

OLLI.UCONN.EDU  
(203) 236-9924  
OSHER@UCONN.EDU

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OSHER  
LIFELONG  
LEARNING  
INSTITUTE

**UCONN**  
WATERBURY

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**FEATURING  
28 NEW  
COURSES!**

**REGISTRATION OPENS  
AUGUST 1st @ 9:00 AM**

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**LEARNING FOR ADULTS AGE 50+**

# **FALL 2018 COURSE CATALOG**

**SESSION DATES:  
SEPT. 4TH - NOV. 9TH**





## SAVE THE DATES

August 1st.....	Fall '18 Registration opens
August 17th.....	Fall Open House
September 4th.....	Fall Session begins
September 11th.....	AARP Smart Driver Session #1
September 18th.....	Yom Kippur begins
	Classes in Session
September 23rd.....	Poets of the Piano Recital
	with Nathan Carterette
October 8th.....	Columbus Day - OLLI Closed
October 11th.....	AARP Smart Driver Session #2
October 4th.....	Toto Kisaku Talk
October & November.....	OLLI Annual Food Drive
November 9th.....	Fall Session ends
November 16th.....	Home of the Brave Event
	with Ed Edelson

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## Best Way to Register?

**#1: Online @ [olli.uconn.edu](http://olli.uconn.edu)**  
Convenient self-registration at your fingertips, immediate confirmation, easy to pay by credit card

### #2: By Mail

Mailed registrations will be processed in the order in which they are received, beginning on Registration Day. Payment: Check ONLY. Mail to address on the back cover.

### #3: In Person

Visit the OLLI Office (Room 103, M-F 10am-3pm) on or after Registration Day. Drop-off registrations are handled the same as mail-in and will be placed in the first-come, first-served queue. Payment: Check ONLY.

## COURSE COLOR KEY

With a newly-designed course catalog come several changes in organization. To help you organize your course schedule, we've color-coded each class to indicate the number of weeks that it meets. If a course has no colored box, it is a standard 10-week class.

"First 5 Weeks"

"Second 5 Weeks"

Unique Schedule

## STAY CONNECTED!



[www.facebook.com/olliatuconnwaterbury](https://www.facebook.com/olliatuconnwaterbury)



Head to [olli.uconn.edu](http://olli.uconn.edu) to subscribe to our "Weekly What's Happening" e-newsletter to stay in the know about course updates, upcoming events, and other OLLI news!

**PLEASE NOTE:** Given the tendency for room assignments to change throughout the registration period, we have not included them in this catalog. Check the online course catalog the day before your first class meeting to find each class's up-to-date room assignment. Rooms assignments will also be posted in the main lobby and on the bulletin board outside the OLLI Office.



## FROM THE DIRECTOR'S DESK

Welcome to our new OLLI course brochure for Fall 2018! We've updated our look, but you'll still find everything you need to know about our courses, special events, registration, and social opportunities.



*Every OLLI across the country is built on giving, membership, and the willingness to get involved. We are no exception. Join us today!*

As we approach our new academic year, the focus is on all things new: We have 28 new courses, some new class times (including an early evening slot for those who can't attend day-time classes), and new special events. Learning is all about being willing to try new things, and this fall, I hope you'll try a new class, perhaps something you never thought you'd do, and see how it expands your life. In addition to the new, we also highly value the courses, events, and committees that provide the successful foundation that's made OLLI what it is today: A vibrant, welcoming, and inspiring community. We are proud to be inclusive and welcoming to all older adults – if you're 50 or over, you have a home here at OLLI – where learning never retires!

In friendship,  
Fiona de Merell, Director

*As OLLI at UConn goes into our twelfth year, we continue to be grateful for the support and generosity of the Osher Foundation, UConn Waterbury, and Campus Director, Dr. William Pizzuto.*

## MEMBERSHIP CYCLE

OLLI provides memberships on 12-month cycles. The cycles extend from January to January OR July to July. Members may register for courses for all sessions that occur within their membership cycle. A member joining OLLI for the first time in Fall 2018 will have a membership cycle from July 2018 to July 2019. The cost is \$65.

## REGISTRATION

ALL FEES ARE NON-REFUNDABLE! Registrations are on a first-come, first-served basis. If you register online, you will receive an immediate confirmation email. If you register with a paper registration form, you will receive an email confirmation as soon as a staff member receives and processes your registration.

## CLASS TIMES

The courses in this catalog are organized by time-slot. Not ALL courses in a particular time slot meet during that exact time-frame. Please pay close attention to each course description to note its meeting time and length, as it may differ from the overarching time category.





## FALL OPEN HOUSE

# FALL 2018 OPEN HOUSE

**Friday, August 17th**

**9:30 AM - 12:30 PM**

**Rooms 113 - 119**

Let's **AARP**  
Disrupt Aging

with  
**Erica Michalowski**

Enjoy a FUN and FREE day of sample course sessions, refreshments, & an engaging #DisruptAging keynote presentation! **BRING YOUR FRIENDS!**

**RSVP:** [osher@uconn.edu](mailto:osher@uconn.edu) | 203-236-9924 | [olli.uconn.edu](http://olli.uconn.edu)

## LIVE MUSIC @ THE PALACE

## Poets of the Piano

Lecture & Concert Event  
with Classical Pianist

**NATHAN  
CARTERETTE**

Sunday, September 23rd  
@ The Palace Theater,  
Poli Club  
(across the street),  
2:00 PM - 4:30 PM

\$10 for OLLI members  
\$15 for non-members  
**LIMITED SPACE!!** RSVP:  
[osher@uconn.edu](mailto:osher@uconn.edu)



*Poets of the Piano* is a lecture-recital celebrating the magic and poetry of piano music that transcends the instrument. The music in this program explores the art of bringing the grand theater to the piano: transcriptions of opera and ballet, and music written for theatrical scenes. Behind each great piece, there is a story that will enrich your experience and open your ears to new possibilities.

Photo source:  
[nathancarterette.com](http://nathancarterette.com)



## FREE AND FASCINATING TALKS

### OLLI Event Registration:

203-236-9924

osher@uconn.edu

olli.uconn.edu

\*All OLLI special events are FREE and OPEN to the public, unless otherwise noted.

# TOTO KISAKU

## Thursday, October 4th

12:00 pm - 1:30 pm

Rooms 113-116

Toto Kisaku, the award-winning Congolese playwright, actor, director and producer will speak on his play "Requiem for an Electric Chair" based on his escape from execution in Kinshasa, DR Congo.

*I think my presence here in the U.S. is to try to use my voice for people who stay in Congo to understand what really happened.*

Toto Kisaku speaking to Clare Dignan, *New Haven Register*

Photo source:  
Rays Kisaku | Associated Press

## HOME OF THE BRAVE WITH ED EDELSON

FRIDAY, NOVEMBER 16TH

11:15 am - 1:00 pm | Rooms 113-116

Ed Edelson was instrumental in creating a documentary about how the town of Southbury, CT managed to ward off the German American bund movement that wanted to build a large paramilitary training camp in the cattle town area. View the **documentary** from 11:15 am - 12:00, and then engage in a **panel discussion** with Ed, Rabbi Polokoff, Reverend Wall, Scott Sniffen, and Chris Gardner. **How did the town respond to this movement and how and when should a community respond to groups that promote hate and fear?**



Photo source:  
<http://www.southbury-ct.org>



Committees and clubs add an invaluable element to the OLLI experience, and are at the heart of OLLI's social engagement component.

Have an idea for a new OLLI club or activity?

**Contact the Clubs & Activities Committee!**

The committee identifies, establishes, and coordinates clubs and activities which may be of interest and enjoyment for the OLLI membership.

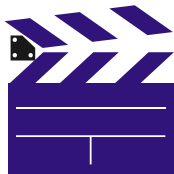
Interested? Contact Nancy Via (nvia@sbcglobal.net) or Delma Way (delvilway@aol.com).

# COMMITTEES & CLUBS



## BOOK CLUB

Book Club is open to all active OLLI members and meets on the third Monday of each month, January through November. *Interested?* Contact Nancy Via (nvia@sbcglobal.net). Check the OLLI Newsletter for a book list!



## FILM CLUB

Film Club is open to all active OLLI members and meets once a month during Fall and Spring semesters. *Interested?* Contact Joe Gambini (j.gambini@att.net), Ralph Famiglietti (ralphf52@aol.com), or Nunzio De Filippis (nonnonunzio@comcast.net). Check the Info Table for a Fall '18 film schedule flyer!



## BICYCLE CLUB

Bike Club just started "rolling" in July 2018, and the crew plans to continue to visit many beautiful, off-road, paved bike paths throughout Connecticut this Fall. *Interested?* Contact Roger Foley (rogerfoley@snet.net) or Ralph Famiglietti (ralphf52@aol.com).

## OLLI CAFÉ COMMITTEE

The OLLI Café Committee finds and schedules speakers for OLLI's lunchtime presentation series. *Interested?* Contact Mila Limson (joemila2000@yahoo.com) or Julie Fernandez (juliefernandez2387@sbcglobal.net).



## CURRICULUM COMMITTEE

The Curriculum Committee identifies topics of interest to members, recruits new presenters, and helps develop OLLI's educational goals. *Interested?* Contact Rosalie Griffin (rogriff@att.net) or Richard Albro (ralbro@optonline.net).



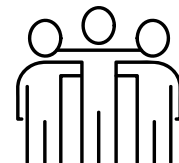
## EDITORIAL COMMITTEE

The Editorial Committee coordinates "Voices and Visions," a publication which showcases original writings, art work, and photography of the OLLI membership. *Interested?* Contact Nancy Whitney (wrdsworth@att.net). Ask the OLLI Office about submitting your own work!



## MEMBERSHIP COMMITTEE

The Membership Committee recruits new members through outreach, and provides support and hospitality to existing members. *Interested?* Contact Merle Arcovio (merleka@optonline.net) or Claudia DePalma (claudia.depalma1@gmail.com).



## NEWSLETTER COMMITTEE

The Newsletter Committee gathers announcements and information and writes news stories for the OLLI Newsletter. *Interested?* Contact Bob Grady (yvoorg@aol.com) or Nancy Blomstrom (nblomstrom@aol.com).



## TRAVEL COMMITTEE

The Travel Committee coordinates travel activities and events of educational interest and enjoyment to OLLI members. *Interested?* Contact Ann Rompre (annrompre@sbcglobal.net) or Gen Delkescamp (Gdelkescamp11@comcast.net).





### How will YOU make a difference this year?

The act of giving makes a huge difference to us all. Between the diverse contributions of the host college/university, the volunteer contributions of instructors and leaders, fees from members, earnings from the Osher endowment, and philanthropic gifts from members, we're able to continue offering an OLLI in which you can take pride.

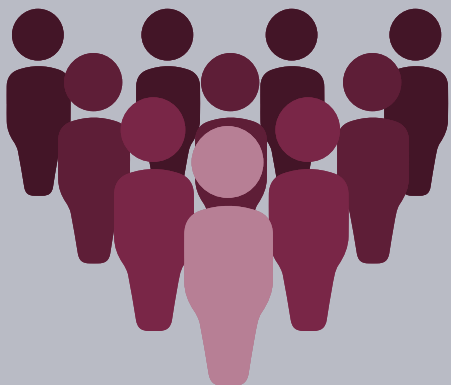
Benefits of Giving to OLLI at UConn:

- Recognition in our Annual Report.
- The opportunity to underwrite a special event (with donations of \$500 or more during an academic year).
- The opportunity to underwrite a course (with donations of \$250 or more during each academic year).
- The knowledge that you've made a meaningful contribution to positive aging and learning!

We know you care about the future of OLLI at UConn, and we are committed to recognizing your generosity in our new "giving levels" program below.

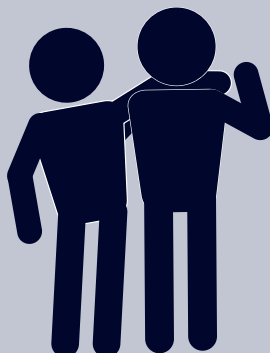
*To see many members contributing is a sign of an OLLI with solid support.*

#### BENEFACTOR



**\$501 +**

#### FRIEND



**\$251 - \$500**

#### SUPPORTER



**\$5 - \$250**

# FALL 2018 COURSE LISTINGS

## ART & ART HISTORY

**AH-436** The Art in Painting: Learning to See - A Workshop  
*Thelma Appel*, Page 9

**AH-442** The Palace Theater: History, Myth, and Lore!  
*Louis Belloisy*, Page 11

**AH-443** Fundamentals of Drawing, *Thelma Appel*, Page 8

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## COMPUTERS

**\*NEW\* CO-425** Computer Skills for Genealogy and Family History, *Diane Ciba*, Page 8

**\*NEW\* CO-426** Computers for Beginners: Navigating Windows  
*Timothy Padgett*, Page 8

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## CULTURE & LANGUAGE

**\*NEW\* CL-449** Parliamo Italiano III, *Nunzio De Filippis*, Page 10

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## CURRENT EVENTS

**CE-013** Undetermined Future: Taiwan & South Korea  
*Dr. Roger Levy*, Page 8

**\*NEW\* CE-014** Russia: Partner or Adversary?  
*Dr. Sergei Kambalov*, Page 9

**\*NEW\* CE-015** Great Decisions, *Bryan Southworth*, Page 8

**\*NEW\* CE-016** Contemporary Issues in U.S. Constitutional Law  
*F. David Corbett*, Page 12

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## HEALTH & WELLNESS

**HW-417** The Alexander Technique: An Introduction to Posture, Balance Breathing, and Movement, *Peter Anderheggen*, Page 14

**HW-433** Reiki Level Two,  
*Barbara Schafer & Rosemary Toletti*, Page 12

**HW-460** The Alexander Technique: Posture, Balance Breathing, and Movement, *Peter Anderheggen*, Page 14

**HW-461** Mental Health & Aging, *Deirdre Wright*, Page 14

**\*NEW\* HW-480** Chinese Medicine's Five Spirits  
*William Courtland*, Page 11

**\*NEW\* HW-481** Swing Into Health, Balance, & Strength with FFXP, *Naida Rodriguez-Rosado & Susan Krusko*, Page 9

**\*NEW\* HW-482** EFT & Meditation: Connecting to Your Inner Self,  
*Stacey Altomari*, Page 8

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## HISTORY

**HS-506** Hamilton: Misery, Money, and Music  
*Raymond E. Sullivan*, Page 10

**\*NEW\* HS-512** Major Trends in American Religion: Past, Present, Future, *Vincent Casanova*, Page 11

**\*NEW\* HS-513** The Duel: The History of Fencing  
*Roberta Crispino*, Page 9

**\*NEW\* HS-515** The American Identity From Washington to Trump: Fact or Myth, *Avi Isseroff*, Page 11

**\*NEW\* HS-516** European History For Travelers: Exploring Western Europe's Great "Ages" to Enrich Your Travel Experience, *Diane Stone*, Page 10

**\*NEW\* HS-517** The Dragon Rises Again: Part III, The Mao Zedong Years (1949-1976), *Ted Welsh*, Pages 10 & 11

**\*NEW\* HS-518** LGBTQ History: From Ancient Greece to Oscar Wilde, *Bilal Tajildeen*, Page 10

**\*NEW\* HS-519** La Storia D'Italia: The History of Italy Part I  
*Nunzio De Filippis*, Page 11

## LITERATURE & WRITING

**LW-473** Igniting Passion: Writing From Life, *Jack Lewis*, Page 11

**\*NEW\* LW-475** African American Poets, *Deirdre J. Wright*, Page 14

**\*NEW\* LW-476** How to Write Your Life: A Course in Memoir Writing, *Gabriella Brand*, Page 14

**\*NEW\* LW-477** Yes, You Can - Write, That Is  
*Nancy T. Whitney*, Page 10

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## MATH & SCIENCE

**\*NEW\* MS-435** Exoplanets: Their Characteristics and Diversity  
*Arnold Heiser*, Page 11

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## MUSIC

**MU-455** The Jazz Scenes, *Fran E. McIntyre*, Page 14

**MU-457** Da-Da-Da-Dum: The Symphony That Changed the World, *Donna Obarowski*, Page 12

**\*NEW\* MU-458** The Jazz Scenes & BEYOND,  
*Fran E. McIntyre*, Page 14

**MU-459** The Ukulele Adventure: For Beginners, *Nina Lesiga*, Page 12

**\*NEW\* MU-460** The Ukulele Adventure: Beyond the Basics,  
*Nina Lesiga*, Page 12

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## PERFORMING ARTS

**\*NEW\* PA-430** Per L'Amor di Puccini: A Voyage Into Puccini's Operas  
*Nunzio De Filippis*, Page 14

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## PERSONAL DEVELOPMENT

**PD-415** Investment Portfolio Management, *Jessica Kott*, Page 8

**\*NEW\* PD-441** Bankerslife Educational Seminar, *Bob Murphy*, Page 9

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## PHILOSOPHY & RELIGION

**PR-421** Dante's Inferno: To Hell and Back, *Douglas Welsh*, Page 11

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## SOCIAL SCIENCES

**\*NEW\* SS-001** Race: What Is It and Why Does It Matter?  
*Maurice B. Mosley*, Page 9

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## VISUAL ARTS

**VA-415** An Enriching Experience with Acrylic Painting  
*Judy Jaworski*, Page 11

**VA-432** Mandalas as Art and Personal Relaxation  
*Rose-Ann C. Chrzanowski*, Page 11

**VA-445** Home-fired Ceramics, *Steven Kobylenski*, Page 8

**VA-449** Creative Photography: Cell Phones & Compact Cameras, *Timothy Padgett*, Page 10

**VA-450** Creative Photography: SLR & Mirror-less Cameras  
*Timothy Padgett*, Page 12

**VA-453** Creative Photography: Lightroom & Photoshop  
*Timothy Padgett*, Page 8

**\*NEW\* VA-455** Just Movies, *Joseph Gambini*, Page 14

**\*NEW\* VA-457** Creative Photography: ADVANCED Cell Phones & Compact Cameras, *Timothy Padgett*, Page 11

**\*NEW\* VA-458** Creative Photography: ADVANCED SLR & Mirror-less Cameras, *Timothy Padgett*, Page 14



### TUESDAY

#### **CE-013 Undetermined Future: Taiwan and South Korea** **Dr. Roger Levy**

5 classes | 10:15 AM - 11:45 AM |  
9/4 - 10/2 | \$28

The 1953 armistice, which stopped combat on the Korean peninsula, was intended as a temporary measure, yet 65 years later, North and South haven't come to terms and signed a peace treaty. American troops stationed in the South are protecting it from an eventual attack from Pyongyang. Chiang Kai-shek's armies retreated to Formosa (Taiwan) in 1949 as they were defeated by Mao Zedong's troops. The People's Republic of China is anxious to gain control over Taiwan which Beijing views as a wayward Province of China. In this course, we will review the post WWII histories of South Korea and Taiwan and discuss what their fates may be and how the USA and the PRC may affect their future.

#### **\*NEW\* CO-425**

#### **Computer Skills for Genealogy and Family History\*** **Diane Ciba**

10 classes | 10:15 AM - 11:45 AM  
9/4 - 11/6 | \$56

This class will be a hands-on exploration of online resources for genealogy, including Ancestry.com, Family Search, Google, Archive.com, and more. In addition, each class session will contain tips for using other software to capture images, edit photos, and publish your stories. Whether you have started a tree or not, these tools will help you create a family legacy. \*Supplies required

#### **\*NEW\* HW-482**

#### **EFT & Meditation: Connecting To Your Inner Self** **Stacey Altomari**

8 classes | 12:00 PM - 1:30 PM |  
9/18 - 11/6 | \$45

Learn how EFT can increase your ability to meditate and connect to your inner peace, relieve stress, and decrease old beliefs and negative patterns. Learn how to use EFT with children, teens and those who are challenged in any way. Be prepared to embrace a life of awakening.

#### **\*NEW\* CE-015**

#### **Great Decisions\*** **Bryan Southworth**

10 classes | 12:00 PM - 1:00 PM  
9/4 - 11/6 | \$38

Run by the Foreign Policy Association (a national scholarly think tank), *Great Decisions* is America's largest discussion program on world affairs. The program model involves reading the *Great Decisions Briefing Book* and meeting in a discussion group to discuss the most critical global issues facing America today. Furthermore, the program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. \*Book required

### WEDNESDAY

#### **VA-445** **Home-Fired Ceramics** **Steven Kobylenski**

10 classes | 10:00 AM - 11:30 AM  
9/5 - 11/14 \*NO CLASS 10/10\* |  
\$56

Students will explore hand-building techniques while creating permanent clay objects. \*Please Note: There is an additional \$25 material fee to be presented to the instructor at the time of the first class meeting.

#### **\*NEW\* CO-426**

#### **Computers for Beginners: Navigating Windows** **Timothy Padgett**

10 classes | 10:15 AM - 11:45 AM  
9/5 - 11/7 | \$56

Need help navigating your personal laptop? This computer class for beginners is perfect for those looking to get a better handle on Windows 10 or older. We will cover the basics, including photo-editing software that comes with Windows. Bring your own device to class so we can tailor your learning to what you have. Handouts will be given so you can learn more about your at-home devices, too.

#### **AH-443 Fundamentals of Drawing\*** **Thelma Appel**

10 classes | 10:15 AM - 11:45 AM |  
9/5 - 11/7 | \$56

In this course, you will learn basic perspective, the relationship of objects to each other, and how to energize your composition by the use of line only. You will learn to express volume with shading and explore the dramatic possibilities of contrasting light and dark dynamics. \*Supplies required

#### **VA-453**

#### **Creative Photography: Lightroom and Photoshop** **Timothy Padgett**

10 classes | 12:00 PM - 1:30 PM  
9/5 - 11/7 | \$56

This is a photography course for beginners to intermediates. Learn how to import, edit, and save your photo files to several devices. Also learn how to create your own website using these tools, Pinterest, and LinkedIn.

#### **PD-415**

#### **Investment Portfolio Management** **Jessica Kott**

5 classes | 12:00 PM - 1:30 PM |  
10/10 - 11/7 | \$28

Students will determine investment objectives and appropriate asset allocation, gain an understanding of various types of investments, and learn how to construct and monitor investment portfolios. A portion of each class will be devoted to answering investment-related questions from participants.

**See an asterisk (\*) next to your course title?** That means there are required/recommended books and/or special supplies needed for that course. Check the yellow insert for a Books & Supplies list.

### THURSDAY

#### AH-436

#### The Art In Painting: Learning to See - A Workshop\*

Thelma Appel  
10 classes | 10:15 AM - 12:15 PM  
9/6 - 11/8 | \$75

In this workshop, you will learn to analyze the basic structure of all art forms and how they relate to each other. Additionally, you will learn to mix primary colors and their complementaries for contrasts in tone and values. We will use still-life, old Master paintings, and photographs as references. Learn how colors and forms activate pictorial space to create your own dynamic composition.  
\*Supplies required

#### \*NEW\* SS-001

#### Race: What Is It and Why Does It Matter?

Maurice B. Mosley

2 classes | 12:00 PM - 1:30 PM  
10/4, 10/11 | \$10

This discussion course will explore the following questions: What is race? Is race biologically based? What is the purpose of race, and how has it been used in our society? Other topics of discussion include privilege, slavery, race in university settings, and Barack Obama.

#### \*NEW\* HS-513

#### The Duel: The History of Fencing

Roberta Crispino

1 class (9/6)

12:00 PM - 1:30 PM | \$5

Learn the history of fencing from a life-long fencer. Observe in-class demonstrations and learn about how fencing is a way of life.

#### \*NEW\* PD-441

#### Bankerslife Educational Seminar

Bob Murphy

1 class (9/13)

12:00 PM - 1:30 PM | \$5

The purpose of this class is to educate seniors and retirees on all the intertwined parts of Medicare planning (Medicare health plans, gaps in the Medicare system, safe discharge rules, and the under-observation crisis).

#### \*NEW\* HW-481

#### Swing Into Health, Balance, & Strength with FFXP

Naida Rodriguez-Rosado & Susan Krusco | 10 classes | 1:45 PM - 2:45 PM | 9/6 - 11/8 | \$38

We are presenting a complete (Fitness Fury) Health and Wellness Fitness Program designed to fit your lifestyle, composed of all five components (warm-up, cardiovascular conditioning, strength, cool down, and stretching) for a complete workout. Guaranteed fun, enthusiasm, laughter, and sense of accomplishment!

#### \*NEW\* CE-014

#### Russia: Partner or Adversary?

Dr. Sergei Kambalov

10 classes | 5:15 PM - 6:45 PM

9/6 - 11/8 | \$56

This course will focus on understanding Putin's actions. Is confrontation with Russia in the United States' strategic interests?

✓ **Abbreviated courses! One to two meetings only.**  
**Low cost, low commitment!**

✓ **Committed to work and/or other responsibilities during the day? Check out this early evening option!**



## AARP® SMART DRIVERS COURSE

OLLI at UConn hosts the AARP 4-hour Smart Drivers Course - the oldest and most successful program for older drivers to help refresh driving skills and learn a few new tips. The cost is **\$15** for AARP members and **\$20** for non-members. Payment may be made by check (to AARP) at the start of the course. State law mandates a minimum **discount of 5%** on your liability insurance for 2 years for drivers 60 and over who take the course. \*OLLI membership is not required to register! Call **203-236-9924** to sign up or circle your desired date on the registration form.

**Choose  
a Date:**

**1**

**Tuesday, Sept. 11  
9:00 AM - 1:30 PM**

**2**

**Thursday, Oct. 11  
9:00 AM - 1:30 PM**



# COURSE DESCRIPTIONS FRIDAY CLASSES

FALL 2018

8:30 AM - 10:00 AM

## **\*NEW\* HS-516**

**European History for Travelers:  
Exploring Western Europe's Great  
"Ages" to Enrich Your Travel**

**Experience**

**Diane Stone**

5 classes | 8:15 AM - 10:00 AM

9/7 - 10/5 | \$33

European travel brings us face-to-face with the great "ages" that resulted in the countries and cities that draw us to explore them. This course will explore the great "ages" of Western Europe, from the Greek and Roman empires through the Middle Ages, the Renaissance, the Ages of Exploration, Absolute Monarchy and Enlightenment, up to the Industrial Revolution and 20th century Modernism, highlighting the places every visitor has on his/her "must see" list.

## **\*NEW\* HS-518**

**LGBTQ History: From Ancient  
Greece to Oscar Wilde**

**Bilal Tajildeen**

5 classes | 8:30 AM - 10:00 AM

9/7 - 10/5 | \$28

Participants in this course will learn about how identifying as lesbian, gay, bisexual, transgender, or queer/questioning has developed over the centuries. Starting with classical concepts in Greece and Rome, moving to the Middle Ages, through the 19th century, and stopping at the beginning of the 20th century, discussions will center on changes in ideology and identification that contribute to our modern understanding of being a part of the LGBTQ community.

## **HS-506**

**Hamilton: Misery, Money, & Music  
Raymond E. Sullivan, M.D.**

5 classes | 8:30 AM - 10:00 AM

10/12 - 11/9 | \$28

This course will explore the complicated life of America's first Secretary of the Treasury, Alexander Hamilton, taking its lead from the extremely successful Broadway Musical of the same name. From his miserable beginnings in the West Indies to the creation of America's first Treasury department, we will discuss the highs and lows of one of the great Founding Fathers, who created the most stable monetary system in the world.

## **\*NEW\* CL-449**

**Parliamo Italiano III**

**Nunzio De Filippis**

10 classes | 9:00 AM - 11:00 AM

9/7 - 11/9 | \$75

This course is a continuation of Parliamo Italiano II. Conversational Italian for all - that is, for most people who have had a few or many courses of Italian, those who have spoken Italian in the house, or those who spoke Italian as children. All are welcome! We will learn from each other. Every effort will be made to speak ONLY ITALIAN in the class. Solamente in Italiano!

## **\*NEW\* HS-517**

**The Dragon Rises Again: Part III,  
The Mao Zedong Years (1949-  
1976)\* SECTION #1**

**Ted Welsh**

5 classes | 8:30 AM - 10:00 AM

9/7-9/21, 10/12 & 10/19 | \$28

As the third installment of *The Dragon Rises Again* series, this class will recount the turbulent early years of the People's Republic of China under the influence of its first leader, Mao ZeDong. As fierce rivalries between communist leaders divided the party for a generation, the country was led through a series of devastating "mass campaigns" as Mao attempted to create a "New China" that could hold its ground and claim its rightful place in the modern world. \*Required book

## **\*NEW\* LW-477**

**Yes, You Can... Write, That Is\*  
Nancy T. Whitney**

8 classes | 8:30 AM - 10:00 AM

9/7 - 10/26 | \$45

To paraphrase Smokey the Bear... Only you can write your own story. Write from YOUR heart, not your purse. Listen to your inner voice and write what you hear in there. We'll write poetry, autobiography, silliness, and listen to our own voice on the page. Come and write what's in your mind. \*Recommended books

*[OLLI] is a very valuable  
resource for me, as a newly  
retired person, to continue  
learning and stay connected in  
the community. Thank you!*

OLLI member, Spring 2018

*OLLI is the best thing in  
Waterbury for senior citizens.*

OLLI member, Spring 2018

## **VA-449**

**Creative Photography: Cell Phones  
and Compact Cameras**

**Timothy Padgett**

10 classes | 8:30 AM - 10:00 AM

9/7 - 11/9 | \$56

This is a beginners' photography course on how to create works of art with the camera you always have with you.

**Color key reminder!**

"First 5  
Weeks"

"Second 5  
Weeks"

Unique  
Schedule

## 10:15 AM - 11:45 AM

### **\*NEW\* MS-435**

#### **Exoplanets: Their Characteristics and Diversity**

**Arnold Heiser**

5 classes | 10:15 AM - 11:45 AM  
9/7 - 10/5 | \$28

This course will focus on exoplanets, which are planets found revolving around stars, some of which are like our Sun. Currently, more than 3,500 are known. Many of these new exoplanets are in planetary systems that are quite different from our solar system. Studies of some exoplanet atmospheres indicate the presence of water vapor, an important quality for possible habitable planets.

### **AH-442 The Palace Theater: History, Myth, and Lore! | Louis Bellois**

5 classes | 10:15 AM - 11:45 AM |  
10/26 - 11/30 \*No class 11/23 | \$28

This is a fascinating five-week class that delves into the storied history of this landmark theater. From the eclectic architectural styles presented in the magnificent 1922 building to the various entertainments genres and celebrities of by-gone eras that have performed on the stage, the class is a rich tapestry of information, anecdotes, and lore embellished by slides and handouts. \*This course is held at the Palace Theater. \*This course is also open to non-OLLI-members. Contact the Palace Theater to find out more!

### **\*NEW\* HW-480**

#### **Chinese Medicine's Five Spirits**

**William Courtland**

8 classes | 10:15 AM - 11:45 AM  
9/21 - 11/9 | \$45

This course will examine the Five Spirits and how they relate to five of our body's internal organs. We will discuss how they support the life, health, functionality, and longevity of those organs as well as Chinese Medicine's statement that says, "When they are not able to reside in those organs, the life of those organs will end."

### **VA-415**

#### **An Enriching Experience with Acrylic Painting\***

**Judy Jaworski**

10 classes | 10:15 AM - 11:45 AM  
9/7 - 11/9 | \$56

In this course, students will learn to develop expertise in the medium to create a personal finished painting. You will also compose a color chart for future reference. \*Supplies required

### **LW-473**

#### **Igniting Passion: Writing From Life**

**Jack Lewis**

5 classes | 10:15 AM - 11:45 AM

10/12 - 11/9 | \$28

Are you a newcomer to the world of writing? Or maybe an old-timer caught in the doldrums? Searching for an inexhaustible source of ideas? Join us as we release the creative passion inside each of us. Discover your unique voice and your own incredible stories.

### **\*NEW\* VA-457**

#### **Creative Photography: ADVANCED**

**Cell Phones and Compact Cameras**

**Timothy Padgett**

10 classes | 10:15 AM - 11:45 AM

9/7 - 11/9 | \$56

This course is a continuation for students who have already taken the beginners' course and want to continue to work on how to create works of art with the camera you always have with you.

### **\*NEW\* HS-519**

#### **La Storia D'Italia:**

**The History of Italy Part I**

**Nunzio De Filippis**

10 classes | 11:15 AM - 1:15 PM

9/7 - 11/9 | \$75

This course will cover the history of Italy: from prehistoric Italy to the Greeks, to the Etruscans, to Rome, to the fall of Rome, to Barbarian invasions, to Byzantine Italy (400-c 600), to Lombard Italy and Papal States (600-c 800), to Christmas Day 800, and finally, to the coronation of Charlemagne as the Holy Roman Emperor!

### **PR-421**

#### **Dante's Inferno: To Hell and Back\***

**Douglas Welsh**

10 classes | 10:15 AM - 11:45 AM

9/7 - 11/9 | \$56

Dante's Divine Comedy has been called the greatest poem ever written. This epic poem is divided into three parts: *Inferno*, *Purgatorio*, and *Paradiso*. In this course, we will read and discuss Part One of the Commedia and how it relates to the world of Dante and to our world. \*Required book

### **\*NEW\* HS-515**

#### **The American Identity from Washington to Trump: Fact or Myth**

**Avi Isseroff**

5 classes | 10:15 AM - 11:45 AM

10/12 - 11/9 | \$28

In this course, our presidents will make "personal appearances" to debate what constitutes our national identity. Has there been an enduring identity, or is that just a myth? Have there been conflicting identities or changing identities? What are the major elements of our identity?

### **VA-432**

#### **Mandalas As Art and Personal Relaxation**

**Rose-Ann C. Chrzanowski**

10 classes | 10:15 AM - 11:45 AM

9/7 - 11/9 | \$56

We will explore a variety of mediums to create mandalas, including sand, decorative papers, and zentangle, to name a few. All artistic abilities are welcome. This art comes from your heart!

### **\*NEW\* HS-512**

#### **Major Trends in American Religion: Past, Present, Future**

**Vincent Casanova**

10 classes | 10:15 AM - 11:45 AM

9/7 - 11/9 | \$56

This course will survey the major trends and diversity of the American Religious Experience, with a focus on developments in the colonial period, modern and contemporary periods, and future projections.

### **\*NEW\* HS-517**

#### **The Dragon Rises Again: Part III, The Mao Zedong Years (1949-1976)\* SECTION #2**

**Ted Welsh**

5 classes | 10:15 AM - 11:45 AM |  
9/7-9/21, 10/12 & 10/19 | \$28

As the third installment of *The Dragon Rises Again* series, this class will recount the turbulent early years of the People's Republic of China under the influence of its first leader, Mao ZeDong. As fierce rivalries between communist leaders divided the party for a generation, the country was led through a series of devastating "mass campaigns" as Mao attempted to create a "New China" that could hold its ground and claim its rightful place in the modern world. \*Required book



### 12:00 PM - 1:30 PM

#### **MU-459** **The Ukulele Adventure: For Beginners\***

**Nina Lesiga**

5 classes | 12:00 PM - 1:30 PM  
9/7 - 10/5 | \$28

Yes, you can play the ukulele! Learn chords, strumming patterns, and ten great songs. This workshop's unique design enables students to take it multiple times to master core skills. No musical instrument experience is required. \*Supplies required

#### **MU-457** **Da-Da-Da-Dum: The Symphony That Changed the World** **Donna Obarowski**

5 classes | 12:00 PM - 1:30 PM | 10/12 - 11/9 | \$28

At its premiere, Beethoven's Fifth Symphony had a profound effect on its audience. It continued to influence subsequent music as well as the thinking of his generation (and generations to follow). What about this symphony makes it so remarkable? Let's do a "deep dive" into the musical decisions made by one of history's greatest composers. (Based loosely on Matthew Guerrieri's book, "The First Four Notes").

#### **\*NEW\* CE-016**

#### **Contemporary Issues in U.S. Constitutional Law** **F. David Corbett**

10 classes | 12:00 PM - 1:30 PM  
9/7 - 11/9 | \$56

This class is an examination of contemporary issues in U. S. Constitutional Law. We will begin with a brief overview of the U. S. Constitution and its historical antecedents, then examine the various contemporary issues in constitutional law by way of their historical development, decided cases, and subsequent societal impact. We will also consider approaches to interpreting the constitution.

#### **\*NEW\* MU-460**

#### **The Ukulele Adventure: Beyond the Basics\*** **Nina Lesiga**

5 classes | 12:00 PM - 1:30 PM  
10/12 - 11/9 | \$28

If you've taken the OLLI Ukulele Adventure two or more times and mastered the basic chords and their transitions, take your skills to the next level. As a Music Maker, you'll expand your repertoire and technique with joy and a sense of adventure. \*Supplies required

#### **VA-450**

#### **Creative Photography: SLR and Mirrorless Cameras** **Timothy Padgett**

10 classes | 12:00 PM - 1:30 PM  
9/7 - 11/9 | \$56

This is a course on getting more out of your camera by taking control and stopping your use of automatic settings. Learn how to create great composition of any subject.

#### **HW-433**

#### **Reiki Level Two\*** **Barbara Schafer & Rosemary Toletti**

8 classes | 12:00 PM - 1:30 PM  
9/7 - 10/26 | \$45

This course is for students who have already taken Reiki Level One. Having learned the fundamentals of Reiki in Level One, which focuses on the physical realm, Level Two focuses on the emotional/mental realms of healing. There will be a brief review of Level One to assure past knowledge and skills. Students will learn three healing symbols, long distance healing, mental / emotional healing techniques, ethical and legal aspects, and receive a Level Two attunement. At the successful completion of this level, the student is called a Reiki Practitioner. \*Recommended book

## INTERGENERATIONAL LEARNING: BREAKING BARRIERS



Dr. Laura Donorfio, Associate Professor of Human Development and Family Studies and longtime OLLI faculty liaison and supporter is once again implementing her unique design of intergenerational interaction for undergraduate students at UConn. 40+ Students enrolled in HDFS 2220—Adulthood and Aging will be involved in service learning activities at OLLI at UConn.

#### **FREE COMPUTER/TECHNOLOGY TRAINING FOR OLLI MEMBERS**

Among Dr. Donorfio's students' service learning activities will be the unique opportunity for a limited number of OLLI members to receive FREE, individualized computer/technology training. \*Space is VERY limited. If interested, you should contact OLLI staff immediately to reserve a spot for this one-of-a-kind opportunity.



#### **OC-101** **OLLI Café**

Fridays | 12:15 pm - 1:30 pm | MPR (Rooms 113-116) | FREE

OLLI Café is a venue for the exchange of ideas and experiences. The goal is to present a potpourri of presentations that provide information and new knowledge to OLLI members. Bring your lunch and we will provide the coffee and tea! The weekly event features a guest speaker followed by a short question and answer session.

Registration for OLLI Café entitles you to a seat for the entire 10-week series, even if you cannot attend every lecture!

See presentation descriptions on Page 13.

# OLLI CAFÉ DESCRIPTIONS

OLLI Café Presentations (OC-101): Fridays, 12:15 - 1:30 PM  
MPR (Rooms 113-116)

## FALL 2018

### SEPTEMBER 7

#### Use Your Senses to Sleep Better Dr. Stephanie Sousa Cardoso

This presentation is about sleep hygiene and how to help you get more restful sleep using your five senses. Sleep is the most important part of our day. It is the time our body heals and repairs itself. Our days actually start with a good night's rest. If we can rest properly, we will have a better day. Why we need sleep: to clean the brain of toxins, for physical restoration, for information processing & memorization, for mood regulation, and to strengthen our immune systems. This program will outline some of the best ways to use your sense of sight, hearing, touch, smell and yes, even taste, to make the most sleep-friendly bedroom possible.

### SEPTEMBER 14

#### My Life As A Freelance Travel Writer Marcia DeSanctis

Have you ever wondered, *what is a travel writer?* Or even dreamed of being one? Bethlehem writer Marcia DeSanctis, *New York Times* bestselling author of *100 Places in France Every Woman Should Go To*, has reported from over 25 countries and will discuss her life and work on the road. Marcia is a frequent contributor to *Vogue* and *Town and Country* magazines as well as *National Geographic Traveler*, *Time*, *Tin House*, *The New York Times* and many others. Marcia has been awarded five Lowell Thomas Awards by the Society of American Travel Writers for excellence in travel journalism.

### SEPTEMBER 21

#### The Great Highland Bagpipe Ken Adams

Most of us are fascinated by the unusual sound and majesty of the bagpipes. They are often favorites in our local parades and celebrations. Did you ever wonder about the origin and history of this instrument? Ken Adams, who has played one for fifty years, has the answers. Join us as he discusses the history of this unusual instrument and its importance to the Scottish people.



### SEPTEMBER 28

#### Over a Wyoming Campfire - Beginnings of National Park Services Hamish Lutris

In 1872, the United States created Yellowstone National Park, the world's first national park, to "conserve the scenery ... unimpaired for the enjoyment of future generations." This was the world's first national park. Today there are more than 450 national parks in the U.S. and 1,200 worldwide. This talk will focus on the creation of the National Park Service in 1916, a radical move for its time, to intervene in the health of the nation's lands. The talk will discuss the history of conservation and how the American wilderness plays an important role in the identity of the American people, as well as outline the personalities and events that created one of the most successful and popular government agencies ever conceived.

### OCTOBER 5

#### Ancient America's History: Fifty Archaeological Sites to See for Yourself Professor Kenneth Feder

Professor Kenneth Feder will explore America's ancient past - a history spanning 13,000 years that is more diverse and more technologically and artistically sophisticated than most people appreciate. Dr. Feder has visited all 50 archaeological sites highlighted in his latest book, *Ancient America: Fifty Archaeological Sites to See For Yourself*. Professor Feder will share the wonders of America's first peoples, among them cliff dwellers, mound builders, and rock artists. His primary research interests include the archaeology of the native peoples of New England and the analysis of public perceptions about the human past. He is the author of several books. On the topic of human antiquity, one producer described him as being "a beacon of sanity in a sea of madness," which, in Feder's words, "is a very scary thought."

### OCTOBER 12

#### Korean History and Culture Younhee Shin

Younhee Shin is the Program Coordinator for the Korean Spirit and Culture Promotion project which is a non-profit organization dedicated to raising awareness of Korean history and culture. During this presentation, we will examine ancient artifacts that exhibit remarkable devotion and perseverance of the artisans who made them and how these characteristics helped to transform Korea into the fifth largest exporting nation in the world in the field of IT, healthcare, and shipping.

### OCTOBER 19

#### The Dogs of Camelot Joan Lownds and Margaret Reed

Co-authors Joan Lownds and Margaret Reed, a professional animal trainer, have written the story of the Kennedys' lifelong love of dogs and the unparalleled canine corps they brought to the White House. The presentation will show rare and previously unpublished photos and stories, with a fascinating new angle about the Kennedys that is deeply revealing about their character and compassion.

### OCTOBER 26

#### Understanding Your Best Friend - Phil The Dog Listener Phil Klein

If you want to gain a much better understanding of your dog and its challenging behaviors, join us for this session led by Phil Klein, Certified Dog Listener. Learn easy ways to interact with your dog to transform its behavior in a kind and long-lasting way. Phil has been honored to help hundreds of dog owners and their dogs. He will discuss how his success started by rescuing a dog with challenges that brought him to Jan Fennell's Foundation and Advanced Canine Communications courses. Bring your questions - but not your dog - for an informative, fun session.

### NOVEMBER 2

#### Adulthood & Aging Presentations Dr. Laura Donorfio

For the fourth year in a row, Dr. Laura Donorfio (Associate Professor, Human Development and Family Studies) has teamed up with OLLI in leading a one-of-a-kind intergenerational service learning opportunity. Throughout the semester, nearly 40 UConn undergraduate students will be actively engaged, in various capacities, with OLLI members. Come join us for a fascinating presentation, featuring students' findings and reflections on their involvement with OLLI!

### NOVEMBER 9

#### Coyotes in Connecticut Paul Coburn

Paul Coburn is no stranger to the OLLI Café. In the Spring 2017 session, Paul spoke to us about the black bear population in Connecticut. Paul is a graduate of Master Wildlife Conservation program and is a certified Master Wildlife conservationist. Back by popular demand, Paul will tell us about the history, habitat, and behavior of coyotes in Connecticut.



## 1:45 PM - 3:15 PM

### HW-417

#### **The Alexander Technique: An Introduction to Posture, Balance, Breathing, and Movement\***

**Peter Anderheggen**

5 classes | 1:45 PM - 3:15 PM  
9/7 - 10/5 | \$28

Students will learn improved balance, posture, and movement and be shown methods of restorative rest and dynamic ways to sit, stand, walk, and use tools. With readings, discussion, and brief lectures, active participation is encouraged. Each student will have at least one individual lesson.

\*Supplies required

### MU-455

#### **The Jazz Scenes**

**Fran E. McIntyre**

5 classes | 1:45 PM - 3:15 PM  
9/7 - 10/5 | \$28

The objective of this course is to enhance the history, development, and enjoyment of different jazz performances and styles, as it answers the question, "What is this thing called jazz?"

### **\*NEW\*** LW-475

#### **African American Poets**

**Deirdre J. Wright**

5 classes | 1:45 PM - 3:45 PM  
9/7 - 10/5 | \$38

This course will be an introduction to the poets of African Diaspora, from the first Africans to write in European style forms to contemporary hip-hop poetry. You will have the opportunity to explore various questions such as "Is rap poetry?" This course will take you on a journey through time including the early colonial, Harlem Renaissance, Beat Generation, and contemporary times, to meet and hear the voices of some African poets.

### HW-460

#### **The Alexander Technique: Posture, Balance, Breathing, and Movement\***

**Peter Anderheggen**

5 classes | 1:45 PM - 3:15 PM  
10/12 - 11/9 | \$28

A continuation of "The Alexander Technique: An Introduction." Participants will further be shown how to learn improved balance, posture, and movement. This course is open to previous students and those who took the introductory course in the first five weeks.

### **\*NEW\*** MU-458

#### **The Jazz Scenes & BEYOND**

**Fran E. McIntyre**

5 classes | 1:45 PM - 3:15 PM  
10/12 - 11/9 | \$28

In this course, we will go beyond the history of jazz and explore the "Freedom of Jazz Expression" by exploring Frank Sinatra, Louie Armstrong, Herbie Hancock, Ella Fitzgerald, Marty Q, and so many more. Why scat? Is today's music really jazz?

### **\*NEW\*** VA-455

#### **Just Movies**

**Joseph Gambini**

5 classes | 1:45 PM - 4:00 PM  
9/7 - 10/5 | \$42

In this course, we will view award-winning films. Come and enjoy great movies and thought-provoking discussions about them. The course will include *Amelie* (subtitled), *The Lady in the Van*, *Little Voice*, *The Artist*, and *Tom Jones*.

### HW-461

#### **Mental Health & Aging**

**Deirdre J. Wright**

5 classes | 1:45 PM - 3:15 PM  
10/12 - 11/9 | \$28

This course will introduce students to the most up-to-date research and treatment information in the area of aging. Topics to be discussed include depression, treatments, and the most recent DSM-5, along with group discussion. Self-assessment is important to maintain a healthy state of mind. Come learn about the latest research and how it relates to aging.

### **\*NEW\*** VA-458

#### **Creative Photography: ADVANCED SLR and Mirrorless Cameras**

**Timothy Padgett**

10 classes | 1:45 - 3:15 PM  
9/7 - 11/9 | \$56

This course is a continuation of the standard "SLR and Mirrorless Cameras" course, for those students who want to go further in depth with getting more out of your camera by taking control and stopping your use of automatic settings. Continue to learn how to create great compositions of any subject.

### **\*NEW\*** LW-476

#### **How to Write Your Life: A Course in Memoir Writing**

**Gabriella Brand**

10 classes | 1:45 PM - 3:15 PM |  
9/7 - 11/9 | \$56

Everyone has a story, but not everyone takes the time to tell it. This course offers encouragement, structured exercises, guidance, and tips for writing and organizing your memoirs. Students will read excerpts from famous autobiographies for inspiration.

### **\*NEW\*** PA-430

#### **Per L'Amor di Puccini: A Voyage Into Puccini's Operas**

**Nunzio De Filippis**

10 classes | 1:45 PM - 3:45 PM  
9/7 - 11/9 | \$75

Travel into some of Puccini's greatest operas, from *Manon Lescaut* to *La Boheme* to *Tosca* to *Il Trittico*!

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<https://olli.uconn.edu/course-proposal-form/>.

If you'd like more information, please reach out to Jenna Ryan,  
OLLI Coordinator at [jenna.ryan@uconn.edu](mailto:jenna.ryan@uconn.edu)

The University of Connecticut's Waterbury Campus serves more than 1,100 students annually. In more than 60 years of operation, UConn Waterbury has opened the doors to educational access and excellence to thousands of Connecticut residents, many of whom have distinguished themselves in the fields of community service, business, education, law, and politics.