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JANUARY 4 - 29, 2021
REGISTRATION OPENS NOVEMBER 13, 2020

OSHER
LIFELONG
LEARNING
INSTITUTE

UConn
WATERBURY

**COURSE
CATALOG**

*where
learning
never retires*

**ONLINE
SESSION!**

*"Zoom classes let us be
social while keeping our
distance."*

*-OLLI member, feedback from
fall 2020 course surveys*

MONDAY

LW-500

Writing a Legacy Letter

Jay Sherwin

1 meeting | 10:15 AM - 11:45 AM

1/11 | \$5

This one-session online workshop is designed to introduce the concept of “legacy letters” and to encourage participants to craft their own legacy document. A legacy letter (also called an “ethical will”) is a brief written document that allows people to share their life lessons, express their values and transmit their blessings to future generations. Writing one is a rewarding experience that creates an enduring gift for children, grandchildren and other loved ones.

HW-515

Boosting Memory and Lowering Risk of Dementia

Marc Milstein

1 meeting | 1:45 PM - 2:45 PM

1/25 | \$4

Your memory is amazing, fascinating and mysterious. In many ways it is also your most precious possession. Hear the latest solutions to preserving, protecting and boosting your memory especially in our current time.

TUESDAY

MU-476

Women of Rock and Roll

Robert Joyce

3 meetings | 6:30 PM - 8:00 PM

1/12-1/26 | \$17

The 1970s was the decade in which women earned their place in Rock and Roll as commercial, as well as critical partners, in the new art form. This course will feature the music and careers of Janis Joplin, Ann and Nancy Wilson from Heart, Christine McVie and Stevie Nicks of Fleetwood Mac, the soulful voice of Tina Turner, and more. Learn how these women gave rise to some of the biggest selling albums in Rock and Roll.

HS-537

First Ladies: Tales and Travails of Our First Ladies

Pam Watson

4 meetings | 4:00 PM - 5:30 PM

1/5 - 1/26 | \$23

A humorous and yet historical venture into our First Ladies from the first Martha Washington to the present.

HW-514

International Cuisine on a Budget

Timothy Padgett

4 meetings | 1:45 PM - 3:15 PM

1/5 - 1/26 | \$30

This is a cooking course with videos for you to download after the class so you can cook interesting meals following the video at your own pace. These meals are not only budget-friendly but have become favorites of mine and hopefully favorites of yours too.

"I am glad that we have this option to stay connected."

-OLLI member, feedback from
fall 2020 course surveys

WEDNESDAY

HW-516

Did I Remember to Close the Garage Door? Introduction to Mindfulness Meditation

Annie Beierle

4 meetings | 9:00 AM - 10:00 AM | 1/6 - 1/27 | \$15

This course is designed for the beginner meditator! Instructions on sitting postures, types of meditations, and the basic foundations of mindfulness meditation.

VA-453

Lightroom and Photoshop **Timothy Padgett**

4 meetings | 12:00 PM - 1:30 PM

1/6 - 1/27 | \$23

A beginners guide to editing and saving your photos in Adobe Lightroom and Photoshop using the raw plugin suite and batch processing.

HW-517

Finding Peace in a Changing World **Stacey Altomari**

4 meetings | 10:15 AM - 11:45 AM
1/6 - 1/27 | \$15

Change isn't always a bad thing. When there is a huge change in the world we've come to know it can be very challenging and very disruptive both in our lives and our minds. Allow me to help you navigate changes in your life with clarity and peace.

CE-023

The United Nations at 75

Joseph Baxer

3 meetings | 1:45 PM - 3:00 PM | 1/6 - 1/20 | \$15

The UN celebrated its 75th anniversary in 2020. What exactly is this organization, created in the aftermath of WWII, that now has 193 nation state members? Is it a world government? Does the UN Declaration of Human Rights contradict the US Declaration of Independence? What are its successes, failures and opportunities? What does it mean that the "UN was born not to lead us to heaven, but keep us from hell."

"I truly enjoy the Zoom courses. I doubt I would have taken the course in person even without a pandemic."

-OLLI member, feedback from fall 2020 course surveys

Register for classes online at 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.

A current, paid membership (\$65) is required for registration. If you are a new student, or a returning member whose membership has expired, please note that the 'annual membership' MUST be added to your cart before you will be allowed to add courses to your cart.

The membership now runs on a rolling cycle, which means it is valid for 365 days from the date of purchase.



THURSDAY

VA-474

Photography In My Backyard

Timothy Padgett

4 meetings | 10:15 AM - 11:45 AM

1/7 - 1/28 | \$23

This is a course for beginners and intermediate photographers who have access to a digital camera, from a cellphone to a professional SLR. This class is not a repeat of my last one but more of a following. That said, you are not required to have taken a class before.

LW-501

The Writing Gym.... Exercise Your Creativity

Gabriella Brand

4 meetings | 1:45 PM - 3:15 PM

1/7 - 1/28 | \$23

A writing gym is a place which keeps you exercising your skills as a writer. Each week participants will receive ideas, prompts, tips, and inspiration to produce short stories, memoir, poetry, essays, or haibun. The atmosphere will be supportive and collegial. All writing levels welcome.

MS-437

We Came in Peace For All Mankind

Hamish Lutris

1 meeting | 8:30 AM - 10:00 AM

1/14 | \$5

On July 20, 1969, Neil Armstrong descended to the lunar surface. It was an event hailed throughout the world as a major milestone in the history of humankind. Many Americans still remember being riveted to Walter Cronkite's broadcast of the moon landings, and their excitement at what we all had achieved. This talk will discuss the beginnings of space flight, the sense of political urgency that drove the US to shoot for the moon, as well as the intrepid technological spirit and prowess that transported Neil Armstrong and Buzz Aldrin to another heavenly body, allowed them to explore it, and afterward, to give rise to one of the greatest conspiracy theories of all time!

HS-538

European History for Travelers: People & Places You Should Get to Know

Diane Stone

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

1/7 - 1/28 | \$30

In the belief WE WILL TRAVEL AGAIN, I've chosen some fascinating people and places you should absolutely get to know before your next actual or armchair trip to Europe. Join me via ZOOM to share in the kind of backstories that make history fun and learn about the places connected to the following people that make for incredible travel experiences: Henry VIII, Louis XIV, the "Million Dollar American Princesses" and Victor Hugo.

MS-436

Space Exploration - New Frontier Challenges

Bill Cloutier

3 meetings | 12:00 PM - 1:00 PM

1/7 - 1/21 | \$23

The course will cover three different aspects of space exploration - the inherent risk of human flight, the search for extraterrestrial life, and living in space. The topics will be explored through a recap of the flight of Apollo 13, the objectives of the current Mars 2020 robotic mission, and what we've learned from 20 years of living on the International Space Station.

FRIDAY

MU-477

The Poetry-Music Connection

Julie Cook

4 meetings | 10:15 AM - 11:30 AM

1/8 - 1/29 | \$19

Poetry and music are closely related arts. In this class you'll learn how to read your favorite poems aloud with clarity and expressiveness using elements known by musicians. We will write group and individual poems and creatively accompany our readings with simple instruments found around the house. Come and celebrate the beauty of poetry and music!

VA-415*

An Enriching Experience with Acrylic Painting

Judy Jaworski

4 meetings | 10:00 AM - 12:00 PM

1/8 - 1/29 | \$30

In this course, students will learn to develop expertise in the medium to create a personal finished painting. **Please Note: This course has required materials. Visit our online catalog for more information.*

HW-489

Shamanism: A Bit of Ancient Wisdom and Healing For Everyday Lives | Kim Tallcouch

4 meetings | 1:45 PM - 3:00 PM

1/8 - 1/29 | \$19

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-518

Can a Spiritual Life Counter the Negative Psychological Effects of Covid-19?

William Courtland

4 meetings | 10:15 AM - 11:45 AM

1/8 - 1/29 | \$23

This course will address this question by showing us how this time of confinement and limitation can become an impetus for us to return to a life lived from Spirit that we had forgotten a long time ago.

MU-478

African Americans Giving Expression Through Opera and Classical Music

Deirdre Wright

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

1/8 - 1/29 | \$30

A basic introduction to classical music and opera by African American artists and composers. Yes, there are artist works and professions in the operatic and classical music beyond "Porgy and Bess"! A little history, a little music, and of course some opera. Open the door on some very warm music for a New England winter.

"We should continue to do [online learning] even after face-to-face classes resume."

-OLLI member, feedback from fall 2020 course surveys

EXTRAS & REMINDERS

All Winter 2021 courses will be held online. You will receive an email with a unique Zoom invitation link prior to each class's first meeting.



To learn more about any course instructor, visit olli.uconn.edu/instructor-bios

Want to teach for OLLI?

Course proposal forms can be found here:

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

The submission **deadline** for the **Spring 2021** session (running from 2/15 - 4/30) is **Friday, December 11, 2020.**

If you'd like more information, please reach out to Jenna Ryan, OLLI Coordinator at jenna.ryan@uconn.edu



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Facebook

STAYING CONNECTED



where learning never retires

OLLI @ UConn

What's Happening?

Are you signed up for our weekly e-newsletter? Sign up now and never miss a thing! Each Monday, receive OLLI updates, course information, free online lectures, community events, fascinating article and video shares, photos, recipes, and more! **CLICK HERE TO SIGN UP.**



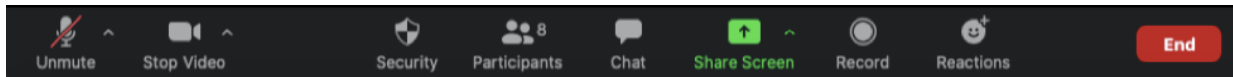
Use and Etiquette Reminders

To download Zoom, visit: <https://zoom.us/download>

Prior to the first day of class, you'll receive an email from OLLI containing a Zoom link. On the first day of class, click the link. Once you've clicked on the link, you may be prompted to enter a password; if so, enter the password included in the email. Next, you will be let into a "waiting room" until the host of the meeting admits you. Then simply sit back and enjoy the class! Once the class wraps up, you'll click the red "Leave" button to exit the application. **Reminder:** If you'd like to test out Zoom prior to the first day of class, attend one of our open orientation sessions or email us (osher@uconn.edu) to set up a one-on-one session with one of our Zoom Buddies.

Here are some useful tips to help ensure your class meetings go smoothly for all involved:

- **Getting ready:** Remember to give yourself 5-10 minutes prior to the start of the meeting to get yourself situated, making sure that your video and audio work, and that your Zoom application is fully functioning and up-to-date.
- **Task bar:** Most of the functions you will need are located on your task bar. For most, the task bar is located across the bottom or top of your Zoom screen and looks something like this:



- **Audio:** Click the microphone icon to mute/unmute yourself. It is a "rule of thumb" to keep your audio muted while someone else is talking. If you don't, any background noise will be picked up by the rest of the class, and can be extremely distracting. If you don't mute yourself, and this occurs, expect to be muted by the moderator!!
- **Video:** Click the video camera icon to start/stop your video. Have your video on unless you are experiencing connection issues.
- Have a plain background and avoid backlight from bright windows.
- Adjust your camera to be at around eye level if possible – especially take note of the angle of your laptop screen if using the built-in camera.
- If you have a question or a comment:
 - **Raise Hand feature:** On your task bar, click "Participants." A list of participants should appear on your screen. Below the list of participants, find the "Raise Hand" button. The host will see a blue hand icon appear next to your name and call on you. Once your question is answered, click "Lower Hand" (located in the same spot as "Raise Hand")
 - **Chat feature:** If you have a question or a comment but do not wish to share via your microphone, find "Chat" on your task bar. This will open up a chat box. Type a message and hit your "enter" key to send it.
 - **To Everyone:** If you have this option selected, the message will be sent to the entire participants list.
 - **To individual class members:** If you'd like to send a private message to someone in the meeting, be sure to click their name to send a message privately.

Having difficulties? Go here for the Zoom Help Center: <https://support.zoom.us/hc/en-us>



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