

OLLI INTERGENERATIONAL LEARNING

History of Latinos in the United States

14 Sessions – Tuesdays from 6:30 PM to 9:00 PM

September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, December 1, 8

Room #323

PLEASE NOTE: This course meets on Tuesday evenings – course books are recommended but not mandatory.

Whether they have been here for centuries or just arrived yesterday, Latinos are an overwhelmingly urban population that continues to grow in numbers and importance in U.S. cities. Neither black nor white, Latinos occupy niches in the urban landscape that are often overlooked because of a “black and white” view of urban life. In this course participants will be viewing Latinos in the urban landscape through a comparison of Mexicans, Puerto Ricans, Dominicans, and newer groups immigrating to the U.S. Latino history, sociology, anthropology, literature and music will all be explored. Hear personal stories of immigration and settlement by conducting and interpreting oral histories. The course will have a slight focus on New York City, and the class might include a field trip to sample some of the city’s Latino neighborhoods.

Dr. Ruth Glasser received her Ph.D. from Yale University in 1991 and is a lecturer in Urban and Community Studies at the University of Connecticut. She is the author of *My Music is My Flag: Puerto Rican Musicians and Their New York Communities, 1917-1940* and *Aquí Me Quedo: Puerto Ricans in Connecticut*. She is the co-editor of *Caribbean Connections: Dominican Republic*. Her work also includes documentary films, curriculum materials and oral history archival materials related to Latino and other immigrant/ethnic communities.

Adulthood & Aging: An Intergenerational Class Approach

14 Sessions – Tuesdays from 3:45 PM to 6:15 PM

September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, December 1, 8

Room #326

PLEASE NOTE: This course meets on Tuesday afternoons – course books are recommended but not mandatory.

This is a standing undergraduate course offered at the University of Connecticut. Because the topic is that of adulthood and aging, the instructor believes it would be beneficial for the younger students to share the learning advantage of OLLI members. This course will examine individual development and behavior from young adulthood through later life, with special attention given to family and social influences. Topics include (but are not limited to) physical, cognitive, social, and personality changes and continuities, role transitions, and interpersonal and intergenerational relationships and current public policy issues as deemed relevant.

Dr. Laura Donorfio is an Assistant Professor in the Department of Human Development and Family Studies. Her area of study is adulthood and aging. She is the faculty liaison to the Osher Lifelong Learning Institute.

SING WITH THE UNIVERSITY OF CONNECTICUT INTERGENERATIONAL CHORUS

Musica Scolara

14 Sessions – Tuesdays, from 7:00 PM – 9:00 PM (sheet music required)

September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, December 1, 8

Waterbury Arts Magnet School

Established in fall 2008, this premiere vocal ensemble is committed to performing an outstanding repertoire of music from many cultures. OLLI members, community members who wish to join OLLI, UConn students, and UConn faculty and staff are invited to join Musica Scolara, the first intergenerational OLLI Chorus in the United States.

Dr. Sharon Shoblom-Van Nest, Director of Musica Scolara, holds a Bachelor of Music degree from San Francisco State University, graduating with Honors, a Master of Music degree from Colorado State University, and a Doctorate of Musical Arts degree from the Conservatory of Music at the University of Missouri-Kansas City. Her professional music career spans thirty years of playing, singing and conducting in the United States and Europe. Known for her choral artistry, as well as her enthusiasm and passion for people, Sherry has served on the faculty at Northern Illinois University, the University of Virginia-Wise, the University of Hawaii-Hilo, and Ferrum College in Virginia. She also taught elementary and high school music in northern California.

Patricia Richards has been the accompanist for OLLI’s Musica Scolara chorus since its inception. Ms. Richards is the full-time Director of Music at Sacred Heart Church in Southbury, CT. As accompanist for Sacred Heart Adult Choir (16 years) she traveled with the choir to Italy, with the distinct honor of playing at St. Peter’s Basilica in Rome. She continues to work with the Adult Choir at Sacred Heart and also formed a 30-member Youth Choir three years ago. Ms. Richards just completed accompanying four Cabaret performances at St. Teresa’s in Woodbury, CT.

See Page 20 for more details.

8:15 AM – 9:45 AM

Reconstruction: America's Failed Revolution

4 Sessions – Fridays from 8:15 AM – 9:45 AM

September 18, 25, October 2, 9 (required book)

Room #203

After the Civil War the nation created new, revolutionary changes in the American South, which would have completed the transformative work of the Civil War and the emancipation of the slaves. However, the nation missed its chance, and Reconstruction was a failed revolution, whose work was not taken up again until our lifetime.

Steve McGrath received his MA in history from Trinity College. He retired from the West Hartford public schools, where he was social studies supervisor. He currently teaches History at Central Connecticut State University and is a Master Teacher for the Charter Oak Collaborative in Hartford, which provides staff development for teachers of American History in the greater Hartford region. Steve is a returning OLLI presenter.

Stop, Look, Breathe: Living Life to the Fullest!

4 Sessions – Fridays from 8:15 AM – 9:45 AM

September 18, 25, October 2, 9

Room #217

The focus of this course is intended to help increase positive mental health awareness among older adults. The interactive sessions will explore stress reduction and relaxation techniques, life transitions and moving forward with our lives. Signs and symptoms of anxiety and depression will also be covered. Members will be informed about effective treatments and strategies to support mental health.

Karen J. Chekas, MS, LPC, is Director of Rehabilitation for the Mental Health Association of CT in West Hartford. With over 20 years experience, Karen facilitates mental health workshops for mature adults and serves as a consultant for deaf psychiatric adults. She earned an MS in Rehabilitation Counseling from the University of Arizona and is a Board Certified Counselor. She is an adjunct Professor at Northwestern CT Community College.

Remi G. Kyek is Director of Residential Services for the Mental Health Association of CT, Bridgeport Residential Support/Case Management Program. During her career in the behavioral health field, she has been involved in community education, with special interest in wellness in later years of life. Remi earned a Bachelor's Degree in Psychology from Montclair State College and a MA in Marriage and Family Therapy from Fairfield University.

The Berlin Wall – Twenty Years Already!

4 Sessions – Fridays from 8:15 AM – 9:45 AM

October 16, 23, 30, November 6

Room #203

Twenty years ago this November the world woke up to the news that the Berlin Wall had "fallen." This event changed the political landscape of Europe forever and had far-reaching global implications as well. This course examines the early days of the Wall, escape attempts, the Wall's fall, border guards' trials, and the global repercussions that stemmed from the Wall's collapse.

Bill Blair, a Waterbury native, holds a Bachelor's and Master's Degree in English and a Bachelor's Degree in Anthropology. He is a returning OLLI presenter, and an adjunct instructor at Naugatuck Valley Community College. Bill jumped aboard a plane for Berlin when the Wall fell!

Learn How to Draw Your Favorite People, Places and Things

8 Sessions – Fridays from 8:15 AM to 9:45 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (art supplies required)

Room #318

Using a grid is a tried and true method employed in drawing. The grid is based on the modification of a device used by the sixteenth century German artist Albrecht Durer. Members will learn how to draw their favorite people, places and things in this manner. Drawing has much more to do with the eye than the hand. This grid teaching method will culminate not only with the drawing(s), but with an enhancement of powers of observation and better drawing skills. B&W photos no smaller than 5" x 7", drawing paper 11" x 14" or larger, drawing pencils, kneaded erasers and a ruler are required.

Maryellen Considine, Ed.D has been a member of Ward-Nasse Gallery in NYC since 1987. Her work has also been exhibited throughout Connecticut, New York and North Carolina. She studied at Southern Connecticut State University, Paier College of Art, The School of Visual Arts and The Art Students' League. She holds a BS, MS and Sixth Year, and earned a Doctorate in Art Education with a concentration in painting from Columbia University. She has been an art instructor for more than thirty years and has taught at Wilby High School in Waterbury and at SCSU in New Haven. Maryellen is a returning OLLI presenter.

A Lifetime Ago: Before the Death of Childhood

8 Sessions – Fridays from 8:15 AM – 9:45 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (required book)

Room # 210

This course will deal with the profound and somewhat disturbing changes that we have seen in American childhood over the last two or three decades. The presenter's Waterbury childhood as portrayed in his memoir, *A Lifetime Ago: Before the Death of Childhood*, notes the contrasts in growing up then and now. Commentary and observations are tempered with generous helpings of nostalgia, innocence, and laughter, all of which should give rise to lively and informative class discussions, as well as personal memories. In addition to specific issues addressed in the book, there will also be opportunities to discuss memoir writing.

Jeremy Joyell is a Waterbury native and has spent most of his professional life teaching English at both the high school and college level and was an adjunct instructor for UConn and Albertus Magnus College. He received a BA in English from UConn and an MS from the University of Hartford. Now retired, he has used his teaching experiences and Waterbury childhood to write his first book. He is a returning OLLI presenter.

Reiki–Level I

8 Sessions – Fridays from 8:15 AM – 9:45 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (recommended book)

Room #102

Reiki is a safe, non-invasive caring way of energizing, restoring and balancing the energy centers in our bodies. Why take this course? To heal yourself and others in body, mind and spirit, reduce stress and promote profound relaxation, enhance health and prevent illness, feel more energized, improve mental clarity, increase creativity, calm yourself and others, and promote a sense of deep peace and well being. The course will cover definition, history, basic principles, how it works, the chakras and energy field. Participants will practice doing Reiki on self and others and will receive a Reiki attunement. Anyone can learn it!

Barbara Schafer graduated from St. Joseph's Hospital, Reading, PA, received a BS in Nursing from Wilkes University in Wilkes-Barre, PA and a Masters in Nursing from the University of Pittsburgh. She is retired from a 50-year career as a clinician, educator and administrator in the field of psychiatric nursing. She is an Advanced Practice Registered Nurse (APRN), a Reiki Master Teacher, a certified Healing Touch Practitioner, Instructor and Therapeutic Touch Practitioner and volunteers at Griffin Hospital and Cancer Center. She teaches Reiki Levels I, II, III and Mastership classes and has a private practice in Naugatuck.

Not Your Father's Internet

8 Sessions – Fridays from 8:15 AM – 9:45 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #224

Welcome to the world of new verbs: "Facebook me", "She texted that she's running late", "I'll just Google it". The Internet has created a whole new way of communicating and with it, a new language. Learning the verbs is just a start. In this course, we will email, blog, post and attach. If you have a computer at home, put it to work for you and communicate with family and friends, start an online diary or reconnect with old classmates. If you can turn on a computer and hold a mouse in your hand, you're ready to start. This self-paced course is designed to ease the casual user into downright proficiency. You'll be blogging in no time!

Cindy Eastman is a writer and educator. She holds a Master's degree in Education from Cambridge College. Cindy has written a column for the *Waterbury Observer*, and has published essays on her web site, *Writing Out Loud*. She has taught computer skills to elementary schoolchildren, facilitated professional learning communities, and has promoted cultural awareness by completing the rigorous Anti-Defamation League's A World of Difference diversity training. She currently teaches English at Naugatuck Valley Community College, delivers trainings for the ADL and is working on her first book, *Flip-flops After Fifty*, a collection of essays.

An Eight-Week Virtual Tour of Italy – Andiamo!

8 Sessions – Fridays from 8:15 AM – 9:45 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #218

During the "virtual weeks" we will visit the cities of Venezia, Firenze, Pisa, Siena, Roma, Napoli, Capri, Pompeii, Reggio Calabria, and Messina and other towns as we travel Italy north to south. Each week members will concentrate on a major Italian city and its surrounding towns and learn about its historical, geographical, and cultural importance. We will visit wineries, olive groves and learn how wine and olive oil are made in the different regions. Learners will be acquainted with regional Italian food and compare how it differs throughout the country while learning about the customs and traditions of each region. Let's discover Italy!

Connie Tripodi has a BA in Natural Sciences from Central Connecticut State University and an MBA with double specializations in Healthcare and Global Management. She was a Medical Technologist at St. Mary's Hospital and has been the administrator of a surgical practice for the past 19 years. A returning OLLI presenter, Connie speaks fluent Spanish, Italian and several dialects of Southern Italy. Her annual travels to Italy focus on the culture and archaeological research.

10:00 AM – 11:30 AM

4 Sessions – Fridays from 10:00 AM – 11:30 AM

September 18, 25, October 2, 9

Room #203

In 1820, English philosopher and critic, Sydney Smith, wrote in the *Edinburgh Review*, “In the four Quarters of the globe, who reads an American novel? or goes to an American play?” Smith, like most of the European intelligentsia of the time, looked upon America as a cultural and literary wasteland. But Smith and others spoke too soon. In the nineteenth century, America would develop an impressive body of literary works written with a uniquely American voice. We will discover how this voice emerged as we examine the structure and style of poems written by Bryant, Poe, Longfellow, Whitman, Dickinson, Frost and others.

Philip Benevento was English Department Chairperson at Crosby High School in Waterbury where he taught English for 34 years. He was an adjunct member of the UConn faculty and taught courses at Mattatuck Community College, NVCTE, the Taft Summer School for Teachers and St. Margaret’s-McTernan’s (now Chase Collegiate). He is presently President of the Silas Bronson Board of Library Agents, a member of the OLLI Leadership Council, and serves as historian for the City of Waterbury. He has a BA and MA in English from the UConn School of Education, a Certificate of Advanced Studies in literature from Wesleyan and a Certificate in Administration and Supervision from Southern Connecticut State University.

Don’t Treat Your Soil Like Dirt: An Introduction to Organic Land Care

4 Sessions – Fridays from 10:00 AM – 11:30 AM

September 18, 25, October 2, 9 (recommended book)

Room #218

This class is an introduction for those interested in learning about organic land care. The focus will be on creating a healthy soil and transitioning gardens and turf from synthetics to an organic program. Discussion will focus on how and where to get organic products and what cultural practices can be done to keep soils healthy.

Chris Baliko is an Accredited Organic Land Care Professional and a member of the Northeast Organic Farming Association. He has a BS from the University of Connecticut. He is co-founder of Growing Solutions, LLC, an organic land care company in Ridgefield, CT.

New England Puritanism – From Theocracy to Democracy

4 Sessions – Fridays from 10:00 AM – 11:30 AM

October 16, 23, 30 and November 6 (recommended book)

Room #218

This course – in four parts – will explore the origins of dissident religions in Europe and the Advent of Puritanism in England. The course will follow John Winthrop and other early leaders to America during the Great Migration of 1620 to 1650 and will discuss the benefits and drawbacks of Puritanism to the early settlers of New England. Discussion will conclude with the introduction of Democracy into the oligarchical society established by Puritanical leaders and the rationale for referring to Connecticut as “the Constitution state.”

Dr. Raymond Sullivan is a retired General Surgeon with a keen interest in New England history. A search for his own ancestors launched an intensive review of the Great Migration to America of 1620 to 1650. He has presented courses for OLLI in the past. Dr. Sullivan is a member of the Massachusetts Historical Society and of the Winthrop Society for descendants of the Winthrop Company of 1630.

The Life Cycles of Stars and the Sun

4 Sessions – Fridays from 10:00 AM – 11:30 AM

October 16, 23, 30, November 6

Room #203

Stars, like life itself, are “born”, live for a time, and eventually “die”. Stars are born when very large complexes of interstellar matter, called Giant Molecular Clouds, begin to gravitationally collapse and then fragment into smaller masses which will then contract to become the stars we see in galaxies like the Milky Way. Learn about red giants, brown and white dwarf stars, pulsars and black holes, as well as stellar lifetimes that can be as short as a million years, or as long as tens of billions of years.

Dr. Arnold M. Heiser is an Emeritus Professor of Physics and Astronomy, and belongs to the American Astronomical Society, International Astronomical Union and Astronomical Society of the Pacific. A graduate of the University of Chicago, he has been a Director at Vanderbilt Observatories, was an outreach volunteer at the Dyer Observatory, a NASA Faculty Fellow, and is a published author. He is also a returning OLLI presenter.

Dance for the Love of It!

7 Sessions – Fridays from 10:00 AM to 11:30 AM

September 18, 25, October 2, 9, 16, 23, 30

Room #102

This movement course will take a look at the positive effects dance has on our well being – mind, body and soul – and the health benefits derived

from social dancing. It will cover how dance impacts our culture and social environment, the different styles of dance over the decades – from the 1920s to the 1980s – along with studying the artists who made these social dances popular, such as Fred Astaire and Gene Kelly. So come and learn dance history and get up and dance!

Donna Bonasera is the founder and Artistic Director of CT Dance Theatre, Inc. She is one of the few Americans to receive a diploma in the Vaganova Method of Classical ballet while studying in Russia. She was awarded a scholarship to study at the American Dance Machine which preserves the original choreography of Broadway musicals and film. She is the state director for National Dance Week and is recognized nationally and internationally for training high caliber dancers and for her choreography for both musical theatre and ballet. Many of her students have gone on to dance professionally in ballet companies throughout the world and are featured performers on Broadway and in films. Donna is a returning OLLI presenter.

Visual Memoirs: Painting From Memory and/or Imagination

8 Sessions – Fridays from 10:00 AM – 11:30 AM

September 18, 25, October 2, 9, 16, 23, 30,

November 6 (art supplies required)

Room #318

Using references when applicable, members will create works from memory and/or imagination with either oil or acrylic paint. Writing from personal points of view or interpreting passages from prose or poetry may be among the exercises used to elicit visual images. Expressive and meaningful works of art will be the end result. A variety of painting techniques will be reviewed. Verbal participation, along with one-on-one assistance from the presenter, will enhance the experience. Note: Drying time for oil may be very long. If this is a consideration, members may elect to use acrylic paint, which dries in a relatively short time. Beginners welcome.

A returning OLLI presenter, **Maryellen Considine Ed.D** also teaches **Learn How to Draw Your Favorite People, Places and Things**.

Orwell Matters

8 Sessions – Fridays from 10:00 AM to 11:30 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (required books)

Room #217

George Orwell is arguably the most important political writer in the English language. His books, *Animal Farm* and *Nineteen Eighty-Four*, have been translated into dozens of languages, often to the dismay of politicians who have banned their possession. This course chiefly explores these two works, with some attention given to the films they have generated. It also explores Orwell's global influence. Bill has lectured about Orwell in the U.S. and England, and his articles have been published internationally.

Bill Blair also teaches **The Berlin Wall - Twenty Years Already!** and **Shakespeare**.

Elementary Italian – Ciao!

8 Sessions – Fridays from 10:00 AM to 11:30 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (recommended book)

Room #210

If you have always wanted to learn Italian, feel more comfortable understanding the Italian language, understand the mind and lifestyle of the people, or just refresh your Italian, this 8-week course will concentrate on the elementary basics of the Italian language. The class will also continue topics from the previous session, Conversational Italian for Travel.

Connie Tripodi is a returning OLLI presenter and also teaches **An Eight-Week Virtual Tour of Italy – Andiamo!**

In So Many Words

8 Sessions – Fridays from 10:00 AM to 11:30 AM

September 18, 25, October 2, 9, 16, 23, 30,

November 6 (blank journal is recommended)

Room #326

Everyone can write – it's a birth "write". Writing isn't just the domain of the Dan Browns or Jane Austens of the world – it is a phenomenological process by which we humans make sense of our experience. Unfortunately, some have gotten hold of our early writing and deemed us "fair" – or worse – "bad writers". It's time to take back what is "write-fully" ours. Participants will open their journals to a blank page and not have an anxiety attack – following several strategies and models to guide them in learning to hear their own writing voice. Then it's just a matter of becoming comfortable with individual and personal styles to become a strong and confident writer.

Cindy Eastman also teaches **Not Your Father's Internet**.

American History – from 1789 to 1841

8 Sessions – Fridays from 10:00 AM to 11:30 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #333

The course will examine the new government in action beginning with the Presidency of George Washington and continuing through the presidencies of John Adams, Thomas Jefferson, James Madison, James Monroe, John Quincy Adams, Andrew Jackson, Martin Van Buren and William Henry Harrison. Topics for discussion will include political conflict and the birth of political parties, an expanding United States, the War of 1812, sectionalism, slavery and the role of the new United States in world affairs.

Penny O’Connell has a BA in Political Science from Skidmore College. She is a retired high school history teacher with a broad view of world history, having taught courses on the Ancient World, European and American history. She has spent years trying to unravel the mysteries of our historical past and is delighted to share her discoveries with those who have inquiring minds. Penny is a returning OLLI presenter who also teaches **More Queens and Then Some: Women of Power in History**.

Writing and Music As Transformative Art

8 Sessions – Fridays from 10:00 AM to 11:30 AM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #323

The objective of this creative writing course is to allow members to write freely in order to discover themselves in a special way. Dorothy Sterpka will facilitate the first four weeks. Participants will read short models of writing and then use free writing, meditation, and creative writing techniques to write memoirs and poems. This expressive writing can result in understanding, playfulness, and often joy. In the second four weeks, **Julie Cook** will show how music can deepen the writing experience. Members will listen to specially chosen music selections to enhance specific types of writing, such as memoir or fantasy – allowing opportunities for poems to become song lyrics, and for members to create spontaneous soundscapes to accompany the reading of a written piece. Using voices and simple instruments (provided), members may participate to their comfort level.

Dorothy Sterpka is a teacher, writer, and volunteer social worker. She taught English at UConn Hartford for over 30 years and now teaches at Central Connecticut State University. Dorothy received a MSW at UConn School of Social Work in 1999 and uses that knowledge to work with children and older adults. She is especially interested in the healing power of art and attends seminars in art therapy, writing as therapy, and psychodrama.

Julie Cook’s music journey has included studying and playing the piano for most of her life. She studied piano at Hartt School of Music at the University of Hartford and taught for 25 years at her studios in Newtown and Woodbury, CT. She facilitates workshops for musicians and non-musicians for the purpose of health and self-expression, and is a certified facilitator for Music for People. She writes poetry and fiction and has published short stories and articles. She has also written a novel, *Beneath the Music*, the story of a frustrated prodigy who finally finds his authentic music. Dorothy and Julie are both returning OLLI presenters.

1:15 PM – 2:45 PM

Mona Lisa Isn’t Smiling: Feminine Portraiture from Leonardo to Laura Bush

4 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9

Room #204

A survey of women’s portraits – Renaissance princesses, Elizabethan royalty, French aristocrats and courtesans, 19th century society ladies, modern mothers and feminists, and presidents’ wives – examining traditions of beauty, social roles and status, fashion and fame, and artists’ attitudes.

Dr. Virginia Bush studied art history at Wellesley College and Columbia University, and is a Fellow of the American Academy in Rome. She has taught in New York, New Jersey and Connecticut and is a returning OLLI presenter. She has written on Italian Renaissance and modern art and worked in art galleries and arts administration. A monumental collection of images collected from her travels throughout the U.S. and Europe enliven these informative, informal, and often witty talks.

The Rise and Fall of the Soviet Empire

8 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #210

This history course will cover from Tsar to Commissar, the two Russian Revolutions, the Russian Civil War and the West from 1918-1922, the World Revolution versus Socialism in one country – the rise of Stalin, Russia in World War II, the Cold War (1945-1985), the fall of Russia, and the aftermath.

After 45 years, **Dr. David Reed** retired from the practice of medicine. He has always been interested in Russia and Eastern European history. Before

his medical career, he attended Naugatuck schools. As a young student, he was fascinated by the stories from his Lithuanian friends, feeding his interest to continue the historical research. He has traveled to Russia to gather information and has recently written (but not published) *The Czechoslovak Legion and the Russian Civil War*.

What Branch Are You From? Researching Your Family Tree

8 Sessions, Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (recommended book & supplies)

Room #218 Class on October 23 in #225

Do you want to know more about your family history but don't know where to start? Then this is the course for you! It will focus on the fundamentals of genealogy. Participants will learn how to organize, use and properly record information on family group sheets and pedigree charts. Research will include the use of vital, church, census, immigration, court and land records. A variety of sources will be investigated including the use of the Internet. A special Saturday trip to the Connecticut State Library, Department of History and Genealogy, will also be arranged.

Polly S. Gunther is a self taught genealogist. She has been researching and unraveling her family's history for about seven years. She is a member of the Connecticut Society of Genealogists, Connecticut Professional Genealogists Council, The New England Historic Genealogical Society, Godfrey Memorial Library, and the Society of Mayflower Descendants of the State of Connecticut. She is presently serving as the registrar for her chapter of The National Society Daughters of the American Revolution. The class is designed for beginners, but all are welcome. A recently retired elementary teacher, Polly is a returning OLLI presenter.

Chemistry Concepts in Everyday Living

8 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30,

November 6 (recommended book)

Room #324

Would you like to learn how chemistry applies to daily living? This course will introduce you to basic atomic structure, the most used elements, matter, heat energy, simple chemical reactions and the relation of these topics in helping you to understand your surroundings. Basic principles of common batteries, fuels (gas & oil), the fuel cell vehicle, the laser, MRI, X-Ray, nuclear energy, the atomic bomb, radioactive dating, polymers (rubber & plastics), environmental chemistry (acid rain & greenhouse gases) will be presented. Simple demonstrations of some of these and other topics will be performed.

Frank Lussier holds a BS and MS in Chemistry from Providence and Holy Cross Colleges. He worked as an analytical chemist for 44 years at the Uniroyal Chemical Company in Naugatuck and Middlebury, CT, managing a large Analytical Instrumentation Laboratory. After retiring, Frank taught Introductory Chemistry at Naugatuck Valley Community College. Presently he is in his seventh year instructing three General Chemistry Laboratories, as an Adjunct Professor in Chemistry, at Quinnipiac University in Hamden, CT.

Memories, Memories... Let Your Life Speak!

8 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #217

Every life is a story; every legacy an album of story types; every person an unfinished story. Genealogies give us heritage; but it is in the stories that life and connection happen. The art of life story applies active listening to engage in the conversational process. Further active listening involves moving our stories from the internal to the external, sharing who we are, recognizing and integrating our various story types and reviewing how our story is influenced and shaped by history, culture, traditions, family and spirituality. Members will learn to develop a story framework, including timelines and key elements. Possible outcomes of this course could be a basis for legacy through memoir writing, oral tradition, or other media.

Sandra Noel is Director of Congregational Care and Senior Ministry at Bethany Covenant Church, Berlin CT. After 32 years in the insurance industry and drawing on her 15 years of lay pastoral work, she received her MA in Gerontology from St. Joseph College integrating the study of aging, counseling and spirituality. A returning OLLI presenter, she is a member of the CT Interfaith Network on Aging Executive Board, American Society on Aging, Forum on Religion, Spirituality & Aging, and Connecticut Gerontology Consortium. She leads reminiscence groups and uses the life story process in her work.

The Joy of Acting!

8 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (recommended book)

Room #119

It is never too late to study acting, either with hopes of joining the profession or as a fun hobby. Find your inner character and expand upon it through acting exercises, improvisation and scene study in this hands-on acting class. Continue the work you started in college or in community theater, or simply start from scratch. Work with other adults to explore the craft of acting with a seasoned professional actor and your peers. Learn to observe, critique and revise your own work, and create your own monologue or scene. Investigate character development methods, vocal inflections and accents, movement, stage direction, performance techniques and much more. Whether you are a bashful beginner or a thespian looking for a class, you can celebrate who you

are through this fun, active exploration of the craft of acting!

Award winning actress **Aleta Staton** has many years of theater experience, acting and directing for regional theaters throughout the United States. She has taught theater to students of all ages. She recently toured in *Another Side Of The Island*, an adaptation of Shakespeare's *Tempest*, developed by and featuring Oscar award winning actress Olympia Dukakis in the title role. Aleta attended Wesleyan University in Middletown, CT where she earned a BA with high honors in Theater. She also earned a Master of Arts in Arts Administration from Goucher College in Baltimore, MD.

Food for Life Nutrition and Cooking Classes

8 Sessions – Fridays from 1:15 PM – 3:00 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (recommended book)

Room #102

The class sessions cover cancer-related nutrition topics and demonstrate how to prepare several meals (gluten-free or easily adapted) loaded with antioxidants and phytochemicals, high-fiber and low-fat foods, and healthy dairy alternatives. The sessions also provide information on maintaining a healthy weight. Classes welcome cancer survivors, friends, family and anyone interested in cancer prevention and healthy eating. These classes are sponsored by The Cancer Project - visit www.cancerproject.org for more information.

Jane Sirignano has been a Cancer Project cooking instructor for four years, and has taught OLLI classes since the inaugural session. She has a diploma in nutrition and has managed a natural foods store. Her passion and enthusiasm, from 35 years of experience with natural foods, will inspire and motivate you!

Shakespeare

8 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (required books)

Room #203

First offered in the spring of 2007, this course examines some of the larger problems and enduring questions which *Hamlet* and *Macbeth* provoke. Come and enjoy the Shakespearean classics!

Bill Blair also teaches **Orwell**

Matters and **The Berlin Wall –Twenty Years Already!**

Drawing on the Right Side of the Brain

8 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6 (required book)

Room #318

This course is designed to expand your powers of perception through drawing and the creative force of the imaginative side of your brain, to increase your visual awareness and develop a new mode of thinking.

Judy Jaworski has been teaching drawing and painting for over 40 years – at the YWCA, Naugatuck Adult Education, at Heritage Village, and the Naugatuck Senior Center. She studied at the Rhode Island School of Design. Judy has been listed in the Artists' Bank at the Connecticut Commission on the Arts and was a member of the Watertown Art League (president 1980 and 1981). Her paintings have been exhibited throughout Connecticut and are in numerous private and public collections. She is a returning OLLI presenter.

More Queens and Then Some: Women of Power in History

8 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #201

Topics of discussion will include the lives of the Goddess Athena, Boudicca, Cleopatra, Queen Guinivere, Queen Elizabeth II, Margaret Thatcher, Eleanor Roosevelt, Golda Meir and Indira Gandhi.

Penny O'Connell is also the presenter for **American History – 1789-1841**.

The Physical and Psychological Effects of the Body's Internal Organs: Health and Disease in Chinese Medicine

8 Sessions – Fridays from 1:15 PM – 2:45 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #327

Western medicine sees the internal organs as having physical functions that maintain the health of the human body. Traditional Chinese Medicine acknowledges these functions and tells us that these organs also have an affect on our psychological health and well being. This course will use the principles of TCM to examine the physical functions of these organs and their influence on our psychology, which can either maintain our physical and psychological health, or become factors that contribute to disease.

William Courtland is a teacher, lecturer and workshop facilitator who researches Chinese Medical theory and its mind-body relationship. He is currently a faculty member at the Connecticut Center for Massage Therapy in Westport and Newington, where he teaches Acupressure and the theory of Traditional Chinese Medicine. William is a returning OLLI presenter.

3:00 PM – 4:30 PM

Mythological Studies: An Exploration of Greco-Roman Mythologies as Expressed in the Visual Arts

4 Sessions – Fridays from 3:00 PM – 4:30 PM

September 18, 25, October 2, 9

Room #204

This course will explore some of the great stories and archetypes which exist in the ancient Greco-Roman mythologies. In pre-literate and semi-literate cultures, mythologies and religious systems were commonly passed on in oral traditions such as storytelling, or illustrated in painting, dance, sculptures, and more recently, in film. Members will explore several storied representations of the gods and goddesses that come to us from these ancient civilizations. Cultural mythologies have long been a way of teaching the great lessons of any given society. What can we learn from these ancient stories? These topics will be the focus of the course discussion. **Please note: this course is not a repeat of the spring 2009 course.**

After a 25-year career as a Physician Assistant, **Carol Rizzolo** is now pursuing her doctorate in Mythological Studies with an emphasis in Depth Psychology. She is a returning OLLI presenter.

Bridge for Beginners – Challenging and Fun!

4 Sessions – Fridays from 3:00 PM – 4:30 PM

October 16, 23, 30, November 6

Room #102

Learn the basics of this interesting card game – the rules, bidding, conventions and the play of the hand. Members must be fully committed to learning the game and therefore attending all four classes.

Joyce McMillan is a bridge aficionado who is personally dedicated to the survival of the game of bridge! She earned a BA in English Literature from the College of St. Elizabeth in Convent Station, NJ where she edited the college newspaper. She has a background in teaching, journalism, retail sales and business ownership. She is very active in charity work with the Calvanese Foundation and Southington Community Services, and previously with the Waterbury Symphony Orchestra Women's Group.

Planning to Leave Us? Are Your Papers and Arrangements in Order?

4 Sessions – Fridays from 3:00 PM – 4:30 PM

October 16, 23, 30, November 6

Room #203

This course will be a general overview and discussion of documents that may (or may not) put your mind at ease during what has been called the third stage of life – estate planning. Sharing the importance of clear communications and instructions, the course is intended to be informational only, focusing on definitions of terms and explanations of concepts encountered in arranging one's property and affairs.

Anthony B. Ludovico is a member of the law firm of Rome McGuigan, PC, in Hartford. His work is focused on estate planning, research, document preparation, and administration of decedents' estates. He is a member of the CT Estate and Tax Planning Council, Inc., and the Greater Hartford Estate and Business Planning Council. He volunteers his time to organizations such as AARP, Planned Lifetime Assistance Network of CT, Inc., The Funeral Consumer Alliance of CT, Inc., and local community organizations.

Fairy Tales: A Depth Psychological Perspective

4 Sessions – Fridays from 3:00 PM – 4:30 PM

October 16, 23, 30, November 6

Room #204

Capturing the imagination of children and adults alike, fairy tales such as Cinderella, Rapunzel, and Little Red Riding Hood have been told in hundreds of cultures around the globe with as many variations. In this course, participants will explore the stories, highlight the many recurring themes that emerge throughout this genre, and ultimately, explore the depth of psychological aspects of these tales.

Carol Rizzolo is a returning OLLI presenter and also teaches **Mythological Studies**.

Computer Basics for Beginners

4 Sessions – Fridays from 3:00 – 4:30 PM

October 16, 23, 30, November 6

Room #224

In this beginner computer course, members will learn how to navigate the computer to find files and learn to use the start button to find programs. They will practice manipulating windows and work with multiple files. Storage devices and drive functions will be discussed. Microsoft Word will be used to illustrate the use of icons and pull-down menus. Use of the mouse will also be discussed. The class will consist of a lecture, followed by hands-on examples.

Sandra Rampertab is a Reference Librarian at the Silas Bronson Library in Waterbury, where she manages the website, teaches computer classes and purchases books for the library. She also teaches computer classes for the towns of Farmington, West Hartford and Plainville. She has a Masters in Library and Information Science (MLS) and has taken a number of courses in web design and other current software applications.

A Feminine Point of View: Women in the Visual Arts

8 Sessions – Fridays from 3:00 PM – 4:30 PM

September 18, 25, October 2, 9, 16, 23, 30, November 6

Room #210

This course will introduce some remarkable but little known women artists whose life stories, as well as their works of art, are memorable. The difficulties women painters encountered in a man's world is a theme that runs through most of their careers. Sofonisba Anguissola, and the often shocking work of Artemisia Gentileschi in Italy, contrast interestingly with Judith Leyster in 17th century Holland. In France, Elisabeth Vigee-Lebrun, portraitist to Marie Antoinette, had to flee the Revolution and traveled extensively throughout Europe for much of her life. The course will end with a look at images of women in 'old master' paintings and how women are portrayed in advertising.

Sonja Osborn was born and educated in South Africa. She received a BA in Fine Arts and a Diploma in Education from University of Cape Town. She has taught in Zimbabwe and worked for Penguin Books in London. While living in Connecticut she was a docent at the Yale Center for British Art and gave tours of the permanent collection and special exhibitions. She also taught Art History at Westover School in Middlebury, CT and led school tours to Italy, Greece, France, Britain & the Soviet Union.