

**ALVERNIA**  
UNIVERSITY



## Daytime Classes & Activities

# Fall Session 2015

September 9 - November 20

610-796-8357

Or visit us on the website:  
[www.alvernia.edu/academics/seniorscollege](http://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*

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.*

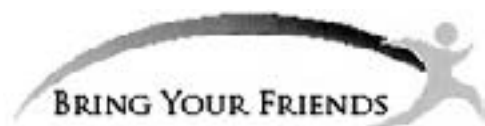
Active membership extends one year from the time of payment. To assist individuals in keeping their membership current, mailing labels contain membership expiration dates located above addressees' names. Dates do not appear above the name of inactive members. Annual membership categories are:

**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

**September 22-** Tuesday - Sneak Preview of Upcoming Classes  
(**Note change of day**) Lunch 11:15AM - Program 12:30 – 2:15 PM

**September 29-** “Immigration Detention of Families” - Joe Cackley, Immigration Advocate

**October 6** - “Forgiven”, The Amish Shooting, A Mother’s Love, and a Story of Remarkable Grace - Author, Terri Roberts

**October 13** - “Age-Related Hearing Changes” – Hearing Health - Dr. Kathleen Vivaldi, Audiologist

**October 20** - “Blazing New Trails at Hawk Mountain” – Craig George, Director of Advancement

**October 27** - “Human Body Evolution” - Dr. Barton Smith

**November 3** - “Organic Pasture-Raised Hog Production” – Ross Duffield, Rodale Farm Manager

**November 10** - “The Islands of Micronesia, History & Culture to the Present Time” - Barbara and Rev. Dr. Paul Hetrich

**November 17** - “Determining Appropriate Sentences for Misdemeanors or Felony Offenses” - Nancy Xavios, Sentencing Policy Specialist, PA Commission on Sentencing

### Book Review Club

First Wednesday of every month – (Note date change) beginning September 9 through December 2

11:30 AM – 1:00 PM Student Center, Private Dining Rm. — Call Dianne Walker - 610-413-0790

Review “Being Mortal” by Atul Gawande – September 9

Review “The Girls of the Atomic City” by Denise Kiernan — October 7

Review “ Molokai” by Alan Brennert – November 4

Review “ Proof of Heaven” by Eben Alexander - December 2

### iPad Club

Third Wednesday of every month— beginning September 16 through December 16

11:45 AM – 1:00 PM Upland Center, Community Room 103

Call Ernie Kasprovicz - 610-678-4056

This is a time for iPad users to share iPad knowledge. Meetings will discuss iPad user problems, frustrations, and fun.

**\*\*\* Parking is available at Upland Center. Shuttle Bus available.**

**There is no parking on Main Campus.**

### The New Horizons Band at Alvernia University

Each Wednesday – beginning September 2 through December 2

9:30 – 11:45 AM, Francis Hall Room 104

Call Jim Seidel, Director – 484-332-7005

### Alvernia Seniors Womens Chorus - The Vintage Voices

Each Tuesday – beginning September 15 through December 8

1:00 – 2:30 PM

The Yocum Institute, 1100 Belmont Avenue, Wyomissing

Call Deanna Reuben, Director - 610-207-7261

## MONDAY

### **It’s a Man’s World – Unless You’re a Woman: the Emerging Secrets of Human Herstory - 5 Weeks**

*Professor John Kissinger*

*Over the past century, emerging new evidence, and new ways of interpreting old evidence, suggests that our understanding of roles of men and women in the story of humanity are skewed in favor of male-dominated, patriarch-focused views, views of relatively recent development. In this course, we will (re)examine the evidences coming to light that give women more important and active roles than those traditionally understood. We will invoke archaeology, mythology, literature, religion, and herstory, to give new meanings to the nineteenth century poet’s line: “the hand that rocks the cradle is the hand that rules the world.”*

Dates: 10/19,26; 11/2,9,16

Time: 10:00 – 11:30 AM

Place: Student Center, Seminar Rooms

**Cost: \$45.00**

### **Who Knew That It Was Women Who Made It Happen: Pioneering Women of the Twentieth Century- 4 Weeks**

*Hallie Vaughan*

The Triangle Shirtwaist Fire. Child Labor Laws. Workman’s Compensation. Social Security. American women began to blaze a trail for equality for women beginning in 1920. We will look at some amazing women in history who fought to ensure the rights of women and children, including Frances Perkins, Jeannette Rankin, Alice Paul, Amelia Earhart and Eleanor Roosevelt.

Dates: 10/5,12,19,26

Time: 1:00 – 2:30PM

Place: Upland Center, Comm. Rm. 103

**Cost: \$40.00**

### **The History of the U.S. Marine Corps Band- 1 Session**

*Col. Tim Foley, Former Conductor*

Col. Tim Foley was the former leader of the U.S. Marine Corps Band—famously known as “The President’s Own.” Join him as he tells of his experience by recounting history and remembering anecdotes of the U.S. Marine Corps Band.

Date: 11/9

Time: 1:00 – 2:30 PM

Place: Upland Center, Board Rm. 227

**Cost: \$20.00**

## TUESDAY

### Celebrate the Beers and Wines of Berks—2 Weeks

Colin Presby, Brewmaster, Golden Avalanche Brewing Company—Kutztown Tavern; Missy Blair, Wine Vitner, Manager, Blair Vineyards  
Berks County produces an abundance of premier beers and wines. Learn about the history, production, ingredients and flavors of our own delicious beers and wines. Talk with our brewmaster and vitner. Pumpkin beer anyone? Three Sisters Red Wine?

Dates: 10/6, 13 Time: 10:00 – 11:30 AM  
Place: Upland Center, Community Rm. 103 **Cost: \$25.00**

### Uncluttered: Living the Gift of Simplicity – 4 Weeks

*Sister Jean Jacobchik, OSF*

Our lives are cluttered. We need to unclutter both our physical and our inner life. Learn how to embrace the simplicity of gratitude, humility and detachment by living in each present moment to the fullest. To live simply is a wise choice.

Dates: 10/27; 11/3,10,17 Time: 2:00 – 3:30PM  
Place: Upland Center, Board Rm. 227 **Cost: \$40.00**

### Sentencing Guidelines in Pennsylvania – 1 Week

*Nancy Xavios, Sentencing Policy Specialist*

In Pennsylvania courts must consider sentencing guidelines in determining appropriate sentences for individuals convicted of misdemeanor or felony level offenses. This session will provide an overview of Pennsylvania’s guidelines and their use in the criminal justice system.

Dates: 10/20 Time: 2:00 – 3:00 PM  
Place: The Highlands of Wyomissing **Cost: \$20.00**

## WEDNESDAY

### Retrieving the Ancients: Reading Plato’s, “Allegory of the Cave” - 3 Weeks

*Dr. Josh Hayes*

It has been often been remarked that philosophy is merely a footnote to Plato. This course will consider the immense contribution of Plato to the history of Western philosophy by focusing explicitly upon the composition of the “Allegory of the Cave” in his most well-known dialogue, the *Republic*.

Dates: 9/30; 10/7,14 Time: 10:00 AM – 11:30 AM  
Place: Upland Center, Rm. 154 **Cost: \$35.00**

### Berks County Crafters – 5 Weeks

*Terry & Judy Boyer; Eric Claypoole; Patrick Donmoyer; Carol Heppe; Paul Grecian*

Carol Heppe, Director of the Quilting Barn at the Kutztown Folk Festival, will introduce the judging criteria and the selection process for determining prize quilts and present the winning quilts. Paul Grecian will show case prize-winning photographs. Eric Claypoole will exhibit HEX signs and speak about their symbolism. Terry Boyer will exhibit log cabin replicas; Judy Boyer will display flower art. Patrick Donmoyer will give a presentation on Pennsylvania Dutch folklore.

Dates: 10/21,28; 11/4,11,18 Time: 10:00 – 11:30 AM  
Place: Upland Center, Community Rm. 103 **Cost: \$45.00**

### The Ever-Changing World of Art Treasures - 3 Weeks

*Barbara Post, Artist*

What determines the value of a much-loved painting? Is it always what ever the market will bear? How original, really, is a work of visual art? Who are the owners? From Renaissance times to present day, including a glimpse at the Nazi plunder of art in Europe, join us as we look at the buying and selling, theft, gifts, forgeries, and more in this intriguing world of art. The film, “The Rape of Europa” will be viewed followed by an audience discussion (date to be determined).

Dates: 10/7,14,21 Time: 11:30 AM– 1:00 PM  
Place: Upland Center, Board Rm. 227 **Cost: \$35.00**

### 3 Women, 3 Cultures, 3 Countries – 3 Weeks

*Carol Hession; Cynthia Davenport*

An exploration of the lives of three artists from the twentieth century will be featured. Learn how their life experiences affected their work and the roles played by different cultures. These artists are Frida Kahlo, Georgia O’Keefe, and Emily Carr.

Dates: 10/14,21/28 Time: 1:30 – 3:00 PM  
Place: Upland Center, Community Rm. 103 **Cost: \$35.00**

### Church & State: How Solid is the Wall of Separation – 3 Weeks

*Donald F. Smith, Jr., Esquire*

The Supreme Court decision on same-sex marriage will be examined & its implications explored on the exercise of religious freedom. The course includes a review of the courts’ important decisions on church-state relationship.

Dates: 11/4,11,18 Time: 1:30 – 3:00 PM  
Place: Upland Center, Rm. 226 **Cost: \$35.00**

## THURSDAY

### Living Long & Living Well – 5 Weeks

*Rev. Elton Richards & Guest Instructors*

How can we delay dementia? What are the signs of Alzheimer’s disease? Why and where and when do seniors fall? How can we prevent falls? How can technology make a difference in our quality of life? What is available now and what is coming? What are the differences among the generations. How can I age in place by staying at home? What is the latest on how seniors eat and exercise?

Dates: 10/1,8,15,22,29 Time: 10:00 – 11:30 AM  
Place: Upland Center, Community Rm. 103 **Cost: \$45.00**

### Presidential Candidates Election 2016– 3 Weeks

*Reneé Dietrich, League of Women Voters; Kevin Murphy, President, Berks County Community Foundation - Dr. Jodi Radosh, Assoc. Professor, Alvernia University; and Joseph Powers, Adjunct-Instructor, Temple University & St. Joseph University.*

Who are the candidates? What do we expect from them? What talents and abilities do we need from our next President? This will be a great opportunity to learn about the issues that will make a difference in the next presidential election.

Dates: 10/15,22,/29 Time: 11:30 AM – 1:00 PM  
Place: Upland Center, Community Rm. 103 **Cost: \$35.00**

### You’re Gonna Love Your iPad - 3 Weeks

*Michael Nerino*

Come learn why the iPad is so popular among many in the Seniors College. Get on board with the latest “tablet technology”. This three session course will provide an introduction to the Apple iPad. It will cover some of the more popular iPad applications. Bring your own iPad. A limited number of iPADS will be available for sharing. Priority reserved for those who have not previously attended. Former students welcome subject to availability.

Dates: 11/5,12,19 Time: 11:30 AM – 1:00 PM  
Place: Upland Center, Community Rm. 103 **Cost: \$35.00**

### Legacy/Life Story Writing – 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: 10/1,8,15,22,29 Time: 1:00 – 2:30 PM  
Place: Upland Center, Rm. 225 **Cost: \$45.00**

### The Flight of the Fleeing Felon – 4 Weeks

*Daria LaTorre, Esquire, Barry Harvey, Rosemary McFee, Reading Police Officers George & Christian Morar*

There is much in the news about law enforcement and its use of deadly force to detain suspects. Learn the facts and laws from the experts. When they are running away from you, can you can legally shoot them?

Dates: 10/29; 11/5,12,19 Time: 1:00 – 2:30 PM  
Place: Upland Center, Board Rm. 227 **Cost: \$40.00**

## FRIDAY

### Make Your Own Probiotic-Rich Foods and Drinks at Home – 2 Weeks

*Ashley Welikonich Davidock, CPT, DHom – Mind-Body Specialist*

The health of your body begins in the “gut.” Many chronic diseases are caused by inflammation, which is linked to a lack of healthy bacteria in the GI tract. While many are taking yogurt and probiotic supplements, these are not without flaws. There is a healthier and easier way to make your own probiotics at home in delicious foods and drinks that are simple, cost-effective, and fun. We will cover the science of bacterial balance, the history of fermentation, and step-by-step instructions for making kombucha, water kefir, sauerkraut, and pickles from the comfort of your home.

Dates: 10/16, 23 Time: 10:00 – 11:30 AM  
Place: Upland Center, Community Rm. 103 **Cost: \$25.00**

### Berks County and the Civil War - 4 Weeks

Presented by Berks History Center/Henry Janssen Library

*David Fox, Mark Plum, David Unger, Hallie Vaughan*

Although the armies of the North and South never fought in Berks County, this does not mean that the people of Berks County were inactive or never felt the effects of the Civil War. Many locally known men courageously served their country, some making the ultimate sacrifice. Citizens of Reading also feared a Confederate invasion. Throughout this series information will be presented that brings the Civil War, literally, home to Berks County.

Dates: 10/30; 11/6,13,20 Time: 10:00 – 11:30AM  
Place: Upland Center, Community Room 103 **Cost: \$40.00**

## MINI – COURSE

### AAA Driver Education Safety Program - 2 Sessions (class will be 4 hours)

*Edith Bleichert*

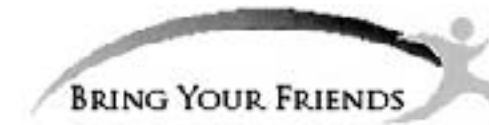
This course presents guidelines to reduce risk factors when driving and identify potential problem areas for older drivers. It also lists the 5 types of crashes that older drivers are most involved in, as well as giving solutions on how to handle them. In addition it covers topics on alcohol, drugs and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

Newcomers to the AAA program will take the 8-hour course. You must bring a AAA membership card and a Pennsylvania drivers license. Veterans of the Armed Services are admitted free of charge. [A minimum of eight participants will be required.]

Date: Thursday, October 22 and Friday, October 23  
Time: 9:00 AM – 1:00 PM  
Place: Alvernia University, Upland Center, Room 154  
**Cost: \$15.00 – one AAA member**

**\$25.00 Husband & Wife AAA members**

**\$25.00 Non-member (paid in cash during the 1st session.)**



## Application & Registration – Fall Session 2015

Name (Dr./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                                   |
|        |     |      |      | \$ _____  |
|        |     |      |      | <b>Total Course Fees</b> \$ _____   |
|        |     |      |      | <b>Total</b> \$ _____   |

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