

JANUARY 5 - JANUARY 30, 2026

REGISTRATION OPENS:
MONDAY, DECEMBER 1, 2025

W I N T E R 2 0 2 6

**COURSE
CATALOG**

OSHER
LIFELONG
LEARNING
INSTITUTE

UConn
WATERBURY



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.

***Please Note: Osher Online courses are marked with a green asterisk (*) next to the end date because they follow a different schedule than OLLI at UConn courses. As a result, their end dates may extend beyond the semester end date listed on the front of the course catalog.**

HW-481 | **FFXP's Swing Into Health** with Susan Krusko

4 sessions | 1/5 - 1/26 | 9:00 AM - 10:00 AM | \$30 | **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, weights, or creative props like towels and bottles. Boost cardio, strength, and imagination in a joyful, supportive environment!

Required Supplies:

- Light weight, small ball and a band or tube.

OO-016 | **Brain and Behavior in the Era of Digital Technology (Osher Online)** with Elena Labkovsky

6 sessions | 1/26 - 3/2* | 11:00 AM - 12:30 PM | \$68 | **Online**

Explore how digital technologies and artificial intelligence affect the brain, behavior, and mental health. This course examines the impact of modern devices on attention, memory, emotions, and decision-making, while addressing ethical concerns like privacy and tech-based addictions. We will learn how neuroscience and psychology offer tools to support well-being in a rapidly evolving digital world.

OO-015 | **History of Sicily (Osher Online)** with Douglas Kenning

6 sessions | 1/26 - 3/2* | 1:00 PM - 2:30 PM | \$68 | **Online**

Sicily has been a mythic crossroads of heroes, conquerors, and culture for over 3,000 years. From Odysseus and the Arabo-Norman Golden Age to the Mafia and modern mythmakers like Garibaldi and Coppola, Sicily's story is rich, complex, and central to Western history. This course explores its pivotal role in shaping civilization — and why Goethe famously said, "To have seen Italy without having seen Sicily is not to have seen Italy at all."

OO-017 | **The History of American Television (Osher Online)** with Jim McKairnes

6 sessions | 1/26 - 3/2* | 3:00 PM - 4:30 PM | \$68 | **Online**

This engaging, video-rich course tells the story of American television from its 1920s origins to today's streaming era. We will explore decades of iconic shows, genres, and cultural moments that shaped the medium and its audiences. From sitcoms and dramas to news and sports, we will rediscover how TV evolved, adapted, and transformed American culture—one broadcast, cable channel, and streaming service at a time.

CE-036 | **Brief History of Economics Applicable to Today's Economic Climate** with

Laurence O'Connell

4 sessions | 1/5 - 1/26 | 7:00 PM - 8:00 PM | \$30 | **Online** ; **Recorded**

Explore economic thought from the Feudal Period to Adam Smith's Classical School. We'll examine how past ideas still shape today's debates on tariffs, immigration, and labor. Engaging videos and TED Talks will be used to enrich discussion.

Tuesday

NEW LW-426 | **Chaucer's Canterbury Tales** with Lori Lucas

4 sessions | 1/6 - 1/27 | 10:15 AM - 11:45 AM | \$45 | **Online**

This course will introduce Chaucer's Canterbury Tales and provide you with some background on Geoffrey Chaucer and his works: the Prologue, the pilgrims, and the Wife of Bath.

Required Supplies:

- Students can either purchase or borrow a copy of the modern version of *Canterbury Tales* by Geoffrey Chaucer. Publisher: Penguin Classics; ISBN -13: 978-0-14-042438-6
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NEW AH-412 | **The Stories Behind Great Songs** with Emanuel Abramovits

3 sessions | 1/13 - 1/27 | 12:00 PM - 1:30 PM | \$34 | **Online** ; **Recorded**

Discover the stories behind beloved songs that weren't chart-toppers but meant the most to their creators. Through rare archives, anecdotes, and covers that gave songs new life, we'll explore hidden gems from Tin Pan Alley, classic films, and the Rock era.

NEW VA-405 | **Cartooning, Magma, and Caricatures — Exaggeration Counts** with

Lisa Arnold

4 sessions | 1/6 - 1/27 | 1:45 PM - 3:00 PM | \$38 | **Online**

Drawing and inking your art allows you to create wonderful pieces — from the cartoon head and body, to Magma eyes, and amusing takes on people or animals. This course is all about fun, learning tips, and demos from the instructor!

Required Supplies:

- Drawing pad no larger than 8 1/2" x 11"
- Drawing pencils - (instructor uses HB and 2B)
- Erasers
- Extra-fine black Sharpie markers or black Micron pads (avoid thick tips)

OO-012 | **Einstein without Tears: His Theories Explained without Math and in Everyday Language (Osher Online)** with Andrew Fraknoi
6 sessions | 1/27 - 3/3* | 5:00 PM - 6:30 PM | \$68 | [Online](#)

Explore the fascinating world of Albert Einstein's theories — no math or science background required. This course introduces key ideas like time travel, warped space, black holes, and gravitational waves, all in accessible terms. We will discover how modern science continues to confirm Einstein's predictions and why his work remains a source of wonder for both scientists and science fiction fans.

Wednesday

NEW PD-409 | **What Can We Learn From Our Emotions?** with Stacey Altomari
4 sessions | 1/7 - 1/28 | 10:15 AM - 11:45 AM | \$45 | [Online](#)

Our emotions are the story of our life experiences. We carry them through generations. Let's explore what they mean, where they came from, and if they are even yours.

OO-014 | **Milestones in Medicine (Osher Online)** with Gordon Josephson
6 sessions | 1/14 - 2/18* | 11:00 AM - 12:30 PM | \$68 | [Online](#)

This course highlights transformative milestones in medicine from the 18th century to today, beginning with Jenner's smallpox vaccine. We will explore key medical and public health advances, the innovators behind them, and the profound effects these breakthroughs have had on longevity and quality of life. The course offers a compelling look at how science and clinical care have worked together to reshape health outcomes over the past two centuries.

NEW PR-407 | **Biblical Siege: A Divinely Mandated Terror** with Craig Miller
4 sessions | 1/7 - 1/28 | 1:45 PM - 3:15 PM | \$45 | [Online](#) ; **Recorded**

Explore biblical siege as divine strategy and psychological warfare. Through three key events and pre-readings, we'll examine its moral impact, survivor trauma, and historical context, supported by scripture and critical analysis.

Required Supplies:

- A bible, any version, provided it is a translation not a summary interpretation.

NEW CO-406 | **Everyday Uses of Artificial Intelligence with ChatGPT** with Lorill Brown
4 sessions | 1/7 - 1/28 | 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

NEW MU-411 | **Music and the Holocaust: Tragedy, Hope, and Legacy** with Emanuel Abramovits
3 sessions | 1/15 - 1/29 | 8:30 AM - 10:00 AM | \$34 | [Online](#) ; **Recorded**

Learn how music helped Holocaust victims preserve their humanity. Through stories, audiovisuals, and restored instruments, we'll explore the role of music in ghettos, camps, and partisan outposts — and its lasting impact on the musical world.

HW-413 | **Chair Yoga Stretch and Balance for Health and Wellbeing** with Roxann Riskin
4 sessions | 1/8 - 1/29 | 10:15 AM - 11:45 AM | \$45 | [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.

OO-018 | **John James Audubon and the Birds of America (Osher Online)** with Eric Simon
6 sessions | 1/22 - 2/26* | 11:00 AM - 12:30 PM | \$68 | [Online](#)

In the 1820s, John James Audubon set out to document every bird species in the US, resulting in The Birds of America, a landmark collection of 435 hand-painted prints. This course explores Audubon's life, artistic methods, and legacy, highlighting how his work bridges art and science. We will examine selected prints and consider his lasting impact on American natural history.

OO-011 | **Judaism, Christianity, and Islam: A Comparative Exploration (Osher Online)** with Jeremy Fackenthal
6 sessions | 1/29 - 3/5* | 1:00 PM - 2:30 PM | \$68 | [Online](#)

Explore the rituals, beliefs, and writings of Judaism, Christianity, and Islam through a comparative lens. This course examines where these Abrahamic religions overlap and diverge, offering insights into their shared monotheistic roots and unique traditions. We will read key texts from each faith and gain a deeper understanding of how these religions shape meaning, practice, and identity.

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

4 sessions | 1/8 - 1/29 | 1:45 PM - 3:00 PM | \$38 | [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.

OO-013 | **Pharmaceuticals and Poisons: Chemistry at the Edge (Osher Online)** with Johnnie Hendrickson

6 sessions | 1/22 - 2/26* | 3:00 PM - 4:30 PM | \$68 | [Online](#)

Some substances heal, others harm — and some do both. This chemistry-rich (but non-technical) course explores the fine line between pharmaceuticals and poisons. We will examine drug development, venom-inspired medicine, and the history of FDA regulation shaped by scandal and reform. From aspirin's industrial roots to Gila monster hormones, participants will uncover the fascinating, sometimes unsettling chemistry behind what we choose to swallow.

OO-010 | **Invisible Intelligence: The Unseen Algorithms Reshaping Your Daily Life (Osher Online)** with Eliot Bethke

6 sessions | 1/15 - 2/19* | 5:00 PM - 6:30 PM | \$68 | [Online](#)

Artificial Intelligence (AI) shapes our daily lives in subtle yet powerful ways. In this non-technical course, we will explore six case studies that reveal how AI systems work, the ethics behind machine decision-making, and the impact of these technologies on our world. We will gain a deeper understanding of AI's current influence and the possibilities ahead.

Friday

CE-037 | **United Nations Organization: Do We Still Need It?** with Sergei Kambalov

3 sessions | 1/9 - 1/23 | 10:15 AM - 11:45 AM | \$34 | [In-Person](#)

The United Nations (UN) obviously failed in its charter mission of preventing the world from the scourge of war. Does this mean that the UN is no longer relevant? Should the United States continue to support the organization?

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

4 sessions | 1/9 - 1/30 | 10:15 AM - 11:30 AM | \$38 | [In-Person](#)

In this class, we will experience the vitalizing effects of humming, toning and chanting together, as well as listen to music that's been shown to raise our physical and emotional well-being. Join us for a refreshing sound immersion and winter sonic pick-me-up!

VA-449 | **Photography for Cell Phones and Other Cameras** with Timothy Padgett
4 sessions | 1/9 - 1/30 | 10:15 AM - 11:45 AM | \$45 | **In-Person**

This course is for those who understand the basics of taking a photograph but want to improve their artistic ability.

OO-019 | **How the U.S. Immigration System (Usually) Works** (**Osher Online**) with Michele Waslin
6 sessions | 1/16 - 2/20* | 11:00 AM - 12:30 PM | \$68 | **Online**

Immigration has always been a complex and emotional issue in U.S. history. This course explores how the immigration system has evolved and how it works today. We will examine key questions about identity, belonging, and national responsibility while engaging in thoughtful, constructive conversations about the future of immigration.

Winter Cafe Presents... Farm and Table

The winter session will include a Cafe presentation at noon each Friday, centering around the theme of “Farm and Table” and highlighting four area businesses that will share their experiences and expertise. The presentations in the series include:

Schedule:

- **Friday, January 9, 2026: Brass City Harvest**
- **Friday, January 16, 2026: Frankie’s**
- **Friday, January 23, 2026: Sunshine Lavender Farm**
- **Friday, January 30, 2026: Fascia’s**

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 LW-427 | **Sophocles’ Antigone** with Christopher Sweeney
3 sessions | 1/9 - 1/23 | 1:45 PM - 3:00 PM | \$28 | **In-Person**

The play *Antigone* explores issues of authoritarianism and conscience that resonate compellingly today. After an initial description of ancient Greek theater, we’ll dive into Sophocles’ masterpiece together. Copies of the play will be provided at the first class meeting.

NEW AH-411 | **The Tessellation of Friends: M.C. Escher and Roger Penrose - The Interwinding of Art and Mathematics** with Helen Sperry

4 sessions | 1/9 - 1/30 | 1:45 PM - 3:15 PM | \$45 | **In-Person**

Let's investigate the relationship between artist M.C. Escher and mathematician Roger Penrose, a collaborative, symbiotic one based on the mutual fascination with geometry and impossible constructions. We will also create tessellation art.

CO-426 | **Understanding Computers** with Timothy Padgett

4 sessions | 1/9 - 1/30 | 1:45 PM - 3:30 PM | \$53 | **In-Person**

This course will offer basic knowledge on how your MacBook or Windows laptop works.

Saturday

OO-009 | **The American Revolution Beyond the British Empire (Osher Online)** with Richard Bell

6 sessions | 1/17 - 2/21* | 1:00 PM - 2:30 PM | \$68 | **Online**

This course reframes the American Revolution as a global event shaped by imperial rivalries and geopolitical forces. Each session focuses on a different group — Germans, French, Spaniards, South Asians, and others — revealing how their experiences intersected with the collapse of British rule in North America. By viewing the Revolution through a global lens, participants will uncover new perspectives on its causes, course, and consequences.

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?

Course proposal forms can be found here:

<https://olli.uconn.edu/course-proposal-form/>. The submission deadline for the Spring 2026 session is Friday, November 14, 2025.

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