A vibrant, active community center for Learning, Activities, and Social Groups for adults age 50 and over.
Course Registration Process

To register for classes or activities, please submit by mail or in person, course selection, payment forms (pg.37-40), and applicable fees to Lifelong.

Membership is required for participation in any Lifelong Learning classes and/or Lifelong Activities held on-site at Lifelong during business hours. Evening and off-site sessions do not require membership. (See membership page 41-42).

We encourage early registration as class sizes may be limited and, if there are not enough registrations, classes will be cancelled. Registrations are processed in the order in which they are received.

You will receive an email confirming your course registrations. Please be sure that we have your email address!

Scholarships

A limited number of need-based scholarships are available. Ask at the front desk at Lifelong.

Some of the courses are free when the cost is met by outside sources such as the Northside/Southside NS/SS Program.

Lifelong Membership

Membership is open to anyone age 50 and above!

Annual membership dues (along with donations) support all of Lifelong’s programs. Individual membership dues are $25 and $40 for households of two. You can register for membership online at www.tclifelong.org.

(See page 41-42 for the Membership Form)

We want your friends to learn what great things are going on here at Lifelong. We encourage you to bring an occasional guest. (Refer to our Guest Policy on page 5).
**Lifelong Staff**

- Lucia Sacco, Executive Director – lsacco@tclifelong.org
- Tammy Dunn, Program Director & Northside/Southside Coordinator – tdunn@tclifelong.org
- Mary Pat Dolan, Program Assistant – TCE – mpdolan@tclifelong.org
- Nicole Zulu, HIICAP Coordinator – nzulu@tclifelong.org
- Robin Tuttle, Business Manager – rtuttle@tclifelong.org
- Joyce Billing, Administrative Assistant – jbilling@tclifelong.org
- Karen Koyanagi, Program Assistant – kkoyanagi@tclifelong.org
- Ken Kleist, Custodian

**Lifelong Volunteers**

All of our Lifelong Learning instructors!

**Northside/Southside Advisory Committee:** Bonnie Collazo, Carolyn Miller, Jennie Graham

**Office Volunteers:** Elizabeth Ashford, Helene Croft, Mary Slaght, Pearl Stemley, Sandy Baxter

**Open Computer Lab Assistants:** Earl Kaiser, MarieAnne Krieg

**Walk Program Coordinators:** Elke Schofield, Jane Zimmer

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**President – Tom Butler**

**Vice President – Robert Levine**

**Treasurer – Judy Saul**

**Secretary – Carrie Narrow**

- Anna Raphaelidis
- Alex Delfini
- Beverly Baker
- Colleen Perkins
- Janis Graham
- Josephine Allen
- Julia Bentley-Macdonald
- Kate Supron
- Mike Schaff

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**Tompkins County**

**Office for the Aging**

**Autonomy Dignity Independence**

**United Way**

3
Lifelong is thankful for the generosity of the following Business Friends of Lifelong who have helped us meet our goal of enhancing the lives of seniors in Tompkins County.

Bridges Cornell Heights

Brookdale

Borg Warner

Comfort Keepers

McGuire Family Dealership

Edible Arrangements

Bangs Family

HOLT Architects

Travis Hyde Properties

Kendal

Karma Spa

True Insurance

Communique Design & Marketing

Triphammer Wines & Spirits

If your organization is interested in becoming a Business Friend of Lifelong please reach out to us by calling 273-1511.

You can reach seniors throughout Tompkins County by advertising in the Lifelong Catalog. If interested, contact Tammy Dunn, Program Director by email tdunn@tclifelong.org or by calling 273-1511 Ext. 231.

We thank you and are grateful for all of your support!

Lifelong is a very important part of this community and all that we do is possible only through the support of our members, volunteers, instructors, generous funders, Board of Directors and dedicated staff.
General Information for Lifelong Learning

Fees: No one will be denied participation because of an inability to pay registration fees. A limited number of need-based scholarships are available. If you need and are eligible for a scholarship, fill out the box on the back of the Membership/Waiver/Donor Form on page 41-42.

Lifelong Learning Course Fees: Course fees are indicated by the series number:

• (000) series are free
• (100) series are $10
• (200) series are $20
• (300) series are $30
• (400) series are $40 or 3 courses for $100

(E) Courses: Series number courses followed by an E are held in the evening and open to non-members. Walk-ins are welcome, but we encourage pre-registration to ensure that we have sufficient enrollment. Any fees can be paid at the door.

NS/SS Courses: Courses with NS/SS are offered at Lifelong under the Northside/Southside Program and are free.

LGBT Courses: 🌈 Any offering that has an LGBT focus will be indicated with the logo. All are welcome to attend.

Course Location: All of our Lifelong Learning classes are held at Lifelong, 119 West Court Street, unless indicated otherwise.

Cancellation Policy: Lifelong reserves the right to cancel programs due to lack of sufficient enrollment or unforeseeable circumstances. If a class is cancelled or rescheduled, we will do our best to notify you in advance. If you cancel your registration in a class & request a refund, an administrative fee of $5 will be deducted from the amount paid. To receive a refund you must make the request one week before the start of the class. If you paid $100 for 3 courses and cancel your registration in 1 or more of the courses, your fees for the remaining courses will revert back to $40 each. Your refund will be calculated accordingly, including a $5 administrative fee per cancelled course.

Inclement or Severe Weather Policy: All activities and classes are cancelled when the Ithaca City School District is closed because of inclement weather conditions. If the Ithaca City Schools have a delayed opening, Lifelong will delay opening as well and any classes scheduled before noon will be cancelled. Tune in to News Talk Radio WHCU 870AM or visit http://www.icsd.k12.ny.us/.

Parking: Limited parking is available in the front and back parking lots on a first-come, first-served basis only when participating in a Lifelong program or function. Our rear parking lot consists of the two rows of spaces closest to Lifelong. If you park in any other space, your vehicle may be towed at your expense. Pay parking is available on W. Court Street and Buffalo Street. Free street parking is available on Geneva Street, Cascadilla Street, Farm Street, and Plain Street.

Cell Phone Policy: Please turn off your cell phone or put it in silent mode while participating in any Lifelong programs.

Guest Policy: We want your friends to learn what great things are going on here at Lifelong, and so we encourage you to bring an occasional guest with the following provisions: Please be sure you have the instructor’s permission, have the guest check in at the front desk, and pay the single class fee of $10. Guests who wish to return should become a Lifelong member.

Advertising: If you’re interested in advertising in a future Lifelong Catalog, please contact Tammy Dunn, Program Director at tdunn@tclifelong.org or call (607) 273-1511.

Disclaimer: Lifelong is not affiliated with any political organization or party or with any particular religious faith. The opinions and views expressed by class instructors are their own and do not necessarily reflect the views of Lifelong. Lifelong does not allow any trading or selling of goods on the premises.
SOCIAL GROUPS AT LIFELONG

A Social Group consists of individuals who come together on a regular basis to pursue a common interest. Lifelong Membership is required but registration is not, unless otherwise noted. There is a $2 per person per session fee for social groups that meet during Lifelong’s regular business hours and a $3 per person per session fee for social groups meeting outside of Lifelong’s regular business hours.

**Game Night**
1st Monday of the month
(5:30pm-7:00pm)
(Robin Tuttle)
Who’s got game? Come and enjoy playing a variety of board games! All are welcome!
The group will have food and then game time on Feb. 5th & May 7th.

**Mahjong**
Fridays
(1:30pm-3:00pm)
(Nancy Schuler)
All Levels
Welcome!

**Wednesday Night Book Club**
2nd Wednesday of the month
(7:00pm-9:00pm)
(Currently full)
If you’re a reader and are looking for a book club to discuss what you’ve read, this is for you!

**Monday Afternoon Book Club**
2nd Monday of the month
11:00am-1:00pm
(Julia Bentley-Macdonald)

**Women’s Spirit Circle Social Group**
1st & 3rd Monday of the month
1:30pm-3:30pm
(Marian Brand)
Women gather to share spiritual & philosophical readings, followed by reflection & discussion of the ways the readings resonate and impact their lives.

**Reiki Circle**
1st & 3rd Wednesday of the month
(1:30pm-3:00pm)
(Dianne Ferriss and Lucy Hassinger)
Share, meditate and experience deep relaxation through gentle touch led by certified Reiki practitioners.
Starting again in April 2018

**Chess Group**
1st Thursday of the month
(12:00pm-1:30pm)
(Carol Santucci)
Come play a game or two! Open to all levels.

**Piano Playing & Other Instruments**
3rd Thursday of the Month
(3:30pm-5:00pm)
(MarieAnne Krieg)
For those who love playing the piano or any other instrument and for those who enjoy listening. All levels from beginners to advanced, and everything in between, are welcome. Don’t be shy!

**Knitting Circle**
Fridays
(9:30am-10:30am)
(Irene Gleason)
For those who love knitting, or just want to be a part of the knitting circle. All knitters are welcome. No knitting lessons are offered.

**The Play’s the Thing**
Last Friday of the month
(1:00pm-3:00pm)
(Dolina Millar & Virginia Sierra)
One-Act plays are a principal form of dramatic stage performances today across the nation. Each week our “producers” will present three one-act plays read by members of the group who volunteer for the roles at the prior session. Prepare your role, put yourself “on stage” and join in a discussion of each dramatic or comedic presentation.
Looking for new members!
Exploring Astrology in Our Lives

Days & Time to be announced

(Laura Negronida)

A time and place to: chat about astrology as we see it resonate in our lives and the lives of others we know; perhaps study together on some aspect of astrology about which we’re all interested to know more. We’re all students and we’re all teachers with much to share. We could go anywhere... From the “just curious” to the hard-core enthusiast – all are welcome.

If interested in this social group please contact Lifelong at 273-1511.

Let’s Do Lunch!

Lifelong and Foodnet Meals on Wheels Announce New Partnership!

Lifelong and Foodnet are partnering to bring Foodnet’s congregate meal program to Lifelong on Tuesdays at noon beginning January 23rd. The program is available to community members who are 60 years of age and older that would benefit from a nutritious meal. Accompanying spouses can also receive the meal regardless of age.

Individuals under the age of 60 can receive the meal at full cost ($8.00 per meal), with private insurance, or by volunteering in the dining room. Foodnet encourages individuals age 60 and over to make a contribution towards their meals, if able but no one will ever be turned away because of inability to pay. Foodnet’s registered dietitian will visit the dining room each month to offer nutrition education and to answer questions related to nutrition.

In addition to Lifelong, Foodnet currently offers weekday lunches at several locations in the community, including Titus Towers, Center Village Court, the YMCA, and the First Baptist Church in Trumansburg. For more details regarding this program and to learn more about Foodnet’s other nutrition programs, visit www.foodnet.org or call 607-266-9553.

NEW Opportunities!

Intermediate Modern Dance

Wednesdays
(6:00pm-8:00pm)
(Karen Koyanagi)

A 2 hour modern technique class for those who have some formal dance training. The warmup explores breath-initiated, grounded movement, with influences from ballet, Laban, Bartinieff, Graham, Limon and other genres and is followed by a short combination. Floorwork, stretch and strength, adage, and improvisation will also be included at various times. Open to all ages. ($12/class)

Dance for the Second Half

Mondays
(4:00pm-5:00pm)
(Karen Koyanagi)

A gentle modern dance-based class for those who want to explore movement, music, and expression, but who have little, lapsed, or no dance training. Balance, flexibility, strength, and coordination will be developed through basic modern and ballet technical exercises, and the 1 hour class will include a short combination. Modifications for exercises will be suggested to accommodate all levels of physical abilities. ($10/class)

Exploring Astrology in Our Lives

Days & Time to be announced

(Laura Negronida)

A time and place to: chat about astrology as we see it resonate in our lives and the lives of others we know; perhaps study together on some aspect of astrology about which we’re all interested to know more. We’re all students and we’re all teachers with much to share. We could go anywhere... From the “just curious” to the hard-core enthusiast – all are welcome.

If interested in this social group please contact Lifelong at 273-1511.

Beginners / Contract Bridge

Tuesdays
(2:30pm-4:00pm)
(Liz Ashford)

Join us at Lifelong starting on JANUARY 9TH for a casual game of contract bridge. Please bring cards with you. We welcome varying skill levels!

If interested in this social group please contact Lifelong at 273-1511.
We enjoy hosting these special activities to bring together Lifelong members, staff and friends to socialize and enjoy the company of our Lifelong Family. Keep an eye out for updates on our special monthly events. Further details will be included in our weekly email newsletter, posted on the website, Facebook page and/or on our What’s happening bulletin board in the office.

**Lifelong’s Northside/Southside Program**

Annual Martin Luther King, Jr. Luncheon
Wednesday, January 10, 2018
(11:30am-1:30pm)
(Fee applies)
Southside Community Center
305 S. Plain Street

**Valentine’s Dance**

Friday, February 9
6:00pm-8:00pm
(Fee applies)

Light refreshments, dancing, great company and **LIVE MUSIC by Radio London**

**Travel With Lifelong**

**Overnight Travel**
Find out more on February 15 at 1:00pm at Lifelong

**Day Travel!**
Save the dates and contact Lifelong if interested. Further details to be announced at a later date!

**California Coast**
September 16 - September 23, 2018
• 8 Days • 10 Meals

Details can be viewed here: [https://gateway.gocollette.com/link/823601](https://gateway.gocollette.com/link/823601)

**Corning, NY**
Corning Glass & The Rockwell Museum
Wednesday, March 7, 2018
(8:00am-5:00pm)

**Rochester, NY**
Rochester Lilac Festival
Wednesday, May 16, 2018
Senior Day
(8:00am-6:00pm)

**Ice Cream Social**
Wednesday, April 25
(2:00pm-3:00pm)
(Free)

**Mother’s Day Celebration**
Thursday, May 10
(10:30am-11:30am)
(Free)
**Other Lifelong Member Benefits**

![Support Group](image)

Neither Lifelong membership nor registration is required to participate in any of the support groups. There are no fees, but donations are welcome and appreciated!

**Alzheimer’s Support Group**
1<sup>st</sup> Wednesday of the month
5:30pm-7:00pm

**Ithaca Bipolar Explorers Club**
2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month
7:00pm-8:30pm

**MS Support Group**
2<sup>nd</sup> Monday of the month
6:30pm-7:30pm

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**TCAT Bus Tickets**

Discounted tickets are available at the front desk at Lifelong.

![TCAT](image)

**BorgWarner Swim Pass**

Enjoy the heated, outdoor swimming pool with complimentary passes from BorgWarner!

*Lifelong Membership required and must be valid through the entire swim season pass.*

(June – August)

**IRS Federal & New York State Tax Prep**

FREE for seniors 60+ and individuals with incomes below $32,000 or families with income below $53,000. Returns are prepared by IRS trained and certified volunteer tax counselors.

Tax clinics are held at Lifelong from February 1 – Saturday April 14, 2018.

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**Sciencenter**

Visit the Sciencenter FREE - Any time, any day, with whomever you like! Passes are available at the front desk at Lifelong.

--- (1) per member ---

(Some restrictions apply. See details on the ticket.)

**25% off Cornell Concert Series Tickets**

Lifelong members who love music will appreciate this new membership benefit! Tickets for the Cornell Concert Series performances can be purchased at a 25% discount. In addition, ticket holders will be able to ride the TCAT bus for free to get to Cornell, thus avoiding the hassle of parking.

Call Lifelong at 273-1511 to find out how to receive your discount.

**Open Computer Lab**

The lab is available for member use and is staffed with a volunteer to help with any computer questions.

- **Mondays:** 2:30pm-5:00pm
  *(Volunteer - MarieAnne Krieg)*
- **Tuesdays:** 9:30am-12:30pm
  *(Volunteer - Earl Kaiser)*
AARP Smart Driving Program

AARP’s driver-safety course is the nation’s first and largest refresher course designed for older drivers but is open to all age groups. The Smart Driver curriculum meets standards for driver improvement based on research and expert opinion. The course, offered over a two-day period for a total of six hours of classroom instruction, is dedicated to helping drivers stay safe, educated, and confident behind the wheel. Course participants qualify for a three-year insurance discount after completing the course and could be eligible for point reduction on their driver’s license.

**WHAT TO BRING**
- Valid Driver’s License
- AARP Membership Card (if a member)
- Fees: $20/AARP member and $25/non-member (Pay by check or money order payable to AARP)

**2018 Sessions**
- March 31 & April 3
- April 21 & April 28
- May 12 & 19
- June 16 & 23
- Sept. 8 & 15
- Oct. 13 & 20
- Nov. 3 & 10

(9:00am -12:30pm)
You must attend both sessions
Arrive 15 minutes early the first session

Call Lifelong to register
(607) 273-1511

Are you a certified fitness Instructor?
Do you have experience working with seniors? Lifelong is interested in you!

Lifelong is currently seeking certified fitness instructor(s) with experience working with seniors.

Part-time. Various locations throughout Tompkins County.

If interested, please submit resume and availability to Tammy Dunn by email: tdunn@tclifelong.org or call Lifelong at 273-1511.
ARTS AND FILMS

(404-3286) Song Writing – Jan Nigro
Mondays, January 22 – February 26, (6 sessions), (10:30am-11:30am)

- Description: Have you ever wanted to write a song? Maybe you’ve already written songs and want to further develop your skill as a songwriter. This course explores the art and craft of songwriting in a fun and relaxed atmosphere. An enjoyable approach to putting rhythm, melody and lyrics together to create something that expresses your thoughts and feelings. Bring your guitar, ukelele (or keyboard) and your voice. During the process you’ll need to be willing to sing at least a bit. Also bring a notebook. This will be a fun class!

- Bio: Jan Nigro is a co-founder of and songwriter for the acclaimed young people’s chorus Vitamin L. Jan has also composed songs for National Geographic, Disney and for 15 years has been a composer in residence for the Hangar Theater’s Project 4. He has written songs for musical theater, public service announcements and has written and delivered over 3,000 personalized singing telegrams! He is also the founder and musical director of the popular chorus Mostly Motown now in its 20th year.

(405-3287) Create with Clay – Jennifer Brown
Mondays, January 22 – February 12, (4 sessions), (10:00am-12:30pm)

- Description: From a lump of clay to a finished piece, participants will learn how to make a simple ceramic creation of their own. Jennifer, a seasoned clay artist, will guide the
class through the steps and, after the glaze is applied, will fire up the pieces. Everyone will finish the course with at least one completed work. This is not a wheel class.

- **Bio:** Jennifer Brown, a native Ithacan, starting hand building with clay at Lifelong 11 years ago. She mainly focuses on slab, pinch pots and coil work, drawing inspiration from places both real and imaginary. Her work can be useful, purely decorative, and very whimsical. Jennifer took 1st place in the New York State Fair 3 years in a row and was a featured artist in the Lifelong gallery in 2017. "I love the feeling of the clay in my hands and seeing what it morphs into"

*(402-3288) Anyone Can Draw! – Tom Butler*

**Wednesdays, January 31 – March 21, (8 sessions), (1:30pm-3:30pm)**

- **Description:** Well, almost anyone can draw..... Some folks simply cannot let go of their fears about drawing, and a few struggle to copy a simple line, but in my experience, almost anyone can learn to draw. It means acquiring a new way of seeing and a good deal of serious work, but for students willing to persevere the rewards are worth the effort. Through a series of graduated exercises, we will move from simple linear work through to portraiture in the course of eight weeks. It will be a challenge but it will also be lots of fun. (Class cap of 12).

- **Bio:** Tom Butler (Yale, 1971), enjoyed a 40-year teaching career at a variety of independent schools in New York & Connecticut. Specializing in history and economics, he also ventured into English, psychology, law, math and school administration. Tom has taught at Lifelong since 2011, recently adding teaching drawing to his repertoire. Tom has primarily worked in 3-dimensional collage, but has had a variety of training in two dimensional art forms.

*(002E-3360) Africana Library Film Series: “Jackie Robinson, Part 2” – Eric Kofi Acree*

**Thursday, February 1, (6:30pm-8:30pm), NSSS**

- **Description:** This is the story of Jack Roosevelt Robinson, a sharecropper's son who elevated an entire race and country when he broke Major League Baseball's color barrier in 1947. The film illuminates Robinson's place as a leader and icon of the civil rights movement whose exemplary life and aspirational message of equality continues to inspire generations of Americans. Includes interviews with family members and rarely-seen photographs and film footage.

- **Bio:** Eric Kofi Acree, Director of the John Henrik Clarke Africana Library and Coordinator of Fine Arts and Music Libraries at Cornell, is the African/African American subject specialist for Cornell University Library. In 2012 he began serving on the Boards of The History Center in Tompkins County, and Cinemapolis. He attained his Masters of Library Studies from the University at Buffalo where he also devolved a fondness for Buffalo wings, and beef on wick. His hobbies include model trains and physical fitness.

*(004E-3289) “THE AGE OF LOVE”: IC Gerontology Institute*

**Monday, February 12, (5:00pm-7:00pm)**

**Description:** “THE AGE OF LOVE follows the humorous and poignant adventures of thirty seniors in Rochester, NY who sign up for a first-of-its-kind speed dating event exclusively for 70- to 90-year-olds. From anxious anticipation through the dates that follow, it’s an unexpected tale of intrepid seniors who lay their hearts on the line, and
discover how dreams and desires change—or don't change—from first love to the far reaches life.” (http://theageoflovemovie.com/story/) Light Refreshments.

- **Bio:** Karen Brown, Finger Lakes Geriatric Education Center Program Coordinator.

*(007E-3290)* Readings from *NY Votes for Women: A Suffrage Centennial Anthology* – Stacey Murphy and Other readers TBD

Tuesday, March 6, (6:00pm-7:00pm)

- **Description:** Cayuga Lake Books has just published *NY Votes for Women: A Suffrage Centennial Anthology*, compiled by two local writers, Stacey Murphy and Nora Snyder. The book celebrates the 100th anniversary of women gaining the right to vote in New York. It contains a mixture of essays, short story and poems by 22 local writers who reflect on the significance of that era in their lives, other points of influence they have experienced as women, and what the suffrage anniversary means in terms of contemporary women’s issues following the election of 2016.

- **Bio:** *NY Votes for Women* is Stacey Murphy’s first anthology effort as editor. Her poems also appear in the 2016 anthology Wild Voices and in a number of online journals including the Painted Parrot and Hedgerow. She is a consultant to nonprofits and municipalities through her business, Murphy Grant Consulting, [www.murphygrantconsulting.com](http://www.murphygrantconsulting.com). She lives in Ithaca, NY with her family.

*(008E-3291)* AllSaints Film – Edith Johnson
*(011E-3292)* Tuesday, March 6, (6:00pm-8:00pm), NSSS

OR

Tuesday, April 3, (6:00pm-8:00pm), NSSS

- **Description:** Michael Spurlock decides to trade in his corporate sales career to become a pastor. Unfortunately, his first assignment is to close a country church and sell the prime piece of land where it sits. He soon has a change of heart when the church starts to welcome refugees from Burma. Spurlock now finds himself working with the refugees to turn the land into a working farm to pay the church’s bills.

- **Bio:** Edith Johnson has been working in international settings for more than 40 years, mostly at a variety of universities. She loves cross-cultural learning and counseling and has worked with many international students in adjusting to their new homes away from home. More recently, since 2011, Edith has also been a volunteer refugee sponsor and has discovered the joy of coming alongside those who have lost everything in order to escape war and find freedom and safety. Edith has a private practice in Ithaca as a Marriage and Family Therapist.


Wednesdays, March 7 – March 28, (4 sessions), (1:30pm-3:30pm)

- **Description:** Words known as eponyms occupy a small but interesting corner of the English lexicon. The best known example is our everyday word “sandwich,” which was coined in the 18th century to label the kind of finger-food favored by John Montagu, the 4th Earl of Sandwich, who (according to contemporary accounts) was too busy at the gaming table to take time for a proper sit-down meal. Another example, currently prominent in political discourse, is “gerrymander,” derived in part from the surname of Elbridge Gerry, a signer of the Declaration of Independence and later Governor of Massachusetts who was responsible for the redrawing of voting districts in his state.
The shape of one such district was thought by at least one of his critics to resemble a salamander. This course will survey a selection of such people words with the help of *Word People*, Nancy Caldwell Sorel’s compilation of eponyms with illustrations by her husband, Edward Sorel, whose cartoons and caricatures have appeared in *The New Yorker*, *Vanity Fair*, *Esquire*, *The Atlantic*, and other publications over the past 50 years. Commentary and discussion of his work will be an essential feature of this course.

- **Bio**: Barry Adams, Professor of English Emeritus at Cornell, also served as Vice Provost for Undergraduate Education and Director of the Religious Studies Program in Cornell’s College of Arts and Sciences. Since retirement, he has taught a variety of courses at Lifelong. He serves on the Board of Directors of the Funeral Consumers Alliance of the Finger Lakes, is a regular Gadabout driver, and volunteers at Red Cross blood drives.

- **Bio**: Luke Colavito was a researcher in Environmental Biology at Boyce Thompson Institute. After retirement in 1998, he began participating in the Lifelong Learning Program. He has been a docent at the Herbert F. Johnson Museum of Art at Cornell and has lectured with Elderhostel’s Road Scholar Program.

**(010E-3294) Baraka – Tom Butler**  
**Monday, March 26, (6:00pm-8:00pm), NSSS**

- **Description**: Baraka (2001), “A transcendently poetic tour of the globe…, Baraka is a visualization of the interconnectedness that humans share with the earth…, capturing not only the harmony but also the calamity that humans and nature have visited upon the earth.” There will be a discussion after the film.


**(412-3295) World Cinema, Part II - Ron Krieg**  
**Tuesdays, April 3 – June 19, (12 sessions), (2:00pm-5:00pm)**

- **Description**: Join us again for a series of twelve films from around the world including parts two and three of Satyagit Ray’s Apu Trilogy (“Aparajito” & “Apur Sansar”), “Volver” (Pedro Almodóvar), ”Murmur of the Heart” (Louis Malle), “Le Samouraï” (Jean-Pierre Melville), “Harakiri” (Masaki Kobayashi) and six more.

- **Bio**: Ronald is a retired postal clerk. His main interests are history, political conspiracy, photography, and film. He owns over 250 DVDs, of which 200 are foreign films.

**(012E-3361) – Africana Library Film Series: Paul Robeson: Here I Stand – Eric Kofi Acree**  
**Wednesday, April 4, (6:30pm-8:30pm), NSSS**

- **Description**: Paul Robeson: Here I Stand is a two-hour documentary film released in 1999 that explores the life and career of Paul Robeson, the controversial African-American athlete-actor-singer-activist. Additionally, it includes footage from interviews with Robeson, along with pieces from his movies and his musical recordings.

- **Bio**: See bio from “Jackie Robinson, Part 2” on page 12.
**Description:** Six weeks of exploring collage and prints using works of artists as inspiration with every day and unconventional materials from paper and denim to found objects along with acrylic paints. Emphasis on abstract and expressionism. Bring willingness to go outside your comfort zone and your imagination to express yourself. Share your work with the class and Lifelong community via provided bulletin board.

**Materials:** First class bring Elmer’s Glue stick, mixed media paper, pencil, sharp scissors and $6.00 fee to pay instructor. Computer and email access recommended. Additional material supply list sent by email. If you do not have access ask for the list when you register.

**Bio:** Karen Becker... retired by accident. BS Michigan State University Child Development & Education; AS Tompkins Cortland Community College, Computer Graphics & Graphic Design; Interests: Photography & Textile arts. Exhibits: State of the Art Gallery Photography, NYSBIA Graphics, Brazieres for a Cure Cancer Challenge winner for most innovative, turned a bra into a 3 dimensional Blue Footed Booby.

**Description:** Touch Drawing is a simple yet profound process that requires no prior experience. You simply roll paint onto a smooth board, place paper upon it, and touch the page. The pressure of fingertips on the page forms images on the underside. Tracing paper is used so that you can see the image emerge as you draw. Channels of expression open, enabling feelings to flow. Each drawing is a direct transmission of your being in the moment it was created. A whole series of drawings is created in a single sitting. In looking through them afterwards, you witness your own personal internal journey. All that is required is openness to inward exploration and a willingness to let go of needing to make something that is “good.” This program will be offered as a series of four sessions. Each session will build on what we have done in a previous session. Space is limited. (Material kit will be available to purchase from the instructor. Payment to be made directly to the instructor).

**Bio:** I am an artist and an occupational therapist. I have lived and worked in Ithaca for more than 40 years. I learned Touch Drawing from its creator, Deborah Koff-Chapin who is also the founder of the center for TouchDrawing [http://touchdrawing.com]. As both a facilitator and a participant I have experienced how all of our drawing is affected when a group all draws together, each simultaneously exploring their own inner world. I am interested in facilitating Touch Drawing workshops in order to introduce others to this simple yet profound process.

**Description:** Graphite and white pastel on tinted paper venturing into textures. Later expanding into colored pencils on white paper. Subjects to be determined. Let’s do art together! Class cap at 5 participants. Contact Lifelong for supply list.
Bio: B.J. Goetz, a new resident of Ithaca, is a Midwestern artist who owned and operated an Art Studio for over 45 years in Michigan. She is self-taught and has instructed art classes since 1959. B.J. is experienced in most media.

(420-3299) A Writing Journey with Julia Continued – Julia Bentley-Macdonald
Wednesdays, May 2 – June 6, (6 sessions), (10:00am-12:00pm)

Description: Based on a variety of writers’ theories, we will focus on memoir and what I call “musings” – fun topics, what’s on your mind, fiction and non-fiction. You can do all memoir if you wish. As always, we will write for part of the class time and then share our pieces aloud in a safe, confidential setting. Note, the fall course is in no way a prerequisite for this course. Books by several authors on the topic of how to write will be available to peruse 10 minutes before or 10 minutes after class.

Bio: Julia has been writing for most of her retired life (over 15 years) and enjoys opening the world of writing to newcomers and providing a venue for more experienced writers to hone their craft. She is a graduate of Cornell with a major in Child Development and Family Studies and has been published by the Fingerlakes Newspapers. In her spare time she enjoys mixed media art, reading and driving around to our various waterfalls in all seasons.

(122-3300) Musical Minuets, Waltzes, Gavottes of the 18th and 19th Centuries - Deborah Rifkin
Thursday, May 10, (2:00pm-3:30pm)

Description: As aristocratic dances, minuets and waltzes of the 18th century were generally very predictable, symmetrical and balanced. Perhaps because of such strong conventions, composers could play with expectations, creating delectable, surprising musical effects. In this workshop, we will listen to several dance movements by Haydn, Mozart, and Prokofiev. We will explore how witty play with musical conventions not only creates delightful diversions, but also hints at meaningful commentary on larger social issues.

Bio: Deborah Rifkin is an award-winning teacher of music theory and aural skills at Ithaca College. Before coming to Ithaca, she taught at the Oberlin College Conservatory, and received her Ph.D. from the Eastman School of Music. She started out as a classical violinist, earning prizes and prestigious seats in regional orchestras. Now, she is an avid fiddler. Another passion of hers is cultivating creativity. In addition to teaching a general-education class on creativity at Ithaca College, she has been an invited speaker leading workshops on creativity in both national and local venues.

(124-3362) Folded Paper Stars – Gret Atkin (See page 27)

FINANCE

(109-3301) Budgeting 101 – Joseph Outzen
Monday, February 12, (2:00pm-3:00pm)

Description: Do you feel you could use help with budgeting? This is something that many of us struggle with throughout life, especially when on a fixed income. During this presentation, Joe will provide you with tips and techniques to assist you in getting those bills paid on time. He also will explain daily practices that could help you save for those fun things in life.
Bio: Joseph is an advisor for Tompkins Wealth Advisors and brings over nine years of experience in the financial services industry. Prior to joining Tompkins, he was a supervisor with Transamerica. He holds the FINRA 7 and 66 security registrations through LPL Financial.

(113-3302) Estate Planning for People without Heirs- Emilee K. Lawson Hatch
Tuesday, March 20, (2:00pm-3:30pm)

Description: Discussions regarding estate planning often focus on married couples with children; however, estate planning for a single person is equally as important, as is planning for child-free couples (married or unmarried). The consequences of not having a well-coordinated plan can create real problems. People who do not have heirs should be thinking about how to manage their assets, and learn how to prepare so their wishes are fulfilled at the end of their lives and also after they are gone.

Bio: Emilee K. Lawson Hatch, (BA, Colorado, JD, Syracuse University, LLM, University of Miami) grew up in Evergreen, Colorado. She was previous author for the Syracuse Law Review’s Trusts and Estates Survey of Law, honored with the CNY Business Journal 40 Under 40 Award in 2014, and named a NY Super Lawyers’ Rising Star. She was awarded the Onondaga County Bar Assoc. Volunteer Lawyer’s Project 2014 Distinguished Service Pro Bono Award, as well as the NYS Bar Assoc. President’s Pro Bono Service Award. Currently an Attorney at Bousquet Holstein, she concentrates her practice in the areas of estate planning, trust and estate administration, and elder law.

(116-3303) Is a Trust Right for You? – Emilee K. Lawson Hatch
Wednesday, April 11, (2:00pm-3:30pm)

Description: You may have heard of trusts, but do you know what they are and what they do? Join us for a discussion about trust planning and whether it makes sense for you or someone you know. Emilee Lawson Hatch, a local attorney, will lead a discussion about how trust planning can help you streamline your estate plan, clarify your wishes, save money in the future, protect your assets, and avoid family disagreements. We will discuss how to: Decide if a trust is right for you, Choose and communicate with a trustee, Verify your trust is set up and administered properly, and Help ensure your estate is protected so it can pass to loved ones or charity.

Bio: See bio under “Estate Planning for People without Heirs” above.

(103E-3304) - Financial Planning for Early Retirement- Bill Murphy & Rusdi Sumner
Thursday, April 26, (6:00pm-7:00pm), (Held at Ulysses Town Hall, 10 Elm Street, Trumansburg)

Description: Come and see a real time demonstration of actual financial planning software. You’ve probably heard that anyone who is either approaching retirement, or in retirement, “needs a financial plan.” But what does that mean exactly, and what does a financial plan really look like? We’ll look at some common “what-if” scenarios that can affect cash flow for retirees.

Bio: Bill Murphy, CFP® is a Wealth Advisor for Tompkins Financial Advisors. He works with current and potential clients to help them pursue their financial goals. Bill provides
guidance on investment strategies to address each client’s specific needs, working toward building, protecting, and preserving wealth throughout a client’s lifetime.

- **Bio:** Rusdi Sumner is a financial planner for Tompkins Financial Advisors. She works with clients to identify their wealth management and financial planning needs while collaborating with a team of financial planners and analysts. Rusdi brings over 15 years of client service experience to her role. Prior to joining Tompkins, she was owner and co-founder of Avalon Homes, LLC., a local residential construction and development company.

(104E-3305) **Wills, Probate & Settling Estates – Joy Blumkin**

Thursday, April 26, (5:00pm-6:30pm), (Held at the Newfield Public Library, 198 Main Street, Newfield)

- **Description:** We will discuss the basics of Estates, Wills and Probate. Some of the questions to be covered are: Who really needs a will? What happens if I die without a will? What property and assets does a will control? What does it mean when someone’s will is probated? What is the process like, what does it cost and how long does it take? Does it make sense to set up my estate to avoid probate, and if so, how do I do that?

- **Bio:** Joy Blumkin is an attorney in Ithaca, NY, who specializes in elder law and related fields such as trusts and estates, Medicaid planning, and government benefits. She is a graduate of Cornell University and Emory University Law School. She previously worked as a legal services lawyer and helped to establish a Senior Citizens Law Project in Westchester County. She has also taught law students in clinical settings at Pace University Law School and Cornell Law School as well as estate planning seminars and legal research and writing at Cornell Law School.

**Gardening & Outdoors**

(414-3306) **Weather in Ithaca – Wayne O’Brien**

Wednesday, April 18 – May 16, (5 sessions), (3:30pm-5:30pm)

- **Description:** Ithaca’s weather is, at times, strange. Often surrounding counties experience very different weather than we do. Adding to the confusion, the weather person can’t seem to "get it right". Join this interactive and "question" centered course to explore basic weather concepts and how they apply to our specific weather related patterns. An attempt will be made to answer all your weather related questions. Come join the "fun".

- **Bio:** Wayne O’Brien is a retired high school science teacher. He taught Physics, General Science and Earth Science in New York and various other states throughout the country. His strengths include a Socratic approach to learning, thereby encouraging his students to experience learning through the questioning process.

(119-3307) **– The Ups and Downs of Cayuga Lake - William Kappel**

Tuesday, April 24, (2:00pm-4:00pm)

- **Description:** What and who controls the water-level fluctuations of Cayuga Lake? What is the natural history of the Lake and the river that flows from it? How have "we" affected the water flow regime over the past 200 years? The history of the lake is reflected in how we have tried to manage the lake to fit our needs, sometimes to the exclusion of the
natural hydrologic system. This presentation will try to put in perspective the natural hydrology of Cayuga Lake and how it was linked to the hydrology of the Seneca River. Presently water levels in Cayuga Lake and the Seneca River are a combination of natural and anthropogenic actions and interaction.

• Bio: William (Bill) Kappel earned both undergraduate and graduate degrees from Penn State. He has worked as a hydrologist for the U.S. Forest Service in Missouri and Wisconsin. For over 35 years he has studied the hydrogeology of upstate New York with the U.S. Geological Survey in the New York Water Science Center. At present he is a hydrogeologist emeritus with the New York Water Science Center at Ithaca, NY.

HUMANITIES

(401-3308) Living Conversation – Neil Golder
Tuesdays, January 9 – April 10, (14 sessions), (1:30pm-3:30pm)

• Description: How wonderful, how amazing that something we do all the time - converse--can be brought to a new transformative level! Together, we will be working/playing with: learning the principles of entering, sustaining, nurturing, and serving conversation—talking and silence—as a work of art. Such conversation is helpful and healthful for each of us, for our world, and for the earth. Based largely on the work of Robert and Cheryl Sardello and Carl H. Flygt.

• Bio: Like many of us, Neil has been working on the big questions for over 50 years. Having had lots of formal education along with independent and directed study of the Mysteries (including anthroposophy and Spiritual Psychology), he is grateful to have others join in the fun.

(403-3309) Turning Points in Middle Eastern History, Part II – Joann Palmer
Mondays, January 22 – March 19, (9 sessions), (10:00am-12:00pm)

• Description: Designed to increase our understanding of the Middle East, this set of lectures by Eamonn Gearson of Johns Hopkins University explores a 1,300 year window from the rise of the prophet Muhammad to the fall of the Ottoman Empire following World War I. This course comes from The Great Courses and consists of 36 lectures. We will watch 2 of the videotaped lectures each session and join in group discussions in an effort to increase our knowledge of this critically important area of the world.

• Bio: JoAnn Palmer is a retired special education teacher dedicated to the process of life-long learning. She enjoys the outdoors – swimming, kayaking, and horseback riding, and the indoor pursuits of reading and art.

(407-3310) The Major Trends In Western Political Thought - Alex Delfini
Thursdays, February 1 – March 22, (8 sessions), (10:00am-12:00pm)

• Description: This series will cover a broad survey of the great political thinkers within Western Civilization, from the ancient world through the middle ages and up into and through the modern period. We will be considering, in addition to Plato and Aristotle, such leading thinkers as St. Augustine, Thomas Hobbes, John Locke, Thomas Jefferson, James Madison, and Alexander Hamilton. Time permitting we will extend our studies into the 19th as well as 20th century. Basic to our exploration will be the themes
of Individual Rights, the foundation and justification for Government Authority, the scope of and limitations on individual Freedom, the meaning and justification of the principle of Democracy, the meaning of Conservatism and Liberalism, and the relation between Economic and Political Thought in the Modern Age.

- **Bio:** Alex Delfini, recently retired from Iona College, was an Associate Professor, teaching philosophy and classic works of Western Civilization. He also taught Social Theory, Literature, and Religion in the Hudson Valley region. He recently taught this course through a grant from the NY Humanities Council. Since his undergraduate days, he has performed folk music, singing and playing guitar and banjo.

(115-3311) "That Human Nature" (Love and Prejudice/David Shahar) – Nava Scharf
**Monday, April 2, (1:30pm-2:30pm)**

- **Description:** The short story deals with different relationships: Between an Israeli child, the narrator, and his uncle, Abie, who came from America to Israel in the 1950s and between Abie and his step sister, the mother of the narrator. These relationships are described with humor and a lot of love from the narrator towards Uncle Abie. Abie became for him a kind of big brother who guides him on the paths of life. Abie also is a kind of mentor who helps the narrator in the process of growing up in a newly established immigration state. The sister wants Abie to act according to a stereotypical approach, that is, according to accepted conventions in her eyes and in the eyes of society. Abie does not take his sister's scolding seriously, and behaves as he sees fit. Abie breaks all the possible stereotypes of the period.

- **Bio:** Nava Scharf is native of Tel Aviv and was educated in Israel. Nava joined the faculty of Cornell's Department of Near Eastern Studies in 1977 after having taught for several years in Israel. At Cornell, Nava is teaching Advanced Modern Hebrew courses and is the Director/ coordinator of the Hebrew language program.

(416-3312) Recovering Our Creativity – Neil Golder
**Thursdays, April 19 – July 19, (14 sessions), (1:30pm-3:30pm)**

- **Description:** Following the book, (purchase required), *The Artist's Way* by Julia Cameron, we will go through exercises and discussion to uncover the creative nature in each of us, to help us in ALL of the situations and endeavors of life. The book presents a “comprehensive twelve-week program to recover your creativity from a variety of blocks, including limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions, and other inhibiting forces, replacing them with artistic confidence…” (from the cover).

- **Bio:** See bio under “Living Conversation,” on page 19.

**LANGUAGES**

(406-3313) Introduction to Italy – Laura Jenkins
**Thursdays, February 1 – March 8, (6 sessions), (3:00pm-4:00pm)**

- **Description:** As an introductory course, this class will offer participants a chance to familiarize themselves with the language and culture of *Il Bel Paese*—the beautiful country of Italy. Throughout a series of six sessions, students will be introduced to the basics of Italian grammar, vocabulary, and a few conversational phrases. Each meeting
will tie into an important aspect of Italian culture through a variety of platforms that will take you across the world, without ever having to leave the classroom. Everyone is welcome, whether they want to brush up their skills or just try something new.

- **Bio:** Laura Jenkins is a current student at Ithaca College. She has studied Italian for 8 years and, as an Italian/Anthropology double major, one day hopes to spend as much time in Italy as she can. She has a passion for languages that has lasted through the years, and is also studying German and Norwegian. Laura is very excited to share her appreciation for the country of Italy. She hopes that this course will be a fun and easygoing way to find an interest in Italy’s fascinating culture.

**Advanced English as a Second Language – Dolina Millar**

Fridays, February 2 – April 20, (no class on February 16, February 23, March 30 and April 6), (7 sessions), (1:15pm-3:15pm) (Classes to be held at Tompkins Learning Partners, 124 W. Buffalo Street, Ithaca)

- **Description:** Classes for learning English. The class will work on speaking, listening, reading, and writing. No textbook is required for the class.

- **Bio:** Dolina Millar was an “English as a Second Language” and “Adult Basic Education” teacher with BOCES for over 15 years and has been a Lifelong Learning instructor for over 5 years. She also spent time in Thailand as a Peace Corp volunteer.

**Continuing Intermediate and Advanced French – Natasha Tall**

Fridays, April 20 – June 1, (7 sessions), (11:00am-12:00pm)

- **Description:** The class will continue to work on becoming more fluent in French. Students will review grammar rules and more emphasis will be given to conversation. This class is open to students who have already taken French. The instructor will contact new students to determine if this level is appropriate for them. (Class cap at 6 participants)

- **Bio:** Natasha Tall is trilingual in Spanish, English, and French (her native tongue from spending ten years as a child in Switzerland), and has lived in Buenos Aires, Argentina. She holds a degree in languages from Denison University, Ohio and taught French at a private school in Queens, NY. Now retired, Natasha is a local writer of short stories.

**POLITICAL ISSUES**

**Relationships in Times of Conflict – Eric Clay:** A four-part series of classes exploring strategies for overcoming polarization in our personal, professional and political life. The sections are: 1) Conflict and Creativity, 2) Beyond Keeping Score, 3) The Wealth of Nations and Families, and 4) Human Equality and Fairness.

**On-site at Lifelong, (Thursdays, 2:00pm-4:00pm):** The classes at Lifelong will be in a larger, seminar-style setting. Each month will be an introduction to the habits of thinking and ways of feeling that make us more comfortable and effective when dealing with that specific dimension of conflict. The seminar will accommodate up to 20 participants, and the space is physically accessible to all. Participants may sign up for just one or any combination of monthly topics. Standard Lifelong fees apply for each month-long section.
Off-site at Shared Journeys, (Tuesdays, 10:00am-12:00pm): The series at Shared Journeys, 832 N. Aurora St., Ithaca, NY, will be in a more home-like setting, gathered around a dining room table for a smaller, more personally rigorous, group reflection on the issues. The group will be limited to 7 participants in addition to the facilitator. Unfortunately, this space is not physically accessible to all. Participants will sign up for the entire four-months of group meetings, with an understanding that any person may need to miss up to four or five of the 16 sessions. The standard Shared Journeys practice of no mandatory fees will apply, but donations will be requested.

Relationships in Times of Conflict: Conflict & Creativity: - Eric Clay (400-3316) Thursdays, January 4 – January 25, (4 sessions), (2:00pm-4:00pm), at Lifelong

- OR -

(3317) Tuesdays, January 9 – January 30, (4 sessions), (10:00am-12:00pm), at Shared Journeys, (832 N. Aurora Street)

- Description: The relationships we need to discover the lives we are willing to strive for.

- Bio: Eric Clay, founder of Shared Journeys, facilitates, coaches, and counsels groups and individuals addressing differences and conflicts regarding religion, science, politics, economic class, race and culture. For 25 years, he has facilitated "Aging Well" groups in Ithaca at Lifelong, through Shared Journeys, and at other venues (sharedjourneys.net). He hosts The Made of Clay Report, interviewing area residents about their lives on WRFI 88.1FM, Sundays, 10 am - noon, http://madeofclay.org/.

Relationships in Times of Conflict: Beyond Keeping Score – Eric Clay (408-3318) Thursdays, February 1 – February 22, (4 sessions), (2:00pm-4:00pm), at Lifelong

- OR -

(3319) Tuesdays, February 6 – February 27, (4 sessions), (10:00am-12:00pm), at Shared Journeys, (832 N. Aurora Street)

- Description: Addressing actions and speech we find offensive without resorting to retaliatory strikes.

Relationships in Times of Conflict: The Wealth of Nations and Families – Eric Clay (410-3320) Thursdays, March 1 – March 29, (no class March 15), (4 sessions), (2:00pm-4:00pm), at Lifelong

- OR -

(3321) Tuesdays, March 6 – March 27, (4 sessions), (10:00am-12:00pm), at Shared Journeys, (832 N. Aurora Street)

- Description: Managing the tensions between material welfare and committed relationships.
(3323) Tuesdays, April 3 – April 24, (4 sessions), (10:00am-12:00pm), at Shared Journeys, (832 N. Aurora Street)

- OR -

(413-3322) Thursdays, April 5 – April 26, (4 sessions), (2:00pm-4:00pm), at Lifelong

- Description: How privacy undermines our ability to balance freedom and mutual accountability.

(101E-3325) Stories of Racial Healing – Group of Social Justice Activists
Tuesday, February 6, (5:30pm-7:30pm)

- Description: It's all too often that we hear or read news about racism. These stories often dwell on abuse, injustice and lives lost. While it is absolutely essential to tell these stories and expose the dark sides of our society, does focusing on the negative heal the wounds of racism? Please join our group of story-tellers as we share positive stories of race that center on discovery, inspiration and hope. Help us to create a constructive approach to these all-important discussions. We don’t want to discount the realities, but we would also like to shine a light on the human spirit and the beauty of connections that are often lost in these discussions. We hope that the ideas and stories shared will provide a sort of blueprint that’ll prove helpful to each of us as we continue in this healing process.

- Bio: Tommy Miller is a social justice activist, storyteller and a prisoner of defiant hope. Krishna Ramanujan is a writer, storyteller, wonderful father and he can cook a meal from nothing. Rebecca Barry is a mother of 2 and a writer and storyteller. Tommy Beers is a grandfather, storyteller and he knows how to bake bread.

(409-3324) Current Events/World Affairs: An Open Discussion – Henry Stark
Wednesdays, February 21 – April 25, (10 sessions), (10:00am-11:30am)

- Description: Participants discuss one or more topics from local, national, or international news topics that occur each week. Sessions are provocative and challenging but always respectful. Come and participate or simply listen to others. It's a great way to keep up with the news while being challenged to think - and rethink - your own perspectives. (Class cap of 12).

- Bio: Henry Stark lived in England and France where he taught investing and business-related courses for the government and at public universities. In the U.S. he taught and lectured at over 25 colleges and universities, including the Yale School of Management for 13 years and Cornell for over a decade. He has been facilitating Current Events discussion groups at Lifelong, both fall and spring, for over 15 years.

(105E-3326) The Supreme Court 2017 – Tom Butler & John Rowley
Monday, May 21, (6:00pm-8:00pm)

- Description: As of this printing we have no sense of what the Court’s final list of cases will be, but we can be assured that there will be intense arguments engaged, fascinating decisions rendered, and a few tough decisions still remaining in late May. Hon. John C. Rowley, Family Court Judge, and Tom Butler, who has been teaching about the
constitution and the Supreme Court for over 40 years, will spend the evening examining the major issues from this term and speculating about the outcome of the decisions still to come in June.

- **Bio**: See bio under “Anyone Can Draw” on page 12.
- **Bio**: John C. Rowley is a multi-bench judge for the County, Family and Surrogate’s Courts in Tompkins County, New York.

(106E-3327) LGBT Civil Rights Challenges in the Current Political Climate – Mariette Geldenhuys
Tuesday, May 29, (6:00pm-8:00pm)

- **Description**: Today, lesbian, gay, bisexual, and transgender (LGBT) people are denied many of the basic rights that most Americans enjoy. Certainly, the movement for full equality has come incredibly far in a short period of time, but many barriers remain, and LGBT Americans still face discrimination in many facets of their lives. Join Mariette as she presents on recent legal developments in this arena.
- **Bio**: Mariette Geldenhuys has practiced law in Ithaca, New York for the past twenty-eight years, and is a member of the National Family Law Advisory Council of the National Center for Lesbian Rights; the New York State Bar Association Committee on LGBT People and the Law; the Finger Lakes Women’s Bar Association; and the National LGBT Bar Association. She is the Founder and Founding President of the Ithaca Area Collaborative Law Professionals. She currently serves as Co-Chair of the LGBT Committee of the Women’s Bar Association of the State of New York.

**SCIENCE**

(108-3334) Introduction to Polymers: Cornell Center for Materials Research
Monday, February 5, (1:00pm-3:00pm)

- **Description**: This session will be an introduction to polymers and their role in our everyday lives. We will look at Sodium Polyacrylate, how it is used to absorb liquids, and learn about two forms of this polymer and how a change in their structure can affect their physical properties.
- **Bio**: The CCMR (Cornell Center for Materials Research) Educational Programs Office provides scientific educational resources to the community.

(102E-3335) Get Current on Solar – Gordon Woodcock
Thursday, March 22, (5:30pm-6:30pm)

- **Description**: New York State is encouraging everyone to consider going solar, either at home, at work, or through a community solar “farm.” Learn about 2018 rebates and tax credits and get the latest info on state programs and policies so you can understand which solar option makes sense for you. Curious about why solar is so much more affordable now? Discover how solar technology has evolved over the last few years and the types of products on the market these days, including apps that show you in real time how much power your panels are making.
- **Bio:** Gordon Woodcock is the Renewables Department Manager at Taitem Engineering, supervising the design and installation of solar energy systems for homes and businesses in Tompkins County and beyond. Gordon works with clients to understand their energy needs and goals and helps them evaluate how solar can cut utility costs. Gordon serves on the Tompkins County Energy and Economic Development Task Force. He holds an MBA from the University of New Mexico and a BS from the University of Colorado at Boulder and lives in the Town of Dryden with his wife and two young sons.

(117-3336) – Spacecraft Tour of the Solar System – Zoe Learner Ponterio  
Monday, April 16, (10:30am-11:30am)

- **Description:** Take off on a virtual tour of the planets of our Solar System with the spacecraft that actually visited them, and the scientists behind their missions, as your guides. Learn some of the most fascinating and recent discoveries about our nearest neighbors in this vast universe, and get a glimpse of the human side to unmanned space exploration. You’ll also hear some tantalizing mentions of the moons of the Solar System, and to learn more, attend the Moons of the Solar System as described below.

- **Bio:** Having a grandmother who worked on the Apollo Moon missions and growing up not far from the California Jet Propulsion Lab, it was natural for Zoe to earn BS degrees in astrophysics & math (U of Oklahoma, 2002), then attend grad school in planetary science at Cornell. During that time (2002 – 06) she worked on the science and mission critical operations team for the Mars Exploration Rovers Mission. She is now the manager of the Spacecraft Planetary Imaging Facility (SPIF) and lives in Lansing with her husband and two daughters.

(118-3337) – Moons of the Solar System – Zoe Learner Ponterio  
Monday, April 23, (10:30am-11:30am)

- **Description:** Almost all the planets in our Solar System have moons, and they are recently getting just as much, if not more attention than the planets themselves. Though our Moon is lifeless, it has played a critical role in the development of life on Earth. Other moons, however, are possibly doing more than just influencing life, and have themselves become prime targets in our search for life beyond Earth.

- **Bio:** See bio from “Spacecraft Tour of the Solar System” above.

(120-3338) – Lifecycle of Stars – Zoe Learner Ponterio  
Monday, April 30, (10:30am-11:30am)

- **Description:** You can’t have life without planets and moons, and you can’t have planets and moons without stars. Though stars are not alive, they go through stages that closely resemble those of living organisms. They are born and grow up, they live a long adulthood, and then in spectacular fashion grow old and die, and in doing so, in their own way, even reproduce. Learn the exciting story behind the wonderful sunlight that makes life possible.

- **Bio:** See bio from “Spacecraft Tour of the Solar System” above.
Aging Well In Community Series – Supporting Choice

Lifelong, Tompkins County Office for the Aging, and Love Living at Home collaborate to provide a three-part series of community dialogues. At each session, panel members will offer brief reflections from each perspectives followed by a moderated community dialogue.

(001E-3340) I Hate to Ask… - Panel
Tuesday, January 16, (6:00pm-7:00pm)

- **Description:** Do you find it hard to talk to family and others about aging issues? Do you hate to ask for help? Join the conversation with others who feel similarly.

- **Bio:** Ann Dolan, LCSW, is the Clinical Specialist in Geriatric Mental Health at Family and Children’s Service of Ithaca. She has over twenty five years combined experience in the areas of dementia services to patients and families, adult day programing, case management and psychotherapy. Ann works with individuals and families coping with the many challenges of aging and caregiving. She is the grateful wife of Jim the landscaper, mother of three and grandmother of four.

- **Bio:** Additional panelists to include a Lifelong and Love Living at Home Member, TBA

(006E-3341) Envisioning and Realizing a Meaningful Retirement - Panel
Tuesday, February 20, (6:00pm-7:00pm)

- **Description:** Many of us spend decades planning for our financial future in retirement, but few of us have spent the same amount of time thinking about how to achieve a fulfilling post-work life future once we do retire. Join us for a discussion on how to identify and achieve your retirement goals, including examining your personal values as they relate to retirement, identifying and repurposing existing skillsets for post-retirement work, and developing a flexible plan that will meet your changing needs and interests, while also being responsive to changing life events.

- **Bio:** Panelists Kathy Chiang, Howard Raskin, and Deb Schmidle, are recently retired Cornell librarians with backgrounds in strategic planning, change management and goal attainment. They have spent the last year discussing how to plan for life after leaving work. Through the use of a targeted survey, the panelists collected data from retirees on what they envisioned post-work life to be like before they retired and what they planned to do in their retirement, and what the reality has been now that they have retired. Chiang, Raskin, and Schmidle will discuss their findings from the survey, along with sharing a variety of resources they have curated related to setting and achieving non-financial retirement goals.

(009E-3342) How Can I Stay in My Home as I Age? - Panel
Tuesday, March 20, (6:00pm-7:00pm)

- **Description:** Are you worried about what happens if you age at home as your body changes? Do you wonder what can be done in a home to make the built environment age friendly? Join the conversation with some experts and to share information with others who are facing similar issues.
• **Bio:** Eileen Savino is an Outreach Worker for the Tompkins County Office for the Aging. She assists seniors who want to age in place by helping them obtain needed repairs to their home, doing Fall Safety Assessments, and installing Personal Emergency Response systems.

• **Bio:** Scott Jones has spent the last 15 years honing his skills in the specialty field of residential home accessibility. He works with FLIC as their Accessibility Consultant, is a NYS licensed occupational therapist, Certified Aging in Place Specialist (CAPS), a NYS licensed Real Estate Agent, and active contractor. His unique background makes him a best fit to educate and implement accessible solutions into the homes and other aspects of community life, ensuring that residents can participate fully in our community.

• **Bio:** Additional panelists to include a Lifelong Member and Love Living at Home Volunteer, TBA.

**Technology**

• **Bio:** H. Roger Segelken is a retired newspaper reporter who writes advance and daily obituaries for The New York Times.

**(300-3343) The Ultimate Last Word: Write Your Own Obituary – H. Roger Segelken**

**Thursdays, March 22 – April 5, (3 sessions), (2:00pm-3:30pm), (at McGraw House)**

• **Description:** No one knows more about you than you, right? So why not prepare your obituary in advance, guided by a professional obit writer, while there’s still time. (Class cap of 10)

• **Bio:** H. Roger Segelken is a retired newspaper reporter who writes advance and daily obituaries for The New York Times.

**(124-3362) Folded Paper Stars – Gret Atkin**

**Thursday, May 10, (1:00pm-2:30pm)**

• **Description:** If you enjoy working with your hands you will certainly have a good time learning to make **folded paper stars**. (They are known by some as Moravian Stars.) These little gems are wonderful as package decorations, wall hangings, and holiday ornaments. Unlike Origami, they are made with four strips of paper that will be supplied by the instructor. Bring a pair of small scissors.

• **Bio:** The instructor is Gret Atkin, Ithaca resident and long-time lover of handwork. She has made and sold the stars for a number of venues. She is the retired Extension Clothing Specialist from Cornell and a current – and very contented – resident of Longview.

**(110-3328) Introduction to eBay – Jim Morris-Knower**

**Friday, February 23, (11:00am-12:30pm)**

• **Description:** eBay is an online auction and shopping website that offers goods and services to users worldwide. Users list goods and services, bid on desired products, and provide feedback on their experiences with other users. This class is intended for new eBay users. The class will cover how to register for an eBay account, bid on products, purchase items and how to sell products. Bring your device to practice hands-on.

• **Bio:** Jim Morris-Knower has been a librarian at Cornell's Mann Library since 1997, where he is the head of teaching, learning and outreach. He has his library science degree and a Ph.D in American Culture from the University of Michigan, Ann Arbor.
(112-3329) **Sudoku for Beginners – MarieAnne Krieg**  
*Wednesday, March 7, (2:00pm-4:00pm)*

- **Description:** 81 little boxes but only 9 numbers, one for each box on the board. This class will take the mystery out of those numbers and have you addicted in no time. Come and have some fun!

- **Bio:** MarieAnne Krieg was born and raised in the Bronx but she and her spouse Ron have made Ithaca their home since 1989. In addition to playing the piano and various culinary abilities, she is a self-taught and full-time computer nerd. She has taught at Lifelong since 2001 where she hosts a monthly Vegan dish-to-pass dinner.

(114-3330) **Intermediate Sudoku - MarieAnne Krieg**  
*Wednesday, March 21, (2:00pm-4:00pm)*

- **Description:** So you know the basics of Sudoku but still have problems putting those 9 numbers in the right place. Join us for some fun tips for solving the trickier games.

- **Bio:** See bio under “Sudoku for Beginners” above.

(121-3331) **OverDrive for eBooks and eAudiobooks – Thomas Fredette**  
*Thursday, May 3, (10:00am-12:00pm)*

- **Description:** OverDrive is a service that allows patrons to borrow eBooks and eAudiobooks. Titles borrowed can be enjoyed on desktop or laptop computers, as well as tablets and smartphones. In most cases patrons will have to download additional software (which is free) to be able read or listen to their eBooks.

  - Official OverDrive website: [https://www.overdrive.com/](https://www.overdrive.com/)  
  - Finger Lakes Library System eBook catalog: [https://flls.overdrive.com/](https://flls.overdrive.com/)

- **Bio:** Thomas Fredette has been a librarian with Tompkins County Public Library since 2014 and enjoys teaching patrons how to download eBooks and other digital content.

(123-3332) **RBDigital – Thomas Fredette**  
*Thursday, May 10, (10:00am-12:00pm)*

- **Description:** RBDigital for Libraries: The RBDigital for Libraries services allows patrons to borrow digital versions of popular magazines. Titles borrowed can be enjoyed on desktop or laptop computers, as well as tablets and smartphones. In most cases patrons will have to download additional software (which is free) to be able to read their eMagazines.

- **Bio:** See bio from OverDrive for eBooks and eAudiobooks above.

(125-3333) **Hoopla – Thomas Fredette**  
*Thursday, May 17, (10:00am-12:00pm)*

- **Description:** Hoopla is a service that allows patrons to borrow a variety of media, including eBooks, eAudiobooks, digital comic books, movies, television shows and full length music albums. Titles borrowed can be enjoyed on desktop or laptop computers, as well as tablets and smartphones. In most cases patrons will have to download additional software (which is free) to be able to read, watch or listen to their digital content.  

  - Official Hoopla website: [https://www.hoopladigital.com/](https://www.hoopladigital.com/)

- **Bio:** See bio from OverDrive for eBooks and eAudiobooks above.
(013-3344) The Basics: Memory Loss, Dementia and Alzheimer’s disease
Wednesday, January 17, (3:00pm-4:00pm)

- **Description:** Is dementia a normal part of aging? What is the difference between Alzheimer’s disease and dementia? This class will answer these questions and cover the basics, including risk factors, diagnosis, stages of Alzheimer’s, treatments, and resources. We will also discuss the benefits of early detection. This class briefly reviews risk factors, types of dementia, and how the brain is affected by Alzheimer’s disease.

(016-3345) Effective Communication Strategies
Wednesday, February 7, (3:00pm-4:00pm)

- **Description:** Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. Effective Communication Strategies explores how communication takes place when someone has Alzheimer’s disease. This interactive presentation explains the communication changes that take place throughout the course of the disease, offers tips on decoding the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person, and how to identify strategies to connect and communicate at each stage of the disease.

(021-3346) Living with Alzheimer’s for People with Younger Onset
Thursday, March 15, (3:00pm-4:30pm)

- **Description:** The diagnosis of Alzheimer’s disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Living with Alzheimer’s: For People with Alzheimer’s and Living with Alzheimer’s: Younger Onset are interactive programs where you will have a chance to hear from others who have been where you are. We will discuss what you need to know, what you need to plan and what you can do to navigate this chapter of your life. These programs will cover information for people with a diagnosis of Alzheimer's disease.

(025-3347) Understanding and Responding to Dementia Related Behaviors
Wednesday, April 18, (3:00pm-4:30pm)

- **Description** During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. Understanding and Responding to Dementia-Related Behavior
assists caregivers to decipher behaviors and determine how best to respond, including how to identify common triggers for behaviors associated with dementia, explain the process for assessing and identifying challenging behaviors, and list strategies to address some common dementia-related behaviors.

(107-3348) Skeletal Muscle … Moving You Into Healthy Aging – Dr. Anna Thalacker-Mercer
Tuesday, January 9, (10:30am-11:30am)

- **Description:** One of the greatest challenges faced by older adults is maintaining physical function and strength with aging. Deterioration of skeletal muscle with aging leads to loss of mobility, increased risk for metabolic disease, decreased quality of life, and ultimately loss of independence. Ongoing and recent research in nutrition and exercise that targets preservation of skeletal muscle will be discussed.

- **Bio:** Anna Thalacker-Mercer, Ph.D. is an Assistant Professor in the Division of Nutritional Sciences at Cornell University (since 2012). She received her doctorate degree through the Interdepartmental Nutrition Program in the Department of Nutrition Science at Purdue University where she developed a strong background in geriatric nutrition and the mechanisms underlying aging skeletal muscle. She continued her research training as a Postdoctoral Fellow in the Center for Aging Translational Research Program and the Center for Exercise Medicine at the University of Alabama at Birmingham (UAB). Her research program at Cornell is currently focused on understanding the mechanisms underlying skeletal muscle deterioration and the development of metabolic disease with a particular focus on the dynamics between inflammation and metabolism.

Medicare Basics – Sarah Jane Blake
(003E-3349) Tuesday, February 6, (5:45pm-8:00pm)
-OR-
(018-3350) Tuesday, February 20, (2:00pm-4:15pm)

- **Description:** Designed for those approaching age 65 and/or new to Medicare. Topics included will be: Medicare Parts A, B, & D and EPIC. Other topics will include Medigap plans, Medicare Savings Plans, Extra Help, and discount drug cards. We will also discuss how Medicare works with other health insurance. Health care reduction is the objective!

- **Bio:** Sarah Jane Blake (BA, English, University of Maine; JD, Franklin Pierce Law Center, NH) is the Tompkins County Outreach Coordinator for New York Statewide Senior Action Council. She has been a counselor and advocate for seniors, senior programs, and policies affecting seniors for over 10 years. Previously she was HIICAP Coordinator for Tompkins County and Retirement Services Coordinator at Lifelong.
(005E-3351) – Finding a Better Path to the End of Life - IC Gerontology Institute
Wednesdays, February 14 – March 21, (6 sessions), (5:00pm-6:30pm)

- **Description:** Join Ithaca College Gerontology Institute and the Finger Lakes Geriatric Education Center (FLGEC) for a six-week book discussion group to explore a topic that can be difficult for many individuals and families, end of life care. Extreme Measures: Finding a Better Path to the End of Life is written by Dr. Jessica Nutik Zitter who was the physician featured in the award-winning Netflix documentary *Extremis*. The book group will view the movie, discuss the book, explore resources, and open dialogue for end-of-life planning. (Bring your own copy of the book or cost of the book is $10 when purchased through the FLGEC on the day of the first meeting).

(017-3352) Doctor Patient Interactions – CHAT
Friday, February 16, (2:30pm-3:30pm)

- **Description:** The focus of this session is to teach participants how to improve their interactions with their doctors and other healthcare providers. By improving these interactions, participants will be able to better utilize the time they have during an appointment and feel more comfortable engaging in discussion. This will provide participants with more information and help keep doctor appointments more focused on their needs. Topics covered by the session include: understanding the interactions between doctors and patients, how to prepare for a doctor's appointment, questions patients should be asking their doctor, and how to follow up after a doctor's appointment.

- **Bio:** Cornell Health Advocacy Topics (CHAT) aims to teach you how to be an effective advocate for your healthcare, how to more fully understand & better manage your health.

(111-3353) Vision and Aging – Diane McMillan
Tuesday, March 6, (10:00am-11:00am)

- **Description:** Vision loss is identified as one of the top three health concerns voiced by seniors. Twenty percent of falls by seniors are caused by poor vision. Vision plays an important role in balance by giving the nervous system constant information regarding the position and movement of our bodies in the environment, low vision decreases this information. We will talk about the four most common eye conditions and how they affect vision and our balance.

- **Bio:** Diane McMillan has a Master's degree from the University of South Florida in Rehabilitation, specializing in Blindness, and a dual national certification as a Low Vision Therapist and a Vision Rehabilitation Therapist. She has worked in the field of blindness for 40+ years, in Florida and North Carolina before moving to the Binghamton area about 17 years ago. She is the manager of the children's program, and Low Vision Practice manager where she works with people who are visually impaired or legally blind, and conducts a Functional Vision Assessment Clinic twice a month for people in the community to help them make the most of their remaining vision.

(022-3354) General Medical Safety - CHAT
Friday, March 9, (2:30pm-3:30pm), NSSS

- **Description:** CHAT’s general medical safety group session is intended to provide an introduction and overview to common safety concerns that can be overlooked. Participants will engage in discussion with CHAT facilitators and amongst themselves to help identify such areas in their lives. The session will also provide participants with
strategies and information they can use to address these concerns. Topics covered by the session include: how patients can effectively communicate information about their health, ways to keep track of a patient’s medical history, things to look for and ask about when prescribed new medications or therapies, where to find information regarding medications and treatments, questions to ask when receiving a diagnosis, and steps patients can take to prevent falls.

- **Bio:** See bio from “Doctor Patient Interactions” on page 31.

(024-3355) Finding Reliable Health & Medical Information on the Internet - CHAT
Friday, April 13, (2:30pm-3:30pm), NSSS

- **Description:** Searching for health and medical information on the internet can be an overwhelming experience. This session will introduce you to helpful websites and discuss ways to identify reliable resources.

- **Bio:** See bio from “Doctor Patient Interactions” on page 31.

Thursday, May 17, (10:00am-11:30am)

- **Description:** In our present epoch, we easily mistake aging for the seemingly inevitable decline that accompanies the passage of time. Just as unnoticed is the peculiar clustering of osteoporosis, diabetes, cancer, heart disease and dementia in patients. Sarcopenia, a disease of skeletal muscle, has been strongly correlated with all these diseases. In recent years, studies have uncovered the unsung metabolic role of muscle. Learning to apply resistance exercise as part of a structured exercise routine can treat elevated glucose, blood pressure, and chronic systemic inflammation, prevent, delay the onset and treat osteoporosis, diabetes, cancer, heart disease and dementia. In this workshop, Dr. Shang will share some evidence-based tips to get our bodies back on track.

- **Bio:** William Shang, MD, holds certifications from the American College of Sports Medicine and the American Board of Pathology and is author of The FIRST Program: Fighting Insulin Resistance with Strength Training. At present, he is Director of Ithaca College and Cornell University's student health center laboratories. A graduate of RPI-Albany Medical College's Combined 6-Year Accelerated Program, Dr. Shang has career experience as a USAF flight surgeon, primary care physician, hospital pathologist, and county autopsy examiner.

**Relationships in Times of Conflict - Eric Clay**
A multi-part series of classes exploring strategies for overcoming polarization in our personal, professional, and political life, offered in two distinct ways. **See full description under Political Issues heading.**
Northside/Southside Program

Northside/Southside is a multicultural program open to all seniors, providing opportunities to participate with their peers in daily activities like shopping and dining as well as special events that promote cultural education and awareness. Activities are free unless otherwise noted. Lifelong membership is not required. We are grateful to the Tompkins County Office for the Aging for their continued support and funding of some of our programs.

NSSS Gatherings: (2:00pm-3:00pm) at various locations indicated below

Time spent together to socialize! We will enjoy a light snack, share ideas for future programming and special events. Each gathering there will be a topic of discussion or an activity.

January 3, Nates Estates
February 14, McGraw House
April 4, Ellis Hollow
May 2, Titus Towers

NSSS Shopping: 3rd Tuesday of the month, (Pick-up 10:00am, return pick-up 1:45pm)

Lifelong will provide round-trip Gadabout service for you from Lifelong to shop at the Shops at Ithaca Mall. (January 16, February 20, March 20, April 17, May 15)

NSSS Dining: Wednesday, March 28, (12:00pm-1:00pm) at Lifelong

Bring a dish-to-pass of your favorite item and enjoy casual conversation, great company and good food!

NSSS Dining: Wednesday, May 30, (11:30am-1:00pm) – Restaurant to be Announced

Let’s have lunch! The restaurant will be announced at a later date. Meet at Lifelong and travel to lunch as a group.

Do you know...

Someone who could benefit from a friendly visit?

-OR-

Someone who would enjoy involvement in learning opportunities, exercise and social gatherings?

Refer them to Lifelong!

Lifelong Contact: Tammy Dunn
Program Director & Northside Southside Coordinator
Email: tdunn@tclifelong.org
Phone: 607-273-1511 Ext. 231
CoffeeHouse Events
Sponsored by Lifelong and NSSS (FREE)

(015-3357) Play’s to Die For - The Play’s the Thing Social Group – Dolina Millar
Tuesday, February 6, (2:00pm-3:30pm)

- **Description**: Join Play’s the Thing social group as they perform a few one-act plays titled: Time Flies, Eulogy, Dress Rehearsal, and Wake.

(019-3358) Spiritual Odyssey - Seattle to Ithaca by Bike – Tommy Beers
Tuesday, February 27, (2:00pm-3:00pm)

- **Description**: Tommy Beers, a local Ithaca resident for 29 years, a Baha’i, a painter, and a biking enthusiast, completed a two-month solo ride from Seattle to Ithaca. Join Tommy as he shares his experience with a slide show and discussion of this experience he refers to as a “Spiritual Odyssey.”

(020-3359) Machu Picchu & The Galapagos: An Armchair Tour – Donna Scott
Tuesday, March 13, (2:00pm-3:00pm), NSSS

- **Description**: In March 2017 Donna Scott took a trip to South America where she visited Machu Picchu high in the mist-shrouded Andes of Peru and Ecuador’s sun-baked Galapagos Islands in the Pacific Ocean. Her photographs will give you glimpses of both places.

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**Northside Southside Program**

**We Want You involved …**

Programs offered under Northside Southside are open to all seniors. We are looking to expand our efforts and reach more seniors and we need your help!

Are you, or someone you know, interested in becoming part of an Advisory Committee to help plan events?

---

**MY NOTES & REMINDERS**
**LIFELONG ACTIVITIES – HEALTH & WELLNESS**

Some of these programs are partially supported by Tompkins County Office for the Aging. Lifelong membership is required for Health and Wellness activities held at Lifelong only. Class fees are $5 per class drop-in fee or $30 per month for unlimited Health and Wellness activities at any location. Lifelong Activities run year-round and any change to schedules below will be communicated accordingly.

**SAILTraining: (Stay Active and independent for Life):** Classes focus on stretching, flexibility, balance, low-impact aerobics, strength training, and deep breathing exercises.

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brooktondale Volunteer Fire Company</td>
<td>Monday/Wednesday/Friday</td>
<td>10:00am-11:00am</td>
</tr>
<tr>
<td>Juniper Manor in Trumansburg</td>
<td>Monday/Wednesday/Friday</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>Lifelong</td>
<td>Monday/Wednesday/Friday</td>
<td>8:30am-9:30am</td>
</tr>
<tr>
<td>McGraw House</td>
<td>Monday/Wednesday/Friday</td>
<td>2:00pm-3:00pm</td>
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**Tai Chi:** Using precise, fluid movement, dissolve tension, increase your strength, cardiovascular fitness, and overall sense of wholeness.

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Schedule</th>
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</thead>
<tbody>
<tr>
<td>Lansing Community Library</td>
<td>Tuesday</td>
<td>11:30am-12:30pm</td>
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<tr>
<td></td>
<td>Thursday (NEW!)</td>
<td>2:30pm-3:30pm</td>
</tr>
<tr>
<td>Lifelong</td>
<td>Friday</td>
<td>11:30am-12:30pm</td>
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<tr>
<td>Lifelong Tai Chi with staff (must participate in 11:30am-12:30pm class)</td>
<td>Friday</td>
<td>12:30pm-1:30pm</td>
</tr>
<tr>
<td>Titus Towers Apartments</td>
<td>Monday</td>
<td>10:00am-11:00am</td>
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**Chair Yoga:** Using breathing techniques, basic yoga postures, relaxation, and focus, you will become more in tune with your body, and improve your breath awareness and control.

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<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Schedule</th>
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</thead>
<tbody>
<tr>
<td>Lifelong</td>
<td>Wednesday</td>
<td>10:30am-11:30am</td>
</tr>
<tr>
<td>Ulysses Philomathic Library</td>
<td>Tuesday / Thursday</td>
<td>10:15am-11:15am</td>
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**Zumba Gold:** Improve your breathing & cardio with fun music!

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<tr>
<th>Location</th>
<th>Days</th>
<th>Schedule</th>
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<tbody>
<tr>
<td>Lifelong</td>
<td>Wednesday</td>
<td>12:00pm-1:00pm</td>
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**Strength Training:** Resistance exercise strengthens bones, increases muscular endurance and improves coordination and balance.

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<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Schedule</th>
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</thead>
<tbody>
<tr>
<td>Lifelong</td>
<td>Monday / Thursday</td>
<td>12:30pm-1:30pm</td>
</tr>
<tr>
<td>St. Catherine’s of Siena</td>
<td>Friday</td>
<td>9:30am-10:30am</td>
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</tbody>
</table>

**Square, Round, Line & Polka Dancing:** Caller-led dances that increase muscular strength, improve coordination and balance, and reduce stress. Join as many dances as you would like and enjoy watching your peers as they dance too! No experience necessary. There will be basic instruction given in the first 30 minutes. Newcomers Welcome! (Fridays at Lifelong from 1:30pm-4:00pm)

**NEW! Enhance Your Fitness:** Classes focus on stretching, flexibility, balance, low-impact aerobics, strength training, and deep breathing exercises.

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Schedule</th>
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</thead>
<tbody>
<tr>
<td>Newfield Public Library</td>
<td>Tuesday/Thursday</td>
<td>8:30am-9:30am</td>
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</table>
**ACTIVITIES - CREATIVE & LANGUAGE ARTS**

Lifelong membership is required for creative arts activities held at Lifelong. Fees are $5 per class drop-in fee or $30 per month for unlimited Creative Arts Activities. Lifelong Activities run year-round and any changes to the schedule will be communicated accordingly.

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**Clay Class**  
Mondays - 10:00am-12:30pm  
(Jennifer Brown)

Come and create clay creations with the guidance of a skilled clay artist!  

**All levels and new participants welcome!**

---

**Watercolor Studio**  
Tuesdays – 9:30am-1:30pm  
(Susan Zehnder)

Bring your paints and join an active class of all abilities, painting still life or an image of your choosing. Class works independently, with suggestions and guidance of the instructor. Every week there is a new set-up, and each session ends with a class critique sharing work finished or in progress from the morning session.

**All levels & new participants welcome!**

---

**Lifelong Senior Theatre Troupe**  
Thursdays – 2:00pm-3:00pm  
(Sue Perlgut)

A chance to express yourself and have fun using improvisation theater exercises. **No lines to learn. No acting background necessary.** Come join the members of Lifelong’s Theatre Troupe for an enjoyable experience.

**Looking for new members!**

---

**Lifelong’s Walk Program**

Meet at 1:15pm at Lifelong  
Walks start at 1:30pm

Lifelong’s Walk Program is a great way to explore the surrounding area while increasing your strength, improving your balance, and enjoying the company of your fellow walkers.

Volunteer coordinators, Elke Schofield and Jane Zimmer, enjoy sharing these walks.

---

**Business is Blooming donates a beautiful floral arrangement for the Lifelong Watercolor Studio class each week! Thank you!**

---

**Lifelong Walk Program Requirements**

- Complete a Participant Waiver form before your first walk.
- Lifelong membership is required to participate in the walk program.
- You must be able to walk 1-2 miles with your own aide (if needed) and be capable of keeping up with the group. When carpool is necessary a $1-$2 fee will be required for gasoline and parking and is to be given to the driver.

The Participant Waiver and Lifelong Membership forms are available at the front desk at Lifelong located at 119 West Court Street.
### Lifelong Learning & Activities Payment Form – Spring 2018 Semester

Please Print (Membership Registration is available online)

Date: _____  Name: ______________________  Current Member: □ Yes Expires: _____ □ No

Phone: ________________________________  Email: ________________________________

**Calculate your payment below**

A. Membership Fee (Member Form on pg. 41, $25/Individual or $40/Household) _______

B. Activity Fees (from Activities Fee Worksheet below) _______

C. 400-level courses ($40 each x _____) and/or (3 for $100 _____) _______

D. 300-level courses ($30 x _____ courses) _______

E. 200-level courses ($20 x _____ courses) _______

F. 100-level courses ($10 x _____ courses) _______

G. Materials’ fee and/or theater tickets (Details:______________________) _______

H. Donation _______

I. FREE courses (# of courses ________________) N/A

**Amount Due (Total A-H Above)** $ ______

Less any Discounts/Coupons: (Details: ________________________________ ) $ ______

**Amount Enclosed:** $ ______

### Lifelong Activities Fee Worksheet

<table>
<thead>
<tr>
<th>Lifelong Activities Fee Worksheet</th>
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<tbody>
<tr>
<td>Lifelong Activities Registration</td>
<td>Lifelong Activities Registration</td>
</tr>
<tr>
<td>for Health &amp; Wellness (H&amp;W)</td>
<td>for Creative &amp; Language Arts (CA)</td>
</tr>
<tr>
<td>☐ $30 per month for unlimited H&amp;W Activities</td>
<td>☐ $30 per month for unlimited CA Activities</td>
</tr>
<tr>
<td>Month (s) paying for: _____________</td>
<td>Month (s) paying for: _____________</td>
</tr>
<tr>
<td>☐ $120 for the Spring Semester of unlimited</td>
<td>☐ $120 for the Spring Semester of unlimited</td>
</tr>
<tr>
<td>H&amp;W Activities (Jan-Apr)</td>
<td>CA Activities (Jan-Apr)</td>
</tr>
<tr>
<td>Total (transfer to B above) _____________</td>
<td>Total (transfer to B above) _____________</td>
</tr>
</tbody>
</table>

**Payment Method:** ☐ Cash  ☐ Check# ______ Amount ______  ☐ MC  ☐ VISA  ☐ Discover  ☐ AmEx

Card Number: ________________________________  Exp. Date: ___/___  V-Code: _____

Signature: ________________________________  Date: ___/___/___

☐ I would like a scholarship: Scholarships are limited to (3) Lifelong Learning course offerings per semester. A limited number of Lifelong Activity scholarships are available.

By checking this box I attest that I make less than $1400 monthly gross income per single household or less than $1900 monthly gross income for a two person household.

*Please return completed payment form and membership form, if applicable, to Lifelong at 119 W. Court Street, Ithaca, NY 14850. Please Note: Lifelong stops making financial transactions at 3:30PM. A $5.00 Administration Fee will be charged for any refund requests due to cancellations by participants.*
**Lifelong Course Selection Form**

*Please attach to the Membership Application/Waiver/Donation Form*

It is important to check off each course, class or event for which you are registering even if it is FREE. This is extremely important for assigning the appropriately sized room for each offering.

### 000 SERIES - FREE

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>001E-3340</td>
<td>I Hate To Ask…, Tuesday, January 16, (6:00pm-7:00pm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>002E-3360</td>
<td>“Jackie Robinson, … Part 2, Thursday, February 1, (6:30pm-8:30pm), NSSS</td>
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<tr>
<td>003E-3349</td>
<td>Medicare Basics, Tuesday, February 6, (5:45pm-8:00pm)</td>
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<tr>
<td>004E-3289</td>
<td>“THE AGE OF LOVE”, Monday, February 12, (5:00pm-7:00pm)</td>
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<td>005E-3351</td>
<td>Finding a Better Path …, Wednesdays, February 14 – March 21, (6 sessions),</td>
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<td>(5:00pm-6:30pm)</td>
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<td>006E-3341</td>
<td>Envisioning and Realizing a Meaningful Retirement, Tuesday, February 20,</td>
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<td>(6:00pm-7:00pm)</td>
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<tr>
<td>007E-3290</td>
<td>Readings from <em>NY Votes for Women: A Suffrage Centennial Anthology</em>, Tuesday,</td>
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<td>March 6, (6:00pm-7:00pm)</td>
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<tr>
<td>008E-3291</td>
<td>AllSaints, Tuesday, March 6, (6:00pm-8:00pm), NSSS</td>
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<tr>
<td>009E-3342</td>
<td>How can I stay in my home as I age?, Tuesday, March 20, (6:00pm-7:00pm)</td>
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<tr>
<td>010E-3294</td>
<td>“Baraka” Tuesday, March 26, (6:00pm-8:00pm), NSSS</td>
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<tr>
<td>011E-3292</td>
<td>“AllSaints,” Tuesday, April 3, (6:00pm-8:00pm), NSSS</td>
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<tr>
<td>012E-3361</td>
<td>“Paul Robeson: Here I Stand,” Wednesday, April 4, (6:30pm-8:30pm), NSSS</td>
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<tr>
<td>013-3344</td>
<td>The Basics: Memory Loss, Dementia and Alzheimer’s disease, Wednesday, January</td>
<td></td>
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<td>17, (3:00pm-4:00pm)</td>
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<tr>
<td>014-3314</td>
<td>Advanced English as a Second Language, Fridays, February 2 – April 20, (no</td>
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<td>class on February 16, February 23, March 30 and April 6), (7 sessions), (1:15pm-3:15pm)</td>
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<td><strong>Classes to be held at Tompkins Learning Partners, 124 W. Buffalo Street</strong></td>
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<tr>
<td>015-3357</td>
<td>“Play’s to Die For”- Tuesday, February 6, (2:00pm-3:30pm), NSSS</td>
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<tr>
<td>016-3345</td>
<td>Effective Communication Strategies, Wednesday, February 7, (3:00pm-4:00pm)</td>
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<tr>
<td>017-3352</td>
<td>Doctor Patient Interactions, Friday, February 16, (2:30pm-3:30pm)</td>
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<td>018-3350</td>
<td>Medicare Basics, Tuesday, February 20, (2:30pm-4:15pm)</td>
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<tr>
<td>019-3358</td>
<td>“Spiritual Odyssey – Seattle to Ithaca…,” Tuesday, February 27, (2:00pm-3:00pm), NSSS</td>
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<td>021-3346</td>
<td>Living with Alzheimer’s…Younger Onset, Thursday, March 15, (3:00pm-4:30pm)</td>
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<td>022-3354</td>
<td>General Medical Safety, Friday, March 9, (2:30pm-3:30pm), NSSS</td>
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<td>023-3359</td>
<td>Machu Picchu &amp; The Galapagos…Tuesday, March 13, (2:00pm-3:00pm), NSSS</td>
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<td>024-3355</td>
<td>Finding Reliable Health &amp; Medical… Internet, Friday, April 13, (2:30pm-3:30pm), NSSS</td>
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<td>025-3347</td>
<td>Understanding … Dementia-Related Behaviors, Wednesday, April 18, (3:00pm-4:30pm)</td>
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<tr>
<td>026-3356</td>
<td>The Mistaken Indictment of Aging…Muscle’s Role…Thursday, May 17, (10:00am-11:30am)</td>
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## 100 SERIES - $10 PER CLASS

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<tr>
<th>Course Code</th>
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<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>101E-3325</td>
<td>Stories of Racial Healing</td>
<td>Tuesday, February 6</td>
<td>5:30pm-7:30pm</td>
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<tr>
<td>102E-3335</td>
<td>Get Current on Solar</td>
<td>Thursday, March 22</td>
<td>5:30pm-6:30pm</td>
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<tr>
<td>103E-3304</td>
<td>Financial Planning for Early Retirement</td>
<td>Thursday, April 26</td>
<td>6:00pm-7:00pm, <strong>Held at Ulysses Town Hall, 10 Elm Street, Trumansburg</strong></td>
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<tr>
<td>104E-3305</td>
<td>Wills, Probate &amp; Settling Estates</td>
<td>Thursday, April 26</td>
<td>5:00pm-6:30pm, <strong>Held at the Newfield Public Library, 198 Main Street, Newfield</strong></td>
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<tr>
<td>105E-3326</td>
<td>The Supreme Court 2017</td>
<td>Monday, May 21</td>
<td>6:00pm-8:00pm</td>
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<tr>
<td>106E-3327</td>
<td>LGBT Civil Rights</td>
<td>Tuesday, May 29</td>
<td>6:00pm-8:00pm</td>
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<tr>
<td>107-3348</td>
<td>Skeletal Muscle … Moving You Into Healthy Aging</td>
<td>Tuesday, January 9</td>
<td>10:30am-11:30am</td>
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<tr>
<td>108-3334</td>
<td>Introduction to Polymers…</td>
<td>Monday, February 5</td>
<td>1:00pm-3:00pm</td>
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<tr>
<td>109-3301</td>
<td>Budgeting 101</td>
<td>Monday, February 12</td>
<td>2:00pm-3:00pm</td>
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<tr>
<td>110-3328</td>
<td>Introduction to eBay</td>
<td>Friday, February 23</td>
<td>11:00am-12:30pm</td>
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<tr>
<td>111-3353</td>
<td>Vision and Aging</td>
<td>Tuesday, March 6</td>
<td>10:00am-11:00am</td>
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<tr>
<td>112-3329</td>
<td>Sudoku for Beginners</td>
<td>Wednesday, March 7</td>
<td>2:00pm-4:00pm</td>
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<tr>
<td>113-3302</td>
<td>Estate Planning for People without Heirs</td>
<td>Tuesday, March 20</td>
<td>2:00pm-3:30pm</td>
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<tr>
<td>114-3330</td>
<td>Intermediate Sudoku</td>
<td>Wednesday, March 21</td>
<td>2:00pm-4:00pm</td>
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<tr>
<td>115-3311</td>
<td>&quot;That Human Nature&quot;…</td>
<td>Monday, April 2</td>
<td>1:30pm-2:30pm</td>
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<tr>
<td>116-3303</td>
<td>Is a Trust Right for You?</td>
<td>Wednesday, April 11</td>
<td>2:00pm-3:30pm</td>
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<tr>
<td>117-3336</td>
<td>Spacecraft Tour of the Solar System</td>
<td>Monday, April 16</td>
<td>10:30am-11:30am</td>
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<tr>
<td>118-3337</td>
<td>Moons of the Solar System</td>
<td>Monday, April 23</td>
<td>10:30am-11:30am</td>
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<tr>
<td>119-3307</td>
<td>The Ups and Downs of Cayuga Lake</td>
<td>Tuesday, April 24</td>
<td>2:00pm-4:00pm</td>
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<tr>
<td>120-3338</td>
<td>Lifecycle of Stars</td>
<td>Monday, April 30</td>
<td>10:30am-11:30am</td>
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<tr>
<td>121-3331</td>
<td>OverDrive for eBooks and eAudiobooks</td>
<td>Thursday, May 3</td>
<td>10:00am-12:00pm</td>
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<tr>
<td>122-3300</td>
<td>Musical Minuets, Waltzes,…</td>
<td>Thursday, May 10</td>
<td>2:00pm-3:30pm</td>
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<tr>
<td>123-3332</td>
<td>RBDigital</td>
<td>Thursday, May 10</td>
<td>10:00am-12:00pm</td>
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<tr>
<td>124-3362</td>
<td>Folded Paper Stars</td>
<td>May 10</td>
<td>1:00pm-2:30pm</td>
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<tr>
<td>125-3333</td>
<td>Hoopla</td>
<td>Thursday, May 17</td>
<td>10:00am-12:00pm</td>
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## 300 SERIES - $30 PER COURSE

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<th>Course Code</th>
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<tbody>
<tr>
<td>300-3343</td>
<td>The Ultimate Last Word: Write Your Own Obituary</td>
<td>Thursdays, March 22 - April 5</td>
<td>2:00pm-3:30pm, <strong>Session held at McGraw House</strong></td>
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</table>

## 400 SERIES - $40 PER COURSE OR 3 COURSES FOR $100

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>400-3316</td>
<td>Conflict &amp; Creativity</td>
<td>Thursdays, January 4 – January 25</td>
<td>2:00pm-4:00pm, <strong>at Lifelong</strong></td>
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<tr>
<td>Course Code</td>
<td>Course Title</td>
<td>Dates</td>
<td>Duration</td>
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<tr>
<td>3317</td>
<td>Conflict &amp; Creativity</td>
<td>Tuesdays, January 9 – January 30, (4 sessions), (10:00am-12:00pm)</td>
<td>14 days</td>
</tr>
<tr>
<td>401-3308</td>
<td>Living Conversation</td>
<td>Tuesdays, January 9 – April 10, (14 sessions), (1:30pm-3:30pm)</td>
<td>14 weeks</td>
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<tr>
<td>402-3288</td>
<td>Anyone Can Draw</td>
<td>Wednesdays, January 31 – March 21, (8 sessions), (1:30pm-3:30pm)</td>
<td>6 weeks</td>
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<tr>
<td>403-3309</td>
<td>Turning Points…</td>
<td>Mondays, January 22 – March 19, (9 sessions), (10:00am-12:00pm)</td>
<td>3 weeks</td>
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<tr>
<td>404-3286</td>
<td>Song Writing</td>
<td>Mondays, January 22 – February 26, (6 sessions), (10:30am-11:30am)</td>
<td>6 weeks</td>
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<tr>
<td>405-3287</td>
<td>Create with Clay</td>
<td>Mondays, January 22 – February 12, (4 sessions), (10:00am-12:30pm)</td>
<td>3 weeks</td>
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<tr>
<td>406-3313</td>
<td>Introduction to Italy</td>
<td>Thursdays, February 1 – March 8, (6 sessions), (3:00pm-4:00pm)</td>
<td>4 weeks</td>
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<tr>
<td>407-3310</td>
<td>The Major Trends in Western Political Thought</td>
<td>Thursdays, February 1 – March 22, (8 sessions), (10:00am-12:00pm)</td>
<td>3 weeks</td>
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<tr>
<td>408-3318</td>
<td>Beyond Keeping Score</td>
<td>Thursdays, February 1 – February 22, (4 sessions), (2:00pm-4:00pm)</td>
<td>2 weeks</td>
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<tr>
<td>3319</td>
<td>Beyond Keeping Score</td>
<td>Tuesdays, February 6 – February 27, (4 sessions), (10:00am-12:00pm)</td>
<td>4 weeks</td>
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<tr>
<td>409-3324</td>
<td>Current Events/World Affairs: An Open Discussion</td>
<td>Wednesdays, February 21 – April 25, (10 sessions), (10:00am-11:30am)</td>
<td>7 weeks</td>
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<tr>
<td>410-3320</td>
<td>The Wealth of Nations and Families</td>
<td>Thursdays, March 1 – March 29, (no class March 15), (4 sessions), (2:00pm-4:00pm)</td>
<td>2 weeks</td>
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<tr>
<td>3321</td>
<td>The Wealth of Nations and Families</td>
<td>Tuesdays, March 6 – March 27, (4 sessions), (10:00am-12:00pm)</td>
<td>2 weeks</td>
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<tr>
<td>411-3293</td>
<td>Eponyms: Names …</td>
<td>Wednesdays, March 7 – March 28, (4 sessions), (1:30pm-3:30pm)</td>
<td>2 weeks</td>
</tr>
<tr>
<td>3323</td>
<td>Human Equality and Fairness</td>
<td>Tuesdays, April 3 – April 24, (4 sessions), (10:00am-12:00pm)</td>
<td>2 weeks</td>
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<tr>
<td>412-3295</td>
<td>World Cinema…</td>
<td>Tuesdays, April 3 – June 19, (12 sessions), (2:00pm-5:00pm)</td>
<td>8 weeks</td>
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<tr>
<td>413-3322</td>
<td>Human Equality and Fairness</td>
<td>Thursdays, April 5 – April 26, (4 sessions), (2:00pm-4:00pm)</td>
<td>3 weeks</td>
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<tr>
<td>414-3306</td>
<td>Weather in Ithaca</td>
<td>Wednesdays, April 18 – May 16, (5 sessions), (3:30pm-5:30pm)</td>
<td>2 weeks</td>
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<tr>
<td>415-3296</td>
<td>Dare To Bare….</td>
<td>Thursdays’s, April 19 – May 24, (6 sessions), (10:00am-12:00pm)</td>
<td>2 weeks</td>
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<tr>
<td>416-3312</td>
<td>Recovering Our Creativity</td>
<td>Thursdays, April 19 – July 19, (14 sessions), (1:30pm-3:30pm)</td>
<td>4 weeks</td>
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<tr>
<td>417-3297</td>
<td>Touch Drawing</td>
<td>Friday’s, April 20 – May 11, (10:00am-1:00pm)</td>
<td>3 weeks</td>
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<tr>
<td>418-3315</td>
<td>…. French</td>
<td>Fridays, April 20 – June 1, (7 sessions), (11:00am-12:00pm)</td>
<td>2 weeks</td>
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<tr>
<td>419-3298</td>
<td>Drawing: Advanced…</td>
<td>Tuesdays, April 24 – May 29, (6 sessions), (10:00am-12:00pm)</td>
<td>2 weeks</td>
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<tr>
<td>420-3299</td>
<td>A Writing Journey…</td>
<td>Wednesdays, May 2 – June 6, (6 sessions), (10:00am-12:00pm)</td>
<td>3 weeks</td>
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</tbody>
</table>
Each Member is eligible to receive:

- Enrollment into fee-based Lifelong Learning Courses & Activities held at 119 West Court Street.
- $5.00 discount on Lifelong travel registrations.
- Free Borg Warner swim passes (when available)
- Free parking only for your visit to Lifelong (on a first-come, first-served basis)

☐ I would like a scholarship for ____________ (by checking this box I attest that I make less than $1,400 monthly gross income per single household or less than $1,900 monthly gross income for a two-person household and will notify Lifelong if my income changes to above that income level). When possible I will make a contribution to Lifelong.

I, the undersigned, hereby apply to participate in activities (classes, programs, events, and trips) to be conducted by LIFELONG and acknowledge the following: I fully understand and acknowledge that there are inherent risks and dangers in my participation in the activities and my participation in said activities and use of any equipment or materials related to such activities may result in my injury, illness or death and damage to or loss of my personal property. I understand other participants, accidents, forces of nature or other causes may cause these risks and dangers and I hereby fully acknowledge and accept these risks and dangers. I am in good health and I am able to participate in any strenuous physical activity associated therewith. I understand and agree it is my responsibility to get any medical clearance or approval from my medical health professional to participate.

I herewith release, forever discharge and waive any right of recovery or subrogation against LIFELONG, its officers, directors, employees and volunteers from any and all liability whatsoever for any illness or injury, including death or damage to or loss of my personal property that I may sustain while I am participating in this program. This shall be binding on my heirs, successors, assigns, administrators and executors. Any claims or disputes arising out of my participation in the activity shall first be submitted to arbitration and/or be venued in the Supreme Court of the State of New York of Tompkins County.

I HAVE READ THE ABOVE OR I ACKNOWLEDGE, THAT I HAVE HAD THIS DOCUMENT READ TO ME AT MY REQUEST AND BY SIGNING IT I AGREE IT IS MY INTENTION TO PARTICIPATE IN ACTIVITIES AND I UNDERSTAND AND ACCEPT ALL RISKS INVOLVED.

NAME (PRINT): __________________________

SIGNATURE: __________________________ DATE: __/__/____

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Name __________________________ Date ____________
## SPRING 2018 CLASS OFFERINGS IN DATE ORDER — FOR REFERENCE ONLY —

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<td>Conflict &amp; Creativity at Lifelong (pg. 22)</td>
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<td>AliSails (pg. 13)</td>
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<td>Jan. 9</td>
<td>Conflict &amp; Creativity at Shared Journeys (pg. 22)</td>
<td>Mar. 7</td>
<td>Wealth of Nations and Families at Shared Journeys (pg. 22)</td>
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<td>Jan. 9</td>
<td>Living Conversation (pg. 19)</td>
<td>Mar. 7</td>
<td>Eponyms: Names Into Words (pg. 13)</td>
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<tr>
<td>Jan. 9</td>
<td>Skeletal Muscle… Into Healthy Aging (pg. 30)</td>
<td>Mar. 7</td>
<td>Beginner Sudoku (pg. 28)</td>
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<tr>
<td>Jan. 16</td>
<td>I Hate to Ask (pg. 26)</td>
<td>Mar. 9</td>
<td>General Medical Safety (pg. 31)</td>
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<tr>
<td>Jan. 17</td>
<td>Basics of Alzheimer's Disease and Dementia (pg. 29)</td>
<td>Mar. 13</td>
<td>Machu Picchu &amp; The Galapagos (pg. 34)</td>
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<tr>
<td>Jan. 22</td>
<td>Song Writing (pg. 11)</td>
<td>Mar. 15</td>
<td>Living with Alzheimer’s … Younger Onset (pg. 29)</td>
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<td>Mar. 20</td>
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<tr>
<td>Jan. 22</td>
<td>Turning Points in Middle Eastern History, Part II (pg. 19)</td>
<td>Mar. 20</td>
<td>How Can I Stay in My Home as I Age (pg. 26)</td>
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<tr>
<td>Jan. 31</td>
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<td>Mar. 21</td>
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<tr>
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<td>Mar. 22</td>
<td>The Ultimate Last Word… at McGraw House (pg. 27)</td>
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<td>Mar. 22</td>
<td>Get Current on Solar (pg. 24)</td>
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<tr>
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<td>Mar. 26</td>
<td>Baraka (pg. 14)</td>
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<td>Jackie Robinson, Part 2 (pg. 12)</td>
<td>Apr. 2</td>
<td>“That Human Nature”… (pg. 20)</td>
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**CLASSES IN RED ARE HELD IN THE EVENING**

**CLASSES IN BLUE ARE HELD OFFSITE**

**REGISTER EARLY FOR CLASSES!**

### SPECIAL EVENTS

**JANUARY 10**
Martin Luther King, Jr. Lunch

**FEBRUARY 9**
Valentine Dance with Radio London

**MARCH 18**
2nd Annual Lifelong Gala

**APRIL 25**
Ice Cream Social

**MAY 10**
Mother's Day Celebration
“Regular physical activity helps improve your overall health and fitness and reduces your risk for many chronic diseases.” Center for Disease Control

Lifelong Offers:
SAIL Training, Strength Training, Yoga, Tai Chi, Zumba Gold, Modern Dance, and Line and Square Dance!