

JUNE 1 - JULY 3
REGISTRATION OPENS MONDAY, MAY 11

SUMMER 2020



UConn
WATERBURY

**COURSE
CATALOG**

**OLLI @
UConn's
FIRST
ALL-ONLINE
SESSION!**

*where
learning
never
retires*

MONDAYS

AH-447

The History and Sculpture of Central Park

Wendy Swain

2 meetings | 12:00 PM - 1:30 PM
6/1 - 6/8 | \$11

How did Central Park come into being and what is the history behind the wonderful sculptures that are found therein? Come along with Wendy Swain to uncover the background of the park via a PowerPoint presentation.

AH-449

Art of the Harlem Renaissance

Elizabeth Neuwirth

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

In 1905, following the collapse of the real estate market in Harlem, its apartments and brownstones became available to people of color. The neighborhood developed a reputation for offering opportunity, culture and a lively night life. As African-Americans migrated to northern cities from the South, and soldiers returned from World War I, Harlem's population swelled. The Harlem Renaissance was a period of artistic and cultural activity from around 1917 into the 1930s. While it began with literature, the other arts also flourished. This class will introduce you to many of the painters, sculptors and photographers of the Harlem Renaissance.

SS-008

Congratulations, it's a ____ ! An Introduction to Gender

Elizabeth Neuwirth

1 meeting | 10:15 AM - 11:45 AM
6/8 | \$5

Gender is a complicated subject, but everything begins with the body. As soon as we enter the world we are confidently categorized as either male or female. But the prenatal influence of genetics, hormones and other factors are very complex. Once we are in the world, our birth gender doesn't reliably predict who we feel ourselves to be, nor who we love or desire. Prepare to be surprised!

HW-512

About Schizophrenia*

Elizabeth Neuwirth

1 meeting | 10:15 AM - 11:45 AM
6/29 | \$5

Perhaps the most devastating of all neuropsychiatric disorders, schizophrenia has been explained in many different (and often inaccurate) ways since it was first identified in 1887. We will look at what people with this diagnosis experience, what we know and don't know about its causes, and how it is managed. *Required reading: Before the class please read *Bartleby the Scrivener*, a short story by Herman Melville. It is available through the public library, through an online library application such as Hoopla, directly online at www.bartleby.com/129; or as an audiobook. All participants will be sent a link to a radio adaptation of the story, which is 45 minutes long.

OLLI at UConn
invites you to join us
for our first ever all-
online summer
session!

Register for classes
online at
olli.uconn.edu. A
current, paid
membership (\$65) is
required for
registration.
Memberships run on
annual cycles
(January - January or
July - July). The
Summer 2020
session is covered by
Fall 2019 and Spring
2020 memberships.

Questions?

Email

osher@uconn.edu



TUESDAYS

HW-508

Courage and Conscious Awareness

Stacey Altomari

4 meetings | 11:00 AM - 12:30 PM
6/2 - 6/23 | \$23

This course will guide you to becoming more aware and more moment-to-moment using relaxation tools that are simple and very effective. Come join me in building your courage and your consciousness while releasing fears, stress and anxiety from what was or what will be.

AH-448

A Study in African American Humanities

Deirdre Wright

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

Theatre, film, art, poetry, novelist, classical and operatic music. The descendents of slaves have been prolific in their various chosen fields. Come take a historical journey through the creative arts of the African American community!

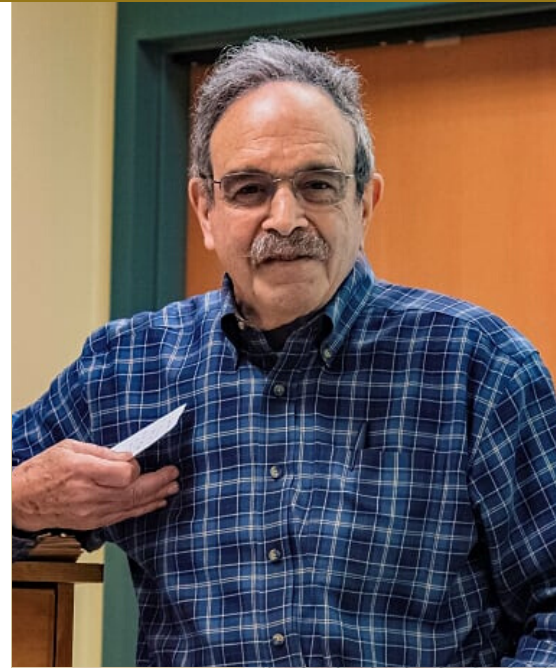
MU-471

Music for Life

Julie Cook

5 meetings | 10:15 AM - 11:30 AM
6/2 - 6/30 | \$28

Explore the life-affirming elements of music—rhythm, melody, words—and experience its power to soothe and energize, as we make music together using whatever sound-makers we have on hand. We will also discuss music's connection to brain health, and learn ways to incorporate simple practices to bring joy and well-being to our lives. No prior music experience needed.



Due to Covid-19 restrictions, you MUST register for courses online

@ OLLI.UCONN.EDU

Convenient self-registration at your fingertips, immediate confirmation & easy to pay by credit card. Find step-by-step online registration instructions on the last page.



WEDNESDAYS

PD-448

WISEWOMAN: Archetypes for Women over 50*

Geralyn Cappabianca

4 meetings | 10:15 AM - 11:45 AM
6/3 - 6/24 | \$23

In this course we will explore the fascinating world of archetypes, especially the women's archetypes of maiden, mother and crone. As women over 50 we will focus on the crone or wisewoman aspect of our lives, and how these archetypes, as well as many others, can empower us in this, the Third Act of our lives.

*Recommended reading: *Goddesses in Older Women* by Jean Shinoda Bolen, M.D. - ISBN 978-0-06-092923-7

HW-510

Mental Health, Aging, and Mindfulness

Deirdre Wright

5 meetings | 1:45 PM - 3:45 PM

6/3 - 7/1 | \$38

Come learn about the Asian influences in Western healthcare. Yoga and mindfulness are only two of the practices that Western health practitioners now include as essential referrals for health and mental health maintenance. Come learn about these and other non-traditional practices and how they relate to aging. Learn a relaxing guided imagery to take home with you.

HW-509

Viruses - The Inside Story

Douglas Welsh

5 meetings | 11:00 AM - 12:00 PM
6/3 - 7/1 | \$28

Everyday we hear more about coronavirus. This course will take a detailed look at the viruses, how they affect us, and what we can do to treat the diseases that they cause.

PD-449

Let's Get Happier!

Trevor Smith

4 meetings | 10:15 AM - 11:45 AM
6/3 - 6/24 | \$23

Happiness is a muscle we can build and develop. In this fun and informative personal empowerment and virtual interactive presentation, Trevor shares evidence-based techniques and strategies to make happiness and joy a habit in your life. Using therapeutic laughter exercises and positive activity interventions, we will actively explore and expand on the practices of happiness, gratitude, and play and explore our own spontaneous experience. By the end of our time together, you'll create your own personalized happiness plan, get practice with a variety of happiness-enhancing techniques, and make healthy and positive connections through virtual interactive activities and discussions.

THURSDAYS

HW-501

Micro Movements for Major Mobility

Sondra Martinez

5 meetings | 10:15 AM - 11:15 AM
6/4 - 7/2 | \$19

Regain mobility joint by joint with this interactive physical class through the ancient wisdom of Ayurveda & Yoga. Learn easy movements and exercises to help increase your range of motion for increased mobility allowing you to release any tension and strain. We will take each week to explore micro movements in our most stressed out joints.

FRIDAYS

LW-473

Igniting Passion: Writing from Your Life

Jack Lewis

5 meetings | 10:15 AM - 11:45 AM
6/5 - 7/3 | \$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.

HS-533

The War in Vietnam from Ground Level

Charles McNair

5 meetings | 1:45 PM - 3:15 PM
6/5 - 7/3 | \$28

Presentation of a history of the war with emphasis on the treatment of the wounded, medical organization, types of surgeries and their outcomes.

PA-438

Introduction to the Performing Arts and Writing

Jack Levine

5 meetings | 1:45 PM - 3:15 PM
6/5 - 7/3 | \$28

The course will give each student a taste of acting and auditioning, improv performing, standup comedy, personal storytelling and writing of fiction and nonfiction. The instructor will lead class exercises in which the students can volunteer to participate.

VA-470

Independent and Art House Films

Deirdre Wright

5 meetings | 1:45 PM - 3:45 PM
6/5 - 7/3 | \$38

Films that are entertaining and thought-provoking. This is the continuation of the class from Spring 2020. We will complete two French films and three Swedish films. Not for the faint of heart.

HW-511

Make It & Taste It

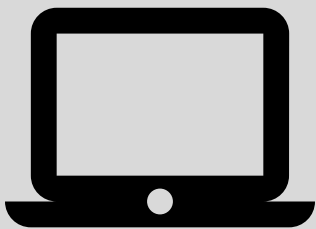
Sondra Martinez

5 meetings | 12:00 PM - 1:00 PM
6/5 - 7/3 | \$19

Learn to cook easy 30-minute summer meals based on seasonal eating according to Ayurveda during this at-home cooking class in the comfort of your own kitchen! Enjoy the fresh, delicious and easy to digest foods of summer by creating simple light meals to keep you balanced and healthy. Recipes will be provided one week prior to class with instructions and ingredients. *all meals will cost \$10 or less for 2+ servings dependent on digestive strength.

STAYING CONNECTED WITH OLLI @ HOME

- Sign up for our weekly e-newsletter (go to olli.uconn.edu and click the blue button that says "Add Me to Your Email List") to receive updates every Monday
- "Like" us on Facebook to participate in interactive posts (<https://www.facebook.com/olliatuconnwaterbury/>)
- Email osher@uconn.edu with your own tips on how to stay busy during this time, photos, interesting stories or news articles, original work (paintings, drawings, writings) to be featured in our e-newsletter



Online Registration Instructions

Register online at www.oli.uconn.edu

1 Go to oli.uconn.edu

Click the red "Take a Class or Join OLLI Now" button.

2 Sign in OR create a new account

CREATE A NEW ACCOUNT

If you have NEVER been a member of OLLI, or if you have not purchased a membership at any point, from Fall 2013 to present, create a new account by choosing "Create New Account" at the bottom right of the Sign-In page. After you have created your account and are signed in, click the "Return to Course Catalog" button at the upper right of the screen to add a membership to your cart.

SIGN INTO EXISTING ACCOUNT

If you have purchased an OLLI at UConn membership at any point from Fall 2013 to present, you have an online account.

1. If you have previously used the online registration system at any point, please sign in using the username and password you have chosen.
2. If you are new to the online registration system, your username is most likely: `firstname.lastname` (e.g. `john.smith`). Please use this username to obtain a temporary password by following the steps at oli.uconn.edu/returning-members. If this doesn't work, email the OLLI team (osher@uconn.edu) to inquire about your username.

Once signed in, you will be prompted to change your password to something that is unique to you. Please do so, and then click the "Return to Course Catalog" button at the upper right of the screen to add a membership to your cart.

3 Add the OLLI at UConn membership course to your shopping cart.

Please skip to the next step (#4) if you already have a current, active membership. If your membership has expired, OR you are brand new to OLLI at UConn, please:

1. Make sure you are signed into your account (see step 2 above).
2. Select "Membership" from the list of categories on the left of your screen.
3. Click on the Annual Membership for the session you are enrolling in (Fall or Spring).
4. Click "Add to Cart." Once you are signed in and have a membership in your cart you may start adding classes to your cart!

4 Choose your classes.

Click the "Return to Course Catalog" button in the upper right hand corner of the shopping cart page. You are now ready to add individual classes to your schedule!

Search for courses, events, and other registration items by Category, and add desired items to your shopping cart, clicking "Return to Course Catalog" after each one is added to your shopping cart. Repeat this step for each item you would like to add. Remember to register for OLLI Café, even if you only plan on attending one or two presentations.

Not seeing the "Add to Cart" button for classes? One of two steps in the directions above has been missed. Remember, you must first sign into your account and either have a membership in your cart or have previously purchased an active membership to be able to see the "Add to Cart" button. Unsure about the status of your membership? Email the OLLI team at osher@uconn.edu and they can tell you if it has expired or not, and give you information about the last time you purchased one.

5 Review your selections.

You may review your class selections by clicking "View Cart" at the top right of the screen. Before clicking the checkout button, confirm that you have the correct classes and that there is only one class per time-slot chosen.

6 Submit your order.

Select "Checkout." You will then be prompted to fill in the "My Information" section of checkout. Please fill in the requested information, and then proceed to the billing information section. Be sure the person paying has his/her information in the payee section of the checkout. Once you submit your order, you will receive an email confirmation. Please review and make sure it reflects what you intended to order. If you made an error while registering, or need assistance at any time, please email osher@uconn.edu.

Having issues?

Email osher@uconn.edu or
Call 475-222-6232 or
475-222-6261