



WINTER 2024 COURSE DESCRIPTIONS

TUESDAY

10:30-11:45am

Jan 9

Inside TV News: PIX11's Mary Murphy in Conversation with Magee Hickey

Mary Murphy, PIX11 News reporter in NYC, has focused on stories in all corners of her hometown during her award-winning journalism career. In 2021, she launched regular segments called “The Missing,” reporting on families seeking their loved ones who have disappeared. Her work helping to find multiple people was recognized with a 2023 NY Emmy Award when PIX11’s Creative Services team won the honor for Outstanding News Promotion of that segment. Thirty of her 32 Emmy Awards at the station are for reporting on significant events of our lifetime, including the opioid crisis, the September 11th terror attacks, the Black Sunday fire in 2005, and 1996 explosion of TWA Flight 800. Last July she covered the arrest of accused Gilgo Beach serial killer after a dozen years of reporting on the unsolved mystery. She reported extensively on the “Faces of the Pandemic,” as the COVID-19 crisis emerged in the US, helping viewers understand the science of coronavirus and telling the personal stories of survivors and people who succumbed to the virus. She was PIX11 News’s weekend anchor 1995 to 2009. In 2013 she launched the “Mary Murphy Mystery” segment, which looks at unsolved crimes and missing person cases. In this session, she will be in conversation with her PIX11 colleague, Magee Hickey, who has worked with every NY news station over her long career.

Jan 16

Budapest Blackout: The Diarist as Witness to the Holocaust, with James Oberly

Mária Mádi (1898–1970) was a Roman Catholic Hungarian physician practicing medicine in Budapest in the 1920s and 1930s, and a single mother. Her daughter, petroleum geologist son-in-law, and newborn granddaughter relocated to the US summer 1941. After Pearl Harbor, she lost all communication connections to her family there. Stuck in Budapest and motivated to create a historical record for her family, she kept a diary chronicling her everyday life and the lives of her Jewish neighbors during a violent period of war, genocide and foreign occupation. Her diary from Dec 1941 to Dec 1945 offers one of the most complete pictures of ordinary life

during the Holocaust in Hungary. She also hid a Jewish family in her small flat Oct 1944 to Feb 1945. Mádi received a posthumous Righteous among Nations Medal from Yad Vashem, the World Holocaust Remembrance Center. Her family donated all her diaries to the US Holocaust Memorial Museum. James led a joint US-Hungarian research team based at the Univ of Wisconsin-Eau Claire and at Károli Gáspár Református Egyetem (The Reform Univ of Hungary) in Budapest in transcribing, editing, and annotating a selection of Mádi's writings focusing on the end of the war, from the Nazi invasion and occupation of Hungary, through the Battle of Budapest, to the ensuing Soviet occupation. *Budapest Blackout: A Holocaust Diary* was newly published Aug 2023 by the Univ of Wisconsin Press. James is Emeritus Prof. of History at the Univ of Wisconsin-Eau Claire.

Jan 23

Boldest and Most Beautiful: The Connecticut Valley in the Age of Scientists, Painters, Poets, and Parasols, with Peter LeTourneau

With landscapes called the “Boldest and Most Beautiful” in the nineteenth century, the Connecticut Valley played a vital role in early American science, art, and culture. The rise of the American School of landscape painting in the early to mid-1800s fostered the practice of touring, illustrating, writing about scenic locations, and ushered in a new national environmental ethic. By the end of the century, the distinctive geological formations of the Connecticut Valley had become national icons and the foundation of landscape tourism in the region. This extensively illustrated session features the landscape paintings of Thomas Cole, Frederic E. Church, and George H. Durrie. Peter teaches environmental science at Marymount Manhattan College, conducts earth science research at Columbia Univ. MA and PhD, Earth and Environmental Sciences, Wesleyan Univ, Columbia Univ, respectively.

Jan 30

He's the Top: Cole Porter's Music and His Story, with Marty Schneit

Cole Porter is recognized as one of the greatest composers for Broadway and Hollywood during the golden years. His musicals dominated Broadway from the 1930s to the 1950s. He ruled the Hit Parade with *Anything Goes*, *My Heart Belongs to Daddy*, *I Love Paris*, *Begin the Beguine*, *Can-Can*, *You're the Top*, *Let's Do It*, *Don't Fence Me In*, and more. Marty, an amateur historian, believes Porter's songs are among the greatest glories of the American songbook. The session will include photos and video clips.

Feb 6

The State of the Unions, with Steven Greenhouse in Conversation with Inara de Leon

In the wake of punishing strikes recently settled by the United Auto Workers' Union, SAG-AFTRA and the Writers Guild of America, and the promising union wins at Starbucks and Amazon – where is America's labor movement today? Steven, an award-winning former *New York Times* journalist, is an expert on labor and workplace issues. Author of several books on America's workers and labor unions, his most recent one is *Beaten Down, Worked Up: The Past, Present, and Future of American Labor*. *The Washington Post* called it “an invaluable read for anyone interested in understanding one of the more shameful aspects of America's status

quo: the persistence of a working poor who... work far harder than the rest of us yet live in a state of perpetual economic uncertainty, if not outright destitution.” Unions are not always heroic, Steven says, plagued in some cases by poor leadership, corruption and lack of vision. This session looks at the labor landscape today: the impressive contracts unions won, and unionization efforts at other major chains like Trader Joe’s and many other workplaces. Are the wins a harbinger of a new golden age for unions? How much does the tight labor market contribute to the recent successes? It also examines workplace issues like diversity, sexual harassment and wage violations. Inara is a former WNBC producer of politics.

Feb 13, 20, 27 (3 sessions)

We All Have Stories to Tell, with Bonnie Max

This is an opportunity to share our lives and perhaps to learn about ourselves. In each class a variety of prompts are given – images, questions, incomplete sentences, quotations. Each prompt offers room for interpretation. We’ll read our work aloud and listen to each other without judgment. At the end of listening, we reflect back the words or phrases we heard that resonated with us. Here’s what one student wrote about the experience: “The writing prompts were interesting, but the surprise was what they often triggered. Turned out my favorite part of the experience was learning new things about myself and others in the class.” Bonnie taught writing in the Center for Writing program and Drama Production at John Bowne H.S. in Queens for 20 years, taught writing to adults in Great Neck, NYC and Ghana.

1:00-2:15pm

Jan 9, 16, 30, Feb 6, 13, 20, 27 (8 sessions)

Poetry for Pleasure in the Winter, with Barry Wallenstein

These lectures with discussion will involve close readings of poems – classic, modern, and contemporary. Our aim is to listen to the sound poems make. What makes a successful language performance? We will discuss these works’ emotional truth, unity of expression, and attention-holding, pleasure-providing use of language. Barry Wallenstein is the author of 12 collections of poetry, most recently *It’s About Time*, as well as *Time on the Move* and *Tony’s Blues* (bilingual French and English).

Jan 23

CL&L Focus Group: What Does “Community” Mean to You? with Judy Langer

The word “community” is used a lot but what is a community and what does it really mean to us? A community can be a physical place, of course. And it can be “a group of people having a particular characteristic in common.” What communities – if any – do you feel really connected to? Your building, your neighborhood, formal or informal groups you belong or used to belong to, groups you identify with? We’d like to hear your thoughts and feelings. Judy, executive director of CL&L, conducted focus groups for over 40 years and wrote a book about them and other qualitative research methods. Barry Wallenstein will return next week.

2:45-4pm

Jan 9

Let's Add Some Music to the Story, with Karen Valen

There have been many plays that were turned into Broadway musicals: *Pygmalion* and *My Fair Lady*; *The Matchmaker* and *Hello, Dolly*; *Ah, Wilderness* and *Take Me Along*. We'll see clips, both with and without music. Leslie Howard as Henry Higgins rejoices in his triumph after passing Wendy Hiller off as royalty in *Pygmalion*. And then a joyous musical number as Rex Harrison and Wilfrid Hyde-White as Colonel Pickering congratulate themselves in *My Fair Lady* in "You Did It!" as Audrey Hepburn stands there unnoticed. Karen has been attending theater regularly since 1954 when Mary Martin flew past her in *Peter Pan*, and she ushers both on and off-Broadway.

Jan 16, 23, 30, Feb 6, 13, 20, 27 (7 sessions)

What Do You Think? Discussion, with Bill Goldman

This course is a group discussion of current events, focusing on significant economic, social, and political issues in the news. A few key articles from major newspapers and journals will be sent to students in advance to read so we can come to talk about our views on the subjects. We want to hear what you think! Bill Goldman has led current events discussion courses at SUNY New Paltz and Bard Lifelong Learning Institute; retired foreign service officer, US Agency for International Development.

WEDNESDAY

10:30-11:45am

Jan 10, 17, 24, Feb 28 (4 sessions)

Makers of History XXI: Shakespeare, St. Francis of Assisi & St. Joan of Arc, Newton, and Eisenhower, with Manfred Weidhorn

We'll revisit these historic figures, showing that almost all are complex characters, with good and evil traits intertwined in varying proportions. This semester Manny discusses William Shakespeare, one of the most famous of all human beings, but a very private and mysterious man; St. Francis of Assisi and St. Joan of Arc, the two most famous and attractive saints, whose dissimilar careers raise profound questions of what it means to be a Christian; Isaac Newton, who was called the greatest of all scientists by Einstein – but would you have wanted him to be a neighbor? and Dwight Eisenhower, the latest entry into the list of American victorious generals who then became a two-term successful president (to wit, Washington, Jackson, Grant). Manny looks at the broader context of what these famous figures meant in their time and ours, recounting their history and impact with analysis and humor. Professor emeritus of English, Yeshiva Univ, has published a dozen books and 100+ essays on historical figures, cultural history, and the relationship between religion and science.

Jan 31, Feb 7, 14, 21 (4 sessions)

The Beatles, the Psychedelic Middle Years: 1965-1967, with Scott McLaren (4 sessions)

The Beatles changed pop music and, more broadly, the culture, in their home country and the world. This is a follow-on to the fall semester class where we discussed the Beatles' rise to fame and the subsequent Beatlemania that spread across Britain, the USA and beyond. This course continues their story, discussing the impact of touring, their changing relationship with the press and audience, the influence of drugs, Bob Dylan, and the Beatles' wives/girlfriends.

Part #1: The music of *Rubber Soul* (1965) and *Revolver* (1966), and how the use of the studio and how their music was changing. Part #2: The impact of their no longer touring, how each band member explored solo projects, the changing roles within the band and their manager Brian Epstein's death. We'll also delve into the inspiration for and music of *Sergeant Pepper's Lonely Hearts Club Band* album (1967) and the *Magical Mystery Tour* film/EP.

1:00-2:15pm

Jan 10

What's in a Name? with Meish Goldish

Every person, place, and thing has a name. You no doubt know how you got your first name. But do you know how your family got its last name? Or how the names of the days of the week and the months of the year came to be? How about the planets in our solar system? Or the names of our states, cities, towns, and streets? You'll even learn why the most common street name in America is Second Street, not First Street. Plus you'll discover words that came from people's names, including *boycott*, *ignoramus*, *paparazzi*, *sideburns*, *gerrymandering* and *leotard*. Meish is the author of 500+ books, including *Oy Vey! A Yiddish Coloring Book?* for adults and has performed standup himself. He wrote for the television series *Shalom Sesame*, which first aired on PBS in 1986.

Jan 17

Laugh Loudly and Carry a Big Shtick, with Meish Goldish

Since the dawn of television, there have been many popular comedy-variety shows on the air, including *The Milton Berle Show*, *The Sid Caesar Comedy Hour*, *The Carol Burnett Show*, *Second City Television*, and *Saturday Night Live*. Each show featured either a cast of regulars or guest celebrities who performed in humorous skits. In this class, we will watch a number of hilarious short episodes (ones Meish hasn't shown previously). We'll discuss several questions (and of course try to answer yours): What makes each skit funny? Is it the writing, the acting or both? If a skit is decades old, would it still be considered politically correct to televise today? Meish is the author of 500+ books, including *Oy Vey! A Yiddish Coloring Book?* for adults and has performed standup himself. Wrote for the television series *Shalom Sesame*, which first aired on PBS in 1986.

Jan 24, 31, Feb 7, 14, 21 (5 sessions)

Picaresque Fiction: An Introduction, with Pilar V. Rotella

Picaresque fiction, from its origins in 16th century Spain to the present, has evolved and developed across time and space to constitute a well-established literary genre. In a typical picaresque novel, the *pícaro* or *pícaro*—a mixture of vagabond, trickster, and swindler, smart and unscrupulous—recounts his or her life story as a tale of survival against all odds in the midst of a hostile society. Viewed at first as merely entertaining, picaresque fiction has undergone a re-evaluation that highlights the complexity and depth of its social and psychological insight. We will read some of the shorter classics that provide a good introduction to this significant, intriguing, and often very amusing genre. Texts: Anonymous, *Lazarillo de Tormes*; H.J.C. von Grimmelshausen, *The Life of Courage*; Voltaire, *Candide*. Pilar is Professor Emerita at Saint Xavier Univ of Chicago. Taught undergraduate and graduate courses at St. Xavier, Univ of Chicago, Sarah Lawrence College, Chapman Univ, continuing education courses at Univ of California-Riverside, Marymount Manhattan College and NYU. Author of numerous scholarly articles published in academic journals in the US and abroad. MA, English and PhD Comparative Literature, Univ of Chicago.

Feb 28

Turning Failure into Success, with Tom Rich

Failure – it’s no fun, but it’s something we all experience. It is commonly cited wisdom that failures are valuable experiences from which we must learn. However, this is far more easily said than done. It’s important to realize that learning from failure is a skill that can and must be acquired and strengthened. This session will provide a series of techniques and principles for learning from failures and mistakes, covering such topics as planning, decision-making and post-analysis. You’ll walk away ready and eager for your next “catastrophe.” Tom talks about how we can do this in our lives, with failures big or small, past or present. He is a marketing professional and qualitative researcher who has conducted thousands of interviews and focus groups and has had more than his share of failures.

2:45-4pm

Jan 10

CL&L Focus Group: Are We Living in a Post-Covid World? with Judy Langer

For many people, concerns about covid have receded. They've returned to going to meetings, to movies, dining indoors, seeing friends in person, and so on. Others – especially older people – are still wary, especially about crowded places. Years after the start of the covid outbreak, some of us have lost family members or dear friends, or continue to live with long covid. In this CL&L focus group, we'll talk about what life is like today. Have you gone back to pre-covid habits? Or do you have new habits – like shopping online rather than in retail stores and voting by mail – that are likely to continue? How do you feel about the changes or lack of changes you and others have made? We'd like to hear from you. Judy, executive director of CL&L, conducted focus groups for over 40 years and wrote a book about them and other qualitative research methods.

Jan 17

New York's Original Penn Station: The Rise and Tragic Fall of an American Landmark, with Paul Kaplan

In early 20th century New York, few could have imagined a train terminal as grandiose as Pennsylvania Station. Yet, executives at the Pennsylvania Railroad secretly bought up land in Manhattan's infamous Tenderloin District to build one of the world's most spectacular monuments. Sandhogs would battle the fiercest of nature to build tunnels linking Manhattan to New Jersey and Long Island. For decades, Penn Station was a center of elegance and pride. But the ensuing rise of the airplane and automobile began to diminish train travel. Consequently, in the mid-1960s, the station was tragically destroyed. The loss inspired the birth of preservation laws in the city and the nation that would save other landmarks like Grand Central. Paul recounts Penn Station's trials and triumphs in a richly illustrated talk. He is the author of books on Irving Berlin, Lillian Wald, New York in the Progressive Era, Jewish New York, and Jewish South Florida.

Jan 24

Investigative Journalism Across Borders: A Conversation with a ProPublica Reporter, with Sebastian Rotella

Award-winner Sebastian talks about the challenges of international reporting for ProPublica, a prominent nonprofit which does investigative journalism in the public interest. From Latin America to Europe to the Middle East, he has reported on security issues, including terrorism, justice, intelligence and migration. His recent work has examined the rising global threat from China's authoritarian regime: espionage, political interference, organized crime and transnational repression of the Chinese diaspora. He will also discuss his 14 years as a journalist for ProPublica. During that time the organization has grown from a small New York newsroom to an acclaimed force in journalism with close to 200 employees nationwide. Sebastian's honors include a Peabody award, Columbia Univ's Moors Cabot Prize for Latin American coverage, awards from the Overseas Press Club, and Italy's Urbino Press Award. Two-time finalist for the Pulitzer Prize. Author of four critically acclaimed books: the crime novels *Rip Crew*, *The Convert's Song* and *Triple Crossing*, and *Twilight on the Line*, a non-fiction work about the Mexican border.

Jan 31, Feb 14, Feb 21 (3 sessions)

How Come Rom-Coms? Movie Discussions, with Bobbie Stein and Judy Langer

Some of the most popular and beloved movies are romantic comedies. We'll talk about some that continue to be on top over the decades: *Bringing Up Baby* with Katharine Hepburn and Cary Grant; *What's Up Doc?*, Peter Bogdanovich's tribute to *Baby*, with Barbra Streisand and Ryan O'Neal; and *When Harry Met Sally* with Meg Ryan and Billy Crystal. Meeting cute, from hostility to love, from friendship to coupling (with some very memorable lines) – they're all there. Bobbie and Judy ask that you watch the movies in advance so we can discuss what you think. They'll show the movie trailers, and talk about the themes, the reviews, the fascinating backstories of the filming and people involved.

Feb 7

CL&L's Poetry Teacher On His Own Poems, with Barry Wallenstein

Barry will present a reading of his own poetry and discuss his creative process. We'll look at and discuss a selection of his poems, with the aim of understanding their emotional truth, unity of expression and attention-holding, pleasure-providing use of language. Barry is the author of 12 collections of poetry, most recently *It's About Time*, as well as *Time on the Move* and *Tony's Blues* (bilingual French and English).

Feb 28

UFOs and UAPs: A Turning Point in History? with Alan Steinfeld

It has been a pop culture joke – a tinfoil hat comedy, and a threatening spoof by Orson Welles that Martians are landing. However, in 2017 a front-page article in *The NY Times* declared that Unidentified Anomalous Phenomena have been acknowledged as reality by the Pentagon. Why was the name changed from UFOs (Unidentified Flying Objects)? And what does it mean that insiders from the military are now coming forward in the halls of Congress to blow the whistle on the truth that has been hidden? Why do some believe this will eventually result in a constitutional crisis for the US Congress? The ultimate question is: why has this been kept a secret from the public for so long? To understand what a game-changing moment in the history of human civilization is happening, we will discuss the history of changing worldviews. This includes the time when the Earth was no longer flat or the center of universe. How does the understanding that we are not alone in the universe shift the idea of who and what we are? We will also discuss the coming Senator Chuck Schumer amendment which specifically addresses the presence of “non-human intelligence.” Alan has been a long-time teacher at CL&L, teaching classes from art history to Rock and Roll. He is the producer/host of the YouTube channel program *New Realities*. Additionally, he is the author of the award-winning book, *Making Contact: Preparing for the New Realities of Extraterrestrial Existence*, available on Amazon.

THURSDAY

10:30-11:45am

Jan 11, 18, 25, Feb 1, 8, 15, 22, 29 (8 sessions)

Law in the Headlines: Current Legal Controversies, with Leora Harpaz

It often seems that high-profile legal controversies are almost a daily occurrence now, making them lead stories in the news. Leora will discuss cases before the Supreme Court that will be decided this Term involving important issues. A number of those cases in various ways focus on two areas of the law: social media and federal administrative agencies. The first set of cases will provide the Court with its first opportunity to decide how social media companies can be regulated. The second set allows the Court to continue its project of limiting the power of administrative agencies. Other important cases will allow the Court to revisit the issue of gun restrictions. Major issues related to the 2024 presidential election may also reach the Court. High-profile legal controversies still in the lower courts will also be discussed. Students will have an opportunity to make suggestions for topics that they would like to hear about in upcoming classes. Leora is professor emeritus who taught constitutional law at Western New England Univ. School of Law; founded the annual Supreme Court Conference, where she has

been a speaker for 20+ years. Since becoming an emeritus professor, she has taught in the Political Science Dept., Hunter College, and in other senior learner programs.

1:00-2:15pm

Jan 11, 18, 25, Feb 1, 8, 15, 22, 29 (8 sessions)

Politics 2024, with Larry Geneen

It's official: election year is here. It kicks off with the Iowa Republican presidential caucuses mid-January, followed by a slew of primaries for both parties. Current polling shows former president Donald Trump way ahead of his main rivals, Gov. Ron DeSantis and former Gov Nikki Haley. On the Democrat side, incumbent Joe Biden is expected to be the nominee, although he is being challenged. Both leaders face serious questions about their age. What will matter most to voters – pocketbook matters, abortion, voting rights, other culture war issues? Closer to home, we'll focus on NY Governor Kathy Hochul and Mayor Eric Adams. Always lively and well-researched, Larry looks at the political landscape as it continues to change. Join us for this interactive class. Larry is a risk management consultant, former COO of the American Management Assoc, EVP of Johnson and Higgins.

2:45-4pm

Jan 11

Shifting Modern Culture in the Art of Tattooing, with Madison Shevlin and Julia Picozzi

From the dawn of time, humans have been participating in body modifications and expressing themselves through art. Flash forward to 2023 and a tattoo shop is nothing like it was decades ago, full of sailors and bikers. The art of tattooing has been transformed drastically within a relatively short period of time. Keeping up with changes in technology is only one of the major cultural shifts seen by clients and artists alike. Madi, having joined the world of tattooing at age 17, has experienced this evolution firsthand. She works as a full-time tattoo artist and has dedicated much of her work towards trauma informed pieces, thus helping people work through their darkest moments by putting beautiful, personalized art on their bodies. At 23 years old, Madi is the owner of Resilient Visions tattoo shop in Red Bank, NJ, and is working on her art therapy degree at Brookdale Community College. Julia's senior thesis at Marymount Manhattan College was on tattooing; she is a tech consultant to CL&L.

Jan 18

Broadway Goes to War: From *Shenandoah* to *South Pacific* to *Hair*, with Karen Valen

War has been a topic of many Broadway plays and musicals. We'll see clips from selected shows. Many wars and conflicts, many songs: French Wars of Religion, Revolutionary War, French Revolution, Civil War, WW1, WW2, Vietnam, The Troubles in Northern Ireland. There is a wide range in the tone of the musical numbers – from spirited and upbeat to impassioned to

mournful. Karen has been attending theater regularly since 1954 when Mary Martin flew past her in *Peter Pan*, and she ushers both on and off-Broadway.

Jan 25

The 2023 Election Results: What Were the Results, Why, and What Might They Tell Us about the Next Election? with Michael Sica

Though an “off year election,” there was, in fact, a lot on the ballot in 2023. This included gubernatorial and state legislative elections; a series of special elections, some in swing states. State constitutional measures, ballot initiatives and “culture wars” were also on the ballot. We will review the final results and explore their implications for the 2024 election cycle – the party primaries and the November elections. Michael is a retired human resources director, amateur historian. HR positions at Yeshiva Univ; Brink’s, Inc.; the Port Authority of New York and New Jersey. The Board of Examiners Assessment Specialist, NYC Board of Education. Currently elected Council Member in the Borough of Woodland Park, NJ.

Feb 1, Feb 8 (2 sessions)

The Concert Hall Becomes American: Exploring Twentieth Century Icons, with Jamie Bernstein

As the 20th century got under way, American music in the concert hall was finding its own musical identity; it would no longer be merely a pale imitation of Europe. The exciting new compositions reverberating in concert halls across the US allowed audiences to hear their nation's own unique musical tributaries merging together to form a bold, new, identifiably American musical current. Thanks to the invention of recorded sound, we can actually hear American music coming into being, all these years later. We can marvel at the way American composers reflected their nation's values through inclusivity and activism. Jamie explores four iconic 20th century composers who helped create a uniquely American flavor of classical music. Session #1: Gershwin and Ellington – Jazz Moves Into the Concert Hall. Two young outliers, one African American and one the son of Jewish immigrants, each soaking up the music from the sidelines of the Cotton Club in Harlem. Session #2: Copland and Bernstein – The Dance of Composing and Conducting. Copland, the elder musician, was a composing mentor to the younger one – but the inverse was true when it came to conducting. Together, these two giants of 20th century American orchestral music made an indelible imprint on music, which continues to this day. Jamie is the author of the memoir, *Famous Father Girl*, and is a narrator, broadcaster, and filmmaker.

Feb 15

What Does a Retired NY District Attorney Officer Do? Humanitarian Work and Writing Detective Stories, with Frank Hickey

Frank gives us an update on his firsthand account of his recent humanitarian support work in Ukraine as the challenges continue. A real-life former undercover NYC detective, he is also a published author of several entertaining crime novels featuring Dancing Max Royster. While in his 60s and unable to run fifty yards or see his own feet under a beer belly, Max struggles to rebuild after the New York cops fired him for depression and hijacked his pension. Ballroom dancing becomes his post-retirement salvation. Frank served in the office of New York District Attorney Robert Morgenthau, who he calls his hero.

Feb 22, 29 (2 sessions)

The Art of Journaling: Just 20 Minutes a Day, with Karen Gershowitz

As we all know, memory can be “fluid.” It’s difficult to take in all our new experiences when they’re happening, and it’s even harder to recall them after the fact. Journaling helps us record those experiences, so they remain vivid. And it can also help us tap into our inner wisdom. When done regularly, it enables us to be more observant of the world around us. For those of us who travel, it is a way to record details of current trips and bring memories of past trips back to life. Karen will provide creative prompts, journaling exercises, and practical tips to help you have a fulfilling journaling practice. No writing experience is needed. We will spend some time journaling, so please be ready with pen and paper or your electronic device. A former qualitative researcher and marketing strategist, Karen has conducted thousands of meetings, focus groups and interviews around the world.