OSHER LIFELONG LEARNING INSTITUTE

2027 WINTER Course Catalog

Where curiosity never retires.



REGISTRATION OPENS:
MONDAY, NOV. 30, 9 A.M.

SEMESTER:
JANUARY 4 –
JANUARY 29, 2027

FEATURING 24
NEW COURSES

ONLINE AND
IN-PERSON

UCONN
WATERBURY

Monday

For more information on winter courses, please visit the registration website by going to olli.uconn.edu and clicking on the "Take a Class or Join OLLI Now" link.
***Please Note: Osher Online courses are not recorded and 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.**

NEW OO-062 | **Gilded Age New York (Osher Online)** with Adam Kocurek
6 sessions | 1/25 - 3/1* | 11:00 AM - 12:30 PM | $68 | **Online**

The Gilded Age continues to captivate the public imagination, with glamour and excess that inspire both fascination and critique. In this course, we will trace this transformative era across nearly half a century, examining how it reshaped the U.S. socially, culturally, and economically. With a focus on New York City, we will discuss the people, scandals, places, and trends that defined the period and why they still matter today.

NEW OO-071A | **Functional Healthspan: Measuring What Matters (Osher Online)** with Scott Fulton
6 sessions | 1/25 - 3/1* | 11:00 AM - 12:30 PM | $68 | **Online**

This hands-on course explores healthspan, the length of time a person lives in good health, through the lens of functional ability. We will examine how strength, endurance, mobility, flexibility, and cognition support independence and quality of life. Each session will blend evidence-based instruction with active self-assessments to help identify personal blind spots. By the end of the course, we will develop a personalized 12-week plan for building and maintaining function in daily life.

HS-549 | **Only Hope: My Mother and the Holocaust Brought to Light** with Irv Lubliner
1 session | 1/4 | 1:45 PM - 3:45 PM | $15 | **Online ; Recorded**

Before her death in 1974, Felicia Bornstein Lubliner wrote about her life in Nazi-occupied Poland, including captivity in two concentration camps, Auschwitz and Gross-Rosen. Her son will share excerpts from *Only Hope: A Survivor's Stories of the Holocaust*, illuminating her harrowing experiences and indomitable spirit, while offering his own perspective as the child of two Holocaust survivors.

NEW OO-072 | **Funny You Should Mention It: TV Sitcoms in the 21st Century (Osher Online)** with Jim McKairnes
6 sessions | 1/25 - 3/1* | 3:00 PM - 4:30 PM | $68 | **Online**

In this course, we will explore the evolution of the half-hour comedy, from *I Love Lucy*, *All in the Family*, *Soap*, *The Cosby Show*, and *Seinfeld* to today's meta humor, mockumentaries, cringe comedy, and sad comedies. We will examine how sitcoms changed as American culture changed and broadcast television evolved, considering shifts in writing, structure, pacing, characters, and expectations. Together, we will ask why today's funniest half-hour comedies do not always have to be funny.

NEW OO-073 | **The Power of Introverts (Osher Online)** with Jeri Bingham
6 sessions | 2/1 - 3/8* | 7:00 PM - 8:30 PM | $68 | **Online**

"Introverts are hermits. Introverts don't like people. Introverts can't hold a conversation." In this course (a repeat Osher Online offering), we will unpack these myths and explore introversion as a misunderstood personality type. We will discuss the power of introverts, the exhaustion of masking as extroverts, and the stigma attached to the word itself. Together, we will consider how introverts and extroverts can better understand, support, and honor one another.

Tuesday

NEW HW-416 | **Energy Healing Centers: A Journey Through the Chakras** with Linda Bronn
1 session | 1/5 | 10:15 AM - 11:45 AM | $15 | **Online ; Recorded**

Come discover the energy centers within your body and explore how they relate to your physical, emotional, and spiritual well-being.

NEW OO-075 | **John Muir and the American Environmental Movement (Osher Online)** with Mike Wurtz
6 sessions | 1/26 - 3/2* | 11:00 AM - 12:30 PM | $68 | **Online**

Famed naturalist John Muir, often called the"father of the national parks," reveled in Earth's beauty and strove to preserve places such as Yosemite. His observations challenged ideas about the science of nature and how best to protect it. Using Muir's journals, letters, drawings, and manuscripts, curated at the University of the Pacific, we will explore his masterful observational skills and his legacy in the American environmental movement.

HS-410 | **U.S. Immigration History, Perspectives, and Challenges** with Richard McCann
3 sessions | 1/5 - 1/19 | 12:00 PM - 1:30 PM | $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 the present. We will trace the origins of American Nativism and xenophobia as well as discuss contemporary challenges at the Southern border.

NEW LW-430 | **Hidden Influences: Lost Literary Gems of the Twentieth Century, Part II**
with Richard Klin
4 sessions | 1/5 - 1/26 | 1:45 PM - 3:00 PM | $38 | **Online ; Recorded**

This course is a continuation of the original course, but with new titles. Join me as we survey four works of fiction from the 20th 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 as well as consider their relevance to our current era.

Recommended Supplies:

- *The Godfather* by Mario Puzo; ISBN: 978-0451205766
- *Dracula* by Bram Stoker; ISBN: 978-0141439846
- *On the Road* by Jack Kerouac; ISBN: 9780142437254
- *The Maltese Falcon* by Dashiell Hammett; ISBN: 978-0679722649

Please Note: The above are the suggested editions. However, there may be different versions of these books that you can purchase as well. Please make sure the edition you're getting is authorized and not a knockoff.

NEW OO-074 | **Famous Furniture Makers and Their Fabulous Creations (Osher Online)**
with Eleanor Schrader
6 sessions | 1/19 - 2/23* | 3:00 PM - 4:30 PM | $68 | **Online**

Throughout history, furniture makers and decorative artists have often been viewed as secondary to painters and sculptors, yet furniture and decorative objects are important works of art in their own right. This course will trace furniture styles in Europe and America, from ancient times to the end of the 18th century, focusing on marquetry, gilding, lacquering, upholstery, mechanization, and other techniques, while considering the artists, patrons, materials, and methods behind these creations.

NEW OO-076 | **Women's Suffrage: About More Than the Vote! (Osher Online)**
with Diane Carlin
6 sessions | 1/26 - 3/2* | 3:00 PM - 4:30 PM | $68 | **Online**

From the earliest days of colonization, the U.S. legal system denied women many rights. Because voting was not part of European tradition, early women's rights advocates focused primarily on property and legal rights. As voting rights were extended to formerly enslaved people, the women's movement broadened its goals. In this course, we will examine the well-known and lesser-known advocates who led the decades-long struggle for women's rights and the tactics they used to advance equality.

NEW OO-077 | **Women, Sainthood, and Power (Osher Online)** with Olivia Espin
6 sessions | 2/2 - 3/9* | 5:00 PM - 6:30 PM | $68 | **Online**

This course explores the lives of female saints through history, religion, psychology, women's and gender studies, and cultural studies. Through figures such as Joan of Arc, Teresa of Avila, Rose of Lima, Frances Cabrini, and others, participants will examine women whose strength, complexity, and influence challenge narrow stereotypes of sainthood. Their stories reveal strategies of resistance, adaptation, and leadership within the limits of their times and invite reflection on their relevance today.

Wednesday

NEW PD-404 | **You Are More Than Your Stories and Patterns** with Stacey Altomari
4 sessions | 1/6 - 1/27 | 10:15 AM - 11:45 AM | $45 | **Online**

What if every challenge was a gift and those stories or patterns aren't yours? What if you could reclaim your power and live life as it was meant to be? I can start you on that journey of self discovery. Come join me.

NEW OO-078 | **Today's Technology: How Does It Work? (Osher Online)**
with Elizabeth Burnette
6 sessions | 1/20 - 2/24* | 11:00 AM - 12:30 PM | $68 | **Online**

Technology's pace continues to accelerate. In this introductory course, we will build a general understanding of several important advances, including the internet and cloud computing, cellphones and social media, robotics and 3D printing, self-driving vehicles, blockchain and cryptocurrency, and AI. No prior technical knowledge is required. We will take a broad overview of these complex subjects, with an emphasis on building understanding rather than exploring each subject in depth or debating ethical questions.

NEW OO-071B | **Functional Healthspan: Measuring What Matters (Osher Online)**
with Scott Fulton
6 sessions | 1/27 - 3/3* | 11:00 AM - 12:30 PM | $68 | **Online**

This hands-on course explores healthspan, the length of time a person lives in good health, through the lens of functional ability. We will examine how strength, endurance, mobility, flexibility, and cognition support independence and quality of life. Each session will blend evidence-based instruction with active self-assessments to help identify personal blind spots. By the end of the course, we will develop a personalized 12-week plan for building and maintaining function in daily life.

HS-422 | **The Words We Live By: A History of the U.S. Constitution and Key Amendments** with Richard McCann
2 sessions | 1/6 - 1/13 | 12:00 PM - 1:30 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 Rights and subsequent Constitutional Amendments.

NEW OO-080 | **The Last 100 Years of Russian Rulers: From Stalin to Putin (Osher Online)** with Asya Pereltsvaig
6 sessions | 1/27 - 3/3* | 1:00 PM - 2:30 PM | $68 | **Online**

In this course, we will examine 100 years of Russian history through the personalities of its rulers: Joseph Stalin, Nikita Khrushchev, Leonid Brezhnev, Mikhail Gorbachev, Boris Yeltsin, and Vladimir Putin. Each week, we will explore one leader's background, rise to power, and legacy. We will consider how each leader's personality and peculiarities shaped Russian history, how each leader's rule ended, and why all of these leaders were men.

NEW OO-079 | **Pulling Out All the Stops: The Organ, Its History, and Its Music (Osher Online)** with Kimberly Marshall
6 sessions | 1/20 - 2/24* | 3:00 PM - 4:30 PM | $68 | **Online**

We will explore the remarkable history, technology, and music of the pipe organ, from its invention in the third century B.C. to its role as both the "king of instruments" and the "instrument of kings." We will trace its development from the early hydraulis and medieval Blockwerk to Bach's instruments and the famous Wanamaker Organ. We will listen to organ music from the 14th century to today, with special attention to Baroque and Romantic works.

NEW PD-403 | **Secrets of the Tarot** with Curtis Hammond
4 sessions | 1/6 - 1/27 | 4:00 PM - 5:30 PM | $45 | **Online**

The Tarot is shrouded in the mysteries of the ages. Tarot has withstood history and stands out as a familiar, though largely misunderstood, instrument for humanity to listen to the soft voice of the Universe. The art of Tarot Card reading can be a personal journey of self discovery or a bridge between yourself and someone seeking guidance and reassurance for their path ahead.

Recommended Supplies:

- Rider-Waite Tarot Deck

Thursday

HW-413 | **Chair Yoga Stretch, Balance and Fall Prevention Practices for Health and Well-being** with Roxann Riskin
4 sessions | 1/7 - 1/28 | 10:15 AM - 11:15 AM | $30 | **Online**

Welcome to fun, engaging yoga movement sessions enhancing physical and overall well-being. Sessions will focus on healthy stretching, balance, and fall prevention. Accessible for everyone with standing, chair-assisted, and seated exercises. Yoga flow focuses attention to breath awareness, incorporating balance, strength, flexibility, stretching, endurance poses, and related exercises. Postures are demonstrated, guided, and verbally cued. Resistance bands will be provided. Meet us for the first time or welcome back to the "Zoom Room!"

NEW PR-402 | **Biblical Resurrection: Scenarios Without a Standard** with Craig Miller
4 sessions | 1/7 - 1/28 | 10:15 AM - 11:45 AM | $45 | **Online**

This course will explore resurrection as an egotistical drive for bodily immortality, examine "resurrection phobia" (fear of an afterlife), and ask whether resurrection is unnatural, as classical culture believed. We'll deconstruct selected, and often overlooked, resurrection episodes across the Bible to uncover their shamanic, magical, and folkloric backgrounds. Applying the social sciences, this course will take students outside the box of traditional interpretations.

Required Supplies:

-A Bible (a translation, not a summarization, of the student's choice)

NEW OO-081 | **Folk Singers, the FBI, and the Second Red Scare (Osher Online)** with Aaron Leonard
6 sessions | 1/21 - 2/25* | 11:00 AM - 12:30 PM | $68 | **Online**

Some of the most prominent folk singers of the 20th century, including Woody Guthrie, Sis Cunningham, Pete Seeger, and Burl Ives, were also political activists with ties to the American Communist Party. As a result, the FBI, along with other government and right-wing organizations, kept meticulous files on them and worked to push them out of the cultural realm. Through music, video, news clippings, and records from Freedom of Information Act filings, we will explore these artists' lives and the systematic ways they were subjected to government surveillance and suppression.

PA-411 | **Famous Comedy Teams** with Abe Vorensky
4 sessions | 1/7 - 1/28 | 12:00 PM - 1:00 PM | $30 | **Online ; Recorded**

The "comedy team" is a revered relationship featuring two or more diverse personalities, such as a straight person and a jokester who humorlessly scrutinizes the subject at hand. These teams perform on stage, in movies, and on radio and television. This course will feature video clips from teams like Laurel and Hardy, Abbott and Costello, the Marx Brothers, Martin and Lewis, Stiller and Meara, and the Smothers Brothers. This class will also highlight television situational comedies that featured the interaction of diverse personalities - a key characteristic of the comedy team. Great moments from *Seinfeld*, *Cheers* and *Taxi* will be shown.

HW-403 | **Tai Chi (Standing, Seated, and Chair Assisted) and Similar Forms of Tai Ji Quan for Balance and Fall Prevention** with Roxann Riskin
4 sessions | 1/7 - 1/28 | 1:45 PM - 2:45 PM | $30 | **Online**

Tai Chi slow-flow forms for enhancing balance, mental, and physical well-being. Movement sessions will focus on 8-24 Yang intentional slow-flow and similar style form/practices of Tai Ji Quan for posture, balance, joint awareness, increased mobility, posture awareness, and fall prevention. Join us for fun practices in Tai Chi and balance forms of guided movement sessions. Accessible for everyone!

NEW OO-083 | **Embodying the Inner Truth: The Films of Denzel Washington (Osher Online)** with Arnold Blumberg
6 sessions | 1/28 - 3/4* | 3:00 PM - 4:30 PM | $68 | **Online**

Denzel Washington brings an intensity and dedication reminiscent of Sidney Poitier and Gene Hackman. In this course, we will examine his career across television, film, theater, directing, and producing. We will consider his early work on *St. Elsewhere*, his performances in *Cry Freedom*, *Malcolm X*, and *The Equalizer* trilogy, and his Oscar-winning performances in *Glory* and *Training Day*. We will explore his directorial debut with *Antwone Fisher*, and his work as a producer, adapting August Wilson's plays.

NEW OO-082 | **50 Years of Star Wars (Osher Online)** with Marc DiPaolo
6 sessions | 1/21 - 2/25* | 7:00 PM - 8:30 PM | $68 | **Online**

In 2027, we will mark the 50th anniversary of *Star Wars*, George Lucas' underdog film that became a cultural phenomenon. We will explore how its sequels, prequels, comic books, video games, and action figures made a galaxy far, far away worthy of serious study and fan appreciation. We will consider Lucas' inspirations, the legacy of *Episode IV: A New Hope*, political themes, questions of authorship, and the influence of fan culture.

Friday

NEW HS-423 | **Profiles in American Courage: Part I** with Leon DiMartino
4 sessions | 1/8 - 1/29 | 10:15 AM - 11:45 AM | $45 | **In-Person**

Come learn the history of Americans who were not always popular in their day, but who have had an impact on American history. Among those we will discuss will be Elliot Ness, Isidor "Izzy" Einstein and Moe Smith (Prohibition agents), Billy Mitchell (the "Father of the American Air Force"), and Major General Smedley Butler, author of the book, *War Is a Racket*.

NEW HW-418 | **The Open Field: Mindfulness and Poetry** with Julie Cook
4 sessions | 1/8 - 1/29 | 10:15 AM - 11:45 AM | $45 | **In-Person**

In this class, we will combine several mindfulness techniques, including focus on breath, soothing sounds, mantra, and movement, to calm and center our bodies and minds before reading a poem to serve as inspiration for our own writing. Out of this calmness emerges an open field where we can write with clarity and truth from our hearts.

NEW CE-041 | **Death With Dignity Laws** with Michael Trusiewicz
1 session | 1/29 | 10:15 AM - 11:45 AM | $15 | **In-Person**

New York, Vermont, New Jersey, and 10 other states have Death With Dignity laws, so why not Connecticut? In this one-session course, you will learn the details of how these laws are constructed, the safeguards, the criticisms, and who qualifies for the provisions in the law.

Winter Cafe Presents...
Our Community

The winter session will include a Cafe presentation at noon each Friday, centering around the theme of "Our Community." The presentations in the series includes:

Schedule:

- **Friday, January 8, 2027: *Waterbury and the Revolutionary War* with Raechel Guest**
- **Friday, January 15, 2026: *Adulthood and Aging* with Laura Donorfio**
- **Friday, January 22, 2027: *Everyday Hero's & America's Heartbeat, Discover the American Red Cross Mission* with Natalie Gilliams-Sustache**
- **Friday, January 29, 2027: *Brass City Buttons* with the Mattatuck Museum**

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.**

HC-403 | **Composting for the Backyard Gardener** with Bob Lavorgna
3 sessions | 1/8 - 1/22 | 1:45 PM - 2:45 PM | $23 | **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!

NEW LW-526 | **The Epic of Gilgamesh** with Christopher Sweeney
4 sessions | 1/8 - 1/29 | 1:45 PM - 3:00 PM | $38 | **In-Person**

The focus of this course will be on a close reading and discussion of *The Epic of Gilgamesh*, a 4,000-year-old Mesopotamian poem written on clay tablets that lay buried until little more than 150 years ago. The poem recounts the adventures of a hero-king who wins friendship and fame, suffers loss and grief, confronts the inevitability of death, and reaches a new understanding of what it means to be human.

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

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 2027 session is Monday, November 23, 2026.

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.olli.uconn.edu

1 Go to olli.uconn.edu

Click the "Take a Class or Join OLLI Now" link.

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 olli.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 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 the checkout process. 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