

MARIST

Center for Lifetime Study



Fall 2026

Course Catalog & Schedule

July 14, 2026



The following CLS volunteers are responsible for the **Fall 2026** curricular \ programming: **Jean Breyer, Vice President for Curriculum**

Arts & Literature (AL)

Mary Coiteux (<i>Chair</i>)	Kathy Friedman
Catherine Ballard	Gloria Ghedini
Barbara Best	Michelle Keeley
Laura Coons	Beth Kennedy
Judith Elkin	Joanne Pelletier
Jack Fein	Wilma Schmidt

Life & Leisure Studies (LLS)

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

Science, Technology, Engineering & Mathematics (STEM)

Anne Matheus (<i>Chair</i>)	Dominic Schepis
Jack Fein	Stan Schmidt
Leathem Mehaffey	Jacqueline Seidel
Bob Nasser	Charles Shanes
Christopher Parks	Len Turkenkopf
Sara Rothman	Bill Walsh
Frank Rubin	

Social Science (SS)

Barbara Goodman (<i>Chair</i>)	Burt Morgan
Martin Charwat	Merrilee Osterhoudt
Vicki Fox	John Scileppi
Peggy Kelland	Gale Siegel
Tish Lange	Chris Starbala
Linda Lebensold	Barbara Sweet
Dewey Lee	Barbara Uhl

Classroom Support/ Audio-Visual Committee

Lou Newman (<i>Chair</i>)	Les Muldorf
Bob Abrams	Dominic Schepis
Jean Breyer	Dan Sims
Gary Fidler	Barbara Sweet
Martin Hochhauser	Herb Sweet
Bob Kaminski	Fred Taber
Ken Knapp	Bill Walsh
Leathem Mehaffey	



CLS Needs Volunteers!

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

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

Meet Our Member Services Team



Every Tuesday and Wednesday morning, our Member Services Committee provides beverages to CLS members between morning classes. You can usually find our set-up at the back of Room A, and when the weather is nice, we're outside on the patio (*between Rooms A and B*).

Coffee (*regular and decaf*), along with a variety of teas, and ice water are on the menu along with an occasional "goodie" or two. The beverage station opens for business at approx. 10:30AM (*after the 9:15AM class ends*), continues through the lunch break, then closes at 12:45PM, just before the afternoon sessions.

Stop by the beverage station and meet our enthusiastic committee of veteran volunteers who arrive early to get things ready, replenish supplies throughout the morning then break-down and clean-up at the end of the day. We look forward to seeing all of the new and returning faces as the 2026 Fall semester begins.

Pegeen & Tom Wall, Member Services Co-Chairs

Interested in joining the Member Services team?

Look for Tom, Pegeen, or any member of their volunteer team for more information.

Remember, you can always find them near the beverage station.

Important Fall 2026 Dates

<i>July 15th</i>	<i>*Fall '26 Course Catalog & Schedule Emailed/Registration Begins</i>
<i>July 17th</i>	<i>*Fall '26 Trip List & Schedule Emailed/Trip Registration Begins</i>
<i>Aug. 9th</i>	<i>*Fall '26 Course Registration Ends</i>
<i>Aug. 16th</i>	<i>*Fall '26 Trip Registration Ends</i>
<i>Aug. 19th</i>	<i>*Fall '26 Course Confirmations Emailed</i>
<i>Aug. 24th</i>	<i>*Fall '26 Trip Confirmations Emailed</i>
	<i>*Zoom Access Information Sent to Registered Members</i>
<i>Sept. 1st</i>	<i>*Labor Day - CLS Office/Marist Univ. Closed</i>
<i>Sept. 8th</i>	<i>*Fall '26 Classes Begin at Locust Grove</i>
<i>Sept. 10th</i>	<i>*Zoom Classes begin</i>
<i>Sept. 11th</i>	<i>*2026 Convocation Event at Locust Grove (1:00PM check-in)</i>
<i>Oct. 17th</i>	<i>*Indigenous Peoples' Day - CLS Office/Marist Univ. Closed</i>
<i>Oct. 28th</i>	<i>*Last Day of Classes at Locust Grove</i>
<i>Oct. 29th</i>	<i>*Last Day of Zoom/Virtual Class</i>

2026 SEPTEMBER

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



2026 OCTOBER

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Fall 2026 Course List & Schedule

Monday Classes			
Time	ID	Title	Course Dates
10:00 AM	LLS1	A Matter of Balance (Limit 15)	Sept. 14 & 28, Oct. 5, 19 & 26, and Nov. 2, 9 & 16
This course will meet at Marist University - Dyson Center 1001			
Tuesday Classes			
Time	ID	Title	Course Dates
9:15 AM	AL1	FILM NOIR: From Berlin to The Big Sleep	Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27
9:15 AM	AL2	Tai Chi for Arthritis & Fall Prevention (Limit 12)	Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27
9:15 AM	SS1	Investing Secrets Wall Street Doesn't Want You to Know (Limit 25)	Sept. 8, 15, 22 & 29
9:15 AM	SS2	Poland: Wiped Off the Map	Oct. 6, 13, 20 & 27
9:15 AM	LLS2	Northwell Health - Precision Redefined: Robotics in Modern Surgery	Sept. 8, 15, 22 & 29
11:00 AM	SS3	Potpourri	Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27
11:00 AM	AL3	What does it mean to be old?	Sept. 8, 15, 22 & 29
11:00 AM	SS4	Why Iran Matters: Geography, People, & Culture (Limit 30)	Oct. 6, 13, 20 & 27
11:00 AM	AL4	Orientalism: The East Seen Through Western Eyes	Oct. 6, 13, 20 & 27
11:00 AM	LLS3	History of Pilgrimage from Ancient to Modern Times, Part II	Sept. 8, 15, 22 & 29
11:00 AM	LLS4	Misprints that Shook the World - Sparked Outrage or Laughter	Oct. 6, 13, 20 & 27
1:15 PM	AL5	George Gershwin's Gershwin	Sept. 22 & 29 and Oct. 6, 13, 20 & 27
1:15 PM	LLS5	Lost Writing Systems and Languages: How They Were Found (Repeat Course)	Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27
1:15 PM	AL6	US Poets Laureate III (Limit 20)	Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27
1:15 PM	SS5	The Revolutionary War Battle by Battle, Part 1 (Repeat Course)	Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27
2:45 PM	LLS6	Trivia Afternoon (Limit 24)	Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27
2:45 PM	LLS7	Wines of the Iberian Peninsula (Limit 15 - Fee \$30)	Sept. 22 & 29 and Oct. 6, 13, 20 & 27
2:45 PM	LLS8	Mosaic Crochet (Limit 15)	Sept. 8, 15, 22 & 29
2:45 PM	LLS9	Crochet: Light Sampler Poncho (Limit 15)	Oct. 6, 13, 20 & 27



Members selected to participate in:

LLS7– Wines of the Iberian Peninsula or LLS10- Understanding and Appreciating Olive Oils & Vinegars, will be invoiced for the required class fee which must be paid immediately (see course details).

Note: Supplies are purchased based on the participant count. No refunds will be given once payment is made.

If you are not selected to participate in a course you requested due to a limited participant count, you may request another course to complete your fall schedule; however, you can only be added to a course if a seat is available.

Fall 2026 Course List & Schedule

Wednesday Classes			
Time	ID	Title	Course Dates
9:15 AM	LLS10	Understanding and Appreciating Olive Oils & Vinegars (Limit 20 - Fee \$5)	Oct. 7, 14, 21 & 28
9:15 AM	AL13	From Independence to Constitution: Founding a New Republic	Sept. 9, 16, 23 & 30 and Oct. 7 & 14
9:15 AM	SS6	Sex, Death, and Disease in American History	Sept. 9, 16, 23 & 30
11:00 AM	SS7	Braver Angel Skills for Courageous Citizenship (Limit 50)	Sept. 9, 16, 23 & 30
11:00 AM	SS8	Criminal Justice	Sept. 9, 16, 23 & 30
11:00 AM	STEM1	Global Warming: Science, Evidence, and Our Changing Planet	Oct. 7, 14, 21 & 28
11:00 AM	LLS11	How to Stay Healthy in an Unhealthy World	Sept. 9, 16, 23 & 30 and Oct. 7, 14, 21 & 28
11:00 AM	SS9	Psychology of Women	Sept. 9, 16, 23 & 30
1:15 PM	AL7	Personal Narrative in the Poetry of Stephen Crane & William Bronk	Sept. 9, 16, 23 & 30
1:15 PM	SS10	Enslavement, Emancipation and Abolition in New York's Mid-Hudson Valley	Oct. 7, 14, 21 & 28
1:15 PM	AL8	The Long Story Short Readers Theatre	Sept. 9, 16, 23 & 30 and Oct. 7, 14, 21 & 28
1:15 PM	AL9	The Leonardo da Vinci Mystery	Sept. 9, 16, 23 & 30 and Oct. 7, 14, 21 & 28
1:15 PM	AL10	Comedy Writing Workshop (Limit 15)	Sept. 9, 16, 23 & 30 and Oct. 7, 14, 21 & 28
Thursday Class (In-Person & Zoom)			
Time	ID	Title	Course Dates
11:00 AM	SS11	Using Ancestry to Write Your Family History (Limit 24)	Sept. 10, 17 & 24 and Oct. 1, 8, 15, 22 & 29
		This course will meet at Marist University - Dyson Center 1035 (computer lab)	
11:00 AM	AL11	"Dream on Monkey Mountain" by Derek Walcott and Selected Poems by Claude McKay (Zoom)	Sept. 10, 17 & 24 and Oct. 1, 8, 15, 22 & 29
1:15 PM	AL12	The Bible as Literature (Zoom)	Sept. 10, 17 & 24 and Oct. 1, 8, 15, 22 & 29
6:30 PM	SS12	Designing and Facilitating an Alzheimer's/Dementia Support Group (Limit 12) (Zoom)	Sept. 10, 17 & 24 and Oct. 1, 8, 15, 22 & 29

Zoom Details

Zoom access information will be emailed on August 24th. Make sure you **SAVE your Zoom access email, you will need it to access the class link for each class meeting date.**

Test the Zoom link! Test the Zoom link BEFORE the first class session.

Class Managers Needed

*There are several courses listed in the fall catalog that still **need a class manager**. Please consider volunteering to serve as a class manager and guarantee your seat in that class.*

~ Instructions and guidance are provided by the curriculum team ~



SPECIAL EVENT
2026 CLS CONVOCATION
Friday, Sept. 11, 2026 at Locust Grove

The **2026 CLS Convocation** to be held on **Friday September 11**, and It's shaping up to be one of the most joyful, celebratory gatherings we've hosted.

Event **check-in begins at 1PM**, and our afternoon will open with warm reunion energy as we welcome, Robin Will our beloved Administrative Coordinator for the past seven years, as our Keynote speaker.

Robin is retiring after an extraordinary four decade career at Marist University, and she'll be sharing her one of a kind insider's perspective on CLS – its evolution, its heart, and the community she helped shape.

As if that weren't enough, our VP for Public Information, Fred Taber, will unveil the winning photographs of the first annual CLS Photo Contest, adding a burst of creativity and celebration to the day.

This is truly an event you won't want to miss – hurry and register, because seats are limited. Pre-registration is required and the event is **free**, but...a snack or desserts would be most welcomed!

Event Coordinator & Host: Joyce Garrity, Vice President for Administration



Registering for Classes

To register for fall classes, 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. Correct any inaccurate data then finalize your registration for submission. Your course selections will be retained while you fix any highlighted fields or to put a check in a required box.

Your First Name, Last Name and CLS ID#, must be entered EXACTLY as they appeared at the top of the personalized email sent by the *CLS office*. *If you forget your CLS ID#, you can also find it on the back of your ID badge (back side, bottom right).*

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

Click link below to register

<https://www.marist.edu/extended-learning/cls/course-registration>

Fall 2026
Course Details & Descriptions

LLS1-A Matter of Balance

(8 weeks/credits)

Day & Dates: Mon, Sept. 14 & 28, Oct. 5, 19 & 26, and Nov. 2, 9 & 16

Time: 10:00 AM – 12:00 Noon

Class Manager: Cetta Hollister

Presenters: Judy Hearney and 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 the class program and group discussions make this a fast-moving enjoyable experience.

Class Limit: 15 participants

AL1-FILM NOIR: From Berlin to The Big Sleep

(8 weeks/credits)

Day & Dates: Tue, Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27

Time: 9:15 AM

Class Manager: Laura Coons

Presenter: Chuck Mishan, Lecturer of music and opera

Description: Film Noir is often celebrated as the quintessential American genre, but its dark heart was born in the shadows of post-WWI Berlin. We will trace the haunting lineage of cinema's most seductive style from the distorted, jagged sets of German Expressionism to the back alleys of 1940's Los Angeles. We will investigate how the "visual angst" of refugee filmmakers transformed the California dream into a claustrophobic nightmare of fate, obsession, and moral ambiguity. By analyzing the migration of cinematic techniques and narratives we will uncover how the trauma of a fractured Europe redefined the American screen. Video clips and film recommendations will be included.

AL2-Tai Chi for Arthritis & Fall Prevention

(8 weeks/credits)

Day & Dates: Tue, Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27

Time: 9:15 AM

Class Manager: Ginny Fidler

Presenter: Diane Ramos, Dutchess County Office for the Aging

Description: Certified Tai Chi Trainers from the Dutchess County Office for the Aging will lead this safe and easy-to-learn sequence of slow, beautiful, continuous 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. Tai Chi is a disciplined practice with a long history. Each movement builds on the previous lesson. Members should endeavor to attend each class.

Class Limit: 15 participants

SS1-Investing Secrets Wall Street Doesn't Want You to Know

(4 weeks/credits)

Day & Dates: Tue, Sept. 8, 15, 22 & 29

Time: 9:15 AM

Class Manager: John Scileppi

Presenter: Richard Nathan, Consumer Advocate

Description: Even if you are already investing, this lively, factual seminar from consumer advocate Richard Nathan is for you. He's not a salesman trying to get you to buy anything, so he will tell you what advertising doesn't: how not to be ripped off when buying insurance; whether you need a financial planner, and how to choose one; and how to invest in mutual funds. You will have the confidence to invest on your own or find someone who will truly work for you.

Class Limit: 25 participants

SS2-Poland: Wiped Off the Map**(4 weeks/credits)****Day & Dates:** Tue, Oct. 6, 13, 20 & 27**Time:** 9:15 AM**Class Manager:** Barbara Goodman**Presenter:** Chris Starbala, CLS Member

Description: From 1772 to 1792 Poland was partitioned 3 times, its territory divided among Austria, Prussia and Russia. What led to this disaster, and what role did the Polish general Thaddeus Kosciuszko of American Revolution fame play? The course will follow the 150-year saga of the Polish struggle to restore their nation after it was wiped from the map, from the 18th century through World War I and Poland's 1920 defeat of the Soviet Bolsheviks to become a free nation once more.

LLS2-Northwell Health - Precision Redefined: Robotics in Modern Surgery**(4 weeks/credits)****Day & Dates:** Tue, Sept. 8, 15, 22 & 29**Time:** 9:15 AM**Class Manager:** Rhonda Eickman

Description: Robotic technology is transforming the way surgeons at Northwell Health perform complex procedures. In this engaging lecture, participants will learn how advanced robotic systems enhance surgical precision, reduce recovery times, and expand what is possible in minimally invasive care. Northwell surgeons will explain how they use robotics to navigate delicate anatomy with greater accuracy, improve patient outcomes, and personalize treatment across specialties. Attendees will gain an inside look at today's operating room, where human expertise and robotic innovation work together to deliver safer, more effective surgical care.

Presenters & Affiliations

Airway and Lung Bronchoscopy	Dr. Tanmay Panchabhai, Northwell Health
Robotic Spine Surgery, Part 1	Dr. Michael H. Cho, Northwell Health
Robotic Colorectal Surgery	Dr. Pranat Kumar, Northwell Health
Robotic Spine Surgery, Part 2	Dr. David L. Penn, Northwell Health

SS3-Potpourri**(8 weeks/credits)****Day & Dates:** Tue, Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27**Time:** 11:00 AM**Class Manager:** **Class Manager Needed**

Description: The Potpourri course offers several interesting and informative talks on multiple stand-alone topics. They are presented by different experts in their fields. Occasionally these talks may become the basis for full courses in future semesters as they stimulate interest in new fields. Some presenters encourage a high degree of audience participation and will indicate this at the beginning.

Presenters & Affiliations

American Virtuoso Pianist & Composer, Louis Moreau Gottschalk	Michelle Keeley, CLS Member
Oil & Vinegar: Unmixed	John Canevari, Vintner and Entrepreneur
The Scoop on Ice Cream Flavors	Dylan Parkin, Star Kay White, Inc.
To Be Announced	To Be Announced
FDR, Jews and America During the Holocaust	Barbara Goodman, CLS Member
Panama: Sailing the Canal and More	John Wargo, CLS Member
Adventures Along the Adriatic Coast	John Wargo, CLS Member
The 150 th New York's Last Battle: Aversboro	Michael Bowden, Dutchess Community College

AL3-What does it mean to be old?**(4 weeks/credits)****Day & Dates:** Tue, Sept. 8, 15, 22 & 29**Time:** 11:00 AM**Class Manager:** **Class Manager Needed****Presenter:** Anne Constantinople

Description: In this course, we have traditionally used novels and plays to help us understand some stages of personality development or influence of culture on who we become. Each year, we find a new theme and the appropriate readings to carry the class. This year the organizing principle is, "Our best guess. What does it mean to be old?" We have been struck by the difference between what we thought was old when we were growing up and what we are now experiencing ourselves. That will be part of our examination. Personality theories have not often had much to say about this process, and how much of it is based in culture rather than biology or psychology. We expect that there will be room for lots of discussion. As is customary, the heart of this course will be the conversation that we have...your voice and mine are required to make it all work.

SS4-Why Iran Matters: Geography, People, & Culture**(4 weeks/credits)****Day & Dates:** Tue, Oct. 6, 13, 20 & 27**Time:** 11:00 AM**Class Manager:** Tish Lange**Presenter:** Azra Dale, Public Health Educator (*retired*)

Description: This four-week session series offers a warm, conversational introduction to life in Iran through personal stories and open discussion. Designed for those with little prior knowledge, it explores Iran's culture, history, government and global role, with ample time for questions and reflection.

Class Limit: 30 participants

AL4-Orientalism: The East Seen Through Western Eyes**(4 weeks/credits)****Day & Dates:** Tue, Oct. 6, 13, 20 & 27**Time:** 11:00 AM.**Class Manager:** **Class Manager Needed****Presenter:** David Roberts

Description: This is an art history course that will examine the various Asian cultures that inspired or were interpreted by Europeans: The East seen through Western eyes. Included will be: Chinoiserie - a fantasy version of the art and culture of the Far East; 19th century Orientalist art, which was the result of colonialism in the Near East and North Africa, and Japonisme, which was the reaction to Japanese aesthetics after Japan was reopened to world trade in 1854, producing a craze for Japanese art.

**LLS3-History of Pilgrimage from Ancient to Modern Times, Part II
(From Sacred Chambers to Woodstock)****(4 weeks/credits)****Day & Dates:** Tue, Sept. 8, 15, 22 & 29**Time:** 11:00 AM**Class Manager:** **Class Manager Needed****Presenter:** Esther Odescalchi, CLS Member

Description: This course continues the history of pilgrimage offered last semester. We will review thousands of years of history across remarkable pilgrimage destinations. We will climb sacred mountains, descend into the cathedral of Wieliczka Salt Mine, and explore sites of spiritual, cultural, ancestral, ascetic and historical pilgrimage traditions. We will examine personal, and state-sponsored pilgrimages and follow 21st-century pilgrims to shrines, places of miracles and healing, sacred rivers, and iconic destinations such as the homes of Hemingway and Presley, and Woodstock. The course will include ancient pilgrimage traditions of the ancient Aztec, Inca, and Mayan civilizations.

LLS4-Misprints that Shook the World - Sparked Outrage or Laughter**(4 weeks/credits)****Day & Dates:** Tue, Oct. 6, 13, 20 & 27**Time:** 11:00 AM**Class Manager:** **Class Manager Needed****Presenter:** Esther Odescalchi, CLS Member

Description: This course reviews historical misprints that made headlines and caused chaos. It also explores funny mistakes, hilarious typos, amusing oops on paper that made people laugh or caused major misunderstandings. It provides historical examples, such as the 1631 Wicked Bible, the 1980 U.S. Nuclear False Alarm, the 1978 "Public" Hair Catalog, and a variety of unintentionally hilarious church bulletin mistakes (Church-ladies bulletins).

AL5-George Gershwin's Gershwin**(6 weeks/credits)****Day & Dates:** Tue, Sept. 22 & 29 and Oct. 6, 13, 20 & 27**Time:** 1:15 PM**Class Manager:** Gil Seligman**Presenter:** Leslie Gerber, Parnassus Records

Description: In this series we will hear Gershwin's music as it was heard in his time, including all the existing recordings of Gershwin himself playing and conducting his own music. We'll also hear the performers whose versions of Gershwin's music received his personal approval, including his favorite singer, Fred Astaire, and the singers who appeared in the original production of "Porgy and Bess."

LLS5-Lost Writing Systems and Languages: How They Were Found**(8 weeks/credits)****Day & Dates:** Tue, Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27**Time:** 1:15 PM**Class Manager:** **Class Manager Needed****Presenter:** John Gavin, CLS Member

Description: When a culture's writing system and language are lost, the history of that culture is also lost. No one could translate Egyptian writing for 1,500 years. Mesopotamian languages were hidden for 2,000 years. Archaic Greek was silent for 3,000 years. The course will discuss these three language mysteries and the people who solved these unsolvable problems. The course will mix history, language, geography, literature and biography. *(Repeat course from 2022)*

AL6-US Poets Laureate III**(8 weeks/credits)****Day & Dates:** Tue, Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27**Time:** 1:15 PM**Class Manager:** **Class Manager Needed****Presenter:** William (Bill) Joel, Poet and Teacher *(retired)*

Description: During this course we'll be exploring the work of a new group of United States Poets Laureate, reading and discussing several poems by each. This course is a continuation of US Poets Laureate I and II. It will focus on a new set of seven poets. However, the previous course is not a prerequisite for this one. As before, you might find a new poet to explore further after the course.

Class Limit: 20 participants

SS5-The Revolutionary War Battle by Battle, Part 1

(8 weeks/credits)

Day & Dates: Tue, Sept. 8, 15, 22 & 29 and Oct. 6, 13, 20 & 27

Time: 1:15 PM

Class Manager: Merrilee Osterhoudt

Presenter: Robert Ulrich, CLS Member

Description: The Revolutionary War lasted eight years from the Battle of Lexington and Concord in 1775 to signing the Treaty of Paris in 1783. Timed to coincide with America's 250th birthday, this course will feature a deep dive into details to help us better understand the sacrifices made to achieve independence. This is Part I of a 2-semester course concluding in the spring, covering every major battle and skirmish of the Revolutionary War for a more complete picture of the fight for independence. ([Repeat Course](#))

LLS6-Trivia Afternoon

(4 weeks/credits)

Day & Dates: Tue, Sept. 8, 15, 22 & 29

Time: 2:45 PM

Class Manager: **Class Manager Needed**

Presenter: Barbara Van Itallie, CLS Member

Description: Let's have a pleasant end to our CLS day with some fun trivia games. Register alone or tell your team to register too. We'll try a format of different ways to present trivia and related games. Maybe prizes, maybe surprises. All for fun! Stay as long as you wish.

Class Limit: 24 participants

LLS7-Wines of the Iberian Peninsula

(6 weeks/credits)

Day & Dates: Tue, Sept. 22 & 29 and Oct. 6, 13, 20 & 27

Time: 2:45 PM

Class Manager: Merrilee Osterhoudt/Rhonda Eickman

Presenter: Arnie Serotsky, Vassar LLI

Description: A comparative tasting of Spanish and Portuguese wines invites participants to explore how two neighboring countries express their landscapes through distinct grape varieties and wine-making traditions. The class highlights contrasts in style, structure, and flavor while revealing the shared heritage that links the Iberian Peninsula's most iconic bottles.

Class Limit: 15 participants – **Course Fee \$30**

LLS8-Mosaic Crochet

(4 weeks/credits)

Day & Dates: Tue, Sept. 8, 15, 22 & 29

Time: 2:45 PM

Class Manager: **Class Manager Needed**

Presenter: Nancy Wells, CLS Member

Description: Wondering how intricate mosaic crochet is made? Now is your chance to see how simple it is. All you need is 2 contrasting yarns, and a knowledge of single and double crochet. All are welcome to come and make a snowflake pattern and a designed dishcloth.

Class Limit: 15 participants

LLS9-Crochet: Light Sampler Poncho Class Limit: 15)**(4 weeks/credits)****Day & Dates:** Tue, Oct. 6, 13, 20 & 27**Time:** 2:45 PM**Class Manager:** Ginny Fidler**Presenter:** Candy Pisterzi, CLS Member

Description: How would you like to crochet something you can wear? This class is for beginners in crochet. All you need to know is single and double crochet stitches. You will make 2 rectangles and sew them together. It is fun and easy.

LLS10-Understanding and Appreciating Olive Oils & Vinegars**(4 weeks/credits)****Day & Dates:** Wed, Oct. 7, 14, 21 & 28**Time:** 9:15 AM**Class Manager:** Merrilee Osterhoudt**Presenter:** John Canevari, Entrepreneur

Description: John Canevari, a pharmaceutical industry retiree, now co-owns the Blue Olive stores in Pawling, Cold Spring, and at Eastdale in Poughkeepsie. John holds an Olive Oil Sommelier Certification from The International Culinary Center and the North American Olive Oil Association and has presented on the topics of olive oils and vinegars at CCNY (City College of New York), Dutchess County libraries, school districts' continuing education programs, and for the staffs at a number of restaurants. Classes will explore: Olive Oil history, chemistry, production process, and classification; Olive Oil health benefits, tasting, and sensory evaluation; Vinegars chemistry, production process, and classification; and finally, Vinegars - tasting wine and balsamic vinegars.

Class Limit: 20 participants - Fee \$5

AL13-From Independence to Constitution: Founding a New Republic**(6 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30 and Oct. 7 & 14**Time:** 9:15 AM**Class Manager:** **Class Manager Needed****Presenter:** Robert Beaury, Bard LLI

Description: This course examines the founding of the United States as a process shaped by debate, compromise, and conflict. Beginning with the Declaration of Independence, we will consider how Americans justified the separation from Britain, defined basic rights, and sought support at home and abroad. We will trace the move from the Articles of Confederation to the Constitution focusing on how the framers balanced liberty with authority and state power with national power. The course also explores the conflicts and compromises that shaped the new republic and continue to influence constitutional debates today.

SS6-Sex, Death, and Disease in American History**(4 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30**Time:** 9:15 AM**Class Manager:** Anne Matheus**Presenter:** Nicholas Marshall, PhD, Marist University, Assoc. Professor of History

Description: This course will cover topics in the history of sexuality, death, and disease, (And sometimes all three at once!) We will begin with the Puritans, and the unfair characterization of their approach to sexuality, and then move on to the dramatic smallpox epidemic of the Revolutionary War era (including important decisions made by George Washington). The Shakers and the Oneida communities will serve as representatives of 19th-century experiments in new social organization, and we will conclude with a controversial Navy investigation into homosexuality in Newport (helmed by FDR) and the Tuskegee Syphilis Study.

SS7-Braver Angel Skills for Courageous Citizenship**(4 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30**Time:** 11:00 AM**Class Manager:** Dewey Lee**Presenter:** Vahe Kenkjian, Braver Angels NY – Hudson River Valley

Description: Using a combination of lecture, small group discussion, practical skill-building and parliamentary debate, participants will practice how to listen to understand better, how to speak to be understood better, how to find common ground across political or social differences, and how to develop ways to work together in their communities.

Class Limit: 50 participants

SS8-Criminal Justice**(4 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30**Time:** 11:00 AM**Class Manager:** Anne Matheus**Presenter:** John Gildard, Marist University, Director of Safety & Security (*retired*)

Description: This course offers an accessible introduction to the American criminal justice system, tracing how cases move from initial investigation through adjudication and correctional outcomes. Students explore the roles of law enforcement, courts, and correctional institutions while examining how policy, practice, and community impact and intersect.

STEM1-Global Warming: Science, Evidence, and Our Changing Planet**(4 weeks/credits)****Day & Dates:** Wed, Oct. 7, 14, 21 & 28**Time:** 11:00 AM**Class Manager:** Anne Matheus**Presenter:** Thomas Lynch, PhD, Marist University

Description: This course provides a clear, science-based understanding of global warming and its accelerating impact on Earth's climate systems. Participants explore the physical mechanisms driving planetary warming, the role of greenhouse gases, and measurable trends in atmospheric data, ocean temperatures, and extreme weather. The course explains how scientists gather and interpret climate evidence, making models and projections understandable for non-specialists. Sessions also examine ecological and societal consequences—including sea level rise, biodiversity loss, public health risks, and economic challenges—while encouraging thoughtful dialogue about mitigation, adaptation, and informed personal and community action.

LLS11-How to Stay Healthy in an Unhealthy World**(8 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30 and Oct. 7, 14, 21 & 28**Time:** 11:00 AM**Class Manager:** Lou Newman**Presenter:** Eliot Hudes, CLS Member

Description: The course will cover a wide range of health topics in an easy-to-understand format with an emphasis on self-help measures to prevent illness and maintain optimal health.

SS9-Psychology of Women**(4 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30**Time:** 11:00 AM**Class Manager:** **Class Manager Needed****Presenter:** Elizabeth Quinn, PhD, Marist University, Assoc. Professor of Psychology (*retired*)

Description: This course allows all of us, regardless of our gender, to examine the psychological experiences of women through research, lived perspectives, and contemporary social issues. It explores how gender is shaped by culture, identity, and socialization; how women navigate relationships, work, health, and aging; and how intersecting identities influence opportunity and well-being. Key topics include gender development, communication styles, mental health, violence, resilience, and the influence of media and technology. Through case studies, discussion, and current scholarship, participants will deepen their understanding of the diverse and evolving experiences of women across the lifespan.

AL7-Personal Narrative in the Poetry of Stephen Crane & William Bronk**(4 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30**Time:** 1:15 PM**Class Manager:** Miriam Rubin**Presenter:** Judith Saunders, Marist University, Professor of English (*retired*)

Description: Stephen Crane (1871-1900) and William Bronk (1918-1999) are American poets whose work manifests both formal and thematic commonalities. One of their shared interests concerns what contemporary Evolutionary Psychologists have named “personal narratives” that is the stories people construct about themselves in order to invest their lives with purpose and significance. Crane and Bronk both explore the human tendency to compose and, when necessary, revise these stories of self, which lay claim to a variety of values and achievements. Such stories serve as private sources of comfort and self-esteem as well as public recognition.

SS10-Enslavement, Emancipation & Abolition in New York's Mid-Hudson Valley**(4 weeks/credits)****Day & Dates:** Wed, Oct. 7, 14, 21 & 28**Time:** 1:15 PM**Class Manager:** Barbara Sweet**Presenter:** Peter Bunten, Mid-Hudson Antislavery History Project (Dutchess County)

Description: This course explores the history of enslavement, resistance, emancipation, and abolition in New York's Mid-Hudson Valley, with special attention to Poughkeepsie and surrounding Black communities. Beginning with slavery's early development in New York, students will examine the lives and labor of enslaved people, the language used to describe slavery, and the many forms of resistance practiced from the start. The course then traces the uneven path toward freedom through the Revolutionary era, the role of Quakers, freedom-seeking networks, manumission, and New York's 1799 gradual abolition law. Participants will also study the growth of free Black communities, the emergence of a rising generation of free Black New Yorkers, and the institutions that shaped abolitionist activism, including the New York Manumission Society, the African Free School, antislavery churches, and women's organizing. Throughout, the course centers African American agency in the American story.

AL8-The Long Story Short Readers Theatre**(8 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30 and Oct. 7, 14, 21 & 28**Time:** 1:15 PM**Class Manager:** Judi Elkin**Presenter:** Christine Crawfis, Director - County Players

Description: Short, compact, concise plays from dramatic literature that highlight compelling themes with unexpected twists and immediate emotional resonance will be dramatically delivered by the actors from the Magic of Theatre classes of past semesters. These bite-sized pieces will evoke discussion and leave a lasting impact.

AL9-The Leonardo da Vinci Mystery**(8 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30 and Oct. 7, 14, 21 & 28**Time:** 1:15 PM**Class Manager:** **Class Manager Needed****Presenter:** Jim Bennett

Description: A visually rich exploration of one of the most enduring puzzles in Western art: What is the true story behind the Mona Lisa, a centuries old mystery that has never been fully resolved? Rather than a traditional art history course, this program will unfold like a historical detective story. Each week, participants examine clues hidden in Leonardo's paintings, drawings, and techniques, alongside evidence from his biography and Renaissance culture. These clues gradually reveal a far more complex and human story than the familiar textbook narrative. In the final session, I will present my own surprising and original solution to the mystery -- a conclusion grounded in the visual and historical evidence explored throughout the course.

AL10-Comedy Writing Workshop Class**(8 weeks/credits)****Day & Dates:** Wed, Sept. 9, 16, 23 & 30 and Oct. 7, 14, 21 & 28**Time:** 1:15 PM**Class Manager:** **Class Manager Needed****Presenter:** Linda Rappaport, Author

Description: Do you think you're funny? Would you like to be? Does the world have you down? Then you are ripe to take a comedy writing workshop. You will learn cool comedy terminology, write a short standup routine using tried and true comedic structures, participate in improv scenes, present a Comedy Showcase, laugh and make others laugh. This class builds on trust and incorporating previous lessons, so please be sure you can commit before signing up.

Limit: 15 participants

SS11-Using Ancestry to Write Your Family History**(8 weeks/credits)****Day & Dates:** Thur, Sept. 10, 17 & 24 and Oct. 1, 8, 15, 22 & 29**Time:** 11:00 AM**Location:** Marist University – Dyson Center, Room 1035**Class Manager:** Barbara Goodman/ Anne Matheus**Presenter:** Vicki Fox

Description: Class participants will access Ancestry and other online family history sites to research documents, create family trees, digitize old photos, and begin writing their own printable family history document. Participants should use the free 2-week trial to join Ancestry World Explorer by the start of class on Sept 14 to make the most of this class.

Class Limit: 24 participants

AL11-"Dream on Monkey Mountain" by Derek Walcott and Selected Poems by Claude McKay (Zoom)**(8 weeks/credits)****Day & Dates:** Thur, Sept. 10, 17 & 24 and Oct. 1, 8, 15, 22 & 29**Time:** 11:00 AM**Class Manager:** **Class Manager Needed****Presenter:** Jacqueline (Jackie) Goffe-McNish

Description: Derek Walcott is the only Caribbean writer to win a Nobel Prize for Literature. His play, Dream on Monkey Mountain, illustrates the post-colonial ambivalence experienced by Caribbean people striving to create a new identity which is neither African nor European. We will explore characters who personify the European, the Creolized, the African, the post-colonial, and Spirit caricatures. This play includes presentations of magical realism, symbolic geography, and religious allusions. Claude McKay, a Jamaican American writer and poet, was a seminal figure in the Harlem Renaissance. Shocked by the intense racism he encountered he was inspired to write about his experiences.

AL12-The Bible as Literature
(Zoom)

(8 weeks/credits)

Day & Dates: Thur, Sept. 10, 17 & 24 and Oct. 1, 8, 15, 22 & 29

Time: 1:15 PM

Class Manager: **Class Manager Needed**

Presenter: Jacqueline (Jackie) Goffe-McNish

Description: This course will explore the literature of the Bible. Included will be a discussion of the poetry and prose in the Bible with emphases on the historical stories, parables, proverbs, psalms, songs, and prophesies. This is a study of the books of the Bible. It discusses the presentation of women and men, symbolic geography, pastoralism, submersion, epiphany, surrealism and veiling. The books will be analyzed in relation to culture, history, and structure. Some topics to be discussed are the role of the messiah, the spread of Christianity, the connection between Genesis and Revelation, and the magically real journey of the Children of Israel. We will structurally analyze the text and look at the historical place of the Bible among canonical literature.

SS12-Designing and Facilitating an Alzheimer's/Dementia Support Group
(Zoom)

(8 weeks/credits)

Day & Dates: Thur, Sept. 10, 17 & 24 and Oct. 1, 8, 15, 22 & 29

Time: 6:30 PM

Class Manager: Anne Matheus

Presenter: David Bunn, Marist University, Part-Time Faculty of Psychology

Description: This online program begins with a foundational session on how to design and facilitate an Alzheimer's/Dementia support group, including establishing goals, fostering inclusive participation, and selecting appropriate discussion topics. Participants will learn practical strategies for creating a safe, compassionate, and educational environment. Following this introductory session, the program transitions into a professionally facilitated weekly support group where members engage in guided discussions, share experiences, and build coping skills related to caregiving and understanding dementia for a consistent, accessible space for connection within the CLS community.

Class Limit: 12 participants

Classroom & Attendance Protocols

(Virtual & In-Person)

CLS volunteers expend considerable time and energy preparing and delivering the first-rate courses that have made CLS so popular. CLS is fortunate to be located in an area with so many colleges and industries having such an abundance of talented individuals who are willing to donate their time to create and present high-quality classes for CLS. Because the CLS members, outside experts, and educators who deliver CLS classes receive no compensation or honoraria, their only reward is the interest of a courteous and appreciative audience. To optimize the class experience for the presenters, class managers, and other CLS members attending these classes, we ask that you comply with the following:

Make every effort to attend the classes for which you are registered. Good attendance is a presenter's and class manager's best reward. 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. All presenters are volunteers and have invested time and effort into preparing and delivering the class. 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.

Important Reminders

- ◇ *Only active members can register for fall classes*
- ◇ *Aug 9th Fall '26 Course Registration Ends*
- ◇ *Remember to enter your courses in priority order when registering*
- ◇ *Proof your courses selections carefully before submitting*
- ◇ *Contact the CLS Office if you do not receive your submission confirmation email after you submit your registration*

Click link below to register

<https://www.marist.edu/extended-learning/cls/course-registration>



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Center for Lifetime Study
Phone: 845-575-3902
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Website: www.marist.edu/extended-learning/cls