



STONY BROOK
UNIVERSITY

OSHER LIFELONG
LEARNING INSTITUTE



SPRING 2025 CATALOG



IN-PERSON



HYBRID



ZOOM

LEARNING NEVER RETIRES

Key Dates for Spring 2025 Registration

11/26/24 — Registration Opens

1/3/25 — Registration Closes

1/6/25- 1/10/25 — Lottery Process

1/10/25-1/17/25 — Registration re-opens for any remaining workshops

(first come first serve basis)

1/17/25 — Registration Final Close

OSHER LIFELONG LEARNING INSTITUTE AT STONY BROOK UNIVERSITY

S-101 Social & Behavioral Sciences Building, Stony Brook, NY 11794

stonybrook.edu/olli • 631-632-6554 • olli@stonybrook.edu

OSHER LIFELONG LEARNING INSTITUTE AT STONY BROOK UNIVERSITY

As you peruse our catalog, we hope you will find some new workshops that interest you (although old favorites are fine, too!) If, while looking through our catalog, you get an idea for a new workshop you would be willing to lead or co-lead, please let our Curriculum Committee know. We are always looking to expand our offerings with the help of our dedicated, talented and engaged membership.

All information provided in this document is *subject to change*.

On Campus Workshop Locations:

- *Social & Behavioral Sciences Building (SBS)*
- *Wang Center*
- *Student Activities Center (SAC)*
- *Student Union*

Workshop Formats:

- **H Hybrid:** These workshops will be held in person and on Zoom simultaneously, with the workshop leader conducting the workshop from the Stony Brook campus. At the time of registration, members will have the option of registering for either the in-person section or Zoom sections of the workshop
- **I In Person:** Members will come to the Stony Brook campus or select off campus locations to attend these workshops.
- **Z Zoom:** Members will attend these workshops virtually on Zoom.



Registration Information Available at:

www.campusce.net/stonybrookolli

INDEX BY TITLE

Workshop Name	Workshop Leader	Page
A Celebration of Rock and Soul Music	<i>Bob Hayes and Susan Steinmann</i>	9
A Journey into the Great Divide of Human Consciousness	<i>Anthony A. Esposito</i>	14
A Survey of Enjoyable Music: Baroque era to the present	<i>Fred Friedberg</i>	9
Adolescent Literature for Adults	<i>Ellen Perz</i>	13
Advanced Fiction Salon	<i>Ada Graham and Joe Perlman</i>	13
Adventures in Art and Photography	<i>Eric Lohse</i>	14
Aging Seamlessly: Attitude Passion Purpose	<i>Linda Mazza</i>	11
Am I My Fathers Son?	<i>Peter Akras</i>	11
American Foreign Policy	<i>Martin Levinson</i>	12
American Plays	<i>Irma and Sol Gurman</i>	9
Basic Beginning Bridge	<i>Linda Good and Merna Avril</i>	10
Basic Natal Astrology	<i>Annette Napolitano</i>	12
Behavioral Neurosciences: Don't Retire! Rewire! Refire!	<i>Paul Mohan</i>	11
Casual Cards and Games	<i>Mary and Scott McMullen</i>	10
Canva For Beginners - Part 2	<i>Pam O'Brien and Nancy Pally</i>	10
Catullus, Roman poet of passion.	<i>Thomas Hayes</i>	13
Chakra Awakening: Dynamic Solutions for Conscious Living	<i>Samarpini Nithya</i>	11
Chemistry Basics	<i>Debra Pastore</i>	14
Conversational French	<i>Catherine McDonnell</i>	13
Composition in Visual Arts	<i>James Kelson</i>	9
Creative Photography	<i>Doris Diamond</i>	14
Current Events	<i>Len Farano</i>	12
Digesting a Good Book	<i>Dana Geils</i>	13
Drawing Workshop	<i>Richard Bova</i>	9
Duplicate Bridge	<i>Arnie Fox and Sherry Shore</i>	11
Español: presente, pasado y futuro	<i>Anahi Walton Schafer</i>	13
Exploring the Metropolitan Museum of Art	<i>Angela Bari and Robert Bari</i>	9
Forensic History: Crimes, Frauds and Scandals	<i>Ed Cohen</i>	12
Great Books	<i>Anita Edwards</i>	13
Great Short Stories: William Trevor - Part 2	<i>Joe Perlman</i>	13
History Through Literature	<i>Joseph Napolitano, Laura Filipino, Judy Albano</i>	13
How the Universe Works	<i>Robert and Angela Bari</i>	14
Ici on parle francais	<i>Catherine McDonnell</i>	13
Introduction to the Macintosh Computer	<i>Frank De Rubeis</i>	10

Workshop Name	Workshop Leader	Page
Italian Journeys: The Road as Metaphor and Symbol in Italian Cinema	<i>Andrea Fedi and Michael LoMonico</i>	10
Let's Play Chess	<i>Dan Sherry and Carlos de los Santos</i>	11
Meditation and Mindfulness	<i>Karen Santoro</i>	11
Memoir Writing	<i>Dorothy Schiff Shannon</i>	13
Mindfulness Made Easy	<i>Edward Schechtman</i>	11
Mysteries of Human Evolution	<i>Larry Wilson</i>	15
New York Times Science Seminar	<i>Bonnie Marks and Allen Sachs</i>	15
Now That's Entertainment!	<i>Jeff Hollander, Diane Hollander and Larry Fein</i>	10
On Being Human	<i>Bob DeCostanzo</i>	15
ON1 2024 Photo Editing Hands On	<i>Bob Oliva</i>	14
Op-Ed, Your Opinion of Their Opinion	<i>Ken Buxbaum and William Russell</i>	12
Original Star Trek - Beyond the Final Frontier	<i>Peggy & Bob Oliva</i>	10
Outsmarting Antisemitism: How to Beat it with Purpose, Positivity and Jewish Pride	<i>Rabbi Shalom Ber Cohen</i>	11
Poetry Out Loud	<i>Florence Mondry</i>	13
Poetry Workshop	<i>Geraldine Kaplan and Bob Stone</i>	13
Reimagine your garden, Rethink your practices	<i>Anahi Walton Schafer</i>	11
Rights, Camera, Action	<i>Tony Parlatore and Laura Joseph</i>	12
Science of Natural Healing	<i>Wayne Snell</i>	13
Scientific Breakthroughs in Western History	<i>Carter Bancroft</i>	15
Shakespeare Uncovered: The Tragedies	<i>Michael LoMonico</i>	13
So, You've Always Wanted to Act - Scene 2	<i>Debbie Starker</i>	9
Sophie's World: A Philosophical Novel - Part 2	<i>Richard Hart</i>	14
Stained Glass Workshop	<i>Susan Vlahakis, Diane Streuli, Linda Hamatz</i>	9
The History of Native North Americans - Their Long Journey to Long Island	<i>John Gobler</i>	12
The Irrational Mind	<i>Bob DeCostanzo</i>	12
The Mystery Novel as Literature: The History of the Mystery	<i>Tasha H. Greenberg</i>	14
The Scarlet Letter: A Story	<i>Amy Benjamin</i>	14
The Theory of Reincarnation and Its Sources - Part 2	<i>Gregory Alexander, Ph.D.</i>	15
The Twilight Zone Continues	<i>Robert Mirman and Jay Zuckerman</i>	10
Tragic Theater	<i>Arthur Bernstein</i>	14
Understanding Opera	<i>Irma and Sol Gurman</i>	9
What's All this I Hear About Free Things from Google?	<i>Thom Brownworth</i>	10

Workshop Name	Workshop Leader	Page
“What if you could not decide” How to make sure Advance Care planning is part of wellness	<i>Nadya Dimitrov</i>	12
Watercolor for Beginners and Intermediates	<i>Paula Pelletier</i>	9
Watercolor Studio	<i>Bob Stone and Dorothy Sterrett</i>	9
Women You Should Know: A Focus on the Arts	<i>Ella Nyc, Mary Hance, Fran Leiboff</i>	10
Working with digital images for people who don't know a damned thing about.	<i>Michael Boren</i>	10
World War 2	<i>Paul Knel</i>	12
Wouldn't you like to know?	<i>Bruce Stasiuk</i>	15
Writers At Work	<i>Amy Benjamin and Mary Ann Sommerstad</i>	14
Writing Poetry Through Reading Poetry	<i>Gracie Panousis</i>	14
Yoga 101	<i>Denise Teague</i>	12

**Don't see what you're looking for?
Consider Leading a New Workshop!**



Contact the Curriculum Committee Chairs

Mary Hance: mfhance@aol.com

Ella Nyc: ellanyc@icloud.com

INDEX BY DAY

MONDAY

10:15 - 11:30 AM

The Twilight Zone Continues 10
TV and Entertainment

Let's Play Chess 11
Games and Leisure

History Through Literature..... 13
History and Politics

Poetry Workshop 13
Literary and Writing

The Mystery Novel as Literature: The History of the Mystery 14
Literature and Writing

12:00 - 1:15PM

Mysteries of Human Evolution 15
Science and Philosophy

Introduction to the Macintosh Computer 10
Computers and Technology

Basic Natal Astrology 12
Language and Communication

Current Events..... 12
History and Politics

A Celebration of Rock and Soul Music 9
Arts & Music

1:45 - 3:00PM

Adolescent Literature for Adults 13
Literature and Writing

Meditation and Mindfulness..... 11
Health & Wellness

Exploring the Metropolitan Museum of Art ... 9
Arts & Music

New York Times Science Seminar..... 15
Science and Philosophy

Wouldn't you Like to Know? 15
Science and Philosophy

TUESDAY

8:30 - 9:45 AM

American Foreign Policy..... 12
History and Politics

10:15-11:30AM

Outsmarting Antisemitism: How to Beat it with Purpose, Positivity and Jewish Pride 11
Health and Wellness

Yoga 101 12
Health and Wellness

Chakra Awakening: Dynamic Solutions for Conscious Living..... 11
Health and Wellness

On Being Human..... 15
Science and Philosophy

Catullus, Roman poet of Passion 13
Literature and Writing

12:00- 1:15PM

Shakespeare Uncovered: The Tragedies..... 13
Literature and Writing

A Journey to the Great Divide of Human Consciousness..... 14
Science and Philosophy

Scientific Breakthroughs in Western History 15
Science and Philosophy

American Plays 9
Arts and Music

The Scarlet Letter: A Story 14
Literature and Writing

1:00 - 4:00PM

Duplicate Bridge 11
Games and Leisure

1:45 - 3:00PM
Behavioral Neurosciences Amazingly Simplified: Don't Retire Rewire! Refire! 11
Science and Philosophy

Understanding Opera..... 9
Arts and Music

1:45 - 4:00PM

So, You've Always Wanted to Act - Scene Two 9
Arts and Music

Watercolor for Beginners and Intermediates 9
Arts and Music

WEDNESDAY

8:30- 9:45AM

Ici on Parle Francais..... 13
Language and Communication

"What if you could not decide" How to make sure Advance Care planning is part of wellness..... 12
Health and Wellness

8:30- 11:30AM

Watercolor Studio..... 9
Arts and Music

10:15-11:30AM

Women You Should Know: A Focus on the Arts 10
Arts & Music

Conversational French 13
Language and Communication

Working with digital images for people who don't know a damned thing about it 10
Photography

Aging Seamlessly: Attitude Passion Purpose..... 11
Health and Wellness

12:00-1:15PM

Composition in the Visual Arts 9
Photography

Am I My Father's Son? 11
Health and Wellness

Poetry Out Loud 13
Literature and Writing

Original Star Trek- Beyond the Final Frontier 10
TV, Film and Entertainment

Forensic History: Crimes, Frauds and Scandals 12
History and Politics

1:45- 3:00PM

Mindfulness Made Easy..... 11
Health and Wellness

How The Universe Works..... 14
Science and Philosophy

Great Short Stories: William Trevor - Part 2..... 13
Literature and Writing

Digesting a Good Book 13
Literature and Writing

THURSDAY

8:30 - 9:45AM

Chemistry Basics..... 14
Science and Philosophy

10:15-3:00PM

Stained Glass Workshop 9
Arts and Music

10:15-11:30AM

The Theory of Reincarnation and Its Sources - Part 2 15
Science and Philosophy

Canva for Beginners - Part 2..... 10
Computer and Technology

The History of Native North Americans- Their Long Journey to Long Island 12
History and Politics

Tragic Theater 14
Literature and Writing

12:00 - 1:15PM

Español: presente, pasado y future 13
Language and Communication

Casual Cards and Games 10
Games and Leisure

Writing Poetry Through Reading Poetry... 14
Literature and Writing

Now That's Entertainment! 10
TV, Film and Entertainment

1:00 - 4:00PM

Basic Beginning Bridge..... 10
Games and Leisure

1:45 - 3:00PM

Reimagine your garden, Rethink your practices..... 11
Health and Wellness

Science of Natural Healing 12
Health and Wellness

A Survey of Enjoyable Music: Baroque era to the present 9
Arts and Music

1:45 - 4:45PM

Writers at Work (previously named "The Craft of Writing") 14
Literature and Writing

3:30- 4:45PM

Sophie's World: A Philosophical Novel - Part 2 14
Literature and Writing

Advanced Fiction Salon..... 13
Literature and Writing

FRIDAY

8:30- 9:45AM

Adventures in Art and Photography 14
Photography

**What's All this I Hear About Free Things
From Google?** 10
Computers and Technology

9:30 - 11:30AM

Memoir Writing 13
Literature and Writing

10:15-11:30AM

World War 2 12
History and Politics

**Italian Journeys: The Road as Metaphor
and Symbol in Italian Cinema** 10
TV, Film and Entertainment

Creative Photography 14
Photography

Drawing Workshop 9
Games and Leisure

12:00-1:15PM

Op-Ed or Your Opinion of Their Opinion ... 12
History and Politics

**What's All this I Hear About Free Things
From Google?** 10
Computers and Technology

ON1 2024 Photo Editing Hands-On 14
Photography

Great Books 13
Literature and Writing

1:45- 4:45PM

Rights, Camera, Action! 12
History and Politics

3:30-4:45PM

The Irrational Mind 12
Health and Wellness

SPRING 2025 WORKSHOPS

ARTS & MUSIC

A Celebration of Rock & Soul Music ②

Bob Hayes and Susan Steinmann

In this workshop, we will view and listen to some of Rock and Soul Music's greatest performers. Besides enjoying some of their finest songs and albums, we will explore their early, formative years. This will help us to better appreciate and understand their musical craft. Our workshop is designed to be interactive, with member participation being most welcome. Your thoughts and experiences about the music of the era can add greatly to our grasp of each of the artists we will view. For example, your recollection of a particular song or album adds to our appreciation of the music. Also, if you attended any concerts of the performers, we discuss in the workshop it would be great to hear about your experiences.

A Survey of Enjoyable Music: Baroque era to the present ②

Fred Friedberg

This workshop will present a broad overview of music that begins with the lyrical poems of the Middle Ages, the harmonies of the Renaissance, and the drama of the Baroque era. We will preview both solo and symphonic works through the classical and romantic periods with an emphasis on high energy pieces. The modern era will cover both music and dance including flamenco, tango, classical guitar, jazz (Count Basie, Big Band, others), Gypsy song, Mariachi, and Mambo.

American Plays ②

Irma and Sol Gurman

We read aloud, watch, and discuss American plays. We learn about the playwrights, criticisms, and other relevant issues. The objective is to familiarize the workshop with great drama.

Composition in Visual Arts ①

James Kelson

This workshop will present and discuss a broadly defined composition including all of the elements and the relationship of elements in an image. We will look at how composition relates to expressing our artistic goals and how great artists from the past used compositional techniques to express themselves.

Drawing Workshop ②

Richard Bova

This workshop is a continuation of the Learn to Draw series of workshops. An assignment will be given each week that focuses on different subjects such as still life, landscape, animals and the human body. The sessions will include discussions and instructional videos on how to approach the drawing. PowerPoint slides with step-by-step instructions will be part of the presentation.

Exploring the Metropolitan Museum of Art ①

Angela Bari and Robert Bari

The MMA is possibly the most encyclopedic museum in the world. In this workshop, we explore the history and holdings of the museum from the ancient to the modern, from sculpture to costume design, from Old Masters to Contemporary Art. We will also discuss special exhibits and related works at other museums, including the Frick Collection, the Whitney, the Museum of Modern Art, and others.

So, You've Always Wanted to Act- Scene Two ①

Debbie Starker

Emphasis on performance, 1st semester members will be encouraged to choose a monologue (2nd semester participants will be encouraged to perform a dialogue with a classmate) to be performed and perfected throughout the semester. Memorization is highly encouraged but script-in-hand is acceptable.

Stained Glass Workshop ①

Susan Vlahakis, Diane Streuli, Linda Hamatz

This workshop is recommended for those who already have experience with the basic skills of cutting, grinding and soldering. It is a cooperative learning environment where members help one another to improve their techniques, sharing ideas, and suggestions.

Understanding Opera ②

Irma and Sol Gurman

Exploring operas and topics relevant to operas, such as listening to famous performances, lives of the composers, famous artists etc.

Watercolor for Beginners and Intermediates ②

Paula Pelletier

The first three workshops will cover the basics: 1) materials and techniques; 2) basic shapes and forms; and 3) color. Subsequent workshops will focus on individual topics, e.g., landscapes, flowers, still-life studies, and snow scenes. To inspire us before we paint, we will study the works of famous and not-so-famous artists, not necessarily watercolorists, e.g., Winslow Homer, John Singer Sargent, and Georgia O'Keeffe.

Watercolor Studio ①

Bob Stone and Dorothy Sterrett

In this workshop, we will explore more advanced techniques/concepts in watercolor painting. We will create watercolor paintings and constructively critique each other's work. Participants should be experienced in the creation of watercolor paintings, along with basic drawing skills. We will reference the work of established artists to inform our work. Our goal is to grow together as watercolor artists.

Women You Should Know: A Focus on the Arts ①

Ella Nyc, Mary Hance and Fran Leiboff

The Spring Semester of Women You Should Know will be dedicated to honoring women in the arts such as; music, theater, film, photography, fine art, and more.

COMPUTERS AND TECHNOLOGY

Canva For Beginners - Part 2 ①

Pam O'Brien and Nancy Pally

In Canva 2, we will review concepts taught in the first class and foster new design skills and techniques. This course is project based with opportunities to practice old and new found skills. Anyone with a bit of Canva experience or knowledge of other design programs is welcome. Attendees must bring their own charged laptop.

Introduction to the Macintosh Computer ①

Frank De Rubeis

The purpose of this course is to teach the fundamentals of the Macintosh computer. The course will include a discussion of the current Operating System (OS) and some of the older versions of MacOS. The course will start with setting up your computer and go on to discuss system functions, the Mac hardware (e.g., mouse, ports, hard drive, etc.), included software (e.g. Pages, Numbers, Photo, etc.), networking, communications (e.g. email, messaging, etc.), printing, and other computer uses. At the end of the course, the student should be familiar with how to setup and use the computer so as to be able to go on and learn the more advanced features and software of the Mac. Bringing a laptop to class might be useful, but it is not required.

What's All this I Hear About Free Things From Google? ②

Thom Brownworth

The Google Suite of programs for Word Processing (Docs), Spreadsheet (Sheets), Presentation (Slides), Storage (Drive), and Data Collection (Forms) is FREE and easy to use. Come and learn how to use them! A laptop computer or tablet is best to learn through practice.

Working with Digital Images for People Who Don't Know a Damned Thing About ①

Michael Boren

This is the digital equivalent of Introduction to Windows. We start at the beginning learning what every 5-year-old already seems to know. We'll cover editing images, organizing them and making the whole process fun and easy.

TV, FILM AND ENTERTAINMENT

Italian Journeys: The Road as Metaphor and Symbol in Italian Cinema ①

Andrea Fedi and Michael LoMonico

This workshop will be in partnership with the Center for Italian Studies at Stony Brook University. We will examine how Italian filmmakers use journeys to explore universal human experiences, with the road serving as both a physical

path and metaphorical symbol. Through films like Fellini's "La Strada" (1954), Rossellini's "Viaggio in Italia" (1954) and Risi's "Il Sorpasso" (1962), we'll see how characters navigate literal and metaphorical roads, facing the promise of transformation and the peril of disillusionment. Moretti's "Caro Diario" (1993) and Rosi's "Sacro GRA" (2013) offer unique perspectives on the road as a liminal space where the known meets the unknown. OLLI members should view these films on their own before class. Mike LoMonico, Andrea Fedi and members of the Stony Brook faculty will each introduce a film and lead a discussion in class.

Now that's Entertainment ②

Jeff Hollander, Diane Hollander and Larry Fein

Why schlep into the City for a matinee when we can entertain you with the world's biggest stars? You're invited to join us for another journey back to the 20th century where we'll revisit many iconic show business stars in their prime. Each week expect to learn about another famous celebrity or two who ruled the televisions, stages or movie screens of that period. They'll come to life with interviews, clips, bloopers, and of course, their biographies. Regardless of who we choose weekly, we promise they'll perform as only entertainment icons are capable of doing. Although most of those memorable days did end, we can relive them again at OLLI each Thursday. Seats on the aisle are reserved for you and your friends.

Original Star Trek- Beyond the Final Frontier ①

Peggy and Bob Oliva

In each session of this workshop, we will watch an episode of "Star Trek: The Original Series" which first aired in the late sixties and starred William Shatner. We will then go beyond the adventure of exploring strange new worlds with James T. Kirk and his diverse crew, and discuss the episode's use of metaphors, portrayal of mankind and its future, philosophy, ethical questions raised, production notes, and more. We'll take a trip back to the sixties and talk about how the era influenced the show and how it, in turn, affected its viewers.

The Twilight Zone Continues ①

Robert Mirman and Jay Zuckerman

Looking back on an iconic television show from our past: The Twilight Zone. We will watch selected half hour episodes and then discuss and analyze the episodes.

GAMES & LEISURE

Basic Beginning Bridge ①

Linda Good and Merna Avril

This class is for people who have never played bridge, we will start from the very beginning. Also, could be appropriate for people who played bridge years ago and have forgotten the game

Casual Cards and Games ①

Mary and Scott McMullen

Casual Cards and Games is open to individuals who have taken this workshop before and newcomers alike. We will introduce new games & revisit some from past workshops. Workshops begin with an introduction and then

participants are given time to play the game. Most games are played for two weeks. A relaxed, supportive environment makes this a fun, social workshop.

Duplicate Bridge ⓘ

Arnie Fox and Sherry Shore

We will continue to enhance our bridge skills in a duplicate environment. Participants should have knowledge of conventions and techniques from previous semesters. Contact either workshop leader if you are unsure whether this workshop is appropriate for you.

Let's Play Chess ⓘ

Dan Sherry and Carlos de los Santos

This workshop will be a chance for people to have the opportunity to play the game. Based on beginner to accomplished levels, participants will be paired off for a game or two. Beginners will have an opportunity to learn basic concepts and opening moves. The workshop will open with a short (5 minutes) of interesting facts/history of the game. Enjoying the game will be our primary goal.

HEALTH & WELLNESS

Aging Seamlessly: Attitude Passion Purpose ⓘ

Linda Mazza

You will learn how to maintain a positive attitude through life transitions. Ways to ignite passion that brings fulfillment and joy. Tools to uncover your true purpose. Interactive activities that build connection and self-awareness.

Am I My Father's Son? ⓘ

Peter Akras

This workshop is designed for men to share their experiences and discuss their feelings about various subjects that affect men. Members take turns choosing topics for discussion. Participants are expected to be supportive and nonjudgmental in a nonthreatening environment.

Behavioral Neurosciences: Don't Retire! Rewire! Refire! ⓘ

Paul Mohan

We focus on the Causes of Behaviors (Emotional vs. Regulatory): the fascinating NS of Smell and Taste on Appetite & Nutrition; how NS of Pain, Emotion, Genetics influence them. ·

To make the workshop FUN and Enjoyable, we avoid the complexities of Neurosciences (NS). Instead, we use: Simplified Presentations, Video Clips, Fun Exercises and Discussion interspersed with MUSIC and COMEDY to illustrate:

- 1.How to Enhance MEMORY, LEARNING and Motivation.
2. Neuro-degenerative conditions (e.g., Dementia, AD, Parkinson's): Detecting Early Symptoms and ways to Lower or Eliminate their risks.
- 3.NS of Music – Cognitive & Physical Exercise – Sleep – Five Senses – Inter-Personal Relations.

4.Using the above to AVOID STRESS and helping us to Age Gracefully – Leading to Happier, Healthier, and more Enjoyable Lives!

Please note: A Science Background is NOT necessary! The only prerequisite is an "open mind." ·The only resources you need to bring are your "creative juices." *It is important to note that any medical information (via videos, presentations, discussions or otherwise) is NOT intended to replace professional medical advice; and should NEVER be used for self-diagnosis or self-treatment.*

Chakra Awakening: Dynamic Solutions for Conscious Living ⓘ

Samarpini Nithya

In this transformative workshop, participants will delve into the ancient practice of Swa-Poornatva Kriya, a powerful technique from the Shiva Sutras. This practice guides individuals to confront and complete their past incompletions, leading to profound inner peace and clarity. Through guided exercises and meditative practices, students will learn to dis-identify from past impressions and embrace a state of wholeness. Discover how to release emotional burdens, enhance self-awareness, and cultivate a harmonious inner space that empowers you to live a fulfilled life. Join us on this journey of self-discovery and experience the freedom of true completion.

Mindfulness Made Easy ⓘ

Edward Schechtman

This is an introduction to a simple method of meditation: "Mindfulness." I have been practicing various meditative experiences for over 50 years and find this one to be very powerful. I have shared this skill with many of my clients over the years. Frequently, they report it to be "life changing." I hope that you, too, will find it so.

Meditation and Mindfulness ⓘ

Karen Santoro

The practice of meditation and mindfulness can lead to lowering stress, developing a more positive outlook, and helping to deal with physical challenges in our everyday lives. Smile, relax, and free your mind by practicing meditation and mindfulness.

Outsmarting Antisemitism: How to Beat it with Purpose, Positivity and Jewish Pride ⓘ

Rabbi Shalom Ber Cohen

Rise above the Hate. We cannot let antisemitism define our Judaism, but we cannot ignore it either. As direct memory of the Holocaust fades, Jews around the world are wondering whether the patterns of past centuries are returning, in both the Old and New Worlds, where Jews experience more hate crimes than any other group. Are Jewish people doomed to be stuck in this cycle forever? Is there a way to escape this history of hate? Outsmarting Antisemitism takes this dark subject on squarely, with a sense of unabashed optimism, profound faith, and a distinctly Jewish approach. Through illuminating source texts and captivating case studies, this course considers the sources of this ancient scourge, along with the appropriate strategies for overcoming it. It's time to find the confidence to fight hate with hope and to stand tall against antisemitism with positivity, purpose, and plenty of pride!

Reimagine your Garden, Rethink Your Practices ①

Anahi Walton Schafer

My goal is to spread the word about a more environmentally friendly way to gardening, We will start off with a hands on winter sowing session and then move on to making the case for including more native and keystone plants, how to manage uninvited guests (pesky animals), Spring cleanup revisited, ending with a plan for your garden that takes less watering and maintenance.

Science of Natural Healing ④

Wayne Snell

Explore holistic approaches to healthcare and discover various natural-based treatments and methods that are both clinically proven and readily available. This workshop integrates The Great Course DVD by Professor Mimi Guarneri, M.D. A short Meditation will be at end of each class.

The Irrational Mind ②

Bob DeCostanzo

Most of us would like to think that we humans are rational and, for the most part, logical. But to what extent is this true? Workshop discussions will include cognitive biases, stereotyping, superstitions, groupthink, memory flaws, conspiracy thinking, and cults.

"What if you could not decide" How to Make Sure Advance Care Planning is part of Wellness. ④

Nadya Dimitrov

An active listening exercise will begin this workshop, followed by an interactive discussion about the challenges and an understanding of the process of advance care planning, particularly with the first step. Individuals can take control of the quality of their life in the future by choosing a person they trust to make decisions if they lose the ability to do so, have a conversation with that person and their loved ones about what matters most and complete a New York health care proxy.

Yoga 101 ②

Denise Teague

Yoga 101 welcomes all including those who are new or have little experience with yoga. We will focus on the basics of yoga at a pace that is not overwhelming and in an environment that is safe, welcoming, and non-judgmental. Students will be introduced to yoga postures through step-by-step verbal descriptions and demonstrations. Emphasis is placed on student understanding, safety, and stability.

HISTORY & POLITICS

American Foreign Policy ②

Martin Levinson

This workshop will involve discussions of the eight critical foreign policy issues that are listed in the 2025 Great Decisions Program, America's largest discussion program on world affairs.

Current Events ②

Len Farano

Participant discussion of current events, with an occasional emphasis on politics and changing laws.

Forensic History: Crimes, Frauds, and Scandals ①

Ed Cohen

From serial killers to bank robbers to political spies, join a forensic anthropologist on a tour of modern history's infamous crimes.

Op-Ed , Your Opinion of Their Opinion ①

Ken Buxbaum and William Russell

Op-Ed provides the opportunity to join in discussions of the political, social and economic issues currently affecting our lives. Each week three different volunteers present newspaper, internet or magazine opinion articles, that can be read aloud in five minutes or less and make for lively discussions by members with differing points of view. While every volunteer has the opportunity to comment first or last on their own article, they may want to sit and listen as everyone gets a chance, face-to-face, to voice his or her opinion on the subject.

Rights, Camera, Action ①

Tony Parlatore and Laura Joseph

Each session features a film with the law as a central element, followed by a guided discussion of the reel vs. real world of crime and punishment, legal rights and wrongs, and governance. The line-up is varied, from "12 Angry Men" to "Kramer vs. Kramer," from "Justice at Nuremberg" to "My Cousin Vinny." The workshop will be co-led by a longtime practicing attorney and a veteran journalist who covered how the law is made and applied.

The History of Native North Americans- Their Long Journey to Long Island ②

John Gobler

This course will take you on the journey of the Native North Americans to Long Island that starts in Siberia some 30,000 year ago. Along the way we will learn of their hardships, their amazing cultural developments, their crafts, skills, living styles and their societal norms. I think you will be astonished about what we will discover about their first 14,000 years in North America, and finally saddened by their demise at the hands of European explorers and settlers in the last 1,500 years of their existence. This is truly an epic journey and story!

World War 2 ①

Paul Knel

We will discuss the personalities and events that were involved in the War.

LANGUAGE & COMMUNICATION

Basic Natal Astrology ①

Annette Napolitano

Astrology serves as a tool for comprehending others, employing a rich and comprehensive language. This course is designed to elucidate the fundamental elements of an astrological chart, equipping participants with the

knowledge necessary for interpreting charts. Join us in exploring this cosmic language and enhancing your understanding of astrology's insights into human dynamics.

Conversational French ①

Catherine McDonnell

This workshop is for those who have some background in French and are seeking an opportunity to develop fluency in the language. There will be a variety of activities designed to expand vocabulary, to review grammar and promote conversation. *Alors, venez, apprenez, et amusez-vous bien.*

Español: presente, pasado y future ①

Anahi Walton Schafer

My goal is to help your proficiency and fluency in Spanish when trying to carry a real-world conversation. We will touch upon some grammar keypoints, but only as grammar helps you communicate. In my view, perfection is the enemy of the good. Be bold and unbound.

Ici on Parle Francais ①

Catherine McDonnell

This workshop is a continuation of 'French for Beginners.' We will continue learning basic vocabulary and grammar through a wide variety of activities, with a focus on conversation. All materials will be provided. So, come learn to speak French and have fun!

LITERATURE AND WRITING

Adolescent Literature for Adults ①

Ellen Perz

Discover the power of literature written for adolescents. These novels are not just for young adults – they are rich in theme, prose, and character, making them a delightful read for adults as well. Join our informal, discussion-based classes to explore these engaging novels. NOTE: Different novels will be read this semester. Books can often be read in one day.

Advanced Fiction Salon ②

Ada Graham and Joe Perlman

The Fiction Salon is a weekly, virtual gathering of experienced writers of short stories and novels who want to share portions of what they are currently writing with others to receive honest feedback on what is working in the piece and what may profit from a different approach. Most good writers value friends and colleagues who take time to read each other's works in progress and to provide constructive feedback. We hope the Fiction Salon will be the forum for just that kind of collegial support.

Catullus, Roman Poet of Passion ②

Thomas Hayes

Famous as a poet of passion and emotion in the Roman republic, he was more famous after being rediscovered in the 15th century. We will read the majority of his work in English learning from his unmatched love poetry and verbal brawling.

Digesting a Good Book ②

Dana Geils

Read a book. Have a lively discussion with other OLLI members in a friendly atmosphere. Examine the style and quality of the writing, the characters, the plot, the themes/problems explored and consider the what-ifs, hows and whys as well. Reading both fiction and nonfiction, we will be reflecting on the issues addressed, thinking about how our own experiences affect our understanding of the material and what our reactions are to comments other members have made.

Great Books ②

Anita Edwards

Discussion of Thomas Hardy's *Jude the Obscure* and D.H. Lawrence's *Sons and Lovers* will explore the transition from Victorian to early modernist literature.

Great Short Stories: William Trevor - Part 2 ①

Joe Perlman

We will use the structured inquiry method to continue discussing William Trevor's short stories. We read and discuss two per week. Participation in the Fall semester workshop is not required, we will be discussing different stories.

History through Literature ①

Joseph Napolitano, Laura Filipino and Judy Albano

Join in stimulating discussions about works of Historical Fiction. The co-leaders will lead discussions for the early sessions. This is a collaborative workshop in which members are expected to participate in and may lead the discussions.

Memoir Writing ②

Dorothy Schiff Shannon

You are the repository of the stories of your time. We will be both storytellers and historians. Memoir writing is a group effort in which we support and critique one another's work, to produce memoirs worthy of preservation.

Poetry Out Loud ①

Florence Mondry

A workshop for the discussion of poetry presented by volunteer members in order to discover together the pleasure and beauty of poems and get to know the poets who created them in an environment conducive to understanding what makes a poem a poem.

Poetry Workshop ②

Geraldine Kaplan and Bob Stone

The focus of this workshop is the craft of writing poetry. Participants bring in their poetry and share their work with the group. The goal is to point out the strengths of the writing with the goal of encouraging the writer to continue writing and improve their skills in writing poetry.

Shakespeare Uncovered: The Tragedies ①

Michael LoMonico

If you never quite understood Shakespeare in school, or if you did, but still don't understand what all the fuss is about, or even if you love Shakespeare and often go to see his plays, you'll like this course. Together, we will explore the fascinating history and performances of some of Shakespeare's greatest Tragedies, including Hamlet, Macbeth, Romeo and Juliet, Othello, and Julius Caesar. Each week, we will look at what's going on in the play in performance and examine key scenes, speeches, and lines. Participants will not be expected to read the plays, although a digital copy of the plays will be supplied.

Sophie's World: A Philosophical Novel – Part 2

Richard Hart

A journey through the history of Western philosophy by means of a whimsical and ingenious mystery novel that also happens to be an unpretentious history of philosophy. Narrated by a fourteen-year-old Norwegian schoolgirl, the book is irresistible, imaginative, and entertaining.

The Mystery Novel as Literature: The History of The Mystery

Tasha H. Greenberg

Revisiting a workshop I first offered in 2012, I would like to again present, in chronological order, the development of the mystery novel. We will begin by examining the earliest French and British authors, and then include American writers. We will continue to add more authors (primarily English language) through the 19th and early 20th centuries.

The Scarlet Letter: A Story

Amy Benjamin

Ever wonder what you missed by reading the Cliff Notes instead of The Scarlet Letter? Now's your chance to explore this rich and fascinating American classic.

Tragic Theater

Arthur Bernstein

This semester we'll read and discuss tragedies drawn from the Western Canon that were written over a span of 2500 years: Antigone (Sophocles), Othello (Shakespeare), A View from the Bridge (Miller). We'll try to understand the plays and how the concept of tragedy has changed over the years.

Writing Poetry Through Reading Poetry

Gracie Panousis

We learn best from the best! Reading and feeling and analyzing the masters opens a new world of possibilities for the budding poet. Therefore, we will study both classic and contemporary poetry and hopefully, you will be inspired to write your own.

Writers at Work (Previously "The Craft of Writing")

Amy Benjamin and Mary Ann Sommerstad

A round-table presentation and discussion of members' writing in various genres, such as fiction, non-fiction, poetry, essays, and scriptwriting. Emphasis is on effective writing techniques, rather than overall storytelling, so presentations are limited to 500 words. Longer works may be excerpted or serialized over the course of the term.

PHOTOGRAPHY

Adventures in Art and Photography

Eric Lohse

A workshop for all interested in sharing their images, whether photographs or paintings. Each session will view and discuss the images with the goal of achieving effective images. All skill levels welcome. Look, laugh and learn.

Creative Photography

Doris Diamond

The focus of this workshop is creative photography ideas and methods. The objective is to inspire the participants to try lots and lots of ways to enhance their photos as well as to try new subjects and in-camera techniques.

ON1 2024 Photo Editing Hands-On

Bob Oliva

In this workshop, you will develop the skills needed to enhance your photos and make them stand out from the crowd using ON1 Photo RAW 2024. We will use it as a complete standalone photo editor, although it can also be used as a plugin. Participants will follow along with examples shown by the leader on their own copies of ON1 2024 during class

SCIENCE AND PHILOSOPHY

A Journey into the Great Divide of Human Consciousness

Anthony A. Esposito

The Great Divide, the Explanatory Gap, The Hard Problem of Consciousness. Familiar terms used to describe the "gap" between the subjective and objective world of our experience. While mid-twentieth-century split-brain research identified separate functions of both the right and the left hemispheres, little was understood of the evolutionary niche from which this brain morphology originates. In the presentation, we will explore the ways we navigate this divide and the world each hemisphere brings to our conscious experience. Much of this presentation is inspired by a study published by Dr. Iain McGilchrist, titled The Master and His Emissary.

Chemistry Basics

Debra Pastore

Chemistry is evident in our daily lives. This workshop will provide you with a basic understanding of chemistry. Understand the basics of the atomic theory, elements, compounds, acids and bases as well as nuclear and organic chemistry to name a few. You may begin to see the world through the lens of a chemist.

How the Universe Works

Robert and Angela Bari

Physics and related sciences describe how the universe works. This semester, we will explore scientific advances from antiquity to the early 21st century. Both the very small and the extremely large will be discussed in terms of the evolving ideas in quantum mechanics and cosmology. Strange phenomena on the middle scale, such as superconductivity, will also be discussed. Interesting aspects of the human side of the creation and development

of scientific discovery will be conveyed, with an emphasis on the lighter sides of those events and the people involved. This non-mathematical workshop will be geared to non-physicists, but those with physics knowledge are welcome, and everyone will be encouraged to participate.

Mysteries of Human Evolution ①

Larry Wilson

This workshop will focus on what and why of human evolution from a scientific perspective. Explained will be the reasons we look and behave the way we do. Will also cover the principles and rules that drive evolution and examine questions such as: Why we walk upright, why our brains became so large, and the science of sexual attraction. We will also cover more current topics such as the effects of Covid and how we got to where we are today.

New York Times Science Seminar ①

Bonnie Marks and Allen Sachs

This is a collaborative workshop where members take turns each week leading the discussions. Our guide is the New York Times Science section published every Tuesday. Volunteers introduce the articles and tell why the article is important. The workshop continues the discussion from this point. We also share and discuss significant articles from other sources.

On Being Human ①

Bob DeCostanzo

An anthropological look at who are we? Where did we come from? Discussions include human evolution, migration, altruism, morality, religion, sexuality, race, inequality, and politics.

Scientific Breakthroughs in Western History ①

Carter Bancroft

We will consider exciting scientific breakthroughs that have profoundly affected both science and society. These breakthroughs have often led to "paradigm shifts," described by Thomas Kuhn in the 1960s as radical changes in our scientific sets of concepts. The sweeping episodic shifts have resulted from scientific revolutions, in which previous theories were replaced by radical new concepts and theories. We will first trace the biggest shift of all: the birth of the scientific method itself. Then we will consider key 19th and 20th century discoveries in: 1. Biology including cells; germs; genes and genetic engineering; evolution 2. Physics of atoms; Einstein's Relativity; the weird yet correct theory of quantum mechanics (QM), including the still unsettled question of what QM actually tells us about Reality; and the 1960's demonstration that the Universe has evolved from its origin in a gigantic "Big Bang." In this course for non-scientists, we will view and discuss videotaped lectures by experts.

The Theory of Reincarnation and its Source – Part 2 ①

Gregory Alexander

This is the second part of a two-semester workshop (each part may be taken independently) about the theory of reincarnation and its sources. We will cover reincarnation in world religions, karma, famous cases of reincarnation, Edgar Cayce's life readings, etc. There will be A/V materials

on the subject. The workshop will consist of two-thirds presentation and one-third questions and discussion.

Wouldn't You Like to Know? ②

Bruce Stasiuk

I often wonder what I am thinking. If you think about it, it's difficult to not think, which I think is rather interesting. Did you ever notice that you may forget a face or a name, but you never forget a smell.

*Many thanks to our workshop
leaders for your passion,
commitment and hard work.*

*You are key to the success
of our program!*

