

MARIST

Center for Lifetime Study



Fall 2024

Course Catalog & Schedule

Revised Aug. 1, 2024



The following CLS volunteers are responsible for the **Fall 2024** curricular programming:
Sharon Steinvurzel, Vice President for Curriculum

Arts & Literature (AL)

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

Life & Leisure Studies (LLS)

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

Social Sciences (SS)

John Scileppi (<i>Chair</i>)	Tish Lange
Martin Charwat	Linda Lebensold
Ann Davis	Dewey Lee
Jack Fein	Merrilee Osterhoudt
Vicki Fox	Barbara Sweet (<i>Co-Chair</i>)
Bernard Handel	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
Volunteers!

The success of CLS depends on the involvement of its members. CLS is 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 Dates for Fall 2024

7/1/2024	2024/2025 CLS Academic Year starts
7/12/2024	Fall 2024 CLS Course Catalog & Schedule published, registration begins
7/14/2024	CLS Membership Renewal Portal Closes at 11PM
8/1/2024	Chronicle – Summer 2024 edition to be published (<i>tentative</i>)
8/5 - 8/9/2024	CLS Office Closed
8/11/2024	Fall 2024 Course Registration Portal Closes at 5PM
8/16/2024	Fall 2024 Class Confirmation Emails sent
9/2/2024	Marist College & CLS Office Closed - Labor Day Holiday
9/3/2024	Fall 2024 classes start at Locust Grove
9/5/2024	2024/2025 CLS ID Badges can be picked-up at Locust Grove (<i>main entrance</i>)
TBD	Fall 2024 Convocation Event (<i>save the date</i>)
10/23/2024	New Member Orientation (<i>to be determined</i>)
11/11/2024	End of Fall 2024 classes
12/8/2024	Winter 2025 Course Catalog & Schedule published (<i>tentative</i>), registration begins
12/16/2024	Winter 2025 Registration Portal Closes at 5PM (<i>tentative</i>)
12/23 - 12/31/2024	Winter 2025 Class Confirmations sent to members (<i>tentative</i>)
	CLS Office Closed – Holiday Break



Fall 2024 Course List & Schedule Tuesday Classes

Time	Course ID & Title	SEPT				OCT			
9:15 AM	LLS1 - If It's Tuesday, It Must Be...			17	24	1	8	15	22
9:15 AM	AL1 - Opera as (Racial) Politics	3	10	17	24	1	8	15	22
9:15 AM	STEM1 - AI and the Future of Art & Imaging	3	10	17	24				
9:15 AM	AL2 - Costumes on Stage and Screen	3	10	17	24	1	8	15	22
11:00 AM	LLS2 - Famous UNESCO World Heritage Sites	3	10	17	24	1	8		
11:00 AM	AL3 - Psychology and Literature	3	10	17	24	1	8	15	22
11:00 AM	STEM2 - Science Potpourri	3	10	17	24	1	8	15	22
11:00 AM	AL4 - Character Archetypes in Disney/Pixar Animation (Limit: 25)	3	10	17	24	1	8	15	22
1:15 PM	AL5 - The Art of Meditation (Limit: 15)					1	8	15	22
1:15 PM	SS1 - Money: The True Story of Made-up Things CANCELLED								
1:15 PM	AL6 - Floral Design 101 for the Fall Season	3	10	17	24				
1:15 PM	AL7 - Art Through the Ages: Emblems of the Collective Human Experience	3	10	17	24	1	8	15	22
1:15 PM	SS2 - Presidential Election 2024 ♦						8	15	22
	♦ This is a hybrid class coordinated with Vassar LLI - see page 7 for details					and Nov. 15			
2:45 PM	SS3 - Social Sciences Potpourri	3	10	17	24	1	8	15	22
2:45 PM	SS4 - Roberts Court: A Court In Transition					1	8	15	22
2:45 PM	AL8 - The Art and Craft of Writing and Storytelling	3	10	17	24	1	8	15	22

Wednesday Classes

Time	Course ID & Title	SEPT				OCT			
9:15 AM	LLS3 - Health Promotion for Optimal Aging	4	11	18	25				
9:15 AM	AL9 - Have a Phone With a Camera? Then It's Time to Make Your Own Movie (Limit: 18)	4	11	18	25	2	9	16	23
9:15 AM	AL10 - Go Tell It On The Mountain by James Baldwin (Limit: 20)	4	11	18	25	2	9	16	23
9:15 AM	STEM3 - Artificial Intelligence: Yesterday-Today-Tomorrow (Limit: 25)				25	2	9	16	23
11:00 AM	SS5 - WPA (Works Progress Administration) Projects, 1935-1943	4	11	18	25				
11:00 AM	LLS4 - Using Your Computer Safely	4	11	18	25				
11:00 AM	AL11 - Great Jazz Musicians on the Screen CANCELLED								
11:00 AM	LLS5 - Impact & Opportunities of Shopping Local with Hudson Valley Artists and Creatives					2	9	16	23
11:00 AM	STEM4 - Natural Disasters	4	11	18	25	2	9	16	23
1:15 PM	LLS6 - Navigating the Healthcare Systems in Dutchess County for Seniors	4	11	18	25	2	9		
1:15 PM	AL12 - The Magic of Readers Theatre: Theatre of the Mind, Vol. Three	4	11	18	25	2	9	16	23
1:15 PM	LLS7 - Advanced Crochet: Textured Stitches (Limit: 15)	4	11	18	25	2	9	16	23
1:15 PM	AL13 - Prodding Your Muse (Limit: 12)	4	11	18	25	2	9	16	23
2:45 PM	LLS8 - Financial Planning: The Certainty of Uncertainty	4	11	18	25				
2:45 PM	LLS9 - Survival Guide to James Joyces "Ulysses", Part 2	4	11	18	25	2	9	16	23
2:45 PM	AL14 - Writing Poetry with Craft and Courage (Limit 18)	4	11	18	25				
2:45 PM	SS6 - Russia: From the Kievan Ru's to the End of the Soviet Era	4	11	18	25	2	9	16	23

Thursday Zoom Class

Time	Course ID & Title	SEPT				OCT			
11:00 AM	AL15 - Writing Historical Novels	5	12	19	26				



Class & Attendance Protocols (In-Person and Virtual)

To optimize the class experience for the presenters, class managers, and other CLS members attending these 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. Try to join the class meeting in advance of the official start time so you can hear the class manager introduce the presenter and hear any announcements and the guidelines established for the class.

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. All presenters are volunteers and have invested time and effort into preparing and delivering the class.

Camera/Visual protocols should be followed. Remember, the presenter and other members of the class will be able to see you. **Turn off your camera** until the class manager or presenter instructs you to do otherwise. You and your distraction can easily become someone else's distraction.

Tuesday Classes

LLS1- If It's Tuesday, It Must Be...

6 weeks

Time: 9:15 - 10:30 AM

Day and Dates: Tuesdays, Sept. 17 & 24 and Oct. 1, 8, 15 & 22

Class Manager: John Wargo

Description: Please join us in this continuing series of travel presentations as some CLS members discuss their trips, both locally and around the world. Emphasis will be on various travel experiences, including individual and group trips and tours. Please note that the weekly presentation order is subject to change, and that this is a travel course of first hand experiences, not an in-depth look at a given county or region.

Topics, Presenters & Affiliations:

Hidden Features: How four historic estates became one at Locust Grove.	Ken Snodgrass, Executive Director of Locust Grove
Building a Collection: Hudson Valley History through the fine and decorative arts collection at Locust Grove.	
Brazil and Argentina	Cathy Law, CLS Member
Coastal Europe/Spain	Darlene Resling, CLS Member
International Adventures of a Curious Biologist	Cathy Law, CLS Member
Traveling the LLC process in your 60's	Duane Beyer, Senior Systems Admin. Marist College

AL1 – Opera as (Racial) Politics

8 weeks

Time: 9:15 - 10:30 AM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22

Class Manager: Laura Coons

Presenter: Chuck Mishaan, Vassar LLI

Description: This course will examine the history of Black representation and presence on stage, from the Renaissance and Shakespeare to the current opera season. From actors in blackface and Jim Crow dancers to today's all-black casts, we'll explore how the theater reflected and challenged the racial stereotypes of the times, in Europe and the United States. Class presentations will include video commentaries and performances. Chuck' has been presenting courses for many years, including his popular Opera as Politics. His commentary on the intersection of politics and the arts continues with this course.

STEM1 - AI and The Future of Art & Imaging

4 weeks

Time: 9:15 - 10:30 AM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24

Class Manager: Leonard Turkenkopf

Presenter: Alan Perlman

Description: The influence of artificial intelligence is everywhere, nowhere more so than in the realm of image creation & manipulation. Is this really art or photography as we have always known them? Or something new & entirely different? The answer is in the view of the beholder. This class offers a glimpse into the history & evolution of the latest technology influencing our visual world. The exploration of software tools such as Midjourney and Photoshop offers an understanding of the opportunities, challenges & implications we face as a society going forward. It is not necessary to own or even be familiar with any software to participate.

Class Limit: 22 max.

AL2 - Costume on Stage and Screen

8 weeks

6 weeks (revised 7/31/2024)

Time: 9:15 - 10:30 AM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22

Class Manager: Beth Kennedy

Presenter: David Roberts, Adjunct Instructor of Fashion Design, FIT

Description: This series of classes will explore the role of the costume designer, the process by which theatrical costumes are made, and a history of theatrical costumes. We will also look at the relationship between Hollywood and Fashion. Finally, we will close with a fun survey of iconic movie costumes.

LLS2 - Famous UNESCO World Heritage Sites

6 weeks

Time: 11:00 AM –12:15 PM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1 & 8

Class Manager: **Class Manager Needed**

Presenter: Esther Odescalchi, CLS Member

Description: This presentation describes the history of UNESCO World Heritage Sites. They are designated for having cultural, historical, scientific, or other forms of significance and contain cultural or natural heritage around the world. All these sites are “considered to be of outstanding value to humanity.” They might be ancient ruins or historical structures, buildings, cities, deserts, forests, islands, lakes, monuments, mountains, or wilderness areas or “masterpieces of human creative genius!”

This presentation also includes the birth of UNESCO (United Nations Educational, Scientific and Cultural Organization) and the process of World Heritage Site designation

AL3 - Psychology and Literature

8 weeks

Time: 11:00 AM –12:15 PM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22

Class Manager: Wilma Schmidt

Presenter: Anne Constantinople, CLS Member

Description: In this course, we use psychological theories to understand characters from novels; this year we will pay special attention to transitions. Even changes that are predictable bring elements of chance that may make coping more difficult than anticipated. So the transition from adolescence to adulthood may be harder or easier. What about the changes that a new relationship brings, or the death of an old one (either literal or figurative). Or what does immigration from one culture/country to another add to the mix? Final reading list will be emailed to the members of the course and posted on the CLS website.

AL4 - Character Archetypes in Disney/Pixar Animations

8 weeks

Time: 11:00 AM –12:15 PM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22

Class Manager: Sue Osterhoudt

Presenter: William (Bill) Joel, Author

Description: Character archetypes represent something universal in human experience, and are immediately recognizable. They fit a predetermined pattern, creating an immediate sense of familiarity even in an unfamiliar story. In this course we will explore twelve common character archetypes (eg. Hero, Villain, Trickster, etc.), and then see if we can identify them in clips from Disney and Pixar full-length animated films.

Limit: 25 max.

STEM2 - Science Potpourri

8 weeks

Time: 11:00 AM –12:15 PM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22

Class Manager: Leathem Mehaffey

Description: Do you enjoy science? Do you like to keep up with the latest developments in science and engineering? Each week a different presenter will share their expertise on a different topic.

Topics, Presenters & Affiliations:

Musical Instruments and Twelve Tone Equal Temperament	Christopher Parks, CLS Member
CRISPR: What is it and how do we use (and abuse) it?	Leathem Mehaffey, CLS Member
Recent Discoveries from the James Webb Space Telescope	Dominic Schepis, CLS Member
Chemistry in the Kitchen: Fiesta and Corelle Dishes	Jacqueline Seidel, CLS Member
How Television Was Invented	Ange Rapa, CLS Member
Ham Radio	Herb Sweet, CLS Member
All the Way from Bronx Birds to Adirondack Loons	Ken Huth, Author and Photographer
Take a Walk on the Wild Side: Bizarre Plants and Animals of the World	Cathy Law, CLS Member

SS2 - Presidential Election 2024

4 weeks

Time: 1:15–2:30 PM | **Day & Dates:** Tuesdays, Oct. 8, 15 & 22 (at Locust Grove)

Time: 12:30–1:45 PM | **Day & Date:** Friday, Nov. 15 (via **Zoom** for CLS members)

Class Manager: Martin Charwat

Description: This Presidential election is one of the most consequential in the past half-century. What are the issues that most concern voters? How have candidates positioned themselves to appeal to their constituencies and to swing voters? What is the likely impact of 3rd party candidates on the outcome of the election? What do polls tell us? How right were the pre-election predictions? What did they get right and wrong?

Topics, Presenters & Affiliations:

These 3 class sessions will be held at Locust Grove on Tuesdays at 1:15 PM	
Joseph Biden	Dr. Martin Shaffer, Dean Marist College School of Liberal Arts
Donald Trump and Robert Kennedy	
Presidential Polling, Methods and Problems	Dr. Lee Miringoff, Director of Marist Institute for Public Opinion
This 1 class sessions will be presented by Vassar College on <u>Tues. Nov. 15 at 12:30 PM</u> CLS Members can access this lecture via <u>Zoom</u> only	
The Results of the Election and Analysis	Dr. Richard Born, Professor of Political Science at Vassar College
<i>The Zoom access information will be sent to the CLS members registered for this course on Fri. Nov. 8th</i>	

REMEMBER

Enter your course selections in priority order on your class registration form.

Final class schedules are NOT determined by the date of registration.

Classes that are oversubscribed are determined by lottery.

AL5 - The Art of Meditation

4 weeks

Time: 1:15–2:30 PM

Day & Dates: Tuesdays, Oct. 1, 8, 15 & 22

Class Managers: Gloria Ghedini and Lillian Bono

Presenter: Susan Olin-Dabrowski, Certified Consulting Hypnotist, Reiki Master Teacher, Metaphysical & Spiritual Counseling

Description: Learn how to better manage stress and improve the quality of your life with the Art of Meditation. During this program you will learn about and experience a variety of meditation techniques. Simple quieting meditations, guided imagery, various forms of mindfulness meditation and walking meditation are some of the techniques we will be exploring. Other than walking meditation we will be seated on chairs. No experience is necessary to attend. Experienced meditators are welcome.

Class Limit: 15 max.

SS1 - Money: The True Story of a Made-Up Thing

8 weeks

Time: 1:15–2:30 PM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22

Class Manager:

Presenter: Ann Davis, CLS Member

CANCELLED

Description: The questions we will address include: Does Money Really Rule the World? How? Are there any (good) alternatives? There is an overall question of definition: what is money? Some theorists say it is a precious metal object, like a gold coin; others say that it is a promise to pay, that is credit. Another view is that money is crucial to the capitalist system, where it provides the basic motive to "accumulate."

AL6 - Floral Design 101 for the Fall Season

4 weeks

Time: 1:15–2:30 PM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24

Class Manager: Beth Kennedy

Presenter: Dot Chenevert, CLS Member

Description: This series of 4 classes will cover basic instructions for Floral Design. The subjects covered will be care and handling of flowers, identification of floral terms and products, and step by step instructions. I also answer questions about the floral industry and how it works. Each week, 1 participant goes home with the arrangement.

Class Limit: 25 max.

AL7 - Art Through the Ages: Emblems of the Collective Human Experience

8 weeks

Time: 1:15–2:30 PM

Day & Dates: Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22

Class Manager: Michelle Keeley

Presenter: Jim Bennett, Artist and Author

Description: Through looking at and appreciating art throughout the centuries, we gain valuable insights into the development of human knowledge and understanding of our world and ourselves. Each week we will look at a different time and style of art. This will be a lecture with handouts and discussions in class.

SS3 - Social Science Potpourri**8 weeks****Time:** 2:45 - 4:00 PM**Day & Dates:** Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22**Class Manager:** Barbara Sweet**Description:** Seven interesting and informative talks.**Topics, Presenters & Affiliations:**

Dutchess County Office for the Aging Friendly Calls Program	Brian Jones & Linda Elger, DC Office for the Aging
Restoring Historian Benson Lossing's House: Insights into 19th Century Dutchess County and America	Stephen Masri, Oppenheimer & Co.
Rebuilding Together: Revitalizing Communities & Supporting Our Neighbors	Darcy McCourt, Executive Director Rebuilding Together Hudson Valley
Advanced Care Planning: Forms, Rights & Healthcare Options	Aaron Twitchell, End of Life Choices NY
Early Automobiles in Poughkeepsie and Their Owners	James Challey, Senior Lecturer (<i>ret.</i>) Vassar College
Evolutionary Psychology	Dr. Victoria Ingalls, Professor of Biology Marist College
When You Are a Jet - West Side Story	David Bean, Actor and Author
Hudson River Housing / Affordable Housing	Christa Hines, President & CEO Hudson River Housing, Inc.

SS4 - The Roberts Court: A Court in Transition**4 weeks****Time:** 2:45 - 4:00 PM**Day & Dates:** Tuesdays, Oct. 1, 8, 15 & 22**Class Manager:** Merrilee Osterhoudt**Presenter:** Linda Lebensold, CLS Member

Description: We will discuss changes in the Court's membership, practices and procedures during John Roberts' tenure as Chief Justice; the steadily shrinking calendar, the shadow docket and the near total changeover among the Associate Justices. Then we will review and discuss the significant decisions handed down by the October 2023-2024 term. Be prepared to be elated, infuriated and/or dumbfounded depending on your political perspective, by the actions of this Trumpified court.

AL8 - The Art and Craft of Writing and Storytelling**8 weeks****Time:** 2:45 - 4:00 PM**Day & Dates:** Tuesdays, Sept. 3, 10, 17 & 24 and Oct. 1, 8, 15 & 22**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: 15 max.

Wednesday Classes

LLS3 - Health Promotion for Optimal Aging

4 weeks

Time: 9:15 - 10:30 AM

Day & Dates: Wednesdays, Sept. 4, 11, 18 & 25

Class Manager: Barbara Van Itallie

Presenter: Mary Ann Sweeny, Board Certified Adult & Geriatric Nurse Practitioner

Description: Our presenter will discuss health promotion and disease prevention to enhance optimal aging and promote healthy longevity for Adults and Geriatrics. She will explain how she combines traditional medicine with culinary medicine with emphasis on Mediterranean Cuisine. She will discuss the benefits of utilizing food as medicine to combat disease and promote health into her successful treatment modalities.

AL9 - Have a Phone with a Camera? Then It's Time to Make Your Own Movie.

8 weeks

Time: 9:15 - 10:30 AM

Day & Dates: Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23

Class Manager: Elizabeth Harrel

Presenter: Ken Topolsky, CLS Member

Description: This Beginner's course will give you the tools you need to enhance your videos. It will start with some basics (Accessing Video features, Composition, Lighting- both natural and artificial, etc) and quickly progress to more sophisticated filmmaking i.e., editing, story and music. The course is designed to be as hands on as you choose where the only limits are the one you set. Whether it's lensing your own film or shooting a Grandchild's Birthday; I guarantee you'll come out feeling Oscar ready.

Class Limit: 18 max.

AL10 - Go Tell It on the Mountain by James Baldwin

8 weeks

Time: 9:15 - 10:30 AM

Day & Dates: Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23

Class Manager: Cathy Kinn

Presenter: Jacqueline Goffe-McNish, Professor of English (*retired*), Dutchess Community College

Description: In this session, we will discuss one of Baldwin's famous novels. Baldwin's novel explores the life of African Americans in Harlem after the Great Northern Movement. He emphasizes the role of the church as a social and political center for the development of the community. The emphasis will be on cultural, feminist, psychological, and historical analysis. The epiphanic journey of the main character will be analyzed.

Class Limit: 20 max.

STEM3 - Artificial Intelligence: Yesterday-Today-Tomorrow, A Guided Tour

5 weeks

Time: 11:00 AM - 12:15 PM

Day & Dates: Wednesdays, Sept. 25 and Oct. 2, 9, 16 & 23

Class Managers: John Scileppi and Leathem Mehaffey

Presenters: Jean-Claude Fouere, Marketing/Business Development Director, NE Technology Associates

Description: A survey of the history and development of Artificial Intelligence (AI). We will look at today's most common applications of AI, the basic operation of AI systems, and some ethical considerations raised by AI.

Class Limit: 25 max.

SS5 - WPA (Works Progress Administration) Projects, 1935-1943**4 weeks****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Wednesdays, Sept. 4, 11, 18 & 25**Class Manager:** Barbara Sweet**Presenter:** Sandra Opdycke, Author and Historian

Description: The WPA, which functioned from 1935 to 1943, was the most ambitious jobs program in our country's history. Besides putting millions of unemployed American's to work on construction projects, it provided jobs for seamstresses, teachers, painters, musicians and actors, writers, clerks, nurses and archaeologists. The course; explores what the WPA achieved, what it meant to the people involved, and what we can learn from it today

LLS4 - Using Your Computer Safely**4 weeks****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Wednesdays, Sept. 4, 11, 18 & 25**Class Manager:** Barbara Van Itallie**Presenter:** Anne Matheus, CLS Member

Description: Our presenter will discuss basic practices for computer safety. She will specifically emphasize internet browsing, email safety, social media safety, online shopping, financial transactions, mobile devices, protecting personal information, handling online harassment and cyberbullying. We will hear about scams, phishing, spam, suspicious websites and other concerns to computer safety and security, as well as ways to protect ourselves.

AL11 - Great Jazz Musicians on the Screen**8 weeks****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23**Class Manager:** Gil Seligman**Presenter:** Leslie Gerber, Parnassus Records**CANCELLED**

Description: In our eight weeks, we will see some of the greatest jazz musicians in performances 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.

LLS5 - Impact & Opportunities for Shopping Local with Hudson Valley Artists and Creatives**4 weeks****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Wednesdays, Oct. 2, 9, 16 & 23**Class Manager:** **Class Manager Needed****Presenter:** Melissa Dvozenja-Thomas, Executive Director, Arts Mid-Hudson

Description: This fun and interactive course will provide you with the opportunity to learn about local artists and creatives. It will introduce you to who they are, what they do and where you can see and buy their work. Great class for the start of the shopping season.

STEM4 - Natural Disasters**8 weeks****Time:** 11:00 AM - 12:15 PM**Day & Dates:** Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23**Class Manager:** Miriam Rubin**Presenter:** Frank Rubin, CLS Member

Description: Planet Earth is out to get us! The course will cover natural disasters: volcanoes, earthquakes, hurricanes, tornadoes, wildfires, etc., how they are caused, how they can be predicted, detected, mitigated, prevented, and sometimes exploited. We will discuss their effect on humans, wildlife, and on the planet itself.

LLS6 - Navigating the Healthcare Systems of Dutchess County for Seniors **6 weeks****Time:** 1:15 - 2:30 PM**Day & Dates:** Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2 & 9**Class Manager:** **Class Manager Needed****Description:** Local healthcare professionals will provide information and build a road map for accessing the resources available to seniors in Dutchess County that will enable you to be an advocate for your own personal health needs or to assist you as a caregiver of a loved one.**Topics, Presenters & Affiliations:**

Community Health Resources that Help Seniors in Dutchess County to Age Well.	Jodi Friedman, Nuvance Health
Navigating the Healthcare System: Advocating for Yourself or a Loved One.	Amanda Yanzek, Nuvance Health
Navigating the Healthcare System: Transitioning from Hospital to Home/Home Care.	Donna Fisher, Nuvance Health
Healthcare in the Digital World	Andy Wilson, Nuvance Health
Emergency Medical Services in the Hudson Valley	Howard Adams, RN/PA Northern Dutchess Hospital Emergency Dept.
When to Call Hospice and How We Will Help	Lisa Wilson, Executive Director Hudson Valley Hospice Foundation and Vice President of Marketing

AL12 - The Magic of Readers Theatre: Theatre of the Mind, Vol. Three **8 weeks****Time:** 1:15 - 2:30 PM**Day & Dates:** Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23**Class Manager:** Judith Elkin**Presenter:** Christine Crawfis, Director, 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.**LLS7 - Advanced Crochet: Textured Stitches** **8 weeks****Time:** 1:15 - 2:30 PM**Day & Dates:** Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23**Class Manager:** Ginny Fidler**Presenter:** Candace (Candy) Pisterzi**Description:** Learn to crochet textured stitches to make a beautiful afghan or scarf. For 6 weeks, instructions for cluster, shell, basket weave, cables, Catherine's wheel, and bobble are explained. Each participant will make a 7" by 9" square. The seventh week, joining the squares will be the topic. For the eighth week, borders are created.**Class Limit:** 15 max.

AL13 - Prodding Your Muse

8 weeks

Time: 1:15 - 2:30 PM

Day & Dates: Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23

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.

LLS8 - Financial Planning: The Certainty of Uncertainty

4 weeks

Time: 2:45 - 4:00 PM

Day & Dates: Wednesdays, Sept. 4, 11, 18 & 25

Class Manager: **Class Manager Needed**

Presenter: Kelsey Ponesse, Wealth Advisor, Marshall & Sterling

Description: An important piece of thinking about your financial planning in retirement is planning for the "what if's", or, unplanned events or uncertainties that are out of our control. This course will cover those "what if" concerns many of us have, such as: retirement realities and planning for the long life; social security and Medicare, volatile markets and your portfolios, how taxes change in retirement, and long-term care concerns.

LLS9 - Survival Guide to James Joyce's *Ulysses*, Part 2

8 weeks

Time: 2:45 - 4:00 PM

Day & Dates: Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23

Class Manager: Michelle Keeley

Presenter: John Gavin, CLS Member

Description: This course is Part 2 of the Survival Guide to James Joyce's *Ulysses* and will begin with Episode 13. The second half of *Ulysses* is quite challenging. The intended audience includes those who took Part 1 and others who started *Ulysses*, but abandoned it about half way through.

Required text: *Ulysses* (The Gabler Edition) Paperback – May 12, 1986, ISBN-10: 0394743121 and also ISBN-13: 978-0394743127.

AL14 - Writing Poetry with Craft and Courage

4 weeks

Time: 2:45 - 4:00 PM

Day & Dates: Wednesdays, Sept. 4, 11, 18 & 25

Class Manager: **Class Manager Needed**

Presenter: Lucia Cherciu, Professor of English, Dutchess Community College

Description: This workshop encourages vivacity, authenticity, creativity, and attention to detail when writing poetry. Participants will read several poems by Elizabeth Bishop and Clint Smith 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.

SS6 - Russia: From the Kievan Ru's to the End of the Soviet Era

8 weeks

Time: 2:45 - 4:00 PM

Day & Dates: Wednesdays, Sept. 4, 11, 18 & 25 and Oct. 2, 9, 16 & 23

Class Manager: Barbara Sweet

Presenter: Thomas Walker, Commander, US Navy (retired)

Description: This is a concise history of Russia, from its early beginnings around 800AD, through its period as the world's largest empire. We examine cultural, economic, and geographical influences, including how they shaped Russia's methods of governance. No prior knowledge of Russia is required to enjoy this course. Copies of all slide presentations will be made available to participants.



Thursday Zoom Class

AL15 - Writing Historical Novels

4 weeks

Time: 11:00 AM - 12:15 PM

Day & Dates: Thursday, Sept. 5, 12, 19 & 26

Class Managers: Joanne Pelletier

Presenters: India Edghill, Author

Description: Conversations with an Author - Join author India Edghill to discuss her historical novels set in the Ancient Near East and hear some of her fantasy short stories. Read at least one of the four books before class: *Delilah*, *Queenmaker*, *Wisdom's Daughter*, and *Game of Queens* are all available on Amazon.

India's website is www.indiaedghill.com, where members can read some of her short stories and excerpts from her novels.

The Zoom access information will be sent to the CLS members registered for this course on Fri. August 30th.

SHARE YOUR CATALOG WITH FRIENDS & COLLEAGUES

CLS HAS AN AMAZING LINE-UP OF FALL 2024 CLASSES AND PRESENTERS. NEW MEMBERS CAN JOIN CLS BETWEEN NOW AND SEPTEMBER AND ENJOY ALL OF THE BENEFITS AND OPPORTUNITIES OF MEMBERSHIP



Class Registration Information & Procedures

Members can select up to a total of 48 credit hours for the fall and spring semesters. Hours are based on the total number of meetings of a course. For example: a 4-wk. class = 4 credits; a 6-wk. class = 6 credits, and so on. A credit counter has been built into the registration form and will keep track of how many credits in total you select.

You should **select your courses in priority order**—Choice #1 most important, then Choice #2 and so on.

You can select a course only once and then it will no longer be an option. You will not be able to select a course or courses that meet on the same day at the same time of a course you have already selected.

Each member must submit a separate registration for their classes.

A lottery is conducted if registration for a specific class, workshop, or special event exceeds capacity.

Members are not required to take a class to remain active in the CLS program.

Click on the **Course Registration** link below and 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 will be required to correct the inaccurate data before finalizing your registration. Your course selections will be retained until the field(s) outlined in red at the top of the form are corrected.

Your First Name, Last Name and CLS ID# were provided at the top of the email from the CLS office that contained the Fall 2024 Course Catalog. ALL three fields must be entered **EXACTLY** as provided at the top of that personalized email.

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 with the registration process.

Click link below to register for Fall 2024 Classes:

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

CLS Announcements & Fall Class Handouts



Check out the **CLS Announcements** and **Class Handouts** webpages prior to the start of classes on Tuesday, Sept. 3rd and check back frequently to see if there are any updates or class materials posted for your classes. The links for these webpages are noted below:

CLS Announcements: www.marist.edu/cls/announcements

CLS Class Handouts: <https://www.marist.edu/cls/class-handouts>



Parking at Locust Grove

We understand that parking can be a challenge at times at Locust Grove, so we ask your cooperation in parking safely and responsibly. Members whose vehicles are found to be parked incorrectly or unsafely will be asked to move their cars. Please be particularly considerate of our handicapped members, carpool whenever possible and follow the parking directives below:

Car/Plate Registration: CLS members are required to provide the following information when completing their class registration form each semester:

- License plate numbers of 1-2 cars that will be parked at LG during classes
- NYS Handicap permit number if applicable

Handicap Parking and Drop-off: Parking slots are designated for cars which display a NYS handicap parking tag in the first three parking spots in every row. This includes slots marked for handicap parking by Locust Grove as well as slots that are not marked for handicap parking. There may also be a few handicapped spots directly in front of the visitors' center. Drop-offs at the front door of the visitor center are encouraged for members with physical disabilities who are carpooling. Do not obstruct traffic when dropping someone off.

Note: Members who do not currently have a NYS Handicap parking permit and feel that they need parking close to the building due to a physical disability should contact their physician's office to learn how to obtain a temporary or permanent NYS Handicap parking permit.

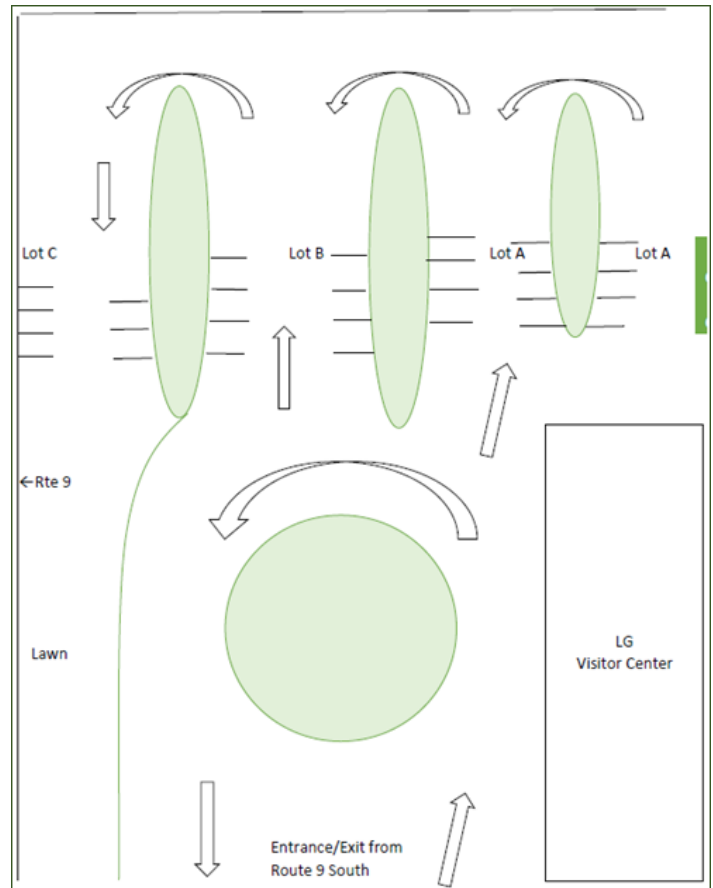
There is NO Parking as follows:

- **On the lawn when LG has set up cones prohibiting parking.**
- **On the grassy areas near the visitor center.**
- **Anywhere marked "No Parking" by LG.**
- **In the driveways between lots.**
- **Behind visitors' center in front of green fence.**
Taking up two parking spaces!

When parking on the lawn: Do not park in the lane between cones designated for exiting. Park close enough to your neighbor to allow ONE car door to open safely. Access the lawn from the lot, not from the circle. Leave via the exit lane. Park on the circle with headlights facing the circle, bumper close to the edge. Don't let your bumper stick out on to the circle driveway. When all spaces along the road and the circle are filled, park directly behind cars that are parked facing the circle.

Please take the time to review the LG parking diagram/map provided.

Additional parking at Marriott Courtyard, south of Locust Grove. Please consider parking there if walking is not an issue for you. Use parking spots along the entrance road or in the far back, not next to the building. If you have a 2:45 class, use spaces toward the back. Walk to the fence near the back corner of the financial building to enter Locust Grove.
DO NOT PARK in the financial center lot.



Note: Marriott has asked that CLS members be out of this lot by 4:00 PM.