JANUARY 3RD - JANUARY 28TH, 2022 REGISTRATION OPENS FRIDAY, NOVEMBER 19TH, 2021 **OSHER** LIFELONG ER202 EARNING NSTITUTE WATERBURY Where learning never retires COURS CATALO ONLINE

SESSION!

MONDAY

MU-488 Learn the Ukulele - Strum Basic Chords!* Nina Lesiga

4 meetings | 10:15am - 11:45am 1/3 - 1/24 | \$23

Learn how to play the ukulele in a supportive and welcoming environment. Learning basic chords will enable you to play hundreds of songs like "Happy Birthday" and "Hound Dog!" on a soprano, concert or tenor ukulele! *There are both recommended and required course supplies for this course.

PA-441 🖰

Intro to Acting for the Novice Jack Levine

4 meetings | 12pm - 1:30pm 1/3 - 1/24 | \$23

This course is designed for those who would like to learn the basics of acting. You will have an opportunity to perform without learning lines in a non-pressure environment and find out if acting is something you would like to pursue as a hobby!

NEW AH-458

Hollywood Scores - A Fertile Land for Jews Emanuel Abramovits

4 meetings | 1:45pm - 3:15pm 1/3 - 1/24 | \$23

As doors were closing in Europe, they were opening in America, despite the Great Depression. Together we will discover how Jewish immigrants, some of them escaping the Nazi regime, created the Hollywood music that we have all loved since childhood. We'll explore how that migration changed the landscape of American culture. We'll learn how famous scores, like those for *Citizen Kane*, *Casablanca*, *Ben Hur*, or *Psycho*, were written and performed. Anecdotes and stories will be combined with audiovisuals and musical examples.

"I actually prefer it to in-person. Much more convenient. No travel or parking issues."

-OLLI member, feedback from Fall 2021 course surveys

TUESDAY

CE-027 [№]1

How Does the U.S. Rank - 2022? A Top 10 Summary Doug Stowell

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

We look at global factors like incomes, deductions and taxes; environment and pollution; energy sources; healthcare costs and outcomes; education levels and achievement; life expectancy and paid vacations; religiosity & atheism; national prosperity index; murder and crime rates; a change readiness index; happiest & most competitive countries; "best" countries ranked; "where" to be born - 2022; et al. All charts and links to data sources will be provided to participants in advance. This is year is number four for the compilation of credible survey rankings and is the most comprehensive yet! Come prepared to discuss your opinions about the rankings!

TUESDAY

NEW CL-468

Happy Home, Happy Life - Vastu & Yantras Sondra Martinez

4 meetings | 10:30am - 11:45am 1/4 - 1/25 | \$19

Establish a new relationship with your home through the ancient science of Ayurveda in the study of Vastu and Yantras. Vastu is a Sanskrit term meaning "house," and describes the relationship between the five elements and the placement of items within a space. There is an innate energetic effect from planetary and spiritual influences on our environment that we will discuss from the Eastern perspective.

NEW HS-554

Versailles: The History and the Splendor Wendy Swain

2 meetings | 12pm - 1:30pm 1/18 - 1/25 | \$11

The Palace of Versailles is important in history and holds many splendors in its interiors. We'll talk about the history from its construction up to the present and then look at the room on the inside and review the architecture and the gardens.

HS-540 🖰

European History for Travelers: The French Revolution and How We Can "See" It In Our Travels

Diane Stone

4 meetings | 1:45pm - 3:15pm 1/4 - 1/25 | \$23

The French Revolution is described by historians, those who study societies and cultures and students of history as the most significant historical event since medieval times. It can be described as a mess, the harbinger of what was to come with progress towards the modern age and the logical cataclysm to follow the American Revolution. Whichever label you attach to this most significant event, delving into it, understanding it and exploring how, when traveling in France, you can actually "see" the stage on which it played out, will be actionpacked. Join us for an interesting voyage filled with excitement, tragedy, blood, sweat and tears. It wasn't all about liberty, equality and fraternity by any means.

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.

WEDNESDAY

Experience seasonal transformations through the power of pranayama. Our breath is our life force that provides us with vitality and vigor. Learn how to use your breath as a way to cultivate energy while calming the mind and body.

NEW PD-455 Awaken Your Inner Child Stacey Altomari 4 meetings | 10:15am - 11:45am 1/5 - 1/26 | \$23

Do you remember as a child how you laughed, played, were fearless, and stress free? Or perhaps your inner child had stress and fears. This course will help you heal your inner child and give her/him renewed life.

VA-475 Photography for the Digital Age Timothy Padgett

4 meetings | 12pm - 1:30pm 1/5 - 1/26 | \$23

This course will not only make you want to share your photos with your friends and relatives, but also 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, and for all types of digital cameras.

"It is useful to have presenters who are not located in the Waterbury area and can be seen via Zoom."

-OLLI member, feedback from Fall 2021 course surveys



Reminder:

If you see an asterisk (*) at the end of a course title, that means that the course has required and/or recommended supplies. You can find said supplies on the "Required/Recommended Books & Supplies" page.

THURSDAY

Naida Rodriguez-Rosado

4 meetings | 9am - 10am 1/6 - 1/27 | \$15

This is a cardio, strength and balance course. The cardio portion will be directed by dance moves to 60s, 70s, & 80s music from a variety of genres for a healthy, safe and appropriate cardiovascular conditioning. The strength portion will utilize light-to-medium weights. (If none are available, then we will get creative using filled water bottles, canned goods, etc.) The balance portion deals with engaging the core with abdominal exercises along with posture, breathing and specific footwork for balance and coordination.

*There are required supplies for this course.



LW-506 A Patchwork of Poetry Julie Cook

3 meetings | 11am - 12pm 1/13 - 1/27 | \$11

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

NEW HS-555 🛗 Moses Dunbar - Traitor or Tragic Figure Sean Crose

4 meetings | 4:30pm - 6pm 1/6 - 1/27 | \$23

While everyone is familiar with the story of Nathan Hale, the Connecticut Patriot famously executed by the British during the American Revolution, far less known is the story of Moses Dunbar of Waterbury. Like Hale, Dunbar was executed during the American Revolution, but Dunbar was hanged for supporting the British. This course will not only delve into the life of Dunbar, but also into the local culture that produced his story as well.



FRIDAY

VA-415 An Enriching Experience With Acrylic Painting* Judy Jaworski

4 meetings | 10am - 12pm 1/7 - 1/28 | \$30 Students will be guided to develop composition, learn technique, style and expertise working with acrylic medium to create individual paintings meaningful to each. *There are required supplies for this course.

NEW PR-432

On Love William Courtland

4 meetings | 10:15am - 11:45am 1/7 - 1/28 | \$23

This course will examine the word "love" from the principles of Chinese Medicine and Esoteric Christianity. It will be shown how the word "love" that we say so often has at its core a fundamental reference that is very different from what we may understand love to be today.

> "I am very happy with Zoom and feel it works well for many of the type of classes that Olli offers."

> > -OLLI member, feedback from Fall 2021 course surveys

HW-514 International Cuisine On a Budget Timothy Padgett

4 meetings | 12pm - 1:30pm 1/7 - 1/28 | \$23

This is a cooking course with videos to download after the class so you can cook interesting 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!

Reminders

All Winter 2022 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-proposalform/

The submission **deadline** for the **Spring 2022** session (running from 2/14 - 4/29) is **Friday, December 10th, 2021**.

If you'd like more information, please reach out to John Sarandrea, OLLI Coordinator at: john.sarandrea@uconn.edu

REQUIRED/RECOMMENDED BOOKS & SUPPLIES

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

HEALTH & WELLNESS

HW-481 Swing Into Health, Balance & Fitness 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 Learn the Ukulele - Strum Basic Chords! | Nina Lesiga

- ~ Soprano, Concert or Tenor sized tuned ukulele (A concert size or tenor size ukulele is suggested for arthritic or large hands.) | Required
- ~Ukulele book: "How to Play the Ukulele for Complete Ignoramus!" by Ted Parrish and Wayne Erbsen; ISBN 978-1-883206-98-7; Available on Amazon with the CD | Required ~A snark-type electronic tuner (It is suggested that you buy your ukulele from a local store so that they will tune it for you.) | Recommended
- ~Felt pick for strumming | Recommended

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 cloth or paper towel, Wooden or metal table easel, Stretched canvas or canvas board, photographs as reference to paint



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.

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.



Online Registration Instructions

Register online at www.olli.uconn.edu

Go to olli.uconn.edu

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

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 mémbership 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
- 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, 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.



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 yoù are signed in and have a membership in your cart you may start adding classes to your cart!

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 OLL 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



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.



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