



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

Learning
is Good
for Life!!

Summer 2024 Course Book

Kickoff and Potluck

A festive get-together open to the community.

Sunday, May 19, 2024, 2 pm

East Stroudsburg Presbyterian Church

Revised 4/17/2024

Program of Classes

Monday, May 20 – Friday July 19, 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) not-for-profit

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 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 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 15** 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

- Classes **WILL NOT** be held on Memorial Day, Monday, May 27 or Independence Day, Thursday, July 4.
- If dropping a class, tell the class leader or the TOALC office. Someone may be waiting for an open seat.
- The class leader will notify you directly if a class is cancelled.
- Please arrive at class on time. Sign into Zoom meetings 10 minutes early to handle any technical snags.
- Do not record Zoom meetings. We will not record any Zoom meeting without prior notice.
- Books and any other required materials are not available from TOALC unless indicated in course listing.

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

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

SUMMER CLASSES

MONDAY

AH. Art's Healing Power

Mon. Jul 1 by Email. An introduction to the Mandala, which has deep roots in cosmology, geometry, psychology, and various spiritual traditions and healing. Learn to draw a mandala. Explore its symbolism on YouTube. **Leader: Melodie Higgins**

WW. Watercolor Workshop

Mon. 9:00 to 11:00 - Jun 3 to Jun 24 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

Mon. 10:00 to 11:00 - May 20 to Jul 15 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, loose top, ballet slippers or socks. Risk – Medium: Ballet is difficult for those with arthritic knees. **Leader: Diane Verdi**

IS. Immigration Situation Assessment

Mon. 10:00 to 12:00 - May 20 (one day only) in person. Based on New York Times articles exploring causes, sources, pathways, and processes at US Borders. **Leader: Seth Putney**

TG. The Grief Experience

Mon. 10:00 to 11:30 - May 20 to Jun 10 in person. Skill building and sharing during your journey through grief. **Leader: Paula Benz Max:10 / Min:3**

DY. Discover Your Family History

Mon. 10:00 to 12:00 - Jun 3 to Jun 24 in person. We'll work together to fill in missing family tree information, break through "brick walls" and explore many online resources, as well as military and vital records. **Leader: Jean Benfante Max: 10**

SU. Sustainability

Mon. 10:00 to 11:30 - Jun 17 (one day only) via Zoom.

Explore sustainability practices to maintain life on Earth. New scientific developments can secure an environment for future generations. **Presenter: George Waddington**

AG. A Great White Whale for the Common Person

Mon. 10:00 to 12:00 - Jul 1 to Jul 15 in person. Explore Melville's great American novel, *Moby Dick*. Two classes of reading and discussion. In the third class, the film with Gregory Peck in his iconic performance as Captain Ahab. Please read the book before the first class. **Leader: Mike Wetmore**

BT. Behind the Scenes

Mon. 11:00 to 12:30 - Jun 3 to Jun 10 via Zoom. What goes on "backstage" at your favorite TV shows? How are stories chosen, developed, and produced? What makes a successful show? All of these (with a little gentle gossip) will be explored in this course. There will be some (very short) reading selections. Time for lots of questions. **Leader: Mary Rae Thewlis Max:15**

WO. Will Our American Democracy Survive?

Mon. 12:00 to 1:00 - Jun 3 to Jun 10 in person. A nonpartisan class - only nostalgic view/review of a 'perfect' America that never existed. **Leader: Richard Weintraub**

GF. Golden Footlights

Mon. 1:00 to 3:30 - May 20 to Jul 15 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**

QM. Quilting Monday: Quilt Piecing

Mon. 2:00 to 4:00 - May 20 to Jul 15 in person. Make mountain blocks with two fabrics or many fabrics for a scrappy look. Must have sewing machine and provide own fabric and supplies. Risk – Low: SHARP rotary cutters, extension cords, moving sewing machines. **Leader: Susan Houcek Max: 8**

MA. Mind and Brain

Mon. 2:00 to 4:00 - Jun 3 to Jun 24 in person. Four classes cover recent research on the mind / brain interface: 1. Language, 2. Memory, 3 & 4. A variety of topics (behavioral economics, phantom limb, psychedelic treatments, autism, ADHD, neurofeedback, placebo). New findings update memory and language material of prior TOALC classes. In the memory class, preventing decline will also be discussed. The language topic will include research on language training to recover from injury or stroke. A science background is not necessary. **Leader: Wemara Lichty Max: 35**

DB. Diabetes: Basics, Motivation, and Self-Care

Mon. 2:00 to 4:00 - Jul 1 (one day only) in person. As a person who has had Type 1 Diabetes for 56 years, I hope to inspire people living with diabetes. I will share some of my personal struggles with diabetes as well as basics about A1C, Type 1 and Type 2 Diabetes. Recent research about self-care, management, and motivation will be included. A science background is not necessary. The numerous medications now available for Type 2 Diabetes will NOT be covered, and medical advice will NOT be given. **Leader: Wemara Lichty Max: 35**

WB. Why Bother To Exercise?

Mon. 2:00 to 4:00 - Jul 8 (one day only) in person. Learn about recent research about exercise and saunas regarding cognition, memory, brain function, cancer, diabetes, blood pressure, well-being, motivation, and behavioral economics. A science background is not necessary. We will study but not do exercise. **Leader: Wemara Lichty Max: 35**

TUESDAY

IC. Identifying Common Trees

Tues. 9:00 to 11:00 - Jun 11 to Jun 18 in person. A repeat of last spring's class: Classroom lecture, then 2-hour field trip to a nearby forest the following week. Identify native and non-native trees in our area and which are most common. We will discuss how trees occupy different habitats and their value to wildlife. Risk – Low: Park trails have uneven surfaces, roots, and rocks. The trails and park for the field trip will be Zacharias Pond Park in East Stroudsburg. The trail is mostly flat with minor ups and downs - an easy walk. **Leader: Keith Robinson Max: 20**

CW. Creative Writing

Tues. 9:30 to 11:30 - May 21 to Jul 2 in person. Jul 9 – 16: 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 writing from prompts or independent projects for constructive critique. **Facilitators: Linda Nestor, Edris Jefferson Max: 12**

QT. Quilting Tuesday: Quilt Piecing

Tues. 9:30 to 11:30 - May 21 to Jul 16 in person. See "QM" class description, above. **Leader: Susan Houcek Max: 8**

OP. Open Poetry

Tues. 9:30 to 11:00 - Jun 18 (one day only) in person. Closeted and un-closeted poets can share their work - all levels welcome. Refreshments provided. **Leader: Mike Wetmore**

MJ. Mah Jongg

Tues. 11:30 to 1:30 - May 21 to Jul 16 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**

DI. DIY Basic Home Maintenance and Repairs

Tues. 12:00 to 1:00 - May 28 to Jun 18 in person. Home repairs and maintenance of mechanical and electrical systems. Class includes some off-site safety demos. Risks – Low. **Leader: Phil Cohen Max: 20**

SM. Salves: Make Your Own Medicinal And Body Salves

Tues. 12:00 to 1:00 - Jun 25 (one day only) in person. Pay \$5 at door. Includes a jar of salve. **Leader: Afrie King Max: 15**

GO. Gospel of Luke-Part II

Tues. 1:00 to 2:00 - May 21 to Jul 9 in person. The Gospel

offers a unique perspective of the ministry of Jesus, through the eyes of an educated Gentile widely considered an excellent historian, Luke, the beloved Greek physician. He was St. Paul the Apostle's colleague and fellow traveler. We will cover chapters 13 through 24. Newcomers are welcome, as participation in Part I is not required. However, reading chapters 1-12 twice beforehand would be helpful, and an extended question time about early chapters will follow lesson 1 for those interested. A Bible with maps is helpful, and handouts will be provided each week. **Leader: David Cornell**

CB. Cranberry Bog Walk

Tues. 1:00 to 3:00 - Jun 11 (one day only) in person. Walk through the Tannersville Cranberry Bog with Kettle Creek Environmental Education Center staff. "The BOG" is an exceptional natural area in the heart of Monroe County and a one-of-a-kind experience. Wear comfortable walking/hiking footwear with tread. The Cranberry Bog is located along Cherry Lane in Tannersville. **Donation: \$5/person. Meet at 12:30 at church to carpool. Leader: Leslie Berger Max: 20**

YF. Yoga for Seniors

Tues. 1:15 to 2:15 - May 21 to Jul 16 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**

SC. Scrabble

Tues. 1:30 to 3:30 - May 21 to Jul 16 in person. Let's play SCRABBLE! **Leader: Mike Wetmore**

PP. Poetry, Posies, and Art

Tues. 1:45 to 4:00 - May 21 to Jun 4, Tues. 9:00 to 11:15 - Jun 25 in person. Create modern poetry, color flowers, and catch the scent of visual artistry within you, while being inspired by artist Georgia O' Keeffe. "When you take a flower in your hand and really look at it, it's your world for the moment." Need more? Then be warned by the story of Frida Kahlo, the flower-crowned surrealist Mexican painter. (Project Kits available: \$5 to \$10 in class.) Bring your own notebook, pencils, colors, and paint you may have. **Leader: Rosalyn Henley**

UM. Using Medications Wisely

Tues. 1:45 to 4:00 - Jul 9 (one day only) in person. Presenting the consumer's role in tracking, upkeep, and safe handling of personal prescriptions and over-the-counter medications, product safety checklists for poison prevention, and proper disposal. **Leader: Rosalyn Henley**

CH. Computing Help for Seniors

Tues. 2:00 to 4:00 - Jun 11 to Jul 2 in person. Class will cover the topics selected most from a computing needs questionnaire sent to all registrants. Learn at your own pace. Study materials provided as well as 1-on-1 help as needed. Bring your own device to class (laptop, tablet, smartphone, iPad, etc.). **Leader: Teri Miles Max: 12**

ST. Sharing Time

Tues. 2:00 to 4:00 - Jul 16 (one day only) in person. In TOALC's version of "Show and Tell," members share their interests in 15-to-30-minute segments. Upcoming topics include last year's annular eclipse, biodynamics, and hiking trail photography. More sharers welcome! **Leader: Carol Akam**

YN. Yoga Nidra

Tues. 2:30 to 3:30 - May 21 to Jul 16 in person. This is a nonphysical, restful, and ancient guided meditation where your only risk is falling asleep (which is OK). Benefits are enormous - physical, mental, and emotional healing. From personal experience you will heal in ways that you never thought possible! Bring a mat (or folded blanket) to lie on, pillows for under knees and head for comfort (optional but recommended), and a blanket to cover yourself. For further information, read **YOGA NIDRA, The Art of Transformational Sleep** by Kamini Desai, PhD. Available in book or audiobook formats. Not required for the class. **Leader: Mel Rosenthal Max: 30**

The Registration Form is on page 14.

WEDNESDAY

PC. Photography Club

Wed. 9:00 to 11:00 - May 22 to Jul 17 in person. 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. **Leader: Eric Goins Max: 12**

TC. Tai Chi for Everyone

Wed. 9:00 to 10:30 - May 22 to Jul 17 in person at Bryant Park, 717 Bryant St., 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. Risk – Low.

Leader: Dr. James J. Vagliardo

CI. Conversational Italian

Wed. 10:00 to 12:00 - May 22 to Jul 17 in person. Learn to converse in Italian in many situations. Together, using a team approach by Franca and Teresa, we will practice dialogues, pronunciation, vocabulary, play word games, and have fun!

Leader: Franca Nostra and Teresa Schembari Max: 10

TM. Tom Moore Memorial Music History Class Pt 1: Women & The Blues, Rock & Roll!

Wed. 10:00 to 12:00 - May 22 to Jun 19 in person. Topics: The women of the Blues; Rock and Roll; Christian Spiritual Music. This is the first of a series of presentations to honor and carry on the legacy of the great TOALC music historian, Tom Van Moore! Tom passed on in 2022. He was such an enthusiastic, knowledgeable music history teacher, always displaying sheer joy and wit in his classes! No one can "Walk in Tom's shoes" but we can only attempt to present these classes in his style, of the musical subjects he loved! **Leader: Don Bell**

WS. What's So Funny?

Wed. 10:00 to 11:30 - May 22 to Jun 12 in person at UUF, 118 Knight St., Stroudsburg in person and via Zoom. Why do we laugh? What is a "sense of humor"? Philosophers, scientists, physicians, and performers have sought the answers for centuries, but no one knows for sure. We will take humor seriously, but also share moments that have made us laugh, both in the past and, hopefully, the present and future as well. We will look at types of humor, jokes, comedy, satire, therapeutic benefits, and more. **Leader: Ken LeSure Max:20**

KF. Knitting for Health and Fun

Wed. 11:15 to 1:15 - May 22 to Jun 12 in person. Knitting is popular again. Men and women of all ages knit to pass the time and to make beautiful items. Knitting is also used to relieve arthritis symptoms and slow cognitive decline. Learn to knit or continue an existing project. Have fun and enjoy great company. If you have never knitted before, bring a pair of #8 needles and a skein of #4 (worsted) cotton yarn. Intermediates should bring a skein of bulky or super bulky (#5 or #6) yarn and size #11 needles to go with it. Advanced can bring whatever they want to work on this time! **Leader: Andrea Reiter Max:20**

CS. Conversational Spanish

Wed. 1:00 to 2:00 - May 22, Jun 5 to Jul 17 in person. For those with little or no previous Spanish. Learn vocabulary and grammar, practice conversation with native speaking Spanish instructor. Text: **Basic Spanish** by Dorothy Richmond, 3rd ed. \$18, sold in class. **Leader: Carmen McSweeney Max: 15**

MY. Meet Your Representative: Cong. Matthew Cartwright

Wed. 1:00 to 3:00 - May 29 (one day only) in person. Congressman Cartwright of the 8th District will speak on saving Social Security, passenger rail service to NYC and will respond to your questions and concerns. **Facilitator: Greg Nulle**

DF. Dementia Friends

Wed. 1:00 to 2:30 - Jun 5 (one day only) in person. Do you want to have increased dementia awareness, and find out what it is and what it's not? Do you want to learn about the most prevalent types of dementia and how to communicate with a person living with dementia? Are you interested in how to be supportive of people who are living with dementia? If interested, become a part of Dementia Friends Pennsylvania. Dementia Friends is a global movement developed by the Alzheimer's Society in the U.K. and now underway in the United States. **Leader: Barbara Van Nortwick MAX: 20**

The Registration Form is on page 14.

SA. Summertime at the Movies

Wed. 1:00 to 4:00 - Jul 17 (one day only) in person at Pocono Cinema, 88 S. Courtland St., East Stroudsburg.
Film TBA. Refreshments for sale. Facilitator: Greg Nulle.

GI. Great Issues

Wed. 1:30 to 3:30 - May 22 to Jun 5 in person. A discussion group focusing on global issues and U.S. Foreign Policy. Topics chosen from the book *Great Decisions 2024*, a recommended but optional book at \$30 (also used in the fall class). Interesting & lively conversation - an exercise in civil discourse. CIVILITY IS A MUST & MOST APPRECIATED! **Co-Leaders: Leslie Berger / Gary Bickle**

CE. Current Events

Wed. 1:30 to 3:30 - Jun 12 to Jun 26, Jul 10 – Jul 17 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!! **Co-Leaders: Leslie Berger / Gary Bickle**

SW. Spinning Wheel

Wed. 1:30 to 3:30 - Jun 12 (one day only) in person. Years ago, we did not have textile mills or machines of today to make our thread and cloth. You will learn some history of fiber and see how yarn/thread was created (or spun). I will show how I spin wool on my Kiwi 3 spinning wheel. Try your hand at spinning on some drop spindles. **Leader: Pat Sole Max: 12**

TI. The Israeli/Palestinian Conflict

Wed. 1:30 to 3:30 - Jun 19 (one day only) in person. We will examine the century-long conflict between the Israeli and Palestinian communities, delving into the history of the conflict and of attempts to find a peaceful solution. Although the class will concentrate on the last century, it will also examine the historical claims of each group to this hotly contested piece of real estate also known as the "Holy Land".

Leader: Rabbi Daniel Zucker

EY. Everything You Wanted to Know About Judaism, But Didn't Have a Rabbi to Ask

Wed. 1:30 to 3:00 - Jun 26 to Jul 3 in person. This class will endeavor to answer all your questions about Judaism. It will also present ritual items that are used in the holiday and life cycles of the observant Jew. Class doesn't require any prior knowledge of Judaism but requires students to ask their questions of the instructor. **Leader: Rabbi Daniel Zucker**

CY. Chair Yoga

Wed. 2:30 to 3:30 - May 22 to Jul 17 in person. Chair yoga can be useful for older adults who have difficulty with balance or want to improve their strength while minimizing the risk of falls. Chairs can provide stability or make exercise easier for a beginner. This is also beneficial for individuals who may have suffered an injury and are looking for a low impact form of movement. It also helps people with arthritis and joint pain. Risk – Low: If (a) you listen to your body and acknowledge pain vs. soreness and (b) stay on the chair. **Leader: Luz Gonzalez Max: 50.**

HP. Hegel's Philosophy of History

Wed. 3:45 to 4:45 - Jun 26 to Jul 10 in person. Hegel's Philosophy of History – What is the ultimate purpose of human history and all the struggle and conflict that have come along with it? In this class, we will read and discuss Hegel's answer to this question. **Leader: Tim Connolly**

THURSDAY

BA. Breakfast at the Sny-Dy

Thurs. 8:45 to 9:45 - Jul 11 (one day only) in person. Start your day at the Snydersville Diner. **Leader: Mike Wetmore**

RM. Remembering Major Richard Winters and the Band of Brothers on the 80th anniversary of D-Day

Thurs. 9:30 to 12:00 - May 23 (one day only) in person. Pennsylvania native Richard Winters was a paratrooper in E or "Easy Company" of the 101st Airborne during World War II. He was awarded the Distinguished Service Cross for his successful command of the assault on Brécourt Manor during the invasion of Normandy. That assault has been taught at West Point as a textbook example of an assault on a fixed position by a small force. The assault destroyed a German artillery battery that was firing on the exits from Utah Beach. His exploits and those of E company were celebrated in the 2001 HBO mini-series "Band of Brothers". We'll watch Disk 1 of the series, leading up to and through the Brécourt Manor assault. **Facilitator: Greg Nulle**

BC. Book Club

Thurs. 10:00 to 12:00 - May 30 to Jun 27 via Zoom. Our summer book discussion will be on *Pennsylvania Myths and Legends* by Kara Hughes. On sale at Amazon for \$14.09. **Leader: Kathy Cleveland**

FA. Film Appreciation: Atlas Shrugged

Thurs. 10:00 to 12:30 - May 30 to Jun 6 in person. Ayn Rand was an ultra-conservative, admired by many conservatives, some of whom are still in office. I don't intend to support her political beliefs but will talk about them briefly. The movie "Atlas Shrugged" is the only version ever made of her novel. It has been criticized by critics as one of the worst movies ever made, perhaps because most of those critics are liberals and hate her philosophy: Objectivism. I will present it truthfully and in a straightforward manner. **Leader: Bob Brunet MAX: 25**

MO. Memories of the Poconos Through Postcards

Thurs. 10:00 to 11:30 - Jun 13 (one day only) in person. From the late 1950's to the early 2000's, local photographer Al Koster took photos of the Poconos and created hundreds of postcards that were sent all over the world by residents and visitors to our area. This interactive presentation will use a selection of these cards to share scenes of our area's diverse history. **Leader: David Koster**

SB. Sourdough Bread Baker's Social

Thurs. 10:00 to 12:00 - Jun 20 (one day only) in person. Members of "The Joy of Homemade Sourdough Bread Baking" winter class will celebrate the spirit that Bread is a universal language of hospitality & generosity. Enjoy our latest delicious homemade breads with various spreads as we share our baking experiences. * Note: Open to all TOALC Members including the Bread Bakers and Non-Bakers alike. **Leader: Barry Field**

HS. Historic Stroudsburg Walking Tour

Thurs. 10:30 to 12:00 - Jun 20 (one day only) in person.

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. Leader: Greg Nulle MAX: 20**

FW. Fun with Flatbreads

Thurs. 11:00 to 1:00 - Jun 6 (one day only) in person. Mountaintop Lodge at Lake Naomi, 2137 PA-940, Pocono Pines, PA. We'll make three different flatbreads and then enjoy them for lunch. Flatbreads can be baked or barbecued. **Cost \$20 per person payable at the door.** Includes lunch, beverage, recipe book. Mountaintop Lodge has always been a favorite TOALC destination. **Leader: Carolyn Keiper MAX: 10**

TH. Texas Hold 'Em

Thurs. 11:45 to 1:15 - May 23 to Jul 18 in person. It is said that "It takes a minute to learn & a lifetime to master" this great way to play poker. **Leader: Annette Herlihy MAX: 16**

EZ. E-Z Cooking with Joe

Thurs. 12:00 to 1:00 - Jun 27 (one day only) via Zoom. We'll prepare a full gamut of soups from heavy to light, and a novelty soup: Hartrou, beef barley, a cold soup (watercress), and a strawberry soup. **Leader: Joe Manzella**

EW. Easy Walks

Thurs. 1:00 to 3:00 - May 23 to Jul 18 in person. Easy Walks offers an easy, relaxing heart-healthy way to enjoy nature with a good dose of exercise and fun while building friendships with others. Nature Lovers and Birders welcome. All walking is flat or mostly flat on grass and gravel within the East Stroudsburg and Stroudsburg areas. We will meet and visit public parks in Monroe County. For those who need assistance getting to the park, arrangements can be made ahead of scheduled walks to meet in the TOALC parking lot. **Leader: Barry Field**

MD. Mandela Drawing

Thurs. 1:00 to 3:00 - Jul 11 (one day only) in person at Western Pocono Community Library, 1 Pilgrim Way, Broadheadsville, PA. Learn about the mandala and how to draw one. Supplies will be included. No math or art skills needed! **Leader: Melodie Higgins MAX: 10**

AW. Art with Flowers

Thurs. 1:30 to 3:30 - May 23 to Jun 13 in person. We will progress from drawing a single bloom to creating a bouquet, in the medium of your choice. **Leader: Pat Wayne MAX: 10**

NY. New York Science Times Discussion

Thurs. 1:30 to 3:00 - May 23 to Jul 18 via Zoom. A lively exchange of ideas/opinions about science. **Leader: Greg Nulle**

PI. Pinochle

Thurs. 2:00 to 4:00 - May 23 to Jul 18 in person. IT'S BACK! Learn the how-to's of this fun & friendly card game. For beginners and those with experience. **Leader: Leslie Berger**

FRIDAY

BW. Bird Watching

Fri. 9:00 to 12:00 - Jun 14 to Jul 19 in person. Observe and identify birds at various Monroe County Parks and Townships. Birding habitats will include lakes, streams, woodlands, and open fields. Enjoy nature, have fun, learn from one another, and build friendships. Learn birding etiquette, proper binocular use, and bird identification. We will meet at different locations on a weekly basis with a schedule and directions provided. Risk – Low. **Leader: Roxanne Antonowich**

IM. Instrumental Music Ensemble

Fri. 10:00 to 12:00 - May 24 to Jul 19 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**

KA. Kerouac - An Introduction

Fri. 10:00 to 12:00 - May 24 (one day only) in person. Mike will share his lifelong admiration and appreciation for Jack Kerouac's writing. Program will include music appropriate to his prose and poetry. **Leader: Mike Wetmore**

HO. History of Pen Argyl

Fri. 10:00 to 12:00 - May 31 (one day only) in person. The program will include how I became interested in local history and specifically Pen Argyl. Various Pen Argyl books and other projects will be discussed. Pictures, interesting facts, and stories will be included. **Presenter: Walter Cole**

DL. Don't Let a Tick Make You Sick

Fri. 10:00 to 12:00 - Jun 7 (one day only) in person. We will review the different types of ticks in Pennsylvania and the diseases they may carry. We will also discuss prevention, symptoms, tick removal and treatment. **Leader: Lois Elick**

PD. Paddle Down the Delaware

Fri. 10:00 to 1:00 - Jun 14 (one day only) in person. Meet at Edge of the Woods Outfitters 129 Main St. in Delaware Water Gap 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 watch for wildlife, such as bald eagles that are abundant on this section of river. **Send check (\$53: single or double kayaks, \$50: canoes per person) to TOALC by May 31. Facilitator: Greg Nulle MAX: 20**

IT. Identity Theft

Fri. 10:00 to 12:00 - Jun 21 (one day only) in person. Each year, more than 15 million Americans have their personal information stolen. Scammers use the information to open credit cards, bank accounts, and steal health and government benefits. Learn how to prevent identity theft, recognize when it has occurred, and take proper action if you think your identity has been stolen. **Leader: David Shallcross**

WC. Wound Care and CPR

Fri. 10:00 to 12:00 - Jul 12 (one day only) in person. St. Luke's Trauma Network is partnering with The Older Adult Learning Community to provide a Trauma Safety Event – presenting CPR and Stop the Bleed, both programs for the lay public to learn life-saving techniques. Anyone can administer simple medical care and can become the first line of defense in a traumatic incident. With CPR training, participants will learn hands-only CPR, and with Stop the Bleed training, participants will learn how to put on a tourniquet and how to pack a wound in the case of extreme bleeding. **Presenter: Andrea Nesfeder**

TL. TOALC luncheons

Fri. 12:00 to 2:30 - May 24, Jul 12 in person. You will be contacted with locations. Great food and conversation over lunch with your TOALC friends. **Leader: Kathy Cleveland**

TS. TOALC Summer Potluck Picnic

Fri. 1:00 to 4:00 – Jun 21 (one day only) at Brodhead Creek Pk, 4002 N 5th St, East Stroudsburg, PA. TOALC will supply hot dogs and burgers. **Facilitator: Greg Nulle**

SL. Son Lewis : Solo Acoustic Concert (Blues, Americana Classic Folk and Rock)

Fri 2:00 to 3:30 - June 7 (one day only) in person at the East Stroudsburg Presbyterian Church pavilion. In case of inclement weather, we'll move to the Fellowship Hall. Bring a chair or blanket for the lawn. Presenting Silk City recording artist Son Lewis in a performance of Blues music that traces the development of that style from its earliest stages in this century to its most modern incarnations. Son will present the various influential styles in performance with narration and dialogue explaining the music and its impact on the musical style of the period. **Facilitator: Greg Nulle**

Friday Afternoon Author Talks on Zoom

AS. Author Series

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

Jun 28: Debbie Burke, 1 pm via Zoom.



Debbie Burke

Debbie Burke is an award-winning editor with deep roots in publishing and journalism. A former news writer and columnist for Dow Jones, she became the editor of a regional business journal and the editor of a lifestyle magazine in Northeast Pennsylvania. Her editing/author coaching business, Queen Esther Publishing LLC, provides editorial services for authors, small publishers, ghostwriters, and university presses. Burke is also a writing tutor on Wyzant, an eleven-time, award-winning author of fiction and nonfiction (primarily about jazz), and an avid jazz blogger. Formerly a resident of East Stroudsburg, PA, she now lives in Virginia Beach, VA.

From concept to execution to making #1 bestseller on Amazon, learn the steps to self-publishing, how it compares with traditional publishing, and how to decide which one to choose. In this upbeat presentation, Burke brings participants through the pages of two of her bestsellers: ***Knowing Irv: The Life and Art of Irving Schiffer***, the biography of her father (<https://amzn.to/488eMMA>) and an inside view of the publishing industry with ***The Author's Little Red Guide to Editing*** (<https://amzn.to/3rudQhS>). Both books are suggested reading for this event and can be purchased ahead of time on Amazon.

Jul 19: Lee Hall, 1 pm via Zoom.



Lee Hall

Lee Hall—nonbinary, feminist, vegan—has spent four decades exploring the human penchant for cages, authoring several books and law review articles along the way. Lee connects the dots from our climate crisis to radical simplicity, class awareness, and justice for migrants and detainees. A Quaker with two law degrees, Lee has taught animal and environmental law (at Rutgers in Newark, NJ and at Widener – Delaware Law, respectively). Lee's latest book is available for all to explore: <https://www.patreon.com/posts/on-their-own-to-67064257>

In-person classes meet at TOALC unless otherwise indicated.

SATURDAY

BP. Burnside Plantation Blueberry Festival

Sat. 10:00 to 5:00 - Jul 13 (one day only) in person. Visit Bethlehem's beautiful Burnside Plantation for great food; live music; fresh, delicious blueberries and desserts, Colonial cooking, gardening, and brewing demos; pony rides; kids activities; and much more! Burnside Plantation, a 6.5-acre farm and living history museum was a centerpiece of the city's Moravian community in the 18th and 19th centuries. **Purchase your own tickets online for about \$10.** We'll provide carpooling. Stay as long as you want. **Leader: Greg Nulle**

MF. My Fair Lady

Sat. 2:00 to 4:30 - Jun 29 (one day only) in person at Shawnee Playhouse, 552 River Rd., Shawnee on Delaware, PA. Doors open at 1:30. The beloved musical of transformation, patronage, gender politics and class is based on George Bernard Shaw's play, "Pygmalion". On a bet, linguistics professor Henry Higgins takes on the arduous task of turning Cockney flower girl Eliza Doolittle into a lady, with unexpected results. **Send check payable to TOALC for \$25 (guests: \$35) per ticket to TOALC, 55 Smith St., East Stroudsburg PA 18301 by June 10. Facilitator: Greg Nulle**

CA. Cabaret

Sat. 2:00 to 4:30 - Jul 20 (one day only) in person at Shawnee Playhouse, 552 River Rd., Shawnee on Delaware, PA. Doors open at 1:30. The Kit Kat Klub is an alluring and risqué cabaret where the enigmatic emcee welcomes guests into a world of entertainment and hidden desires. American writer Cliff Bradshaw and British cabaret performer Sally Bowles become entangled in a passionate but tumultuous love affair, in a city in political upheaval. **Send check payable to TOALC for \$25 (guests: \$35) per ticket to TOALC, 55 Smith St., East Stroudsburg PA 18301 by July 1. Facilitator: Greg Nulle**

NI. Nashville Invasion at Blue Ridge Winery

Sat. 3:00 to 8:00 - Jun 8 (one day only) in person. Wild Bill and the Bruisers return as Blue Ridge Winery brings Nashville to the Poconos. A FREE event with food trucks, great music, and world-class wine! (Fireworks at 9 pm.) **Leader: Greg Nulle**

In-person classes meet at TOALC unless otherwise indicated.

LEADERS & PRESENTERS

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

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

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.

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.

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.

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.

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

Walter Cole is a forty-year social studies teacher at Pen Argyl High School and has written two books about Pen Argyl.

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

David Cornell was pastor of First Baptist Church of East Stroudsburg from 1980-2018 and a former campus minister in Oneonta, NY.

Lois Elick is a Population Health Nurse with the Pennsylvania Department of Health. She provides chronic disease education programs.

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.

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.

Rosalyn Blue Sky Henley is a retired Clinical Psychiatric Pharmacist, R.Ph, MS-Hospital/Pharmacy Administration-NY; Canadian/American Indian, American African Cultural Heritage Researcher; creative writer/poet.

Annette Herlihy started playing Texas Hold 'Em over 12 years ago and she loves it.

Melodie Higgins has a B.A. in Art and enjoys drawing/painting and many types of crafts.

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.

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

Afrie King has been making her own hand creams, chap stick, 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.

Son Lewis has been an active figure on the Blues music scene for some time. His work as a modern-day exponent of the Blues and R&B has led him to recognition as a performer, teacher, and recording artist.

Dr. Wemara Lichty is a cognitive neuroscientist who has done research and/or taught at the University of Missouri, Washington University-St. Louis, Old Dominion University, and Stanford University. In semi-retirement she is a psychology professor at Northampton Community College.

Joe Manzella has been cooking for 60 years, daily honing techniques and developing straightforward and easy-to-follow recipes.

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.

Andrea Nesfeder, MPH, is Trauma Outreach Coordinator, St. Luke's University Adult Level I Trauma Center.

Franca Nostro is bilingual in English and Italian.

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

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

Suzanne Pynch was an instrumental music teacher for more than 25 years and an opera lover for even longer.

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

Keith Robinson moved to East Stroudsburg from New Hampshire in 2021 and 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.

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

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

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

Pat Sole, a retired corporate VP, has been weaving (on and off) for 25 years and spinning for 6 years for fun and creativity.

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.

Mary Rae Thewlis has worked in film and television production for over 30 years. She was most recently an Executive Producer of "The Americans," an Emmy winning series on FX. She worked for 15 years on various episodes of "Law & Order" and knows many different ways to kill people.

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.

Barbara Van Nortwick has been an Occupational Therapist for 50 years. She is a Dementia Independent Certified Community Trainer, Certified Consultant, and Ageless Grace instructor with expertise working with caregivers caring for those living with dementia.

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.

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

Richard M. Weintraub, Esq., is an attorney with over 20 years of experience in estate planning, as well as drafting wills and trusts.

Mike Wetmore continues to re-visit the classic literature of our youth. He literally grew up reading Jack Kerouac as did many of his contemporaries.

Dr. Daniel M. Zucker is the rabbi of Temple Israel of the Poconos. He has served as a pulpit rabbi as well as a chaplain during his 50 years in the rabbinate. Before the rabbinate, Zucker was an archaeologist in Israel. A life-long Zionist, he is the author of over 100 articles on the Middle East.

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: Gary Bickle, Treasurer: Connie Hogan
Members: Bradford Day, Kathy Cleveland, Jannette Koerner, Mary Frances Kresge, Ken LeSure, Linda McMeekin,
Eileen Porte, Patrick Shevlin

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:

