slab, scenic view before returning on the same route.

Approximate distance: 4 miles round trip.

Echo Walk

Monday: September 29

10 a.m. – 1 p.m.

A favorite route that offers vast views of the hemlock forest, where porcupines are sometimes visible in the treetops. Our destination, Echo Rock, sits perched above the Palmaghatt Ravine, where vultures can be seen soaring.

Distance: 4 miles round trip

Laura Conner began her career with New York State Parks in 2000, when she worked as a seasonal environmental educator at Grafton Lakes. Next, she was the Assistant Park Manager at Moreau Lake, while still offering environmental education. In 2007, she became the Environmental Educator at Minnewaska. Originally pursuing fine art, with a BFA in photography from the School of Visual Arts, she changed careers in 1995, when she received an MS in Environmental Studies from Antioch New England Graduate School.

SPECIAL COURSES • LATE SESSIONS

SP3

NATURALIST GUIDED WALKS AT MINNEWASKA STATE PARK PRESERVE SESSION 2 LATE

Laura Conner

Minnewaska State Park

Mondays: October 6, 20, 27 • November 3

10 a.m. – 1 p.m.

Class limit: 25

Join Laura Conner, Environmental Educator at Minnewaska State Park, for a series of weekly, guided outings. Each modestly paced walk will take place on level, gravel-surfaced carriage roads and will feature education served with a side of scenic views, cultural history and signs of wildlife. All walks will begin at the Lake Minnewaska Visitor Center at 5281 Rt 44/55, Kerhonkson, except for the outing on 10/27/25. State residents who are 62 years of age or older pay no parking fee during the week, except on holidays.

**Please note: This course will start a week early on 10/6/2025. There will be no class on 10/13/2025; Participants need to be able to walk the distance of each outing in the allotted time frame.*

All the Colorful, Scenic Views around the Lake

Monday: October 6

10 a.m. – 1 p.m.

Walking around Lake Minnewaska, we'll stop at all the scenic vistas, soaking in all the colors of Fall. Then, we'll continue to the quiet Beacon Hill Carriage Road, which offers a spectacular view of the Catskills.

Distance: 4 miles round trip.

Echo Walk

Monday: October 20

10 a.m. – 1 p.m.

A favorite route that offers vast views of the hemlock forest, where porcupines are sometimes visible in the treetops. Our destination, Echo Rock, sits perched above the Palmaghatt Ravine, where vultures can be seen soaring.

Distance: 4 miles round trip.

Awosting Falls Foliage Walk

Monday: October 27

10 a.m. – 1 p.m.

Join us as we enjoy a colorful, fall foliage walk along the modestly inclined Awosting Falls Carriage Road. This scenic route, which meanders next to the Peter's Kill stream, offers views of a towering rock formation, before reaching our destination, the iconic 65-foot tall Awosting Falls. Meeting at the Peter's Kill Area of Minnewaska, 5080 Rt 44/55, Gardiner, NY.

Distance: 3.5 miles round trip

SPECIAL COURSES • LATE SESSIONS

Opposite Views across a Ravine

Monday: November 3

10 a.m. – 1 p.m.

This outing will feature two views across the Palmaghatt Ravine. Our first stop will be Patterson's Pellet, a cliff-edge boulder. Then, we'll walk to Kempton's Ledge, which offers stunning views in the opposite direction. If we're lucky, many of the colored leaves of Fall will still be visible all around us.

Distance: 4 miles round trip

Laura Conner began her career with New York State Parks in 2000, when she worked as a seasonal environmental educator at Grafton Lakes. Next, she was the Assistant Park Manager at Moreau Lake, while still offering environmental education. In 2007, she became the Environmental Educator at Minnewaska. Originally pursuing fine art, with a BFA in photography from the School of Visual Arts, she changed careers in 1995, when she received an MS in Environmental Studies from Antioch New England Graduate School.





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- MEET NEW PEOPLE -

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- JUST HELP OUT WHERE NEEDED -

We like to call on people as needed

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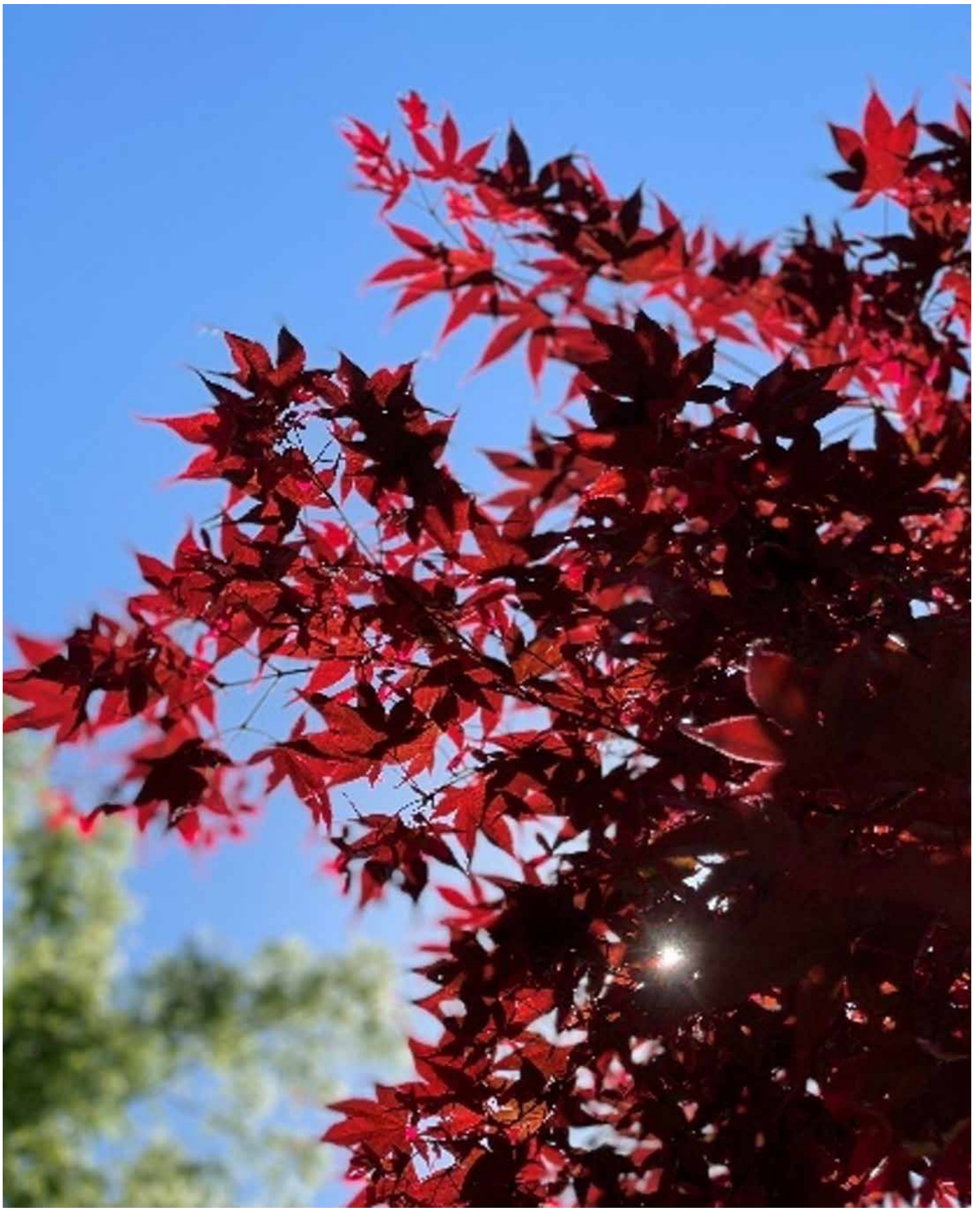
simply serve as greeters and assist at
special events, outreach tables at local fairs, and mailings;

join committees to work on membership, the newsletter,
curriculum, and special events;

support public relations efforts by writing press releases,
disseminate catalogs, pamphlets and flyers

What do I do if I might be interested in Volunteering?

Call (845) 257-2892 or email your contact information and
areas of interest to **lifetime@newpaltz.edu**



JAPANESE MAPLE

Rebecca Heyl, Photographer

LLI FALL CLASS SCHEDULE - 2025

SESSION	COURSE	PRESENTER	LOC	LIMIT	TIME OF THE CLASS				
M-8	8 Mondays (September 8, 15, 29, October 6, 13, 20, 27, November 3)				12:00		1:30		
M1	Tibetan Movement Meditation	Diana Shapiro	EL			X			
M2	The Wonderful World of Mah-Jongg	Carole Heyl	EL	12			X		
T-8	8 Tuesdays (September 9, 16, 30, October 7, 14, 21, 28, November 4)				9:30	11:00	1:00		
T1	Introduction to Swing Dancing	Ron Fields	RE	20			X		
T-4L	4 Tuesdays Late (October 14, 21, 28, November 4)								
T2	Beginner Line Dance	Paula Greenspan	RE	25	X				
W-8	8 Wednesdays (September 10, 17, October 1, 8, 15, 22, 29, November 5)				9:30	11:00	12:30	2:00	3:30
W1	Artificial Intelligence (AI) in the News - Fall 2025	Don Grice	SU		X				
W2	On Tyranny: Learning From the Past	Kris McDaniel Miccio	SU				X		
W3	The Fascinating Frightening Fifties	Chuck Mishaan	SU					X	
W4	Psychoanalysis and Everyday Life	Irwin Sperber	SU	20					X
W-4E	4 Wednesdays Early (September 10, 17, October 1, 8)								
W5	The Power of Listening	Fred Mayo	SU		X				
W6	Astronomy in the Twentieth Century	William Tuel	SU			X			
W7	From Doo-Wop to Soul	Richard Sullivan	SU			X			
W8	Responding to Crisis in a Changing World	Andrew O'Meara	SU	25			X		
W9	The Many Faces of Elvis	John Bohan	SU					X	
W-4L	4 Wednesdays Late (October 15, 22, 29, November 5)								
W10	Eleanor Roosevelt: An Extraordinary Woman...	Dan Strickland	SU		X				
W11	The Global Warming Challenge: Science and Policy	Chris Bernabo	SU	35	X				
W12	The Cold War Never Ended...	Lewis Brownstein	SU			X			
W13	Ulster During the American Revolution	Marilou Abramshe	SU			X			
W14	The Cover Song - As a Tribute and a Cultural Milestone	Jerry O'Shea	SU					X	
W15	The Immigrant Experience on Broadway	Jessica Rothman	SU						X
TH-8	8 Thursdays (September 11, 18, 25, October 9, 16, 23, 30, November 6)				9:00	11:00	1:00	3:00	
TH1	Discussion of Current Events - ONLINE	Robert Arthurs	ZM	12	X				
TH2	Moves in the Morning - ONLINE	Susan Trager	ZM			X			
TH3	Reading Charlotte Bronte -ONLINE	Meta Plotnik	ZM			X			
TH-4E	4 Thursdays Early (September 11, 18, 25, October 9)								
TH4	The Mindful Senior - ONLINE	Lyla Yastion	ZM				X		
TH5	The Nature Photography Workshop Series - ONLINE	Rebecca Heyl	ZM	12				X	
TH-4L	4 Thursdays Late (October 16, 23, 30, November 6)								
TH6	Intro to the Many Paths of Indian Spirituality - ONLINE	Pravrajika Gitaprana	ZM		X				
TH7	Science Potpourri 9 - ONLINE	D Grice, E Call, L Yastion, M Nyunt	ZM					X	
F-8	8 Fridays (September 12, 19, October 3, 10, 17, 24, 31, November 7)				9:30	11:00	1:00	1:30	3:00
F1	Welcome to the World of LGBTQ+ Persons	Fred Mayo/Richard Heyl de Ortiz	RE		X				
F2	The Fairy Tale Experience	Patty Kane Horrigan	SJ	25		X			
F3	Gentle Yoga	Debra Kelley	RE	25		X			
F4	Spanish For Advanced Beginners	Claudia Battaglia	SJ	12			X		
F5	Beginner Tap Dance	Anita-Jean McMonigle	RE					X	
F6	Intermediate Tap Dance	Anita-Jean McMonigle	RE						X
F-4L	4 Fridays Late (October 17, 24, 31, November 7)								
F7	Drumming	*LOTTERY*	Christopher Bowman	NP	6	X			
SPECIAL COURSES									
SP1	Book Discussion: The Epistolary Novel	Monday 10:30-11:45	EL		(Sept 15, Oct 6, 27)				
SP2	Naturalist Guided Walks at Minnewaska	Session 1 Monday 10:00-1:00	MN	25	(Sept 8, 15, 22, 29)				
SP3	Naturalist Guided Walks at Minnewaska	Session 2 Monday 10:00-1:00	MN	25	(Oct 6, 20, 27, Nov 3)				
KEY									
EL-Elting Memorial Library		MN - Minnewaska State Park		NP - Village of New Paltz					
RE - Redeemer Lutheran Church		SJ - St Joseph's Church		SU - SUNY Campus		ZM - Zoom			

Registration will be online at: www.newpaltz.edu/lifetime

OPENS: JULY 28, CLOSES: AUGUST 25

YOUR REGISTRATION IS NOT COMPLETE UNTIL PAYMENT IS RECEIVED.

PLEASE MAKE YOUR CHECK PAYABLE TO:

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