



# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY



An  
Adult  
Learning  
Community

SPRING2013  
COURSES

LIFESPRING  
Town Hall  
4 High Street  
Saugerties, NY 12477

845 246 2800 ext 452  
lifespring.saug@gmail.com

[www.lifespringsaugerties.com](http://www.lifespringsaugerties.com)

# WELCOME

**LIFESPRING**, an adult learning community, offers a broad range of noncredit educational activities for retired, semi-retired and other adult participants. **LIFESPRING'S** goal is to provide diverse learning experiences for all its members, regardless of previous educational background.

We recognize that many active retirees wish to continue to learn and grow and desire to participate in an environment of sociability and mutual encouragement. In this venue, we come together to share our knowledge and interests and socialize with like-minded people.

**LIFESPRING offers classes/courses, lectures and events that provide opportunities for active adults and/or retirees to:**

- **stimulate our minds in new and creative ways**
- **learn about topics that have been intriguing**
- **challenge ourselves in new areas**
- **open new vistas in learning**
- **discover new talents, skills and interests**
- **develop new friends**

**Membership and Fees:** The annual membership fee is \$60 per person. This entitles each member to at least 2 courses a semester and any planned special events. The year runs from August 2012 – July 2013. There is a fall semester and a spring semester. Some presenters may ask for the purchase of a textbook, or may require a small materials fee. Please note membership fees are not refundable.

**Location:** Most courses are held at the

### **Woodstock Jewish Congregation (WJC) in Saugerties**

on Glasco Turnpike, near Route 212. Ample parking is available on the grounds. The classrooms are accessible to people with disabilities.

**Gratitude:** All the jobs and tasks are done free of charge. Volunteers include the instructors, course coordinators, committee members, Board members and many others who donate their time and energy for the LIFESPRING program. We respect their hard work, generosity and talent, and we thank everyone who is a part of this creative endeavor. In addition, we thank the Town of Saugerties for their generous support and backing. We extend further appreciation to the WJC for allowing us use of their ample and comfortable space.

**Feedback:** If you have any feedback or suggestions, please feel free to come to a Board meeting and discuss the issue. Board meetings are usually the second Wednesday of the month at 3:00 pm in the Town Hall Building Department conference room. (Check first to see if a meeting is being held). In addition, you can direct any questions to: [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com) or call us at **845 246 2800 ext. 452**.

# SPRING2013

## Registration Information

Dear Members,

The spring semester begins on Wednesday April 17, 2013 and ends on May 29. Classes are held at the Woodstock Jewish Congregation in Saugerties, unless otherwise noted in the course description.

**Registration closes on February 19, 2013.**

**Registration is a complicated process so please read the information carefully.**

This semester we once again are able to offer an expanded program with more courses and events. There are several things that you will need to understand about how the program and registration process work:

- 1. CLASS CHOICES:** Some classes have size limits mainly because the presenter has requested it or the size of the rooms we are using requires it. Therefore, please **SELECT a first and second choice** for each time slot. If you are not interested in a second choice then leave a blank, but be aware that if you are not placed in your only choice, you may not have a class in that time slot. There is a very sincere attempt to satisfy everyone's wishes for their class choices; however, it is not always possible for you to get your first choice. In the classes where the enrollment has been limited and we receive more registrations than that number, we will use a lottery system.
- 2. THE LOTTERY SYSTEM:** It is important to realize that registration processing **BEGINS** on the day after the close of registration. At that time, if it is determined that a lottery is necessary for some classes, the following condition applies: People who serve on committees that meet continuously throughout the year get priority placement in classes. After they are placed in the classes of their choice, names are randomly drawn out of a hat to determine the roster for that class. A waiting list will also be created. All others (including those names on the waiting list) will be given their second choice if one has been indicated.
- 3. CLASS SIZE:** If there is a limit on the number of people in the class it is because of a request by the presenter. Out of respect for the presenters and the integrity of the course, we honor the limit they requested. This often has to do with the intensity or intimacy or need for small group discussion that makes the course what it is. **It is not appropriate to switch classes if you are not officially registered. Please do not ask this of a presenter or Class Manager who is taking attendance. In many cases there are waiting lists that have been established by the lottery for a particular class.**
- 4. ATTENDANCE:** Please be aware that presenters have carved out of their busy lives a time commitment to Lifespring. We understand that you also are very busy in other areas of your life, but we encourage you to attend the classes you sign up for to the best of your ability. Please note: The small classes are usually in high demand and may require a lottery. Please register for these classes **only** if you expect to be present for them.
- 5. FILLING OUT THE FORM COMPLETELY:** Filling out the form as directed maximizes the chance that you will get what you requested. Blanks will be taken as blanks. Please fill out the form completely. **If you have questions about how to use the form, please call or email.**
- 6. COURTESY AND RESPECT:** It is the volunteers who have created and made this program possible and successful. We ask that these people be treated with respect for their hard work and talent.

## COURSES

### Course A-1 THE EARLIEST CHRISTIANS

Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29;  
9:30 am-10:45 am

This series will explore the infancy of Christianity into the fourth century. Emerging out of the trials of Judaism in rebellion against the Roman Empire, the early church was permeated by cultural diversity, broke from its Jewish parentage, selected leaders and teachers (matriarchs and patriarchs), crafted a scripture and created a communal order. We will move from the first apostle to the first Christian emperor while discussing such words as *heresy, creed, orthodoxy, catholic, Gnosticism, and sex*.

**Presenter: Albert R. Ahlstrom** holds a master's degree in church history from Union Theological Seminary in NYC, where he also studied history of religion at Columbia University and Jewish Theological Seminary. He was Lutheran campus pastor at Columbia, 1970-1989. Locally, he was pastor of Redeemer Lutheran Church in Kingston and interim pastor of congregations in Rhinebeck and New Paltz.

Coordinator: Arzi McKeown

### Course A-2 GENEALOGY 101

Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29;  
9:30 am-10:45 am

#### Class Limit: 12

Curious about your forefathers and foremothers? Care to do a little time-traveling to discover your roots? This 6-lesson course will introduce participants to basic genealogy, including research techniques, Internet avenues of research and local resources.

Bring your questions and be ready to be a part of a "This is Your Life" class.

**Presenter: Audrey Klinkenberg** has actively collected, copied, indexed and made available through the Saugerties Public Library, The Saugerties Historical Society and the Ulster County Genealogical Society much information about the persons living in the Town of Saugerties since its beginning. Past President of the Ulster County Genealogical Society, she now serves as

### Course A-2 GENEALOGY 101 (Cont'd)

*Vice President to that group. She has also served as a registrar for the Saugerties Chapter National Society of the Daughters of the American Revolution. In addition to being the Town of Saugerties Historian, Audrey is now also the appointed Associate County Historian for Ulster County.*

Coordinator: Roberta Gavner

### Course A-3 BIOLOGY NOW

Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29;  
9:30 am-10:45 am

This is not your parents' biology class. We will not be dissecting frogs but discussing why they are growing extra limbs. How is climate change affecting us? Are allergies and poison ivy worse than normal? Are we over-satiated with food and becoming more medicated as a result? Are we irradiated and alienated by technology? Are you suffering from nomophobia? Tired of being manipulated by media and want to clean up your toxic act? Find solutions to your pollutions. This class is about you and will examine new discoveries in biology. It is interactive, involving demonstrations, handouts and class participation.

**Presenter: Chris Zamenick** is a retired high school biology teacher who, along with teaching for Lifespring in the past, has taught for Marist College, Empire State College and Bard College's Lifetime Learning Institute. She has been taking the sigh out of science for 41 years!

Coordinator: Arzi McKeown

Courses will be held at the  
Woodstock Jewish Congregation  
unless otherwise noted.

Woodstock Jewish Congregation  
1682 Glasco Turnpike  
Saugerties, NY 12477

## COURSES

### Course A-4 POEM FLOW

Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29;  
9:30 am-10:45 am

You *can* enrich your life through poetry. A national poetry organization sends out a daily poem which you can sign up to receive on your computer or mobile device just by typing in your email address at [poets.org](http://poets.org). We will print, bring to class, and discuss short, contemporary poems that appear on Monday, Wednesday, and Friday of each week. The presenter will provide background information on poets and context as well as teach students how to read and enjoy poetry. **You will need to have access to a computer or mobile device in order to receive the poetry from the website.**

**Presenter:** *Laura Shulman has a PhD in English literature and has taught at Rutgers and Hofstra Universities. She is now practicing divorce law part-time, specializing in Collaborative Divorce and mediation.*

### Course B-1 STORYTELLING THEATER: CREATIVE IMPROVISATION WITH STORIES FROM OUR LIVES

Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29;  
11:00 am-12:15 pm

**Class Limit: 10**

In this course we will use movement, vocalization, and improvisation to discover stories from our lives. Stories will emanate *from* movement, rather than precede it. Then in a safe and fun environment we will explore these stories through theater games and improvisational techniques. Our creativity will be ignited as we interact with others in the class, entering each other's worlds, to create theatrical tableaux that can expand meaning as well as entertain us.

This class will be equally enjoyable for those with no experience as well as those who have previous experience. Wear comfortable clothes.

### Course B-1 STORYTELLING THEATER: CREATIVE IMPROVISATION WITH STORIES FROM OUR LIVES (Cont'd)

**Presenter:** *Stephanie Glickman has over 35 years experience in ensemble theater as an ardent avocation. Having learned much from her workshops with The Performance Garage, Open Theater, and It's All Right To Be Woman Theatre, as well as studies at HB Studio, and locally with Beverly Brumm of SUNY New Paltz, she directed and created pieces for Womanrite Theater, The Paris Project Ensemble and Shock of Gray in New York and C-Change Theater in Ulster County. She also has a private psychotherapy practice in Kingston.*

Coordinator: Arzi McKeown

### Course B-2 FOREVER: A HISTORY OF MANHATTAN ISLAND IN FACT AND FICTION

Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29;  
11:00 am-12:15 pm

In the novel *Forever*, the well-known journalist Pete Hamill has written the story of Cormac O'Connor, a young Irishman forced to emigrate to New York on a slave ship to seek vengeance for the deaths of his parents at the hand of a British nobleman. His kindnesses to the slaves on the ship earn him the mystical gift and curse of eternal life, provided he stays on the island of Manhattan. As Cormac matures, so does the city itself. *Forever* is an epic historical tale that takes us from the mists of Irish lore in the 1600's through the maturing of Manhattan Island from a provincial outpost to an ethnically and culturally diverse world capital that experiences a monumental tragedy in 2001. As we discuss the events in the city's history from Cormac's perspective, the presenter will provide factual historic context about the events that created the splendid and sordid history of Manhattan Island.

**A prerequisite to the course is that the participants acquire and read Hamill's 600 page epic novel prior to attending the first class. The book is widely available via the Mid-Hudson library system, online booksellers, and can be ordered from local booksellers.**

## COURSES

### Course B-2 FOREVER: A HISTORY OF MANHATTAN ISLAND IN FACT AND FICTION (Cont'd)

**Presenter: Irene Rivera Hurst** began her career as a middle school English teacher, then spent 14 years as an elementary school principal in Nassau County, Long Island. She returned to her alma mater to teach Literacy Studies for ten years. She holds bachelor's and EdD degrees from Hofstra University and a master's from SUNY, Stony Brook. She also has a lifelong love for the written and spoken word as it enriches our lives.



### Course B-3 WHY VIETNAM? Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29; 11:00 am-12:15 pm

"Why Vietnam?" will review in two semesters the history of the American war in Vietnam, beginning with the French and the Japanese during World War II in 1940 and continuing through the fall of Saigon in 1975.

The first semester will cover the antecedents to American involvement in Vietnam, the French Indochina war followed by the Geneva Accords in 1954. The semester will continue with early US war efforts using "advisors," the buildup of the American Army and Marine units in the country in 1965 and 1966, the major battles of 1966 and 1967, and setting the stage for the siege of Khe Sanh.

The second semester will continue with the turning point year of 1968 and conclude with the fall of Saigon to the North Vietnamese in 1975.

During the two semesters we will review some intriguing questions.

- Why was Vietnam important to us?
- Should we have fought the Vietnam War?
- Did the US 'sell out' Ngo Dien Diem in late 1963?
- Did the events that fostered the Tonkin Gulf Resolution actually take place?
- Could we have won the war?
- What have we learned from Vietnam?

### Course B-3 WHY VIETNAM? (Cont'd)

**Presenter: Doug Blair** graduated from college in 1967 and was drafted into the Army in April of 1968, serving in Vietnam from December, 1968 until December, 1969 with the 61st Combat Tracker Platoon attached to the Army's 1st Infantry Division. During his year in Vietnam, Doug received the Combat Infantry Badge, the Bronze Star, and the Air Medal. Since serving in Vietnam, he has read numerous military histories of Vietnam and the French Indochina war and has used many of these sources for his "Why Vietnam?" course. He obtained a master's degree in Information Systems from Pace University and worked in telecommunications and voice networking for JC Penney, IBM and AT&T.

Coordinator: Susan Poretz

### Course B-4 GREAT PERFORMANCES IN OPERA, ON BROADWAY, AND IN THE CONCERT HALL Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29; 11:00 am-12:15 pm

Through rare film clips and recordings, we'll listen to some of the greatest music-making of all time. From Grand Opera to *Showboat*, from Jascha Heifetz to *Porgy and Bess*, this is an opportunity to enjoy some classic performances. Highlights include an old *Porgy and Bess* rehearsal film, unique recordings of Conchita Supervia and Rosa Ponselle, opera singers belting out popular songs, and some great piano selections played by Rachmaninoff, Rubinstein, and Horowitz. This is a must for all you classical music lovers!

**Presenter: Warren Boroson**, a journalist who writes extensively about music, is also the author of over 20 books on financial matters. He has taught at Rutgers, Bergen Community College, The New School, and elsewhere. Articles of his have appeared in numerous publications, including *TV Guide*, *The New York Times Magazine*, *Family Circle*, *Money*, *The New York News Magazine*, and others.

Coordinator: Susan Greenstein

You are never too old to set another goal or to dream a new dream. - C.S. Lewis



## COURSES



### Course C-1 THE ROOSEVELTS REVISITED: DUTCHESS COUNTY AND BEYOND

Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29;  
1:15 pm-2:30 pm

They were very different people, but each had much to contribute to New York, the nation and the world. In this series of presentations by staff members from the Roosevelt National Historic Site and Library, explore the unique lives and achievements of Franklin and Eleanor Roosevelt, two of the Hudson Valley's most notable residents.

#### April 17 - Franklin and Eleanor Roosevelt: In Their Time and Ours

This presentation will introduce the audience to Franklin and Eleanor Roosevelt through the context of the challenges they faced and the contributions they made to the world in their time as well as our own. Focusing on their sense of confidence and commitment to public service, the talk will explore the President's battle to overcome the effects of polio, his creation of the New Deal, the struggle of World War II, and the role of Eleanor Roosevelt as Presidential helper and shaper of the United Nations. The talk is designed as an overview of the forces that drove the President and the First Lady.

#### April 24 - Eleanor Roosevelt: Betrayal and Compassion

This presentation will introduce the life of Eleanor Roosevelt and the contributions she made in the areas of women's rights, civil rights and human rights. The focus will be on the changes in the social and economic fabric of America, which made it possible for Mrs. Roosevelt to advance the cause of so many people. The tools and methods used by the First Lady will be highlighted, as well as her role in bringing about the creation of the Universal Declaration of Human Rights.

**May 1 - The Roosevelts Of Dutchess County** – An overview of this remarkable family, including the first Roosevelt who came to Manhattan Island when it was called New Amsterdam. The presentation will cover both Franklin and Eleanor Roosevelt's family including some little known ancestors on her side of the Roosevelt clan.

**May 8 - Val-Kill Industries** – Eleanor Roosevelt's local experiment in re-training farm youth in the art of furniture making as an attempt to sustain farm life and bring people

### Course C-1 THE ROOSEVELTS REVISITED: DUTCHESS COUNTY AND BEYOND (Cont'd)

back to the land. The presentation will cover details about the furniture production and how this small local experiment was expanded during the Roosevelt administration to assist people devastated by the effects of the Great Depression.

**May 22 - FDR and the WPA** – Under the New Deal FDR's Works Progress Administration was designed to put people back to work in various capacities with federal assistance. This program presents an overview of the WPA, how it impacted the American scene in general and the local area in particular, focusing on the writers and artists of the era.

**May 29 - A visit to the Roosevelt Center at Hyde Park** to see a photo exhibit entitled *The Roosevelts: Public Figures, Private Lives*. It contains more than 1000 photographs of the Roosevelts, many of which have never been seen before, including some very rare color photos of the President and Mrs. Roosevelt. In addition there are five short film presentations of "home movies" shot by members of the Roosevelt family and friends.

**Presenter (April 17, 24, May 29): Jeffrey Urbin** is the Education Specialist at the Franklin D. Roosevelt Presidential Library and Museum in Hyde Park, New York, and is responsible for all of the Library's education offerings from the second grade to Elderhostel programs. He designs and presents teacher workshops and advises and trains museum educators in museum education program development across the country. He holds degrees in public administration and political science and taught history and government for public and private colleges for more than ten years before joining the National Archives and Records Administration at the Roosevelt Presidential Library.

**Presenter (May 1, 8, 22): Franceska Macsali Urbin** is the supervisory park ranger at the Home of Franklin D. Roosevelt and Eleanor Roosevelt National Historic sites. She has presented programs on Roosevelt history to groups visiting the parks as well as outside organizations. She appeared on the History Channel and on "Chasing History Home" a cable program that focused on both FDR and Eleanor Roosevelt. She has a degree in history from Marist College and a Master's in Social Studies Education from SUNY New Paltz.

Coordinator: Sandy Ostoyich

## COURSES



**Course C-2 PLANET EARTH:  
GEOLOGY WE CAN BELIEVE IN**  
Wednesdays Apr. 17, 24, May 1, 8,  
(skip 15), 22, 29; 1:15 pm-2:30 pm

From primordial planet to the present day, this course will cover selected major events in the earth's development. We'll begin with some principles of elementary astronomy as well as consideration of the earth's position in the solar system. We'll then go on to an outline of evolution through geologic time and review the geological characteristics of groundwater, still possibly one of our less appreciated natural resources. Schedule permitting, additional topics such as glaciation will also be discussed in moderate detail. Color slides will be shown to illustrate most of the lecture topics.

**Presenter: Constantine Manos** taught at SUNY Plattsburgh and the City College of New York after earning his doctorate in geology. He then served as founding chair of the Department of Geological Sciences at SUNY New Paltz where he taught for 42 years. His beginning geology course *Planet Earth* was a basic part of the college's general curriculum. Teaching both undergraduate and graduate courses in geology, Dr. Manos led students on camping field trips to study geology at different locations from Ontario, Canada and Niagara Falls southward through Florida to Key West.

Coordinator: Susan Poretz

**Course C-3 AWAKENING INTUITION**  
Wednesdays Apr. 17, 24, May 1, 8, (skip 15), 22, 29;  
1:15 pm -2:30 pm

At any given moment, we are conscious of only a small portion of what we know. Since there is no way we can tap into and be aware of all the necessary facts, making decisions based simply on reason is limiting. Intuition means knowing from within. By using our intuition we can draw upon our vast resource of unconscious knowledge to open up new possibilities, see alternatives we have overlooked, or find new solutions. In this class you will learn to develop and strengthen your intuition through specific exercises and to use it as a powerful tool to improve the quality of your life.

**Course C-3 AWAKENING INTUITION (Cont'd)**

**Presenter: Linda Zelizer, MS, PD**, is a psychotherapist, spiritual director, Synergy bodywork practitioner and an energy medicine worker. She has designed and conducted workshops for businesses and many community organizations. Linda has taught numerous classes for LLI at Bard College since its start. She holds a master's degree in education and a professional diploma in counseling and human resources.

Coordinator: Arzi McKeown



**Course D-1 YOU'VE GOT RHYTHM**  
Wednesdays Apr. 17, 24, May 1, 8,  
(skip 15), 22, 29; 2:45 pm-4:00 pm

We'll start by learning the basics of Cuban, West African, and Middle Eastern rhythms and use xylophone-type instruments to

learn how to put melody to rhythm. Along the way, we'll break up into smaller groups and create small performance bands that will have us both laughing and appreciating each other. Then we'll put our voices and dancing shoes to the rhythms we've learned, exploring our unlimited creativity. It's going to be loads of fun. All of the drums will be provided and no prior musical experience is needed.

**Presenter: Nathan Brenowitz** started off as a young piano student at the Juilliard School, then moved to the trumpet, which gave him the opportunity to play in various classical and jazz orchestras. Along the way he discovered the Conga drums, and he hasn't been the same since! He studied in Cuba, Brazil and South Africa and has taught percussion in New York for the past 20 years. Mr. Brenowitz is currently playing in two bands and leads rhythm circles in schools, hotels and businesses. His method of teaching is low key, inclusive and respectful of everyone's varied abilities.

Coordinator: Arzi McKeown



## COURSES

### Bonus Course 1 MORNING START-UP

Wednesdays Apr. 17, 24,  
May 1, 8, (skip 15), 22, 29;  
8:30 am-9:00 am



For many of us, our bodies need to have a gentle nudge in order to get going full steam. This class will provide that “squirt of oil.” Join us for a pre-class gentle stretch from 8:30-9:00 am. The start-up will include an eclectic mix of movements drawn from yoga and dance, and done, for the most part, seated. It will be a nice way to begin our day’s studies.

**Presenter:** *Dr. Susan Puretz is a retired Professor of Health Education and Dance at SUNY New Paltz (where she was the former Chairperson of the Department of Health, Physical Education, Dance, and Athletics). She is the author of **The Woman’s Guide to Peak Performance: The Ultimate Reference for all Levels of Fitness.***



**Bonus Course 2 FILM COURSE:  
A WALK IN THEIR SHOES**  
3 Tuesdays April 23, 30, May 7;  
9:30 am-12:30 pm

**THIS COURSE WILL BE HELD IN THE SAUGERTIES LIBRARY.**

An old saying affirms that one can’t really begin to understand what another person is going through until one walks in his or her shoes. We live in a time when intolerance, aggression and marginalization are everyday stories in the media.

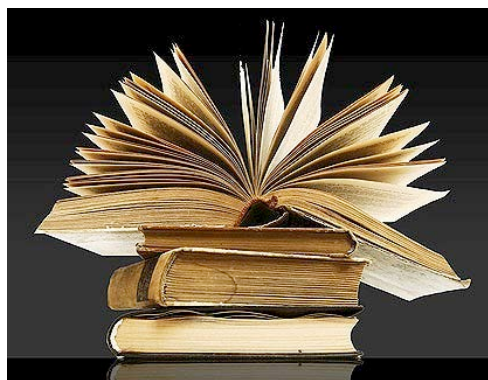
In this film series we will attempt to understand the experiences of others who have endured risk or hardship, or experienced darkness or persecution. The films will shed light on the perspective of others and help us understand and appreciate their situations.

### Bonus Course 2 FILM COURSE: A WALK IN THEIR SHOES (Cont’d)

In the first part of each session of the film course, we share the experience of watching a film, and together witness the adventure, the emotions, and the outcomes. The second part of the session, the discussion, makes the experience richer and deeper.

**Facilitator:** *Arzi McKeown is a psychotherapist and dance therapist. She has worked in hospitals, out-patient mental health clinics and in private practice utilizing experiential and creative arts therapies for healing and growth.*

**NO REGISTRATION REQUIRED. THERE WILL BE A CALL FOR RESERVATIONS AT THE TIME OF THE FILM.**



**Why should society feel responsible only for the education of children, and not for the education of all adults of every age?**

- Erich Fromm



# LIFESPRING

SAUGERTIES ADULT LEARNING COMMUNITY

## SPRING 2013 COURSE SCHEDULE

<b>COURSE NO.</b>	<b>WEDNESDAYS – FIRST PERIOD – 9:30 am – 10:45 am</b>
A-1	THE EARLIEST CHRISTIANS
A-2	GENEALOGY 101
A-3	BIOLOGY NOW
A-4	POEM FLOW
	<b>WEDNESDAYS – SECOND PERIOD – 11:00 am – 12:15 pm</b>
B-1	STORYTELLING THEATER: CREATIVE IMPROVISATION WITH STORIES FROM OUR LIVES
B-2	FOREVER: A HISTORY OF MANHATTAN ISLAND IN FACT AND FICTION
B-3	WHY VIETNAM?
B-4	GREAT PERFORMANCES IN OPERA, ON BROADWAY, AND IN THE CONCERT HALL
	<b>WEDNESDAYS – THIRD PERIOD – 1:15 pm – 2:30 pm</b>
C-1	THE ROOSEVELTS REVISITED: DUTCHESS COUNTY AND BEYOND
C-2	PLANET EARTH: GEOLOGY WE CAN BELIEVE IN
C-3	AWAKENING INTUITION
	<b>WEDNESDAYS –FOURTH PERIOD – 2:45 pm – 4:00 pm</b>
D-1	YOU’VE GOT RHYTHM
	<b>EARLY WEDNESDAY MORNINGS – BEFORE CLASSES – 8:30 am – 9:00 am</b>
BONUS 1	MORNING START-UP
	<b>OTHER DAYS</b>
BONUS 2	FILM COURSE: A WALK IN THEIR SHOES (TUESDAYS Apr. 23, 30, May 7; 9:30 am - 12:30 pm; Saugerties Public Library)

## BOARD OF DIRECTORS

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Arzi McKeown

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Marilyn Wakefield

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Susan Greenstein              Marvelene Beach  
Fran Jacobson

**Telephone Coordinator:** Lee Gable  
**Sergeant-at-Arms:** Joseph Churnetski

The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

-Alvin Toffler

**SPRING2013****Course Registration/Membership**

LIFESPRING  
SAUGERTIES ADULT LEARNING COMMUNITY

Those who registered in the fall do NOT pay another membership fee.

NEW MEMBERS for spring 2013 pay a membership fee of \$40.  
Please make your membership check payable to **Lifespring: Saugerties**

PLEASE PRINT YOUR INFORMATION CLEARLY.

Name	
Address	
City	State Zip
Phone	Email

Check if there is a change in your contact information \_\_\_\_\_

**Registration will close on FEB. 19, 2013.** We cannot honor any mail registrations that are postmarked after FEB. 19, 2013. **Additional registration will be accepted, space permitting, on the first day of classes only.**

Members may take 4 courses, 2 in the morning and 2 in the afternoon. **PLEASE MARK FIRST AND SECOND CHOICES WITH 1 AND 2 FOR EACH TIME SLOT.** You will be placed in either your first or second choice.

<b>Wednesday Morning 9:30-10:45</b>	<b>A-1</b>	<b>A-2</b>	<b>A-3</b>	<b>A-4</b>
Mark your choices 1 and 2 on this line				

<b>Wednesday Morning 11:00-12:15</b>	<b>B-1</b>	<b>B-2</b>	<b>B-3</b>	<b>B-4</b>
Mark your choices 1 and 2 on this line				

<b>Wednesday Afternoon 1:15-2:30</b>	<b>C-1</b>	<b>C-2</b>	<b>C-3</b>
Mark your choices 1 and 2 on this line			

<b>Wednesday Afternoon 2:45-4:00</b>	<b>D-1</b>
Mark your choice 1 on this line	

Annual Membership is \$60 per person.  
The membership year runs from August through July.

Please check below:

\_\_\_ I am a new member.

\_\_\_ \$40 is enclosed for Spring 2013 membership.

*Membership fees are not refundable.*

Mail to:  
Lifespring: Saugerties  
Town Hall  
4 High Street  
Saugerties, NY 12477

**BONUS COURSE 1 – MORNING START-UP (8:30)** Check if you want to take this course \_\_\_\_\_



**LIFESPRING**  
SAUGERTIES ADULT LEARNING COMMUNITY

## SPRING2013 Course Catalogue

Classes are held at the Woodstock Jewish Congregation  
(Unless otherwise noted)

LIFESPRING  
TOWN HALL  
4 HIGH STREET  
SAUGERTIES, NY 12477