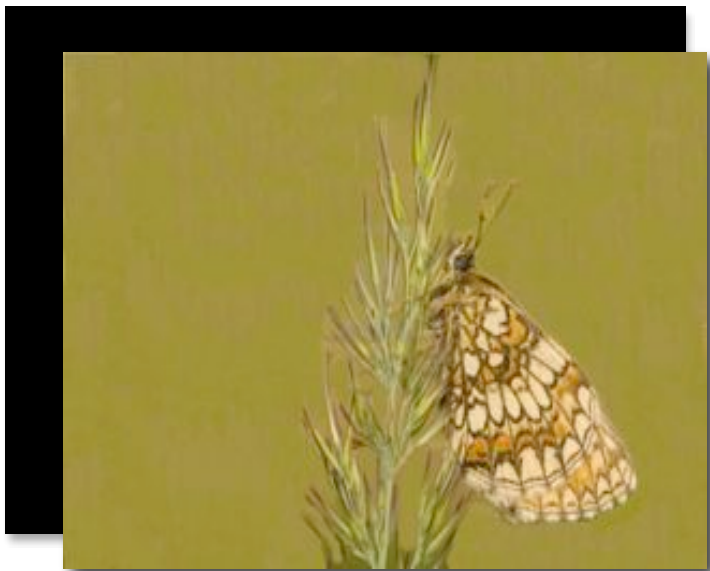




LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY



An
Adult
Learning
Community

SPRING2015
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 that is both social and encouraging. 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**.

SPRING2015

Registration Information

Dear Members,

The spring semester begins on Wednesday, April 15, 2015 and ends on May 20. Classes are held at the Woodstock Jewish Congregation in Saugerties, unless otherwise noted in the course description.

Registration closes on FEBRUARY 18, 2015.

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 YOGA FOR BODY AND MIND

Wed. Apr. 15, 22, 29; May 6, 13, 20;

9:30 am - 10:45 am

Limited enrollment

Students will be led through yoga asanas focusing on stretching, alignment, building strength and increasing flexibility, in sequences that are supportive, challenging, and fun.

This class is open to all levels and will be designed around the student's abilities, incorporating movement with breathing practices while balancing effort and ease to bring stability to the body and calmness to the mind.

(Please bring your own yoga mat to class. Note: This is *not* a chair yoga class.)

Presenter: *Marie Bruno* began her yoga practice over 30 years ago and completed her teacher training at Shakti Yoga in Woodstock. She has a particular interest in working with a mature population and people with special needs, teaching on the mat as well as using props and chairs for supported poses.

Coordinator: Karren Trent

COURSE A-2 SCIENCE FICTION SHORT STORIES

Wed. Apr. 15, 22, 29; May 6, 13, 20; 9:30 am - 10:45 am

Limited enrollment

Materials Fee: The *Science Fiction Omnibus* will be purchased for you for \$21.55. (Please send check for this amount made out to Lifespring).

Using the *Shared Inquiry* method developed by the Great Books Foundation, participants in this course will explore

COURSE A-2 SCIENCE FICTION SHORT STORIES (CONT'D)

the ideas, meanings, and information in a selection of short stories from the *Science Fiction Omnibus*, published by Great Books. Everyone will read the week's selection in advance, think about the questions the facilitator has posed the week before, and join the in-class discussion. If you're a sci-fi fan or you just enjoy exploring good fiction, thinking about it carefully, and then participating in an open-ended discussion, you'll find this course and the *shared inquiry* method stimulating and rewarding.

The course facilitator will be Lifespring member, Susan Greenstein, who has gamely volunteered to lead this first effort at a Great Books discussion course.

When you register for this course, more information on *Shared Inquiry* will be sent along with your confirmation.

Presenter/Facilitator: *Susan Greenstein*, a life-long science fiction reader, was director for Historic Hudson Valley at Kykuit, the Rockefeller estate, in Tarrytown, New York. A graduate of Lehman College with a B.S. in Plant Studies, she served as Education Program Manager at the New York Botanical Garden and as Head of Education at Rancho Santa Ana Botanic Garden in Claremont, California. As a consultant, she has worked with horticultural organizations and other non-profits on education programs, special events, strategic planning, and audience development.



COURSES

COURSE A-3 DROP ME OFF IN HARLEM

Wed. Apr. 15, 22, 29; May 6, 13, 20; 9:30 am - 10:45 am



The years following World War I and leading up to the Great Depression were ones of racial segregation and economic instability.

Yet, in the enclave of New York known as Harlem, this was a period when African-American writers, artists, dancers, and musicians produced an abundance of creative, expressive, and political work. It was more than an artistic movement for it confronted racial consciousness and racial integration, highlighted a search for identity, expressed feelings of anger and frustration about white America, and emphasized Harlem life and culture.

How do creative individuals both reflect and influence the places and time periods in which they live? *Drop Me Off in Harlem* explores this question in the context of the vibrant, complex, and unique moment in time that was the Harlem Renaissance. Each week will highlight a different form of art as it blossomed during this time.

April 15 Introduction to the Harlem Renaissance

Presenter: Abigail McGrath, the daughter of Harlem Renaissance poet Helene Johnson, was the first door person at Max's Kansas City and also appeared in Andy Warhol's *Tub Girls*. She continues to be active in film and theatre and is currently working on a screenplay based on the life of the civil rights activist, Fannie Lou Hamer. In 2004 she wrote the screenplay for the film *Au Pair Chocolat*.

April 22 The Art of the Harlem Renaissance

Presenter: Reva Wolf is Professor of Art History at the State University of New York at New Paltz, where she has taught courses on twentieth-century African-American art. She has authored books on Goya and Warhol plus numerous articles and essays. Her recent work includes a focus on art's social role. She has held fellowships at the Metropolitan Museum of Art, Harvard University, and the Institute for Advanced Study, Princeton, and was a 2010-11 recipient of the State University of New York Chancellor's Award for Excellence in Teaching.

April 29 The Music of the Harlem Renaissance

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, including the "King of Swing," Benny Goodman.

May 6 The Literature of the Harlem Renaissance

Presenter: Ellen Foreman, PhD in Literature and Psychology, has been interested in African-American literature since graduate school. She wrote her master's thesis on *The Underground Man: Richard Wright and Ralph Ellison*.

May 13 The Poetry of the Harlem Renaissance

Presenter: Lee Gould's poems, essays, and reviews have appeared in *Quarterly West*, *the Gay and Lesbian Review*, *The Berkshire Review*, *Chronogram*, *Passager*, *The Rusty*, and other journals in the US, England, and Canada. Poems have been anthologized in *A Slant of Light*, *Women Writers of the Hudson Valley*, and other works. Her chapbook *Weeds* was published in 2010. She curated the ArtsWalk Literary Festival in Hudson, New York, teaches contemporary poetry at Bard's Lifetime Learning Institute, and guides poetry workshops in Kingston and Hudson.

May 20 The Dance of the Harlem Renaissance

Presenter: Arzi McKeown is a psychotherapist and dance therapist who has used the creative and expressive force of dance for healing and growth.

Coordinator: Arzi McKeown

Painting above: Aaron Douglas: *From Slavery to Reconstruction*, *Aspects of Negro Life* series, 1934

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

Woodstock Jewish Congregation
1682 Glasco Turnpike
Saugerties, NY 12477

COURSES

COURSE A-4 SIX ETHICAL ISSUES FOR OUR TIME

Wed. Apr. 15, 22, 29; May 6, 13, 20; 9:30 am - 10:45 am

The course will look at six significant ethical issues in six different institutions. Its goal is to help participants reason about ethical issues rather than decide them by intuition, emotion, or religious dogma. The two broad perspectives on ethics will be introduced, and we will explore the meaning of central ethical concepts like fairness, conflict of interest, and exploitation.

Presenter: Norman E. Bowie is a Professor Emeritus at the University of Minnesota where he held the Elmer L. Andersen Chair in Corporate Responsibility. He has authored or edited 16 books and more than 75 articles on applied ethics and political philosophy. His book *Business Ethics: A Kantian Perspective* has been translated into Chinese and Japanese. He has been Dixons Professor of Business Ethics and Social Responsibility at the London Business School and also a fellow at Harvard's Program in Ethics and the Professions. He is a past president of the Society for Business Ethics.

Coordinator: Susan Puretz

COURSE B-1 LifeSING!

Wed. Apr. 15, 22, 29; May 6, 13, 20; 11:00 am - 12:15 pm

Why sing? According to the *More Singing* website, "group singing is cheaper than therapy, healthier than drinking and certainly more fun than working out. It is the one thing in life where feeling better is pretty much guaranteed."



Let's go back to the 40s, 50s and 60s. This is a "NO JUDGMENT" singing group. No matter your voice or self-confidence, you are welcome to sing with us. There will be no solo singing so don't worry that you'll be put on the spot. We will add some movement but it will be light – not strenuous.

Presenter: Susan Kahl is a member of Lifespring who enjoys playing ukulele and singing songs. She has taught decorative painting and leads her family ukulele singing group at every family function.

COURSE B-2 CHALLENGES, TRANSFORMATIONS, AND REFORMATIONS IN CHRISTIANITY IN THE 15TH THROUGH THE 18TH CENTURY

Wed. Apr. 15, 22, 29; May 6, 13, 20; 11:00 am - 12:15 pm

We will recognize the traumatic loss of the Eastern Roman Empire in 1453, as Byzantium succumbs to the Turkish siege, followed by the reformations of the following centuries bringing change to Europe, including Wittenberg (Luther), Geneva (Calvin), Rome (Council of Trent), Canterbury (Anglicanism), and Evangelical (Baptist, Methodist, and Radical sectarianism). America's denominations and traditional faith expressions remember and often celebrate these reforms.

Presenter: Albert R. Ahlstrom holds a master's degree in church history from Union Theological Seminary in New York City, where he also studied history of religion at Columbia University and the Jewish Theological Seminary. He was Lutheran campus pastor at Columbia, 1970-1989. Locally, he was pastor of Redeemer Lutheran Church in Kingston and interim pastor of congregations in Rhinebeck and New Paltz.



COURSE B-3 ONE STROKE DECORATIVE PAINTING

Wed. Apr. 15, 22, 29; May 6, 13, 20; 11:00 am - 12:15 pm

Limited enrollment

Materials Fee: \$25 (Please send check made out to Peg Nau)

You don't have to be able to draw to do one stroke painting! It's an easy style of applying decorative paint accomplished one brush stroke at a time, lending itself to a variety of surfaces: wood, metal, glass, ceramics, fabrics, cardboard, and paper.

After mastering these strokes you can make beautiful objects for your own home or to present as distinctive gifts. Each class will build on skills practiced in the prior class.

(Continued on next page)

COURSES

COURSE B-3 ONE STROKE DECORATIVE PAINTING (CONT'D)

Presenters: *Peg Nau* retired from her longtime former position as Town of Saugerties Tax Collector. Earlier, when her high school classmate *Jeanne Sutton* came to work in the tax office, the two renewed their friendship and eventually in their free time started exploring their interests in crafts together. An accomplished knitter, Jeanne had run a successful business, Whimsical Wind Chimes. Together she and Peg took Donna Dewberry One Stroke classes in Albany, becoming certified instructors.

Peg is a right-handed painter and Jeanne is a left-handed one. They teach students in their homes and have taught together at Ulster Community College and at Michael's Arts & Crafts. Teaching as a team, they can help just about anyone learn this easy method of decorative painting.

Coordinator: Sandy Ostoyich

COURSE B-4 THE FAIRY TALE EXPERIENCE Wed. Apr. 15, 22, 29; May 6, 13, 20; 11:00 am - 12:15 pm

Limited enrollment



The Fairy Tale Experience is a course where participants get to revisit the age-old tales they knew and loved. Cinderella will be there, as well as Beauty and her Beast, the Snow Queen, and others. We'll reunite with old storybook friends and make new ones, as we examine tales from around the world. We'll

consider the many possible meanings they hold—for us as children and as adults. In the process we'll discover what mattered to us then and how it has shaped and colored our lives right up to the present day.

COURSE B-4 THE FAIRY TALE EXPERIENCE (CONT'D)

The class will look at the structure and meaning of fairy tales. It will also explore such common concepts as evil in fairy tales, the role of magical helpers and what happily ever after might mean.

Presenter: *Patty Kane Horrigan* is a writer, teacher, and counselor who encourages others to explore magical and meaningful moments from childhood. Her fairy tale classes are designed to help others find the deeply personal riches buried there. Though her background experiences are varied (cook, programmer, and counselor to teenagers, addicts, and cancer patients) she has often found that exploring fairy tales can provide meaning and understanding in people's lives.

Coordinator: Arzi McKeown

COURSE B-5 WORK, WORKERS, AND UNIONS: BUILDING AMERICA, PART 2

Wed. Apr. 15, 22, 29; May 6, 13, 20; 11:00 am - 12:15 pm



Part 1 examined working-class history to see how it was affected by unions, and it explored working conditions, labor, and unions and their interrelationship. Part 2 will examine the current status of workers and unions and the issues they confront in the 21st century. Different speakers, familiar with the current worker "crisis," will address current social, economic, legal, and political issues and how they impact workers and unions. They will also take a look at some of the problems facing organized labor, e.g., union busting, union corruption, immigrant labor, automation and computers, foreign competition, and the shift from a manufacturing to a service-industry economy.

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

Coordinator: Susan Puretz

COURSES

COURSE C-1 THE SWING ERA

Wed. Apr. 15, 22, 29; May 6, 13, 20; 1:15 pm - 2:30 pm



The Swing or Big Band Era (1935-1946) was a period when Swing, with its strong rhythmic drive or "groove," was the most popular style of music in the United States. In 1935, clarinetist Benny Goodman was crowned "The King of Swing," but the movement had started

earlier. Greatly contributing to its evolution were performers like Kansas City's Benny Moten, as well as Count Basie and the New York bands of the roaring 20s, Duke Ellington, Cab Calloway, Chick Webb, and the popularity of hotel dance bands, Glenn Miller, Tommy Dorsey, Artie Shaw—all with exciting vocalists and instrumentalists. Take this course to learn about and listen to the music of these legendary performers.

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, including the "King of Swing," Benny Goodman.

Coordinator: Susan Davis

**COURSE C-2 ULSTER COUNTY'S HISTORIC ARCHITECTURE**

Wed. Apr. 15, 22, 29; May 6, 13, 20; 1:15 pm - 2:30 pm

Do you have a continuing curiosity to know more about the picturesque old houses, buildings, churches, or commercial buildings that dot our Hudson Valley landscape?

This course will consist of a slide-illustrated survey of the architecture of Ulster County (with special emphasis on buildings in the Towns of Saugerties and Woodstock) from the colonial period to 1950. The variety of architectural styles (from Dutch Colonial, Georgian-Federal, and various styles of the Victorian period, to Colonial Revival and Modern in the 20th century) and building types (from houses and barns to commercial and industrial buildings) will be emphasized, as will the connections between the buildings and the society that produced them.

The first four classes will meet at the Woodstock Jewish Congregation. ***The last two classes (May 13 and 20) will be leisurely architectural walking tours of the center of the Village of Saugerties with comments about some of its interesting architectural landmarks.***

Presenter: *Bill Rhoads* is a Professor Emeritus of Art History at SUNY New Paltz and the author of *Kingston, New York: The Architectural History & Guide* (Friends of Historic Kingston and Black Dome Press, 2003) and *Ulster County, New York: The Architectural History & Guide* (Black Dome Press, 2011).

Coordinator: Susan Puretz

Teachers open the door, but you must enter by yourself.

Chinese Proverb

COURSES

COURSE C-3 ART OF THE 17TH CENTURY BAROQUE ERA
Wed. Apr. 15, 22, 29; May 6, 13, 20; 1:15 pm - 2:30 pm

Which artists frequently come to mind in association with the term "old masters?" This series of presentations will focus on the artists of the Baroque Era and their impressive, often richly dramatic paintings. Works of Caravaggio,

Rubens, Rembrandt, Vermeer, and other important innovators of this period will be shown and discussed, with references to important influences on their art, as well as how they influenced the art of others.

Presenter: Marilyn Price received a dual degree in Art Education and Fine Arts at New York University, where she also did graduate work focused on painting. She also studied art history at Columbia University. She chaired the art department at Columbia Preparatory School in New York City for 29 years where she taught drawing and painting, ceramics and sculpture, and college-level art history. During that time she continued to paint, make clay art, and exhibit her work in both areas of her art. In 1994 she left teaching to devote herself full time to painting and ceramics. She and her husband moved to the Hudson Valley where she continues her involvement in art.

Coordinator: Arzi McKeown

**COURSE C-4 ABRACADABRA! MAGIC FOR CHILDREN OF ALL AGES**

Wed. Apr. 15, 22, 29; May 6, 13, 20; 1:15 pm - 2:30 pm

Limited Enrollment

Materials Fee: \$10 (Please send check made out to Andy Weintraub)



Have you ever watched someone's eyes light up with wonder at the completion of a magic trick? Have you watched someone's amazement when a coin is made to disappear then subsequently is pulled from the back of his or her

ear? Or, when someone has picked a card from a shuffled deck and the card is immediately identified by the magician? Or, picture sitting at the table after dinner when a paper napkin is torn to shreds. The pieces are rolled up into a little ball and handed to someone who proceeds to open it up—only to find the paper napkin restored! There must be a way to do that—but *how*?

Using common household items, you'll learn the techniques to accomplish the above and lots more—simple sleight of hand, preparation of gimmicks and their handling, and, most important, how to perform the effect, including what to say, how to lie, how to misdirect, etc. For those who are interested, we'll also explore the world of magic and the magicians who inhabit that world.

Presenter: Andy Weintraub is a former professor of economics, as well as the founder of The CENTER for Performing Arts at Rhinebeck, an actor there, and its resident magician for the last thirty years. Starting at the age of 10, Andy began doing magic shows in his neighborhood and he hasn't stopped.

Coordinator: Susan Davis

COURSES

BONUS COURSES

BONUS COURSE 1

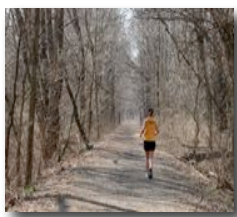
HIKING: FROM LOW TO HIGH – RAIL TRAILS TO FIRE TOWERS

**Mondays: April 13, 20, 27 and/or May 4, 11, 18;
9:00 am - 3:00 pm**

Limited Enrollment

This course will explore the mid-Hudson terrain from three lowland rail trails to the heights of three local fire towers.

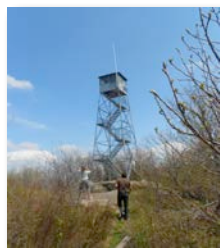
You may register for either beginners (low starter) or intermediate (escalating challenges) or both.



Beginners: Low Starters—Rail Trails

Dates: April 13, 20, 27

On these dates we will cover low elevation and mostly flat ground, e.g., rail trails.



Intermediate: Escalating Challenges—Fire Towers

Dates: May 4, 11, 18

On these dates the intermediate group will hike approximately 5-6 miles with moderate inclines and elevation gains from 1,000 to 1,500 feet.

Hike Leaders: TBA
Coordinator: Susan Puretz

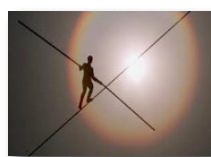
Everyone and everything around you is your teacher.
Ken Keyes Jr.

BONUS COURSE 2 FILM COURSE

TAKING A RISK—WHAT WOULD YOU DO?

3 Tuesdays: Apr. 21, Apr. 28, May 5; 9:30 am - 12:30 pm

THIS COURSE WILL BE HELD IN THE SAUGERTIES LIBRARY.



Life continuously presents us with difficult choices. Every choice we make, big or small, easy or difficult, has potential benefits and risks.

The question of whether to remain quiet or speak out, take an action or remain in the background—and how to do it—can be extraordinarily difficult no matter what the situation. Risks are important. But how do you decide which ones are worth taking?

In this film series, we will become immersed in the experiences of people who are placed in situations that force them to wrestle with their values as well as their willingness to take the risks that accompany their actions.

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. 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

Audio Visual Team



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



Fran Jacobson (Coordinator), Rich Davis, Steve Zwickler

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, Millie Goldberg, Joyce Barnes)

Services Team



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



Hospitality Room Table prepared by the Services Team



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



LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

SPRING 2015 COURSE SCHEDULE

COURSE NO.	WEDNESDAYS – FIRST PERIOD 9:30 am – 10:45 am
A-1	YOGA FOR BODY AND MIND
A-2	SCIENCE FICTION SHORT STORIES
A-3	DROP ME OFF IN HARLEM
A-4	SIX ETHICAL ISSUES FOR OUR TIME
	WEDNESDAYS – SECOND PERIOD 11:00 am – 12:15 pm
B-1	LifeSING!
B-2	CHALLENGES, TRANSFORMATIONS, AND REFORMATIONS IN CHRISTIANITY
B-3	ONE STROKE DECORATIVE PAINTING
B-4	THE FAIRY TALE EXPERIENCE
B-5	WORK, WORKERS, AND UNIONS: BUILDING AMERICA, PART 2
	WEDNESDAYS – THIRD PERIOD 1:15 pm – 2:30 pm
C-1	THE SWING ERA
C-2	ULSTER COUNTY'S HISTORIC ARCHITECTURE
C-3	ART OF THE 17TH CENTURY BAROQUE ERA
C-4	ABRACADABRA! MAGIC FOR CHILDREN OF ALL AGES
	OTHER DAYS – MONDAYS AND TUESDAYS
BONUS 1	HIKING: FROM LOW TO HIGH – RAIL TRAILS TO FIRE TOWERS Mondays: April 13, 20, 27 and/or May 4, 11, 18; 9:00 am - 3:00 pm
BONUS 2	FILM COURSE: TAKING A RISK—WHAT WOULD YOU DO? 3 Tuesdays: Apr. 21, Apr. 28, May 5; 9:30 am - 12:30 pm (Saugerties Public Library)

Volunteers

CURRICULUM COMMITTEE

Arzi McKeown — Coordinator
Mary Felton — Administrative Assistant

Joyce Barnes
Valerie DaSilva
Susan Davis
Robert Fox
Susan Greenstein
Roberta Gavner
Millie Goldberg
Irene Rivera Hurst
Sandy Ostoyich
Matt Ostoyich
Susan Puret
Richard Phillips
Laura Shulman
Karren Trent
Annette Zwickler

AUDIO-VISUAL COMMITTEE

Fran Jacobson — Coordinator
Bob Saturn
Bob Fox
Rich Davis
Steve Zwickler
Irwin Rosenthal

REGISTRATION COMMITTEE

Bob Saturn — Registrar
Susan Kahl
Arzi McKeown

SERVICES COMMITTEE

Marjory Greenberg-Vaughn —
Coordinator
Teri Reynolds
Colleen Greco
Juliette Eisenson
Connie Catalinotto
Annette Zwickler
Joyce Barnes

AD HOC EVENTS COMMITTEE

Colleen Greco — Coordinator
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

NEWSLETTER COMMITTEE

Susan Greenstein — Editor
Susan Puret
Susan Davis
Esther Rosenfeld
Arzi McKeown

CLASS MANAGERS F2014

Arzi McKeown — Coordinator
Roberta Gavner — Coordinator
Ann Morris
Karren Trent
Annette Zwickler
Kathy Carroll
Laura Phillips
Nora Adelman
Eileen Shumbris
Linda Hackett
Lucy Stagich
Geri Garfinkle
Jouette Bassett
Millie Goldberg
Sandy Ostoyich
Esther Rosenfeld
Karen Abramson
Laura Shulman
Joan Davis
Barbara Kalleberg
Barbara Ghebreselassie

ALL AROUND HELPER

Kathy Mellert

BOARD OF DIRECTORS

Fall 2014-Spring 2015

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<i>Member-at-Large</i>	Matt Ostoyich
<i>Member-at-Large</i>	Roberta Gavner
<i>Member-at-Large</i>	Vacancy
<i>Services Coordinator</i>	Marjory Greenberg- Vaughn
<i>Saugerties Town Liaison</i>	Leeanne Thornton

SPRING 2015

Membership Registration Form

The membership fee for Fall 2014-Spring 2015 is \$60.
NO FEE FOR MEMBERSHIP IS DUE AT THIS TIME.

Membership fees are not refundable and not transferable.

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

There is a \$21.55 book fee for Course A2.
 Please make your check payable to *Lifespring*.
 _____ My \$21.55 check is enclosed.

There is a \$25 materials fee for Course B3.
 Please make your check payable to *Peg Nau*.
 _____ My \$25 check is enclosed.

There is a \$10 materials fee for Course C4.
 Please make your check payable to *Andy Weintraub*.
 _____ My \$10 check is enclosed.

Name	
Address	
City	State Zip
Phone	Email

Check if there is a change in your contact information _____

Registration will close on Feb. 18, 2015. We cannot honor any registrations that are postmarked after Feb. 18, 2015.

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.

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

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

Wednesday Morning 11:00-12:15	B-1	B-2	B-3 (fee)	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 (fee)
Your choices 1 and 2 on this line				

Mondays – Bonus - Hiking 9:00-3:00	Beginners	Intermediate	Both
Check Beginners (3 weeks) OR Intermediate (3 weeks) OR Both (6 weeks)			

SAVE THE DATE:
WEDNESDAY, JULY 22, 2015
THE BROCHURE WILL BE AVAILABLE IN APRIL



ArtWorks, sponsored by Lifespring: Saugerties Adult Learning Community, presents a day of workshops in the arts in support of the concept that there is a beneficial relationship between creativity, artistic activity, and a person's well-being. Creativity in later life has been greatly under-recognized, both in its potential and its prevalence. It is now recognized that creativity enhances quality of life and contributes to healthy aging.

ArtWorks provides an opportunity for active retirees to participate in art experiences where they can immerse themselves in a new or familiar form of creative expression.

We, at Lifespring, support the creative arts and believe:

- there is a relationship between creativity and the enhancement of quality of life
- there is a vital relationship between creative expression and healthy aging
- that creativity is good for the aging brain
- that we can break through the myths that older people cannot begin new creative paths





LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

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

LIFESPRING
TOWN HALL
4 HIGH STREET
SAUGERTIES, NY 12477