

JANUARY 6 - JANUARY 31, 2025

REGISTRATION OPENS:
MONDAY, DECEMBER 2, 2024

WI NT ER 20 25

OSHER
LIFELONG
LEARNING
INSTITUTE

UCONN
WATERBURY

**COURSE
CATALOG**



Scan Me!

Register for classes online at olli.uconn.edu

Monday

For more information on winter courses, please visit the registration website by going to olli.uconn.edu and clicking on the red "Take A Class or Join OLLI Now" button.

NEW MU-427 | **The Amazing Sound and Legacy of the Brill Building** with Emanuel Abramovits

4 sessions | 1/6 - 1/27 | 8:30 AM - 10:00 AM | \$23 | **Online** ; **Recorded**

We'll describe the cosmopolitan musical textures that defined the best works of an unforgettable period: when gifted young songwriters huddled in midtown Manhattan, creating enduring entries in the Great American Songbook. Stories, anecdotes and audiovisuals will illustrate this golden era of the 50s and 60s that integrated audiences, eclectic multicultural sounds and brought social consciousness to pop music, with protagonists like Neil Sedaka, Carole King, Neil Diamond, Phil Spector, Don Kirshner, Burt Bacharach and many more!

NEW HS-440 | **History of Economics** with Laurence O'Connell

4 sessions | 1/6 - 1/27 | 4:00 PM - 5:30 PM | \$23 | **Online** ; **Recorded**

Many believe current economic policies (tariffs, trade, etc.) are "new," but they date back to the 17th and prior centuries. We'll explore the development of these today for 2024 and beyond.

Tuesday

NEW HS-439 | **The Sketchbook: Washington Irving's Historic (Haunted) Hudson Valley** with Linda Schuyler Ford

1 session | 1/7 | 10:15 AM - 11:45 AM | \$5 | **Online** ; **Abbreviated**

Explore the historic and haunted Hudson Valley that inspired beloved author Washington Irving. Learn about the author's life, the people, experiences, and stories that shaped him in this virtual program that combines PowerPoint lecture with storytelling performance.

LW-414 | **With Pencil or Pen in Hand, We Will Write. . . In Your Own Style** with

Nancy T Whitney

4 sessions | 1/7 - 1/28 | 12:00 PM - 1:30 PM | \$23 | [Online](#)

Writing is about an exchange of ideas, thoughts and expressions in your own style. We will all learn from one another, build community and share our writings. Have fun on the page and in class!

NEW PD-433 | **Tarot Alchemy: Advanced Techniques for Deepening Your Practice** with

Rev. Weechie Baker, MA

4 sessions | 1/7 - 1/28 | 1:45 PM - 3:15 PM | \$23 | [Online](#) ; **Recorded**

This class will empower you to connect with the Tarot in a way that brings forward your unique voice as a reader, adding depth, accuracy, and sacred insight to every reading. Perfect for readers with experience who are ready to engage with their cards on a transformative level. We will incorporate sacred techniques to connect with the cards and continue to study elemental correspondences, astrological connections, and numerology to enrich our card interpretations. We will not be learning individual card meanings (per se). Bring your questions and let's have fun!

Required Supplies:

- Complete Tarot deck (preferably the Rider-Waite-Smith deck)
- Notebook or journal

Wednesday

NEW PD-419 | **Who Am I?** with Stacey Altomari

4 sessions | 1/8 - 1/29 | 10:15 AM - 11:45 AM | \$23 | [Online](#)

Let's delve into who you are, what role you play in your life, and why you react the way you do. You are a mystery; let's unravel the mystery of you!

Thursday

HW-481 | **Swing Into Health** with Naida Rodriguez Rosado & Susan Krusko

4 sessions | 1/9 - 1/30 | 9:00 AM - 10:00 AM | \$15 | [Online](#) ; **Recorded**

This course will utilize a variety of full-body exercises, with minimal use of equipment, to promote easy-to-follow core stabilizing, muscle strengthening and toning plus balance and breathwork. It will also use dance fitness as the cardio component - movin' and groovin' to the 50s, 60s, and 70s!

NEW HC-402A | **Winter Seed Sowing (Section 1)** with Allison Middlemass
1 session | 1/9 | 10:15 AM - 11:45 AM | \$5 | **In-Person, Off-Site** ; **Abbreviated**

Join us for winter sowing! Winter sowing is a seed-starting technique where seeds are started outdoors in containers in late autumn or winter. This class will consist of a PowerPoint presentation about native plants and their ability to support wildlife, especially pollinators and plant-eating insects that in turn provide protein-rich food for birds and animals. Then, students will get to set up containers with soil and native seeds to take home with them and grow!

Location: Bent of the River Audubon Center, 185 East Flat Hill Road, Southbury, CT 06488

Recommended Supplies:

- Please bring your own transparent or translucent containers with lids. Salad clamshells work as well as gallon milk containers cut in half. Containers will be provided for those who don't have them.

HW-407 | **Guided Yoga/Movement and Meditation for Calming and Relaxation** with Roxann Riskin
4 sessions | 1/9 - 1/30 | 10:15 AM - 11:45 AM | \$23 | **Online**

This course will involve active participation in physically moving the body to help increase awareness for physical and mental wellbeing with attention to balance, mobility, flexibility and strengthening. It will be complemented with mindful guided relaxation and stress reduction practices including mindful breathing with soothing, calming music.

NEW HC-402B | **Winter Seed Sowing (Section 2)** with Allison Middlemass
1 session | 1/30 | 10:15 AM - 11:45 AM | \$5 | **In-Person, Off-Site** ; **Abbreviated**

Join us for winter sowing! Winter sowing is a seed-starting technique where seeds are started outdoors in containers in late autumn or winter. This class will consist of a PowerPoint presentation about native plants and their ability to support wildlife, especially pollinators and plant-eating insects that in turn provide protein-rich food for birds and animals. Then, students will get to set up containers with soil and native seeds to take home with them and grow!

Location: Bent of the River Audubon Center, 185 East Flat Hill Road, Southbury, CT 06488

Recommended Supplies:

- Please bring your own transparent or translucent containers with lids. Salad clamshells work as well as gallon milk containers cut in half. Containers will be provided for those who don't have them.

NEW MU-428 | **Creative Songwriting for Wellbeing Using AI (Artificial Intelligence)** with Roxann Riskin

3 sessions | 1/9 - 1/23 | 12:00 PM - 1:30 PM | \$17 | **Online**

Artificial Intelligence (AI) is now easy and fun to use in creating wellbeing, specifically writing song lyrics and choosing styles, including instrumental pieces. Using Suno AI, anyone can make great music - no instrument needed, just imagination. You will explore a free AI application (SUNO.AI) to generate vocals, instrumental pieces and related images. A theme will be presented each session, and you will write your own lyrics, participate in a group writing and editing experience, and create intentional songs with vocals and instrumentals for relaxation, calm and wellbeing.

CE-003 | **Iditarod - The Last Great Race Across Alaska** with Dorothy Cunningham

1 session | 1/30 | 12:00 PM - 1:30 PM | \$5 | **Online** ; **Abbreviated**

This course will be a presentation of the Iditarod, a sled dog race from Anchorage to Nome. Hear about training of the dogs, the mushers, vet care and required preparation for both. Follow the course as we talk about checkpoints, dangers and what happens along the way. Also, learn from my experience about some of the Iditarod stories, hardships and celebrations of the journey.

VA-426 | **New K-pop Film and Videos** with Deirdre Wright

4 sessions | 1/9 - 1/30 | 1:45 PM - 3:45 PM | \$30 | **Online**

This is a continuation of a class for new K-pop films, videos, and television series. It's a wonderful way to spend a cold January afternoon. The newest releases for years 23/24, including a little Shakespeare, fantasy, love, and some Asian crime, will be included. This is a sampling that can be found on various apps online.

Friday

HS-505 | **European History for Travelers: Five Fascinating Leaders and What They Left Behind** with Diane Stone

4 sessions | 1/10 - 1/31 | 10:00 AM - 11:45 AM | \$26 | **Hybrid** ; **Recorded**

This course will focus on five of Europe's most famous and fascinating leaders whose personalities, accomplishments, legacies and legends, whether positive or horrific, formed the core of many of the sights that travelers want to visit the most. By examining their lives, hearing their stories and learning about what they created, destroyed or left behind, you will gain the context to enrich your travel experience whether you're an actual or "armchair" traveler.

HW-522 | **Good Vibrations for Health and Happiness** with Julie Cook

4 sessions | 1/10 - 1/31 | 10:15 AM - 11:15 AM | \$15 | **In-Person**

Ancient practices of humming, chanting, and singing of simple songs are known to help us center and reduce stress. Also included in this course will be chakra chants, a kirtan kriya chant shown to improve brain longevity and function, and guided meditations. Come join us and enjoy the benefits of good group vibrations.

NEW VA-421 | **Junk Journaling** with Megan Jeffery

4 sessions | 1/10 - 1/31 | 10:15 AM - 11:45 AM | \$23 | **In-Person**

We will construct an easy, and very adaptable, ring-bound junk journal, making use of junk mail, packaging and more. We'll fill up pages with reminiscences (drawing, doodling, writing), creating beautiful, personal art pieces that simultaneously document the important and ordinary days of our lives. Additionally, we'll learn how to get involved in online junk journaling groups and how to find "prompts."

Required Supplies:

- One-inch (or larger, 2" max) binder rings
 - Personal ephemera (tickets, movie stubs, programs, etc.)
 - Scrapbook paper that's "your style"
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NEW HC-403 | **Composting for the Backyard Gardener** with Bob Lavorgna

4 sessions | 1/10 - 1/31 | 10:15 AM - 11:45 AM | \$23 | **In-Person**

Learn the basics of composting and the beneficial uses within your gardens. This class will focus on the methods, types and do's & don'ts of starting, maintaining and using your own compost. You will be able to turn garden and kitchen waste into a rich, crumbly soil supplement that will provide nutrients for your plants, attract earthworms and improve soil structure and drainage.

NEW VA-427 | **Visual Communication: Using Google Sites to Tell a Story with Your Photos** with Steve Bustamante

4 sessions | 1/10 - 1/31 | 10:15 AM - 11:45 AM | \$23 | **In-Person**

You will learn how to create a Google Site, adding text, images, and links to other platforms, if applicable, to share with friends, family, and beyond. There are no prerequisites for this class, but for those who attended the *Make That Photo Special* course in the Fall 2024, you can use your photo essays as a basis for your sharing. If you have never created a photo essay before, that's ok. You can use any photos you have taken to turn them from one dimensional to multi-dimensional storytelling devices. This will be hands on, and you will have the opportunity to create a Google Site in class. A free Google account is required. If you don't have a Google account, then we can create one for you in class. This is not a how-to-take-photos class, but we will talk about the photographer's intentions and the use of images in storytelling.

Winter Cafe Presents...

Live to 100: Secrets of the Blue Zones

Please join us each Friday during the Winter 2025 semester from 12:00 PM - 1:30 PM to watch the Netflix docu-series, *Live to 100: Secrets of the Blue Zones*. This four-part series investigates the diet, behavior and lifestyles of those living the longest, most vibrant lives. The series travels around the world to unveil the Blue Zones with the highest rates of living centenarians, which include Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and Loma Linda, California.

Schedule:

- **Friday, January 10, 2025: (S1 E1) *The Journey Begins***
- **Friday, January 17, 2025: (S1 E2) *An Unexpected Discovery***
- **Friday, January 24, 2025: (S1 E3) *The End of Blue Zones?***
- **Friday, January 31, 2025: (S1 E4) *The Future of Longevity***

Each episode is about 45 minutes. After watching each part of the series, there will be a moderated discussion with Professor Laura Donorfio. We hope to see you there!

***Please Note: Coffee and snacks will be provided. Additionally, Winter Cafe is free with an Annual Membership. Please make sure to register in advance so we know how many people to expect.**

NEW PR-416 | **Introduction to the Philosophy of Stoicism** with Phil Schneidermeyer
3 sessions | 1/10 - 1/31* (***No class on 1/17**) | 1:45 PM - 2:45 PM | \$11 | **In-Person**

Learn about the writings of three great Roman Stoics - Seneca, Epictetus and Marcus Aurelius. They speak to the perennial issues that face every human being of how to live a good life.

Required Supplies:

- *The Pocket Stoic* by John Sellars ; ISBN-13: 978-0-226-68296-9

NEW MU-433 | **Jazz History** with Fran McIntyre
4 sessions | 1/10 - 1/31 | 1:45 PM - 2:45 PM | \$15 | **In-Person**

Jazz is an American art form; it is spontaneous. What is created now will be recreated differently later. This course will look at the musicians, styles, and changes in the music.

NEW MD-001 | **Methods and Materials of Woodworking** with Ian Kirby
4 sessions | 1/10 - 1/31 | 1:45 PM - 3:15 PM | \$23 | **In-Person**

Successful woodworking is a composite of two things: the knowledge and information to perform the skill process and the manual dexterity to undertake the skill. This course will deal with the knowledge and information part.

NEW PA-414 | **A Reader's Theater Presentation of "Poetry, Prose and a Play"** with Philip Benevento
1 session | 1/24 | 1:45 PM - 3:30 PM | \$5 | **In-Person** ; **Abbreviated**

A Reader's Theater presentation of "Poetry, Prose and a Play," written by OLLI Members, Phil Benevento and Linda Storms. This is a "dressed down" version of the production recently presented at Seven Angels Theatre. It calls for a cast of four and is intended to entertain and be thought provoking.

Register for classes online at olli.uconn.edu

Convenient self-registration at your fingertips, immediate confirmation and easy to pay by credit card. Find step-by-step online registration instructions on the last page of this catalog.

A current paid membership (\$65) is required for registration. If you are a new student, or a returning member whose membership has expired, please note that the Annual Membership **MUST** be added to your cart before you will be allowed to add courses to your cart.



ONLINE CLASSES: You will receive an email with a unique Zoom invitation link a few days prior to the first meeting of each course.

To download Zoom, visit: <https://zoom.us/download> 

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

For winter semester parking information, please go to: <https://park.uconn.edu/olli-parking-information/>

WANT TO TEACH FOR OLLI?

Spring course proposal forms can be found here: <https://olli.uconn.edu/course-proposal-form/>. The submission deadline for the Spring 2025 session is Friday, November 22, 2024.

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



Online Registration Instructions

Register online at www.oli.uconn.edu

1 Go to oli.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 if you have not purchased a membership at any point from Fall 2013 to present, create a new account by scrolling down to the "Create New Account" section of the "Sign In" page. After you create your account and are signed in, click the "Course Catalog" button at the upper right of the screen to add a membership to your cart.

SIGN INTO EXISTING ACCOUNT

If you purchased an OLLI at UConn membership at any point from Fall 2013 to present, you have an online account.

1. If you previously used the online registration system at any point, please sign in using the username and password you created.
2. If you are new to the online registration system, then 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 oli.uconn.edu/returning-members. If this doesn't work, email the OLLI team (osher@uconn.edu) to inquire about your username.

Once signed in, you will be prompted to change your password to something that is unique to you. Please do so, and then click the "Course Catalog" button in 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 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 the "Membership" tile, which should be the top-left tile.
3. Click "Add To Cart." Once you are signed in and have a membership in your cart you can start adding classes to your cart!

4 Choose your classes.

Click the "Return to Course Catalog" button on the shopping cart pop-up. You are now ready to add individual classes to your schedule!

Start by clicking on the "Courses" tile. Then, search for courses by clicking on a category tile that fits the course. You can then add the desired item(s) to your shopping cart by clicking the "Add To Cart" button. Repeat this step for each item you would like to add. Remember to register for OLLI Café, even if you only plan on attending one or two presentations!

Not seeing the "Add To Cart" button for classes? One of two steps in the directions above has been missed. Remember, you must first sign into your account and either have a current membership in your cart or have previously purchased a current membership to be able to see the "Add To Cart" button. Unsure about the status of your membership? Email the OLLI office at osher@uconn.edu and they can tell you if it has expired or not and give you information about the last time you purchased one.

5 Review your selections.

You may review your class selections by clicking the "Cart" button located in the top-right menu row. Before clicking the "Check Out" button, confirm that you have the correct classes and that there is only one class per time slot chosen.

6 Submit your order.

Select "Check Out." 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 their information in the payee section. Once you submit your order you will receive an email confirmation. Please review it to make sure it reflects what you intended to order. If you made an error while registering, or need assistance at any time, then please email osher@uconn.edu.

Having issues?
Email osher@uconn.edu or
call (475) - 222 - 6232/6261