



LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY



An
Adult
Learning
Community

FALL2014
COURSES

LIFESPRING
Town Hall
4 High Street
Saugerties, NY 12477

845 246 2800 ext 452
lifespring.saug@gmail.com

www.lifespringsaugerties.com

WELCOME

LIFESPRING, an adult learning community, offers a broad range of noncredit educational activities for retired, semi-retired and other adult participants. **LIFESPRING'S** goal is to provide diverse learning experiences for all its members, regardless of previous educational background.

We recognize that many active retirees wish to continue to learn and grow and participate in an environment of sociability and mutual encouragement. In this venue, we come together to share our knowledge and interests and socialize with like-minded people.

LIFESPRING offers classes/courses, lectures, and events that provide opportunities for active adults and/or retirees to:

- **stimulate our minds in new and creative ways**
- **learn about topics that have been intriguing**
- **challenge ourselves in new areas**
- **open new vistas in learning**
- **discover new talents, skills, and interests**
- **develop new friends**

Membership and Fees: The annual membership fee is \$60 per person. This entitles each member to 3 courses a semester and any planned special events. The year runs from August 2014 – July 2015. There is a fall semester and a spring semester. Some presenters may ask for the purchase of a textbook or may require a small materials fee. Please note membership fees are not refundable and not transferable.

Location: Most courses are held at the

Woodstock Jewish Congregation (WJC) in Saugerties

on Glasco Turnpike, near Route 212. Ample parking is available on the grounds. The classrooms are accessible to people with disabilities.

Gratitude: All the jobs and tasks are done free of charge. Volunteers include the instructors, course coordinators, committee members, Board members, and many others who donate their time and energy for the **LIFESPRING** program. We respect their hard work, generosity, and talent, and we thank everyone who is a part of this creative endeavor. In addition, we thank the Town of Saugerties for their generous support and backing. We extend further appreciation to the WJC for allowing us use of their ample and comfortable space.

Feedback: If you have any feedback or suggestions, please feel free to come to a Board meeting and discuss the issue. Board meetings are usually the second Wednesday of the month at 3:00 pm in the Town Hall Building Department conference room. (Check first to see if a meeting is being held). In addition, you can direct any questions to: lifespring.saug@gmail.com or call us at **845 246 2800 ext. 452**.

FALL2014

Registration Information

Dear Members,

The fall semester begins on Wednesday, October 8, 2014 and ends on November 12. Classes are held at the Woodstock Jewish Congregation in Saugerties, unless otherwise noted in the course description.

Registration closes on August 1, 2014.

Registration is a complicated process so please read the information carefully.

This semester we once again are able to offer an expanded program with more courses and events. Here's how the registration process works:

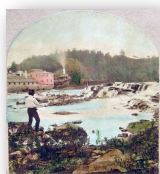
- 1. CLASS CHOICES:** Some classes have size limits mainly because the presenter has requested it or the size of the rooms we are using requires it. Therefore, please **SELECT a first and second choice** for each time slot. If you are not interested in a second choice then leave a blank, but be aware that if you are not placed in your only choice, you may not have a class in that time slot. We make a very sincere attempt to satisfy everyone's wishes for their class choices; however, it is not always possible for you to get your first choice. In the classes where the enrollment has been limited and we receive more registrations than that number, we will use a lottery system.
- 2. THE LOTTERY SYSTEM:** It is important to realize that registration processing **BEGINS** on the day after the close of registration. At that time, if it is determined that a lottery is necessary for some classes, the following condition applies: People who serve on committees that meet continuously throughout the year get priority placement in classes. After they are placed in the classes of their choice, names are randomly selected by the computer to determine the roster for that class. A waiting list is also created. All others (including those on the waiting list) will be given their second choice if one has been indicated.
- 3. CLASS SIZE:** If there is a limit on the number of people in the class it is because of a request by the presenter or the capacity of the room. Out of respect for the presenters and the integrity of the courses, we honor the enrollment limit they requested; this limit is often related to the activity or interaction that is an integral part of the course. **It is not appropriate to switch to classes in which you are not officially registered. Please do not ask this of a presenter or Class Manager. In many cases there are waiting lists that have been established by the lottery for a particular class.**
- 4. ATTENDANCE:** Please be aware that presenters have carved out of their busy lives a time commitment to Lifespring. We understand that you, too, are very busy in other areas of your life; however, we encourage you to attend the classes for which you registered. Please note: The small classes are usually in high demand and may require a lottery. Please register for these classes **only** if you expect to be present for them.
- 5. FILLING OUT THE MEMBERSHIP REGISTRATION FORM COMPLETELY:** Filling out the form as directed maximizes the chance that you will get what you requested. Blanks will be taken as blanks. Please fill out the form completely. **If you have questions about how to use the form, please call or email.**
- 6. COURTESY AND RESPECT:** It is the volunteers who have created and made this program possible and successful. We ask that these people be treated with respect for their hard work and talent.

Lifespring's goal is academic: to provide a variety of courses for your consideration and reflection. Our curriculum committee makes every effort to schedule presenters who are experienced professionals and enthusiasts; however, Lifespring does not either recommend or not recommend the services or products of any presenter or guest speaker.

COURSES

COURSE A-1 SAUGERTIES: PRESERVING LOCAL HISTORY

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 9:30 – 10:45 am



Purchased from an Esopus Indian Sachem (chief or leader) in 1677, the land that was to become Saugerties was developed initially by the early Dutch settlers and by a large immigration of Palatine Germans

who settled in the West Camp area in 1710. Henry Barclay's arrival in 1825 prompted the beginning of water-powered industry—an important collection of mills producing white lead, paint, paper, gunpowder, and iron that drew workers to Saugerties, swelling the population to 4000 people by 1880. The natural resource industries of bluestone, ice, brick, farming, and water-related transport, among others were also important. This class will help us understand more about a fascinating history and will introduce us to opportunities and resources for continued learning.

Keepers of the History:

October 8, 15: **Audrey Klinkenberg**, Town of Saugerties Historian will present a general overview of the history of Saugerties from the Kingston Commons through the mid 20th century.

October 22: **Michael Sullivan Smith**, developer of the Saugerties Atlas and member of the Historic Preservation Commission, will speak on the development of the mills and the industries associated with them.

October 29: **Barry Benepe**, architect, planner, and chair of the Saugerties Historic Preservation Commission, and **Susan Puretz**, founder and chair of the Commission's Historic House Tour initiative, will speak about the early architecture of the Saugerties area.

November 5: **Peter Roberts**, retired physician and local history enthusiast, will present *The Bluestone Industry in Saugerties and Ulster County*.

COURSE A-1 SAUGERTIES: PRESERVING LOCAL HISTORY (CONT'D)

November 12: Panel discussion highlighting recent developments, resources, and opportunities for further exploration of the history and development of Saugerties. Panel members: Audrey Klinkenberg, Michael Sullivan Smith, Chester Hartwell, founder and manager of the "I Like Saugerties" Facebook page, and Ariel Dedolph, Local History Initiative at the Saugerties Public Library.

Coordinator: Susan Davis

COURSE A-2 ALL THAT JAZZ

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 9:30 – 10:45 am

This course will be an enthusiastic exploration of that unique form of American music, jazz, from a variety of angles. Using both audio and visual media, we'll attempt to better understand and more fully appreciate what jazz is. From an overview of music forms, notation, and rhythm, we'll move on to the beginnings of Dixieland and the early big bands, then small combos, later big bands, and finally, legendary jazz soloists, both instrumental and vocal.

There will be lots of listening with some analysis through the "ears" of a jazz musician. All in all, this course will be enjoyable and entertaining for those interested in discovering what makes jazz "tick."

Presenter: Tony Trotta is a retired music teacher who worked in Yonkers, NY. In addition, he was a freelance professional musician, performing with big bands, as well as jazz combos, Dixieland bands, Latin bands, and ethnic musical groups. He even led his own big band, taking a turn at writing and arranging the music for it. Throughout his career, he also taught music privately.

COURSES

COURSE A-3 CONTEMPORARY AMERICAN SHORT STORIES

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 9:30 – 10:45 am

Class Limit: 25

As in the Fall 2013 course, we will read and discuss a different short story each week from the anthology, **The Best American Short Stories 2010**, edited by Richard Russo. At the end of each class the instructor will ask one or more open-ended, thought provoking questions about the next week's story. Class participation is strongly encouraged, but not required. Everyone, including the instructor, will end up with new ideas and feelings about the story we have studied.

Bring the book to class on the first day, and please read "The Hollow," by James Lasdun, on page 161 of the paperback edition before the first class. We will read the stories consecutively, ending with Tea Obreht's "The Laugh."

Presenter: Laura Shulman has a PhD in English literature and has taught at Rutgers and Hofstra Universities. Also an attorney, she is now practicing divorce law part-time, specializing in Collaborative Divorce.



COURSE A-4 TAI CHI

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12;
9:30 – 10:45

As it is practiced in the west today, tai chi can perhaps best be thought of as a form of martial arts with slow movements that develop balance, strength, and power.

Research emphasizes the great health benefits of tai chi in the areas of improving balance, preventing falls, strengthening the immune system, increasing energy, and promoting relaxation.

Each class will begin with a warm-up followed by instruction on one or two movements. After that the form will be done. Wear comfortable flat shoes and loose clothing.

COURSE A-4 TAI CHI (CONT'D)

Presenter: Robert Fox taught exercise classes at the Marin Jewish Community Center and the YMCA in Marin County, California, before moving to Belize and building and operating a guesthouse. He was a board member of the Arthritis Foundation when he discovered Tai Chi and found it a beneficial method of dealing with his arthritis. He has studied the Tai Chi 108 Movement Form since 1992 and practices on a daily basis.

COURSE B-1 WILDLIFE IN THE HUDSON VALLEY

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 11:00 am – 12:15 pm

What do butterflies, coyotes, raptors, songbirds and wading birds, rabbits, cougars, and bears have in common? They all live or have been seen right here in the Catskills, some as near as your own backyard and the woods that surround us. Six wildlife experts will share their knowledge of the critters with whom we share our world and teach us about the interactions between the natural environment and the wildlife that inhabit our area.

October 8: Bringing Back the Legend: Cougar Recovery in Eastern North America

Reviewing survey findings on cougar biology, behavior, and their current range, we'll learn why sightings don't produce evidence, and how restorations of this magnificent predator are imperative for the recovery of critically declining eastern forests.

Christopher Spatz is President of the Cougar Rewilding Foundation and a member of the Mohonk Preserve Land Stewardship Committee. He has run remote camera surveys seeking cougar evidence at High Point State Park, NJ, and at Minnewaska State Park and the Mohonk Preserve.

October 15: Protecting and Understanding Butterflies and other Pollinators

Learn about the life cycle of butterflies and the amazing journey and challenges of the monarch butterfly migration. We'll also discover myths and stories from various cultures that inspire us to create gardens and preserve pollinator habitats for the health of our planet.

Maraleen Manos-Jones is a Master Gardener who has been raising, tagging, and releasing butterflies for four decades.

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COURSES

COURSE B-1 WILDLIFE IN THE HUDSON VALLEY (CONT'D)

She maintains butterfly gardens in Shokan, and she has worked at the butterfly conservatory at the Museum of Natural History in NYC for 16 years.

October 22: Black Bears in New York: Coming to a Neighborhood Near You

Black bears are increasingly visible in our area; this timely program presents an overview of black bear biology and behavior, black bear management and research in NY State, and the status of their population, as well as the current situation and conflicts between humans and black bears here in the Catskills.

Matthew Merchant is a Senior Wildlife Biologist for the NY State Department of Environmental Conservation, (DEC) Region 3, where he currently heads the Bear Program and Sportsman Education Program in New Paltz.

October 29: Living with Coyotes in New York

Discover what it means when you hear the howls and yelps of coyotes, and learn about their biology, history, legal status in New York State, and the DEC programs to monitor and manage coyote populations. Information on avoiding negative interactions with coyotes will also be discussed.

Kevin Clarke is a Wildlife Biologist with NY State DEC, responsible for managing deer and furbearer populations. He holds a BS degree from SUNY College of Environmental Science and Forestry at Syracuse in Environmental Forest Biology and an MS degree from Southern Illinois University at Carbondale in Zoology.

November 5: Knowing and Protecting Wild Songbirds, Water Birds, and Rabbits

Explore the human and environmental pressures on songbirds, water birds, and rabbits. Discover Annie's adventures with "the baby duck on the patio table," "the lost loon," and other tales of wild birds in our area with whom Annie has dealt, as well as learning about the challenges facing these native populations.

Annie Mardiney holds a Class I NY State DEC Wildlife Rehabilitation License and a Federal Migratory Bird Rehabilitation License from Federal Fish and Wildlife. Affiliated with Wildlife Watch in Rosendale, NY, she has an MA in Anthropology from Cornell University.

COURSE B-1 WILDLIFE IN THE HUDSON VALLEY (CONT'D)

November 12: Wildlife Rehabilitation of Raptors in the Hudson Valley

Learn about the many species of raptors that are indigenous to our area, their natural history, and the factors that create situations where they become injured or orphaned, as well as identification tips, information about bird rescue, and how to help protect these magnificent birds for future generations.

Ellen Kalish is Director of the Ravensbeard Wildlife Center in Saugerties and a lifelong dedicated birder and naturalist. She holds a Class II NY State Wildlife Rehabilitation License as well as other DEC licenses related to education and rehabilitation.

Coordinators: Susan Greenstein, Karren Trent, Susan Puretz

COURSE B-2 US FOREIGN POLICY: POST WORLD WAR II TO THE PRESENT – CONTINUITY OR CHANGE? PART 2 Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 11:00 am – 12:15 pm

US FOREIGN POLICY, Part 2, continues the search for an understanding of American foreign policy from the troubled Reagan eighties, through the disintegration of the USSR, and numerous American military interventions abroad to the present. Time has brought an awareness of the costs of "blowback," of the long-term and persisting negative consequences of US interference in other countries.

Recent events in Ukraine and in Eastern Europe once again raise concern of a renewed Cold War, as well as the continued potency of nationalism. They also raise the question: "Whose interest lies behind the 'national' interest?"

Brief readings will give a flavor of the thinking at the time, and maps will help us visualize the changing world. While classes will be mostly lecture, questions are welcome and discussion at the end of each session will help us share our questions and views.

Note: It is not necessary to have taken the first part of this course to enroll in Part 2.

(Continued on next page)

COURSES

COURSE B-2 US FOREIGN POLICY: POST WORLD WAR II TO THE PRESENT – CONTINUITY OR CHANGE? PART 2 (CONT'D)

Presenter: Richard Phillips *has an MA in European History from Columbia University and a PhD in Political Science/Comparative Politics from New York University. He has taught at colleges and universities in the New York City area, as well as in the Hudson Valley. Currently he is on the adjunct faculty at SUNY Ulster and semi-retired.*

COURSE B-3 LISTENING TO MUSIC

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 11:00 am – 12:15 pm

This course explores the differences and similarities between classical and vernacular (jazz/rock) music. Using recordings and live demonstrations, participants will become critical listeners, more capable of discerning the basic musical elements of sound, cadences, movement, meter, forms, and styles inherent in both idioms.

Presenter: Harold Lieberman *is an award-winning professor emeritus of music who taught at Ramapo College, Manhattan School of Music, and Mannes College of Music. He was a staff trumpeter at CBS Radio/TV and also played with many leading bands.*

Coordinator: Susan Davis

Courses will be held at the Woodstock Jewish Congregation unless otherwise noted.

Woodstock Jewish Congregation
1682 Glasco Turnpike
Saugerties, NY 12477

COURSE B-4 SOCIAL INEQUALITY

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 11:00 am – 12:15 pm

Structural and ideological conditions responsible for the growing inequality between the haves and have-nots (the 1% vs the 99%) in advanced capitalist societies will be emphasized. Conservative, liberal, and radical (specifically, historical materialist) perspectives on inequality will be compared. Strategies for the mitigation as well as the prevention of inequality — including libertarian, welfare reformism, social democratic, and socialist agendas — will be examined.

The readings will include: **The Communist Manifesto** by Marx and Engels, and **Who Rules America?** by William Domhoff. These texts are readily obtainable at minimal cost via online sources as well as bookstores. While there will be some lecturing, the format will mainly consist of dialogue throughout the semester.

Presenter: Irwin Sperber *was active in the anti-war movement and related issues during the 1960s. He served as an editor of the **Berkeley Journal of Sociology** and was a founder of the Union of Radical Sociologists in that era. He received his doctorate from the University of California at Berkeley, and is the author of **Fashions in Science** (University of Minnesota Press, 1991). He is presently an active member of the Union of Radical Political Economists, an associate editor of **Capitalism Nature Socialism**, an international journal devoted to radical ecology, and serves on the Executive Committee of the Sierra Club's Mid-Hudson Group. He has been teaching in the Department of Sociology at SUNY New Paltz since 1973.*



COURSES

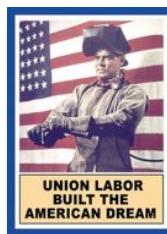
**COURSE B-5 YOU'VE GOT RHYTHM**

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12;
11:00 am – 12:15 pm

We'll start by learning the basics of Cuban, West African, and Middle Eastern rhythms and use xylophone-type instruments to learn how to put melody to rhythm. Along the way, we'll break up into smaller groups and create small performance bands that will have us both laughing and appreciating each other. Then we'll put our voices and dancing shoes to the rhythms we've learned, exploring our unlimited creativity. All of the drums will be provided and no prior musical experience is needed.

Presenter: Nathan Brenowitz started off as a young piano student at the Juilliard School, then moved to the trumpet, which gave him the opportunity to play in various classical and jazz orchestras. Along the way he discovered the Conga drums, and he hasn't been the same since! He studied in Cuba, Brazil and South Africa and has taught percussion in New York for the past 20 years. Mr. Brenowitz is currently playing in two bands and leads rhythm circles in schools, hotels and businesses. His method of teaching is low key, inclusive, and respectful of everyone's varied abilities.

Coordinator: Arzi McKeown

**COURSE C-1 WORK, WORKERS, AND UNIONS: BUILDING AMERICA, PART 1**

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12;
1:15 – 2:30 pm

Immigrant craftsmen created the first unions, but as the country became more industrialized, the union movement was joined by growing numbers of the poorest and most oppressed workers. They were inspired by an ideal based on solidarity across racial, nationality, gender, and ethnic lines, the effects of which are still being felt in our country. This course (Part 1) will examine working class history to see how it was affected by unions and the inter-relationship between working conditions, labor, and unions.

- **October 8: The Labor Movement 1860s to 1930's**
Lawrence S. Wittner, Professor of History emeritus, SUNY Albany
- **October 15: The Labor Movement 1940's to the Present**
Michael Zweig, Director: Center for Study of Working Class Life, SUNY Stony Brook
- **October 22: NYC and Labor History: A Virtual Walking Tour**
Gregory Rosenthal, PhD candidate, SUNY Stony Brook
- **October 29: Whys and Wherefores of Anti-Unionism - Who Benefits?**
Susan Lehrer, Professor of Sociology emerita, SUNY New Paltz
- **November 5: "Don't Mourn...Organize!" Reflections On the Beginnings of a Union**
Lionel Heyman, United Federation of Teachers and others (to be announced)
- **November 12: The Labor Movement through Song and Story**
Bob Cohen, Cantor at Temple Emanuel in Kingston, NY and a music historian

Coordinator: Susan Poretz

COURSES



COURSE C-2 VISIONS OF THE UNIVERSE: THE HUBBLE TELESCOPE AND SPACE EXPLORATION

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 1:15 – 2:30 pm

Some well-known aspects of the universe will be examined

through a new lens, beginning with a brief review of telescopes from ancient China to the present. Topics include stars and stellar evolution, galaxies, the Hubble telescope and the Hubble Deep Field, comets and asteroids, and a look into the future. We will learn why Pluto was demoted and examine why the James Webb Space Telescope is important. There will be an initial media presentation, and hands-on activities will encourage exploration and discussion.

Presenter: Mary Bishop taught Earth Science at Saugerties Junior-Senior High School for 40 years and was Science Department Chair for 23 years. Her Smith College degree was in English and Chemistry; her Masters degree in Science from SUNY New Paltz expanded and enhanced her passion for geology, astronomy and environmental science. Summer opportunities included study and work at the US Naval Academy with the American Meteorological Society; the US Geological Survey at Menlo Park, California; Kitt Peak, with the University of Arizona at Tucson; and the Space Telescope Science Institute at Johns Hopkins University. For more than a decade she has been an educational consultant for NASA's out-reach program at Space Telescope and has worked on projects for both the Hubble and the James Webb Space Telescopes.

Coordinator: Sandy Ostoyich

The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

-Alvin Toffler

COURSE C-3 LISTENING TO THE BODY

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 1:15 – 2:30 pm

Limit: 12

It has been said that our history is in our bodies. In this class, participants can compassionately learn to discover habitual patterns that might come from unconscious decisions made in earlier times. Together, through slow, mindful, directed experiences, we can experiment with and anchor the sense of possibility in our neurophysiology and our muscle memory.

Together, we will have a chance to enjoy our curiosity and our expanded choices about how we engage with life. This class will encompass the principles and practices of Rubenfeld Synergy®, a combination of the Alexander Technique, the Feldenkrais Method, Gestalt Therapy, and Ericksonian Hypnotherapy. **Wear comfortable clothes and bring a towel, mat, or small blanket to lie on.**

Presenter: Judy Swallow, a practitioner and teacher of Rubenfeld Synergy® since 1977, is also co-director of the Hudson Valley Psychodrama Institute in Highland, NY. She is a founding member of Playback Theatre, which is now practiced worldwide. Using gentleness and humor, Judy has been practicing and teaching active learning for almost 40 years.

Coordinator: Susan Puret

COURSE C-4 WOMEN AT HISTORY'S TURNING POINTS: THEIR LIVES, ACTIONS, AND SONGS PART 2

Wed. Oct. 8, 15, 22, 29; Nov. 5, 12; 1:15 – 2:30 pm

American identity, nationality and ideals have been shaped not only by the men who steered our developing country, but also by the important, anonymous, and forgotten women who participated in the turning points in our history. We will look at six periods in the American story, from World War I to the present. Each week we will discuss the historic context of a particular era and the women whose actions helped to make a lasting impact on the way we live today. Class members will be invited to imagine themselves as citizens of each era and to

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COURSES

COURSE C-4 WOMEN AT HISTORY'S TURNING POINTS (CONT'D)

tackle the important questions of the day as they meet their "sisters" who have been largely forgotten.

Each session will include a song written for or by a woman of the period. Class members will be invited to sing along to place themselves in the shoes of our unsung heroines.

Note: It is not necessary to have participated in Part 1 to take Part 2.

Presenter: Irene Rivera Hurst began her career as a middle school English teacher, then spent 14 years as an elementary school principal in Nassau County, Long Island. She returned to her alma mater to teach Literacy Studies for ten years. She holds a BS and an EdD from Hofstra University and an MA from SUNY Stony Brook. She also has a lifelong love for the written and spoken word as it enriches our lives. Irene has played guitar and collected women's songs, poetry, essays, and letters for many years. "The hand that rocks the cradle rules the world," is more than a cliché to her.

COURSE C-5 EXERCISING WITH "SMARTBELLS" LIGHT WEIGHTS
Wed. Oct. 8, 15, 22, 29; 1:30 – 2:30 pm
(Note this class starts at 1:30 instead of 1:15.)

4 SESSIONS ONLY

Class Limit: 12

SmartBells® are relatively light in weight and are ideal for everyone, regardless of age, size or fitness levels. The core routine's fluid movements work every major body part, promoting muscular endurance, flexibility, strength, vitality, and a healthy approach to fitness.

SmartBells® exercise integrates stretching, aerobics, group and pair workouts into one short time frame with the goal of building the mind/body connection. Move the body to music that will make you want to dance, and have fun while working out!! ***This exercise program has been developed to also be used with chairs, for those who are unable to stand because of balance problems or injuries.***



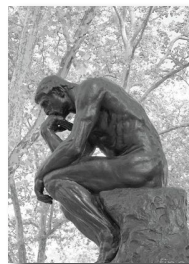
COURSE C-5 EXERCISING WITH "SMARTBELLS" LIGHT WEIGHTS (CONT'D)

Please wear comfortable workout clothes and shoes and bring a yoga mat.

Presenter: Ujjala Schwartz is a health educator and a certified SmartBells® Master Instructor who has taught at every East Coast SmartBells® Instructor Training Program. She has devoted herself to the integrative approach to fitness and health over the last forty years: teaching, lecturing and facilitating groups and individuals through the process of connecting one's awareness to the body, mind, and emotions. She currently teaches classes in Woodstock and New Paltz. **See more on her website: www.ujjalas.com**

Coordinator: Arzi McKeown

BONUS COURSE



FILM SERIES: RE-EXAMINING OUR LIVES

3 Tuesdays: Oct. 14, Oct. 21, Oct. 28;
9:30 am - 12:30 pm

THIS COURSE WILL BE HELD IN THE SAUGERTIES LIBRARY.

Some movies are reflections of the stories of our lives. They help us identify and delve deeply into our feelings, desires, and passions. They put us in touch with our values, ask us to evaluate the essence of our lives, and show us how others have dealt with joy and enlightenment, change and loss, success and failure, and suffering and death.

In this film series we will watch how unexpected circumstances cause the characters to carefully question and re-examine the poverty and emptiness in their lives. We become intimate observers as the process sparks and encourages a richer and fuller future.

In the first part of each session of the film course, we share the experience of watching a film, and together witness the adventure, the emotions, and the outcomes.

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COURSES

BONUS COURSE: FILM COURSE: RE-EXAMINING OUR LIVES (CONT'D)

The second part of the session, the discussion, makes the experience richer and deeper.

Facilitator: Arzi McKeown is a psychotherapist and dance therapist. She has worked in hospitals, outpatient mental health clinics, and in private practice utilizing experiential and creative arts therapies for healing and growth.

NO REGISTRATION REQUIRED. THERE WILL BE A CALL FOR RESERVATIONS AT THE TIME OF THE FILM.

TEAMWORK

AudioVisual Team



Steve Zwickler, Bob Saturn, Irwin Rosenthal, Bob Fox, Fran Jacobson (Coordinator) (Not shown – Rich Davis)



Fran Jacobson (Coordinator), Rich Davis, Steve Zwickler

Services Team



Teri Reynolds, Colleen Greco, Connie Catalinotto, Annette Zwickler, Marjory Greenberg-Vaughn (Coordinator) Juliette Eisenon (Not shown - Joyce Barnes)



Hospitality Room Table prepared by the Services Team

Curriculum Committee



Susan Davis, Arzi McKeown (Coordinator), Irene Hurst, Sandy Ostoyich, Matt Ostoyich, Susan Puretz, Roberta Gavner, Annette Zwickler, Susan Kahl, Laura Shulman, Karren Trent, Susan Greenstein, Rich Phillips, Bob Fox (not shown: Valerie DaSilva)



LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

FALL 2014 COURSE SCHEDULE

COURSE NO.	WEDNESDAYS – FIRST PERIOD – 9:30 am – 10:45 am
A-1	SAUGERTIES: PRESERVING LOCAL HISTORY
A-2	ALL THAT JAZZ
A-3	CONTEMPORARY AMERICAN SHORT STORIES
A-4	TAI CHI
WEDNESDAYS – SECOND PERIOD – 11:00 am – 12:15 pm	
B-1	WILDLIFE IN THE HUDSON VALLEY
B-2	US FOREIGN POLICY: POST WORLD WAR II TO THE PRESENT – PART 2
B-3	LISTENING TO MUSIC
B-4	SOCIAL INEQUALITY
B-5	YOU'VE GOT RHYTHM
WEDNESDAYS – THIRD PERIOD – 1:15 pm – 2:30 pm	
C-1	WORK, WORKERS, AND UNIONS: BUILDING AMERICA – PART 1
C-2	VISIONS OF THE UNIVERSE: THE HUBBLE TELESCOPE AND SPACE EXPLORATION
C-3	LISTENING TO THE BODY
C-4	WOMEN AT HISTORY'S TURNING POINTS: THEIR LIVES, ACTIONS, AND SONGS – PART 2
C-5	EXERCISING WITH "SMARTBELLS" LIGHT WEIGHTS (1:30 – 2:30) 4 SESSIONS
OTHER DAYS -TUESDAYS	
BONUS	FILM SERIES: RE-EXAMINING OUR LIVES (TUESDAYS Oct. 14, Oct. 21, Oct. 28; 9:30 am -12:30 pm; Saugerties Public Library)

BOARD OF DIRECTORS

Fall 2014-Spring 2015

<i>President</i>	Susan Puretz
<i>Vice President</i>	Marvelene Beach
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<i>Saugerties Town Liaison</i>	Leanne Thornton

Volunteers**CLASS MANAGERS**

Fall 2013-Spring 2014

Ann Morris	Karren Trent
Annette Zwickler	Kathy Carroll
Colleen Greco	Laura Phillips
Dolores La Chance	Lee Gable
Eileen Shumbris	Linda Hackett
Greta Hutton	Lucy Stagich
Joe Keefe	Marv Beach
Jouette Bassett	Millie Goldberg
Julian Oberman	Sandy Ostoyich
Karen Abramson	Steve Zwickler
Valerie DaSilva	Susan Puretz

Volunteers**CURRICULUM COMMITTEE**

Arzi McKeown – Coordinator

Mary Felton

Administrative Assistant

Valerie DaSilva	Robert Fox
Susan Davis	Susan Greenstein
Roberta Gavner	Irene Rivera Hurst
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Matt Ostoyich	Susan Puretz
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AUDIO-VISUAL COMMITTEE

Fran Jacobson – Coordinator

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Bob Fox

Rich Davis

Steve Zwickler

Irwin Rosenthal

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Susan Kahl

Arzi McKeown

AD HOC ANNUAL MEETING COMMITTEE

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Peggy Ploss

Marilyn Wakefield

Karren Trent

CATALOG COMMITTEE

Arzi McKeown – Designer

Editors

Sandy Ostoyich

Marvelene Beach

Proofreaders

Susan Davis

Susan Greenstein

Fran Jacobson

TELEPHONE SUPPORT

Lee Gable

Karen Abramson

IMPORTANT INFORMATION ABOUT YOUR MEMBERSHIP

The last 5 years have been very good for Lifespring. We've found an excellent location, presenters are offering interesting and varied courses, and the Town of Saugerties is supportive. We have become known in the community as a unique and valued organization that provides a creative, social, academic, and practical resource for area retirees. Our courses, special events, winter presentations, and ArtWorks events have met and continue to meet a need in our community.

In order to continue to provide small classes, rooms that are not overcrowded, and classes that allow for quality discussions, we need to "cap" our enrollment at approximately 160 members. Each year, we will accept new members in the fall if we have not exceeded our membership "cap."

IMPORTANT CHANGES ABOUT MEMBERSHIP FOR CURRENT MEMBERS

THE INFORMATION BELOW IS VERY IMPORTANT IN ORDER FOR YOU TO RETAIN YOUR MEMBERSHIP!

- Membership is for one year (August 1 – July 31). Membership includes classes in the fall and spring, winter presentations, special events, and other activities.
- Your membership fee of \$60 must be sent in and postmarked no later than **August 1, 2014** for the fall 2014-spring 2015 year.
- Your Membership Registration Form (p. 15 in the catalog) must be mailed in and postmarked no later than August 1, 2014.
- **Even if you do not plan to take courses in the fall semester**, you must **still** send in your \$60 fee and Membership Registration Form postmarked no later than August 1, 2014 **or you will lose your membership status** and will not be able to register for the spring semester **or attend any Lifespring events or presentations.**
- As of this year, there will be **no late registration** on the first day of classes. Members will still be allowed to add and drop courses in the first 2 weeks.
- There are no longer any half-year memberships. You must sign up in the fall to be a member.

A NOTE ABOUT MEMBERSHIP FOR POTENTIAL NEW MEMBERS

New applicants should send in their \$60 fee and Membership Registration Form with course preferences indicated. You will be placed into a general lottery. If there are openings created by members who are not returning, we will admit new members by random drawing. Applicants who are not admitted will be put on a waiting list in their lottery number order. You will be notified by email around August 8th if you are a new member or if you are on the wait list. At the end of August, those who became members will receive a packet of information confirming the courses in which they have been placed.

www.lifespringsaugerties.com

Email: lifespring.saug@gmail.com

Phone: 845 246 2800 ext. 452

For more information about Membership, please see the website page
http://www.lifespringsaugerties.com/lifespringsaugerties.com/Membership_FAQ.html



FALL 2014

Membership Registration Form

The membership fee for Fall 2014-Spring 2015 is \$60.
Please make your check payable to **Lifespring: Saugerties**.

Membership fees are not refundable and not transferable.

PLEASE **PRINT** YOUR INFORMATION **CLEARLY**.

Annual Membership is \$60 per person. The membership year runs from August through July.

Please check below:

I am a new member.

\$60 is enclosed for ANNUAL membership.

Name	
Address	
City	State Zip
Phone	Email

Check if there is a change in your contact information _____

Registration will close on AUGUST 1, 2014. We cannot honor any registrations that are postmarked after August 1, 2014.

Mail to:
Lifespring: Saugerties
Town Hall 4 High Street
Saugerties, NY 12477

PLEASE WRITE **1** and **2** FOR **EACH** TIME SLOT FOR YOUR FIRST AND SECOND CHOICES.

You will be placed in either your first or second choice. If you do not put down a second choice, you may not have a course for that timeslot.

Wednesday Morning 9:30-10:45	A-1	A-2	A-3	A-4
Your choices 1 and 2 on this line				

Wednesday Morning 11:00-12:15	B-1	B-2	B-3	B-4	B-5
Your choices 1 and 2 on this line					

Wednesday Afternoon 1:15-2:30	C-1	C-2	C-3	C-4	C-5 **
Your choices 1 and 2 on this line					

** This class starts at 1:30.



LIFESPRING
SAUGERTIES ADULT LEARNING COMMUNITY

FALL2014 CourseCatalog

Classes are held at the Woodstock Jewish Congregation
(Unless otherwise noted)

LIFESPRING
TOWN HALL
4 HIGH STREET
SAUGERTIES, NY 12477