

COURSE DESCRIPTIONS WINTER 2026

January 6 – 27, 2026

A CONVERSATION WITH AMANDA WEINSTEIN / Amanda Weinstein, Hudson City Council

AN UPDATE FROM THE STATE CAPITAL / Casey Weinstein, State Senator

DIKW (Data, Information, Knowledge, Wisdom) and CRITICAL THINKING / Mike Jundi, MSIS MLIS

The DIKW (Data, Information, Knowledge, Wisdom) model is a hierarchy of understanding that requires critical thinking at each level to move from raw data to applicable wisdom. Critical thinking is the process that allows for the transformation of each stage. Using the 4-week sessions, I will describe, define, and detail each level of the DIKW pyramid and how critical inquiry into data leads to forming information that we can ask questions of, leading to knowledge. Critical thinking exercises and examples of modeling the DIKW will be expressed each week to example how the flow of the model works. Once knowledge has been attained and evaluated along the DIKW model for authority and validity, it can be applied in various ways, expressing true Wisdom in speech, action, thought and understanding. The DIKW model has been adapted and used in many different industries (Business, Logistics, Nursing, Military, Education, etc.) since first being described and constructed from other various works back in 2007 by Authors Milan Zeleny, Russell Lincoln Ackoff and others.

FALL PREVENTION / Gary A. Harris, BSEE, Certified Member of American Tai Chi Qigong Assoc.

Unfortunately, as we get older the chances of falling and injuring ourselves increases. This class is designed to help you recognize the many factors that contribute to falling and seeing what actions we can take to minimize our risk of falling, or in some cases handling a fall. The class has two parts. The first part of each class we will be doing balancing and strengthening exercises. During the second half of each class, we will be talking about specific factors that can potentially cause us to fall and the steps we can take to prevent that from happening.

IN THE BEGINNING / Cindi Gonzalez, BA, Montessori Teaching Degree, Certificate in Native American Studies

The origin of the Universe, Our Earth and People has been a cause of wonder since the dawn of mankind. For many years, people around the world have created “Creation Myths” to make sense of the world around them and helped them to form beliefs about who created the Earth as well as assisted in shaping their culture. Cindi will share Creation stories from around the world and explore how those stories pertain to a particular group of people. Winter is a time to tell stories. Let us listen and enjoy these stories for their poetic beauty and the wondrous vision of the people who created them.

Class 1. How Raven Stole the Sun- Inuit: The Pea-Pod man- Eskimo

Class 2. Myths from Down Under

Class 3 The Cosmic Egg- Chinese and Finland

Class 4 Mishomis and the Original Man- Ojibway: Fon Creation Myth- West Africa

INVENTIONS THAT CHANGED THE WORLD Part II / Avery Fromet, JD

From the rotary telephone to the invention of the television, the world has changed through innovation. During this series we will explore the inventions and new technologies that enriched the human race throughout the ages.

LIVING MINDFULLY – MEDITATION WORKSHOP / Margo Kernen, MEd

Meditation and mindfulness practices provide opportunities to transform from the inside out, developing powerful inner resources help manage stress, maintain equilibrium and strengthen resilience. In this workshop, you will learn foundational concepts regarding meditation and mindfulness, participate in guided meditations and discussions, and gain tools for establishing or deepening your own personal practice.

MOMENTS IN MUSIC / Ed Wiles, MA Music Education, MA Church Music

MY CAMPAIGN JOURNEY / Kim Young, BS Business

Running for office was an exercise in marketing and perseverance.

READING AND REFLECTION / Neelam Bhatia, MEd

A lively discussion group of participants sharing their opinions and experiences related to the selected books.

1. *Northwoods* – Daniel Mason
2. *James* – Percival Everett

TEA PROGRAM / Julie Koenig, BA

Date	Description of Presentation	Tea Samples	Treat
6th January 2026	Art of Tea	Buckingham Palace Garden Party & Fortnum & Mason Royal Blend	French Madeleines
20th January 2026	Afternoon Tea inspired by Downton Abbey & the Edwardian era	Fortnum & Mason Darjeeling and Fortnum & Mason Wedding Breakfast	Raspberry Jam Tarts
27th January 2026	Afternoon Tea Around the World	Fortnum & Mason Russian Caravan and Fortnum & Mason Rose Pouchong	Cookies

THE BROADWAY MUSICAL / Marty Cohen, PhD

The history of and Jewish influence on American Broadway Musical Theater, spanning over one hundred years, highlighting the contributions of Jewish composers, writers, performers, and producers. At least 60 musical selections or excerpts will be played.

- Week 1. Birth of the Broadway Musical (1910s-1949)
- Week 2. The Golden Age of Broadway (1950-1963)
- Week 3. The Age of Mega-Hits (1964-1970s)
- Week 4. Post-Modern Broadway (1970s – present)

THE MIND OF THE UNIVERSE / Ted Smith, BS

Theologians, Philosophers, and Neurobiologists have not yet defined human consciousness. What is the meaning of "me?" Is it just the ego, personality, and a collection of memories? What part of the brain produces 'mind?' As we learn more about the brain and the nature of the universe we are coming to inescapable conclusions about the grounding of existence, the nature of consciousness and what it means to be human.

WORLD MYSTERIES PART II / Avery Fromet, JD

Did his followers really divert a river to hide Genghis Khan's tomb? This and other world mysteries will be discussed during this series.