



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

Learning
is Good
for Life!!

Winter 2025 Course Book

Kickoff and Potluck

A festive get-together open to the community.

Sunday, Jan. 12, 2025, 2 pm

East Stroudsburg Presbyterian Church

**Revised 1/11/25: Changes to classes BS, GF, GG,
PT, TR, and YN.**

Program of Classes

Monday, Jan. 27 – Friday Mar. 21, 2025

Exercise your mind with life-enriching experiences

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

TOALC is a 501(c)(3) nonprofit

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

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

TOALC Winter 2025

Location and Hours

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

Registration

- You will find the registration form on page 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 **Jan 22** so we can add you to class rosters and get you any needed class information.

Membership Payments and Trip Policies

- Memberships entitle 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 the trip is not full, we will allow guests, but they must pay an additional \$10 fee.
 - **Those with special needs** should call the TOALC Office at 570-422-7810 ahead of time.

Health and Safety

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

Class Delivery Options

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

Class Attendance

- TOALC **will** hold class on Presidents’ Day February 19. **See Page 10 for Weather Closing Policy.**
- If dropping a class, tell the class leader or the TOALC office. Someone may be waiting for an open seat.
- The class leader will notify you directly if a class is cancelled.
- Please arrive at class on time. Sign into Zoom meetings 10 minutes early to handle any technical snags.
- TOALC policy is **No Recordings** (video /audio) by any means of TOALC classes, including Zoom.
- Books and any other required materials are not available from TOALC unless indicated in the course listing.

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

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

WINTER CLASSES

MONDAY

AT. Advanced Tai Chi Practice Group

9:15 to 10:45 - Mon. Jan 27 to Feb 24, Tue. - Mar 4 to Mar 18, in person. Open to longtime Tai Chi students by invitation. **Facilitator: Rebecca Sapora-Day Max: 10**

LS. Life Skills Through Juggling

Mon. 9:15 to 10:15 - Jan 27 (one day only) in person.

Learning to juggle can improve several life skills. It enhances hand-eye coordination, concentration, problem-solving, adaptability, focus, and self-confidence. It requires practice, patience, and multitasking, skills that translate to managing daily responsibilities effectively.

Leader: Scott Fabian

AH. An Honest Look at Car Repair

Mon. 9:15 to 10:45 - Mar 10 (one day only) in person. Snow date: Mar 17. Learn how to find trustworthy mechanics, understand complex repair advice, and conduct basic vehicle inspections. By effectively communicating with your mechanic and asking the right questions, you will gain the knowledge to make informed decisions about your vehicle's care. To ensure the class addresses your specific concerns, please email your questions or desired topics in advance. **Leader: Joe Volper**

II. If It Ain't Baroque Don't Fix It

Mon. 9:30 to 11:00 - Jan 27 to Mar 17 in person. This course will follow the evolution of music throughout the Baroque period. Composers of the period will include Vivaldi, Bach, Handel, and others. Musical examples will include live and recorded performances.

Leader: Betsy Buzzelli-Clarke

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

Mon. 9:30 to 10:30 - Feb 10 (one day only) in person. Managing illness and accessing support can be complicated and overwhelming. Having a plan and knowing what resources are available ensures you receive the care you need and want. This program aims to educate you on available services, how they are funded, and the ideal times to access them. **Presenter: Brenna Berdini**

WW. Watercolor Workshop

Mon. 9:30 to 11:00 - Mar 3 to Mar 17 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 - Jan 27 to Mar 17 in 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**

PL. Paradise Lost

Mon. 10:00 to 12:00 - Jan 27 to Mar 17 in person. Come explore the greatest epic poem since Homer and Virgil in Classical Greece and Rome as we see John Milton's Christian interpretation of everything from the Creation to the Fall of Man and the origin of Original Sin. We will use the Signet Edition of Paradise Lost which is available on Amazon. **Leader: Dr. Howard Weiner**

FA. Famous and Infamous Court Decisions

Mon. 11:00 to 12:00 - Jan 27 to Mar 17 in person. To meet on Zoom in inclement weather. Learn how the U.S. Supreme Court has shaped the American experience. Rulings have regulated our conduct from the bedroom to the classroom to the boardroom, to the oval office. The Court has considered issues such as when does life begin, who is a person, what is protected speech, what constitutes a religion, and what limits, if any, can the government impose on our everyday activities.

The course will cover some historically important decisions, both great and horrendous, and end up with a review of the current 6-3 Conservative court's decisions and expected case load. **Leader: Mark Love**

WM. Winter Movie at Pocono Cinema

Mon. 1:00 to 4:00 - Mar 17 (one day only) in person at Pocono Cinema, 88 S. Courtland St., East Stroudsburg. Film on Irish theme TBA. Free to TOALC members. Refreshments for sale. **Facilitator: Greg Nulle**

AL. Anti-Liberalism in the Contemporary World

Mon. 1:30 to 3:30 - Jan 27 to Mar 17 in person. We have recently examined the anti-liberal traditions that have flourished in America from the time of the Founding up until the present time, ideas that have contradicted and challenged the values upon which America was founded as expressed in The Declaration of Independence. In this session we will look at how anti-liberal sentiments are being promoted and bolstered worldwide—in countries such as Russia, China, Venezuela and elsewhere—and their implications for, and impact upon, America. [Notifications of suggested readings will be sent out prior to the first class]. **Leader: Dr. Merlyn Clarke**

EA. Exploring American Musical Theater

Mon. 1:30 to 3:30 - Jan 27 to Mar 17 in person. Trace the development of a truly American art form from its roots to current Broadway shows. Dr. Weiner will share some of the personal experiences that he has had in the many shows he has directed, and the music he has directed. No textbook is required. **Leader: Dr. Howard Weiner**

BS. Ballroom Social Dancing - Updated

Mon. 2:00 to 3:00 - Jan 27 to Mar 17 in person. Each class will begin with a demo and brief instruction of 1 dance, e.g., Fox Trot, Waltz, Cha-Cha. Participants may dance to a variety of Big Band music or sit while enjoying the sights and sounds! If dancing, please wear soft-soled shoes, not sneakers. **By “soft-soled” is meant any shoe which allows smooth movement eg turning, gliding, is fine. Sneakers are ok if they are well worn or without deep treads that will make turning difficult.** No partners required. **Leader: David & Teri Gaglione**

TUESDAY

WK. Who Knew: Female Heroes You Likely Never Knew

Tue. 9:15 to 10:45 - Jan 28 to Feb 18 in person. Amazing women who contributed to our world but were unacknowledged in history. 4 Sessions: Pre WWI, WWI era, WWII era, Post WWII. **Leader: Linda Gerkenmeyer**

CW. Creative Writing

Tue. 9:30 to 11:30 - Jan 28 to Mar 18 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**

TJ. The Joy of Sourdough Bread

Tue. 9:30 to 10:45 - Jan 28 and Mar 4 in person. Feb 4 to Feb 25 via Zoom. Discover the joy of baking homemade sourdough bread! Learn to create a starter and use baking techniques for delicious, healthier bread. Experienced bakers can explore baking baguettes, pizza, and more. Our first session is in person, followed by step-by-step Zoom sessions to bake at home. Finally, we will share our homemade breads in celebration of becoming Pocono Sourdough Bread bakers. **Leader: Barry Field Max: 20**

HD. How Does the U.S. Constitution Apply to Older Adults?

Tue. 9:30 to 10:30 - Mar 11 to Mar 18 in person. The Constitution guarantees basic rights, due process, and a bill of rights that protects free speech, privacy, and other rights important to seniors. **Leader: Richard Weintraub**

HO. History of Jazz in America

Tue. 10:00 to 12:00 - Jan 28 to Mar 18 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 me and discover the history of this truly American art form. **Leader: Dr. Howard Weiner**

MJ. Mah Jongg

Tue. 11:00 to 1:00 - Jan 28 to Mar 18 in person. A game of skill, strategy, and luck like Rummikub; played with a set of 144 tiles based on Chinese characters and symbols. Requires skills in tactics, observation, memory, and adaptive strategies. **Leader: Erika Cohen Max: 21**

QC. Quilter's Choice

Tue. 11:00 to 1:00 - Jan 28 to Mar 18 in person. If you are a beginner, I will offer some options to help you choose one. Sewing machine necessary. Risks: Use of SHARP rotary cutter, extension cords, and carrying sewing machine into class. **Leader: Susan Houcek Max: 12**

YF. Yoga for Seniors

Tue. 1:15 to 2:15 - Jan 28 to Mar 18 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. **A one-time \$5 fee is required to help pay for the yoga instructor's insurance. Leader: Mel Rosenthal Max: 25**

MT. Maury's Travel Experiences

Tue. 1:30 to 3:30 - Jan 28 (one day only) in person. Maury will speak about his many travels on the seven seas and seven continents. **Leader: Maury Molin**

SC. Scrabble

Tue. 1:30 to 3:30 - Jan 28 to Mar 18 in person. Let's play SCRABBLE! **Leader: Mike Wetmore**

SO. Snapshots of the Early Church from Acts 1-12

Tue. 1:30 to 3:00 - Feb 4 to Feb 25 in person. This course explores highlights of the early Christian church as described by Luke. Each session includes a 45-minute lecture with slides, followed by discussion of questions and observations. Using a study bible with maps/diagrams will aid understanding. Reading Acts 1-2 ahead is recommended. Study guides are provided. Participants with Holy Land or archaeology experience are encouraged to share briefly. **Leader: David Cornell Max: 25**

BT. Basic Tax Concepts

Tue. 1:30 to 3:30 - Mar 4 (one day only) in person. IRS Form 1040 is essential for all individual American taxpayers, as it reports income, tax payments, credits, and determines the annual tax outcome. We will delve into its history, functions, and objectives, explaining it in non-technical terms. Additionally, we will cover basic Pennsylvania and local tax forms, highlighting their differences from federal forms and how to use them for basic financial and tax planning. **Leader: Bob Messbauer Max: 20**

ST. Sharing Time

Tue. 1:30 to 3:30 - Mar 11 (one day only) in person. TOALC's version of "Show and Tell." Members share their interests, hobbies, travels, etc. in 15 to 30-minute segments. Let us know in advance if you want to be a presenter. **Leader: Carol Akam**

YN. Yoga Nidra - Updated

Tue. 2:30 to 3:30 - Jan 28 to Mar 18 in person. Experience Yoga Nidra guided meditations by Kamini Desai, PhD, and others. These sessions reduce stress, enhance self-healing, and nurture intuition. **Explore "Radical Forgiveness", a process of healing and transforming oneself from being a victim of another or others to seeing the "truth" of the psychospiritual dynamics.**
Leader: Mel Rosenthal Max: 30

WEDNESDAY

FO. Feast on 5th: Breakfast at Besecker's

Wed. 8:45 to 9:45 - Mar 12 (one day only) in person at 1427 N 5th St, Stroudsburg, PA. Snow date: March 19. Start the day with classic diner fare with your TOALC friends. **Leader: Mike Wetmore**

RT. Refresher Tai Chi at Middle Smithfield

Wed. 9:00 to 11:00 - Feb 12 (one day only) in person at Middle Smithfield Community Center, 5200 Milford Rd, East Stroudsburg, PA 18302. Refresh your Tai Chi, the ancient Chinese exercise that promotes calmness of mind, physical grace, and overall good health. Described as meditation in motion, Tai Chi movements are gentle. Continue your practice to develop strength, balance, and an alert but peaceful mind. TOALC registration is required but there is no \$45 member fee if this is your only class. **Leader: Dr. James J. Vagliardo Max: 25**

IC. Introductory Crochet

Wed. 9:15 to 10:45 - Jan 29 to Mar 19 in person. Crocheting can be a fun and productive hobby. Nothing is quite as enjoyable as completing a project with your own hands in a fun and welcoming environment. In this class, you will learn basic crochet stitches that will allow you to create a simple scarf that is as beautiful as it is functional. No experience necessary, but all skill levels welcome. Needed supplies to be announced.

Leader: Quinn Renta Max: 14

IT. Introduction to Medicare

Wed. 9:30 to 12:00 - Mar 5 (one day only) in person. A "New To Medicare" and Medicare Q & A session. **Leader: Laura Pride**

CI. Conversational Italian

Wed. 10:00 to 12:00 - Jan 29 to Mar 19 in person. Prerequisite: Basic Italian. Learn Italian via a variety of methods including handouts, media, and puzzles. **Leader: Franca Nostro Max:12**

CF. ChatGPT For the Fun of It

Wed. 10:00 to 12:00 - Feb 19 (one day only) in person. Learn about the exciting world of AI-powered chatbots like ChatGPT, Microsoft Copilot, and Gemini. Craft effective prompts to receive accurate and helpful information tailored to your specific needs. From researching family history to planning a trip, this course will equip you with the skills to harness the power of AI and make the most of your digital experiences. **Leader: Greg Nulle**

TG. The Grief Experience

Wed. 10:00 to 11:30 - Mar 12 (one day only) in person. Sharing and skill building your experiences with grief.

Leader: Paula Benz Max: 10

BD. Buddhist Discussion Group

Wed. 10:00 to 11:30 - Mar 19 (one day only) in person. Share your experiences with practicing Buddhism in this discussion group.

Leader: Paula Benz Max: 10

CL. Country Line Dancing

Wed. 11:00 to 12:00 - Feb 26 to Mar 5 in person. Come out for some exercise and fun with others while enjoying various country tunes. Country line dancing does not require a partner or any special footwear. This course is for everyone – no experience is necessary.

Leader: Jill Malefyt Max: 18

SM. Salves - Medicinal and Regular

Wed. 11:00 to 12:00 - Mar 19 (one day only) in person. Make your own medicinal and body salves. The \$5 class fee gets a small jar of salve. **Leader: Afrie King Max: 15**

GF. Golden Footlights - Updated

Wed. 1:00 to 3:30 - Jan 29 to Mar 19 in person at the Unitarian Universalist Fellowship of the Poconos, 118 Knight St., Stroudsburg. 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

MA. Mind and Brain

Wed. 1:00 to 3:00 - Feb 12 to Feb 26 in person. Three classes will focus on recent research related to the mind and brain interface regarding a variety of topics: 1. Memory & Alzheimer's Disease, 2 & 3. Potpourri (new brain research and treatment methods, behavioral economics, phantom limb, psychedelic treatments, autism, ADHD, neurofeedback, placebo, music, exercise). For the memory class, new information about preventing decline will be discussed. Although research will be discussed, a science background is not necessary. **Leader: Wemara Lichty Max: 35**

SA. Stone Age in the Poconos

Wed. 1:00 to 2:30 - Mar 12 (one day only) in person. Snow date Mar 19. The Poconos has a rich Native American history spanning over twelve thousand years. Since there was no written language, we study their cultures through the stone and bone tools they used daily. Russ will use posters and authentic artifacts to show the evolution of Native American tools across the Paleo, Archaic, and Woodland Periods. Featuring hafted tools and specialized food processing items, this talk reveals how they adapted to environmental changes and efficiently processed nuts and grains. **Leader: Russ Cramer**

CE. Current Events

Wed. 1:30 to 3:15 - Jan 29 to Feb 26 in person.

Weekly discussion and exchange of ideas and information and an exercise in civil discourse on global, national, state, and local news. We aim to learn from each other and enjoy engaging conversations. CIVILITY IS A MUST AND MOST APPRECIATED. **Leader: Gary Bickle Max: 25**

GI. Global Issues

Wed. 1:30 to 3:15 - Mar 5 to Mar 19 in person. Discussion group with focus on US Foreign Policy on topics chosen from "Great Decisions 2025" (\$30) book that we will use for entire year plus a companion DVD shown at beginning of class. Become informed with interesting and lively conversation. **CIVILITY IS A MUST AND MOST APPRECIATED. Leader: Gary Bickle Max: 25**

PO. Preview of the Opera Fidelio

Wed. 1:30 to 3:30 - Mar 12 (one day only) in person. Find out what to look and listen for during TOALC's trip to the opera *Fidelio* at Cinemark. (See entry "FL" on pg. 8.) **Leader: Betsy Buzzelli-Clarke**

PF. Prevent Falls

Wed. 4:00 to 5:00 - Feb 26 to Mar 5 in person. Day 1 will cover tips to reduce falling and increase locomotion followed by 40 minutes of exercises and a wrap-up. Day 2 will include discussion on how to make your home safer followed by 40 minutes of exercises and a wrap-up. **By registering, you agree to notify the ESU photographer if you do not wish to be photographed and remove yourself from camera view. Presenters: Dr. Shala Davis and Professor Tiffany Jordan**

THURSDAY

TC. Tai Chi for Arthritis and Fall Prevention

Thu. 9:30 to 10:30 - Jan 30 to Mar 20 in person. This class is an evidence-based program supported by the PA Dept. of Aging designed to promote mobility, energy, good mental health, and physical well-being. The class is for those who wish to mitigate arthritis pain or just increase mobility and prevent falls. Students can stand and/or be seated. At the end of class, we provide resources on how to continue at home. Students must commit to all eight sessions. **Leader: Laura Pride Max: 12**

MD. Movies, Documentaries, Musicals

Thu. 9:30 to 12:00 - Feb 6 to Mar 13 in person. 1) *Ray*, Musical Drama, starring Jamie Foxx. 2) *12 Years a Slave*, Drama – History, starring Chiwetel Ejiofor. 3) *20 Feet from Stardom*, Documentary - Musical, starring Stevie Wonder and Bette Midler. 4) *A Journal for Jordan*, Romance - War, starring Michael P. Jordan. 5) *Summer of Soul*, Documentary – Musical. 6) *The Woman King*, Action - Adventure, starring Viola Davis. **Leader: Jesstina Smith**

KF. Knitting for Health and Fun

Thu. 9:45 to 11:45 - Feb 13 to Mar 13 in person. Whether a beginner or experienced knitter, a man or woman, join us for fun, friendship, and relaxation. Knitting reduces stress and improves cognitive function. All skill levels welcome. Beginners, bring size #8 needles and #4 cotton yarn. Intermediates, bring size #13 needles and bulky yarn. Color-changing yarn is lovely. Advanced knitters, bring your current project. Let's knit together! **Leader: Andrea Reiter Max: 20**

BB. Big Bill for the Common Reader

Thu. 10:00 to 12:00 - Jan 30 to Feb 6 in person. Explore William Goldman's *Lord of the Flies* in a reading and discussion class. Watch a film adaptation. Please read the book before class. Book costs under \$20. **Leader: Mike Wetmore**

BC. Book Club

Thu. 10:00 to 12:00 - Feb 20 to Mar 20 via Zoom. We will read and discuss TOALC member Charles Fancher's first novel, *Red Clay* to be published February 4. **Leader: Kathryn Cleveland**

TR. Timber Rafting on the Delaware - Updated

Thurs. 10:00 to 12:00 - Mar 20 (one day only) in person. This industry was a major part of the region's commerce from the mid-1700s to the early 1920s, significantly shaping the river's landscape and history. Log drivers cut, tied together, and floated large timbers downriver to shipyards and industries in Trenton, Easton, and Philadelphia. **Presenter: Ken Metcalf**

TH. Texas Hold 'Em Poker

Thu. 12:00 to 2:00 - Jan 30 to Mar 20 in person. It is said that "It takes a minute to learn & a lifetime to master" this game. Cards and chips supplied. **Leader: Annette Herlihy Max: 16**

SL. Spanish Level Two

Thu. 12:30 to 2:00 - Jan 30 to Mar 20 in person. For those who took the introductory Spanish class this fall or the equivalent. 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**

AG. A Good Life

Thu. 1:00 to 2:30 - Jan 30 to Mar 6 via Zoom. "What is the good life?" This course combines scientific research, personal reflection, and open discussion to explore the factors that contribute to human flourishing. We will draw insights from the Harvard Study of Adult Development, as detailed in *The Good Life* by Robert Waldinger and Marc Schulz. The book is a valuable resource but not a prerequisite. The primary goal of this course is to foster meaningful engagement and a deeper understanding of ourselves and others.

Leader: Barry Field

LA. Landscape Art

Thu. 1:30 to 3:30 - Jan 30 to Feb 20 in person. Create landscapes inspired by Louis C Tiffany in the medium of your choice. Some supplies provided. **Leader: Pat Wayne**

NY. New York Science Times Discussion

Thu. 1:30 to 3:00 – Feb 13 to Mar 20 via Zoom. A lively exchange of ideas/opinions about science. **Leader: Greg Nulle**

AP. Art Party

Thu. 1:30 to 3:00 - Feb 27 to Mar 20 in person. All arts and crafts welcome to this "bring your stuff" workshop time. Be inspired by what others are doing and do your thing in the company of creatives. Knit, paint, draw, sketch, sew, stitch, whatever the medium! Carve time out of your day to work on your art. **Leader: Jean Benfante Max: 15**

MS. Making Sense of the 2024 Election

Thu. 2:15 to 3:45 - Jan 30 to Feb 6 in person. Maury will put the election in perspective in a balanced presentation, using a format he employed to preview or review elections during his teaching career. **Leader: Maury Molin**

PI. Pinochle

Thu. 2:15 to 4:15 - Jan 30 to Mar 13 in person. Pinochle is a fun & friendly card game for beginners and the experienced.

Leader: Jill Malefyt Max: 20

BP. Boredom: Philosophical Explorations

Thu. 3:45 to 4:45 - Feb 6 to Feb 27 in person. Reading and discussion of different perspectives on boredom, from ancient (Ecclesiastes) to modern (Heidegger, Byung-Chul Han).

Leader: Dr. Tim Connolly

FRIDAY

TW. The World of Weather - Facts and Folklore

Fri. Jan 31 via Email. From Groundhog Day traditions to modern meteorology, this class explores weather topics through 7 days of short, YouTube videos sent in one email.

Leader: Melodie Higgins

IM. Instrumental Music Group

Fri. 10:00 to 12:00 - Jan 31 to Mar 21 in person. Do you play (or used to play) a string, woodwind, brass, guitar, keyboard, or drums? We would love to have you join us! We warm up with basic group practice, then play fun, not-too-difficult songs like classic rock, Motown, Polkas, and blues tunes. All skill levels are welcome. This is a friendly group. Please bring a music stand, instruments, and any necessary accessories. We provide the music. **Leader: Bob Messbauer**

OR. Opinion Research and Elections

Fri. 10:00 to 12:00 - Jan 31 (one day only) in person. This presentation covers election polling, electorate makeup, and national election forces. We will also explore the history and impact of third parties. **Presenter: Dr. Christopher Borick**

HH. Hearing Health

Fri. 10:00 to 12:00 - Feb 7 (one day only) in person. Explore aging's impact on the auditory system, hearing loss types and degrees, compensation strategies, and technology options like OTC hearing aids. Graduate students will offer hearing screenings. **Presenter: Dr. Susan Dillmuth-Miller**

RO. Reflections on the 1955 Flood

Fri. 10:00 to 12:00 - Feb 14 (one day only) in person. The Flood of 1955 transformed Monroe County's landscape and way of life. On August 19, after storms born of hurricanes Connie and Diane dumped more than a foot of rain in Stroudsburg, raging creeks destroyed everything in their path and killed 76 people. Al Koster, a 25-year-old budding photographer, captured vivid color photos of the devastation. David Koster presents his father's photos, comparing them with current views of the same locations. **Presenter: David Koster**

FD. Fair Districts Pennsylvania

Fri. 10:00 to 12:00 - Feb 21 (one day only) in person. Our democratic principle, "one person, one vote," reflects the ideal that everyone has a voice in selecting leaders. However, gerrymandering, which favors certain parties or officeholders, suppresses many voices. Ned Miller will discuss PA's redistricting reform efforts by Fair Districts PA, covering proposed legislation, roadblocks in Harrisburg, and FDPA's strategy. He will share ideas for individual and organizational advocacy for change. **Leader: Ned Miller**

TA. The Adam Strunk Murder of 1901

Fri. 10:00 to 12:00 - Feb 28 (one day only) in person at Hughes Library, 1002 N 9th St, Stroudsburg, PA. The Adam Strunk Murder of 1901 is a chilling tale of violence and justice in the Pocono region. This lecture delves into a constable's fateful encounter with two desperate criminals, sparking events that gripped the community for years. Discover the twists and turns of the case, its impact on the local area, and surprising details about this dark chapter in history. Perfect for history enthusiasts and true crime aficionados, this event promises to be an engaging journey into the shadows of the past. **Presenter: Jim Adams**

SR. Senator Rosemary Brown

Fri. 10:00 to 12:00 - Mar 14 (one day only) in person. Senator Rosemary Brown, elected to the Pennsylvania Senate in November 2022 after six House terms, represents the 40th District. She chairs the Local Government committee and serves on several others. An East Stroudsburg High School and University of Scranton graduate, she has held executive roles at Macy's, Saks, Bon-Ton, and pharmaceutical sales. She resides in the Poconos and has three children. **Facilitator: Greg Nulle**

RM. Representative Maureen Madden

Fri. 10:00 to 12:00 - Mar 21 (one day only) in person. Maureen Madden, re-elected as the representative for Pennsylvania's District 115, has served Monroe County (in part) since 2017. She chairs the Aging & Older Adult Services Committee. Madden holds a B.A. in Political Science from Marymount Manhattan College and a Master of Arts in Communication from Marywood University. She resides in Tobyhanna, PA, and is a mother of two. **Facilitator: Greg Nulle**

TL. TOALC Luncheons

Fri. 12:15 to 2:30 - Jan 31, Feb 28, and Mar 21 in person. TOALC will contact you with locations. Great food and conversation with TOALC friends. **Leader: Kathryn Cleveland**

PT. Public Transit 101 - Updated

Fri. 1:00 to 3:00 - Jan 31, Feb 14, Feb 28, and Mar 14 in person. There are times when we all need a lift. Whether facing car troubles, weather challenges, or wanting to grab lunch with a friend, you have options! Your local transit system offers great trips to destinations like Penn's Peak or the Birches, and you can ride across town for \$2. This session provides essential information on navigating local transportation, highlighting services, accessibility, and tips for efficient travel. Join us to discover how public transit can simplify your life. **Leader: Peggy Howarth**

GG. Garden Groupies - Updated

Fri. 1:00 to 3:00 - Feb 7, Feb 21, Mar 7, and Mar 21 in person. Who does not appreciate a beautiful garden? If you are like our host, Peggy, you are constantly thinking about spring...planning an annual cutting garden, deciding what perennials to introduce in a few months or looking to incorporate some native plantings to create a wildlife habitat. Those who like to garden cannot get enough, and we love sharing ideas. Join us in this discussion group to talk about all things gardening! **Leader: Peggy Howarth**

EP. ESU Planetarium and Schisler Museum

Fri. 1:00 to 3:00 - Feb 14 (one day only) in person. Join us for a cosmic adventure! Experience the universe with two planetarium films: "BIG," exploring the vastness of the observable universe, and "Astronaut," narrated by Ewan McGregor, detailing the challenges faced by astronauts. Then, discover wildlife at the Schisler Museum. **Admission is \$5, payable at the door. Facilitator: Greg Nulle**

MP. Moravian Pleasure Gardens

Fri. 1:00 to 3:00 - Mar 14 (one day only) in person at the Whitfield House Museum, 214 E Center St, Nazareth, PA. The Whitfield House, a historic Moravian site dating from 1743, houses the Moravian Museum. We will explore the "Grounds for Meditation" exhibit. It delves into the significance of Moravian Pleasure Gardens—serene spaces designed for reflection and connection with nature. The museum also highlights early American art and musical instruments. Weather permitting, we will visit the Pleasure Garden at Moravian Hall Square, where a resident gardener will share insights into cultivating native plants best suited to the garden. **Facilitator: Greg Nulle**

BA. Bowling and Pizza

Fri. 3:00 to 6:00 - Jan 31 to Mar 21 in person at Skylanes Bowling, 100 Eagle Valley Mall, East Stroudsburg. No competition, just fun and exercise. Cost: \$10 for two games plus \$4 shoe rental. Join us for pizza at a nearby restaurant.

Leader: TBA

SATURDAY

FL. Fidelio Live in HD

Sat. 1:00 to 4:05 - Mar 15 (one day only) in person at Cinemark, Stroud Mall, Stroudsburg, PA. This powerful opera tells the story of Leonore, a woman who disguises herself as a man to infiltrate a prison and rescue her husband, Florestan. Expect a gripping performance filled with dramatic tension, soaring melodies, and a powerful message of hope and justice. **Purchase tickets online or at Cinemark. Call 1-800-CINEMA (1-800-246-3627) for assistance. Tickets are refundable if cancelled before showtime. Cost: \$23 for seniors 62+. TOALC will not manage the event.**

JC. Jesus Christ Superstar at Civic Theater Allentown

Sat. 2:00 to 4:00 - Mar 1 (one day only) in person. The iconic rock opera reimagines the story of Jesus Christ through the eyes of Judas Iscariot. Attendees can expect a visually stunning and emotionally charged production featuring powerful rock music, dynamic choreography, and a talented cast. Please note that if inclement weather or other unforeseen circumstances prevent your attendance on March 1st, you may be able to exchange tickets for the March 8th performance, subject to availability. **Send check payable to TOALC for \$26.50 (guests: \$36.50) per ticket by Feb 10. Facilitator: Greg Nulle**

SUNDAY

WV. Winter Vivaldi with the Sinfonia Orchestra

Sun. 3:00 to 5:00 - Feb 2 (one day only) in person at Wesley Church, 2540 Center St., Bethlehem, PA. Join us for a captivating musical afternoon featuring renowned solo pianist Father Seán Duggan. This acclaimed musician, a Benedictine monk, is known for his masterful interpretations of Bach. Experience the beauty and brilliance of Baroque music, including works by Bach, Geminiani, and Telemann (but no Vivaldi!) **Send check payable to TOALC for \$20.00 (guests: \$30.00) per ticket by Jan 27. Facilitator: Greg Nulle**

The Registration Form is on page 13

LEADERS & PRESENTERS

Jim Adams is the Local History & Genealogy Librarian at the Eastern Monroe Public Library.

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

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.

Brenna Berdini is a nurse with over 30 years in healthcare, passionate about educating and empowering individuals to make informed healthcare decisions, ensuring they have the knowledge and support they need to advocate for their well-being.

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.

Dr. Christopher Borick is a Professor of Political Science and Director of the Muhlenberg College Institute of Public Opinion. He is a nationally recognized public opinion researcher having conducted over 300 large-scale public opinion surveys during the past 20 years.

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.

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

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

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

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

David Cornell is a former pastor and missionary who has taught Old Testament and New Testament courses at TOALC.

Russ Cramer is a graduate of Gettysburg College in history. Following a career in the family lumber business Russ developed a close friendship with archeologist Don Kline and participated in several important excavations of Native American village sites along the Delaware River. This led to his keen interest in the Native American history.

Dr. Shala Davis is Professor of Exercise Science at ESU. Her expertise lies within Nutrition and Clinical Exercise Physiology.

Dr. Susan Dillmuth-Miller, associate professor in the Communication and Sciences Dept. at East Stroudsburg University, advises Gerontology Concentration students. With over 30 years of experience, she has been a clinical audiologist helping people of all ages.

Scott Fabian is Executive Director of Monroe County Habitat for Humanity and hosts the Castle Inn tour, Delaware Water Gap.

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

David Gaglione is a licensed acupuncturist and instructor of Qi Gong and Tai Chi. His dance adventure began 25 years ago with Teri.

Teri Gaglione has a background in Ballet and belly dance. David and Teri run 2 social dances locally and dance anywhere they can.

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

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

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

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

Peggy Howarth has spent the past forty years moving people. Recently retired from the Pocono Pony, she would like to share different ways to get around town...and explore 'everything gardening' along the way!

Tiffany Jordan is Assistant Professor of Exercise Science at ESU. She prepares students for medical careers through interactive and practical teaching methods. She teaches graduate and undergraduate Clinical Exercise Physiology courses.

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

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.

Dr. Wemara Lichty, a cognitive neuroscientist, has researched and taught at the University of Missouri, Washington University-St. Louis, Old Dominion University, and Stanford. She is semi-retired and a psychology professor at Northampton Community College.

Mark Love is past president of the Monroe County Bar Assn. with 38 years of trial experience. He is the first attorney in this area to be named a super lawyer, has lectured extensively on legal issues, and is proud to be a recipient of a Pa. Bar Assn. Pro Bono Award.

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

Carmen P. McSweeney is a native of San Juan, Puerto Rico, and taught college Spanish for 20 years. She enjoys being with students and encourages them to learn Spanish because of its importance in today's world.

Bob Messbauer has been playing the sax for 60 years, played in bands for most of his life and has a BS in Music and Music Education. He feels that there is nothing quite like playing (and listening to) live music.

Ken Metcalf is an artist and member of the Knowlton Township, NJ Historic Commission.

Ned Miller is a volunteer for Fair Districts PA, a non-partisan coalition of citizens and organizations seeking to reform PA redistricting.

Maury Molin is a retired educator.

Franca Nostro is bilingual and enjoys sharing her Italian heritage.

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

Laura Pride is Health and Wellness and PA MEDI Coordinator for Monroe County Area Agency on Aging.

Andrea Reiter loves to knit and often spends spare moments working on a knitting project.

Quinn Renta's grandmother gifted Quinn with knowledge of the art of crochet 65 years ago. Quinn wants to share that gift with you.

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

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

Dr. James J. Vagliardo is a professor of Math and Computer Science; an educational consultant, writer, and researcher; an international traveler and lecturer; a soccer coach, avid hiker, and Tai Chi instructor who loves abstract art and jazz.

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

Joe Volper has been a diesel mechanic for many years with the Monroe County Transportation Authority and repairs cars.

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.

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

NOTICE OF NON-DISCRIMINATION

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

TOALC OFFICERS AND ADVISORY BOARD MEMBERS

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

INCLEMENT WEATHER CLOSING POLICY

We close if the East Stroudsburg School District school buildings close due to weather (at <https://www.esasd.net>) or classes move to virtual mode. Delayed school openings do not affect the TOALC schedule since our class day starts later. We also report weather closings on the WSBG "Storm Center" page (at <https://935sbg.com/wsbg-home/storm-center>). If you do not feel comfortable with weather conditions in your area, follow your own judgment and stay home.

IMPORTANT GENERAL NOTICES

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

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

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

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

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

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

Share this course book with a friend!

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**

PRSR-STD
NON-PROFIT
U.S. POSTAGE
PAID
PERMIT # 57
STROUDSBURG, PA
18360

REGISTRATION SURVEY: WE NEED YOUR TIME AND TALENTS!

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

Name (If this page has no mailing label) _____

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

I would like to lead a class or event in:

I would like to see a class offered in:

Suggestions for Topics or Themes for the Friday Lecture Series:

