

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

OSHER
LIFELONG
LEARNING
INSTITUTE

UCONN
WATERBURY

**FEATURING
26 NEW
COURSES!**

**ONLINE & IN-PERSON
COURSES AVAILABLE!**

REGISTRATION OPENS

Monday, January 31, 2022
@ 9:00 AM

LEARNING FOR ADULTS AGE 50+

SPRING 2022

COURSE CATALOG

**SESSION DATES:
MONDAY FEBRUARY 14 -
FRIDAY, APRIL 29**



Vaccination Policy

You can find out about OLLI at UConn's vaccination mandates on Page 4.

COURSE KEYS

To help you organize your course schedule, we've color-coded each class. We've also included other handy icons to help you as you choose your courses:

First 5 Weeks

Second 5 Weeks

Unique Schedule

No color = Standard 10-week class

✓ **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 evening options marked with a blue check!**

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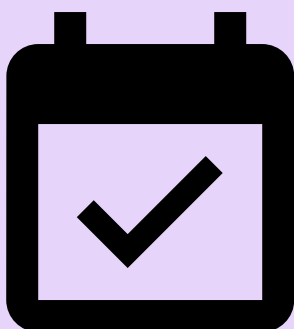
When you see this symbol next to a course, it means that the course is in-person.



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



When you see this symbol next to a course, it means that the course is online via Zoom.



IMPORTANT DATES

Monday, January 31st: Spring registration opens

Monday, February 14th: Spring semester begins

Friday, April 29th: Spring semester ends



WELCOME, LIFELONG LEARNERS!

FROM THE PRESIDENT - MILA LIMSON



Greetings and welcome to an exciting Spring 2022 semester! We are delighted to offer over 40 outstanding classes this semester. For the last 22 months, despite the challenges the pandemic presented, we remained committed to our mission of bringing quality lifelong learning experiences to older adults. Last year at this time, I said I was optimistic and confident that the passion of the OLLI community will do nothing but strengthen our community – you have proved me right. We remained resilient and adaptable. We demonstrated that resilience is all about moving forward – and that is exactly what this OLLI community did. We are stronger because we took the challenges and turned them into opportunities.

We now have much to celebrate! This year is the 15th anniversary of OLLI at UCONN, so stay tuned for more information on a celebratory event. I am also thrilled to announce that this semester we will be offering a limited number of in-person classes. We are optimistic that this gradual return to in-person classes holds great promise for a further expansion of on-campus classes and events in the near future.

I invite you to browse the Spring catalog and give yourself the gift of learning – stay active, stay involved and join us this semester online or in person. I look forward to seeing you all this semester. Stay well and keep smiling!



“Commit yourself to lifelong learning.
The most valuable asset you’ll ever have is your mind and what you put into it.”
-Albert Einstein.

FROM THE CURRICULUM COMMITTEE

Welcome to Spring Session, 2022! We are thrilled to welcome you back on campus (if that's your preference!).

During the pandemic, we've all learned many lessons. Certainly, one of those is the importance of community. Another thing we've learned is the value of technology. Your OLLI program has embraced both of these lessons and is ready to carry that knowledge into the future.

This spring, we'll be offering a large variety of classes, both in-person and online. If you want to join with your fellow learners on campus, we're here for you. If you enjoy the convenience of learning online, or want to learn from instructors outside of our area, we're here for you, too. You can even take a class on local history held outdoors at historic Riverside Cemetery. Or mix and match to your heart's content.

Please join us this spring in our mutual love of lifelong learning.

Your Curriculum Committee Co-Chairs,



Rosalie Griffin | Donna Obarowski

OLLI STAFF CONTACTS

Fiona de Merell, Director John Sarandrea, Coordinator

475-222-6261

475-222-6232

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

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

GENERAL INQUIRIES: OSHER@UCONN.EDU

VACCINATION RULES

OLLI at UConn's highest priority is the health and safety of our members, volunteers, and staff. OLLI at UConn adheres to UConn's Covid-19 protocols, including masking and vaccination mandates for anyone who enters the building. The following policy is in effect from January 1, 2022 until further notice.

OLLI at UConn Covid-19 Campus Policy

All OLLI members coming to campus for any reason must provide proof that they have been fully vaccinated. You must show proof of vaccination to an OLLI staff member or volunteer the first time you come to campus. You will be then issued with a blue card that states you are approved to be on campus.

We are unable to allow anyone to attend an in-person class if they don't have proof of vaccination with them.

Masks must also be worn at all times while inside the building, except while actively eating or drinking. The OLLI office will provide masks at the check-in table and in the OLLI office if you need one.

What is considered "Fully Vaccinated?"

- Two doses of COVID-19 vaccine (Moderna or Pfizer)
- Single dose of COVID-19 vaccine (Johnson & Johnson)

What forms of proof of vaccination are accepted?

A vaccination card or a photocopy of a vaccination card (including a photo on your phone).

What happens on my first day on campus?

During the first week of spring semester classes, there will be a table at the end of the lobby by the elevator from the attached garage. The table will be staffed by volunteers and staff members. You need to show your vaccination card here. The volunteers will have a master-list of all members scheduled to attend a class that day. They will check you off the list and give you a blue card. The card is good for the entire semester. In addition, on the first day of a class (including those that start later in the semester), volunteers will also be stationed outside each classroom to check that individuals have their blue card. Replacement blue cards will be available at the check-in table or in OLLI Office.

Can I give my proof of vaccination ahead of my first day on campus?

Yes! You are welcome to email a picture of your vaccination card to osher@uconn.edu. We will email you a confirmation that you can use in lieu of the blue card.

What if I forget to bring my proof of vaccination?

Unfortunately, we are unable to allow you to attend an in-person class if you don't provide proof of vaccination on your first day on campus, or ahead of time.

What if I forget to bring my blue card?

Go to the check-in desk or the OLLI office for a replacement card. We will already have your proof of vaccination on file.

*OLLI will continue to update our policy based on requirements from the State of CT and the University of Connecticut.
Thank you for your cooperation and continued support.*

Questions? Please contact the OLLI office at osher@uconn.edu.

GIVING BACK

Spring 2022: Moving Forward, Together

DEAR FRIENDS,

When we set our 2021 fundraising goal of \$12,500, we knew it would be a test of member resolve and generosity, especially as we entered our second year of the pandemic. As we look back on the past year, there are many wonderful OLLI success, growth and appreciation stories to share, but fulfilling our fundraising goal just before the end of December was a huge achievement! In light of the many organizational challenges we faced and met together, we are grateful to our members for their dedication, vigor, passion and determination.

The donations we received will be used for a variety of OLLI projects, activities and expenses throughout 2022. In addition to in-person, hybrid and/or virtual classes, we will feature guest presenters and lecturers, musical and arts events, club activities and special programming. An OLLI scholarship program is being discussed, along with other creative options. That will include a return to OLLI Café in April, pending pandemic challenges.

In recognition of OLLI's 15th anniversary this year, we have a 2022 fundraising goal of \$15,000 as another way of commemorating this significant milestone. Our campaign, "15 for 15" will begin on February 14, 2022, when we can all show our love of OLLI by making a donation to its continuing success and growth.

We are grateful to have so many colleagues and friends committed to OLLI's success and diverse learning opportunities, especially during these frustrating days and a lingering pandemic. Like you, we all value the interpersonal exchanges, creative learning and social outreach OLLI offers.

We are proud of our achievements, and how OLLI members, volunteers and staff have helped keep the fires burning. We look forward to returning to classrooms and the UConn Waterbury campus, and to seeing everyone in person again. But for now, thanks, again, for your shared persistence, patience and dedication to this dynamic program. We are excited to see what this new year will bring, and proud to be part of this passionate OLLI family.

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

[CLICK HERE](#)
[TO DONATE](#)

THANK YOU TO OUR 2021 DONORS!

Anonymous
Sheila Acey
Merle and Michael Arcovio
Mary Berch
Sandra Bishop Ebner
Stephen Bustamante
Gary & Elizabeth Carter
Loretta Chillemi
Brian Chapman
Rose-Ann Chrzanowski
Julie Cook
Joyce and Edward Conlan
Carol & John Costello
Kathy Darmody
Linda Dayton
Mary and Paul DeFilippo
Genevieve Delkescamp
Donna DiCamillo & George Passabet
Leo Ditkoff
Mary Dooley
Irene Dzurilla
Maureen Edwards
Patricia Evans
Billie & Martin Feinberg
Roger Foley
Jean Frennesson
Nancy Garfinkel
Lisa Golymbieski
Judith Gorra
Jean Gowlis
Robert Grady
Rosalie Griffin
Michael Griffin
Stanley Hersh
Linda and Mark Higginson
Michael & Marie Hopkins
Kathi and Dennis Howell-Talmon
Julia Jaworski

Nancy & John Kowalski
Frederick & Patricia Krug
Elaine Lau
Mila Limson & Joseph Shea
Charles McNair, M.D. & Jean M. McNair
Nancy Mahony
Ginny Massucci
Ira Mickenberg, M.D. & Patti Fahey
Ira Morrison
Vickie Nardello
Donna Lynn & David Obarowski
Susan Papa & David G. Schatz
Mary & Mario Pavone
Mary Fitzpatrick Peitler
Eleanor Regan
Gretchen Reynolds
Judith Regan
Mary Reilly
Lawrence & Carmelita Rifkin
Lise & Amadeo Rinaldi
Anita Rosa
Jeanne St Pierre
Barbara Schafer
William Schweikher
Dianne Selby-Nybakken & George Nybakken
William Sigworth
Alan Southard & Susan Cross
Diane Stone
Pat Syvertsen
Sheila and Nicholas Tetreault
Michael Trusiewicz
John & Marion Varanelli
Patricia Varanelli
Nancy Via
Van Wagner
John & Barbara Welsh
Lauren Went
Nancy Whitney

PARKING INFORMATION

If you take in-person courses and want to use UConn parking, please note that you now have two payment options:

- Purchase a parking permit online for the term through UConn's Parking Services department (<https://park.uconn.edu>)
 - Cost of a permit for the Spring and Summer 2022 term: **\$35.06**
 - To purchase a parking permit, you can either submit the online form and pay by check, or you can pay by credit card using the permit store. More information regarding this method can be found at <https://park.uconn.edu/student-parking-general-information-2/> under the "Osher Lifelong Learning Institute (OLLI) - Parking Permits" section.
- Use the new *PayByPhone: Mobile Parking* service. This simple, convenient method requires you to download a mobile application to use when you arrive on campus. Once on the application, all you have to do is enter the parking space number, your license plate information, and the amount of time that you think you will need to park for. More detailed instructions on how to use this new service are available at: <https://park.uconn.edu/waterbury-campus/>.
- Using this service, parking will cost \$1/hour, with a maximum of \$3 charged per session.



Parking will be available at both the UConn attached garage and the Scovill Street garage. Parking at the Scovill Street garage will be available only with a UConn parking permit. If you have any questions, please reach out to Parking Services by calling them at **(860) 486-4930**, or emailing them at **parkingservices@uconn.edu**. To learn more, visit: <https://olli.uconn.edu/parking-and-directions/>.

We can't wait to see you back on campus!

OLLI'S 15TH ANNIVERSARY/THE GARDEN PROJECT

Celebrating 15 Years of Lifelong Learning



This year, OLLI at UConn is celebrating 15 years of lifelong learning! OLLI started in 2007 and has grown to what it is today thanks to members like you who continue to inspire, create, learn, and share.

To celebrate 15 wonderful years of lifelong learning at OLLI UConn, we are planning a day of celebration in the fall, and many other ways to recognize our accomplishments throughout the year. Stay tuned!

The Greening of Waterbury: OLLI Garden Project



FREE! Minimum commitment of three hours a week, on Tuesdays, Thursdays, and/or Saturdays. Sign up under "Projects" on the online catalog!



Join our exciting project, now in its ninth year, for a unique social and learning experience! By participating in *The Greening of Waterbury*, you can expect a deeply rewarding experience in urban gardening. Enjoy time outdoors at the OLLI garden in Waterbury's Fulton Park, while learning about soil preparation techniques, planting, growing seedlings, and raised-bed gardening techniques.

All produce is donated to local food banks and pantries. This year, do good and feel good!

This project is funded in part by the Connecticut Community Fund. We are grateful for their support.

Committees and clubs add an invaluable element to the OLLI experience, and are at the heart of OLLI's social-engagement component. **Reach out to the contact person of any club/committee (listed below) to find out more!**

BEYOND THE CLASSROOM

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



OLLI Photography Club's October 2021 competition winning picture, taken by Russell Nichols.



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).



ITALIAN CLUB

Contact Roger Foley (roger.foley@uconn.edu).



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 (FIT)

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



MARKETING COMMITTEE

Creates advertisements and features them in strategic publication to bring program awareness to the region.



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).



NOMINATING COMMITTEE

Looks for and nominates members for leadership positions within the organization.



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 Joyce Conlan (jconlan@snet.net).



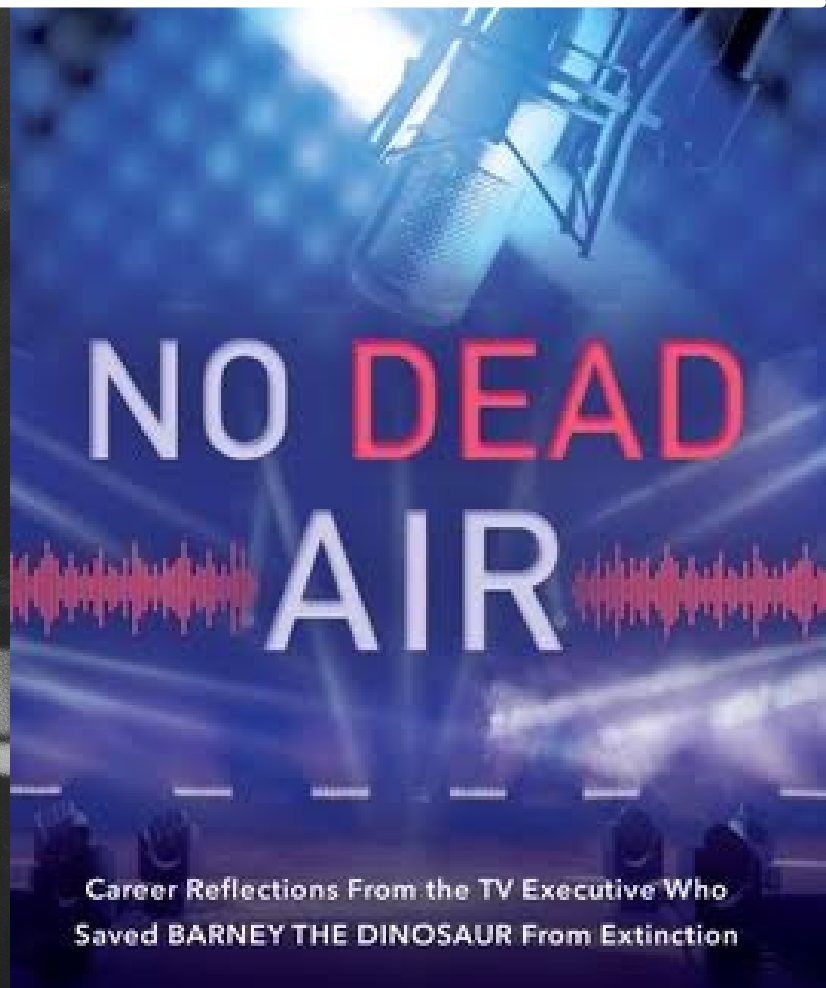
VOICES & VISIONS EDITORIAL COMMITTEE

Coordinates *Voices & Visions*, a publication which showcases original writings, art work, and photography of the OLLI membership. Interested? Contact Nancy Whitney (wrdswordth@att.net).

SPRING OLLI CAFÉ

**Connecticut broadcaster Larry Rifkin
shares his new memoir,
"No Dead Air"**

**Friday, April 22, 2021
12:00 PM - 1:15 PM
In-person, on campus
Free for Members
\$10 for Non-Members**



Margaret Gibson, Connecticut Poet Laureate

**Friday, April 29, 2021
12:00 PM - 1:15 PM
In-person, on campus
Free for Members
\$10 for Non-Members**



OLLI CAFÉ INFORMATION

"NO DEAD AIR" - WITH LARRY RIFKIN

Fri., April 22nd, 2022 12PM - 1:15PM; In-person, on campus; Free for Members, \$10 for Non-Members

Event Description: Larry Rifkin's career in Connecticut broadcasting spans five decades and includes various roles. In his new book, "No Dead Air," Rifkin reflects on an improbable career that spawned two groundbreaking hits, 'Barney & Friends' and 'UConn Women's Basketball,' each of which provided the impetus for changes in the industry. His memoir describes the role that both his father, Wally King, a radio station manager, and his hometown of Waterbury had on his career. Through this memoir, Rifkin hopes to inspire people to recognize that there is more than one path to a goal. He shares his story and unique insights into the PBS system and touches upon the many changes he has seen in the broadcasting industry over the span of his career.

Rifkin describes what motivated him even as his most recognized achievement to national audiences, 'Barney & Friends', was threatened with cancellation just as it premiered on PBS. Rifkin's ride was unique in that he was able to maintain his roots in Connecticut, and the Waterbury area, while designing a career path that led back home again in 2010 when he returned to WATR 1320, a station that has had particular significance to Rifkin.

Come join us in hearing Larry discuss his new book in detail!

POETRY FROM CONNECTICUT POET LAUREATE, MARGARET GIBSON

Fri., April 29th, 2022 12PM - 1:15PM; In-person, on campus; Free for Members, \$10 for Non-Members

Event Description: Connecticut Poet Laureate, Margaret Gibson, will be sharing her poetry to celebrate April as Poetry Month. In addition to this, the reading will also serve as a celebration of Earth Day and poets writing about the Earth in a time of global climate crisis.

Gibson said, "To write poetry, to read poetry, is to deepen and clarify one's own nature and to open outward to a community of listeners and participants. Poets are truth-tellers, and we need to hear their voices now more than ever. I have been given to generously in my life; it is time now to give back."

Gibson is the author of 12 books of poems, most recently "Not Hearing the Wood Thrush", which was a 2019 finalist for the Poets' Prize. She also wrote the memoir "The Prodigal Daughter: Reclaiming an Unfinished Childhood." She has been granted a National Endowment for the Arts fellowship, the James Boatright III Prize, the Melville Kane Award from the Poetry Society of America as a co-winner, the Connecticut Center for the Book Award in Poetry and three Pushcart Prizes. Her volume "The Vigil" was a Finalist for the National Book Award in Poetry in 1993.

Join us for an early afternoon of poetry reading and discussion.

Please note the following regarding OLLI Cafe:

- Both of these lectures will take place in-person in the Multi-Purpose Room (MPR) on the Waterbury UConn Campus. Doors to the MPR (Rooms 113 - 119) will open at 11:45am.
- **Due to the Covid-19 pandemic, there is NO food allowed in the MPR per UConn's current room capacity guidelines.**

SHOUT OUT TO...THE OLLI TECH TEAM

Welcome to a new section of the OLLI at UConn catalog where we honor our volunteers.

This semester as we return to in-person classes for the first time in two years, we'd like to thank the Tech Team.

After the March 2020 shutdown, OLLI leadership made the decision to continue offering courses online. However, there was no way we could do it without members volunteering to help. And when we asked, people stepped up, and the OLLI Tech Team was born!

It's no exaggeration to say that without the Tech Team OLLI could not have survived and thrived the way it has. The team was immediately set on a steep learning curve as they navigated all the intricacies of Zoom and created an entirely new process for online learning. This was in addition to supporting all our instructors and students who were also learning about Zoom. And, of course, they committed hundreds of hours to setting up, hosting, and monitoring classes to ensure everything went smoothly. There were certainly many challenges, but the vast majority of these were kept behind the scenes. While classes ran smoothly, there were often last-minute scrambles as we dealt with technical issues or covered each other's classes when we lost internet access or had to attend to life issues of our own.

Through all the challenges, the Tech Team not only kept OLLI running, but did it with a sense of camaraderie and humor that made them a joy to work with. The Tech Team isn't going away, but now that we're coming back to campus, they'll be able to breathe more easily as their workload goes down!

Please join us in our profound gratitude to the Tech Team.

Tech Team members:

Charles Lasky (Chair)
Sr. Cecilia Baranowski
Elia Biancardi
Roger Foley
Diane Gaborc
Barbara Gavin
Rosemary Jones





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

SPRING 2022 COURSE LISTINGS

ART & ART HISTORY

AH-456 Riverside Cemetery: A Living Museum of Art, History and Nature

Martin Begnal, Page 17

***NEW* AH-485** Let's Talk Art!: Part 1

Deirdre Wright, Page 19

***NEW* AH-486** Let's Talk Art!: Part 2

Deirdre Wright, Page 20

***NEW* AH-487** The Legacy of Frederick Law Olmstead

Wendy Swain, Page 18

CURRENT EVENTS

CE-014 America and Russia: Partners or Adversaries

Sergei Kambalov Page 21

CE-025 Accounting Lingo to Understand Current Events

Roman Weil, Page 15

CE-027 How Does the U.S. Rank Globally - 2022? A Top 10 Summary

Doug Stowell, Page 16

***NEW* CE-028** Winds of Change: A Fresh

Appraisal of the Middle East

Joseph Baxer, Page 18

***NEW* CE-029** Can There Be A Dust Bowl 2.0?

Sharmila Mukherjee / Alakananda Mookerjee Page 18

CULTURE & LANGUAGE

***NEW* CL-469** Sanskrit, A Language Rarely Spoken

Sondra Martinez, Page 18

COMPUTERS

CO-426 Computers for Beginners - Intro. to Windows

Tim Padgett, Page 21

HISTORY

HS-459 World History for Travelers: The History of Antisemitism and How the World Bears Witness

Diane Stone, Page 20

HS-525 The Magic Behind the Footlights:

Backstage Secrets of Waterbury's Storied Palace Theater

Various, Page 16

HS-541 Lessons From the History of Toilets

Kimberly Worsham, Page 23

HS-542 Connecticut's Hidden History: 1640 - 1848

Ramin Ganeshram / Nicole Carpenter, Page 17

HS-549 Only Hope: My Mother and the Holocaust Brought to Light

Irv Lubliner, Page 15

***NEW* HS-556** Surviving the Holocaust In Lyon

Roger Levy, Page 22

HEALTH & WELLNESS

***NEW* HW-533** Supportive Chair Yoga

Sondra Martinez, Page 17

HW-415 International Cuisine On A Budget

Timothy Padgett, Page 18

HW-433 Reiki Level Two

Barbara Schafer, Page 22

HW-481 Swing Into Health, Balance & Fitness with FFXP

Naida Rodriguez-Rosado, Page 18

***NEW* HW-529** Foods to Nourish the Body,

Mind & Soul

Sondra Martinez, Page 21

HW-522 Good Vibrations for Health and Happiness: Part 1

Julie Cook, Page 16

***NEW* HW-531** Good Vibrations for Health and Happiness: Part 2

Julie Cook, Page 16

***NEW* HW-532** A Journey of SELF

Stacey Altomari, Page 17

LITERATURE & WRITING

LW-465 T. S. Eliot - Father of Modern Poetry

Doug Welsh, Page 23

LW-506 A Patchwork of Poetry

Julie Cook, Page 18

***NEW* LW-507** Are You Ready for S'MORE Writing?

Nancy Whitney, Page 15

***NEW* LW-509** Connecticut Writers of Note

Sean Crose, Page 20

***NEW* LW-510** Writing About Place and Time

Gabriella Brand, Page 16

MATH AND SCIENCE

***NEW* MS-439** Origin and Evolution of Our Observable Universe

Arnold Heiser, Page 22

MS-440 Viruses - The Inside Story

Douglas Welsh, Page 19

MUSIC

MU-469 Music: Chicken Soup for the Brain

Julie Cook, Page 19

MU-489 Enjoy Playing the Ukulele -

Play Great Songs!

Nina Lesiga, Page 19

***NEW* MU-493** Slow Listening to Classical Music Masterworks

Vincent deLuise, M.D., Page 15

***NEW* MU-494** HOLLYWOOD SCORES - A

Fertile Land for Jews: Part 2

Emanuel Abramovits, Page 15

***NEW* MU-495** Entertaining Jazz Myths & Stories

Fran McIntyre, Page 22

***NEW* MU-496** Early Music In Its Own Time

Donna Obarowski / Elizabeth Neuwirth, Page 21

PERFORMING ARTS

***NEW* PA-445** Want People to Listen? Tell Them A Personal Story!

Nina Lesiga, Page 19

PERSONAL DEVELOPMENT

PD-454 Have You Checked Your "Personality" Lately?

Doug Stowell, Page 16

PHILOSOPHY & RELIGION

***NEW* PR-433** The Spirit In Early Esoteric Christianity

William Courtland, Page 21

VISUAL ARTS

VA-415 An Enriching Experience With Acrylic Painting

Judy Jaworski, Page 21

VA-432 Mandalas As Art and Personal Relaxation

Rose-Ann Chrzanowski, Page 21

VA-465 Darkroom Photography

Timothy Padgett, Page 23

VA-475 Photography for the Digital Age

Timothy Padgett, Page 17

***NEW* VA-479** Introductory to Zentangle Basics

Debbie Mitchell, Page 23

***NEW* VA-480** Zentangle Inspired Art

Debbie Mitchell, Page 23

***NEW* VA-481** French Independent and Art House Films: Part 1

Deirdre Wright, Page 23

***NEW* VA-482** French Independent and Art House Films: Part 2

Deirdre Wright, Page 23

***NEW* VA-484** Film Noir: Its Development and Implementation

Joseph Gambini, Page 22

PLEASE NOTE:

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

Please see Page 28 to find out.

MONDAY

***NEW* LW-507**



Are You Ready for S'MORE Writing?

Nancy Whitney

10 sessions | 10:30am - 12:15pm
2/14 - 4/18 | \$66

If you are ready to write some more, then please come along to this class and sample S'MORE writing adventures. We'll Zoom, write, read, talk, edit a bit together, and continue our writing practice. No experience is necessary, but you must be willing to write, share, and let your own creative juices flow onto the page.

***NEW* MU-494**



HOLLYWOOD SCORES - A Fertile

Land for Jews: Part 2

Emanuel Abramovits

6 sessions | 12pm - 1:30pm
2/14 - 3/21 | \$34

The Hollywood films story is also a story of music. Creating the right atmosphere with music is not always easy, but those who can do it are able to accompany images in a sublime way and move the viewer in their seat and make them tremble, laugh or cry. Learn how the top composers experience their struggles, secrets and how they find their groove. With anecdotes, stories and audiovisuals, we'll explore the role of music in the perception of images through decades of changing tastes.



CE-025



Accounting Lingo to Understand Current Events

Roman Weil

4 sessions | 12:45pm - 2:15pm
2/14 - 3/7 | \$23

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, you can't understand discussions about any but the most trivial business transactions.

HS-549



Only Hope: My Mother and the Holocaust Brought to Light

Irv Lubliner

1 session | 1:45pm - 3:15pm
4/18 | \$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. A Kindle version is available from Amazon).

***NEW* MU-493**



Slow Listening to Classical Music Masterworks

Vincent deLuise

3 sessions | 7pm - 8:15pm
4/11 - 4/25 | \$14

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.



TUESDAY

HW-522



Good Vibrations for Health and Happiness: Part 1

Julie Cook

5 sessions | 9am - 10am
2/15 - 3/15 | \$19

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-454



Have You Checked Your "Personality" Lately?

Doug Stowell

1 session | 10:15am - 11:45am
4/5 | \$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-question 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 (at no charge to you). 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?

NEW HW-531



Good Vibrations for Health and Happiness: Part 2

Julie Cook

5 sessions | 9am - 10am
3/22 - 4/19 | \$19

As we continue to deepen our sound practice to enhance our well-being, we will explore the Bija mantras and several new chants to quiet our inner dialogue and open the channels of relaxation and healing. Included will be guided meditations to open our hearts to compassion. This class is a deeper exploration for those who have taken Part 1; others are also welcome.

NEW LW-510



Writing About Place and Time

Gabriella Brand

10 sessions | 10:15am - 11:45am
2/15 - 4/19 | \$56

We've all been somewhere. Some of us are world travelers, others are "armchair travelers." Some of us can have an adventure on the local bus, while others journey beautifully in their imaginations. Gabriella Brand will help writers capture their experiences of time and place, which may include a ski trip in fifth grade, a recent trip to Cape Cod, a world cruise, or a day trek in the woods. This course is suitable for those writing memoir, CNF, poetry, fiction and non-fiction. Individual critique and feedback is always available. Gabriella's own travel memoirs have appeared in "The Globe and Mail," the "Christian Science Monitor," on a dozen travel websites, and in several anthologies.

HS-25



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

Various

5 sessions | 11am - 12:30pm
3/29 - 4/26 | \$28

Celebrating the theater's 100th Anniversary, 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.

CE-027



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

Doug Stowell

1 session | 10:15am - 11:45am
3/1 | \$5

A comparison of the U.S. rankings in over 25 key, global categories for 2022. We look at economic factors like GDP, incomes, deductions, the national debt and taxes; global warming, 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; a national prosperity index; murder and crime rates; a change readiness index; happiest and 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 the fourth year of the compilation of rankings and is the most comprehensive yet!

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 evening options marked with a blue check!

COURSE DESCRIPTIONS: TUES. (CONT.) / WED. CLASSES

SPRING 2022

TUESDAY

AH-456



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

Martin Begnal

5 sessions | 12pm - 1:30pm
3/22 - 4/19 | \$28

Through a close examination of Riverside Cemetery this course will explore the rural cemetery movement of the mid 19th century; Victorian cemetery symbolism; cemetery architecture, including classical, romantic, Gothic and art deco; and the art of Waterbury sculpture George Edwin Bissell. The course will include the Industrial Revolution and its roots in the development of brass manufacturing. Students will also discuss the lives of many of the people resting at Riverside, including artists, architects, industrialists, inventors, political leaders, abolitionists, soldiers, suffragettes and the Man Fortune. This course will be taught at Riverside Cemetery.

HS-542



Connecticut's Hidden History:
1640-1848

**Ramin Ganeshram; Nicole
Carpenter**

8 sessions | 1:45pm - 2:45pm
3/1 - 4/19 | \$30

This course explores notable events and periods in Connecticut history through untold or unknown stories of the people and places that participated. Presented by the Executive Director and Programs Director of Westport Museum for History & Culture, the hidden history of Connecticut comes alive through original objects, artifacts and archival materials from the museum's collection. ***Also included in the course is a final visit to Westport to explore sites of true hidden history.**



OLLI Photography Club's
August 2021 competition
winning picture, taken by
Candace Fusco.

WEDNESDAY

***NEW* HW-533**



Supportive Chair Yoga

Sondra Martinez

10 sessions | 9am - 10am
2/16 - 4/20 | \$38

With support of a chair we will make our way into postures to improve our strength and flexibility with ease. Each week we will target specific areas of the body for localized support and relief. A block, strap, chair, blanket and pillow are additional recommended support for these classes.

VA-475



Photography for the Digital Age

Timothy Padgett

10 sessions | 10:15am - 11:45am
2/16 - 4/20 | \$56

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.



**A Special "Thank You"
to UConn Waterbury &
the Osher Foundation**

***NEW* HW-532**



A Journey of SELF

Stacey Altomari

10 sessions | 10:15am - 11:45am
2/16 - 4/20 | \$56

Together, we will discover, explore and embrace every part of your SELF. Together, I will guide you in opening your mind and heart to loving what is. Together, I will help you see how very simple life truly is.

As we approach 15 years of operation, we would like to give special thanks to both Waterbury UConn and the Bernard Osher Foundation. Through the ongoing collaboration between the OLLI at UConn community and these two organizations, we've been able to continue helping people over 50 continue their love of learning, and without them, we wouldn't be where we are today. So, thank you, and here's to another 15 years of lifelong learning!

With Deepest Gratitude,

OLLI at UConn

COURSE DESCRIPTIONS: WED. (CONT.) / THURSDAY CLASSES

SPRING 2022

WEDNESDAY

NEW CE-029



Can There Be A Dust Bowl 2.0?

Sharmila Mukherjee; Alakananda

Mookerjee

5 sessions | 12pm - 1:30pm

3/23 - 4/20 | \$28

This course explores the 20th century ecological disaster, the Dust Bowl of the 1930s, which was the setting for John Steinbeck's novel "Grapes of Wrath." Did this event stem from bad agricultural methods? Was it fueled by the passage of the Homestead Act by the Congress on May 20, 1862? It started with a prolonged drought, and today, nearly half of the land mass of the contiguous U.S.—47 percent—is experiencing drought. Could we be creating conditions for a "Dust Bowl 2.0" in the near future?

HW-514



International Cuisine On A Budget

Timothy Padgett

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

2/16 - 4/20 | \$56

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!

NEW CE-028



Winds of Change: A Fresh

Appraisal of the Middle East

Joseph Baxer

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

3/2 - 3/16 | \$17

Over the past 30 centuries, the only constant in the Middle East has been change! Again, this is true. Be it the Abrahamic Accords, the dream of a revival of the Ottoman Empire, the modernization of Saudi Arabia, Iranian nuclear temptations, refugee gulags in Libya, fossil fuels in transition, the US pivot to Asia, etc, these topics, and much more, will be explored.

THURSDAY

HW-481



Swing Into Health, Balance & Fitness with FFXP*

Naida Rodriguez-Rosado

10 sessions | 9am - 10am

2/17 - 4/21 | \$38

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 course supplies.*

NEW CL-469



Sanskrit, A Language Rarely Spoken

Sondra Martinez

5 sessions | 9am - 10am

3/24 - 4/21 | \$19

Often referenced as a dead language and one of the oldest known languages to man, Sanskrit is very much still alive. Come dive into this ancient tongue with its rich history in life, religion, health and wellness. We will learn the historical basics of this ancient language from simple pronunciations to shlokas (versus) for life vitality.

LW-506



A Patchwork of Poetry

Julie Cook

4 sessions | 12pm - 1pm

2/17 - 3/10 | \$15

In this class, we will celebrate poetry in many forms: read them for pleasure, write individual and group poems, learn simple structures and write in free verse. We will appreciate different styles of poetry as well as each other's unique voices, experiences, and writing styles in the warmth of our sharing circle. If you already love poetry or think you might like to dip your toe in, this is the class for you!

NEW AH- 487



The Legacy of Frederick Law Olmstead

Wendy Swain

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

3/10 | \$5

2022 celebrates the 200th anniversary of the birth of the most important landscape architects in American history--Frederick Law Olmstead. The course will concentrate on his amazing career and his gifts to the American people.



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

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!

THURSDAY

MU-489

Enjoy Playing the Ukulele - Play Great Songs!*

Nina Lesiga

5 sessions | 12pm - 1:15pm
2/17 - 3/17 | \$23

Learn ukulele songs of various genres and strumming patterns in a friendly and supportive setting. This is for students who have taken basic ukulele at OLLI, elsewhere or are self-taught. Did you know that the basic chords like C, F, G, C7, Am, G7, D7 and Em? Are you able to change chords on a soprano, concert or tenor ukulele? Then join us! Participants may take this class multiple times because the material changes each semester. Nina will provide free music links to the songs covered in class. **There are required course supplies.*



MU-469

Music: Chicken Soup for the Brain

Julie Cook

6 sessions | 12pm - 1pm
3/17 - 4/21 | \$23

Music is one of the four elements that stimulates neuroplasticity in our brains, keeping us creative and active throughout our lives. We will learn how to create new brain connections by learning about the science of vibration, listening to music with new ears, and participating together with easy interactive music activities.



NEW PA-445

Want People to Listen? Tell Them

A Personal Story!

Nina Lesiga

1 session | 12pm - 1:30pm
3/24 | \$5

Personal storytelling has become popular through shows and podcasts like "The Moth." True stories spoken from the heart have the power to inform, entertain and spark understanding and positive change. However, the way they are told makes a huge difference in how the listener feels and engages with a story. Learn the nuts and bolts of crafting and sharing a personal story through the oral tradition. In this interactive class, learn ways to make a spoken story strong, whether told around a kitchen table, on a walk or on a stage. Nina Lesiga is a professional storyteller who tells about adventures from her youth in Brooklyn, New York to the present in Connecticut. She has performed on "Stories from the Stage" on PBS, at the International Festival of Arts & Ideas and at OLLI. Nina leads the monthly Bridgeport Art Trail Storytelling Exchange and is an organizer of PechaKucha Night Bridgeport, a visual storytelling event for adults.



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/>

MS-440

Viruses - The Inside Story

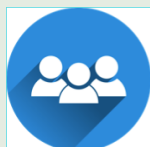
Douglas Welsh

5 sessions | 12pm - 1:30pm
2/17 - 3/17 | \$28

This course will consider a detailed look at the science of Virology. We will look at what makes viruses important for human health while concentrating on the current coronavirus pandemic. We will consider ways of treating virus infections and the future of endemic viruses.



Reminder:



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

NEW AH-485

Let's Talk Art!: Part 1

Deirdre Wright

5 sessions | 1:45pm - 3:45pm
2/17 - 3/17 | \$38

Want to learn about the evolution of painting? Then you are welcome to take this course to enhance your knowledge about painters and the movements that inspired their work! Artist interviews matched with the movements that inform their work will be the focus. Some artist interviews about their work will be matched with an accompanying short documentary film about their art movement. There's plenty of room for wine, cheese and discussion. This is Part One of a two-part series, and will focus on Europe and America, the movements, interviews, and their work.



The fountain in the UConn Waterbury courtyard.

THURSDAY

HS-459

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

Diane Stone

6 sessions | 1:45pm - 3:15pm
3/24 - 4/28 | \$34

Because the time frame 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 forward to justify it have been.



NEW AH-486

Let's Talk Art!: Part 2

Deirdre Wright

5 sessions | 1:45pm - 3:45pm
3/24 - 4/21 | \$38

Want to learn about the evolution of painting? Then you are welcome to take this course to enhance your knowledge about painters and the movements that have inspired their work. Artist interviews matched with the movements that inform their work will be the focus. Some artist interviews about their work will be matched with an accompanying short documentary film about their art movement. There's plenty of room for wine, cheese and discussion. This is Part Two of a two-part series, and will focus on the diversity within the art world, the movements, interviews, and their work, and how ethnic artists in Latin America, Asia, the Middle East and the African Diaspora have responded to western art movements.



NEW LW-509

Connecticut Writers of Note

Sean Crose

4 sessions | 4:30pm - 6pm
2/17 - 3/10 | \$23

Connecticut has a rich literary history. This course will focus on several literary figures who called Connecticut home, or wrote works of note while in the state.



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.

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 28 for a Books & Supplies list.



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: FRIDAY CLASSES

SPRING 2022

8:30 AM – 10:00 AM

***NEW* HW-529**



Foods to Nourish the Body, Mind
& Soul

Sondra Martinez

10 sessions | 9am - 10am
2/18 - 4/29 | \$38

Ayurveda teaches food is an extension of the being. Where the food grows, along with how it is collected, prepared and consumed all have an influence on the qualities and nourishment it will provide us. Come explore and dissect individual foods week by week on a deeper level from their origin to consumption.

HOW TO REGISTER

VISIT [OLLI.UCONN.EDU](https://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 24.

COLOR KEY REMINDER:

"First 5
Weeks"

"Second
5 Weeks"

Unique
Schedule

No color =
Standard
10-week
class

10:15 AM – 11:45 AM

VA-415



An Enriching Experience with Acrylic
Painting*

Judy Jaworski

10 sessions | 10am - 12pm
2/18 - 4/29 | \$75

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 course supplies.*

CE-014



America and Russia: Partners or
Adversaries

Sergei Kambalov

10 sessions | 10:15am - 11:45am
2/18 - 4/29 | \$56

This course will focus on understanding Putin's actions. Is confrontation with Russia in the United States' strategic interests?

***NEW* PR-433**



The Spirit In Early Esoteric
Christianity

William Courtland

10 sessions | 10:15am - 11:45am
2/18 - 4/29 | \$56

This course will examine the early esoteric Christian religion and how it emphasized spirit as the way to discover and reflect the divinity in oneself. It will also explore the reason why those teachings are no longer found in the Christian religions of today, which are only a shadow of what Christianity was in the past.

CO-426



Computers for Beginners

Timothy Padgett

10 sessions | 10:15am - 11:45am
2/18 - 4/29 | \$56

This is a course designed to help those who have difficulty understanding their computer or want to learn a new application such as Word, Lightroom, or want to know how to use Zoom. This course is designed around the individual and what they wish to learn. Please Note: This course is for members with computers running Microsoft windows.

***NEW* MU-496**



Early Music In Its Own Time
**Donna Obarowski; Elizabeth
Neuwirth**

5 sessions | 10:15am - 11:45am
2/18 - 3/18 | \$28

Come explore the beautiful and varied music and arts of the Middle Ages and Renaissance. It's not all Gregorian chant and stained glass windows! This music laid the groundwork for classical and modern composition and performance. Music, like all art, is created in the context of its time, place and outside events - whether it's the impact of the Black Death or the rediscovery of Greek architecture. The music, arts, architecture and philosophy of these periods resonate deeply with people of our present day. See how they "speak" to you.

VA-432



Mandalas As Art and Personal
Relaxation

Rose-Ann Chrzanowski

10 sessions | 10:15am - 11:45am
2/18 - 4/29 | \$56

We will be using various techniques and materials to create mandalas. Students are invited to connect with their unique creativity to express their ideas in a meaningful way. No artistic ability required, just the desires of your heart and contact with your inner artist!

10:15 AM – 11:45 AM (Cont.)

***NEW* MS-439**

Origin and Evolution of Our Observable Universe

Arnold Heiser

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

3/25 - 4/29 | \$28

We have made great strides in recent decades in understanding what the 13.8-billion-year-old observable universe is like, and how it has evolved. The Big Bang theory leads us to the universe's large-scale-structure, i.e., the "cosmic web," to the production of the first stars, the first galaxies, and the multitude of planetary systems. We shall also discuss dark matter, dark energy, supermassive black holes, and gravitational waves and the roles they've played in the evolving observable universe. The outline of material is as follows: galaxies, evolution of stars, Big Bang scenario, galaxy red shifts, expanding universe, chemical elements, cosmic microwave background, modern telescopes and instruments, the Solar System, and other planetary systems.



Reminder:



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

12:00 PM – 1:30 PM

***NEW* MU-495**

Entertaining Jazz Myths & Stories

Fran E. McIntyre

5 sessions | 12pm - 1:30pm

2/18 - 3/18 | \$28

This course will present entertaining facts, stories and answers concerning Jazz performers. Was there Jazz in cartoons & movies? Was the actual birth place of Jazz New Orleans? Did Bing Crosby, Marlene Monroe, Frank Sinatra and others sing or record Jazz?



***NEW* HS-556**

Surviving the Holocaust In Lyon

Roger Levy

3 sessions | 12pm - 1:30pm

4/1 - 4/22 | \$17

Dr. Levy will relate his family's experiences during World War II in Lyon, France in the larger context of antisemitism, the Holocaust, and the rescue efforts of individuals and institutions. With a population of about 700,000 in 1940, Lyon, located in the free zone until 1942 and very close to the demarcation line, welcomed many Jewish refugees. The city also became an important center of resistance. Particularly marked by repression, especially after the invasion of the southern zone in November 1942, Lyon was finally liberated on September 3, 1944.



***NEW* VA484**

Film Noir: Its Development and Implementation

Joseph Gambini

4 sessions | 12pm - 2pm

3/18 - 4/8 | \$30

The course will view and discuss aspects of films that became classics under the title of "Film Noir," what this term means, and what its characteristics are. Titles may include "Sunset Boulevard," "The Maltese Falcon," or "The Big Sleep" among some of the major titles of the 1940s and 50s.



HW-433

Reiki Level Two

Barbara Schafer

8 sessions | 12pm - 1:30pm

2/18 - 4/8 | \$45

Having learned the fundamentals of Reiki in Level One which focuses on the physical realm, Level Two focuses on the emotional/mental realms of healing. There will be a brief review of Level One to assure past knowledge and skills. Students will learn three healing symbols, long distance healing, mental/emotional healing techniques, ethical and legal aspects, and receive a Level Two attunement. At the successful completion of this level, the student is called a Reiki Practitioner. Please Note: You have to have taken Level One Reiki prior to taking Level Two. However, it doesn't matter with what Reiki Master you've taken it with.



IMPORTANT:

For online courses, you will receive an email with a Zoom invitation link a couple of days prior to your first class meeting.

See more information regarding Zoom on Page 25.



OLLI Photography Club's May 2021 competition winning picture, taken by Linda Dayton.

1:45 PM – 3:15 PM

VA-465

Darkroom Photography

Timothy Padgett

10 sessions | 1:45pm - 3:15pm
2/18 - 4/29 | \$56

This course is for who wish to learn darkroom processing and printing or want to relive the experiences this fascinating hobby has to offer. I will cover film processing and printing techniques. We do have a couple of 35mm film cameras, but you are encouraged to use your own, if possible.



NEW VA-479

Introductory to Zentangle Basics*

Debbie Mitchell

5 sessions | 1:45pm - 3:45pm
2/18 - 3/18 | \$38

Learn the Zentangle Method of drawing and creativity during the first 5 weeks of this course. With your newly acquired skill, you can now have fun creating beautiful art such as Zandalas (Zentangle inspired Mandalas), intricate feathers, and a beautifully detailed tree of life. **There are required course supplies.*



NEW VA-482

French Independent and Art House films: Part 2

Deirdre Wright

5 sessions | 1:45pm - 3:45pm
3/25 - 4/29 | \$38

We will be viewing contemporary, award-winning, and independent French films. So bring your wine/cheese and a comfortable chair. This course is not for the faint of heart! This is the second course of a two-part series.



LW-465

T. S. Eliot - Father of Modern Poetry

Douglas Welsh

5 sessions | 1:45pm - 3:15pm
3/25 - 4/29 | \$28

T. S. Eliot was one of the founding members of the modernist movement in poetry. We will read and study four of his greatest works: "The Love Song of J. Alfred Prufrock," "The Waste Land," "Ash Wednesday," and "The Hollow Men." We will discuss these poems in relation to Eliot's life and the state of the world between the two great wars.



NEW VA-481

French Independent and Art House films: Part 1

Deirdre Wright

5 sessions | 1:45pm - 3:45pm
2/18 - 3/18 | \$38

The French have a long history and involvement with the development of the world international making of film. We will look at its beginnings using a documentary film and films from its different genres. This course is a mix of viewing and history. Let see what real French film is about! This is the first course of a two-part series.



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.*

HS-541

Lessons From the History of Toilets

Kimberly Worsham

5 sessions | 1:45pm - 3:45pm
2/18 - 3/18 | \$38

This class will be an extended version of a shorter one-off class, FLUSH, which provides the history of toilets to the public. In this five-week course, we will dive deep into the lessons we can learn from the history of toilets. With the lessons from history, we will be able to help change the public dialogue about the most important part of everyone's days and how to make it more accessible for everyone, everywhere.



NEW VA-480

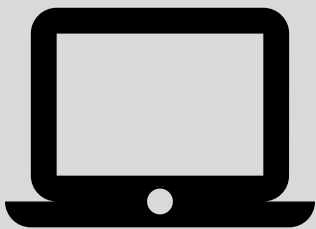
Zentangle Inspired Art*

Debbie Mitchell

5 sessions | 1:45pm - 3:45pm
3/25 - 4/29 | \$38

Zentangle-inspired art is full of color and recognizable shapes. In this course, we will create beautiful and intricate designs such as Zandalas (Zentangle inspired Mandalas), feathers, and a beautifully detailed tree of life. You will continue to learn shading, the magic of shading, and more Zentangle 'tangles' as we grow together in each workshop. Remember, Zentangle's mantra is: "Anything is possible...One stroke at a time!" **There are required course supplies.*





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 on the right.
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.

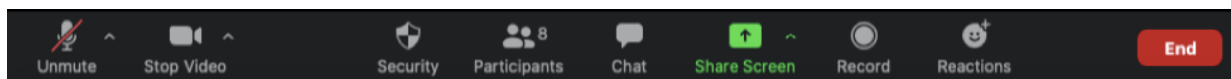
Zoom Use and Reminders

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 Spring 2022 semester there will be a mix of online and in-person courses. Most in-person courses will take place on the Waterbury UConn Campus, with a few taking place off-campus. As for online courses, we will continue 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-](https://olli.uconn.edu/parking-and-directions)

[directions](https://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.

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 - Play Great Songs! | Nina Lesiga

The following supplies are required:

- ~ A tuned soprano, concert or tenor ukulele
- ~ A snark-type electronic tuner or other means to tune the ukulele available from Amazon or a music store
- ~ 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 Alizarin Crimson, Cerulean Blue, Ultra Marine Blue, Chromoxide Green, Hookers Green, Burnt Sienna, Burnt Umber, and Paynes Gray.
- ~ Brushes - synthetic 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.

VA479 Introductory to Zentangle Basics | Debbie Mitchell

The following supplies are required:

- ~ 2 Fine Tip Black Markers or pens
- ~ 1 Pencil
- ~ 2 Blending Stumps
- ~ 1 White 08 Gelly Pen
- ~ 1 Drawing Pad

VA480 Zentangle Inspired Art | Debbie Mitchell

The following supplies are required:

- ~ 2 Fine Tip Black Markers or pens
- ~ 2 Fine Tip Color Markers or pens (any colors of your choice)
- ~ 1 Pencil
- ~ 1 Medium Tip Black Marker or pen (for coloring in, 08 is great)
- ~ 1 White Gelly 08 Pen
- ~ 1 Drawing Pad

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.