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**Inspire,  
Inform,  
Learn &  
Educate!**

\*\*\*\*\*ECRWSS\*\*\*\*\*  
**RESIDENT  
KINNELON, NJ 07405**

**CENTER FOR LIFELONG LEARNING**

Sponsored by the Kinnelon Public Library

**Daytime Educational Opportunities for Adults of All Ages**

Spring 2017 --- February 13 — April 21

CLL was founded by a group of local citizens who believed that many men and women might welcome the opportunity for intellectual stimulation and the chance to enhance their knowledge in many subjects of their choice. Knowledgeable instructors who are authorities in their fields teach the classes.

MEMBERSHIP

We welcome adults of all ages and no special educational background is required. Active discussion and interaction in class will be encouraged. Your membership fee allows you to attend as many courses as you wish. Some courses have class size limits and some courses require additional book or material fees.

For complete information on registering, membership fees, course schedule and locations, see the section "Registering for CLL Courses".

**An all-volunteer organization dedicated to encouraging learning.**

**Please note: All classes will be held on Good Friday,  
Although this is an optional Holiday for the Library**

**NEW!**

**MAGNIFICENT CLASSICAL MUSIC, IN PERFORMANCE  
BY LEGENDARY ORCHESTRAS, CONDUCTORS,  
AND VIRTUOSO ARTISTS**

Coordinator: Ken Stride

Fridays 10.00AM - Noon

At the Library- Meeting Rooms 1-3

Ten sessions starting Friday, February 17



**For your enjoyment, it is all about:**

**Composers:** Tchaikovsky, Mozart, Gershwin, Ives, Copland, Strauss

**Orchestras:** Berlin Philharmonic, Vienna Philharmonic, New York Philharmonic, San Francisco Symphony, Boston Symphony, Boston Pops Orchestra

**Conductors:** Karajan, Bernstein, Mehta, Tilson-Thomas

**Artists:** Lang Lang, Van Cliburn, Yo-Yo Ma, Anne-Sophie Mutter

**Venues:** Versailles, Moscow, Vienna, Berlin, New York City, San Francisco, Tangelwood, Royal Albert Hall

Date	Program	Presenters
2/17	Lang Lang in Concert At Versailles	Ken Stride
2/24	Tangelwood 75th Anniversary Celebration	Bob Frank
3/3	Leonard Bernstein - Gershwin and Ives	Muriel Braunstein
3/10	Tilson-Thomas - Copland & The American Sound	Lois Wolfer
3/17	Van Cliburn In Concert At Moscow	Lydia Schmidt
3/24	Herbert Von Karajan - A Life In Music	Ken Stride
3/31	Karajan - Tchaikovsky Symphonies # 4, 5, 6	Ken Stride
4/7	Zubin Mehta - A Summer Night's Concert	Jim Ritter
4/14	Lang Lang In Concert At Royal Albert Hall	Lori Frank
4/21	Karajan - New Year's Concert In Vienna	Dave Wilding

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## WEEK IN REVIEW DOMESTIC & WORLD ISSUES

Ron Leavesley  
Fridays 1:00PM – 3:00PM  
At the Library - Meeting Rooms 2-3  
Ten sessions starting Friday, February 17  
**Participation limited to 35**



It is all about discussion of current events in the U.S. and around the ever-changing world. Each week will be enlightening and different. Not only will we review and discuss the key events and issues of the week, but also there will be topics suggested for discussion the following week in addition to the current events. Join us in casual surroundings for stimulating give and take discussions. This is a great time to get involved, express your thoughts and have fun at the same time. Ron is a retired business executive actively involved in the CLL program.



## DUPLICATE BRIDGE For Experienced Bridge Players

With Renee & George Wolken  
Wednesdays 9:15AM-1:00PM  
Kiel Avenue Firehouse  
Ten sessions starting Wednesday, February 15  
No additional partnerships can be accepted this semester

For those of you who love to play duplicate bridge, here is a fun way for you and your partner to sharpen your skills and meet other enthusiastic players at the same time. Experienced bridge players will be available to answer questions and give pointers during the playing sessions. If you or your partner cannot attend a session, it will be your responsibility to get a substitute. Please note, a substitute must be a current member of CLL.

In order to set the play for a prompt 9:15AM start, participants should plan to arrive no later than 9:00AM.

**NEW!**

## LIVING WELL

A Trans-Disciplinary Approach to Living Well  
Lori Cohen & Jo Sippie-Gora – Facilitators  
Seven Friday sessions February 24 – April 7 - 1 PM – 3 PM  
At the library – Meeting room #1

What does "living well" mean to you? A healthy environment is essential for the well-being of all living things. Using various media (film, essays & news), we will explore the connections between our communities, our planet and our own well-being.

Since the complex challenges we face today cannot be solved using reductionist approaches alone, our approach will be trans-disciplinary. We will practice approaching problems by asking how various elements within a system influence one another, looking for patterns and seeking root causes. And we will celebrate the many creative solutions that don't get coverage in popular media outlets!

Jo & Lori have facilitated several CLL courses, and are long-time residents of Kinnelon

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## EXERCISE PLUS AND HEALTHY BONES - BASIC



Exercise and Education Programs to help maintain healthy bones and helping in the management of Osteoporosis.



### EXERCISE PLUS For Those Ages 55 and Older

Coordinator: Kathy Oburg

Peer Leaders: Louise Gallarelli, Eileen Heacock and Patti Wolak  
Monday and Thursday 9:30AM – 11AM Beginning February 13

At the Library - Meeting Room 1

**Three new students will be accepted this semester on a 1<sup>st</sup> come, 1<sup>st</sup> serve basis**

Exercise Plus is specifically for those who can dedicate 24 weeks to working on their balance, weight training and flexibility.

**All participants** are required to sign a CLL release form before participation in the class.

### HEALTHY BONES - BASIC For Women Ages 55 and Older

Coordinators: Peggy Maher and Marlys Huss

Peer Leaders: Jeanne Richards, Millie Schaeffer and Beth Schumm  
Monday 9:30AM – 11AM Beginning February 13

At the Library - Meeting Room 3



**No new students can be accepted this semester**

Healthy Bones Basic is specifically for women who can dedicate 24 weeks to working on their balance, weight training and flexibility.

**All participants** are required to sign both CLL's and Norwescap's release forms AND to have a Norwescap consent form completed by your physician before participation in the class.

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## TAI-CHI

Certified Instructors- Vivian and Anthony Calandriello  
**Program is open to men and women**  
Tuesday 9:30AM-10:30AM  
**Kiel Avenue Firehouse**



Sessions begin Tuesday, February 14 and continue through May 31

The Tai-Chi program has the potential to reduce pain, stiffness and fatigue while improving balance, flexibility, mobility, physical function and muscle strength. Its agile steps and range of motion exercises are done in higher stances than those normally found in Tai-Chi making it easier and more comfortable to learn. Sun style Tai-Chi contains unique powerful Qigong that is especially effective for healing and relaxation.

**Five new students will be accepted this semester on a 1<sup>st</sup> come, 1<sup>st</sup> serve basis**

**Orientation for new students:** Immediately following the first class there will be a 15-20 minute orientation session to provide direction, information and answer questions.

**All participants** are required to sign both the CLL release form AND the Tai-Chi for Health release form before participation in the class.



## HEALTHY BONES - EXPANDED

### A Program for Older Men and Women

Instructors - Vivian and Anthony Calandriello  
Thursday 9:30AM – 11AM  
At the Library - Meeting Rooms 2-3

Sessions begin Thursday, February 16 and continue for 20-24 weeks

**No new students can be accepted this semester**

Project Healthy Bones (sponsored by Norwescap) is an osteoporosis and osteoporosis-related disability prevention exercise and educational program for older men and women.

The program consists of resistance exercise training with weight equipment and specific exercises designed to improve balance, strength and flexibility including exercises using program ankle and hand weights. There is an additional fee of \$25.00 (payable to Norwescap) to cover the cost of weights and the program manual.

**All participants** are required to sign both CLL's AND Norwescap's release forms AND to have a Norwescap consent form completed by your physician before participation in the class.

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**NEW!**

**“TELL ME SOMETHING I DON’T KNOW”**

Coordinator: Ron Leavesley

Wednesdays 1:30PM – 4:00PM

At the Library - Meeting Rooms 1-3

Ten sessions beginning Wednesday, February 15

**MORE INTRIGUING SUBJECTS TO STIMULATE YOUR CURIOSITY**

Here are ten new opportunities to stimulate your curiosity and knowledge. We continue these sessions with the objective of finding new subjects every semester from which all of us can acquire knowledge about things we knew or did not know about or have been forgotten and lost in time. We hope what is presented will stimulate your interest to do further research to find out more. This semester is no exception.

This semester features another mix of varied subjects where there is more than just the film to talk about such as information and facts that complement and enhance the presentation. Here is what awaits you!

Date	The Event	Presenter
2/15	Citizen Hearst	Sylvie Meyers
2/22	Wolves and Evolutionary Psychology	Ilya Shragin
3/1	Ultimate Restorations - The Sierra # 3 Locomotive – A Star Reborn	Jim LaConte
3/8	The Day The Sixties Died	Bob Frank
3/15	Spanish American War – Part #1	George Cox
3/22	Spanish American War- Part #2	George Cox
3/29	Space Men	Steve Sanchez
4/5	Secret Tunnel Warfare	Joan Stapleton
4/12	John James Audubon	Ron Leavesley
4/19	The Strange Case of Lizzie Borden	Bill Saks

Each of these lecturers is eager to provide you with uncommon knowledge so we meet our objective of -“Tell me Something I don’t Know!”

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**NEW!**

**ART APPRECIATION**  
**What a Combination!**  
**Women Artists - Hudson River School - The Louvre**  
Coordinator: Lois Wolfer  
Mondays 1PM to 3:30PM  
At the Library Meeting Rooms 1-3  
Ten sessions starting Monday, February 13

Follow Professor Amanda Vickery through four centuries of an unprecedented celebration of women artists who dared to confront society's daunting restrictions to achieve fame through great works of art, innovative clothing styles, and the manner in which we decorate our homes and gardens.

Journey to the Hudson River School for a glorious reminder of America's natural bounty. Take a dazzling virtual tour of the Louvre with Professor Richard Brettell and the remarkable collection of European paintings from the late medieval period to the early 19<sup>th</sup> century.

For art lovers and those interested in learning something new, this will be a stimulating semester offering a range of insights into art and history.

<b>Date</b>	<b>Artists</b>	<b>Presenter</b>
2/13	The Story of Women and Art – Part I	Lois Wolfer
2/20	The Story of Women and Art – Part II	Lorrie Wienbrock
2/27	The Story of Women and Art – Part III	Evelyn Duvall
3/6	The Hudson River School – Artistic Pioneers	Lori Frank & Myrna Weisselberg
3/13	Palace to Museum – The Story of the Louvre Leonardo and the Origins of the Collection	Bob Frank
3/20	Italian Renaissance and Baroque Painting Spanish School of Painting	Muriel Braunstein
3/27	Rubens and Flemish Painting: Early German Rembrandt, Vermeer and Dutch Painting	Jim Ritter
4/3	De La Tour, Le Nain and 17 <sup>th</sup> Century Painting Claude and Poussin – French Painters in Rome	Steve Sanchez
4/10	Watteau and Chardin Boucher, Fragonard and the Rococo in France	Sylvie Meyers
4/17	Jacques-Louis David and His School Delacroix and Ingres – The Great Dialectic	Bill Saks

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**NEW!**

**GREATEST MYSTERY CLASSICS**

Coordinator: Ron Leavesley  
Thursdays 1:00 – 3:30PM  
At the Library Meeting Rooms 1-3  
Ten sessions starting February 16

**SPINE TINGLING, SUSPENSE FILLED FILMS ABOUT DARK CRIMES AND MYSTERY**

Everyone a classic from the 1930s to the 1940s

If you like classic mysteries this is the course for you. So sit back and enjoy these spine tingling suspense films from the 30s and 40s that are sure to satisfy your mystery appetite. They involve mob bosses as well as stealthy sleuths. Many famous actors are featured...Edward G. Robinson, Orson Wells, Healy Lamarr, Franchot Tone, Ray Milland, Barbara Stanwyck, Kirk Douglas and Van Heflin. Wow! Here are the mysteries and a chilling collection for you to enjoy.

<b>Date</b>	<b>Mystery - Actors - Date</b>	<b>Presenter</b>
2/16	The Stranger - Orson Wells - 1946	Ron Leavesley
2/23	The Man In The Eiffel Tower - Burgess Meredith, Charles Laughton, Franchot Tone - 1949	Myrna Weisselberg
3/2	The Red House – Edward G. Robinson - 1947	Dorothy McMahon
3/9	A Study In Scarlet – Regeniid Owen – 1933	Dennis Salata
3/16	Gaslight – Anton Walbrook – 1940	Steve Sanchez
3/23	Algiers – Heady Lamarr – 1938	Lois Wolfer
3/30	Bulldog Drummond Escapes – Ray Milland – 1937	Lou Katz
4/6	There Was A Crooked Man – Robert Sterling – 1950	Doris Katz
4/13	Jigsaw – Franchot Tone – 1949	Evelyn Duvall
4/20	The Strange Love of Martha Ivers - Barbara Stanwyck, Kirk Douglas, Van Heflin - 1946	Joan Stapleton

Note: We have a DVD collection of 100 of the best mystery films. If you enjoyed this semester, please let us know so we can share further mystery classics with you in another semester.

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## OIL PAINTING

Coordinator Linda Farmer  
Tuesdays 12:30PM-3:30PM  
At the Library - Meeting Rooms 1-3  
Ten sessions starting Tuesday, February 14  
**Participation limited to 35**  
**Cost of supplies will be additional**



Beginners, as well as experienced artists, will be able to start painting the first day of class. You will benefit from the individual attention and advice of Linda Farmer and she will encourage you to develop your talents. No previous experience is necessary, however, students will be expected to work independently and take initiatives.

**A list of start-up supplies will be available at the Library after Monday, January 30**

Linda Farmer is self taught and has supplemented and expanded her expertise with watercolors through artist workshops. In recent years, Linda has been able to nurture her lifelong interest in art. Her initial interest in oil painting has expanded to sculpture, drawing and watercolors.



## CREATIVE SCULPTURE INFORMAL WORKSHOP

Coordinator Alison Chase  
Mondays 9:30AM – 12:30PM  
At the Library- Meeting Room 4  
Ten sessions starting Monday, February 13  
**Current and new students will be welcomed**  
**Additional fees will be charged for clay and firing.**



This semester, the informal workshop continues for those interested in continuing their sculpture activities and improving their individual skills. Instructors may not be available on a regular basis. However, Alison Chase, Evelyn Duvall, Cathy Lapenter and Marie Andersson, will be available to provide guidance when their schedules permit.

Current and new students will be welcomed but all are expected to be able to work independently and take initiatives.

Make clay come alive, at your pace. Sign up for our informal sculpture workshop. The opportunity to develop skills is available and the location is ideal. You can have fun and also meet other interested sculpture students.

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## WELCOME TO THE FUN OF WATERCOLORS

Coordinator: Amy Leonard  
Wednesdays 9:30AM – 12:30PM  
At the Library - Meeting Rooms 1-3

Ten sessions starting Wednesday, February 15

**Participation limited to 35**  
**Cost of supplies will be additional**



Free and loose or tightly controlled. Wet into wet or detailed and dry brush which describes your approach to this popular medium? Each student is encouraged and expected to work independently and to take initiatives. However, individual help will also be provided as the class size permits.

Dig out your half forgotten paints or start off with a brand new palette. Paint a portrait of your dog, your spouse or your house or even the world outside. It is a stimulating experience and you will surprise yourself with your progress and end result.

Beginners are most welcome. Did it once, but feel rusty or unsure, or just need a specific time and place to paint? Come, try us! In addition, as a class participant you can use the extensive collection of “How to” and watercolor books in the Library.

**Beginners should come to the first class with supplies and be prepared to paint. A list of start-up supplies will be available at the Library after Monday, January 30.**

Amy Leonard, a Kinnelon resident, is an accomplished artist with a wide range of interests in subject matter in both watercolor and pen and ink. She has won numerous awards and has been featured in a number of juried shows.

### VISIT THE CLL & FRIENDS WEBSITES!

Your source for updated information on CLL Semesters and other activities as well as Friends events.

Simply log onto [www.kinnelonlibrary.org](http://www.kinnelonlibrary.org) and click on the link for ‘CLL/Friends’ to check out these two websites!

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**AMBLING, RAMBLING AND SCRAMBLING ... OH MY!  
AMBLING ALONG**

Coordinators: Sheila Sharp and Peter Kenny  
Tuesdays at 9:00AM, Meet at the Boonton Ave Rec. Field  
**Eight Ambles starting Tuesday, March 28**



Calling all Amblers! Spring Semester 2017 offers another program of stimulating walks through gardens and woodlands. We will explore places of interest and some old favorites.

Ambling Along is for those who enjoy being outdoors, but are not quite ready to join the more ambitious Ramblers or Scramblers. Walks may be more than 3-4 hours due to travel time. Experienced walkers who know our area and are familiar with many beautiful trails and gardens will lead all of the walks.

**RAMBLERS AND SCRAMBLERS**

Rambling Coordinator: David Wilding, Scrambling Coordinator: Denise DeBernardi  
Rambling Leaders: Paul Forgie, Hans Ruffler, and Dennis Salata  
Scrambling Leaders: Mike Austin, Paul Makus, and Linda Schutz  
Thursdays at 9AM, Meet at the Boonton Avenue Recreation Field



**Eight Rambles & Eight Scrambles ... both starting Thursday, March 31**

We will continue to provide hikes to meet varying degrees of hiking interest and difficulty by featuring two groups.

At the time of registration, you must select one of the following:

RAMBLERS ... Will cover 4-6 miles at a moderate pace

SCRAMBLERS ... Will cover 5-7 miles at a moderate to strenuous pace



**All Amblers, Ramblers and Scramblers:**

**Please include your e-mail address on the registration form as well as your phone number.** We will utilize e-mail for notification of schedule changes, e.g., rainouts and/or information pertaining to an individual amble or hike. For those of you who do not have e-mail, we will call you and copies will be available at each hike.

- Schedules, guidelines and descriptions of outings and release forms will be available at the Library after Monday, January 30 and mailed prior to the first class. This information will also be available at the first class.
- For the enjoyment of the entire group, please don't make appointments for Tuesday/Thursday afternoons.
- All Participants will be required to sign a release form before participating.

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