

OLLI.UCONN.EDU  
(475) 222-6261  
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**UCONN**  
WATERBURY

**FEATURING  
14 NEW  
COURSES  
ONLINE SESSIONS**

**REGISTRATION OPEN**  
Monday, August 10  
@ 9:00 AM

**LEARNING FOR ADULTS AGE 50+**

**FALL 2020**

**COURSE CATALOG**

**SESSION DATES:  
SEPTEMBER 8 -  
NOVEMBER 17**

**8/6/2020 IMPORTANT UPDATE!!!**

**Due to the severe power outages across Connecticut, we are delaying our registration open date until AUGUST 17TH. This will give more people a chance to sign up for classes before they fill. Thank you for your patience!**

## HOW TO REGISTER

### VISIT [OLLI.UCONN.EDU](http://OLLI.UCONN.EDU)

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

## STAY CONNECTED!



[www.facebook.com/olliatuconnwaterbury](https://www.facebook.com/olliatuconnwaterbury)



Head to [olli.uconn.edu](http://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!

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## COURSE COLOR KEY

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

"First 5 Weeks"

"Second 5 Weeks"

Unique Schedule



## IMPORTANT DATES

**August 10:** Fall registration opens

**September 8:** Fall semester begins

**November 17:** Fall semester ends



WELCOME, LIFELONG LEARNERS!

## FROM THE PRESIDENT MILA LIMSON

Greetings and welcome to our first online Fall semester! As we approach a very unusual Fall and continue to adjust our lives in response to the current pandemic, OLLI is approaching Fall with a sense of excitement and optimism. Although we are altering the way we offer our Fall semester, our course selection will continue to be outstanding and diverse. The OLLI Leadership Council, staff, instructors and volunteers remain committed to delivering a very stimulating and exciting online learning experience for our existing and new members.

I invite everyone to browse our first virtual catalog. Joining our OLLI community and registering for our online courses will not only offer you intellectual engagement but an opportunity for social interaction. So, let's learn, laugh and make new friends together!



### OLLI STAFF CONTACTS

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

## BEYOND THE CLASSROOM

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



### CLUBS & ACTIVITIES COMMITTEE

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



### BOOK CLUB

Contact Nancy Via ([nvia@sbcglobal.net](mailto:nvia@sbcglobal.net)).



### FILM CLUB

Contact Joe Gambini ([j.gambini@att.net](mailto:j.gambini@att.net))



### GENEALOGY CLUB

Contact Diane Ciba ([dianeciba@gmail.com](mailto:dianeciba@gmail.com)).



### PHOTOGRAPHY CLUB

Contact Timothy Padgett ([t.padgett@hotmail.com](mailto:t.padgett@hotmail.com)).



### REIKI CLUB

Contact Barbara Schafer ([barbara.schafer@comcast.net](mailto: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](mailto:rogriff@att.net)) or Richard Albro ([ralbro@optonline.net](mailto:ralbro@optonline.net)).



### OLLI CAFÉ COMMITTEE

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



### FUNDRAISING INNOVATION TEAM (F.I.T)

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



### MEMBERSHIP COMMITTEE

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



### NEWSLETTER COMMITTEE

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



### TECH TEAM

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



### TRAVEL COMMITTEE

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



### VOICES & VISIONS EDITORIAL COMMITTEE

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

# GIVING BACK

## 2020 OSHER LIFELONG LEARNING INSTITUTE UConn WATERBURY VISION AN UPDATE

We started strong with our 2020 Vision for the Future campaign to raise **\$10,000** for OLLI this year. When we were hit by Covid-19, it seemed that our fundraising would also take a hit. But because of your generosity, we're right on track. **THANK YOU TO ALL WHO DONATED SO FAR!** That said, we still need your help to raise the remaining amount.

Every little bit counts.

We can do this!

EVERY ACT OF KINDNESS PLANTS A SEED. WE NEED YOUR HELP TO GROW!

OLLI offers outstanding learning and social experiences, opportunities to expand your knowledge, and chances to share your interests in a diverse community united by a desire to keep learning and enjoying life. The act of giving makes a huge difference to us all. Between the diverse contributions of UConn, volunteer contributions of instructors and leaders, fees from members, the Osher endowment, and philanthropic gifts from members, we're able to continue offering an OLLI in which you can take pride.

It isn't the amount of your contribution that matters most – it is the willingness to act and demonstrate your support that is most profound and valuable.

YOUR DONATIONS GO DIRECTLY TO OLLI!

Please show your support by visiting [olli.uconn.edu](http://olli.uconn.edu) and clicking "DONATE TO OLLI" in red on the right of the screen. There are two funds: The OLLI Sustainability Fund and The John & Joyce DeCesare Renaissance Fund. Choose either, as ALL funds go directly to OLLI!

You can also mail your gift to:  
The University of Connecticut Foundation, Inc.  
2390 Alumni Drive, Unit 3206  
Storrs, CT 06269-3206

Checks should be made payable to: University of Connecticut Foundation, Inc. Be sure to note your fund of choice (one of the two above) on your check.

WHICH GIVING LEVEL WILL YOU STRIVE FOR THIS YEAR?



**BENEFACTOR**  
\$501 +



**FRIEND**  
\$251 - \$500



**SUPPORTER**  
\$5 - \$250



**BENEFITS  
OF GIVING  
TO OLLI AT  
UConn:**

- Recognition in our Annual Report.
- The opportunity to underwrite a special event (with donations of \$500 or more during an academic year).
- The opportunity to underwrite a course (with donations of \$250 or more during each academic year).
- The knowledge that you've made a meaningful contribution to positive aging and learning!

# FALL 2020 COURSE LISTINGS

## ART & ART HISTORY

**\*NEW\* AH-446** Twentieth Century Art  
*Elizabeth Neuwirth, Page 10*

**\*NEW\* AH-448** A Study in African American Humanities  
*Deirdre Wright, Page 8*

**\*NEW\* AH-450** The Five Women Sculptors of Central Park  
*Wendy Swain, Page 5*

## CULTURE & LANGUAGE

**\*NEW\* CL-463** Italy Rediscovered!  
*Angela Buzzelli & Joseph Gambini, Page 10*

**\*NEW\* CL-464** 100 Tips For Learning A Foreign Language - At Any Age!  
*Gabriella Brand, Page 8*

## HISTORY

**HS-516** European History for Travelers: Exploring Western Europe's Great "Ages" to Enrich Your Travel Experience, *Diane Stone, Page 9*

**HS-525** The Magic Behind The Footlights: Backstage Secrets Of Waterbury's Storied Palace Theater  
*Louis Belloisy, Page 10*

**HS-531** Meet the Women Of the American Revolution, *Dr. Raymond Sullivan, Page 9*

**\*NEW\* HS-535** Celebrating 100 Years Of Women's Right To Vote  
*Wendy Swain, Page 8*

**HS-536** European History For Travelers: Great Stories, Interesting People, Places, And Things In European History, *Diane Stone, Page 6*

### PLEASE NOTE

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

**Please see Page 17 to find out.**

## HEALTH & WELLNESS

**HW-433** Reiki Level Two, *Barbara Schafer, Sr. Cecilia Baranowski, Rosemary Toletti, Page 11*

**HW-481** Swing Into Health, Balance, & Strength With FFXP  
*Naida Rodriguez-Rosado, Page 8*

**HW-502** Chinese Medicine: Becoming Old or Aging Joyfully With Wisdom and Grace  
*William Courtland, Page 10*

**HW-503** Spirit And Its Effect On The Health Of The Human Heart  
*William Courtland, Page 12*

**HW-510** Mental Health, Aging, and Mindfulness  
*Deirdre Wright, Page 8*

**\*NEW\* HW-513** Cultivating Forgiveness Through Gratitude  
*Stacey Altomari, Page 7*

**\*NEW\* HW-514** International Cuisine For Beginners And Intermediates  
*Timothy Padgett, Page 8*

## LITERATURE & WRITING

**\*NEW\* LW-498** Put Your Past Into Poetry: A Memoir Writing Course  
*Gabriella Brand, Page 5*

**LW-499** Shall We Zoom? Shall We Write? Yes! Let's Zoom & Write!!!  
*Nancy Whitney, Page 10*

## MUSIC

**MU-469** Music: Chicken Soup For The Brain  
*Julie Cook, Page 6*

**\*NEW\* MU-472** Composers And Music  
*Vincent de Luise, Page 5*

**MU-473** How To Tune Your Ukulele And More  
*Nina Lesiga, Page 10*

**MU-474** Play The Ukulele With Just Four Fun Amazing Chords  
*Nina Lesiga, Page 10*

**MU-475** Play The Ukulele - Exploring More Chords!  
*Nina Lesiga, Page 12*

## PERFORMING ARTS

**\*NEW\* PA-439** Performing Arts And Creative Writing For The Novice  
*Jack Levine, Page 6*

## PERSONAL DEVELOPMENT

**PD-448** WISEWOMAN: Archetypes For Women Over 50, *Geralyn Cappabianca, Page 7*

**\*NEW\* PD-450** WISEWOMAN: Level Two  
*Geralyn Cappabianca, Page 6*

## PHILOSOPHY & RELIGION

**PR-421** Dante's Inferno: To Hell And Back  
*Douglas Welsh, Page 7*

## VISUAL ARTS

**VA-415** An Enriching Experience With Acrylic Painting  
*Judy Jaworski, Page 10*

**VA-470** Independent And Art House Films  
*Deirdre Wright, Page 12*

**\*NEW\* VA-471** Films On Zoom 1: The Lives Of Others, *Joseph Gambini, Page 7*

**\*NEW\* VA-472** Films On Zoom 2: Best In Show, *Joseph Gambini, Page 7*

**\*NEW\* VA-473** Films On Zoom 3: Jojo Rabbit  
*Joseph Gambini, Page 7*

**\*NEW\* VA-474** Photography In Your Backyard  
*Timothy Padgett, Page 7*

### IMPORTANT

**All Fall 2020 courses will be held online. You will receive an email with a Zoom invitation link prior to your first class meeting.**

**See more information regarding Zoom on Page 14.**

### MONDAY

#### **\*NEW\*** AH-450

The Five Women Sculptors of  
Central Park

**Wendy Swain**

1 session | 10:15 AM - 11:45 AM  
9/14 | \$5

Of the 50 or so sculptures in Central Park, only five of them have been done by women. Who were or are these women? How did their work end up in Central Park? What were some of the other sculptures that they created elsewhere in our country? Wendy Swain will explore those questions via a PowerPoint presentation of slides and graphics to give you some answers. Come along, as these women and their work are brought to light!

#### **\*NEW\*** MU-472

Composers and Music

**Vincent de Luise**

4 sessions | 7:00 PM - 8:15 PM  
10/5 - 10/26 | \$23

Over four weekly presentations, this course will introduce the learner to the wonders of classical music and opera, and touch on the fascinating and ongoing research in the cognitive neuroscience on the brain and music. The first talk will be an introduction to classical music. The second and third talks will focus on two of the greatest composers in the Western Canon, Wolfgang Mozart and Ludwig van Beethoven. The last talk will be a deep dive into the fascinating domain of the cognitive neuroscience of music, how music is processed in the brain, and how music links melody and the mind.

#### **\*NEW\*** LW-499


Put Your Past Into Poetry: A  
Memoir Writing Course

**Gabriella Brand**

10 sessions | 1:45 PM - 3:00 PM  
9/14 - 11/16 | \$56

Are you writing your memoirs? Most memoir is written as prose, but poetry can also be a form of memoir and reflection. Gabriella Brand, herself a published writer and Pushcart Prize nominee, will share techniques and suggestions for self-expression through a variety of poetic forms. Sonnets, free verse, haiku, and even limericks - all can play a role in poetic memoir.

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

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



### TUESDAY

#### MU-469

Music: Chicken Soup for the Brain

**Julie Cook**

10 sessions | 10:15 AM - 11:15 AM  
9/8 - 11/10 | \$38

Explore and discuss music's connection to brain health, and learn ways to incorporate simple practices to bring joy and well-being to our lives. We will discover music's power to soothe and energize as we create community and make music together using simple melodies and rhythms. No prior music experience is needed.

#### **\*NEW\*** PD-450

WISEWOMAN: Level II

**Gerilyn Cappabianca**

3 sessions | 10:15 AM - 11:45 AM  
9/8 - 9/22 | \$17

The prerequisite for this class is *Wisewoman: Archetypes for Women over 50*. We will continue to explore what it means to be a Wisewoman in our families, our communities and the world. We explore ways to share our wisdom and we will discuss issues such as taking care our planet and Mother Earth, managing stress in our lives, being a partner and role model for our children and grandchildren, and of course continue to explore the goddess archetypes as they are meaningful in our lives.

#### **\*NEW\*** PA-439

Performing Arts and Creative Writing for the Novice

**Jack Levine**

10 sessions | 1:45 PM - 3:15 PM  
9/8 - 11/10 | \$56

The course will give each student a taste of acting and auditioning, improv performing, standup comedy, personal storytelling and writing of fiction and nonfiction, including writing short stories, comedy skits, standup comedy, and one act plays. Students will participate in fun and exciting exercises. Students will thoroughly enjoy the collaboration and creativity of the performing arts and creative writing.

I will use my original work of published books, comedy skits, one-act plays, short stories, and experience on stage as an actor, improv performer, personal storyteller, and standup comedian to provide a fun and exciting experience for participants in the course.

#### HS-536

European History for Travelers: Great Stories, Interesting People, Places, and Things in European History

**Diane Stone**

5 sessions | 1:45 PM - 3:30 PM  
9/8 - 10/6 | \$33

Yes, the day will come when we will travel again! Since you enjoyed learning about European history's great stories, and the people who starred in them, I thought I'd add a few more! Learning the "backstories" of the place connected to the people and events we'll explore will make them that much more interesting once you're able to travel to them again.



where learning never retires

# OLLI @ UConn

## *What's Happening?*

Are you signed up for our weekly e-newsletter? Sign up now and never miss a thing! Each Monday, receive OLLI updates, course information, free online lectures, community events, fascinating article and video shares, photos, recipes, and more! [CLICK HERE TO SIGN UP.](#)



### WEDNESDAY

#### **\*NEW\*** VA-471 ✓

Films on Zoom #1:  
The Lives of Others

#### **Joseph Gambini**

1 session | 1:45 PM - 3:45 PM  
10/21 | \$7

We will watch movies together from home. You may have seen these, but now hear what your colleagues think.

#### **\*NEW\*** VA-472 ✓

Films on Zoom #2:  
Best in Show

#### **Joseph Gambini**

1 session | 1:45 PM - 3:45 PM  
10/28 | \$7

We will watch movies together from home. You may have seen these, but now hear what your colleagues think.

#### **\*NEW\*** VA-473 ✓

Films on Zoom #3:  
Jojo Rabbit

#### **Joseph Gambini**

1 session | 1:45 PM - 3:45 PM  
11/4 | \$7

We will watch movies together from home. You may have seen these, but now hear what your colleagues think.

#### **PD-448**

WISEWOMAN: Archetypes for  
Women Over 50\*

#### **Geralyn Cappabianca**

4 sessions | 10:15 AM - 11:45 AM  
9/30 - 10/21 | \$23

In this course we will explore the fascinating world of archetypes, especially women's archetypes of maiden, mother and crone. As women over 50 we will focus on the crone or wisewoman aspect of our lives and how these archetypes, as well as many others, can empower us in this, the Third Act of our lives.

\*Please note this course has a recommended book.

#### **PR-421**

Dante's Inferno:  
To Hell and Back\*

#### **Douglas Welsh**

10 sessions | 10:15 AM - 11:45 AM  
9/9 - 11/11 | \$56

Dante's Divine Comedy has been called the greatest poem ever written. This epic poem is divided into three parts: Inferno, Purgatorio, and Paradiso. This course will read and discuss part one of the commedia and how it relates to the world of Dante and to our world.

\*Please note: There is a required book for this class.

#### **\*NEW\*** VA-474

Photography in Your Backyard  
**Timothy Padgett**

10 sessions | 10:15 AM - 11:45 AM  
9/9 - 11/11 | \$56

This course is for beginner and advanced photographers with any type of camera, SLR, Mirrorless camera, compact or cellphone. The course will encourage members to understand what is in their immediate surroundings, and to either start learning photography or to continue where they left off. Techniques to improve your photography journey will be explained fully as we go through the course.

#### **\*NEW\*** HW-513

Cultivating Forgiveness  
Through Gratitude

#### **Stacey Altomari**

10 sessions | 10:15 AM - 11:45 AM  
9/9 - 11/11 | \$56

How often are you grateful for your life and the things in it? How many times a day do you say "thank you" to yourself? Let me show you how gratitude can release, repair and transform your life.

This class will shine a light on your life, your experiences and YOU, creating a relationship with yourself and your life that is filled with gratitude and love. We will explore all the ways you can begin to be grateful. We will explore the reasons behind every experience you have encountered. We can even be grateful for this virus. Let me show you how!



### THURSDAY

#### **\*NEW\*** HW-514

International Cuisine for Beginners and Intermediates\*

**Timothy Padgett**

10 sessions | 1:45 PM - 3:45 PM  
9/10 - 11/12 | \$56

Enjoy live cooking demonstrations with OLLI instructor Tim Padgett. Tim is a retired French-trained chef who has had the honor of cooking for Prince Charles, the Spice girls and rock star Seal, to name but a few! Included with this course will be downloadable videos to help you follow the recipes in your own time.  
\*Please note: There are required supplies for this class.

#### **\*NEW\*** HS-535

Celebrating 100 Years of Women's Right to Vote

**Wendy Swain**

1 session | 7:00 PM - 8:00 PM  
9/24 | \$5

Wendy Swain will present an overview of the events and struggles leading up to the ratifying of the 19th Amendment in 1920. When did it begin? Who were the leading figures? Was there any opposition to this? By whom? What is the new sculpture being added to Central Park to commemorate this momentous event? Who is the sculptor and when will it be unveiled?

#### HW-510

Mental Health, Aging, and Mindfulness

**Deirdre Wright**

5 sessions | 1:45 PM - 3:45 PM  
9/10 - 10/8 | \$38

Come learn about the Asian influences in Western healthcare. Yoga and mindfulness are only two of the practices that Western health practitioners now include as essential referrals for health and mental health maintenance. Come learn about these and other non-traditional practices and how they relate to aging. Learn a relaxing guided imagery to use at home.

#### **\*NEW\*** CL-464

100 Tips for Learning a Foreign Language - At Any Age!

**Gabriella Brand**

5 sessions | 8:30 AM - 10:00 AM  
9/10 - 10/8 | \$28

Are you trying to learn a new language for pleasure? Or are you resurrecting a language you studied in college? Or one that was once spoken by your grandparents? This course does not teach a specific foreign language. It teaches techniques applicable to any language and helps you to identify your own language-learning style. Even if you think you can't learn a foreign language or "you're just bad at languages," you can learn to read, speak, and understand the language of your choice. Examples will come from languages using Roman alphabets, non-Roman alphabets, Asian characters, abjads, and other writing systems.

#### HW-481

Swing Into Health, Balance, & Strength with FFXP\*

**Naida Rodriguez-Rosado**

10 sessions | 9:00 AM - 10:00 AM  
9/10 - 11/12 | \$38

We are presenting a complete (Fitness Fury) Health and Wellness Fitness Program designed to fit your lifestyle, composed of all five components (warm-up, cardiovascular conditioning, strength, cool down, and stretching) for a complete workout. Guaranteed fun, enthusiasm, laughter, and sense of accomplishment!

\*Please note: There are required supplies for this class. If you do not have "equipment," such as weights, you can substitute for two canned goods (two of the same for weight purposes), or two filled water bottles, a regular rubber band for the hands, plus a broom or mop stick.

#### **\*NEW\*** AH-448

A Study in African American Humanities

**Deirdre Wright**

5 sessions | 1:45 PM - 3:15 PM  
10/15 - 11/12 | \$28

Theatre, film, art, poetry, novelist, classical and operatic music. The descendents of slaves have been prolific in their various chosen fields. Come take a historical journey through the creative arts of the African American community!

### COLOR KEY REMINDER:

"First 5 Weeks"

"Second 5 Weeks"

Unique Schedule

No color = Standard 10-week class



To learn more about any course instructor, visit [olli.uconn.edu/instructor-bios](https://olli.uconn.edu/instructor-bios)

8:30 AM – 10:00 AM

**HS-516**

European History for Travelers:  
Exploring Western Europe's  
Great "Ages" to Enrich Your  
Travel Experience

**Diane Stone**

5 sessions | 8:15 AM - 10:00 AM  
9/11 - 10/9 | \$33

Yes, we will travel again and this course will help you get prepared with context for what you will see. European travel brings us face to face with the Great "Ages" that resulted in the countries and cities that draw us to explore them. We will go from the Greek and Roman Empires through the Middle Ages, the Renaissance, the Ages of Exploration, absolute monarchy and Enlightenment up to the Industrial Revolution and Twentieth-century Modernism highlighting the places every traveler has on his/her "must see" list.

**HS-531**

Meet the Women of the  
American Revolution

**Dr. Raymond Sullivan**

5 sessions | 8:30 AM - 10:00 AM  
10/16 - 11/13 | \$28

For many years, the contributions of women to the cause of freedom in the American Revolution have been completely overlooked. This course will introduce just some of those great women and delve into the fascinating lives they lived.

*which will you be?*

Zoom meeting,  
audio only

Zoom meeting  
with video



**We asked students enrolled in summer courses about OLLI's transition to online learning. HERE'S WHAT THEY SAID:**



*Zoom seems to be the only answer to learning since we cannot attend classes in person. I am grateful that OLLI set up these Zoom classes for us.*

*Zoom is a learning experience for everyone involved! Students and staff alike! It works well when the "Hollywood squares" effect makes the meeting feel more like a classroom.*

*Zoom is so convenient - no traffic or parking problems, just go to my computer and log on.*

*As I don't want to be exposed to Covid-19 by being inside a building, I'm glad that Zoom exists. It must have been really boring in 1348 and 1918.*



### 10:15 AM – 11:45 AM

#### HS-525

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

#### Louis Belloisy

5 sessions | 10:15 AM - 11:45 AM  
10/30, 11/6, 11/20, 11/27, 12/4 | \$28

Take a detailed tour of the theater, including backstage, dressing rooms, and catwalks. See a slideshow of the history of the theater, 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. Meet with theater management to discuss theater operations and planning. **\*Please note: This course is offered in conjunction with The Palace Theatre, and will be held in-person at The Palace. Therefore it is subject to cancellation based on state-issued Covid-19 precautions.**

#### HW-502

Chinese Medicine: Becoming Old or Aging Joyfully with Wisdom and Grace **+ see below for an update on this course**  
**William Courtland**

8 sessions | 10:15 AM - 11:45 AM  
9/25 - 11/13 | \$45

Although our body degenerates with age, our psyche does not have to degenerate as well. This course will examine the later years of life through the principles of Chinese medicine that show us how it can be a time of discovery if we choose to participate in our psychological growth and evolution. *This course will be a continuation of the one given but not completed in Spring 2019. It will begin with a review class for first-time attendees and for those who previously attended the course.*

#### LW-498

Shall we Zoom? Shall we Write? Yes! Let's Zoom & Write!!!

#### Nancy Whitney

10 sessions | 10:15 AM - 11:45 AM  
9/11 - 11/13 | \$56

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

#### \*NEW\* AH-446

Twentieth-Century Art

#### Elizabeth Neuwirth

5 sessions | 10:15 AM - 11:45 AM  
10/16 - 11/13 | \$28

What we call modern art actually began in late nineteenth-century Europe. Profoundly affected by cultural and historical events such as the Great War and the rise of Communism, one artistic movement after another radically altered how artists saw and presented the world—even as the public and art critics were dragged (reluctantly) along. This course will focus primarily on painting and will take us to the year after the crash of the U.S. stock market plunged the world into an economic depression.

#### VA-415

An Enriching Experience with Acrylic Painting\*

#### Judy Jaworski

10 sessions | 10:00 AM - 12:00 PM  
9/11 - 11/13 | \$75

In this course, students will learn to develop expertise in the medium to create a personal finished painting. You will also compose a color chart for future reference. **\*Please Note:** There are required supplies for this class.

#### \*NEW\* CL-463

Italy Rediscovered!

#### Angela Buzzelli & Joseph Gambini

2 sessions | 10:15 AM - 11:45 AM  
9/11 - 9/18 | \$11

Italians just like us are getting used to a whole new normal. Where are they going? We will explore some of the hidden treasures in their own backyards or piazzas.

#### MU-474

Play the Ukulele with Just Four Fun Amazing Chords\*

#### Nina Lesiga

4 sessions | 10:15 AM - 11:15 AM  
9/18 - 10/9 | \$15

Learn to play some great songs of varied genres on the ukulele in a supportive and welcoming environment. This practical "how to" will help you master the chords C, F, G, Am. This class is suited to new beginners and those who would like to improve their chord changing skills. Bring a tuned soprano, concert or tenor ukulele and a ukulele tuner with you each week. Need to learn how to tune your ukulele with a Snark type tuner? Please attend the OLLI one-session "how to" class on tuning the ukulele. **\*Please note:** There are required supplies for this class.

#### MU-473

How to Tune Your Ukulele\*

#### Nina Lesiga

1 session | 10:15 AM - 11:15 AM  
9/11 | \$5

Get ready to learn the ukulele by learning how to tune the strings. Practice tuning your ukulele in preparation for participation in an OLLI online ukulele class. **\*Please note:** There are required supplies for this class.

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

**+ This course will be a continuation of the one given but not completed in Spring 2020.**

**It will begin with a review class for first-time attendees and for those who previously attended the course.**

12:00 PM – 1:30 PM

**HW-433**

Reiki Level Two\*

**Barbara Schafer, Sr. Cecilia**

**Baranowski, & Rosemary Toletti**

8 sessions | 12:00 PM - 1:30 PM  
9/25 - 11/13 | \$45

Having learned the fundamentals of Reiki in Level One that focuses upon the physical realm, Level Two focuses upon the emotional/mental realms of healing. There will be a brief review of Level One to assure past knowledge and skills. On successful completion of this level, the graduate becomes a Reiki Practitioner.

\*Please note: There is recommended reading for this class.

## 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 Jenna Ryan, OLLI Coordinator at [jenna.ryan@uconn.edu](mailto:jenna.ryan@uconn.edu)

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

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



### 1:45 PM – 3:15 PM

#### HW-503

Spirit and its Effect on the Health of the Human Heart

#### William Courtland

8 sessions | 1:45 PM - 3:15 PM  
9/25 - 11/13 | \$45

Heart disease is still a major cause of illness today, so this course will propose an Eastern way of looking at this epidemic. It will emphasize the importance of leading a spiritual life that will contribute to the health of our heart and also show us how a lack of such a life can be detrimental to its health. *This course will be a continuation of the one given but not completed in Spring 2019. It will begin with a review class for first-time attendees and for those who previously attended the course.*

#### MU-475

Play the Ukulele: Exploring More Chords\*

#### Nina Lesiga

5 sessions | 1:45 PM - 2:45 PM  
10/16 - 11/13 | \$19

Learn to strum songs of varied genres using the ukulele chords Am, Bb, C, C7, D, Dm, D7, Em, F, G and G7 in a welcoming and supportive environment. This course is designed for students with some experience strumming the ukulele chords Am, C, F and G and transitioning between those chords. Please bring a tuned soprano, concert or tenor ukulele to class and a ukulele tuner. \*Please note: There are required supplies for this class.

#### VA-470

Independent and Art House Films

#### Deirdre Wright

10 sessions | 1:45 PM - 3:45 PM  
9/11 - 11/13 | \$75

It's festival style! Akira Kurosawa with nine of his award-winning films. Kurosawa is described by major American film directors as a master of the craft of film-making. Included as part of the festival is the film "My Life in Cinema: Akira Kurosawa". Japan at its best!

## REMINDERS

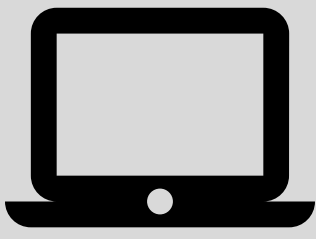
**Membership:** OLLI provides memberships in 12-month cycles. The cycles extend from January to January OR July to July. Members may register for courses for all sessions that occur within their membership cycle. A member joining OLLI for the first time in Fall 2020 will have a membership cycle from July 2020 to July 2021. The cost 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:** The Friday courses in this catalog are organized by time slot. Not ALL courses in a particular time slot meet during that exact timeframe. Please pay close attention to each course description to note its meeting time and length, as it may differ slightly from the standard time category.

**Participating in an OLLI club or committee:** Please be reminded that to be part of an OLLI club or committee, you must have a valid, up-to-date membership.

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



# Online Registration Instructions

## 1 Go to [olli.uconn.edu](http://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](http://olli.uconn.edu/returning-members). If this doesn't work, contact the OLLI Office ([osher@uconn.edu](mailto:osher@uconn.edu)) to inquire about your username.

Once signed in, you will be prompted to change your password to something that is unique to you. Please do so, and then click the "Return to Course Catalog" button at the upper right of the screen to add a membership to your cart.

## 3 Add the OLLI at UConn membership course to your shopping cart.

**Please skip to the next step (#4) if you already have a current, active membership. If your membership has expired, OR you are brand-new to OLLI at UConn, please:**

1. Make sure you are signed into your account (see step 2 above).
2. Select "Membership" from the list of categories on the left of your screen.
3. Click on the Annual Membership for the session you are enrolling in (Fall or Spring).
4. Click "Add to Cart." **Once you are signed in and have a membership in your cart you may start adding classes to your cart!**

## 4 Choose your classes.

Click the "Return to Course Catalog" button in the upper right hand corner of the shopping cart page. You are now ready to add individual classes to your schedule!

Search for courses, events, and other registration items by Category, and add desired items to your shopping cart, clicking "Return to Course Catalog" after each one is added to your shopping cart. Repeat this step for each item you would like to add.

**Not seeing the "Add to Cart" button for classes?** One of two steps in the directions above has been missed. Remember, you must first sign into your account and either have a membership in your cart or have previously purchased an active membership to be able to see the "Add to Cart" button. Unsure about the status of your membership? Contact the OLLI Office at [osher@uconn.edu](mailto: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](mailto:osher@uconn.edu) or call (475) 222-6261.

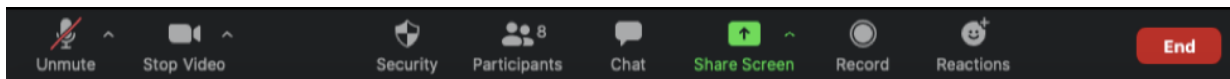
# zoom Use and Reminders

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](mailto: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+** 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](mailto: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](https://olli.uconn.edu/frequently-asked-questions)

## Where are OLLI classes held?

During the Fall 2020 semester, all courses (except for one off-site class at the Palace Theater) will be online using the video-conferencing application, Zoom.

## How will online classes work?

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

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

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

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

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

## What if my course gets cancelled completely?

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

## How will I know if a class gets cancelled?

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

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

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

### **Conflict of Interest Policy:**

[olli.uconn.edu/conflict-of-interest-policy](https://olli.uconn.edu/conflict-of-interest-policy)

**Publications:** [olli.uconn.edu/publications](https://olli.uconn.edu/publications)

**OLLI Travel:** [olli.uconn.edu/olli-trips](https://olli.uconn.edu/olli-trips)

### **Online Course Catalog:**

[www.campusce.net/uconn/category/category.aspx](https://www.campusce.net/uconn/category/category.aspx)

**Parking & Directions:** [olli.uconn.edu/parking-and-directions](https://olli.uconn.edu/parking-and-directions)

**Instructor Bios:** [olli.uconn.edu/instructor-bios](https://olli.uconn.edu/instructor-bios)

**Special Events:** [olli.uconn.edu/special-events](https://olli.uconn.edu/special-events)

### **Facebook:**

[www.facebook.com/olliatuconnwaterbury/](https://www.facebook.com/olliatuconnwaterbury/)

**UConn Waterbury homepage:**

[waterbury.uconn.edu](https://waterbury.uconn.edu)

**OR email [osher@uconn.edu](mailto: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-433 Reiki Level Two | Barbara Schafer, Rosemary Toletti, Sr. Cecilia Baranowski**

~ *Reiki: The Healing Touch* by William Rand | ISBN- I-886785-03-1 | Recommended

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

If you do not have "equipment," such as weights, you can substitute for two canned goods (two of the same for weight purposes), or two filled water bottles, a regular rubber band for the hands, plus a broom or mop stick.

**HW-514 International Cuisine for Beginners and Intermediates | Timothy Padgett**

This class requires you to purchase cooking ingredients that are available at any supermarket.

## MUSIC

**MU-473 How to Tune Your Ukulele and More | Nina Lesiga**

~ A tuned ukulele: Soprano, Concert, or Tenor | Required

**MU-474 Play the Ukulele with Just Four Fun Amazing Chords | Nina Lesiga**

~ A tuned ukulele: Soprano, Concert, or Tenor | Required

~ *The Ukulele 4 Chord Songbook* by Hal Leonard | 978-1-4950-1125-2 | Required

~ A Snark type tuner or app.

~ A music stand or book stand for class and practice.

**MU-475 Play the Ukulele - Exploring More Chords! | Nina Lesiga**

~ *Songbook "First 50 Songs"* by Hal Leonard | 978-1-4950-3112-0 | Required

~ A music stand or a table top book stand.

## PERSONAL DEVELOPMENT

**PD-448 WISEWOMAN: Archetypes for Women over 50 | Geralyn Cappabianca**

~ *Goddesses in Older Women* by Jean Shinoda Bolen, M.D. | ISBN 978-0-06-092923-7 |

Recommended

## PHILOSOPHY & RELIGION

**PR-421 Dante's Inferno: To Hell and Back | Douglas Welsh**

~ *The Inferno - Dante*, Translated by Robert and Jean Hollander | 0385496982 | Required

## VISUAL ARTS

**VA-415 An Enriching Experience with Acrylic Painting | Judy Jaworski**

*The following supplies are required:*

~ Paints: Large tube of Titanium White

~ The following colors in 2.5 oz or 35 ml tubes: Cadmium yellow (light), Yellow Ochre or Oxide, Naples yellow, Cadmium red (light), Red oxide, Alizarin crimson, Cerulean blue, Ultramarine blue, Chromoxide green, Hookers green, Burnt sienna, Burnt umber, Ivory black or Payne's gray.

~Brushes: Taklon, 1" Bright (Brown hair, synthetic bristles), No. 4 Round Detail Sable, 1/2" bright brush.

~Other materials: Palette knife for mixing, bent blade, 9"x12" palette, Masterson's, called a "Painter's Pal" palette cover with sponge and sheets; get an extra pack of sheets, acrylic matte medium and acrylic gloss medium (white liquid, 1 pint), plastic containers for water, medium soft wiping cloth. Stretched canvas (9"x12" or 11"x14"), adjustable table easel. Recommended Retailer: Ocean State Job Lot and Blick Art Supplies (Plainville, CT).

**VA-474 Photography In Your Backyard | Timothy Padgett**

~ Any kind of digital camera | Required

## Where can I purchase my books and/or supplies?

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

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

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

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



**30+**  
online  
classes

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

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.