



OSHER
LIFELONG
LEARNING
INSTITUTE

REGISTRATION OPENS:
MONDAY, AUG. 4, 9 A.M.

NEW MEMBER WELCOME:
FRIDAY, AUG. 29, 10 A.M.

SEPTEMBER 2, 2025 -
NOVEMBER 7, 2025

FEATURING 25
NEW COURSES

HYBRID, ONLINE,
AND IN-PERSON

LEARNING FOR ADULTS AGE 50+

FALL 2025 COURSE CATALOG

Please Note: There have been changes to the Fall 2025 Course Catalog since it was printed. For the most up-to-date information, please make sure that you reference the digital catalog.

UConn
WATERBURY

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We are grateful to UConn Waterbury and the Osher Foundation for their continued support of OLLI at UConn.

MEMBER BENEFITS

IT'S MORE THAN GREAT CLASSES!

- ✓ **OPPORTUNITY TO REGISTER FOR OLLI COURSES (IN-PERSON AND ONLINE)**
- ✓ **FREE ACCESS TO SPECIAL EVENTS (IN-PERSON AND ONLINE)**
- ✓ **FREE ACCESS TO OLLI CAFÉ LECTURES (IN-PERSON ONLY)**
- ✓ **ACCESS TO RECORDED CLASS LECTURES**
- ✓ **DISCOUNTED PARKING FOR UCONN WATERBURY GARAGE**
- ✓ **OPPORTUNITY TO PARTICIPATE IN OLLI TRIPS AND CLUBS (IN-PERSON AND ONLINE)**
- ✓ **DISCOUNTS TO OLLI PARTNERSHIP EVENTS (IN-PERSON AND ONLINE)**
- ✓ **YEAR-ROUND NOTICES ABOUT ADDITIONAL OLLI PROGRAMS AND EVENTS**
- ✓ **UCONN LIBRARY PRIVILEGES**

NEW MEMBER WELCOME



Remember that feeling of going to a new school and trying to figure out where to go and what to do? Are you concerned that joining OLLI will make you feel like that again? Don't worry - we've got you covered!

Our New Member Welcome Event is for anyone who is new to OLLI at UConn. This is an opportunity to come to the UConn Waterbury campus before in-person classes start. Spend the morning with us and find where your Friday classes are located, where to attend OLLI Café, how to get a parking permit, and more. Meet the OLLI staff and volunteers, and get all your questions answered before your first day of classes.

Our new member welcome is a great way to meet other members so you know a few faces on your first day. At OLLI, you don't have to feel like the new kid!

Join us on Friday, August 29, 2025

10 a.m. Welcome, coffee, OLLI overview, and your questions answered

11 a.m. Campus tour

Register for the New Member Welcome in the "Special Events" section of the registration system.

OLLI at UConn Fall Open House

Friday, August 1, 2025, 9:30AM - 12:00PM

OLLI at UConn offers courses, lectures, and special events for everyone 50+ who wants to engage socially and intellectually. Join us at UConn Waterbury for coffee and refreshments, learn about OLLI classes and programs, discover our special activities and clubs, connect with OLLI members and leaders, and make new friends!

Schedule

9:30 - 10:00	Check-in, refreshments
10:00 - 10:30	Welcome and OLLI Basics
10:30 - 11:30	Fall Semester Overview
11:30 - 12:00	Q&A

Who: Everyone!

Cost: FREE

Registration is required.

For more details and to register, go to olli.uconn.edu, call 203-236-9924, or email osher@uconn.edu

End-of-Semester Celebration

The Three Amigos

'It's About Relationships'

Tuesday, November 11, 2025, 10:00AM - 11:30AM

**We are delighted to welcome The Three Amigos back to OLLI.
Members and non-members are welcome!***

Join us as we celebrate our unique learning adventures together.

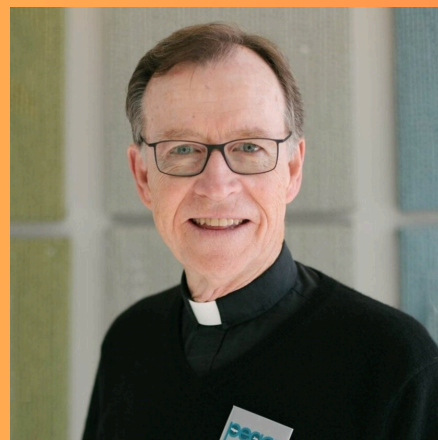
**for details, see page 6*



Rabbi Eric Polokoff is the founding Rabbi of B'nai Israel of Southbury, serving the congregation since 1997. He is active in Jewish and general communities, and as a leader within the Anti-Defamation League, Amplify Israel, the Connecticut Community Foundation and the Southbury Clergy Association. He and his wife are the parents of two adult daughters.



Imam Gazmend Aga, known as Imam Gazi, is currently the director of the Northeast Islamic Community Center (NEICC), Wayne, NJ, imam of the Albanian American Cultural Center, Riverdale, NJ, Co-Chair of Wayne Clergy, and member of several clergy committees. He was the imam of the Albanian American Community in Waterbury, CT for more than five years. He now lives in NJ with his wife and two young children.



Monsignor Joseph Donnelly is a retired priest of the Archdiocese of Hartford. He received his theological education at the Gregorian University in Rome and was ordained there in 1971. He has served in several parishes in the archdiocese and on the priestly formation faculty at St. Thomas Seminary in Bloomfield and the North American College in Rome. Father Joe currently serves at St. Thomas More Catholic Center at Yale University.



VOLUNTEERS NEEDED!

Opportunities and Benefits

- Assist with event planning and coordination
- Support classroom and technology needs
- Join committees and help shape OLLI programs
- Meet new people and build lasting friendships
- Gain new skills and experiences
- Make a difference in the lives of lifelong learners



Ready to make a difference?

Contact the OLLI at UConn office to learn more. Call us at 203-236-9924 or email osher@uconn.edu. Join us and be a part of something meaningful!

FALL 2025 COURSE LISTINGS

ANIMAL SCIENCE

AS-007 *Guided Bird Walk*

Allison Middlemass, Page 7

AS-124 *The Biology of the Honey Bee*

Alphonse Avitabile, Page 14

ART & ART HISTORY

NEW **AH-413** *The Dark Ages: Just How Dark Were They?*

Mary Claire Morin, Page 15

AH-414 *Sacred Geometry*

Explorations

Helen Sperry, Page 15

AH-415 *Broadway Musicals: A*

Fascinating History

Emanuel Abramovits, Page 10

AH-456 *Riverside Cemetery: A Living*

Museum of Art, History and Nature

Martin Begnal, Page 8

COMPUTERS

NEW **CO-406** *Everyday Uses of*

Artificial Intelligence with ChatGPT

Lori Bean, Page 9

CO-407 *Complete Understanding of*

Adobe Lightroom

Timothy Padgett, Page 9

CO-426 *Understanding Your Laptop*

Timothy Padgett, Page 12

CULTURE & LANGUAGE

NEW **CL-413** *Spanish: A Journey to*

New Experiences and Learning

Gladys Esther Armas Guerra, Page 11

NEW **CL-414** *Frohe Weihnachten:*

Unwrapping the Charms of German

Christmas Traditions

Anette Isaacs, Page 8

CL-444 *Parliamo Italiano I*

Nunzio DeFilippis, Page 12

CURRENT EVENTS

CE-022 *Social and Political Trends*

Larry Rifkin, Page 13

NEW **CE-034** *Critical Foreign Policy*

Issues for America

Charles Lasky, Page 14

HEALTH & WELLNESS

NEW **HW-402** *Stories and Songs of*

Resilience and Hope

Julie Cook, Page 15

NEW **HW-403** *Tai Chi (Slow Flow)*

Chair/Standing and Similar Form of

Tai Ji Quan

Roxann Riskin, Page 11

HW-405 *Reiki I*

Carmelita Rifkin, Page 11

HW-413 *Chair Yoga Stretch and*

Balance for Health and Well-being

Roxann Riskin, Page 10

HW-481 *FFXP's Swing Into Health*

Naida Rodriguez Rosado & Susan

Krusko, Page 10

HISTORY

NEW **HS-400** *Germany and Israel—*

the Unlikely Friendship

Anette Isaacs, Page 7

NEW **HS-401** *The History of the*

1920s in America

Leon Di Martino, Page 12

NEW **HS-402** *European Heroes of*

The American Revolutionary War

Leon Di Martino, Page 15

NEW **HS-403** *The Civil War*

Hamish Lutris, Page 12

NEW **HS-404** *Unexpected Alliances:*

Nazi and Islamist Interactions During

WWII

Anette Isaacs, Page 7

NEW **HS-405** *Echoes of Freedom:*

the Rise and Fall of the Berlin Wall

Anette Isaacs, Page 7

NEW **HS-406** *Joseph Goebbels: The*

Man Who Seduced a Nation!

Anette Isaacs, Page 7

NEW **HS-407** *The Man Who Shot J.P.*

Morgan: A Life of Arsenic, Anarchy and

Intrigue

Mary Noe, Page 13

NEW **HS-409A/B** *The Triumph of the*

Will 2.0: Not Hitler's Propaganda Film

but More Achievements of Holocaust

Survivors in the Post War World

Diane Stone, Page 15

NEW **HS-410** *U.S. Immigration*

History, Perspectives, and Challenges

Richard D. McCann, Page 10

HS-447 *France from the End of WWII*

to 1975 (Les 30 Glorieuses)

Roger Levy, Page 12

HS-492 *John Adams - Up Close and Personal*

Raymond E Sullivan MD, Page 13

HS-525 *The Magic Behind the*

Footlights - Backstage Secrets of

Waterbury's Storied Palace Theater

Donna Cameron, Page 9

HS-557 *Ellis Island and the Search for*

Living Relatives

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HORTICULTURE

HC-403 *Composting For the*

Backyard Gardener

Bob Lavorgna, Page 13

LITERATURE & WRITING

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Julie Cook, Page 14

NEW **LW-418** *Writing Flash Fiction*

Gabriella Brand, Page 7

LW-419 *Let's Write! Explore Your Own*

Writing Style with Your Writing

Nancy Whitney, Page 8

NEW **LW-420** *Shakespeare's*

Comedies

Lori Lucas, Page 10

NEW **LW-421** *Poetry of Witness:*

Writing from the Heart and for the

Soul in Troubling Times

Reggie Marra, Page 13

LW-422 *The Art of the Short Story: A*

Creative Writing Workshop

Martin Herman, Page 13

NEW **LW-424** *Tell Their Story: A*

Guided Journey in Biography Writing

Martin Herman, Page 14

LW-425 *Write Your Novel!*

Martin Herman, Page 11

MATH & SCIENCE

MS-408 *From the Pyramids to Plato*

to Pinecones: The Phi-losophy of the

Golden Ratio

Rosalie Griffin, Page 13

MUSIC

NEW **MU-412** *Harmonies of Cinema:*

Unveiling the Power of Modern Film

Scores

Emanuel Abramovits, Page 8

FALL 2025 COURSE LISTINGS (CONT.)

***NEW* MU-413** *Music and the Holocaust: Tragedy, Hope and Legacy*
Emanuel Abramovits, Page 8
MU-447 *There's More to "Messiah" Than Meets the Ear*
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PERSONAL DEVELOPMENT

***NEW* PD-410** *Freedom Through Forgiveness*
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PD-425 *Embodying the Court: A Journey Through the Tarot Royals*
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PD-427 *The Minor Arcana: Exploring Tarot's Day-to-Day Influences*
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PHILOSOPHY & RELIGION

PR-413 *Exploring Near-Death and Other Spiritually Transformative Experiences*
Bethany Silver, Page 8
PR-420 *Biblical Barfight 1875 - 1975*
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SPECIAL EVENTS

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Multiple, Page 1

VISUAL ARTS

***NEW* VA-406** *Film Appreciation: Embarking on A Cinematic Ride Part 1*
Chris Orrell, Page 15
VA-407 *Tutto Verdi: His Work and His Life*
Nunzio De Filippis, Page 14
VA-415 *Enriching Experience with Acrylic Medium*
Judy Jaworski, Page 11
VA-416 *The Graphic Memoir*
Megan Jeffery, Page 14
VA-432 *Mandalas and More as Art and Personal Relaxation*
Rose-Ann Chrzanowski, Page 12
VA-449 *Understanding and Getting to Know Your Camera*
Tim Padgett, Page 15
VA-456 *Fundamentals of Drawing*
Thelma Appel, Page 14
VA-461 *The Art in Painting: Learning to See - A Workshop*
Thelma Appel, Page 15

More Information about our End-of-Semester Celebration

- The Three Amigos event is free to OLLI at UConn members and costs \$25 for non-members.
- Light refreshments will be served.
- See the yellow insert for registration information.
- Parking:

The event is free, but parking is not included. If you are an OLLI member and you have a valid permit, you can park in the Scovill Street garage, 33 Scovill Street, at no cost.

There is no free parking for the event in the UConn attached parking garage at 55 North Elm Street. If you wish to park there, you must use the Pay-By-Phone app: <https://park.uconn.edu/pay-by-phone/>

If you park in the attached garage without using PayByPhone, then you may receive a ticket. OLLI is not responsible for any parking tickets you may receive.

There is also ample parking in the vicinity, including the LAZ lot adjacent to the UConn campus main entrance, and the Scovill Street garage at 33 Scovill Street.

Hybrid Courses!

This fall, we are continuing to offer the hybrid modality. A hybrid course is one where students can attend both in person and via Zoom. If you see the word "hybrid" next to a course description, then this means you can sign up to attend either in-person or online.

An asterisk (*) in front of a course title means that that course has recommended and/or required course supplies. Course supplies can be viewed on the center insert pages titled *Required/Recommended Books & Supplies*.

MONDAY COURSES

AS-007 | **Guided Bird Walk** with Allison Middlemass

1 session | 9/8 | 8:30 AM - 10:00 AM | \$15 | **In-Person, Off-Site; Abbreviated**

Come enjoy a guided bird walk at the Bent of the River Audubon Center. We will provide binoculars to use during the walk and show you how to identify the birds we see.

NEW LW-418 | **Writing Flash Fiction** with Gabriella Brand

10 sessions | 9/8 - 11/10 | 10:15 AM - 11:45 AM | \$112 | **Online**

Can you write meaningful fiction in under 1,000 words? Or how about micro flash? Under 300 words? In this course, writers will practice creating complete narratives in a small arena, focusing on a single moment, idea, or character while conveying a complete narrative.

NEW HS-406 | **Joseph Goebbels: The Man Who Seduced A Nation!** with Anette Isaacs

1 session | 9/15 | 12:00 PM - 1:30 PM | \$15 | **Online; Abbreviated; Recorded**

Learn how master propagandist Joseph Goebbels used powerful messaging to turn Hitler into a god-like figure and keep a nation loyal to a doomed cause in this eye-opening talk by German historian Anette Isaacs.

NEW HS-400 | **Germany and Israel—the Unlikely Friendship** with Anette Isaacs

1 session | 9/22 | 12:00 PM - 1:30 PM | \$15 | **Online; Abbreviated; Recorded**

Marking 60 years of diplomatic ties, join German historian Anette Isaacs and explore how Germany and Israel turned a painful past into a partnership rooted in reconciliation, responsibility, and mutual respect.

NEW HS-405 | **Echoes of Freedom: the Rise and Fall of the Berlin Wall** with Anette Isaacs

1 session | 9/29 | 12:00 PM - 1:30 PM | \$15 | **Online; Abbreviated; Recorded**

Join German historian Anette Isaacs as Germany marks 35 years of unification. Explore the rise and fall of the Berlin Wall and the powerful story of a divided nation's path to freedom in this moving look at one of Europe's most dramatic historical chapters.

NEW HS-404 | **Unexpected Alliances: Nazi and Islamist Interactions During WWII** with Anette Isaacs

1 session | 10/6 | 12:00 PM - 1:30 PM | \$15 | **Online; Abbreviated; Recorded**

German historian Anette Isaacs uncovers the little-known alliance between Nazi leaders and Islamic forces during WWII, revealing how shared ideologies shaped a dark chapter of global history with lasting consequences.

NEW MU-413 | **Music and the Holocaust: Tragedy, Hope and Legacy** with Emanuel Abramovits
3 sessions | 10/13 - 10/27 | 12:00 PM - 1:30 PM | \$34 | **Online; Recorded**

Come learn about the role that music played in the struggle for hope in those dark times. We'll review stories about the artists who died in the Holocaust and about others who survived. We'll also review stories of the instruments that have been restored and how the musical world was affected.

NEW MU-412 | **Harmonies of Cinema: Unveiling the Power of Modern Film Scores**
with Emanuel Abramovits

5 sessions | 9/8 - 10/6 | 1:45 PM - 3:15 PM | \$56 | **Online; Recorded**

More than ever, music is a fundamental component of a film's emotional force. We'll explore what's behind the best film scores today using anecdotes and audiovisuals that will introduce us to veterans like John Williams and Hans Zimmer, along with the new generation of great innovators.

NEW CL-414 | **Frohe Weihnachten: Unwrapping the Charms of German Christmas Traditions**
with Anette Isaacs

1 session | 11/3 | 1:45 PM - 3:15 PM | \$15 | **Online; Abbreviated; Recorded**

Uncover the magical traditions of German Christmas, from Advent calendars and Christkindlmarkt, to festive treats like Lebkuchen and Stollen, with German historian Anette Isaacs as she explores the deep cultural roots of these beloved customs.

TUESDAY COURSES

PR-413 | **Exploring Near-Death and Other Spiritually Transformative Experiences**
with Bethany Silver

8 sessions | 9/2 - 10/21 | 8:30 AM - 9:45 AM | \$75 | **Online**

Embark on a thought-provoking journey into the phenomenon of near-death and other transformative experiences. Explore first-hand accounts, delve into the scientific and spiritual aspects, and unravel the profound aftereffects that transcend conventional understanding.

AH-456 | **Riverside Cemetery: A Living Museum of Art, History and Nature** with Martin Begnal

5 sessions | *9/2 - 9/30 | 5:00 PM - 6:30 PM | \$56 | **In-Person, Off-Site** **This course was supposed to run from 10/7 - 11/4, but will run from 9/2 - 9/30 instead.*

This course will be held at Riverside Cemetery, a National Historic site, where students will tour the 36-acre rural cemetery designed landscape to study the art and architecture of the monuments and the history of many of the people resting there.

LW-419 | **Let's Write! Explore Your Own Writing Style With Your Writing** with Nancy Whitney

10 sessions | 9/2 - 11/4 | 10:15 AM - 11:45 AM | \$112 | **Online**

Let's write! Each student will explore their own writing style and creativity on the page - no experience necessary! Prompts will be given as needed.

WEDNESDAY COURSES

PR-420 | **Biblical Barfight 1875 - 1975** with Michael Carroll

8 sessions | 9/17 - 11/5 | 8:15 AM - 10:00 AM | \$105 | **Online; Recorded**

Updated! We'll review examinations of biblical texts along with disputants engaged in the archeological, scientific, and historical controversies of the 19th and 20th centuries. Pull up a chair. Welcome to the Barfight!

NEW PD-410 | **Freedom Through Forgiveness** with Stacey Altomari

10 sessions | 9/3 - 11/5 | 10:15 AM - 11:45 AM | \$112 | **Online**

What are you holding onto? How is it guiding who you are? What are you holding back and why? We will answer these questions and more as we address forgiveness. We'll discuss what it means and how it affects our whole life, whole body, and whole existence. It's the path to freedom.

HS-525 | **The Magic Behind the Footlights - Backstage Secrets of Waterbury's Storied Palace Theater** with Donna Cameron

4 sessions | 10/8 - 10/29 | 11:00 AM - 12:30 PM | \$45 | **In-Person, Off-Site**

Celebrate the theater's 100th Anniversary with a detailed tour, including backstage, dressing rooms, and the fly loft over the stage. Also enjoy a slideshow of restoration and historic photos, plus a glimpse into the life of Sylvester Z. Poli, the theater's original builder and operator.

PD-425 | ***Embodying the Court: A Journey Through the Tarot Royals**
with Rev. S. Weechee Baker, MA

5 sessions | 9/3 - 10/1 | 12:00 PM - 1:30 PM | \$56 | **Online; Recorded**

Considered a follow-up to the Major Arcana, this course will further our study of the Tarot, as it allows us to look into how people influence our lives and destinies. Readers are highly recommended to have some experience with the cards, as the sole focus is Court Cards.

CO-407 | ***Complete Understanding of Adobe Lightroom** with Timothy Padgett

10 sessions | 9/3 - 11/5 | 1:45 PM - 3:15 PM | \$112 | **Online; Recorded**

Adobe Lightroom is a complete photo editing software for amateur and professional photographers alike. Take this course to learn more about it!

NEW CO-406 | **Everyday Uses of Artificial Intelligence with ChatGPT** with Lori Bean

4 sessions | 9/3 - 9/24 | 6:30 PM - 7:30 PM | \$30 | **Online**

Learn what ChatGPT is and how it works. Artificial intelligence (AI) is introduced in plain language. See how ChatGPT can help with writing, problem-solving, planning, and creative tasks - making AI useful in everyday life. This course is for computer, iPhone or Android phone, or tablet users.

THURSDAY COURSES

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

10 sessions | 9/4 - 11/6 | 9:00 AM - 10:00 AM | \$75 | [Online](#); **Recorded**

This fun filled fitness program offers an energizing workout for all levels! Move to the music of the '50s-'70s using balls, bands, or creative props like towels and bottles. Boost cardio, strength, and imagination in a joyful, supportive environment!

AH-415 | **Broadway Musicals: A Fascinating History** with Emanuel Abramovits

5 sessions | 10/9 - 11/6 | 8:30 AM - 10:00 AM | \$56 | [Online](#); **Recorded**

With plenty of audiovisual support, we'll explore the Tin Pan Alley-driven comedy works of the early 20th century, including the books, musicals, and concept musicals that followed, and the arrival of European mega-productions late in the century. We'll go from *Oklahoma* to *My Fair Lady* to *Hamilton*.

HW-413 | **Chair Yoga Stretch and Balance for Health and Well-being** with Roxann Riskin

10 sessions | 9/4 - 11/6 | 10:15 AM - 11:45 AM | \$112 | [Online](#)

Join in fun, engaging chair exercise movement sessions enhancing mental and physical well-being. Each session will include chair exercises facilitated with yoga slow-flow movements. There will be attention to breath awareness, balance, strength, joints, and mobility.

NEW HS-410 | **U.S. Immigration History, Perspectives, and Challenges** with Richard D. McCann

3 sessions | 10/2 - 10/16 | 10:15 AM - 11:45 AM | \$34 | [Online](#)

This course will provide an overview of the patterns of U.S. immigration from the arrival of the earliest North American migrants to present. We will trace the origins of American Nativism and xenophobia and discuss contemporary challenges at the Southern border.

NEW LW-420 | **Shakespeare's Comedies** with Lori Lucas

5 sessions | 9/4 - 10/2 | 12:00 PM - 1:00 PM | \$38 | [Online](#)

In this course, we will read and discuss two of Shakespeare's golden comedies: *Twelfth Night* and *As You Like It*. We will look at the characters, themes, and language with the goal of gaining access to the plays while reading or watching them.

PD-427 | ***The Minor Arcana: Exploring Tarot's Day-to-Day Influences**

with Rev. S. Weechee Baker, MA

5 sessions | 10/9 - 11/6 | 12:00 PM - 1:30 PM | \$56 | [Online](#); **Recorded**

We will learn and explore the last 40 cards of the Tarot and how they guide us through everyday life. This course will combine the Major Arcana and Court Cards as weeks progress for even more comprehensive healing and guidance! Prior Tarot experience is HIGHLY recommended.

NEW HW-403 | **Tai Chi (Slow Flow) Chair/Standing and Similar Form of Tai Ji Quan** with Roxann Riskin

10 sessions | 9/4 - 11/6 | 1:45 PM - 3:00 PM | \$94 | **Online**

This course will be an intro to Tai Chi, slow flow, chair/standing, guided Tai Chi forms. We'll enhance mental-physical well-being through sessions focusing on Yang, intentional slow-flow, and similar style form/practices of Tai Ji Quan for posture, balance, joint awareness, and fall prevention.

FRIDAY COURSES (EARLY MORNING)

HS-557 | **Ellis Island and the Search for Living Relatives** with Eric Lanzieri

4 sessions | 9/5 - 9/26 | 8:30 AM - 10:00 AM | \$45 | **In-Person**

This course will begin with the process of searching for the Ellis Island record of the arrival of a passenger of interest. Then, we'll use the record to identify the passenger's last place of residence, which will be the starting point for a search for living relatives.

LW-425 | **Write Your Novel!** with Martin Herman

10 sessions | 9/5 - 11/7 | 8:30 AM - 10:00 AM | \$112 | **In-Person**

This 10-week immersive series is a journey designed to bring your original story to the written page. Guarantee - you will be writing an original story in the first 30 minutes of your first class. Led by a published author, come learn about character development and narrative structure.

NEW CL-413 | ***Spanish: A Journey to New Experiences and Learning**

with Gladys Esther Armas Guerra

10 sessions | 9/12 - 11/14 | 8:45 AM - 10:00 AM | \$94 | **In-Person**

***This course was supposed to run from 9/5 - 11/7, but will run from 9/12 - 11/14 instead.**

This step-by-step Spanish introductory course will focus on learning Spanish in a fun way, with a special emphasis on practical use. Finding commonalities between Spanish and English and discovering words that are similar in both languages will encourage and empower participants.

VA-415 | ***Enriching Experience With Acrylic Medium** with Judy Jaworski

10 sessions | 9/5 - 11/7 | 9:30 AM - 11:30 AM | \$150 | **In-Person**

Students will be made aware of composition, balance of light, and shadow to develop their style using a photo that displays their interests, appreciation of nature, or places traveled to produce a meaningful painting.

HW-405 | **Reiki I** with Carmelita Rifkin

6 sessions | 9/19 - 10/31* (*No Class on 10/10) | 8:30 AM - 10:00 AM | \$68 | **In-Person**

Students will learn about the ancient art of Usui Reiki with energy techniques to reduce stress and promote relaxation, healing, and enhance optimum health. There will be a lecture and time to practice with each other.

MU-447 | **There's More to "Messiah" Than Meets the Ear** with Donna Obarowski

5 sessions | 10/10 - 11/7 | 8:30 AM - 10:00 AM | \$56 | **In-Person**

Handel's masterpiece, *Messiah*, with its iconic chorus, "Hallelujah," is one of the most loved and performed works in Western music. Handel had a fascinating influence, not only on music, but on culture and history. Let's do a "deep dive" into this famous composer and piece!

NEW HS-403 | **The Civil War** with Hamish Lutris

4 sessions | 10/17 - 11/7 | 8:30 AM - 10:00 AM | \$45 | **In-Person**

This course, consisting of four parts, will explore the US Civil War in four distinct areas: causes of the war, the military war, the political war, and the war as a personal experience.

FRIDAY COURSES (LATE MORNING)

NEW HS-401 | **The History of the 1920s in America** with Leon Di Martino

5 sessions | 9/5 - 10/3 | 10:15 AM - 11:45 AM | \$56 | **In-Person**

The 1920s were a decade of changes that still have a major effect on America today. Join me in learning about the history of the 1920s in America!

HS-447 | **France from the End of WWII to 1975 (Les 30 Glorieuses)** with Roger Levy

5 sessions | 9/5 - 10/3 | 10:15 AM - 11:45 AM | \$56 | **In-Person**

The recovery of France, the country of my birth, in the 30 years post WWII was stunning (hence "les 30 Glorieuses" - the Glorious Thirties.) We'll explore the major changes, including those in the population's culture and lifestyles during that time, and some major setbacks.

VA-432 | **Mandalas and More As Art and Personal Relaxation** with Rose-Ann Chrzanowski

10 sessions | 9/5 - 11/7 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

This course is an art course that invites participants to create Mandalas and branch out to other art forms. We'll use a variety of materials and techniques. No artistic experience is required. Join us for exploration, creativity, and relaxation in a friendly setting!

CL-444 | **Parliamo Italiano I** with Nunzio DeFilippis

10 sessions | 9/5 - 11/7 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

This course will be an elementary conversation course. All who can speak little-to-moderate Italian are welcome.

CO-426 | ***Understanding Your Laptop** with Timothy Padgett

10 sessions | 9/5 - 11/7 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

This course is designed for students with either a Windows 10 or 11 laptop or a Mac with either Sonoma (14) or Sequoia (15) operating systems. Come fully learn how it works, how to get the most out of safely browsing the internet, and how to get the most out of your battery.

LW-422 | **The Art of the Short Story: A Creative Writing Workshop** with Martin Herman

10 sessions | 9/5 - 11/7 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

Discover the art of compelling short fiction and start crafting your own original stories from day one. With expert guidance, you'll refine your storytelling skills and transform ideas into polished narratives.

NEW LW-421 | ***Poetry of Witness: Writing from the Heart and for the Soul in Troubling Times** with Reggie Marra

9 sessions | *9/12 - 11/7 | 10:15 AM - 11:45 AM | *\$101 | **In-Person**

***This course was supposed to start on 9/5, but will start on 9/12 instead. The course price has been updated.**

Using selected poems and basic writing tools, we'll write through the personal and public events of our lives - no poetry writing experience necessary! Courage, vulnerability, and a sense of humor can help. In a safe space, we'll engage both goofiness and gravitas. All are welcome.

CE-022 | **Social and Political Trends** with Larry Rifkin

5 sessions | 9/19 - 10/24* (*No Class on 10/10) | 10:15 AM - 11:45 AM | \$56 | **In-Person**

Using my podcast as the basis, this course will explore emerging trends in our politics and society. Those who sign up should be prepared to engage in lively, well-moderated conversation on a range of interesting topics.

HC-403 | **Composting For the Backyard Gardener** with Bob Lavorgna

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

Come learn the basics and benefits of composting by focusing on the methods, types, and do's and don'ts of starting, maintaining, and using a compost. You can turn garden and kitchen waste into a nutrient soil supplement for your plants and improve soil structure and drainage!

MS-408 | ***From the Pyramids to Plato to Pinecones: The Phi-losophy of the Golden Ratio** with Rosalie Griffin

5 sessions | 10/10 - 11/7 | 10:15 AM - 11:45 AM | \$56 | **In-Person**

We'll use simple arithmetic to learn about the "golden ratio," known as phi, and its use from ancient Egypt and Greece to modern times. Evident in art and nature, the ratio is intrinsic in every individual - making us truly "golden."

HS-492 | **John Adams - Up Close and Personal** with Raymond E. Sullivan, MD.

5 sessions | 10/10 - 11/7 | *10:15AM - 11:15 AM | \$38 | **In-Person**

***This course was supposed to run from 9:00 AM - 10:00 AM, but will run from 10:15 AM - 11:15 AM instead.**

We will explore the little-known aspects of the life of our second President and his wife Abigail. From his defense of the British, to the tragic loss of children, to the broken friendship with his close friend Thomas Jefferson, and many more stories of self-sacrifice.

FRIDAY COURSES (MIDDAY)

NEW HS-407 | **The Man Who Shot J.P. Morgan: A Life of Arsenic, Anarchy and Intrigue** with Mary Noe

1 session | 9/5 | 12:00 PM - 1:30 PM | \$15 | **In-Person; Abbreviated**

In this course, Mary Noe will make a one-hour presentation on her narrative non-fiction true crime story, a riveting tale of false identities, radical political beliefs, and ambitious criminal schemes set during the tumultuous time shortly before the United States entered World War I.

AS-124 | **The Biology of the Honey Bee** with Alphonse Avitabile

5 sessions | 9/5 - 10/3 | 12:00 PM - 1:30 PM | \$56 | **In-Person**

Learn how the bee's anatomy fits its functions, about the relationships between bees and flowering plants, and how their co-evolution led to the dominance of flowering plants. Also explored is why there's one queen per colony and when/why bees swarm in order to multiply their colonies.

VA-407 | **Tutto Verdi: His Work and His Life** with Nunzio DeFilippis

10 sessions | 9/5 - 11/7 | 12:00 PM - 1:30 PM | \$112 | **In-Person**

This course is all about Verdi! Explore his life and works - from the early patriotic *Nabucco*, to lesser-known gems like *Macbeth*, *Luisa Miller*, and *Un Ballo in Maschera*, culminating in his dark and possibly greatest masterpiece, *Otello*.

VA-456 | ***Fundamentals of Drawing** with Thelma Appel

10 sessions | 9/5 - 11/7 | 12:00 PM - 1:30 PM | \$112 | **In-Person**

This course will teach you about basic perspective, the relationships of objects to each other, how to energize a drawing by use of light and dark dynamics, how to explore different drawing instruments to achieve various effects, how to best express volume, and how to work with outlines alone.

VA-416 | ***The Graphic Memoir** with Megan Jeffery

10 sessions | 9/5 - 11/7 | 12:00 PM - 1:30 PM | \$112 | **In-Person**

Tell your story through words and images in this Graphic Memoir class. Create a cartoon avatar of yourself, explore pacing and "camera angles," and study how cartoonists use sequential storytelling. No drawing skills required, just a willingness to share your life via comics.

NEW LW-424 | **Tell Their Story: A Guided Journey in Biography Writing** with Martin Herman

10 sessions | 9/5 - 11/7 | 12:00 PM - 1:30 PM | \$112 | **In-Person**

Everyone has a story worth telling. This guided series will help you craft a compelling biography from the very first class. With expert guidance, you'll turn memories and experiences into a polished, meaningful narrative.

NEW CE-034 | ***Critical Foreign Policy Issues for America** with Charles Lasky

5 sessions | 10/10 - 11/7 | 12:00 PM - 1:30 PM | \$56 | **In-Person**

Great Decisions is produced by the Foreign Policy Association, which has been encouraging nonpartisan discussion on U.S. foreign policy for over 100 years. The program gives citizens the opportunity to learn about some of the most critical global issues facing America today.

FRIDAY COURSES (LATE AFTERNOON)

LW-415 | **More Enchantment of Poetry** with Julie Cook

5 sessions | 9/5 - 10/3 | 1:45 PM - 3:15 PM | \$56 | **In-Person**

Join us as we continue to read and learn from examples of good poetry and prompts to inspire our own writing. We will experiment with poetic forms and the elements of sound and rhythm, appreciating the power of poetry to "transport us to different worlds" - (Billy Collins).

AH-414 | **Sacred Geometry Explorations** with Helen Sperry

5 sessions | 9/5 - 10/3 | 1:45 PM - 3:15 PM | \$56 | **In-Person**

Come learn the principles of sacred geometry, including the symbolism of geometric shapes and patterns found in history and nature - no math needed! We'll learn to draw and construct sacred geometric designs and their spiritual significance in cultural traditions.

NEW HS-402 | **European Heroes of The American Revolutionary War** with Leon Di Martino

5 sessions | 9/5 - 10/3 | 1:45 PM - 3:45 PM | \$75 | **In-Person**

Learn the story of how European soldiers helped the United States gain its independence from Great Britain during The Revolutionary War. Among those we will discuss are Lafayette, Rochambeau, Admiral Degrasse, Count Von Steuben, and others.

NEW AH-413 | **The Dark Ages: Just How Dark Were They?** with Mary Claire Morin

10 sessions | 9/5 - 11/7 | 1:45 PM - 3:00 PM | \$94 | **In-Person**

Come and learn about the art and history of the "Dark Ages"! Mary Claire will mostly focus on Europe after the class takes a look around the world to see what was going on!

VA-449 | **Understanding and Getting to Know Your Camera** with Timothy Padgett

10 sessions | 9/5 - 11/7 | 1:45 PM - 3:15 PM | \$112 | **In-Person**

This course is for all would-be photographers from beginners to advanced!

VA-461 | ***The Art in Painting: Learning to See - A Workshop** with Thelma Appel

10 sessions | 9/5 - 11/7 | 1:45 PM - 3:30 PM | \$131 | **In-Person**

We'll review the basics of organizing pictorial space to help us master painting in acrylics or oils by mixing primary colors and diluting them with white to contrast loud and muted values. We'll use still-life models/photos and study Old Master paintings for reference to create a dynamic work of art.

NEW VA-406 | **Film Appreciation: Embarking on A Cinematic Ride Part 1** with Chris Orrell

4 sessions | 10/10 - 10/31 | 1:45 PM - 4:00 PM | \$68 | **In-Person**

Explore film appreciation through global gems including *Next Stop Wonderland*, *The Wooden Man's Bride*, *Zuckerbaby*, and *Il Postino*. Each session includes an intro, full screening, and thoughtful post-film discussion to unpack artistic choices and deepen your cinematic insight.

NEW HS-409A/B | **The Triumph of the Will 2.0: Not Hitler's Propaganda Film but More Achievements of Holocaust Survivors in the Post War World** with Diane Stone

5 sessions | 10/10 - 11/7 | 1:45 PM - 3:15 PM | \$56 | **Hybrid; Recorded**

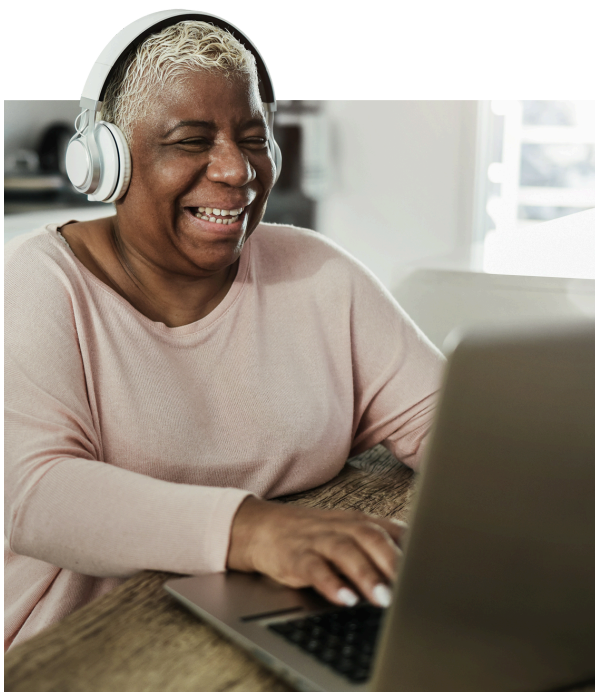
We are talking about freedom more now than at any other time in our lifetimes. This course will explore more of the incredible gifts to the world provided by Holocaust survivors once they regained their freedom after enduring true hell on earth.

NEW HW-402 | **Stories and Songs of Resilience and Hope** with Julie Cook

5 sessions | 10/10 - 11/7 | 1:45 PM - 3:15 PM | \$56 | **In-Person**

In a time of stress and global conflict, find healing through poetry, stories, and music. Together, we'll explore themes of resilience and hope, reflect on powerful lyrics, and create a much-needed oasis to uplift our hearts, build courage, and foster connection.

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Every semester, in addition to our own courses, we will offer several options from Osher Online to expand and enhance your learning experiences.

Learn alongside members from other OLLIs across the country and enjoy a wealth of new ideas!

Courses begin in October. Watch for more information on fall courses coming very soon!

*because this is brand-new to OLLI at UConn, we haven't confirmed which Osher Online courses we will offer. In future semesters we will include this course information in the catalog.



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FALL 2025 OLLI CAFÉ LECTURES

- Lectures are held on Fridays in the Multi-Purpose Room (MPR) on the UConn Waterbury campus. Doors to the MPR (Rooms 113 - 119) will open at 11:45 a.m.
- To learn more about these OLLI Café presentations, visit: <https://olli.uconn.edu/olli-cafe-lecture-descriptions/>

Sept. 5	Celebrating UConn as an Age Friendly University In May 2025, UConn became an Age Friendly University. What does that mean for OLLI, and why is it important? Join Professor Laura Donorfio, Dr. Brian Chapman, and OLLI Director Fiona de Merell for some personal and professional perspectives. Share your thoughts on what aging means to you!
Sept. 12	Paul Colburn Presents <i>Black Bears In Connecticut</i> The session will focus on the history of black bears in CT, give an overview of black bear habitat, diet, behavior, and reproduction, and explain current research efforts. We will also review practical recommendations for optimum coexistence with our growing black bear population.
Sept. 19	Marc-Anthony Arena Presents <i>How to Protect Yourself from Your Computer</i> I've helped people navigate the confusing IT world. Many feel overwhelmed or get scammed - not because they're not smart, but because tech keeps getting more complex. Through my book, podcast, and talks, I explain how to avoid unnecessary costs, risks, and headaches - using plain English.
Sept. 26	Peggy Beauregard Presents <i>The Beauty of Fractal Geometry in Art and Science</i> In this session, you will explore examples of fractals in art and architecture as well as their applications to modern engineering and medicine. This session requires NO mathematical knowledge, but you will leave with a new, joyful lens through which to view the world.
Oct. 3	Michael Trusiewicz Presents <i>Ranked Choice Voting</i> In this session, you will learn how Ranked Choice Voting works, which states and cities are using it, the assigned task of our Governor's committee on Ranked Choice Voting, and the current status of a proposal for Ranked Choice Voting that is developing in the legislature here in Connecticut.
Oct. 10	Allison Middlemass Presents <i>Attracting Birds by Season</i> Having a bird-friendly yard can make for a beautiful view. While most people think immediately of bird feeders to attract birds, we'll also discuss how enhancing your garden with native plants can attract birds and provide sustenance throughout the seasons.
Oct. 17	Reggie Marra Presents <i>Who Am I & How Do I Choose to Be in Troubling Times?</i> We'll explore some millennia-old approaches that help us complement the often-necessary steps to address external events with some essential steps that address both who we think we are and how we choose to be in troubling times.
Oct. 24	Rick Wood Presents <i>Handbell Ringing: More than You Imagined</i> The Ringers of Chime In! Music With a Mission will present a program of handbell music, history, artistry, and techniques. With traditional handbells, dutch bells, silver melody bells, and bells from the 19th century, the group will perform several pieces, discuss and demonstrate everything about handbells, answer questions, and teach the audience to ring handchimes.
Oct. 31	Diane Stone Presents <i>Gayatri Devi, Maharani of Jaipur: An Amazing Women I "Met" In India</i> This spring, I visited India for the first time. At Jaipur's Rambagh Palace, I received a gift: <i>A Princess Remembers</i> , the memoir of Gayatri Devi. Born a royal, she became a political icon who even impressed JFK. Her story left a lasting impression on me. I hope it does the same for you.
Nov. 7	Diane Honer Presents <i>Beaver & Wildlife Solutions</i> Come and learn about beavers, their influence on the environment, and how we can work with, not against, our wildlife neighbors.

WHAT IS OLLI CAFÉ ?

OLLI Café is a weekly lunch-and-learn event on campus. Every Café features a different guest speaker presentation. Complimentary coffee, tea, and snacks are provided. OLLI Café is a great place to bring your lunch, chat with other members, and enjoy a potpourri of presentations and activities. Come and take advantage of a free opportunity to engage socially and intellectually with other OLLI members!

- Free with membership (it's like a free class!)
- To learn more about OLLI Café presentations, visit: <https://olli.uconn.edu/olli-cafe-lecture-descriptions/>
- *Please register for the OLLI Café Lunchtime series if you plan on attending some or all of the presentations.* Registration for OLLI Café saves you a seat for every event, even if you cannot attend every week.

**Have you seen or heard about an interesting speaker?
Suggestions for future presenters are always welcome!
You can suggest a speaker by emailing
osher@uconn.edu.**

FALL CAFÉ OPPORTUNITY

Bring a friend to OLLI Café and get a \$15 gift certificate if they join!

For the Fall 2025 semester, if you know someone who might enjoy OLLI, then you can invite them to attend one OLLI Café lecture for free! If they join OLLI, then you will receive a \$15 gift certificate to put toward your next order with OLLI at UConn.

All you need to do is email (osher@uconn.edu) or call (475-222-6232/6261) us in advance and tell us the following:

- Your name
- Name of the friend you're bringing
- Friend's email address and/or phone number

Gift Certificate Guidelines

- Each friend is only allowed to attend **one** free OLLI Café lecture.
- You can bring a different friend to each Café lecture.
- Your friend must purchase an annual membership within 6 months of attending the Café lecture for you to be eligible to receive the \$15 gift certificate.

PARKING INFORMATION

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

1. Purchase a parking permit online for the semester through UConn's Parking Services department (<https://park.uconn.edu>).

To purchase a parking permit, either submit the online form and pay by check, or pay by credit card using the permit store. More information regarding this method can be found at <https://park.uconn.edu/students-2/> under the "Osher Lifelong Learning Institute (OLLI) - Parking Permits" section.

2. Use the PayByPhone: Mobile Parking service. This simple, convenient method requires you to download a mobile application to use when you arrive on campus. Once on the application, all you have to do is enter the lot number (5178), your license plate and payment information, and then the amount of time that you think you will need to park.*

More detailed instructions on how to use this new service are available at: <https://park.uconn.edu/pay-by-phone/>.

**If you are only taking a five-week course, then you may find it cheaper to use PayByPhone than to buy a parking permit for the full semester.*



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

**Parking is available at both the UConn attached garage and the Scovill Street garage.
To learn more, visit: <https://olli.uconn.edu/parking-and-directions/>.**

Please Note: The OLLI office is not responsible for choosing which parking option is best for you; we just present you with the available options. It is up to you to pick which parking method works best with your schedule.

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