



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

Learning
is Good
for Life!!

Summer 2026 Course Book

Kickoff and Potluck

A festive get-together open to the community

Sunday, May 17, 2026, at 2 pm

East Stroudsburg Presbyterian Church

Revised 5/28/2026

Program of Classes

Monday, May 18 – Friday, July 17, 2026

Exercise your mind with life-enriching experiences

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

TOALC is a 501(c)(3) nonprofit

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

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

TOALC Summer 2026

Location and Hours

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

Registration

- You will find the registration form on page 14. 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 13** 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

- No class Memorial Day, May 25, or Independence Day Observed, July 3. **Exception:** Bird Watching 7/3.
- 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.)

SUMMER CLASSES

MONDAY – Memorial Day Excluded

MI. Math in the Movies

Mon. 9:00 to 11:00 - May 18 to Jul 13. Explore mathematics featured in film and popular media. Engage in hands-on activities to discuss the artistic and mathematical impact of each production. **Leader: Kevin Cheslack-Postava**

BF. Ballet for Seniors at Mambo House

Mon. 10:00 to 11:00 - May 18 to Jul 13, PA-611, Tannersville. A low-impact class for men & women who love to dance. Stretching, mild cardio, excellent for posture. Wear leotards or leggings, a loose top, ballet slippers, or socks. **Risk – Medium: Arthritic knees make ballet difficult. Leader: Diane Verdi**

LK1. Loom Knitting 1

Mon. 10:00 to 12:00 - May 18 to Jun 8. 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 - Jun 15 to Jun 29. Intermediate loom knitters will use a 24-peg loom and 5-6 ply yarn to create long slipper socks with a heel. No traditional knitting skills are required. Start crafting treasured holiday gifts for your family now! **Leader: Merle Turitz Max: 10**

WT. Will The Liberal Order Survive?

Mon. 1:00 to 3:00 - May 18 to Jul 13. No class July 6. The modern world has been shaped by the "Liberal Order," a system defined by the rule of law, personal freedoms, and free markets. This framework relies on limited government, checks and balances, and the consent of the governed. It also assumes respect for international borders, bolstered by alliances among nations that hold similar values. We will examine the health of this system. **Leader: Merlyn Clarke**

RP. Record Pull Party

Mon. 1:00 to 3:00 - Jun 15 (one day only). Join friends for a "record pull" to share personally meaningful music. (See: www.thisiswhatitsoundslike.com). Select one song—ideally not a Top 40 hit—and be ready to introduce its significance. Loren will serve as DJ, providing access to extensive music libraries for the session. **Leader: Loren Arnabaldi Max: 15**

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

Mon. 1:00 to 3:00 - July 6 (one day only). Learn about the unlikely artistic pairing of English composer Ralph Vaughan Williams (1872-1958) with Anglican priest and poet George Herbert (1593-1633). All are invited to sing original melodies and folksongs from his arrangements for *The English Hymnal of 1906* (which he edited). Mike Liberman will speak about George Herbert; David Learn, tenor and Joan Stiles, pianist, will perform Vaughan Williams' *Five Mystical Songs*, a setting of Herbert's poetry. **Presenters: David Learn, Michael Liberman, and Joan Stiles Min: 20**

WW. Watercolor Workshop

Mon. 1:30 to 3:30 - May 18, Jun 1 to Jun 29. Joann, a recent MFA graduate with 40+ years of watercolor and mixed-media experience, leads a fun-focused painting class. All skill levels are welcome. Supply list is provided. **Leader: Joann Cervantes**

TUESDAY

BA. Basic Anatomy and Physiology

Tue. 9:00 to 10:30 - Jun 16 to Jun 23. Your body is a remarkable natural machine, yet we often study it only when issues arise. This class explores our physical systems, encouraging group discussion to better understand the home we inhabit from birth. **Leader: Luci Zirpoli Max: 30**

PS. Practical Spirituality

Tue. 9:15 to 10:45 - May 19 to Jul 14. We will emphasize Pranayama, the science of conscious breathing. By regulating vital energy, you can transform how you think, feel, and experience life. Scientific research shows Pranayama benefits everyone, helping calm the mind and treat stress-related disorders like anxiety and depression. By mastering your breath, you can achieve a deeper meditative state and remain psychologically balanced, regardless of external circumstances. **Leader: Lionel Dyer Max: 30**

CW. Creative Writing

Tue. 9:30 to 11:30 - May 19 to Jul 14 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 Max: 12**

EW. Easy Walks

Tue. 10:00 to 12:00 - May 19 to Jul 14. No class Jun 16. 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 Max: 20**

TO. Tour of Apple Ridge Farm

Tue. 10:00 to 11:30 - Jun 16 (one day only). Tour Apple Ridge Farm, a sustainable family operation dedicated to chemical-free, nutrient-dense food. Explore non-GMO pastures and vegetable greenhouses. Then see how harvests become soups and pot pies. Visit the fermentation room and traditional wood-burning sourdough oven while learning eco-friendly farming practices. Carpool departs from TOALC promptly at 9:15. See how a sustainable farm truly functions! **Leader: Barry Field**

OP. Open Poetry

Tue. 10:00 to 11:30 - Jul 7 (one day only). Closeted and un-closeted poets, share your work! **Facilitator: Mike Wetmore**

MJ. Mah Jongg Tue. 11:00 to 1:00 - May 19 to Jul 14. 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 - May 19 to Jul 14. 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: J. Koerner and V. Malone Max: 12**

AE. Art Exploration

Tue. 1:00 to 4:00 - May 19 to May 26 at Western Pocono Community Library, Brodheadsville, PA. Create landscapes inspired by Van Gogh. Explore landscape art through hands-on exercises. **Leader: Melodie Higgins Max: 12**

HC. Heritage Center

Tue. 1:00 to 3:00 - Jul 14 (one day only) at the Monroe County Historical Association. Visit the Stroud Mansion's major expansion, focused on accessibility, artifact storage, and enhanced educational spaces. Carpool departs TOALC promptly at 12:30. **Pay \$10 at the door. Leader: Greg Nulle**

YF. Yoga for Seniors

Tue. 1:15 to 2:15 - May 19 to Jul 14. Led by an 83-year-old retired chiropractor, this "do what you can" yoga class focuses on stress reduction and flexibility. If you can move to and from the floor, join us for a safe, fun equivalent of 5,000 steps. Bring your own mat and moderate your exercise to your comfort level. **See also class YF2, a second on Fridays 1-2. Sign up for either! Leader: Mel Rosenthal Max: 25**

SC. Scrabble

Tue. 1:30 to 3:30 - May 19 to Jul 14. Let's play SCRABBLE!
Leader: Mike Wetmore

CH. Computing Help for Seniors

Tue. 1:30 to 3:00 - Jun 9 to Jul 14. 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**

HN. Holistic Nutrition Intro

Tue. 2:00 to 3:00 - May 19 (one day only). With a holistic approach to nutrition, we go beyond the food pyramid to discover how we can deeply nourish the body. We'll discuss the importance of whole foods, your circadian rhythm, and the gut-brain connection. Take a step towards ownership of your health with this introductory class. **Leader: Jaclyn Einfeldt**

HO. Healing Old & New Hurts Through Radical Forgiveness

Tue. 2:30 to 3:30 - May 19 to Jul 14. Some people in our lives appear to keep us unhappy, stressed out, and feeling like victims. Learn what practical steps you can follow that will bring you peace of mind and happiness in spite of these difficult people! **Leader: Mel Rosenthal Max: 25**

Classes meet in person at TOALC unless otherwise indicated.

WEDNESDAY

TC. Tai Chi for Everyone

Wed. 8:30 to 10:00 - Jun 3 to Jul 15 at Clearview Elementary School, School View Ln. off N. 5th St/Rte 191 N, 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**

PC. Photography Club

Wed. 9:00 to 11:00 - May 20 to Jul 15. The club will spend most mornings in the field creating images at mostly local points of interest. In classroom sessions, analyze your work and sharpen your photographic vision. Members will also receive proven tips and techniques via email. Beginners are welcome. Bring all your questions to the group. Risk is low: Driving or walking to public locations such as parks, museums and other picturesque locations. **Leader: Eric Goins Max: 14**

BB. Basic Buddhism

Wed. 9:30 to 11:30 - Jul 1 (one day only). Learn basic tenets of Buddhism. Discuss applicability in American culture. **Leader: Paula Benz Max: 25**

FF. Film Festival: Gilbert and Sullivan

Wed. 10:00 to 12:00 - May 20 to Jun 3. Explore the life and times of Gilbert and Sullivan through three iconic films: *The Story of Gilbert and Sullivan*, *Pirates of Penzance*, and *The Mikado*. Join us to discover whether their celebrated works are truly operas or operettas! **Leader: Bob Brunet Max: 20**

IC. Italian Conversation & Culture

Wed. 10:15 to 12:15 - May 20 to Jul 15. Designed for students with some basic Italian knowledge, this course focuses on learning basic grammar, practical conversation and cultural insights that bring the language to life. **Leader: Franca Nostro Max: 15**

MO. Medicare Open Enrollment

Wed. 10:00 to 12:00 - Jul 15 (one day only). A class for Medicare Open Enrollment and the use of Medicare.gov **Leader: Laura Pride**

YB. Yogi Berra Museum and Jackals Baseball

Wed. 10:30 to 4:00 - Jul 1 (one day only). Celebrate America's favorite pastime with a 10:30 am NJ Jackals game at Paterson's historic Hinchliffe Stadium, one of the nation's last remaining Negro League venues. Its unique dimensions often lead to high-scoring games with many home runs. Afterward, tour the "hidden gem" Yogi Berra Museum in Montclair, which explores the legendary catcher's career alongside themes of social justice and American history. **Tickets are \$10 online for the game and \$10 for seniors at the museum (Veterans are free). Carpool departs TOALC promptly at 8:45 am. Leader: Greg Nulle**

CT. Common Tree Identification in the Poconos

Wed. 1:00 to 3:00 - May 27. Field trip Mon. 10:00 to 12:00 - Jun 1. The class will include a classroom lecture and a 2-hour field trip to a nearby forest. Learn to identify common trees in our area and what tree species are most common. Identify both native and non-native trees, how trees occupy different habitats and their value to wildlife. **Leader: Keith Robinson Max: 25**

TT. 10 Tips to Make Amazing Travel Videos: A SW England Tour

Wed. 1:00 to 2:30 - Jun 3 (one day only). Virtually experience our recent field trip through Upper Southwest England and the Cotswolds, featuring historic sites like Stonehenge, Bath, and Oxford. While exploring these iconic locations and their history, you'll also learn ten practical tips for creating and sharing your own high-quality vacation videos with family and friends. **Leader: Barry Field Max: 40**

AT. Actions to Minimize Climate Change Impacts in the Brodhead Watershed

Wed. 1:00 to 3:00 - Jun 24 (one day only). As our climate warms at an accelerating rate, how can we protect the Brodhead Creek Watershed and our local communities? This presentation explores the Brodhead Watershed Association's recent climate change action plan, detailing essential steps we can take now, and in the future, to safeguard our natural resources and infrastructure. **Leaders: Keith Robinson & Stephanie Uhranowsky**

CE. Current Events - Split Sessions

Wed. 1:30 to 3:15 - May 20 to Jun 10, Jul 1 to Jul 15. 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**

PT. Play: The Package

Wed. 1:30 to 3:30 - May 20 to Jul 15. Prepare a public TOALC performance of Ken LeSure's *The Package*, originally staged at the 2018 New York Theater Festival. **Leader: Ken LeSure**

GI. Global Issues

Wed. 1:30 to 3:15 - Jun 17 to Jun 24. An exercise in civil discourse about US Foreign Policy. We will continue on chapters chosen from the "Great Decisions 2026" book, plus a companion DVD shown at beginning of class. Become informed. Lively conversation. **Leaders: Gary Bickle & Leslie Berger. Max: 32**

NR. Neurographic Relaxer Doodle

Wed. 2:00 to 4:00 - May 27 (one day only) at Pleasant Valley Presbyterian Campus, 150 Pilgrim Way, Brodheadsville, PA 18322. A non-stressful way to be creative and breathe easy at the same time. This technique will give you a fresh start each time you create using this creative relaxed exercise. You might call it "Art Therapy" or a "Spa Day" while you create. Enjoy peace and calm in this class. **Materials: \$5 due at class. Leader: Cindy Lou Morris Max: 12**

THURSDAY

AD. Arlington Diner Breakfast

Thu. 8:30 to 9:30 - Jun 18 (one day only) at 834 N 9th St., Stroudsburg, PA. Enjoy an S.O.S. and other diner delights with your TOALC friends. **Leader: Mike Wetmore**

BW1. Balance Workshop - Beginner

Thu. 9:00 to 10:00 - Jun 18 to Jul 9. Required before BW2 if you did not attend last fall or winter. Strengthen muscles for stability (legs and core) to help prevent falls. Train core (front, sides, back) and glutes, sometimes using light weights for 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**

IL. Indian Ladder Falls Trail

Thu. 10:00 to 12:00 - Jun 18 (one day only). Indian Ladder Falls is a popular hiking destination, known for its scenic beauty and relatively easy trail, but is open only to Skytop guests. Carpool from TOALC leaving at 9:00 sharp to travel to Skytop Lodge. In the lobby at Skytop we will obtain free wristbands giving us access to the trail. After the hike those who would like can get lunch on their own at Skytop. **Leader: Leslie Berger Max: 20**

IL2. Indian Ladder Falls Trail – Section 2 - June 25

Thu. 10:00 to 12:00 - Jun 25 (one day only). Same description as IL above.

CB. Cranberry Bog Walk

Thu. 10:00 to 12:00 - Jun 4 (one day only). Explore Monroe County's unique Tannersville Cranberry Bog with Kettle Creek staff. This one-of-a-kind walk follows dirt trails and a wooden boardwalk close by Cherry Lane. Please wear sturdy walking or hiking shoes with tread for this exceptional outdoor experience. **Donation: \$6/person. Meet at 9:15 at TOALC to carpool. Leader: Leslie Berger**

HT. Healing Through Horses

Thu. 10:00 to 12:00 - Jun 11 (one day only). Meditating with horses at Blissful Existence Healing Acres offers a profound path to healing. By syncing with the herd's natural rhythm, participants can lower blood pressure and release calming endorphins. These Reiki and meditation sessions guide you to quiet the mind and unlock inner intuition. All that is required is an open heart and a willingness to embrace the herd's peace. Experience the love and compassion others have found in this unique sanctuary for the body, mind, and spirit. **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**

BC. Book Club

Thu. 10:00 to 12:00 - May 21 to Jun 18 via Zoom. We will discuss *The Burglary* by Betty Medsger. It is the story of J.E. Hoover's secret Bureau of Investigation. Copyright 2014. Available on Amazon. **Leader: Kathy Cleveland**

MA. Mind and Brain VI

Thu. 10:00 to 12:00 - May 21 (one day only). The class will focus on hot new research on the mind/brain interface relevant to mental function, enhancement, and well-being. Although research will be discussed, a science background is not necessary. **Leader: Wemara Lichty Max: 40**

MM. Money Madness

Thu. 10:00 to 12:00 - May 28 (one day only). I've discovered various ways to save on taxes and want to help low-to-middle-income individuals avoid the same financial losses I experienced. I am not an expert, but I'll share my findings and facilitate a group exchange of information. Those who might otherwise miss out could benefit. **Leader: Wemara Lichty Max: 30**

HF. Hawthorne for the Common Reader

Thu. 10:00 to 12:00 - Jun 18 to Jul 2. Read and discuss Nathaniel Hawthorn's landmark novel *The Scarlet Letter* and 2 or 3 of his short stories including "The Birthmark". See a movie of *The Scarlet Letter* if available. **Leader: Mike Wetmore**

GA. Genealogical Assistance

Thu. 10:00 to 12:00 - Jun 25 to Jul 16. The class helps with researching your family tree with Susan and Jean. Bring your charged computers. **Prerequisite:** Genealogy Tips and Tricks.
Leaders: Susan Field and Jean Benfante Max: 8

HT2. Healing Through Horses – Section 2 – July 2

Thu. 10:00 to 12:00 - July 2 (one day only). See HT. Healing Through Horses for description.

HT3. Healing Through Horses – Section 3 – July 9

Thu. 10:00 to 12:00 - July 9 (one day only). See HT. Healing Through Horses for description.

LV. Lehigh Valley Heritage Museum

Thu. 10:00 to 12:00 - Jul 16 (one day only). The Lehigh Valley Heritage Museum in Allentown, PA, documents the region's history from prehistoric times to the present. We'll tour the key "Lehigh Valley History" exhibit, a comprehensive, permanent collection covering Native American history; Pennsylvania German culture, and the Industrial Revolution. Lunch will follow at a nearby eatery. Entry/Tour Cost: \$15 per person. We'll carpool from TOALC, leaving at 8:45 sharp. **Leader: G. Nulle**

BW2. Balance Workshop - Advanced

Thu. 10:15 to 11:15 - Jun 18 to Jul 9. Balance Workshop Level 2. (Must have attended at least 2 sessions of Balance Workshop last fall or winter.) **Leader: Hope Fisher Max: 25**

ML. Mountaintop Lodge Food Demo

Thu. 11:00 to 1:00 - Jul 9 (one day only). A hands-on cooking workshop making Turkey Vegetable Sloppy Josephs and Hand Cut French Fries to enjoy and take home. Vegetarian option available. **Cost: \$20 payable to our host. At Mountaintop Lodge, 2137 Route 940 Pocono Pines, PA 18350. Carpool from TOALC. Host: Carolyn Keiper Max: 10**

PI. Pinochle

Thu. 12:15 to 2:15 - May 21 to Jul 16. Pinochle is a fun and friendly card game for beginners and the experienced.

Leader: Jill Malefyt Max: 24

IS. Intermediate Spanish

Thu. 12:45 to 2:15 - May 21 to Jul 16. Deepen your Spanish vocabulary and grammar with a native instructor. This intermediate course emphasizes conversational practice. Text: *Practice Makes Perfect: Basic Spanish, Premium Third Edition* by Dorothy Richmond, 12.70 paperback from Amazon. Leader: Carmen McSweeney Max: 15

FS. Film: 1776

Thu. 1:00 to 3:30 - Jul 2 (one day only) at Pocono Cinema, 88 S. Courtland St., East Stroudsburg. Based on the Broadway musical, *1776* is a generally faithful retelling of the political struggles in the Second Continental Congress that led to the Declaration of Independence. It humanizes the Founding Fathers, with many of the players reprising their Broadway roles. Free to TOALC members. Refreshments for sale. Hearing devices are available at the box office. Facilitator: Greg Nulle

NY. New York Science Times Discussion

Thu. 1:30 to 3:00 - May 21 to Jul 16 via Zoom. A lively exchange of ideas/opinions about science articles from the New York Times.

Leader: Greg Nulle

WA. Water and Waves

Thu. 1:30 to 3:00 - May 21 to Jun 11. Explore waterscapes in the medium of your choice. Please bring your own materials. Some materials provided. Leader: Pat Wayne Max: 15

AP. Art Party

Thu. 2:00 to 3:30 - Jun 18 to Jul 16. 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 - May 21 to Jul 16. 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, 4th Edition \$20, sold in class. Leader: Carmen McSweeney Max: 15

TH. Texas Hold 'Em Poker

Thu. 2:30 to 4:30 - May 21 to Jul 16. It is said that “it takes a minute to learn and a lifetime to master” this game. Cards and chips supplied. Leader: Annette Herlihy Max: 36

TE. Transformative Experience

Thu. 3:45 to 4:45 - Jun 4 to Jun 25. This course continues our discussion of transformative experiences-- major life events that give us new knowledge and change us in deep and lasting ways. The discussion will be self-contained so attendance at previous sessions is not a prerequisite. Leader: Tim Connolly

FRIDAY – July 3 Excluded

BI. Birding

Fri. 9:00 to 12:00 - Jun 12 to Jul 17, *including Jul 3.*

Sat. 9:00 to 12:00 - May 23 to May 30. 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-Antonovich

IM. Instrumental Music Group

Fri. 10:00 to 12:00 - May 22 to Jul 17. Do you play (or used to play) an instrument: string, woodwind, brass, guitar, keyboard or drums? Would you like the opportunity to play music with other like-minded folks? If so, we would love to have you join us! Whatever your level, we will fit you in. We play songs which are not that difficult and fun to play. We do a lot of classic rock, Motown, a few polkas and even a few blues tunes. This is a very friendly, welcoming group. And we could really use a drummer! Leader: Bob Messbauer

RU. Railroad Update: PA to NY Project

Fri. 10:00 to 12:00 - May 29 (one day only). Get an update on the initiative to restore passenger rail service between Scranton and New York City. **Presenter: Bob Hay**

TP. Tarah Probst Legislative Update

Fri. 10:00 to 12:00 - Jun 5 (one day only). Tarah Probst (D) of the 189th district of the State House of Representatives will address issues facing the state that are of key interest to seniors. **Facilitator: Greg Nulle**

DP. Delaware Paddle Trip

Fri. 10:00 to 12:00 - Jun 26 (one day only). Meet in-person at **Edge of the Woods Outfitters 129 Main St. in Delaware Water Gap, PA** at 9:30 am for a 10 am departure. A six-mile / 2-3-hour trip through the calmest, most scenic section of Delaware River to Kittatinny Point. Choose a canoe, kayak, or tandem kayak. Explore this section of river that is outstanding for paddling and fishing. A gentle current will carry you downstream while you relax and scan for wildlife, such as bald eagles that are abundant on this section of river. **Send check (\$50: single or double kayaks, \$48: canoes per person) to TOALC by June 12. Facilitator: Greg Nulle MAX: 20**

DD. Delightful Dinkey Railroad

Fri. 10:00 to 12:00 - Jul 10 (one day only). In the early 1900s, the Delaware Valley Railroad provided vital transportation between East Stroudsburg and Bushkill, PA. Known as "The Dinkey" among other names, the Delaware Valley Railroad was described with a wide range of adjectives from "idyllic" to "pitiful." Photos and anecdotes help highlight the ups and downs and basic information about this colorful piece of local history. **Leader: Kim Williams**

WO. Women of Steel

Fri. 10:00 to 12:00 - Jul 17 (one day only). A documentary and panel program developed by the National Museum of Industrial History (NMIH) in collaboration with the Steelworkers' Archives. Nineteen women in the film worked at Bethlehem Steel from the mid-20th century until the plant's closure in 2003. It highlights the "pioneer" era following a 1974 Supreme Court consent decree that forced the industry to hire women for unionized shop-floor production jobs and describes the pride the women took in doing "man's work" and the camaraderie that developed between them. The live panel discussion features several women depicted in the film. **Facilitator: Greg Nulle**

CS. Creative Stress Management

Fri. 11:00 to 12:00 - Jun 19 (one day only). Learn fun and easy tips for stress management to easily incorporate into your daily life. **Presenter: Jill Howell**

NP. Native Plants and High Tea: A Perfect Blend

Fri. 12:00 to 4:00 - Jul 10 (one day only). Join Garden Groupies for an afternoon bus excursion from TOALC to the West End 'Project NatureScape' Garden and the Western Pocono Community Library in Brodheadsville. A leisurely amble through this garden reinforces the many benefits of native plants. A brief presentation and High Tea follows in the Library Community Room! **Cost: \$4.00 round-trip for transportation; registration in Shared Ride is needed before June 25.**

Leader: Peggy Howarth Max: 15

TL. TOALC Luncheons

Fri. 12:15 to 2:30 - May 29, Jun 19, and Jul 24. Great food and conversation with TOALC friends. **Facilitator: Kathy Cleveland**

TS. TOALC Summer Picnic

Fri. 12:30 to 4:30 - June 5 (one day only) at Bushkill Falls, Bushkill, PA. TOALC will supply hot dogs & burgers. Bring a picnic food specialty or an assigned food category item. **Park Admission \$10. Facilitator: Leslie Berger Min/Max: 25/50**

CG. Conversational German

Fri. 1:00 to 3:00 - May 22 to Jul 17. The program is for newcomers and those familiar with German language and culture. Explore aspects of German culture and develop more basic vocabulary. Classes are interactive and conversational. Worksheets and learning activities are provided. The class is not about book learning. **Leader: Linda Breitlauch**

LJ. Lyricist Johnny Mercer's Life and Songs

Fri. 1:00 to 3:00 - May 22 to May 29. Johnny Mercer was one of America's preeminent lyricists, celebrated for his pop songs and songs for the movies and Broadway. He also co-founded and helped run Capitol Records, where he mentored many of our greatest singers. We will focus on his lyrics and the romance, the wit, and the uniquely American personality that they express. **Leader: Robert Batemarco Max: 20**

YF2. Yoga 2nd Session for Seniors

Fri. 1:00 to 2:00 - May 22 to Jul 17. See YF1 on Tuesday afternoons at 1:15 for course description. Sign up for either! Leader: Mel Rosenthal Max: 25

GS. Garden Sharing Time

Fri. 1:00 to 3:00 - Jun 12 (one day only). Calling all gardeners! Come join the Garden Groupies crew to share information on your current garden projects whether your thing is flowers, herbs, vegetables, or something else. Learn new hacks and helpful hints from fellow gardeners. Leader: Peggy Howarth

FT. Film: The Last Class

Fri. 1:00 to 3:00 - Jul 17 (one day only) at Pocono Cinema, 88 S. Courtland St., East Stroudsburg. The documentary *The Last Class* (71 minutes) offers an intimate portrait of Robert Reich—Clinton's Secretary of Labor and renowned economic expert—as he prepares for his final UC Berkeley lecture. Reich reflects on aging, public service, and rising wealth inequality. TOALC members attend free; refreshments are available. Join us after the film for a discussion of Reich's hopeful legacy. Hearing devices are available at the box office. Facilitator: Leslie Berger

UC. Understanding Choices: When is the Right Time for Home Health, Palliative, or Hospice Care? -Rescheduled

Fri. 2:15 to 4:15 – July 10 (one day only). Managing illness and accessing support can be complicated and overwhelming. Having a plan and knowing what resources are available ensures you receive the care you need and want. This program aims to educate you on available services, how they are funded, and the ideal times to access them. Leader: Brenna Berdini

BO. Bowling

Fri. 3:00 to 5:00 - May 22 to Jul 17 at Skylanes Bowling Center, 100 Eagle Valley Mall, East Stroudsburg, PA. No competition, just fun and exercise. Cost: \$6 for two games plus \$4.24 shoe rental.

Leader: Roz Evans

The Registration Form is on page 14

SL. Son Lewis Concert

Fri. 3:00 to 4:30 - Jun 12 (one day only) in the Fellowship Hall. Outdoors at church pavilion weather permitting. Monroe County resident and veteran recording artist Son Lewis provides a close-up glimpse of Blues, Roots, and Americana music with his vocal and acoustic guitar style. Long renowned as a performer of classic and traditional Blues, Son will showcase songs from his previous and upcoming recordings. Presenter: Son Lewis

SATURDAY

Bl. Birding SEE FRIDAY. Sat. 9:00 to 12:00 - May 23 to May 30.

BP. Big Pocono State Park Walk

Sat. 10:00 to 12:00 - Jun 13 (one day only). 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 (PA 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 9:00 am. Leader: Leslie Berger

AG. Annie Get Your Gun

Sat. 2:00 to 5:00 - Jun 20 (one day only) at Shawnee Playhouse, 552 River Rd., Shawnee on Delaware, PA. Doors open at 1:30. Expert sharpshooter Annie Oakley supports her siblings by hunting until Colonel Buffalo Bill recruits her for his Wild West Show. She instantly falls for the show's star, Frank Butler, but their romance falters when her superior skills eclipse his fame. Frank joins a rival troupe, leading to a climactic final shootout. This classic musical concludes with a rousing finale that celebrates female ingenuity, proving Annie can win both the match and the man. ADA hearing devices not available. Send check payable to TOALC for \$25 (guests \$35) per ticket by May 20. Facilitator: Greg Nulle

QW. Queen: We Will Rock You

Sat. 2:00 to 5:00 - Jul 18 (one day only) at Shawnee Playhouse. Set in a dystopian future where creativity is stifled, *We Will Rock You* follows rebels Galileo and Scaramouche as they battle an oppressive regime using the power of rock 'n' roll. This high-energy musical features Queen's legendary hits like "Bohemian Rhapsody" and "We Are the Champions." Blending mind-blowing visuals with a story of self-discovery and freedom, the show celebrates individuality through the human spirit. ADA hearing devices not available. Send check payable to TOALC for \$25 (guests \$35) per ticket by June 18. Facilitator: Greg Nulle

SUMMER-LONG & FLEXIBLE PROGRAMS

Rosemary Brown - Date & Time: TBA. State Senator Rosemary Brown (R-40th District) will visit TOALC at a date and time to be determined. Register as soon as the date is finalized.

TF. 250 for 250 America250PA Wellness Challenge Ongoing through Dec 31: Join Pennsylvania's "250 for 250" fitness challenge! Log 250 minutes of activity—like walking or gardening—on the America250PA website. Register with TOALC for mutual support in this statewide wellness initiative.

LEADERS & PRESENTERS

Loren Anibaldi is a retired speech-language pathologist with certification in neurodevelopmental treatment. A lifelong music enthusiast, he has performed with various vocal groups and is a self-taught musicologist and audiophile.

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.

Paula Benz is a retired Hospice Multi-Faith Chaplain and Buddhist practitioner.

Brenna Berdini is Regional Director of Network Development for Marquis Health Consulting Services.

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 J.D. 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.

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.

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

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.

Jaclyn Einfeldt is a Holistic Nutrition student at Purdue, passionate about helping people create autonomy in their health care.

Barry Field is a retired NYC special education teacher and singer/guitarist, enjoying the good life that comes with an active retirement.

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.

Eric Goins has a strong passion for photography and has studied the medium for over 20 years. His memberships in several clubs and organizations have led him to share his experiences with others.

Bob Hay served as the Chairman of the Pennsylvania Northeast Regional Railroad Authority and is a broker with Keller-Williams.

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.

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

Jill Howell is a local counselor, board-certified therapist and author of *Color, Draw, Collage: Create Your Way to a Less Stressful Life*.

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

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

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

David Learn has sung in many area choirs and is interested in how music and religion work together.

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 anchored the Northeast blues scene since the 1970s, Silk City artist. His NEA-funded album *Next Train Smokin'* earned international acclaim, and he received a 2013 W.C. Handy nomination for producing Otis Spann's legendary album *Someday*.

Michael Liberman is an East Stroudsburg University emeritus professor of English. George Herbert is one of his favorite poets.

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.

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 B.S. 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.

Cindy Lou Morris brings expert guidance to the easel whether you're looking to capture a fleeting memory or master a new medium. A Plein Air contest winner and seasoned landscape designer, she specializes in painting nature, nostalgia, and vibrant scenery.

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 the Monroe County Area Agency on Aging.

Keith Robinson, a resident since 2021, had a career in water resources with the US Geological Survey and NJ Department of Environmental Protection with a focus on water quality. He enjoys hiking and kayaking. He loves to talk about trees and wildlife!

Mel Rosenthal is a retired chiropractor, yoga instructor, Radical Forgiveness coach, and dog rescue volunteer.

Pianist/Composer **Joan Stiles** has taught at Manhattan School of Music for over 35 years. She has the rare distinction of teaching in both the classical and jazz divisions.

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.

Mike Wetmore continues to consider the books that engaged us in our youth from a more "mature" (?) perspective.

Kim Williams is a graduate of Stroudsburg High School and East Stroudsburg University, a veteran of the PA Army National Guard, an avid amateur photographer, and a member of many local historical and conservation groups.

Stephanie Uhranowsky has led the Brodhead Watershed Association since 2024. Combining a Master's in Communication with grassroots leadership, she uses mission-driven storytelling to champion our local environment.

Luci Zirpoli is a Licensed Massage Therapist and has been teaching anatomy and physiology for over 15 years.

NOTICE OF NON-DISCRIMINATION

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

TOALC OFFICERS AND ADVISORY BOARD MEMBERS

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

IMPORTANT GENERAL NOTICES

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

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

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

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

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

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

Share this course book with a friend!

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

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

REGISTRATION SURVEY: WE NEED YOUR TIME AND TALENTS!

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

Name (If this page has no mailing label) _____

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

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

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

Suggestions for Topics or Themes for the Friday Lecture Series:

