



SPRING 2026 COURSE CATALOG LEARNING FOR ADULTS AGE 50+

**REGISTRATION OPENS:
MONDAY, JAN. 19, 9 A.M.**

**NEW MEMBER WELCOME:
FRIDAY, FEB. 27, 10 A.M.**

**SEMESTER
MARCH 2 - MAY 8, 2026**

**FEATURING 34
NEW COURSES**

**HYBRID, ONLINE,
AND IN-PERSON**

UConn
WATERBURY



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MEMBER BENEFITS

Spring 2026 Semester Dates:

Monday, March 2 - Friday, May 8, 2026

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We are grateful to UConn Waterbury, the Osher Foundation, and all our generous donors for their continued support of OLLI at UConn.

IT'S MORE THAN GREAT CLASSES!

- ✓ **FREE ACCESS TO OLLI CAFÉ LECTURES (IN-PERSON ONLY)**
- ✓ **FREE ACCESS TO SPECIAL EVENTS (IN-PERSON AND ONLINE)**
- ✓ **OPPORTUNITY TO REGISTER FOR OLLI COURSES (IN-PERSON AND ONLINE)**
- ✓ **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**

The OLLI Garden Project



FREE! We meet on Tuesdays and Thursdays at our garden in Fulton Park, Waterbury. Sign up under "Projects" in the online registration system.

Join our exciting project for a unique social and learning experience!

By participating in *The OLLI Garden Project*, you can expect a deeply rewarding experience in urban gardening. Enjoy time outdoors at the OLLI garden in Waterbury's Fulton Park, while learning about soil preparation techniques, planting, growing seedlings, and raised-bed gardening techniques.

All produce is donated to local food banks and pantries. This year, do good and feel good!

***This project is partially funded by the Connecticut Community Foundation.
We are grateful for their support.***

SPECIAL EVENTS

End-of-Semester Celebration

Friday, May 8, 2026, 12 P.M. - 2 P.M.

UConn Campus MPR (113-119)

Mark your calendars! Our Events Committee is busy planning a special performance for our end-of-semester celebration.

We invite all OLLI at UConn members to join us as we celebrate our unique learning adventures together.

THIS EVENT IS MADE POSSIBLE BY GENEROUS DONATIONS TO OLLI

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, February 27, 2026

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.



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!

SPRING 2026 COURSE LISTINGS

ART & ART HISTORY

AH-410 *Indigenous Art History of North America (Native American and Canadian First Peoples)*
Mary Claire Morin, Page 16

AH-414 *Exploring the Underlying Unity and Interconnectedness of the Divine Through Sacred Geometry*
Helen Sperry, Page 15

AH-433 *Scandals and Controversies in Classical Music and Hollywood Music*
Emanuel Abramovits, Page 10

AH-456 *Riverside Cemetery: A Museum of Art, History and Nature*
Martin Begnal, Page 7

COMPUTERS

***NEW* CO-404** *What Are Large Language Models (LLMs), and How Do They Work?*

Paul Daniels, Page 15

CO-426 *Improve Your Understanding of How to Use Your Laptop*
Timothy Padgett, Page 16

CULTURE & LANGUAGE

CL-413 *Spanish: A Journey to New Experiences and Learning*
Gladys Esther Armas Guerra, Page 13

***NEW* CL-416** *Gods, Heroes, and Monsters: An Introduction to Ancient Greek Myths*

Fiona de Merell, Page 14

CL-447 *Parliamo Italiano II*
Nunzio DeFilippis, Page 12

CURRENT EVENTS

CE-003 *Iditarod - The Last Great Race Across Alaska*

Dorothy Cunningham, Page 10

CE-018 *Contemporary Issues*
David Corbett, Page 14

***NEW* CE-038** *Us vs. Them: A Habit of Mind That Threatens American Democracy*

Reggie Marra, Page 13

HEALTH & WELLNESS

***NEW* HW-401** *Eat Plants: Prevent and Reverse Chronic Disease with a Whole Food Plant-Based Lifestyle!*

Denise Rose, Page 8

HW-403 *Tai Chi (Slow-Flow) Chair/Standing and Similar Forms of Tai Ji Quan*

Roxann Riskin, Page 11

HW-413 *Chair Yoga Stretch and Balance Practices for Health and Wellbeing*

Roxann Riskin, Page 10

HW-481 *FFXP's Swing Into Health*
Susan Krusko, Page 6

HISTORY

***NEW* HS-411** *The Words We Live By: The History, Structure, and Development of the U.S. Constitution*
Richard D. McCann, Page 8

***NEW* HS-412** *The Life and Times of Four Presidents of the 1920s*
Leon Di Martino, Page 13

***NEW* HS-413** *The Pivotal Year: 1945 in Global History*
Roger Levy, Page 14

***NEW* HS-414A/B** *Antisemitism: Where Did it Come From, Why is it Still With Us and How Can We Understand What is Making it Proliferate Today*
Diane Stone, Page 16

HS-525 *The Magic Behind the Footlights - Backstage Secrets of Waterbury's Storied Palace Theater*
Donna Cameron, Page 7

HS-557 *Ellis Island and the Search for Modern Relatives*
Eric Lanzieri, Page 12

HORTICULTURE

HC-403 *Composting for the Backyard Gardener*

Bob Lavorgna, Page 13

LITERATURE & WRITING

***NEW* LW-413** *Ekphrastic Writing: Write Fiction, Memoir, Essays, or Poetry Inspired by Images*
Gabriella Brand, Page 6

***NEW* LW-428** *Macbeth*
Lori Lucas, Page 11

***NEW* LW-429** *Euripides' Alcestis*
Christopher Sweeney, Page 12

***NEW* LW-430** *Marie-Madeleine Fourcade: The Young Woman Who Led France's Largest Spy Network Against Hitler*
Maureen Edwards, Page 15

***NEW* LW-513** *Henry IV, Part One*
Lori Lucas, Page 11

LW-514 *Poetry from the Heart*
Julie Cook, Page 14

***NEW* LW-515** *Hidden Influences: Lost Literary Gems of the Twentieth Century*

Richard Klin, Page 9

LW-516 *Is There A Recipe for Writing? Let's Find Out!*

Nancy T Whitney, Page 7

MUSIC

***NEW* MU-410** *A Problem When He's Stoned: The Songs of Kris Kristofferson*

Reggie Marra, Page 12

MU-417 *"L'Orfeo" and the Birth of Opera*

Donna Obarowski, Page 16

MU-420 *Immigrants in America - Stories of Jazz, Blues, Rock and Popular Culture*

Emanuel Abramovits, Page 7

MU-426 *Sing for the Joy of It*
Julie Cook, Page 12

OSHER ONLINE

***NEW* OO-020** *A Beautiful Brain (Osher Online)*

Scott Fulton, Page 10

***NEW* OO-021** *A History of Street Art (Osher Online)*

Heather Shirey, PhD, Page 9

***NEW* OO-022** *AI for Regular People (Osher Online)*

Hod Lipson, PhD & Melba Kurman, Page 11

***NEW* OO-024** *Frank Lloyd Wright and Modern Architecture (Osher Online)*

Jennifer Gray, PhD, Page 8

***NEW* OO-025** *From Leo XIII to Leo XIV: History of 20th and 21st Century Popes (Osher Online)*

Oliva Espin, PhD, Page 8

***NEW* OO-026** *Ghosts in the White House: The People Behind Presidential Speeches (Osher Online)*

Diana Carlin, PhD, Page 6

SPRING 2026 COURSE LISTINGS (CONT.)

NEW **OO-027** *Great Science Stories* (Osher Online)

Johnnie Hendrickson, PhD, Page 11

NEW **OO-028** *JFK's Quest for Peace: Lessons for Turbulent Times* (Osher Online)

Charles Blum, Page 11

NEW **OO-029** *Music: Controversies and Curiosities* (Osher Online)

Emanuel Abramovits, MBA, Page 10

NEW **OO-030** *Siberia: Russia's Frozen Wasteland or Economic Heartland?* (Osher Online)

Asya Pereltsvaig, PhD, Page 9

NEW **OO-031** *The Lost Generation* (Osher Online)

Ferdâ Asya, PhD, Page 9

NEW **OO-032** *The Scopes Monkey Trial: Then and Now* (Osher Online)

Douglas Mishkin, JD, Page 7

NEW **OO-033** *Comic Book Literature* (Osher Online)

Arnold Blumberg, PhD, Page 8

NEW **OO-034** *Writing the Personal Essay: Finding Your Story* (Osher Online)

Lisa Stolley, PhD, Page 16

PERSONAL DEVELOPMENT

NEW **PD-408** *Journey to Self Discovery*

Stacey Altomari, Page 9

PD-460 *Oops! Your Body Language is Showing - Improving Your Health, Performance and Success*

Carolyn Finch-Hulme, Page 13

PHILOSOPHY & RELIGION

NEW **PR-406** *Moses: An Unlikely Character*

Craig Miller, Page 6

SPECIAL EVENTS

SE-024 *New Member Welcome*
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VISUAL ARTS

VA-400 *Tutte Opere Buffe*

Nunzio De Filippis, Page 15

NEW **VA-402** *Paint Your World in Acrylics*

Joan Rubbo, Page 12

VA-403 *Zentangle Basics Marries Neuro Art!*

Debbie Mitchell, Page 16

NEW **VA-404** *Mastering the Use of Color Exploration*

Lisa Arnold, Page 7

VA-432 *Mandalas and More As Art and Personal Relaxation*

Rose-Ann Chrzanowski, Page 13

VA-449 *Photography for Everyone*
Tim Padgett, Page 14

VA-456 *Fundamentals of Drawing*
Thelma Appel, Page 14

VA-461 *The Art in Painting: Learning to See - A Workshop*

Thelma Appel, Page 16

VA-486 *Editing Photographs Using Lightroom and Photoshop*

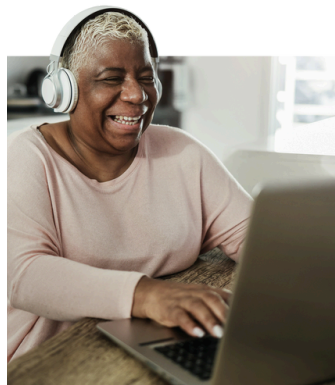
Timothy Padgett, Page 12

Hybrid Courses!

This spring, 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.

OSHER ONLINE

Access even more of
your favorite classes,
with just a
few clicks.



We are delighted to announce that you have access to Osher Online courses, which are carefully curated by the Osher National Resource Center for OLLIs around the country.

Every semester, in addition to our own courses, we 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!

You already
love your local
Osher institute.

Now, explore Osher Online, which offers world-class courses from the comfort of your own home.



UConn
WATERBURY

Osher Online

in collaboration with Northwestern University
School of Professional Studies

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

***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. Their end dates may extend beyond the semester end date listed on the course catalog.**

MONDAY COURSES

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

10 sessions | 3/2 - 5/4 | 9:00 AM - 10:00 AM | \$75 | [Online](#); [Recorded](#)

This fun-filled 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!

NEW PR-406 | ***Moses: An Unlikely Character** with Craig Miller

10 sessions | 3/2 - 5/4 | 10:15 AM - 11:45 AM | \$112 | [Online](#); [Recorded](#)

This course will immerse students in a folkloric Moses for whom no historical evidence exists. We will delve into biblical/post-biblical materials, probing the ancient formation and impact of this diverse, malleable persona on Judaic, Christian, and contemporary perceptions.

NEW LW-413 | **Ekphrastic Writing: Write Fiction, Memoir, Essays, or Poetry Inspired by Images** with Gabriella Brand

9 sessions | 3/9 - 5/4 | 12:00 PM - 1:30 PM | \$101 | [Online](#)

Personal photos, famous paintings, nature photos or clips in a magazine...writers will take their inspiration from a variety of images. Gabriella Brand will guide the process and encourage students to discover their preferred genre. This course is open to writers of all experience levels.

NEW OO-026 | **Ghosts in the White House: The People Behind Presidential Speeches ([Osher Online](#))** with Diana Carlin, PhD

6 sessions | 3/30 - 5/4* | 3:00 PM - 4:30 PM | \$68 | [Online](#)

Have you ever wondered who writes presidential speeches? This course traces the evolution of speechwriting from George Washington's administration to today. Yes, Hamilton helped draft Washington's Farewell Address, but no, Lincoln did not scribble the Gettysburg Address on an envelope. We will study the writing process presidents used and examine drafts from FDR, Truman, Eisenhower, Kennedy, Carter, and George H.W. Bush. We will view clips from speeches and from former White House speechwriters describing the process.

TUESDAY COURSES

MU-420 | **Immigrants in America - Stories of Jazz, Blues, Rock and Popular Culture** with Emanuel Abramovits

5 sessions | 3/3 - 3/31 | 8:30 AM - 10:00 AM | \$56 | [Online](#); [Recorded](#)

Join me to explore how minority influences revolutionized 20th-century music and entertainment. Drawing on decades of experience and rich audiovisuals, we'll uncover the legacy of iconic artists, producers, and labels shaping Rock, Pop, Blues, and Jazz.

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

4 sessions | 3/10 - 3/31 | 11:00 AM - 12:30 PM | \$45 | [In-Person, Off-Site](#)

This course will include a slideshow of restoration and old theater photos, an architectural tour, a partial viewing of a load-in of a Broadway show, and a look into the life of Sylvester Z. Poli, the theater's original builder and operator. There will also be a Q&A with the Palace CEO.

NEW OO-032 | **The Scopes Monkey Trial: Then and Now** ([Osher Online](#)) with Douglas Mishkin, JD

6 sessions | 3/31 - 5/5* | 11:00 AM - 12:30 PM | \$68 | [Online](#)

In July 1925, Clarence Darrow, William Jennings Bryan, and others converged on Dayton, Tennessee, for the Scopes Monkey Trial - an eight-day clash over religion, science, public education, free speech, and textbooks broadcast nationwide. One hundred years later, these debates continue. This course explores why the trial happened in Dayton, how Bryan and Darrow became involved, what occurred in the courtroom, whether *Inherit the Wind* reflects reality, who won and lost, and why it still matters today.

LW-516 | **Is There A Recipe for Writing? Let's Find Out!** with Nancy T Whitney

10 sessions | 3/3 - 5/5 | 12:00 PM - 1:30 PM | \$112 | [Online](#)

I encourage my students to find their own style of writing, poetry, prose or what they want to write. In this course, we'll also explore new ways of expressive writing.

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

5 sessions | 4/7 - 5/5 | 12:00 PM - 1:30 PM | \$56 | [In-Person, Off-Site](#)

This class will be taught onsite at Riverside Cemetery, a 36-acre National Historic site and arboretum dedicated in 1853 and built as part of the Rural Cemetery Movement of the mid-19th century.

NEW VA-404 | ***Mastering the Use of Color Exploration** with Lisa Arnold

5 sessions | 3/3 - 3/31 | 1:45 PM - 3:15 PM | \$56 | [Online](#)

So many are confused with the properties of color mixing. In these sessions, students will learn how to mix and create the colors of their choice to enhance their work. Basic paint or drawing sets do not provide you with many color choices unless you mix and match. Come learn how!

NEW OO-033 | **Comic Book Literature (Osher Online)** with Arnold Blumberg, PhD

6 sessions | 3/31 - 5/5* | 3:00 PM - 4:30 PM | \$68 | [Online](#)

Comics (blending words and pictures to tell stories) stretch from cave paintings and the Bayeux Tapestry to today's Batman and Spider-Man. Far more than superhero tales, comics are a versatile literary artform, capturing intimate and epic stories, social issues, and cultural moments through panels and word balloons. In this course, we will trace their history, explore their power, and read and discuss works including *Understanding Comics*, *Watchmen*, *Maus*, *Fun Home*, and *Persepolis*.

NEW HS-411 | **The Words We Live By: The History, Structure, and Development of the U.S. Constitution** with Richard D. McCann

2 sessions | 4/7 - 4/14 | 1:45 PM - 3:15 PM | \$23 | [Online](#)

This two-part course will explore the history of the United States Constitution, its structure, key clauses, and evolution as a governing document. It will also explain the development of the Bill of Right and subsequent Constitutional Amendments.

NEW HW-401 | **Eat Plants: Prevent and Reverse Chronic Disease with a Whole Food Plant-Based Lifestyle!** with Denise Rose

8 sessions | 3/10 - 4/28 | 4:00 PM - 6:00 PM | \$120 | [Online](#); [Recorded](#)

This course teaches the evidence-based scientific reasons for why eating a whole food, plant-based (WFPB) diet significantly lowers risk for chronic disease. It also presents strategies for designing and eating a well-balanced, plant-based diet through the use of shared recipes.

NEW OO-025 | **From Leo XIII to Leo XIV: History of 20th and 21st Century Popes (Osher Online)** with Oliva Espín, PhD

6 sessions | 4/7 - 5/12* | 5:00 PM - 6:30 PM | \$68 | [Online](#)

The death of Pope Francis and the election of the first U.S.-born Pope have been in the news repeatedly in the last few months, capturing the imagination of many people, including non-Catholics. Who are these men? What are their life stories? How were they similar to and different from each other? In this course, we will discuss the lives and dominant perspectives of the last ten Popes, exploring their most significant positions and their influence on world affairs.

NEW OO-024 | **Frank Lloyd Wright and Modern Architecture (Osher Online)** with Jennifer Gray, PhD

6 sessions | 4/21 - 5/26* | 7:00 PM - 8:30 PM | \$68 | [Online](#)

Frank Lloyd Wright designed nearly 1,000 buildings and helped define modern architecture. This course explores highlights of his practice, from Prairie houses to Fallingwater and the Guggenheim Museum, alongside lesser-known projects like affordable housing and city planning. We'll examine how Wright's work reflected cultural shifts in technology, science, and politics, offering a deeper understanding of his lasting influence on architecture and modern design.

WEDNESDAY COURSES

NEW PD-408 | **Journey to Self Discovery** with Stacey Altomari

10 sessions | 3/4 - 5/6 | 10:15 AM - 11:45 AM | \$112 | [Online](#)

Who am I? How did my life unfold? What was, and is, my role in it? These are questions towards a journey of "self" discovery. Why not get to truly know who YOU are? YOU are a unique version of the "I am" and deserving of discovery. I'm here to walk beside you.

NEW OO-021 | **A History of Street Art (Osher Online)** with Heather Shirey, PhD

6 sessions | 4/1 - 5/6* | 11:00 AM - 12:30 PM | \$68 | [Online](#)

Art in the streets (including graffiti, murals, stickers, and paste-ups) gives voice to marginalized communities, shapes urban environments, and challenges institutional norms. This course explores graffiti and street art in the U.S. and around the world, examining their histories, motivations, and social impact. Participants will consider the rise of global mural movements, efforts to preserve and present street art, and its evolving role in activism, community identity, and social change.

NEW OO-030 | **Siberia: Russia's Frozen Wasteland or Economic Heartland? (Osher Online)**

with Asya Pereltsvaig, PhD

6 sessions | 4/1 - 5/6* | 1:00 PM - 2:30 PM | \$68 | [Online](#)

Siberia covers three quarters of Russia's territory but is home to only a quarter of its population. Yet its role in shaping Russia as a vast and wealthy empire is profound. In this course, we will explore Siberia's economic significance, indigenous cultures, and history as a penal colony, along with its importance for climate change, environmental issues, and Russian-Chinese relations. We will also consider Siberia's role in both the rise and possible fragmentation of Russia.

NEW LW-515 | ***Hidden Influences: Lost Literary Gems of the Twentieth Century** with Richard Klin

6 sessions | 3/4 - 4/8 | 1:45 PM - 3:45 PM | \$90 | [Online](#); **Recorded**

This class will survey four works of fiction from the twentieth century that are pivotal and enduring in the literary lexicon and the culture at large — but that are largely unread by modern audiences. We will discuss these books in the context of their time. The books are noted on the *Required/Recommended Books & Supplies* center insert.

NEW OO-031 | **The Lost Generation (Osher Online)** with Ferdâ Asya, PhD

6 sessions | 4/15 - 5/20* | 3:00 PM - 4:30 PM | \$68 | [Online](#);

This course will examine the cultural transformations in thinking and living that reshaped America and Western Europe between World War I and the Great Depression. Known as the Roaring Twenties, the Jazz Age, and the Lost Generation, this period redefined values and norms. We will explore the vibrant world of 1920s Paris through F. Scott Fitzgerald's *Babylon Revisited* and Bernice Bobs' *Her Hair*, Ernest Hemingway's *The Sun Also Rises*, and Gertrude Stein's *The Autobiography of Alice B. Toklas*, considering the lasting legacy of the era.

NEW OO-029 | **Music: Controversies and Curiosities (Osher Online)** with Emanuel Abramovits, MBA
6 sessions | 4/15 - 5/20* | 5:00 PM - 6:30 PM | \$68 | [Online](#)

Music has long provoked debate, from Beethoven and Stravinsky's bold innovations to Broadway works like *Annie Get Your Gun* and *South Pacific*, now revisited through modern concerns about race, consent, and gender. Is political correctness enriching art or erasing cultural heritage? We will also examine plagiarism and borrowing in pop and film music, with cases involving The Beatles, Pink Floyd, and Peter Dinklage. This course blends audiovisuals, anecdotes, and humor to explore music's most controversial moments.

THURSDAY COURSES

AH-433 | **Scandals and Controversies in Classical Music and Hollywood Music** with Emanuel Abramovits

5 sessions | 3/5 - 4/2 | 8:30 AM - 10:00 AM | \$56 | [Online](#); [Recorded](#)

Let's analyze controversial musical works involving Beethoven, Stravinsky, Cage, Wagner, Mahler, Williams and others in the classical field and in movie music. Revolutionary pieces that challenged established norms, created discord, scandal and censorship will be discussed.

HW-413 | **Chair Yoga Stretch and Balance Practices for Health and Wellbeing** with Roxann Riskin

10 sessions | 3/5 - 5/7 | 10:15 AM - 11:45 AM | \$112 | [Online](#)

Welcome to fun, engaging yoga exercise movement sessions enhancing mental and physical wellbeing. Sessions will focus on standing and chair-assisted yoga with attention to breath awareness and alignment/postures incorporating balance, strength, flexibility, and fall prevention!

NEW OO-020 | **A Beautiful Brain (Osher Online)** with Scott Fulton

6 sessions | 4/9 - 5/14* | 11:00 AM - 12:30 PM | \$68 | [Online](#)

Most conversations about aging focus on lifespan, but brainspan (how long our mind stays sharp) matters more. In this course, we will explore how the brain ages and what science reveals about protecting memory, balance, and clarity. Topics include normal changes versus early dementia, neuroplasticity, nutrition, sleep, stress, social ties, and purpose. Each session blends accessible science with self-tests and take-home practices. We will also build a personalized Cognitive Health Scorecard to track habits and strengthen resilience.

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

1 session | 3/5 | 12:00 PM - 1:30 PM | \$15 | [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.

NEW LW-428 | **Macbeth** with Lori Lucas

5 sessions | 3/5 - 4/2 | 12:00 PM - 1:30 PM | \$56 | [Online](#)

This class will offer a chance for close reading and discussion of Shakespeare's *Macbeth*.

NEW OO-028 | **JFK's Quest for Peace: Lessons for Turbulent Times (Osher Online)**

with Charles Blum

6 sessions | 4/2 - 5/7* | 1:00 PM - 2:30 PM | \$68 | [Online](#)

Throughout his 1,000-day presidency, John Kennedy pursued peace through a broad spectrum of initiatives. He saw a connection between learning and leadership and sought to use military deterrence, diplomacy, and soft power in novel ways. In this course, we will explore how his character and life experiences were the origins of those efforts. We will evaluate his powers of persuasion by listening to key speeches, and we will assess his successes and failures and their relevance to today's world.

NEW LW-513 | ***Henry IV, Part One** with Lori Lucas

5 sessions | 4/9 - 5/7 | 12:00 PM - 1:30 PM | \$56 | [Online](#)

In this course we will take a close look at Shakespeare's *Henry IV, Part One*, which is the second book in the tetralogy known as the *Henriad*. Here we will look at the language, poetry, characters (including Falstaff), and the themes of honor, power, and rebellion.

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

10 sessions | 3/5 - 5/7 | 1:45 PM - 3:00 PM | \$94 | [Online](#)

This course offers an intro to Tai Chi, slow-flow, chair/standing, and guided Tai Chi forms, enhancing mental and physical wellbeing. Sessions will focus on Yang, intentional slow-flow, and similar style form/practices of Tai Ji Quan for posture, balance, joint awareness, and fall prevention.

NEW OO-027 | **Great Science Stories (Osher Online)** with Johnnie Hendrickson, PhD

6 sessions | 4/9 - 5/14* | 3:00 PM - 4:30 PM | \$68 | [Online](#)

Science is full of surprises. Dyes, accidentally discovered, launched the modern pharmaceutical industry. A failed experiment opened the door to new physics. Discoveries are never just facts. They are moments of creativity, struggle, and chance with far-reaching consequences. In this course, we will explore the human side of science, tracing breakthroughs in biology, chemistry, physics, and more. We will ask not only what was found, but how and why it matters.

NEW OO-022 | **AI for Regular People (Osher Online)** with Hod Lipson, PhD & Melba Kurman

6 sessions | 4/2 - 5/7* | 7:00 PM - 8:30 PM | \$68 | [Online](#)

Back by popular demand, this updated course offers a clear, engaging introduction to Artificial Intelligence (AI) and how it's rapidly transforming our world. From self-driving cars to chatbots and precision medicine, we will explore how AI works, where it's headed, and what it means for society. No tech experience needed—just curiosity! With fresh examples and timely updates, participants will gain a solid understanding of the opportunities and challenges AI presents today.

FRIDAY COURSES (EARLY MORNING)

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

4 sessions | 3/6 - 3/27 | 8:30 AM - 10:00 AM | \$45 | **In-Person**

We'll interpret Ellis Island arrival records, show how they can be used to get info about ancestors, and suggest methods for using them to help discover living relatives in the ancestor's country of origin. Students are encouraged to submit their own ancestor's info for use.

VA-486 | ***Editing Photographs Using Lightroom and Photoshop** with Timothy Padgett

10 sessions | 3/6 - 5/8 | 8:30 AM - 10:00 AM | \$112 | **In-Person**

This course is designed for students who wish to improve their photographs to create works of art.

NEW MU-410 | **A Problem When He's Stoned: The Songs of Kris Kristofferson** with Reggie Marra

10 sessions | 3/6 - 5/8 | 8:45 AM - 10:00 AM | \$94 | **In-Person**

We'll listen to and discuss songs from Kris Kristofferson's 1970 debut album, *Kristofferson*, through his 2013 final release of new material, *Feeling Mortal*. This will include both the hits and some songs you may not have heard. We'll track Kris' biography and worldview as we go.

NEW VA-402 | ***Paint Your World in Acrylics** with Joan Rubbo

10 sessions | 3/6 - 5/8 | 9:30 AM - 11:30 AM | \$150 | **In-Person**

Delve into the world of acrylics creating works of art of the subject of your choice. Use a photo of an item or location that is of significance to you.

CL-447 | **Parliamo Italiano II** with Nunzio DeFilippis

10 sessions | 3/6 - 5/8 | 9:45 AM - 11:45 AM | \$150 | **In-Person**

This course will be a continuation of Parliamo Italiano I. All who can speak little to moderate Italian are welcome.

NEW LW-429 | ***Euripides' Alcestis** with Christopher Sweeney

3 sessions | 3/20 - 4/3 | 8:45 AM - 10:00 AM | \$28 | **In-Person**

We will read and discuss the ancient Greek playwright Euripides' radiant tragicomedy *Alcestis* in which a wife willingly dies in her husband's place. In this piece, he learns something about what it means to be human, and the hero, Heracles, wrestles Death to reunite the couple.

MU-426 | **Sing for the Joy of It** with Julie Cook

5 sessions | 4/10 - 5/8 | 9:00 AM - 10:00 AM | \$38 | **In-Person**

Group singing helps us feel great in mind, body, and spirit. Let's make a joyful sound with harmonies that emerge easily by singing rounds and simple parts of songs. No experience is needed, and you can record on your phone as we learn new songs!

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

4 sessions | 4/17 - 5/8 | 8:30 AM - 10:00 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!

FRIDAY COURSES (LATE MORNING)

NEW HS-412 | **The Life and Times of Four Presidents of the 1920s** with Leon Di Martino

4 sessions | 3/6 - 3/27 | 10:15 AM - 11:45 AM | \$45 | **In-Person**

Explore four Presidents - Woodrow Wilson, Warren Harding, Calvin Coolidge, and Herbert Hoover - each with unique backgrounds and paths to power. Learn about their early lives, political rise, and how their policies shaped the 1920s and still influence modern America.

PD-460 | **Oops! Your Body Language is Showing - Improving Your Health, Performance and Success** with Carolyn Finch-Hulme

5 sessions | 3/6 - 4/3 | 10:15 AM - 11:45 AM | \$56 | **In-Person**

This interactive program will help seniors understand more about body language and improve their overall health. Attendees have the opportunity to enjoy laughter, increased energy, and wisdom from the instructor's decades of experience in speech therapy, nutrition, and kinesiology.

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

10 sessions | 3/6 - 5/8 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

This course explores many different art mediums to create mandalas, but you are not restricted to creating your art in a circular format. This art comes from your heart — no former artistic experience is required. Experiment, discover, relax, and have fun!

NEW CE-038 | **Us vs. Them: A Habit of Mind That Threatens American Democracy** with Reggie Marra

10 sessions | 3/6 - 5/8 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

We'll explore human dignity, rule of law, states' rights, wars of choice, violence, trauma, voting rights, citizenship, Project 2025, and the global movement toward autocracy and oligarchy through the us-vs.-them worldview that dominates America's foreign and domestic policies.

CL-413 | ***Spanish: A Journey to New Experiences and Learning** with Gladys Esther Armas Guerra

10 sessions | 3/6 - 5/8 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

This introductory Spanish course will focus on learning the Spanish language in a step-by-step, fun way with a special emphasis on practical use. We'll find commonalities between Spanish and English and discover words that are similar in both, which will encourage and empower participants.

CE-018 | **Contemporary Issues** with David Corbett

10 sessions | 3/6 - 5/8 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

This course will offer an examination of the issues and problems currently impacting our nation and world. Emphasis will be placed on approaching the examination of these issues and problems by examining their historical development up to their current impact. Group discussion is encouraged.

VA-449 | **Photography for Everyone** with Timothy Padgett

10 sessions | 3/6 - 5/8 | 10:15 AM - 11:45 AM | \$112 | **In-Person**

This course is designed to teach anyone who has a camera or cellphone how to get the most out of their equipment. Come have fun while learning in this course!

NEW HS-413 | **The Pivotal Year: 1945 in Global History** with Roger Levy

4 sessions | 4/17 - 5/8 | 10:15 AM - 11:45 AM | \$45 | **In-Person**

1945 was an especially consequential year, so say a number of historians. This course will explore the series of events that made the year 1945 so noteworthy.

FRIDAY COURSES (MIDDAY)

NEW CL-416 | **Gods, Heroes, and Monsters: An Introduction to Ancient Greek Myths**
with Fiona de Merell

5 sessions | 3/6 - 4/3 | 1:45 PM - 3:15 PM* | \$56 | **In-Person**

***This course was originally scheduled to run from 12:00 PM - 1:30 PM, but has since been changed to run from 1:45 PM - 3:15 PM.**

Step into a world of epic battles, divine intrigue, and legendary quests. In this course we will meet the ancient Greeks and their gods. We'll discover the deeper meaning behind their myths and also see how these stories still pervade our lives today.

LW-514 | **Poetry from the Heart** with Julie Cook

5 sessions | 3/6 - 4/3 | 12:00 PM - 1:30 PM | \$56 | **In-Person**

We'll read and discuss examples of good poetry as a catalyst for exploring and writing from our deepest selves. Creative prompts will inspire our writing, as well as works of art. This supportive group provides a safe space in which to express freely from our hearts.

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

10 sessions | 3/6 - 5/8 | 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-400 | **Tutte Opere Buffe** with Nunzio DeFilippis

10 sessions | 3/6 - 5/8 | 12:00 PM - 2:00 PM | \$150 | **In-Person**

Voyage into the world of operas buffe. It's all about happy operas — no more tragedies, killings, or sadness. It's time to celebrate! From Mozart's *Così fan tutte* (1790), Rossini's *Il Barbiere di Siviglia* (1816), and Donizetti's *L'elisir d'amore* (1832), to Verdi's *Falstaff* (1893) and Puccini's *Gianni Schicchi* (1918).

NEW CO-404 | **What Are Large Language Models (LLMs), and How do they Work?**
with Paul Daniels

1 session | 3/13 | 12:00 PM - 1:30 PM | \$15 | **In-Person**

This lecture introduces the fundamental concepts behind Large Language Models (LLMs). We will explore how LLMs are trained on vast amounts of text data, how they learn statistical patterns in language, and how they generate responses.

NEW LW-430 | ***Marie-Madeleine Fourcade: The Young Woman Who Led France's Largest Spy Network Against Hitler** with Maureen Edwards

5 sessions | 4/10 - 5/8 | 12:00 PM - 1:30 PM | \$56 | **In-Person**

This course will be based on the biography *Madame Fourcade's Secret War*. We will read the book over a five-week period, discuss the book, and look at the background events that influence Marie-Madeleine Fourcade and her resistance group.

FRIDAY COURSES (LATE AFTERNOON)

AH-414 | **Exploring the Underlying Unity and Interconnectedness of the Divine Through Sacred Geometry** with Helen Sperry

5 sessions | 3/6 - 4/3 | 1:45 PM - 3:15 PM | \$56 | **In-Person**

Explore the principles of Sacred Geometry, including the symbolism of geometric shapes and patterns found in nature, architecture, and art. We'll learn to draw and construct sacred geometric designs and about their spiritual significance in cultural traditions. No math needed!

CO-426 | **Improve Your Understanding of How to Use Your Laptop** with Timothy Padgett

10 sessions | 3/6 - 5/8 | 1:45 PM - 3:15 PM | \$112 | **In-Person**

This course will help students understand and get the most out of their Windows- or Mac-based laptops.

AH-410 | **Indigenous Art History of North America (Native American and Canadian First Peoples)**

with Maryclaire Morin

10 sessions | 3/6 - 5/8 | 1:45 PM - 3:15 PM | \$112 | **In-Person**

This is a survey of the art and culture of various indigenous tribes of North America. Starting with the Northwest Pacific Coast, we will slowly work our way across the continent. The history of differing regions will be presented along with religious beliefs and culture.

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

10 sessions | 3/6 - 5/8 | 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.

VA-403 | ***Zentangle Basics Marries Neuro Art!** with Debbie Mitchell

10 sessions | 3/6 - 5/8 | 1:45 PM - 3:45 PM | \$150 | **In-Person**

Zentangle is a drawing method that is both creative and relaxing. Neuro Art is also simple and relaxing. When you combine the two, you have a wealth of creativity to explore!

MU-417 | **"L'Orfeo" and the Birth of Opera** with Donna Obarowski

5 sessions | 4/10 - 5/8 | 1:45 PM - 3:15 PM | \$56 | **In-Person**

Monteverdi's *L'Orfeo* (1607) is generally regarded as the work that launched the operatic genre. His use of musical resources to tell an ancient story inspired generations of future composers. Let's explore the birth of a new art form and piece that's still performed today.

NEW HS-414A/B | **Antisemitism: Where Did it Come From, Why is it Still With Us and How Can We Understand What is Making it Proliferate Today** with Diane Stone

5 sessions | 4/10 - 5/8 | 1:45 PM - 3:15 PM | \$56 | **Hybrid; Recorded**

Antisemitism is the world's oldest prejudice. Join us as we examine where it came from and why it is still with us. Learn to understand Zionism and anti-Zionism and why conflating them with antisemitism complicates our ability to make unprejudiced progress in today's world.

SATURDAY COURSES

NEW OO-034 | **Writing the Personal Essay: Finding Your Story (Osher Online)** with Lisa Stolley, PhD

6 sessions | 4/18 - 5/23* | 2:00 PM - 3:30 PM | \$68 | **Online**

The personal essay, one of the oldest forms of creative nonfiction, blends storytelling, reflection, and analysis to give voice to lived experience. In this course, we will explore the personal essay as both art and self-expression. Through readings, discussion, and writing exercises, we will study elements such as narrative arc, scene-setting, and reflection. We will draft our own essays, discovering how this enduring form helps us find our voices and tell our stories with clarity.

SPRING 2026 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/>

March 6	Bill Cloutier Presents <i>Planetary Defense - Safeguarding the Earth</i> Asteroid and comet impacts shaped the early solar system and, though rare today, still pose a significant threat. Fortunately, with early detection and tracking efforts, catastrophic collisions can be prevented or mitigated. We'll explore what's being done - even locally - to safeguard Earth.
March 13	Scott Verchin Presents <i>Camille Pissarro - Father of the Impressionist Movement</i> Camille Pissarro, a French-Jewish painter and often called the Father of Impressionism, mentored artists like Cezanne, Degas, Renoir, Seurat, Gauguin, Monet, and Van Gogh - even those with anti-Semitic views. We'll examine these relationships, their influence on the movement, and how the Impressionists ultimately won over French society.
March 20	Dr. Peter Jacoby Presents <i>Wound Care and Its Importance as We Age</i> We'll review general descriptions of the types of wounds we encounter and how to manage and prevent them. We'll also review what's new in the field.
March 27	Jan Baltrush Presents <i>How to Get and Then Stay Organized</i> Passionate about recycling and reuse, Jan motivates and supports clients to get - and stay - organized. In this presentation, Jan will share practical tips for decluttering, sorting, and organizing the items you keep.
April 3	Stacey Altomari, Carmelita Rifkin, and Rose-Ann Chrzanowski Present <i>Healing Your Mind, Body and Spirit</i> We will discuss our unique techniques and skills to heal your whole body. Together we will explain how energy healing works and the unique ways in which your body can heal itself.
April 10	Dr. Raymond Sullivan Presents <i>Breakneck: The Hill That Made Waterbury Famous — or Infamous?</i> We'll discuss the history and importance of Breakneck Hill, then a part of Waterbury, to the American Revolution and the important individuals who crossed its rugged terrain. This includes George Washington, John Adams, and the encampment of the French Army of the Comte de Rochambeau from June 27th through 30th, 1781.
April 17	Diane Stone Presents <i>British Intelligence in World War II</i> Britain faced an enormous, seemingly impossible task during World War II as the only European nation not under Nazi control, allied with Germany, or neutral. This talk reveals how British intelligence - those famous MI agencies - became a secret weapon, sharing fascinating stories and surprising details you may not know.
April 24	Sharon Stotz Presents <i>The Art and Stories of the Pope Family at Hill-Stead Museum</i> Hill-Stead Museum houses world-class Impressionist paintings in Alfred Atmore Pope's historic home, complemented by decorative arts and original furnishings. Its archives - filled with diaries, letters, and invoices - reveal the rich story behind the collection and the Pope family.
May 1	Chuck Miceli Presents <i>GOD is Watching the Apples - The Story Behind the Book</i> This presentation reviews <i>GOD is Watching the Apples</i> , a heartfelt story of faith, resilience, and the history of Tops Marketplace in Plantsville, including its devastating 2019 fire and community-driven rebuild. More than a business tale, the book explores themes of grit, grief, God, and groceries through inspiring first-person accounts.
May 8	Join us for our End-of-Semester Celebration! TBD!
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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.

SPRING CAFÉ OPPORTUNITY

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

For the Spring 2026 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.

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



UConn
WATERBURY

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Monday to Saturday Options

1-10 Meetings Per Class

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olli.uconn.edu



UConn Waterbury serves more than 1,000 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.