



Learning
is Good
for Life!!

Winter/Spring 2018 Course Book

Sneak Peek Meet & Greet

A festive get-together open to the community

Sunday Jan 7, 2018 @ 2:30 p.m.

(Snow Date: Jan 14, 2018)

Fellowship Hall

Program of Classes

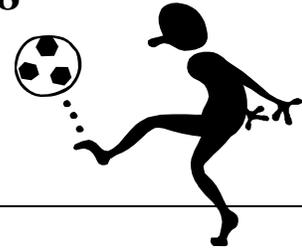
Monday, Jan 22 - Friday Mar 16, 2018

Exercise your mind with life-enriching experiences

**570-422-7810 or toalc@esu.edu
Website: www.theoalc.org**



TOALC Winter/Spring -2018



***Sunday, Jan 7, 2018 at 2:30 pm**

A FESTIVE GET-TOGETHER FOR EVERYONE

Welcome everyone to our celebration for the opening of our Winter Session

Presentation of Program and Refreshments

*Members are invited to bring refreshments for a “Pot Luck” meal.
Also bring samples of art, crafts, composition, etc.
you created in previous sessions for display*

*East Stroudsburg Presbyterian Church
55 Smith St, East Stroudsburg, PA*

**Snow date Jan 14 will be announced on TOALC office phone message and WSBG.*

SESSION REGISTRATION INFORMATION:

The only fee that you pay is a **\$45.00 Registration Fee** for each Session. When you pay this fee, you can attend as many classes as you can fit into your schedule. TOALC is a program for adults and is structured to accommodate the preferences of the older adult. There are no exams, grades or credits; rather, we offer the opportunity to interact with old friends and new. Mail your payment of the **Session Registration Fee** and completed **Registration Form** to TOALC East Stroudsburg Presbyterian Church, 55 Smith Street, East Stroudsburg, PA 18301. Please indicate your **Emergency Contact**. This line has been added for your health and safety. We are limited by space. Get your registration in early. **No Confirmation Letters will be sent so you can assume that you are in all the classes that you signed up to take.** You will be put on a **Waiting List** and called when there is insufficient space. **You may not attend classes until you are notified by the TOALC office.** Mailed registration deadline is **Tuesday Jan 16, 2018.** **If you wish to register or request additional classes after that date, please submit your form in person during TOALC office hours (weekdays 9:30 – 11:30am).** Staff will check that there is still sufficient room for you to begin attending the desired classes.

TOALC reserves the right to cancel or postpone any activity due to unforeseen circumstances. Classes WILL be held on Presidents’ Day, Monday Feb. 19, 2018.

INCLEMENT WEATHER POLICY: When the East Stroudsburg School District is closed for inclement weather, all classes at TOALC are cancelled. When there is a delayed opening, classes WILL BE held at the normal time. If you have concerns about the driving conditions in your area, please DO NOT come to class.

Please pay any class fees directly to the presenter on the first day of class.

TRIPS-WINTER/SPRING- 2018

*** *Programs will be held at East Stroudsburg Presbyterian Church, 55 Smith Street* ***
(unless otherwise stated)

All trip payments are due upon registration. **Please send a separate check with your Registration Form for each trip you intend to go on.** The checks will be held until the trip date. If for any reason TOALC has to cancel a trip, your check will be returned to you. Otherwise, there are **no refunds**. Transportation for all trips will be either by carpool, motor coach or minibus leaving from the parking lot of The East Stroudsburg Presbyterian Church, 55 Smith Street, East Stroudsburg. **Trips are open to anyone who registers for the Session and will be assigned on a first come first served basis. If we do not have a full trip, guests will be allowed and will have to pay an additional fee of ten dollars.** Since some trips fill quickly, early registration will improve your chances of getting the trip(s) you want. Those with special needs should call the TOALC office at **570-422-7810** ahead of time. **If you have concerns on the day of the trip, please call the TOALC office.**

TRIP CANCELLATION: If a trip is cancelled for any reason, you will be notified prior to the departure times.

#500- -MCTI Lunch and Tour - Friday, Mar 9 (Snow date Mar 16)

Meet at the East Stroudsburg Presbyterian Church at 11:30 and carpool to the Monroe County Career & Technical Institute (MCTI) in Bartonsville. We'll gather in the cafeteria at noon. Join us for lunch and a tour of one or two program areas at MCTI. MCTI is an extension of Monroe County's four school districts, and provides tuition-free career and technical education for secondary students of Monroe County. Lunch will include a salad, potato, vegetable, choice of chicken or seafood, beverage and dessert for \$7.00

Return by 3:00- Free to Members - \$10.00 for Non-Members- Cost excludes Lunch. Max enrollment: 30.

Coming in the Summer 2018 session...

We will sponsor several local carpooled trips as well as **ONE** bus trip. You get to choose the bus's destination!

- Gettysburg National Military Park. A new \$135 million Museum and Visitor Center opened in 2008. **(2-day trip) OR**
- Museum of the American Revolution, Philadelphia. New in 2017, the museum tells the story of the revolution in a collection of several thousand objects, works of art, manuscripts and printed works **OR**
- Thomas Edison National Historical Park. Home, lab, and artifacts of the American inventor & manufacturer. West Orange, NJ.

Note that the cost of these trips will include bus rental at perhaps up to \$100 per day plus admission fees, meals and accommodations for overnight trips.

Mark your choice on the registration form.

MONDAY

501 The Civil War and Its Aftermath

Mon. 9:30 to 11:30 – Mar 5 & Mar 12

Emphasizing the people, social and political aspects rather than the battles of the American Civil War.

Leader: Richard Kelmans

#502 Art-Drawing-Watercolor-Acrylic

Mon. 10:00 to to 12:00 – Jan 22 to Feb 26

Drawing and watercolor techniques for all levels. Demonstrations of painting from still life and photos is emphasized as well as sharing of techniques. Bring any of your own supplies. to the first class. **Western Pocono Comm. Library,**

131 Pilgrim Way, Rte. 115, Brodheadsville

Leaders: K. McMaster & P. Wayne - Max: 20

#503 Conversational Spanish

Mon. 9:30 to 11:30 - Jan 22 to Mar 12

For adults with some knowledge of Spanish who want to improve their conversational skills. We will be reading and discussing Latin American writers.

Leader: Emma Avci

#504 Biotechnology and Genetic Engineering

Mon. 1:00 to 2:00 – Feb 5 & Feb 12

This course will discuss scientific, philosophical, and ethical perspectives on the issue of human genetic modification. **Leaders: Dr. Maria Kitchens-Kintz, ESU Biology; Dr. Tim Connolly, ESU Philosophy**

#505 State of American Democracy

Mon. 1:30 to 3:30 – Jan 22 to Mar 12

Book: *Fantasyland: How America Went Haywire...*, by Kurt Anderson. Cost: \$20. Pay instructor. We typically think of democracy as limited government of popular sovereignty and maximum liberty. But democracy is a product of the Enlightenment, a philosophical tradition based on scientific evidence, openness to truth, and a willingness to subject superstitions to empirical examination. Anderson's book examines the extent to which America is drifting away from these fundamental principles. **Leader: Merlyn Clarke**

#506 Quilting – Novice Part 2

Mon. 2:00 to 4:00 – Jan 22 to Mar 12

We will make a quilted bag using a Nine-patch design and techniques learned in the Fall 2017 session. If you did not take the Fall 2017 class, please contact office before registering regarding your sewing or quilting experience. Must have a sewing machine. **Leader: Susan Houcek - Max: 8**

TUESDAY

#507 Music As A Second Language

Tues. 9:30 to 10:00 – Jan 23 to Feb 27

Learn the language of music through a beginner's study of music theory: melody (scales), harmony (chords), and rhythm (counting). Hands-on with keyboards, computer programs and apps. **Class held in the ESU piano lab: Cohen Fine Arts Building. Leader: Jenny Collins - Max: 14**

#508 Beginning French

Tues. 9:30 to 11:30 – Jan 23 to Mar 13

Decide if learning more French is for you. Play games to learn basic phrases, names of the days and months, numbers, the alphabet and body parts.

Leader: Nancy Mahon - Max: 20

#509 Creative Writing Course to Publish

Tues. 9:30 to 11:30 – Jan 23 to Mar 13

Start class with 5 - 10-minute prompted writing. Next a short presentation on an aspect of creative writing, with lively discussion. Finally, each participant will present a recent sample piece with copies for class members. **Leader: Hal Pascal**

#510 Piano Class

Tues. 10:00 to 11:00 – Jan 23 to Feb 27

Students will be instructed on electric keyboards in **the ESU piano lab: Cohen Fine Arts Building. Leader: Jenny Collins - Max: 14**

#511 Health & Spiritual Benefits of Meditation

Tues. 1:30 to 2:30 - Feb 27 to Mar 13

We will discuss medical and psychological research showing the benefits of meditation. The spiritual seeker must focus the mind on one's spiritual life, to get in touch with one's higher self. This can have life-changing benefits. Mind-calming techniques can lead to a more peaceful, contented life and a more satisfying spiritual life. **Leader: Swamini Ramananda**

#512 Happier In This Life And In The Afterlife... A Workshop

Tues. 1:30 to 2:30 – Jan 23 to Mar 13

Our happiness both now and in the life to come depend on our character development. We can help each other using the wisdom of Swedenborg and Gurdjieff to grow into happier and better people. Required book: **Observing Spirit: Evaluating Your Daily Progress On The Path To Heaven With Gurdjieff & Swedenborg** by Peter Rhodes. \$6-13 (used, new on bookfinder.com) **Leader: Mel Rosenthal - Max: 20**

#513 Yoga for Seniors: Use it or Lose It Sec #1

Tues. 2:30 to 3:30 - Jan 23 to Mar 13

Make your body your friend. Traditional yoga postures suitable for active seniors. You must be able to get up and down from the floor without assistance. Flexibility, health improvement and stress reduction. Please bring your own yoga mat (mats available at TJMax, 5 Below & other stores \$5-15). **Leader: Mel Rosenthal - Max: 25**

#514 Yoga for Seniors: Use it or Lose It Sec #2

Tues. 3:30 to 4:30 - Jan 23 to Feb 6

See Sec #1. This is an overflow class for Section 1. After Feb 6, remaining students will be merged into Section 1. **Leader: Mel Rosenthal - Max: 25**

WEDNESDAY

#515 Happiness and the Meaning of Life

Wed. 9:00 to 9:50 – Jan 24 to Feb 28

This course will discuss perspectives from philosophy, religion, psychology, and the natural sciences regarding the concept of happiness and the question of life's meaning. Each meeting will involve collaborative discussion between TOALC participants and Honors students at ESU.

Leader: Dr. Tim Connolly

#516 Know Your Bible

Wed. 10:00 to 11:30 – Feb 14 to Mar 14

The Bible is the story of two historical movements: one about the Hebrew nation, the second about the Christian Church. From Genesis to Revelation we shall look at all 66 books. In part II we conclude our study of the Hebrew Bible, Psalms, prophets, Maccabees. In summer session: New Testament.

Leader: Dr. Lloyd Kenyon

#517 Coloring for Relaxation

Wed. 10:00 to 11:30 – Jan 24 to Feb 14

Join us for a creative & relaxing morning to share ideas, new techniques and conversation.

Leader: Eloise Laubach

#518 Magic Moments

Wed. 10:00 to 12:00 – Jan 24 to June 30

We create a program of skits, songs, jokes, and nonsense. We perform at local senior residences and extended care facilities. **Class held at The Loder Center. Continues after end of TOALC session.**

Leader: Eunice Sadler - Max: 10

#519 Prose and Poetry

Wed. 1:30 to 3:30 – Jan 24 to Mar 14

Class participants present alternate classes of Poetry and Prose every other week. The text will be **The Best American Short Stories of 2017** and may be obtained in class.

Leaders: H. Pascal and V. Martin - Max: 15

#520 Current World Issues

Wed. 1:30 to 3:00 – Feb 7 to Mar 7

2/7 – Opening, 2/14 Pax Americana, 2/21 Media and Foreign Policy, 2/28 Defense Budget, 3/7 Closing. Book (for all 2018 sessions): **Great Decisions 2018- Cost: \$26.00. Pay instructor.**

Leader: Maury Molin

#521 The Three B's: Bach, Beethoven, Brahms

Wed. 1:30 to 3:30 – Jan 24 to Mar 14

Discussion of the evolution of western classical music through three German composers. Music from the Baroque, Classical and Romantic eras will be highlighted. **Leader: Betsy Buzzelli-Clarke**

THURSDAY

#522 Ultimate Shakespeare

Thurs. 9:30 to 11:30 - Feb 15 to Mar 8

A study of perhaps the bard's greatest play, *King Lear*. Two discussion sessions, viewing this play on DVD in the 3rd session. Participants should read the play before class starts. **Leader: Mike Wetmore**

#523 Self-Defense for Seniors

Thurs 9:30 to 11:00 – Jan 25 & Feb 1

Students will be taught awareness, avoidance skills and some basic self-defense, inside and outside the home. **Leaders: Rev. Dr. T. Richards & J. Wilkins Max: 12**

#524 Ballet for Seniors

Thurs. 1:30 to 2:30 – Jan 25 to Mar 15

A low-impact class for men & women who love to dance. Excellent for posture, stretch, mild cardio. Wear leotards or leggings, loose top, ballet slippers or socks. **Class held at School of Visual and Performing Arts, Main St. Stroudsburg**
Leader: Diane Verdi

#525 Musical Poetry & Quotes

Thurs. 1:30 to 3:30 – Jan 25 (One Day Only)

We'll play a few records, review their lyrics. We'll examine quotations from all fields of people about their interpretations and valuation of the many forms of music. Some light verse, some medium verse, some fun verse. Who penned, "Music is love searching for a word," and who said "I would like to paint the way a bird sings"? We'll even delve into a 1965 Bob Dylan song and, separately (of course) a Perry Como tune from 1973 among many others.

Leader: Tom Moore

#526 Kingston Trio

Thurs. 1:30 to 3:00 – Feb 8 & 15

They were the first commercially successful American folk group, releasing 19 albums, 14 in the Top 10 in their first 7 years. They paved the way for Peter, Paul & Mary, Dylan and other acoustic guitar performers. They aimed at having fun in concerts and recordings, and three-part harmonizing while glibly tossing in a few political zingers. We'll concentrate on their songs in the late 50s and early 60s. **Leader: Tom Moore**

#527 Winter-Art

Thurs. 1:30 to 3:30 – Mar 1 (One Day Only)

A winter poem and picture. We will paint a prepared snow scene and then outline it with a sharpie pen. Bring sharpie pen. *Cost: \$1.00* payable to **Leader: Patricia Smith**

#528 Dancercise part 2

Thur. 2:00 to 3:00 – Feb 15 to Mar 15

See 533 Dancercise part 1.

#529 Knitting & Crocheting

Thur. 1:30 to 3:00 – Jan 25 to Mar 15

Two fun handcrafts that have several health benefits including relief of arthritis symptoms and cognitive decline. We sit and gab while making anything from dishcloths to clothing. Cost depends on student's choice of project. **Leaders: Andrea Reiter and Nancy Mahon**

FRIDAY

#530 Russia along the Trans Siberian Railroad

Fri. 10:00 to 11:30 – Feb 16 (One Day Only)

Maury recounts in his inimitable style his recent trek across Russia. **Presenter: Maury Molin**

531 TOALC LUNCHEONS – “Pocono Pubs”

Fri. 12:15 to 2:45 – 1/26, 2/23, 3/23

Join us for great conversation as we search for great food at restaurants chosen by the participants.

Leader: Pat Torregrossa

#532 Bowling and Pizza

Fri. 1:00 to 3:00 - Jan 26 to Mar 16

Cost is \$7.50 for two games plus \$3.50 for shoe rental. Bowl and build up an appetite for pizza.

This activity will be held at Eagle Valley Lanes.

Leader: Don Robinson

#533 Dancercise part 1

Fri. 2:00 to 3:00 – Feb 2 & 9

Continues as #528 Dancercise part 2.

A movement through dance class, offering a variety of movements at the appropriate level from baton twirling, ballet, tap, jazz, and ballroom dancing. Put on your comfortable clothes and shoes and join me.

Leader: Debbi Yohey

THEME DAYS

“We Shall Overcome” – 50 Years Later

A lecture series commemorating the Martin Luther King assassination and the Civil Rights Act of 1968

#534 The Philosophy of Martin Luther King, Jr.

Thur. 2:00 to 3:00 – Jan 25 to Feb 8

An introduction to the philosophical and ethical teachings of Martin Luther King, Jr.

Presenter: Dr. Storm Heter

#535 Practicing Non-violence.

Fri. 10:00 to 12:00 – Feb 2 (One Day Only)

Learn methods of practicing non-violence in the spirit of Martin Luther King and Gandhi.

Leader: Paula Benz

#536 The Internet as Hate Group Haven.

Fri. 10:00 to 12:00 – Feb 9 (One Day Only)

No need for white pointed hoods and sheets. The Internet provides that anonymity as well as the power of social media groupthink and global reach. Even major search engines sometimes can be pushed to report the world their way. What to do? Maybe a good “doxing”? **Leader: Greg Nulle**

#537 M.L. King and the Civil Rights Movement.

Fri. 10:00 to 12:00 – Feb 23 & Mar 2

An historical perspective on the life of Martin Luther King, Jr. within the context of the broader civil rights movement.

Presenter: Dr. Brian Alnutt

LEADERS & PRESENTERS

Dr. Brian Alnutt is Associate Professor of History in the Humanities and Social Sciences Division at NCC.
Emma Avci is from Peru and has a bachelor's degree in Political Science.
Paula Benz is a retired hospice chaplain & spiritual counselor as well as a Reiki practitioner.
Betsy Buzzelli-Clarke is a retired ESU music professor.
Merlyn Clarke is a professor emeritus of Political Science, East Stroudsburg University.
Jenny Collins has taught in the Music Department of ESU and Moravian College for many years.
Dr. Tim Connolly is an Associate Professor and Department Chair of Philosophy/ Religious Studies at ESU.
Dr. Storm Heter is Associate Professor of Modern Languages, Philosophy and Religion at ESU.
Susan Houcek has been creating all kinds of things from fabric and thread since childhood.
Richard Kelmans is a retired attorney and Civil War buff for 50 years and baseball history buff since 1947.
Rev. Dr. Lloyd Kenyon has graduate degrees from Eastern Baptist Theological Seminary.
Dr. Maria Kitchens-Kintz is Assistant Professor of Biology at ESU.
Eloise Laubach is a retired non-profit administrator who serves on the TOALC Board.
Nancy Mahon has studied French from grade school through college. She also has enjoyed crocheting for many years.
Valerie Martin has led many successful courses for TOALC.
Kathy McMaster loves painting and has led our drawing and painting class for many years.
Maury Molin, retired East Stroudsburg H.S. History teacher, is TOALC Past President & Borough Councilman.
Tom Moore danced on American Bandstand and played in a Rock and Roll Band.
Greg Nulle is TOALC Vice President and a retired librarian & computer programmer.
Harold Pascal is an M.D./ Ph.D. and the new TOALC President.
Swamini Ramananda is a Hindu monk and retired ESU Psychology professor, teaches Sanskrit, Meditation and the ancient Hindu scriptural texts
Andrea Reiter loves to knit and can generally be found working on a knitting project.
Rev. Dr. Thomas Richards is a 6th degree black belt in Tang Soo Do with 39 years martial arts experience.
Don Robinson has led several classes in Bridge, Bowling and Golf. His napkin folding class is fun and popular.
Mel Rosenthal is a retired Chiropractor, yoga instructor and Radical Forgiveness coach, volunteer with dog rescue and PA Prison Society, second half of life spiritual path.
Eunice Sadler is a retired pre-school teacher with a love of music and theater.
Patricia Smith has been teaching art since her retirement as an elementary school teacher.
Patricia Torregrossa is a long-time member of TOALC who coordinates the luncheons.
Diane Verdi is a professional dancer/ teacher for all ages.
Pat Wayne has led our Drawing and Painting and Coloring for Relaxation classes.
Michael Wetmore achieved a "bucket list" item by reading all 37 Shakespeare plays by his 70th birthday.
James Wilkins is a 3rd degree black belt in Korean Tang Soo Do with 30 years martial arts experience.
Debbi Yohey is a dance and baton twirling instructor, worked at Melody Kline's dance studio in 80's and 90's.

Notice of Non-Discrimination

The Older Adult Learning Center (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.

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