



Center for Lifelong Learning 2018 Spring Semester Course Offerings



Classes Begin Monday, February 26 & End Friday, May 4

Please click on the course below for more information:

[Ambling Along](#)

[Duplicate Bridge](#)

[Exercise Plus](#)

[Healthy Bones Basic](#)

[Healthy Bones Expanded](#)

[Music Appreciation](#)

[Master Works of American Art](#)

[New Jersey & the American Revolution](#)

[Oil Painting](#)

[Rambling / Scrambling Along](#)

[Sculpture Workshop](#)

[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 **2018 Spring Registration Form**

AMBLING ALONG



AMBLING ALONG

Coordinators: Sheila Sharp, Peter Kenny and Mary Russo
Tuesdays at 9:00AM, Meet at the Boonton Ave Rec. Field
Eight Ambles starting Tuesday, April 3



Calling all Amblers! Spring Semester 2018 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:

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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DUPLICATE BRIDGE

For Experienced Bridge Players

With Renee & George Wolken

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

Ten sessions starting Wednesday, February 28
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 February 26
At the Library - Meeting Room 1

Five new students will be accepted this semester on a 1st come, 1st 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 participating 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 February 26

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 participating 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, March 1 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!

MUSIC APPRECIATION

THE VERY BEST OF THE PAST DECADE



Two part program - Part I Spring 2018 and Part II the Fall of 2018

Coordinator: Ken Stride
Fridays 10:00AM – 12:00PM
At the Library- Meeting Rooms 1-3
Ten sessions beginning Friday, March 2

Since 2008, the Music Appreciation course has presented 180 sessions of great music of all genres- Baroque, Classical, Romantic, Opera, Jazz, American Standards, Country and Rock. We have also featured the genius of composers, conductors, orchestras, singers, musicians, choreographers and dancers plus the creative giants, the legends and the immortals.

For this semester we have selected for presentation 10 of our best subjects from the past decade. This will be Part 1. There are far too many others that must not be omitted so in Part 2 we will present 10 additional subjects as our program for the fall, 2018 semester.

Date	Program	Presenter
3/2	The Life and Artistry of Opera's Legendary Diva – Maria Callas	Lois Wolfer
3/9	The Immortal Luciano Pavarotti – A Life in Seven Arias	Jim Ritter
3/16	Jacqueline Du Pre – Genius Musician, Tragedy and Triumph of Spirit	Ken Stride
3/23	Leonard Bernstein-Conducting his Masterpiece, "West Side Story"	Lori Frank
3/30	Baryshnikov in Two Legendary Ballet Performances	Lydia Schmidt
4/6	Nureyev and Fonteyn in Prokofiev's Ballet, "Romeo and Juliet"	Bob Frank
4/13	Rachmaninoff – Romantic Composer, Pianist	Ken Stride
4/20	Roy Orbison, Eric Clampton and Wynton Marsalis-Two Legendary Concerts	Ken Stride
4/27	Sinatra and Streisand - "A#1, Top of the Heap" at their peak	Ken Stride
5/4	Astaire-Nureyev said he was America's Greatest Dancer; He was right!	Muriel Braunstein

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NEW!

MASTER WORKS OF AMERICAN ART

Coordinator: Lois Wolfer
Mondays 1:00PM to 3:30PM
At the Library Meeting Rooms 1-3
Ten Sessions Starting Monday, February 26



In this course, we will explore the remarkable history of America's independent, forward-looking, innovative, and at times even rebellious art from its origins in the Colonial past until the First World War. Professor William Kloss will help deepen our understanding and enhance our appreciation of our heritage by introducing us to the biographical, historical, political and cultural details which influenced many of the important artists of each era of this proud young nation. Join us and enjoy our journey through the early history of American paintings.

Date	The Art and Artist	Presenter
2/26	Art in the New World – 18 th Century Colonial Art	Michael Meyers
3/5	The Genius of Copley and C. W. Peale - A Revolution in Art	Lois Wolfer
3/12	Portraiture in Federal America - Early Historical and Landscape Painting	Ruth Stern
3/19	The 1820's – Art in the Era of Good Feelings - Other Views, Other Visions	Steve Sanchez
3/26	American Genre Painting - Native Americans and Westward Expansion	Sylvie Meyers
4/2	The Civil War in Art – The Glow of Peace	Doris Katz
4/9	Art – The Mirror of Social Change - 1876 – 1893 – The Civic Revival of the Nation	Lou Katz
4/16	1885 – 1900 – Contrasts of Light and Dark - Americans Abroad – Expatriate Painters	Jim Ritter
4/23	Thomas Eakins – Innovation and Rejection Thomas Eakins – Success and Scandal	Lori Frank
4/30	Winslow Homer in England and New England Winslow Homer – The Last Years	Bob Frank

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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 27

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 29

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,
Rambling Leaders: Paul Forgie, Hans Ruffler, Dennis Salata,
and Dave & Naomi Sutter

Scrambling Coordinator: Mike Austin
Scrambling Leaders: Paul Makus, and Linda Schutz
Thursdays at 9AM, Meet at the Boonton Avenue Recreation Field



Eight Rambles & Eight Scrambles ... both starting Thursday, April 5

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:

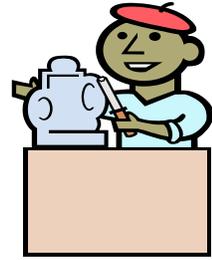
- **Please include your e-mail address on the registration form as well as your phone number.** We will utilize e-mail for notification of schedule changes, e.g., rainouts and / or information pertaining to an individual amble or hike. For those of you who do not have e-mail, we will call you and copies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

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CREATIVE SCULPTURE CREATIVE SCULPTURE INFORMAL WORKSHOP

Coordinator Alison Chase
Mondays 9:30AM – 12:30PM
At the Library- Meeting Room 4
Ten sessions starting Monday, February 26



**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!

NEW JERSEY AND THE AMERICAN REVOLUTION THE EYE OF THE STORM

Coordinators: Myrna Weisselberg and Ron Leavesley

Thursdays 1:30PM- 4:00PM

At the Library - Meeting Rooms 1-3

Ten sessions beginning Thursday, March 1

The American Revolution lasted eight years, the longest war in our history until Vietnam. In this program we will overview the American Revolution while focusing on the role that Jersey played in the fight for independence as the “Eye of the Storm”.

Many of the events in New Jersey helped shape American and world history. Learn about the failures, successes, desertions, retreats, mutiny, little known heroes, the disaffection of many with the cause, bad decisions, gambles that paid off and eventual victory at Yorktown. Join us for this stimulating program!

Date	The Event	The Presenter
3/1	The Eve Of The Revolution-How It All Started	George Cox
3/8	The NJ Campaign Begins- Defeated In NY- Washington Escapes	Dennis Salata
3/15	The Times That Try Men’s Souls - Retreat Through New Jersey	Myrna Weisselberg
3/22	Victory At Trenton - The Desperate Gamble Pays Off!	Ron Leavesley
3/29	The British Fall At Princeton	Jim LaConte
4/5	The Spring Of 1777	Ron Leavesley
4/12	Washington Selects A Site For Winter Headquarters	George Cox
4/19	Monmouth-The Last Major Battle In The North	Dennis Salata
4/26	The Last Major Battle- But It Is Not Over In New Jersey	Ron Leavesley
5/3	Mutiny...The Victory and The Thirteen Ways We Could Have Lost The Revolution	Ron Leavesley

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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 27 and continue through Tuesday, March 27

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.

No new students can be accepted this semester

All participants are required to sign both the CLL release form AND the Tai-Chi for Health release form before participatiin 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 28



MORE INTRIGUING SUBJECTS TO STIMULATE YOUR CURIOSITY

Every semester we try to stimulate your interest and knowledge by providing subjects that you may not know about or have just plain forgotten about and have been lost to time. We hope that what is presented will stimulate your interest to do further research to find out more. This semester is no exception!

Featured are more varied subjects to stimulate your interest and where there is more than just the film to talk about. Our presenters do their research for additional details, facts that complement and enhance their presentation. [Here is what awaits you!](#)

Date	Program	Presenter
2/28	The Race Underground - An Invention That Changed the Lives Of Millions!	Ron Leavesley
3/7	Van Gogh’s Ear	Lois Wolfer
3/14	Leonardo-The Man Who Saved Science	Michael Meyers
3/21	Bannon’s War - Inside Story Of Trump’s Advisor	Ron Leavesley
3/28	The Erie Canal-The Canal That Made America	Laura Mountford
4/4	Origins of OZ- L.F. Making Of Wizard Of OZ	Bob Frank
4/11	Edgar Allen Poe-Buried Alive – His Life And The Real Story Of The Notorious Author	Lori Weinbrock
4/18	The Perfect Crime- Leopold And Lobe	Linda Allen
4/25	Ultimate Restorations-Subject TBD	Steve Sanchez
5/2	The Weather Underground-The1970s And War On The U.S. Government	Ilya Shargin

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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 28



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 29

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, March 2

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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