



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

Learning  
is Good  
for Life!!

# Winter/Spring 2023 Course Book

Revised 12/15/2022

## Program of Virtual and In-Person Classes

Monday Jan. 23 – Friday Mar. 17, 2023  
Kickoff Meeting Sunday Jan. 8 @ 2 PM  
East Stroudsburg Presbyterian Church

Exercise your mind with life-enriching experiences

**TOALC is a 501(c)(3) not-for-profit**

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](mailto:info@theoalc.org)**  
**Website: [www.theoalc.org](http://www.theoalc.org)**

# TOALC Winter/Spring 2023

## Location and hours

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

## Registration

- You’ll 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 by **Jan. 18** so we can add you to class rosters and get you any needed class information.

## Membership Payments and Trip Deposits

- A membership entitles you to register for an unlimited number of classes in that semester.
- The one-year membership option is available only at the beginning of the fall 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 a promise to mail in a 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 Deposits:** Due at times and for amounts specified on certain trips where TOALC must prepay vendors. Deposits will be refunded only if your cancellation incurs no cost to TOALC.

## 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.
- 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

- TOALC **will** hold class on President’s Day February 20. **See Page 10 for Weather Closing Policy.**
- If dropping a class, tell the class leader or the TOALC office. Someone may be waiting for an open seat.
- The class leader will notify you directly if a class is cancelled.
- Please arrive at class on time. Sign into Zoom meetings 10 minutes early to handle any technical snags.
- 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.)**

# WINTER/SPRING CLASSES – Updates in Red

## TBD

### **MY. Meet Your State Representative**

**Date and Time TBD.** Tarah Probst, newly elected to the 189th District of the State House of Representatives will join us this semester to discuss issues of interest to constituents. Rep. Jack Rader will be here during the summer semester. Dates and times are not yet determined. **Facilitator: Greg Nulle**

### **SN. Snowshoeing**

**TBD January – February in-person class meets at Glen Brook Golf Club, 1044 Hickory Valley Rd., Stroudsburg, PA.**

Try out snowshoeing on the beautiful Glen Brook grounds and get a good workout. Rent SROSRC snowshoes that day at \$3 or BYO gear for a free outing. Sign up to be waitlisted. We'll call down the list to see who's available for a run the day after the first snow of 5 inches plus. **Leader: TrudyAnn Buckley**

## **MONDAY**

### **HR. Hudson River School**

**Mon. Jan 23 to Jan 30 via Email.** Whether you are an artist, photographer, writer, or someone who just enjoys nature, most everyone can appreciate the beauty of the American landscape. This email class will explore the art and ideas of the Hudson River School through short videos. The content will include a look at the paintings, history, religious ideas, and politics of that period, as well as some current day scenery. **Leader: Melodie Schwarz-Higgins**

### **WO. Wisdom of Winter, Pt. 2 Traditional Folklore and Contemporary Behavioral Topics That Inspire Love, Peace, and Respect**

**Mon. Feb 6 to Feb 27 via Email.** This is an expansion of Wisdom of Winter presented in Winter 2022. Renew your inner wisdom with meaningful/spiritual poems, traditional stories, writings, and films. In the restfulness and peace of winter, turn your focus inward and deepen your reflections about the past year. What new knowledge did you acquire that gives your life meaning? What memories have you created that define your life? View a documentary and acquire folkloric knowledge about Native Bigfoot that is meaningful to Indigenous First Nations. Then watch a second film about the nurturing of life that supports making memories that cannot be forgotten. Equipment: Attendees need access to a computer or laptop computer. Cell phones to receive course not recommended. Must know basic sending and receiving of emails for interaction. Be able to enter ZOOM meetings when scheduled for discourse and presentations. **Leader: Rosalyn Blue Sky Henley**

**The Registration Form is on page 14.**

### **BF. Ballet for Seniors**

**Mon. 10:00 to 11:00 - Jan 23 to Mar 13 in person at Castle Inn, 20 Delaware Ave, Delaware Water Gap, PA.** 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**



### **EM. Eastern Monroe County in Global Perspective**

**Mon. 10:00 to 11:30 - Jan 30 to Feb 6 via Zoom.** This will be a course that places eight aspects of Eastern Monroe County in their global perspective. Aspects to be addressed are: Minisink Paleolithic Site, Minsi Path, Dutch West Indies Colonization, Delaware River Name, Shawnee Indigenous, Nicholas Depuy, Fort Depuy and Antoine Dutot. Each one of these will be placed into its World History context. At the completion of the course, students will have a much wider appreciation of Eastern Monroe County and a clear understanding of one of the key components of the World History field, which is to consider local history in a global perspective. **Leader: Tom Mounkhal**

### **CT. Canterbury Tales**

**Mon. 10:00 to 12:00 - Jan 23 to Mar 13 in person.** Chaucer is the Father of English Poetry! Come learn about some of the greatest tales of England in the 14th century. Course taught in translation. Book: Penguin edition, Nevill Coghill, editor, available from Amazon at \$9.49. **Leader: Howard Weiner.**

### **IT. Introduction to Judaism**

**Mon. 10:00 to 12:00 - Jan 23 to Jan 30 (snow date Feb. 6) in person.** An exploration of Judaism through words and music. **Leader: Rabbi Johanan Bickhardt**

### **RL. Reading Like a Writer**

**Mon. 10:00 to 12:00 - Feb 6 to Feb 27 via Zoom.** We'll be studying Janisse Ray's new novel, *The Woods of Fannin County*. Please read before the class starts. We'll discuss the various craft elements. In addition, there will be a link provided to Janisse's book launch for this work. And Janisse will be appearing in our Author Series. **Leader: Deborah Emin**

### **NF. Nutrition for Seniors: Smart Choices for Healthy Aging**

**Mon. 10:00 to 12:00 - Feb 13 in person (one day only).** This course will increase your knowledge about food choices to promote better health and well-being. The focus will center around selection, nutritional value, and health benefits of fruits and vegetables. We will also review portion size and food safety. **Leader: Lois Elick, BSN RN**

### **GE. Genealogy**

**Mon. 10:00 to 12:00 - Feb 20 in person in the main meeting room at the Hughes Library, 1002 N. 9th St., Stroudsburg, PA. (one day only).** Are you interested in genealogy? Have you hit a roadblock or gotten frustrated in trying to piece together your family history? This class will pique your interest and introduce you to various resources and techniques to help you understand the popular research field. Your library provides extensive access, and you'll learn how to take advantage of the opportunity. This is a class you definitely don't want to miss! **Leader: Jim Adams**

### **MP. March Poets**

**Mon. 10:00 to 12:00 - Feb 27 to Mar 13 in person.** The March Poets: "Jack, Larry, Greg, Bob, and Al" and their Gemini buddy "AG". Oral reading and discussion of the poetry of Kerouac, Ferlinghetti, Corso, Frost, & Housman during the first two sessions. The third meeting we'll read Allen Ginsburg's "Howl" in toto. **Leader: Mike Wetmore**

### **AO. Art of the Short Story**

**Mon. 1:30 to 3:30 - Jan 23 to Mar 13 in person.** An investigation into some of the world's greatest authors and the great short stories they wrote. Book: *Norton Anthology Of Short Fiction---Shorter 7th Edition. Available for \$5.44 each*, online at "Used College Book Finder and Book Scouter" at <https://bookscouter.com/>. **Leader: Howard Weiner.**

### **OD. Overcoming Dysfunction**

**Mon. 1:30 to 3:30 - Jan 23 to Mar 13 in person.** Most Americans are concerned about our government's seeming inability to resolve existential problems facing not only our state and nation, but also the world. Whether it be climate change, inequality, maintaining our borders, or even passing a budget in a timely fashion, the political process is often hamstrung by ossified institutional structures, rules, and practices. While these challenges are certainly magnified by political and social polarization, they are exacerbated by dysfunctional institutions that no longer seem to respond to our political challenges. These frustrations are leading to impatience with our liberal democratic processes, with the result that many are willing to try more authoritarian alternatives. Is there anything we can do about this? **The book we will be using for the class is *How Democracies Die*, by Harvard University political scientists Steven Levitsky and Daniel Ziblatt. It discusses how elected leaders can gradually subvert the democratic process, and the mechanisms that should be in place to prevent this. It's a 2018 book, so in that sense, it is a little dated. But the principles they talk about are still very much applicable. Dr. Clarke thinks the class will like it. The authors recount much of what everyone has already witnessed in America, but the recounting is set within a comparative framework that provides perspective and continues to have relevance. There are many used copies of the book on Amazon. It is also available on Kindle. Leader: Dr. Merlyn Clarke**

### **SC. Scrabble**

**Mon. 1:30 to 3:30 - Jan 23 to Mar 13 in person at Loder Center, 62 Analomink St., East Stroudsburg, PA. Let's play SCRABBLE!**

**Leader: Mike Wetmore**

### **QC. Quilter's Choice**

**Mon. 2:00 to 4:00 - Jan 23 to Mar 13 in person.** Complete a project from a prior session or, with leader assistance, choose another piecing project. If you are new to quilt piecing, I will help you find a beginner project that you will like. Piecing curves has been requested by some prior participants, but others consider them the plague. I will work on curves with those who want to expand to a new technique. Participants will provide own supplies. Must have a sewing machine. **Leader: Susan Houcek**

## **TUESDAY**

### **CW. Creative Writing**

**Tues. 9:30 to 11:30 - Jan 24 to Mar 14 via Zoom.** Begins with a 15-minute writing assignment followed by a presentation or discussion of effective creative writing techniques, led by a class member or a guest speaker. Participants will share writing from prompts or independent projects for constructive critique. **Leader: Charles Fancher Max: 12**

### **LO. Legends of Music, Pt. 3**

**Tues. 10:00 to 12:00 - Jan 24 to Mar 14 in person.** We will study various musical legends from genres including Classical, Jazz, Blues, Country, Rock, R&B, Latin, and Modern. **Leader: Don Bell**

### **TP. The Psyche and the Cosmos**

**Tues. 10:00 to 11:30 - Jan 24 to Mar 14 at Unitarian Universalist Fellowship of the Poconos (UUFF), 118 Knight St., Stroudsburg (about one-half mile from Eastern Monroe Public Library). Both in person and via Zoom.** How do we know what we know about the universe? How has knowledge of the cosmos evolved from ancient mythologies to the Webb telescope, black holes, and quantum mysteries? How does human nature limit our consciousness of the world around us and the universe? Join the discussion as we look for answers from different perspectives, including philosophy, psychology, and physics. **Leader: Ken LeSure Max: 20**

### **MF. My Forever Home**

**Tues. 10:30 to 12:00 - Mar 14 in person (one day only).**

According to the AARP, approximately 90% of adults over the age of 65 want to "age-in-place" at home. The question is, "What does it take to make that possible?" Is it the help and assistance from a loved one? Is it in-home supportive services from a professional service provider? Or is it a move to a "unique" type of retirement community that can make aging-in-place a reality? Join Sue Capobianco, Chief Marketing Officer at Morningstar Living, and Kelly Wilson, Director at Senior Solutions, as they team up to equip you with all the possibilities that exist for you to "age-in-place" at home. **Leader: Sue Capobianco**

### **HM. Home Maintenance and Repair**

**Tues. 11:15 to 12:15 - Feb 7 to Feb 28 in person.** Basic skills in electrical repairs and installations to include proper, safe ways to install lighting fixtures, switches, and power outlets. Additionally, how to repair/replace plumbing fixtures: faucets, hose bibs, sink drains and sump pumps, and repair pipe leaks. We will also discuss ways to repair holes and cracks in damaged plaster/sheet rock. No tools will be required of attendees. Bring a note pad to keep a personal informational library. **Leader: Philip Cohen**

### **MJ. Mah Jongg**

**Tues. 12:30 to 2:30 - Feb 7 to Mar 14 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 to socialize and has been found to be a viable treatment option for dementia. **Leader: Erika Cohen Max: 16**

### **BO. Book of Ruth**

**Tues. 1:30 to 2:30 - Jan 24 to Feb 21 in person.** The story of Ruth contained in the small book of the Bible of the same name has been called the “second greatest love story in the Bible”. The events recorded serve as a snapshot of life during the time of Israel's judges. This course will undertake a 5-week survey of Ruth with the objective of understanding how the book fits into the Bible as a whole, and how it has inspired generations of people. An informational handout will be provided each week. It will be helpful to read a chapter ahead if possible. **Leader: David Cornell**

### **CF. Crafts for Fun**

**Tues. 1:30 to 3:30 - Jan 24 to Feb 7 and Feb 21 to Mar 7 in person.** Do you like to make things but have too much stuff already? Join us to make crafts for the shut-ins at Pleasant Valley Manor. PS: If you really want one to take home you can! **Leader: Linda Gerkenmeyer**

### **FP. Finding Purpose in the Second Half of Life – Are You Preparing?**

**Tues. 1:30 to 2:30 - Jan 24 to Mar 14 in person.** Spiritually speaking, where do we go from here and how should we prepare? We will discuss five different approaches: Fr. Richard Rohr's book *Falling Upward*, Rabbi Zalman Schachter-Shalomi's *From Age-ing to Sage-ing*, Swedenborgianism, Vedanta (presented by special guest Swamini Ramananda), and Eastern thought (yoga). This will be an open forum. What are your thoughts? We all need all the help we can get! **Leader: Mel Rosenthal**

### **YF. Yoga for Seniors**

**Tues. 2:30 to 3:30 - Jan 24 to Mar 14 in person.** Traditional yoga postures, appropriate for seniors. Also focusing on the healing effects of clearing chakra blockages, healing breathwork, and meditation. This is NOT chair yoga. You must be able to get up from and down to the floor without assistance. Bring your own mat (available online and in many local stores). Your safety is my number one goal. **A one-time \$5 fee is required to help pay for the yoga instructor's insurance. Leader: Mel Rosenthal**

## **WEDNESDAY**

### **TC. Tai Chi Refresher**

**Wed. 9:00 to 11:00 - Feb 15 in person at Middle Smithfield Township Community & Cultural Center, 5200 Milford Rd., East Stroudsburg, PA 18302 (one day only).** Refresh your Tai Chi, the ancient Chinese exercise that promotes calmness of mind, physical grace, and overall good health. Described as meditation in motion, Tai Chi movements are gentle. Continue your practice to develop strength, balance, and an alert but peaceful mind. **Leader: Dr. James J. Vagliardo Max: 25**

### **BD. Bible Discussion**

**Wed. 10:00 to 12:00 - Feb 1 to Feb 8 in person.** The class is an open discussion of questions such as: defining a Christian, applying Bible verses to one's life, and faith in the Bible versus hope. **Leader: Sarah Kranick**

### **ST. Sharing Time**

**Wed. 10:00 to 12:00 - Feb 1, Feb 22, and Mar 15 in person.** A TOALC “Show and Tell” to share and learn about one another's interests in 15 – 30-minute segments. On the agenda so far: quilting projects, Old Mine Road photos, working at a refugee relief program in central Africa. More presenters welcome. **Facilitator: Greg Nulle**

### **CL. Country Line Dancing**

**Wed. 11:00 to 12:00 - Mar 1 to Mar 15 in person.** Come join the fun and give country line dancing a try. No previous experience is necessary to participate. Line dancing is done without a partner, and special footwear is not required. If you can count to four, you can country line dance! **Leader: Jill Malefyt Max: 15**

### **GF. Golden Footlights Theater Company**

**Wed. 1:00 to 3:30 - Jan 25 to Mar 15 in person.** Scene work, acting technique, drama games, theater arts, performance skills. No memorization required! Just plain fun for all ages & levels of experience with a possible performance for friends & family. Come join us! **Leader: Jan Julia**

### **CE. Current Events**

**Wed. 1:30 to 3:30 – Jan 25 to Feb 22 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**

### **AM. American Music of WWII, Pt. 2**

**Wed. 1:30 to 3:30 - Feb 8 to Feb 15 in person.** Come listen to popular American music of the WWII years. Enjoy some songs that might be old friends and discover some lesser-known gems. We will hear patriotic and inspirational tunes, novelty songs, ballads that may bring tears to your eyes, and snappy melodies designed to lift your spirits. **Leader: Eileen Porte**

### **GI. Global Issues**

**Wed. 1:30 to 3:30 - Mar 1 to Mar 15 in person.** This robust group discussion is ideal for political enthusiasts and the simply interested alike. It is focused on global affairs (Book: Foreign Policy Association **Great Decisions 2023**, about \$35) and the impact on U.S. Foreign Policy. This book will be used in all three semesters in 2023 but is not a required purchase. The FPA is a private not-for-profit organization and is the oldest and largest grassroots educational program on world affairs. **Facilitator: Leslie Berger**

### **GM. Guided Meditation**

**Wed. 6:30 to 7:30 pm - Feb 1 to Mar 8 via Zoom.** What a great way to enjoy dark winter evenings. Join us for guided meditation presentations by members of our community. Class participation is encouraged to increase our knowledge and awareness of guided meditation.

**Leader: Pamela Wyckoff**

## **THURSDAY**

### **SR. Spanish Reading and Comprehension**

**Thurs. 8:30 to 9:45 - Jan 26 to Mar 16 via Zoom.** Learn Spanish with stories from Latin American writers and improve your reading comprehension and listening skills and increase your vocabulary in a fun way. **Leader: Emma Elizabeth CJ Avci**

### **PD. Painting Demo Still Life**

**Thurs. 9:30 to 12:00 - Jan 26 (snow date Feb. 2) in person (one day only).** The demo will consider composition, color, design, and technique. The presenter also will discuss her research into some interesting palette combinations. **Leader: Tricia Lowery Lippert**

### **AV. A Variety of Movies**

**Thurs. 9:30 to 12:00 - Feb 2 to Mar 9 in person.** In celebration of Black History Month: 1. *Barry White Story* (2007) and *The Temptations Get Ready* (1966); 2. *Eraser* (1996) with Vanessa Williams and Arnold Schwarzenegger; 3. *In the Heat of the Night* (1970) with Sidney Poitier; 4. *Claudine* (1974) with Diahann Carroll and James Earl Jones; 5. *Flight* (2012) with Denzel Washington; 6. *The Preacher's Wife* (1996) with Whitney Houston and Denzel Washington. **Leader: Jesstina Smith Max 12**

### **BH. Brexit History: Britain and Europe**

**Thurs. 10:00 to 12:00 - Jan 26 in person (one day only).** The issues and political realignment Brexit caused are ultimately what's behind the current political instability in Britain. The class will put the contemporary turmoil in the context of Britain's relationship to Europe going back to the Middle Ages. **Leader: Dr. Christopher Dudley**

### **BC. Book Club**

**Thurs. 10:00 to 12:00 - Jan 26 to Feb 16 via Zoom.** We will read ***Bottom of the Fox: A True Story of Love, Devotion & Cold-Blooded Murder*** by Shaun D. Mullen. Available on Amazon for about \$12. **Leader: Kathy Cleveland**

### **ML. Mountaintop Lodge Food Demo**

**Thurs. 11:00 to 1:00 - Mar 9 in person (one day only).** We return to Mountaintop Lodge at Lake Naomi for a hands-on cooking workshop. 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**

### **KF. Knitting for Health and Fun**

**Thurs. 11:15 to 1:15 - Jan 26 to Mar 2 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. If you have never knitted before, bring a pair of #8 needles and a ball of cotton yarn. **Leader: Andrea Reiter**

### **HW. How Will Climate Change Impact the Poconos Area?**

**Thurs. 1:00 to 3:00 - Mar 2 in person (one day only).** This course will give an overview of how climate change is already affecting the Poconos area, and will in the future. How is climate change being measured? What we can expect climate change to do to our weather, water resources, plants and wildlife, agriculture and way of life? Ways we can act now to help protect our important natural resources and minimize the future impacts will also be discussed. **Leader: Keith Robinson**

### **MS. Maple Sugaring at Meesing Nature Center**

**Thurs. 1:00 to 3:30 - Mar 9 in person (one day only).** A program presented by Kettle Creek Environmental Education Center naturalists in the Delaware State Forest (Creek Road / Marshalls Creek Area). We will witness the maple sugaring process. Dress for warmth and wear walking boots with good tread. **Cost: \$5 per person payable at the event. Carpool from the church. Facilitator: Leslie Berger Max 20**

### **GD. Groundhog Day at the Movies**

**Thurs. 1:00 to 4:00 - Feb 2 in person at Pocono Cinema (one day only).** Join us for a free showing of the 1993 comedy-fantasy movie classic *Groundhog Day* with Bill Murray and enjoy other holiday shenanigans. **Facilitator: Greg Nulle**

### **CS. Creative Styles**

**Thurs. 1:30 to 3:30 - Jan 26 to Mar 16 in person.** Creative activities that will introduce you to various media from collage to jewelry making to zentangles and beyond in a comfortable atmosphere. All supplies provided. **Leader: Pat Wayne**

### **DA. Drawing and Watercolors**

**Thurs. 1:30 to 3:30 - Jan 26 to Mar 16 in person.** All levels are welcome. Set aside your art anxieties and come join the fun! Bring your own project if you like, regardless of medium. A materials list will be discussed at the first class. **Leader: Joanne Cervantes**

### **NY. New York Science Times Discussion**

**Thurs. 1:30 to 3 pm - Jan 26 to Mar 16 via Zoom.** Enjoy lively discussions and exchange of ideas/opinions about stories in the Tuesday Science Section of the Times. **Leader: Greg Nulle**

### **PA. Poetry and Conversation**

**Thurs. 1:30 to 3:30 - Jan 26 to Feb 16 in person.**

Come join us as we read what the poets  
Have to say about Life and the living of it –  
Add your two cents to the mix –  
Or just listen. You're welcome either way!  
Materials provided. **Leader: Kathleen Grimaldi**

### **PI. Pinochle**

**1:30 to 3:30 - Mar 2 and Mar 16 in person at Loder Center, 62 Analomink St., East Stroudsburg, PA.** Several TOALC members have expressed an interest in starting up a pinochle group. So we'll give it a try. Bring your favorite snacks and a deck of cards and join the fun. **Leader: Leslie Berger**

### **DH. Deer Head Inn Dinner and Jazz Jam**

**Thurs. 5:30 to 10:00 - Mar 16 in person (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

### WF. Watch for Eagles

**Fri. 9:00 to 4:00 - Jan 27 (snow date Feb. 3) in person (one day only).** Gather by 8:45 at the church parking lot. Depart at 9 am on a bus supplied by Kettle Creek Environmental Ed. Center. Observe both resident and wintering eagle populations along the Delaware River. Be sure to wear winter clothing. **Cost: \$35 members, \$45 guests. Pay on the bus. Leader: Darryl Speicher Max 11**

### IM. Instrumental Music Ensemble

**Fri. 10:00 to 12:00 – Jan 27 to Mar 17 in person.** This class is the continuation of our TOALC Ensemble. We welcome new performers of string, woodwind, brass, and percussion, regardless of ability. Our goals are to continue to improve as musicians and to perform for the community. You must have your own musical instrument. **Leader: Don Bell**

### KD. Kemp Depository Library

**Fri.10:00 to 12:00 - Feb 10 to Feb 17 in person at Kemp Library, corner of Smith and Normal Sts., East Stroudsburg.** The class will be in two parts. The first session on Feb 10, we'll learn about what government information sources are available at Kemp under the Federal Depository Library Program. Between sessions, students will think about a subject that they would like to investigate. During the second session, we'll research the answers with the help of the government information librarian and the library tools we've learned about in the first session. **Leader: Michelle Donlin**

### TT. Tom's Twisted Trivia Memorial Contest

**Fri.10:00 to 12:00 - Feb 24 via Zoom (one day only).** An online trivia contest in memory of Tom Moore.

### TY. Tom Yanac, County Coroner

**Fri.10:00 to 12:00 - Mar 3 in person (one day only).** Tom Yanac gave a wonderful presentation last winter on what it means to be Monroe County Coroner. His talk was so fascinating that by popular demand, we asked him back. **Facilitator: Greg Nulle**

### SA. Serendipity: A History of Shawnee Inn and the Kirkwood Family

**Fri.10:00 to 12:00 - Mar 10 in person at Shawnee Inn and Golf Resort (one day only).** Light refreshments will be served. Charlie Kirkwood grew up in a blue-collar family from Bethlehem and worked as a caddy at one time at Shawnee. His wife Ginny grew up in modest circumstances in Highland Park, Michigan, and came to Shawnee almost directly from her work as a Peace Corps volunteer. Neither had experience in the hospitality industry, yet together they were able to build a successful business. The Shawnee area is a magical part of Pennsylvania, with a remarkable history going back many thousands of years. **Host: Ginny Kirkwood**

### TL. TOALC Luncheons

**Fri.12:15 to 2:30 - Feb 3, Feb 17, and Mar 10 in person.** Great food and conversation over lunch with your TOALC friends. **Facilitator: Kathy Cleveland**

### EP. ESU Planetarium Visit

**Fri.1:00 to 3:00 - Mar 3 in person (one day only).** Tour the Schisler Museum of Wildlife and then view two films in the McMunn Planetarium. In "Experience the Aurora," learn the science behind this spectacular phenomenon through the first-ever high-resolution full screen photography. In "The Violent Universe," Sir Patrick Stewart explores the biggest celestial catastrophes - when worlds collide. The planetarium was recently upgraded to a state-of-the-art Digistar projection system. **Cost \$5 for museum admission, payable at the door. Facilitator: Greg Nulle**

## Friday Afternoon Author Talks on Zoom

### **AS. Author Series (Photos in online coursebook)**

Fri. 1:00 to 3:00 - all via Zoom. Our popular series of authors talking about their books and the craft of writing. **Series curated by Deborah Emin.**

**Jan 27: Robert Jensen, 1 pm via Zoom.** Robert Jensen is an Emeritus Professor in the School of Journalism and Media at the University of Texas in Austin and a founding board member of the Third Coast Activist Resource Center. He collaborates with New Perennials Publishing and the New Perennials Project at Middlebury College.



Jensen is the coauthor with Wes Jackson of ***An Inconvenient Apocalypse: Environmental Collapse, Climate Crisis, and the Fate of Humanity***, published by the University of Notre Dame Press in fall 2022.

Jensen is host and associate producer of “Podcast from the Prairie” with Wes Jackson, and associate producer of the forthcoming documentary film “***Prairie Prophecy: The Restless and Relentless Mind of Wes Jackson.***”

Jensen is co-producer of the documentary film “***Abe Osheroff: One Foot in the Grave, the Other Still Dancing***” (Media Education Foundation, 2009), which chronicles the life and philosophy of the longtime radical activist. Find his extended interview with Osheroff at <http://www.robertwjensen.org/wp-content/uploads/2015/12/Abe-Osheroff-interview-by-Robert-Jensen.pdf>.

Jensen can be reached at [rjensen@austin.utexas.edu](mailto:rjensen@austin.utexas.edu) and his articles can be found online at <http://robertwjensen.org/>. To join an email list to receive articles by Jensen, go to <http://www.thirdcoastactivist.org/jensenupdates-info.html>. Twitter: @jensenrobertw.

**Feb 24: Janisse Ray, 1 pm via Zoom.** Janisse Ray is a writer whose subject is often nature. Her first book, ***Ecology of a Cracker Childhood***, was a New York Times Notable Book and the Book All Georgians Should Read. She has since published several other books. Her collection of essays ***Wild Spectacle*** was published in October 2021. Her latest novel is ***The Woods of Fannin County***. Ray has won a Pushcart Prize, an American Book Award, and a Southern Environmental Law Center Writing Award, among others. She lives on an organic farm inland from Savannah, Georgia.



**Mar 17: Barbara King, 1 pm via Zoom.** Barbara J. King is Emerita Professor of Anthropology at William & Mary and a freelance science writer and public speaker. The author of seven books, including ***Animals' Best Friends: Putting Compassion to Work for Animals in Captivity and the Wild***, Barbara focuses on animal emotion and cognition, the ethics of our relationships with animals, and the evolutionary history of language, culture, and religion. Her book ***How Animals Grieve*** has been translated into 7 languages and her TED talk on animal love and grief has now received over 3 1/2 million views. Barbara’s work has appeared in *Scientific American*, *Aeon*, *Psyche*, and *Undark*, and she regularly reviews books for NPR and the Times Literary Supplement. She tweets about animals, science, and books @bjkingape. Her website is [www.barbarajking.com](http://www.barbarajking.com)



## SATURDAY

### **RW. Richard Wagner's Lohengrin Met Opera HD Live**

**Sat. 12:00 pm Mar 18 in person at Cinemark, Stroud Mall. (one day only).** Join fellow TOALC opera buffs in the lobby at 11:30. Wagner's soaring masterpiece makes its triumphant return to the Met stage after 17 years. In a sequel to his revelatory production of *Parsifal*, director François Girard unveils an atmospheric staging that once again weds his striking visual style and keen dramatic insight to Wagner's breathtaking music, with Music Director Yannick Nézet-Séguin on the podium to conduct a supreme cast led by tenor Piotr Beczala in the title role of the mysterious swan knight. Soprano Tamara Wilson is the virtuous duchess Elsa, falsely accused of murder, going head-to-head with soprano Christine Goerke as the cunning sorceress Ortrud, who seeks to lay her low. Bass-baritone Evgeny Nikitin is Ortrud's power-hungry husband, Telramund, and bass Günther Groissböck is King Heinrich. This live cinema transmission is part of the Met's award-winning *Live in HD* series, bringing opera to movie theaters across the globe. Running time: 4 HRS 35 MINS with two intermissions. **Purchase tickets online or at Cinemark. Call 1-800-CINEMA (1-800-246-3627) for assistance. Tickets are refundable if cancelled before showtime. Tickets in past years cost \$23. TOALC will not collect funds, issue tickets, or manage the event.**

## SUNDAY

### **SL. Straight Line Crazy**

**Sun. 7:00 to 10:00 - Apr 23 in person at the Landis Cinema at Buck Hall on the Lafayette College downtown arts campus, located at 219 N. Third St. (at Snyder Street), Easton. (one day only).** Ralph Fiennes (*Schindler's List*, *The English Patient*) leads the cast in David Hare's blazing account of the most powerful man in New York. For 40 years Robert Moses exploited those in office to influence the design of parks, bridges, and expressways. A master manipulator, Moses changed the fabric of the city forever. **National Theatre Live Downtown captures live performances in the U.K.'s most prestigious venues for broadcast in high definition in cinemas around the world. Cost is \$15 for TOALC members, \$15 for guests. Send check payable to TOALC to the TOALC office by March 1, 2023. Facilitator: Greg Nulle Max: 20**

## **LEADERS & PRESENTERS**

**Jim Adams** has been with the Eastern Monroe Public Library as an adult services librarian for almost 25 years. He supervises the Local History and Genealogy Room and helps patrons researching their family histories. He also teaches classes on genealogy.

**Emma Elizabeth CJ Avci** is an Education Programs Consultant and "Language Blogger": <https://emmaelizabethspanish.blogspot.com>

**Don Bell** is a retired music teacher. He has performed with The Temptations, Four Tops, Frankie Avalon, Bobby Rydell, and Fabian. He is a Music Ministry member of The Light of The World Church and the director of our TOALC Music Ensemble.

**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.

**Rabbi Johanan Bickhardt** is rabbi/cantor at Temple Israel of the Poconos. His rabbinical education is from Yeshivot in Lakewood, NJ, and Bridgeport, CT. He has performed and produced concerts of German, Classical, Opera, and Broadway music worldwide.

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

**Susan Capobianco** is Chief Marketing Officer at Morningstar Senior Living, has held numerous positions in sales, finance, manufacturing, and operations; is a University of Pittsburgh graduate, and has a Business Management Certificate from the Wharton School.

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

**Dr. Merlyn Clarke** is Professor Emeritus, ESU Dept of Political Science.

**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.

**Philip Cohen** was a US navy electrician, worked in the industrial machinery business, and is a member of MENSA. He supervised construction site projects for Monroe County, PA, Habitat for Humanity for the past eight years.

**David Cornell** served as the pastor for First Baptist Church of East Stroudsburg from 1980-2018, and prior to that was a campus minister in Oneonta, NY, with Main St. Baptist Church.

**Michelle Donlin** is the Scholarly Communication & Research Librarian at ESU's Kemp Library. She is the depository coordinator for the government document collections and the subject librarian for the social sciences, business, and nursing disciplines at ESU.

**Dr. Christopher Dudley** is Associate Professor of History at ESU with a specialty in British history.

**Lois Elick** is a Population Health Nurse with the Pennsylvania Department of Health. She provides education programs in ten counties with a focus on chronic diseases.

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

**Charles B. Fancher's** new novel, **Red Clay**, was just acquired by a major publisher. He is a writer, editor, and consultant; a former journalist at The Philadelphia Inquirer and the Detroit Free-Press; a former corporate executive and Lecturer at Howard University.

**Linda Gerkensmeyer** is a retired banker (Sr. VP), Specialized Kinesiologist, Consultant, Housing Counselor, Author, and Adventurer.

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

**Rosalyn Blue Sky Henley** is a Clinical Psychiatric Pharmacist, R.Ph/MS-retired from NY State, American African and Indigenous Cultural Heritage Researcher, creative writer/poet.

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

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

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

**Sarah Kranick** has been a Christian for over 30 years, and a Sunday School and Bible School (topic classes) teacher of adults.

**Ken LeSure, PhD** 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.

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

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

**Eileen Porte** discovered that 40s music is a lot more than just Glenn Miller and Benny Goodman. She thinks the war years produced some particularly interesting music that she would like to share with TOALC.

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

**Keith Robinson** hails from New England and had a career in water resources with the US Geological Survey and NJ DEP with a focus on water quality. He enjoys hiking and kayaking.

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

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

**Jesstina Smith** has a love of different genres of movies.

**Darryl Speicher** is an avid birder, writer, media commentator, naturalist, and founder of the Pocono Avian Research Center.

**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.

**Pat Wayne** learned to paint at TOALC from Roger Sadler and enjoys helping others find this joy.

**Howard Weiner** has a PhD in Medieval Literature and 48 years of teaching experience, retiring as Assistant Professor of Medieval Literature at Touro University in New York City.

**Mike Wetmore** is a poet of almost lifelong duration, and a student and admirer of most great poets.

**Pamela Wyckoff** is a passionate lifelong learner who believes deeply in the importance of fully participating and strengthening our local and global community.

### **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**

President: Jim Vagliardo, Vice President: Greg Nulle, Secretary: Bradford Day, Treasurer: Connie Hogan  
Members: Gary Bickle, Kathy Cleveland, Maryfrances Kresge, Ken LeSure, Linda McMeekin, Eileen Porte, Patrick Shevlin

## **STAYING HEALTHY THIS WINTER/SPRING SEMESTER**

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 get vaccinated for COVID-19 and the flu.

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. Notify the office if you are exposed to or have COVID--19.

## **INCLEMENT WEATHER CLOSING POLICY**

We close if the East Stroudsburg School District closes due to weather (at <https://www.esasd.net>) . Delayed school openings do not affect the TOALC schedule since our class day starts later. We also report weather closings on the WSBG "Storm Center" page (at <https://935sbg.com/wsbg-home/storm-center>). We may set a makeup date after our semester ends on March 17 for cancelled classes. If you don't feel comfortable with weather conditions in your area, follow your own judgment and stay home.

**In-person classes meet indoors 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'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:**

