



## Center for Lifelong Learning 2017 Fall Semester Course Offerings



Classes Begin Monday, September 11 & End Friday, November 17

**Please click on the course below for more information:**

[Ambling Along](#)

[Archaeology](#)

[Duplicate Bridge](#)

[Exercise Plus](#)

[Healthy Bones Basic](#)

[Healthy Bones Expanded](#)

[Music Appreciation](#)

[Oil Painting](#)

[Rambling / Scrambling Along](#)

[Sculpture Workshop](#)

[Storytelling](#)

[Tai-Chi](#)

[Tell Me Something I Don't Know](#)

[Watercolors](#)

[Week in Review](#)

To register for any of the above courses, please return to the CLL page of the Library Website and print the **2017 Registration Form**

# AMBLING ALONG



Coordinators: Sheila Sharp and Peter Kenny  
Tuesdays at 9:00AM, Meet at the Boonton Ave Rec. Field  
**Eight Ambles starting Tuesday, September 12**



**Calling all Amblers! Fall 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.

## **All Amblers. Ramblers and Scramblers:**

- Schedules, guidelines and descriptions of outings and release forms will be available at the Library after Monday, August 14 and emailed or snail 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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**NEW!**

# ARCHAEOLOGY

## AN INTRODUCTION TO THE WORLD'S GREATEST SITES

Coordinator: Lois Wolfer

Mondays 1:00PM to 3:30PM

At the Library Meeting Rooms 1-3

Ten sessions starting Monday, September 11

What, exactly, is it that archaeologists do? Although tremendous numbers of people are fascinated by the idea of archaeology, too few have any idea about what is involved. Indeed, many people picture an archaeological excavation as an Indiana Jones movie. This course is meant to set the record straight.

<b>Date</b>	<b>Artists</b>	<b>Presenter</b>
9/11	Excavating Pompeii and Herculaneum Schliemann and His Successors at Troy	Ruth Stern
9/18	How Do Archaeologists Know Where to Dig? Early Archaeology in Mesopotamia	George Cox
9/25	Prehistoric Archaeology Gobekli Tepe, Catalhoyuk and Jericho	Steve Sanchez
10/2	The Myth of Massada? Meggido:Excavating Armageddon	Lorrie Wienbrock
10/9	Discovering Mycenae and Knossos Santorini, Akrotiri and the Atlantis Myth	Jim Ritter
10/16	The Uluburun Shipwreck The Dead Sea Scrolls	Bill Saks
10/23	Pyramids, Mummies and Hieroglyphics King Tut's Tomb	Ilya Shragin
10/30	The Canaanite Palace at Tel Kabri Petra, Palmyra and Ebla	Sylvie Meyers
11/6	The Terracotta Army, Sutton Hoo and Otzi Discovering the Maya	Bob Frank
11/13	The Nazca Lines, Sipan and Machu Picchu Archaeology in North America	Lois Wolfer

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## **DUPLICATE BRIDGE**

### **For Experienced Bridge Players**

With Renee & George Wolken

Wednesdays 9:15AM-1:00PM  
Kiel Avenue Firehouse

Ten sessions starting Wednesday, September 13  
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.

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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 September 11  
At the Library - Meeting Room 1

**Five 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.

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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.



### 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 September 11

At the Library - Meeting Room 3

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

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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# 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, September 14 and continue for 20-24 weeks

### **Three 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.**

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

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**NEW!**

## **“CLASSICAL MUSIC APPRECIATION!”**

**"Revolutionary Composers, Artists, and Writers"**

Coordinator: Ken Stride



Fridays 10:00AM - 12:00PM  
At the Library – Meeting Rooms 1-3

Ten sessions starting Friday, September 15

Music is in the mind, heart and soul of the creative artist—composers, authors, painters, and interpretive performers.

Music permeates and enriches every aspect of our lives, consciously, subconsciously or unconsciously.

This semester we will deeply explore the symbiotic relationship of the arts, the creative giants and their enormous contribution to our culture.

Date	Program	Presenter
9/15	Ludvig Van Beethoven, Classical Revolutionary Genius Who Brought Us On A Voyage Into The Unconscious	Ken Stride
9/27	Shakespeare's Monumental Creations Explained The Greatest Tragedies And Histories Ever Written	Bob Frank
9/29	Picasso - Peerless Genius Revealed As Never Before, By One Who Knew The Artist Personally	Ken Stride
10/6	Stravinsky Composed The Most Revolutionary Piece Of The 20th Century - "The Rite Of Spring"	Bob Frank
10/13	Shostakovich Literally Composed To Save His Life, Symphonies. No. 5 Would Have Either Doomed Or Saved Him	Lori Frank
10/20	Matisse - One Of The Greatest Revolutionaries Of Modern Art, Revealed By His Personal Friend	Lois Wolfer
10/27	Mahler Created An Entire Universe Of Emotion In Music Of A Cosmic Scale And Great Beauty	Jim Ritter
11/3	Tchaikovsky Composed His Magnificent Sym. No. 4, Now Revealed In The Making Of Its Performance	Lydia Schmidt
11/10	Berlioz's Symphonie Fastastique Was An Unprecedented Outpouring Of Emotion That Almost Overpowered Paris	Dave Wilding
11/17	Andre Rieu - The Pure Joy Of Music To Usher In The Forthcoming Holiday Season	Muriel Braunstein

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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, September 12



**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, August 14**

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.

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# RAMBLERS AND SCRAMBLERS



Rambling Coordinator: David Wilding, Scrambling Coordinator: Mike Austin

Rambling Leaders: Paul Forgie, Hans Ruffler, and Dennis Salata

Scrambling Leaders: Paul Makus, and Linda Schutz



Thursdays at 9AM, Meet at the Boonton Avenue Recreation Field

## **Eight Rambles & Eight Scrambles ... both starting Thursday, September 14**

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, August 14 and emailed or snail 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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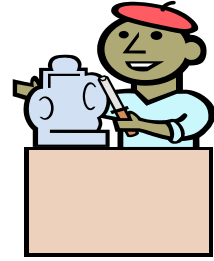
## **CREATIVE SCULPTURE INFORMAL WORKSHOP**

Coordinator Alison Chase

Mondays 9:30AM – 12:30PM

At the Library- Meeting Room 4

Ten sessions starting Monday, September 11



**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, and Cathy Lapenter, 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 in a supportive environment.

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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**NEW!**

**STORYTELLING  
AN AGE OLD CRAFT**  
Coordinator Lois Wolfer



Presenters: Elise Krackower and Ruth Stern

An Interactive Course

At the Library Beginning September 14 from 1PM to 4PM Meeting Rooms 1-3

**Limited to 20 students**

This course features two professional storytellers, Elise Krakower and Ruth Stern, presenting their programs on Traditional Storytelling and Readers Theatre.

**Your registration covers both programs. Participation in both programs is required.**

**Necessary supplies will be provided.**

This is an interactive course that will require and benefit by your involvement ... Both storytellers want to leave you with the confidence and skill to enable you to start telling your own stories for everyone.

**Storyteller: Ruth Stern - Readers Theatre**

Four sessions beginning Thursday, September 14 at 1:00PM.

During these four classes, students will learn how to choose materials, script, stage and perform Readers Theatre. All of these classes need reliable attendance for group participation presentations.

9/14	Compare and contrast your experiences with regular Theatre vs. elements of Readers Theatre. Practice staging and performance.
9/21	No Class
9/28	Turn poems, stories and other materials into a Readers Theatre format including one or more narrators. Play with sound effects.
10/5	Try out unique acting techniques. See examples of script formats. Choose material for your group to script and present. Decide if characters could play multiple roles.
10/12	Discuss times and places to use Readers Theatre. Finish scripts, practice and give group performances.

**Storyteller: Elise Krakower - Traditional Storyteller**

Five sessions beginning Thursday, October 19 at 1:00PM

During these five classes, we will use fables, fairy tales, and personal anecdotes to learn the art of storytelling. Through meaningful participation in the oral tradition, students will develop knowledge of the resources that enhance a narrative. Preparation at home will be necessary.

10/19	Overview of Storytelling
10/26	Concentrating on Fables
11/2	Concentrating on Fairy Tales
11/9	Concentrating on Personal Tales
11/16	Performance

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# TAI-CHI

Certified Instructors- Vivian and Anthony Calandriello  
**Program is open to men and women**

Tuesdays 9:30AM-10:30AM  
**Kiel Avenue Firehouse**



Sessions begin Tuesday, September 12 and continue through December 12

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.

**Two 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.

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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, September 13

### 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 more varied subjects to stimulate your interest and where there is more than just the film to talk about. There are always many additional facts that complement and enhance a presentation. [Here is what awaits you!](#)

Date	The Event	Presenter
9/13	True Story Of Charlie Wilson	Bob Frank
9/20	Aswan Dam- Another Wonder!	Ilya Shragin
9/27	The Men Who Built America – Vanderbilt / Rockefeller	George Cox
10/4	The Award-Twice A Hero- Jimmie Dyess Story	Dennis Salata
10/11	High Noon- And The Un-American Committee	Ron Leavesley
10/18	Bonnie and Clyde	Steve Sanchez
10/25	The Queens Garden	Ron Leavesley
11/1	Ringling Brothers- Kings Of The Circus	Jim Ritter
11/8	Walt Disney	Lori Frank
11/15	Operation Lighthouse Rescue- Cape Cod	Lois Wolfer

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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, September 13



*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, August 14.**

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.

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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, September 15

*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.

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