Spring 2020 Courses
At SUNY New Paltz and other locations ● Noncredit and Noncompetitive Courses
Sponsored by the Office of Extended Learning ● Elderhostel/Road Scholar affiliate
LLI is a volunteer, member-run organization

CHOOSE FROM 32 COURSES

QUESTIONS? CALL 845.257.2892
Dear Fellow Members of LLI,

Our Spring Semester promises a fabulous variety of choices to meet all interests. Thank you to all the Presenters, the Curriculum Committee, the Classroom Manager, the Classroom Assistant Coordinators and those who volunteered to be Classroom Assistants for a smooth move into our Spring courses.

I want to take this time to remind you that all the positions at LLI are voluntary and we are always in need of more volunteers. In particular we are looking for a vice president (a prequel to the president position) to take over in 2020. Please consider volunteering for this vital position on the council. No matter what you choose to volunteer to do, there is a great deal of support, assistance and camaraderie involved along with the satisfaction of doing your part to insure the continuation of the organization.

Sincerely,

Diane Fiscina, President
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MEMBERSHIP AND FEES
You must be a member to register for classes. Spring Special for brand-new members is only $75 for one semester membership. Annual membership is $120 per person. The 2019–2020 membership year runs from July 1 through June 30. Membership fee is non-refundable.

REGISTRATION
This catalog presents classes covering the coming Spring semester. Courses are open to current 2019–2020 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 such classes.

REGISTRATIONS WILL BE CONSIDERED ON A SPACE AVAILABLE BASIS IN THE ORDER RECEIVED, WITH THE EXCEPTION OF LOTTERY (L) CLASSES (See below). Registration confirmation letters will be mailed early February. Wednesday classes begin March 18. Friday classes begin March 20.

FEBRUARY 19 IS THE SUGGESTED DEADLINE FOR REGISTRATION.

Lifetime Learning Institute
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)

Register by February 19. Classes fill quickly.

THE LOTTERY SYSTEM

Some classes have a limited size number established by the presenters. It has been decided to implement a lottery system for these classes.

Lottery classes (limited to 10 participants or less) are indicated in the registration form by an 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.
**LANGUAGE AND SOCIETY**
Eric Chambers
SUNY Campus, 9:30-10:45

Do you often wonder how many languages there are in the world and how they might be related? Have you ever been told that you speak "incorrectly" or "wrong," and what it means to speak "correctly"? Speakers of a language often use different ways of speaking that reflect attitudes about race, class, gender, etc., and often without their even realizing it! We will take a look at the wonderful world of language and how people use it to talk about their race, class, gender and attitudes toward life. We will talk about well-known research in linguistics that addresses these topics and try to make sense of why we speak the way we do. **This is a repeat class.**

Eric Chambers received his Ph.D. in Linguistics from the Graduate Center at the City University of New York in 2019 and currently teaches at SUNY New Paltz.

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**BOTANY FOR NON-BOTANISTS**
Rick Jones
SUNY Campus 2:00-3:15

This course covers the basic botanical mechanics of garden and forest plants and trees. Plant evolution, naming of plants, workings of cells, functions of stems, roots and leaves as well as plant reproduction are among the topics. Questions to include: what makes maple syrup run, what causes fall leaves to change color, why don't the pipes in trees freeze in winter, missing and disappeared plants, plants that don't synthesize, plant communication, and more. Suggested reading is *Botany for Gardeners* by Brian Capon, Timber Press. **This is a repeat class.**

Rick Jones has an extensive interest in Botany and natural history. He has certifications in both Botany and Ornamental Horticulture from the New York Botanical Gardens and is a long-time mentor and docent at the NYBG. He also spent many years botanizing at the Eagle Hill Institute of Science in Bar Harbor, Maine. He is an avid trekker both here and abroad.

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**OPERA AS POLITICS IV**
Chuck Mishaan
SUNY Campus, 2:00-3:15

We continue our immersion in Opera as Politics as Part IV continues to look at governmental, sexual, economic
UNDERSTANDING THE PRINCIPLES OF GARDENING
Frank Almquist
SUNY Campus, 11:00-12:15

A basic understanding of plants and soil will assist the attendee in becoming a better gardener. Da Vinci said, "we know more about the movement of celestial bodies than the soil underfoot". This course will help you know more about the soil and some gardening aspects. It will begin with a botany overview followed by soil science and then a class on home composting. The last four weeks will cover opening and closing your garden, shade gardening and growing and hybridizing daylilies, as well as the proper care and maintenance of home lawns. The last session will

TWELVE RULES FOR LIFE
Boyd Herforth
SUNY Campus, 11:00-12:15

This course is based on James Jordan’s book, Twelve Rules for Life, (An antidote to chaos). Each session will delve into implications and origins of one or two of Jordan’s rules such as #2- "Treat yourself like someone you are responsible for helping", or #9- "Assume that the person you are listening to may know something you don’t." Group discussion will be the vehicle for sharing our understanding of the twelve rules and how following them may affect our lives.

The most important function of education at any level is to develop the personality of the individual and the significance of his life to himself and to others.
cover some planting techniques and a wrap up Q&A. (Worthwhile books: *Botany for Gardeners* by Bruce Capon and *Life in the Soil* by James B Nardi).

A retired Engineer from IBM, Frank Almquist has been involved with Cornell Extension Master Gardener pro-

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**WEDNESDAY EARLY 4-WEEK COURSES (W-4-E)**  
Mar. 18, 25, Apr. 1, 15 (no class on Apr. 8)

**GENEALOGY ALIVE**  
Alan Rothman  
SUNY Campus, 12:30-1:45

When you look at an old family photo, do you wonder who all those faces are? When you hold a family heirloom, what do you think about the person who owned, used or wore it? Learn to examine more closely and discover new information about your family history by observing family artifacts and old photos more thoroughly. Learn how to create written and spoken stories about these family artifacts to share with your children, grandchildren and friends. Please bring a notepad and pen/pencil to class as well as a photo or artifact on the first day of class.

Alan Rothman has been a successful educator for almost 50 years and developed a high school curriculum in teaching history backwards while paralleling the student’s family history along with it. He has done research on his own family photos and artifacts by contacting people who knew his parents and grandparents. He loves to write and tell family stories.

**HEALER WITHIN**  
Helen Coyle Bergstein  
SUNY Campus, 9:30-10:45

Did you know that the best and most profound medicine is already in us and that healing can only happen when we relax? In this four week series you will learn and apply methods to cultivate the medicine within (happy hormones dopamine and serotonin) to relax and regenerate your body, mind and spirit. Simple movements and breathing practices can be performed standing or sitting to restore and nurture a healthy balance of energy throughout the body, enhance vitality, strengthen and calm the nervous system. The healing properties of Essential Oils will be gently introduced to enhance the calming and meditative experience.

Helen Coyle Bergstein is a Qigong teacher certified by The Institute of Integral Qigong and The Healer Within. She trained with IIQTC founder Roger Jahnke. She leads small groups in finding wonder and inspiration on hikes in the Swawangunks and strolls in the Nyquist-Harcourt Wildlife Sanctuary in New Paltz.
Please register early.

There is no actual deadline but

February 19

is the suggested return date.

Classes fill quickly!

THE HUMAN RIGHT TO GOOD,
CLEAN AND FAIR FOOD
Richard Vergili
SUNY Campus, 9:30-10:45

Are there enough food and resources to feed the world? Does climate change have any impact on feeding people? What are the issues that challenge the goal of feeding people? How do organizations provide a pathway to obtaining good, clean and fair food? This course will be a discussion of attempts of organizations like Slow Food to move towards making food available to everyone and at the same time recognizing those that provide good, clean and fair food. Richard Vergili will define good, clean and fair food as reference points for discussions on how Slow Food has addressed some of these questions.

Rich Vergili, Professor of Hospitality Management at the Culinary Institute of America for over 30 years, has served as a local chapter leader for 15 years with Slow Food Hudson Valley.

HOW CHANGING CLIMATE SHAPED THE WORLD
Chris Bernabo
SUNY Campus, 11:00-12:15

Gain an understanding of the Earth’s climate system, the history of past climates, the forces that drive climate change and the significance for our future. Climate is a key environmental variable that has continually shaped the planet and life. Learn the history of climate from primordial snowball, to eons of worldwide tropics, to the periodic Ice Ages and now human induced global warming. Understand the mechanisms of climate change and how the atmosphere/oceans/land and biosphere interact. We will conclude by discussing how human activities are impacting our future.

Chris Bernabo has a Ph.D. in Climatology. He has worked for governments, businesses, universities and environmental organizations on projects in the US, Europe and Asia. His activities include research, teaching and consulting.

THEATER AND WORLD HISTORY
Robert Miller and Tom Mounkhall
SUNY Campus, 12:30-1:45

Co-taught by world historian, Tom Mounkhall and theater director, Robert Miller, the course will examine plays that dramatize periods of change or social upheaval. The plays
Dialogues with Art
Zachary Bowman
SUNY Campus, 2:00-3:15

Art is not made in a vacuum; it is a form of communication made for others to experience. We will spend our time in the Spring 2020 exhibitions at the Dorsky Museum, learning artist and curator intent and discussing how the work relates to our own lived experience. The goal is not to evaluate the work we are seeing, but rather to take time to consider why it was made and what we might learn from it about the life of the artist and the purpose of the exhibition, about ourselves and other members of the class.

Zachary Bowman is the Manager of Education and Visitor Experience at the Samuel Dorsky Museum of Art. He has been a museum educator for over 10 years, having worked and trained at both the Solomon R. Guggenheim Museum and MoMA PS1 in New York City.

Artblazing in Provence
Sevan Melikyan
SUNY Campus, 12:30-1:45

This series of four lectures will take you through the medieval towns of Nice and Aix-en-Provence to learn about the famous/infamous people who left their mark there, such as Matisse, Cezanne, Louis IV, Spaggiari, Mirabeau and Paganini. We will visit the home of Renoir in Cagnes-sur-Mer and go in the footsteps of Van Gogh in Arles and Saint-Rémy-de-Provence.

Sevan Melikyan is the owner of Wired Gallery in High Falls, NY; a founding member of Chagall in High Falls; and a lecturer and tour guide specializing in art museums. Born to an Armenian family in Istanbul, Turkey, Sevan grew up and went through college in Paris, France, before settling in the US in 1991.
INTRODUCTION TO KABALA
Rena Blumenthal
SUNY Campus, 12:30-1:45

This course will provide a very basic introduction to Jewish mystical concepts and texts. No prior knowledge assumed.

Rena Blumenthal is a freelance rabbi based in New Paltz.

The Columbian Exchange
Joe 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 Eurasians and Africans. This is a repeat class.

Joe Britto was an adjunct professor of history at SUNY New Paltz for 26 years and is now at SUNY Orange. His area of concentration is Latin America, especially Mexico, the Caribbean and early modern world history. He is a frequent presenter at LLI.

A FEMINIST EXAMINATION OF THE BIBLE
Deborah Moore
Woodland Pond, 2:30-3:45

This course is intended to begin an examination of the Bible (both the Hebrew and Christian Bible) seeking evidence to support the full personhood of women. The Bible documents the relationship between the Divine and the people. But how do women fit into that story. Did the Divine order the subjugation of women or did the Divine actively work to undermine the subjugation? No previous knowledge of the Bible is required.

Deborah Moore is a trained Lay Servant of the United Methodist Church. She has taught college level theology to men in New York State prisons for 18 years for the Rising Hope Program. This included courses in Ethics and the New Testament. In addition she has led numerous Bible study groups both inside and outside the prison system.

Always walk through life as if you have something new to learn and you will.
— Vernon Howard
CREATE YOUR OWN AUSTRALIAN ART
Ellie Anderson
St. Joseph’s, 12:45-2:00
Class limit 12
Materials Fee $10

The course is suitable for any level student even if you have never painted before. You will create a painting in the style of Australian Aboriginal desert art by creating your own personal symbols to form your visual language, e.g. bird, flower, state shape etc. The painting will be executed on canvas in acrylic using the "dot" style of these artists. Besides having a beautiful painting you will learn something about the Australian Aboriginal culture.

Ellie Anderson was trained as a high school art teacher in Queensland, Australia and Georg Mason University in Fairfax Virginia. She has taught art in both Queensland and Virginia.

SCIENCE TIMES DISCUSSION GROUP
Boyd Herforth
St. Joseph’s 2:30-3:45
Class limit 20

This popular "current events" course will focus on issues highlighted in The New York Times Tuesday science section. Led by moderator Boyd Herforth, the participants in this class will be responsible for choosing and directing the discussion of an article appearing in the Tuesday Times twice during the eight week course. After reading the article before class, everyone will have an opportunity to develop a position.

Boyd Herforth retired from a 45 year career of teaching secondary mathematics (in four countries and three languages) in 2010. He has taught numerous courses for LLI from Bach’s organ music to Astronomy.

FRIDAY EARLY 4-WEEK COURSES (F-4-E)
March 20, 27, April 3, 17 (No class on April 10)

BEADING 101
Helen Tennenbaum
St. Joseph’s, 10:50-12:05
Class limit 10 LOTTERY

Beading 101 is a beginner class. Two beading stitches will be taught. Each stitch will be used to create a specific piece of jewelry. A $20 fee will include all the needed materials.

Helen Tennenbaum began beading 10+ years ago, taking lessons and buying books to improve her knowledge. She finds the hobby of beading both relaxing and challenging.
ENJOYING IRISH THEATRE
Richard Parisio
St. Joseph’s, 12:45-2:00

Experience the humor, poignancy, and rich language of Irish theatre in this introduction to the plays of Yeats, Synge, O’Casey and others, including contemporary Irish playwrights. Activities will include discussions, class readings and an optional visit to the Irish Repertory Theatre in NYC to see a performance of an Irish play.

Richard Parisio is a lifelong teacher, poet and writer who has just returned from a creative writing residency in Dublin. He would love to share the pleasure he had found in Irish theatre with others.

DECISIONS, DECISIONS, DECISIONS-
PAST, PRESENT AND FUTURE
Puja A.J. Thomson
St. Joseph’s, 9:05-10:20

We constantly make decisions; some we are proud of and some we regret. Even if they are simple, it is not always easy to be true to oneself. We will practice good detective skills to investigate: 1) who and what we pay attention to or we ignore when we make decisions; 2) how old habits can sabotage our intentions and 3) how to recognize and follow clues that will lead us to make authentic choices as our life circumstances change.

From growing up in Scotland where right and wrong were clearly delineated and yet where independence was valued, Puja has experienced the tension of making authentic choices throughout her life and has learned important lessons. Her latest book, Track Your Truth: Discover Your Authentic Self, is a helpful, practical guide. She has taught many LLI classes.

FOLD EVERYTHING!
Kathryn Paulsen
St. Joseph’s, 2:30-3:45
Class limit 20. Materials fee $7

Discover the pleasure of creating something beautiful from a simple folded piece of paper: a box, an animal, a toy, a flower—all new models for spring. Learn the basic skills and language of origami, how to follow instructions in books and make items which can be used as cards, gifts, displays and decorations. With origami there’s always something new to fold. After this course you will be able to teach others about "The Peace of Paper". No experience necessary.

A lifetime maker of creative works, Kathryn Paulsen was a public school art teacher in Dutchess County for 38 years where "Folding Friday" delighted her students. In 2010 she received the New York State Teachers Association Middle School Art Teacher of the Year Award and the 2019 NYSATA (Retired) Art Educator of the Year Award.
INTRODUCTION TO TAI CHI EASY
Caroline Hopenwasser
St. Joseph’s, 10:50-12:05
Note: class time may vary by several minutes to coincide with Community Center schedule.

Tai Chi Easy is a simple form of mind-body, self-care 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 Tai Chi Easy practice leader who trained with Dr. Roger Jahnke, 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 cats.

MATHEMATICAL MODELING-
APPLYING MATH TO EVERYDAY PROBLEMS
Heather Gould
St. Joseph’s, 12:45-2:00

Have you ever hemmed or hawed over which option to choose of several good ones? Have you ever tried to figure out the best route to take to ensure you get in all the sights before your vacation ends? Did you ever try to use math to solve these problems? In this course we will learn how to solve everyday problems using a powerful tool of applied mathematics called Mathematical Modeling. Expect the math you already know used in ways you have never seen before.

Heather Gould completed her Ph.D. at Columbia with her thesis on Mathematical Modeling. She is currently Director of Quantitative Reasoning at Vassar. She has taught at Vassar, Columbia and The New School NYC.
ADVANCED MAH-JONGG STRATEGIES
Barbara Wyman & Ann Hanover
Woodland Pond, 10:50-12:05
Class Limit 12

If you have been playing Mah-Jongg for a few years and would like to "up" your game, this course is for you. We will be teaching strategies that will enhance your understanding and playing of Mah-Jongg. A requirement of the course will be to purchase and play with the new 2020 card. We will be analyzing the new hands and familiarizing the class with the nuances of the card.

Barbara Wyman and Ann Hanover have been playing Mah-Jongg for over 20 years. They have taught LLI classes in previous years. Their love for the game is reflected in Mah-Jongg tournaments.

BEADING 102
Helen Tennenbaum and Linda Worden
St. Joseph’s, 10:50-12:05

Beading 102 is a continuation of Beading 101. Beading 101 (even in previous years) is required as a pre-requisite. We will complete two additional jewelry projects. The fee will include all necessary materials to complete the projects. $20 materials fee.

Helen Tennenbaum began beading over 10 years ago taking lessons and buying books to improve her knowledge. She found the hobby of beading both relaxing and challenging.

BIRDING FOR LAZY BIRDERS
Paul Osgood
St. Joseph’s, 9:05-10:20
Class limit 15

There are more than 400 species of birds found in New York State. On a good spring day, a dedicated birder might find 60 species. We will seek the common species in the area at nearby locations. One classroom session will cover binocular guides and resources. The three field trips to nearby birding locations include walking up to a half mile of flat terrain and may start earlier than regular class time.

Paul Osgood is a native of Massachusetts and a long time resident of Gardiner. His main birding interest is with the birds of Ulster County. He watches and listens whenever he is outside.
CHAIR YOGA
Susan Jacque
New Paltz Community Center
10:50-12:05
Note: class time may vary by several minutes to coincide with Community Center schedule.

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 postures and movements with emphasis on flexibility and balance. You will use breath to connect you to the life force within and around you. We will work toward developing strength in postures and movement 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 30 years and teaching since 2001. Her training includes interdisciplinary Yoga, Embody Yoga, Yoga for cancer and heart patients and iRest. She is a continual student.

HIKING IN THE SPRING FOREST
Rick Jones
TBA, 9:05-10:20
Note: since the class will last 1.5 hrs, it will start at 8:45 instead of 9:05.
Class Limit 10  LOTTERY

Enjoy the sights and smells of our Spring Forest with a series of 4 hikes in the New Paltz area. Learn how to ID trees using basic keying techniques, identify spring ephemeral flowering plants, some of the Mosses and Lycopods of our forest as well as talk about and explore the geologic events of the areas in which we hike. We will also cover general hiking safety and preparation tips. Sites to be determined closer to class dates as they will be based on ground conditions. These will be moderate hikes requiring good sneakers or hiking boots. Rain jackets and pants may be needed.

A recommended book: The Illustrated Book of Trees by William Carey Grimm, Stackpole Books. It can be bought on Amazon - A used copy is fine; try to get the one revised by John Kartesz.

Rick Jones has an extensive interest in Botany and natural history. He has certifications in both Botany and Ornamental Horticulture from the New York Botanical Gardens and is a long-time mentor and docent at the NYBG. He also spent many years botanizing at the Eagle Hill Institute of Science in Bar Harbor Maine. He has hiked and trekked extensively here and abroad.

LEARNING ABOUT MY FAVORITE SUBJECT - WINE
Manny Sloan
Woodland Pond, 12:45-2:00

We will address questions about wine. Can you smell or taste oak? Does vertical tasting have to be done
standing up? Do you know anything about Hudson Valley wines? We will taste and compare wines at each class to broaden your horizons.

Over 40 years of enjoying and learning about wine as a hobby has led Manny Sloan to pursue his latest career as a wine consultant and wine educator with Wine Worldwide and International Wine Masters here in New Paltz. Manny has led several previous courses at LLI on the different nuances revealed in the film's ending is revealed. If you feel “the power,” join us and have some fun. (These films are in English and do not have subtitles.) Each class takes at least 2 hours to view and discuss.

Bob Brunet has conducted similar classes for the Older Adult Learning Community in East Stroudsburg PA for the last 15 years. He continues to do so on Mondays in the Spring and the Fall. He also has led film discussion groups at the Hughes Library in Stroudsburg PA.
SEASON TICKET:

Spring Awakening

Presenter: Jessica Rothman
March 18, 25, April 1, 30
SUNY Campus

Wed. 3/18 - Orientation 3:30 PM (room TBD)
Wed. 3/25 - Tour 3:30 PM McKenna Lobby
Wed. 4/1 Rehearsal 6:30 PM McKenna Theatre
Thu. 4/30 Performance 7:30 PM McKenna Theatre

$10 student discount ticket to attend the play

Experience the theatre from behind the scenes through performance. Explore production elements of a main stage production at SUNY New Paltz. Guided by a veteran theatre educator, meet with production teams and actors, explore themes and issues, observe the rehearsal process and attend a performance with talk back with the cast afterwards. This will be followed by a post performance discussion on another day.

Jessica Rothman has been a theatre educator and director of both Shakespeare and Musical Theatre for four 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.
Spring 2020 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