



The Older Adult Learning Community
Website: www.theoalc.org

Learning
is Good
for Life!!

Summer 2022 Course Book

Program of Virtual and In-Person Classes

Monday May 23 – Saturday July 23, 2022

Kickoff Meeting Sunday May 15 @ 2 PM

East Stroudsburg Presbyterian Church Pavilion

In the event of inclement weather, the meeting will move indoors

Exercise your mind with life-enriching experiences

TOALC is a 501(c)(3) nonprofit

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

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 Summer 2022

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” are held indoors at TOALC unless otherwise indicated.

Registration

- You’ll find the registration form on page 13. Mail it to our address on the form **OR**
- Register online at our website **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 by **May 18** so we can add you to class rosters and get you any needed class information.

Membership

- Pay **\$45.00** for an unlimited number of Summer classes.
- Mail payment with the registration form **OR** pay online at our website **Membership** page at <https://www.theoalc.org/membership>. The page accepts credit cards or a promise to mail in a check.
- Those who led a class or did volunteer work for TOALC in the last semester receive a free membership.

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 membership will be our primary concern.
- Kindly park in the lower lot when at the church. Then members with mobility challenges can park on the upper driveway and avoid the stairs.
- No parking in/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 are held in person (both indoor and outdoor), remotely on Zoom, and by email. If you cannot attend an in-person class, access to the class via Zoom may be possible. Inquire at TOALC office.
- Zoom meeting invitations will be emailed two weeks ahead. Do not post or share the links with anyone.
- See **Video Conferencing FAQ Sheet** on the TOALC website at <https://www.theoalc.org/catalog>.

Class Attendance

- Classes **WILL NOT** be held on Memorial Day, Monday, May 30 or Independence Day, July 4.
- 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.
- Do not record Zoom meetings. We will not record any Zoom meeting without prior notice.
- Books and any other required materials are not available from TOALC unless indicated in course listing.

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

Loaner computers and registration fee scholarships are available. Contact TOALC office. (See top of page.)

The Registration Form is on page 13.

SUMMER CLASSES

Corrections are marked in **RED**

MONDAY

GA. Gardens and Inspiration

Weekly emails on Mon. May 23 and May 30. From Monet's famous waterlily pond in France to Frida Kahlo's home in Mexico, this class explores some of the gardens that have inspired artists, writers, and poets. Two weekly emails will enable you to explore more about this subject through daily short videos and virtual tours of these wonderful places. **Leader: Melodie Schwarz-Higgins**

HT. Harriet Tubman – The Bicentennial Initiative and a Story of Her Time

Weekly emails on Mon. May 23 through July 18. Zoom meetings the 2nd, 4th, 6th, 8th week. 2022 is a 'turning point' in terms of the equally matched number of years (246) between the practice of slavery (1619 to 1865) and the practice of democracy in the USA (1776 to 2022). Harriet was born 200 years ago as Araminta Ross. She moved from bondage to nurse, scout, humanitarian and suffragette; and is being acknowledged this year. Discussions, interactive readings with serialized timelines offering historical perspectives of slavery, narratives, and films uncover the project. Explore the defining moment of the Treaty of 1866 and what it means for Freedman descendants of the Five Civilized Tribes. Discover poems about Harriet Tubman and try to calculate monetary reparations for her labors today. **Leader: Rosalyn Blue Sky Henley**

BT. Beginning Tai Chi Chaun

Mon. 9:00 to 10:30 – June 6 to July 18. Class meets at Bryant Park, 717 Bryant St., Stroudsburg, PA. Begin or refresh your Tai Chi, the ancient Chinese exercise promoting calmness of mind, physical grace, and overall good health. Described as meditation in motion, Tai Chi movements are gentle. Continued practice develops strength, balance, and promises an alert but peaceful mind. Newcomers welcome. **Leader: Dr. James J. Vagliardo Max: 20**

CS. Charles Sanders Peirce and the Perils of Genius

Mon. 9:30 to 11:30 – June 27 in person. The scholar Max H. Fisch called Peirce, the father of pragmatism, the most original and versatile intellect the Americas had so far produced. Yet Peirce came close to dying of malnutrition in his home in Milford, Pennsylvania. **Leader: Ned Hogan**

TS. The Shakers

Mon. 9:30 to 11:30 – July 11 in person. The Shakers were founded in England in 1747 but flourished in the United States during the first half of the nineteenth century. They were known for their simple living, architecture, technological innovation, music, and furniture. **Leader: Ned Hogan**

NP. Nature Poetry

Mon. 10:00 to 12:00 – June 13 to 20 in person. Nature Poetry: How nature is awe-inspiring, sacred, desecrated, terrifying, useful, and abused. **Leader: David Learn**

PD. Protect, Detect, Report

Mon. 10:00 to 12:00 – July 18 in person. We'll discuss things seniors need to be aware of regarding Medicare abuse and how to protect oneself. **Leader: Dr. Norma Krasne-Levine Max: 35**

SC. Scrabble

Mon. 1:30 to 3:30 – May 23 to July 18 in person. Let's play SCRABBLE! **Leader: Mike Wetmore**

OP. Outdoor Painting

Mon. 1:30 to 3:30 – May 23, June 13 to June 27 in person.

Outdoor painting at local parks. Choose your medium - watercolor, acrylic, pencil, etc. First meeting at church pavilion to discuss supplies and places to paint. **Leader: Pat Wayne**

MP. Microwave Potholder (Quilting Series) **

Mon. 2:00 to 4:00 – May 23 in person. We will make a 10-inch microwave-safe potholder that fits a soup bowl or similar size item. Participants will provide own fabric and thread. Batting will be available for \$2 per potholder. **Leader: Susan Houcek**

FW. Fabric Wreath (Quilting Series) **

Mon. 2:00 to 4:00 – June 6 to June 13 in person. We will make a 21-inch fabric wreath with 12 points that can be used as a wall hanging or a table centerpiece for flowers or a large candle. The wreath uses fusible stabilizer for support. Participants will provide own fabric, thread and embellishments. Stabilizer will be available for \$10.00. **Leader: Susan Houcek**

QJ. Quilted Jacket (Quilting Series) **

Mon. 2:00 to 4:00 – June 20 to July 18 in person. We will make a jacket sewn on a base using a sweatshirt. Participants will provide own fabric, thread, sweatshirt, and closures of choice, such as a zipper, frogs, or buttons. **Leader: Susan Houcek**

**** Quilting students must bring a sewing machine to class.**

TUESDAY

TA. Take a Walk Through Stroudsburg with a World Historian Tues. 9:30 to 11:00 – June 14 to July 5 via Zoom. Zoom sessions will simulate walks through downtown Stroudsburg with a world historian during which time "everyday" objects will be discussed and placed in their respective world history contexts. A few examples: Irish flag in front of bar on Main Street, maize wrapped around parking meter, and post office door. The primary goal of the course is to learn and have fun and the secondary goal is for the participants to leave the course with a beginning world history perspective on the present. **Leader: Tom Mounkhal**

CW. Creative Writing to Publish

Tues. 9:30 to 11:30 – May 24 to June 28 in person. Begins with a 15-minute in-class writing assignment followed by a presentation on effective creative writing techniques by the co-leaders, participants, or a guest speaker. Participants will share writing from prompts or independent projects for constructive critique. **Class may move to Zoom if conditions warrant. Leaders: Matilda Chase and Charles Fancher Max: 12**

BO. Beware of the Future Film Appreciation

Tues. 9:30 to 12:00 – May 24 to July 19 in person. For over a century, filmmakers have predicted our future on the screen. From "20,000 Leagues Under the Sea" (1916) to "Just Imagine" (1930) and beyond "Avatar" (2000), we have seen both fanciful and grim images of our tomorrows. Many have come true; others are waiting in the wings: the dangers of artificial intelligence, the collapse of the electric grid system, the shortage of food, the melting of the icebergs, the migration of animals into the cities, the ceaseless droughts and forest fires caused by climate change. This 10-week film series will give you some idea of what may happen in the coming years. (THIS SERIES MAY BE UNSETTLING FOR SOME.) **Leader: Bob Brunet**

MT. Music To My Ears? The Psychology of Music

Tues. 10:00 to 11:00 – May 24 – Pilot Meeting. Remaining sessions TBD. In person and via Zoom. What makes music special to the human ear? Why is music different from noise? How does music "soothe the soul"? Join a discussion class in which we attempt to answer these questions and more as we explore music and emotions, neuroscience, musical training, music preferences, cultural influences, and music therapy. **At Unitarian Universalist Fellowship of the Poconos (UUFP) 118 Knight St, Stroudsburg. Leader: Dr. Ken LeSure.**

CO. Continents of Music

Tues. 10:00 to 12:00 – May 24 to July 19 via Zoom. This semester we will study the great musicians of the continents of Africa, South America, Australia, and Asia. **Leader: Don Bell Max:30**

PS. Painted Story: Pathways to Creativity

Tues. 10:00 to 12:00 – June 21 to July 19 in person. This art class is designed to help artists of all levels overcome the fear of the blank canvas. Through a series of demonstrations, exercises, and experiments we will explore the wonder of creating art. I will work with you individually. We will discuss the essential elements that go into creating a painting or drawing, such as form, composition, design, color, and value. I will also show you some strategies for solving artist's block and various methods for beginning a piece of art so that it does not seem so overwhelming. You may use the medium you feel most comfortable with. **Leader: Tricia Lowery Lippert**

SF. Shopping for Plants

Tues. 1:00 to 3:00 – May 24 to June 7 in person. We'll visit stores and family outlets seeking vegetable and flowering plants for the summer. **Leader: Patrick Shevlin**

TW. Tuesdays with Morrie

Tues. 1:30 to 2:30 – May 24 to July 19 in person. Inspired by the worldwide No.1 bestseller *Tuesdays with Morrie*, join Mitch Albom as he explores the themes he and his old professor spoke about as Morrie was dying from ALS, and how they relate to leading a better life. More than 25 years after this amazing book was published, Mitch Albom started a free podcast available every Tuesday. Listen to that week's podcast on your own before we meet and we will share our experiences and thoughts on that topic... and learn from each other. **Leader: Mel Rosenthal Max: 17, Min: 7**

WW1. Wisdom Way of Knowing, pt. 1

Tues. 1:30 to 2:30 – May 24 to July 19 in person. A course based on the book of the same name by Cynthia Bourgeault. This course will give attendees the opportunity to explore Spiritual Formation and Spiritual Direction. The objective will be accomplished by experiencing seven disciplines that are used in Spiritual Formation including Meditation, Lectio Divina, Sacred Chanting and Movement, and Walking a Labyrinth. In each case we will be given the opportunity to discover how each of these disciplines can open our hearts to the Divine in each of us. **Leader: Matilda Chase**

KF. Knitting for Health and Fun

Tues. 1:30 to 3:30 – May 24 to June 28 in person. Knitting is popular again. Men and women of all ages knit to pass the time and to make beautiful items. Did you know that knitting is also used to relieve arthritis symptoms and slow cognitive decline? Come and learn to knit or continue an existing project. You will have fun and enjoy great company. **Leader: Andrea Reiter**

YF. Yoga for Seniors: USE IT or LOSE IT!

Tues. 2:30 to 3:30 – May 24 to July 19 in person. Traditional floor-based yoga, geared for seniors, which will reduce stress, increase flexibility and energy. This form of yoga is known to help osteoarthritis, spinal stenosis, balance, and many other conditions. This is not chair yoga – you must be able to get down and up from the floor without assistance. Bring your own mat, available in many stores and online. Wear comfortable clothes and expect wonderful changes in both your body and mind. **A one-time \$5 fee to help cover yoga teacher's insurance payable to: Leader: Mel Rosenthal Max: 22**

WW2. Wisdom Way of Knowing, pt. 2: Practices Group

Tues. 2:45 to 3:45 – May 24 to July 19 in person. This second level class is open to people who have attended "Wisdom Way of Knowing." The class will be an opportunity to practice the centering prayer, chanting, body prayers and other things we've learned in the first class. **Leader: Matilda Chase Max: 8**

RA. Recreational Archery

Tues. 4:00 to 5:00 – May 3 to May 24 in person. NOTE EARLY DATES. REGISTER AS SOON AS POSSIBLE. Archery is a precise and strengthening skill, in addition to being just plain fun! Learn, practice, and perfect your aim with us! We'll set up our range on Tuesday afternoons for four consecutive weeks. Compound bows and arrows will be supplied. Personal bows and arrows are not permitted for safety. If a date is rained out, an additional Tuesday will be added to the end of the sessions. **Cost: \$5 per session, or \$20 for all. Pay at class. Meets at Creekview Pk, Stroudsburg. Leader: Trudyann Buckley**

WEDNESDAY

AT. Advanced Tai Chi

Wed. 9:00 to 10:30 – June 1 to July 20 in person. This course is RESERVED for those students who have successfully completed five previous TOALC Tai Chi courses or have extensive experience elsewhere. Students will continue to develop and refine the nearly 50 movements of Tai Chi. **Leader: Dr. James J. Vagliardo Max: 12**

PC. Photography Club

Wed. 9:00 to 11:00 – June 1 to July 20 in person. The club meetings will present an opportunity to learn basic camera skills as well as more advanced skills. Class lectures and discussions will guide students while field trips will be an opportunity to practice the techniques learned. **Leader: Eric Goins**

PO. Poets of the American Landscape

Wed. 10:00 to 12:00 – May 25 to June 15 in person. An in-depth look at four contemporary American poets whose work reflects their unique relationship to the environment. Discussion. **Leader: Kathy Grimaldi**

IL. Italian Language

Wed. 10:00 to 12:00 – June 1 to July 20 in person. Learn Italian language and grammar at a beginner's level. Explore some Italian food and culture. **Leader: Teresa Schembari**

CE. Current Events

Wed. 1:30 to 3:30 – May 25 to June 15 in person. A group discussion on the global, national, state, and local news events of the past week. This is an exercise in civil discourse...CIVILITY IS KEY!! **Leader: Leslie Berger Max:15**

MJ. Mah Jongg

Wed. 1:30 to 3:30 – June 8 to July 20 in person. A game of skill, strategy, and luck similar to Rummikub; played with a set of 144 tiles based on Chinese characters and symbols. Requires skills in tactics, observation, memory, and adaptive strategies. Mah Jongg serves as a way to socialize and has been found to be a viable treatment option for dementia. **Leader: Erika Cohen Max: 8**

GI. Global Issues

Wed. 1:30 to 3:30 – June 22 to July 13 in person. This robust group discussion, focused on global affairs (Foreign Policy Association *Great Decisions 2022*) and the impact on U.S. Foreign Policy, is ideal for political enthusiasts and the simply interested alike. The FPA is a private non-profit organization and is the oldest and largest grassroots educational program on world affairs. **Facilitator: Leslie Berger**

THURSDAY

MH. Moose Hide Campaign VIRTUAL ATTENDANCE

Thurs. May 12. Follow-up discussion via Zoom on Wednesday, June 1. To register, fast, or pledge your support: participate virtually by visiting <https://moosehidecampaign.ca> (attendance free). After registering for the event, pick up moose hide or vegan pins in the TOALC office to wear during the virtual event. This campaign is a movement of Indigenous and non-Indigenous men and boys. (Women participate as well.) Wearing the pin signifies your commitment to honor, respect, and protect the women and children in your life, and work together with others to end the violence in families, communities, and organizations.

June 1 is a Zoom discussion about what you experienced. **Leader: Rosalyn Blue Sky Henley**

WS. What's So Funny? The Psychology of Humor

Thurs. 10:00 to 11:00 – May 26 – Pilot Meeting. Remaining sessions TBD. In person and via Zoom.

Why do we laugh? What is a "sense of humor"? Philosophers, scientists, physicians, and performers have sought the answers for centuries, but no one knows for sure. Join a discussion class in which we will take humor seriously, but also share moments that have made us laugh, both in the past and hopefully the present. We will look at types of humor, jokes, comedy, satire, therapeutic benefits, and more. **At Unitarian Universalist Fellowship of the Poconos (UUFP) 118 Knight St, Stroudsburg. Leader: Dr. Ken LeSure**

BC. Book Club

Thurs. 10:00 to 12:00 – May 26 to June 23 via Zoom. We'll read *Scags at 30* and *Scags at 45*, the last two books of the Scags Series, written by TOALC's Deborah Emin. See book details at DeborahEminBooks.com. Price: \$10 each for the first three books in the series and \$20 for *Scags at 45*. Entire series: \$45. Mail book orders along with a check payable to Sullivan Street Press, Inc. to: Sullivan Street Press, PO Box 870, Marshalls Creek, PA 18335. Indicate if you'd like a signed copy. **Leader: Kathy Cleveland**

CB. Cranberry Bog Walk

Thurs. 10:00 to 12:00 – June 9 in person. Experience the Tannersville Cranberry Bog in bloom! Please wear appropriate footwear with good tread that are OK to get wet! **\$5/person due at event. Leader: Leslie Berger Max: 20**

HH. Hammerin' Hank for the Common Person

Thurs. 10:00 to 12:00 – June 30 to July 7 in person. A look at Thoreau's classic works *Walden* and *Civil Disobedience* – one class on each. Book \$10 -20. **Leader: Mike Wetmore**

BA. Bowling and Friends

Thurs. 1:00 to 3:00 – June 16 to July 7 in person. No competition, just fun and exercise. Approx. \$5 per game. **At Skylanes Bowling Center, Eagle Valley Mall, East Stroudsburg. Leader: Pat Wayne**

PH. Pocono Historic Trolley and Castle Inn Tour

Thurs. 1:00 to 3:00 – June 16 in person. A narrated trolley ride through the Delaware Water Gap National Recreation Area followed by a tour of the Castle Inn, the last of the great hotels built in Delaware Water Gap. **Cost: \$34. Guests \$44, due by June 1. Trolley will depart from TOALC parking lot at 1 pm. Max: 28**

EW. Easy Walks

Thurs. 1:00 to 4:00 – May 26 to July 21 in person. We will meet in the TOALC parking lot and visit public parks in Monroe County for exercise, socialization, good health practices. Birders welcome. **Leader: Patrick Shevlin Max: 20**

BF. Ballet for Seniors

Thurs. 1:30 to 2:30 – May 26 to July 21 in person at School of Visual & Performing Arts, 554 Main St., Stroudsburg. A low-impact class for men & women who love to dance. Stretching, mild cardio, excellent for posture. Wear leotards or leggings, loose top, ballet slippers or socks. **Leader: Diane Verdi**

NY. New York Times Science Discussion Group

Thurs. 1:30 to 3:00 – May 26 to July 21 via Zoom. Keep up with the latest scientific breakthroughs as reported in the Tuesday Science Section of the Times. **Leader: Greg Nulle**

TT. Tom's Tough, Tortuous, Titillating, Teasing, Tacky, Treasured Trivia Tournament, 7.0, 8.0, 9.0 Thurs. 1:30 to 3:00 – June 23 to July 7 in person. Ninety minutes of head-scratching information/data that most people grade as irrelevant, impulsive, incoherent, infantile and inane. Little do they know! **Leader: Tom Moore**

JJ. Janis Joplin

Thurs. 1:30 to 3:30 – May 26 in person.

Raised in Texas, she escaped to California and brought with her a satchel filled with the blues. Why? "Because of angry men who liked to pick on me. They laughed me out of class, out of town, and out of state." Let's delve into her fight against society - the music she used, the lyrics she shouted, and the occasional nuance - to try to get even. Ironically, she left something behind for John Lennon. Unique stuff. **Leader: Tom Moore**

BJ. Billy Joel

Thurs. 1:30 to 3:30 – June 2 and 9 in person.

Long Island's Billy Joel said, "I consider myself to be an inept pianist, a bad singer, and a merely competent songwriter. What I do, in my opinion, is by no means extraordinary." Very few people in the music business will agree. Let's listen to the evidence. (PS His parents met in NYC at a Gilbert & Sullivan performance in 1938.) **Leader: Tom Moore**

RN. Rock 'n' Roll Pre-1955

Thurs. 1:30 to 3:30 – June 16 in person.

Who said Fats Domino, Little Richard, Jerry Lee, Lloyd Price, Elvis, and east coast doo-wop was where our teenage music began in the mid-50s? We'll stretch back to the late 30s and move forward as the drums, electric guitars, and saucy saxophones made their way into higher volumes of plead, when the piano became a portable instrument and when record players then migrated toward diamond-tipped stereophonic sounds. Be there or be square! **Leader: Tom Moore**

ZA. Zhuangzi – An introduction

Thurs. 3:15 to 4:15 – July 7 to July 28 in person.

The creative and liberating philosophy of the 4th-century BCE classical Chinese thinker. **Leader: Dr. Tim Connolly**

In-person classes meet indoors at TOALC unless otherwise indicated.

FRIDAY

NW. Noir Western Film

Fri. 9:30 – 12:00 Date Jun 24, July 1 in person.

This two-week course will cover a brief history of the Western, starting with the dime novels of the 1860s to juvenile Westerns on radio and TV and conclude with examples of Noir Westerns in motion pictures. **Leader: Bob Brunet**

IE. Instrumental Ensemble

Fri. 10:00 to 12:00 – May 27 to July 22 in person. A continuation of our TOALC Instrumental Ensemble. We welcome new members regardless of ability. Our goals are to improve as musicians and perform for the community. (Lesson book - \$10 - \$15. Must own or rent an instrument.) **Leader: Don Bell**

RU. Russia-Ukraine Crisis

Fri. 10:00 to 12:00 – May 27 via Zoom. The presentation will focus on the underlying reasons for Russia's current actions, and how this war will impact the US and others economically and politically. **Presenter: Dr. Johan Eliasson**

AO. America On Wheels

Fri. 10:00 to 12:00 – June 10 in person. America On Wheels educates, entertains, and showcases unique artifacts and exhibits (many hands-on), of our nation's over-the-road transportation systems. It also tells important regional stories – the history of Mack Trucks and the early development of the automobile industry and highway system in Pennsylvania. Also features a fully restored 1950s soda fountain, the HubCap Café. **Arrive 15 mins ahead. Tour lasts 1.5 hrs. Cost: \$10 paid on arrival. Cash/credit card/check. At 5 N. Front St., Allentown, PA. Carpool from TOALC.**

WE. Wharton Esherick Museum Virtual Tour

Fri. 10:00 to 12:00 – July 15 via Zoom. Famed American artist Wharton Esherick's highly individual, hand-built studio was constructed over a 40-year period beginning in 1926, incorporating Arts and Crafts, Expressionist, and organic designs. It is filled with the exquisite natural-form inspired furniture he created. The museum is in Malvern, PA, just outside of Valley Forge.

ML. Mountaintop Lodge Food Demo

Fri. 11:00 to 1:00 – June 17 in person. The long-awaited return to Mountaintop Lodge at Lake Naomi for a hands-on cooking workshop. We'll prepare two different elaborate luncheon salads and two special drinks. You'll get a printed menu to take home. **Cost: \$20 payable to our host. At Mountaintop Lodge 2137 Route 940 Pocono Pines, PA. Carpool from TOALC. Host: Carolyn Keiper Max: 10**

TL. TOALC Luncheons

Fri. 12:15 to 2:00 – May 27, July 1, July 15 in person. Great food and conversation over lunch with your TOALC friends. **Facilitator: Kathy Cleveland**

CY. Chair Yoga

Fri. 1:00 to 2:00 – May 27 to July 22 in person and via Zoom. No class 7/8 or 7/15. This class is perfect for those who haven't moved their bodies for a while, have limited mobility, or trouble getting up from and down to the floor. We will use a sturdy folding chair or dining room chair for seated poses and for assisting in balancing poses. A great place to start practicing yoga in a judgment-free atmosphere. Many options are given to customize the practice just for YOU! **Leader: Hope Fisher**

SL. Son Lewis Blues Concert

Fri. 2:00 to 3:30 – July 8 in person. Church pavilion or Fellowship Hall in case of rain, 55 Smith St, East Stroudsburg. Bring chairs and blankets. No intermission. Son Lewis has been an active figure on the Blues music scene for some time. His work as a modern-day exponent of the Blues and R&B has led him to recognition as a performer and recording artist. Son began playing Blues guitar in the 1960's, influenced greatly by artists as diverse as Robert Johnson, Otis Rush, and Elmore James. His own guitar style developed under the guidance of Blues guitarist Danny Kalb (founder of the Blues Project). Lewis' reputation has been built upon solid live solo performances and with his own SON LEWIS Blues Band.

MM. Mixed Music Sock Hop Dance, 50s, 60s & some 70s

Fri. 3:30 to 5:30 – July 1 in person.

Danceable tunes from the mid-50s through the early 70s, ending with a fun-filled sing-along. Two hours in the late afternoon... you can croon... bring a squeeze... yes indeed (one guest per TOALC member), fun guaranteed. **At the Loder Senior Center. Ringmaster: Tom Moore**

IB. IronPigs Baseball Game and Fireworks

Fri. 7:05 pm – June 17 in person.

Drive direct OR meet at the TOALC parking lot at 3:30 pm and carpool to see the IronPigs (Phillies farm team) vs. Buffalo Bisons (Toronto Blue Jays) in their stadium named 2015's "Best Triple-A Ballpark". A two-hour Happy Hour preceding first pitch at 7:05. Tickets will be distributed in advance so that you can arrive when you wish. **Cost includes seating only (at field level): \$11 for Members. Guests \$21, due by June 1. Parking is \$5/car cash/credit. Max enrollment: 25.**

Friday Afternoon TOALC Author Talks

AS. Author Series

Fri. 1:00 to 3:00 – June 3, June 24, and July 22 all via Zoom. Our popular series of authors talking about their books and the craft of writing. Series curated by Deborah Emin.

June 3: Jennifer Shukaitis, via Zoom.



Stroud Township Supervisor Jennifer Shukaitis is a lifelong Monroe County resident and the oldest grandchild of former Monroe County Commissioner and environmental advocate Nancy Shukaitis. The importance of education and efficiency in acting for a worthy cause, such as protecting the Delaware River valley from where her family arose, was impressed on Jennifer from a young age. She assisted her grandmother's efforts by editing Nancy's historical book on the region, ***Lasting Legacies of the Lower Minisink***.

Jennifer completed her bachelor's degree in Biology from East Stroudsburg University, and then went on to complete her master's degree from Colorado State University. She currently works for Lehigh Valley Hospital-Pocono as a medical coding specialist. She serves as a Stroud Township Supervisor, holding positions of Vice Chairwoman and Assistant Secretary.

Jennifer Shukaitis

Jennifer Shukaitis also serves on the boards of the Brodhead Watershed Association, Stroud Regional Open Space and Recreation Commission, and Act 137 Monroe County Housing Authority Board.

June 24: Danny Younger, via Zoom.



Danny Younger is a debut author. Currently retired, he has written a work of historical fiction in the tall tales subgenre; a novel set in the period of the French & Indian War within Pennsylvania's Monroe County. By way of background, Danny's adult career was spent as a designer and manufacturer of children's fashion accessories. He currently audits graduate-level classes in history at East Stroudsburg University.

Danny Younger

July 22: Kerry Langan, via Zoom.



Kerry Langan

Kerry Langan is a writer and editor living in Oberlin, Ohio. She has published three collections of short stories, the most recent being ***My Name Is Your Name*** with Wising Up Press. Her short fiction has appeared in dozens of literary magazines, including *The Saturday Evening Post*, *StoryQuarterly*, *West Branch*, *Cimarron Review*, *Other Voices*, *American Literary Fiction*, *The Seattle Review*, *Literary Mama*, *Rosebud*, *The Antigonish Review*, *Thema*, *Minerva Rising*, *Fireweed*, *Yuan Yang: A Journal of Hong Kong and International Writing* and others. Most recently, her fiction has appeared in *Reflex Fiction*, *Fictive Dream*, *The Fictional Café*, and *Syncopation Literary Journal*. Several of her stories have been anthologized, appearing in ***XX Eccentric: Stories About the Eccentricities of Women***, ***Solace in So Many Words***, and others. Her nonfiction has appeared in *Working Mother* and the anthology ***Shifting Balance Sheets: Women's Stories of Naturalized Citizenship & Cultural Attachment***. Kerry has a Master's in Library Science and had a career as an academic librarian before becoming a full-time writer.

SATURDAY

BW. Bird Watching

Sat. 9:00 to 12:00 – May 28 to July 23 in person.

Observe and identify birds by visiting various Monroe County Parks and Townships. Birding habitats will include lakes, streams, woodlands, and open fields. It is an opportunity to enjoy nature, have fun, learn from one another, and build friendships. Learn birding etiquette, proper binocular use, and bird identification. We will meet at different locations on a weekly basis with a schedule and directions provided. **Leader: Roxanne Kaiser-Antonowich**

SR. Steamtown Railfest / Electric City Aquarium and Reptile Den

Sat. 9:00 to 5:00 – June 11 in person. Steamtown National Historic Site is all about steam engines and their contribution to America's economy in the 19th century. Railfest is an interactive and immersive experience offered this year in partnership with the Pennsylvania Anthracite Heritage Museum's Arts on Fire event at the Scranton Iron Furnaces. (An iron pour is scheduled for the afternoon.) **Cost: Free. At 350 Cliff St., Scranton, PA. Carpool from TOALC.**

For those not interested in the history of technology, there's the **Electric City Aquarium and Reptile Den**, a 20,000+ sq.ft. facility showcasing animals from both land and sea. A rainforest exhibit was added recently. **Adult Day Pass: \$20.95. At The Marketplace at Steamtown.**

DM. Dutot Museum Tour

Sat. 9:00 to 11:00 – June 18 in person. The Dutot Museum & Gallery is housed in a charming brick schoolhouse (circa 1850). Curator Martin Wilson will guide us through the art gallery that displays a rotating collection of some of the best art of the region. The work of artists John McNally and Earl Lehman will be on exhibit during our visit. The second-floor museum displays and interprets artifacts pertaining to the history of the town. **A \$2 donation requested. Meet at the museum 24 Main Street (Rte. 611) Delaware Water Gap. Museum parking available. Facilitator: Greg Nulle**

In-person classes meet indoors at TOALC unless otherwise indicated.

The Registration Form is on page 13.

LEADERS & PRESENTERS

Don Bell is a retired music teacher and professional musician who has performed with Frankie Avalon, Bobby Rydell, the Temptations, and the Four Tops as well as with his church music ministry. He is also the leader of the "TOALC Ensemble".

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

Bob Brunet is a student of film and has conducted film classes at TOALC for many years.

Trudyann Buckley is Recreation Manager at the Stroud Region Open Space and Recreation Commission and a Level 1 certified archery instructor. She also loves the outdoors, wildlife watching, and hiking.

Matilda "Tillie" Chase is a retired Presbyterian Pastor. She has both an MBA and MDiv as well as having trained as a Spiritual Director at the Kairos School of Spiritual Formation in Lancaster, PA. She loves creative activities like pottery, writing, and knitting.

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

Erika Cohen hopes to inspire the love of Mah Jongg, a game that she has enjoyed since her teens.

Dr. Tim Connolly is Modern Languages/Philosophy/Religious Studies Dept. Co-Chair at ESU. His teaching and research center on ancient Greek philosophy and classical Chinese philosophy.

Dr. L. Johan Eliasson is a Professor in the Political Science and Economics Department at ESU. His research focuses on European mobilization around trade policy, transatlantic trade, and European Union economic integration.

Deborah Emin is the author of the 4-volume **Scags Series**. All her work can be found on her website: DeborahEminBooks.com .

Charles B. Fancher is a writer and editor who is retired from a career as a journalist at *The Philadelphia Inquirer* and the *Detroit Free-Press*, a corporate communications executive, and a Lecturer at Howard University.

Hope Fisher, owner of Hope Yoga in Central New Jersey, loves to teach yoga to individuals of all ages, body types, and physical abilities to help them feel better in their bodies while bringing some stillness to their minds.

Eric Goins has a passion for digital photography and loves to share it with others.

Kathy Grimaldi is a retired educator from Long Island and has loved poetry for as long as she can remember.

Rosalyn Blue Sky Henley, Clinical Psychiatric Pharmacist, R.Ph. - registered in NY State; Cultural Heritage Researcher specializing in Indigenous and American African cultures, and craft poetry.

Edward "Ned" Hogan is a retired mathematics professor. He wrote a biography of Charles Sanders Peirce's father and occasionally attempts to make reproductions of Shaker furniture.

Susan Houcek has been creating all kinds of things from fabric and thread since childhood.

Roxanne Kaiser-Antonowich, Ed.D. is a biology and environmental science teacher with 45+ years' experience.

Carolyn Keiper is Innkeeper at Mountaintop Lodge and also has a passion for good food and travel.

Dr. Norma Krasne-Levine is a 45-year educator & teacher training director, RSVP advisor, and Certified Sr. Medical Fraud speaker.

David Learn has participated in and facilitated poetry workshops and would like to bring the joy of these experiences to TOALC.

Ken LeSure, Ph.D. is a retired psychology professor, writer, playwright, and outdoor enthusiast.

For **Tricia Lowery Lippert**, art is a love affair with nature. She studied oil painting and art history at Marlboro College, VT. A background in impressionism, folk art, and children's book illustration is evident in her award-winning work.

Tom Moore went from dancing on TV to playing drums in a rock'n'roll band to the straight world of business and is now full circle, in recalling his youth and trying hard not to exaggerate.

Tom Mounkhal has a Ph.D. in World History from St. John's University in NYC, and taught at the secondary, undergraduate and graduate levels for the past 50 years. He also has taught many senior classes at the Lifetime Learning Program at SUNY New Paltz.

Andrea Reiter loves to knit and generally can be found working on a knitting project.

Mel Rosenthal is a retired chiropractor, yoga instructor, and Radical Forgiveness coach. He's on his second half of life spiritual path.

Melodie Schwarz-Higgins has a BA in Art and enjoys drawing/painting and many types of crafts.

Teresa Schembari was born in Italy and is a native speaker of Italian.

For **Patrick Shevlin** horticulture has been a lifetime hobby.

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 an avid teacher of all ages.

Pat Wayne has led TOALC drawing and painting classes for many years.

Mike Wetmore continues to explore writers most of us read in our youth.

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 accommodations, please call 570-422-7810.

TOALC OFFICERS AND ADVISORY BOARD MEMBERS

Officers

President: Jim Vagliardo
Vice President: Greg Nulle
Secretary: Carol Akam
Treasurer: Connie Hogan

Members

Gary Bickle
Bradford Day
Mary Frances Kresge
Ken LeSure
Linda McMeekin
Ellen Phraner
Eileen Porte
Patrick Shevlin

COVID-19 AND THE SUMMER SEMESTER

Currently, TOALC classrooms can be filled to 100% of their official capacity. We will continue to follow the latest COVID-19 situation. We reserve the right to cancel classes and events or reduce class sizes if prudence and health agency guidelines dictate. If you haven't already done so, we encourage TOALC members to be vaccinated and boosted.

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 any symptoms. Please notify the office if you are exposed to or have COVID-19 so classmates can be alerted.

In-person classes meet indoors at TOALC unless otherwise indicated.

THE SROSRC ANNOUNCES MOVIES IN THE PARK

Pocono Cinema and the Friends of SROSRC are bringing the movies outdoors to Dansbury Park every first Friday of the month, July - October! Bring your own blanket or chair and settle in for a movie night with the family, friends, or your date! A suggested donation of \$5 per person will support Pocono Cinema and local parks and recreation. Scheduled movies, subject to availability:

July 1, 9:00 PM-11:00 PM: **Back to the Future**
August 5, 8:30 PM-10:30 PM: **Shrek**

September 2, 7:45 PM- 9:45 PM: **The Karate Kid**
October 7, 6:45 PM- 8:30 PM, **Casper (1995)**

For information about all SROSRC programs and events go to: <https://www.srosrc.org/programs-events> .

THIRD THURSDAY LECTURES RETURN THIS MAY

The Monroe County Historical Association is pleased to announce the lineup for the 2022 Third Thursday Lecture Series. All presentations are held at the Stroud Mansion, 900 Main Street, Stroudsburg, in the 2nd floor meeting room, which is not handicapped accessible. Reservations are required for each presentation by calling 570-421-7703 or emailing admin@monroehistorical.org. All lectures are free and open to the public.

- May 19th – Jessica Delfino – A Brief History of Comedy in the Poconos
- June 16th – Bill Weitzmann – A Forgotten Stroudsburg Character: The Story of Sam Collins
- July 21st – Kim Williams – The Delightful Dinkey – Remembering the Delaware Valley Railway, East Stroudsburg to Bushkill, 1901-1937
- August 18th – Bill Leonard – Ice Harvesting in Monroe County (Lecture will be streamed live via Zoom.)
- September 15th – Ken Sandri – The Forebay Barn: Its Evolution and Distribution in America
- October 20th – Rick Smith – Edgar Allan Poe

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'd like to help out at TOALC. Call me to discuss volunteer opportunities.**

I'd like to lead a class or event in

I'd like to see a class offered in:

Suggestions for Topics or Themes for the Friday Lecture Series: