



Fall 2026

Course Book

Kickoff and Potluck

A festive get-together open to the community

Sunday, Sept 13, 2026, at 2 pm

East Stroudsburg Presbyterian Church

Revisions 9/13/2026 in red

Program of Classes

Monday, Sept 14 – Friday, Nov 20, 2026

Exercise your mind with life-enriching experiences

The mission of TOALC is to provide a broad variety of educational opportunities for older adult members to explore ideas, expand knowledge, participate in intellectual discussion, enjoy social interaction, and attend cultural events. (TOALC Constitution, Article I (3))

TOALC is a 501(c)(3) nonprofit

The Older Adult Learning Community
(at: East Stroudsburg Presbyterian Church)
55 Smith St.
East Stroudsburg, PA 18301

570-422-7810 or info@theoalc.org
Website: www.theoalc.org

TOALC Fall 2026

Location and Hours

- The TOALC office and classrooms are at 55 Smith St., East Stroudsburg, PA 18301.
- The office is open from 9:30 – 11:30 weekdays. Our phone is 570-422-7810. Email: info@theoalc.org.
- Classes listed as “in person” meet indoors at TOALC unless otherwise indicated.

Registration

- You will find the registration form on page 13. Mail it to our address on the form **OR**
- Register online at our website’s **Courses** page at <https://www.theoalc.org/catalog>.
- Please list the courses you want using the two- or three-letter code that precedes the course title.
- Register and pay by **Sept. 9** so we can add you to class rosters and get you any class information needed.

Membership Payments and Trip Policies

- Memberships entitle you to register for an unlimited number of classes for that semester.
- Mail payment with the registration form (with check) **OR** pay online at our website **MEMBERSHIP @** <https://www.theoalc.org/membership>.
- Class leaders and volunteers for TOALC in the last semester receive a free one-semester membership.
- **Membership Refunds / Credits:** Available if you decide not to register for any classes or if for any reason, you attend **none** of the classes for which you registered.
- **Trip Policies:**
 - **Deposits:** Due at times and for amounts specified where TOALC must prepay vendors. Deposits refunded only if your cancellation incurs no cost to TOALC. **Separate checks per trip, please!!**
 - **Guests:** Trips are open to anyone who registers for the semester, on a first-come, first-served basis. If the trip is not full, we will allow guests, but they must pay an additional \$10 fee.
 - **Those with special needs** should call the TOALC office at 570-422-7810 ahead of time.

Health and Safety

- TOALC will follow **CDC and PA State Dept. of Health guidelines**. As in the past, should changes become necessary to our program, the health and safety of our members will be our primary concern.
- Park in the lower lot at the church so members with mobility challenges can park on the upper driveway.
- No parking in or near the circle in front of the church. You may block a driver’s view of other drivers.
- Let us know if another member is injured, ill, etc., so we can reach out to members and their families.

Class Delivery Options

- Classes meet in person (both indoor and outdoor), remotely on Zoom, and by email.
- Zoom meeting invitations will be emailed two weeks ahead. Do not post or share links with anyone.
- See **Zoom Video Conferencing FAQ Sheet** on the TOALC website at <https://www.theoalc.org/catalog>.

Class Attendance

- TOALC will be **open** and **will** hold classes on Columbus Day (Oct. 12) and Veterans Day (Nov. 11).
- If dropping a class, tell the class leader or the TOALC office. Someone may be waiting for an open seat.
- The class leader will notify you directly if a class is cancelled.
- Please arrive at class on time. Sign into Zoom meetings 10 minutes early to handle any technical snags.
- The TOALC policy is **No Recordings** (video / audio) by any means of TOALC classes, including Zoom.
- Books or required materials are not available from TOALC unless indicated in the course listing.

Please consider donating. TOALC is a 501(c)(3). All contributions are tax deductible and will be acknowledged. Make donations by mail (see our address above) or at <https://www.theoalc.org/donate>.

Free membership scholarships are available. Contact TOALC office. (See top of page.)

Share this course book with a friend!

FALL CLASSES

MONDAY

LK1. Loom Knitting Beginner

Mon. 9:30 to 11:30 - Oct 5, 19, 26. Learn to use a 36 peg round loom to knit a bulky yarn beanie. No knitting skill required. Easy fun instructions. Materials: 36 round loom, 200 yards bulky (5 or 6 ply) light color yarn, loom tool, yarn needle, scissor, Sharpie.

Leader: Merle Turitz Max: 12

LK2. Loom Knitting Advanced

Mon. 9:30 to 11:30 - Nov 2 to Nov 16. Learn advanced stitches with a 24 peg round loom to create a bulky yarn sock or fingerless glove. Beginner class required. Materials: 24 peg round loom, 400 yards bulky (5-6 ply) light color yarn, loom tool, yarn needle, scissor, sharpie. **Leader: Merle Turitz Max: 12**

BF. Ballet for Seniors

Mon. 10:00 to 11:00 - Sep 14 to Nov 16 at Mambo House,

PA-611, Tannersville. A low-impact class for men & women who love to dance. Stretching, mild cardio, excellent for posture. Wear leotards or leggings, a loose top, ballet slippers, or socks. **Risk:** Arthritic knees make ballet difficult. **Leader: Diane Verdi**

GT. Genealogy Tips and Tricks

Mon. 10:00 to 12:00 - Sep 14 to Oct 5. The class provides online resources by email. Classes combine videos and lectures followed with a Question-and-Answer session. Bring your charged computers to follow along. Topics: Introduction, In Search of Ancestors, In Search of DNA Autosomal Matches, and In Search of Descendants. Students who miss a class will still get the links. A Genealogy Assistance class will follow. **Leader: Susan Field Max: 30**

TO. The Odyssey

Mon. 10:00 to 12:00 - Sep 14 to Nov 16. The *Odyssey* of Homer is regarded by scholars as the greatest epic poem ever written. Learn about the techniques of this epic as we follow the many adventures of the great Greek hero as he attempts to return home from the Trojan War. We will be using the R.S. Fitzgerald translation of the poem, and it may be purchased on Amazon or at bookstores. **Leader: Howard Weiner**

HT. How to Read a Film

Mon. 10 to 12 - Oct 12 (one day only). Develop a personal, practical application of the concepts in James Monaco's book of the same name. Discover how the director and the whole film crew pull us into a film and inspire us to become participants. We will examine the elements of film, like color, sound, editing techniques, and special effects. The differences between film and television will also be addressed. Increase your enjoyment with a deep dive into a favorite medium. **Leader: H. Grayson Barnes**

GA. Genealogical Assistance

Mon. 10:00 to 12:00 - Oct 19 to Nov 9. Get help researching your family tree. Bring your charged computers, burning questions, and brick walls. Prerequisite: Genealogy Tips & Tricks. **Leaders: Susan Field and Jean Benfante Max: 8**

TM. The Meaning of America in 15 Speeches

Mon. 1:00 to 3:00 - Sep 14 to Nov 16. America commemorates 250 years as an independent country, yet there has never been universal agreement on the philosophical basis of the country or what qualifies a person to be an American. Read and listen to some of the most important speeches by famous Americans over the years giving their answers to these basic questions. **Leader: Merlyn Clarke**

HL. Horror Literature

Mon. 1:30 to 3:30 - Sep 14 to Nov 16. Learn about the origin and history of the Gothic movement - the always-popular genre of Horror Literature. The books used: *The Turn of the Screw* by Henry James (Bantam Classic Edition) and *The Haunting of Hill House* by Shirley Jackson in the Penguin Books Edition. Both books are inexpensive and can be purchased at Amazon or at Barnes and Noble. **Leader: Howard Weiner**

WW. Watercolor Workshop

Mon. 1:30 to 3:30 - Sep 14 to Oct 19. Joann leads a fun-focused unconventional painting class with surprises, using marker pens and colored pencils. All skill levels are welcome. Supply list to be provided. **Leader: Joann Cervantes**

AE. An Epiphany. Shakespeare and Joyce Together

Mon. 2:00 to 4:00 - Oct 26 to Nov 16. Two sessions to read and discuss *Twelfth Night*. A third session to see a film of the play. A fourth session to see John Huston's wonderful film *The Dead* and discuss Joyce's story on which the film is based. The story of course is based on *Twelfth Night* (Epiphany). Cost \$10 or less. **Leader: Mike Wetmore**

DW. Dance with David and Teri

Mon. 2:30 to 3:30 - Sep 14 to Nov 16 at the School of Visual and Performing Arts, Stroudsburg. Learn basic steps of a dance in line dance format, e.g., Rumba, Cha Cha, Swing. No partner required. **Leaders: Teri & David Gaglione Max: 30**

TUESDAY

BB1. Beginner Balance Workshop #1

9:00 to 10:00 - Oct 6 to Oct 27. Required before class **AB**, below if you did not attend **BW2** last fall or winter. Strengthen muscles for stability (legs and core) to help prevent falls. Train core (front, sides, back) and glutes, sometimes using light weights for reactive balance. Good for all, especially older adults or those new to exercise. Focusing on core and balance improves strength and prepares you for advanced exercise.

Leader: Hope Fisher Max: 30

TF. Tying Flies for Beginners

Tue. 9:00 to 10:45 - Oct 6 to Nov 17. Learn to tie Fall-Winter fly-patterns for streams and lakes in the Poconos. Stress is on fundamentals (knots, applying materials to a hook). Example flies could include caddis flies, streamers, winter nymphs, and a special holiday fly. Fine motor skills and magnifying glasses are of great help. **Leader: John Smith Max: 8**

CV. Campfire Voices

Tue. 9:30 to 11:30 - Sep 15 to Oct 13 via Zoom. This course is RESERVED for the students who registered for Creative Writing in the summer of 2026. We will complete the writing project we began in May. **Leader: James Vagliardo**

CW. Creative Writing

Tue. 9:30 to 11:30 - Oct 20 to Nov 17 via Zoom. Class begins with a brief writing prompt followed by an exploration of creative writing techniques. Students then share more developed essays prepared each week on a variety of themes. Newcomers welcome! **Leader: James Vagliardo**

LT. Listening to Classical Music

Tue. 10:00 to 12:00 - Sep 15 to Nov 17. Hear some of the greatest works in music history and learn how their secrets are revealed to even a casual listener. The great masters including Bach, Mozart, Vivaldi, Beethoven and many others will be studied. No text needed - just ears!! **Leader: Howard Weiner**

RP. Record Pull Party

Tue. 10:00 to 12:00 - Nov 3 to Nov 10. Join friends for a "record pull" to share personally meaningful music. (See: www.thisiswhatitsoundslike.com). Select one song - ideally not a Top 40 hit - and be ready to introduce its significance. Loren will serve as DJ, providing access to extensive music libraries for the two sessions. **Leader: Loren Arnabaldi**

AB. Advanced Balance Workshop

Tue. 10:15 to 10:45 - Oct 6 to Oct 27. Balance Workshop Level 2. (Must have attended at least 2 sessions of Balance Workshop - Beginner.) **Leader: Hope Fisher Max: 30**

FP. Fall Prevention Screenings

Tue. 11:00 to 12:00 - Sep 15 to Sep 29. Boost your balance, strength, and confidence with this evidence-based program. Led by East Stroudsburg University students and faculty, it utilizes CDC-based screenings and targeted strategies to reduce fall risk, enhance lower-body strength, and improve functional mobility, helping participants stay active, safe, and independent. **Leader: Theresa Craig Max: 14**

MJ. Mah Jongg

Tue. 11:00 to 1:00 - Sep 15 to Nov 17.

Learn a game of skill, strategy, and luck; played with a set of 144 tiles based on Chinese characters and symbols. Newbies welcome! **Leader: Eileen Landon Max: 20**

BB2. Beginner Balance Workshop #2

Tue. 11:00 to 12:00 - Oct 6 to Oct 27. Same content as class **BB1** at 9 - 10 am, above. **Leader: Hope Fisher Max: 30**

CB. Cranberry Bog Walk

Tue. 1:00 to 3:00 - Nov 10 (one day only).

Kettle Creek Environmental Education Center staff guide us through this unique glacial wetland. Witness stunning autumn colors, especially the golden tamarack, a deciduous conifer famous for turning a brilliant glowing golden-yellow before dropping its needles entirely each autumn. Wear sturdy shoes with good tread. Located on Cherry Lane in Tannersville. **Donation: \$6/person. Meet at 12:15 at the church to carpool. Leader: Leslie Berger**

FT. Film: The Last Class

Tue. 1:00 to 3:00 - Nov 17 (one day only) at Pocono Cinema, 88 S. Courtland St., East Stroudsburg. The documentary *The Last Class* offers an intimate portrait of Robert Reich - Clinton's Secretary of Labor and renowned economic expert - as he prepares for his final UC Berkeley lecture. Reich reflects on aging, public service, and rising wealth inequality. TOALC members attend free, refreshments available. Join us after the film for a discussion of Reich's hopeful legacy. **Hearing devices are available at the box office. Facilitator: Leslie Berger**

YF. Yoga for Seniors

Tue. 1:15 to 2:15 - Sep 15 to Nov 17. If you can get up from and down to the floor, this "do what you can" yoga class is for you! Led by an 84-year-old retired chiropractor and yoga teacher, yoga reduces stress, increases flexibility, and delivers the equivalent of 5,000+ daily steps. Two classes (Tuesdays, 1:15-2:15 and Fridays, 1-2) give more people a chance to attend class. **Please do not attend both sessions.** Bring your own mat. A one-time (once a year) \$5 fee is requested to pay for yoga instructor's insurance. **Leader: Mel Rosenthal Max**

YF2. Yoga for Seniors at SVPA

Tue. 1:15 to 2:15 – Sep 22 to Oct 13, Oct 27 to Nov 17 at the School of Visual and Performing Arts, 11 Foundry St. Stroudsburg. This is a new class offered at the same time as the Tuesday yoga class because so many people who registered for that class have wound up on the waiting list. No street shoes allowed. Please bring clean indoor-only shoes, wear socks, or go barefoot. **Leader: Mary Ellen Whiteley.**

ML. Multi-life/Multiverse Fictions

Tue. 1:30 to 3:00 - Sep 15 to Oct 20. Poems, stories, and novels exploring alternate lives and infinite universes. **Leader: Michael Liberman Max: 25**

SC. Scrabble

Tue. 1:30 to 3:30 - Sep 15 to Nov 17. Let's play SCRABBLE!

Leader: Mike Wetmore

IT. Introduction to Oil Pastels

Tue. 1:30 to 3:30 - Oct 27 to Nov 17. Discover the fun and flexibility of oil pastels! Starting with water-soluble sticks and potentially exploring oil-soluble ones, you will learn exciting techniques for both abstract and realistic styles. We will cover various pastel types, paper choices, and creative methods through hands-on experiments. A materials list will be provided. **Leader: Tricia Lowery Lippert Max: 15**

GM. Guided Meditations That Effortlessly Reduce Stress

Tue. 2:30 to 3:30 - Sep 15 to Nov 17. Experience highly effective guided meditations, obtain deep rest, and watch your stress melt away. Excess stress leads to the downfall of both physical and mental health. We will be following the Yoga Nidra 20-to-50-minute meditations of Kamini Desai, PhD, Ayla Nova and others. It can be done lying on a mat or sitting in a chair. The first class will be an orientation. **Leader: Mel Rosenthal**

ES. Essential Sign Language for the Hard of Hearing

Tue. 3:30 to 5:00 - Sep 15 to Oct 6. Heard of Baby Sign Language? Think of this shortened crash course in American Sign Language (ASL) as Senior Sign Language! Class is suitable for those with no prior experience with ASL. Due to the popularity of this course, registration will initially be limited to those who are hard of hearing themselves and/ or are living with someone who is hard of hearing. **Leader: Samantha Ricker**

WEDNESDAY

PC. Photography Club

Wed. 9:00 to 11:00 - Sep 16 to Nov 18. Spend most mornings capturing local points of interest in outings to scenic locations like parks and museums. In class, analyze your work and sharpen your photographic vision. Sharpen skills with expert tips and peer support. Bring your camera, questions, and enthusiasm! Beginners welcome. **Leader: Eric Goins Max: 14**

PS. Practical Spirituality

Wed. 9:00 to 10:45 - Sep 16 to Nov 18. Discover how active meditations can guide you toward freedom, relaxation, peace, and joy. Unlike traditional methods that demand a stillness difficult for our bodymind, these scientifically designed techniques help you safely express, experience, and release repressed emotions. By restoring your body to a state of relaxed harmony, this in-depth practice clears the path for a transformative journey inward. **Leader: Lionel Dyer Max: 30**

TC. Tai Chi Practice

Wed. 9:00 to 10:30 - Sep 16 to Oct 14 at Clearview Elementary, Stroudsburg, PA, Clearview Elementary School, School View Ln. off N. 5th St/Rte 191 N. For those who have completed at least Tai Chi Part 1. Practice together with other more experienced Tai Chi students. Remember, continued practice develops strength, balance, and promises an alert but peaceful mind. **Facilitators: Robin Walker, Becky Sapora-Day, et al.**

CT. Continuing Tai Chi

Wed. 9:00 to 10:30 - Oct 21 to Nov 18 at Clearview Elementary School, School View Ln. off N. 5th St/Rte 191 N, Stroudsburg, PA. This course is RESERVED for those students who have successfully completed Tai Chi Part 1. Students will continue to learn the nearly 50 movements of Tai Chi Part 2.

Leader: James Vagliardo

IC. Italian Conversation & Culture

Wed. 10:00 to 12:00 - Sep 16 to Nov 18. Practice basic to elementary Italian conversation through everyday activities while discovering the customs, traditions, and culture that make daily life in Italy unique. **Leader: Franca Nostro Max: 12**

TR. The Russians Are Coming! The Russians Are Coming!

Wed. 10:00 to 11:30 - Sep 16 to Nov 18. Explore the music of Russian composers from Tchaikovsky to Stravinsky and beyond. Various musical styles ranging from romanticism to primitivism to neoclassicism will be presented. Both live and recorded performances. **Leader: Betsy Buzzelli-Clarke**

MI. Mathematics in Elections

Wed. 11:00 to 12:45 - Sep 16 to Nov 18. The mathematics behind voting, gerrymandering, and campaigning. Through history, modeling, and discussion, we'll analyze how we choose our leaders, note limits, and explore potential changes to make our political system add up. **Leader: Kevin Cheslack-Postava**

FO. Fundamentals of Bridge

Wed. 11:15 to 12:15 - Sep 16 to Oct 7. Class will cover these areas: terminology, protocol, hand evaluation, bids at different levels, offense and defense, and scoring. Practice games will demonstrate these areas. **Leader: Brenda Boyles Max: 12**

CL. Country Line Dancing

Wed. 11:15 to 12:15 - Oct 21 to Oct 28. Exercise and fun with others while enjoying various country tunes. No partner or special footwear required. This course is for everyone – no experience is necessary. **Leader: Jill Malefyt Max: 30**

MB. Mind-Body Mashup: Move, Think, & Thrive

Wed. 11:15 to 12:15 - Nov 4 to Nov 18. Boost physical wellness and brain health. This all-levels class combines gentle exercises for strength, balance, and mobility with interactive games for memory and mental sharpness. Led by supervised ESU Exercise Science students, this class promotes physical vitality, cognitive sharpness, and social connection in a supportive and enjoyable environment. **Leader: Theresa Craig Max: 10**

GF. Golden Footlights Theater Workshop

Wed. 1:00 to 3:30 - Sep 16 to Oct 28, Nov 11 to 18. TOALC's Theater Workshop returns for all experience levels! Join a supportive ensemble to create, collaborate, and perform for friends and family on Nov 18. Commitment But No Memorization Required. All are welcome in this relaxed, creative atmosphere. **Leader: Jan Julia**

TV. The Voting Rights Act of 1965

Wed. 1:00 to 3:00 - Sep 16 to Nov 18. Explore the Voting Rights Act of 1965, its historical catalysts, and its profound impact on Southern elections. Examine its key figures, pivotal events, and the Supreme Court's ongoing dismantling of these crucial protections.

Leader: Carol Lewis

The Registration Form is on page 13

CE. Current Events - Split Sessions

Wed. 1:30 to 3:15 - Sep 16 to Oct 7, Nov 4 to 18. An exercise in civil discourse. Discuss/exchange thoughts on current global, national, state, and local news. Objective – be better informed and learn from each other. Interesting and lively conversation. **Leaders: Gary Bickle and Leslie Berger Max: 32**

GI. Global Issues

Wed. 1:30 to 3:15 - Oct 14 to Oct 28. An exercise in civil discourse on US Foreign Policy based on chapters chosen from the "Great Decisions 2026" book, plus a companion DVD shown at beginning of class. Become informed. Lively conversation. **Leader: Gary Bickle and Leslie Berger Max: 32**

CM. China - Myths, Facts, and Realities - Updated

Wed. 1:30 to 3:30 - Nov 4 (one day only). A local boy's take on the Middle Kingdom, updated since Tom's last talk in fall 2023. **Leader: Tom Kirkwood**

BD. Belly Dance for Wise Women

Wed. 2:30 to 3:30 - Sep 16 to Nov 18. Traditional movements for strength, balance, and grace danced to a mix of Egyptian, African, and Spanish music. Fun and easy. Hip scarves provided. **Leader: Teri Gaglione Max: 30**

THURSDAY

BA. Breakfast at the Sny-Dy

Thu. 8:30 to 9:30 - Oct 29 (one day only). What is so rare as an autumn morning at the Snydersville Diner? Breakfast with us at Monroe County's iconic diner. **Leader: Mike Wetmore**

WI. What is Energy Healing?

Thu. 9:00 to 11:00 - Sep 17 to Oct 1. This course is a survey of holistic healing modalities - Reiki, Dragon Energy, sound healing, and the benefits of these. The Human Bio field is explored - chakras, auras. **Leader: Catherine Meeker Max: 20**

MA. Mind and Brain VII

Thu. 9:00 to 11:00 - Nov 5 to Nov 12. Hot new research on the mind/brain interface relevant to mental function, enhancement, and well-being. Although research will be discussed, a science background is not necessary. **Leader: Wemara Lichty Max: 40**

DA. Dramatic and Biographical Movies

Thu. 9:30 to 12:00 - Sep 17 to Oct 1, Oct 22, Nov 5 & 12.

1) *Imitation of Life* 2) *The Jacksons: an American Dream Part One* 3) *Next Day Part 2* 3) *Men of Honor* 4) *Remember the Titans* 5) *My Fair Lady*. **Leader: Jesstina Smith**

VG. Van Gogh: More of the Story

Thu. 10 to 11 - Oct 8 to Oct 22. Van Gogh is celebrated for iconic masterpieces like *Sunflowers* (1888), *Café Terrace at Night* (1888), and of course *The Starry Night* (1889). Yet history often reduces him to the epitome (and origin) of the "crazy artist." This course looks beyond the tragic myths of self-harm and suicide to reveal the true man underneath. Explore the breadth of van Gogh's life, uncovering an artist gifted with incredible drive and a profound desire to leave his unique mark on the world. **Leader: H. Grayson Barnes**

GO. Genealogy Onsite at Stroud Mansion

Thu. 10:00 to 12:00 - Oct 15 (one day only). Not all records are online. This class will have a slide show about artifacts, documents, books, cemeteries, etc. Executive Director Amy Leiser will talk about the Monroe County Historical Association collections at Stroud

Mansion Museum and Library, followed by a tour of the research & genealogy library, and a scavenger hunt in the museum. **Entry fee: \$10. Leader: Susan Field Max: 45**

MS. Magic Show and Learn

Thu 10:00 to 12:00 – Oct 29 (one day only). Jeffrey Desind returns to astound you with mind-bending illusions and masterful card tricks! Then, learn a few card tricks to amaze the grandkids. **Presenter: Jeffrey Desind**

KF. Knitting for Health and Fun

Thu. 10:30 to 12:30 - Sep 17 to Nov 19. Whether beginner or experienced, join us for fun, friendship, and relaxation. Knitting reduces stress and improves cognitive function. All skill levels welcome. Men, too! Information on materials for beginners and intermediates will be provided upon registration. Advanced knitters, bring your current project. **Leader: Karen Miller Max: 12**

HO. HD Opera Macbeth Overview

Thu. 12:15 to 2:15 - Sep 17 (one day only). Preview the Met HD Opera performance of Macbeth, coming on Oct 17 starring Lise Davidsen. Learn the history and highlights that make this opera rewarding and fun. **Leader: Suzanne Pynch Max: 15**

PI. Pinochle

Thu. 12:15 to 2:15 - Sep 24 to Nov 12. Pinochle is a fun and friendly card game for beginners and the experienced. **Leader: Jill Malefyt Max: 24**

BS. Basic Spanish

Thu. 12:45 to 2:15 - Sep 17 to Nov 19. Learn Spanish conversation through vocabulary and grammar, taught by a native Spanish instructor. Text: ***Practice Makes Perfect: Basic Spanish***, Premium 3rd. Edition by Dorothy Richmond. Priced from \$8 - \$18 on Amazon. **Leader: Carmen McSweeney**

EW. Easy Walks

Thu. 1:00 to 3:00 - Sep 17 to Nov 19. Join us for leisurely heart-healthy walks in beautiful Monroe County parks. Enjoy nature, exercise, and friendship. Walks are flat or mostly flat on grass or gravel. Birdwatchers welcome! Meet at the designated park. Transportation assistance from TOALC to the park can be prearranged. **Leader: Barry Field No Max**

NY. New York Science Times Discussion Group

Thu. 1:30 to 3:00 - Sep 17 to Nov 19 via Zoom. A lively exchange of ideas about science articles from the New York Times. **Leader: Greg Nulle**

~~CS. Celestial Skies Art Class - Cancelled~~

~~**Thu. 1:30 to 3:00 - Sep 24 to Oct 15.** Create skylscapes, in the medium of your choice. Please bring your own materials. Some materials provided. **Leader: Pat Wayne Max: 20**~~

~~DP. Drawing Practice for Beginners - New~~

~~**Thur. 2 to 3:30 October 1, 8, and 15.** Would you like to improve your drawing skills but don't know where to start? Join us to work on weekly drawing exercises that will dramatically improve your drawing and perception skills. **Leader: Samantha Ricker**~~

AP. Art Party

Thu. 2:00 to 3:30 - Oct 22 to Nov 19. Knit, paint, draw, sketch, sew, stitch. All are welcome to this “bring your stuff” workshop. Be inspired by others, working in the company of creatives. Carve out time to work on your art. **Leader: Jean Benfante**

AC. Advanced Conversational Spanish

Thu. 2:30 to 4:00 - Sep 17 to Nov 19. For students who have studied Spanish at the intermediate level and want to be more fluent. This class will emphasize conversation. Text: ***Spanish Conversation*** by Jean Yates, 4th Edition \$20, sold in class. **Leader: Carmen McSweeney**

SS. Seed Saving Workshop

Thu. 2:30 to 4:30 - Sep 17 (one day only) at Genesis Farm, 41A Silver Lake Rd, Blairstown. Become a Seed Detective! We will spend the time collecting flower seeds, learn how to process tomato seeds, and process kale seeds. You will leave with confidence to practice seed saving for yourself. You will also have an opportunity to purchase seasonal produce, etc., from our farm. **Leader: Judith von Handorf Max: 12**

TH. Texas Hold 'Em

Thu. 2:30 to 4:30 - Sep 24 to Nov 19. After playing for 14 years, I am still learning and love this game. Learn "When to hold 'em and when to fold 'em!!" **Leader: Annette Herlihy Max: 32**

BL. Bad Leadership: A Philosophical Investigation

Thu. 3:45 to 4:45 - Oct 8 to Oct 29. Philosophers have discussed the problem of bad leadership since the first democracies. What is its root cause, and how to prevent it? We will explore perspectives on bad leadership from ancient to modern: Plato, the Federalist Papers, and contemporary writer Barbara Kellerman. **Leader: Tim Connolly**

FRIDAY

DD. Dogs Don't Bite Out of Nowhere

Fri. 10:00 to 12:00 - Sep 18 (one day only). Whether you are a pet owner, walker, or rescuer, ever wonder what your dog is trying to tell you? Learn to read canine body language to understand if your dog is calm, stressed, or fearful. Dispel common myths, prevent conflicts before they start, and improve your training by becoming fluent in how dogs communicate. **Leader: Pamela Dennison**

Classes meet at TOALC unless otherwise indicated.

IM. Instrumental Music Group

Fri. 10:00 to 12:00 - Sep 18 to Nov 20. Whether you play(ed) strings, woodwinds, brass, guitar, keyboards, or drums, join our welcoming group to make music with fellow enthusiasts! All skill levels are welcome. We play fun, accessible music - a lot of classic rock, Motown, a few polkas and even a few blues tunes. Share your talent in a friendly environment where everyone fits right in. Drummer needed! **Leader: Bob Messbauer**

FR. From River to Resort: Celebrating Shawnee Inn's 115 Years of History Along the Delaware River

Fri. 10:00 to 12:00 - Sep 25 (one day only). **At the Shawnee Inn.** Help us celebrate 115 years since the opening of the Buckwood Inn and tour the Shawnee History Museum. Explore how the vision of its owners and the Delaware River shaped the future of the Shawnee Inn. While the world was changing, Shawnee remained a place for visitors to relax, reconnect with nature, and create lasting memories. Step back in history and discover Shawnee's story. Then join us for lunch at the Gem and Keystone, at a 10% discount. **Meet in the Payette Room, down the hall from the main lobby of the hotel.** **Leader: Diane Tharpe**

GE. Gerrymandering

Fri. 10:00 to 12:00 - Oct 23 (one day only). Let's amend the PA constitution to create a better redistricting process. Currently, legislative leaders are choosing their voters. Fair Districts PA (FDPA) is advocating for an independent redistricting commission with a transparent, public process and clear, prioritized mapping standards. **Leader: Mark Lichty**

LL. Lifetime Learners Program at Cambridge University

Fri. 10:00 to 12:00 - Oct 30 (one day only). Join us for a 50-minute video, Q&A, and discussion about our two-week adventure at Cambridge University's Lifetime Learning Program. We will share sights of Cambridge, Ely, Grantchester, local pubs, punting, and the London National Gallery. Discover program courses, accommodations, and formal hall experiences. Cheerio! **Leader: Barry Field**

WT. Walking the Camino de Santiago

Fri. 10:00 to 12:00 - Nov 13 (one day only). Hear a TOALC member share her journey walking the Camino de Santiago, the ancient pilgrimage trail to northwest Spain. Discover how accessible support services make this historic trek achievable for anyone in reasonably good health. **Leader: Lisa Weber**

TL. TOALC Luncheons

Fri. 12:15 to 2:30 - Oct 2, Oct 30, Nov 20. Great food and conversation with new friends. **Facilitator: Kathy Cleveland**

CG. Conversational German

Fri. 1:00 to 3:00 - Sep 18 to Nov 20. For newcomers and those familiar with German language and culture. Explore aspects of German culture and develop more basic vocabulary. Classes are interactive and conversational. Worksheets and learning activities are provided. The class is not about book learning. **Leader: Linda Breitlauch**

GG. Garden Groupies

Fri. 1:00 to 3:00 - Sep 18, Oct 16, Nov 20. Master your northeast Pennsylvania garden this season! Join us for "Plan, Divide, and Conquer" on **September 18**, focused on dividing plants, planting trees, shrubs, and spring ephemerals. On **October 16**, "Cleanup on Aisle 6" helps you prep beds for winter, manage garden cleanup, take note of what worked and didn't work, and support local wildlife. Finally, spark your creativity on **November 20** with "I'll Take One of Everything!" to explore seed catalogs, dream up pollinator or vegetable plots, and plan next year's oasis together. **Leader: Peggy Howarth**

YF1. Yoga Friday Session for Seniors

See YF on Tuesday afternoons at 1:15 for course description. Priority will be given to those not enrolled in YF. Fri. 1:00 to 2:00 - Sep 18 to Nov 20.

Leader: Mel Rosenthal

PA. Poetry and Music: A Lecture-Performance of Vaughan Williams' Hymns and Songs

Fri. 1:00 to 3:00 - Nov 6 (one day only). Discover the unlikely pairing of composer Ralph Vaughan Williams (1872-1958) with Anglican priest and poet George Herbert (1593-1633). Michael Liberman explores Herbert's life. Tenor David Learn and pianist Joan Stiles perform Vaugh Williams' *Five Mystical Songs*, set to Herbert's poetry. Join in singing folk tunes and original melodies from Vaughan Williams' 1906 *English Hymnal*. **Presenters: David Learn, Michael Liberman, and Joan Stiles**

LD. Lyricist Dorothy Fields' Life and Songs

Fri. 1:30 to 3:30 - Sep 25 to Oct 2. Dorothy Fields broke barriers as a preeminent lyricist in a male-dominated field, expertly capturing colloquial speech and advancing show plots through storytelling. Experience her brilliance through engaging audio and video clips of her most popular songs. **Leader: Bob Batemarco Max: 20**

The Registration Form is on page 13

LO. Last of the Red Hot Lovers

Fri. 2:00 to 5:00 - Oct 9 (one day only) at Shawnee Playhouse, 552 River Rd., Shawnee on Delaware, PA. Doors open at 2:30. Midlife crisis meets comedy master in Neil Simon's *Last of the Red Hot Lovers*. At 47, family man Barney Cashman realizes his life has been just a bit too... nice. Determined to experience a wild secret affair before it's too late, Barney arranges trysts with three very different women. A hilarious chain of romantic disasters ensues. Will Barney actually pull off his grand adventure, or will he discover where his heart truly belongs? **ADA hearing devices are not available. Send check payable to TOALC for \$22 (guests \$32) per ticket by Sept. 21st. Facilitator: Greg Nulle**

FL. Four Literary Genres in 8 Weeks

Fri. 2:15 to 3:30 - Sep 18 to Oct 16, Oct 30 to Nov 13. Widen your enjoyment of genres you may not have investigated before and share responses in a convivial group. **Poetry:** Bring a poem to share at the first session. **Science Fiction:** *The Poppy Fields* by Nikki Erlick. **Natural Science:** *The Bald Eagle* by Jack E. Davis. **Fantasy:** *The Enchanted Greenhouse* by Sarah Durst. Available at Hughes Library or purchased online for approximately \$21.37. **Leader: Margaret Benson Max: 20**

AH. A History of Desserts

Fri. 2:15 to 4:15 - Oct 23 (one day only). Learn about the evolution of desserts, from ancient times to the present. We will be eating our way through history, sampling 9 different cakes and cookies, served in baggies that are labeled with the ingredients in case people have food allergies. **Leader: Marilyn Schultz**

BO. Bowling

Fri. 3:00 to 5:00 - Sep 18 to Nov 20 at Skylanes Bowling Center, 100 Eagle Valley Mall, East Stroudsburg, PA. No competition, just fun and exercise. Cost: \$6 for two games plus \$4.24 shoe rental. **Leader: Roz Evans**

SATURDAY

HW. Hawk Watch

Sat. 9:00 to 12:00 - Sep 19 & 26, Oct 3 & 10, Nov 7 & 14. Stay as long and attend as many sessions as you wish. Fall is a time when raptors (birds of prey) migrate to their southern wintering grounds. Scott's Mountain Hawk Watch at Merrill Creek Reservoir (near Harmony, NJ) is an official hawk watching site along the Atlantic Flyway. Easy access to the observation site. Learn how to identify these magnificent birds. Different hawk species migrate during different months, so we should see a variety of hawks over this period. Binoculars required.

Leader: Roxanne Kaiser-Antonovich

AD. AKC Dog Herding Test and Trials

Sat. 9:00 to 12:00 - Oct 17 (one day only) at Raspberry Ridge Sheep Farm, Bangor, PA. This trip is an opportunity for dog lovers to watch herding dogs of a variety of breeds and training levels in action. **Cost: Free. Leader: Barry Field**

AM. Annual Market Faire & Rendezvous

Sat. 10:00 to 12:00 - Oct 24 (one day only) at Jacobsburg Historical Society, Nazareth, PA. Learn the importance of the fur trade era from living history interpreters. See Early American craft demonstrations. Enjoy shopping with the craft vendors. J. Joseph Henry House & Pennsylvania Longrifle Museum tours included. **Cost: \$10.00. Facilitator: Greg Nulle**

LEADERS & PRESENTERS

Loren Anibaldi: Retired speech-language pathologist, NDT certified, and lifelong audiophile music enthusiast.

H. Grayson Barnes: Retired community college professor focused on arts, humanities, history, a dog, and two cats.

Robert Batemarco: Retired economics teacher and marketing analyst devoted to the American Songbook since the 70's.

Jean Benfante: Retired teacher, artist, and genealogy enthusiast with a special interest in Italian heritage.

Margaret Benson: Professor Emeritus at ESU with decades of middle school and university teaching experience.

Leslie Berger: Newsophile, former senior center manager, activities director, recreation program director.

Gary Bickle: Retired senior accountant, legal entity and foreign currency specialist from Air Products, and sports coach.

Brenda Boyles: Loves introducing people to the great old game of bridge.

Linda Breitlauch: ESU economics/political science graduate and Temple J.D. holder, spoke German as her first language.

Betsy Buzzelli-Clarke: Retired ESU music faculty and founder/conductor of the Pocono Community Orchestra.

Joann Cervantes: Watercolorist of many years standing and recent PA Academy of Fine Arts graduate.

Kevin Cheslack-Postava: Former college math teacher, applied math in healthcare, operated math learning center.

Merlyn Clarke: ESU emeritus professor of political science.

Kathy Cleveland: Former development engineer and computer application instructor.

Dr. Tim Connolly: ESU philosophy professor specializing in ancient Greek and classical Chinese philosophy.

Dr. Theresa Craig: Allied health expert focusing on evidence-based exercise programs for chronic disease management.

Pamela Dennison: Dog training expert, author, and specialist in reactive and service dogs.

Jeffrey Desind: Founding member of the Pocono Magic Club and magician society member.

Lionel Bodhi Dyer: Certified meditation leader with experience across corporate and spiritual centers.

Barry Field: Retired NYC special education teacher, singer, and guitarist.

Susan Field: Longtime family historian and genealogy instructor.

Hope Fisher: Certified yoga teacher, personal trainer, and fitness instructor for active agers.

David Gaglione: Licensed acupuncturist and instructor of Qi Gong and Tai Chi. On a 25-year dance adventure with Teri.

Teri Gaglione: Belly dance and ballroom instructor with decades of experience, many of them with husband David.

Eric Goins: Photographer with over 20 years of study as well as club experience sharing his insights with others.

Annette Herlihy: Texas Hold 'Em enthusiast of over twelve years.

Peggy Howarth: Master Gardener and recent retiree whose free time is spent gardening or sharing ideas about gardening.

Jan Julia: Theater lover and leader of TOALC's Golden Footlights Workshop for many years.

Dr. Roxanne Kaiser-Antonovich: Biology and environmental science teacher with 40+ years of experience.

Tom Kirkwood: Cambridge graduate in Oriental Studies with extensive life and work experience in mainland China.

Eileen Landon: Lifelong Mah Jongg enthusiast who hopes to inspire a love of Mah Jongg.

David Learn: Choir singer interested in how music and religion work together.

Carol Lewis: Holder of degrees in African American history, sociology, and urban affairs, frequent women's group speaker.

Michael Liberman: ESU emeritus professor of English. George Herbert is one of his favorite poets.

Mark Lichty: As a plaintiff in the landmark 2017 Pennsylvania gerrymandering case, saw how insidious gerrymandering is.

Dr. Wemara Lichty: Cognitive neuroscientist and semi-retired psychology professor.

Tricia Lowery Lippert: Painter who paints from the heart and seeks to transport viewers to rural, timeless worlds.

Jill Malefyt: Former foreign language teacher who enjoys sharing her interests with others.

Carmen P. McSweeney: Former college Spanish teacher of 20 years, native speaker, sees Spanish as important today.

Catherine Meeker: Reiki Master, sound healing therapist, and shamanic facilitator.

Bob Messbauer: Saxophonist of 60 years, has a music education degree, thinks there is nothing like live music.

Karen Miller: Lifelong knitter, wants to empower new knitters by sharing skills to build confidence and creativity.

Franca Nostro: Native Italian speaker passionate about sharing Italian culture.

Greg Nulle: TOALC Vice President and retired computer programmer.

Suzanne Pyrch: Former music teacher and opera instructor, has had a lifelong love affair with opera.

Samantha Ricker: Early retiree, board game lover, fluent ASL user, and part of the deaf community for 10+ years.

Mel Rosenthal: Retired chiropractor, yoga teacher, spiritual adventurer, and dog lover.

Marilyn Schultz: Dessert enthusiast and home cook whose first meal-planning thought is, "What to make for dessert?"

Jesstina Smith: Retired NYC transit operator who loves films, musicals, and documentaries.

John Smith: Retired biology professor, active fly fisher, and member of Trout Unlimited's Brodhead chapter.

Joan Stiles: Pianist, composer, and Manhattan School of Music teacher in both classical and jazz divisions.
Diane Tharpe: Educational Director at the Shawnee Institute.
Merle Turitz: Office of Aging retiree kept sane by crocheting and sewing.
Dr. James J. Vagliardo: Math/computer science professor, researcher, avid hiker, Tai Chi instructor who loves art and jazz.
Diane Verdi: Professional dancer and instructor for all ages.
Judith von Handorf: Longtime farmer and seed saver at Genesis Farm.
Patricia Wayne: Painter who enjoys helping others find the joy of painting.
Lisa Weber: Retired high school science and substitute teacher, avid knitter, reader, vegetarian, and hiking enthusiast.
Howard Weiner: Medieval literature Ph.D. and retired assistant professor with 48 years of teaching experience.
Mike Wetmore: Continues to explore the books that engaged us in our youth from a more “mature” perspective.

SAVE THE DATE!! UPCOMING SPECIAL EVENTS

Holiday Party, Dec 4, 2026, 1 – 4 pm

Our annual potluck holiday party in the Fellowship Hall of the East Stroudsburg Presbyterian Church, filled with good food, laughter, and community spirit! Not to mention holiday games, a sing-along, and a fun “Ugly Sweater” contest!

25th Anniversary Sept 22, 2027 Luncheon 12 – 4 pm

TOALC celebration luncheon at Shawnee. Mark your calendar. More details to follow.

NOTICE OF NON-DISCRIMINATION

The Older Adult Learning Community (TOALC) does not discriminate on the basis of race, color, religion (creed), national origin, military status, gender, gender expression, marital status, sexual orientation, disability, or age in its programs and activities. For assistance or special accommodation, please call 570-422-7810.

TOALC OFFICERS AND ADVISORY BOARD MEMBERS

President: Jim Vagliardo, Vice President & Programming: Greg Nulle, Secretary: Michael Liberman, Treasurer: Connie Hogan.
Members: Leslie Berger, Gary Bickle, Kathryn Cleveland, Bradford Day, Jannette Koerner, Mary Frances Kresge, Ken LeSure, Linda McMeekin, Eileen Porte

IMPORTANT GENERAL NOTICES

We reserve the right to cancel classes and events for any reason.

Class leaders: Please be conscientious in keeping accurate attendance records. Students: Please be sure to sign in to class and let TOALC know if you signed up for a class but are not on the roster.

Class leaders and members: Stay home if you have symptoms of COVID-19 or any other contagious illness.

Please refrain from wearing fragrances and colognes perceptible to others while attending TOALC in-person classes and events. Please understand that other members may have sensitivity and/or allergic reactions to scented products.

The opinions of class leaders are their own and do not represent those of TOALC or its board. Before you follow medical, legal, or investment advice, please contact your own doctor, lawyer, or investment advisor.

We at TOALC believe in maintaining an atmosphere of mutual respect where all feel free to share their thoughts and experiences. Words or actions that become unfriendly, aggressive, suggestive, or take the form of a personal attack will not be tolerated.

Or register online at our website **Courses** page at <https://www.theoalc.org/catalog> using class codes in the box below.

No confirmations mailed. You are in class unless called. (After 9/9/26, register at TOALC office.)

NAME _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL (Print 1 character per block below. Include “.com,” etc.) _____

[illegible]

☐ Check if any contact information has changed.

AB.	Advanced Balance Workshop	EW.	Easy Walks	MA.	Mind and Brain VII
AC.	Advanced ... Spanish	FL.	Four Literary Genres in 8 Weeks	MB.	Mind-Body Mashup...
AD.	AKC Dog Herding Test and Trials	FO.	Fundamentals of Bridge	MI.	Mathematics in Elections
AE.	An Epiphany. Shakespeare...	FP.	Fall Prevention Screenings	MJ.	Mah Jongg
AH.	A History of Desserts	FR.	From River to Resort...	ML.	Multi-life/Multiverse Fictions
AM.	Annual Market Faire...	FT.	Film: The Last Class	MS.	Magic Show
AP.	Art Party	GA.	Genealogical Assistance	NY.	New York Science Times...
BA.	Breakfast at the Sny-Dy	GE.	Gerrymandering	PA.	Poetry and Music: A Lecture....
BB1.	Beginner Balance Workshop #1	GF.	Golden Footlights Theater...	PC.	Photography Club
BB2.	Beginner Balance Workshop #2	GG.	Garden Groupies	PI.	Pinochle
BD.	Belly Dance for Wise Women...	GI.	Global Issues	PS.	Practical Spirituality
BF.	Ballet for Seniors...	GM.	Guided Meditations...	RP.	Record Pull Party
BL.	Bad Leadership...	GO.	Genealogy Onsite at Stroud...	SC.	Scrabble
BO.	Bowling	GT.	Genealogy Tips and Tricks	SS.	Seed Saving Workshop
BS.	Basic Spanish	HL.	Horror Literature	TC.	Tai Chi Practice
CB.	Cranberry Bog Walk	HO.	HD Opera Macbeth Overview	TF.	Tying Flies for Beginners
CE.	Current Events - Split Sessions	HT.	How to Read a Film	TH.	Texas Hold 'Em
CG.	Conversational German	HW.	Hawk Watch	TL.	TOALC Luncheons
CL.	Country Line Dancing	IC.	Italian Conversation & Culture	TM.	The Meaning of America...
CM.	China - Myths, Facts,...	IM.	Instrumental Music Group	TO.	The Odyssey
CT.	Continuing Tai Chi	IT.	Introduction to Oil Pastels	TR.	The Russians Are Coming...
CV.	Campfire Voices	KF.	Knitting for Health and Fun	TV.	The Voting Rights Act of 1965
CW.	Creative Writing	LD.	Lyricist Dorothy Fields'...	VG.	Van Gogh: More of the Story
DA.	Dramatic and Biographical Movies	LK1.	Loom Knitting Beginner	WI.	What is Energy Healing?
DD.	Dogs Don't Bite Out of Nowhere	LK2.	Loom Knitting Advanced	WT.	Walking the Camino de Santiago
DP.	Drawing Practice Group	LL.	Lifetime Learners Program...	WW.	Watercolor Workshop
DW.	Dance with David and Teri...	LO.	Last of the Red Hot Lovers	YF.	Yoga for Seniors...
ES.	Essential Sign Language...	LT.	Listening to Classical Music	YF1.	Yoga Friday Session for Seniors
				YF2.	Yoga ... Tuesday ...at SVPA

MEMBERSHIP: (Or you can pay online. See page 2)

☐ Current Semester (\$45) - **Free to volunteers & prior semester class leaders** Due:

OR drop your Registration Form off at the TOALC office 9:30 to 11:30, Mon - Fri.

For office use only:

Postmark or Dropoff Date: Check: Date: #: Amount: \$

Processed by: Check-In	Registration	Payments
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**The Older Adult Learning Community Corporation
East Stroudsburg Presbyterian Church
55 Smith Street
East Stroudsburg, PA 18301**

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18360

ATTENTION: To manage our waitlists, TOALC reserves the right to remove any member from a class roster, without refund, after two consecutive "no-shows" without a valid excuse.

REGISTRATION SURVEY: WE NEED YOUR TIME AND TALENTS!

TOALC has numerous opportunities for members to become involved in our organization. Please consider giving us some of your time and talents.

Name (If this page has no mailing label) _____

_____ **Yes, I would like to help at TOALC. Call me to discuss volunteer opportunities.**

_____ **I would like to lead a class or event in:**

_____ **I would like to see a class offered in:**

Suggestions for Topics or Themes for the Friday Lecture Series:

