



UCALL

**UNION COLLEGE
ACADEMY FOR
LIFELONG LEARNING**

UCALL's mission is to provide opportunities for intellectual development, cultural stimulation and social interaction for adults through courses, excursions and special events.

Union College Academy for Lifelong Learning (UCALL) is a welcoming and inclusive membership organization for adults who enjoy learning. UCALL offers three semesters of courses (fall, winter and spring), with pop-up lectures and trips offered throughout the year. Our courses cover a wide range of topics and are presented by volunteers from the UCALL membership, Union faculty and community leaders. All courses are non-credit with no exams or pre-requisites.

WINTER 2024

Winter courses will be offered either in-person only or by Zoom only. Zoom sessions will also be recorded for later viewing. In-person classes will take place on the Union College campus. UCALL membership is required to register for the winter session.

MEMBERSHIP FEES AND TUITION

- Annual membership fee (September – August) is \$75 per person.
- Tuition is \$55 per course.

Financial assistance is available for membership and course fees. Please contact UCALL Director Valerie D'Amario at 518-388-6675. All requests are confidential.



REGISTRATION:

Register and pay for the winter session online at www.union.edu/ucall.

For more information, or to register over the phone, please call 518-388-6072.

For additional details on courses visit www.union.edu/ucall

Psychology and Film

Tuesdays, Jan. 9, 16, 23, 30, & Feb. 6
1 - 3 p.m.

LOCATION: IN-PERSON / COLLEGE PARK HALL
(ENROLLMENT LIMITED TO 25)

Film provides a powerful art medium for exploring topics in psychology. This course examines several films from a psychological perspective. Films have a tremendous impact on our society in countless ways, including entertaining, inspiring, and teaching. Students will watch public domain films that are online prior to class, and that reflect multiple psychological themes including lifespan, trauma, psychological disorders, grief, and resilience. The class will then meet to discuss the psychology of the viewer's experience, filmmaker/production, depictions of psychology and psychologists/healthcare, and psychological issues/treatment.

PRESENTER: DENISE MORETT

COORDINATOR: PHYLLIS BUDKA

Winter Lecture Series

Wednesdays, Jan. 10, 17, 24, 31 & Feb. 7
10 - 11:30 a.m.

LOCATION: ZOOM

This course features a different presentation each week. Schenectady City Historian **Chris Leonard** will look at eight historic crimes that helped to define Schenectady. Union College Professor **Cliff Brown** will tell us about the political and personal history of President Franklin Delano Roosevelt. Research Historian and Lecturer **Peter Kakel** will discuss how recent scholarship has deepened and broadened our understanding of the Vietnam War. Union College Professor **Lorraine Cox** will look at the creative practices of leading and emerging contemporary artists who are engaging with feminist and social justice themes. Retired University at Albany Professor **John Delano** will discuss Artemis, the multinational effort to return astronauts to the lunar surface with the goal of establishing a permanent base on the Moon's south polar region.

COORDINATORS: ELLEN BLAKE, MIKE COLLINS, JIM COMLY, CATHY LEWIS, BOB SALTZMAN

Move to Dance—Dance to Move: An Adult Dance Class

Thursdays, Jan. 18, 25, Feb. 1, 8, 15, & 22
11:15 a.m. - 12:30 p.m.

LOCATION: IN-PERSON / HENLE DANCE STUDIO
(ENROLLMENT LIMITED TO 25)

This 6-week program for adults age 55+ will take students through a gentle dance-based warmup focusing on movement and exercises that can be practiced outside the class. Movement will draw from principles of ballet and modern dance, incorporating exercises for greater body awareness, including the instructor's personal knowledge gained from physical therapy, yoga and as a licensed massage therapist. As our bodies age, we tend to stop using certain muscle groups. This causes loss of strength, flexibility, proprioception, balance and ultimately, a loss of freedom to move...and dance! Consciously including specific exercises into the warm-up and choreography of the class helps us to maintain our ability to move and dance more freely. Along with this there is an emphasis on experiencing the joy and sheer pleasure of moving our bodies while keeping them healthy.

INSTRUCTOR: MAXINE LINDIG LAUTENBERG

COORDINATOR: LAURIE CAWLEY, UNION'S THEATER AND DANCE DEPT.

FRIENDS OF UCALL **2022/2023**

Thanks to all who voluntarily contribute to the Friends of UCALL Fund, we are able to continue our mission and ensure that existing and future members will enjoy quality educational programs for years to come.

DONATION CATEGORIES

Lifelong Learner	\$1000 or more
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If you would like to contribute to the Friends of UCALL Fund, please visit our secure giving webpage at www.union/ucall.

You may also send your donation by check, payable to "The Trustees of Union College," with Friends of UCALL in the memo line.

**Please mail to:
UCALL
Union College
807 Union St.
Schenectady, NY 12308**

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www.union.edu/UCALL

STAFF
Valerie D'Amario, *Director*
Debbie Catharine, *Administrative Assistant*

OFFICE HOURS
Monday-Thursday
8:30 a.m. to 4:30 p.m.

UCALL pop-up lectures and special events will be announced in upcoming e-newsletters.