

ABOUT THE FACULTY

Each instructor contributes his or her time to the Life Long Learning programs. We express our deep gratitude for their kind assistance.

CLASS INSTRUCTORS

Joe Adam – Chief of Police, Upper Perk Police Dept.
Jeff Arner – Penn State Agriculture, 40 years’ experience in PA Pork Industry, Past member of PA Pork Producers Council, LLL Board member
Rob Carpenter – Executive Director, Upper Perkiomen YMCA
Larry Cohen – Retired Foreign Service Officer, U.S. Dept. of State, Author
Michelle Forsell – Elder Law Attorney at Crosson & Richetti
Jodi Gauker – Chair of PA Beef, PSU Extension, She and husband are 9th generation farmers in Fleetwood
Ed Johnson – Retired educator, president of Goschenhoppen Historians
Jay Kauffman- MBA; Physical Therapist, Upper Perk Physical Therapy
Teresa Kane – Music Educator, performs as a singer with mandolin and guitar.
Ellen A. Leh – UPSD Band Alumna, Red Hill Band member; plays piccolo and flute, LLL Board Member
Anna Meitzler – Museum Educator, Pottsgrove Manor
Rinny Petrillo – musician, youtuber, composer, and educator located in Boyertown
Amanda Polaha – DPT; Physical Therapist, Upper Perk Physical Therapy
James Rembisz – Retired Teacher, Music Director of Spirit Choir at St. Mary’s in Schwenksville, guitarist/singer, piper
Homer Royer – Retired clergy, historian, descendant of Tacy
Todd Stieritz – Deputy Director, Montgomery Co. Dept of Public Safety
Annette K. Thompson – Retired UPSD Counselor, Genealogist, LLL Board Member
Janet Weikel – UPSD Band Alumna; played saxophone. Currently plays piano and ukelele. LLL Board member.

REGISTRATION & CLASSES

All registration is by mail. Complete the attached form and mail with \$25.00 non-refundable fee to “Life Long Learning”, New Goshenhoppen U.C.C., 1070 Church Road, East Greenville, PA 18041.

Enrollment is limited. Prompt registration will ensure your place in the classes of your choice. Please indicate your first, second and third choice for each hour.

Classes will be held on the following four Tuesdays: **October 6, 13, 20 and 27**. One session of three concurrent classes will be held from **9:30 to 10:30 am**. Following a half-hour coffee break, a second session of three concurrent classes will be held from **11:00 am until noon**.

All sessions are held at New Goshenhoppen United Church of Christ, East Greenville. Parking and elevator access are available in the lower parking lot next to the main church building.

On **Tuesday, October 6**, the opening day, an orientation session will be held at 9:00 am. **Please make every effort to attend.**

Participants can register for one course at 9:30 for all four weeks and one course at 11:00 for all four weeks and attend the courses for which they are registered.

For more information, you can contact us at uplifelonglearning@gmail.com. Information is also available on the UPSD home page at www.upsd.org or by using the QR code below.



**LIFE LONG
LEARNING**

**ADULT ENRICHMENT SERIES
FALL 2026**

Board of Directors

Carol Elias, Pres.
Annette K. Thompson, Treas.
Kathy Doyle, Rec. Sec.
Sharon Muntz, Rec. Sec.
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Wendy Adam	Susan Royer
Jeff Arner	Charles Shagg
Gail Gerhard	Linda Shagg
Glenn Gilbert	Luanne Stauffer
Thomas Henry	Jean Thobaben
Ellen A. Leh	Kathie Utz
Sandra Park	Janet Weikel
	Linda Woodley

Audio - Visual Coordinator – Jim Roth
UPSD Liaison – Dr. Allyn J. Roche

ABOUT LIFE LONG LEARNING

Life Long Learning was formed to offer individuals in the community an opportunity to hear and participate in discussions on contemporary topics. **The entire cost of the four-week educational series is \$25.00.**

LIFE LONG LEARNING
c/o NEW GOSHENHOPPEN CHURCH
1070 CHURCH ROAD
EAST GREENVILLE, PA 18041

Please cut and mail this portion with registration fee of \$25.00 for each person registering to: Life Long Learning.

MARK THE IDENTIFYING LETTER A-F in the box.

1st Attendee _____

Address _____

Email _____

Phone _____

9:30 Session		
1 st Choice	2 nd Choice	3 rd Choice

11:00 Session		
1 st Choice	2 nd Choice	3 rd Choice

2nd Attendee _____

Address _____

Email _____

Phone _____

9:30 Session		
1 st Choice	2 nd Choice	3 rd Choice

11:00 Session		
1 st Choice	2 nd Choice	3 rd Choice

If your 1st Choice is not available and you do not make a 2nd or 3rd choice, you will be assigned a session.

A. LIFE LONG WELL-BEING

October 6 – Upper Perk Y: Community Impact and Memberships; Mind, Body and Spirit Demonstration
Rob Carpenter

October 13 – Upper Perk Y: Programming and Social Activities; Mind, Body and Spirit Demonstration
Rob Carpenter

October 20 – Exercise and Arthritis
Jay Kauffman

October 27 – Staying Steady: The Importance of Balance
Amanda Polaha

D. DON'T PANIC! DEALING WITH TRYING LIFE SITUATIONS

October 6 – Recognizing Scams and What to Do if You Get Caught in One
Michelle Forsell and Joe Adam

October 13 – Legal Documents to Assist with Health Care Needs
Michelle Forsell

October 20 – What Happens When You Call 9-1-1
Todd Stieritz

October 27- Life's Changes Can Be Challenging: An Informed Conversation with an Elder Law Attorney
Michelle Forsell

SESSION 1: 9:30 – 10:30 a.m. (A, B, C)

B. FOOD, GLORIOUS FOOD!

October 6 – The History of Food in Objects
Annette K. Thompson

October 13 – Where's the Beef?
Jodi Gauker

October 20 – The History of Food in Objects – Part Two
Annette K. Thompson

October 27 – This Little Piggy Went to Market
Jeff Arner

SESSION 2: 11:00 a.m. to Noon (D, E, F)

E. MUSIC MEMORIES

October 6 – Rocking with Rinny
Rinny Petrillo

October 13- Bagpiping
James Rembisz

October 20 – Sing Down Memory Lane
Teresa Kane

October 27 – Upper Perkiomen Band Alumni
Ellen Leh and Janet Weikel

Disclaimer: The views and opinions shared in ALL presentations are those of the presenters and do not necessarily reflect the views of the LLL Board of Directors or New Goshenhoppen United Church of Christ.

C. DISCUSSIONS WITH LARRY

Presenter for all 4 weeks is Larry Cohen. Topics are all open-ended. Class limited to 50.

October 6 – Iran – With a Larger Focus on altered U.S. Global Relationships

October 13 – U.S. Foreign Policy Beyond just the Middle East

October 20 – Erosions of U.S. Government Agencies and Institutions

October 27 – Can the U.S. Recover its Mojo?

F. THE REVOLUTION THROUGH A LOCAL LENS

October 6 – Pennsylvania Germans in the Revolutionary War, 1775-1783
Ed Johnson

October 13 – Black Powder Industry in the East Swamp Creek Valley
Ed Johnson

October 20 – A Revolutionary Generation, The Potts Family during War
Anna Meitzler

October 27 – Tacy Richardson; a Brave Colonial Woman Behind Enemy Lines
Homer Royer