

MARIST

Center for Lifetime Study



Spring 2025

Course Catalog

& Schedule

February 10, 2025

A decorative border of various colorful flowers and leaves in shades of blue, yellow, pink, and green surrounds the central text.

Welcome

Spring

The following CLS volunteers are responsible for the Spring 2025 curricular programming:
Jean Breyer, Vice President for Curriculum

Arts & Literature (AL)

Mary Coiteux (<i>Chair</i>)	Beth Kennedy
Catherine Ballard	Barbara Mindel
Barbara Best	Sue Osterhoudt
Laura Coons	Joanne Pelletier
Judith Elkin	Linda Rappaport
Kathy Friedman	Wilma Schmidt
Gloria Ghedini	Audrey Walker
Michelle Keeley	Ruth Wally

Life & Leisure Studies (LLS)

John Gavin (<i>Chair</i>)	Bob Nasser
Karen Blonder	Virginia Nasser
Laura Coons	Esther Odescalchi
Katherine Gambino	Candace Pisterzi
John Garrity	Kay Saderholm
Joyce Garrigy	Cathy Temple
Jerry Goldberg	Barbara Van Itallie (<i>Co-Chair</i>)
Joanne Pinello Kaley	John Wargo

Social Science (SS)

John Scileppi (<i>Chair</i>)	Linda Lebensold
Martin Charwat	Dewey Lee
Ann Davis	Merrilee Osterhoudt
Vicki Fox	Barbara Sweet (<i>Co-Chair</i>)
Tish Lange	Cathy Temple

Science, Technology, Engineering & Mathematics (STEM)

Jack Fein	Dominic Schepis
Leathem Mehaffey	Stan Schmidt
Bob Nasser	Jacqueline Seidel
Christopher Parks	Charles Shanes
Sara Rothman	Len Turkenkopf
Frank Rubin	Bill Walsh



*CLS
Needs YOU
NOW!*

WE NEED YOUR HELP NOW!

The success of CLS depends on the involvement of its members. CLS has been very fortunate to have dedicated members who devote their time and energy to make the organization strong, viable, vibrant, friendly, and interesting. It is only through our volunteers that we can offer such diverse and exciting courses, provide multiple opportunities to socialize and get to know one another, as well as provide volunteer services to the community.

You may volunteer for any committee or activity at any time by contacting the committee chairpersons or officers. You can also sign-up to volunteer during the online registration process. Please consider taking an active role in the CLS organization.

Important Spring Semester Dates

- Mon. Feb. 10, 2025 Spring 2025 Course Catalog & Schedule published
Spring 2025 Registration Portal Opens for members
- Sun. March 9, 2025 Spring 2025 Registration Portal Closes at 5PM
- Fri. March 14, 2025 Spring 2025 Class Confirmations sent to member
- Thurs. March 27, 2025 Zoom Access for spring class emailed
- Tues. April 1, 2025 Spring 2025 Classes Begin at Locust Grove
- Thurs. April 3, 2025 Spring 2025 Virtual Classes Begin on **Zoom**
- Sat. April 12, 2025 Chronicle Articles for Spring 2025 edition due to
Ken Topolsky, VP Pub Information

- Thurs. May 1, 2025 2025/2026 CLS Membership Renewals begin
- Wed. May 21, 2025 Spring 2025 Classes End at Locust Grove
- Thurs. May 22, 2025 Spring 2025 Virtual classes End (Zoom classes)
- Thurs. June 5, 2025 CLS Annual Meeting (Save the Date)
- Mon. June 30, 2025 Membership Renewal Portal Closes at 5PM
- Tues. July 1, 2025 CLS 2025/26 Academic Year Begins
- Mon. July 7, 2025 Dues Payments Deadline for 2025/26 Membership year



APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Registering for Classes



Once you click on the Course Registration link below, you will be required to enter your Name (first and last) and your CLS ID#. The system will verify the information you entered belongs to you. If you enter invalid information in any of these fields, you will be given an error message and you will be required to correct the inaccurate data before finalizing your registration for submission. Your course selections will be retained and you will be sent back to the top of the registration form to fix the field(s) highlighted or to check a required box.

Your First Name, Last Name and CLS ID#, must be entered **EXACTLY** as they appeared at the top of the personalized email sent by the CLS office. *If you forget your CLS ID#, you can also find it on the back of your ID badge (back side, bottom right).*

Make sure you read **ALL** of the information provided in that initial email. If you have questions or need assistance, the CLS office is available to help you.

Click link below to register:

<https://www.marist.edu/professional-programs/cls/course-registration>

Spring 2025 Class List & Schedule

<i>Monday Class</i>											
Time	ID	Title	APRIL				MAY				
10:00 AM	LLS1	A Matter of Balance (Limit 15)	7	14	21	28	5	12	19	26	
"A Matter of Balance" will be held at 69 West Cedar Street (lower level), NOT at Locust Grove											

<i>Tuesday Classes</i>											
Time	ID	Title	APRIL				MAY				
9:15 AM	LLS2	Successful Aging and More You Should Know	1	8	15	22					
9:15 AM	LLS3	If It's Tuesday, It Must Be...?	1	8	15	22	29	6	13	20	
9:15 AM	AL1	Tai Chi for Arthritis & Fall Prevention (Limit 15)	1	8	15	22	29	6	13	20	
9:15 AM	AL2	Opera as Politics: Authoritarianism and the Arts	1	8	15	22	29	6	13	20	
9:15 AM	SS1	<i>Globalization and its Discontents, by Joseph Stiglitz</i>					29	6	13	20	
11:00 AM	LLS4	More UNESCO World Heritage Sites	1	8	15	22	29	6	13	20	
11:00 AM	LLS5	Spotlight on the Hudson Valley Symphony Orchestra Musicians					29	6	13	20	
11:00 AM	AL3	Introduction to Animation	1	8	15	22	29	6	13	20	
11:00 AM	SS2	Four Great Days	1	8	15	22					
11:00 AM	AL4	Potpourri	1	8	15	22	29	6	13	20	
1:15 PM	LLS6	Creating a Pollinator Garden or Patio Pot					29	6	13	20	
1:15 PM	LLS7	The Gilded-Age Railroad History of the Hudson Valley	1	8	15	22					
1:15 PM	LLS8	Basic Hebrew	1	8	15	22	29	6	13	20	
1:15 PM	AL5	Jazz Legends on Screen	1	8	15	22	29	6	13	20	
1:15 PM	AL6	Prodding Your Muse (Limit 12)	1	8	15	22	29	6	13	20	
2:45 PM	SS3	The World's Great Wine Grapes: Old World and New World Versions (Limit 15) *\$25 Fee Required			15	22	29	6			
2:45 PM	AL7	Exploring the Elements, Themes and Subjects of Visual Arts	1	8	15	22	29	6	13	20	
2:45 PM	STEM1	Getting the Hang of Microsoft Office (Limit 15)	1	8	15	22	29	6	13	20	
2:45 PM	AL8	Writing Poetry with Craft and Courage (Limit 18)	1	8	15	22					

Wednesday Classes

Time	ID	Title	APRIL				MAY			
9:15 AM	STEM2	Computer Basics Windows 10 and 11					30	7	14	21
9:15 AM	STEM3	Some Medical Devices and Tests	2	9	16	23				
9:15 AM	AL9	The Changing Image of Women in Art	2	9	16	23				
9:15 AM	AL10	Making Art with Color (Limit 16)					30	7	14	21
9:15 AM	AL11	Stars of the Silent Film Era, Part III	2	9	16	23	30	7		
9:15 AM	AL12	Be the Star of Your Own Movie (Intermediate Course) (Limit 18)	2	9	16	23	30	7	14	21
11:00 AM	AL13	The Art and Craft of Writing & Storytelling (Limit 15)	2	9	16	23	30	7	14	21
11:00 AM	AL14	The Golden Age of Illustration	2	9	16	23				
11:00 AM	SS5	Great Decisions 2025 (Limit 120)	2	9	16	23	30	7	14	21
11:00 AM	SS6	The Legacy of the Vietnam War on American Culture					30	7	14	21
11:00 AM	STEM4	Ascent of Mathematics and Science	2	9	16	23	30	7	14	21
1:15 PM	AL15	Magic of Readers Theatre: Theatre of the Mind, Vol. Four	2	9	16	23	30	7	14	21
1:15 PM	SS7	Exploring How Our Solar System and the Universe Work	2	9	16	23	30	7	14	21
1:15 PM	AL16	The Poetry of Emily Dickenson (Limit 25)	2	9	16	23	30	7	14	21
1:15 PM	LLS9	Crochet Basics for Beginners (Limit 15)	2	9	16	23	30	7	14	21
2:45 PM	STEM5	Extreme Astronomy	2	9	16	23				
2:45 PM	STEM6	Chemistry in the Kitchen					30	7	14	21
2:45 PM	AL17	Curtain Call Confidential: The Art and Deals of NY City Theater		9	16	23	30	7	14	21
2:45 PM	AL18	Themes in Science Fiction and Fantasy (Limit 20)	2	9	16	23	30	7	14	21
2:45 PM	AL19	Floral Design 101 for the Spring Season					30	7	14	21

Thursday Zoom Class

Time	ID	Title	APRIL				APRIL			
11:00 AM	AL20	<i>A Raisin in the Sun, by Lorraine Hansberry</i>	3	10	17	24	1	8	15	22

Classroom & Attendance Protocols (Virtual & In-Person)

To optimize the class experience for our presenters, class managers, and members attending our CLS classes, we ask that you comply with the following:

Make every effort to attend the classes for which you are registered. Good attendance is a presenter's and class manager's best reward. Each class has a Class Manager (volunteer position) who is responsible for introducing the instructor and relaying announcements for each session.

Be courteous when asking questions in class. Typically, a period of time is reserved for Q&A at the end of the lecture. The Class Manager will provide guidance on how the presenter will field questions (hand raise, chat, Q&A). Each class may handle questions differently, so please follow the set guidelines and wait until that time to ask your question. Limit your questioning, especially if the presenter accepts questions during the presentation. It is best to keep your microphone muted until it is your turn to speak or ask a question.

Show respect to presenters. Because the CLS members, outside experts, and educators who deliver CLS classes are volunteers and receive no compensation or honoraria. All presenters have invested time and effort into preparing and delivering the class and their only reward is the interest of a courteous and appreciative audience. Please, **DO NOT** correct or dispute what the speaker presents. Approach them after class and politely offer your thoughts as most will welcome your feedback.

Camera/Visual protocols should be followed. Remember, the presenter and other members of the class will be able to see you. If you need to engage in something other than the class, **turn off your camera** feed until you can return 100% of your attention back to the class. Your distraction can easily become someone else's distraction as they are watching you.

Monday Class Offering

LLS1 - A Matter of Balance

(8 weeks)

Day & Dates: Mondays, April 7, 14, 21 & 28 and May 5, 12, 19 & 26

Time: 10:00 AM - 12:00 Noon

Class Location: Marist College, **69 West Cedar Street**, Poughkeepsie, NY 12601

Class Manager: Candy Pisterzi

Presenters: Judy Hearney and Anne Lancellotti, Dutchess County Office for the Aging

Description: A Matter of Balance is the most widely implemented fall prevention program across the country. An evidence-based, field-tested program. A Matter of Balance has been shown to be highly effective in reducing the fear of falling among older adults. In this class you will learn effective ways to avoid falls and exercises that will improve balance and flexibility. This is not an exercise program, but you will learn exercises you can do at home to enhance your balance. Interaction with your classmates and group discussion make this a fast moving enjoyable experience.

Note: Participants **MUST** be able to navigate stairs in order to participate, no elevator available.

Class Limit: 15 max.

WARNING: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. You should always consult your physician or healthcare provider before starting any exercise program. If you engage in this exercise or exercise program, you agree that you do so at your own risk and assume all risk of injury to yourself.

Tuesday Class Offerings

LLS2 - Successful Aging and More You Should Know

(4 weeks)

Day & Dates: Tuesdays, April 1, 8, 15 & 22

Time: 9:15 - 10:30 AM

Class Manager: Joyce Garrity

Description: Practical Information and discussion for adults to support healthy and successful aging and longevity. The class will cover various topics beginning with tips for Successful Aging and an overview of services offered by the Dutchess County Office for the Aging. It will continue with sessions on Nutrition, Senior Scams, and Age Discrimination and issues in long term care settings. The sessions will be moderated by Mary Kaye Dolan, retired Director of the Dutchess County Office for the Aging with different presenters each week.

Topics, Presenters & Affiliations:

Successful Aging and Office for the Aging Services	Brian Jones, DC OFA Outreach Coordinator
The Latest on Senior Scams and How to Protect Yourself	Det. B. Cookinham, Town of Poughkeepsie Police Dept. Lisa Morris, Hudson Valley Credit Union
Nutrition and Healthy Eating for Seniors	Nimesh Bahrgava, Dietitian & Nutrition Services Coordinator
Age Discrimination and Protections for Residents of Long-Term Care Settings	Jody Miller, Executive Director DC Human Rights Coalition Sheila Wicklow, Coord. DC Long Term Care Ombudsman Program

LLS3 - If It's Tuesday, It Must Be...?**(8 weeks)****Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Time:** 9:15–10:30 AM**Class Manager:** John Wargo

Description: This course is a continuation of the long running "If It's Tuesday..." travel series, this one includes a "mini-series" on cruising, the ships, the history, and a variety of itineraries and experiences as told by the presenter. The class will also include a broad variety of other interesting places and experiences, as told by several presenters through videos and various pictures, all in an interactive audience participation format.

Topics, Presenters & Affiliations:

Cruise Industry Evolution	John Wargo, CLS Member
Cruise Ship Evolution	John Wargo, CLS Member
Cruise Ships and Itineraries	John Wargo, CLS Member
Iceland	Darlene Resling, CLS Member
Safari in Madikwe Animal Preserve, South Africa	Merrilee Osterhoudt, CLS Member
Alaska	Ann & Leathem Mehaffey, CLS Members
Fifty Years of Traveling through the Government	Victor Stern, CLS Member
The Rose Parade: What it Takes to Get There	Kathy Gambino, CLS Member

AL1- Tai Chi for Arthritis & Fall Prevention**(8 weeks)****Time:** 9:15 - 10:30 AM**Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Class Manager:** Barbara Best**Presenter:** Georgette Weir & Diane Ramos, Dutchess County Office for the Aging

Description: Certified tai chi trainers from the Dutchess County Office for the Aging will lead this safe and easy to learn sequence of slow, beautiful movements that are proven to relieve pain and improve health and balance. Step-by-step we will learn moves--including Single Whip, Wave Hands, Brush Knee, Play the Lute--that you can then make a part of your daily exercise habit. Loose, comfortable clothing and supportive shoes such as sneakers are encouraged.

Class Limit: 15 max.

WARNING: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. You should always consult your physician or healthcare provider before starting any exercise program. If you engage in this exercise or exercise program, you agree that you do so at your own risk and assume all risk of injury to yourself.

AL2– Opera as Politics: Authoritarianism and the Arts**(8 weeks)****Time:** 9:15 - 10:30 AM**Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Class Manager:** Laura Coons**Presenter:** Chuck Mishaan

Description: This course will examine how the literary, visual and performing arts have functioned in authoritarian societies, the role they play in supporting or opposing those societies, and some of the consequences of dissident artistic expression. The course will discuss specific artistic works and present video excerpts of relevant performances and analyses. As appropriate, content may be updated in light of ongoing current events.

SS1 - Globalization and its Discontents, by Joseph Stiglitz**(8 weeks)****Time:** 9:15 - 10:30 AM**Day & Dates:** Tuesdays, April 29 and May 6, 13 & 20**Class Manager:** Barbara Goodman**Presenter:** Ann Davis, CLS Member

Description: This course will define the issues with respect to the global economy, since 1945, and the reasons for its success and its current challenges. Particular attention will be paid to the role of the US dollar as global key currency.

LLS4 - More UNESCO World Heritage Sites**(*6 weeks)****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20* *Note: The presenter will be cancelling 2 of the dates noted above.**The dates being cancelled will be announced after class starts.***Class Manager:** **Class Manager Needed****Presenter:** Esther Odescalchi, CLS Member

Description: This presentation describes the background of UNESCO WORLD Heritage Sites, locations that UNESCO “considered to be of outstanding value to humanity.” These could be cultural, historical, scientific, or natural heritage sites around the world; ancient ruins or historical structures, buildings, cities, deserts, forests, islands, lakes, monuments, mountains, or wilderness areas, or “masterpieces of human creative genius.” We will visit masterpieces of human genius such as the Forbidden City, the Persepolis, Marrakesh, as well as wonders of nature such as the Hawaii’s volcanos, the atoll Aldabra and many more.

LLS5 - Spotlight on the Hudson Valley Symphony Orchestra Musicians**(4 weeks)****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Tuesdays, April 29 and May 6, 13 & 20**Class Manager:** Barbara Van Itallie**Guest Course Coordinator:** Judith Stoddard, Board Member & Musician

Hudson Valley Symphony Orchestra

Description: Musicians from the Hudson Valley Symphony Orchestra present their instruments, explain why they chose it, share the special music they love, and play their instruments for the class.

Topics, Presenters & Affiliations:

The Cello and Violin	Nanette Koch and Rachel Crozier, HVSO Musicians and Executive Director
The Harp	Frances Duffy, HVSO Musician and Librarian
The Oboe & Horn	Joel Evans and Nicholas Caluori, HVSO Musicians
The Violin & Flute	Marla Rathbun and Marcia Gates, HVSO Musicians

AL3 - Introduction to Animation**(8 weeks)****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Class Manager:** Michelle Keeley**Presenter:** William (Bill) Joel

Description: In this course we will start with a brief review of the history of animation, including an exploration of technologies that lead to animation. Next, we will explore the “hows” and “whats” of traditional animation, including its twelve principles. Finally, we will look at computer animation, which will include real-time demonstrations of the animation process. And, of course, there will be numerous video examples along the way to help us on our journey.

SS2- Four Great Days**(4 weeks)****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Tuesdays, April 1, 8, 15 & 22**Class Manager:** Barbara Sweet**Presenter:** Sandra Opdycke**Description:** In this course we will dive into four great days in American history. The day that...Two halves of the Transcontinental Railroad were hitched together in 1869; the Statue of Liberty opened in 1886; D-Day in 1944; and the March on Washington in 1963.**AL4 - Potpourri****(8 weeks)****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Class Manager:** Ruth Wally**Description:** This potpourri class offers a unique opportunity to experience a wide variety of topics from the CLS Curriculum Committees.**Topics, Presenters & Affiliations:**

Using FamilySearch.org to Research Family History	Vicki Fox, CLS Member
Crimes of the Hudson Valley: Fiction is Deadlier than True Crimes	Jodé Millman, Author and Attorney
Artificial Intelligence & Photography	Les Muldorf, CLS Member
The Ends of the Earth	Leathem Mehaffey, CLS Member
Experiences of a Navy Seabee in Vietnam	Craig Marshall, US Navy (<i>retired</i>)
The Disruptive Force of Electric Vehicles	Steve Wehr, Author, EV Coach for New Yorkers for Clean Power and member of Hyde Park Climate Smart Committee
New York's World Fairs: Showcases of Technology	Jacqueline Seidel, CLS Member
Story Slam: Stories of Our Lives	Linda Rappaport and the Storytellers

LLS6 - Creating a Pollinator Garden or Patio Pot**(4 weeks)****Time:** 1:15 - 2:30 PM**Day & Dates:** Tuesdays, April 29 and May 6, 13 & 20**Class Manager:** Ginny Fidler**Presenter:** Katherine Gambino, CLS Member**Description:** The earth's pollinators are under assault and so are the farms, fields and gardens that depend on their pollinating power. Creating a pollinator garden, whether it's in your landscape or a pot on your patio, is one way to combat and protect local pollinating insects and birds. This class will discuss the rich diversity of pollinating insects and birds, and will instruct you in the best native plants, shrubs and trees to add to your garden, whether in a bed or a pot on your porch.**LLS7 - The Gilded-Age Railroad History of the Hudson Valley****(4 weeks)****Time:** 1:15 - 2:30 PM**Day & Dates:** Tuesdays, April 1, 8, 15 & 22**Class Manager:** Barbara Van Itallie**Presenter:** Alex Prizgintas, Historian and Author**Description:** This local history course will look at titans of industry during the gilded age and railroads at the time. First we'll look at how trains once crossed the Hudson from Newburgh to Fishkill Landing. We then visit the building of an inclined railway with stone arches and rock cuts to the E.H. Harriman Arden House. The last two sessions will cover the riverside moguls with wealth and power in the Hudson Valley's gilded age, first focusing on those with ties to the rails, and then other industry titans of the period.

LLS7 - Basic Hebrew**(8 weeks)****Time:** 1:15 - 2:30 PM**Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Class Manager & Presenter:** Miriam Rubin, CLS Member

Description: For people who once learned (but forgot) or never learned to read Hebrew. In addition to reading this ancient and modern language, we will cover the structure of the language with some basic vocabulary to help understand Biblical and prayerbook Hebrew. **Required text:** Aleph Isn't Enough by Linda Motzkin
(available through Amazon.com, b&n.com, and behrmanhouse.com)

AL5 - Jazz Legends on Screen**(8 weeks)****Time:** 1:15 - 2:30 PM**Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Class Manager:** Gil Seligman**Presenter:** Leslie Gerber, Parnassus Records

Description: In our eight weeks, we will see some of the greatest jazz musicians in performance, filmed from the 1920s up to the present. Among those included will be Django Reinhardt (his only film), Thelonious Monk, Charles Mingus, Duke Ellington, and Woodstocker Marilyn Crispell.

AL6 - Prodding Your Muse**(8 weeks)****Time:** 1:15 - 2:30 PM**Day & Dates:** Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Class Manager:** Linda DeRosa**Presenter:** Barbara Mindel, CLS Member

Description: Memories add luster to our life, especially the keen ones. Why not capture the ones which have faded and bring them to life? Although we can't actually travel to the past, we can be tourists to it on paper preserved where memories don't disappear. Whatever topics you get prodded to preserve consider it "like a photograph taken by the heart to make certain things last forever." This class is interactive: we write, we share, we marvel to discover a similarity of experiences. After weeks of being prodded, you will have a collection of writings to share with family, friends, and for yourself. *Sharpen your pencils and join us!*

Class Limit: 12 max.**SS3 - The World's Great Wine Grapes: Old World and New World Versions** **(4 weeks)****Time:** 2:45 - 4:00 PM**Day & Dates:** Tuesdays, April 15, 22 & 29 and May 6**Class Manager:** Merrilee Osterhoudt**Presenter:** Arnold (Arnie) Serotsky, Vassar LLI

Description: Each week, there will be a presentation on the history and characteristics of one of the world's great wine grapes. Each presentation will be followed by a comparative tasting of a fine old world (i.e. European) version and a new world (i.e. Western Hemisphere, Africa, or Australia/New Zealand) version of a wine made from the week's grape.

Note: Each class participant will need to bring 2 clean 6 oz wine glasses each week for tastings.

Class Limit: 12 max., 10 min. Course Fee: \$25 per member

If you are selected to participate in SS3—The World's Great Wine Grapes, you will be invoiced for \$25 which must be paid immediately. The wine and food supplies for this course are purchased based on the final participant count. No refunds will be given once paid regardless of circumstances.

If you are not selected to participate in this course, you can select another course to complete your spring schedule; however, the course you request can only be added if there is a seat available in the course.

AL7 - Exploring the Elements, Themes, and Subjects of Visual Arts **(8 weeks)**

Time: 2:45 - 4:00 PM

Day & Dates: Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20

Class Manager: Michelle Keeley

Presenter: Jim Bennett, Artist and Author

Description: Delve into the rich world of visual arts with this comprehensive series, covering fundamental concepts, genres, and themes. From still life to political commentary, each lesson explores the techniques and stories behind diverse artistic expressions. New topics will be covered each week, they include: introduction to artistic terminology, materials & techniques, still life, portraits, landscapes, dreams, fantasy, political and Social commentary, depth, perspective, and color, and spiritual - metaphysical themes.

STEM1 - Getting the Hang of Microsoft Office **(8 weeks)**

Time: 2:45 - 4:00 PM

Day & Dates: Tuesdays, April 1, 8, 15, 22 & 29 and May 6, 13 & 20

Class Manager: **Class Manager Needed**

Presenter: Fred Taber, CLS Member

Description: Microsoft Office, now called **Microsoft 365**, contains 3 of the most useful personal computer applications: **EXCEL** to create spreadsheets, **WORD** for document processing, and **PowerPoint** for presentations. This class will build your proficiency in each of these applications, starting with the basics and then moving on to using each application to create examples. We'll start with 3 classes on EXCEL, followed by 3 classes on WORD and wrap-up with 2 classes on PowerPoint.

Note: Students must have Microsoft Office/365 (Office versions 2010 to current) installed on their Windows laptop **and** will bring their laptop to class.

Class Limit: 15 max.

AL8 - Writing Poetry with Craft and Courage **(4 weeks)**

Time: 2:45 - 4:00 PM

Day & Dates: Tuesdays, April 1, 8, 15 & 22

Class Manager: Michael Maloney

Presenter: Lucia Cherciu, Professor at SUNY-Dutchess, Poet and Author

Description: This workshop encourages vivacity, authenticity, creativity, and attention to detail when writing poetry. Participants will read several poems and write poems of their own. The poems are available on the Poetry Foundation website (www.poetryfoundation.org) or from the public library. Students will write four poems and respond to each other's drafts.

Class Limit: 18 max.

Wednesday Class Offerings

STEM2– Computer Basics for Windows 10 & 11 **(4 weeks)**

Time: 9:15 - 10:30 AM

Day & Dates: Wednesdays, April 30 and May 7, 14 & 21

Class Manager: Barbara Sweet

Presenter: Herb Sweet, CLS Member

Description: Many people are just able to handle their computers and know that they need to understand how to handle the security, maintenance, and operational needs but do not know where to start. This course addresses that by providing some basic theory along with the practical knowledge that is needed. To get full value from the course, students are encouraged to follow up each lesson at home with their own computers. A manual for the course will be provided in soft copy form.

STEM3 - Some Medical Devices and Tests**(4 weeks)****Time:** 9:15 - 10:30 AM**Day & Dates:** Wednesdays, April 2, 9, 16 & 23**Class Manager:** **Class Manager Needed****Presenter:** Leathem Mehaffey, CLS Member

Description: In today's world there is a bewildering array of tests physicians use to diagnose a wide variety of real and potential disorders to the body. Some tests involve elaborate devices such as MRI. Others are chemical, like blood tests and genetic screening. Some are simple, like auscultation. We'll look at what a few of the more common tests evaluate and the science behind them.

AL9- The Changing Image of Women in Art**(4 weeks)****Time:** 9:15 - 10:30 AM**Day & Dates:** Wednesdays, April 2, 9, 16 & 23**Class Manager:** Mary Coiteux**Presenter:** Marilyn Price, Artist

Description: This Art History slide lecture and discussion series will touch on and explore the changing image of women over the centuries in some aspects of Western and Eastern Art. We will see art from very early times to the present, in both sculpture and painting.

AL10 - Making Art with Color**(4 weeks)****Time:** 9:15 - 10:30 AM**Day & Dates:** Wednesdays, April 30 and May 7, 14 & 21**Class Manager:** Mary Coiteux**Presenter:** Marilyn Price, Artist

Description: This is a hands-on course, working with colored paper and pastels [not oil pastels]. Participants will be encouraged to work from imagination and observation to explore and develop their skills working with color. No art background is necessary. Instructor will provide colored paper.

Requirements: scissors, glue stick, pencil, pastel set of primary and secondary colors: red, yellow, blue, orange, green, purple, black, white [chalk pastels, not oil pastels] These are available on Amazon.

Class Limit: 16 max.**AL11 - Stars of the Silent Era, Part 2****(6 weeks)****Time:** 9:15 - 10:30 AM**Day & Dates:** Wednesdays, April 2, 9, 16, 23 & 30 and May 7**Class Manager:** Laura Coons**Presenter:** Michelle Keeley, CLS Member

Description: This course is a continuation of Stars of the Silent Film Era given in spring 2023. We will look at the lives and works of actors who made important contributions to the film industry. Some are still household names, but we will also look at the lives of those who are not so well known today but should be. We will also look at some actors who are most remembered talking pictures but got their start in silent movies.

AL12 - Be the Star of Your Own Movie - Intermediate Course**(8 weeks)****Time:** 9:15 - 10:30 AM**Day & Dates:** Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21**Class Manager:** Barbara Best**Presenter:** Ken Topolsky, CLS Member

Description: Starting where last semester's introductory class left off, our focus will be on creating nuanced transitions, editing music for your cell phone films, and tips on making thematic cell phone videos. This is an interactive course where each participant will be expected to shoot and edit their own phone films

AL13 - The Art and Craft of Writing & Storytelling**(8 weeks)****Time:** 11:00 AM to 12:15 PM**Day & Dates:** Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21**Class Manager:** Carol Strauss**Presenter:** Linda Rappaport, CLS Member

Description: If you are like me, then you have promised yourself many times that you would write stories about your life to give to your family for posterity. That time is now! Each session, we will gather as a group and focus on a different element of craft, such as strong leads, sensory description, voice, point of view, etc. We will have a short practice period, after which we will share with the group and give each other feedback.

Class Limit: 16 max.**AL14 - The Golden Age of Illustration****(8 weeks)****Time:** 11:00 AM to 12:15 PM**Day & Dates:** Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21**Class Manager:** Judith Elkin**Presenter:** David Roberts, Adjunct Instructor—Marist College Fashion Program

Description: We will look at the illustration of books during the period from the end of the 19th Century to the WWII period. This will include famous American, British, and European illustrators, and some very likely unknown to participants in the class. Howard Pyle, Maxfield Parrish, Arthur Rackham, Edmund Dulac, Gustaff Tenggren, and many others will be among them.

SS5 - Great Decisions 2025**(8 weeks)****Time:** 11:00 AM to 12:15 PM**Day & Dates:** Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21**Class Manager:** Martin Charwat**Presenters:** Martin Charwat and Karen Robblee, CLS Members
David McNary, Hyde Park Zoning Board of Appeals

Description: Great Decisions 2025 will look at a number of world issues and hot-spots and will seek to involve class members in reaching decisions on how to solve U.S. involvement with them. Among the topics covered are The Future of Africa, NATO and European Security, India, After Gaza, and US-China Relations. Class members are encouraged to prepare for each session by reading the Great Decisions book on the appropriate topic.

Class Limit: 120 max.

To purchase the Great Decisions 2025 booklet, contact the Foreign Policy Association at (800) 477-5836 or www.fpa.org/great_decisions. You can also check with the local libraries about availability.

SS6 - The Legacy of the Vietnam War on American Culture**(4 weeks)****Time:** 11:00 AM to 12:15 PM**Day & Dates:** Wednesdays, April 30 and May 7, 14 & 21**Class Manager:** Gale Siegel**Presenter:** Tom Quinn, Dept. of Veterans Affairs (*retired*), Deputy Commissioner of Health & Director of Community Services for Dutchess County NY (*retired*)

Description: Utilizing an historical/sociological perspective, we will explore the social, political, and moral legacy of the Vietnam war. A brief historical overview will be followed by examining the political context and reasoning for our involvement in Vietnam, and how political conflict generated moral debates in reaction to military events. Topics will include: the role of the media in public perception; and our contemporary conflicts, foreign policy decisions, and global consequences of “Vietnam Syndrome.” We will examine whether recent foreign wars have eliminated that syndrome as an operating principle in our responses to challenges to our global role.

STEM4 - The Ascent of Mathematics and Science: 19th into the 20th Century (8weeks)

Time: 11:00 AM to 12:15 PM

Day & Dates: Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21

Class Manager: Leathem Mehaffey

Presenter: Stan Schmidt, CLS Member

Description: This course will continue our transition into the modern era. New ideas and their purveyors will be stressed rather than mathematical details. Special emphasis: Women who made a difference, such as Agnesi, Germain, Lovelace, Nightingale, Kovalevsky, etc. will be discussed and how they made their inroad. Video professors from the "Great Courses" Company will be included.

AL15- The Magic of Readers Theatre: Theatre of the Mind, Vol. Four (8weeks)

Time: 1:15 - 2:30 PM

Day & Dates: Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21

Class Manager: Judith Elkin

Presenter: Christine Crawfis, Director of County Players

Description: Readers Theatre continues to offer an opportunity to experience great theater stripped to its essence: the playwright's words. New readings from different works of classic and contemporary playwrights will be performed by the professional actors from the County Players and will explore the ideas, ingenuity, and magic of Readers Theatre.

SS7 - Exploring How Our Solar System and the Universe Work (8weeks)

Time: 1:15 - 2:30 PM

Day & Dates: Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21

Class Manager: Barbara Sweet

Presenter: John Fontana, NASA/JPL Solar System Ambassador Program

Description: Secrets of our solar system, how the universe works, the latest news and images from the James Webb Space Telescope, the music of the universe, our living planet, why the big bang did not bang, searching for life on Mars, and Sputnik: The Start of the Space Age.

AL16 - The Poetry of Emily Dickenson (8weeks)

Time: 1:15 - 2:30 PM

Day & Dates: Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21

Class Manager: Miriam Rubin

Presenter: Judith Saunders, Professor of English, Marist College (*retired*)

Description: A major poet by world standards and a towering presence in the American literary tradition, Emily Dickinson addresses a wide range of topics in her poetry: nature, art, and—above all—the individual self confronting social conventions, intimate relationships, metaphysical questions, emotional quandaries, and the "finite infinity" of the world within. As we explore her treatment of these issues, we'll examine her innovative handling of rhyme, syntax, and punctuation, considering her formal influence on twentieth-century English-language poetry.

Note: Class participants will need to acquire a copy of *Final Harvest, Emily Dickinson's Poems, selected by Thomas H. Johnson* (available in paperback from Back Bay Books/Little, Brown)

Class Limit: 25 max.



◇ *Don't forget to register before the deadline, Sunday, March 9th*

◇ *Don't forget to register for your courses in priority order.*



◇ *If you are selecting a class with a noted class limit, please select more than one course in case you are cut due to class size restriction.*

LLS9 - Crochet Basics for Beginners

(8 weeks)

Time: 1:15 - 2:30 PM

Day & Dates: Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21

Class Manager: Ginny Fidler & Nancy Wells

Presenter: Merrilee Osterhoudt, CLS Member

Description: This course is for first-timers and those looking to refresh their skills. We will cover the basics of crochet stitches, techniques, vocabulary & abbreviations and how to follow patterns. Participants will learn how to select hooks and yarns and with guided, hands-on instruction, will create simple projects to gain the confidence to continue exploring the craft. A list of supplies will be sent to registrants to purchase prior to the start of the semester.

Class Limit: 15 max.

STEM5 - Extreme Astronomy

(4 weeks)

Time: 2:45 - 4:00 PM

Day & Dates: Wednesdays, April 2, 9, 16 & 23

Class Manager: William (Bill) Walsh

Presenter: Willie K. Yee, NASA/JPL Solar System Ambassador

Description: This course will explore the science of the most extreme objects in the Universe: black holes, white dwarfs, neutron stars, and the ends of the Universe.

STEM6 - Chemistry in the Kitchen

(4 weeks)

Time: 2:45 - 4:00 PM

Day & Dates: Wednesdays, April 30 and May 7, 14 & 21

Class Manager: Ginny Fidler

Presenter: Jacqueline (Jackie) Seidel, CLS Member

Description: In this course we'll be exploring topics including: vintage and modern Corelle tableware; regular heat-resistant and lead glassware, indoor air and home water quality, and plastics and recycling.

AL17 - Curtain Call Confidential: The Art and Deals of NYC

(7 weeks)

Time: 2:45 - 4:00 PM

Day & Dates: Wednesdays, April 9, 16, 23 & 30 and May 7, 14 & 21

Class Manager: Cathy Temple

Presenter: Chris Burney, Producer and Adjunct Instructor for Columbia and Fordham Universities

Description: This course offers an in-depth exploration of the fundamental disciplines of theater, including playwriting, directing, acting, design, and producing. Participants will examine the historical roots of New York's theater scene and, understand how past movements influence current practices. Through discussions that combine case studies, foundational theater texts, and hands-on projects, this class pulls back the curtain of theater to navigate the landscape of a New York theater production, from concept to stage. **At the end of the course, an optional trip to NYC to attend a performance and backstage tour on Broadway will be made available.**



◇ *Don't forget to pick-up your CLS ID Badge at Locust Grove.*



◇ *Members MUST wear their current badge when attending classes, special events and when participating in CLS trips.*

◇ *If you lost your badge, email the CLS Office to request a new one!*

AL18 - Themes in Science Fiction and Fantasy**(8 weeks)****Time:** 2:45 - 4:00 PM**Day & Dates:** Wednesdays, April 2, 9, 16, 23 & 30 and May 7, 14 & 21**Class Manager:** Madeline Whalen**Presenter:** Benita Lehmann, CLS Member

Description: Well written science fiction and fantasy can give us a view of our humanity and our society from a point of view outside our normal ways of thinking, can capture elements in society which might be difficult to observe in a more conventional way, and expand the way we look at ourselves. Join me in discussing seven books and one recorded short story including, Childhood's End by Arthur C. Clarke, A Canticle for Leibowitz by Walter M. Miller, Jr. and The Accidental Time Machine by Joe Haldeman.

AL19 - Floral Design 101 for the Spring Season**(4 weeks)****Time:** 2:45 - 4:00 PM**Day & Dates:** Wednesdays, April 30 and May 7, 14 & 21**Class Manager:** Pegeen Wall**Presenter:** Dot Chenevert, Floral Designer AIFD

Description: This series of 4 classes will cover basic instructions for floral design. The subjects covered will be the care and handling of flowers, identification of floral terms and products, and step-by-step instructions. I will also answer questions about the floral industry and how it works. Each week, one participant will go home with an arrangement.

Thursday Zoom Class Offering**AL20 - A Raisin in the Sun, by Lorraine Hansberry****(8 weeks)****Time:** 11:00 - 12:15 PM**Day & Dates:** Thursday, April 3, 10, 17 & 24 and May 1, 8, 15 & 22**Class Manager:** Cathy Kinn**Presenter:** Jacqueline Goff-McNish, Dutchess Community College (*retired*)

Description: In this session, we will discuss Lorraine Hansberry's amazing play. This play introduces us to an African American community that displays the values of cultural integration and the prominence of family relationships. She also explores the impact of Africa on the belief system of Americans, questions the role of assimilation, and the myth of America as a "melting pot". The emphasis will be on cultural, feminist, psychological, and historical analysis. These sessions will also discuss the epiphanic journeys of the characters, the role of social and mental death, and the characters' "search for El Dorado".

***On Thursday, March 27th the Zoom access information
(Zoom link, meeting ID and passcode)
will be emailed to the members registered for this course***



Click link below to register for spring classes:

<https://www.marist.edu/professional-programs/cls/course-registration>