

# LIFESPRING

*Saugerties Adult Learning Community*

Fall 2022

**COURSES, BONUS OPPORTUNITIES,  
and CONCERTS**



Lifespring

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# WELCOME

## Lifespring Fall 2022

It's now more than two years since the global pandemic began, and Lifespring continues to adapt and evolve to meet the changing and challenging times. This fall features a robust schedule that includes a mix of **online** courses via Zoom, **in-person** courses at the Woodstock Jewish Congregation and other venues, a new **in-person** Performance Concert series, and **outdoor** Bonus opportunities that begin in **September**.

Courses, Bonus Opportunities, and Concerts will be offered on multiple weekdays this fall, ensuring that as many members as possible can come together, virtually and in-person, to share knowledge, interests, and experiences and be mentally stimulated in new and creative ways.

*Please note that classes will not be recorded and the recording option will not be available during online sessions.*

## Membership and Fees

**All courses are open to Lifespring members only.**

If you are not a current member and wish to join Lifespring, please see For Potential New Members below.

## Dates and Schedule

We are pleased to offer 12 courses in a combination of Zoom and in-person, beginning October 10<sup>th</sup>, as well as four Outdoor Courses and Bonus Opportunities beginning September 1st. New this fall is an in-person Concert Performance Series on three Thursdays and one Friday, and a special event walk on Tuesday, November 1st. Please see the **Course Overview** page for all details.

## Important Information

The membership fee for the 2022-2023 year remains at \$50.

The deadline for Membership Enrollment for the 2022-2023 year is August 18<sup>th</sup>. Emails with timely information and links to the Registration Form will be sent to all members after the enrollment period ends. Please see **Course Registration Information** in this catalog for all the details.

## New for Fall 2022!

**For the first time, Lifespring will accept payment by credit card online.**

Registration for **Limited Enrollment** courses and bonus opportunities will be **first come, first served**, which means that if you wish to enroll in a **Limited Enrollment** course, please register as soon as possible for the best chance to get your chosen course.

For all **in-person** courses, either indoor or outdoor, members must provide **Proof of Vaccination**, as outlined in the new **Lifespring: Saugerties Adult Learning Community Covid Policy**. Please read the policy in this catalog on **page 4**; it is also available on the Lifespring website.

All members who wish to participate in any in-person courses or events must submit the **Proof of Vaccination** by August 19<sup>th</sup>. See **page 4** for details.

Current members must renew by the August 18<sup>th</sup> deadline. New members must join by the August 18<sup>th</sup> deadline.

**TO RENEW YOUR  
MEMBERSHIP CLICK HERE!**



*This important info continues on the next page.*

### *For Potential New Members*

We thank you for your interest in becoming a part of Lifespring! In order to keep our learning community refreshed and vital, we recognize the importance of accepting new members each year, and we make every effort to take in as many new members as space and resources will permit. We look forward to welcoming new members for the 2022-2023 year and encourage all members to become active participants in the Lifespring all-volunteer community.

The membership fee for 2022-2023 is \$50. This includes two semesters of courses, fall bonus courses and events, other special events, and Winter Presentations.

We look forward to welcoming you as a new member of our learning community.

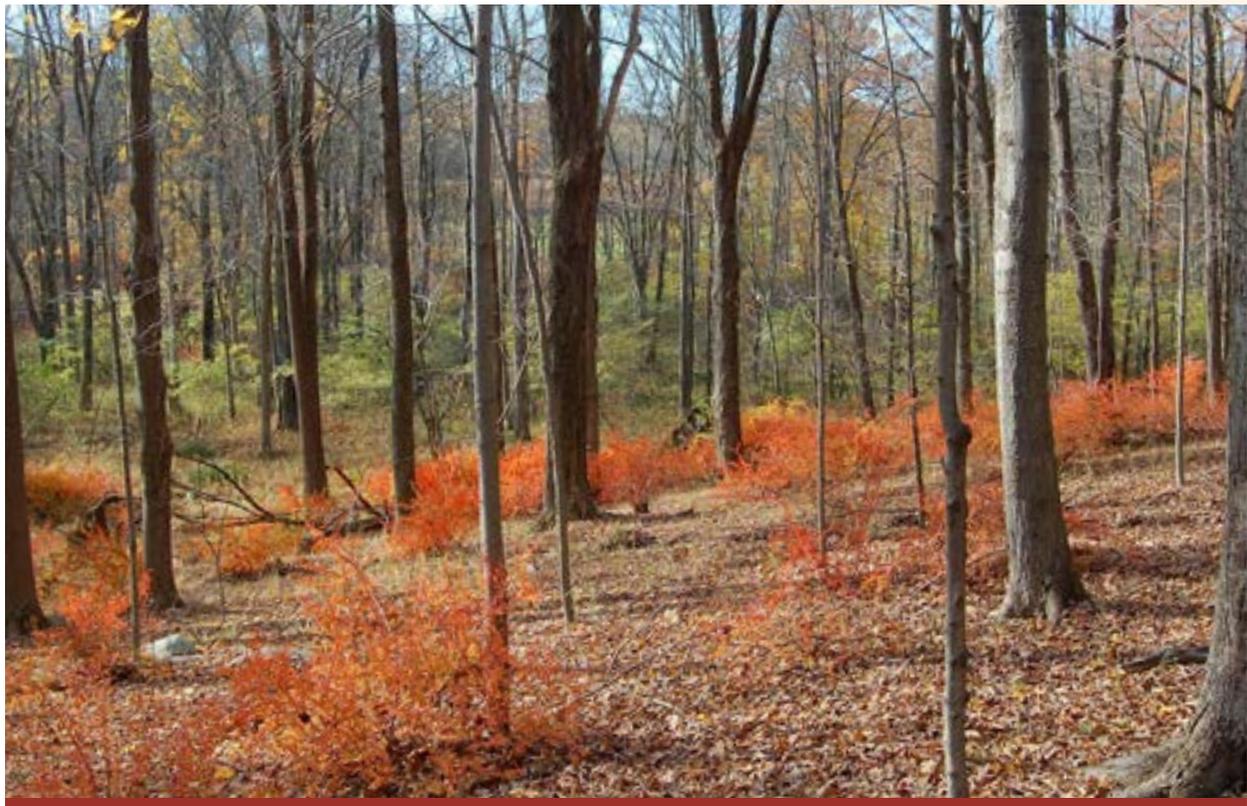


**TO JOIN LIFESPRING AS A  
NEW MEMBER CLICK HERE!**

### *Feedback*

We welcome your thoughts, suggestions, opinions, and ideas about ways we can keep our learning community vibrant, strong, and safe. Please send any comments or questions to:

[lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com)



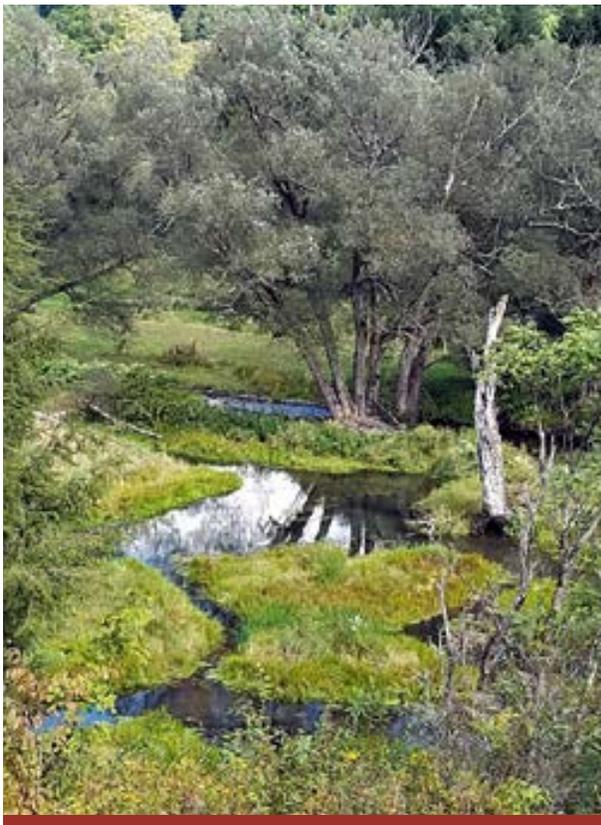
# LIFESPRING: SAUGERTIES ADULT LEARNING COMMUNITY COVID POLICY

## *Introduction*

The health and safety of our Members and Presenters continues to be of paramount importance to Lifespring, and the Lifespring Covid policy has been formulated with this in mind. Remember that it is each individual's decision to attend in-person programming with the understanding that in doing so they take responsibility for their own safety and well-being and assume the associated risk.

This policy goes into effect August 1, 2022.

Lifespring reserves the right to amend this policy as needed to meet changing Covid conditions. Members will be notified accordingly of any policy changes.



## *Vaccination Requirements for In-Person Courses or Events*

Prior to registering for any in-person courses or events, members and presenters must provide proof of **two vaccinations and at least one booster shot** (also known as a third vaccination).

**NOTE:** These vaccinations may be two Moderna or two Pfizer or a combination of one Moderna and one Pfizer, and a third dose of either Moderna or Pfizer or another FDA-approved vaccine that may be available. Or the vaccinations may be one Johnson and Johnson plus a second and third dose of either Moderna or Pfizer or another FDA-approved vaccine that may be available.

## *Proof of Vaccination*

Proof of Vaccination may be a **CDC Covid-19 Vaccination Record Card(s)** showing proof of vaccination and a booster shot or the **Digital New York State Excelsior Pass Plus** showing proof of vaccinations and a booster shot.

## *Submitting Proof of Vaccination*

All Members and Presenters will receive email instructions about **how to submit proof of vaccination**. There will be multiple ways to submit the proof of vaccination. Proof of vaccination must be submitted by August 19<sup>th</sup>.

*Covid Policy info continues on the next page.*

## *Masks*

Masks that cover both the nose and mouth must be worn at all times for in-person, indoor courses and events. Speakers and Performers may be unmasked during the presentation or performance, but all others will remain masked.

## *Social Distancing*

Social Distancing must be practiced at all times during an in-person, indoor course or event. Seating at the Woodstock Jewish Congregation or any other indoor venues will be set up to insure 6 feet of social distance from each other and from the Presenters or Performers. Presenters and Performers must maintain the 6 feet minimum distance from the audience.

## *Outdoors*

Masks and Social Distancing at Outdoor Courses or Events are encouraged but are not required at this time.

## *Food and Drink*

No Consumption of Food or Drink will be allowed at any in-person, INDOOR course or event.

## *Online Courses*

Lifespring encourages Members who register for Zoom courses to submit proof of vaccination, which will be on record for future 2022–2023 in-person opportunities in which members may wish to participate.

## *Lifespring Vaccination ID*

All Lifespring Members and Presenters who have submitted proof of vaccination will be provided with a Proof of Vaccination ID Badge, which must be shown at any in-person course or event in order to gain admittance to each session.

## *Positive Covid-19 Test Notification*

If a participant at any Lifespring in-person course or event (either indoor or outdoor) tests positive for Covid-19, within 10 days after attending the in-person course or event, the member is asked to immediately notify Lifespring by sending an email to **registrar@lifespringsaugerties.com** so that other participating members can be informed of the possible exposure to Covid. The privacy of the person testing positive will be respected and their name will remain undisclosed.

To safeguard the Lifespring community as much as possible, the individual who tested positive must provide proof of a negative Covid test for re-admission to in-person courses or events. The earliest re-admission to courses or events will be 10 days after a negative test.

**[Click here for how to submit Proof of Vaccination.](#)**

# COURSE OVERVIEW

All in-person courses and events are limited enrollment.

September Outdoors		REGISTRATION PERIOD: AUG. 20 – AUG. 28			
#	COURSE TITLE	LOCATION	START DATE	DURATION	TIMING
01	Tai Chi for Beginners Saugerties	Cantine Field	Thu., 9/1	5 weeks (no class 9/29)	9:00 am – 10:15 am
02	Walking into Autumn	Various trails	Thu., 9/1	4 weeks (no class 9/8)	9:30 am – 11:30 am
03	Esopus Nature Walk	Esopus Bend	Thu., 9/8	1 day only	9:30 am – 11:30 am
04	Esopus Nature Walk	Esopus Bend	Thu., 9/15	1 day only	9:30 am – 11:30 am

## Fall 2022 Courses

REGISTRATION PERIOD: SEP. 7 – SEP. 21

### MONDAY COURSES

#	COURSE TITLE	LOCATION	START DATE	DURATION	TIMING
A1	Opera as Politics	Online Zoom	Mon., 10/10	6 weeks	9:30 am – 10:45 am
A2	Totalitarianism	Online Zoom	Mon., 10/10	4 weeks	9:30 am – 10:45 am
A3	Empowered End of Life Decision-Making	Online Zoom	Mon., 10/10	6 weeks	9:30 am – 10:45 am
B1	Healthy You!	Online Zoom	Mon., 10/10	6 weeks	11:30 am – 12:45 pm
B2	Philosophy and the Lighter Side	Online Zoom	Mon., 10/10	6 weeks	11:30 am – 12:45 pm
B3	Senior Fitness	Online Zoom	Mon., 10/10	6 weeks	11:30 am – 12:45 pm

### WEDNESDAY COURSES

#	COURSE TITLE	LOCATION	START DATE	DURATION	TIMING
C1	One Stroke Painting	WJC	Wed., 10/12	6 weeks	9:30 am – 10:45 am
C2	Creative Writing Workshop: Rethinking the Ground Rules	WJC	Wed., 10/12	6 weeks	9:30 am – 10:45 am
C3	Jews and Baseball	Online Zoom	Wed., 10/12	6 weeks	9:30 am – 10:45 am
D1	Memoir Writing Workshop	WJC	Wed., 10/12	6 weeks	11:30 am – 12:45 pm
D2	Theater History	WJC	Wed., 10/12	6 weeks	11:30 am – 12:45 pm
D3	Shakespeare's Othello	<b>CANCELED</b>	<del>Wed., 10/12</del>	6 weeks	<del>11:30 am – 12:45 pm</del>

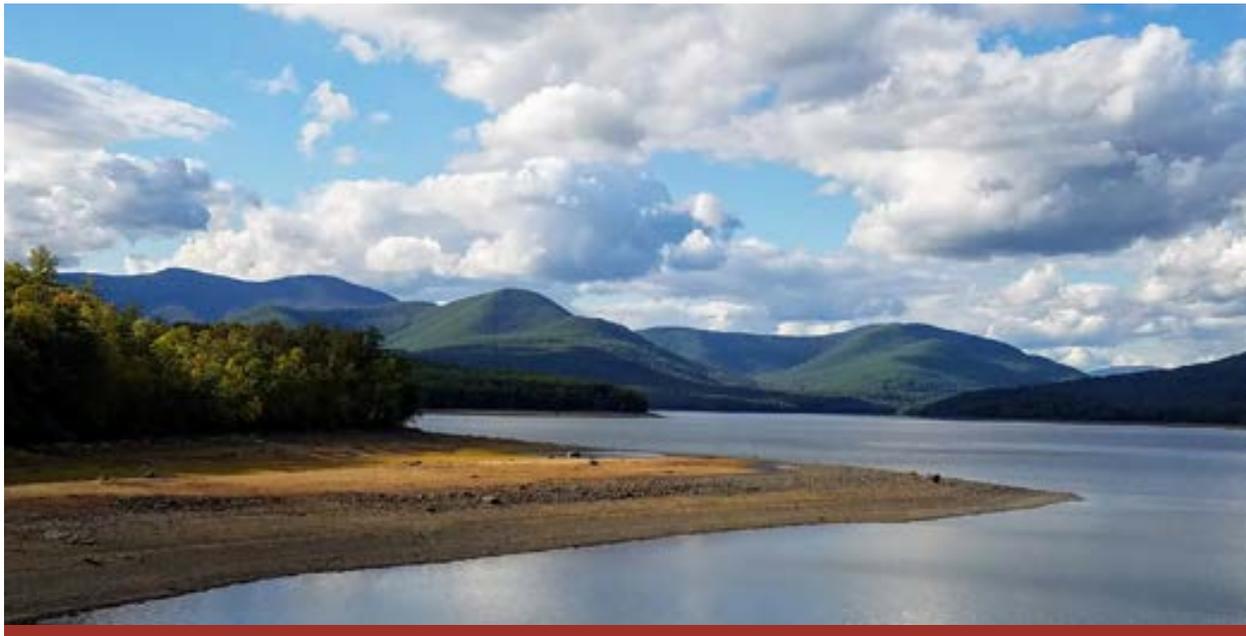
Course Overview continues on the next page.

NEW! Performance Concert Series		REGISTRATION PERIOD: SEP. 7 – SEP. 21			
#	COURSE TITLE	LOCATION	DATE	DURATION	TIMING
P1	Viola da Gamba Duo	WJC	Thu., 10/6	1 day only	1:00 pm – 2:30 pm
P2	Bard Conservatory	WJC	Fri., 10/21	1 day only	1:00 pm – 2:30 pm
P3	Spanish Music, Dance, Poetry, and Song	WJC	Fri. 11/4	1 day only	1:00 pm – 2:30 pm
P4	Surprise! Mystery Performance	WJC	Thu. 11/10	1 day only	1:00 pm – 2:15 pm

Bonus Outdoor Opportunity		SEPARATE REGISTRATION VIA FLYER IN THE FALL			
#	COURSE TITLE	LOCATION	DATE	DURATION	TIMING
E1	Day of the Dead Celebration Walk	Devil's Path	Tue., 11/1	1 day only	10:30 am – TBD

Please see [Course Registration Information](#) in this catalog for details on the registration process.



**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.

# SEPTEMBER OUTDOORS

## 01 *Tai Chi for Beginners*

**THURSDAY: Sep. 1, 8, 15, 22, Oct. 6**

*(5 sessions, no class on September 29th)*

**9:00 am – 10:15 am**

**IN-PERSON, OUTDOORS**

**Pavilion at Cantine Field, Saugerties**

### Limited Enrollment

This basic Tai Chi movement program is designed for beginners and can be performed sitting or standing, and it is modified from traditional Tai Chi movements to be simpler to perform. Its movements, performed consistently, will help improve posture, breathing, and joint flexibility, as well as strengthen muscles and improve balance, which will help decrease the risk of falls. A focus on the mind/body connection assists in the internal and external control of your body's movements. Please come and play Tai Chi and become more aware of yourself and how you move. Wear comfortable clothes and supportive shoes or sneakers.

### Presenter

**Roberta Gavner** is a retired professor from SUNY Ulster with many years of experience in the health care field, and she is a Tai Chi for Health Institute Organization Board Certified Instructor and a founding member of Tai Chi for Health of Hudson Valley. She has taught Tai Chi programs for the MVP Health and Wellness Program, the Saugerties United Methodist Church Wellness Mission, and as a volunteer for Ulster County Office for the Aging in their sponsored Tai Chi Program.

### Coordinator

**Roberta Gavner**

## 02 *Walking into Autumn – 4 Weeks, 4 Walks*

**THURSDAY: Sep. 1, 15, 22, 29**

*(4 sessions, no class on September 8th)*

**9:30 am – 11:30 am**

**IN-PERSON, OUTDOORS**

**Various locations**

### Limited Enrollment

We will feature four different and relatively easy places to walk where the pace will be moderate, and walks will be 3 miles or less. Our purpose is to walk for our health and well-being and enjoy being together outdoors. Locations will be selected from the Walking for Health and Pleasure list compiled for Lifespring.

Each week, participants will be notified of the meeting location several days in advance of each walk. All participants will be required to sign a liability waiver. The maximum number of participants for this course is 20; the group may be split between the leaders.

### Presenters

**Betty Schoen-René** grew up in western Massachusetts and spent as much time in the woods as she could and so learned a lot about the plants and birds. She also studied botany in college. Both she and her husband were teachers and spent their summers in the Adirondacks. She still feels every walk is like a treasure hunt; you never know what you will find.

**Leslie Surprenant** grew up in the Adirondacks. She has a degree in environmental science and enjoyed a 35-year career as a biologist with NYS Department of Environmental Conservation. She is a professional ski instructor, teaches wilderness camping skills for New York State's Becoming an Outdoors-Woman program, and she occasionally guides trips as a NYS licensed guide.

### Coordinator

**Leslie Surprenant**

# BONUS NATURE WALKS!

## **03/04** *Nature Walks at Esopus Bend Preserve*

**THURSDAY: Sep. 8**  
**9:30 am – 11:30 am**

**THURSDAY: Sep. 15**  
**9:30 am – 11:30 am**

**IN-PERSON, OUTDOORS**  
**Esopus Bend Nature Preserve**

**Limited Enrollment: You may register  
for only one of these two dates.**

The Esopus Bend Nature Preserve, located in Barclay Heights, is a unique area of 164 protected acres for the community to enjoy the beauty of our natural wildlife and the Esopus Creek.

Originally known as the Schroeder farm, the property was purchased from the Keyser family and became a nature preserve in 2003. The Preserve shoreline borders the Esopus Creek for over a mile, and many species of wildflowers, birds, and butterflies may be observed as you walk the trails. To learn more about the Preserve, you can read about it on the Preserve's website at [www.esopuscreekconservancy.org](http://www.esopuscreekconservancy.org)

The trail is approximately 1.2 miles and is gentle walking. There is a pavilion with picnic tables on site at the Shady Lane entrance. Complete details will be sent to each registrant.

All participants will be required to sign a liability waiver.

### **Presenters/Guides**

**Margo McGilvrey**, Esopus Creek Conservancy  
Board member

**Steve Chorvas**, Esopus Creek Conservancy  
Stewardship Chair

### **Coordinator**

**Maureen Huben**



# MONDAY COURSES

## A1 *Opera as Politics*

**MONDAY: Oct. 10, 17, 24, 31, Nov. 7, 14**  
**9:30 am – 10:45 am**

### ONLINE ZOOM

Opera was political from its inception. Its messaging changed over time as the rulers and philosophers of the European Renaissance were challenged by the emerging ideas and ideals of the Enlightenment. This new *Opera as Politics* course will return to beginnings and explore how opera, one of the most enduring art forms of Western culture, reflected and challenged the institutions of Church and State and helped develop the modern world.

### Presenter

**Chuck Mishaan** has been presenting his popular *Opera as Politics* series at Lifespring for many years. His commentary on the intersection of politics and the arts continues with this course. He lectures and writes on the intellectual, political, and artistic history of Western Europe from the period of the Enlightenment to the present day. For many years, he was an adjunct professor at New York University, lecturing on technology and healthcare, and he has been a guest lecturer at the Bardavon Opera House in Poughkeepsie.

### Coordinator

**Susan Greenstein**

## A2 *Totalitarianism*

**MONDAY: Oct. 10, 17, 24, 31**  
*(4 weeks)*  
**9:30 am – 10:45 am**

### ONLINE ZOOM

We live in an age of totalitarian temptation. Beginning with the formation of the Soviet Union, followed by the rise of fascism, and then the emergence of Islamic fundamentalist states, it can be argued that the history of the 20th and 21st centuries has largely been about the impact of these regimes and the struggle on the part of some to resist them. This course will focus on the philosophical origins of these movements, the attraction that they hold for so many, and the sad experience mankind has had as a result of them. One central question we will address is why totalitarian systems emerged in the 20th century in the first place. And, what are the prospects for such systems in the future.

### Presenter

**Lewis Brownstein**, historian, teacher, and author, is the former chair of the Political Science and International Relations department at SUNY New Paltz. He lectures on a wide range of topics involving international affairs with a special expertise in the region of the Middle East and the Israeli/Palestinian conflict.

### Coordinator

**Susan Puretz**



### **A3** *Empowered End of Life Decision-Making*

**MONDAY: Oct. 10, 17, 24, 31, Nov. 7, 14  
9:30 am – 10:45 am**

#### **ONLINE ZOOM**

Few of us are comfortable envisioning the end of our own lives or that of loved ones. But through careful thought, documenting one's final wishes, and planning for one's needs before they become necessary, we can ensure we have the end of life care we want. Class discussions will include: starting conversations with loved ones about your health care and end of life wishes; aging well at home and the new technologies that enable us to do so; balancing autonomy with the need for help; communicating effectively with doctors and medical staff; having necessary legal and medical documents to ensure your wishes are carried out; care-giving and hospice care, and how being organized can make a significant difference for your peace of mind.

#### **Presenter**

**Carolyn Siewers** is retired from a career in occupational therapy and is a certified End of Life Doula. She has worked in the medical field for more than 30 years in acute care mental health, physical rehabilitation, brain injury, neurobehavioral disorders, spinal cord injury, and complex medical recovery. She has significant experience presenting medical information in plain language to help individuals and families make informed choices in healthcare. She also has extensive knowledge and familiarity with navigating healthcare systems and services, medical terminology and jargon, medical procedures, and reviews of medical research.

#### **Coordinator**

**Carolyn Siewers**

### **B1** *Healthy You!*

**MONDAY: Oct. 10, 17, 24, 31, Nov. 7, 14  
11:30 am – 12:45 pm**

#### **ONLINE ZOOM**

A new edition of the *Healthy You!* course focuses on the unique health needs of older adults. Each week's presentation is designed to help you feel engaged and empowered in making important health decisions, now and in the future.

#### **Oct. 10**

##### ***Screenings and Immunizations for People 65+***

This class will focus on preventive health care decisions and recommendations that become more complex as we age. We will focus on the need for older adults to be very proactive about their health and to be aware of body changes. Open discussion will help participants better understand which tests, exams, and vaccinations should be part of their care.

#### **Presenter**

**Kellie Forshey** is a Primary Care Nurse Practitioner at the Nuvance Health Medical Practice in Kingston.

#### **Oct. 17**

##### ***Your Nutrition Needs Now***

As we age, our body has special nutritional needs. This can make it more difficult to eat the right balance of nourishing foods. For example, you may be less physically active, or you may have less interest in food than you did before. Learn about the changes you may need to make in your diet to optimize your health.

#### **Presenter**

**Roufia Payman** is a Primary Care Nurse Practitioner at the Nuvance Health Medical Practice in Kingston.

**Oct. 24*****Staying Safe Behind the Wheel***

According to the CDC, drivers over age 65 are twice as likely to have a medical problem that makes driving more difficult compared to other age groups. Driver rehabilitation specialist Kim Puffer Wranovics will talk about typical age-related health conditions and potential warning signs that would indicate a need to see a health care professional. Whether you are concerned for the driving safety of a family member, a loved one, or yourself, this class will help you to know when to take action to increase driving safety, whether you are “riding shotgun” or in the driver's seat.

**Presenter**

**Kim Puffer Wranovics** is an Occupational Therapist and Rehabilitation Driving Specialist at Northern Dutchess Hospital in Rhinebeck.

**Oct. 31*****Struggling to Cope? Here's Help!***

Whether you're dealing with the loss of a loved one, a major life change, or you are simply struggling to find the bright side, it's important to be equipped with coping mechanisms and techniques to bring positivity into your life. Learn how to face your fears and grief—and start focusing on things that you can control for a happier life.

**Presenter**

**Dr. Charles Herrick** is Head of Psychiatry at Nuvance Health.

**Nov. 7*****Colonoscopies and Colorectal Cancer***

If you're like most people, you probably feel uncomfortable talking about colorectal health, even with your doctor. The truth is, your colon, or the large intestine, is a critical part of your digestive system, important to your overall health and worth talking about! Colorectal cancer is one of the only cancers that can be prevented through regular screenings. This session will focus on ways to reduce colorectal cancer risk.

**Presenter**

**Dr. Michael Minarich** is a Surgical Oncologist at Vassar Brothers Medical Center in Poughkeepsie.

**Nov. 14*****Aging and Sleep: How Getting Older Affects Sleep***

Many people believe that poor sleep is a normal part of aging, but it is not. Sleep patterns change as we age, but disturbed sleep and waking up tired every day are not part of normal aging. We explore the most common reasons older adults wake up at night and how sleeping and waking patterns tend to change over time.

**Presenter**

**Dr. Elyana Matayeva** is a Pulmonology and Sleep Medicine Specialist at Northern Dutchess Hospital in Rhinebeck.

**Coordinator**

**Susan Davis**



## **B2** *Philosophy and the Lighter Side: Comedy, Jokes, Funniness*

**MONDAY: Oct. 10, 17, 24, 31, Nov. 7, 14**  
11:30 am – 12:45 pm

### **ONLINE ZOOM**

The course will investigate “the lighter side” of human interaction. Together, we will delve into the nature of several “lighter side” categories such as laughter, joking, comedies, and what is funny. We will consider the different forms each of these can take, e.g., kinds of “stand-up” comedy and types of sitcoms. We will also explore what makes something funny and what makes a story a joke. The variety within these categories is surprisingly large and diverse, and identifying the purposes that these types of humor may serve can teach us much about human nature.

### **Presenter**

**Ed Erde** is a retired medical ethicist. He has three degrees in philosophy and for some years taught philosophy in the typical university setting. He then changed to medical education and taught humanities and ethics in various medical schools from 1975 until retiring in 2010. He has published on classical philosophical topics including Plato, Descartes, and psycholinguistics, as well as ethical and philosophical issues in medicine.

### **Coordinator**

**Susan Poretz**

## **B3** *Senior Fitness*

**MONDAY: Oct. 10, 17, 24, 31, Nov. 7, 14**  
11:30 am – 12:45 pm

### **ONLINE ZOOM**

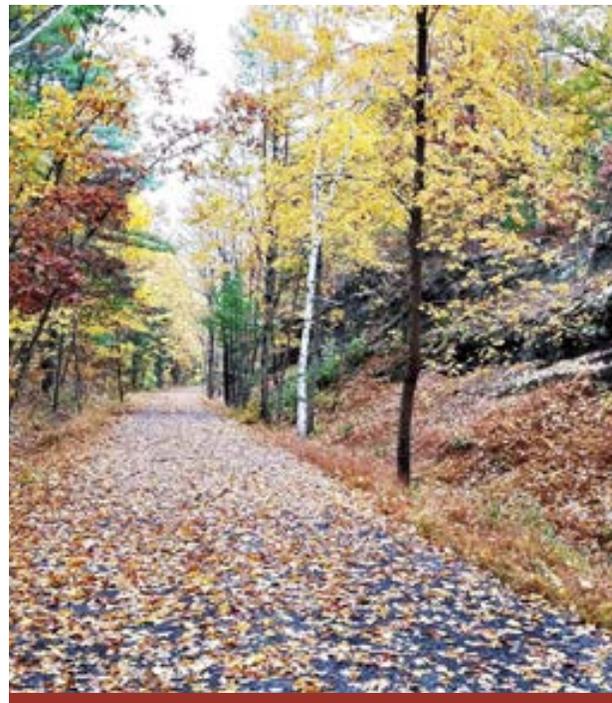
Each Senior Fitness session will include 30 minutes of cardio (movement to elevate your heart rate) and approximately 20 minutes of strength training exercises. No equipment is necessary; however, you can use handheld weights or even a can of peas. Each session will end with a relaxing stretch.

### **Presenter**

**Toni Hedges** has been teaching fitness classes in the Kingston area for the past 37 years. She has worked at several gyms and is currently teaching senior fitness at IXL in Saugerties and Rhinebeck. Over the course of her career, she has taught just about every exercise class there is, including aerobics, step, strength, stretch, cycle, and Zumba. For the past 8 years, she has been teaching primarily senior fitness classes, and she loves doing so!

### **Coordinator**

**Laura Phillips**



# WEDNESDAY COURSES

## **C1** *One Stroke Painting*

**WEDNESDAY:** Oct. 12, 19, 26,  
Nov. 2, 9, 16  
9:30 am – 10:45 am

**IN-PERSON, INDOORS**  
Woodstock Jewish Congregation

### **Limited Enrollment**

This class will enable participants to nurture their creative bent, and at the end of the semester all participants will have a work of art to take home. During the six-week course, participants will complete a work on canvas suitable for framing. Each week, a different technique will be shown and practiced. No previous art-making experience is required. We will use a different design from any previous course so participants from prior classes should feel free to join us again.

The materials fee will be \$25 for the canvas, paint, brushes, and other needed items.

### **Presenter**

**Peg Nau and Jeanne Sutton** taught together at UCCC credit-free classes and at Michaels craft store. They now teach the Donna Dewberry One Stroke Technique in their homes, and they are both certified Donna Dewberry One Stroke Instructors. Jeanne is a left-hand painter, and Peg is a right-hand painter, so students will have a role model to follow, whichever of their hands is dominant!

### **Coordinator**

**Peg Nau**

## **C2** *A Creative Writing Workshop for Those of a Certain Age: Rethinking the Ground Rules*

**WEDNESDAY:** Oct. 12, 19, 26,  
Nov. 2, 9, 16  
9:30 am – 10:45 am

**IN-PERSON, INDOORS**  
Woodstock Jewish Congregation

### **Limited Enrollment**

In these weekly writing workshops, participants will do in-class writing that could lead to the development of longer works written outside of class. Each week participants will share their writing with the group and receive feedback from class members, as well as the Instructors. In each session, participants will discuss assigned readings from *Rethinking the Ground Rules: Works by the Hudson Valley Women's Writing Group* followed by writing prompts derived from the works. Generative topics include writing about memories, relationships, spiritual and mythic realities, Covid and the pandemic, aging, and witnessing injustice.

Additional information about the Hudson Valley Women's Writing Group is available at [www.hudsonvalleywomenswritinggroup.com](http://www.hudsonvalleywomenswritinggroup.com)

**NOTE:** Once you register for this course, please purchase the required text, *Rethinking the Ground Rules: Works by the Hudson Valley Women's Writing Group*, available at Amazon, Barnes and Noble, and on Kindle as an eBook.

*See next page for Presenters information.*

### Presenters

**Jan Zlotnik Schmidt**, SUNY Distinguished Teaching Professor Emerita, was Creative Writing Director in the English Department at SUNY New Paltz, has published three chapbooks, and three volumes of poetry, as well as several anthologies of memoir and women's writing.

**Mary K O'Melveny**, a retired labor rights lawyer, has been published in many journals including *Into the Void*, *Split Rock Review*, and *West Texas Review* and was a finalist in several national and international poetry competitions. She has published a chapbook and two volumes of poetry.

**Tana Miller**, a retired elementary school teacher with extensive experience conducting Whole Language and reading workshops during her thirty-year career as a teacher, has been published in several feminist and literary journals.

**Kappa Waugh**, a retired Reference Librarian, has been writing since she was a child, and she has had her work published in several literature anthologies as well as journals, blogs, and other magazines.

### Coordinator

**Susan Puret**



## C3 *Jews and Baseball: People of the Book and the Bat*

**WEDNESDAY: Oct. 12, 19, 26,  
Nov. 2, 9, 16  
9:30 am – 10:45 am**

**ONLINE ZOOM**

### Limited Enrollment

This course employs baseball to examine the Jewish-American experience. Once the undisputed national pastime and still a major enterprise, baseball provides a mirror to the history of Jews in America. From 1870's home run champion Lip Pike to contemporaries Alex Bregman, Max Fried, Joc Pederson, Gabe Kapler, and Team Israel Olympians, Jews have figured prominently in baseball as players, managers, owners, umpires, writers, labor leaders, a commissioner, and fans. Baseball reflects the Jewish confrontation with immigration, antisemitism, assimilation, tradition, and role models. The Yom Kippur decisions of slugger Hank Greenberg and Dodger hurler Sandy Koufax had consequence for American Jewry. Jewish women in the game elicit discussion about gender, including All-American Girls Professional Baseball League star Tiby Eisen and present-day pitcher/advocate Justine Siegal.

### Presenter

**Bill Simons**, a Recipient of the Chancellor's Award for Excellence in Teaching, is Professor Emeritus and former Chair of History at SUNY Oneonta, and he is the co-director of the Cooperstown Symposium on Baseball and American History, sponsored by the National Baseball Hall of Fame and SUNY Oneonta. As a columnist for *The Reporter*, he received the American Jewish Press Association First Place Award for Excellence in sports writing in 2021. He has edited twelve baseball books published by McFarland press, and his articles on baseball have appeared in numerous books and journals. Bill still plays town ball, a 19<sup>th</sup> century precursor to baseball.

### Coordinator

**Susan Puret**

**D1** *The Places We Come From,  
the Stories We Tell:  
A Memoir Writing Workshop*

**WEDNESDAY: Oct. 12, 19, 26,  
Nov. 2, 9, 16  
11:30 am – 12:45 pm**

**IN-PERSON, INDOORS  
Woodstock Jewish Congregation**

**Limited Enrollment**

The places we come from, the stories we tell, and how they speak to who we are, to our own lives and our own identities: these are the questions that will guide this writing workshop. Participants will explore the ways that the stories we want to tell can take shape in various forms: fiction, non-fiction, poetry — a genre free-for-all. The course will explore how, as writers, we can draw from memory, oral stories, history, and research, then extend and deepen it with speculation, supposition, and even opposition — using all of what we know and don't know to write our stories.

**Presenter**

**Bette Ann Moskowitz** is a published author of a memoir, two novels, a non-fiction book about being an advocate for the aged, and most recently, *Finishing up: On Aging and Ageism*. Her new book on aging and artists is in the works, and her novel, *3 Legs in the Evening* will be published this year. She was an adjunct assistant professor of English at Queens College, CUNY. Her essay about her recent widowhood, *Widow Walks into Wall, Finds Hope*, was in the popular “Modern Love” series of *The New York Times*.

**Coordinator  
Connie Cuttle**

**D2** *Theater History*

**WEDNESDAY: Oct. 12, 19, 26,  
Nov. 2, 9, 16  
11:30 am – 12:45 pm**

**IN-PERSON, INDOORS  
Woodstock Jewish Congregation**

**Limited Enrollment**

This exploration of the history of theater begins with aboriginal story tellers and then proceeds to Egypt/ Greece/Rome; on to the dark ages and the emergence of theatre as we know it in the early sixteenth century; on to the Elizabethans, Jacobean, the Interregnum, the Restoration, the 18<sup>th</sup> century, the 19<sup>th</sup>, the moderns, and finally, contemporary theatre. We will read and discuss *Oedipus Rex* and Play 1 of *Angels in America*.

**NOTE:** Participants will be told at the first class which edition of each play to read.

**Presenter**

**Lou Trapani** is the Artistic and Managing Director of the Center for Performing Arts at Rhinebeck, a position he has held for nearly twenty-four years. He has taught in the LLI programs at Bard, Vassar and SUNY New Paltz; this is his first experience teaching at Lifespring.

**Coordinator**

**Prudence Garcia-Renart**



## D3 *Shakespeare's Othello*

**WEDNESDAY: Oct. 12, 19, 26,  
Nov. 2, 9, 16**  
11:30 am – 12:45 pm

**CANCELED**

A perennial favorite Presenter for Lifespring returns to tackle the age-old question about *Othello*: How did Shakespeare take a comic scenario and turn it dark? How does the implausible become plausible before our eyes? As in past courses, participants and Presenter work together and make prolific observations about how the play is written and designed and try to untie the old knots.

For this course, the Presenter is using the paperback Signet Classics edition of *Othello*, edited by Alvin Kernan. Once you register for this course, please purchase any edition of *Othello*, with scene and line numbers included.

### Presenter

*Rosemary Deen* did her graduate work at the University of Michigan, where she studied with the Shakespeare scholar Hereward T. Price, and at the University of Chicago. She is retired from the English department of Queens College, CUNY. The poet Marie Ponsot and she developed a radical new approach to the teaching of writing in two books, one of which won a national award. She gives workshops in writing and reading and has published a book of essays, *Naming the Light*.

### Coordinator

*Connie Cuttle*

## LOOKING AHEAD

### E1 *Day of the Dead Walk: in Celebration of Those We Loved*

**TUESDAY: Nov. 1**  
10:30 am – TBD

**IN-PERSON, OUTDOORS**

### Limited Enrollment

Later in the semester, a special flyer for this Bonus Outdoor Opportunity will be emailed to you with details on the separate registration.

### Presenter

*Leslie Surprenant*





## NEW! PERFORMANCE CONCERT SERIES

As we come together, in person, for the fall 2022 semester, we are pleased to offer four unique live performances for our member's enjoyment. From an early music quartet; to solo performances; to a program of Spanish music, dance, poetry and song; and ending with a mysterious surprise, this series provides a range of artistic pleasures.

Members may register for individual performances or may register for all four! Seating for each performance is limited as we continue to observe Covid protocols. We look forward to seeing you in the audience!

**PERFORMANCE SERIES CONCERT 1****Viola da Gamba Duo****THURSDAY: Oct. 6, 2022****1:00 pm – 2:30 pm****IN-PERSON, INDOORS****Woodstock Jewish Congregation****Limited Enrollment**

*(Due to unforeseen circumstances, this program replaces the originally scheduled Parthenia quartet)*

Motomi Igarashi and Lisa Terry perform as a viola da gamba duo, playing their favorite pieces for two viols. The presentation will include a talk about the history of the viol family and will demonstrate the unique characteristics of the instruments, bows, and strings. The performance will include works by Marin Marais, Francois Couperin, and Johan Schenk.

**Musicians**

**Motomi Igarashi** is a ubiquitous presence in the NY early music scene. A first prize winner at the Aspen Music Festival Double Bass competition, she studied double bass with Eugene Levinson at the Juilliard School, and with Franco Petracchi and Duncan McTier. After graduating, she went to France to study viola da gamba. Traveling through Europe, she spent years in intensive study with Marianne Muller, Wieland Kuijken, and Paolo Pandolfo and most recently studied lirone with Erin Headley. She plays the viola da gamba, violone, the baroque double bass and lirone with various groups such as the American Classical Orchestra, Anima, Artek, Bach Collegium Japan, Boston Baroque, the Concert Royal, Dryden Ensemble and REBEL, Orchestra of St. Luke's, and Trinity Baroque Orchestra, both on the East coast and in Japan. She appeared as a soloist for the New York Philharmonic Brandenburg Concerto No.6.

**Lisa Terry** is an avid chamber music performer and soloist on viola da gamba and violoncello. From her home base in New York City, she performs with Parthenia, Dryden Ensemble, Lyra Consort, Pegasus Early Music and TENET. She is principal cellist and viol soloist with Tempesta di Mare, Philadelphia's baroque orchestra. Lisa was a founding member of ARTEK, and has performed with the New York Philharmonic, New York City Opera, Juilliard Opera Orchestra, Orchestra of St. Luke's and Concert Royal. She has appeared to great acclaim as soloist in the Passions of J.S. Bach throughout her career, and she serves the Viola da Gamba Society of America as Past-President. She is often heard in dance bands for Country Dance New York.

**Coordinator****Phyllis Clarke**

**PERFORMANCE SERIES CONCERT 2*****Bard Conservatory*****FRIDAY: Oct. 21, 2022****1:00 pm – 2:30 pm****IN-PERSON, INDOORS****Woodstock Jewish Congregation****Limited Enrollment*****Flute and Friends***

Everyone who has had the pleasure of hearing Bard's students perform knows how wonderful this performance will be, and those of us who haven't yet enjoyed the artistry of Bard's students are in for a musical treat. Andrea Ábel will offer a potpourri of musical styles from classical to contemporary. And, as we go to press, it may well happen that Ms. Ábel may be joined by some of her colleagues. We will find out this fall.

**Musicians**

**Andrea Ábel**, a senior conservatory student from Hungary, is studying at the Bard Conservatory of Music as a recipient of the Laszlo Z. Bitó scholarship. She has previously studied at the Leo Weiner Conservatory of Music in Budapest and performed as a soloist with the Budapest String Orchestra and the Prague Philharmonic Orchestra. She has won first place on the X. National Chamber Music Competition with her Budapest-based trio in 2018 and won the Bard Conservatory Concerto Competition in 2021 with Joan Tower's Flute Concerto. Ms. Ábel's second major is multidisciplinary studies, through which she hopes to create a bridge between the different art disciplines and incorporate them in her work as a writer and creator. After Bard, she would like to follow her passion for bringing new music to life and hopes to inspire young composers to write more repertoire for the flute.

**Coordinator*****Prudence Garcia-Renart*****PERFORMANCE SERIES CONCERT 3*****Spanish Music, Dance,  
Poetry, and Song*****FRIDAY: Nov. 4, 2022****1:00 pm – 2:30 pm****IN-PERSON, INDOORS****Woodstock Jewish Congregation****Limited Enrollment**

Join us for an afternoon of Spanish music (well, mostly Spanish) with guitarist, Terry Champlin, Dancer, Kati Garcia-Renart and singer, Nicole Bernhardt. Music by Mario Castelnuovo-Tedesco, Spanish folk songs arranged by Federico García Lorca and loosely arranged by Mr. Champlin for guitar and voice.

**Presenters**

**Terry Champlin**, a composer and classical guitarist, studied guitar with Luis García-Renart and composition with David Loeb and Robert Cuckson. In 2015, he was named Best Individual Artist in the Dutchess County Executive's Arts Awards. He has performed in the *Hear America First* series at Carnegie Hall, and with the Concord String Quartet at Lincoln Center's Avery Fisher Hall. His compositions have been featured on NPR, WNYC, and the *Ars Nova* series. He has taught at Vassar College and the Mannes College of Music in New York City.

**Kati Garcia-Renart**, Choreographer and dancer, trained in Madrid, Spain. During her dance training in Spain, she pursued research-based studies in Flamenco dance and pedagogy. Ms. Garcia-Renart's performance experience includes various venues in Spain and throughout the United States. She was the director of the Kaatsbaan Academy of Dance in Tivoli, NY, and was a long-time faculty member of Kaatsbaan's Extreme Ballet (summer intensive program). Ms. Garcia-Renart currently serves as assistant professor of dance at Bard College at Simon's Rock.

*Nicole Bernhardt* began her Flamenco career at age sixteen, under the tutelage of Maraquita Flores in Upstate New York. She received a wealth of knowledge while attending the University of New Mexico, pursuing a degree in Dance with an Emphasis in Flamenco. After graduating from Bard College with a BFA in Dance and Choreography in 2002, she kept her passion for Flamenco alive by studying and performing with Maya De Silva in NYC for many years. She continues to enjoy her love of Flamenco under the teaching of Kati Garcia-Renart.

**Coordinator**

*Prudence Garcia-Renart*

**PERFORMANCE SERIES CONCERT 4**

***Lifespring Has a Surprise for You!***

**THURSDAY: Nov. 10, 2022**

**1:00 pm – 2:15 pm**

**IN-PERSON, INDOORS**

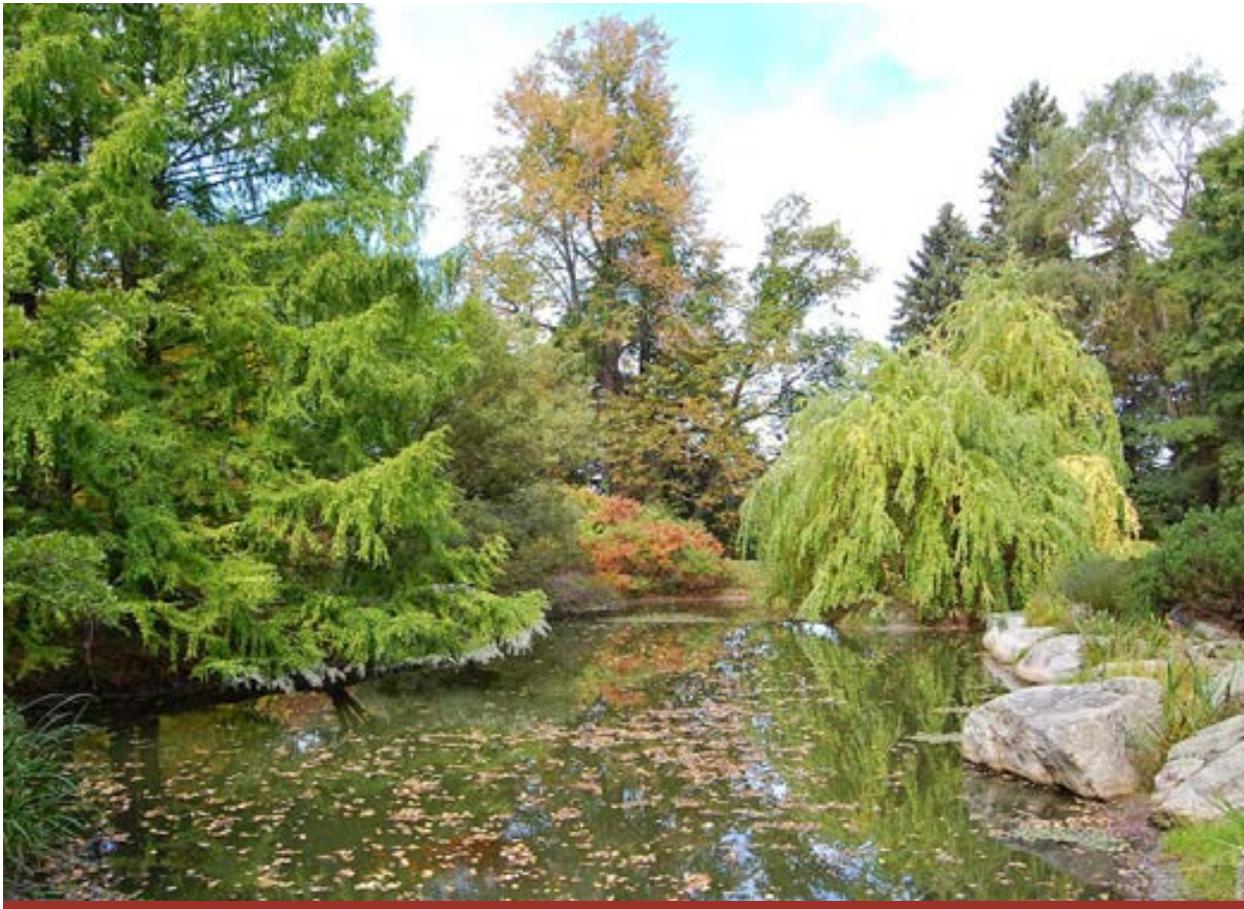
**Woodstock Jewish Congregation**

**Limited Enrollment**

This is NOT a musical performance. We absolutely CANNOT tell you who will be performing. We CAN tell you we are positively sure you will enjoy yourselves. Be ready to laugh. Trust us. Register for this event. You will be glad you did!

**Coordinator**

*Susan Poretz*



# COURSE REGISTRATION INFORMATION

Registration for fall 2022 courses can only be completed by using the **Google Registration Form**, which will be sent in a link, by email, to all those whose 2022–2023 Membership Enrollment has been received and processed.

Please see the **Welcome** page in this catalog for a link to **Membership Enrollment**.

## Registration Dates and Deadlines

**ON AUG. 20, 2022**, those members who have previously submitted proof of vaccination will receive, via email, a link to the Registration Form for the **September** outdoor, in-person courses. Each of the September **in-person** courses are Limited Enrollment. See below for more information about Limited Enrollment courses.

**The Registration Deadline for outdoor in-person courses is August 28, 2022.**

**ON SEP. 7, 2022**, all members will receive a separate email with a link to register for the Zoom online courses, as well as the **in-person** courses at the Woodstock Jewish Congregation (WJC) that begin the week of October 10. You will also use the same link and form to register for the **in-person** Performance Concert Series, which begins October 6.

**ONLY** those who have previously submitted proof of vaccination during the membership enrollment period may register for **in-person** courses or events at the WJC or any other indoor or outdoor venues. All members will have the option of registering for Zoom courses.

**The Registration Deadline for all courses and events that begin October 6 or later is September 21, 2022.**

*Course Registration information continues on the next page.*

**NEW THIS YEAR!**

**All Limited Enrollment Courses are first come, first served. As soon as you receive the Registration Form link, please register promptly for the best chance to secure a spot in Limited Enrollment courses.**

The email link to the Registration Form will be sent to all members at the same time. Don't delay!

**NOTE:** When registering, if you try to register for a Limited Enrollment course that is already full, there will be an option to "join a wait list or select a different course." Please do not register for a limited enrollment course unless you are sure that you will be able to attend; otherwise, you may be taking the place of someone else who wants that course as much as you do.

A **Need-to-Know** letter will be sent to all registrants containing information about Lifespring procedures for Zoom and in-person courses plus other helpful highlights.

In early October you will receive emailed Zoom links for each Zoom course for which you registered. Each Zoom link is unique to each course, and the same Zoom link may be used each time you join a class session.

**ADDING, DROPPING, OR SWITCHING TO A DIFFERENT COURSE**

Starting October 1, you may send a request to drop a course, add a course, or switch to a different course by sending an email to [registrar@lifespringsaugerties.com](mailto:registrar@lifespringsaugerties.com).

No changes will be made after Saturday, October 15, 2022. All members may add available courses until this date, even if they have not previously registered for any fall courses.



# BOARD OF DIRECTORS & ONLINE TASKFORCE

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*August 1, 2022– July 31, 2023*

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<b>Hospitality</b>	Maureen Huben
<b>Membership</b>	Susan Davis
<b>Program Support</b>	Susan Krompfer

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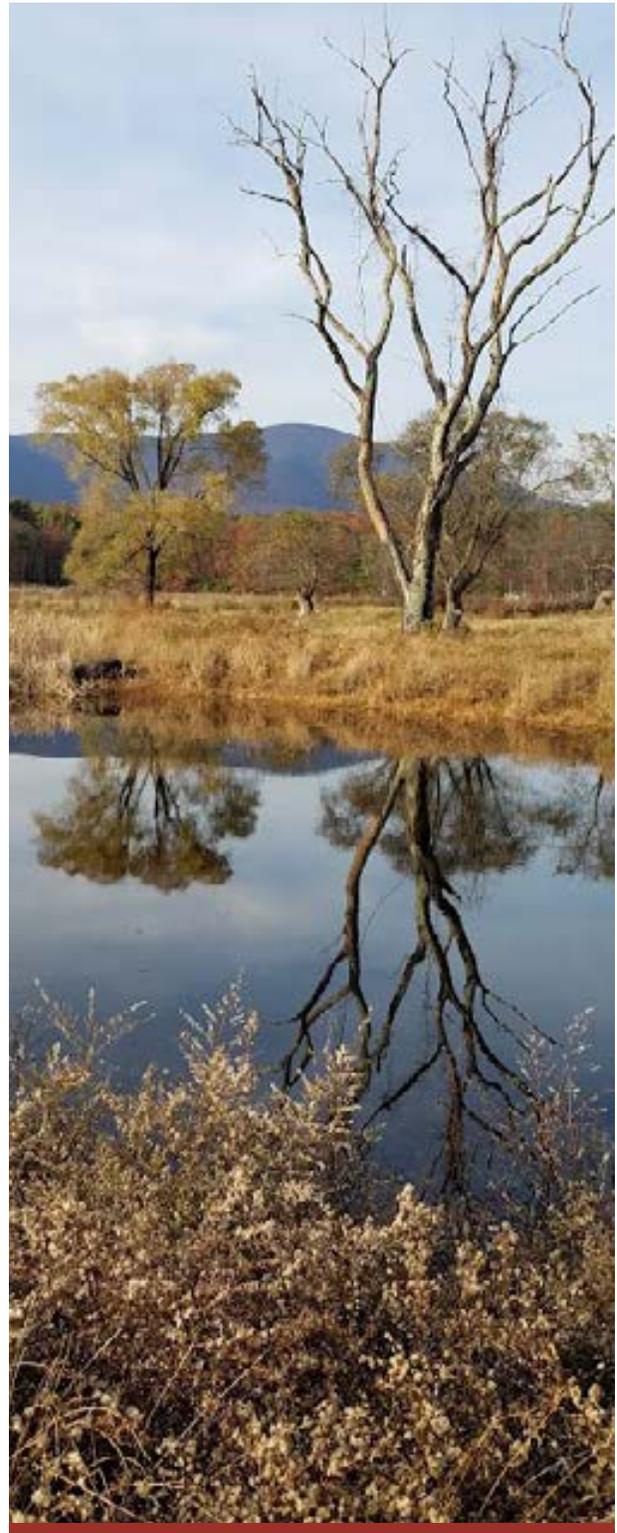
Lydia Edelhaus	Anne Miller
Lee Gable	Leslie Surprenant
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<b>Class Managers</b>	Lee Gable
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Laura Phillips, <i>Coordinator</i>	Prudence Garcia-Renart
Phyllis Clark	Anne Miller
Connie Cuttle	Carolyn Siewers
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*All images by Harvey Greenstein*