TOALC
Learning is Good for Life!!

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

WINTER 2020
Course Book

Kickoff and Potluck
A festive get-together open to the community.
Bring one book to swap, a class project to display, news items to post.
Sun Jan. 12, 2019 @ 1:30 p.m. (Snow date: Jan 19)

First Floor Lounge

Program of Classes
Monday Jan 27 – Friday Mar 20, 2020
Exercise your mind with life-enriching experiences

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 2020

- **Registration Fee:** $45.00 for unlimited classes. The fee covers TOALC catalog postage and printing costs, classroom & office rent, insurance, etc.

- **Gift Certificates** for one session of unlimited classes available.

- **Class fees if any:** Pay instructor on first day of class for material fees and recommended books.

- Complete enclosed registration form and mail your checks or bring to:

  TOALC, 55 Smith St., East Stroudsburg, PA 18301

- **Mail-in registration deadline:** Wednesday Jan 22. Register in person at the TOALC Office thereafter.

- **Office hours:** Weekdays 9:30 am to 11:30 am. 570-422-7810. Call with any and all questions.

- **Inclement Weather:** Classes are cancelled when East Stroudsburg School District closes. Classes will be held at the normal time if schools are on delayed opening. For non-school days (holidays and weekends) when there are TOALC events scheduled, cancellations will be announced on WSBG 93.5 and on the TOALC office outgoing phone message.

- **Classes WILL be held Presidents Day, Monday, February 17.**

- Register early to get the courses you want!

- TOALC reserves the right to cancel or postpone any activity due to unforeseen circumstances.

- Please make every attempt to attend all the courses for which you sign up. Call the TOALC office if you can’t make it or wish to drop a class.

- Consider volunteering. Volunteer registration fees are comp’d!

- Scholarships also available to cover the cost of registration fee. Contact the office for details.

- Programs are held at East Stroudsburg Presbyterian Church, 55 Smith St. (unless otherwise stated).
TRIPS AND EVENTS GENERAL INFORMATION – WINTER – 2020

- Trip payments are due upon registration. Include a separate check with your registration form for each trip you intend to go on.

- If trip is cancelled, you will be notified and checks returned. If you are unable to go, we will work with you to return your deposit as long as TOALC is not charged.

- Trips are open to anyone who registers for the session, on a first come first served basis. Guests will be allowed if there is space, at an additional fee of ten dollars.

- Contact the TOALC office if you have special needs.

TRIPS / EVENTS / CLASS LISTINGS

#200 Eagle Watch Bus Trip. Friday, Feb 7, 8:30am-4:30/5pm.
Observe both resident and wintering eagle populations along the Delaware River. Be sure to wear winter clothing. Bring a lunch and something warm to drink. Leave from church parking lot on bus supplied by Kettle Creek Environmental Ed. Center. Leader: Brian Hardiman. Cost: $35 members, $45 guests. Max: 12

Local trips – Carpool from the church for #202 only. Drive direct to venue for all others.

#201 Meatless Meals, Shoprite at Stroud Mall. Thursday, Feb 6, 1-2 pm.
Shoprite Dietician Casey Hucaluk will lead a cooking demo and will talk about making healthy and tasty substitutions. Packet of materials provided at cost for those who would like to try them at home. Cost: Free. Take-home packet cost TBD. Max: 10

#202 Souper Bowl, Mountaintop Lodge at Lake Naomi, 2137 Route 940 Pocono Pines, PA. Friday, Feb 21, 11am–1pm. A hands-on cooking workshop featuring 2-3 types of soup for the winter season. We’ll prepare the ingredients, cook the soup and enjoy the results. Carpool departs TOALC at 12:15. Cost: Free. Max: 10

#203 Agrippina, Metropolitan Opera in HD at Cinemark, Stroud Mall. Saturday, Feb 29, 12:30 pm.
Show starts at 12:55 pm. 4 hr. 10 min. A live performance of Handel’s Agrippina with delightful music and court intrigue. An incredible cast. Cost: Please purchase your own $23 tickets *

#204 Smart People, Dale Snow Theater, ESU Fine & Performing Arts Center, Sunday, Mar 1, 2 pm.
A sharp, witty contemporary play by Lydia Diamond brings four characters – Harvard’s brightest – together in a story about social and sexual politics. TOALC will buy a block of tickets. Cost: $10 members, $20 guests. Min: 10 to ensure group rate

#205 Shopping Tour, Shoprite at Stroud Mall. Thursday, Mar 12, 1:30-2:30 pm.
Shoprite Dietician Casey Hucaluk will lead a shopping tour with a discussion of healthy snack options, how to read a food label and other topics. Cost: Free. Max: 10

Two and a half hours of music for the 100th year celebration of the flappers and their dudes. Cost: Free

#207 Tosca Encore, Metropolitan Opera in HD at Cinemark, Stroud Mall. Wednesday, Apr 15, 6:00 pm.
Show starts at 6:30 pm. 3 hr. 20 min. A re-broadcast of Puccini’s Tosca, one of the world’s favorite operas with reigning diva Anna Netrebko. Cost: Please purchase your own tickets. Encore tickets only $21. *

* Purchase HD Live opera tickets online or at Cinemark. Call 1-800-CINEMARK (1-800-246-3627) for assistance locating a show’s ticketing website. Tickets are refundable if cancelled before start of performance.
MONDAY
(Classes WILL BE HELD Presidents Day)

#210 Creativity 101
Mon. 10:30 to 12:00 – Jan 27 to Feb 24. Easy creative activities including acrylics, coloring, pastels, stencils and crafts. Leader: Pat Wayne – Max: 10

#211 Spanish Phrases
Mon. 11:00 to 1:00 – Jan 27 and Feb 10. Learn Spanish with common idioms and phrases. Leader: Emma Avci

#212 Anxiety
Mon. 9:30 – 11:30 Mar 2 (One Day Only). Anxiety comes in all shapes and sizes; join the club. Learn ways to cope with anxiety in the Age of Anxiety. Leader: Hal Pascal

#213 Ulysses for the Uncommon Man and Woman, Part 1
Mon. 9:30 to 11:30 – Mar 2, 9, and 16. Dare to take the challenge of James Joyce’s landmark novel – perhaps the greatest and most challenging of the English language. Please purchase book before class ($10-20). Leader: Mike Wetmore.

#214 Glimpses of British Royalty
Mon. 1:00 to 3:00 – Jan 27 to Feb 24. Four films depicting British Royalty from Henry VIII to Queen Victoria. Leader: Valerie Martin – Max: 20

#215 The Future of Meritocracy
Mon. 1:30 to 3:30 – Jan 27 to Mar 16. What are the real sources of inequality in America? Is meritocracy, typically applauded as a basic American value, in fact, itself the source of, not only inequality, but of a flawed socio-economic social structure? Book: The Meritocracy Trap by Daniel Markovits $25.00 available at first class. Leader: Merlyn J. Clarke

#216 Beginner Level Quilting: Log Cabin
Mon. 2:00 to 4:00 – Jan 27 to Mar 16. Must have a sewing machine and some prior sewing experience. Traditional Log Cabin Pattern has been made for more than a century. Leader: Susan Houcek - Max: 8

TUESDAY

#217 Environmental Rights Amendment
Tues. 9:30 to 11:30 – Jan 28 (One Day Only). Film showing of “Pennsylvania A Fractured State” followed by a discussion around PA’s Environmental Rights Amendment. Leader: Mark Lichty

#218 Jazz History
Tues. 10:00 to 12:00 Jan 28 to Mar 17. We will study the history of jazz music in the USA from 1800’s to present, by way of lecture, demonstration, listening, videos, class participation with singing / musical instrument performance! Leader: Don Bell

#219 Creative Writing Class to Publish
Tues. 9:30 to 11:30 – Jan 28 to Mar 17. First a prompted writing. Next, a short talk on a creative writing aspect, with lively discussion. Finally, each student presents a sample (copies for class members are optional). First class will meet in Hughes Library Community Room, 1002 N 9th St, Stroudsburg. Leader: Harold Pascal - Max: 15

#220 The Four Gospels
Tues. 10:00 to 11:30 – Feb 4 to Feb 25. The New Testament of the Holy Bible begins with four Gospels (“Good News”) focusing on the life, death and resurrection of Jesus Christ. While these four accounts are broadly similar, each one is written by a different author, with a different target audience in mind, offering a unique and distinctive portrait of Christ. Leader: Pastor Paul Criklelair

#221 LightSail and Near-Earth Objects
Tues. 10:00 to 11:30 – Feb 4 to Feb 25 (One Day Only). Two short informational presentations from the Planetary Society. One about their LightSail program to use sunlight to power space travel. The other about how to avert the danger of Near-Earth Objects. Leader: Laurel Bishow

#222 Knitting & Crochet
Tues. 1:00 to 3:00 – Jan 28 to Mar 17. Learn to knit or crochet or both. Continue to build skills. Make beautiful items for yourself or as gifts. Leaders: Andrea Reiter and Nancy Mahon – Max: 20

#223 Choral Singing
Tues. 1:00 to 2:30 – Jan 28 to Mar 17. Find your best singing voice and use it to blend and use teamwork to create a chorus. Learn how breathing, posture and concentration all work together to create beautiful sounds. Leaders: Emily Rosenthal and David Learn - Max: 20

#224 Seed/Plant Catalogs
Tues. 1:30 to 3:30 – Jan 28 (One Day Only). Review seed/plant catalogs in preparation for winter, early spring starting indoors. Leader: Patrick Shevlin
#225 Life’s Purpose and the Afterlife
Tues. 1:30 to 2:30 – Jan 28 to Mar 17. God let 18th century scientist Swedenborg visit the afterlife while still alive. He clearly teaches us what will happen after we die and what we must do now to prepare. Many famous people were influence by his writings. We will study chapter 2 of Experiencing Regeneration. New members are most welcome. They will receive a summary of the first chapter. Book: Experiencing Regeneration... by Leon James ($13.99, $0.99 Kindle) Leader: Mel Rosenthal - Min: 7, Max: 15

#226 Yoga for Seniors: Use it or Lose It
Tues. 2:30 to 3:30 – Jan 28 to Mar 17. Make your body your friend! Traditional yoga postures and breathwork suitable for active seniors. Must be able to get up and down onto floor unassisted. Improve your health and flexibility. Reduce stress level. BYO yoga mat. $2 fee to: Leader: M. Rosenthal - Max: 35

**WEDNESDAY**

#227 Memoir: Finding Your Story
Wed. 9:30 to 11:30 – Jan 29 to Feb 19. Class based on a film by Sarah Polley, available on Amazon Prime. “Stories We Tell” is a documentary about telling one’s story. It is a great starting point for memoirists thinking about taboo subjects, differing points of view and deciding what to put in and what to take out. Leader: Deborah Emin - Max: 10

#228 Current Events
Wed. 9:30 to 11:30 – Jan 29 to Mar 18. Discussions of news in the 7 days prior to class. Civil discussion a must or class terminates. Leader: Dr. Jack Kauderer - Max: 15

#229 Magic Moments
Wed. 10:00 to 12:00 – Feb 5 to Mar 18. Create a program of skits, songs and jokes; then perform at local senior residences and care centers. Class held at the Loder Center. Presenter: Eunice Sadler – Max 10

#230 Philosophy as a Way of Life
Wed. 11:00 to 12:00 – Feb 5 to Mar 4. A group discussion bringing together TOALC students with ESU philosophy majors and minors to explore questions concerning wisdom, happiness, friendship, and the good life. Leader: Tim Connolly

#231 Beginning Sewing – Pajama Pants
Wed. 9:30 to 4:30 with lunch break – Feb 26 (One Day Only). Learn to read a pattern and make a pair of fleece or flannel pajama pants with pockets and elastic waist. Must have a sewing machine. Contact office for supply list. Note: Held in Hughes Library Community Room, 1002 N 9th St, Stroudsburg. Leader: Susan Houcek - Max: 8

#232 Prohibition
Wed. 10:00 to 12:00 – Feb 26 (One Day Only)
'Prohibition,' 1920-1933, is one of the most idealistic and yet turbulent times in our national history. We'll look at Prohibition within its full context, including the persistent development of the "temperance" movement from the early 19th century onward and the reasons behind the passage of the 18th Amendment. We will look at the details of Prohibition law, its effects on American society, and of course the varied and sometimes violent resistance to Prohibition. We will also consider laws regulating other drugs during this period. Finally, we will consider the impetus behind the repeal of Prohibition shortly after the election of Pres. Franklin Roosevelt. Presenter: Dr. Brian Alnutt

#233 Unraveling the GMO Mystery
Wed 9:30 to 11:30 – Mar 4. (Repeat of Fri. 1/31/2020) See #254

#234 The Psyche and the Cosmos
Wed. 1:00 to 3:00 – Jan 29 to Mar 18. Explore how human nature allows (and may prevent) our understanding of the universe. Topics include perception, consciousness, cognition, and their place in science and cosmology. Leader: Ken LeSure

#235 Prose and Poetry

#236 The Music of Copland, Bernstein and Gershwin
Wed. 1:30 to 3:30 – Jan 29 to Mar 18. We will listen to and discuss the music of these three musical geniuses. Their classical and popular music will be included. Presenter: Betsy Buzzelli-Claire

#237 Current World Issues
Wed. 1:30 to 3:00 – Feb 12 to Mar 11. Climate Change, US Relations with the Northern Triangle, China’s Road into Latin America. Book: Great Decisions 2019 (for entire year) $32.00 to Leader: M. Molin

**THURSDAY**

#238 Self Defense for Seniors
Thurs. 9:30 to 11:30 – Jan 30 to Feb 6. Teaching awareness in a wide variety of situations and how to avoid potential problem situations at home or the work place and social situations. Course stresses avoidance and awareness and turning every day fear into self-defense weapons. Leaders: Rev Dr. Thomas Richards and Sandra Richards Max: 15
#239 What did Judge Judy Say?
Thurs. 10:00 to 12:00 – Jan 30 to Mar 19. Clips from the Judge Judy program will be followed by guided discussion of legal, equitable and evidentiary issues raised by the case and her actions. Additional classes may include volunteers preparing and arguing cases with others acting as jurors and witnesses. Leader: Ira E. Weiner, Esq.

#240 Bird Watching
Thurs. 10:00 to 12:00 – Jan 30 to Mar 19. Observe birds, wildlife & nature in nearby locations. BYO binoculars. Different park each week. Leader: L. Gierlich

#241 Walt Whitman, American Poet of Democracy
Thurs. 9:30 to 11:30 – Feb 13 to Feb 27 (Snow Day 3/5). In 2019 Walt Whitman turned 200 years old! A good time to read the poet who celebrated democracy above all else, worked as a Civil War nurse for both North and South, and embodied the American voice and identity throughout his work. Come read Whitman with us! Leader: Kathleen Grimaldi

#242 Computerized Photo Album.
Thurs. 9:30 to 11:30 – Mar 5 to Mar 12. Create a PowerPoint Photo Album slide show; bring your photos on a flash drive and your laptop loaded with MS PowerPoint. If time, we’ll discuss Google’s version of PowerPoint. Leader: George Cassidy

#243 Bilingual Book Club, “Te’ literario”

#244 Native American Voices – Part 2
Thur. 1:00 to 3:00 – Jan 30 to Feb 20 (Snow day Feb 27). Observance of Native American topics: The Tongass, deforestation of America’s largest rain forest. The Story of Black Indians, narrated by James Earl Jones. Historical problems of Indian boarding schools. Film: Edge of America—reservation H. S. drama. Examine Native American Graves Protection and Repatriation Act-11/16/90. Leader: Rosalyn Blue Sky Henley

#245 Scrabble
Thurs. 1:30 to 3:30 – Jan 30 to Mar 19. Let’s play SCRABBLE! Leader: Mike Wetmore

#246 Ballet for Seniors
Thurs. 1:30 to 2:30 – Jan 30 to Mar 19. 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. At School of Visual & Performing Arts, 554 Main St, Stroudsburg. Leader: Diane Verdi

#247 Crafting for a Cause
Thurs. 1:30 to 3:30 – Feb 13 (One Day Only). Put your creativity to good use by making greeting cards for hospitalized children. Leader: Melodie Higgins

#248 Thumbnail History of Opera
Thurs. 1:30 to 3:30 – Feb 27 to Mar 19. Discover why Puccini is the most beloved and performed opera composer through the lens of four of his operas. Leader: Suzanne Pyrch - Max: 20

#249 Landscape Painting
Thurs. 2:00 to 4:00 – Feb 27 to Mar 19. Bring your acrylic paints and brushes, 2 small-to-medium canvases and an easel, if you have one. We will complete two landscape paintings. The first will be a copy of the instructor’s demonstration and the second will be a landscape of your choosing. Leader: Joan Glusiec

**FRIDAY**

#250 Vigorous Hiking for Adults
Fri. 10:00 to 12:00 – Jan 31 to Mar 20. Vigorous 3-hour walks in parks or forests. Hiking stick is helpful for inclines, rocks and streams. Meet at each park. Leader: L. Gierlich

#251 Your Investments: After Retirement
Fri. 10:00 to 12:00 Mar 13 (One Day Only. Snow date 3/20). It’s a challenge making your retirement nest egg last through your golden years. We’ll look at how to make what you have last, and how to protect it from investment scams, talking about required minimum disbursements, the 4% rule, bucket strategy. Presenter: Katrina Boyer

#252 Three Stages of Quinoa
Fri. 11:30 to 1:00 – 1/31, 2/14, 3/6. Enjoy delicious dishes made with Quinoa: cold, hot & sweet. Leader: Emma Avci

#253 Bowling and Pizza
Fri. 1:00 to 3:00 – Jan 31 to Mar 20. No competition, just fun and exercise. $7 for two games, opportunity to win a free game. Optional lunch at pizza restaurant. At Eagle Valley Lanes. Leader: Al Hoffman

#254 Unraveling the GMO Mystery
Fri. 1:30 to 3:30 – Jan 31. (Repeated as #233 3/4/2020.) We hear a lot about GMOs and see labels on our food declaring non-GMO. Do we know what that means and should we be concerned? We’ll cover what GMOs are, why the technology is used in life sciences, and whether or not we should be afraid of this technology or embrace it. Leader: Tim Malefyt

#255 TOALC LUNCHEONS
Fri 12:15 to 2:45 – Jan 31, Feb 28, Mar 20. Great food and conversation with friends at restaurants YOU choose. Leader: Kathy Cleveland
LEADERS & PRESENTERS

Dr. Brian Alnutt is an Associate Professor of History in the Humanities and Social Sciences Division at NCC.
Emma Avei is a Planning Consultant and involved with bilingual education programs.
Donald W. Bell is a retired teacher, formerly with Frankie Avalon, Bobby Rydell, Fabian, The Duprees, The Four Tops, Anthony St James Orchestra and Carnival Cruise Lines bands. Currently freelance saxophonist, RSVP volunteer.
Laurel Bishow is a lifelong astronomy and space travel buff, Planetary Society volunteer and Trekkie.
Kathina Boyer is the Investor Education Coordinator for the PA Department of Banking and Securities.
George Cassidy has retired five times, recently was an adjunct at Sussex County Community College.
Betsy Buzzelli-Clarke is retired from ESU and is director of the Pocono Community Orchestra.
Merlyn J. Clarke is Professor Emeritus, Political Science, ESU.
Kathy Cleveland was a development engineer and computer application instructor for many years.
Dr. Tim Connolly is an Associate Professor of Philosophy/Religious Studies at ESU.
Rev. Paul Crikelair is pastor of Cherry Valley & Poplar Valley UMCs in Stroudsburg.
Deborah Emin is a publisher (SullivanStPress.com) and the author of the novels in The Scags Series.
Lisa Gierlich loves being outside with nature in our parks and forests.
Joan Glusiec is a retired teacher who spends much more time painting, making pottery and writing than cleaning house!
Kathy Grimaldi is a retired educator from Long Island and has loved poetry for as long as she can remember.
Brian Hardiman is a naturalist retired from the Monroe County Conservation District and veteran Eagle Watch guide.
Rosalyn Blue Sky Henley is a retired Psychiatric Pharmacist, cultural heritage researcher, and published poet honoring Dr. Nnamdi Azikiwe.
Melodie Higgins has a B.A. in art from Douglass College, enjoys drawing/painting and many types of crafts.
Al Hoffman loves bowling, wants to keep on bowling. He has been in bowling leagues for years.
Susan Houcek has been creating all kinds of things from fabric and thread since childhood.
Cassandra Hucaluk, MS, RDN, LDN is Registered Dietitian at the new Shoprite at Stroud Mall.
Dr. Jack Kauderer is a retired physician and longtime active member of TOALC.
Carolyn Keiper is Innkeeper at Mountaintop Lodge and also has a passion for good food and travel.
David Learn has a Master of Education in trumpet performance and has sung in several choirs.
Mark Lichty is an attorney, C.F.O. of Bustin Industrial Products, Inc. and filmmaker.
Ken LeSure, Ph.D. is a retired psychology professor.
Nancy Mahon began knitting in 1974 and crocheting in 1991. She enjoys making hats, scarves and ponchos.
Dr. Tim Malefyt has a PhD in Agricultural Sciences from Cornell University. His career spans 36 years of international and domestic research and development in the area of food production technology. He is an expert in the application of key technologies needed to sustainably produce enough food to feed our growing global population.
Valerie Martin is a long-time TOALC member who has led many successful classes.
Maury Molin, retired high school history teacher, is TOALC Past President & Borough Councilman.
Tom Moore danced on American Bandstand and played in a Rock and Roll Band.
Harold Pascal is an M.D./Ph.D. and current TOALC president.
Suzanne Pyrch taught instrumental music in high school for 25 years and is a longtime opera enthusiast.
Andrea Reiter has been knitting forever and is usually found knitting something warm and cuddly!!!
Rev Dr. Thomas Richards, is a 31+ years self-defense instructor, certified in Tang Soo Do and a 6th Degree Black Belt.
Emily Rosenthal sang soprano in chamber choirs for many years; Music Therapist.
Mel Rosenthal is a retired Chiropractor, yoga instructor and Radical Forgiveness coach, volunteer, perennialist.
Eunice Sadler is a retired pre-school teacher with a love of music and theater.
Patrick Shevlin has made horticulture a lifelong hobby.
Diane Verdi is a professional dancer/teacher for all ages.
Pat Wayne has led our Drawing and Painting and Coloring for Relaxation classes for a number of years.
Ira Weiner is a retired civil rights litigation attorney, aerospace engineer, real estate broker and a lifelong chess player. He loves to show videos of his adorable grandson toddler.
Michael Wetmore teaching Ulysses is like Trump teaching International Relations?

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.