

JUNE 4 - JULY 2
REGISTRATION OPENS MONDAY, MAY 3

SUMMER
2021

OSHER
LIFELONG
LEARNING
INSTITUTE

UConn
WATERBURY

COURSE
CATALOG

ONLINE
SESSION!

*where
learning
never
retires*

MONDAYS

PD-452

Life, Money, and Retirement

Maria Xavier

3 meetings | 10:15 AM - 11:15 AM

6/14, 6/21, 6/28 | \$12

Join us for three informative classes on the topic of retirement: making your money last, budgeting for retirement expenses and potential risks, and healthcare costs and coverage.

AH-453

A Survey of Sculptures: Old and New

Wendy Swain

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

6/7 & 6/14 | \$12

We start 25,000 years ago with some of the first known sculptures and travel through the ages until the present with highlights of important moments and sculptures.

HS-533 

The War in Vietnam: From Ground Level

Charles McNair, MD

4 meetings | 12:00 - 1:30 PM

6/7, 6/14, 6/21, 6/28 | \$23

Presentation of a history of the war with emphasis on the treatment of the wounded, medical organization, types of surgeries and their outcomes as well as infantry tactics, conditions on the ground, air war, a bit more on the riverine forces and the workings of the hospital.

PA-441

Intro to Acting

Jack Levine

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

6/7, 6/14, 6/21, 6/28 | \$23

Participants will learn the basics of acting with a friendly, nonjudgmental interactive learning experience. Novices will find this course to be fun and exciting.

Please Note

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.

IMPORTANT:

A current, paid membership (\$65) is required for registration.

Questions?

Email osher@uconn.edu

Catalog Key



The instructor opted to have this course recorded. See the last page for more info about recorded classes.



Abbreviated course: Low cost, low commitment.



Committed to work and/or other responsibilities during the day? Check out the early-evening options marked with a blue check!

TUESDAYS

HS-542

Connecticut's Hidden History

Ramin Ganeshram & Nicole Carpenter

4 meetings | 9:00 AM - 10:00 AM

6/8, 6/15, 6/22, 6/29 | \$15

This course explores notable events and periods in Connecticut history through untold or unknown stories of the people and places which participated. Presented by the Executive Director and Programs Director of Westport Museum for History & Culture the hidden histories of Connecticut comes alive through original objects, artifacts and archival materials from the museum's collection.

VA-475 

Photography for the Digital Age

Timothy Padgett

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

6/8, 6/15, 6/22, 6/29 | \$23

This is a course that will make you want to share your photos, not just with friends and relatives, but enable you to enter competitions and take your hobby to the next level. From cell phones to SLRs, this is for beginners to advanced photographers.

HS-549

Only Hope: My Mother and the Holocaust Brought to Light

Irv Lubliner

1 meeting | 1:45 PM - 3:15 PM

6/15 | \$5

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have recently been published by her son, Irv Lubliner, who also contributed the foreword and afterword to the book, *Only Hope: A Survivor's Stories of the Holocaust*. He will share excerpts from the book, shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition. Questions and discussion will be encouraged. (The book is not required but is available to those interested from Felabra Press, onlyhopebook.com).

HW-522 

Good Vibrations for Health and Happiness

Julie Cook

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

6/8, 6/15, 6/22, 6/29 | \$15

Simple practices of humming and toning can reduce stress, lower blood pressure, and integrate our mind-body-spirit for increased health and happiness. We will learn self-produced sound techniques developed by researchers and therapists, including a specific kirtan chant shown to improve brain longevity and function.

PD-453   

Shifting Gears into Retirement

Richard Haiduck

1 meeting | 6:00 PM - 7:15 PM

6/22 | \$5

The one-hour presentation will be excerpted stories from the 75+ Baby Boomers who were interviewed for a book. The retirees and soon to be retirees describe their experience as they have moved into this next stage of their life, sharing the joys, the challenges, and new directions. Climbing a mountain, learning to play ukulele, teaching anger management in a maximum security prison -- just a few of the important experiences to be described.

WEDNESDAYS

LW-500 ✓

Writing a Legacy Letter

Jay Sherwin

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

6/16 | \$5

This one-session online workshop, repeating a popular winter class, 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.

HS-547 ✓

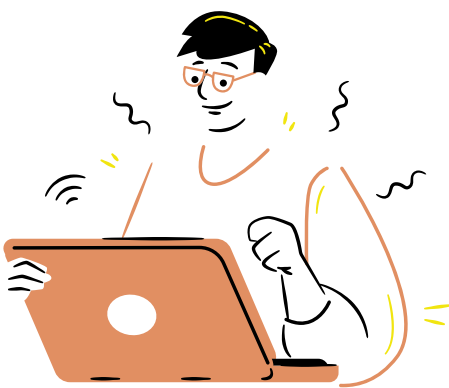
Searching for the Soul of Iran: The Land, the People, the Politics

Joseph Baxer

1 meeting | 1:45 PM - 3:15 PM

6/9 | \$5

Iran, heir to Persia, is not only a country but a civilization that has reinvented itself again and again. Given the contemporary concern/tension over the potential development of nuclear weapons in the Middle East, this region of the Middle East is tense. Drawing upon an immersion visit to significant cultural, historical and religious sites across the country and conversations with numerous Iranian citizens from all walks of life, this presentation may help illuminate and decipher today's news; its import for the Middle East and for the world.



VA-477 🎥

Smartphone Filmmaking

Stephen Knifton

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

6/9, 6/16, 6/23, 6/30 | \$23

With the help of an inexpensive app, we can shoot and edit film-quality videos with our smartphones; easily up to the standards of social media, commercial and brand video work, documentary, and narrative film work. Gain the control and capabilities of professional cinematographers and design the look, color, lighting, and framing of every single shot in a smartphone film. Suitable for aspiring filmmakers, entrepreneurs, video storytellers, social media content creators and content producers.

The following supplies are required: There is software called Filmic Pro. This app (\$14) works with either the Android or iPhone platform. It vastly expands the creative and technical capabilities of the smartphone's built-in camera, and much of the course instruction is based on learning camera exposure, frame rate, color temperature, depth of field, camera motion, ambient lighting, and audio, that can only be unlocked with this app. It is, of course, presumed that students have either an Android or iPhone smartphone.

HS-548 🎥

Comedy: Standup and Sitcoms

Abe Vorensky

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

6/16, 6/23, 6/30 | \$17

This class takes a deep dive into two modes of comedy. The first is known as Stand-Up where a comic gives the illusion that he/she is engaged in a dialogue with an audience but is actually offering a monologue of funny stories, jokes and one-liners. The second highlights Situation Comedies where a fixed cast of characters reveal their never-changing personalities to an amused, judgmental and dedicated audience. "The class will include content from past classes but will also feature new content for all to enjoy."

THURSDAYS

HW-481

Swing Into Health, Balance, & Strength with FFXP

Naida Rodriguez-Rosado

4 meetings | 9:00 AM - 10:00 AM

6/10, 6/17, 6/24, 7/1 | \$15

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!

The following supplies are required: Light hand weights (if you don't have any, we recommend using 2 filled water bottles, or 2 canned good items (veggies, beans, etc)), a non-rolling chair (no arms preferable), a hand towel, water to drink, a ball (if you have one; otherwise we pretend to have one).

AH-454

Art and Artist: A Painter's View Deirdre Wright

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

6/10, 6/17, 6/24, 7/1 | \$30

A view through the eye of documentary film and interviews of the world of various artists. If you are missing the OLLI painting classes and or want more insight into artist idols' history and techniques, then this is the class for you. Contemporary artists and their work in their own works and art.

HW-514

International Cuisine on a Budget Timothy Padgett

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

6/10, 6/17, 6/24, 7/1 | \$23

This is a cooking course with videos for you to download after the class so you can cook interesting meals using them at your own pace. These meals are not only budget friendly but have become favorites of the instructor and chef. Hopefully, they'll become favorites of yours, too.

STAYING CONNECTED WITH OLLI

- 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/>)
- Join a club! OLLI offers Film Club, Book Club, Italian Club, Photography Club, and Reiki Club. Sign up for the weekly e-newsletter for information on when these clubs will meet over the summer and who to contact if you are interested.

Want to teach for OLLI at UConn?

Now accepting proposals for our online Fall 2021 session! The session will run from **September 7th through November 12th, 2021**. Propose an online course to meet anywhere from 1 to 10 times, any day of the week (Mon-Fri) at any time you'd like!

PROPOSAL DEADLINE: Friday, June 11th, 2021

Find the proposal form here:

[OLLI Course Proposal](#)

FRIDAYS

MU-485

The Impact of Jews on Classical Music

Emanuel Abramovits

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

6/11, 6/18, 6/25, 7/2 | \$23

After centuries of limited presence, one of the most fruitful branches of the Jewish renaissance of the 19th century was in music. Jews still thrived in the 20th century, despite war, displacement and prejudice. A four-class course that explores the lives and works of musicians who conducted major orchestras, composers who set new rules and performers who gave virtuosity and showmanship another meaning.

VA-415

An Enriching Experience with Acrylic Painting

Judy Jaworski

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

6/4, 6/11, 6/18, 6/25 | \$30

Students will develop expertise in the medium, learning various styles and techniques by using a personal photographic reference as a guide. Each will create an individual work of art.

The following supplies are required: Paints: Large tube of Titanium White; The following colors in 2.5 oz or 35 ml tubes: Cadmium yellow (light), Yellow Ochre or Oxide, Naples yellow, Cadmium red (light), Red oxide, Alizarin crimson, Cerulean blue, Ultramarine blue, Chromoxide green, Hookers green, Burnt sienna, Burnt umber, Ivory black or Payne's gray; Brushes: Taklon, 1" Bright (Brown hair, synthetic bristles), No. 4 Round Detail Sable, 1/2" bright brush; Other materials: Palette knife for mixing, bent blade, 9"x 12" palette, Masterson's, called a "Painter's Pal" palette cover with sponge and sheets; get an extra pack of sheets, acrylic matte medium and acrylic gloss medium (white liquid, 1 pint), plastic containers for water, medium soft wiping cloth. Stretched canvas (9"x12" or 11"x14"), adjustable table easel. Recommended Retailer: Ocean State Job Lot and Blick Art Supplies (Plainville, CT)

PR-431

What is Prayer?

William Courtland

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

6/11, 6/18, 6/25, 7/2 | \$23

This class will examine the following questions about prayer...Do we only pray when we want something? Are prayers always answered? Can we pray for ourselves, not just for others? Is prayer meditation? What is the one thing prayer requires from us that is very difficult for us to give?

MU-486

Broadway and the Great American Songbook

Raymond Uy

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

7/2 | \$10

The course promises to be both informational and entertaining, as we explore the music of Broadway and the Great American Songbook using live performance demonstrations and recorded examples. From Irving Berlin to Richard Rodgers, many rich examples from the Great American Songbook will be included in the presentation. Compositional style, vocal technique, and the external influences of the era will also be discussed in this 3-hour presentation (with breaks).

MU-487

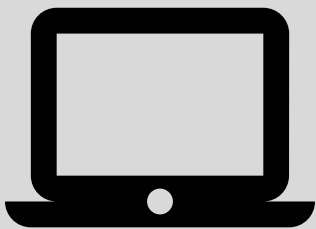
Summer Jazz Festival 2021

Deirdre Wright

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

6/11, 6/18, 6/25, 7/2 | \$30

A virtual jazz festival to kick off summer. A little Miles, a little Bird and couple of other surprise. Bring your drinks and munchies and begin your summer weekends in June to some of the best music on the planet.



Online Registration Instructions

1 Go to olli.uconn.edu

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

2 Sign in OR create a new account

CREATE A NEW ACCOUNT

If you have NEVER been a member of OLLI, or you have not purchased a membership at any point, from Fall 2013 to present, you will need to 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 an annual 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 olli.uconn.edu/returning-members. If this doesn't work, contact the OLLI Office (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, which is valid for 365 days from the date of purchase.
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.

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? Contact the OLLI Office 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 our office at osher@uconn.edu or call (475) 222-6261.



So what happens next?



Prior to the first day of class, you'll receive an email from your instructor's assigned Teaching Assistant 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 orientation sessions or email us (osher@uconn.edu) to set up a one-on-one session with one of our Tech Team members.

We've also put together this Zoom Quickstart Guide for you.



[Click here to check it out!](#)

PLEASE NOTE: OLLI is now able to record classes for students who might wish to review them. We only record classes with instructor approval. Recordings are completely private and only accessible to students of that class. However, if you are concerned about privacy, you may, of course, stop your Zoom camera.

Please note that as of earlier this year, **the deadline to register for an online course is 48 hours before the start date for that individual course.** This deadline allows us to get the Zoom link to you. Students who miss the cut-off date can submit a request for late registration to osher@uconn.edu with the understanding that there is no guarantee they will be able to register.