

Marist University
Center for Lifetime Study



Fall 2025
Course Catalog
& Schedule

July 14, 2025



Photo by Robert Rodrigues, Jr.

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

Arts & Literature (AL)

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

Life & Leisure Studies (LLS)

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

Social Science (SS)

John Scileppi (<i>Chair</i>)	Dewey Lee
Martin Charwat	Burt Morgan
Ann Davis	Andrea O'Shea
Vicki Fox	Merrilee Osterhoudt
Barbara Goodman	Gale Siegel
Tish Lange	Barbara Sweet (<i>Co-Chair</i>)
Kathryn Lazar	Cathy Temple
Linda Lebensold	

Science, Technology, Engineering & Mathematics (STEM)

Leathem Mehaffey (<i>Chair</i>)	Dominic Schepis
Bob Abrams	Stan Schmidt
Jack Fein	Jacqueline Seidel (<i>co-Chair</i>)
Michelle Keeley	Charles Shanes
Bob Nasser	Joyce Tomaselli
Christopher Parks	Len Turkenkopf
Sara Rothman	Bill Walsh
Frank Rubin	

Classroom Support/AudioVisual Committee

Lou Newman (<i>Chair</i>)	Robert (Bob) Nasser
Jean Breyer	RongYi Pan
Gary Fidler	Ange Rapa
Martin Hochhauser	Dominic Schepis
Robert (Bob) Kaminski	Dan Sims
Ken Knapp	Barbara Sweet
Leathem Mehaffey	Herb Sweet
Les Muldorf	Bill Walsh



CLS Needs Volunteers!

VOLUNTEERS ARE NEEDED

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

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

Important Fall Semester Dates

Tues. July 1, 2025 CLS 2025/2026 Academic Year Begins
Mon. July 14, 2025 The Fall 2025 Semester Course Catalog & Schedule Released
Fall 2025 class registration starts

Mon. – Fri. July 28–Aug 1, 2025 – The CLS Office is Closed

Sun. Aug 10, 2025 Fall class registration ends
Mon. Aug 18, 2025 Fall class confirmations sent to registered members

Mon. Sept 1, 2025 CLS Office Closed for Labor Day

Tues. Sept 2, 2025 Event: CLS Convocation 2025/2026 at Locust Grove
Tues. Sept 9, 2025 Fall 2025 classes begin at Locust Grove

Tues.–Thurs. Sept 23–25, 2025 NO CLS CLASSES THIS WEEK

Sat. Sept 27, 2025 Event: Senior Golden Gathering at Arlington High School
10:00 a.m. to 1:00 p.m. *(volunteers needed)*

Mon. Nov 3, 2025 CLS Opens 1/2-year Memberships (Jan–June 2026)
~ Includes both the Winter and Spring 2026 semesters

Thur. Nov 6, 2025 Last day of Fall 2025 classes

Fri. Nov 14, 2025 Winter 2026 Course Catalog & Schedule Released
Winter 2026 Class registration begins

Tues. Dec 2, 2025 Event: CLS Winter Holiday Social *(SAVE THE DATE)*



Registering for Classes

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

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

Click link below to register:

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

Fall 2025 Class List & Schedule

~NO CLASSES TUESDAY-THURSDAY, SEPT. 23-25, 2025~

Monday Classes

Start Time	Course ID & Title	Course Dates
10:00AM	LLS1 - Matter of Balance (Limit: 15 max.)	Sept. 8 - Oct. 27
This course meets in Dyson Center, Room 1001 on the Marist campus - NOT at Locust Grove		
11:00AM	SS1 - Rediscovering the Roosevelts (Limit: 50 max.)	Oct. 20 & 27 <u>and</u> Nov. 3 & 10
This course will meet at the FDR Library & Museum, Hyde Park - NOT at Locust Grove		

Tuesday Classes

Start Time	Course ID & Title	Course Dates
9:15AM	AL2 - The Real People in Norman Rockwell's Paintings	Sept. 9 - Oct. 7
9:15AM	LLS2 - If It's Tuesday...Travel Series	Sept. 9 - Nov. 4
9:15AM	STEM1 - Science Potpourri	Sept. 9 - Nov. 4
9:15AM	AL3 - Conversations with Local Authors	Oct. 14 - Nov. 4
11:00AM	LLS3 - Life and Leisure Studies Potpourri	Sept. 9 - Nov. 4
11:00AM	LLS4 - Brief History of the English Language	Sept. 9 - Oct. 7
11:00AM	SS2 - Hudson Valley Women Who Made an Impact on Society	Sept. 9 - Oct. 7
11:00AM	SS3 - The Constitution In the News	Oct. 14 - Nov. 4
11:00AM	SS4 - My God is Right and Your God is Wrong, A Surprisingly Popular Concept in the 21 Century	Oct. 14 - Nov. 4
1:15PM	AL4 - Encounters with the Wild (in Contemporary Poetry)	Sept. 9 - Nov. 4
1:15PM	AL5 - Ragtime	Sept. 9 - Nov. 4
1:15PM	STEM2 - From Camera Obscura to AI	Sept. 9 - Oct. 7
1:15PM	LLS5 - America's 50 Greatest Foods (Repeat Course)	Oct. 14 - Nov. 4
2:45PM	AL6 - Computer Animation 101	Sept. 9 - Nov. 4
2:45PM	AL7 - The Fascinating Frightening Fifties	Sept. 9 - Nov. 4
2:45PM	LLS6 - A Wine Tour of Italy - 18 Wines from Ten Italian Wine Regions (Limit: 15)	Sept. 9 - Oct. 21

Important Reminders

- ◇ *Only members that have renewed and paid their dues can register for classes.*
- ◇ *Don't forget to register before the deadline, Sunday, August 10th*
- ◇ *Don't forget to register for your courses in priority order.*
- ◇ *If you select a course with a noted class limit, remember you may be cut from the final roster. You will be able to select another course if cut, but you can only attend a course that has seats available.*

Wednesday Classes		
Start Time	Course ID & Title	Course Dates
9:15AM	LLS8 - After the Dramatic Escape: Life of an Immigrant in the Land of Opportunities	Sept. 17 - Nov. 5
9:15AM	AL8 - Tai Chi for Arthritis & Fall Prevention (Limit: 12 max.)	Sept. 10 - Nov. 5
9:15AM	SS5 - Abraham Lincoln: Can We Be Confident in our Understanding of the Past?	Sept. 10 - Oct. 8
9:15AM	AL9 - Writing, Editing, and Self-Publishing Your Stories (Limit: 15 max.)	Oct. 15 - Nov. 5
11:00AM	SS6 - China, From Earliest Times through the 20th Century	Sept. 10 - Nov. 5
11:00AM	AL17 - Floral Design 101 for the Fall Season	Sept. 10 - Oct. 8
11:00AM	STEM3 - Innovative Technologies and Critical Thinking: Exploring the Future	Sept. 10 - Oct. 8
11:00AM	STEM4 - The Heart of the Matter: A Closer Look at Heart Health	Oct. 15 - Nov. 5
11:00AM	AL10 - Gilead and Housekeeping: A Comparison of Marilynne Robinson's Two Beloved Novels	Oct. 15 - Nov. 5
1:15PM	SS7 - Space Exploration and it's Current State	Sept. 10 - Nov. 5
1:15PM	AL11 - "In Conversation"	Sept. 10 - Nov. 5
1:15PM	AL12 - The Art & Craft of Writing & Storytelling (Limit: 15 max.)	Sept. 10 - Nov. 5
2:45PM	LLS7 - Crochet Projects for Family, Friends and Funds (Limit: 15 max.)	Sept. 10 - Nov. 5
2:45PM	AL13 - Psychology and Literature: Mothers, Real and Imagined	Sept. 10 - Oct. 8
2:45PM	AL14 - Writing Poetry with Craft and Courage	Sept. 10 - Oct. 8
2:45PM	SS8 - Hudson Valley History	Oct. 15 - Nov. 5
Zoom/Virtual Classes		
Start Time	Course ID & Title	Course Dates
11:00AM	AL15 - Analysis of <i>The Color Purple</i> & <i>Possessing the Secret of Joy</i> , by Alice Walker	Sept. 11 - Nov. 6
1:15PM	AL16 - Highlights of the Italian Renaissance	Sept. 11 - Nov. 6



Classroom & Attendance Protocols (Virtual & In-Person)

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

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

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

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

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

LLS1 - A Matter of Balance

8 weeks

Course Location: Marist University, Dyson Center 1001 (the Ulrich Room), Poughkeepsie

Course Time: 10:00AM – 12:00Noon

Course Day & Dates: Mondays, Sept. 8 – Oct. 27

Class Manager: Class Manager Needed

Presenter: Judy Hearney & Anne Lancellotti, Dutchess County Office for the Aging

Description: Learn effective ways to avoid falls and exercises that will improve balance and flexibility. This is not an exercise program, but you will learn exercises you can do at home to enhance your balance. Interaction with your class program and group discussion make this a fast-moving enjoyable experience.

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

Class Limit: 15 max.

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

SS1 - Rediscovering the Roosevelts

4 weeks

Course Location: The FDR Library Presidential Library & Museum, Hyde Park

Course Time: 11:00AM–12:15PM

Course Day & Dates: Mondays, Oct. 20 & 27 and Nov. 3 & 10

Class Manager: Tish Lange

Presenter: Jeff Urbin, FDR Library & Museum

Description: Becoming ER (Eleanor Roosevelt), The Roosevelt's Strange and Unusual Stories, The New Deal Close to Home, Signature Moments: Letters from the Famous, the Infamous, and Everyday Americans (featuring the new temporary exhibit).

Class Limit: 50 max.

AL2 - The Real People in Norman Rockwell's Paintings

4 weeks

Course Time: 9:15-10:30AM

Course Day & Dates: Tuesdays, Sept. 9 - Oct. 7

Class Manager: Catherine Ballard

Presenter: Steve Haggerty, Author

Description: During the course of his career of over sixty years, the Great American Illustrator created over 4,000 works for American magazines, newspapers, and books, including WWI and WWII subjects. They have sold for as much as \$30 and \$47 million. Many aren't aware that he used real people as models. In Haggerty's series of PowerPoint presentations, based on his book, Norman Rockwell's Models, In and Out of the Studio, the author will show slides and tell stories about the people whose faces are featured in illustrations. The author knows/knew many of them personally, including Rockwell family members. Candid home photos of the models will also be shown. Themes include: The Author's Connections to the models; Norman Rockwell's WWI and WWII Military Heroes; and the Rockwell family and their role as models.

LLS2 - If Its Tuesday...Travel Series**8 weeks****Course Time:** 9:15-10:30AM**Course Day & Dates:** Tuesdays, Sept. 9 - Nov. 4**Class Manager:** John Wargo

Description: This course is a continuation of the long running "If It's Tuesday..." travel series. The class will include a broad variety of interesting places and experiences, as told by several presenters through videos, various personal experiences, and pictures all in an interactive audience participation format.

Presenters & Affiliations:

Locust Grove: Historical Background & Artifacts	Locust Grove Expert
The Locust Grove Estate – Field Trip Estate Tour	Locust Grove Expert
Do It Yourself (DIY) Travel Through Portugal	Kristine Cullen - Dean, Marist University
Last Minute Travel to Remote Locations	Ken Topolsky, CLS Member
India	Robert (Bob) Ulrich, CLS Member
Viking Mississippi River Cruise	Darlene Resling, CLS Member
Travel from Germany to Switzerland, Austria and Hungary	Deborah Alleyne, CLS Member
Cruising from Amsterdam to Portugal: A Time Capsule Presentation	Darlene Resling, CLS Member

STEM1 - Science Potpourri**8 weeks****Course Time:** 9:15-10:30AM**Course Day & Dates:** Tuesdays, Sept. 9 - Nov. 4**Class Manager:** Leathem Mehaffey

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

Presenters & Affiliations:

The Geologic History of the Hudson River Valley Told Through Your Favorite Rocks and Views: BRING SAMPLES!	Jeff Walker, Vassar College
A Year in the Bee-yard: Beekeeping in the Hudson Valley	Chris Smart, Vassar College
The Dirt on Soil: Soil Nutrients, Organisms, and Chemistry for a Healthy Garden	Michelle Keeley, CLS Member
De-Extinction: Promises and Problems	Leathem Mehaffey, CLS Member
Photographing the Beauty of the Night Sky	Dominic Schepis, CLS Member
History of the IBM Mainframe	Robert (Bob) Nassar, CLS Member
The Human Visual System: Perception and Illusion	Leathem Mehaffey, CLS Member
Indoor Air Quality: Test, Remediate and Monitor	Jacqueline (Jackie) Seidel, CLS Member

AL3 - Conversations with Local Authors**4 weeks****Course Time:** 9:15-10:30AM**Course Day & Dates:** Tuesdays, Oct. 14 - Nov. 4**Class Manager:** Laura Coons**Presenter:** Jode Millman, Author

Description: Join author Jode Millman as she interviews other local authors. They include: Eleanor Kuhns, winner of the Minotaur Books/Mystery Writers of America First Novel Prize, Alison Gaylin, Shamus and Edgar Award winner and USA Today bestselling author, Nancy Belyea, Hudson Valley historical novelist, and Dawn Barclay, multi-award-winning crime novelist and non-fiction writer.

LLS3 - Life & Leisure Studies Potpourri**8 weeks****Course Time:** 11:00AM-12:15PM**Course Day & Dates:** Tuesdays, Sept. 9 - Nov. 4**Class Manager:** John Gavin

Description: Do you enjoy buffet dinners with a lot of different choices? Potpourri presents eight interesting and diverse stand-alone topics by eight experienced speakers. It will be informative and fun.

Presenters & Affiliations:

Why Global Shipping's Choke Points Matter	Martin Charwat, CLS Member
Thomas Jefferson Family History	Jerrie Stewart, Historian
Amateur Radio: Emergencies on Three Caribbean Islands	Barbara Sweet, CLS Member
The Legacy of Pope Francis	John Scileppi, CLS Member
The Queen City Crimes Series Fiction is deadlier than True Crime	Jode Millman, Author and Attorney
Historic Pre-1800 Dutchess County Homes	John Gavin, CLS Member
Unrecognized 20th Century Women Scientists Who Should Have Won a Nobel Prize!	Arnie Serotsky
The Impact of Charitable Giving in Your Community	Serena Moreno, Community Foundation

LLS4 - Brief History of the English Language**4 weeks****Course Time:** 11:00AM-12:15PM**Course Day & Dates:** Tuesdays, Sept. 9 - Oct. 7**Class Manager:** **Class Manager Needed****Presenter:** John Gavin, CLS Member

Description: The English language has been around in one form or another for about 1,500 years. The course will describe the evolution from Old English to Middle English to Modern English. Its history will be outlined as it relates to the language. Most of us have been speaking English for so long that we are not aware of how difficult it is for immigrants to learn English, especially English spelling, and grammar.

SS2 - Hudson Valley Women Who Made an Impact on Society**4 weeks****Course Time:** 11:00AM-12:15PM**Course Day & Dates:** Tuesdays, Sept. 9 - Oct. 7**Class Manager:** Kathryn Lazar

Description: The 20th century saw the breaking of many barriers that restrained women's lives. We will share the stories of four Hudson Valley women who broke those social barriers.

Presenters & Affiliations:

Hallie Flanagan and Theatre's Place in a Democracy	Sandra Opdycke, Historian and Author
Clara Lou Gould, Beacon's Mayor 1990-2007	Peter Forman, Dutchess County Jurist
Our Neighbor, Eleanor Roosevelt	Barbara Goodman, CLS Member
Practicing Law with Women Trailblazers, Susanna E. Bedell and Charlotte Frank	Diane O'Leary, Attorney (<i>Retired</i>)

SS3 - The Constitution In the News

4 weeks

Course Time: 11:00AM-12:15PM

Course Day & Dates: Tuesdays, Oct. 14 - Nov. 4

Class Manager: Kathryn Lazar

Presenter: Barbara Goodman, CLS Member

Description: With so many challenges to traditional interpretations of the Constitution and your Constitutional Rights, it's time to go back to the original. What does the Constitution say about the President dismantling government agencies and setting tariffs without Congress? What does it say about deporting students who are here legally? Deporting anyone without due process? What does it say about birthright citizenship? The first three sessions will cover each branch of government: the last will cover selected amendments that have appeared in the news.

SS4 - My God is Right and Your God is Wrong: A Surprisingly Popular Concept in the 21st Century

4 weeks

Course Time: 11:00AM-12:15PM

Course Day & Dates: Tuesdays, Oct. 14 - Nov. 4

Class Manager: Vicki Fox

Description: A Surprisingly Popular Concept in the 21st Century. Far from being relegated to the dustbin of history as we might have predicted in 1999, religious intolerance is playing a significant role in politics today. Each speaker will give us their take on a phenomenon that may be of growing prominence among the power-players of today.

Presenters & Affiliations:

The Case for Religious Tolerance and the Celebration of Religious Diversity	John Scileppi, CLS Member
The Elephant in the Room is a Trickster	Paul Larsen, Fishkill Baptist Church
Islamic Shaia: Thy Will Be Done on Earth as it is in Heaven	Ahmad Yasin, Imam, Masjid Noor, Mid-Hudson Islamic Association
My God is Right and Your God is Wrong	Tyler Jones, St. Paul's Episcopal Church <i>(Retired)</i>

AL4 - Encounters with the Wild (in Contemporary Poetry)

8 weeks

Course Time: 1:15-2:30PM

Course Day & Dates: Tuesdays, Sept. 9 - Nov. 4

Class Manager: Miriam Rubin

Presenter: Judith Saunders, Professor of English, Marist University

Description: Encounters with the Wild (in Contemporary Poetry)

We will look at poems featuring encounters between human observers and undomesticated nature. Subjects range from coyote, fox, and skunk to osprey, owl, mockingbird, and more. Poets convey different responses (e.g., admiration, amazement, empathy, revulsion, fear), sometimes emphasizing the otherness of non-human nature, sometimes focusing on a sense of kinship. Readings will feature work by a variety of contemporary poets, e.g., Mary Oliver, Kay Ryan, Charles Tomlinson, Eamon Grennan, Mona Van Duyn.

AL5 - Ragtime

8 weeks

Course Time: 1:15-2:30PM

Course Day & Dates: Tuesdays, Sept. 9 - Nov. 4

Class Manager: Gil Seligman

Presenter: Leslie Gerber, Paranassus Records

Description: Ragtime originated in the slave culture of the American South. By the turn of the century, it had become a dominant style in American music. We will learn and hear its origins, its influence on the development of jazz, and its effect on music throughout the Western world.

STEM2 - From Camera Obscura to AI

4 weeks

Course Time: 1:15-2:30PM

Course Day & Dates: Tuesdays, Sept. 9 - Oct. 7

Class Manager: Robert (Bob) Abrams

Presenter: Les Muldorf, CLS Member

Description: This program will trace the history of photography from ancient times to modern developments in the ever-changing world of photography. The history may go back as far as Aristotle in ancient Greece and go forward to the latest development of cameras and AI.

LLS5 - America's 50 Greatest Foods *(Repeat Course)*

4 weeks

Course Time: 1:15-2:30PM

Course Day & Dates: Tuesdays, Oct. 14 - Nov. 4

Class Manager: Joyce Garrity

Presenter: Barbara Van Itallie, CLS Member

Description: We will countdown a list of 50 of America's best foods. From processed to homemade, from regional specialties to American classics, from comfort food to restaurant favorites, we touch many of them. Food has history too, and we explore some of it and its relation to American industry, agriculture, people, and culture. The list may be controversial, so be prepared to bring your own classics.
Note: This is a repeat of the Spring '22 class.

AL6 - Computer Animation 101

8 weeks

Course Time: 2:45-4:00PM

Course Day & Dates: Tuesdays, Sept. 9 - Nov. 4

Class Manager: Michelle Keeley

Presenter: William (Bill) Joel, Poet and Teacher *(Retired)*

Description: In this course, students will learn how to create 2D computer animations by following a typical, computer animation pipeline: story development, storyboarding, animatics, character development, animation, post editing. For this course, students will be required to bring a laptop they will use during course sessions. The software to be used is the freely available, open-source application, OpenToonz.

Class Limit: 12 max.

Note: Students are asked to bring their own laptops so they can learn how to create 2D animations.

AL7 - The Fascinating Frightening Fifties

8 weeks

Course Time: 2:45-4:00PM

Course Day & Dates: Tuesdays, Sept. 9 - Nov. 4

Class Manager: Laura Coons

Presenter: Chuck Mishaan

Description: An analysis of the Arts, Culture and Politics of the 1950s. This course will explore the decade of the 1950s, a decade filled with contrasts and cultural change. As the world emerged from the dark shadows of World War II, it stepped into a time of remarkable economic growth. The decade was characterized by a fascinating tug-of-war between conformity and rebellion, tradition, and innovation. This tension inspired a wealth of artistic expression and cultural richness, profoundly influencing literature, music, the visual arts, film, television, fashion, and architecture.

LLS6 - A Wine Tour of Italy - 18 Wines from Ten Italian Wine Regions

6 weeks

Course Time: 2:45-4:00PM

Course Day & Dates: Tuesdays, Sept. 9 - Oct. 21

Class Manager: Merrilee Osterhoudt

Presenter: Arnie Serotsky, Mid Hudson Food and Wine Society

Description: Italy boasts an impressive array of grapes, with perhaps 2,000+ known indigenous varieties, hundreds of which are used to produce wine! Learn about and taste wines from ten Italian wine regions in six weeks. Amarone, Barolo, Brunello, and more!

Class Limit: 15 max.

If you are selected to participate in the above course, you will be invoiced for **\$30** which must be paid immediately. The wine and food supplies for this course are purchased based on the participant count; therefore, no refunds will be given once paid regardless of circumstances.

LLS8 - After the Dramatic Escape: Life of an Immigrant in the Land of Opportunities

6 weeks

Course Time: 9:15-10:30AM

Course Day & Dates: Wednesdays, Sept. 17 - Nov. 5 (one session will be cancelled - date to be announced)

Class Manager: Class Manager Needed

Presenter: Esther Kando Odescalchi, CLS Member

Description: This lecture is a sequel to a first-hand account of growing up behind the Iron Curtain under Stalin's terror, being a teen-age freedom fighter during the Hungarian Revolution of 1956 and making a dramatic escape to the West. It tells what happened after the escape. Life in refugee camps, working on an army boat while crossing the Atlantic, arrival in the United States without knowing a word of English, and life as an immigrant (legal) in this land of opportunities.

**SAVE
THE DATE**

Tuesday, September 2nd

2025 CLS Convocation at Locust Grove

Details will be sent by email soon!

AL8 - Tai Chi for Arthritis and Fall Prevention

8 weeks

Course Time: 9:15-10:30AM

Course Day & Dates: Wednesdays, Sept. 10 - Nov. 5

Class Manager: Class Manager Needed

Presenter: Diane Ramos, Dutchess County Office for the Aging

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

Class Limit: 12 max.

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

SS5 - Abraham Lincoln: Can We Be Confident in Our Understanding of the Past?

4 weeks

Course Time: 9:15-10:30AM

Course Day & Dates: Wednesdays, Sept. 10 - Oct. 8

Class Manager: Barbara Sweet

Presenter: Dr. Nicholas Marshall, Profesor, Marist University

Description: We will use Abraham Lincoln to address one of the central questions of the study of history: Can we be sure that our understanding of the past actually reflects historical reality? Donald Trump recently addressed this issue in his March 27, 2025, Executive Order "Restoring Truth and Sanity to American History." In this context we will ask whether revisionist histories help or hinder the process of comprehending the iconic Lincoln.

AL9 - Writing, Editing, and Self-Publishing Your Stories

4 weeks

Course Time: 9:15-10:30AM

Course Day & Dates: Wednesdays, Oct. 15 - Nov. 5

Class Manager: Class Manager Needed

Presenter: Jim Bennett, Author and Artist

Description: Discover the joy of turning life experiences into a compelling story. This course guides you through storytelling, formatting, proofing, editing, and self-publishing whether preserving family history or sharing personal reflections. No writing experience needed, just a desire to tell your story!

Class Limit: 15 max

Needed: Microsoft Word or similar word processor, and internet connection.

SS6 – China: From Earliest Times Through the 20th Century

8 weeks

Course Time: 11:00AM-12:15PM

Course Day & Dates: Wednesdays, Sept. 10 - Nov. 5

Class Manager: Barbara Sweet

Presenter: Thomas Walker, US Navy (*Retired*)

Description: For over two thousand years, China has maintained one of the world's largest and most advanced economies. Emerging from an early river-based society, the Han majority developed an enduring written language and several schools of practical philosophy. China's interaction with its nomadic neighbors, as well as Korea, Japan, and the West, shows how some of China's greatest accomplishments occurred during or shortly after periods of great disruption.

AL17 - Floral Design 101 for the Fall Season

4 weeks

Course Time: 11:00AM-12:15PM

Course Day & Dates: Wednesdays, Sept. 10 - Oct. 8

Class Manager: **Class Manager Needed**

Presenter: Dot Chenevert, Floral Designer AIFD

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

STEM3 - Innovative Technologies and Critical Thinking: Exploring the Future

4 weeks

Course Time: 11:00AM-12:15PM

Course Day & Dates: Wednesdays, Sept. 10 - Oct. 8

Class Manager: Jacqueline (Jackie) Seidel

Presenter: Meghan Tomaskovic, Marist University

Description: Part 1: Dive into technology with hands-on demonstrations of projects like creating websites, videos, surveys, and campaigns. No need to create accounts or complete assignments - just watch and learn. Part 2: Engage in deep thinking exercises on topics such as social media, predictive AI in weather technology, autonomous vehicles and drones, data security/privacy/identity theft, and space exploration. Articles will be provided to assist with stimulating conversations.

AL10 - Gilead and Housekeeping: A Comparison of Marilynne Robinson's Two Beloved Novels

Course Day & Dates: Wednesdays, Oct. 15 - Nov. 5

4 weeks

Course Time: 11:00AM-12:15PM

Class Manager: **Class Manager Needed**

Presenter: Darlene Reisling, CLS Member

Description: Four-session discussion of the Marilynne Robinson novels, "Gilead" and "Housekeeping". Both novels take place in rural America in times of challenge, confusion, and hope. Robinson deftly weaves themes of family, faith, and memory into two distinct novels. Each novel is filled with visual symbols that connect through the arts. A multidisciplinary approach will be used for each session that will include photography, art, and music. Participants will be invited to share their personal photos, art, and music knowledge to enrich discussions. A discussion timeline will be shared to keep us on track since active discussions are expected!

STEM4 - The Heart of the Matter: A Closer Look at Heart Health

4 weeks

Course Time: 11:00AM-12:15PM

Course Day & Dates: Wednesdays, Oct. 15 - Nov. 5

Class Manager: Rhonda Eickman

Description: Our heart and vascular specialists will guide you through prevention, treatment, surgery, and research topics to help you stay informed and proactive about your heart health. Learn about managing heart and vascular conditions in this informative four-part lecture series.

Presenters & Affiliations:

Cardiac Cath. Lab/interventional Cardiology/STEMI	Dr. Sevilla Cazes, Nuvance Health
Procedure to lower your blood pressure: Interventional management of hypertension with renal denervation.	Dr. Nicholas Varunok, Nuvance Health
Valve Disease: Causes, Symptoms and Treatment Options	Dr. Arjun Gupta, Nuvance Health
Heart Failure: What Is It, Diagnosis, and Treatment Options	Dr. Jasjit Bhinder, Nuvance Health

SS7 - Space Exploration and Its Current State

8 weeks

Course Time: 1:15-2:30PM

Course Day & Dates: Wednesdays, Sept. 10 - Nov. 5

Class Manager: Barbara Sweet

Presenters: John Fontana, NASA/JPL Space Ambassador
Willie Yee, NASA/JPL Space Ambassador

Description: Exploring the wonders and workings of the Universe. On the artistic side we will see the beauty that the Universe shows us. Space exploration and its current state will also be presented.

AL11 - "In Conversation"

8 weeks

Course Time: 1:15-2:30PM

Course Day & Dates: Wednesdays, Sept. 10 - Nov. 5

Class Manager: Judith Elkin

Presenter: Christine Crawfis, County Players and P/T Faculty at Marist University

Description: Dive into the heart of theatre with "In Conversation", an eight-week class featuring one-on-one interviews with actors from our Magic of Readers Theatre class. Hear firsthand accounts of their inspirations, the obstacles they've overcome, and the places their craft has led them. This intimate exploration of storytelling and performance offers a rare glimpse into the lives behind and off the stage, making it a must for theatre lovers and CLS Readers Theatre class lovers alike.



REMEMBER

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

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

Classes that are oversubscribed are determined by lottery.

AL12 - The Art & Craft of Writing & Storytelling

8 weeks

Course Time: 1:15-2:30PM

Course Day & Dates: Wednesdays, Sept. 10 - Nov. 5

Class Manager: Carol Strauss

Presenter: Linda Rappaport, CLS Member

Description: Have you promised yourself that you will write personal memoirs for posterity? That time is now! Each week, we will focus on a different element of craft, such as catchy leads, structure, dialogue, powerful endings, sensory descriptions, voice, and point of view. You will be able to apply these skills to your work in progress. After silent writing time, we will share selections and give each other supportive feedback. Class size is limited. There is an expectation that writers will have a finished memoir as their goal and will make their best attempt to attend all sessions.

Class Limit: 15 max.

LLS7 - Crochet Projects for Family, Friends, and Funds

8 weeks

Course Time: 2:45-4:00PM

Course Day & Dates: Wednesdays, Sept. 10 - Nov. 5

Class Manager: Ginny Fidler

Presenter: Nancy Wells, CLS Member

Description: This is an easy crochet project. The projects are a Christmas tree, flowers, hats, and snowflakes in this order. The projects are completed in 2 sessions with 4 different CLS members. Knowledge of the basic stitches of single, double, half-double, and triple are essential. The basic yarn used will be 1 to 2 skeins of acrylic or cotton yarn per session. The projects can be made more complicated by changing the yarn and/or the pattern. Sharing our craft is fun and rewarding.

Class Limit: 15 max.

AL13 - Psychology and Literature -- Mothers, Real and Imagined

4 weeks

Course Time: 2:45-4:00PM

Course Day & Dates: Wednesdays, Sept. 10 - Oct. 8

Class Manager: Wilma Schmidt

Presenter: Anne Constantinople, CLS Member

Description: Psychology and Literature, resurrected! In this class, we will read novels (and maybe plays or autobiographies) in an effort to understand personalities from the perspective of the author and from that of psychological theories. Our theme will be "Mothers: Real and Imagined", thanks to Henry Louis Gates' "Finding Their Roots" interview with Amy Tan. I am eager to read her first book which centers on her mother. If you join us, please be prepared to read and talk!!

AL14 - Writing Poetry with Craft and Courage

4 weeks

Course Time: 2:45-4:00PM

Course Day & Dates: Wednesdays, Sept. 10 - Oct. 8

Class Manager: Michael Maloney

Presenter: Dr. Lucia Cherciu, Professor of English, SUNY-Dutchess, and Poet

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

SS8 - Hudson Valley History

4 weeks

Course Time: 2:45-4:00PM

Course Day & Dates: Wednesdays, Oct. 15 - Nov. 5

Class Manager: John Scileppi

Presenter: Craig Marshall, Historian
Evan Pritchard,

Description: The course topics include: "Ride the Day Liner in 1949" (Hudson River Steamboat History), "Birth of Typical Dutchess County Hamlet" (History of Schultzsville), "Birth of Typical Dutchess County Town" (History of Town of Clinton) and "Ancient Hyde Park" (People of the Mastodon).

AL15 - Analysis of "*The Color Purple*" and "*Possessing the Secret of Joy*", by Alice Walker

8 weeks

Course Time: 11:00AM-12:15PM

Course Day & Dates: Thursdays Sept. 11 - Nov.6

Zoom/Virtual Course

Class Manager: Cathy Kinn

Presenter: Jacqueline Goffe-McNish, SUNY-Dutchess (*Retired*)

Description: In this analysis of "*The Color Purple*" and "*Possessing the Secret of Joy*" by Alice Walker session, we will be discussing two novels by Alice Walker. *The Color Purple* was set in America with references to African culture, and *Possessing the Secret of Joy* analyzes African practices from an American view point. These novels contrast the role of women in society from feminist and womanist perspectives. The fundamental question which will be discussed is not who wears the pants, but who creates the pants, and how do we define the pants.

AL16 - Highlights of the Italian Renaissance

4 weeks

Course Time: 1:15-2:30PM

Course Day & Dates: Thursdays, Sept. 11 - Nov.6

Zoom/Virtual Course

Class Manager: Joann Pelletier

Presenter: Jack Fein, CLS Member

Description: The European Renaissance is at the heart of Western art and culture. It bridged the period from the Gothic to the Baroque. Unique conditions in Northern Italy and in the Florentine Republic provided the commercial, political, and religious underpinnings to encourage the artistic innovations of the movement. They created more relatable and realistic images of the religious and secular subjects which we admire today. In four virtual sessions we will discuss the highlights of this movement. This includes the geopolitical background, the Proto-Renaissance, the Quattrocento, and the High Renaissance.

Zoom access information (Zoom Links, Meeting IDs and Passcodes) will be emailed on Thur. September 4th

Click link below to register for Fall 2025 classes

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



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