



The Older Adult Learning Community  
**Website: [www.theoalc.org](http://www.theoalc.org)**

Learning  
is Good  
for Life!!

# Winter/Spring 2026 Course Book

## Kickoff and Potluck

A festive get-together open to the community.

**Sunday, Jan. 11, 2026, at 2 pm**

**East Stroudsburg Presbyterian Church**

**Revised 2/17/2026 – Corrections in RED**

## Program of Classes

**Monday, Jan. 26 – Friday, Mar. 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](mailto:info@theoalc.org)**  
**Website: [www.theoalc.org](http://www.theoalc.org)**

# TOALC Winter/Spring 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](mailto:info@theoalc.org).
- Classes listed as “in person” are held 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 **Jan. 21** 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** hold class on Presidents’ Day February 16. **See Page 10 for Weather Closing Policy.**
- 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 / 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.)**

# WINTER/SPRING CLASSES

Corrections are in RED

## MONDAY

### **BT2. Beginning Tai Chi Additional Class**

**Mon. 9:00 to 10:30 - Feb 2 to Mar 16** at the School of Visual and Performing Arts, 11 Foundry St., Stroudsburg. Tai Chi is an ancient Chinese exercise that promotes calmness of mind, physical grace, and overall good health. Sometimes described as meditation in motion, Tai Chi movements are gentle. Continued practice develops strength, balance, and promises an alert but peaceful mind.

**Leader: Jim Vagliardo Max: 20**

### **WW. Watercolor Workshop**

**Mon. 9:30 to 11:00 - Jan 26 to Mar 16.** A recent MFA graduate, Joann is excited to bring to her class 40 years of experience painting primarily in watercolors but in other media as well. The most important goal of the class is to have fun. Buy list provided.

**Leader: Joann Cervantes**

### **BF. Ballet for Seniors at Mambo House**

**Mon. 10:00 to 11:00 - Jan 26 to Mar 16. **Makeup class Mar 23. At 2989 PA-611, Tannersville, PA 18372.**** 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 – Medium:** Ballet is difficult for those with arthritic knees. **Leader: Diane Verdi**

### **HN. Historical Novel Pt. 2**

**Mon. 10:00 to 12:00 - Jan 26 to Mar 16.** One of the greatest novels of all time is Charles Dickens' ***A Tale of Two Cities***, one of two historical novels he wrote. Learn about the sources, history, and artistry behind this timeless work. We will be using the SIGNET edition of the novel, readily available in bookstores and on Amazon. **Leader: Howard Weiner**

### **LK1. Loom Knitting 1**

**Mon. 10:00 to 12:00 - Jan 26 to Feb 9.** Using a 38-peg round loom, bulky yarn, and a simple tool, you will quickly master the easy technique. You can complete a stylish, rimmed hat in just two to three hours! Learn this simple skill and impress your friends and family.

**Leader: Merle Turitz Max: 10**

### **LK2. Loom Knitting 2**

**Mon. 10:00 to 12:00 - Feb 16 to Mar 2.** For those who know how to loom knit or took the beginner class, we will use the small 24 peg plastic loom to loom knit a pair of long slipper socks with a heel using 5 or 6 ply yarn (or two 4-ply worked together). No knitting skill needed, and you can start making your holiday gifts that your family will treasure. **Leader: Merle Turitz Max: 10**

### **MA. Mind and Brain V**

**Mon. 10:00 to 12:00 - Mar 9 to Mar 16.** Two classes will explore recent research on the mind-brain interface, covering topics like intelligence, gut-brain connection, humor, and mental enhancement. No science background is required! **Leader: Wemara Lichty Max: 40**

### **AA. America at 250**

**Mon. 1:00 to 3:00 - Jan 26 to Mar 16.** America is a different country than it was in 1776, yet our founding documents and institutions remain remarkably similar to what was created at the Founding. What adaptations have been made? In what ways? Are additional adaptations necessary? Is there capacity to make necessary adaptations? **Leader: Merlyn Clarke**

### **TO. The Odyssey by Homer**

**Mon. 1:30 to 3:30 - Jan 26 to Mar 16.** Many scholars regard the Odyssey by Homer as the greatest epic poem ever written. Learn about the techniques of 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, available on Amazon or at bookstores. **Leader: Howard Weiner**

### **MS. Magic Show**

**Mon. 2:00 to 3:00 – Feb 2 (one day only). Snow Date: Feb 9.**

Jeffrey Desind returns to astound you with mind-bending illusions and masterful card tricks in a spectacular show! **Presenter: Jeffrey Desind**

**DT. Dalton Trumbo Who**

**Mon. 2:00 to 4:00 - Feb 16 to Mar 2.** Dalton who? And Martin who? For the common reader. Imagine being trapped in a non-functioning body, with mind intact. This is the premise of both Dalton Trumbo's classic iconic antiwar novel ***Johnny Got His Gun***, and Martin Pistorius's memoir, ***Ghost Boy***. A day of discussion about each book, and if available, the movie ***Johnny Got His Gun***, based on Trumbo's book. **Leader: Mike Wetmore**

**IT. Inside the Dark Web**

**Mon. 2:00 to 4:00 - Mar 9 to Mar 16.** This course will demystify the "dark web" and explain why it is relevant. We will see how what you use every day (e.g., Google, Facebook, news sites, etc.) makes up less than 5% of the internet and will focus on that small hidden corner of the web that requires special software to access. We will also cover how to defend yourself from it. **Leader: Bruce Karpe**  
**Max: 40**

**DW. Dance with David & Teri**

**Mon. 2:30 to 3:30 - Jan 26 to Mar 16. No class Feb 23. Makeup class Mar 23.** At the School of Visual and Performing Arts, 11 Foundry St., Stroudsburg. Each session will teach basic steps of a dance, e.g., Rumba, Swing, Cha Cha, Fox Trot. No partner required.

**Leader: David Gaglione and Teri Gaglione**

**LM. Learn Magic to Amaze Your Grandkids**

**Mon. 3:00 to 4:00 - Feb 2 (one day only). Snow Date: Feb 9.**

Jeffrey Desind will teach you how to do a few card tricks to demonstrate your magical powers to the kids. **Presenter: Jeffrey Desind**

**TUESDAY**

**BB. Besecker's Breakfast**

**Tue. 8:30 to 10:00 - Mar 3 (one day only).** Start the day with your TOALC friends at Besecker's Diner, 1427 North 5th St, Stroudsburg, PA. **Leader: Mike Wetmore**

**PS. Practical Spirituality**

**Tue. 9:15 to 10:45 - Jan 27 to Mar 17.** A practical approach to integrating spirituality into your daily life. It provides numerous methods to start and sustain a meditation practice, suitable for both beginners and experienced practitioners. We will explore topics including gratitude, love, breath work, dance, emotional release, and body awareness; drawing insights from various spiritual traditions to foster inner potential, clarity, and a fulfilling life. **Leader: Lionel Dyer Max: 30**

**WE. Where Else is the Math?**

**Tue. 9:15 to 10:45 - Jan 27 to Mar 17.** New explorations into mathematical thinking via playful puzzles, games, and serious applications in health, finance, and politics. Sessions include lectures, hands-on activities, discussions, and occasional videos. **Leader: Kevin Cheslack-Postava**

**CW. Creative Writing**

**Tue. 9:30 to 11:30 - Jan 27 to Mar 17 via Zoom.** Begin with a short writing assignment, then a presentation or discussion of effective creative writing techniques, led by a class member or a guest speaker. Share your writings for constructive critique. **Facilitator: Jim Vagliardo**

**HO. History of Jazz in America**

**Tue. 10:00 to 12:00 - Jan 27 to Mar 17.** Jazz! What is it? Where did it come from and where is it going? How do you listen to it? We will answer all these questions and more as we explore the roots of the art: blues, ragtime, Dixieland, swing, modern, progressive, international--it is all here. No text required--just ears! Join me and discover the history of this truly American art form. **Leader: Howard Weiner**

**MJ. Mah Jongg**

**Tue. 11:00 to 1:00 - Jan 27 to Mar 17.** A game of skill, strategy, and luck like Rummikub; played with a set of 144 tiles based on Chinese characters and symbols. Requires skills in tactics, observation, memory, and adaptive strategies. **Leader: Eileen Landon**  
**Max: 14**

### QC. Quilter's Choice

**Tue. 11:00 to 1:00 - Jan 27 to Mar 17.** Work on a project of your choice. We will offer project options if you are a beginner. Some sewing experience would be helpful. Sewing machine required. **Facilitators: Jannette Koerner and Virginia Malone Max: 12**

### AE. Art Exploration

**Tue. 1:00 to 4:00 - Mar 3 to Mar 17 at Western Pocono Community Library, 1 Pilgrim Way, Brodheadsville, PA.**

Using the work of Vincent Van Gogh as inspiration we will explore aspects of art such as hand- eye coordination, ways of seeing, and using color and shape, through hands-on exercises. No art experience needed! All materials supplied.

**Leader: Melodie Higgins Max: 10**

### GO. Gospel of John

**Tue. 1:15 to 2:30 - Jan 27 to Mar 17. Added meeting times may be scheduled if needed.** Join us this winter as we consider the first 11 chapters of John's gospel. As St. Jerome described: "The Scriptures are shallow enough for a babe to come and drink without fear of drowning, and deep enough for a theologian to swim in without ever touching the bottom," so also is this gospel. A study bible is helpful but not required. Some handouts will be provided. Questions are welcomed, answers not promised. **Leader: David Cornell Max: 25**

### YF1. Yoga for Seniors: Vitality, Stress Reduction and Longevity

**Tue. 1:15 to 2:15 - Jan 27 to Mar 17.** If you can get up from and down to the floor this is for you! It is a "do what you can" yoga class that will help you in many ways. Led by an 83-year-old retired chiropractor and yoga teacher. Stress reduction, increased flexibility and getting the equivalent of 5000+ daily steps in a fun, safe and healthier way. Bring your own mat. Moderate your physical exercise, do only what you can! **See also class YF2, a second on Fridays 1-2. Sign up for either or both!** A one-time (once a year) \$5 fee is requested to pay for yoga instructor's insurance. **Leader: Mel Rosenthal Max: 25**

### SC. Scrabble

**Tue. 1:30 to 3:30 - Jan 27 to Mar 17.** Let's play SCRABBLE! **Leader: Mike Wetmore**

### TP. The Package

**Tue. 1:30 to 3:00 - Jan 27. Second date TBD.** "The Package" by Ken LeSure is a play performed at the New York Theater Festival in 2018. We need one woman and two men for a table read performance of this one-act drama about a man who receives a package of personal mementos from a mysterious sender. Date, time, and location of table reading TBD. **Leader: Ken LeSure Max: 10**

### YN. Yoga Nidra Relax & Dissolve Stress

**Tue. 2:30 to 3:30 - Jan 27 to Mar 17.** Guided meditation by renowned Yoga Nidra teachers that will help you get rid of the very harmful stress that we all carry. After the first class (instructive) please bring a yoga mat and a blanket, or if you prefer, you can do it on a chair. Although you can practice Yoga Nidra alone at home, a group setting increases the benefits! **Leader: Mel Rosenthal Max: 30**

### WY. Weave Your Own Rug

**Tue. 2:45 to 4:15 - Jan 27 to Mar 3. Makeup class Mar 10.** Make an attractive woven rug from contrasting fabrics to decorate your favorite room. Transform your old t-shirts or other scrap fabric into a beautiful addition to your home. Loom \$12, sold in class. Other tools provided. **Ris**

## WEDNESDAY

### BT. Beginning Tai Chi

**Wed. 8:30 to 10:00, starting Feb 18 - Feb 4 to Mar 18 in the Fellowship Hall.** Tai Chi is an ancient Chinese exercise that promotes calmness of mind, physical grace, and overall good health. Sometimes described as meditation in motion, Tai Chi movements are gentle. Continued practice develops strength, balance, and promises an alert but peaceful mind. **Leader: Jim Vagliardo Max: 20**

### CT. Computational Thinking

**Wed. 9:15 to 10:45 - Feb 11 to Mar 18.** Computational thinking is being explored as a way to engage older adults. Studies have shown that it can improve digital literacy, cognitive skills, and social well-being. These sessions will include both unplugged and plugged (digital) activities that focus on an analytical problem-solving process that uses concepts from computer science to break down complex problems into smaller, more manageable parts.

**Leader: Bruce Karpe Max: 40**

### **IC. Italian Conversation & Culture**

**Wed. 10:15 to 12:15, starting Feb 18 - Jan 28 to Mar 18.** Italian Conversation while learning about Italian customs, daily life, food, and traditions. We will offer one cooking class and an event with the celebration of different Italian foods. Both will take place during class time. **Leader: Franca Nostro Max: 15**

### **IW. I Write the Songs Bm Bm Bm**

**Wed. 10:15 to 11:45, starting Feb 18 - Jan 28 to Mar 18.** This course will be an overview of some of the major singer/songwriters of popular music during the 1950's and 60's. **Leader: Betsy Buzzelli-Clarke**

### **TC. Tai Chi for Arthritis and Fall Prevention**

**Wed. 11:00 to 12:00 - Jan 28 to Mar 18. The Mar 11 class will be held on Friday, March 13 from 11 – 12.** This class is an evidence-based program supported by the PA Dept. of Aging designed to promote mobility, energy, good mental health, and physical well-being. The class is for those who wish to mitigate arthritis pain or just increase mobility and prevent falls. Students can stand and/or be seated. At the end of class, we provide resources on how to continue at home. Students must commit to all eight sessions. **Leader: Laura Pride Max: 12**

### **HM. Human Migrations: The Big Story of Our Past**

**Wed. 11:00 to 12:30 - Feb 11 to Feb 25 in person and via Zoom.** Human migration has been a constant thread throughout history, from prehistoric Africa to today's global movements, now a political issue. We will delve into anthropological studies, historical evidence, and modern genetic discoveries to understand how our mingling genomes shape our world. **Leader: Ken LeSure Max: 30**

### **OB. Our Better Angels**

**Wed. 1:00 to 2:30 - Jan 28 to Feb 18. The final class will meet from 12:45 – 2:15.** We will study Jon Meacham's *The Soul of America: The Battle for our Better Angels*, a timely examination of contentious periods when extremism, racism, and fear caused deep national divisions. Meacham looks to the moral actions of presidential leaders, activists, and ordinary citizens for hope. By reviewing critical historical times, the book offers insights into how our "better angels" can combat modern threats like authoritarianism and polarization to restore America's soul. Participants are encouraged to read the entire book; a syllabus will be provided upon registration. **Leader: Doug McArthur Max: 30**

### **CL2. Country Line Dancing #2**

**Wed. 1:00 to 2:00 - Feb 25 to Mar 4.** Join us for exercise and fun with country tunes! No partner or experience is necessary—this course is for everyone. No special footwear is required. (See also identical class CL1; no new material will be covered.) **Leader: Jill Malefyt Max: 20**

### **ST. Sharing Time**

**Wed. 1:00 to 2:15 – Mar 11 (one day only).** Listen as others share their interests, hobbies, and travel in 15- to 30-minute segments. Let us know in advance if you want to be a presenter.

**Facilitator: Carol Akam**

### **CE. Current Events – Split Sessions**

**Wed. 1:30 to 3:15 - Jan 28, Feb 4 and 11, Mar 11 and 18.**

An exercise in civil discourse. Discussions/exchange of ideas and information on current global, national, state, and local news. Objective – be better informed and learn from each other. Interesting and lively conversation. **Leaders: Gary Bickle & Leslie Berger Max: 32**

### **FT. Fly-Tying for Beginners**

**Wed. 1:30 to 3:30 - Jan 28 to Mar 18.** Learn to tie simple, effective fly-patterns for Poconos streams and lakes. Focus is on fundamentals (knots, applying materials to hooks) rather than artistry. Example flies could include Woolly worm, pheasant-tail nymph, foam spider, foam ant, etc. Fine motor skills and magnifying glasses are helpful. **Leader: John Smith Max: 8**

### **GI. Global Issues**

**Wed. 1:30 to 3:15 - Feb 18 to Mar 4.** An exercise in civil discourse about US Foreign Policy from topics chosen from *Great Decisions 2026* book plus a companion DVD shown at beginning of class. Become informed and have a lively conversation. **Leaders: Gary Bickle & Leslie Berger Max: 32**

### **OT. Overview: Tristan und Isolde**

**Wed. 1:30 to 2:30 - Mar 18 (one day only).** Learn what to look and listen for during TOALC's trip to the opera *Tristan und Isolde* at Cinemark. **Leader: Suzanne Pynch Max: 20**

**BD. Belly Dancing for Wise Women**

**Wed. 2:30 to 3:30 - Jan 28 to Mar 18 at the School of Visual and Performing Arts, 11 Foundry St., Stroudsburg. No class Feb 23. Makeup class Mar 23.** Traditional movements for strength, balance, and grace danced to a mix of Egyptian, African, and Spanish music. Fun and easy. Women only. Hip scarves provided! **Leader: Teri Gaglione**

**MR. Mindfulness / Relaxation**

**Wed. 2:30 to 3:30 - Feb 18 to Mar 11.** This program provides a way for individuals to use relaxation techniques, guided relaxation, and explains how mindfulness can provide peace. **Leader: Jenny Collier Max: 15**

**CL1. Country Line Dancing #1**

**Wed. 2:45 to 3:45 - Jan 28 and Feb 11. No class Feb 4.** Come out for exercise and fun with others while enjoying various country tunes. Country line dancing does not require a partner or special footwear. This course is for everyone – no experience is necessary. See also class CL2. Both classes will be identical and NOT cover new material. **Leader: Jill Malefyt Max: 20**

**THURSDAY**

**BW1. Balance Workshop - Beginner**

**Thu. 9:00 to 10:00 - Jan 29, Feb 12 and 19. No class on Mar 12.** Required before BW2 if you did not attend last fall. Strengthen muscles for stability (legs and core) to help prevent falls. Train core (front, sides, back) and glutes, sometimes using light weights for imbalance. 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: 25**

**BS. Beyond Sprouts - Growing Microgreens**

**Thu. 9:00 to 11:00 - Feb 5 (one day only).** Learn this unique gardening technique to grow greens in a limited space, even in winter. This hands-on workshop will supply all the materials and information needed to plant 2 microgreen mini gardens to take home. No gardening experience needed. Pay \$3 materials fee directly to the class leader. Since the published course book did not specify a charge for this class, the fee will be optional. TOALC will make up the difference if you do not wish to pay. **Leader: Barbara Harteis**

**BS2. Beyond Sprouts - Growing Microgreens - 2nd Session**

**Thu. 9:00 to 11:00 - Mar 5 (one day only). See course description for class BS.**

**TM. Thursday Morning Movies**

**Thu. 9:30 to 12:00 - Jan 29 to Feb 19.** 1) The Butler Thriller/Drama, 2A) The Untold Story of Emmett Louis Till Documentary/Drama 2B) James Brown: Soul Survivor Documentary/Rockumentary 3) The Clark Sisters: First Ladies of Gospel Drama/Musical 4) The Tina Turner Documentary, Documentary/Musical **Leader: Jesstina Smith**

**KF. Knitting for Health and Fun**

**Thu. 9:45 to 11:45 - Feb 12 to Mar 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! Beginners bring size #8 needles and #4 worsted yarn. Intermediates bring size #13 needles and #6 super bulky yarn. Advanced knitters, bring your current project. **Leader: Andrea Reiter**

**BC. Book Club**

**Thu. 10:00 to 12:00 - Jan 29 to Feb 26 via Zoom.** We will discuss *Determination: A Mother of Five Conquers College* by *Victoria Marie Lees*, available on several online sites for less than \$20.00. The memoir also mentions her move to the Poconos and the challenges of managing family and coursework. Victoria hosted the Fall Creative Writing class and will participate in Book Club. **Leader: Kathy Cleveland**

**GT. Genealogy Tips and Tricks**

**Thu. 10:00 to 12:00 - Feb 26 to Mar 19.** This 4-week program provides online resources by email to all students. Class time is split: the first half is a combination of videos and lecture; the second half is research help with Susan and Jean. Bring charged computers. Topics: #1 Introduction, #2 In Search of Ancestors, #3 In Search of DNA Autosomal Matches, #4 In Search of Descendants. Students who miss a class still get the links. **Leader: Susan Field and Jean Benfante Max: 24**

**BW2. Balance Workshop - Advanced**

**Thu. 10:15 to 11:15 - Jan 29, Feb 12 – 19. No class on Mar 12.** Balance Workshop Level 2. (Must have attended at least 2 sessions of Balance Workshop last fall.) **Leader: Hope Fisher Max: 25**

**PI. Pinochle**

**Thu. 12:15 to 2:15 - Feb 12 to Mar 19.** Pinochle is a fun and friendly card game for beginners and the experienced. **Leader: Jill Malefy Max: 20**

**IS. Intermediate Spanish**

**Thu. 12:45 to 2:15 - Jan 29 to Mar 19.** For students who have already studied Introductory Spanish or the equivalent. Continue learning vocabulary and grammar. Practice conversation with native-speaking Spanish instructor. We will announce the text before class starts. **Leader: Carmen McSweeney Max: 15**

**NY. New York Science Times Discussion**

**Thu. 1:30 to 3:00 - Jan 29 to Mar 19 via Zoom.** A lively exchange of ideas/opinions about science articles from the New York Times. **Leader: Greg Nulle**

**WL. Winter Landscapes**

**Thu. 1:30 to 3:30 - Jan 29 to Feb 19.** Winter landscapes, inspired by Bob Ross in medium of your choice. Please bring your own materials. **Leader: Pat Wayne Max: 15**

**AP. Art Party**

**Thu. 2:00 to 3:30 - Feb 26 to Mar 19.** All arts and crafts welcome to this “bring your stuff” workshop. Be inspired by others and work on your projects in the company of creatives. Knit, paint, draw, sketch, sew, stitch—whatever the medium! Carve time out to work on your art. **Leader: Jean Benfante**

**AC. Advanced Conversational Spanish**

**Thu. 2:30 to 4:00 - Jan 29 to Mar 19.** For students who have studied Spanish at the intermediate level and would like to become more fluent. This class will emphasize conversation. Text: ***Spanish Conversation*** by Jean Yates, 4<sup>th</sup> Edition \$20, sold in class. **Leader: Carmen McSweeney Max: 15**

**TH. Texas Hold 'Em Poker**

**Thu. 2:30 to 4:30 - Jan 29 to Mar 19.** It is said that “it takes a minute to learn and a lifetime to master” this game. Cards and chips supplied. **Leader: Annette Herlihy**

**TE. Transformative Experience**

**Thu. 3:45 to 4:45 - Feb 5 to Feb 19.** We continue discussions of transformative experiences—major life events that give us new knowledge and change us in deep and lasting ways. In this session, we focus on the different kinds of agency we can use in responding to these events. The discussion is self-contained; previous attendance not a prerequisite. **Leader: Tim Connolly**

**FRIDAY**

**IM. Instrumental Music Group**

**Fri. 10:00 to 12:00 - Jan 30 to Mar 20.** Do you play (or used to play) a string, woodwind, or brass instrument; guitar, keyboard, or drums? We would love to have you join us! We warm up with basic group practice, then play fun, not-too-difficult songs like classic rock, Motown, polkas, and blues tunes. All skill levels are welcome. This is a friendly group. Please bring a music stand, instruments, and any necessary accessories. We provide the music. **Leader: Bob Messbauer**

**UA. Understanding Alzheimer's**

**Fri. 10:00 to 12:00 - Feb 6 (one day only).** Learn about Alzheimer's, dementia, and the 10 warning signs. **Leader: Lois Elick**

**TT. Tom's Trivia Memorial Contest**

**Fri. 10:00 to 12:00 - Feb 13 (one day only).** In the spirit of Tom Moore, “Two hours of Tough, Tortuous, Titillating, Teasing, Tacky, Treasured Trivia.” **Host: Greg Nulle**

**ES. Exercise Science**

**Fri. 11:15 to 12:00 - Feb 20 - 27.** This program is presented by the talented students and faculty of the Department of Exercise Science at East Stroudsburg University. You may remember them from last winter when they provided excellent sessions on fall prevention and

home safety—we are thrilled to have their expertise back at TOALC! These sessions are designed to be "hands-on." While there will be a brief introduction and a final wrap-up, the bulk of each class will be dedicated to active movement. Session 1 (Feb 20): Focuses on practical techniques for fall prevention. Session 2 (Feb 27): Explores effective ways to exercise at home. **Presenter: Dr. Shala Davis**

### **SM. Sigal Museum Tour and Lunch**

**Fri. 10:00 to 2:00 - Mar 13 (one day only) at 342 Northampton St., Easton, PA.** We will tour a timely new exhibit, "**Read This! The History of Media in Northampton County.**" Just in time for the nation's 250th anniversary in 2026, this exhibit explores the profound power of print, information, and misinformation right in Northampton County during the American Revolution. Then, on your own, explore the museum's permanent galleries, covering a wide span of local history, including pre-European settlement artifacts, colonial furniture, and decorative arts. Lunch at a local restaurant follows. **Cost: Pay \$5 CASH at the museum for admission and tour to: Leader: Greg Nulle**

### **KG. Kitchen Gardens**

**Fri. 10:00 to 11:30 - Mar 20 (one day only).** Create your own farm-to-table experience: Start a kitchen garden. Learn the fundamentals from site selection to planting and more to experience what fresh herbs, fruits, and veggies bring to your table on a daily basis. **Leader: Julianne Duick**

### **TL. TOALC Luncheon**

**Fri. 12:15 to 2:30 - Jan 30, Feb 27, and Mar 20. Makeup luncheon Mar 27.** TOALC will contact you with locations. Great food and conversation with TOALC friends. **Facilitator: Kathy Cleveland**

### **CG. Conversational German**

**Fri. 1:00 to 3:00 - Jan 30 to Mar 20.** The program is both for those familiar with the German language and culture and newcomers. Each week we explore various aspects of German culture and develop more basic vocabulary. Classes are purposely interactive, conversational in nature. 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 - Jan 30 to Feb 27.** Chase away winter blues with a lively exchange of gardening ideas for the upcoming 2026 season! We will share tried-and-true tips, fresh techniques, and resources. Together, we will watch inspiring videos, and spark plans for a thriving garden. **Leader: Peggy Howarth**

### **YF2. Yoga for Seniors 2nd Session**

**Fri. 1:00 to 2:00 - Jan 30 to Mar 20.** See YF1 on Tuesday afternoons at 1:15 for course description. Sign up for either or both! A one-time (once a year) \$5 fee is requested to pay for yoga instructor's insurance. **Leader: Mel Rosenthal Max: 25**

### **DZ. Dr. Zhivago**

**Fri. 1:00 to 4:30 - Feb 6 (one day only) at Pocono Cinema, 88 S. Courtland St., East Stroudsburg.** Our winter movie is the snowy, sweeping classic, **Doctor Zhivago**. Experience David Lean's breathtaking historical epic on the big screen. It is a grand, tragic love story set against the dramatic turmoil of World War I and the Russian Revolution. Free to TOALC members. Refreshments for sale. **Facilitator: Greg Nulle**

### **HA. Hamilton**

**Fri. 1:00 to 4:30 - Feb 13 (one day only) at Pocono Cinema, 88 S. Courtland St., East Stroudsburg.** Experience the revolutionary musical Hamilton, filmed live with the original Broadway cast. The screening begins with exclusive commentary (10–15 min) from the cast members. Lin-Manuel Miranda's Pulitzer-winning masterpiece fuses hip-hop, R&B, and Broadway to tell Alexander Hamilton's story. See the history and energy of this groundbreaking performance! Free to TOALC members. Refreshments. **Facilitator: Leslie Berger**

### **CS. Camelback Snow Tubing**

**Fri. 2:00 to 4:00 - Mar 6 (one day only).** Experience exhilarating snow tubing at Camelback, one of the biggest parks in the U.S. No skill or experience required! The "Magic Carpet" lift whisks you up the hill, saving energy for the ride down. **Risks: The ride can be jarring; those with known spine, neck, or serious joint conditions should not participate. Dress warmly in waterproof layers and wear sturdy slip-resistant winter boots. Cost: \$24 (guests: \$34). Send check payable to TOALC to 55 Smith St., East Stroudsburg, PA 18301 by Feb 20. Leader: Greg Nulle Min: 15**

The Registration Form is on page 13

### **LS. Lyricist Sammy Cahn's Life and Music**

**Fri. 2:15 to 4:15 - Jan 30 (one day only).** Which comes first – the words or the music? Discover Sammy Cahn's answer in this engaging program about the Hollywood lyricist who rose from the Lower East Side to the top of his craft. Revisit the memories and emotions of your youth through the lyrics of the man who "put more words into Frank Sinatra's mouth than any other." **Leader: Robert Batemarcho**

### **RH. Rug Hooking Introduction**

**Fri. 2:15 to 3:45 - Feb 6 to Feb 27.** Learn the basics of rug hooking by creating a small, hooked rug suitable for wall hanging or a pillow. **Kits are available for \$35 or bring your own pattern, rug hook, hoop, and yarn or wool cloth. Leader: Joyce Jose Max: 10**

### **BA. Bowling and Pizza**

**Fri. 3:00 to 6:00 - Jan 30 to Mar 20.** No competition, just fun and exercise. Cost: \$6 for two games plus \$4 shoe rental. Join us for pizza at a nearby restaurant. **Leader: Roz Evans**

## **SATURDAY**

### **IH. Ice Harvesting at Millpond Number 1, Tobyhanna, PA**

**Sat. 9:00 to 12:00 - Jan 31 (one day only).** Grab a saw or just watch the re-enactment of ice harvesting. The ice business was one of Monroe County's biggest industries at the turn of the 20th century. There were 12 to 15 ice houses in the area. Whether or not there's sufficient ice to harvest, there will still be ice harvesting tool demonstrations. We will also stop by the Wills Mansion Museum. It contains a wealth of diverse local artifacts, including toys and school materials from the 1930s, a military room honoring the township's ties to the Tobyhanna Army Depot; and displays on ice harvesting and ice fishing. **This event is free. Directions will be provided. Facilitator: Greg Nulle**

### **SW. Stroudsburg Winterfest**

**Sat. 11:00 to 4:00 - Feb 14 (one day only).** Stroll through the magical Stroud Winterfest in downtown Stroudsburg. Marvel at over 40 intricate ice sculptures, witness a live ice carving demonstration, and enjoy local specials. This family-friendly, free event is the perfect way to spend a memorable winter day with fellow TOALC members. **Leader: Greg Nulle**

### **TU. Tristan und Isolde at Cinemark**

**Sat. 12:00 to 5:12 - Mar 21 (one day only).** See Richard Wagner's Tristan und Isolde presented Live in HD at Cinemark! This Metropolitan Opera production brings one of the most powerful and tragic love stories in music history to the cinema, featuring electrifying performances by dramatic soprano Lise Davidsen as Isolde. Experience Wagner's transcendent, sweeping score and dazzling staging up close, all from the comfort of your local theater. **Purchase tickets online or at Cinemark. Call 1-800-CINEMA (1-800-246-3627) for assistance. Tickets are refundable if cancelled before showtime. Cost: \$23 for seniors 62+. TOALC will not manage the event.**

### **FO. Fiddler on the Roof SR**

**Sat. 2:00 to 5:00 - Mar 14 (one day only) at Shawnee Playhouse, 552 River Rd., Shawnee on Delaware, PA.**

**Fiddler on the Roof SR.** is a special adaptation of the nine-time Tony Award-winning musical, featuring a cast of actors aged 55 and over. Set in the Russian village of Anatevka, the story follows Tevye the milkman as he tries to maintain tradition and marry off his five daughters amidst a rapidly changing world and rising anti-Semitism. With iconic songs like "Sunrise, Sunset," this production explores the universal theme of tradition with humor and heart. **Send a check payable to TOALC for \$10 (guests \$20) per ticket by Feb 27. Doors open at 1:30. Leader: Greg Nulle**

## **SUNDAY**

### **TG. The Greg Funfgeld Family Concert: The Nightingale**

**Sun. 3:00 to 5:00 - Feb 22 (one day only) at Zoellner Theater, 420 E. Packer Ave., Bethlehem, PA.** The Nightingale is a reimagined music-theatrical adaptation of Hans Christian Andersen's tale, blending the Bach Choir and Orchestra with masterful puppetry by the Mock Turtle Marionette Theater. This enchanting collaboration, created by local arts legends, features live actors and music selections by Bach, Mozart, and others. The story of beauty, truth, and the power of live music comes alive with the return of acclaimed recorder player Tricia van Oers as the Nightingale. This interactive Family Concert will inspire and delight all ages. **Send a check payable to TOALC for \$27.50 (guests \$37.50) per ticket by Jan 30. Leader: Greg Nulle Min: 10**

## **LEADERS & PRESENTERS**

**Carol Akam** is a long-time supporter of TOALC in many capacities including officer, board member, volunteer, and instructor.

**Robert Batemarco** retired from a five-decade career divided between teaching economics and analyzing marketing research data. His qualification for teaching this course is having been a student and devotee of the American Songbook since the 1970s.

**Jean Benfante** is a retired teacher, artist, and genealogy enthusiast with a special interest in Italian heritage.

**Leslie Berger** is an enthusiastic "newsophile;" formerly Loder Senior Center manager, Activities Director at Pocono Lutheran Village Assisted Living, and Program Director for the Monroe County Recreation & Parks Commission.

**Gary Bickle** is a retired senior accountant - 40 years at Air Products. Duties include consolidating operations from Asia, India, and Europe plus writing corporate and accounting policies. Also, legal entity and foreign currency specialist. Prior soccer and softball coach.

**Linda Breitlauch**, born in the USA in 1957 of German immigrant parents, spoke German as her first language until kindergarten. An ESU graduate in economics and political science, she holds a JD from Temple U and previously substitute-taught German.

**Betsy Buzzelli-Clarke** retired from the ESU music department faculty; founder and conductor of the Pocono Community Orchestra.

**Joann Cervantes** has done drawing and watercolors for many years and is a graduate of the Pennsylvania Academy of Fine Arts.

**Kevin Cheslack-Postava** taught mathematics 50 years ago in university then left for a career applying mathematics in business and healthcare. Retired from real work to enjoy running a math learning center with his wife for 10+ years.

**Merlyn Clarke** is an ESU emeritus professor of political science.

**Kathy Cleveland** was a development engineer and computer application instructor for many years.

**Jenny Collier** is a semi-retired social worker with 45+ years in human services, from childbirth instruction to hospice. A New England native living in the Poconos; she loves teaching, family, the outdoors, and the New England coast.

**Dr. Tim Connolly**, ESU Philosophy Professor, centers teaching and research on Ancient Greek and classical Chinese philosophy.

**David Cornell** is a former pastor and missionary who has taught Old Testament and New Testament courses at TOALC.

**Jeffrey Desind** is a member of the International Brotherhood of Magicians and the Society of American Magicians as well as a founding member of the Pocono Magic Club.

**Julianne Duick** grew up in her father's vegetable garden and learned the joys of cooking and preserving from her mother. She views both gardening and cooking as lifelong learning and sharing opportunities.

**Lionel Bodhi Dyer** is a Certified Meditation Leader with extensive experience in meditation. He has facilitated meditation classes in corporate, college, and spiritual centers, guiding others toward focus and well-being.

**Lois Elick** is a Population Health Nurse with the Pennsylvania Department of Health. She provides chronic disease education programs.

**Susan Field** has been a family historian since age 12, researching in person. In 1990 she started recording with Family Tree Maker, researching genealogy online. She taught genealogy for the Center for Adult Learning program at Northampton Community College.

**Hope Fisher** is a Certified Yoga Teacher, Personal Trainer and Group Fitness Instructor specialized in working with active agers.

**David Gaglione** is a licensed acupuncturist and instructor of Qi Gong and Tai Chi. His dance adventure began 25 years ago with Teri.

**Teri Gaglione** has a background in ballet and belly dance. David and Teri run two social dances locally and dance anywhere they can.

**Barbara Harteis** is a native of western Pennsylvania, IUP graduate, and lifelong explorer who loves all things food (cooking, eating, growing), sharing knowledge and becoming healthier.

**Annette Herlihy** started playing Texas Hold 'Em over twelve years ago and she loves it.

**Melodie Higgins** has a B.A. in Art and enjoys drawing/painting and many types of crafts.

Recent retiree **Peggy Howarth** LOVES spending time in the garden. She enjoys all aspects, from planting native perennials and vegetables to raised beds and vermiculture. Peggy is passionate about sharing her knowledge and learning best practices from others.

**Joyce Jose** is a former database administrator turned reading specialist who loves reading, crafts, and clogs.

**Bruce Karpe** taught science and math for thirty years. He has spent his retirement as a student, earning four masters (so far).

**Kathy Kauh** enjoys trying various crafts, especially making useful and beautiful objects from things that would otherwise be discarded.

**Eileen Landon** hopes to inspire the love of Mah Jongg, a game that she has enjoyed since her teens.

**Ken LeSure, Ph.D.**, is a retired psychology professor with an M.A. in history. He is also a writer, playwright, and outdoor enthusiast.

**Dr. Wemara Lichty**, a cognitive neuroscientist, has researched and taught at the University of Missouri, Washington University-St. Louis, Old Dominion University, and Stanford. She is semi-retired and a psychology professor at Northampton Community College.

**Jill Malefyt** is a former foreign language teacher who enjoys sharing her interests with others.

**Douglas McArthur** is a "retired" United Methodist Minister, Pastoral Psychotherapist, and Marriage and Family Counselor.

**Carmen P. McSweeney** is a native of San Juan, Puerto Rico, and taught college Spanish for 20 years. She enjoys being with students and encourages them to learn Spanish because of its importance in today's world.

**Bob Messbauer** has been playing the sax for 60 years, played in bands for most of his life and has a BS in Music and Music Education. He feels that there is nothing quite like playing (and listening to) live music.

**Franca Nostro's** primary language is Italian. She lived in Italy as a child. Thanks to her Nonna (maternal grandmother), she spoke Italian well into adulthood and followed Italian customs and traditions. She loves to share her passion for Italian culture and language.

**Greg Nulle** is TOALC Vice President and a retired computer programmer.

**Laura Pride** is Health and Wellness and PA MEDI Coordinator for Monroe County Area Agency on Aging.  
**Suzanne Pynch** is a former music teacher. She has a lifelong love affair with opera and has taught opera at TOALC before.  
**Andrea Reiter** loves to knit and often spends spare moments working on a knitting project.  
**Mel Rosenthal** is a retired chiropractor, yoga instructor, Radical Forgiveness coach, and dog rescue volunteer.  
**Jesstina Smith** is a retired Train Operator from New York City Transit Authority, with a love of movies and musicals.  
**John Smith** was a biology professor for 30+ years and is a member of the Brodhead Chapter Trout Unlimited.  
**Merle Turitz** recently retired after 16 years with the Office of Aging. Mom of four sons. Kept sane by crocheting and sewing. Actually, she has been crocheting and sewing since she was a teenager.  
**Dr. James J. Vagliardo** is a professor of Math and Computer Science; an educational consultant, writer, and researcher; an international traveler and lecturer; a soccer coach, avid hiker, and Tai Chi instructor who loves abstract art and jazz.  
**Diane Verdi** is a professional dancer and teacher for all ages.  
**Patricia Wayne** learned to paint at TOALC from Roger Sadler and enjoys helping others find this joy.  
**Howard Weiner** has a PhD in Medieval Literature and 48 years in teaching, retiring as Assistant Professor at Touro University.  
**Mike Wetmore** continues to consider the books that engaged us in our youth from a more “mature” (?) perspective.

## 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

## INCLEMENT WEATHER CLOSING POLICY

We close if the East Stroudsburg School District school buildings close due to weather (at <https://www.esasd.net>) or classes move to virtual mode. Delayed school openings do not affect the TOALC schedule since our class day starts later. We also report weather closings on the WSBG "Storm Center" page (at <https://935sbg.com/wsbg-home/storm-center>). If you do not feel comfortable with weather conditions in your area, follow your own judgment and stay home.

## 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.

Share this course book with a friend!

**Classes meet in person at TOALC unless otherwise indicated.**



**The Older Adult Learning Community Corporation  
East Stroudsburg Presbyterian Church  
55 Smith Street  
East Stroudsburg, PA 18301**

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**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:**

