



DESMOND CAMPUS FOR ADULT ENRICHMENT

NONCREDIT CLASSES & EVENTS CATALOG

DAY TRIPS • COMMUNITY EDUCATION • L.I.F.E. PROGRAM

NOVEMBER, DECEMBER 2018 • JANUARY, FEBRUARY 2019



Mount Saint Mary College

Fall/Winter 2018-19 Course Calendar

Nov. 2018	S	M	T	W	TH	F	S
					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		

Dec. 2018	S	M	T	W	TH	F	S
							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						

Jan. 2019	S	M	T	W	TH	F	S
			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			

Feb. 2019	S	M	T	W	TH	F	S
						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			

 Campus is closed



Snowline: 845-569-3500



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Trees

I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowing breast.
A tree that looks at God all day
And lifts her leafy arms to pray.
A tree that may in summer wear
A nest of robins in her hair.
Upon whose bosom snow has lain;
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.

— Joyce Kilmer

The nineteen years of devotion, support and love for Desmond Campus that Joan McAdam left makes us realize we have some big shoes to fill. We will continue to move forward with the Mount's mission of Lifelong Learning that both Alice Desmond and Joan have given us and continue to bring in new and exciting classes. Aside from Joan's retirement, many changes have happened at Desmond these past few months. A late spring storm left us with numerous trees damaged and a tragedy that will not be forgotten anytime soon. As we wait for the grounds to heal, we are developing plans for the planting of replacement trees. Meanwhile, positive changes are underway. The Mount has a new, young president, Dr. Jason Adsit, who is bringing renewed energy to the college. We have a newly paved parking lot and circle and a freshly painted carriage house. Aside from the physical changes, we have changed the format of the brochure a bit (careful reading on your part) but as usual, there is something for everyone! We want to thank everyone for their patience and support during this tumultuous time and especially thank everyone for welcoming Sandy into her new position as Acting Coordinator. We also want to thank all of you for your love and support for Desmond Campus. We strive to bring you the best classes, instructors, day trips and overall experiences as a whole. It's always great to see many new faces mingled in with familiar faces attending our classes and day trips.

Thanks,

Sandra Brandman

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This brochure is in honor of Elizabeth Whipple, who brought many smiles and much laughter to Desmond, and we dedicate this brochure in memory of Lisa Resnick.

CONTENTS

TO REGISTER ONLINE: www.msmc.edu/communityed

COURSE SECTIONS

Day Trips	7
L.I.F.E. Program (for those 55+).....	11
Full. Length Courses	11
Short Courses	12
Community Education Courses.....	19
Technology.....	19
Arts & Nature	22
Explore & Expand	29
Health & Wellness.....	38
Exercise Classes	42
Speaker Series.....	45
Driving Classes.....	50
Policies	57
Registration Forms.....	58

COURSES BY MONTH.....

OFFERED MONTHLY

Desmond Book Club	12
Dog Therapy	12

OCTOBER

Jets vs. Colts at MetLife Stadium, Oct. 14	7
Beginner Spanish, Oct. 29	11
Hablamos Espanol, Oct. 29.....	11
Walk 15° Wake Up and Walk, Nov. 1	43

NOVEMBER

Bridge (Open), Nov. 1	12
Baby Boomers +: Thriving In This “ Third-Third” of Life and Creating Important Life-Giving Conversations, Nov. 1	12
Layman’s Guide to “Unanswerable Questions,” Nov. 1.....	13
Hatha Yoga Friday, Nov. 2.....	43
Make a Hip Bag, Nov. 5.....	22
Hudson Valley History Part II, Nov. 5.....	31
Healthy Digestion and Elimination, Nov. 5 ...	39
History Talks with Jim and Charlie, Nov. 5	12
Four Legends of Soul: Part 2, Nov. 6.....	30
Evening Hatha Yoga — Tuesday, Nov. 6.....	42
Walk 15° Wake Up and Walk, Nov. 6	43
Afternoon T’ai Chi Chih, Nov. 6	44
Introduction to T’ai Chi Chih, Nov. 6.....	44
Mah Jongg (Open), Nov. 6	12
Find Your Inner Writer—Use Your Powers of Description!, Nov. 6.....	13
Oil and Acrylics, Nov. 7.....	24
19th Century Virtual Reality, the Panorama and the Gettysburg Cyclorama, Nov. 7	27
Aging in Literature, Nov. 7	37
Hatha Yoga Wednesday, Nov. 7	42
Introduction to T’ai Chi Chih, Nov. 7	44
Large Intestine Health, Nov. 7	41
Sewing (Open), Nov. 7	12
The Spiritual Origins of Numbers, Nov. 7	34
About Grief, Nov. 7	13
Lifelong Income Planning, Nov. 7	14
Know Your New iPhone, Nov. 7	19
Intermediate-Advanced Calligraphy, Nov. 8.....	22
Painting with Pastels, Nov. 8.....	24



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Desmond Campus grounds.

Cover photo by Joan McAdam

Walt Disney: A Man, A Mouse, An Empire,
 Nov. 8.....29

Family History Workshop, Nov. 831

Evening Hatha Yoga — Thursday, Nov. 842

Gentle Yoga, Nov. 942

**“You’ve Got to Have Friends” Part 2,
 Nov. 9 14**

Pre-Licensing Class, Nov. 10.....50

Wines for Thanksgiving, Nov. 1033

**Jets vs. Bills at MetLife Stadium,
 Nov. 11 7**

Beginning Drawing, Nov. 12.....22

Advanced Drawing, Nov. 12.....23

History Talks with Jim and Charlie, Nov. 12..13

Watercolors, Nov. 1223

Romanesque Architecture, Nov. 12.....26

Monday AM Mystery Series, Nov. 12.....35

Introduction to Aromatherapy, Nov. 12.. 14

Cutting the Cord: How to Reduce Your
 Monthly Payments, Nov. 1220

Botanical Brush Painting, Nov. 1322

Beginning Watercolors, Nov. 13.....24

Beginner’s Italian, Nov. 1332

German for Absolute Beginners, Nov. 1332

How to Publish a Book with Amazon,
 Nov. 1337

Chair Yoga, Nov. 13.....42

Gentle Yoga, Nov. 13.....42

Yoga Nidra, Nov. 1344

Travel Talks: Packing 101, Nov. 13 14

Be (Corp) the Solution (#BtheSolution),
 Nov. 1345

**Come From Away — Schoenfeld Theatre,
 236 West 45th St., Nov. 14 7**

“I WILL GIVE THEM ONE MORE SHOT!”,
 Nov. 1431

Lunch Hour Yoga, Nov. 14.....43

Flowers Bring Smiles, Nov. 14 14

West Point Foundry, Nov. 14.....45

Thursday Chair Yoga, Nov. 15.....42

Finding Comfort in the Cold and Dark Season,
 Nov. 15.....38

**Who is Bishop Oscar Romero and Why Is
 His Statue Over a Door in the Westminster
 Cathedral?, Nov. 15..... 15**

Medicare 101, Nov. 15 15

Painting with Pastels, Nov. 1624

Painting with Pastels, Nov. 1624

TO REGISTER ONLINE: www.msmc.edu/communityed

Getting the Most From an Obituary, Nov. 16.....	31
Self-Hypnosis: Identify 6 Steps to Increase Your Happiness, Nov. 16.....	39
The Old Curiosity Playhouse, Nov. 16.....	15
Excel Boot Camp, Nov. 16.....	20
Oil Painting, Nov. 19.....	22
Me, "Holy?" You Have Got to Be Kidding!!!, Nov. 19.....	33
Stress Less, Savor More, Nov. 19.....	39
History Talks with Jim and Charlie, Nov. 19..	13
J.F.K., Nov. 20.....	29
Monday AM Mystery Series, Nov. 26.....	35
The Peter Pan Paradox, Nov. 27.....	35
Martha Washington: A Timeless Woman, Nov. 27.....	45
Eugene Delacroix: A Restless Romantic, Nov. 28.....	27
Watercolor, Pen, and Ink, Nov. 29.....	23
Great American Musicals of the 1950s: Adler & Ross, Leonard & Bernstein, Frank Loesser and Meredith Wilson, Nov. 29.....	30
The Mindful Way — Meditation to Fit your Life, Nov. 29.....	38
Women Behind the Chador, Nov. 29.....	45
Watercolor Paints Analysis Workshop, Nov. 30.....	23
Making Professional Quality Photo Books with Shutterfly Boot Camp, Nov. 30.....	25
Friendly Rivals: Bela Lugosi and Boris Karloff, Nov. 30.....	35
Looking Back: The Desmond Estate Before Alice, Nov. 30.....	45
DECEMBER	
New York Botanical Garden's Holiday Train Show, Dec. 1.....	8
How to Avoid Getting Sick in the Winter, Dec. 3.....	39
Busting Common Aromatherapy Myths, Dec. 3.....	16
How to Set Up Your Home Wi-Fi Network, Dec. 3.....	20
Ancient Travelers in New York, Dec. 4.....	34
The Gifts of Age, Dec. 4.....	35
Basic Stargazing, Dec. 4.....	37
Oil and Acrylics, Dec. 5.....	24
Defensive Driving, Dec. 5.....	50
Track Your Truth, Dec. 5.....	46
Introduction to Decorative Painting — Christmas Themed, Dec. 6.....	24
The Metropolitan Museum of Art, Dec. 6.....	8
Harry Potter: A History of Magic at the New York Historical Society Museum & Library, Dec. 6.....	8
Ordering From the Cosmic Kitchen Workshop, Dec. 6.....	16
1, 2, & 3 Point Perspective Workshop, Dec. 7...23	
Radio City Christmas Spectacular, Dec. 7 ...	8
New York City (Bus Ride Only), Dec. 7.....	9
Holiday Luncheon, Dec. 7.....	9
Getting Great Real Estate Deals, Dec. 7 ...	16
Pre-Licensing Class, Dec. 8.....	50
Blue Man Group - Astor Place Theatre, 434 Lafayette Pl., Dec. 8.....	9
Food Tour of the Historic Essex Street Market, Dec. 8.....	9
International Sparkling Wines, Dec. 8.....	33
Monday AM Mystery Series, Dec. 10.....	35
The Origins of the Victorian Christmas, Dec. 10.....	35
Social Media for Authors and Others, Dec. 11.....	37
Moments of Discovery: The Solving of Mystery in Local History, Dec. 11.....	46
Beatrix Potter: More than just Flopsy, Mopsy, and Peter Rabbit!, Dec. 12.....	27
Emotional Detox: Dealing with Negative People, Dec. 12.....	39
Know Your New iPad, Dec. 12.....	19
Fact and Fiction: A Look at Historical Fiction, Dec. 13.....	46
The Old Curiosity Playhouse, Dec. 14.....	15
Wall Street Secrets, Dec. 14.....	16
The Land in Controversy: Indians, Colonists, and the Battle for the Hudson Valley in the 1760's, Dec. 14.....	46

TO REGISTER ONLINE: www.msmc.edu/communityed

Christmas 2018: A Banner Year of Traditions!, Dec. 18	18
Introduction to Floral Design - Christmas, Dec. 20	20
Disney through the Decades, Dec. 20.....	16
George Balanchine's <i>The Nutcracker</i>® — Lincoln Center, Dec. 21	10
Floral Christmas Centerpiece, Dec. 21	17

JANUARY

Mansfield Park, Jan. 2.....	17
Evening Hatha Yoga - Thursday, Jan. 3	42
The Old Curiosity Playhouse, Jan. 4	15
Oil Painting, Jan. 7	22
Beginning Drawing, Jan. 7	22
Advanced Drawing, Jan. 7	23
Watercolors, Jan. 7	23
Monday AM Mystery Series, Jan. 7	35
How to Take Care of Your Furry Friends (Dogs & Cats), Jan. 7	39
Cutting the Cord: How to Reduce Your Monthly Payments, Jan. 7	20
Beginning Watercolors, Jan. 8.....	24
Suminagashi, Ink Floating on Water, Jan. 8...25	25
<i>Moonstruck: "Snap Out of It!"</i> , Jan. 8.....	30
German for Absolute Beginners, Jan. 8.....	32
Fairy Tale Fan Club — Wake-Up Sleeping Beauty!, Jan. 8.....	36
Lunar Lunacy, Jan. 8.....	37
Chair Yoga, Jan. 8.....	42
Gentle Yoga, Jan. 8.....	42
Evening Hatha Yoga - Tuesday, Jan. 8	42
Walk 15® Wake Up and Walk, Jan. 8	43
Afternoon T'ai Chi Chih, Jan. 8.....	44
Introduction to T'ai Chi Chih, Jan. 8	44
Yoga Nidra, Jan. 8	44
Nikola Tesla in New York: The Famed Inventor, Jan. 8	46
Oil and Acrylics, Jan. 9.....	24
Hatha Yoga Wednesday, Jan. 9.....	42
Lunch Time Yoga, Jan. 9	43
Introduction to T'ai Chi Chih, Jan. 9	44
The Kennedy Women: Money is Not Everything, Jan. 9	11
New Year, New You!, Jan. 9.....	39

Kidney Health vs. Kidney Failure, Jan. 9.....	41
Painting with Pastels, Jan. 10.....	24
Gothic Architecture, Jan. 10.....	26
Basic Conversational French, Jan. 10.....	32
Thursday Chair Yoga, Jan. 10.....	42
Walk 15® Wake Up and Walk, Jan. 10.....	43
A Bible for the 21st Century: Introducing the Saint John's Bible, Jan. 10	17
Painting with Pastels, Jan. 11	24
Gentle Yoga, Jan. 11	42
Hatha Yoga Friday, Jan. 11	43
The Twelve Gifts of Birth, Jan. 11	17
Vermeer in the Metropolitan, Jan. 11.....	47
Pre-Licensing Class, Jan. 12	50
Playing for Pasta, Jan. 14.....	47
Beginner's Italian, Jan. 15	32
Blogging for Authors and Others, Jan. 15	38
Conservative and Surgical Management of Arthritis, Jan. 15.....	40
Typhoid Mary: A New York City Tragedy, Jan. 15	47
Winslow Homer and Photography: A Happy Combo?, Jan. 16.....	28
Learn How to Use Your New iPhone, Jan. 16	19
How to Set Up Your Home Wi-Fi Network, Jan. 16	20
Watercolor, Pen, and Ink, Jan. 17	23
My Career in Journalism: From Newsletters to Magazines to Books, Jan. 17.....	47
Meet the Parents , Jan. 19	34
Japanese Stab (Book) Binding, Jan. 22.....	25
Elizabeth I: True Power in a Petticoat!, Jan. 22	30
Travel Talks: Photography 101, Jan. 22 ...	17
I Am Enough: A Workshop on Finding Your Worth and Happiness, Jan. 23	40
STEADY as You Go: Safety Assessment and Guide for Mature Adults, Jan. 23.....	40
Knitting Sampler, Jan. 24.....	25
Put Your Home on a Diet!, Jan. 25.....	36
Trash or Treasure?, Jan. 25.....	36
Ayurveda for Winter Health, Jan. 25	40
The Old Curiosity Playhouse, Jan. 25.....	15
19th Century Art, Jan. 26	11

TO REGISTER ONLINE: www.msmc.edu/communityed

Monday AM Mystery Series, Jan. 28	35
Understanding Your Belief System and How it Affects Your Decision Making, Jan. 28.....	48
Awakening Spirits, Jan. 29	18
Horace Pippin & Jacob Lawrence: The Naive and the Modern — Two 20th Century African American Painters, Jan. 30	28
The Circular Letter: Washington's Legacy, Jan. 31	48

FEBRUARY

"Being Mortal", Feb. 1	18
Reconnecting With Our Infinite Energy, Feb. 4.....	41
Cold War Conclusion: Shhh... They're Everywhere! And The Wall Came Tumbling Down!, Feb. 5	29
For the Love of Eleanor — The Three Graces of Val-Kill, Feb. 5	31
Walk 15 ^o Wake Up and Walk, Feb. 5.....	43
Oil and Acrylics, Feb. 6	24
Civics: Building the Constitution Then and Living It Today, Feb. 6	32
Spiritual Energies, Feb. 6.....	34
Dementia Conversations, Feb. 6.....	41
Immigrant Ocean Crossing: The Great Age of the Ocean Liners, Feb. 6.....	48
Windows 10, Feb. 6.....	21
Lightning Fast Memory, Feb. 7.....	37
Walk 15 ^o Wake Up and Walk, Feb. 7.....	43
Unique Gardens in the Hudson Valley, Feb. 7	48
The Old Curiosity Playhouse, Feb. 8.....	15
Pre-Licensing Class, Feb. 9	50
Joys of Antique Doll Collecting, Feb. 9.....	36
Monday AM Mystery Series, Feb. 11	35
Letting Go of "Perfect", Feb. 11.....	40

Palatine Germans and French Huguenots, Feb. 11	49
The World War I Homefront — How Newburgh Supported the Colors, Feb. 11	49
Word Boot Camp, Feb. 11	21
Author Collaborations: How to Make Friends and Sell Books, Feb. 12	38
Charles Rennie Mackintosh and the Scottish Art Nouveau, Feb. 13.....	28
Defensive Driving, Feb. 13.....	50
First Aid Fundamentals: Learn to Treat Burns, Bites, and Traumas, Feb. 13	41
Bladder Health vs. Heart Health!, Feb. 13.....	41
<i>Laura</i> : "I shall never forget the weekend that <i>Laura</i> died!", Feb. 14.....	30
Valentine's Day Pot Luck, Feb. 15	10
Flowers Bring Smiles, Feb. 15.....	14
Cities of Beauty: Paris, Rome, Florence, Venice, and Barcelona, Feb. 18.....	49
Travel Talks: Packing 101, Feb. 19.....	33
The Movies of Alfred Hitchcock, Feb. 19	35
Centering Prayer, Feb. 20	33
The 3 R's - Resilience/Redemption/ Reflection, Feb. 21	18
Staging Tips for Selling Your Home, Feb. 22	36
Creating Your Own Reality: Use the Laws of Manifestation, Feb. 22.....	36
The Old Curiosity Playhouse, Feb. 22	15
Unjustly Obscure Italian Wine Grapes, Feb. 23	34
Monday AM Mystery Series, Feb. 25	35
How to Get Better Mileage From Your Late Model Bod, Feb. 27	41
A Beginner's Guide to Working with Off-Camera Flash, Feb. 28.....	19
MARCH	
Philadelphia Flower Show, Mar. 4	10

Day Trips & Special Events

Day trips are open to all programs and all ages.

All day trips depart from the MSMC Desmond Campus, 6 Albany Post Road, Newburgh, NY, unless otherwise noted. Confirmation letters will be sent out to registrants about a week before the trip. Please note that slight changes may be made to departure and return times and will be noted in the confirmation letter. If you have any accessibility needs please inform us upon registration to avoid incurring additional fees.

PLEASE NOTE DAY TRIP POLICY: You will not be registered for a day trip until your payment is received. If you cancel your trip registration at any time, up to and including the registration deadline date, you are subject to a 25% cancellation fee. If you cancel after the registration deadline date and a replacement can be obtained from the waiting list, you will incur a 25% cancellation fee. If no replacement can be found, you will forfeit the entire fee. It has become necessary to put this policy into effect because of frequent cancellations by registrants. If possible, please carpool when coming to the Desmond Campus for day trips!

Jets vs. Colts at MetLife Stadium

Board the bus at Desmond at 10:30 am and head down to MetLife Stadium for a match up against the Cincinnati Colts. Game time is 1 pm. 300 level seats. Board the bus after the game for the return trip.

Registration begins: October 6

Sunday, October 14 10:30 am-6 pm \$90

Jets vs. Bills at MetLife Stadium

Board the bus at Desmond at 10:30 am and head down to MetLife Stadium for a match up against the Buffalo Bills. Game time is 1 pm. Seats are in section 236. Board the bus after the game for the return trip.

Registration deadline: October 26

Sunday, November 11 10:30 am-6 pm \$100

Come From Away — Schoenfeld Theatre, 236 West 45th St.

Board the bus at Desmond at 10 am and enjoy free time prior to the 2 pm matinee. *Come From Away* is based on the true story of when the isolated community of Gander, Newfoundland played host to the world. What started as an average day in a small town turned into an international sleepover when 38 planes, carrying thousands of people from across the globe, were diverted to Gander's air strip on September 11, 2001. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar, and the recognition that we're all part of a global family. Board the bus after the show for the return trip. Mezzanine seating. **Limited tickets available. Registration deadline: October 31**

Wednesday, November 14 10 am-6 pm \$145

PLEASE NOTE DAY TRIP POLICY ABOVE

New York Botanical Garden's Holiday Train Show

Board the bus at Desmond at 9 am as we travel to the Bronx. Become a kid again at the New York Botanical Garden's Holiday Train Show! Enchanting model trains zip through a display of more than 150 landmarks, each recreated with bark, leaves, and other natural materials—all under the twinkling glow of the Enid A. Haupt Conservatory. Marvel at G-scale locomotives humming past familiar sights on nearly a half-mile of track. This year's exhibition showcases Lower Manhattan, with iconic skyscrapers, the Statue of Liberty, and Ellis Island sharing the spotlight among old and new favorites. Making its debut in the collection is the historic Battery Maritime Building along with two classic Staten Island Ferry boats! Board the bus at 1:30 pm to be brought to Arthur Avenue for lunch on your own and shopping. Board the bus at 4 pm for the return trip. **Registration deadline: November 16**

Saturday, December 1

9 am-4:30 pm

\$70

The Metropolitan Museum of Art

Board the bus at Desmond at 9 am and enjoy the day at the Metropolitan Museum of Art. Desmond Campus art instructor, Laura Nicholls, joins you on this trip and will offer knowledge and insight on what exhibits you might see on the bus ride down. Please note: Laura will be offering a lecture on Eugene Delacroix on November 28 designed to complement this trip. (See Arts & Nature for more information.) Board the bus at 3 pm for the return trip. **Registration deadline: November 20**

Thursday, December 6

9 am-5 pm

\$65

Harry Potter: A History of Magic at the New-York Historical Society Museum & Library

Board the bus at Desmond at 9 am and enjoy a guided tour of the Harry Potter: A History of Magic exhibit. Journey to where magic and myth began! Capturing the traditions of folklore and magic at the heart of the Harry Potter stories, Harry Potter: A History of Magic, a British Library exhibition, combines century-old treasures including rare books, manuscripts, and magical objects from the collections of the British Library and New-York Historical Society — with original materials from Harry Potter publisher Scholastic and J.K. Rowling's own archives. From medieval descriptions of dragons and griffins to the origins of the sorcerer's stone, visitors will explore the subjects studied at Hogwarts and see original drafts and drawings by J.K. Rowling as well as Harry Potter illustrator Jim Kay. Board the bus at 3:15 pm for the return trip. **Registration deadline: November 20**

Thursday, December 6

9 am-5 pm

\$75

Radio City Christmas Spectacular

Board the bus at Desmond at 8:15 am as we travel to Radio City for the annual Christmas show. Tickets are for the 11 am show, orchestra seating. The magic begins when you walk through the doors of the Radio City Music Hall. You pause for a moment and stand to admire the Art Deco lobby then make your way to your seat. With a hush, the curtain rises, the music swells, and the Rockettes appear. Perfect, in unison, they dance across the stage with mesmerizing precision. You become transported to another place, where reindeer prance and dash through the snow, rag dolls spring to life, and wooden soldiers march in a fantastic parade. For a time, the hustle and bustle of the world outside disappears, and you are reminded of the true meaning and spirit of the holiday season. Then, in the blink of an eye, the curtain falls and Christmas is here. After the show, enjoy free time until boarding the bus for the return trip at 3:30 pm. **Registration deadline: November 20**

Friday, December 7

8:15 am-5:30 pm

\$110

**Trip times are subject to change.
Please try to carpool to Desmond Campus.**

New York City (Bus Ride Only)

Do you want to see New York City all dressed for the holidays, but don't want to drive? If so, this trip is for you! Enjoy the season and do some shopping without the transportation and parking headaches. Bus leaves from the Desmond Campus at 8:15 am with drop off by Radio City. You will be picked up at the same location at 3:30 pm. Space is limited! **Registration deadline: November 20**

Friday, December 7

8:15 am-5:30 pm

\$45

Holiday Luncheon

You are cordially invited to attend our Holiday Luncheon. Join us for an afternoon of yummy food and drinks, conversation, laughter, and friendship. Lunch will be provided and served at noon. You **MUST** register and pay for the lunch by the registration date so that we have an accurate count of how much food to order. No walk-ins will be allowed. **Registration deadline: November 30**

Friday, December 7

Noon-3 pm

\$10

Blue Man Group — Astor Place Theatre, 434 Lafayette Pl.

Board the bus at Desmond at 9:30 am and enjoy free time prior to the 2 pm performance. *Blue Man Group* will rock your world, blow your mind, and unleash your spirit. Leave your expectations at the door and let three bald and blue men take you on a spectacular journey bursting with music, laughter, and surprises. 35 million people of all ages, languages, and cultures know what Blue Man Group is really about. Now it's your turn. Dare to live in full color. Board the bus after the show for the return trip. **Registration deadline: November 20**

Saturday, December 8

9:30 am-6 pm

\$130

Food Tour of the Historic Essex Street Market

Board the bus at Desmond at 9:30 am and enjoy a day of food, fun and shopping at the Essex Street Market. On the two hour tour, explore the historic Essex Street Market while meeting local vendors and sampling their gourmet fare. You will learn about the Lower East Side's once bustling pushcart market, the immigrants and their food, which have become staples of New York's culinary culture, and about the new developments that are transforming the Lower East Side. Enjoy food from eight different vendors including Essex Olive and Spice House, Tra La La Juice Bar, Saxelby Cheesemongers, Puebla Mexican Food, Osaka Grub, Formaggio Essex, Peasant Stock and I.M. Pastry (vendors subject to change). Enjoy time after the tour for some shopping. Board the bus at 4 pm for the return trip. Space is limited. **Registration deadline: November 20**

Saturday, December 8

9:30 am-6 pm

\$100

From Alice Curtis Desmond

*"I had been told by Tom's staff that in order to keep my audiences awake, I should make my talks brief, then get them asking questions. This gave me stage fright. I was uptight most of the time for fear I might make some inadvertent remark that would be misinterpreted and I'd become a political liability to my husband. At a meeting once a woman sat in the front row with a determined look on her face. I know she had a question to ask. No doubt, a controversial one. And I dreaded to hear it. So I kept on talking, afraid to end my speech. Finally, breathless, I had to stop. She held up her hand and said, "Mrs. Desmond, you told in your book *Far Horizons* how you climbed the Egyptian pyramids, but you didn't tell us how you got down? I was so relieved that I could have jumped down from the rostrum and kissed her."*



George Balanchine's *The Nutcracker*® — Lincoln Center

Board the bus at Desmond at 9:30 am and enjoy free time prior to the 2 pm matinee. During the holiday period, the entire Company is immersed in activities surrounding George Balanchine's *The Nutcracker*®. All 90 dancers, 62 musicians, 40 stagehands, and more than 125 children, in two alternating casts, from the School of American Ballet join forces to make each performance as magical as possible. Children of all ages from New York City and the nation fill the David H. Koch Theater to be captivated by the lure of Tchaikovsky's music, Balanchine's choreography, Karinska's sumptuous costumes, and Rouben Ter-Arutunian's magical sets. George Balanchine's *The Nutcracker*®, based on the Alexandre Dumas pere version of E.T.A. Hoffmann's tale, *The Nutcracker and the Mouse King* (1816), demands a full-scale production. Board the bus after the show for the return trip.

Registration deadline: December 7

Friday, December 21

9 am-5:30 pm

\$140

Valentine's Day Pot Luck

Please bring your favorite dessert to share and we will provide the food and drinks. Arrive at 11:45 am and lunch will be served at noon. You **MUST** register and pay for the pot luck by the registration date so that we have an accurate count of how much food to order. No walk-ins will be accepted.

Registration deadline: February 1.

Friday, February 15

Noon-3 pm

\$5

Philadelphia Flower Show

Board the bus at Desmond at 8 am and arrive in Philadelphia around 11 am. The Pennsylvania Horticultural Society Philadelphia Flower Show is an annual event at the Pennsylvania Convention Center in March. It is the world's oldest and largest indoor flower show, attracting more than 260,000 people annually. The show features large-scale gardens, elaborate landscapes, and over-the-top floral creations. Visitors to the PHS Philadelphia Flower Show are treated to fabulous design, live entertainment, gardening how-to workshops, and lectures by experts. The 2019 PHS Philadelphia Flower Show, "Flower Power...the Power of Flowers!," will pay tribute to the enormous impact of flowers on our lives. From the first blooms of spring in your home garden to the expansive fields that fuel whole economies, flowers influence how we feel, think, and act in small and global ways. Board the bus at 4 pm for the return trip. **Registration deadline: February 18**

Monday, March 4

8 am-8 pm

\$75

Snow date March 7

PLEASE NOTE DAY TRIP POLICY ON PAGE 7

“So thankful for the Desmond Adult Education that is expansive and out of the main stream. Education is so important.”

L.I.F.E. Program

L.I.F.E. courses are exclusively for adults age 55+.

FULL-LENGTH COURSES

Courses are \$50 for the first and \$30 for each additional course

Beginner Spanish

This class introduces students to the basics of the Spanish language. Buy or borrow the book, *Spanish for Gringos, Level One*. We will use this in the course as we develop skills for everyday situations.

5 Mon., beginning Oct. 29 10:30 am-Noon M. Imperatore \$50

Hablamos Espanol

Improve your knowledge of Spanish through vocabulary enrichment, conversations, and reading. Activities are aimed at making language fun in a comfortable environment.

5 Mon., beginning Oct. 29 1-3 pm M. Imperatore \$50

The Kennedy Women: Money is Not Everything

Join Charlie Ford for a discussion on the brave women who supported the Kennedy Family. We'll look at their political ambitions, improprieties, tragedies and more.

5 Wed., beginning Jan. 9 10 am-Noon C. Ford \$50

19th Century Art

This course will study the history of 19th century art in France, England, and America. Discussions will emphasize the social and historical context as well as the formal qualities of the works. Neo-classicism, romanticism, American romanticism, realism, birth of photography, impressionism, post-impressionism, symbolism, the arts and crafts movement, art nouveau, and the fin de siecle will be covered. Previous art history knowledge is not required.

4 Sat., beginning Jan. 26 10 am-12:15 pm K. Shier \$50

Deadline to submit a course for the spring brochure is November 16, 2018!

SHORT-LENGTH COURSES

Fees are listed with each course

Bridge (Open)

Come play bridge on your own without an instructor. *Registration not required.*

Thurs., beginning Nov. 1 11 am-1 pm \$3

Desmond Book Club

Join us for an information meeting on Tuesday, November 6 to decide on new books to be read this session. Once decided, the books will be posted on our Facebook page and at Desmond outside of the library. We're always looking for new participants and are open to new ideas and suggestions.

Registration not required.

Meets the first Tuesday Noon-2 pm \$3
of each month

Mah Jongg (Open)

Play Mah Jongg on your own without an instructor. Mah Jongg sets are not provided. *Registration not required.*

Tues., beginning Nov. 6 12:30-3 pm \$3

Sewing (Open)

Join others who enjoy sewing without an instructor. Bring your own sewing machine. *Registration not required.*

Wed., beginning Nov. 7 1:30-4 pm \$3

Dog Therapy

Join us and our 4-legged friends from Therapy Dogs International. Visits from therapy dogs have shown to provide increased happiness, a sense of calmness, and an increase in overall emotional well-being. Studies have shown a decrease in blood pressure and stress levels during visits with therapy dogs. To help our local shelters, please bring a pet item (dog/cat food, pet toys & treats, cat litter, clean towels and blankets, or a cash donation); our 4-legged friends would appreciate it! *Registration not required.*

Meets the fourth Monday Noon-1 pm Therapy Dogs International (TDI®) Free
of each month

Baby Boomers +: Thriving In This "Third-Third" of Life and Creating Important Life-Giving Conversations

This presentation/interactive seminar is an extension of the book, *Baby Boomers +: A Guide to Designing These Years, Honoring the Full Circle of Life and Creating Life-giving Conversations*. Our time will be conversational, collaborative, optimistic, and joyful. Participants will receive inspiring guidelines that can be tailored to their own lives as they savor these years on life's continuum until life comes full circle. Attendees do not need to have read the book.

Thursday, November 1 10 am-Noon D. Sully Pile \$15

Layman's Guide to "Unanswerable Questions"

Why is quantum physics totally counter-intuitive? What is the anthropic principle? Is there a creative force in the universe? What is love? Join Bernie Ampel for another discussion in his "Layman's Guide" series. Class participants are encouraged to bring their own unanswerable questions.

2 Thurs., beginning Nov. 1 1-3 pm B. Ampel \$25

History Talks with Jim and Charlie

Join Charlie Ford and Jim Williams as they explore different topics in American history.

November 5: Navajo Code Talkers -They were Marines, 29 of whom were chosen to develop a code that could be used to transmit and receive battle field communications that the Japanese were never able to break. Their efforts and work that they did was not revealed until 1969. As young children, many of them were sent to white schools where they could not speak their language.

November 12: Japanese American Internment - Per an executive order signed by FDR, almost 150,000 Japanese Americans were picked up and taken to 10 internment camps and housed there under guard. No Japanese American was ever found to have done anything against the US. Many lost their homes and possessions and were only allowed 1 bag for each family member when sent to the camps.

November 19: Tuskegee Airmen -The Tuskegee Airmen were an all African American fighter group, most of whom were college graduates and excellent pilots. They were continually turned down for overseas assignments until Eleanor Roosevelt went to see them. She took a flight with Chief Anderson to the dismay of her Secret Service Protection, and shortly thereafter they received orders for overseas service. They were fondly called the "Red Tails" by the bomber groups they escorted on missions over Europe. They had an outstanding combat record.

Please register for each individual class.

Monday, November 5	10 am-Noon	C. Ford and J. Williams	\$15
Monday, November 12	10 am-Noon	C. Ford and J. Williams	\$15
Monday, November 19	10 am-Noon	C. Ford and J. Williams	\$15

Find Your Inner Writer—Use Your Powers of Description!

Join Sherry Yanow as she shares stimulating writing exercises she used during her 20 years of teaching college English and as a published author and film critic. This writing workshop will teach you how to refine the tools of description and unlock the secrets of observation. For your final project, enjoy a short Desmond Campus "field trip," taking notes along the way. You'll be amazed at what you can accomplish with a blank page!

2 Tues., beginning Nov. 6 1-3 pm S. Yanow \$25

About Grief

What do you say to a person in grief? What is not helpful? How do you console a grieving friend? How do you live with your own grief? While there are no easy or ready answers to these questions, join us for an open conversation about a subject none of us can escape.

Wednesday, November 7 12:30-2:30 pm N. Witt \$15

Lifelong Income Planning

With life expectancy rising and the cost of living increasing, it is important to make sure you will not outlive your retirement nest egg. In this class, you will learn how to plan for 20+ years of inflation adjusted retirement income. For those who are retiring soon or recently retired, learn about investment portfolio construction, healthcare and custodial care management, estate planning, and more.

Wednesday, November 7 5:30-7 pm E. Levine \$10

“You’ve Got to Have Friends” Part 2

Join the conversation on friends and friendship inspired by Bette Midler’s hit 1973 single, “Friends.” The latest happiness research reinforces this concept and suggests that friendship could be the secret to a long and happy life. We’ll explore friendships across the lifespan as well as tips and tricks for making new friends. Intergenerational friendships are the future; we can show you how at the Desmond. Be sure to bring your favorite book, film, or song titles as well as quotes in celebration of friendship!

Friday, November 9 10:30 am-Noon J. Monk \$10

Introduction to Aromatherapy

Learn the basics of aromatherapy from a certified aromatherapist. Explore the history of modern aromatherapy and learn how to start safely using essential oils for yourself, friends, and family. Shana will discuss how to incorporate carrier and herbal oils and the different methods for using essential oils to reach your health and wellness goals.

Monday, November 12 3-4 pm S. Sandroff \$5

Travel Talks: Packing 101

Tired of schlepping around a heavy suitcase full of things you probably won’t even use while on vacation? Learn the equipment, products, and techniques needed to enable you to pack more efficiently, thus traveling lighter and saving money at the same time. Topics discussed will include: luggage, clothing, toiletries, carry-on vs. checked luggage, electronics, cleanliness, security, and lost items. While the focus will be on air travel, most of the skills and techniques are applicable for other forms of travel. Students are encouraged to bring their travel experiences to share.

Tuesday, November 13 6:30-8 pm S. Kelly \$10

Flowers Bring Smiles

Join local resident, Giovanna Sidoti, to learn about her organization: Flowers Bring Smiles. Flowers Bring Smiles is a network of good-hearted people in our community looking to put smiles on as many faces as possible by delivering donated flowers from local businesses to facilities such as group homes, nursing homes, shut-ins from churches, and patients seen by visiting nurses including cancer patients through Orange Regional Medical Center. This presentation will give you the information you need to become a volunteer with the organization. Flowers Bring Smiles is asking you to help enhance others’ lives.

Wednesday, November 14 2:30-3:30 pm G. Sidoti Free, please register
Friday, February 15 11 am-Noon G. Sidoti Free, please register

Who is Bishop Oscar Romero and Why is His Statue Over a Door in the Westminster Cathedral?

We will find out by viewing the film *Romero* starring Raul Julia. This film is a compelling and deeply moving look at the life of Archbishop Oscar Romero of El Salvador who made the ultimate sacrifice in a passionate stand against social injustice and oppression in his country. Come and see the life of a true modern hero.

Thursday, November 15

1-3 pm

M. Imperatore

\$15

Medicare 101

Are you currently enrolled in Medicare? Or are you soon to be eligible for Medicare? Will you be turning 65 over the next year? This class will give you a better overall understanding of Medicare and how it works. Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C, and D. Explore and evaluate Original Medicare, Prescription Drug Plans, Medicare Supplement Insurance, and Medicare Advantage Plans. Receive the most up-to-date information and simplify the choices you need to make. This program will help you become more well-informed and confident about what Medicare means for you! Join Jim Farnham, MBA, MS, Licensed Agent for this informative workshop.

Thursday, November 15

6-8 pm

J. Farnham

Free, please register

The Old Curiosity Playhouse

This is an ongoing, open to the public venue that broadcasts old films, TV, and radio programs of interest to the attending members of the class. All are invited to attend and choose the programs to watch. The instructor has a vast library of possible choices. Come join us and find your favorites!

Friday, November 16: Holiday films with trivia contest

Friday, December 14: Holiday films with trivia contest

Friday, January 4: Charles Dickens tribute

Friday, January 25: Queen Victoria tribute

Friday, February 8: Groundhog Day celebration

Friday, February 22: Jack Benny Valentine's Day tribute

Registration is required for each session.

Friday, November 16

1-3:30 pm

F. Kieck

\$6

Friday, December 14

1-3:30 pm

F. Kieck

\$6

Friday, January 4

1-3:30 pm

F. Kieck

\$6

Friday, January 25

1-3:30 pm

F. Kieck

\$6

Friday, February 8

1-3:30 pm

F. Kieck

\$6

Friday, February 22

1-3:30 pm

F. Kieck

\$6

We are looking for instructors to teach in the L.I.F.E. Program.

This is a volunteer position, but in exchange, we will offer you a free L.I.F.E. class to thank you for volunteering your time. If you teach a full-length L.I.F.E. course, you may take a complimentary full-length L.I.F.E. course. If you teach a short L.I.F.E. course, you may take a complimentary short L.I.F.E. course. Please contact Jennifer if you are interested. Thank you!

Busting Common Aromatherapy Myths

Essential oils have become extremely popular for everything from preventing colds to stress relief. Don't get overwhelmed by conflicting and incorrect information. Join Shana Sandroff, certified aromatherapist, to learn about trusted sources for information and products and discuss the facts behind some of the most common aromatherapy myths.

Monday, December 3 3-4 pm S. Sandroff \$5

Ordering From the Cosmic Kitchen Workshop

Imagine that the Universe is like a Cosmic Kitchen with an infinite menu, just waiting to take and fulfill your orders. In this workshop, you'll learn how to effectively place your orders with the Cosmic Kitchen and use the Law of Attraction to create what you want in your life! Discover the eight principles for creating your order; apply them to career, prosperity, relationships, health, traveling, and retirement; learn why the Kitchen sometimes gives you lemons and what to do when that happens; and discover how affirmation plus feelings are the most powerful combination for achieving your dreams. This workshop is based on a new book called *Ordering From the Cosmic Kitchen: The Essential Guide to Powerful, Nourishing Affirmations* by Patricia J. Crane, PhD.

2 Thurs., beginning Dec. 6 10 am-Noon K. Kusterbeck, RN \$25

Getting Great Real Estate Deals

Because of difficult times in the economy, there are some excellent deals in real estate. Rick is a consumer advocate and will teach you how to get these great deals. You'll learn the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying with no money down. You'll also discuss how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class, you will know how to research property at the tax assessor's office, the county clerk's office, and various other methods used to research a property. Also to be discussed is how to sell your home without a realtor. *Optional materials fee of \$20 payable to instructor.*

Friday, December 7 1-3 pm R. Nathan \$15

Wall Street Secrets

Have you come into some money or do you have some to invest? This fact-packed seminar is a must. Consumer advocate, Rick Nathan, will teach you how not to be ripped off when buying or leasing cars, buying insurance, investigating long-term care insurance, investing with or without financial planners, and when investing in mutual funds on your own. Learn how to stretch your hard-earned money! *Optional materials fee of \$20 payable to instructor.*

Friday, December 14 1-3 pm R. Nathan \$15

Disney through the Decades

The Walt Disney Company, aka Disney, is an American diversified multinational mass media and entertainment conglomerate founded on October 16, 1923 – by brothers Walt and Roy Disney – as the Disney Brothers Cartoon Studio. It established itself as a leader in the American animation industry before diversifying into live-action film production, television, and theme parks. Let's look at their growth and development through the lens of their first animated feature "Snow White and the Seven Dwarfs." Has the Disney Corp. become the new fairytale industrial complex? Should we be concerned?

Thursday, December 20 1-2:30 pm J. Monk \$10
Snow date December 21

Floral Christmas Centerpiece

Join Carol DeMicco and create a beautiful floral centerpiece to adorn your table this holiday season. *\$15 supply fee payable to instructor. Registration deadline: December 14.*

Friday, December 21 10-11:30 am C. DeMicco \$10

Mansfield Park

Please join the Mount's Peter Witkowsky for a discussion of Jane Austen's third and most-polarizing novel, *Mansfield Park*. From the time it was first published in 1814, the book has struggled for the attention lavished on its more sparkling predecessors – rather like its quiet heroine, Fanny Price. However, as one contemporary reviewer observed, "All who think deeply and feel much will give the preference to *Mansfield Park*." The three sessions will be organized around the novel's initial division into volumes – i.e. Chapters 1-18, Chapters 19-31, and Chapters 32-48. The reading in each case will be supplemented by additional critical observations about the novel from Austen's day and from our own, by print illustrations, and by scenes from one or more modern-day filmed adaptations.

3 Wed., beginning Jan. 2 10 am-Noon P. Witkowsky \$25
Snow date Jan. 23

A Bible for the 21st Century: Introducing the Saint John's Bible

This course will introduce students to the Saint John's Bible, a modern illuminated Bible produced by Donald Jackson and his team of artists and calligraphers. In addition to a talk by Mr. Sanderson, students will be shown a film about the Saint John's Bible and will have a chance to view, touch, and ask questions about this beautiful work of art. The Saint John's Bible exists in 7 volumes and Mount Saint Mary College owns the entire collection, known as the Heritage Edition. The unique originals are housed at Saint John's College in Minnesota.

Thursday, January 10 1-4 pm D. Sanderson \$25
Snow date January 17

The Twelve Gifts of Birth

Once upon a time, author Charlene Costanzo wrote an award-winning bestselling book about twelve inner resources. She believed that every child possesses the qualities of strength, beauty, courage, compassion, hope, joy, talent, imagination, reverence, wisdom, love, and faith. When these qualities are recognized and cultivated, the result is a deepening of respect for self and others along with an increase of personal responsibility. Join us in this very special exploration called "The Twelve Gifts Discovery Quest – A Map to the Treasure in You." By using your twelve gifts, we all live happily ever after!

Friday, January 11 1-2:30 pm J. Monk \$10
Snow date January 18

Travel Talks: Photography 101

Picture taking as a form of memory keeping is an important aspect of traveling. This class will review the various equipment and techniques that will enable you to document your travels in the digital age. Topics discussed will include: cameras, phones, and cables; general operation; lighting; flash; saving and sharing your photos; and legal and cultural issues.

Tuesday, January 22 6:30-8 pm S. Kelly \$10
Snow date January 24

"This class exceeded my expectations & emotions"



**Nutcracker
Day Trip
page 10**

Awakening Spirits

Are you interested in: the metaphysical, exploring our supernatural powers, synchronicities, the possible meaning of our dreams, reincarnation, angels and spirit guides, etc.? Then join us in sharing and discussing ideas, books, and experiences that could lead to a monthly gathering. If this idea resonates with you, please joins us for a brainstorming session.

Tuesday, January 29

1-2 pm

J. Crossley

\$5

Snow date January 31

Being Mortal

Join us for a documentary and discussion with Dr. Danielle Belser, associate medical director, and hospice team members from Hospice of Orange County. In this documentary, Dr. Atul Gawande tells the story of how he learned about death and dying in the context of being a healer. The film reveals stories from physicians, patients, and families he encounters, including his own, and shares new light on how our system often focuses on a cure and neglects the important conversations that need to happen so that a person's true priorities can be known and honored.

Friday, February 1

1-3 pm

Dr. D. Belser

\$15

Snow date February 8

The 3 R's — Resilience/Redemption/Reflection

Carry On – A Story of Resilience, Redemption and an Unlikely Family by Lisa Fenn is a touching tale of a chosen family forged through barriers of race, class, and disability. Be prepared to be inspired, as it is a deeply moving memoir about the unexpected bonds that would transform three lives – Lisa Fenn, Leroy Sutton, and Dartanyon Crockett. It is a powerful memoir about grit, love, hope, and faith – and the courage to carry on, even in the most extraordinary circumstances.

Thursday, February 21

1-3 pm

J. Monk

\$15

Snow date February 22

ALZHEIMER'S SUPPORT GROUP

The Desmond Campus hosts an Early Stage Support Group for the Alzheimer's Association on a monthly basis. For further information, please call Donna Davies, LCSW, at 800-272-3900.

Community Education

FOR ADULTS 18 AND OVER

Personal Tutoring

Students can be individually tutored to identify and address specific learning needs at a pace you set. Learn Windows 10, Word, Excel, Access, PowerPoint, Windows OS, Basic Computing, etc. Together with the instructor you can make learning at your own pace stress-free and enjoyable. You are welcome to bring your laptop or learn on our computers. Make an appointment at the office to schedule one or more lessons or call 845-565-2076.

V. Kayes

Fee: \$35 per hour

TECHNOLOGY

A Beginner's Guide to Working with Off-Camera Flash

Want to take your flash photography to the next level? Let's get it off the camera. This class will teach you the basics of off-camera flash using speed lights. We will cover wired and wireless triggering of the flash unit or multiple flash units as well as proper exposure determination, light placement, and use of light modifiers. This class is for 3 hours and is for intermediate to advanced. Bring your camera and speed lights. Your camera must have a hot shoe or PC connection. The instructor will provide triggers. *Class is limited to 10.*

Thursday, February 28

10 am-1 pm

E. Sloves

\$40

Snow date March 7

Know Your New iPhone

Whether it's your first phone or your fifth, this class is a great way to learn how to get the most out of your device! We will touch on several topics including general device settings and features, photos, GPS navigation, apps, and more as well as have some time for questions! *Registration limited to 15.*

Wednesday, November 7

6-7:30 pm

C. Nicoletti

\$20

Know Your New iPad

This class is great for new users or as a refresher. Join us to learn the basics as well as some tips and tricks for your iPad. Topics will include general device settings and features, popular apps, navigation, and organization as well as many other uses. Feel free to bring your questions! Please bring your device to class. *Registration limited to 15.*

Wednesday, December 12

6-7:30 pm

C. Nicoletti

\$20

Learn How to Use Your New iPhone

Whether it's your first phone or your fifth, this class is a great way to learn how to get the most out of your device! We will touch on several topics including general device settings and features, photos, GPS navigation, apps, and more as well as have some time for questions!

Wednesday, January 16

4:30-6 pm

A. Valentin

\$20

Snow date February 13

PLEASE NOTE—Multi Request Courses

In an effort to provide *technical* courses desired by our community that are *not listed* in the current catalog we encourage you to call the office at (845) 565-2076. We will record your name, phone and requested course. When we receive sufficient requests to run a course, you will be alerted.

Cutting the Cord: How to Reduce Your Monthly Payments

Technology continues to push broadcast boundaries, and numerous options for TV viewing are creating many replacements to cable TV. Live streaming provides many ways for you to access a broad range of TV shows, local channels, news, and movies than just paying for expensive cable packages that typically bundle TV, phone, and Internet, whether you need them or not. This class will present alternatives to cut those costs, depending on your requirements, not the cable providers. Equipment may be Amazon Fire TV, Apple TV, Roku, Xbox One, PS Vue, Smart TVs, etc. Streaming services: Amazon Prime, DirecTV Now, HULU/HULU PLUS, Netflix, Spectrum LiveTV, Sling, YouTube, etc.

Monday, November 12	10 am-Noon	V. Kayes	\$25
Monday, January 7	10 am-Noon	V. Kayes	\$25
Snow date January 11			

Excel Boot Camp

Morning session: Basics - create a worksheet and chart data; learn to create, save, and navigate a workbook; enter data into the worksheet; construct and copy formulas; use the SUM function; format cells with merge and center and cell styles; chart data to create a column chart and insert sparklines; spell check; enter data via ranges; use arithmetic operators; copy formulas containing absolute cell references; edit cell values; format cells with styles; and print, display formulas, and close Excel. Afternoon session: Functions, Tables, and Workbooks; how to use the SUM, AVERAGE, MEDIAN, MIN, and MAX functions; move data, resolve error messages, and rotate text; use the COUNTIF and IF functions; apply conditional formatting; use date and time functions and freeze panes; create, sort, and filter an Excel table; format and print a large worksheet; and finally, analyze data with pie charts, line charts, and What-If analysis. Pre-Req: Knowledge of the Microsoft Windows environment.

Registration limited to 6.

Friday, November 16	9 am-3 pm	V. Kayes	\$70
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How to Set Up Your Home Wi-Fi Network

A wireless network in your home allows you to go online and communicate from almost anywhere in your house using a variety of devices. This class shows you the basic steps to set up a wired and wireless Wi-Fi network. Learn the right equipment to have starting from the cable, setting up the modem and Internet connection, positioning the wireless router, safeguarding your wireless network from intruders, and connecting your devices like your PC, tablets, mobile phones, and more to your wireless network.

Monday, December 3	9 am-Noon	V. Kayes	\$40
Wednesday, January 16	9 am-Noon	V. Kayes	\$40
Snow date January 18			

Help Yourself to a Book!

Desmond students have a very active and interesting lending library in Mrs. Desmond's library on the first floor. Please stop in and help yourself.



Windows 10

Learn to navigate and use new features, tools, and programs of Windows 10 Anniversary edition, which offers a more robust, more powerful, and completely unique computing experience. In this course, you'll gain the foundation basics: you'll get to know the expanded Start menu, desktop, and system settings so you can feel right at home. Then, learn to customize the features of this operating system and personalize your desktop. Next, see how File Explorer can help you manage your files and folders by organizing and editing documents and photos and managing files on external drives. You'll learn much of what you need to know about getting the most from this operating system. And since security is important, you'll also learn how to protect your PC and files, as well as how to protect and update Windows 10. You'll also discover how to use the new Microsoft Edge browser to access the Internet.

Wednesday, February 6
Snow date February 8

9 am-3 pm

V. Kayes

\$70

Word Boot Camp

Morning session will cover the basics: create a new document and insert text, format text using text effects, insert and resize pictures, wrap text around and move a picture, apply picture styles and artistic effects, add a page border, insert and modify text boxes and shapes, preview and print a document, change document and paragraph layout, set margins, align text, change line spacing, indent text, and add space after paragraphs. Next, we'll create and modify (bulleted, numbered, and custom) lists, set and modify tab stops, and finally insert and modify a SmartArt graphic. Afternoon session will cover tables and templates: create a table, add text, add existing text into a table, create bulleted lists in a table, format a table by changing column widths, add columns and rows to a table, merge cells, format text in cells, and change table borders. Next, we'll create a new document from an existing document and create a letterhead. Then, we'll change and reorganize text via AutoCorrect, find and replace text, select and move text to a new location, and insert and format a table in a document. Finally, we'll use the proofing options and create a document using a template. *Registration limited to 6.*

Monday, February 11

9 am-3 pm

V. Kayes

\$70

ARTS & NATURE

Make a Hip Bag

When you have no pockets or want to travel light, a small bag to clip around your hips or carry on your shoulder may be just the thing to lighten your load. Bring your sewing machine and fabrics; materials list will be provided with sign up. **\$5 supply fee payable to instructor for kit that includes zipper, webbing, stiffening, and buckle for the bag. Registration limit to 8.**

2 Mon., beginning Nov. 5 1:30-3:30 pm M. Dixler \$40

Oil Painting

Paint in a relaxed, supportive class for all levels with an emphasis on the fundamentals of traditional oil painting. Each class features a choice of still life or floral setups, plus an option for you to paint from your favorite photo. You can continue to paint from home with digital photos of setups. Individual instruction is given in paint handling and composition for your style and success.

5 Mon., beginning Nov. 19 1-3 pm E. McHenry \$100

5 Mon., beginning Jan. 7 1-3 pm E. McHenry \$100

Snow date Feb. 25

Intermediate-Advanced Calligraphy

Learn the use of calligraphy markers, brush pens, and dip pens on white and color papers. Working with Italic, Roman, Uncial, and Pointed Brush Script fonts create calligraphic works of art for holiday poetry, biblical verses, or cards and envelopes.

6 Thurs., beginning Nov. 8 1-3:30 pm R. Rosenthal \$125

No class Nov. 22

Botanical Brush Painting

Learn Asian-based brush painting skills to create art with botanical subjects. Start with bamboo, orchid, plum blossom, chrysanthemum, and spring blooming flowers. Beginners will use ink and watercolor on a variety of rice papers and silk paper. Advanced students can use traditional watercolor paper to learn a variety of techniques such as wet into wet, dry brush, glazing, and detailing without the use of graphite drawing.

6 Tues., beginning Nov. 13 1-4 pm R. Rosenthal \$135

Beginning Drawing

This is a basic drawing class designed to introduce new students to the skills required to accurately render what they see. It is also an opportunity for the more advanced artist to gain some visual and creative practice in drawing and painting that will enhance any artistic endeavors. The beginning classes will include an introduction to drawing basic 3-dimensional forms, perspective, light and shade, and still life and/or landscape drawing. **Supply list provided upon registration.**

6 Mon., beginning Nov. 12 10 am-Noon C. Harris-Pagano \$110

6 Mon., beginning Jan. 7 10 am-Noon C. Harris-Pagano \$110

No class Jan. 21 • Snow date Feb. 25

“Thank you, thank you, thank you once again for the opportunity to learn from such a knowledgeable instructor!”

Advanced Drawing

This class will include advanced drawing techniques in basic 3-dimensional forms, perspective, light and shade, still life, and some portrait work.

6 Mon., beginning Nov. 12	1-3 pm	C. Harris-Pagano	\$110
6 Mon., beginning Jan. 7	1-3 pm	C. Harris-Pagano	\$110
No class Jan. 21 • Snow date Feb. 25			

Watercolor Paints Analysis Workshop

With so many watercolor brands and colors offered, it's hard to know what colors to buy, and how they will look. In this workshop, we will create color sheets with the colors each student already has, combining them with water, white, black, and other colors to see how they behave. I will introduce you to colors from my collection that you may realize will complete your own palette preferences.

Friday, November 30	1-3 pm	L. Bender	\$35
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Watercolor, Pen, and Ink

This class will generate awareness and excitement through the creative art techniques of ink and watercolor, using washes, splattering, cross hatching watercolor styles, and masking. You will learn design, composition, and color with still-life projects or personal photographs. Each class includes a technique demonstration and individualized guidance.

4 Thurs., beginning Nov. 29	1-3 pm	L. Bender	\$75
4 Thurs., beginning Jan. 17	1-3 pm	L. Bender	\$75
Snow date Feb. 14			

1, 2, & 3 Point Perspective Workshop

Drawing perspective is the technique for representing 3-dimensional objects on a 2-dimensional surface. It is one of the fundamental building blocks for successful representational drawing and painting. In this workshop, we will explore the fundamentals of perspective by drawing a simple landscape with buildings from 1, 2, and 3 vanishing points. We will study the horizon line, how all parallel lines converge into the distance, and how objects appear smaller as they become farther away.

3 Fri., beginning Dec. 7	10 am-1 pm	L. Bender	\$75
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Watercolors

Students will observe a watercolor demonstration from sketch to completed painting. Students will choose their subjects and demonstrate the use of watercolors from drawing to completed painting. *Supply list will be provided.*

6 Mon., beginning Nov. 12	9 am-Noon	L. DeVirgilio	\$150
6 Mon., beginning Jan. 7	9 am-Noon	L. DeVirgilio	\$150
No class Jan. 21 • Snow date Feb. 25			

INTRODUCE A FRIEND TO DESMOND!

If you know someone who has never taken a course at Desmond, please tell them about us! When they enroll in a course (class fee \$10 or over), we will send you a \$10 gift certificate in appreciation for promoting our programs.

Beginning Watercolors

If you've always wanted to try watercolors, this is the class for you. Len will show you the basics of applying watercolor paint to paper. *Minimal supplies will be needed; list provided upon request.*

6 Tues., beginning Nov. 13	9 am-Noon	L. DeVirgilio	\$150
7 Tues., beginning Jan. 8	9 am-Noon	L. DeVirgilio	\$175
Snow date Feb. 26			

Oil and Acrylics

Beginners to professionals are welcome; the atmosphere is relaxing and creative. We'll paint on pre-treated canvases of any size, and you can also work on more than one painting at a time. Work from a photo or a set of objects in the class or use your imagination! Learn how to use various brushes and try new paint techniques. *We'll have a supply list for beginners.*

3 Wed., beginning Nov. 7	10 am-1 pm	J. King	\$60
No class Nov. 21			
3 Wed., beginning Dec. 5	10 am-1 pm	J. King	\$60
3 Wed., beginning Jan. 9	10 am-1 pm	J. King	\$60
3 Wed., beginning Feb. 6	10 am-1 pm	J. King	\$60
Snow date Feb. 27			

Painting with Pastels

This course will focus on the handling (literally) of the pastel medium while doing still life. All levels from beginning to advanced painters are welcome, especially those who would like to cross over from another medium and explore the possibilities of pastels. Many of Gayle's students have become award-winning artists. *Class will be limited to 10 students.*

6 Fri., beginning Nov. 16	9:30 am-Noon	G. Fedigan	\$120
No class Nov. 23			
6 Fri., beginning Nov. 16	1-3:30 pm	G. Fedigan	\$120
No class Nov. 23			
6 Fri., beginning Jan. 11	9:30 am-Noon	G. Fedigan	\$120
Snow date Feb. 22			
6 Fri., beginning Jan. 11	1-3:30 pm	G. Fedigan	\$120
Snow date Feb. 22			
 6 Thurs., beginning Nov. 8	7-9:30 pm	G. Fedigan	\$120
No class Nov. 22			
6 Thurs., beginning Jan. 10	7-9:30 pm	G. Fedigan	\$120
Snow date February 21			

Introduction to Decorative Painting — Christmas Themed

Decorative painting is a diverse art form utilizing a variety of techniques and media to decorate functional and non-functional surfaces. Join us for a hands-on introduction to the art of decorative painting and learn basic techniques such as surface prep, base coating, tracing, floating, highlighting, and sealing. A Christmas-themed project will be featured and taught by members of the Hudson Valley Tole and Decorative Painters, a local chapter of the Society for Decorative Painters. Beginners are welcome. Surfaces, paints, and brushes will be provided. *\$15 materials fee included in class fee.*

Thurs., December 6	1-4 pm	HV Tole Painters	\$25
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“So glad you are back. God Bless”

Introduction to Floral Design — Christmas

Have you ever wanted to learn how to make professional-looking flower designs for your own home? This class will cover the basics of design and types of arrangements, buying flowers, conditioning flowers, tools and materials, and how to get started. Participants will make one arrangement in this class to take home. All flowers will be provided. Please bring a floral knife or clippers and a box to transport your arrangements. A great way to bring Christmas colors into your home. **\$25 supply fee payable to instructor. Registration deadline is Wednesday, December 12**

Thursday, December 20

1-2:30 pm

D. Doyle

\$20

Suminagashi, Ink Floating on Water

Suminagashi is an ancient magical art practiced in Japan for about one thousand years. Dropping ink onto water and swirling or combing creates unique elemental designs full of mystery and beauty. The images are picked up with Oriental rice paper or absorbent papers and can be used for many applications in art itself or for many decorative arts such as book covers and cards. Please join us to learn this amazing and yet simple process. **Supply \$5 payable to instructor (including ink and paper, you may bring your own as well).**

Tuesday, January 8

1-4 pm

C. Di Marco

\$35

Snow date January 15

Japanese Stab Binding

In this workshop, learn to make a traditional bound book, using the beautiful method of Japanese Stab Binding. In this basic class, we will use decorative papers, and if you would like to use your own, you are welcome to bring them. No experience is necessary.

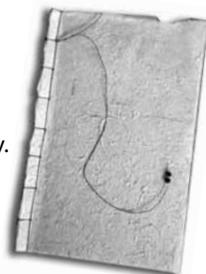
Tuesday, January 22

1-4 pm

C. Di Marco

\$35

Snow date January 29



Making Professional Quality Photo Books with Shutterfly Boot Camp

This hands-on workshop takes you through the steps to create your own photo book with shutterfly.com. We'll take you through the basics of uploading your digital photos to an album, choosing custom layouts and backgrounds, using text box tools, choosing type style, adding and rearranging pages, and advanced editing features. Whether you are a novice or have made a photo book before, you will come away with an understanding of all the tools needed to make your photo book unique and professional looking. It is recommended that you have opened a shutterfly.com account prior to the workshop and have photos already uploaded to shutterfly.com. If you do not have knowledge to do this, then bring photos on your laptop, camera, or flash drive. **A limited amount of computers are available for those without a laptop.**

Friday, November 30

Noon-2 pm

J. Thomas

\$30

Knitting Sampler

Enjoy yourself at this easy one-day immersion into the world of basic knitting. Learn all about different knitting methods, tools, and needles. Find out everything you need to know about getting started. See swatches of different yarn varieties, and learn how to choose what is best for you. Needles and yarn are provided for you to try your hand at basic stitches in the class. Sit and stitch during a mini trunk show of basic sample projects and inspiring books. **Bring your lunch. \$2 materials fee payable to instructor.**

Thursday, January 24

9:30 am-1:30 pm

S. Botsford

\$45

Snow date January 31



Romanesque Architecture

Romanesque is the first international style in Western Europe since antiquity, extending across the Mediterranean and as far north as Scandinavia. Increased travel along the pilgrimage routes to shrines such as Santiago de Compostela in Spain facilitated the transmission of artistic thought, as did the crusades journeying into parts of the Byzantine Empire. The dominate style in Europe from approximately 1000 AD to 1150, the Romanesque is recognized by distinctive features—a massive quality, thick walls, rounded arches, sturdy pillars, barrel vaults, large towers, and decorative arcading. We'll examine the moody appeal of several of these Romanesque churches, including Vezeley and Moissac, and observe how this style gradually gave way to the new style to come, the Gothic.

4 Mon., beginning Nov. 12

10 am-Noon

M. Lawrence

\$65

Gothic Architecture

With soaring spires, stunning rose windows, exquisite walls of stained glass, and the distinctive pointed arch, Gothic churches count among the jewels of European architecture. Originating in France and associated with the High Middle Ages, Gothic emerged from the Romanesque architectural style, leaving behind the massiveness of the earlier churches as it reached upwards to the sky, aided by flying buttresses allowing greater height and much more space for windows. And with ever more complex and daring designs came more fantastic examples of vaulting and ornamentation. We'll increase our enjoyment of these architectural marvels by learning to recognize the essential component parts of Gothic cathedrals and examining the art so beautifully carved onto their surfaces.

4 Thurs., beginning Jan. 10

10 am-Noon

M. Lawrence

\$65

Snow date Monday, Feb. 11

19th Century Virtual Reality, the Panorama and the Gettysburg Cyclorama

An artistic innovation, the Panorama (often referred to as a Cyclorama) was an extremely popular 'virtual reality' in 19th C America and Europe — that is until the invention of the moving image itself. A panorama was a large circular painting aimed to give the viewer the experience of being physically present in the scene being depicted, whether that was a landscape, a city, a battle, or other historical event. Panoramas served as mass entertainment, popular education, and propaganda. Visiting them was more like going to the theatre or the opera than to an art gallery. The "Cyclorama of the Battle of Gettysburg" — housed in the Gettysburg National Park Visitors Center and Museum — was painted by French artist Paul Dominique Philippoteaux in 1883. It depicts the culmination of Pickett's Charge, and the fury of the final Confederate assault on July 3, 1863, providing the viewer with a sense of what occurred at the battle long touted as the turning point of the Civil War. In this two-part presentation, Laura's talk will provide an insight to the panorama/cyclorama itself and then give an overview of the creation of the Gettysburg Cyclorama as an innovative art work. ***Dave's presentation "I Will Give Them One More Short!" presented on Nov. 14, will provide the historical conversation.***

Wednesday, November 7

1-3 pm

L. Nicholls

\$20

Eugene Delacroix: A Restless Romantic

Eugene Delacroix is regarded as the leader of the Romantic Movement in 19th Century French art. His life and work embodied Romanticism's concern for heightened emotion, exotic subject matter, and the sublime — with experiences of awe, terror and danger. Delacroix's painting style is full of lush, vigorous brushwork and pulsates with vivid color — in direct contrast to the cool and controlled academic paintings of his contemporary and rival, Jean Dominique Ingres. Abstaining from traditional academic conventions in his choice of subjects, Delacroix favored scenes from contemporary history and rendered them dramatically on large canvases. Many of his innovations contributed to the changes in 19th C French painting. This talk is inspired by the Met Museum's autumn exhibition 'Delacroix', the first comprehensive, chronological retrospective in the US. In a joint project with the Musée du Louvre, approximately 150 paintings, drawings, prints, and manuscripts (many never before seen in the United States) will be displayed. ***Corresponding with this talk, a trip to the Met will take place on Dec 6.***

Wednesday, November 28

1-3 pm

L. Nicholls

\$20

Beatrix Potter: More Than Just Flopsy, Mopsy, and Peter Rabbit!

Helen Beatrix Potter, known as Beatrix, was born in London during the reign of Queen Victoria. As a child, Beatrix was always encouraged to draw, and she spent many hours making intricate sketches of animals and plants, revealing an early fascination for the natural world that would continue throughout her life. Beatrix Potter is one of the world's best-selling and best-loved children's authors — writing and illustrating 28 books that have been translated into more than 35 languages and selling over 100 million copies... BUT did you know that upon her death, she bequeathed her Hill Top Farm along with 13 other farms and over 4000 acres of land, to the National Trust — thus preserving the natural beauty of much of England's Lake District forever! Please join us as we look at the life, adventures, and lovely illustrations of Beatrix Potter — and gain some insight into her love of children, animals, and nature still cherished today!

Wednesday, December 12

1-3 pm

L. Nicholls

\$20

PLEASE REGISTER BY NOON THE DAY BEFORE A CLASS BEGINS

to ensure your space and to keep a class from regrettably being cancelled.

Winslow Homer and Photography: A Happy Combo?

Winslow Homer developed his artistic vision as a young artist for Harper's Weekly during the Civil War, often utilizing photographs as source material for some of his drawings. Homer understood that photography, as a new technology of sight, had much to reveal and helped him to think more deeply about what he had seen, and about how to combine his own personal sight with a range of sources for composition development. After the Civil War, Homer traveled throughout the eastern United States that was rapidly becoming popular as tourist destinations — and was introduced to a new type of photography — imagery to promote tourism. Homer, in turn, developed a secret 'passion' for photography which has only been discovered in academic circles. Please join us as we briefly review a chronology of Homer's artwork, and the influence that photography offered to him as a visual artist — not undermining, but instead complementing his larger artistic interests.

Wednesday, January 16

1-3 pm

L. Nicholls

\$20

Snow date January 17

Horace Pippin & Jacob Lawrence: The Naive and the Modern — Two 20th Century African American Painters

Although more than a generation apart and stylistically different, Horace Pippin and Jacob Lawrence painted the struggles and beauty of their people during their individual times. Pippin, born into a Pennsylvania family that was one generation removed from slavery, worked at various labor intensive jobs before joining the US Army in 1917. He was shot by a sniper in France, and lost the ability to raise his right arm. As therapy, and without formal art training, Pippin started to decorate discarded cigar boxes. In 1930, at the age of 43, he tried oil painting, propping up his right arm with his left hand; he completed his first painting the next year. Jacob Lawrence, who credited Pippin as an influence, was born in NJ, almost thirty years after Pippin's birth. His family moved to Harlem in 1930, where Lawrence came into contact with some of the greatest artistic and intellectual minds of his generation. Before he was twenty, Lawrence had developed a powerful, concise 'modern' style that expressed all of the vibrancy and pathos of the neighborhood and its occupants. Both artists, although at different ages and at different points in their careers, were recognized by fellow artists, collectors, and curators during the 1940's. Pippin was championed by renowned collector Albert Barnes for his childhood memories and war experiences while Lawrence became the first African American to be represented by a New York gallery. Please join us as we look at these two dynamic artists, whose individual experiences shaped their personal and professional lives, creating visual imagery that ranges from the naive to expressionist representations.

Wednesday, January 30

1-3 pm

L. Nicholls

\$20

Snow date January 31

Charles Rennie Mackintosh and the Scottish Art Nouveau

Charles Rennie Mackintosh is a name that might not slip off easily from one's tongue - but might be, however, familiar via recent news items related to the devastating fire that has largely destroyed his masterpiece, the Glasgow School of Art. Mackintosh was one of the leading minds of art-nouveau in the UK, and left a lasting impression in art, design, and architecture. Although his architectural career was brief, he managed to stand out at the international level in art and design with his personal style known as the "Mackintosh Rose" motif, modern typefaces based on his lettering, and an abundance of innovative designs that would be later associated with early modernism, art-nouveau, and Japonisme (the Western integration of Japanese art forms.) Margaret MacDonald met CR Mackintosh while they were both art school students. She married Mackintosh and became an acclaimed artist in her own right. MacDonald worked in a collaborative partnership with her husband on many of his important projects, producing textural panels for interiors as well as furniture. Please join us as we look at the development of the 'Mackintosh Style' early in the 20th C, and see how this still resonates in many design elements today.

Wednesday, February 13

1-3 pm

L. Nicholls

\$20

Snow date February 20

EXPLORE & EXPAND

OPEN TO ALL ADULTS

GEORGE BURKE'S HISTORY SERIES

Walt Disney: A Man, A Mouse, An Empire

Ninety years ago this month, in 1928, a vessel was navigated by a most unusual captain. The captain's name was "Mickey" and he was, in fact, a mouse. The cartoon that depicted that voyage was "Steamboat Willie." At the time, neither the captain nor his creator knew they were both steaming into history! Come and explore the trail which Walt Disney blazed, and his vision for animation, which he shared with the world as he took each of us along with him to "The Magic Kingdom!" Selections from a fine documentary about Disney's life will be part of the offering.

Thursday, November 8

9:30 am-12:30 pm

G. Burke

\$25

J.F.K.

If you are of a certain age, you need not be reminded that this month marks the 55th anniversary of that "Fateful Day in Dallas!" The images are as vivid as yesterday but are now, in fact, a lifetime ago. The above documentary is not only a striking portrayal of J.F.K.'s "1,000 Days" as president, but also of Walter Cronkite's efforts to correctly inform the nation of the tragic events of that day as witnessed by those who were there. Come, remember.

Tuesday, November 20

9:30 am-12:30 pm

G. Burke

\$25

Christmas 2018: A Banner Year of Traditions!

Several traditions are marking special anniversaries this year! Seven hundred and ninety-five years ago in Greccio, Italy, with help from its villagers, St. Francis of Assisi created the first "Creshe", it was his hope that such an event would enrich the Christmas season for those involved. He was right! Two hundred years ago, in 1818, an Austrian priest named Fr. Joseph Mohr and parishioner Franz Gruber were facing a Christmas Eve crisis. Their joint solution was the composing of *Silent Night* in New York in 1823. Clement Moore was said to have penned *The Night Before Christmas!* For the last 195 years, we have all known the names of Santa's reindeer! Not to be outdone, in 1843, Charles Dickens got us all in a holiday mood by publishing *A Christmas Carol*. In 2018 Tiny Tim is now 175 years young! Come join the "Desmond Duo" George Burke and Tony Musso, as they share some "back story" on each of these now "treasured" traditions. A viewing of Alastair Sims' 1951 "quintessential" Scrooge in *A Christmas Carol* will be the "tree topper" of this offering. Bake and bring some favorite cookies to share! And "God bless us, everyone!"

Tuesday, December 18

9:30 am-12:30 pm

G. Burke

\$25

Cold War Conclusion: Shhh... They're Everywhere! And The Wall Came Tumbling Down!

This offering will conclude the series on The Cold War. The system of spies on both sides could make James Bond feel like a rookie! The infiltration was both real and deep, at times far more "top level" than both sides realized. All of this "cloak and dagger" was costly and complex and did, in fact, lead to that historic day in November 1989 when "The Wall" fell!

Tuesday, February 5

9:30 am-12:30 pm

G. Burke

\$25

Snow date February 6

Check out Joan Monk's lecture on "Disney through the Decades" in Short Courses

Elizabeth I: True Power in a Petticoat!

At first, for the love of her mother Anne Boleyn, Henry III changed the destiny of a nation. However, such love was short lived, and Elizabeth was a painful reminder of a horrific mistake to her tyrannical father for the rest of his life. She was, in fact, raised for the most part as a "royal outcast," never knowing if any given day might be her last! Such formation can shape anyone's attitude and future; clearly that was the case with Elizabeth, whose very name now defines an entire age! Come discuss this very complex individual and the intrigue which filled her life to its very end. A viewing of the multi-nominated film *Elizabeth* (1998), starring Cate Blanchett, will serve to enhance the lecture.

Tuesday, January 22

1-4 pm

G. Burke

\$25

Snow date January 24

GEORGE BURKE'S FILM SERIES

Moonstruck: "Snap Out of It!"

Start the New Year with a good laugh while viewing the most requested movie since our film series began in 2012. Cher rightly took home Academy gold portraying a mousey "bookkeeper from Brooklyn" whose love life finally begins to add up! Her long-suffering mother Olympia Dukakis also struck gold for Best Supporting. Both of their performances were enhanced by a stellar cast which merited the film a "Best" nomination. So, come on in!

Tuesday, January 8

9:30 am-12:30 pm

G. Burke

\$10

Snow date January 10

Laura: "I Shall Never Forget the Weekend that Laura Died!"

Not since the award winning *Rebecca* had a film's opening voice-over caught the imagination of its audience! This too is a haunting tale! In "flashback" the stunning Gene Tierney portrays the alluring Laura, and the role launched her to immediate stardom. Dana Andrews is the detective assigned to investigate her murder. However, having never met her in real life she proceeds to fall in love with her as his investigation progresses. True to classic noir style, the suspects are many, and plot twists abound! So come celebrate Valentine's Day with a "complex" love story, have some chocolate, and play detective in the process!

Thursday, February 14

1-4 pm

G. Burke

\$10

Snow date February 15

Four Legends of Soul: Part 2

In this continuation from the "Four Legends of Soul: Part 1", the class will study the individual lives of four early soul artists who contributed to the sound of soul music, what their individual and separate styles of soul were, and how their music influenced future generations of soul singers (including rap.) There will be plenty of musical examples of each artist to listen to.

4 Tues., beginning Nov. 6

1-3 pm

R. Sullivan

\$50

Great American Musicals of the 1950's: Adler & Ross, Leonard Bernstein, Frank Loesser, and Meredith Willson

In the 1950's, Broadway musicals were a major part of American culture. Every season a new stage musical would send songs to the top of the charts. Public demand, a booming economy, and abundant creative talent kept Broadway hopping. Rodgers and Hammerstein had created the formula for shows with wit and heart, and many followed their lead. During this class, we will discuss the last of the 1950's music giants *Guys and Dolls*, Frank Loesser, *Music Man*, Meredith Willson, *West Side Story*, Leonard Bernstein and the writing team of Richard Adler and Jerry Ross, *Damn Yankees*. We will also hear their enduring melodies.

Thursday, November 29

1-3 pm

C. Topps

\$15

Hudson Valley History Part II

This four-week presentation starts with Lafayette's visit to the Hudson River Valley 50 years after the American Revolution. It covers the later years of Thomas Paine and then the development of the Hudson River Valley Transportation including steamboats, railroads and the Hudson River Valley Canal System. The famous people of the region that will be discussed include Andrew Jackson Downing, Jay Gould, Andrew Carnegie, Henry Frick and others. We will also talk about the environmental movement to clean up the Hudson River and its impact on the region.

4 Mon., beginning Nov. 5 1-3 pm L. DiMartino \$60

"I WILL GIVE THEM ONE MORE SHOT!"

The Gettysburg Cyclorama is the focal point of any visit to the Gettysburg's Visitor Center, but the massive painting depicting the climactic moment of the greatest battle on North American soil has a remarkable story all its own. Presented in conjunction with Laura Nicholls' presentation, take a behind the scenes look at the creation, deterioration, and resurrection of this majestic piece of our nation's history.

Wednesday, November 14 10 am-Noon D. Topps \$15

For the Love of Eleanor — The Three Graces of Val-Kill

Eleanor Roosevelt is often the topic of recent publications. Last year, Emily Wilson published a very special one – *The Three Graces of Val-Kill: Eleanor Roosevelt, Marion Dickerman, & Nancy Cook in the Place They Made Their Own*. This book focuses on what Wilson considers the most formative period in ER's life (1922-1936); central to this is her friendship with both Marion and Nancy. FDR called them "the three graces," since they were nearly inseparable and forged a female-centered community for each other, for family, and for all the progressive women of New York. The core of this story is not Eleanor as a leader but as a friend.

2 Tues., beginning Feb. 5 1-2:30 pm J. Monk \$30
Snow date Feb. 19

Family History Workshop

This workshop is designed to help families start a dialogue to capture family history through stories and artifacts. Training will be provided on how to use phone apps for interviews, question prompts, how to take care of family artifacts (paper, fabric, etc.), websites for further inquiry (such as marriage records), as well as other free technology for creating maps that trace family immigration and create family trees or kinship charts. This is not a genealogy for exploring records for generations past, but more for capturing stories and information from those still alive.

Thursday, November 8 10 am-Noon E. Levy \$30

Getting the Most From an Obituary

Learn about the varied (and sometimes unexpected) information you can learn from an ancestor's obituary, and how you can follow up on it to learn more about the family.

Friday, November 16 1-3 pm C. Crawford-Oppenhimer \$20

Find Laura Nicholls' lecture on "19th Century Virtual Reality, the Panorama and the Gettysburg Cyclorama" in the Arts & Nature section

Civics: Building the Constitution Then and Living It Today

We will review and discuss the wisdom, writings, and debates that formed the Constitution in the 1780's and reflect on how it cradles the issues challenging us today. Active discussions will be encouraged to seek the source of today's debates within our laws and reshape those debates into actionable courses. The aim here is to walk out with a refreshed understanding for the construct and balance of our country's most basic laws and ideology, in order to approach today's volatile issues with proper context, greater effect, and respect for each other and our responsibilities, not just our rights. Students should have a basic understanding of our nation's birth and an awareness of today's news and events.

4 Wed., beginning Feb. 6 5-7 pm L. Burg \$50
Snow date March 6

Beginner's Italian

Learn to speak Italian. A beginner's guide to Italy's language, culture, and history. This class will cover basic grammar, pronunciation, and vocabulary building. Strong emphasis will be placed on the culture and the ability to converse, therefore empowering us with the ability to function and engage in current events effortlessly.

6 Tues., beginning Nov. 13 6-7 pm R. Bucci \$75
6 Tues., beginning Jan. 15 6-7 pm R. Bucci \$75
Snow date Feb. 26

German for Absolute Beginners

Each course offers a slow approach to learning some basics of German. We'll focus on greetings and introductions, learning numbers and basic verbs in the present tense, asking directions, and saying basic shopping phrases. We'll look at some short readings in German as well to help pull together some of what you are learning. For added fun, we'll mix in useful videos, some to help you learn German, and others to tempt you with attractive tourist destinations where German is spoken.

4 Tues., beginning Nov. 13 10 am-Noon M. Lawrence \$95
4 Tues., beginning Jan. 8 10 am-Noon M. Lawrence \$95
Snow date Feb. 12

Basic Conversational French

This course is designed for people who would like to improve the French they already know, and for those beginners who would like to learn how to converse in French. The emphasis will be on speaking the language, with grammar and vocabulary incorporated as necessary to build the skills necessary for speaking. Students will learn basic phrases which will enable them to navigate travel successfully in French-speaking countries. Study of the culture of Francophone countries will be included in the class.

7 Thurs., beginning Jan. 10 1-2 pm P. LaLonde \$80
Snow date Feb. 28

Drop-In French

Enjoy conversational French with others without an instructor, conversations are light and fun for all. Call for schedule, registration not required.

\$3/session

Date and time to be determined

Drop-In German

Come improve your German while you help others improve theirs. An informal gathering led by students without an instructor, conversations promise to be both instructive and fun! Call for schedule, registration not required.

\$3/session

Date and time to be determined

Travel Talks: Packing 101

Tired of schlepping around a heavy suitcase full of things you probably won't even use while on vacation? Learn the equipment, products, and techniques needed to enable you to pack more efficiently, thus traveling lighter and saving money at the same time. Topics discussed will include: luggage, clothing, toiletries and carry-on vs. checked luggage, electronics, cleanliness, security, and lost items. While the focus will be on air travel, most of the skills and techniques are applicable for other forms of travel. Students are encouraged to bring their travel experiences to share.

Tuesday, February 19 6:30-8 pm S. Kelly \$10
Snow date February 21

Me, "Holy?" You Have Got to Be Kidding!!!

No, he is not! We will examine the positive, practical, and uplifting message of Pope Francis in his recent publication, *Rejoice and Be Glad: On the Call to Holiness in Today's World*. We will explore, discuss, and reflect on his down-to-earth suggestions for living an authentic life in the 21st century.

Monday, November 19 1-3 pm Sr. V. Wilkinson \$20

Centering Prayer

Centering Prayer is a receptive silent meditation prayer in the Christian tradition that encourages deeper connection and openness to God. This introductory session will include times of practice and explanation. The fruits of the prayer practice include the ability to be more present in your life and more flexible and forgiving with those you live and work with.

Wednesday, February 20 10 am-Noon Sr. P. Murphy \$20
Snow date February 27

Wines for Thanksgiving

The occasion of Thanksgiving creates a sense of dread for some of us — especially the meal preparer, but often also the wine selector. Sometimes both of these tasks fall to the same person. In this class, you'll learn how to pick nice, compatible wines, which will help to destress the situation. You may even pick up a few new, simple recipes. We'll begin with a wine-food talk (about 1 hour). Although a meal will not be served in this class, we'll follow the talk with a tasting of little foods: appetizers and both "new" and traditional Thanksgiving side dishes, paired with at least 6 feast-friendly wines, finishing with a delicious pumpkin-mascarpone pie. There won't be a turkey, but we'll discuss Thanksgiving foods, turkey carving, and some other preparation tips. You'll get guidance for selecting wines based on their "food affinities" for the big November feast day.

Saturday, November 10 2 pm-4:30 pm T. Free \$40

International Sparkling Wines

Sparkling wines are a popular topic almost any time, but they're particularly suited to the approach of the holiday season. Well-chosen sparkling wines are a pleasure to serve and to drink when friends and/or family gather. We will sample wines from the surprisingly broad range of styles that are produced. Although a meal will not be served in this class, we will have some nibbles (cheeses and appetizers), and we will talk briefly about how to pair sparkling wines with various foods. The class begins with an explanatory, comprehensive talk (about 45 minutes), followed by a tasting of at least 6 sparkling wines.

Saturday, December 8 2-4 pm T. Free \$40
Snow Date December 15

Monday AM Mystery Series

Nov. 12, Nov. 26, Dec. 10, Jan. 7, Jan. 28, Feb. 11, Feb. 25

10 am-Noon Fee: \$6



Meet the Parents

This class explores the personalities of two grapes that have begotten a more-famous “child.” While you were busy doing other things, scientists involved in grape DNA analysis were diligently working. In 1996/97, it was discovered that Sauvignon Blanc and Cabernet Franc are actually the genetic parents of Cabernet Sauvignon! We’ll take a quick look at this work, and then delve into the character of each of the two “parents.” Although a meal will not be served in this class, the talk will be followed with a tasting of 3-4 examples each of the parent grapes, paired with little foods (cheeses, appetizers, etc.) that show off each grape’s “table manners.” The wines we’ll sample will come from a variety of different regions and even countries.

Saturday, January 19

2-4 pm

T. Free

\$40

Snow date January 26

Unjustly Obscure Italian Wine Grapes

Most fans of Italian wines know about the grapes Pinot Grigio, Sangiovese, Moscato, and probably Nebbiolo. But what about Pecorino (thought that was just a cheese?), Garganega, Teroldego, and Uva di Troia? This is just a short list of some of the not-so-well-known grapes that are grown in Italy to make into excellent wine. If you’ve become a bit jaded about “mainstream” Italian wines, this class will celebrate fresh tastes and diversity. Much of this diversity in wine form has arisen only recently with newly rescued, near-extinct vine types. Class begins with a talk (about 1 hour) about the specific grapes whose wines we will taste. Although a meal will not be served in this class, the talk will be followed with a tasting of at least 6 wines, paired with little foods (cheeses, appetizers, etc).

Saturday, February 23

2-4 pm

T. Free

\$40

Snow date March 2

The Spiritual Origins of Numbers

Explore the fascinating story of our numerical system and its hidden spiritual connection. Throughout the world from ancient times to the present, numbers have been seen as being a conduit to mystical understanding. Learn how this came about and ways in which you can use this information in your own personal journey.

Wednesday, November 7

2-4 pm

N. Rosenblum

\$15

Ancient Travelers in New York

An exploration of artifacts and traditions of travelers from many parts of the world coming to New York, this hidden history will document how these ancient visitors interacted with the native people and practiced their religious rituals in our region. This will be seen to have a great importance for our understanding of the past and its impact today.

Tuesday, December 4

2-4 pm

N. Rosenblum

\$15

Spiritual Energies

This is an intriguing look at how energies of a spiritual nature have been viewed in cultures throughout the world from ancient times to the present. Discoveries in the movements and nature of the energies have had profound effects on fields ranging from physics to theology. Discover that these ever present forces are a powerful tool for understanding the nature of reality.

Tuesday, February 5

2-4 pm

N. Rosenblum

\$15

Snow date February 6

“A friend told me about Desmond and now I’m a believer.”

Monday AM Mystery Series

Come and enjoy our next film series at the Desmond Campus.

Monday, November 12	10 am-Noon		\$6
Monday, November 26	10 am-Noon		\$6
Monday, December 10	10 am-Noon		\$6
Monday, January 7	10 am-Noon		\$6
Monday, January 28	10 am-Noon		\$6
Monday, February 11	10 am-Noon		\$6
Monday, February 25	10 am-Noon		\$6

Friendly Rivals: Bela Lugosi and Boris Karloff

Learn how these two famous Hollywood actors not only had an impact on movies and the development of their craft, but also learn how they were rivals for movie parts and created some of the most memorable acting performances on film. This presentation is a must for those that love Hollywood actors and their films.

Friday, November 30	10 am-Noon	L. DiMartino	\$15
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The Origins of the Victorian Christmas

A celebration of Christmas today with regards to their origins to Christmas trees, mistletoe, and the giving of gifts is strongly influenced by the Victorian period. We will also discuss Victorian holiday poems and stories and their impact on how we celebrate the holiday. A nice way to begin your holiday celebration and learn how the holiday traditions began.

Monday, December 10	1-3 pm	L. DiMartino	\$15
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The Movies of Alfred Hitchcock

One of the most prolific and talented movie makers and television show producers of the last century, Alfred Hitchcock, has had an unmistakable impact on the entertainment history of Hollywood. This is a lively discussion of this complex and gifted man and his career.

Tuesday, February 19	10 am-Noon	L. DiMartino	\$15
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The Peter Pan Paradox

Peter Pan or *The Boy Who Wouldn't Grow Up* is a cultural phenomenon, still relevant today, as we continue to struggle with paradox in the 21st century. What is this story really about? Is it about growing up... or growing old? Who is the transformational character in this story and what lessons can we learn from a return trip to Neverland? Let's explore this magical story's mythic roots, fascinating history, and philanthropic legacy. It's not too late to redeem ourselves and our generation as we live our legacy, rather than leave one.

Tuesday, November 27	1-3 pm	J. Monk	\$20
Snow date November 28			

The Gifts of Age

Let's explore Joan Chittister's wonderful work *The Gift of Years* through the lens of appreciative aging. The 21st century gives us this gift of years to grow and learn because of advances in medicine and technology. At the Desmond, we can find kindred spirits who want and need to change the present discourse on aging. Joan Chittister writes clearly, with wisdom, as she builds her case that is both down-to-earth and accessible to elders of all backgrounds - and professionally researched, giving truth and credibility. Let's begin this journey of appreciative aging together.

2 Tues., beginning Dec. 4	1-2:30 pm	J. Monk	\$30
Snow date Dec. 12			

Fairy Tale Fan Club — Wake-Up Sleeping Beauty!

Fairy tales are part of our literary and cultural heritage but are often underappreciated. We have forgotten that fairy tales were originally intended for adults as sources of both entertainment and education in times gone by. Join us as we investigate the story of sleeping beauties around the world. We'll begin by viewing Shelley Duvall's *Faerie Tale Theatre* version (starring Bernadette Peters and Christopher Reeve) plus varied art forms, international texts, and fractured versions of this story. *Sleeping Beauty* is the ultimate wake-up call!

3 Tues., beginning Jan. 8 1-3 pm J. Monk \$60
Snow date Jan. 29

Put Your Home on a Diet!

We will discuss how to clear the clutter that is weighing you down and holding you back. Begin by getting rid of all the things you no longer need, love, or want. Put your home on a diet. Don't wait till summer: Start cleaning your stuff now. This will allow you to enjoy the things you do love and make your home feel lighter. Bonus: You'll feel lighter, too!

Friday, January 25 1-3 pm C. Jacobs \$25
Snow date February 1

Staging Tips for Selling Your Home

If you plan on selling or if your home is on the market and not selling, this is the class for you! Moving is emotional for both the seller and the buyer. A staged home will help you to attract more potential buyers and sell your home faster than other homes on the market. See before and after photos, learn the process of staging, and get inspired to try what you've learned on your own home from a professional stager in just one class! The cost of staging is less than the first price reduction.

Friday, February 22 1-3 pm C. Jacobs \$25
Snow date February 25

Joys of Antique Doll Collecting

The field of antique doll collecting is fun and exciting. But people hesitate to buy an antique doll because sometimes they seem so expensive. After all, dolls are just toys, aren't they? Find out how you can tell if a doll is really antique or a reproduction, learn to identify the age of the doll, how antique dolls were made, and why French dolls are more expensive than German dolls. We will discuss the terms used with antique doll identification such as bisque, china, composition, and celluloid. The author will share dolls from her own collection. Feel free to bring your questions and your own old doll as well.

Saturday, February 9 10:30 am-Noon M. Boncek \$15
Snow date February 16

Trash or Treasure?

Bring your treasures in to be reviewed and appraised. Review of antiques and collectibles along with fakes and reproductions. General information on dating and appraising antiques.

4 Fri., beginning Jan. 25 10 am-Noon W. Marquez \$25
Snow date Feb. 22

Creating Your Own Reality: Use the Laws of Manifestation

Create the life you want by using the Laws of Manifestation. Finding love, a successful business, or an automobile by applying these techniques. You can make life happen for you, instead of to you. It is simple, easy, and fun.

Friday, February 22 10 am-Noon G. Toth & D. Underwood \$15
Snow date March 1

Basic Stargazing

This program will provide you with an orientation of the winter night sky. Enjoy the folklore and mythology of some well-known constellations. Learn how to read star charts to find your favorite constellation. Enjoy the dark sky of the new moon phase with a star observation session, weather permitting.

Tuesday, December 4

6-8 pm

G. Reimer

\$25

Lunar Lunacy

Does the full moon affect the human condition? Join us for a discussion about the moon. This program will provide you with a better understand of the moon and its history, myths, and facts. Learn what causes the phases of the moon as well as why we don't have a lunar eclipse every month. Prepare for the Transylvania effect of the "Blood Moon" during the Total Lunar Eclipse on January 20-21, 2019.

Tuesday, January 8

6-8 pm

G. Reimer

\$25

Aging in Literature

Modern psychologists and biologists tell us a great deal about the process of human aging, but artists (poets, novelists, playwrights) have always had insight into the human condition. In this course, we will explore literary expressions (poems, stories, letters) that provide insight into the process of growing older — and older. Participants will be invited to identify the artistic expressions that most resonate with their own experience and/or offer insights they have not previously considered. *All reading material will be provided in class.*

6 Wed., beginning November 7 10 am-Noon

A. Gandolfo

\$75

No class November 21

Lightning Fast Memory

If you are a student, a professional, or a parent with school children, you know that any memorization task can be very frustrating. Even more frustrating is not doing as well as you could because of your memory. Unfortunately, our educational system does not provide us with any sort of memory training and we grow up struggling unnecessarily. The LSM program will help you to reprogram your mind so your memory can function at optimal performance. Memorize large amounts of information at a fraction of the time ordinarily required. Remember names and phone numbers with ease.

2 Thurs., beginning Feb. 7

1-3 pm

I. Lacerda

\$40

Snow date Feb. 21

How to Publish a Book with Amazon

Publishing a book on Amazon is not as daunting as it seems. Free tools are available to help you create an ebook, paperback, and even an audiobook. Join Middletown author Marianne Sciucco for this workshop to learn how to prepare your manuscript for publication, upload your files to the Amazon publishing sites, position your book for the market, and promote your book once it's available to the public. *To enhance your experience, it is suggested that you bring a fully charged laptop or tablet to this class.*

Tuesday, November 13

6-8 pm

M. Sciucco

\$25



Please be advised:

Desmond Campus is a non-smoking campus.

Thank you.

Social Media for Authors and Others

In our digital age, we are constantly asked to tweet, post, share, follow, and friend. What does it all mean? For authors seeking discoverability and others trying to build a platform on social media, all this talk can be confusing and overwhelming. Join Middletown author Marianne Sciucco for a two-hour course to learn how to: make sense of Facebook, Twitter, Google+, and Pinterest; develop skills to build your own “pages;” upload content; gain followers; and increase your online visibility. This is a course in basic social media skills for those interested in promoting themselves and/or their products to a global audience. *To enhance your experience, please bring a fully charged laptop or tablet.*

Tuesday, December 11 6-8 pm M. Sciucco \$25

Blogging for Authors and Others

Blogging is a sure way to establish a presence on the internet and build your discoverability. In this two-hour course, Middletown author Marianne Sciucco will teach you how to set up your blog, decide what to blog about, drive traffic to your site, find followers, and more. This course will be helpful to authors and others with a business or product to sell.

Tuesday, January 15 6-8 pm M. Sciucco \$25

Snow date January 22

Author Collaborations: How to Make Friends and Sell Books

“If you want to go fast, go alone but if you want to far, go together.” African proverb.

Trying to find your place in the literary market is a complex and competitive challenge. Traveling with others can make for a more pleasant and profitable journey. In this two-hour course, Middletown author Marianne Sciucco will teach you how to make friends with other authors in your genre, why you should bother, and what to do once you’ve entered or created an author collaborative. Sciucco has had years of experience in collaborations as a co-founder of AlzAuthors, the blog for authors writing about the dementias, and an active member of Clean Indie Reads, home of flinch-free fiction. This course is for authors with a published book or books interested in increasing their discoverability and book sales.

Tuesday, February 12 6-8 pm M. Sciucco \$25

Snow date February 19

HEALTH & WELLNESS

Finding Comfort in the Cold and Dark Season

November through March can be difficult for us northeasterners. With less sunlight and cold temperatures, our immune systems and emotional wellness can be challenged. In this workshop, Ashley will share her tried and true methods for feeling vibrant and resilient when all you really want to do is hibernate. Ashley will share both herbal and nutritional tips as well as lifestyle modifications that will help you find and embrace the beauty of winter.

Thursday, November 15 10-11:30 am A. Sapir \$20

The Mindful Way — Meditation to Fit your Life

Meditation is simple, but not necessarily easy, and comes in many forms. This class will give you a chance to experience several different types of meditation with a focus on mindfulness, loving kindness, and walking meditation. You will also learn the power of developing and bringing mindful awareness to every aspect of your life. Whether you are an experienced meditator or a newbie (or feel you’ve tried and failed in the past, yet are still intrigued), this class will help you develop, deepen, and make the most of the practice that suits you best.

4 Thurs., beginning Nov. 29 1-2 pm S. Rosen \$50

Self-Hypnosis: Identify 6 Steps to Increase Your Happiness

We all want to be happy! What is happiness? A fleeting emotion?... A genetic characteristic?... A learned skill? Happy people have better relationships, work success, live longer, and have healthier lives. This seminar will identify actions that will enhance your life. It is simple, easy, and fun.

Friday, November 16

10 am-Noon

G. Toth & D. Underwood

\$15

Healthy Digestion and Elimination

In this class, you will learn how the digestive process functions. You will also learn how to improve your digestion and elimination. We will discuss exactly what foods and supplements you should be taking for healthy maintenance.

Monday, November 5

1-3 pm

T. Kulpinski

\$25

How to Avoid Getting Sick in the Winter

This workshop is an eye-opening class on exactly how you can avoid colds and flu this winter season.

Monday, December 3

1-3 pm

T. Kulpinski

\$25

How to Take Care of Your Furry Friends (Dogs & Cats)

Attention animal lovers! In this fun class, we will take a look at foods, supplements, and healing modalities to keep your four-legged friend in top notch health so they can live a long and healthy life, the way they originally were meant to live.

Monday, January 7

1-3 pm

T. Kulpinski

\$25

Snow date January 14

Stress Less, Savor More

Are you stressed or worried? Are you feeling anxious, tired or sleepless? Being emotionally well is more than just handling stress. It all involves being attentive to your thoughts, feelings, and behaviors. You can learn ways to cope effectively with stress, transfer thoughts from negative to positive, and manage anger. In this session, you will be given different ways to destress and enjoy yourself more. Chair stretches focusing on relieving stress and tension, along with guided meditation and breathing exercises, will show you how to stress less and savor more!

Monday, November 19

10:30 am-Noon

D. Lang

\$25

Emotional Detox: Dealing with Negative People

We all have people who push our buttons, drain our energy, and take us off track, from co-workers to neighbors, friends, and family members. Difficult people can be found anywhere. These types of people can create situations that cause us to feel frustrated, drained, fatigued, and unhappy. In this workshop, you will learn tips to deal with difficult people, different communication techniques that you can use to effectively handle negative/difficult people, what a toxic relationship is and how to emotionally detox, why people are so negative, and the consequences of too much negativity in your life.

Wednesday, December 12

10:30 am-Noon

D. Lang

\$25

New Year, New You!

It's now 2019! Are you set up to move powerfully in your personal and professional goals? The New Year brings us the feeling of starting fresh and being motivated to make changes. Are you feeling stuck or drained by everyday life? Are you lacking the right support and motivation or wishing on luck that things will just turn out better in the upcoming year? Maybe you just feel like there is a better way but don't know what steps to take to get there. This program offers practical tips and tools to thrive through transitions and feelings of stagnation and make those changes. Discover what personality traits cause us to feel stuck and stressed out, what we can do to change, and how we can be happy and healthy this year.

Wednesday, January 9

10:30 am-Noon

D. Lang

\$25

Snow date January 16

I Am Enough: A Workshop on Finding Your Worth and Happiness

To find true joy, we need to have “self-love.” This workshop is about creating a new life by creating new habits and thought patterns. Learn ways to be self-aware of your limiting beliefs and habits, forming new ways of thinking, and changing your perceptions. You will learn the truth about joy, what really makes us feel happy and fulfilled, how our thoughts and beliefs affect our physical body, and how to form a mind-body connection. You’ll learn to live in the moment and enjoy the ordinary, and most of all learn how to forgive others so the true healing can begin.

Wednesday, January 23 **10:30 am-Noon** **D. Lang** **\$25**
Snow date January 30

Letting Go of “Perfect”

As women, we tend to add more stress to our lives than we need. We all talk about the stress of trying to be the perfect mom, wife, friend, colleague, etc. The first thing we need to do is remove the word “perfect.” Why do we have to be perfect? Is the concept of perfection realistic or sustainable? The goal is an impossible task, but we just keep trying and causing ourselves more stress. Let’s take a step back and reduce the anxiety by letting go of perfection and control issues. While it’s ok to want to be your own best, trying to be better than where you were yesterday, it’s never ok to compare yourself to others, multitask to the extreme, or try to control everything. Being your best means some sacrifice, some compromise, saying no, and most importantly... self-care. We must remember what we need emotionally, physically, and spiritually; that’s balance and when we are being our best. Are you being your best?

Monday, February 11 **10:30 am-Noon** **D. Lang** **\$25**
Snow date February 12

Conservative and Surgical Management of Arthritis

Arthritis is the #1 cause of disability in the United States and affects 1 in 3 adults in their lifetime. Join us to learn about the major types of arthritis and their co-morbidities, conservative treatment, pain management, surgical management and recovery, and prevention techniques.

Tuesday, January 15 **11 am-12:30 pm** **L. Schneider** **\$15**

Ayurveda for Winter Health

Winter is an important time to support the immune system. Ayurveda is the ancient healing science of India and sister science to yoga. Based on a five elemental theory, Ayurveda works on creating balance through diet and lifestyle. Learn how to create balance for your unique system through easy self-care and home remedies.

Friday, January 25 **10-11:30 am** **A. Hirschstein** **\$25**
Snow date February 1

STEADY as You Go: Safety Assessment and Guide for Mature Adults



Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths. For older persons, the consequences of falls can be devastating, including reduced mobility, functional decline, and loss of independence. In this class, you will learn some simple ways to modify your home environment and your activities to keep on your feet and living safely, happily, and independently in your home for many years to come.

Wednesday, January 23 **1-3 pm** **M. Mulrooney** **\$25**

How to Get Better Mileage From Your Late Model Bod

Do you take the same care with your body as you do your car? Without our cars, we can't get around. But without the same kind of care and maintenance of our late model bodies, we find that things are breaking down and just not working the way they used to. Using 10 tips from auto maintenance, this class will teach you how to accelerate slowly, use additives wisely, have regular tune-ups, change your oil etc., all the things you need to know to keep you moving and grooving in your beautiful late model body.

Wednesday, February 27

1-3 pm

M. Mulrooney

\$25

Reconnecting With Our Infinite Energy

The universe is knocking at your door - have you heard it yet? Have you been paying attention, or have you been too distracted? Allow me to help you by showing you how to answer and open that door. We will be implementing specific methods that build momentum in the right direction. The time is now to detach from the system and to simultaneously reconnect to our inner selves for true well-being and desire fulfillment.

4 Mon., beginning Feb. 4

10-11 am

R. Bucci

\$40

Snow date March 4

Dementia Conversations

Dementia Conversations will offer helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. This program is primarily for those who have a family member or close friend beginning to experience Alzheimer's or another dementia. *This class is free, but please register.*

Wednesday, February 6

11 am-Noon

D. Davies

Free, please register

First Aid Fundamentals: Learn to Treat Burns, Bites, and Traumas

Learn the basics of what to have on hand for immediate application, which can also prevent shock and trauma before help arrives. We will cover dosing and frequency, which will prove invaluable for treating before obtaining medical assistance. Reference materials will also be shared.

Wednesday, February 13

10 am-Noon

A. M. Silvani

\$25

Snow date February 20

Large Intestine Health

The key to a happy life is the health of your colon. Come learn how to restore true digestive health.

Wednesday, November 7

1-2 pm

Dr. R. Huntoon

Free, please register

Kidney Health vs. Kidney Failure

Statistics tell us 60 percent of people will experience kidney disease as they age. The trend is it will soon be 90 percent. Come learn how to beat the odds. Free, please register.

Wednesday, January 9

1-2 pm

Dr. R. Huntoon

Free, please register

Bladder Health vs. Heart Health!

Society will tell you to focus on your heart for Valentine's Day. Focusing on your heart in February will actually create the basis for heart issues. Come learn about why your bladder health is important and end the need for "Depends" undergarments. Free, please register.

Wednesday, February 13

1-2 pm

Dr. R. Huntoon

Free, please register

EXERCISE CLASSES

Chair Yoga

Ideal for those who have difficulty getting up and down from the floor. This practice consists of modified yoga stretches and breathwork while seated in a chair and using the chair as a prop. A few of yoga's benefits include increased strength, flexibility, and calm.

6 Tues., beginning Nov. 13	11-11:45 am	N. Villanti	\$60
7 Tues., beginning Jan. 8	11-11:45 am	N. Villanti	\$70
Snow date Feb. 26			

Thursday Chair Yoga

Mindfully stretch and strengthen the body with the support of a chair, using breath and meditation to allow the mind to relax. Release tension and cultivate a deeper sense of presence and peace.

4 Thurs., beginning Nov. 15	1:30-2:15 pm	J. Friedman	\$40
No class Nov. 22 & Dec. 13			
7 Thurs., beginning Jan. 10	1:30-2:15 pm	J. Friedman	\$70
Snow date Feb. 28			

Gentle Yoga

Gentle yoga is for those who would like to do yoga, but may be intimidated by it. This class moves at a slow pace and practitioners may use props or the use of a chair for added balance. *Please bring a yoga mat.*

6 Tues., beginning Nov. 13	Noon-1 pm	N. Villanti	\$66
7 Tues., beginning Jan. 8	Noon-1 pm	N. Villanti	\$77
Snow date Feb. 26			
6 Fri., beginning Nov. 9	Noon-1 pm	N. Villanti	\$66
6 Fri., beginning Jan. 11	Noon-1 pm	N. Villanti	\$66
Snow date Feb. 22			

Evening Hatha Yoga — Tuesday

Please see Hatha Yoga description. *This class is online registration only. PLEASE NOTE NEW TIME.*

7 Tues., beginning Nov. 6	5:30-7 pm	S. Olsen	\$112
6 Tues., beginning Jan. 8	5:30-7 pm	S. Olsen	\$96
Snow date Feb. 26			

Hatha Yoga Wednesday

Suited for all levels of yoga students, from the beginner to the more experienced, this class uses poses along with breath awareness. Reduce stress and increase confidence while toning and strengthening. The benefits of a clear mind can be felt immediately through yoga. *Please note this class is online registration only.*

6 Wed., beginning Nov. 7	10-11:30 am	S. Olsen	\$96
No class Nov. 21			
6 Wed., beginning Jan. 9	10-11:30 am	S. Olsen	\$96
Snow date Feb. 27			

"This class gave me a lot to ponder."

Evening Hatha Yoga — Thursday

Suited for all levels of yoga students, from the beginner to the more experienced, this class uses poses along with breath awareness. Reduce stress and increase confidence while toning and strengthening. The benefits of a clear mind can be felt immediately through yoga.

6 Thurs., beginning Nov. 8	4:30-6 pm	A. Parker	\$96
No class Nov. 22			
7 Thurs., beginning Jan. 3	4:30-6 pm	A. Parker	\$112
Snow date Feb. 28			

Hatha Yoga Friday

Suited for all levels of yoga students, from the beginner to the more experienced, this class uses poses along with breath awareness. Reduce stress and increase confidence while toning and strengthening. The benefits of a clear mind can be felt immediately through yoga. **Please note this class is online registration only.**

7 Fri., beginning Nov. 2	9:30-11 am	S. Olsen	\$112
No class Nov. 23			
5 Fri., beginning Jan. 11	9:30-11 am	S. Olsen	\$80
Snow date March 1			

Lunch Hour Yoga

Taking time to stretch, breathe, and have a mindful hour of relaxation to yourself – this is the goal of Lunch Hour Yoga. All levels welcome. **This class takes place at the Kaplan Recreation Center, main campus, 330 Powell Avenue.**

5 Wed., beginning Nov. 14	12:30-1:30 pm	B. Boyer	\$75
No class Nov. 21			

Lunch Time Yoga

This 60-minute Lunch Time Yoga class will incorporate the breath to the asanas (poses) and is ideal for the practitioner looking for a classic Vinyasa/Hatha flow to break up the day and give a boost of calm, relaxation, and peace of mind. All levels welcome. **This class occurs at the Kaplan Recreation Center, main campus, 330 Powell Avenue.**

7 Wed., beginning Jan. 9	Noon-1 pm	N. Villanti	\$70
Snow date Feb. 27			

Walk 15[®] Wake Up and Walk

Walk 15[®] is THE proven Leslie Sansone indoor aerobic program in a group setting created to promote health and fitness for everyone. It's unique usage of a mileage system based on music's beats per minute, utilizes multiple muscles in your body creating a calorie torching, fat burning workout. The workouts are set to energizing music and use easy to follow, non-choreographed core steps with multiple variations and modifications for all fitness levels. Walking is good. Walk 15[®] is AWESOME!

6 Thurs., beginning Nov. 1	8:30-9:15 am	L. Cormier	\$48
No class Nov. 15 & Nov. 22			
6 Tues., beginning Nov. 6	8:30-9:15 am	L. Cormier	\$48
No class Nov. 20			
4 Tues., beginning Jan. 8	8:30-9:15 am	L. Cormier	\$32
4 Tues., beginning Feb. 5	8:30-9:15 am	L. Cormier	\$32
6 Thurs., beginning Nov. 1	8:30-9:15 am	L. Cormier	\$48
No class November 22			
4 Thurs., beginning Jan. 10	8:30-9:15 am	L. Cormier	\$32
4 Thurs., beginning Feb. 7	8:30-9:15 am	L. Cormier	\$32

Did you know ...

Studies show that participating in T'ai Chi may help prevent falls in older adults. The improved balance and flexibility appears to be the key.

Afternoon T'ai Chi Chih

This class is for those who already know the 19 movements of T'ai Chi Chih. Continue with the practice and enjoy its healing benefits – feel peaceful and more grounded, refreshed, and centered.

7 Tues., beginning Nov. 6	1:30-2:30 pm	J. Hunter	\$70
7 Tues., beginning Jan. 8	1:30-2:30 pm	J. Hunter	\$70
Snow date Feb. 26			

Introduction to T'ai Chi Chih

Come and learn the best kept secret for living life. T'ai Chi Chih is a new form of Chi Kung discipline; that is, one that is concerned with the development, circulation, and balancing of the Vital Force (Chi). It can be called a moving meditation, a means of spiritual cultivation, and an aid to greater health and longevity. This course is designed for anyone new to T'ai Chi Chih or anyone who wants a refresher of the basics. At the completion of the course, you will have learned all 19 movements and one pose.

7 Tues., beginning Nov. 6	2:45-4 pm	J. Hunter	\$77
6 Wed., beginning Nov. 7	7-8:15 pm	J. Hunter	\$66
No class Nov. 21			
7 Tues., beginning Jan. 8	2:45-4 pm	J. Hunter	\$77
Snow date Feb. 26			
 7 Wed. beginning Jan. 9	7-8:15 pm	J. Hunter	\$77
Snow date Feb. 27			

Yoga Nidra

Yoga Nidra, aka Yogic sleep, is a practice used to promote a deep relaxation. This form of yoga and technique is used to awaken the connection between body, mind, and soul. The practice is like a deep sleep while you are still awake. A forty-five to sixty minute practice is equivalent to a two to three hours solid sleep plus many more benefits. *Please bring a yoga mat.*

6 Tues., beginning Nov. 13	7:15-8:15 pm	N. Villanti	\$66
6 Tues., beginning Jan. 8	7:15-8:15 pm	N. Villanti	\$66
Snow date Feb. 19			

A note on coffee and refreshments ...

Kindly remember that the coffee & refreshments are not free. They are funded by your contributions and are based on the honor system. Thank you for your support.

Speaker Series

OPEN TO ALL ADULTS

Be (Corp) the Solution (#BtheSolution)

Did you know that New York State's first B Corp, the Greyston Bakery, is located in Yonkers, NY? A certified B Corp works to be the best in the world and for the world. Using business as a force for good, B Corps meet rigorous standards in social and environmental performance, transparency, and legal accountability. Be a part of the movement to spread Greyston's Open Hiring Model that provides jobs – no questions asked – so that anyone who wants to work has the opportunity to work. If this peaks your interest, you'll want to read *Instructions to the Cook* by Bernie Glassman, Greyston's founder. Open hiring is their signature practice and the brownies are the delicious result! I promise there will be brownies!

Tuesday, November 13

1-3 pm

J. Monk

\$15

West Point Foundry

Established in 1817 as a cannon foundry, the West Point Foundry at Cold Spring in the Hudson Highlands was one of the first major industrial sites in the United States. The foundry and its many iron products, most significantly artillery and other ordnance, played a central role in the nation's industrial development.

Wednesday, November 14

6:30-8:30 pm

M. Forlow

\$15

Martha Washington: A Timeless Woman

In 1789, Martha Washington would set an important precedent as the nation's first presidential spouse. Explore how her life during the Revolutionary War helped to prepare her for this daunting role, and how subsequent first ladies chose to follow in her footsteps, or blaze their own trail.

Tuesday, November 27

10-11 am

K. Monti

\$10

Women Behind the Chador

In this illustrated presentation, you will see scenes of Iranian cities, villages, and women, and see and hear about the ways they use style and flair to challenge legal restrictions on showing their hair and bodies. Paul will discuss how women are perceived in modern Persian literature.

Thursday, November 29

10-11:30 am

S. and P. Sprachman

\$15

Looking Back: The Desmond Estate Before Alice

Although Alice Curtis Desmond was the last and most remembered owner of what is now the Desmond Campus, there were other families who owned the property. Here's your chance to join the history express and learn who these people were, where they came from,...and where they went. This lecture will cover owners of the Desmond property: Captain Henry Robinson, Samuel R. Betts, and Edward A. Wickes.

Friday, November 30

1-3 pm

V. Begley

\$15

"Certainly as always, Desmond rarely disappoints"

Track Your Truth — Discover Your Authentic Self

We can be so easily distracted if we listen to others but not to ourselves. You can become a detective, following the clues of what works and what doesn't in your life. Your body, mind, emotions, and intuition send messages all the time, but do you really listen? You'd be surprised how often we override these signals and instead follow others. Puja Thomson shows how to get back on track with what is truly meaningful in your life. Her book, *Track Your Truth – Discover Your Authentic Self*, will be for sale following the presentation.

Wednesday, December 5 1-2:30 pm P. Thomson \$15

Moments of Discovery: The Solving of Mystery in Local History

For nearly 50 years, historian, naturalist, and columnist Marc B. Fried has been researching and writing about our region and solving seemingly intractable historical mysteries from the 17th and 18th centuries. His focus is on the relationship of people to the land, and his writing is informed by this perspective. In this talk, he will discuss some of the more dramatic discoveries he has written about and the sources and methods that helped reveal the past and separate fact from fiction. Subjects will include the long-contested boundaries of the 1684 Indian deed to Governor Thomas Dongan, covering much of Orange County; the story of how Sam's Point in the Shawangunk Mts. really got its name; uncovering the childhood and early adulthood of a pioneering Ulster County woman for whom Gertrude's Nose is named; and solving the puzzle of a rebuilt 18th century farmhouse bearing an inscribed 1736 stone that initially raised many more questions than it answered. Fried is the author of six books, which will be available for sale.

Tuesday, December 11 2-3:30 pm M. Fried \$15

Fact and Fiction: A Look at Historical Fiction

This lecture will explore the ways that some of our very best storytellers have used their imaginations to reconstruct great events in history. You'll discover the techniques they use to portray the characters that lived through, and often shaped, those events through an examination of some of the most memorable historical fiction ever written. In addition, for those interested in creating their own works of historical fiction, we'll look at ways to create actual and authentic settings and the decisions you must make to balance fact with fiction.

Thursday, December 13 10:30 am-Noon J. Essick \$15

The Land in Controversy: Indians, Colonists, and the Battle for the Hudson Valley in the 1760's

In the 1760's, three competing forces fought for the same lands here in the Hudson Valley: landlords (Beekmans, Philipses), Wappinger Indians, and rioting tenant farmers. Learn about the remarkable Wappinger leader Daniel Nimham, whose defense of his lands included a trip to London to lobby King George III.

Friday, December 14 10-11:30 am J. Merrell \$15

Nikola Tesla in New York: The Famed Inventor

Nikola Tesla spent the majority of his life in New York. Learn about his time in Manhattan and his work with many notable individuals of the time. It will also be shown how his inventions play such a major role in our modern lives and how the environment of New York contributed to his accomplishments.

Tuesday, January 8 2-4 pm N. Rosenblum \$15
Snow date January 9

Vermeer in the Metropolitan

Today Johannes Vermeer is known as one of the great masters from an era called the Dutch Golden age, but this wasn't always the case. In fact when Vermeer died, his name died with him, and his works disappeared into obscurity. It wasn't until the 19th century that interest in his work and his name began to surface once again. The discovery of an authentic Vermeer painting is no small feat as he only produced 34 paintings over the course of his entire life. The Metropolitan Museum of Art in NYC is the home of five of these incredibly rare paintings such as A Maid Asleep, Young Woman with a Water Pitcher, Young Woman with a Lute, and Study of a Young Woman. These paintings celebrate simple individuals (mostly women) depicted in everyday life. During this class, you will learn about the artistic elements Vermeer used to compose his paintings and the historical significance of each. You will also learn which of the Vermeer paintings on display at the Met contain a hidden dog.

Friday, January 11

1-2:30 pm

M. Soltis

\$15

Snow date January 18

Playing for Pasta

Everyone loves pasta. Most people love to play. I figured out how to do what I love for money while eating as much pasta as I wanted on a daily basis. Welcome to my life as an Italian professional basketball player, stories of culture, sport, fame, and business unlike any you have heard before. I lived like the locals for over 25 years and eventually forgot what it was like to live in America. Find out how this happened and much more. I would love to share this experience with you.

Monday, January 14

1-2:30 pm

R. Bucci

\$15

Snow date January 15

Typhoid Mary: A New York City Tragedy

Learn the story of Mary Mallon, an immigrant, and her life in the turn of the last century. Was she a menace to society or a victim of her times? See how this young lady would remain with a family only a few short weeks, until family members began to get sick. Mallon would subsequently be hired by other families, and the outbreak would follow her. This behavior would eventually change how we look at disease control and health care. We will also learn what became of her life and her place in the history of the City of New York.

Tuesday, January 15

10 am-Noon

L. DiMartino

\$15

Snow date January 16

My Career in Journalism: From Newsletters to Magazines to Books

Author and newspaper columnist Anthony Musso shares his passion for writing during what is now a 45-year career in journalism. His writing projects began with poetry and prose, which unintentionally landed him a position as a writer for his company's monthly newsletter in the early 1970's. In 1984, he was recruited to create, write, and edit a publication for the Northeast Regional Headquarters of the United States Postal System. Musso became involved with several other publications throughout his career, culminating with his position as editor of an 85,000-circulation full-color monthly magazine for Postal Headquarters. He was also a media spokesperson for the organization, handling press inquiries for a wide range of events. Musso began freelance writing for the Poughkeepsie Journal in 1998 and continues to be a weekly columnist for the newspaper. He is the author of seven books and presents about 75 book lectures every year.

Thursday, January 17

10:30 am-Noon

A. Musso

\$15

Snow date January 18

Understanding Your Belief System and How it Affects Your Decision Making

In this lecture, David Martin will discuss and focus on understanding the differences between “healthy and unhealthy beliefs,” including the difference between shame and guilt and the values and importance of making yourself approachable. Using this belief system can change your life and add more purpose.

Monday, January 28

1-2:30 pm

D. Martin

\$15

Snow date February 4

The Circular Letter: Washington’s Legacy

While at Headquarters Newburgh, as the war drew to a close, General Washington wrote to the Governors and articulated his vision for the new republic. Circular letters were written to convey the same information to recipients in different locations. This talk will explore the hopes General Washington had to guarantee how the government should work effectively, how the states should be united, and how the protection of that new and fragile nation would be of paramount importance.

Thursday, January 31

11 am-Noon

L. Scherer

\$10

Snow date February 1

Immigrant Ocean Crossing: The Great Age of the Ocean Liners

When we think of immigration, we think of immigrants being inspected at Castle Garden and Ellis Island. A forgotten part of the immigrant story is the ocean crossing and the development of the professional maritime shipping industry in the nineteenth century: Cunard Line, White Star Line, Red Star Line, Holland-America Line, Hamburg-America Line, and so on. Its evolution from the sailing ship to the steamship during the nineteenth century Industrial Revolution and how this affected the story of immigration to America will also be discussed. The program will conclude with the showing of the one-hour documentary film, *Floating Palaces*.

Wednesday, February 6

1-3 pm

J. Dosik

\$15

Snow date February 20

Unique Gardens in the Hudson Valley

While botanical gardens that are located in major cities throughout the world attract hundreds of thousands of visitors every year, the Hudson Valley boasts some of the most unique variety of gardens right here in the region. Located on the former private estates of wealthy entrepreneurs and garden enthusiasts and now open to the public or in specially designed arboretums that were created by local municipalities, some of the finest floral finds are within an easy drive. Hear about a sunken garden that was installed on the Westchester County country estate of a successful attorney and his wife that is more known today for its annual summer concert series than its spectacular grounds. Learn about a hillside garden that overlooks Millbrook from the former estate of a New York City banker, who also created a series of carriage trails on the property. Discover a garden that was designed over a two-decade period, using the concepts of Chinese garden patterns. Outstanding gardens exist on the grounds of a major resort, within the boundaries of Orange County’s second largest recreational park, on a Red Hook estate that overlooks the Hudson River, and at the former home of one of the region’s earliest settlers — all now open for public visits. Transform a winter day into a glimpse of spring and summer with this invigorating presentation.

Thursday, February 7

10:30 am-Noon

A. Musso

\$15

Snow date February 8



Palatine Germans and French Huguenots

Come learn about how the Palatines finally found a patron in Queen Anne of Great Britain and how she enabled them to cross the ocean and settle in her New York colony. In fact, the settlement of Newburgh was established by the Palatines. Many of these colonists eventually left New York to join other Palatines in Pennsylvania and the upper Midwest. You will also get an appreciation of how the Huguenots came to found many of early America's industries including glass and silk making and how this literate and well-educated group played an important role in the American Revolution.

Monday, February 11 **11 am-12:30 pm** **S. Skye** **\$15**
Snow date February 12

The World War I Homefront — How Newburgh Supported the Colors

World War I ended a century ago. Newburgh City Historian, Mary McTamoney spent over a year researching Newburgh's part in that war and will outline the extraordinary ways average citizens in special services like the Red Cross and YMCA, as well as those who stayed behind in Newburgh, "supported the colors" with many volunteer activities that helped turn the tide to victory.

Monday, February 11 **1-3 pm** **M. McTamoney** **\$15**
Snow date February 12

Cities of Beauty: Paris, Rome, Florence, Venice, and Barcelona

Some great cities of Europe, such as Paris, Rome, Florence, Venice, and Barcelona, are famous for their association with beauty and romance. Kissing your lover under the Eiffel Tower in Paris; floating together in a gondola on the Grand Canal of Venice, while the gondolier sings passionate songs in Italian; strolling hand in hand by the beautiful Trevi Fountain in Rome at night; gazing upon the spectacular art and architecture of Barcelona and Florence all come to mind. Barry Kass, photographer and Professor emeritus of Anthropology and Sociology, will take us on a photographic tour of these wonderful cities of Europe.

Monday, February 18 **1-2:30 pm** **B. Kass** **\$15**
Snow date February 19

Driving Classes

No pre-registration is necessary. Simply arrive a few minutes early with items listed below. No food or drink permitted in class. **Please call 845-565-2076 to confirm room location.**

Pre-Licensing Class

Five hours total classroom time with half hour break. This is the course required before taking the road test. Bring your Learner's Permit, pen and paper. Registration is done on-site, prior to the class.

Pre-Licensing class is held at the Mount Saint Mary College main campus, 330 Powell Avenue.

Saturday, November 10	9 am-2:30 pm	Fee: \$40, cash only
Saturday, December 8	9 am-2:30 pm	Fee: \$40, cash only
Saturday, January 12	9 am-2:30 pm	Fee: \$40, cash only
Saturday, February 9	9 am-2:30 pm	Fee: \$40, cash only

Defensive Driving

This class will reduce four points from your license in the past 18 months, and reduce your insurance rates by 10% on collision and liability for three years. Fee: \$45, cash or check, made out to the Automobile Driving Club of Orange County. Bring pen and paper. Two Wednesdays from 6:30 - 9:30 pm. (six hours total classroom time) **Defensive Driving classes are held at the Desmond Campus.**

Wed., Dec. 5 & Thurs., Dec. 13	6:30-9:30 pm	Fee: \$45, cash or check
2 Wed., Feb. 13 & 20	6:30-9:30 pm	Fee: \$45, cash or check
Snow date February 27		

Instructor Bios

ART & NATURE

Leslie Bender has exhibited her artwork in solo and group exhibitions in the Hudson Valley since 1987. Her political artwork has been shown in the Museum of Modern Art and the Whitney Downtown and is currently in a traveling exhibition on the West Coast. Leslie began painting community murals in New Jersey with the CETA program in 1978, and with CityArts Workshop, Inc. NYC in the 1980s. Her murals grace many private residences, businesses, and schools, including the Hyde Park Culinary Institute of America. In the 1990s, Bender designed and painted sets for theater productions and ballet. Leslie currently teaches private classes in her Kingston studio. BFA, Painting: Pratt Institute, Brooklyn, 1975; MFA, printmaking, SUNY New Paltz, 2009.

Shirley Botsford is a professional in the sewing, craft, home decorating, and fashion fields. She has authored over 50 instructional craft books on needlework techniques. Her popular book, *Daddy's Ties*, is celebrating its 22nd year in print. She currently runs Botsford Briar Bed & Breakfast in Beacon, NY where retreats and workshops are held for the needle arts community. Ms. Botsford has taught in the fashion fields at Marist College and Dutchess Community College. She continues her product design with Simplicity Pattern Company and

writes articles for needle arts publications.

Len DeVirgilio has been a graphic designer for more than 40 years, working in New York advertising agencies and design studios for national accounts. He is a graduate of the School of Art & Design and attended the School of Visual Arts. Len won 'Best in Show' at the Artists on Campus show at Mount Saint Mary College in June 2010.

Christina Di Marco is a teaching artist living and working in the Hudson Valley, working with people of all ages and abilities for more than 20 years in multimedia. She specializes in marbling techniques and paper, clay, and environmental arts at Garrison Art Center, Garrison; Mill Street Loft, newly The Art Effect, Poughkeepsie; Camp Herrlich, Patterson; and area elementary schools. Information on her art papers, hand-bound books, and lampshades and lamps can be found by contacting her at christinadimarco@comcast.net

Michele Dixler has been sewing since she was 8 years old. At the age of 12, Michele received a special gift of a sewing machine, and she went on to make garments and even her wedding dress. She studied Education, Art, and Design at the City University of New York and received a master's in Humanistic Education at SUNY New Paltz. Inspiration comes from the materials of her craft and

viewing antique and ethnic adornments. Since retirement from SUNY Orange, she has continued sewing quilts and accessories and doing hand-embroidered jewelry.

Donna Doyle holds a certificate in Floral Design from the New York Botanical Garden. She is a member of the Philipstown Garden Club and has conducted numerous floral design demonstrations for Philipstown and other local garden clubs. Donna has also conducted an Introductory Floral Design course for the Philipstown Recreation Department.

Gayle Clark Fedigan has been an accomplished pastel instructor and artist for 25 years. She has taught in Ireland, Italy, and France. Gayle studied art at SUNY New Paltz, The Art Students League, and the ateliers of John Gould, Daniel Greene, and Lisa Specht. She was accepted into the Pastel Society of America Show in 2014.

This class will be taught by members of **Hudson Valley Toile and Decorative Painters**, a local chapter of the Society for Decorative Painters. For more information about the Hudson Valley Toile and Decorative Painters, visit www.hvtdp.org and www.decorativepainters.org

Cynthia Harris-Pagano specializes in portraits, still life, and landscapes in oil and pastel. She works out of her North Light studio in Otisville, NY, one hour northwest of NYC. Her paintings are in public and private collections in the USA, Canada, and Europe. She is a member of The Portrait Society of America. Portrait Website: www.portraitartist.com/pagano

Jodi Yeaple King has been an artist for over 40 years, working with many art forms including illustrations, toile painting, jewelry making, fiber arts, and metal sculpting. She has owned an art-based business, selling her work and that of other local artists, and has taught adult classes in the Hudson Valley.

Mary Lawrence received a BA in Art History and an MA in Germanic Languages and Literatures. She was awarded a Fulbright Scholarship to Munich for doctoral research in Medieval German Art and Literature. Mary recently completed two German-to-English book translations, and currently enjoys teaching classical and jazz piano and art history, as well as German.

Esther McHenry graduated from Pratt Institute with a degree in Art Teacher Education and is active in Artists in the Parks and Lower Hudson Valley Plein Air Painters.

Laura Nicholls, a recently retired art educator, has taught all aspects of the visual arts and art history to all levels of students for the past forty years. Well-traveled and with a strong interest in the development of western art, she enjoys sharing with fellow students her passion of 'looking and learning' as well as a sense of place. It is her hope that she will inspire her students to feel comfortable in developing their own approaches to the visual arts.

Roberta Rosenthal is a painter who works in hand-ground sumi-e ink, watercolor, and gouache on rice paper and silk. Her technique includes Asian brush techniques and traditional western watercolor painting. Her subjects include flowers, birds, animals, landscapes, and abstracts. Rosenthal combines her experience as a botanical illustrator, textile designer, and graphic artist

with her love of Asian brush painting that drives her passion. Her art is commissioned for wedding scrolls and painting, combining calligraphy with landscape, flowers, and wildlife. Rosenthal studied Japanese sumi-e painting and Asian sumi-e brush painting with sensei Koho Yamamoto and privately with Chinese master Jui GuoLiang. She is a graduate of the School of Art & Design, NYC and the Fashion Institute of Technology, NYC. Rosenthal received two certificates in Chinese Language Studies from SUNY OCCC.

Judy Thomas began her formal art studies at the University of Iowa where she majored in Painting, Drawing, and Printmaking. In 1986, Judy moved to New York City to attend graduate school at Hunter College. After completing her MFA in Painting in 1988, she joined the mass exodus of young artists to Williamsburg, Brooklyn. The pioneering, renegade spirit of the early 90s helped to shape the direction of her art. Judy currently lives and works in Newburgh.

EXPLORE & EXPAND

Marianna Boncek is a teacher and writer with an interest in local history, particularly haunted history. Born and raised in Grahamsville, Marianna lives in Ulster County.

Ryan Bucci is a new instructor to Desmond Campus. Ryan played professional basketball 14 consecutive professional seasons in Italy while living in 8 different cities. He looks forward to teaching Italian to students at Desmond.

Lawrence Burg has served the Department of Defense since graduating as a mechanical engineering student in Lehigh University's Class of 1987. He has supported Carrier groups, improved ordnance logistics, and most recently, serves the Cadets at the USMA, West Point by preserving, sustaining, and modernizing the Academy. Lawrence likes to relieve his ignorance and bore to the root of things, realizing that there is always much to add. He is able to teach objectively, but respects that our subjective envelopes are partner to the learning. He encourages participation and stitching topics to relevant examples in the world around us and is honored by the opportunity to both teach and learn from you.

George Burke, film enthusiast, will host the viewings and make them even more enjoyable!

Christine Crawford-Oppenheimer, MLS is a librarian, archivist, genealogical speaker, food researcher, and writer. Her publications include a book, *Long-Distance Genealogy*, and articles in national and regional magazines, including the *National Genealogical Society Quarterly*.

Leon DiMartino holds a master's degree from Fordham University and a bachelor's degree in History and Education from Pace University. With a love and passion for history, regional studies, and folktales, he has taught regional Hudson Valley history and folktales courses for the last eight years. He is a former member of the Kent Historical Society.

Tim Free is a 1995 graduate of the Culinary Institute of America. Since that time, he has worked in the wine industry (wholesale, retail, and education). He has taught wine courses at the Desmond Campus since 2003 and

has given corporate wine seminars as well as training programs for wine professionals in the wholesale and retail business. He has traveled to many of the world's wine regions, including those in France, Portugal, Spain, Italy, Germany, Chile, Switzerland, and the US (New York, California, Oregon, Washington, etc.). He has also written for various websites. His specialty is food and wine pairings, focusing mostly on traditional European cuisine.

Anita Gandolfo, professor emeritus of the United States Military Academy at West Point, has a PhD in English Language and Literature (City University of NY), as well as an MA in Religious Education (Wheeling Jesuit College).

Claudia Jacobs is a professional stager and columnist for the Times Herald Record's 'Claudia's Corner' that runs every other Sunday on page 1 of the Real Estate Home section. Topics include affordable decorating and cost-effective staging.

Sean Kelly has been using the independent travel style since age 19. His travel undertakings include road trips, train travel, bus tours, bicycle touring, hiking, motorcycle runs, and the Australian walkabout. Employed many years as an electronic banking analyst with a focus on fraud prevention, Sean has gained a unique insight as to potential scams and fraud perpetrated against travelers.

Igor Lacerda developed the LSM program in 2008 to help students and professionals with both their scholastic and professional lives. The system is based on how our brain and memory naturally works and can be used by anyone at any age.

Pam LaLonde is a retired French teacher who continues to dabble in her craft by teaching adult courses to people interested in speaking French. She has traveled extensively and enjoys learning about other cultures and sharing her experiences. In addition to traveling and teaching, she is involved in volunteer activities in the community.

Mary Lawrence received a BA in Art History and an MA in Germanic Languages and Literatures. She was awarded a Fulbright Scholarship to Munich for doctoral research in Medieval German Art and Literature. Mary recently completed two German-to-English book translations, and currently enjoys teaching classical and jazz piano and art history, as well as German.

Elinor Levy joined Arts-Mid Hudson in September 2016 as the Folk Arts Program manager. Having spent the last decade as a folklorist consultant and an adjunct professor, she is excited to be doing public folklore again especially in the culturally-rich Hudson Valley. She has a master's degree in Anthropology from California State University, Sacramento and a doctorate in Folklore from Indiana University, Bloomington. She is a folk artist in her own right as a third-generation knitter on her mother's side.

Walter Marquez is the owner/manager of Antiques Barn at Water Street and Antiques on Main at Water Street Market. He is past president of the Ulster County Antique Dealers Association.

Joan Monk is a fairy tale enthusiast and creator of Enchanted Circles: Personal & Professional Development through Mythic Story. She considers this her life

experience PhD in fairy tales. Her e-mail moniker is "ftmaven" because of her passion for fairy tales. As the former Education Director of the Peter Pan Children's Fund, she has unlimited access to pixie dust wherever she goes. Joan feels that she is an "inspired, not retired" early childhood educator with four decades of experience ranging from prekindergarten through graduate school. She is a lifelong learner with specialties in character education, fairy tales, happiness, and play.

Sister Peggy Murphy is a professor of Religious Studies at the Mount and a member of the Interdisciplinary Faculty for the Honors Holocaust Seminar. Sister Peggy has studied at the University of Jerusalem and Yad Vashem Holocaust Center with a fellowship from the National Catholic Center for Holocaust Education of Seton Hill University.

Giles Reimer is an atmospheric scientist and retired Earth Science teacher. He earned degrees from Chaminade University, The George Washington University, and the University of Delaware. He has taught at Mount Saint Mary College, United States Military Academy, SUNY Orange, and in the Monroe-Woodbury School District.

Nathan Rosenblum is a doctor of metaphysical philosophy and a scholar of the esoteric. He is also a poet and author and is currently preparing a collection of essays.

Marianne Sciucco independently published her first novel *Blue Hydrangeas*, an Alzheimer's love story, which became a Kindle bestseller, IndieReader Approved, a BookWorks featured book, a Library Journal Self-e Selection, and a 5-star Reader's Favorite. Her latest novel, *Swim Season*, was recently named an "Official Title" in the 2017 New Apple Book Awards for Excellence in Independent Publishing and is a 5-star Reader's Favorite. She has also published three short stories. All of her works are available in paperback, Kindle, and audiobook.

Richard Sullivan has taught the subjects of music genre and the birth of Rock'n Roll at Life Long Learning Institute in New Paltz for 4 years. He has been deejaying doo wop and soul on the Internet for about 15 years. As a youngster, he sang in an acappella doo wop group, and on stage with former stars of rock'n roll. Richard works as a therapist as a LCSW (Licensed Certified Social Worker) and has taught about addictions at LIU and courses related to Human Services and Resources at Mount Saint Mary College.

Cynthia Topps has had a love for theater and especially musicals since her debut as a musical ballerina doll in Santa's Workshop in her elementary school play. Since then she has produced, performed, and directed many more productions, both amateur and professional. Cynthia was a freelance theatrical reviewer for the Middletown Times-Herald Record. Currently, she is a member of SAG/AFTRA, where she appears on television and in film.

David Topps was born in Jersey City and is a resident of Cornwall. He earned a degree in History at The University of the South (Sewanee, TN) and an MBA from Auburn University. He taught for six years at NYMA and 30 years in the Monroe-Woodbury school district and retired in June

2015. David has been a Civil War reenactor since 1986, a docent at Gettysburg National Military Park since 2001, and has appeared in area theatrical performances since 1980.

George Toth, LCSW-R is a psychotherapist and hypnotist. He is an award-winning author of three self-help books: *Marble Mindfulness*, *How to Hypnotize your Grandchildren*, and *Seashell Therapy*. He has taught many adult enrichment classes at the Desmond Campus and globally.

Diana Underwood, LMSW is a psychotherapist and hypnotist. Her specialized training includes the Mandala Assessment Research Instrument (MARI), Reiki, and Hawaiian Healing Arts. Co-founder of Alternative Counseling, she has taught many adult enrichment classes at the Desmond Campus and globally.

Sr. Virginia Wilkinson, PBVM has a master's degree in Religious Education from Fordham University. She has spent many years as a teacher of youth and adults: 12 of those years here in the Hudson Valley. Currently, Sr. Virginia is engaged in Presentation Sisters Outreach, a ministry to women in the east end of Newburgh. She also serves as justice promoter for her religious congregation.

EXERCISE

Barbara Boyer, ERYT-500 hour certified yoga instructor and certified yoga therapist, has been practicing yoga for over 25 years and teaches the Hatha style of yoga at Storm King Yoga in Cornwall, where she is the co-director. At Mount Saint Mary College, she also teaches Yoga and Wellness.

Laura Cormier is a Certified Master Walk 15® Instructor through Leslie Sansone's Walk at Home Company. She has been walking with Leslie since 2008 when she was training for Avon's 39 Mile Walk for Breast Cancer in San Francisco, and she never stopped. Laura is CPR/AED/First Aid certified, owner of Next Step...Fitness, and is a lifetime mentor, athlete, and dancer.

Jacob Friedman is a 200-hour certified yoga instructor, trained at Kripalu Yoga Center. He teaches all types of students at a variety of studios in the Hudson Valley. He loves to share the practice of yoga and all the wonderful benefits it can bring.

John Hunter has been practicing T'ai Chi Chih for more than six years. For most of that time, he has studied with Maddie Sarles and served as her intern. John is continuing his study of T'ai Chi Chih with Bill Moore and has recently attended an intensive training program at the Franciscan Spiritual Center in Aston, Pennsylvania. This five-day training has provided a deeper understanding of the spiritual aspects of T'ai Chi Chih, along with improvements in the physical components of T'ai Chi Chih practice.

Susan Olsen ERYT-500 has been a certified yoga instructor for more than 20 years. She is the co-director of yoga at the Wallkill Studio in Montgomery, NY. Seeking balance, exploration, meditation, and joy, Susan believes yoga is a wonderful form of self-care.

Andrea Parker has been practicing yoga for 18 years and teaching for more than 10. She is grateful to continue to study with and be inspired by many great teachers including her mom, yoga teacher Carol Scott. Influenced

by traditional yoga methods, Andrea offers a fun, energetic, flowing practice that will leave you feeling calm, balanced, and refreshed.

Nicole Villanti, CYT-500 is a highly motivated yoga teacher with advanced training. Nikki believes by being mindful and listening to your internal body, spirit, and mind (in addition to the physical body), one will be better equipped to handle the obstacles of life. Her teaching style ranges from slow/gentle-paced flows to challenging practices that test the body as well as the mind, using plenty of modifications (and props when available) and centering breathwork suitable for every body at any stage of life. She believes in order to achieve anything you need to Just Show Up!

HEALTH & WELLNESS

Ryan Buccì has coached professional teams in two languages, imparting the knowledge of communication, leadership, and insight into health.

Donna Davies, LCSW is a care consultant and senior director of Programs and Services for the Hudson Valley Chapter of the Alzheimer's Association. She has been with the Alzheimer's Association for 12 years, serving the people of Orange and Sullivan counties. Donna has 25 years of clinical social work experience in the fields of aging and mental health and received a master's degree in Social Work from University of Maryland at Baltimore.

Ami Jayaprada Hirschstein has founded and directed two New Paltz yoga studios. When Ami first started yoga in 1991, her life fundamentally shifted. Ami is also a certified Ayurvedic health counselor. Her classes inspire and empower students to embrace life more fully. Ami has studied meditation, Ayurveda, energy work, and various forms of yoga throughout the US and India.

Dr. Richard Huntoon is a chiropractor and a natural medicine practitioner who has spent the past 20 years traveling the globe to find natural solutions to health care needs. He is on the radio on six stations in the Hudson Valley and offers free health care classes at the Advanced Alternative Medicine Center in Newburgh.

Toni-Jean Kulpinski is a board certified holistic practitioner, a certified biblical health coach, and a member of The American Association of Drugless Practitioners, a member of The Weston Price Foundation, and the owner of Heaven On Earth Healing Center, Inc. She has a bachelor's degree in Nutrition Science and is a graduate of The Institute for Integrative Nutrition. She is a published author of the book entitled, *Stop Battling Disease! Start Building Wellness*, which bases her teachings on The Weston Price Diet, guidelines stated clearly in Scripture and eating food only in the form God created.

Diane Lang, MA is a health and wellness coordinator, psychotherapist, and nationally-recognized author, educator, and speaker. A practitioner of Positive Psychology, she is on a mission to help people develop a sustainable positive attitude that can provide a strong foundation for finding great happiness and actually turn one into an optimist. Diane is the author of *Creating Balance & Finding Happiness* (Kendall Hunt, 2010) and *Baby Steps - The Path from Motherhood to Career* (Bent Tree Press, 2007).

Ashley Sapir Lathrop has been studying and teaching about herbal medicine for more than fifteen years. Ashley founded Dreamkeeper Botanicals to help others learn to use local herbs in the traditional ways. She offers holistic health consultations and teaches workshops for both individuals and groups. You can find out more about Ashley and her work at <http://www.dreamkeeperbotanicals.com>

Mary Mulrooney is a registered nurse who enjoys sharing her knowledge of health and wellness with her patients and the wider community. She has cared for patients in St. Luke's Critical Care and Emergency Departments; provided nursing care and wellness education to staff, students, and the community as the Director of Health Services at SUNY Orange; and provided specialized End-of-Life care to the patients and families of Hospice of Orange & Sullivan Counties. She is able to demystify how our bodies work and makes the complicated easy to understand with her blend of knowledge, compassion, and a sense of humor.

Sharon Rosen has been a bodywork therapist, energy healer, wellness coach, and stress reduction guide since 1987. She works one-on-one and with small groups in person and via Skype through her business Heart of Self-Care. She is author of the book *Crazy World, Peaceful Heart: 6 Core Practices for Cultivating Joy and Resilience* and the weekly e-zine *Midweek Mindful Moment*. Her free guide *3 Sacred Pathways to Peace* can be downloaded at www.heartofselfcare.com

Lori Schneider PT, MS, DPT is an industrial medicine physical therapist, clinical director, and physical therapist at Access Physical Therapy and Wellness in Wallkill.

Ann Marie Silvani is a homeopathic consultant studying towards certification. She has been effectively using remedies for more than a decade, helping to restore balance and health with family and friends. Her mentors include Martine Calache and Dr. Susanne Saltzman. She especially enjoys empowering people with useful nontoxic options for many common conditions.

George Toth, LCSW-R is a psychotherapist and hypnotist. He is an award-winning author of three self-help books: *Marble Mindfulness*, *How to Hypnotize your Grandchildren*, and *Seashell Therapy*. He has taught many adult enrichment classes at the Desmond Campus and globally.

Diana Underwood, LMSW is a psychotherapist and hypnotist. Her specialized training includes the Mandala Assessment Research Instrument (MARI), Reiki, and Hawaiian Healing Arts. Co-founder of Alternative Counseling, she has taught many adult enrichment classes at the Desmond Campus and globally.

L.I.F.E. FULL COURSES

Charlie Ford is a L.I.F.E. Steering Committee member and frequent contributor to the L.I.F.E. Program.

Marion Imperatore is a retired business woman and educator who lived and taught in Puerto Rico. She has been sharing her love for the Spanish language in the L.I.F.E. Program for many years.

Kara Shier holds a BA and MA in Art History from Marist College and the University of London, respectively. Her

main interests lie in nineteenth century art, but she enjoys learning about all periods and styles. Kara has worked in museum administration, development, and education at the Putnam History Museum in Cold Spring and The Hyde Collection in Glens Falls. She has also volunteered at The Metropolitan Museum of Art, Museum of Modern Art, MoMA P.S.1, and Storm King Art Center.

L.I.F.E. SHORT COURSES

Bernie Ampel is a L.I.F.E. Steering Committee member and a regular contributor to the L.I.F.E. Program. His "Layman's Guide" series proves to be a hit each time he teaches it.

Dr. Danielle Belser is originally from Saratoga, New York and attended Albany Medical College. Her training and fellowship was done at St. Luke's University Health Network in Bethlehem, PA. Dr. Belser currently practices at Crystal Run Healthcare as an outpatient palliative care physician and urgent medical care physician. She is also the associate medical director for Hospice of Orange and Sullivan Counties, Inc.

Joyce Crossley is a graduate of Boston College, Upstate Medical in Syracuse and SUNY New Paltz. Joyce is a firm believer in our individual power using mind/body/spirit. She's a member of the L.I.F.E. Steering Committee and has previously taught classes on synchronicity, near death experiences, law-of-attraction, etc.

Carol DeMico is a L.I.F.E. Steering Committee member and a frequent contributor to the L.I.F.E. Program.

Jim Farnham MBA, MS has traveled widely as a professional speaker and author and has thirty years of experience in insurance and financial services. Jim specializes in final expense coverage, mortgage protection plans, and Medicare.

Charlie Ford and **Jim Williams** are frequent contributors to the L.I.F.E. Program. Their knowledge and enjoyment in sharing topics in history is always well received.

Marion Imperatore is a retired business woman and educator who lived and taught in Puerto Rico. She has been sharing her love for the Spanish language in the L.I.F.E. Program for many years.

Sean Kelly has been using the independent travel style since age 19. His travel undertakings include road trips, train travel, bus tours, bicycle touring, hiking, motorcycle runs, and the Australian walkabout. Employed many years as an electronic banking analyst with a focus on fraud prevention, Sean has gained a unique insight as to potential scams and fraud perpetrated against travelers.

Frank Kieck is a L.I.F.E. Steering Committee member and a frequent contributor to the L.I.F.E. program.

Kate Kusterbeck is a registered nurse coach who possesses an enthusiastic interest in integrative medicine and complimentary healing approaches. This interest stems from her belief that we have an innate capacity to heal ourselves when the mind and body are aligned in doing so. Kate has completed a variety of study courses and seminars in holistic methods including Reiki, Medical Hypnosis, Nutraceutical Consultation, and Nurse Coaching and is a certified Heal Your Life Workshop Leader. She is eager to contribute to the development

of holistic programs by offering educational workshops and are experiential in nature.

Evan M. Levine is the president and founder of Complete Advisors in Valley Stream, Long Island, an independent fee-only full fiduciary financial advisory and planning firm. Evan brings 30 years of experience in financial services and specializes in retirement income planning, financial advising, insurance, investments, and estate planning.

Joan Monk is an inspired, not retired early childhood educator with four decades of experience from preschool through graduate school. She is a life-long learner with specialties in character education, fairy tales, happiness, and play. Her passion is teaching with cross-generation connections. As part of the leadership board of the Academy for Character Education at the Sage Colleges, she knows that character matters because actions speak louder than words.

Dawn Sully Pile, MA, CPCC is a certified professional co-active coach through Coaches Training Institute, as well as a graduate of CTI's Leadership Program. She holds a MA in Ministry. In a career of 35 years as an administrator in independent schools, Dawn has been a speaker to children, parents, faculty, administrators, and at national conferences. A passion at this time in her life is making sure that those in her generation, the Baby Boomers, live the fullest lives desired and, more importantly, create conversations with family or friends that address the important information for when the full circle of life is completed. Helping to design and facilitate conversations as well as being a catalyst for the actual planning of conversations is Dawn's mission so that there are as few missed opportunities as possible. She is the author *Baby Boomers +: A Guide to Designing These Years, Honoring the Full Circle of Life and Creating Life-Giving Conversations*.

Derek Sanderson is assistant librarian for Instruction Services at Mount Saint Mary College. He is also a columnist for *Library Journal*, where he reviews contemporary memoirs.

Shana Sandroff is a certified aromatherapist with a private practice in Cornwall, NY. Shana received her certification from the NY Institute of Aromatherapy. Her practice is focused on using essential oils and nutrition to help her clients live healthier, happier lives.

Giovanna Sidoti has dedicated her life to enriching the lives of children as a past owner of a New York State licensed child care facility and currently as a teaching assistant in a kindergarten classroom. Volunteering is a great passion, and Flowers Bring Smiles is her way of giving back to her local community. She hopes this informational meeting will result in an expansion of the program.

Therapy Dogs International is a volunteer organization dedicated to regulating, testing, and registration of therapy dogs and their volunteer handlers for the purpose of visiting nursing homes, hospitals, other institutions, and wherever else therapy dogs are needed.

Peter Witkowski has taught at the Mount since 2005. He is currently an associate professor of English, director of Freshman Writing, and co-coordinator of the First Year Experience Program. He earned his PhD from Fordham University, where he studied Victorian Literature

and wrote his dissertation on burlesques of popular nineteenth century novels. Current research interests include fixed-form poetry and grammar.

Nancy Witt, a mental health and school counselor and family therapist, volunteered for hospice for 17 years as a bereavement group facilitator after retiring from the public school system. She currently facilitates a general loss self help group in Cold Spring.

Sherry Yanow, playwright, film and theater critic, and published author of three novels, shares her stimulating exercise that she used during her 20 years of teaching English at Lincoln Land Community College.

SPEAKER SERIES

Vincent Begley, a local Orange County resident, is currently the archivist for the Carmelite Fathers in Middletown and an adjunct instructor at Marist College. Vincent is a family historian and the unofficial historian of the Mount Saint Mary College Desmond Campus property.

Ryan Bucci is a new instructor to Desmond Campus. Ryan played professional basketball 14 consecutive professional seasons in Italy while living in 8 different cities.

Leon DiMartino holds a master's degree from Fordham University and a bachelor's degree in History and Education from Pace University. With a love and passion for history, regional studies, and folktales, he has taught regional Hudson Valley history and folktales courses for the last eight years. He is a former member of the Kent Historical Society.

Jeffrey Dosik has been the librarian and historian in charge of Ellis Island Research Library (Bob Hope Memorial Library) since 1988, assisting park staff and private researchers in conducting research on the Statue of Liberty and United States immigration history and law with a focus on Ellis Island 1892-1954.

John Essick has been identified by Kirkus Reviews, one of the nation's leading literary magazines, as a writer to watch! He uses his vast experience as a writer to craft wonderful stories with a unique blend of crime, mystery, and humor. *Last Respects* is his first novel in the Wes Byrre series. His screenplay for the short film *Wishing Well* won the Best Science Fiction Screenplay at the Indie Gathering International Film Festival. He currently lives in the Mid-Hudson Valley with his wife, stage director June Prager.

Mark Forlow is the village historian in Cold Spring. He is a board member of the Putnam History Museum and chairs the collection committee. He has co-authored a book on the West Point Foundry and gives tours of the foundry in concert with Scenic Hudson.

Marc B. Fried is a historian and naturalist who has been researching and writing about our region for nearly half a century. Author of 6 books (history, literary nature writing), he is also a monthly columnist for the Shawangunk Journal, a weekly print and online newspaper that covers the Ulster/Orange/Sullivan tri-county region. He has traveled much of the world (often by thumb), but calls home his small farm in southern Ulster, which has been in the family over 80 years.

Barry Kass, professor emeritus and a noted educator residing in the Hudson Valley, has taught college courses in Anthropology, Archeology, Human Geography, and Sociology at SUNY Orange in Middletown, NY for more than 45 years. He has traveled extensively throughout the United States, Central and South America, Africa, the Middle East, China and Europe, and has led many overseas travel-learn groups for SUNY Orange. He is also an experienced photographer, and has had many of his photos from exotic locales published in textbooks and articles in Anthropology and other fields. Prof. Kass' photos have been exhibited in the offices of the American Anthropological Association in Arlington, Virginia, as well as in the Museum of Civilization in Quebec, and the Museum of Natural History in Paris.

David Martin is a graduate of The Healing Arts school in Manhattan, a four-year program designed to study characteristics that develop in your personality from childhood trauma. Currently he's running a men's discussion group that just celebrated its 13th year. Now focusing on mindfulness training, the group is using this tool to explore deeper levels of consciousness. It has become his passion to share this with others.

Mary McTamaney has been Newburgh's City Historian for 15 years.

James Merrell, a professor of History at Vassar College, is the author of *The Indians' New World* and *Into the American Woods* and a two-time recipient of the Bancroft Prize as well as a finalist for the Pulitzer Prize.

Joan Monk is a fairy tale enthusiast and creator of Enchanted Circles: Personal & Professional Development through Mythic Story. She considers this her life experience PhD in fairy tales. Her e-mail moniker is "ftmaven" because of her passion for fairy tales. As the former Education Director of the Peter Pan Children's Fund, she has unlimited access to pixie dust wherever she goes. Joan feels that she is an "inspired, not retired" early childhood educator with four decades of experience ranging from prekindergarten through graduate school. She is a lifelong learner with specialties in character education, fairy tales, happiness, and play.

Karen Monti has been an interpreter for 15 years at Washington's Headquarters State Historic Site in Newburgh. Karen's love of history, instilled by her parents, inspires her work behind the scenes as well as with the public, doing research and developing programs on a variety of topics related to the site and its unique story.

Anthony Musso returns to the Desmond Campus to discuss his third volume and newest book in the "*Hidden Treasures of the Hudson Valley*" series. Featuring another 55 unique and yet lesser known locales, the book highlights homes of early politicians, municipality founders, and otherwise leading figures, one-room schoolhouses, a historic courthouse, and the Westchester residence and studio of one of the finest painters from the Hudson River School, and many others.

Nathan Rosenblum is a doctor of metaphysical philosophy and a scholar of the esoteric. He is also a poet and author and is currently preparing a collection of essays.

Lynette Scherer has been an interpreter for almost 20 years at Washington's Headquarters State Historic Site in Newburgh. Lynette is a George Washington admirer and radiates enthusiasm for history. In addition to giving tours and presentations, she enjoys researching the events of the Revolutionary War and sharing these facts with others.

Steve Skye is a resident of Mount Hope, New York. He is an enthusiastic student of 19th century American history with a particular interest in the North Eastern United States. He is especially interested in the evolution of an American agrarian society into an industrial giant.

Matthew Soltis majored in History and completed a minor in Art at the Mount. As a local artist, he can offer a special insight on the various procedures and processes used in the world's most historic paintings such as "sfumato" and "egg tempera." Since completing his bachelor's degree, he has avidly studied the great masters of the Dutch Golden Age, the Renaissance, and the avant-garde styles that came later.

Susan Sprachman is a local photographer, and **Paul** is a retired professor from Rutgers University who has authored several studies of Persian literature and translated a number of modern Persian works.

Puja A. J. Thomson is director of ROOTS & WINGS in New Paltz, NY. She draws from extensive professional and personal experience as a holistic therapist, interfaith minister, and workshop leader in her native Scotland and the USA. Other works include: *After Shock: From Cancer Diagnosis To Healing, My Health & Wellness Organizer, My Hope & Focus Cancer Organizer*, and *Roots & Wings For Strength and Freedom*, a guided imagery and meditation CD and workbook. You can learn more at www.rootsnwings.com

TECHNOLOGY

Vincent Kayes, PhD is a retired professor of Computer Science at Mount Saint Mary College. He also teaches computer technology courses for local health care facilities.

Corri Nicoletti is a Mount Saint Mary College alumna with a bachelor's degree in Educational Technologies and master's degree in Education. She currently works as an educational technology specialist in higher education.

Eli Sloves has been a professional photographer since 1981. He earned his craftsman degree from Professional Photographers of America in 1997. Eli has taught many classes to both professional and amateur groups, emphasizing aspects of digital photography and how to use Photoshop effectively to produce quality images.

Alex Valentin is currently the director of Technical Services at Mount Saint Mary College. With more than 38 years in the Technology/IT field, Alex has experience in education, banking, communications, finance, and medical/pharmacy.

COURSE REGISTRATION/PAYMENT POLICIES

... for Community Education:

- Payment is due for classes **upon registration**.
- One week or less before class begins: a 25% cancellation fee will be charged.
- There can be no refunds on or after the day the class begins.
- We are sorry that we cannot prorate for those unable to attend all sessions.
- PLEASE NOTE: If your class has an alternate date scheduled due to weather, please hold that date on your calendar as well. Once registered it is expected that you could attend either date.

... for the Learning Is Forever Enriching (L.I.F.E.) Program:

- Registrants must be age 55 or over.
- Full-length courses are \$50 for the first course and \$30 for any additional full-length courses. All full-length courses are listed in the first L.I.F.E. section. The \$50 initial course fee includes your membership for the four-month period of the brochure.
- Short course fees vary and are as listed by the course description. There are no *membership* fees for short courses.
- Registration may be made by phone, online, or mail payable by cash, check, or credit card. Payment is due at the time of registration.

... for Day Trips:

- Registration is open to all ages, though registration of small children is discouraged unless an exception is noted in the day trip description.
- Registration must be made by phone. Payment is due at the time of registration.
- If you have any accessibility needs please inform us upon registration to avoid incurring additional fees.
- **PLEASE NOTE DAY TRIP POLICY:** You will not be registered for a day trip until your payment is received. If you cancel your trip registration at any time, up to and including the registration deadline date, you are subject to a 25% cancellation fee. If you cancel after the registration deadline date and a replacement can be obtained from the waiting list, you will incur a 25% cancellation fee. If no replacement can be found, you will forfeit the entire fee. It has become necessary to put this policy into effect because of frequent cancellations by registrants.

For more information, email desmondcampus@msmc.edu.

TO REGISTER ONLINE: www.msmc.edu/communityed

REGISTRATION FORM FOR

COMMUNITY ED COURSES & SPEAKER SERIES ONLY

For faster service, register by phone or online.
Payment for classes is due upon registration.

**Call the Desmond Campus at 845-565-2076
or register online at www.msmc.edu/communityed**

REGISTRANT INFORMATION

NAME _____

MAILING ADDRESS _____ CITY, STATE, ZIP _____

TELEPHONE NO. _____ EMAIL ADDRESS _____

COURSES YOU'LL BE TAKING

_____	\$ _____
#1 COURSE TITLE	COURSE FEE
_____	\$ _____
#2 COURSE TITLE	COURSE FEE
_____	\$ _____
#3 COURSE TITLE	COURSE FEE
Please be advised that registration is not confirmed until payment has been made.	\$ _____
CREDIT CARD: <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	TOTAL FEES

Charges will be processed upon receipt. A 25% cancellation fee will be charged if cancelling within 7 days of class.

CREDIT CARD NUMBER _____ EXPIRATION DATE _____

SIGNATURE _____ CDV CODE _____

Thank You!

Mail form to:
Community Education at Mount Saint Mary College, Desmond Campus
6 Albany Post Rd., Newburgh, NY, 12550

DAY TRIPS INFORMATION

We greatly appreciate everyone's enthusiasm for our trips!

Here are some things we would like you to keep in mind when registration begins:

- We only have a limited number of tickets for each trip. Usually between 25-50. When a trip is extremely popular, we try our best to get additional tickets but cannot guarantee anything. Ticket and bus requests are made months prior and sometimes it is simply not possible to acquire more.
- When you call, four phones ring simultaneously and our voicemail system is continuously recording messages. ALL requests (live and recorded) are time stamped to ensure a first come, first serve policy.
- If you call more than once, each call is considered an individual request. Please only place a second call if you need to request additional tickets. If two calls are made to request the same tickets, the later time will be the one we use for your time stamp.
- By noon on the first day of trip registrations, we usually have about 100 individual requests that then have to be added to a master list and time sorted by each individual trip. This is quite a process and usually takes a few hours meanwhile, new trip requests continue to come in.
- Once every trip has been sorted, we begin our registration phone calls. Rest assured, if you missed our call we will not give your tickets away to the next person. They are earmarked for you and will remain as such until we are able to speak. In the event, that we have left multiple messages and a few weeks have passed, we will then give you a deadline to register or we will release your tickets. This rarely happens.
- Please realize that it may take us 7-10 business days to call everyone back. While making all of these phone calls, we still have a house full of classes going on as well as all of our regular work duties. Please do not call to see where you are on the list of callbacks, this just makes more work for us. I promise we will call you!

Again, thank you so much for choosing to be a part of the Desmond Campus community. We love providing you with classes and day trips that you enjoy!

**Please register by phone at 845-565-2076.
Online registration is not available for Day Trips.**

REGISTRATION FORM FOR

L.I.F.E. COURSES ONLY

Please register early to ensure your space and to keep a class from inadvertently being cancelled due to low registration.
For faster service, register by phone or online.
Call the Desmond Campus at 845-565-2076,
or register online at www.msmc.edu/communityed

REGISTRANT INFORMATION

NAME _____

MAILING ADDRESS _____ CITY, STATE, ZIP _____

TELEPHONE NO. _____ EMAIL ADDRESS _____

COURSES YOU'LL BE TAKING

_____	\$ _____
#1 COURSE TITLE	COURSE FEE
_____	\$ _____
#2 COURSE TITLE	COURSE FEE
_____	\$ _____
#3 COURSE TITLE	COURSE FEE
	\$ _____
	TOTAL FEES

CREDIT CARD:   

Charges will be processed upon receipt.

CREDIT CARD NUMBER

EXPIRATION DATE

SIGNATURE

CDV CODE

Thank You!

Mail form to:
L.I.F.E. at Mount Saint Mary College, Desmond Campus
6 Albany Post Rd., Newburgh, NY, 12550

Directions to Desmond Campus

6 ALBANY POST RD., NEWBURGH, NY 12550 | 845-565-2076

From the West

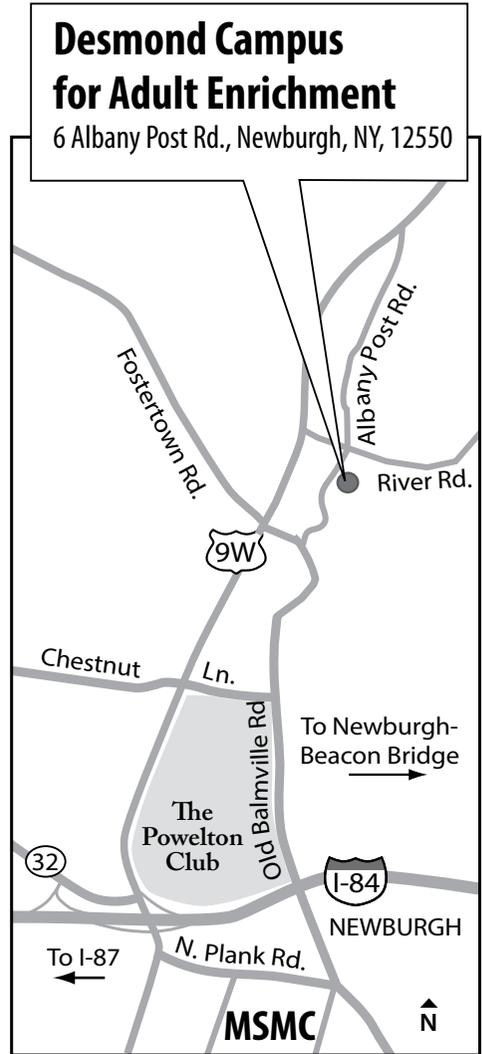
Take I-84 to Exit 10 (Newburgh). Turn left at end of ramp onto Route 9W North. Go north on Route 9W through two traffic lights, approximately 1.5 miles. At the third traffic light (landmark - Balmville School), turn right onto Fostertown Road. Go one block to stop sign. Just past the stop sign, turn left onto Albany Post Road. Follow Albany Post Road approximately .25 miles (note stone wall on right). Turn into Desmond Campus at the gate opening in the stone wall. Park in the lot and walk to the large white, green trimmed house.

From the East

Take the first exit (Exit 10) after Newburgh-Beacon Bridge on Route I-84. Turn right at the end of the ramp onto Route 9W North. Follow directions above except, having avoided one traffic light, turn right at the second traffic light.

From the North/South

Take New York State Thruway/I-87 to Newburgh Exit 17. Go through toll booth, bear right and follow signs for I-84. Take I-84 east to Newburgh - Exit 10. At bottom of exit ramp, turn left onto Rt. 9W North. Go north on Rt. 9W through two traffic lights. At the third traffic light (landmark - Balmville School), turn right onto Fostertown Road. Go one block to stop sign. Just past the stop sign, turn left onto Albany Post Road. Follow Albany Post Road approximately .25 miles (note stone wall on right). Turn into Desmond Campus at the



gate opening in the stone wall. Park in the lot and walk to the large, white, green-trimmed house. If you require additional directions, please call 845-565-2076.

Mount Saint Mary College
Desmond Campus for Adult Enrichment
6 Albany Post Road
Newburgh, NY 12550
(845) 565-2076

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
NEWBURGH NY
PERMIT NO. 229

TO BE IN HOMES BY OCTOBER 10

Class registration begins 10 am, October 16.

Trip registration begins 10 am, October 22, by phone only.

Snow line: 845-569-3500

