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MAY 30 - JULY 3
REGISTRATION OPENS FRIDAY, MAY 3RD

OSHER
LIFELONG
LEARNING
INSTITUTE

UConn
WATERBURY

**COURSE
CATALOG**

OLLI @ UCONN SUMMER 2019 COURSE CATALOG

OLLI at UConn invites you to join us for our summer session. Register for classes online at olli.uconn.edu, in person at 99 East Main St. Waterbury, CT 06702 (Room 103), or by mailing in a registration form! A current, paid membership (\$65) is required for registration. Remember that memberships run on annual cycles (January - January or July - July). The Summer '19 session is covered by the Fall 2019 and Spring 2019 membership.

Questions? Call 203-236-9924.

TUESDAYS

HW-487

Finding HOPE in a World of Uncertainty **Stacey Altomari**

5 meetings | 10:15 - 11:45 AM
6/4 - 7/2 | \$28

Through EFT we will learn the technique of going within where true HOPE resides. Learn to release the chaos of the world around us.

LW-485

An Introduction to Writing **Martin Herman**

5 meetings | 12:00 - 1:30 PM
6/4 - 7/2 | \$28

In this 5-week course, a published author with seven books currently in print, will lead you through the basics for crafting your own story. You will learn ways to manage writer's block and meet deadlines. A condensed primer for new writers – a refresher course for existing writers – individualized guidance for all who attend.

LW-473

Igniting Passion: Writing from YOUR life **Jack Lewis**

5 meetings | 10:15 - 11:45 AM
6/4 - 7/2 | \$28

Are you a newcomer to the world of creative writing? Or perhaps the blaze of your love affair with the written word has burned down to embers? 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. Relight your creativity with a toolkit of simple techniques.

HW-488

The Harmful Effects of "Sitting Too Much" **Brian Reynolds**

1 meeting | 1:45 - 2:45 PM
6/4 | \$5

Prolonged sitting presents seriously harmful side effects to our health. There is an abundance of literature linking sedentary activity to chronic health problems. In fact, many sources have indicated that prolonged sitting could be as deleterious as smoking! Reports show that many older adults and seniors report being sedentary for up to nine hours each day. This presentation will bring light to the issues and offer helpful tips and discussion on how people can get moving and live longer!

WEDNESDAYS

AH-443

Fundamentals of Drawing* **Thelma Appel**

5 classes | 10:00 - 11:30 AM
6/5 - 7/3 | \$28

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. *Required supplies: See online

AH-436

The Art in Painting: Learning to See - A Workshop* **Thelma Appel**

5 classes | 12:30 - 2:30 PM
6/5 - 7/3 | \$38

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. *Required supplies: See online

CO-426

Computers for Beginner: Navigating Windows

Timothy Padgett

4 classes | 10:15 - 11:45 AM
6/5 - 6/26 | \$23

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.

VA-453

Creative Photography: Lightroom and Photoshop 101

Timothy Padgett

4 classes | 12:00 - 1:30 PM
6/5 - 6/26 | \$23

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.

THURSDAYS

HW-492

Aging with Strength, Flexibility, and Balance: Slow Flow and Yin Yoga **Maria Ward**

5 classes | 8:45 - 10:00 am
5/30 - 6/27 | \$23

A gentle, slow flow yoga sequence will be followed by longer-held yin poses; both portions of class will be designed to increase or maintain strength, flexibility and balance. Meditation and breathing exercises will be incorporated in each session. This class is appropriate for beginning or experienced students of yoga. *Please bring a yoga mat. Students must be able to get down to and up from the floor unassisted.

MU-466

Bob, the Band, Basement Tapes **Dr. Walter Brooks**

4 classes | 10:15 - 11:45 AM
6/6 - 6/27 | \$23

Bob Dylan experienced a most productive period of music-making during a fifteen month recovery period after a motorcycle accident. During this period Dylan, along with members of "The Band", produced 138 songs. This course will focus on this phase of the Nobel Laureate's career.

HW-489

Shamanism: A Bit of Ancient Wisdom and Healing for Everyday Lives **Kim Tallcouch**

4 classes | 1:45 PM - 2:45 PM
6/6 - 6/27 | \$23

Shamanism is an ancient belief system that is rooted in virtually every culture on this planet and is often considered the foundation of faith based practices throughout the world. "Living in harmony and balance with nature and the Creator" is the core essence of shamanism. This course will explain how shamanism continues to offer many tools which can help us navigate through our daily lives.

HW-491

OUCH! to AHhhh... A Workshop for Joint Relief*

Ann DiLorenzo & Sondra Martinez

1 class | 10:15 - 11:45 AM
6/20 | \$5

This workshop will be both experiential and cognitively based. We will be preparing you for supportive yoga poses for joint health and prevention along with Pranayama Healing Breath, Ayurvedic Nutrition and Mindfulness within the one and one-half hour workshop. Our intention is to teach and support a population who suffer from arthritis and related joint pain. *Supplies required: Please bring a mat and pillow and any supportive items you may need during this workshop.

HW-485

Movement to the Classics (MTC) **Tamari Witkin**

5 classes | 12:00 - 1:00 PM
5/30 - 6/27 | \$19

Culturally enriching, engaging and super fun low impact interval training and strength building work out to classical music – short backgrounds on the more famous compositions – calorie torching and easy to follow! Took this course already? No worries! There's a whole new playlist!

AS-003

Visit to a Beeyard **Al Avitabile**

1 class | 10:15 - 11:45 AM
5/30 | \$5

Visit a beeyard to observe honey bees in their colony. Witness honey bees returning with their pollen baskets filled with pollen. Watch a beekeeper open an hive and witness the three members of a bee colony: the queen, the workers and the drones. *PLEASE NOTE: This course is off-site in Bethlehem, CT. Address will be provided upon registration.

HW-490

Laugh for the Health of it: Creating Healthy Lifestyles through Laughter **Trevor Smith**

4 classes | 12:00 - 1:30 PM
6/6 - 6/27 | \$23

Utilizing a series of experiential exercises and games, this program explores the use of laughter for stress management, community building, promotion of positive thoughts and feelings, and strengthening the immune system. The course will focus on the practices of Good Hearted Living where the presenter will place an emphasis on creating a supportive non-judgmental environment that encourages creativity and enjoyment.



FRIDAYS

VA-449

Creative Photography: Cell Phones and Compact Cameras 101

Timothy Padgett

4 classes | 10:15 - 11:45 AM

5/31 - 6/21 | \$23

Join us for a photography course on how to create works of art with the camera you always have with you.

CE-020

Women's Talk II

Deirdre Wright

5 classes | 1:45 - 3:15 PM

5/31 - 6/28 | \$28

A presentation of women in history, tracing the evolution of the roots of the modern day women's movement. Women are in exciting times politically in America and films will be used to facilitate discussion. Ken Burns' *Not For Ourselves Alone: The Story Of Susan B. Anthony and Elizabeth Cady Stanton* will be featured. Come celebrate and discuss the new women.

CL-454

K-Pop and New Asian Films and TV Dramas | Deirdre Wright

5 classes | 12:00 - 1:30 PM

5/31 - 6/28 | \$28

The new Asian film surge has begun. All you need is a cell phone or a computer, and we will explore the new burst of films and tv dramas that are the rage of the internet. We will explore the various category of films and dramas. In addition, there are plenty of apps to facilitate viewing. Once you enter this K-Pop world you will not want to leave. And before leaving class you will be helped with downloading and identifying apps.

VA-450

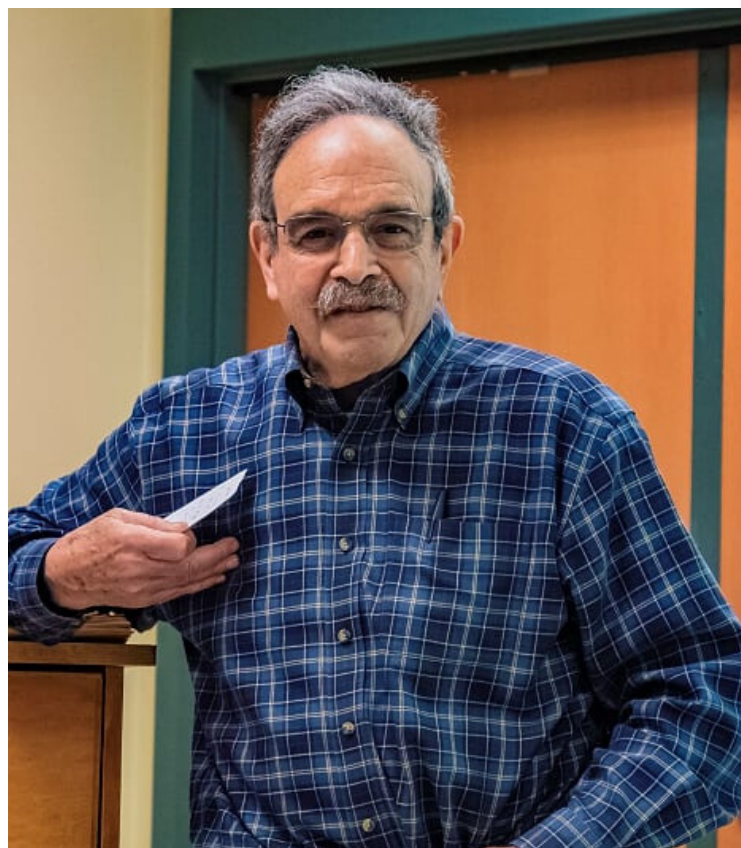
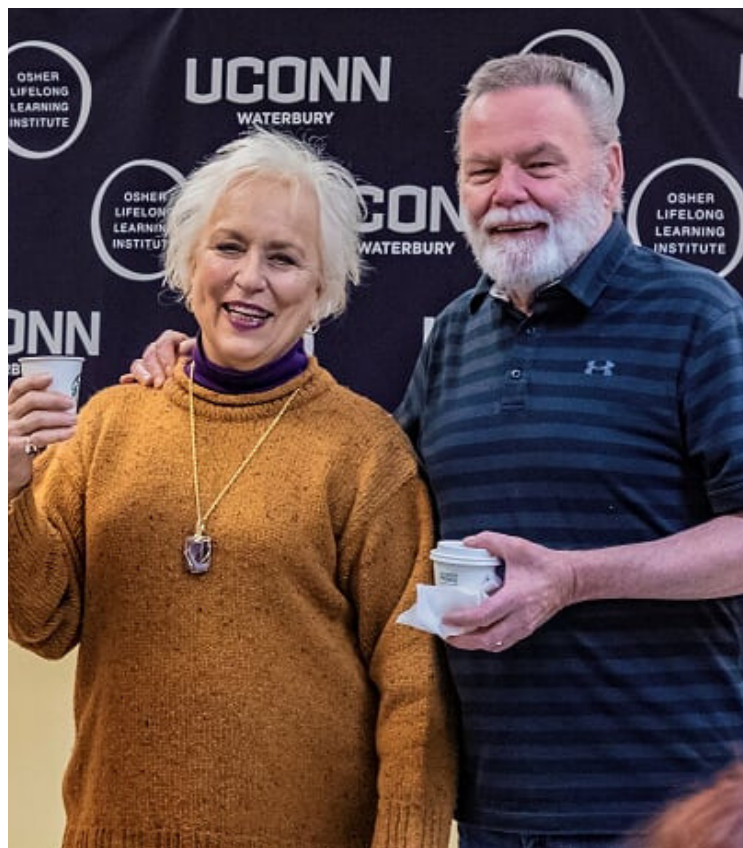
Creative Photography: SLR and Mirrorless Cameras 101

Timothy Padgett

4 classes | 12:00 - 1:30 PM

5/31 - 6/21 | \$23

Get 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.





OLLI AT UCONN SUMMER REGISTRATION FORM

Name _____

Date of Birth (MM/DD/YYYY) _____

Address _____ City _____

State _____ Zip _____ Phone (____) _____ - _____

Email _____

Indicate your membership status by checking **ONE** of the boxes below:

- ☐ NEW to OLLI (\$65 due now) ☐ Current (my membership is paid) ☐ Renewing (\$65 due now)
Unsure? Call the OLLI Office @ 203-236-9924

Course Selections - Summer 2019 (Refer to catalog for course # and fee)

Membership Fee (For new and renewing members only)		\$65		
	1st Choice	Course Fee	2nd Choice	3rd Choice
Course #1		\$		
Course #2		\$		
Course #3		\$		
Course #4		\$		
TOTAL		\$	(If registering via paper registration, check or money order ONLY - payable to: OLLI at UConn)	

Mail check or money order to OLLI at UConn, 99 East Main Street, Waterbury, CT, 06702

What do I do if I would like to utilize OLLI at UConn's Parking Options?

Apply for a parking permit online at the following link: <https://park.uconn.edu/olli-parking-information/>

WHERE TO PARK (with a permit):

FRIDAYS ONLY: Levels 2 & 3 of UConn's attached garage (Entrance on North Elm St.)

MONDAY-FRIDAY: Levels 5 & 6 of the Scovill St. Garage (33 Scovill St.); Attached UConn garage AFTER 5pm ONLY.

You MUST apply for parking on your own initiative. If you do not wish to utilize the parking garages above, there are other downtown parking options at reasonable rates. Visit <http://www.waterburyparking.com/> for more information.

Please direct any questions or issues directly to Parking Services (park.uconn.edu or 860-486-4930). The OLLI office does not distribute parking permits.



Where did you hear about OLLI at UConn?

- ☐ Radio ☐ Newspaper ☐ Word of Mouth ☐ Other (please specify) _____

I acknowledge that pictures and/or videos taken during OLLI Café, in the classroom setting, or on a trip may be used to promote OLLI at UConn.

MEMBER SIGNATURE (required) _____