

MARIST

Center for Lifetime Study



Spring 2026

Course Catalog

& Schedule

February 9, 2026



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

Arts & Literature (AL)

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

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

Science, Technology, Engineering & Mathematics (STEM)

Jack Fein	Dominic Schepis
Leathem Mehaffey	Stan Schmidt
Bob Nasser	Jacqueline Seidel
Christopher Parks	Charles Shanes
Sara Rothman	Len Turkenkopf
Frank Rubin	Bill Walsh

Social Science (SS)

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

Classroom Support/ Audio-Visual Committee

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



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.

Registering for Classes

To register for spring 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 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.

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)

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



Important Dates for Spring 2026

- Feb 9th *Spring '26 Course Catalog & Schedule Emailed/Registration Begins
- Feb 16th *Spring '26 Trip List & Schedule Emailed/Trip Registration Begins
- Mar 8th *Spring '26 Course Registration Ends
- Mar 13th *Spring '26 Course Confirmations Emailed
- Mar 15th *Spring '26 Trip Registration Ends
- Mar 16th *Spring Break - CLS Office/Marist University Closed
- Mar 17th *Spring '26 Zoom Access Information Emailed
- Mar 23rd *Spring '26 Trip Confirmations Emailed
- Mar 31st *Spring '26 Courses Begin at Locust Grove
- Apr 2nd *Spring '26 Zoom/Virtual Courses Begin
- May 1st *CLS Membership Renewals Begin for 2026/2027 Year
- May 20th *Last Day of Classes at Locust Grove
- May 21st *Last Day of Zoom/Virtual Class
- Jun 4th *CLS Annual Meeting (Save the Date)
- Jun 30th *CLS Membership Renewal Portal Closes at 5:00 PM
- Jul 1st *The 2026/2027 CLS Academic Year Begins
- Jul 6th *Membership Dues Payment Deadline for the 2026/2027 Year



Spring 2026 Course List & Schedule

Tuesday Classes

Time	Course ID	Course Title	Course Dates
9:15 AM	AL1	Tai Chi for Arthritis & Fall Prevention (Max = 15)	March 31, April 7, 14, 21 & 28 May 5, 12 & 19
9:15 AM	AL2	"Uneasy lies the head that wears a crown" (Shakespeare's Henry IV, Part II, Act 3:1)	March 31, April 7, 14, 21 & 28 May 5 & 12
9:15 AM	SS1	Topics in Hudson Valley History	April 28, May 5, 12 & 19
9:15 AM	LLS1	Bloom & Thrive: Gardening for Pollinators Without Feeding the Deer	March 31, April 7, 14 & 21
11:00 AM	LLS2	Magic for Grandparents (Max = 24/Cost = \$25)	April 28, May 5, 12 & 19
11:00 AM	SS2	Social Science Potpourri	March 31, April 7, 14, 21 & 28 May 5, 12 & 19
11:00 AM	SS3	Great Decisions 2026	March 31, April 7, 14, 21 & 28 May 5, 12 & 19
11:00 AM	LLS3	History of Pilgrimage from Ancient to Modern From Sacred Chambers to Woodstock	March 31, April 7, 14, 21 & 28 May 5, 12 & 19
11:00 AM	LLS4	What Can We Do About Political Polarizations? (Max = 35)	March 31, April 7, 14 & 21
1:15 PM	LLS5	What the Heck is Existentialism: A Personal View (Max = 30)	March 31, April 7, 14, 21 & 28 May 5, 12 & 19
1:15 AM	AL3	Sviatoslav Richter: Pianist of the Century	March 31, April 7, 14, 21 & 28 May 5, 12 & 19
1:15 AM	AL4	Discovering Calligraphy as a Creative and Healthful Pastime (Max = 15)	March 31, April 7, 14, 21 & 28 May 5, 12 & 19
1:15 PM	AL5	The Art of Writing & Storytelling (Max = 15)	March 31, April 7, 14, 21 & 28 May 5, 12 & 19
2:45 PM	STEM1	Paleolithic Technology	March 31, April 7, 14 & 21
2:45 PM	LLS6	Wines of the Southern Hemisphere (Max = 15/Cost = \$25)	April 14, 21 & 28 May 5, 12 & 19
2:45 PM	STEM2	Hudson Valley Woodlands: Past, Present and Future	March 31, April 7, 14, 21 & 28 May 5, 12 & 19



If you are selected to participate in LLS2 – Magic for Grandparents or LLS6 - Wines of the Southern Hemisphere, you will be invoiced for \$25 which must be paid immediately. Supplies for these courses are purchased based on the participant count. No refunds will be given once paid regardless of circumstances.

If you are not selected to participate in a course with a noted max participant count, you may request another course to complete your spring schedule; however, the course you request can only be added if a seat is available.

Spring 2026 Course List & Schedule

Wednesday Classes

Time	Course ID	Course Title	Course Dates
9:15 AM	LLS7	Understanding & Appreciating Olive Oils & Vinegars (Max = 15)	April 1, 8, 15 & 22
9:15 AM	SS4	Four More Who Ran For President and Did Not Make It	April 29, May 6, 13 & 20
11:00 AM	SS5	The Revolution at Home	April 1, 8, 15 & 22
11:00 AM	AL6	Representations of Family in Contemporary Poetry	April 1, 8, 15, 22 & 29 May 6, 13 & 20
11:00 AM	AL7	Art History: The Many Roles of Women in Western and Non-Western Art	April 29, May 6, 13 & 20
11:00 AM	STEM3	IBM Seminar	April 1, 8, 15, 22 & 29 May 6, 13 & 20
1:15 PM	LLS8	Dutchess County Office of the Aging Services & Programs	April 1, 8, 15 & 22
1:15 PM	SS6	Space Exploration	April 1, 8, 15, 22 & 29 May 6, 13 & 20
1:15 PM	AL8	The Magic of Readers Theatre: Theatre of the Mind	April 1, 8, 15, 22 & 29 May 6, 13 & 20
1:15 PM	SS7	Mental Illness: Health Issues for Seniors	April 29, May 6, 13 & 20
1:15 PM	LLS9	Your Wealth for the Long Life: Planning & Protecting	April 29, May 6, 13 & 20
2:45 PM	SS8	African Civilizations: An Analysis of Early African Kingdoms	April 29, May 6, 13 & 20
2:45 PM	LLS10	The Birth and Death of Photojournalism	April 8, 15, 22 & 29 May 6, 13 & 20
2:45 PM	AL9	Inside the Bardavon: New York's Oldest Continually Operating Theater	April 1, 8, 15, 22 & 29 May 6, 13 & 20

Thursday Zoom Class

Time	Course ID	Course Title	Course Dates
11:00 AM	AL10	"Praisesong For The Widow" by Paule Marshall	April 2, 9, 16, 23 & 30 May 7, 14 & 21

Zoom Details

Zoom access information will be emailed on March 17th - **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.

Spring 2026 Course Details & Descriptions

AL1 - Tai Chi for Arthritis & Fall Prevention

8 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

Time: 9:15 AM

Class Manager: Ginny Fidler

Presenters: Diane Ramos and Georgette Weir, 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 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 Max: 15 participants

AL2 - "Uneasy lies the head that wears a crown." (Shakespeare's Henry IV, Part II, Act 3:1)

7 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5 & 12

Time: 9:15 AM

Class Manager: Laura Coons

Presenter: Chuck Mishaan, Lecturer of music and opera

Description: This course will look at the troubled reigns of royal rulers as portrayed on the operatic stage, and the political context in which these operas were created and performed. From the earliest days of opera to the present, the stage was where audiences received and reacted to (not so) hidden political messages. We will examine how Enlightenment philosophies challenged the autocracies of the 17th-21st centuries, as well as the autocratic response. The course will include relevant operatic excerpts.

SS1 - Topics in Hudson Valley History

4 Weeks

Day & Dates: Tues, April 28 and May 5, 12 & 19

Time: 9:15 AM

Class Manager: Vicki Fox

Description: An eclectic variety of topics ranging from three centuries of Poughkeepsie history, to the early 20th century building of the Bear Mountain Bridge, to a bygone year-round Yiddish camp for Communist adults that flourished for several decades just south of Beacon.

Presenters, Affiliations & Topics

Queen City in Flux: Three Centuries of Growth and Loss in Poughkeepsie	Shannon Butler, City Historian, Poughkeepsie Public Library District
Old Schools and Seminaries of Poughkeepsie	
Beacon's Camp Nitgedaiget: A Vanished Utopia	Diane Lapis, Trustee, Beacon Historical Society
The Building of the Bear Mountain Bridge	Kathryn Burke, Former Director, Historic Bridges of the Hudson Valley

NOTE: Courses that list multiple presenters and multiple topics are *not* always listed in the order of their presentation date. Check with the Class Manager for specific topic dates.

LLS1 - Bloom & Thrive: Gardening for Pollinators Without Feeding the Deer

4 Weeks

Day & Dates: Tues, March 31 and April 7, 14 & 21

Time: 9:15 AM

Class Manager: Class Manager Needed

Presenter: Katherine Gambino, CLS Member

Description: Discover how to create a vibrant, sustainable garden that is buzzing with life but not on the dinner menu for deer! In this course, you will learn which flowers and plants attract and nourish essential pollinators such as bees, butterflies, and hummingbirds. We will explore the most beneficial pollinators for your garden's ecosystem and share practical, Eco-friendly strategies to deter deer and other pests. By the end, you will be ready to design a thriving landscape that is both pollinator-friendly and pest-resistant.

LLS2 - Magic for Grandparents

4 Weeks

Day & Dates: Tues, April 28 and May 5, 12 & 19

Time: 11:00 AM

Class Manager: Bill Walsh

Presenter: Dr. Willie Yee, NASA/JPL Solar System Ambassador

Description: Magic for Grandparents will teach present and future grandparents some basic magic for children. The emphasis will be on effects that use everyday objects and inexpensive materials, though guidelines for buying commercial props and effects will be covered. This will be a hands-on experience, with practice during class time. Other aspects of magic, such as presentation, the community of magicians, and the history of magic will be discussed according to the interest of class members. The magic kits for this course are purchased based on the participant count; therefore, no refunds will be given once paid regardless of circumstances.

Class Max: 24 participants

If you are selected to participate in LLS2 – Magic for Grandparents, you will be invoiced for \$25 which must be paid immediately. The magic kits for this course are purchased based on the final participant count. No refunds will be given once paid regardless of circumstances.

If you are not selected to participate in this course, you can request another course to complete your spring schedule; however, the course you request can only be added if a seat is available.

SS3 - Great Decisions 2026

8 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

Time: 11:00 AM

Class Manager: Martin Charwat

Presenters & Affiliations: Martin Charwat, CLS Member
Karen Robblee, CLS Members
David McNary, Hyde Park Zoning Board of Appeals

Description: To what extent does U.S. foreign policy conform to norms? How does it differ? Explore this process as we examine such current topics as U.S.-China relations, Trump's tariffs, and U.S. engagement in Africa, among others.

AL5 - The Art of Writing & Storytelling

8 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

Time: 1:15 PM

Class Manager: Carol Strauss

Presenter: Linda Rappaport, Author

Description: Have you ever 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, dialog, powerful endings, sensory descriptions, voice, and point of view. You will be able to apply these skills to your work in progress. After 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 goal and will make their best attempt to attend each class.

Class Max: 15 participants

LLS6 - Wines of the Southern Hemisphere

6 Weeks

Day & Dates: Tues, April 14, 21 & 28 and May 5, 12 & 19

Time: 2:45 PM

Class Manager: Merrilee Osterhoudt

Presenter: Arnie Serotsky, Vassar LLI

Description: With respect to wine production there are differences between the Northern and Southern Hemispheres that lead to differences in the wines produced including relative amount of land and ocean, populations, geologic conditions, climate and wine making history. The Southern Hemisphere has four of the top ten wine producing countries on the Earth and their wines are increasingly popular with consumers. We will learn about and taste wines of Chile, Argentina, South Africa, Australia, New Zealand, and possibly some from smaller producers. A \$25.00 per person fee must be paid to the CLS office prior to the first class.

Class Max: 15 participants

*If you are selected to participate in LLS6 – Wines of the Southern Hemisphere, you will be invoiced for \$25 which **must be paid immediately**. The wine and supplies for this course are purchased based on the final participant count. No refunds will be given once paid regardless of circumstances.*

*If you are **not** selected to participate in this course, you can request another course to complete your spring schedule; however, the course you request can only be added **if a seat is available**.*

STEM1 - Paleolithic Technology

4 Weeks

Day & Dates: Tues, March 31 and April 7, 14 & 21

Time: 2:45 PM

Class Manager: Leathem Mehaffey

Presenter: Frank Rubin, CLS Member

Description: Technologies of prehistoric humans: buildings, weapons, clothing, art, weaving, pottery, crops, livestock, metalworking, irrigation, roadbuilding, etc. from 3,400,000 BCE to early civilization.

SS2 - Social Science Potpourri

8 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

Time: 11:00 AM

Class Manager: Vicki Fox

Description: Do you like buffet dinners with lots of choices? The Potpourri course offers eight interesting and informative talks on eight different stand-alone topics. They are presented by eight 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 of their class sessions.

Presenters, Affiliations & Topics:

Affordable Housing Solutions for the Hudson Valley	Paul Mersfelder, For the Many Organization
The Local Origins of the Scrabble Table Board Game	Rosemary and Robert Butts, CLS Members
Famous Sayings Then & Now: An Interactive Presentation	Frank Dispensa, CLS Member
Successful Rehabilitation Programs at Sing-Sing Prison	Mike Capra, Superintendent, Ossining Corr. Fac. <i>(Retired)</i>
Baseball's All Time Greats: Arnie's Position-by-Position All-Star Greats for the Twentieth Century	Arnie Serotsky, Society for American Baseball Research
Secrets of the Apple iPhone: An Interactive Class	Lexie Fox-Wolf
The Evolving Treatment for Mental Illness in the Twentieth Century	Joe Galante, Hudson River State Hospital Museum
The Relevance of Philosophy in Everyday Life	Alessandro Moscaritolo-Palacio, Asst. Professor, Marist University

LLS3 - History of Pilgrimage from Ancient to Modern From Sacred Chambers to Woodstock

* 6 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

*** Note:** *The presenter will be cancelling 2 of the dates noted above. The dates being cancelled will be announced after class starts.*

Time: 11:00 AM

Class Manager: Class Manager Needed

Presenter: Esther Odescalch, CLS Member

Description: A pilgrimage is a journey or search for moral or spiritual significance. People of ancient cultures did it, and we do it too in the 21st century. It can lead to a sacred mountain, a salt mine, a poet's home, a place of vision or healing, a holy land, a sacred river, a shrine dedicated to a saint, a hippie concert venue and more, historical. This presentation includes religious as well as secular -- state-sponsored, cultural, historical, personal -- pilgrimage sites.

LLS4 - What Can We Do About Political Polarizations?

4 Weeks

Day & Dates: Tues, March 31 and April 7, 14 & 21

Time: 11:00 AM

Class Manager: Barbara Van Itallie

Presenter: Paul Stoddard, Vassar LLI and AT&T *(retired)*

Description: This course is a response to the political extremes that seem to have taken over our country in recent years. We will discuss some options for political engagement, philosophical ideas about democracy, how to protect ourselves from distress, wise use of technology, and other topics. Note that this course is intended to be non-partisan, neither for nor against Republicans or Democrats. Constructive class participation is welcome

Class Max: 35 participants

LLS5 - What the Heck is Existentialism: A Personal View

8 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

Time: 1:15 PM

Class Manager: [Class Manager Needed](#)

Presenter: John Gavin, CLS Member

Description: Existentialism is an umbrella term for a variety of philosophers and philosophical ideas which emphasize individual freedom in a world that appears to have no preordained meaning. I will present an introduction to existentialism. We will concentrate on two French Post-World-War-Two thinkers: Albert Camus and Jean-Paul Sartre. Participants should read "Stranger" by Camus and "Nausea" by Sartre. Other work will be discussed. The goals of the course will be to question the beliefs we grew up with and to explain how Existentialism can provide meaning for our existence in a chaotic and confusing world. No previous knowledge is required. Be prepared to participate in class discussions.

Class Max: 30 participants

AL3 - Sviatoslav Richter: Pianist of the Century

8 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

Time: 1:15 PM

Class Manager: Gil Seligman

Presenter: Leslie Gerber, Parnassus Records

Description: From the time his first recordings reached the West, and more strongly after his first tour in 1960 outside the Soviet Bloc, Sviatoslav Richter was admired by critics and piano lovers as one of the greatest pianists of all time. He played an enormous range of music, from Handel and Bach to Berg and Webern. He did not like recording, but hundreds of his live performances were recorded and published. We will hear a wide range of his career, from the late 1940s to the 1990s, and an equally wide range of his repertoire. The presenter will also offer personal memories of hearing Richter in person.

AL4 - Discovering Calligraphy as a Creative and Healthful Pastime

8 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

Time: 1:15 PM

Class Managers: Mary Coiteux and Jean Breyer

Presenter: James Bennett, Artist and Author

Description: Explore the art of beautiful writing in this all-new, hands-on class. We will begin with the EZScript alphabet and a quick overview of essential tools and techniques, then move on to enjoyable projects such as: lettering meaningful quotes, addressing envelopes with flair, designing greeting cards, and creating frame-worthy calligraphic art. No prior experience is needed, just curiosity. Calligraphy is a relaxing hobby that keeps both mind and hands engaged, with potential for a charming side business.

Class Max: 15 participants

STEM2 - Hudson Valley Woodlands: Past, Present and Future

8 Weeks

Day & Dates: Tues, March 31, April 7, 14, 21 & 28 and May 5, 12 & 19

Time: 2:45 PM

Class Manager: Michelle Keeley

Presenter: Joyce Tomaselli, CLS Member

Description: Our Hudson Valley woodlands have endured many challenges in the past few centuries from both humans (logging, agriculture, and construction) and nature (pests, diseases, and invasive plants). The woodlands are part of a complex ecosystem and quite resilient, but they can still use our help. Learn about the science and actions to rejuvenate woodlands with native plants grown from local seed, restoring the understory, and supporting the wildlife that depends on it. This series of eight lectures will help us understand the layers of our local woodlands, their flora and fauna, and how we can help preserve them. Topics will include history on our woodlands and their normal succession, today's pressures especially invasives and how to control them, seeds and how they are spread, pollinators and their dependence on woodlands, important restoration plants and some examples of local restoration projects.

LLS7 - Understanding & Appreciating Olive Oils & Vinegars

4 Weeks

Day & Dates: Wed, April 1, 8, 15 & 22

Time: 9:15:00 AM

Class Manager: Merrilee Osterhoudt

Presenter: John Canevari, Entrepreneur

Description: Class #1 Olive Oil history, chemistry, production process, and classification; Class #2 Olive Oil health benefits, tasting, and sensory evaluation; Class #3 Vinegars chemistry, production process, and classification; Class #4 Vinegars tasting wine vinegars and balsamic vinegars. 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. There will be no extra cost to attendees for the tastings.

Class Max: 15 participants

SS4 - Four More Who Ran For President and Did Not Make It

4 Weeks

Day & Dates: Wed, April 29 and May 6, 13 & 20

Time: 9:15 AM

Class Manager: Barbara Sweet

Presenter: Sandra Opdycke, Historian and Author

Description: There is no greater defeat in American political life than to lose a presidential election. This course will explore the lives of four men who had that experience: Henry Clay, Wendell Willkie, Adlai Stevenson, and John McCain. These men were once major national figures, with thousands of committed followers. How did they rise so high? Why did they lose? And what can we learn from their campaigns?

SS5 - The Revolution at Home

4 Weeks

Day & Dates: Wed, April 1, 8, 15 & 22

Time: 11:00 AM

Class Manager: Barbara Goodman

Presenter: Thomas Wermuth, PhD, Dr. Frank T. Bumpus Chair - School of Liberal Arts, Marist University

Description: Celebrate America's 250th with Dr. Thomas Wermuth, author and director of Marist's Hudson River Valley Institute, as he outlines the effects of the American Revolution and the Declaration of Independence on the Hudson Valley. We were a battlefield; a home front; and a major supply source. We were Patriots and Loyalists, Slaves and Native Americans, men, and women. Find out who gained and who lost -- and why. Learn from our ancestors what it was like to live through a revolution.

AL6 - Representations of Family in Contemporary Poetry

8 Weeks

Day & Dates: Wed, April 1, 8, 15, 22 & 29 and May 6, 13 & 20

Time: 11:00 AM

Class Manager: Miriam Rubin

Presenter: Judith Saunders, Professor of English, Marist University (*retired*)

Description: We will look at poems focused on familial relationships: parents and children, grandparents, aunts, uncles, cousins, in-laws, and other extended family. We will encounter the gamut of intense emotions surrounding kinship, ranging from warm attachment and gratitude to accusatory resentment and rueful distancing. Poets whose work is likely to be included: Ted Kooser, Sylvia Plath, Robert Hayden, William Kloefkorn, Josephine Jacobsen, Barry Spacks, Billy Collins, and John Updike.

AL7 - Art History: The Many Roles of Women in Western and Non-Western Art

4 Weeks

Day & Dates: Wed, April 29 and May 6, 13 & 20

Time: 11:00 AM

Class Manager: Linda DeRosa

Presenter: Marilyn Price, Artist

Description: This is a survey touching on the many roles of women as shown in Western and Non-Western Art. Woman as a symbol of fertility, a seductress, a nurturer, a goddess, and other roles as seen in a variety of cultures, will be presented. This slide-lecture-discussion series will move from very early representations to our own time.

NOTE: Courses that list multiple presenters and multiple topics are not always listed in the order of their presentation date. Check with the Class Manager for specific topic dates.

STEM3 - IBM Seminar**8 Weeks****Day & Dates:** Wed, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Time:** 11:00 AM**Class Manager:** Jackie Seidel**Presenters, Affiliations & Topics:**

IBM System/360: The “Bet Your Business Gamble” Mainframes and the Moon	Mark Nelson, IBM
IBM Z: z101 Hardware Overview Part 1 IBM Z: z101 Hardware Overview Part 2	Ray Newsom, IBM
Semiconductor: The Heart of the Mainframe From Wafer Technology Breakthroughs to Mainframe	Dominic Schepis, CLS Member Christopher Parks, CLS Member
Business Challenges Solved by IBM Z Mainframes What Makes IBM Z so Resilient	Robert Abrams, CLS Member

Description: This course will present IBM's incredible legacy and ongoing success in mainframe, semiconductor and enterprise technology; with an emphasis on achievements occurring right here in the Mid-Hudson Valley.

LLS8 - Dutchess County Office of the Aging Services & Programs**4 Weeks****Day & Dates:** Wed, April 1, 8, 15 & 22**Time:** 1:15 PM**Class Manager:** **Class Manager Needed****Presenter:** Brian Jones, Dutchess County Office for the Aging

Description: Learn how The Office for the Aging provides an array of community-based services to older adults and persons who require assistance in the long-term care system, to promote independence, dignity and quality of life.

SS6 - Space Exploration**8 Weeks****Day & Dates:** Wed, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Time:** 1:15 PM**Class Manager:** Barbara Sweet**Presenter:** John Fontana, NASA/JPL Ambassador

Description: Where science fiction and science facts converge. Topics include: The International Space Station; The Colors of the Universe; The New Space Race; The Moon and Mars - Where We Stand; Quantum Mechanics; Private Space Ventures, and Why We Explore Space.

AL8 - The Magic of Readers Theatre: Theatre of the Mind**8 Weeks****Day & Dates:** Wed, April 1, 8, 15, 22 & 29 and May 6, 13 & 20**Time:** 1:15 PM**Class Manager:** Judith Elkin**Presenter:** Christine Crawfis, Director, County Players, Adjunct Instructor, Marist University

Description: Readers Theatre continues to offer an opportunity to experience great theater stripped to its essence: the playwright's words. New readings from different works of classic and contemporary playwrights will be performed by the professional actors from the County Players and will explore the ideas, ingenuity, and magic of Readers Theatre.

SS7 - Mental Illness: Health Issues for Seniors**4 Weeks****Day & Dates:** Wed, April 29 and May 6, 13 & 20**Time:** 1:15 PM**Class Manager:** **Class Manager Needed****Description:** It is likely nearly all of us know friends or relatives who experience mental illness or dementia. This course describes common conditions and how we can help.**Presenters, Affiliations & Topics**

Older Adults and Their Common Illnesses and Promoting Mental Health	Iva Lesniak, D.O, Lesniak Psychiatry PLLC
Memory Matters: What's Normal and What's Not and How to Support Your Brain	Gila Reckess, PhD, GZR Psychological Services, PLLC
Issues in Family Caregiving	Allison Gould LCSW, NuVance Health
Kendra's Law and How it Affects Caregivers	Burt Morgan, LCSW, CLS Member

LLS9 - Your Wealth for the Long Life: Planning & Protecting**4 Weeks****Day & Dates:** Wed, April 29 and May 6, 13 & 20**Time:** 1:15 PM**Class Manager:** **Class Manager Needed****Presenter:** Kelsey Ponesse, Marshall & Sterling Wealth Advisors**Description:** This course is for retirees who want peace of mind, continuity, and financial clarity for themselves, their spouse, and loved ones. The goal of the class is to share smart decisions you can do today, to create a resilient financial foundation for a long life and an intentional estate plan. We will focus on wealth preservation, tax planning, long-term care, planning for a surviving spouse, and legacy planning.**SS8 - African Civilizations: An Analysis of Early African Kingdoms****4 Weeks****Day & Dates:** Wed, April 29 and May 6, 13 & 20**Time:** 2:45 PM**Class Manager:** **Class Manager Needed****Description:** All too often, "Africa" conjures certain predictable, and negative, images: poverty, disease, tribalism, warfare, and corruption. While much attention is paid to Africa's problems, the world rarely gets a sense of how African societies and the issues they face have developed and changed.**Presenters, Affiliations & Topics**

Ancient Egypt and Mutapa Empire (North and Southern Africa)	Fungisai Musoni-Chikede, Asst. Professor of History, and Director of the Africana Diaspora Program, Marist University
Zulu Kingdom and Dahomey Empire (Southern and West Africa)	
African Geography and Kingdom of Kongo (East Africa)	Michael Panzer, Part-Time Faculty of History, Marist University
Sudanic Empires and Swahili Coast (North and East Africa)	

LLS10 - The Birth and Death of Photojournalism

7 Weeks

Day & Dates: Wed, April 8, 15, 22 & 29 and May 6, 13 & 20

Time: 2:45 PM

Class Manager: Merrilee Osterhoudt

Presenter: Gary Miller, Bard LLI, photojournalist, filmmaker, and TV director (*retired*)

Description: Photojournalism was born in the early 1800's when photography was invented. Since then, it has told stories embracing the human spirit, bound by rules of truth and accuracy. Wars, scientific breakthroughs, social unrest, politics, and natural wonders are just a handful of topics told by photojournalists through newspapers, magazines, television newscasts, and now the ubiquitous smartphone. However, along the way, truth and accuracy has fallen by the wayside. It has been replaced by social media using visual manipulation, distorted half-truths, and outright lies. We will look at the impact of those often immeasurable changes in our lives.

AL9 - Inside the Bardavon: New York's Oldest Continually Operating Theater

8 Weeks

Day & Dates: Wed, April 1, 8, 15, 22 & 29 and May 6, 13 & 20

Time: 2:45 PM

Class Manager: Cathy Temple

Presenter: Bryan Zellmer, Executive Director of the Bardavon 1869 Opera House

Description: Join Bryan Zellmer, Executive Director of the Bardavon 1869 Opera House, for an engaging exploration of the theatre's history, operations, and role in the performing arts world. Over eight weeks, we'll trace the Bardavon's journey from its 19th century beginnings to its place in today's community, and take a behind the scenes look at how shows are discovered, booked, and produced. Through stories, photos, discussion, and possibly an onsite field trip, you'll learn how a historic venue functions and thrives. Perfect for anyone who loves history, the arts, or simply learning how community theaters work.

AL10 - "Praisesong For The Widow" by Paule Marshall

8 Weeks

Day & Dates: Thur, April 2, 9, 16, 23 & 30 and May 7, 14 & 21

Time: 11:00 AM

Class Manager: Cathy Kinn

Presenter: Jackie Goffe-McNish, Professor, SUNY-Dutchess (*retired*)

Description: Paule Marshall was born in Barbados and migrated to America when she was a child. She lived in a brownstone and dwelt with the overwhelming desire to be a successful American but maintain her Barbadian culture. This novel gives the reader insight into this ambivalence. The novel addresses the clash between artefact of the American culture and the Caribbean culture. The class will explore these issues as well as creolization, reverse middle passage, African diaspora, and more.

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



- ◇ *Mar 8th -Spring '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 a submission confirmation email after you submit your registration.*

Click link below to register

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



Marist University
Center for Lifetime Study
Phone: 845-575-3902
Email: mc.cls@marist.edu
Website: www.marist.edu/extended-learning/cls