

ALVERNIA UNIVERSITY



Daytime Classes & Activities

Spring Session 2018

March 21 - May 11

610-796-8357

Or visit us on the website:

www.alvernia.edu/academics/seniorscollege

Explore your world. Expand your horizons.

Alvernia Seniors College

Seniors College Administration

Daria Tecco LaTorre, J.D., *Dean*
Sally Reading, *Director*
610-796-8357

Membership is open to individuals age 55 and over with an interest in learning. Seniors College is a cooperative where members have an opportunity to support its objectives through participation on planning committees or by serving as course instructors. Members are also invited to attend Seniors College social events and activities.

Call 610-796-8357 for information on membership or activities.

Alvernia Seniors College members may take classes at any location. We reserve the right to cancel classes due to insufficient enrollment. Classes may also be cancelled due to inclement weather. Every attempt will be made to schedule a make-up class.

Active membership extends one year from the time of payment. To assist individuals in keeping their membership current, mailing labels contain membership expiration dates located above addressees' names. Dates do not appear above the name of inactive members. Annual membership categories are:

Basic Membership • \$50 annually

Basic Membership PLUS • \$100 annually

Friends • \$150 annually

Benefactor • \$1,500 (lifetime)



Seniors College Clubs

Lunch Bunch Discussion Club

Every TUESDAY 11:15 AM (lunch) – 12:30 PM (program)
Alvernia University, Student Center Dining
Hall/Seminar Rooms
Lunch 11:15AM – Program 12:30 – 2:00 PM – Tuesday, March 27 –
Sneak Preview of Upcoming Classes

CLASSES BEGIN MARCH 26TH

March 27 – Sneak Preview of Upcoming Classes
April 3 – “Changes in the Newspaper Business During My 45 Year Career” - Harry J. Dietz, Jr., Retired Associate Publisher and Editor, Reading Eagle Company
April 10 – “A Personal Story About Traumatic Brain Injury” - Dr. Jodi Radosh, Associate Professor, Alvernia University
April 17 – Rabbi Alan Weitzman Award Luncheon
April 24 – “The Current Investment Climate” - Virgil Kahl, The Money Doctor
May 1, May 8 – “Is the Constitution Alive and Well Today?” - Judge Jeffrey Sprecher

Book Review Club

First Wednesday of every month – Resumes April 4 11:30 AM – 1:00 PM – Student Center, Private Dining Rm. Call Dianne Walker – 610-413-0790
Review April 4 – “Hillbilly Elegy” by J.D. Vance
Review May 2 – “Thanks for Being Late” by Thomas Friedman
Review June 6 – “Killers of the Flower Moon: The Osage Murders and the Birth of the FBI” by David Grann

The iPad Club

Third Wednesday of every month – resumes March 21 11:30 AM – 1:00 PM Upland Center, Community Room 103 This is a time for iPad users to share iPad knowledge. Meetings will discuss iPad user problems, frustrations, and fun.
Call Karen Focht - 610-777- 9305

MONDAY

Sustaining Well-Being: New Information about Medications – 2 weeks

Joseph Daly, R.Ph.

Aging today is exciting due to medication that can help us sustain well-being. Topics covered in this course include: 1) Lessons from a fatal medication error; 2) Clarifications about high cost of medication; 3) Reducing use of prescription medications; and 4) Can you prevent Alzheimer’s Disease?

Dates: 4/9, 16 Time: 10:00 AM– 11:30 AM
Place: Upland Center, Rm. 228 Cost: \$25.00

#Keys Strong: “Conch”-ering Irma - 2 Weeks

Dr. Scott Ballantyne; Col. Robert Ballantyne

This program is a fishing story and a heartfelt tale of the lower Florida Keys and Key West. The story of a proud tour-ist and fishing destination devastated by Hurricane Irma and the resilient “Conchs” (as the locals call themselves) rebuilding their community. Learn about the habitat and its survival and follow the efforts of many on their quest to return to normalcy...if that’s possible in the Keys!

Dates: 4/23, 30 Time: 10:00 – 11:30 AM
Place: Upland Center, Community Rm. 103 Cost: \$ 25.00

Designer Genes, DNA, and Human Evolution – 5 Weeks

John Kissinger

1: Conclusion of Hex Marks the Spot course – March 26
2: Designer Genes, DNA, Human Evolution – April 9, 16,23,30. In this course we will survey the history and development of our understanding about human origins. We will examine how our views on human origins have changed over the centuries, and will study how recent research and findings on the human genome and emerging DNA knowledge influences our current understanding about who we are, where we came from and where we’re going...

Dates: 3/26; 4/X, 9,16,23,30 Time: 1:00 PM – 2:30 PM
Place: Upland Center, Community Rm. 103 Cost: \$45.00

TUESDAY

“For Richer or Poorer” (A close reading of The Pearl by John Steinbeck) - 3 Weeks

Dr. Thomas Bierowski

Affluence, poverty, class, race, happiness. We will discuss the relationship between them all in this novella published in 1947.

Dates: 4/3,10, 17 Time: 10:00 AM – 11:30 AM
Place: AU Student Center, 1st Floor Cost: \$35.00

The Glories, Cultures, and Challenges of India – 2 Weeks

Rev. Shaji Silva

Let’s get real about India! What is the landscape like? Who are its people? How do they live? What do they value? What was it like to be part of the British Empire? What has life been like since 1947 when India received its independence? And what about Indian fishing villages? Fr. Shaji Silva, a native of India who grew up in a remote fishing village, is a fascinating speaker who will share first-hand knowledge of his experience and memories of India.

Dates: 4/24; 5/1 Time: 10:00 AM – 11:30 AM
Place: AU Student Center, Sem. Rms. Cost: \$25.00

Wyeths, Wyeths, and More Wyeth: A Family of Art & Artists – 3 Weeks

Carol Hession/Cynthia Davenport

The Wyeth family and the brilliant art they produced are fascinat-ing to artists and to art connoisseurs. What makes the Wyeths—people and paintings—who they are? We will contextualize the events and history that shaped Wyeth art and Wyeth lives to learn how each generation inspires the next.

Dates: 4/17, 24; 5/1 Time: 2:30 PM– 3:30 PM
Place: The Highlands of Wyomissing, 2000 Cambridge Ave. Wyomissing PA 19610 Cost: \$35.00

WEDNESDAY

Kaballah – 3 Weeks

Rabbi Jack Paskoff

This exploration of Kabbalah will focus on creation, the role of human beings within the universe, rewards and punishment, and pain and suffering. Related topics to be considered will include angels, miracles, evil, and life after death.

Dates: 4/18,25; 5/2 Time: 10:00 AM – 11:30 AM
Place: Upland Center, Board Rm. 227 Cost: \$35.00

Art in Washington, D.C. - 4 Weeks

Barbara Post, Artist

Two outstanding art Museums in D.C., the Smithsonian American Art & National Portrait Gallery continue to offer masterpieces that merit our attention. Looking at their creations, we’ll talk about these artists both famous and infamous, plus the Museum philanthropist who made these treasures free and available for us all.

Dates: 4/4, 11, 18, 25 Time: 11:30 AM – 1:00 PM
Place: Upland Center, Board Rm. 227 Cost: \$40.00

Chief Pontiac’s Rebellion – 1 Session

Steve Runkle

Explore the causes of the Native American Rebellion lead by the Ottawa Chief Pontiac against the English colonies during 1763 and 1764. A chronology of events related to the Susquehanna River Basin during these years include Native American assaults on British fortifications, Bouquet’s punitive expeditions, the First Wyoming Massacre, the massacre of the Conestogas, the return of the captive settlers, and Sir William Johnson’s role in formulating the Treaty of Fort Stanwix.

Dates: 4/25 Time: 1:00 PM – 2:30 PM
Place: Upland Center, Board Rm. 227 Cost: \$20.00

Attempting to Understand School Shootings – 5 Weeks

Nicole Bowman, “Mom’s Demand Action”; The Honorable Arthur Grim; Professor Barry Harvey, Alvernia University, Pennsylvania State Police, Ret.; Commander William LaTorre, Pennsylvania State Police, Ret.; Edward B. Michalik, Psy.D. Administrator Berks County MH/DD; Criminal Justice Students, Alvernia University.

School shootings and massacres are regrettably becoming common events that devastate the lives of individuals, families, and communities. What are the causes of these tragedies? What can be done to end this scourge? For what is it realistic to hope? Join a team of experts who will help us to reflect intelligently on the problem of school shootings and on the problems that cause them.

Dates: 3/28; 4/4,11,18, X; 5/2 Time: 2:00 PM– 3:30 PM
Place: Upland Center, Board Rm. 227 Cost: \$45.00

THURSDAY

The Seasons of the Heart’s Journey– 5 Weeks

Sister Jean Jacobchik, OSF

Contemplate the four seasons of the earth—Spring, Summer, Autumn, and Winter—and simultaneously journey through the four seasons of your own life. Discover that the cycle of life’s seasons slowly and gently compels you to become your truest and most real self.

Dates: 4/5,12,19,26; 5/3 Time: 10:00AM – 11:30 AM
Place: Upland Center, Board Rm. 227 Cost: \$45.00

Broadway Dance: Dancing Through the Past Into the Present – 2 Weeks

Jessica Warchal-King

Within many cultures, expressive physical movements help dancers to connect with their inner selves. This course invites you to experience contemplative dance, and discover and express profound aspects of yourself that you will never know until you dance them into existence!

Dates: 4/5,12 Time: 11:30AM – 1:00 PM
Place: Campus Commons & Fitness Center- Dance Studio Cost: \$25.00

The History of Robots - 3 Weeks

Dr. Kevin Donnelly

In current debates about our “robot futures,” there are usually two camps: doomsayers and enthusiasts. At the heart of this debate is the question: “What separates humans from the machines”? The course will draw on a rich history to identify how we have historically defined ourselves in relation to machines, robots, and other automata.

Dates: 4/5,12,19 Time: 2:00 PM – 3:30PM
Place: Upland Center, Board Rm. 227 Cost: \$35.00

FRIDAY

Stretch, Move to Music, and Be Cool – 2 Weeks

Julia Dunst

Essential components of health and well-being are movement and exercise. For many of us, opportunities to move around and keep fit are often in short supply. This course will provide instruction about movement and stretching that can be done with music from where you sit – in your chair.

Dates: 4/20, 27 Time: 10:00 AM – 11:30 AM
Place: Upland Center, Rm. 228 Cost: \$25.00

The Stories of Our Life: Retelling, Writing & Reframing - 5 Weeks

Sister Christen Shukwit, OSF

Each person has experienced a life that has been filled with joy, sadness, questions, discoveries, and surprises. This class is open to all who would enjoy writing about their thoughts and experiences. Each class will include (1) a 5-minute writing prompt, (2) in-class opportunities to write, and (3) a suggestion for writing during the week. Class participants will be invited to share their work and receive supportive feedback. Leave a legacy about your life to your family!!!

Dates: 4/6,13,20,27; 5/4 Time: 11:30 AM – 1:00 PM
Place: Upland Center, Rm. 228 Cost: \$45.00

MINI-COURSE

AAA Driver Education Safety Program

Refresher Course – 1 Session (4 hours)

Basic Course – 2 Sessions (each class will be 4 hours)

Edith Bleichart

This course presents guidelines to reduce risk factors when driving and identify potential problem areas for older drivers. It also lists the 5 types of crashes that older drivers are most involved in, as well as giving solutions on how to handle them. In addition it covers topics on alcohol, drugs and medications; new technologies in automobiles; and so much more.

Contact AAA to enroll in class and pay fees. AAA phone number is: 610-374-4531. Newcomers to the AAA program will take the 8-hour course. The Refresher Course will be offered at a 4-hour session. Veterans of the Armed Services are admitted free of charge. [A minimum of eight participants will be required.]

Dates: Friday, April 20 – Refresher course (4 hours)
Place: Upland Center, Room 103

Time: 9:00 AM- 1:00 PM

Dates: Thursday, April 12; Friday, April 13 (4 hours each day)

Place: Student Center, Seminar Rooms

Time: 9:00 AM – 1:00 PM

Cost: \$15.00 – One AAA member

\$25.00 – Husband and Wife AAA members

\$25.00 – Non-members

Name (Dr./Sr./Mr./Mrs./Ms.): _____

Home Phone _____

Cell Phone _____

Email Address _____

Address: _____

City: _____ State: _____

Zip: _____

Course	Day	Time	Cost
Membership Fee			
<input type="checkbox"/> Basic \$50			<input type="checkbox"/> Basic PLUS \$100
<input type="checkbox"/> Friend \$150			
<input type="checkbox"/> Benefactor \$1,500			\$ _____
Total Course Fees			
			\$ _____
Total			
			\$ _____

I understand that Alvernia University has no legal responsibility for my physical welfare while I attend Seniors College classes or events.

Please make check payable to Alvernia University and mail to:
Alvernia Seniors College • 400 Saint Bernardine Street • Reading, PA 19607