

OLLI.UCONN.EDU
(475) 222-6261
OSHER@UCONN.EDU

OSHER
LIFELONG
LEARNING
INSTITUTE

UCONN
WATERBURY

FEATURING
31 NEW
COURSES!

ONLINE SESSION

REGISTRATION OPENS

Monday, August 9
@ 9:00 AM

LEARNING FOR ADULTS AGE 50+

FALL 2021

COURSE CATALOG

SESSION DATES:
TUESDAY, SEPTEMBER 7 -
FRIDAY, NOVEMBER 12



HOW TO REGISTER

VISIT OLLI.UCONN.EDU

Convenient self-registration at your fingertips, immediate confirmation, easy to pay by credit card. Step-by-step directions are located on page 13.

TABLE OF CONTENTS

| | |
|--|-------|
| Welcome..... | 2 |
| Curriculum Committee Letter..... | 3 |
| Giving Back..... | 4 |
| Special Events..... | 5-8 |
| Getting Involved..... | 9 |
| Member Benefits..... | 10 |
| Course Listings..... | 11 |
| Monday Classes..... | 12-13 |
| Tuesday Classes..... | 14-15 |
| Wednesday Classes..... | 16-17 |
| Thursday Classes..... | 17-18 |
| Friday Classes..... | 19-20 |
| 8:30 AM - 10:00 AM..... | 19 |
| 10:15 AM - 11:45 AM..... | 19 |
| 12:00 PM - 1:30 PM..... | 20 |
| 1:45 PM - 3:15 PM..... | 20 |
| Online Registration Instructions..... | 21 |
| Zoom Use and Reminders..... | 22 |
| Zoom Teaching Assistant Information..... | 23 |
| Frequently Asked Questions..... | 24 |
| Books & Supplies List..... | 25 |

COURSE COLOR KEY

To help you organize your course schedule, we've color-coded each class to indicate its date sequence and the number of weeks it meets. If a course has no colored box, it is a standard 10-week class.

First 5
Weeks

Second 5
Weeks

Unique
Schedule



When you see this symbol next to a course, it means that the course has an in-person class.



When you see this symbol next to a course, it means that the course will be recorded.

STAY CONNECTED!



www.facebook.com/olliatuconnwaterbury



Head to olli.uconn.edu to subscribe to our "Weekly What's Happening" e-newsletter to stay in the know about course updates, upcoming events, and more!



IMPORTANT DATES

Monday, August 9th: Fall registration opens

Tuesday, September 7th: Fall semester begins

Friday, November 12th: Fall semester ends



WELCOME, LIFELONG LEARNERS!

FROM THE PRESIDENT - MILA LIMSON



Greetings and welcome to our Fall semester!

I hope this message finds you and your family safe and well. It's hard to believe it's been over a year since OLLI transitioned to online learning.

Last year at this time, I said if we remain flexible, focused and involved, this pandemic experience will strengthen the OLLI community. I am in awe as to how this community came together. Your resiliency, adaptability and perseverance has made us a stronger community. We learned the value of technology; we learned the value of involved volunteers and we learned the value of being connected and communicating. With your continued support, the OLLI community will continue to grow stronger.

Please browse the Fall catalog and give yourself the gift of learning. When you give yourself this gift, you are not only strengthening yourself, you are strengthening the OLLI community. Like all of you, I look forward to the day we are able to return to campus safely and I am optimistic that day will come soon. Until then, join us this Fall online and stay engaged with your OLLI friends - let's continue to learn and laugh together. I look forward to seeing you very soon!

With much gratitude –



FROM THE CURRICULUM COMMITTEE

Hello to all our continuing and prospective OLLI members. We've totally exhausted our vocabulary trying to describe this past year; good thing that it's time to look ahead!

As we begin what we all hope is our last session of COVID-restricted learning, please do look at our catalog. There's something for everyone: intellectual stimulation, personal enrichment, and wellness enhancement are all there for you. If you want to get away from your screen, consider our classes with in-person sessions at The Palace Theatre, Westport Historical Society or Riverside Cemetery.

And beyond this fall session, be ready for the return of many more in-person classes. If you are one of those who've been appreciating the flexibility and convenience of learning over ZOOM, we won't forget you. With the assistance of our very capable tech team, we'll be bringing you several "best of OLLI" classes in an online learning format.

Best wishes and "see" you in class.



Rosalie Griffin | Donna Obarowski Curriculum Committee Co-Chairs

OLLI STAFF CONTACTS

Fiona de Merell, Director John Sarandrea, Coordinator

475-222-6261

475-222-6232

fiona.demerell@uconn.edu john.sarandrea@uconn.edu

WEBSITE: OLLI.UCONN.EDU

MAILING ADDRESS: 99 EAST MAIN ST. WATERBURY, CT 06702

GENERAL INQUIRIES: OSHER@UCONN.EDU

GIVING BACK

Fall 2021: Hope. Challenges. Opportunities.

DEAR FRIENDS,

Throughout these turbulent times, OLLI has remained steadfast, offering outstanding learning and social experiences, and many opportunities to share interests in a diverse community united by the desire to keep learning and growing. Many of our members have shared their joy and gratitude for these efforts, and described them as “creative and social lifelines” during these long months sequestered at home.

To make sure we stay strong, we are continuing our fundraising effort to ensure that OLLI will always be there for you. When it is safe again, we will gather in person – but until then, we will find creative, collaborative ways to help keep everyone involved, mentally invigorated and socially active.

In 2020, OLLI members helped us reach our \$10,000 Vision for the Future fundraising goal. **In 2021, we raised the bar to \$12,500.** Your financial contributions will help us meet programming costs, strengthen membership, explore new courses and special events, expand virtual programs to provide lifelong learning across Connecticut and beyond, and better prepare for our eventual return to in-person classes.

We know that with your financial support, regardless of size, we can meet this goal and meet members’ needs, today and tomorrow. Please show your support by visiting olli.uconn.edu and clicking “**DONATE TO OLLI**” in red on the right of the screen. Your donations go directly to OLLI!

BENEFITS OF GIVING TO OLLI AT UCONN

- Ensuring OLLI remains properly funded during periods of economic stress.
- 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).
- Participation in a dedicated donor-recognition event.
- The knowledge that you’ve made a meaningful contribution to positive aging and learning!

**With gratitude,
The OLLI Fundraising Innovation Team (F.I.T.)**

FALL SPECIAL EVENTS

Re-Engagement In Our Three Faith Traditions *With The Three Amigos*

Wednesday, August 11th, 2021

10:30 AM - 11:45 AM

Online; *Free to the public*

Register @ olli.uconn.edu

Beethoven, Unvarnished

With

Dr. Vincent de Luise, M.D.



*Please Note: This special event will be recorded.

Friday, September 24th, 2021

7:00 PM - 8:00 PM

Online; Free for Members

\$10 for Non-Members

Register @ olli.uconn.edu



FALL SPECIAL EVENTS

HOUDINI

With

Professor

Taylor Hagood



*Please Note: This special event will be recorded.

Tuesday, October 5th, 2021

1:00 PM

Online; Free for Members

\$10 for Non-Members

Register @ olli.uconn.edu

Spirituality In Our Three Faith Traditions

With The Three Amigos

Wednesday, October 6th, 2021

10:30 AM - 11:45 AM

Online; Free for Members

\$10 for Non-Members

Register @ olli.uconn.edu



FALL SPECIAL EVENTS

What Do You See and Why Is It Beautiful? Five Artistic Masterpieces, Explained

With
Dr. Vincent de Luise, M.D.



*Please Note: This special event will be recorded.

Monday, October 11th, 2021

7:00 PM - 8:00 PM

Online; Free for Members

\$10 for Non-Members

Register @ olli.uconn.edu

 **WATERBURY
SYMPHONY ORCHESTRA**
LEIF BJALAND, MUSIC DIRECTOR & CONDUCTOR
THE JANE HARKNESS SENDZIMIR MUSIC DIRECTOR'S CHAIR

Worship In Our Three Faith Traditions With The Three Amigos

Wednesday, November 3rd, 2021

10:30 AM - 11:45 AM

Online; Free for Members

\$10 for Non-Members

Register @ olli.uconn.edu



EVENT INFORMATION

RE-ENGAGEMENT IN OUR THREE FAITH TRADITIONS

- With *The Three Amigos* -

Wednesday, August 11th, 10:30 A.M. - 11:45 A.M.; Free & open to the public!

Event Description: Our three faith traditions have long histories and extensive experience in reaffirming life and continuities in the aftermath of adversity or calamity. We seek to bring this collective wisdom to the current pandemic.

BEETHOVEN, UNVARNISHED



- With *Dr. Vincent de Luise, M.D.*

Friday, September 24th, 7:00 P.M. - 8:00 P.M.; Free for Members - \$10 for Non-Members

Event Description: Ludwig van Beethoven was one of the greatest composers in western civilization. He was a force of nature. What was Beethoven like as a person? What catalyzed his creative process? Join Waterbury Symphony Orchestra cultural ambassador Vincent de Luise for a fascinating journey through Beethoven's life and times and his loves, and how the consequences of his deafness changed the course of classical music.

HOUDINI



- With *Professor Taylor Hagood* -

Tuesday, October 5th, 1:00 P.M.; Free for Members - \$10 for Non-Members

Event Description: Harry Houdini remains the most famous magician and greatest escape artist the world has known, and his life itself was a grand magic illusion filled with a multitude of secrets and still-unresolved mysteries. In this live online lecture, Professor Taylor Hagood unravels the twists and turns of Houdini's career, reflects on Houdini's place in American entertainment history, and explores the role of magic as Houdini promoted it in everyday life.

SPIRITUALITY IN OUR THREE FAITH TRADITIONS

- With *The Three Amigos* -

Wednesday, October 6th, 10:30 A.M. - 11:45 A.M.; Free for Members - \$10 for Non-Members

Event Description: How Judaism, Christianity and Islam focus on the awareness of the sacred.

WHAT DO YOU SEE AND WHY IS IT BEAUTIFUL? FIVE ARTISTIC MASTERPIECES, EXPLAINED



- With *Dr. Vincent de Luise, M.D.*

Monday, October 11th, 7:00 P.M. - 8:00 P.M.; Free for Members - \$10 for Non-Members

Event Description: What makes Leonardo da Vinci's *Mona Lisa*, Jan van Eyck's *Arnolfini Marriage*, *Las Meninas* by Velazquez, Van Gogh's *Irises* and Seurat's *A Sunday Afternoon on la Grand Jatte* so great? Why are they masterpieces? Why are they beautiful? Join ophthalmologist and visual scientist Vincent de Luise MD as he breaks down these artistic masterpieces and explains their underlying perceptual qualities, their optics, and the underlying brain science of how we appreciate their beauty.

WORSHIP IN OUR THREE FAITH TRADITIONS

- With *The Three Amigos* -

Wednesday, November 3rd, 10:30 A.M. - 11:45 A.M.; Free for Members - \$10 for Non-Members

Event Description: How and why worship and ritual express themselves as they do in our three faith traditions.

Committees and clubs add an invaluable element to the OLLI experience, and are at the heart of OLLI's social-engagement component. **While we aren't meeting in-person and on campus like we used to, most committees and a number of clubs are continuing to meet virtually. Reach out to the contact person of any club/committee (listed below) to find out!**

BEYOND THE CLASSROOM

Don't forget - you need an up-to-date membership to join our clubs and/or committees.



CLUBS & ACTIVITIES COMMITTEE

Approves and supports our extracurricular educational and social groups (see below for a list of clubs and contact information). Interested? Contact Nancy Via (nvia@sbcglobal.net) or Delma Way (delvilway@aol.com)



BOOK CLUB

Contact Nancy Via (nvia@sbcglobal.net).



FILM CLUB

Contact Joe Gambini (j.gambini@att.net)



GENEALOGY CLUB

Contact Diane Ciba (dianeciba@gmail.com).



PHOTOGRAPHY CLUB

Contact Timothy Padgett (t.padgett@hotmail.com).



REIKI CLUB

Contact Barbara Schafer (barbara.schafer@comcast.net)



CURRICULUM DEVELOPMENT 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 Donna Obarowski (donnaobarowski@hotmail.com).



OLLI CAFÉ COMMITTEE

Finds and schedules speakers for OLLI's lunchtime presentation series. Interested? Contact Julie Fernandez (juliefernandez2387@sbcglobal.net) or Marion Varanelli (MariaAnnawchs@yahoo.com).



FUNDRAISING INNOVATION TEAM (F.I.T)

Develops fundraising campaigns best suited to the needs of OLLI; engages and encourages donor support and involvement. Interested? Contact Vickie Nardello (vonardello@gmail.com).



MEMBERSHIP COMMITTEE

Recruits new members through outreach, and provides support to existing members. Interested? Contact Merle Arcovio (merleka@optonline.net) or Timothy Padgett (t.padgett@hotmail.com).



NEWSLETTER COMMITTEE

Gathers announcements and information and writes news and feature stories for the OLLI Newsletter. Interested? Contact Bob Grady (yvoorg@aol.com).



TECH TEAM

Provides classroom support to all members and instructors taking classes on Zoom. Interested? Contact Charles Lasky (cjl621@gmail.com).



TRAVEL COMMITTEE

Coordinates travel activities and events for OLLI members. Interested? Contact Pollyann Merriman (3195pam@gmail.com).



VOICES & VISIONS EDITORIAL COMMITTEE

Coordinates *Voices & Visions*, a publication which showcases original writings, art work, and photography of the OLLI membership. Interested? Contact Nancy Whitney (wrdsword@att.net) or Liz Hanahan (lizhanahan@aol.com).



MEMBER BENEFITS

IT'S MORE THAN GREAT CLASSES!



OPPORTUNITY TO REGISTER FOR
OLLI COURSES (IN-PERSON AND
ONLINE)



FREE ACCESS TO ALL SPECIAL
EVENTS (IN-PERSON AND ONLINE)



ACCESS TO OLLI CAFÉ LECTURES
(IN-PERSON ONLY)



ACCESS TO RECORDED CLASS
LECTURES



DISCOUNTED PARKING FOR UCONN
WATERBURY GARAGE



OPPORTUNITY TO PARTICIPATE IN
OLLI TRIPS AND CLUBS (IN-PERSON
AND ONLINE)



DISCOUNTS TO OLLI PARTNERSHIP
EVENTS (IN-PERSON AND ONLINE)



YEAR-ROUND NOTICES ABOUT
ADDITIONAL OLLI PROGRAMS AND
EVENTS



UCONN LIBRARY PRIVILEGES

FALL 2021 COURSE LISTINGS

ART & ART HISTORY

- *NEW* AH-454** Art and Artist: A Painter's View
Deirdre Wright, Page 18
- *NEW* AH-456** Riverside Cemetery: A Living Museum of Art, History and Nature
Martin Begnal, Page 16

ANIMAL SCIENCE

- *NEW* AS-004** Freshwater Fishkeeping
Timothy Padgett, Page 14

CURRENT EVENTS

- *NEW* CE-025** Accounting Lingo Involved In Current Events
Roman Weil, Page 18
- *NEW* CE-026** Things Are Better Than You Think
James Isaak, Page 13
- *NEW* CE-027** What In the World Is Going On? A Top 10 Summary - 2021!
Doug Stowell, Page 16

CULTURE & LANGUAGE

- CL-402** Italian: VITA e LINGUA, Part II
Nunzio DeFilippis, Page 19
- *NEW* CL-467** A Romp Through Spain, France and Italy
Wendy Swain, Page 12

HISTORY

- *NEW* HS-459** World History for Travelers: The History of Antisemitism and How the World Bears Witness
Diane Stone, Page 15
- HS-525** The Magic Behind the Footlights: Backstage Secrets of Waterbury's Storied Palace Theater
Louis Belloisy, Page 14
- HS-542** Connecticut's Hidden History: 1640 - 1848
Ramin Ganeshram & Nicole Carpenter, Page 16
- *NEW* HS-550** Comedy Highlights
Abe Vorensky, Page 14
- *NEW* HS-551** Middle East: Endless Wars or Thaw?
Joseph Baxer, Page 17
- *NEW* HS-552** The Supremes' Greatest Hits: Seminal Supreme Court Cases
Elizabeth Neuwirth, Page 20
- *NEW* HS-553** The Vietnam War, A Medical Perspective
Dr. Charles McNair, Page 13

HEALTH & WELLNESS

- HW-480** Chinese Medicine's Five Spirits
William Courtland, Page 19
- HW-481** Swing Into Health, Balance, & Strength With FFXP
Naida Rodriguez-Rosado, Page 17
- HW-522** Good Vibrations for Health and Happiness
Julie Cook, Page 12
- *NEW* HW-523** Inner Peace - Living Life On Purpose
Stacey Altomari, Page 16
- *NEW* HW-524** International Cuisine On a Budget: Vegetarian and Vegan Dishes
Timothy Padgett, Page 17
- *NEW* HW-525** Yoga for Ageless Warriors
Sondra Martinez, Page 20
- *NEW* HW-526** Energetic Self Maintenance: Keeping Your Personal Energy Body Clear and Balanced
Kim Tallcouch, Page 13
- *NEW* HW-527** The Science of Life - Ayurveda
Sondra Martinez, Page 19

LITERATURE & WRITING

- *NEW* LW-503** Let Me Tell You About My Life...In Prose and/or Poetry
Gabriella Brand, Page 14
- *NEW* LW-504** Still Writing On the Write Side of Your Brain
Nancy Whitney, Page 12
- *NEW* LW-505** Creative Writing for the Novice
Jack Levine, Page 20
- *NEW* LW-506** A Patchwork of Poetry
Julie Cook, Page 20

MATH AND SCIENCE

- *NEW* MS-438** Hormones: The Tireless Choreographers of Life,
William North, Page 18

MUSIC

- *NEW* MU-488** Enjoy Playing the Ukulele - Strum Basic Chords
Nina Lesiga, Page 18
- *NEW* MU-489** Enjoy Playing the Ukulele - Play Great Songs!
Nina Lesiga, Page 18
- *NEW* MU-490** Jazz Continues: Part 2
Deirdre Wright, Page 20
- *NEW* MU-491** Jazz Festival 2021
Deirdre Wright, Page 20
- *NEW* MU-492** Rhythm and Jews
Emanuel Abramovits, Page 12

PERFORMING ARTS

- *NEW* PA-442** Hometown Tales: Researching and Creating Stories That Reinforce a Sense of Place (and Why They Matter!)
Linda Schuyler Ford, Page 15
- *NEW* PA-443** Intro to Improv and Acting
Jack Levine, Page 17
- *NEW* PA-444** Tell Your Story - Introduction to Personal Storytelling
Nina Lesiga, Page 14

PERSONAL DEVELOPMENT

- PD-452** Life, Money and Retirement
Maria Xavier, Page 12
- *NEW* PD-454** Have You Checked Your "Personality" Lately?
Doug Stowell, Page 16

PHILOSOPHY & RELIGION

- PR-424** The Divine Comedy - From Here to Eternity
Douglas Welsh, Page 16

VISUAL ARTS

- VA-415** An Enriching Experience With Acrylic Painting
Judy Jaworski, Page 19
- VA-453** Lightroom and Photoshop for Beginners
Timothy Padgett, Page 14
- VA-475** Photography for the Digital Age
Timothy Padgett, Page 20
- VA-477** Smartphone Filmmaking
Stephen Knifton, Page 18
- *NEW* VA-478** Stories From the Attic - The Mad Men and Women of Vintage Advertising
Greg Van Antwerp, Page 14

PLEASE NOTE:

Your course may have required/recommended reading and/or supplies.

Please see Page 17 to find out.

MONDAY

PD-452

Life, Money and Retirement

Maria Xavier

3 sessions | 10:15 AM - 11:45 AM
9/13 - 9/27 | \$17

Retirement: Making Your Money Last Seminar

Learn about considerations/trade-offs when developing a withdrawal strategy -- working longer, spending less and delaying Social Security. Also learn ways to plan for expected and unexpected expenses with insurance.

What Happens After the Paychecks Stop? A Retirement Income Primer Seminar

Examine how to budget for retirement expenses, potential sources of retirement income and potential risks such as long-term care and health care costs.

Health Care And Your Retirement Seminar

Learn about the potential impact of rising health care costs on retirement savings. This includes an introduction of Medicare coverage and costs, long-term care costs, available options for supplemental health care and long-term care insurance.



NEW MU-492

Rhythm and Jews

Emanuel Abramovits

6 sessions | 10:15 AM - 11:45 AM
10/4 - 11/8 | \$34

A six-class course on the contribution of Jewish artists, composers, producers, record label executives, etc. to the music of the 20th century, and their fascinating connection with another minority, the Afro-American, that shaped the music, the entertainment industry and American popular culture.



NEW LW-504

Still Writing On the Write Side of Your Brain

Nancy Whitney

9 sessions | 10:30 AM - 12:15 PM
9/13 - 11/8 | \$59

Get ready for another Adventure On the Page! We'll Zoom together, write, read, talk, edit and continue our writing practice together, on Zoom! No experience needed, but a willingness to try and find yourself on the page in the writing form of your choice. Come and have fun on the page of your own creation! Let's continue to play with your writing skills. Just because we are 'homebound' does not mean we can't write. We'll Zoom! and WRITE!



HW-522

Good Vibrations for Health and Happiness

Julie Cook

4 sessions | 12:00 PM - 1:00 PM
9/13 - 10/4 | \$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.



NEW CL-467

A Romp Through Spain, France and Italy

Wendy Swain

3 sessions | 12:00 PM - 1:30 PM
10/4 - 10/18 | \$17

Come along for the ride in three separate sessions highlighting the cultures of Spain, France and Italy. We'll talk about language, food and important cultural points.



COURSE DESCRIPTIONS: MONDAY CLASSES (CONT.)

FALL 2021

MONDAY

NEW HS-553




The Vietnam War, A Medical Perspective

Charles McNair

5 sessions | 12:00 PM - 1:30 PM
10/11 - 11/8 | \$28

This is a slightly expanded treatment of the war with an examination of the challenges faced when trying to care for the grievously wounded by medics and hospitals on both sides in the historical context of the war. We will start with the initial care provided in the field, then evacuating the men to higher levels of care, then the types of weapons used and the wounds caused, and lastly their treatment and consequences.

 **Abbreviated course: Low cost, low commitment. Check out the other classes marked with an orange check!**

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

NEW CE-026



Things Are Better Than You Think

James Isaak

2 sessions | 1:45 PM - 3:15 PM
9/13 - 9/20 | \$11

Tired of Pandemics, Politics, Propaganda, Personalized Ads, and anything starting with "P"? There is another, and actually more accurate, way to view the world; it's not the "silver lining," rather it's the "silver center." We will view various TED videos by Hans Rosling and review his book "Factfulness: Ten Reasons We're Wrong About the World -- and Why Things Are Better Than You Think." Han's message is not just the data/fact based reality that things have been and are improving, but that we have built-in resistance to recognizing the improvements. Hopefully, we will all come away not just feeling better about the world, but recognizing how to avoid or mitigate the "joy suckers" that make us feel worse.

NEW HW-526

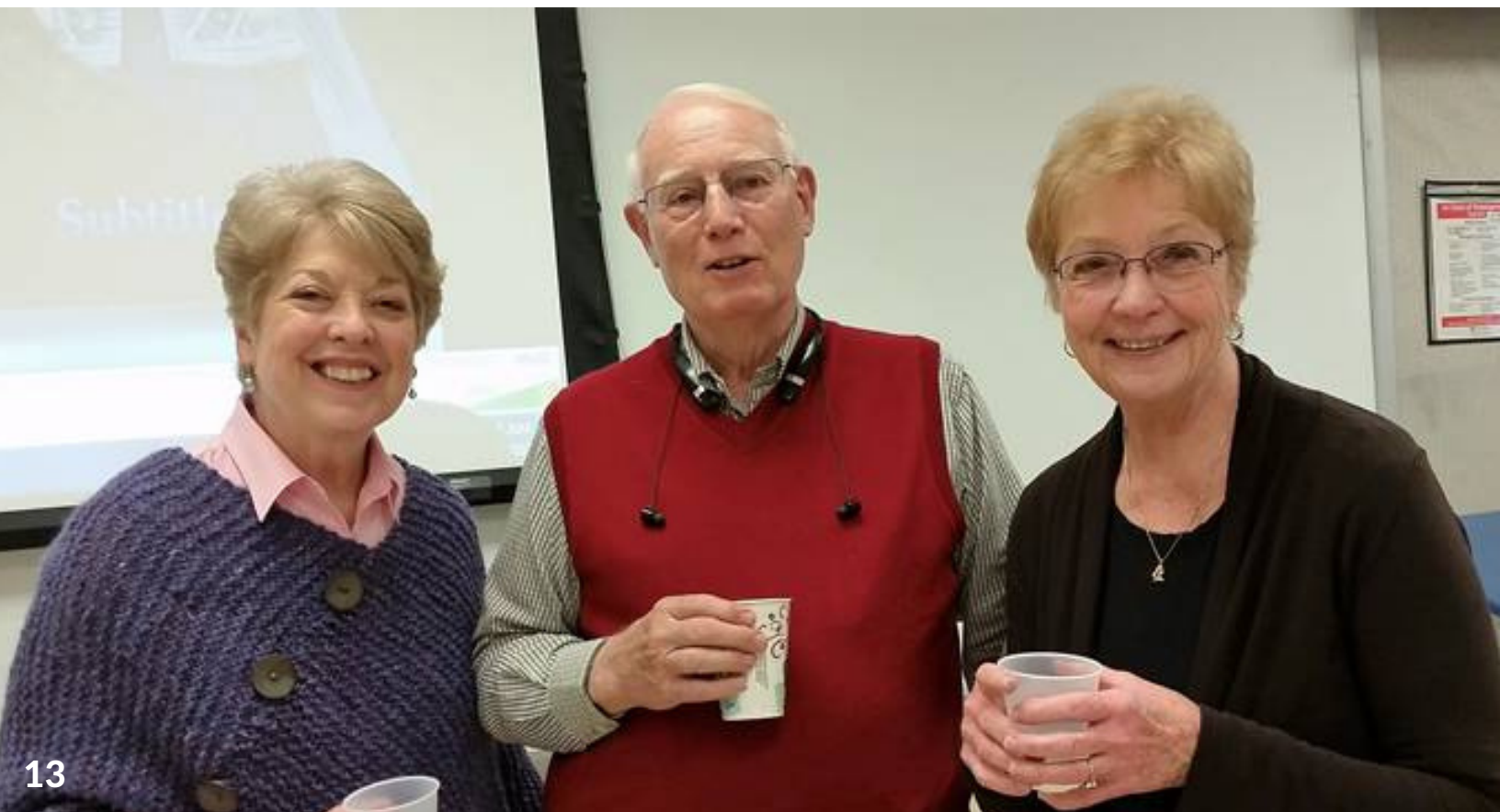


Energetic Self Maintenance:
Keeping Your Personal Energy
Body Clear and Balanced

Kim Tallcouch

1 session | 1:45 PM - 3:15 PM
10/4 | \$5

All human beings have energy centers within our bodies which maintain our vitality and good health. There are many reasons why our energy centers can become out of balance or obstructed, and when they do become blocked or are not functioning efficiently, we can begin to feel unwell and out of sync. In this class, Reiki Master Kim Tallcouch will discuss the human energy field along with the energy centers and how to keep them clear and balanced with some simple at-home and self-guided practices.



COURSE DESCRIPTIONS: TUESDAY CLASSES

FALL 2021

TUESDAY

VA-453

Lightroom and Photoshop for Beginners*

Timothy Padgett

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

This is an introduction to Adobe Lightroom and Photoshop and Lightroom mobile. Whilst this course is aimed at SLR and Mirrorless cameras, cellphones will be covered under the mobile app for their phone. It takes you from importing a photo to editing, adding a copyright to saving for the web, or printing out your master-piece. You will follow in real-time a photo that the instructor will send you to edit.
**There are required course supplies.*



NEW PA-444

Tell Your Story - Introduction to Personal Storytelling

Nina Lesiga

5 sessions | 10:15 AM - 11:45 AM
10/12 - 11/9 | \$28

Your life stories are worth telling well. Learn how to identify, create and deliver personal, compelling, and true stories through the oral tradition of storytelling. This workshop will focus on creating stories to share with family and friends, or to step onto a stage!

NEW AS-004

Freshwater Fishkeeping

Timothy Padgett

5 sessions | 10:15 AM - 11:45 AM
10/12 - 11/9 | \$28

This is an introductory course into the wonderful world of fish keeping, both in a pond or an aquarium, and with tropical and cold water fish.

NEW VA-478

Stories from the Attic - The Mad Men and Women of Vintage Advertising

Greg Van Antwerp

1 session | 12:00 PM - 1:30 PM
10/12 | \$5

Through exhaustive searching through the attics and basements of New England come examples of the lost history of vintage advertising. See examples of radio promotion, magazine illustration and the making of a well-known beverage commercial that never aired.



NEW HS-550

Comedy Highlights

Abe Vorensky

5 sessions | 10:15 AM - 11:45 AM
9/14 - 10/12 | \$28

Over the past century, what are the things that have made us laugh? This class seeks to explore enjoyable answers to this question by looking at a host of comedy genres. Topics will include: Vaudeville, Film, Radio, TV and Stand-up along with a class focused on the comedians who learned their craft entertaining at hotels and nightclubs.



HS-525

The Magic Behind the Footlights - Backstage Secrets of Waterbury's Storied Palace Theater

Louis Belloisy & David Flowers

5 sessions | 11:00 AM - 12:30 PM
9/28 - 10/26 | \$28

Celebrate the theater's 100th anniversary with a detailed tour of the theater, including backstage, dressing rooms, and fly loft over the stage. A slide show showing restoration photos, old theater photos, and a look into the life of Sylvester Z. Poli, builder and operator of the Poli chain of theaters. A meeting with the theater's C-level officers to discuss theater operations and future plans will also take place.



Please Note: this course takes place in-person at the Palace Theater in Waterbury, CT.

NEW LW-503

Let Me Tell You About My Life...In Prose and/or Poetry

Gabriella Brand

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

Everyone has a story to tell from their past, and most of us have thousands of such stories. In this course, writer and poet Gabriella Brand will help students hone their writing skills to produce meaningful and purposeful memoirs, either in prose or poetic form. Students will receive prompts which encourage self-expression as well as mini-lessons in effective writing techniques.

Reminder:



When you see this symbol next to a course, it means that the course has an in-person class.

Reminder:



When you see this symbol next to a course, it means that the course will be recorded.

COURSE DESCRIPTIONS: TUESDAY CLASSES (CONT.)

FALL 2021

TUESDAY

NEW HS-459



World History for Travelers: The History of Antisemitism and How the World Bears Witness

Diane Stone

5 sessions | 1:45 PM - 3:30 PM

9/14 - 10/12 | \$38

Because the timeframe during which the systematic genocide of the Jews of Europe was carried out is close enough to our own lifetimes that it is present in modern consciousness, it is easy to think that antisemitism is something that hasn't always been around. Is it something that reared its ugly head in the mind of a madman during the 20th century, or can it be traced back much earlier in human history? During this course, we will take a look at antisemitism through the ages and across the world to explore how and where it has been expressed and what the arguments put forth to justify it have been. We'll also take a look at how visible the clues are that we can explore in our travels. (If possible, this course will feature a non-compulsory trip to The Holocaust Museum in Washington, DC and/or The Museum of Jewish Heritage in New York.)

NEW PA-442



Hometown Tales: Researching and Creating Stories That Reinforce a Sense of Place (and Why They Matter!)

Linda Schuyler Ford

5 sessions | 3:00 PM - 4:30 PM

10/12 - 11/9 | \$28

Through a combination of interactive methods and independent research, participants will delve into regional folktales and true stories of historic events, explore their relevance, and craft their own version of these stories to be performed from the stage (or around the kitchen table) as spoken word art.



WANT TO TEACH FOR OLLI?

Have you always wanted to teach and share your knowledge, but aren't sure where to start? Do you have years of teaching experience, but want to offer something new? This is your chance! If you'd like more information, please reach out to John Sarandrea, OLLI Coordinator, at john.sarandrea@uconn.edu.

Please note that course proposal forms can be found on our website:

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

IMPORTANT:

All Fall 2021 courses will be held online. You will receive an email with a Zoom invitation link prior to your first class meeting.

See more information regarding Zoom on Page 14.



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! Email osher@uconn.edu to get signed up!

COURSE DESCRIPTIONS: WEDNESDAY CLASSES

FALL 2021

WEDNESDAY

PR-424

The Divine Comedy - From Here to Eternity*

Douglas Welsh

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

9/8 - 11/10 | \$56

Dante's *Divine Comedy* has been called the greatest poem ever written. For the 750th anniversary of his death, we will read and reflect on *Paradiso*, the last section of the *Commedia*. We will discuss how it relates to the world of Dante and to our world. *There are required course supplies.

NEW HW-523

Inner Peace - Living Life on Purpose

Stacey Altomari

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

9/8 - 11/10 | \$56

Are you ready to open your eyes to all that life has to offer you? Are you willing to open your mind to a life of purpose, joy and present moment experiences? Do you want to live an extraordinary life? Let me help guide you.

NEW CE-027

What In the World Is Going On? A Top 10 Summary - 2021!

Doug Stowell

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

10/6 | \$5

Comparison of the U.S. rankings in over 25 key, global categories for 2021. We consider: economic factors like incomes, deductions and taxes; the environment and pollution; energy sources; healthcare costs and outcomes; marriage, divorce and birth rates; education levels and achievement; life expectancy and paid vacations; population trends; an index on religiosity and atheism; immigration populations and trends; a national prosperity index; murder and crime rates; a change readiness index; happiest and most competitive countries; "best" countries ranked, "where" to be born - 2021; et al.. All charts and links to data sources provided to participants. This is the fourth year for the compilation of rankings and is the most comprehensive yet!

NEW PD-454

Have You Checked Your "Personality" Lately?*

Doug Stowell

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

10/27 | \$5

Are you the same person you think you are? Are you the same "person" everyone else thinks you are? Would you like to try a few, very short personality "quizzes." Ok, this is really just for FUN! It's absolutely no real attempt to analyze you, and you don't have to divulge the outcomes! During the session, we'll do four or five exercises such as the Sherwin Williams Color Preference, the CANOE test and a very short (10 questions!) exercise. You will receive links to a version of the Myers-Briggs and Enneagram Personality Tests in advance, which you are encouraged to complete PRIOR to the class. (NO charge!) We will explore these two in some depth. We'll also poll the class to see the range of personas indicated. Who knows what we might learn? *There are optional course supplies.

NEW AH-456

Riverside Cemetery: A Living Museum of Art, History and Nature

Martin Begnal

5 sessions | 12:00 PM - 1:30 PM

9/8 - 10/6 | \$28

Students will be exposed to Riverside Cemetery, a Rural Cemetery Movement designed cemetery dedicated in 1853 and placed on the National Register of Historic Places in 1988. The course will discuss and view Victorian cemetery symbolism and art, the beginnings of the Industrial Revolution as it occurred in Waterbury, view the various styles of cemetery architecture including Classical, Modern Gothic, Romantic and Art Deco, and talk about the histories of many of the people resting at Riverside including the architects, industrialists, inventors, suffragettes, Civil War soldiers, the man Fortune and others. The "Book of Riverside Cemetery" by the Rev. Joseph Anderson (1889) will be provided in electronic form to all students.

Please Note: only the first class of this course will be online to provide an overview. Subsequent classes will be in-person at Riverside Cemetery.



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

HS-542

Connecticut's Hidden History: 1640 - 1848

Ramin Ganeshram & Nicole Carpenter

10 sessions | 1:45 PM - 2:45 PM

9/8 - 11/10 | \$38

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 come alive through original objects, artifacts and archival materials from the museum's collection.

Please Note: also included in the course is a final visit to Westport to explore sites of true hidden history.

COLOR KEY REMINDER:

"First 5 Weeks"

"Second 5 Weeks"

Unique Schedule

No color = Standard 10- week class

WEDNESDAY

NEW HS-551



Middle East: Endless Wars or Thaw?

Joseph Baxer

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

9/15 - 9/29 | \$17

The Middle East: A Road to Endless Wars and Terrorism or Arab Spring! Arab Winter! Middle East Thaw? Explore decisions made by Allies during and after WW1 which paved the way for a century of Arab humiliation. Some 500 million people live in the core countries of the Middle East. After enthusiastic, conflictual upheavals tore through one country after another 10 years ago, the results have been mostly dismal, discouraging and destructive. Is this the future? Elements central to these uprisings, the subsequent repression and the present situation all invite reflection by the individual interested in global affairs.



THURSDAY

HW-481



Swing Into Health, Balance & Fitness with FFXP*

Naida Rodriguez

10 sessions | 9:00 AM - 10:00 AM

9/9 - 11/11 | \$38

Cardio, Strength and Balance Class: *Cardio portion:* Directed by dance moves to a variety of 60s, 70s, & 80s genre music for a healthy, safe, and appropriate cardiovascular conditioning.

Strength portion: Conducted with light-to-medium weights. If none are available, then we will get creative by using filled water bottles, canned goods, etc.

Balance portion: Engagement of the core with abdominal exercises along with posture, breathing, and specific footwork for balance and coordination. *There are required course supplies.

NEW PA-443



Intro to Improv and Acting

Jack Levine

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

9/9 - 10/7 | \$28

Participants will enjoy learning the basic skills of improv by doing it with the encouragement and help of the teacher. In addition, students will have the opportunity to act with their lines in-hand (no memorization necessary). The primary purpose of the course will be to have fun without pressure or judgment.

NEW HW-524

International Cuisine On a Budget, Vegetarian and Vegan Dishes

Timothy Padgett

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

9/9 - 11/11 | \$56

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

COURSE DESCRIPTIONS: THURSDAY CLASSES (CONT.)

FALL 2021

THURSDAY

NEW CE-025

Accounting Lingo Involved In Current Events

Roman Weil

5 sessions | 12:00 PM - 1:30 PM

9/9 - 10/7 | \$28

This course uses the principles of accounting to explore current events—news and controversies. I expect to cement students' comprehension of accounting basics, accounting procedures, and their application in business. Students will appreciate the implications of accounting policies and procedures as they apply to business transactions and how regulators, politicians, the press, and the courts view those transactions. Accounting is the language of business and you will learn what most who do business for a living don't know, but think they do. You will learn to distinguish receipt from revenue, expense from expenditure, funds from reserves, retained earnings from cash, capital from capital [most professors of finance cannot crisply define capital], and so on. Why is the term "making money" so terrible that you ought never say it? Because it has six different meanings, in addition to counterfeiting. I do not want to make you an accountant, but I want to teach you enough about debits and credits so that you don't confuse financial concepts the way many business people do. If you can't think clearly about the two sides of a balance sheet, then you can't understand discussions about any but the most trivial business transactions.



NEW MU-488

Enjoy Playing the Ukulele - Strum Basic Chords*

Nina Lesiga

5 sessions | 1:30 PM - 2:45 PM

9/9 - 10/7 | \$23

Learn basic ukulele chords and strum beginner level songs of various genres with confidence. This course is for first-timers and for those who'd like to reinforce the basics in a friendly, welcoming and fun environment. **There are required and recommended course supplies.*

NEW MU-489

Enjoy Playing the Ukulele - Play Great Songs!*

Nina Lesiga

5 sessions | 1:30 PM - 2:45 PM

10/14 - 11/11 | \$23

For those who are familiar with the basic ukulele chords and how to change between them, it's time to learn more songs at the advanced beginner level! Strum ukulele songs of various genres to develop knowledge, skills and confidence. This course is designed to be taken multiple times. The song list changes each semester. **There are required course supplies.*

VA-477

Smartphone Filmmaking*

Stephen Knifton

10 sessions | 1:45 PM - 3:15 PM

9/9 - 11/11 | \$56

This course shows us how to unleash the creative filmmaking powers in our smartphones. With the installation of a \$14 app, we can turn our devices into sophisticated film cameras. We'll learn how to use the software, learn video and filmmaking techniques, and master the art of shooting and producing content to create film-quality work. There is no prior film or photography experience necessary. **There are required course supplies.*



AH-454

Art and Artist: A Painter's View

Deirdre Wright

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

9/30 - 10/21 | \$30

This class takes a view through the eyes of documentary films and interviews of the world of various artists. If you are missing OLLI painting classes, 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 will be discussed.

NEW MS-438

Hormones: The Tireless

Choreographers of Life

Bill North

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

10/14 - 11/4 | \$30

Hormones are molecules that signal and coordinate a choreography of important life functions, including metabolism, digestion, blood pressure, fertility and growth. Lectures and discussions will elucidate their discoveries and workings in health and disease.



Membership: Your OLLI membership is good for 365 days from the date of purchase, which allows you to partake in courses, special events, clubs, and committees for the entire year! The cost for a membership is \$65.

Registration: Registrations are on a first-come, first-served basis. If you register online, you will receive an immediate confirmation email. Refunds and course credits will be issued on a case-by-case basis depending on the circumstance.

Class times: Please pay close attention to each course description and note its meeting date(s) and time. *The Friday courses in this catalog are organized by time slot. However, not all courses in a particular time slot meet during that exact timeframe.*

COURSE DESCRIPTIONS: FRIDAY CLASSES

FALL 2021

8:30 AM – 10:00 AM

CL-402

Italian: VITA e LINGUA, Part II*

Nunzio DeFilippis

10 sessions | 8:00 AM - 10:00 AM

9/10 - 11/12 | \$75

An introduction to the Italian language enhanced by cultural experience. The course will consist of basic Italian for the first hour, followed by an enhanced Italian cultural experience to include customs, history and everyday life discussions. **There is required reading and homework.*

NEW HW-527

The Science of Life - Ayurveda

Sondra Martinez

10 sessions | 9:00 AM - 10:15 AM

9/10 - 11/12 | \$47

Ayurveda is a Sanskrit term that translates to "life knowledge." Known to be the foundation of all sciences, it has been studied for well over 5,000 years, providing us an understanding of the human body and our connection to the environment. We will discuss the origins and approach from an Ayurvedic perspective in order to understand structure and body functions, the three doshas (body humors), definition of health, disease formation, detoxification and nourishment techniques. Come learn about the basics of this science and the support it can provide for your health and mind.

VA-415

An Enriching Experience with Acrylic Painting*

Judy Jaworski

10 sessions | 10:00 AM - 12:00 PM

9/10 - 11/12 | \$75

Learn to develop style, expertise, and use of medium with brushes and palette knives to create individual paintings. **There are required course supplies.*

10:15 AM – 11:45 AM

HW-480

Chinese Medicine's Five Spirits

William Courtland

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

9/10 - 11/12 | \$56

This course will examine the five Spirits found within five feminine internal organs in the human body. The role each plays in the maintenance of those organs will be discussed as well as their importance in maintaining the health of our body and mind.

See an asterisk (*) next to your course title? That means there are required/recommended books and/or special supplies needed for that course. Check out Page 17 for a Books & Supplies list.



COURSE DESCRIPTIONS: FRIDAY CLASSES (CONT.)

FALL 2021

12:00 PM – 1:30 PM

NEW HW-525

Yoga for Ageless Warriors

Sondra Martinez

10 sessions | 12:00 PM - 1:00 PM

9/10 - 11/12 | \$38

Physical strength is cultivated from within using the power of breath and mind. These classes will teach you how to connect breath with movement in order to improve the entire physical being connecting to the ageless warrior within! Sondra will provide you weekly classes to support the physical and mental body as we continue to age. All classes can be done seated or standing for ease to improve flexibility and strength.

VA-475

Photography for the Digital Age

Timothy Padgett

10 sessions | 12:00 PM - 1:30 PM

9/10 - 11/12 | \$56

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



NEW HS-552

The Supremes' Greatest Hits:
Seminal Supreme Court Cases

Elizabeth Neuwirth

5 sessions | 12:00 PM - 1:30 PM

10/15 - 11/12 | \$28

This course, last offered in 2018, will look at the constitutional basis for the Supreme Court, its early history, and how cases get to the Court. We will focus on key legal decisions that have shaped the United States as we know it and continue to be hot topics in our "culture wars": freedom of expression, religion, contraception/abortion, race, and sexuality/marriage/gender.



1:45 PM – 3:15 PM

NEW LW-505

Creative Writing for the Novice

Jack Levine

5 sessions | 1:45 PM - 3:15 PM

9/10 - 10/8 | \$28

Participants will learn the basics of writing a memoir, fictional short story, comedy skit, and short play by reading and discussing some of the works of the teacher. The students will be encouraged and helped to create their own original pieces of work. The emphasis of the course will be to enjoy the journey of writing with only the expectation of having fun and excitement.



NEW LW-506

A Patchwork of Poetry

Julie Cook

4 sessions | 1:45 PM - 2:45 PM

10/15 - 11/5 | \$15

In this class, we will celebrate poetry in many forms: reading them for pleasure; writing individual and group poems using various structures; and pairing poetry with art and music. If you already love poetry or think you might like to dip your toe in, this is the class for you!



NEW MU-490

Jazz Continues: Part 2

Deirdre Wright

5 sessions | 1:45 PM - 3:15 PM

9/10 - 10/8 | \$28

Come find out what European jazz has contributed to the genre. Some of the early supporters of jazz were found in the smoke-filled clubs of Europe. A little history and some of the best jazz experiences ever. (This is not a repeat of the Jazz class from Spring '21.)

MU-491

Jazz Festival 2021

Deirdre Wright

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

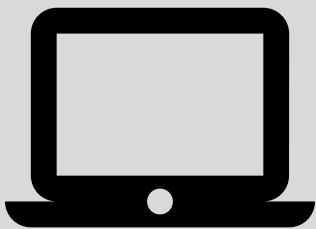
10/22 - 11/12 | \$30

A virtual jazz festival for the fall. A little Miles, a little Bird and a couple of other surprises. Bring your drinks and munchies and enjoy some of the best music on the planet.

Reminder:

Participating in an OLLI club or committee: In order to participate in an OLLI club or committee you must have an up-to-date membership. If you are unsure of the status of your membership, please call or email the OLLI Office for assistance!

Civility: OLLI is proud to offer courses that cover diverse and challenging subjects. Discussion of ideas is a core part of learning. Please remember that respect and a civil exchange of views are key to understanding each other.



Online Registration Instructions

1 Go to olli.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 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 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.

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.

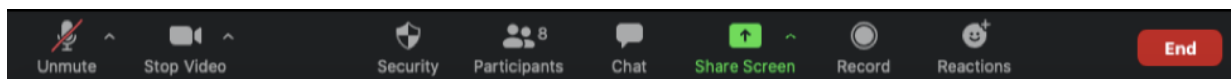
Use and Reminders

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 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:



*Can't see the Task bar? Toggle it on with the **Alt** key for Windows and Chrome, or **Ctrl+I** for Mac. This tip doesn't work for iPads :(*

- **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>



VOLUNTEER OPPORTUNITY: ONLINE TEACHING ASSISTANTS NEEDED

**If you're an experienced Zoom user*,
use your skills to help online classes run
successfully!**

- We will provide you with everything you need to support instructors and students in a Zoom class.
- Responsibilities include hosting your assigned class every week, helping the instructor, time-keeping, ensuring distractions are kept to a minimum, helping students with Zoom controls.

Interested? Contact Charles Lasky, OLLI Tech Team Leader at cjl621@gmail.com

**Teaching assistants must have an up-to-date OLLI membership*



Frequently Asked Questions

For a complete list of FAQs, please visit: olli.uconn.edu/frequently-asked-questions

Where are OLLI classes held?

During the Fall 2021 semester, all courses (except for three off-site classes at the Palace Theater, Riverside Cemetery, and Westport) will be online using the video-conferencing application, Zoom.

How will online classes work?

In the week before the semester begins, you'll receive an email from the OLLI staff which will include a Zoom link to your course. Please note that each course has its own unique link, so if you signed up for multiple courses, you'll receive multiple emails with a unique link in each one. Each course's link remains the same each week; therefore, you will not receive new invitation links every week; you should simply refer back to the original email(s).

On the first day of class, click the Zoom link in the email you received for that class. Give yourself 5-10 minutes prior to the start of class to get yourself situated, making sure that your video and audio work, and that your Zoom application is fully functioning and up-to-date. Once you've clicked on the class link, you may be prompted to enter a password; if so, enter the password included in our email. Next, you will be let into a "waiting room" until the host of the meeting (that's us!) 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.

If your instructor opted to hold a course-specific orientation session for your course, you'll receive a separate email from us with the details for it. Just show up at the designated time (by clicking the link provided to you) and meet your instructor and your classmates for a brief, informal orientation. If you do not receive a course-specific orientation invitation, just show up on the first day of class! If you'd like to test out Zoom prior to the first day of class, attend one of our orientation sessions (dates can be found in our weekly e-newsletter) or email us to set up a one-on-one session with one of our Zoom Buddies.

If I drop a course, do I receive a refund?

If you wish to drop a course, contact the OLLI office. A credit will be added to your OLLI at UConn account if you drop the course **before** its start date. Refunds are issued on a case-by-case basis only in exceptional circumstances.

What if my course gets cancelled completely?

If a course is cancelled, a credit for the full amount of the course is applied to your OLLI at UConn account. You can use this credit to pay for another course or towards a future semester.

How will I know if a class gets cancelled?

In most cases, members are notified by phone or email from OLLI staff or your instructor.

I received a credit for a cancelled Spring course during the pandemic. How do I redeem that credit?

To redeem the credit online, you must choose "Send a check" when prompted for your payment method. Then you must write a check for the total amount minus your known credit amount and mail it in to OLLI at UConn, 99 East Main St. Waterbury, CT 06702. Not sure of your credit amount? Email osher@uconn.edu to inquire in advance.

I'm pretty familiar with Zoom. Can I help in some way?

Contact the OLLI Tech Team Leader, Charles Lasky, at cjl621@gmail.com for information on becoming a Teaching Assistant volunteer. Thank you!

FOR MORE INFORMATION, VISIT [OLLI.UCONN.EDU](https://olli.uconn.edu)

Cancellations & Emergencies:

olli.uconn.edu/emergencies

Conflict of Interest Policy:

olli.uconn.edu/conflict-of-interest-policy

Publications: olli.uconn.edu/publications

OLLI Travel: olli.uconn.edu/olli-trips

Online Course Catalog:

www.campusce.net/uconn/category/category.aspx

Parking & Directions: olli.uconn.edu/parking-and-directions

Instructor Bios: olli.uconn.edu/instructor-bios

Special Events: olli.uconn.edu/special-events

Facebook:

www.facebook.com/olliatuconnwaterbury/

UConn Waterbury homepage:

waterbury.uconn.edu

OR email osher@uconn.edu

Required/Recommended Books & Supplies

*Please check your course descriptions for a note indicating any required/recommended supplies or readings.

CULTURE & LANGUAGE

CL-402 Italian: VITA e LINGUA, Part II | Nunzio DeFilippis
Barron's Learn Italian the Fast and Fun Way; ISBN: 0-7641-2530-3 | Required

HEALTH & WELLNESS

HW-481 Swing Into Health, Balance & Strength with FFXP | Naida Rodriguez-Rosado
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)

MUSIC

MU-488 Enjoy Playing the Ukulele - Strum Basic Chords | Nina Lesiga
~ Soprano, Concert or Tenor sized tuned ukulele | Required (A concert size or tenor size ukulele is suggested for arthritic or large hands.)
~ A snark-type electronic tuner | Required
~ Ukulele book: "How to Play the Ukulele for Complete Ignoramus!" by Ted Parrish and Wayne Erbsen; ISBN 978-1-883206-98-7, Fracas Music Co. \$20.52. 104 pages available on Amazon | Required
~ Felt pick for strumming | Recommended

MU-489 Enjoy Playing the Ukulele - Play Great Songs! | Nina Lesiga
~ A tuned soprano, concert or tenor sized ukulele | Required (A concert or tenor size is preferred for arthritic or large hands.)
~ A snark-type clip-on tuner | Required
~ Book: "First 50 Songs by the Beatles You Should Play On Ukulele," Hal Leonard; ISBN 978-1-5400-8643-3; \$17.71 146 pages available on Amazon | Required

PERSONAL DEVELOPMENT

PD-454 Have You Checked Your "Personality" Lately? | Doug Stowell
~The classic Myers Briggs profile will need to be done PRIOR to the class. Doug will supply a link to their site which class members can then pursue. M-B. charges a \$19 fee for a very detailed analysis/report | Optional

PHILOSOPHY & RELIGION

PR-424 The Divine Comedy - From Here to Eternity | Douglas Welsh
~Translation of the Paradiso by Robert and Jean Hollander; ISBN-10 : 140003115X; ISBN-13 : 978-1400031153 | Required

VISUAL ARTS

VA-415 An Enriching Experience with Acrylic Painting | Judy Jaworski
The following supplies are required:
~Large tube: Titanium White 2.5 oz
~Tubes of Cadmium Yellow, Yellow Ochre or Oxide, Naples Yellow, Cadmium Red, Light Alizarian Crimson, Cerulean Blue, Ultra Marine Blue, Chromoxide Green, Hookers Green, Burnt Sienna, Burnt Umber, and Paynes Gray.
~Brushes - synthethic Taklon: 1" bright, 1/2" bright, #4 round sable for details.
~Palette knife with bent blade for mixing, 9"x 12 (Masterson's) palette with cover.
~Palette sheets and sponge.
~Acrylic matte medium and gloss medium to mix in covered container and water container.
~Wiping clothe or paper towel, Wooden or metal table easel, Stretched canvas or canvas board, photographs as reference to paint

VA-453 Lightroom and Photoshop for Beginners | Timothy Padgett
~Lightroom and Photoshop, Lightroom mobile (free for cellphones), or ON 1 Photo Raw | Required

VA-477 Smartphone Filmmaking | Stephen Knifton
~Filmic Pro software: cost \$14. It adds professional filmmaking capabilities and functions to smartphone video cameras | Required

Where can I purchase my books and/or supplies?

For Art Supplies: Examples of retailers are included in the descriptions on this page.

For Books: Please note that the UConn Bookstore *does not* carry OLLI books. You must find and purchase them elsewhere, such as another bookstore or online retailer like Amazon.com.

Still have questions? Contact the OLLI Office (osher@uconn.edu) and our staff will put you in touch with your instructor.

Osher Lifelong Learning Institute
University of Connecticut
99 East Main St.
Waterbury, CT 06702



40+
online
classes

- Monday through Friday options
- 1 - 10 meetings per class
- Classes starting at \$5

OLLI at UConn
**where learning
never retires**

UConn Waterbury
Main Building



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.