



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

Learning
is Good
for Life!!

Fall 2024

Course Book

Kickoff and Potluck

A festive get-together open to the community.

Sunday, Sept. 8, 2024, 2 pm

East Stroudsburg Presbyterian Church

Program of Classes

Monday, Sept. 9 – Friday Nov. 15, 2024

Exercise your mind with life-enriching experiences

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)

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 Fall 2024

Location and Hours

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

Registration

- You’ll find the registration form on page 13. Mail it to our address on the form **OR**
- Register online at our website’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 **Sept 4** so we can add you to class rosters and get you any needed class information.

Membership Payments and Trip Policies

- A membership entitles you to register for an unlimited number of classes in that semester.
- Mail payment with the registration form **OR** pay online at our website **Membership** page at <https://www.theoalc.org/membership>. The page accepts credit cards or you can pay by check.
- Class leaders and volunteers for TOALC in the last semester receive a free one-semester membership.
- **Membership Refunds / Credits:** Available if you decide not to register for any classes or if for any reason, you attend **none** of the classes for which you registered.
- **Trip Policies:**
 - **Deposits:** Due at times and for amounts specified where TOALC must prepay vendors. Deposits refunded only if your cancellation incurs no cost to TOALC. **Separate checks per trip, please!!**
 - **Guests:** Trips are open to anyone who registers for the semester, on a first come, first served basis. If we do not have a full trip, guests will be allowed but must pay an additional \$10 fee.
 - **Those with special needs** should call the TOALC Office at 570-422-7810 ahead of time.

Health and Safety

- TOALC will follow **CDC and PA State Dept. of Health guidelines**. As in the past, should changes become necessary to our program, the health and safety of our members will be our primary concern.
- Park in the lower lot at the church so members with mobility challenges can park on the upper driveway.
- No parking in/near the circle in front of the church. You may block a driver’s view of other drivers.
- Let us know if another member is injured, ill, etc. so we can reach out to members and their families.

Class Delivery Options

- Classes are held in person (both indoor and outdoor), remotely on Zoom, and by email.
- Zoom meeting invitations will be emailed two weeks ahead. Do not post or share the links with anyone.
- See **Zoom Video Conferencing FAQ Sheet** on the TOALC website at <https://www.theoalc.org/catalog>.

Class Attendance

- TOALC will be **open** and **will** hold class on Columbus Day (Oct. 14) and Veterans Day (Nov. 11).
- 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). All contributions are tax-deductible and will be acknowledged. Make donations by mail (see our address above) or at <https://www.theoalc.org/donate>.

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

FALL CLASSES

MONDAY

WW. Watercolor Workshop

Mon. 9:30 to 11:00 - Sep 30 to Oct 28 in person. California School-based art, plus Joann's MFA studies. Class alternates between instruction and workshops. A list of needed supplies will be furnished before class. **Leader: Joann Cervantes**

BF. Ballet for Seniors at Mambo House

Mon. 10:00 to 11:00 - Sep 9 to Nov 11 in person at The Mambo House, 2989 Route 611, Tannersville PA. A low-impact class for men & women who love to dance. Stretching, mild cardio, excellent for posture. Wear leotards or leggings, a loose top, ballet slippers or socks. **Risk** – Medium: Ballet is difficult for those with arthritic knees. **Leader: Diane Verdi**

FV. Fact vs Fiction - The Historical Novel

Mon. 10:00 to 12:00 - Sep 9 to Nov 11 in person. How much history is there in a historical novel and how much is purely the invention of the author? This class will explore English history as it is presented by Sir Walter Scott in his novel *Ivanhoe*, one of the greatest historical novels ever written. The class will be using the Penguin edition of *Ivanhoe* available online at Amazon or at Barnes and Noble. **Leader: Howard Weiner**

MR. Midwest Regional Literature a Century Later

Mon. 10:00 to 12:00 - Sep 9, 16, 30, Oct 7, 14. in person. Read and discuss a variety of literary works by major Midwest authors of the first quarter of the 20th century: Robinson, Cather, Fitzgerald, Anderson, Hemingway, and Ferber. And a movie, too (ends at 12:30). **Leader: Michael Liberman**

TI. The Impressionists: Painting with Music

Mon. 10:00 to 11:30 - Sep 9 to Nov 11 in person. This course will focus on the French Impressionist composers, including Debussy and Ravel. We will also explore the link between the visual and performing arts during this period in music history. **Leader: Betsy Buzzelli-Clarke**

LV. Lisa VanWhy, PA House Candidate (See also TP, 9/13)

Mon. 10:00 to 12:00 - Sep 23 (one day only) in person. Lisa is the Republican candidate for the 189th District of the State House of Representatives. **Facilitator: Greg Nulle**

SU. Sustainability

Mon. 10:00 to 11:30 - Sep 30 (one day only) via Zoom. A review of the current climate change situation and sustainability, new technology to help solve some of these issues, ending with a discussion of future practices to achieve U.N. sustainability goals by 2050. Most importantly: What we can do to adjust our daily lives and practices to support the U.N. sustainability goals and secure the environment for future generations. A review and update of the summer class. **Leader: George Waddington**

DY. Discover Your Family History

Mon. 10:00 to 12:00 - Oct 21 to Oct 28 in person. Bring your family tree and we'll work together to fill in missing information, break through "brick walls". We will use lots of online resources so bring your laptop. **Leader: Jean Benfante Max: 12**

AG. Ageism

Mon. 10:00 to 11:00 - Nov 4 to Nov 11 in person. "Aging is Not a Problem; Ageism is the Problem." Ageism stereotypes seniors, fosters discrimination and prejudice, and harms our economy. How to respond to it? **Leader: Richard Weintraub**

GF. Golden Footlights

Mon. 1:00 to 3:30 - Sep 9 to Nov 4 in person at Shawnee Ridge Community Center, 200 Jersey Ln, East Stroudsburg, PA. Scene work, acting technique, drama games, theater arts, performance skills. No memorization required! Fun for all ages & levels of experience. A performance for friends & family is possible. **Leader: Jan Julia**

IT. Introduction to Poetry

Mon. 1:30 to 3:30 - Sep 9 to Nov 11 in person. Afraid of poetry? Don't be! It's easier to understand than you think. Come along on an exploration of some of the greatest poems in the English language--and what makes them great! From sonnets to 20th century free verse--and everything in between, we'll learn about the authors behind the poems and the periods in which they were written. Text for the course is *100 Best-loved Poems*. It is the Dover Thrift Edition and is available at Amazon for \$3.99. **Leader: Howard Weiner**

CN. Cooking / Nutrition Demo with Weis Markets at TOALC

Mon. 1:30 to 3:00 - Sep 16 (one day only) in person. A live cooking demonstration with seasonal ingredients. Learn nutritional information about the ingredients, cooking tips, and provide samples of the prepared recipe. **Presenter: Lyndi Mies**

AI. American Indian Heritage Month

Mon. 1:30 to 3:45 - Sep 23 to Nov 11 in person. A course for creatives and appreciators of Native American contributions to the arts. Practice mindfulness while coloring beautiful Indigenous motifs. Projects provided, bring your own coloring/painting tools for participation. Watch a great colorist, Earl Biss (Crow Tribe of Montana), and Cherokee Treasure, Jane Osti – potter, show you their unique styles on film. Study acting skills of Graham Green (Canadian Six-Nations Reserve), Tantoo Cardinal (Canadian Cree/Metis) in “Dances With Wolves.” Canada had National Indigenous History Month in June – but we will still feature these great artists in Nov. Observe skills of Lily Gladstone (Piegan Blackfeet/Nez Perce) and Tantoo Cardinal in “Killers of the Flower Moon”. Mexican surrealist painter, “Frida Kahlo” features the gifted Salma Hayek (Mexican-American) whose tremendous efforts brighten the film industry. **Leader: Rosalyn Blue Sky Henley**

IO. Influence of Anti-Liberalism In America

Mon. 2:00 to 4:00 - Sep 9 to Nov 11 in person. Most Americans assume that the principles of the Declaration of Independence—natural rights, equality, government by the consent of the governed—are universal and inalienable. These ideas derive from the ideas of the classical liberal tradition. But, in fact, significant and consequential segments of our citizenry during various periods of our history have not endorsed these principles and have favored a social order and rule based on hierarchy, privilege derived from heritage, social status and wealth. These ideas have recently emerged as acceptable beliefs and are impacting contemporary American politics. We'll read *Rebellion: How Antiliberalism is Tearing America Apart—Again* (2024) by Robert Kagan. **Leader: Merlyn Clarke**

TUESDAY

EO. Election Overview with the League of Women Voters

Tue. 9:00 to 10:30 - Sep 10 (one day only) in person. There are important election deadlines as well as online resources that we need to be aware of this fall. **Leader: Susan VanPelt**

FD. From Doowop to Disco: Music of Our Generation

Tue. 9:00 to 11:00 - Sep 10 to Nov 12 in person. Appreciation and discussion of music from 1950 – 1980 audio disc play. **Leader: Philip Cohen**

CW. Creative Writing

Tue. 9:30 to 11:30 - Sep 10 to Nov 12 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: Edris Jefferson Max: 12**

HO. History of Jazz in America

Tue. 10:00 to 12:00 - Sep 10 to Nov 12 in person. Jazz! What is it? Where did it come from and where is it going? How do you listen to it? All these questions and more will be answered as we explore the roots of the art: blues, ragtime, Dixieland, swing, modern, progressive, international—it's all here. No text required—just ears! Join us and discover the history of this truly American art form. **Leader: Howard Weiner**

LD. Latin Dance at Mambo House

Tue. 11:00 to 12:00 - Sep 10 (one day only) in person The Mambo House, 2989 Route 611, Tannersville PA. Try out Salsa and Bachata. Bachata is a romantic dance of simple, expressive movements. If there's sufficient response, we may offer a weekly Latin Dance class in the future. The Mambo House is known in the Pocono Mountains and the neighboring communities for its exceptional dance training. **Send check payable to TOALC for \$20 (guests: \$30) per person by Sept 4. Instructor: TBA Minimum: 10, Max: 25**

QC. Quilter's Choice

Tue. 11:00 to 1:00 - Sep 10 to Nov 12 in person. Work on a project of your choice. If you are a beginner, I will help you choose one. You must have a sewing machine. **Risks:** Use of SHARP rotary cutter, extension cords, and carrying sewing machine into class. **Leader: Susan Houcek Max:12**

MJ. Mah Jongg

Tue. 11:30 to 1:30 - Sep 10 to Nov 12 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. **Leader: Erika Cohen Max: 21**

GT. Grey Towers National Historic Site

Tue. 1:00 to 3:00 - Oct 8 (one day only) in person at 105 Pinchot Ct, Milford, PA 18337. Tour the picturesque French-chateau-style mansion and gardens of PA Gov. Gifford Pinchot, first chief of the U.S. Forest Service. Walk the grounds at your own pace or view films about Pinchot and the history of Grey Towers. House is 600 ft uphill from visitor parking. Some handicapped parking near house. **Cost: \$10. America the Beautiful National Parks & Federal Recreational Lands Pass** holders get a 50% discount. **The Park Service requests a single payment for groups so please bring cash. Carpool from church leaves at 11:45. Facilitator: Greg Nulle**

YF. Yoga for Seniors

Tue. 1:15 to 2:15 - Sep 10 to Nov 12 in person. Traditional yoga postures, appropriate for seniors. Also focus on clearing chakra blockages, healing breathwork, and meditation. NOT chair yoga. You must be able to get up from and down to the floor without the assistance of others. (You are welcome to use a chair to get yourself up.) Bring your own mat (available online and in many local stores). Your safety is my number one goal. **Risk – Low.** But participants must MODIFY the postures or even sit out anything that seems difficult or risky, as instructed. **No \$5 fee this semester. Leader: Mel Rosenthal Max: 25**

TH. Texas Hold 'Em Poker

Tue. 1:30 to 3:30 - Sep 10 to Nov 12 in person. It is said that “It takes a minute to learn & a lifetime to master” this great way to play poker. Cards and chips will be supplied. **Leader: Annette Herlihy MAX: 16**

IP. Inaugural Poetry

Tue. 2:00 to 4:00 - Sep 10 to Sep 24 in person. In 1961, for the first time, poetry was read at a president’s inauguration. The president? John Kennedy. The poet? Robert Frost. It has happened five times since. At a time when the word “Democracy” is under scrutiny, we’ll take a closer look at what the word meant to the poets of our time. Additional poets will be considered also – although they didn’t make it to Prime Time! **Leader: Kathleen Grimaldi**

LR. Lear Revisited

Tue. 2:00 to 4:00 - Oct 1 to Oct 15 in person. A study of perhaps Shakespeare’s greatest play. Two 2-hour classes of reading and discussion. Film the 3rd class. **Leader: Mike Wetmore**

TM. Tom Moore Memorial Series: Sensational Swinging Sinatra

Tue. 2:00 to 4:00 - Oct 22 to Oct 29 in person. Listen to well-known AND somewhat obscure music of the man known as the “Chairman of the Board” and “Ol’ Blue Eyes.” We will discuss aspects of his personal life as well as his multi-decade singing and acting careers. **Leader: Eileen Porte**

ST. Sharing Time

Tue. 2:00 to 4:00 - Nov 12 (one day only) in person. TOALC’s version of “Show and Tell.” Members share their interests in 15 to 30-minute segments. Past topics have included member travelogs, hiking trail photography, unusual life experiences, and hobbies. More sharers welcome! **Leader: Carol Akam**

YN. Yoga Nidra

Tue. 2:30 to 3:30 - Sep 10 to Nov 12 in person. Experience Yoga Nidra guided meditations by Kamini Desai, PhD, and others. These sessions reduce stress, enhance self-healing, and nurture intuition. Explore a deeper path to happiness using the Enneagram—no experience needed, and it’s non-religious. **Leader: Mel Rosenthal Max: 30**

FR. Fall Recreational Archery at Creekview Park

Tue. 3:30 to 4:30 - Sep 10 to Oct 1 in person. Archery is a precise and strengthening skill, in addition to being just plain fun! Learn, practice, and perfect your aim with us! Both beginners and experienced archers welcome! Compound bows and arrows will be supplied. Personal bows and arrows are not permitted for safety. Please bring chairs or blankets to sit on. **Risks:** Bruising one’s arm with bowstring and muscle strain during pull-back. The general risk associated with firing weapons on a range should be considered. Participants will need arm, shoulder, and back strength to pull a 15 to 20-pound weight with one arm. (Mobility issues: Call SROSRC at 570-426-1512 to discuss accommodations.) **Special TOALC price: \$6 per session. Pay Leader: Trudyann Buckley Max: 15**

WEDNESDAY

PC. Photography Club

Wed. 9:00 to 11:00 - Sep 11 to Nov 13 in person both indoor and outdoor. Also by email. Club meetings will help you learn basic camera skills and more advanced skills. Class lectures and discussions will guide students. Practice the techniques learned on field trips to parks, museums, and public points of interest. **Risk – Low:** involving trips to parks, museums, and public points of interest.

Leader: Eric Goins Max: 12

TC. Tai Chi

Wed. 9:00 to 10:30 - Sep 18 to Oct 30 in person at Bryant Park, 717 Bryant St., Stroudsburg, PA. Practice and expand 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. Regular practice develops strength, balance, and promises an alert but peaceful mind. Newcomers welcome.

Leader: Dr James J. Vagliardo

CI. Conversational Italian

Wed. 10:00 to 12:00 - Sep 11 to Nov 13 in person. Learn to converse in Italian in many situations. We will practice dialogues, pronunciation, vocabulary, play word games, and have fun! **Leader: Franca Nostra Max: 10**

FA. Film Appreciation: Ayn Rand

Wed. 10:00 to 12:00 - Oct 9 to Oct 23 in person. We will view three films based on Rand's books and plays. **Leader: Bob Brunet Max: 20**

IS. Immigration Situation Assessment Update

Wed. 10:00 to 12:00 - Oct 30 (one day only) in person. Based on New York Times articles, the class will explore the causes, sources, pathways, and processes at the US Borders. **Leader: Seth Putney**

HS. Homelessness Situation Assessment Update

Wed. 10:00 to 12:00 - Nov 6 (one day only) in person. We'll explore homelessness scenarios, analyzing both solutions and their outcomes, inspired by New York Times articles. **Leader: Seth Putney**

HM. Human Migrations: The Big Story of Our Past

Wed. 11:00 to 12:00 - Sep 18 to Oct 2 in person and via Zoom. Human migration has been a constant thread throughout history, from prehistoric Africa to today's global movements, now a political issue. We'll delve into anthropological studies, historical evidence, and modern genetic discoveries to understand how our mingling genomes shape our world. **Leader: Ken LeSure Max: 25**

SM. Salves – Make Your Own Salves

Wed. 11:15 to 12:15 - Oct 16 (one day only) in person. Make your own medicinal and body salves. **Leader: Afrie King Max: 15**

CS. Conversational Spanish

Wed. 12:30 to 2:00 - Sept 11 to Nov 13 in person. For those with little or no previous Spanish. Learn vocabulary and grammar, practice conversation with native-speaking Spanish instructor. Learn important cultural facts about the Spanish-speaking world. Text: *Basic Spanish* by Dorothy Richmond, 3rd ed. \$18, sold in class. **Leader: Carmen McSweeney**

Max: 15

GM. Growing Mushrooms at Four Fields Farm

Wed. 1:00 to 4:00 - Sep 18 (one day only) in person at Four Fields Farm, 129 Alphano Rd, Great Meadows, NJ 07838.

Learn indoor and outdoor cultivation techniques, explore our grow rooms and shiitake log yard. We'll discuss pros and cons. Meet forest-raised pigs, free-range chickens, and turkeys. There is a flight of stairs to see the indoor grow. A golf cart is available to access outdoor grow. **Carpool from the church, leaving at noon. Leaders: Liz Balchin & Ryan Lacz Max: 20**

HA. Halloween at the Movies

Wed. 1:00 to 4:00 - Oct 30 (one day only) in person at Pocono Cinema, 88 S. Courtland St., East Stroudsburg.

Film TBA. Free to TOALC members. Come in costume! Refreshments for sale. **Facilitator: Greg Nulle**

GI. Global Issues

Wed. 1:30 to 3:15 - Sep 11 to Sep 25 in person. A discussion group focusing on global issues and U.S. Foreign Policy. Topics chosen from the book *Great Decisions 2024* and companion DVD shown in class. Interesting & lively conversation - an exercise in civil discourse. CIVILITY IS A MUST & MOST APPRECIATED! **Leader: Gary Bickle Max: 25**

SC. Scrabble

Wed. 1:30 to 3:30 - Sep 11 to Nov 13 in person. Let's play SCRABBLE! **Leader: Mike Wetmore**

CE. Current Events

Wed. 1:30 to 3:15 - Oct 2 to Nov 13 in person. A lively exercise in civil discourse on global, national, state, & local news events of the past week. CIVILITY IS A MUST & IS MOST APPRECIATED!! **Leader: Gary Bickle Max: 25**

SH. Stroudsburg Historical Walk

Wed. 2:00 to 3:30 - Oct 2 (one day only) in person at Monroe County Historical Association at 748 Main St. Stroudsburg. A 1.5 mile / 1 hour and 30-minute walking tour of Stroudsburg. Bring water, a hat, and comfortable shoes. **Cost: \$10, \$8 for over 65, due at tour. Facilitator: Greg Nulle Max: 20**

CY. Chair Yoga and Movement

Wed. 2:30 to 3:30 - Sep 11 to Nov 13 in person. Chair Yoga and Chair Movement incorporating Yoga, Tai-Chi, Qi Gong, and cardio all performed on the chair or standing if the student is comfortable. **Risk: Low. Leader: Luz Gonzalez Max: 30**

THURSDAY

SO. S.O.S and Other Delights at the Arlington

Thu. 8:45 to 9:45 - Sep 19 (one day only) in person at the Arlington Diner, 834 N 9th St, Stroudsburg. Start the day with classic diner fare with your TOALC friends. **Leader: Mike Wetmore**

MM. Movie Musicals

Thu. 9:30 to 12:00 - Sep 12 to Oct 3 in person. 1. Stormy Weather (1943) musical comedy starring Lena Horne. 2. West Side Story (1961) musical romance starring Rita Moreno and Natalie Wood. 3. The Blues Brothers (1980) musical comedy starring Dan Aykroyd. 4. The Shape of Water (2017) fantasy romance starring Sally Hawkins. **Leader: Jesstina Smith**

WH. World History Through Art, Part 2

Thu. 10:00 to 11:30 - Sep 12,19, 26, Oct 10, 31, and Nov 7 in person. We'll explore world history principles through captivating global art. From Navajo blankets to Ethiopian rock-cut churches, we'll journey through diverse cultural expressions. Expect lively discussions, student engagement, and a dash of fun! **Leader: Tom Mounkhal Max: 20**

BC. Book Club

Thu. 10:00 to 12:00 - Sep 19 to Oct 17 via Zoom. This fall we will discuss *The Bookmark* by Anne Supsic. It's the story of the legendary Marquis de Lafayette, a forgotten Moravian woman who nursed him in Bethlehem after he was wounded at the Battle of Brandywine, and a bookmark with a secret. Available at Amazon for \$15. **Leader: Kathryn Cleveland**

BO. Bicycling on Scenic Trails Around the Poconos

Thu. 10:00 to 12:00* - Oct 3, 17, and 31 in person. Join us for leisurely trail bike rides exploring local natural and cultural beauty. Experience 3 unique trails, ranging from 5-10 miles each. Bring your own bike (hybrid recommended), helmet, and other safety gear. Riders should be comfortable on varied terrain. Enjoy scenic stops and potential post-ride lunches. Trails located in-town or within an hour's drive. Participants responsible for transportation to/from trailheads. Potential risks include uneven terrain, weather conditions, and road crossings. ***The Oct. 31st ride ends at 1 pm. Leader: David Koster**

DG. Dorflinger Glass and Factory Museums

Thu. 10:00 to 3:00 - Oct 3 (one day only) in person at 55 Suydam Drive, White Mills, PA. At the **Dorflinger Glass Museum** see a stunning collection of exquisite cut, engraved, etched, gilded, and enameled Dorflinger crystal. The museum is housed in the founder's home and offers a glimpse into the luxurious lifestyle of the Gilded Age. At the nearby **Dorflinger Factory Museum** step back in time to the heart of the glassmaking process. Explore the restored cutting shop and factory office, learning about the history of the company and the skilled craftsmanship that went into creating these iconic pieces. **Carpool leaves the church at 9 am. Includes museum admissions and boxed lunch. Send check payable to TOALC for \$25 (guests: \$35) per person by Sep 19. Leader: Greg Nulle Max: 20**

BB. Basic Buddhism

Thu. 10:00 to 11:30 - Oct 10 (one day only) in person. Learn the basic belief structure of Buddhism. **Leader: Paula Benz Max: 12**

TG. The Grief Experience

Thu. 10:00 to 11:30 - Oct 17 (one day only) in person. Skill building and sharing during your journey through grief. **Leader: Paula Benz Max: 10**

UO. Understanding Our Body's Communication

Thu. 10:00 to 12:00 - Oct 24 to Nov 14 in person. Discover Specialized Kinesiology & the Behavior Barometer. Use it to reduce stress, make better choices, and expand your relationship with your own body. **Leader: Linda Gerkenmeyer Max: 12**

SA. Secure Act 2.0

Thu. 10:30 to 11:30 – Oct 17 (one day only) in person. Learn how Secure Act 2.0 may apply to you now or in the future. Enacted under the Biden Administration, it provides important tax law changes (e.g. RMD's - required minimum distributions) that help many Americans. **Presenter: Michael Raub**

KF. Knitting for Health and Fun

Thu. 11:45 to 1:45 - Sep 19 to Oct 24 in person. Whether a beginner or experienced knitter, join us for fun, friendship, and relaxation. Knitting is proven to reduce stress and improve cognitive function. All skill levels welcome. Beginners, bring size #8 needles and #4 cotton yarn. Intermediates, bring size #11 needles and bulky yarn. Advanced knitters, bring your current project. Let's knit together! **Leader: Andrea Reiter Max: 20**

SL. Skytop Lodge Walk, Talk, and Luncheon

Thu. 12:00 to 4:00 - Oct 10 (one day only) in person at 1 Skytop Dr, Skytop, PA 18357. Skytop Lodge is a historic resort nestled in the heart of the Pocono Mountains. This elegant lodge offers a blend of old world charm and modern amenities in stunning natural surroundings. We'll walk around the lake and learn about the lodge's history over a boxed lunch at the Streamside Cottages. **Carpool leaves the church at 11:15. Send check payable to TOALC for \$40 (guests: \$50) per person by Sep 26. Leader: Greg Nulle Max: 20**

EW. Easy Walks

Thu. 1:00 to 3:00 - Sep 12 to Nov 14 in person. 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**

CB. Cranberry Bog Walk

Thu. 1:00 to 3:00 - Nov 7 (one day only) in person.

Join a walk guided by Kettle Creek Environmental Education Center staff through this unique glacial wetland. Witness stunning autumn colors, especially the golden tamarack trees. Wear sturdy shoes with a good tread. Located on Cherry Lane in Tannersville. **Donation: \$6/person. Meet at 12:30 at church to carpool. Facilitator: Patricia Michelin**



Tamarack trees in their fall color

NY. New York Science Times Discussion

Thu. 1:30 to 3:00 - Sep 12 to Nov 14 via Zoom. A lively exchange of ideas/opinions about science. **Leader: Greg Nulle**

SS. Skies – Sunsets and ...

Thu. 1:30 to 3:30 - Sep 12 to Oct 3 in person. Paint skies – sunsets, clouds, galaxies in the medium of your choice. **Leader: Patricia Wayne Max: 10**

WT1. Wheel Thrown Pottery – Group #1

Thu. 1:30 to 3:00 - Sep 12, 19, 26, and Oct 10. See also WT2, below. In person at Saunders Mountain Pottery, 117 Edwin Lane, Stroudsburg. Park in front of the house. Learn to make bowls, mugs, and vases on the potter's wheel. **Bring:** Apron and hand towel. Your nails must be cut short to do this work. **You must commit to all four weeks.** The last session is delayed a week to do the firing. **Risks:** Electric pottery wheels can impact pacemakers. Also, there is a flight of stairs to access the studio. **Cost: \$45** covers clay, glaze, and firing, **payable at first class to the instructor: John Saunders Max: 4**

SF. Stress-Free Art

Thu. 1:30 to 3:30 - Oct 10 to Oct 31 in person. Explore stress-free and stress-reducing art techniques. Two weeks will be oil crayons on paper and two weeks will be sketchbook / journal drawing using markers, color pencils, pens, and watercolors. Materials will be available if you don't have your own. Art experience not necessary. **Leader: Jean Benfante Max: 12**

WT2. Wheel Thrown Pottery – Group #2

Thu. 1:30 to 3:00 - Oct 17, 24, 31, and Nov 14. For details see WT1, above. **Leader: John Saunders Max: 4**

PT. Project 2025

Thu. 2:00 to 4:00 - Sep 12 (one day only) in person. Project 2025 is a comprehensive initiative proposed by conservative groups seeking a radical overhaul of the federal government. It has become integral to the current presidential election, a topic of curiosity and even consternation. We hope to distill and demystify the 900-page foundational document.

The U.S. Constitution has been revered and critiqued. It is the bedrock of a prosperous, free, and innovative society. Today, forces seek to correct its perceived flaws. They criticize the "administrative state" as unresponsive and divergent from traditional American values. Ironically, their methods echo the very Progressivism they've criticized—a powerful unitary executive, ideological parties, and a polarized legislature. Critics of Project 2025 fear an altered balance of power, weakened democratic institutions, and undermined safeguards. Is it the slow death of democracy? **Leader: Merlyn Clarke**

PI. Pinochle

Thu. 2:00 to 4:00 - Sep 26 to Nov 14 in person. Learn how to play this fun and friendly card game. For beginners and those with experience. **Leader: Jill Malefyt Max: 20**

CO. Cosmopolitanism

Thu. 3:45 to 4:45 - Oct 31 to Nov 14 in person. What does it mean to be a citizen of the world? In this class we will discuss perspectives on cosmopolitanism from both ancient and contemporary philosophy. **Leader: Tim Connolly**

FRIDAY

IM. Instrumental Music Ensemble

Fri. 10:00 to 12:00 - Sep 13 to Nov 15 in person. We welcome new performers of string, woodwind, brass, and percussion instruments, regardless of ability. Our goals are to continue to improve as musicians and to perform for the community. **Leader: Don Bell**

TP. Tarah Probst, PA House Candidate (See also LV, 9/23)

Fri. 10:00 to 12:00 – Sep 13 (one day only) in person. Democrat Tarah Probst is running for election to a second term, serving the 189th District of the State House of Representatives. **Facilitator: Greg Nulle**

LC. Lackawanna Coal Mine & Museum Tour

Fri. 10:00 to 5:00 - Sep 27 (one day only) in person, in McDade Park, 22 Bald Mountain Rd, Scranton, PA 18504. The mine tour takes you 300 ft. below ground in the heart of Scranton, PA. Learn about mining methods and the camaraderie among miners. At the Anthracite Heritage Museum, see artifacts, machinery, and multimedia displays that illustrate the lives of miners – many of them immigrants – and the culture of the anthracite coal era. **Carpool from the church. Cost: Pay \$5.50 for museum and \$9.50 for the mine tour at the door. Leader: Greg Nulle**

MO. Medicare Open Enrollment

Fri. 10:00 to 12:00 - Oct 4 (one day only) in person. Free Medicare seminar: What changes are coming in 2025. **Presenters: Cheryl Cloke and Cathi Saveri**

HV. How Voting Works

Fri. 10:00 to 12:00 - Oct 11 (one day only) in person. The presentation will describe the mechanics of voting and address questions and concerns about the security of mail-in balloting.

Presenters: John Christy and Peter Gardner

RS. Road Scholar Travel Overview

Fri. 10:00 to 12:00 - Nov 1 (one day only) in person. Discover Road Scholar's diverse travel programs, from domestic adventures to international cruises and online learning. Experience several Road Scholar Adventures including a trans-Atlantic crossing and cruises to Hawaii, New Orleans, and Australia. Brochures provided. **Presenter: Deirdre Spelman**

TL. TOALC Luncheons

Fri. 12:15 to 2:30 - Oct 11 and Nov 8 in person. You will be contacted with locations. Great food and conversation over lunch with your TOALC friends. **Leader: Kathryn Cleveland**

TF. TOALC Fall Potluck Picnic

Fri. 1:00 to 5:00 - Sep 13 (one day only) in person. at Brodhead Creek Pk, 4002 N 5th St, East Stroudsburg, PA. TOALC will supply hot dogs & burgers. Let the TOALC office know what you plan to bring. **Facilitator: Greg Nulle**

AT. Author Talks

Fri. 1:00 to 3:00 - Nov 15 (one day only) via Zoom.



Lydia Wylie-Kellermann

Our guest author is Lydia Wylie-Kellermann, a writer, editor, activist, and mom. She is the director of Kirkridge Retreat and Study Center and authored *This Sweet Earth* on navigating climate change with children, and is the editor of *The Sandbox Revolution*, on raising socially conscious kids. Her writing has appeared in *Sojourners*, *Geez Magazine*, and more. She lives with her partner and two sons in Bangor, PA. Learn more at <https://lydiawyliekellermann.com/>. **Facilitator: Deborah Emin**

SATURDAY

FH. Fall Hawk Watch at Scott's Mountain

Sat. 9:30 to 12:00 – 9/7, 9/21, 10/5, 10/19, 11/2, and 11/16 in person. Stay as long and attend as many sessions as you wish. Fall is a time when raptors (birds of prey) migrate to their southern wintering grounds. Scott's Mountain Hawk Watch at Merrill Creek Reservoir (near Harmony, NJ) is an official hawk watching site along the Atlantic Flyway. Easy access to the observation site. Learn how to identify these magnificent birds. Different hawk species migrate during different months, so we would see a variety of hawks over this period. Binoculars required. **Leader: Roxanne Kaiser-Antonovich**

IA. It's a Wonderful Life – The Musical (Replacing "Annie")

Sat. 2:00 to 5:00 - Nov 23 (one day only) in person at Shawnee Playhouse, 552 River Rd., Shawnee on Delaware, PA. Doors open at 1:30. Based on the beloved 1946 film, this musical faithfully follows George Bailey's life from his childhood dreams to his midlife disappointments and beyond, as we all take a journey to discover whether his life has mattered at all. Cinematically scored and theatrically staged, this adaptation breathes musical life into a familiar story, while retaining the warmth, humor, and pathos of the original. A new holiday classic for devotees and newcomers alike. It's a Wonderful Life is based on the story, *The Greatest Gift* by Philip Van Doren Stern. **Send check payable to TOALC for \$25 (guests: \$35) per ticket by Nov 4. Facilitator: Greg Nulle**

The Registration Form is on page 13

LEADERS & PRESENTERS

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

Liz Balchin and Ryan Lacz quit their perfectly great jobs in Washington DC to start a small-scale organic farm. Nine years later, they raise 700 chickens, grow 1,500+ pounds of mushrooms, have 250 egg laying hens, 30 pigs, and a micro sourdough bakery.

Don Bell is a retired music teacher. He is TOALC Music Ensemble director and in Music Ministry at The Light of The World Church.

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

Paula Benz is a retired hospice chaplain and grief counselor.

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.

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

Trudyann Buckley is Recreation Manager for Stroud Region Open Space and Recreation Commission (SROSRC).

Betsy Buzzelli-Clarke is happily retired from the music department at East Stroudsburg University. She is the founder and conductor of the Pocono Community Orchestra.

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

John Christy is Chairman of the Monroe County Board of Commissioners. **Peter Gardner** is a member of the county Board of Elections.

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

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

Cheryl Cloke is an insurance independent agent licensed in PA, NJ, NY, DE and VA. She offers her clients plan options with many different insurance providers. She assists seniors and the disabled to transition to Medicare and with the yearly enrollment process.

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

Phil Cohen is a retired senior engineer and district manager for Comairco Equipment and was a U.S. Navy electrician. He was site supervisor for Habitat for Humanity of Monroe County, PA.

Dr. Tim Connolly is Modern Languages/Philosophy/Religious Studies Department Co-Chair at ESU.

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

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

Linda Gerkensmeyer is an author and Specialized Kinesiologist who has helped others attain their goals and build lifelong skills.

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

Luz E. González is certified in many forms of Yoga but primarily serves the older community bringing movement to this demographic.

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 retired Clinical Psychiatric Pharmacist, RPh, MS-Hospital/Pharmacy Adm., Canadian Indigenous History Studies Certificate-U. of Alberta, American Indian/American African Cultural History Researcher, Creative Writer, Poet.

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

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.

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

Afrie King has been making her own hand creams, lip balm, and medicinal salves for a long time.

David Koster is an East Stroudsburg native and the son of local photographer, the late Al Koster, who for over 50 years was known as The Postcard Guy of the Poconos.

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

Michael Liberman is an Emeritus Professor of English at ESU.

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.

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

Lyndi Mies, MHSc, RDN, LDN is the Senior Clinical Regional Registered Dietitian for Weis Markets, Inc. in Allentown, Pennsylvania.

In this role, Lyndi manages the associate wellness programs and provides health and wellness services for customers and the community including nutrition consultations, group education classes and presentations, cooking demonstrations, and she often appears on local television news.

Tom Mounkhal has a long teaching history, including many classes at the Lifetime Learning Program at SUNY New Paltz.

Franca Nostro is bilingual in English and Italian.

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

Eileen Porte learned to appreciate Sinatra as a wee child in the 1960s. She's looking forward to sharing some of his vast collection of work with TOALC friends.

Seth Putney is an electrical engineer retired from aerospace (Raytheon, Lockheed Martin), and the Federal Aviation Administration.

Michael Raub is a Registered Representative from New York Life Insurance Company. He helps clients with topics like life insurance, retirement planning, investments, annuities, and long-term care solutions.

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

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

John Saunders has been working with clay since 1976 when he fell in love with it at Juniata College.

Cathi Saveri has been an insurance broker licensed to sell Medicare insurance, Medicare supplements and advantage plans for the last four years with the Cheryl Cloke Agency. She serves Monroe and Northampton Counties. She resides in Banger, PA.

Jesstina Smith is a retired Train Operator from New York City Transit Authority, with a love of movies and musicals.

Deirdre Spelman, a Road Scholar Ambassador, is a retired social worker whose career spanned 52 yrs. She spent the last 22 years as Director of Field Education in The School of Social Work, Marywood University.

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.

Susan VanPelt is President of the Monroe County Chapter of the League of Women Voters.

Diane Verdi is a professional dancer and teacher for all ages.

George Waddington teaches courses in remote sensing, digital image processing, geographic information systems, and sustainability at three Boston area educational institutions.

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

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

Richard M. Weintraub, Esq., is an attorney with over 20 years of experience in estate planning, as well as drafting wills and trusts. For **Mike Wetmore**, what else would you do the year you turn 80 but Lear?

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 & Programming: Greg Nulle, Secretary: Gary Bickle, Treasurer: Connie Hogan
Members: Bradford Day, Kathryn Cleveland, Jannette Koerner, Mary Frances Kresge, Ken LeSure, Linda McMeekin,
Ann Luigi Nicholas, 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 COVID-19 symptoms or any 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!

In-person classes meet 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:

