



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

Learning
is Good
for Life!!

Summer 2025 Course Book

Kickoff and Potluck

A festive get-together open to the community.

Sunday, May 18, 2025, 2 pm

East Stroudsburg Presbyterian Church

Revised 4/12/2025

Program of Classes

Monday, May 19 – Friday July 18, 2025

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 Summer 2025

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 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 **May 14** so we can add you to class rosters and get you any needed class information.

Membership Payments and Trip Policies

- Memberships entitle you to register for an unlimited number of classes in that semester.
- 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 you can pay by check.
- 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/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.
- Zoom meeting invitations will be emailed two weeks ahead. Do not post or share the links with anyone.
- See **Zoom Video Conferencing FAQ Sheet** on the TOALC website at <https://www.theoalc.org/catalog>.

Class Attendance

- No class on Memorial Day, May 26, or Independence Day, July 4. **Exception:** Bird Watching on 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.
- TOALC policy is **No Recordings** (video /audio) by any means of TOALC classes, including Zoom.
- Books and any other 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>.

Membership fee scholarships are available. Contact TOALC office. (See top of page.)

SUMMER CLASSES

MONDAY

FO. First 100 Days of the Trump Administration

Mon. 9:00 to 10:30 - May 19 (one day only). The "first 100 days" symbolize a new president's early performance and potential long-term success. **Leader: Maury Molin**

AL. Advanced Level Tai Chi

Mon. 9:30 to 11:00 - June 2 to July 7, excluding June 23. Open to longtime Tai Chi students by invitation. **Facilitator: Rebecca Sapora-Day Max: 10**

IC. Identifying Common Trees in the Poconos

Mon. 9:30 to 11:30 - June 16 (class), Fri. 9:30 to 11:30 - June 20 (field trip). A repeat of last summer's class: Classroom lecture then 2-hour field trip to a nearby forest on Friday. Identify native and non-native trees in our area and which are most common. We will discuss how trees occupy different habitats and their value to wildlife. **Risk – Low:** Park trails have uneven surfaces, roots, and rocks. The trails and park for the field trip will be Zacharias Pond Park in East Stroudsburg. The trail is mostly flat with minor ups and downs - an easy walk. **Leader: Keith Robinson Max: 20**

WW. Watercolor Workshop

Mon. 9:30 to 11:00 - June 23 and July 14. California School art plus Joann's MFA studies. We alternate between instruction and workshops. Buy list provided. **Leader: Joann Cervantes**

BF. Ballet for Seniors at Mambo House

Mon. 10:00 to 11:00 - May 19 to July 14. 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**

SS. Social Security Benefit Strategies

Mon. 10:00 to 11:30 - May 19 (one day only). This course is designed to provide an overview of understanding social security benefits that will assist in planning and developing personal strategies in order to maximize potential benefits. Joan Fabian is a Financial Planner with, and offers securities and investment advisory services through LPL Enterprise (LPLE), a Registered Investment Advisor, Member FINRA/SIPC, and an affiliate of LPL Financial. Financial professionals are licensed insurance agents of Prudential. These financial professionals are permitted to brand under "Prudential." LPLE and LPL Financial are not affiliated with Prudential. There is no assurance that the techniques and strategies discussed are suitable for all investors or will yield positive outcomes. The purchase of certain securities may be required to affect some of the strategies. Investing involves risks including possible loss of principal. **Leader: Joan Fabian**

VG. Visit Grounds for Sculpture

Mon. 11:00 to 2:30 - June 16 (one day only). Relax and unwind at Grounds for Sculpture, a 42-acre outdoor sculpture park and museum located in Hamilton Township, New Jersey. The diverse collection of sculptures offers something for everyone, in stunning natural settings. The park also has a café, restaurant, and museum shop. Timed tickets fix our entry at 11 but stay as long as you like. **Carpool the 75 miles from TOALC, leaving by 8:40 am. Send check payable to TOALC for \$17 (guests \$27) per ticket to TOALC, 55 Smith St., East Stroudsburg, PA 18301 by Friday, May 30. Facilitator: Greg Nulle Min: 15, Max: 20.**

AA. Abstract Art Coloring - Soulful and Spontaneous

Mon. 1:00 to 3:30 - June 9 to July 14. Be like Picasso and color inspired artwork of female, male, and double-faced images. Compare films and biographies about historical abstract artists and their techniques for expression. Adopt one or two styles to produce a project of your own. Enjoy your artistic experience and bring your own tools. No prior skills necessary. **Leader: Rosalyn Blue Sky Henley**

TR. The Role of the Community Foundation

Mon. 1:30 to 3:30 - June 2 (one day only). The Community Foundation plays a vital role in Monroe County by connecting people, public entities, and non-profits to address critical needs and pool charitable assets. We support community groups in managing fiscal responsibilities and help donors support local non-profits through endowments that ensure sustainable contributions. We help individuals realize their dreams to create scholarships and grant programs. As we expand, we invite donors' investment in Monroe County's future—building a stronger, more vibrant community, now and forever. **Leader: Samantha Holbert**

DW. Dance with David and Teri

Mon. 2:00 to 3:00 - May 19 to July 14. Each session will focus on learning basic steps of a particular dance, eg. Rumba, Swing, Fox Trot, Mambo. No partner required. **Leaders: David & Teri Gaglione Max: 28**

TP. The Poor Farm: America's Forgotten Institution

Mon. 2:00 to 4:00 - May 19 (one day only). Caring for the less fortunate populations in our society has been an ongoing challenge for many years. Poor farms were created as one of the possible solutions to that challenge. This presentation will look at both the successes and failures of that forgotten institution with some personal experiences added in. **Leader: Marilyn Schultz**

DI. Dysphagia in Older Adults

Mon. 3:15 to 4:45 - June 9 to June 23. Learn about the swallowing disorder called Dysphagia in an interactive educational presentation provided by clinical and teaching experts in the field. Participate voluntarily in a research study and complete pre/post surveys. **Leader: Akila Rajappa**

TUESDAY

CW. Creative Writing

Tue. 9:30 to 11:30 - May 20 to July 15 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.

Facilitators: Edris Jefferson and Charles Fancher

RC. Recycling Class

Tue. 10:00 to 11:30 - May 20 (one day only). Learn the what, why, and where of recycling! Identify materials, understand local rules, and explore the environmental benefits. Discover local facilities and proper preparation in this hands-on workshop. Become a responsible recycler! **Leader: Charles Cahn**

TA. The Art of Downsizing

Tue. 10:00 to 12:00 - May 27 (one day only). Simplify your life as you declutter. Learn about the psychology and statistics of clutter as well as the reasons, concerns, and challenges of downsizing. We will offer practical tips to get started and tell you about key considerations for a smooth transition. Gain clarity and confidence to navigate your downsizing journey. Q&A session included.

Presenter: Scott Bowles

QP. Quantum Physics at the Pocono Manor

Tue. 10:00 to 12:00 - July 8 (one day only) at Hughes Library, 1002 N. 9th St., Stroudsburg, PA. Discover the pivotal 1948 Pocono Conference, the second of three held at Pocono Manor Inn. Learn how this crucial event shaped quantum electrodynamics, the field that earned Richard Feynman a Nobel Prize. Explore its impact and key figures in the history of modern physics. **Presenter: Jim Adams**

MJ. Mah Jongg

Tue. 11:00 to 1:00 - May 20 to July 15. 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: Erika Cohen Max: 21

QC. Quilter's Choice

Tue. 11:00 to 1:00 - May 20 to July 15. Work on a project of your choice. If you are a beginner, I will offer some options to help you choose one. Sewing machine necessary.

Leader: Susan Houcek Max: 12

HM. Human Migrations: The Big Story of Our Past

Tue. 11:00 to 12:00 - June 3 to June 17. Human migration has been a constant thread throughout history, from prehistoric Africa to today's global movements, now a political issue. We'll delve into anthropological studies, historical evidence, and modern genetic discoveries to understand how our mingling genomes shape our world. **Leader: Ken LeSure Max: 30**

GF. Golden Footlights

Tue. 1:00 to 3:30 - May 20 to July 8 (one additional week) at Unitarian Universalist Fellowship of the Poconos (UUF), 118 Knight St., Stroudsburg (about one-half mile from Eastern Monroe Public Library). No memorization required! Fun for all ages & levels of experience. A performance for friends & family is possible. **Leader: Jan Julia**

DY. Design Your Own Blue Zone

Tue. 1:15 to 2:15 - May 20 to July 15. Your lifestyle choices can overcome genetics and rescue you from the health traps around you. At each session we will discuss what you can do NOW to extend your life in a healthy and happy way. Diet, movement, supplements, stress reduction, socialization, attitude, body awareness, spirituality or worldview; what happens, if anything, after death, and more. As always, your input is most welcome. **Leader: Mel Rosenthal Max: 30**

CH. Computing Help for Seniors

Tue. 1:30 to 3:30 - May 20 to July 15. Bring a list of the specific things you need help with to the class. Learn at your own pace. Study materials provided as well as 1-on-1 help as needed. Bring your own device to class (laptop, tablet, smartphone, iPad, etc.) **Leader: Teri Miles Max: 12**

ST. Sharing Time

Tue. 1:30 to 3:30 - July 15 (one day only). TOALC's version of "Show and Tell." Listen as others share their interests, hobbies, travels, etc. in 15 to 30-minute segments. Let us know in advance if you also want to be one of the presenters.

Leader: Carol Akam

YF. Yoga for Seniors

Tue. 2:30 to 3:30 - May 20 to July 15. Yoga is both inwardly and outwardly healing, stress-reducing and therapeutic (like PT). Do only what you can and modify as you need to. As long as you can get up from and down to the floor (even with the help of a chair) you are "qualified"! Keep moving to stay younger. Bring your own yoga mat and any other props for your comfort and safety (blocks, blankets, etc). No fee this session. **Leader: Mel Rosenthal Max: 26**

WEDNESDAY

TF. Triplets for Breakfast

Wed. 8:45 to 9:45 - July 9 (one day only). Start the day with classic diner fare with your TOALC friends. **Leader: Mike Wetmore**

PC. Photography Club

Wed. 9:00 to 11:00 - May 21 to July 16 both indoor and outdoor. Also by email. Club meetings will help you learn basic camera skills and more advanced skills. Class lectures and discussions will guide students. Practice the techniques learned on field trips to parks, museums, and public points of interest. **Risk – Low: involving trips to parks, museums, and public points of interest. Leader: Eric Goins Max: 12**

TC. Tai Chi for Everyone

Wed. 9:00 to 10:30 - May 21 to July 2 at Bryant Park, Stroudsburg, PA. Tai Chi is an ancient Chinese exercise that promotes calmness of mind, physical grace, and overall good health. Gentle movements develop strength, balance, and an alert but peaceful mind. **Leader: Jim Vagliardo**

IT. Introduction to Cybersecurity

Wed. 9:30 to 10:30 - May 28 to June 11. This introductory course in cybersecurity is designed for individuals who would like to better understand how to protect themselves from digital threats. Participants will explore how to identify common risks, and what practical security measures can be used to safeguard their personal information and assets. **Leader: Joshua Soberg**

Classes meet in person at TOALC unless otherwise indicated.

TM. Tom Moore Summer Program

Wed. 10:00 to 12:00 - May 21 to July 16. We again pay tribute to our legendary TOALC presenter Tom Van Moore by studying many of his favorite performers. We will listen to, discuss, and view videos of such performers as Bessie Smith, Etta James, Chubby Checker, Bob Dylan, Janis Joplin, many more! Tom's music lives on! **Leader: Don Bell**

SP. Silents Please

Wed. 10:00 to 12:00 - June 18 to July 2. We will present three outstanding silent films made before the arrival of sound in 1927. **Leader: Bob Brunet**

MA. Mind and Brain III

Wed. 10:00 to 12:00 - July 9 to July 16. We will focus on recent research related to the mind and brain interface regarding a variety of topics including spirituality, psychedelics, gut-brain connection, exercise, relationships (friends/partners). Although research will be discussed, a science background is not necessary. **Leader: Wemara Lichty**

CE. Current Events

Wed. 1:30 to 3:15 - May 21 to July 2. Weekly discussion and exchange of ideas and information on global, national, state and local news. Objectives – to be better informed and learn from each other. Interesting and enjoy lively conversation. CIVILITY IS A MUST. **Leader: Gary Bickle Max: 27**

SC. Scrabble

Wed. 1:30 to 3:30 - May 21 to July 16. Let's play SCRABBLE!
Leader: Mike Wetmore

SQ. Seated QiGong

Wed. 1:30 to 2:30 - May 21 to July 16. QiGong is an ancient Chinese moving meditation exercise performed on the chair (or if you're comfortable, can be performed off the chair). It is like Tai Chi, but is easier to learn and practice. It involves proper body movement, breathing, and mental focus and intention. Extremely gentle on the body and while it has properties of meditation, it is not a religious practice. **Leader: Luz Gonzalez**

GI. Global Issues

Wed. 1:30 to 3:15 - July 9 to July 16. We continue discussion of US Foreign Policy on topics chosen from "Great Decisions 2025" (\$30) book (used for entire year) plus a companion DVD shown at beginning of class. Become informed and lively conversation. CIVILITY IS A MUST. **Leader: Gary Bickle Max: 27**

CY. Chair Yoga and Movement

Wed. 2:45 to 3:45 - May 21 to July 16. Chair Yoga and Chair Movement incorporating Yoga, Tai-Chi, Qi Gong and cardio all performed on the chair or standing if the student is comfortable. RISKS - Joint issues if not listening to your body. **Leader: Luz Gonzalez**

THURSDAY

FP. Funeral Planning

Thu. 9:30 to 11:30 - June 26 (one day only). Learn to plan your funeral on any budget and based on any cultural preferences. **Leader: Gary Raish**

KF. Knitting for Health and Fun

Thu. 9:45 to 11:45 - May 22 to June 12. Whether a beginner or experienced knitter, a man or woman, join us for fun, friendship, and relaxation. Knitting reduces stress and improves cognitive function. We welcome all skill levels. Beginners, bring size #8 needles and #4 worsted yarn. Intermediates, bring size #8 needles and bulky yarn. Color-changing yarn is lovely. Advanced knitters, bring your current project. Let's knit together! **Leader: Andrea Reiter Max: 20**

BC. Book Club

Thu. 10:00 to 12:00 - May 22 to June 19 via Zoom. Join TOALC friends in a lively discussion of a book by a local author or on a local theme. Book title TBA. **Leader: Kathy Cleveland**

The Registration Form is on page 13

SM. Social Media

Thu. 10:00 to 11:30 - May 22 to June 19. This course offers a practical introduction to social media platforms (Instagram, Facebook, X - formerly Twitter -, etc.) and their common uses, such as networking and content sharing. Emphasis will be placed on cybersecurity and safe online practices, including data protection. We will also briefly discuss internet server programs. The course includes Q&A and a printed summary of the material. **Leader: Carolyn Snell**

HT. Healing through Horses

Thu. 10:00 to 12:00 - May 29 (one day only). Experience transformative healing through the profound connection between humans & horses in a peaceful ranch sanctuary. Discover inner strength & emotional healing through the gentle wisdom of our equine partners at **Blissful Existence Healing Acres, 109 Wicks Ln, East Stroudsburg, PA 18301. Carpool at 9:30. Cost \$45 in cash at the event. Facilitator: Leslie Berger Max: 10**

EB. Ein Bishen Kafka Bitte Schön

Thu. 10:00 to 12:00 - June 19 to July 10. Visit the surreal world of the mad Franz Kafka, his bizarre novel **The Trial** and three short stories. We will see a movie of **The Trial**, if available at the last class. **Book: \$20 or less. Leader: Mike Wetmore**

PT. Paddle Tobyhanna Lake

Thu. 10:00 to 12:00 - June 19 (one day only) at Tobyhanna Lake State Park. Rent a kayak, rowboat, or canoe (or bring your own) and explore the beautiful 170-acre lake. This may be your last time to visit the park for some time, while the lake is drawn down for dam repairs. **Rentals: \$20 for up to 2 hours. Pay outfitter, who accepts CASH ONLY. Facilitator: Greg Nulle**

NA. New Age Scams

Thu. 10:00 to 12:00 - July 10 (one day only). Scammers and fraudsters are always looking for new ways to target Pennsylvanians to access their money or personal information. As the world becomes more digital, so are their scams, with many now utilizing cryptocurrency. We will discuss cryptocurrency, how it is being used as an investment or payment scam, and how you can stay safe in the digital world. **Presenter: David Shallcross**

OP. Open Poetry

Thu. 10:00 to 11:30 - July 17 (one day only). Closeted and un-closeted poets can share their work - all levels welcome. **Facilitator: Mike Wetmore**

FT. Farm Tour at Pocono Organics

Thu. 10:30 to 1:00 - June 12 (one day only) at Pocono Organics, next door to the raceway, at 1015 Long Pond Rd., Long Pond, PA 18334. Experience the future of farming. Go behind the scenes to learn more about regenerative organic agriculture at one of the largest such farms in North America. They offer a wide variety of USDA Certified Organic produce and a full line of full-spectrum and nano particle CBD products and CBD. Arrive at 10:30 at the cafeteria. Make your selections from the lunch menu (to be provided in advance), place and pay for your order. While your food is being prepared, you go on the tour. You come back to your table set and food is brought to you. After lunch, you can ask any additional questions that you might have. **Send check payable to TOALC for \$10 (guests \$20) for the tour to TOALC, 55 Smith St., East Stroudsburg, PA 18301 by Friday, May 30. Facilitator: Greg Nulle Max: 20.**

MM. Marksboro Mill

Thu. 11:00 to 12:30 - June 19 (one day only). Learn the history of the original Grain Belt in our area by visiting the sites of the restoration of this legacy. Meet the Millers and Ruthie, who are committed to regenerative farming practices and cultivating the best grains for artisan bakers and home bakers. They will demonstrate and discuss why they got started, from the growing of the grain and harvesting, to the processing (cleaning and stone milling) to the marketing. Eventually they developed a teaching kitchen and pop-up bakery. Tastes of baked goods made with their flour are on site, as well as the retail store featuring our baked goods, flours, and grains. Tour and demonstrations approx. 1 hour. **Carpoolers should leave by 10:15. Send check payable to TOALC for \$10 (guests \$20) for the tour to TOALC, 55 Smith St., East Stroudsburg, PA 18301 by Friday, June 6. Facilitator: Barry Field Min: 17**

PI. Pinochle

Thu. 12:00 to 2:00 - May 22 to June 26. Pinochle is a fun & friendly card game for beginners and the experienced. **Leader: Jill Malefyt Max: 20**

IS. Introductory Spanish

Thu. 12:45 to 2:15 - May 22 to July 17. For adults with little or no previous Spanish. Learn vocabulary and grammar. Practice conversation with native-speaking Spanish instructor. Text: **Basic Spanish** by Dorothy Richmond, 3rd ed. \$18, sold in class. **Leader: Carmen McSweeney Max: 15**

EW. Easy Walks

Thu. 1:00 to 3:00 - May 22 to July 17. 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 pre-arranged. **Leader: Barry Field**

PF. Paper Flowers

Thu. 1:00 to 3:00 – May 29 (one day only) at Western Pocono Community Library, 1 Pilgrim Way, Broadheadsville, PA. Relax and enjoy crafting together as you learn to make easy paper flowers and create a mini bouquet. All materials supplied. **Leader: Melodie Higgins Max: 10**

CB. Cranberry Bog Walk

Thu. 1:00 to 3:00 - June 5 (one day only). Walk through the Tannersville Cranberry Bog with Kettle Creek Environmental Education Center staff. “The Bog” is an exceptional natural area in the heart of Monroe County and a one-of-a-kind experience. You will walk on dirt trails and a wooden boardwalk. Wear comfortable walking/hiking footwear with tread. The Tannersville Cranberry Bog is located along Cherry Lane in Tannersville. **Donation: \$6/person. Meet at 12:30 at church to carpool. Leader: Leslie Berger**

NY. New York Science Times Discussion

Thu. 1:30 to 3:00 - May 22 to July 17 via Zoom. A lively exchange of ideas/opinions about science. **Leader: Greg Nulle**

HF. Having Fun With Art

Thu. 2:00 to 4:00 - May 22 to June 12. We will create abstract designs using sharpie and watercolor. All supplies provided. **Leader: Pat Wayne Max:20**

AP. Art Party

Thu. 2:00 to 3:30 - June 19 to July 17. All arts and crafts welcome to this “bring your stuff” workshop time. Be inspired by what others are doing and do your thing in the company of creatives. Knit, paint, draw, sketch, sew, stitch, whatever the medium! Carve time out of your day to work on your art. **Leader: Jean Benfante Max: 15**

TH. Texas Hold 'Em Poker

Thu. 2:15 to 4:15 - May 22 to July 17. It is said that “It takes a minute to learn & a lifetime to master” this game. Cards and chips supplied. **Leader: Annette Herlihy Max: 16**

CS Conversational Spanish

Thu. 2:30 to 4:00 - May 22 to July 17. For students who have knowledge of Spanish and are familiar with present tense verb conjugation but would like to become more fluent. Text: **Basic Spanish** by Dorothy Richmond, 3rd ed. \$18, sold in class. **Leader: Carmen McSweeney Max: 15**

TE. Transformative Experience

Thu. 3:45 to 4:45 - July 3 to July 17. Transformative experiences are major life events that teach us new things and change us in deep and lasting ways. In this course, we will look at contemporary philosophical discussions about the meaning of transformative experience and how we should go about making big life choices. **Leader: Tim Connolly**

DH. Deer Head Jazz Jam Night

Thu. 7:00 to 10:00 - June 12 (one day only). Thursdays are Jam Night with no cover charge at the Deer Head, the oldest continuously running jazz club in the country and Home of Jazz in the Pocono Mountains. Dinner starts at 5:30 pm. But you can order during the show until 8:30. **Facilitator: Greg Nulle**

FRIDAY

JT. Jim Thorpe by Pocono Pony

Fri. 8:45 to 4:00 - June 27 (one day only). Experience the history and charm of Jim Thorpe! Enjoy a convenient ride on the Pocono Pony, **departing at 8:45 sharp from TOALC.** Our day starts with a tour of the Old Jail, where seven of the Molly Maguires were hung. Then explore the Mauch Chunk Museum and Cultural Center, housed in a beautiful Victorian church, and see the Switchback Gravity Railroad model. Lunch at Molly McGuire's Pub or other local spots, then shopping. **Register by May 28th with TOALC and Pocono Pony. Shared Ride applications at TOALC, online, or by phone. Costs: Seniors \$16.50 bus fare. Museum \$7.50 (pay at museum). Jail tour prepayment required: \$10 (guests \$20) check to TOALC by June 14th. The \$20 (\$35 guest) amounts in the printed course book are incorrect.** Facilitator: Greg Nulle. Min 20, Max 25.

BW. Bird Watching

Fri. 9:00 to 12:00 - June 13 to July 18. Explore Monroe County's diverse bird habitats: lakes, streams, woodlands, and fields! Learn bird identification, etiquette, and binocular use in a fun, friendly group. Connect with nature and fellow bird enthusiasts. Meet at varying locations; schedule and directions provided. **Leader: Roxanne Kaiser-Antonowich**

CF. CarFit

Fri. 9:00 to 12:00 - July 18 (one day only). CarFit is an educational program for older adults to assess how well their vehicles fit them for safety and comfort. Following a one-hour class, technicians and healthcare professionals will guide participants seated in their cars through a 12-point checklist. **Leader: Deborah Erdman**

IM. Instrumental Music Group

Fri. 10:00 to 12:00 - May 23 to July 18. 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**

TB. The Bookmark

Fri. 10:00 to 12:00 - June 6 (one day only). Meet local author Anne Supsic, creator of *The Bookmark*, a romantic mystery set in Bethlehem, PA, featuring the Marquis de Lafayette! Hear about the fascinating history that inspired the book, the spark behind the story, and Anne's research and publishing adventures. She'll also share a brief reading and discuss the significance of the bookmark. Get a sneak peek at her upcoming second Bethlehem-based novel. Anne will sign books brought from home, and copies will be available for purchase. **Presenter: Anne Supsic**

SR. Stroudsburg's Railroad Heritage

Fri. 10:00 to 12:00 - June 13 (one day only). This presentation drawn from the Steamtown archives will focus on trains in East Stroudsburg and will include historic photos, maps, architectural drawings, advertisements, correspondence, and personnel files of railroad employees. **Presenter: Patrick McKnight**

GO. Geology of the Poconos

Fri. 10:00 to 12:00 - July 11 (one day only). Unravel the dramatic geological history of the Delaware Water Gap. Take a journey through time to explore how the immense forces of colliding continents sculpted this iconic landscape. **Presenter: John Jengo**

TL. TOALC Luncheons

Fri. 12:00 to 2:30 - May 30 and July 18. TOALC will contact you with locations. Great food and conversation with TOALC friends. **Leader: Kathryn Cleveland**

CG. Conversational German

Fri. 1:00 to 3:00 - May 23 to July 18. We will discuss everyday topics and also cultural aspects of German history, geography, food, & heritage. Each class will cover a different situational topic with appropriate vocabulary – i.e. food, shopping, travel, directions, introductions, and entertainment; basic grammar and alphabet, house terms, school subjects, and body parts, etc. End with a "food fest". **Leader: Linda Breitlauch**

Classes meet in person at TOALC unless otherwise indicated.

TS. TOALC Summer Picnic

Fri. 1:00 to 5:00 - June 20 (one day only) at Brodhead Creek Park, 4002 N 5th St, East Stroudsburg, PA. TOALC will supply hot dogs & burgers. Bring a picnic food specialty or an item in an assigned food category. **Facilitator: Greg Nulle**

SA. Summertime at the Movies

Fri. 1:00 to 4:00 - July 11 (one day only) at Pocono Cinema, 88 S. Courtland St., East Stroudsburg. Film on summer theme TBA. Free to TOALC members. Refreshments for sale.

Facilitator: Greg Nulle

SL. Son Lewis - Live Music Performance

Fri. 2:00 to 3:30 - May 23 (one day only). A solo Acoustic Musical Performance featuring Blues, Americana, Folk and Classic Rock from the 1950's and 1960's. **Leader: Son Lewis**

BA. Bowling and Pizza

Fri. 3:00 to 6:00 - May 23 to July 18. at Skylanes Bowling, 100 Eagle Valley Mall, East Stroudsburg. No competition, just fun and exercise. Cost: \$10 for two games plus \$4 shoe rental. Join us for pizza at a nearby restaurant.

Leader: Rosalind Evans

SATURDAY

BP. Big Pocono State Park Walk

Sat. 9:00 to 11:00 - June 14 (one day only). Take a drive to the top of Big Pocono State Park (Camelback Ski Area) and take in the spectacular views as well as the flowering mountain laurel (the Pennsylvania State Flower) at its peak. From there, we'll take a leisurely walk on easy, relatively flat terrain. **Carpool from TOALC will leave promptly at 8:30 am. Leader: Leslie Berger**

CT. Cats the Musical

Sat. 2:00 to 5:00 - June 28 (one day only) at Shawnee Playhouse, 552 River Rd., Shawnee on Delaware, PA. Doors open at 1:30. Based on T.S. Eliot's whimsical collection of poems, **Old Possum's Book of Practical Cats**, Andrew Lloyd Webber's popular musical brings together a tribe of Jellicle Cats on a moonlit evening, who must make the "Jellicle Choice" to decide which of them will ascend to the mysterious Heaviside Layer to be reborn.

Featuring such celebrated standards as the haunting "Memory," Cats was an international phenomenon and its original production is still the fifth-longest-running show on Broadway. A magical, moving, and often hilarious glimpse into the lives of others, Cats takes Eliot's lyrical poetry and puts it into the mouths of a diverse company of singing, dancing felines. **Send check payable to TOALC for \$25 (guests \$35) per ticket by June 6. Facilitator: Greg Nulle**

The Registration Form is on page 13

LEADERS & PRESENTERS

Jim Adams is the Local History & Genealogy Librarian at the Eastern Monroe Public Library.

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

Don Bell is a retired music teacher at Newark NJ Public Schools, member of Trinity Centennial Concert Band, Morris Plains, NJ Community Band, Music Ministry of The Light Of The World Church, music recording engineer.

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.

Scott Bowles found his calling after witnessing his sister's positive experience with Caring Transitions. Caring for an aging parent highlighted the value of their services, aligning with his desire to help others in a meaningful way.

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

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

Charles "Charlie" Cahn is Supervisor of the Community Partners in Recycling, providing recycling, clean-outs, document destruction and moving services in Monroe County.

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

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, ESU Philosophy Professor, centers teaching and research on Ancient Greek and classical Chinese philosophy.

Deborah Erdman is a Geisinger Medical Center Trauma Education Resource Nurse. Her passion is injury prevention in the community.

Rosalind Evans is a retired high school science teacher who enjoys learning more from the more experienced members of the group.

Joan Fabian a Prudential Financial Planner, brings over 14 years of experience, including 7 years in governmental and nonprofit accounting. She holds a Bachelor's in Education, an Associate's in Accounting, and Master's degrees in Counseling and Business.

Barry Field is a retired NYC special education teacher. He keeps active as a singer/guitarist, bread baker, and amateur dog trainer.

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 2 social dances locally and dance anywhere they can.

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

Luz Gonzalez is an ovarian cancer thriver 15 years in July 2024, 500 hrs Registered Yoga Teacher, certified in various disciplines including but not limited to chair yoga, restorative, yin, trauma, reiki, individuals with injuries. Also certified in ballet and Zumba.

Rosalyn Blue Sky Henley has a Canadian Indigenous History Certificate (University of Alberta), is an American African and American Indian Cultural History Researcher, creative writer and drawer, poet. Retired Clinical Pharmacist, R.Ph, M.S. Hosp. Pharm. Adm.-NY.

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.

Samantha Holbert has been the Executive Director of the Community Foundation of Monroe County since September 2022.

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

John Jengo has 40 years of experience in geology, hydrogeology, environmental remediation, and dam removals.

Jan Julia is a theater lover and experienced director and teacher, in community theater and in schools from elementary to college.

Roxanne Kaiser-Antonovich Ed.D. is a biology and environmental science teacher with 40+ years' experience.

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

Son Lewis has been a prominent Northeast music performer since the early 1970s. A 1995 NEA grant recipient, his internationally acclaimed album "Next Train Smokin'" followed. He's also an Artist in Residence for the PA Council for the Arts.

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.

Patrick McKnight a Historian/Archivist from Steamtown National Historic Site.

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.

Teri Miles is a lifelong resident of Monroe County. She teaches computer science classes at Pocono Mountain West High. She has been a professional tutor for over 20 years and has taught computer classes at East Stroudsburg University.

Maury Molin is a retired educator.

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

Gary Raish has 35 years' experience working with the Clark family as funeral director at Clark Funeral Home.

Akila Rajappa, PhD, CCC-SLP, BCS-S is a board-certified Specialist in Swallowing & Swallowing Disorders, Asst. Professor, East Stroudsburg University of Pennsylvania

Andrea Reiter loves to knit and often spends spare moments working on a knitting project.

Keith Robinson has resided in this area since 2021, had a career in water resources with the US Geological Survey and NJ DEP with a focus on water quality. He enjoys hiking, kayaking, and outdoor activities. He loves to talk about trees and wildlife!

Mel Rosenthal is a retired chiropractor, yoga instructor, dog lover and rescuer, and a spiritual perennialist.

Marilyn Schultz retired as a court-appointed guardian of adults in Michigan. She has a degree in education and loves history.

David Shallcross is Director, Senior Protection Unit, Office of Public Engagement, Office of the Attorney General of Pennsylvania.

Carolyn Snell worked in medicine and telecommunications before becoming a high school alternative education instructor, teaching computer applications and career development. A believer in lifelong learning, she enjoys sharing wherever she may contribute.

Joshua Soberg, a software engineer of 10+ years' experience, develops, manages, and secures large-scale systems across military, industrial, and tech sectors. He's passionate about software and cybersecurity. M.S. and B.S. in Computer Science and Security.

Anne Supsic, Moravian Museum docent, Francophile, and bookmark collector, discovered a possible Lafayette-Boeckel romance. It became her passion. When not at the museum, she travels the world with her husband, exploring cultures and collecting bookmarks.

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.

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: Gary Bickle, Treasurer: Connie Hogan
Members: Bradford Day, Kathryn Cleveland, 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.

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:

