Summer Semester at OLLI

This semester we will have a combination of Zoom and Webex classes, with a few in-person options. Your class confirmation will list what platform your class will be hosted in. If you have not used either of these platforms, please register for a practice session (see below). Log on to your OLLI member account (URI.EDU/OLLI-click on Member Log-in at the top of the page). Then search for Virtual Training.

WEBEX PRACTICE SESSIONS
Tuesday June 8, 9:30am or Wednesday, June 9 at 1pm

ZOOM PRACTICE SESSIONS
Tuesday, June 8, at 1pm or Wednesday, June 9, at 9:30am

MAKE A GIFT TO OLLI
To make a secure donation on-line, go to urifoundation.org/giveonline

The Osher Lifelong Learning Institute at URI provides learning opportunities to enhance the enjoyment, meaning, and direction of adult lives, as well as the health and well-being of adults, while developing a community of older learners.

Established in 2009 and offering diversified courses and activities, the OLLI at URI enjoys a rich relationship with the University. Membership is open to anyone fifty years of age or better. Whether teaching, learning, playing, or exploring, OLLI members constitute a vibrant lifelong learning community.

The OLLI at URI is part of the national network of Osher Lifelong Learning Institutes funded by the Bernard Osher Foundation. Closer to home, OLLI has ties with local community and civic organizations. OLLI members are essential in shaping, managing, and leading the organization.

OLLI at URI
210 Flagg Road, Room 212
Kingston, RI 02881
Phone: 401.874.4197
Fax: 401.874.2736
Email: olli@uri.edu
Subscribe to our newsletter
Website: uri.edu/olli
Easy Ways to Register

In person registration will not be available this semester.

Please go online or call the office at 401-874-4197.

Payment is accepted by credit card or check.

We accept Visa, MasterCard, American Express and Discover.

Register anytime through our secure website:

URI.EDU/OLLI (click on member log-in at the top of the page).

Call the OLLI office. If you leave a message, we will do our best to return your call within 24 hours.

Print and mail in your registration form (see page 18)

OLLI Staff

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## SUMMER 2021 SCHEDULE AT A GLANCE

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- Mindful Decluttering: Simplify Your Life and Make Room for What is Important to You ........................................... 8
- Surviving a Year of Pandemic ........................................ 13
- The History & Future of Automobiles ................................. 12
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  - Ahh....July! ............................................................. 9
  - Finally August! ..................................................... 9
  - Jump into June! ..................................................... 9
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- The Labyrinth: Its History, Use, and Design ....................... 13

### REFUND POLICY
If you decide to drop out of a course, you must notify the office at least two weeks before the start date to receive a refund or credit toward another class. In some cases, OLLI finds that it must cancel a class. If that happens, we will make every effort to inform you at least one week before the start date, and you will receive a refund or voucher toward another class. OLLI follows the University’s policy of cancelling classes for certain holidays and because of inclement weather. Memberships are non-refundable.

*If you have a disability and need an accommodation, please call the OLLI office at 401-874-4197, at least three business days in advance of the need. Interpreters require a minimum of two weeks advance notice, when possible. We are committed to equal access for persons with disabilities and we will make every reasonable effort to provide accommodations.*
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BREATH TECHNIQUES with Linda Morse
Mon, June 14, 21, 28, July 12, 9:30 AM - 11:30 AM $40.00

At one time or another, we may have found ourselves dealing with anxiety, fears, panic attacks, sadness, stress, sleep issues, or physical pain. We may have tried a variety of paths to alleviate the condition, but when all else fails . . . BREATHE!! Besides being calming, the breath can also be energizing - giving you the ability to focus and concentrate on a sport, performance, or activity. This interactive, relaxed, and enjoyable program can help you to increase lung capacity, build stamina and energy, exercise your lungs and heart, and come to the fullest essence of your being. Wear comfortable clothing and use a yoga mat if you have one. This program may be fully experienced from the chair. MAX: 20

Linda M. Morse, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for twenty years. Certified professionally through the Kripalu Center in MA, she owned and operated the Yoga Center in Melbourne, FL. With her relaxed and humorous approach, she hopes to inspire students in body, mind, and spirit. For the OLLI at URI, Linda has taught Introduction to Yoga, Chair Yoga, Breath Techniques, Taking the Inward Journey, Meditation, the Chakra Energy System, and a number of science fiction film programs.

HEARING LOSS AND AGING with Jay Singer
Mon, June 14, 9:30 AM - 11:00 AM $10.00

Hearing loss is a pervasive problem that is most often related to aging. Beginning in the sixth decade of life, hearing declines and worsens with age affecting most of the population by age 70. Hearing loss due to aging is not subject to medical remediation. The consequences can be very serious, including negative effects on psychologic well-being, quality of life, cognitive function, and even longevity. Topics will include the importance of hearing, what happens to the hearing mechanism as we age, the effects of hearing loss, rehabilitative strategies not related to hearing aids, and the benefits and limitations of hearing aids.

Jay Singer received a B.A. from Brooklyn College, an M.A. from the University of Florida, and a Ph.D. from Case Western Reserve University. While at URI (1977-2020), Dr. Singer created the Department of Communicative Disorders, served as its chair for 30 years, successfully guided the program through the accreditation process, developed the URI Speech and Hearing Center, which serves all Rhode Islanders and provides training to thousands of students. He wrote articles that addressed amplification devices, auditory processing, and issues related to management in a university setting. Dr. Singer has presented hearing health related information to local, state, national, and international audiences.

EXPLORING RI’S HISTORY THROUGH CEMETERIES with Debbie Suggs
Mon, June 14, 21, 28, July 12, 3:30 PM - 5:00 PM $40.00

A cemetery can be a great place to explore local history and genealogy or just take a peaceful socially distanced walk. Wandering through these hallowed spaces helps keep the spirit and stories of the people interred there alive. In this class, we will visit a few of Rhode Island’s 2833 historic cemeteries and learn a bit about local history, culture, and folklore, and the people who called RI home. Throughout the class, research resources and suggestions will be shared with participants and all will be encouraged to enjoy a summer of exploration. MAX: 20

Debbie Suggs is a passionate lifelong learner on all matters related to RI history and folklore. She holds a B.A. in history from Rhode Island College, and a master’s in public administration from URI. She is currently Director, Special Populations, in URI’s Office of Admission and serves as adjunct instructor at URI and College Unbound (Providence). For the OLLI at URI and local libraries, she has taught classes on RI history and folklore and genealogy. Recently, Debbie has been active in the partnership to improve RI history and social studies standards. She is currently documenting the burial grounds of RI’s enslaved populations and researching the State’s pre-revolutionary war Plantation society.
MINDFUL DECLUTTERING: SIMPLIFY YOUR LIFE AND MAKE ROOM FOR WHAT IS IMPORTANT TO YOU
with Beth Leconte and Brett Morse
Tues, June 15, 22, 29, July 6, 3:30 PM - 5:00 PM $40.00

Perhaps you want to simplify so you can enjoy your retirement years to the fullest. You might want to downsize your home for a comfortable and easy-to-manage household. Like many today, you might even consider selling your home to travel the countryside in an RV. You might now be on a fixed income and want to take an inventory of what you really need and want in your life at this stage. Yet again, you might want to get your life in order “decluttering” the unnecessary and organizing your affairs with family members. In this course helpful hints will be shared along with weekly exercises and discussion. Community resources and contacts will be provided to assist you. MAX: 20

Beth Leconte has been in the human services field for over 40 years, holding master's degrees in human services administration from Springfield College and in holistic counseling from Salve Regina. She has been the executive director of the OLLI at URI for more than 9 years. Before coming to OLLI, she was with the YMCA for 25 years. Beth founded and facilitates the Aging: Living Well special interest group. In summer 2017, she and Brett Morse first co-taught Make Room in Your Life for What is Important to You.

Brett Morse has offered several courses at the OLLI at URI. He worked in the pharmaceutical industry for over 40 years. A graduate of Bryant College, he served in the US Navy during the Vietnam era and is a certified yoga instructor. For OLLI, he continues to offer his insights into the music and history he so enjoys. With Beth Leconte he co-taught Make Room in Your Life for What’s Important to You.

MACHIAVELLI FOR OUR TIMES with Alfred Killilea
Tues, June 15, 9:30 AM - 11:00 AM $10.00

Machiavelli is too easily dismissed as holding that “the end justifies the means.” Our discussion will focus on Machiavelli’s The Prince. We will consider how there may actually be an ethics in Machiavelli, and explore how he might provide important guidance to President Biden and his administration.

Alfred Killilea received his B.A. from Notre Dame and his Ph.D. in political science from the University of Chicago. He taught political theory at URI for 43 years. He is the University Ombudsman. He is the author of The Politics of Being Mortal and co-editor of both Confronting Death and Befriending Death: Over 100 Essayists on Living and Dying. For the OLLI at URI he gave Political Justice: Plato, Machiavelli, and Hobbes in fall 2016 and The Foundations of American Political Thought in fall 2017.

THE SPIRIT OF FLIGHT with Jet Vertz
Register for one class or all three. $10.00 each

Our human desire for flight has not only allowed us to soar like eagles, but we have also been able to successfully fly faster than the speed of sound, go to the moon and back, and we are now exploring the surface of Mars. During these classes we will examine how we have mastered flying, encountered mysteries, experienced tragedies, and where we may be headed in the future. Join us for any or all of these sessions.

Submit your proposal on the OLLI website: uri.edu/olli/teach. From there, you will be guided through the process of describing your course and providing information about yourself. As always, we encourage our members to recommend topics, potential faculty, and one-time presentations.
We haven’t had much to laugh about during this pandemic, but this class promises to change all that and keep you laughing and smiling! Come and enjoy the fun along with Carol Burnett, George Carlin, Jonathan Winters, Rodney Dangerfield, and many more. MAX: 20

Brett Morse has offered several courses at the OLLI at URI. He worked in the pharmaceutical industry for over 40 years. A graduate of Bryant College, he served in the US Navy during the Vietnam era and is a certified yoga instructor. For OLLI, he continues to offer his insights into the music and history he so enjoys. With Beth Leconte he co-taught Make Room in Your Life for What’s Important to You.

HAND LETTERING with Kara Marziali
Wed, June 16, 9:30 AM - 11:00 AM $10.00

Hand lettering is an extremely easy art form, and you don’t need any fancy tools. If you know how to hold a pen and follow instructions you will be able to create beautiful letters using supplies you have at home—any pen, pencil, or marker will do. We will focus on the process of hand lettering, practice strokes, outline the alphabet, create character connections, play with flourishes, and discover our own style.

For this class: You will need plenty of paper with a smooth surface. You may want to consider lined paper, graph paper and copy paper. (Do not use textured or watercolor paper.) You will also need pencils, pens (ballpoint gel, rollerball, or felt tip), and/or markers (Crayola Super Tips Washable Markers, Sharpie, etc.). If you have a brush pen and wish to use it during class, feel free, but you do not need one. Please do not spend money on fancy supplies. Lastly, please have a quote or phrase in mind (6-10 words), so we can each hand letter an inspirational saying.

Kara Marziali is an artist, author, and educator. Kara holds a B.F.A. in theater arts from Emerson College and is a certified Ageless Grace® instructor. She remains a dedicated patron of the arts and is involved in many creative endeavors both personally and professionally. Her first children’s book, Kara Koala and Her Kaleidoscope of Feelings was recently published and is available on Amazon. For the OLLI at URI, Kara’s most recent offering was Making Merry: A Celebration of Shakespeare and the Art of Poetry.

We will create refreshing summer dishes that are simple and ready to enjoy on your back porch or at that special celebration. Recipes and grocery and supply lists will be sent in advance of each class to those who register. Cook along or just enjoy and learn about Rhode Island’s fresh seasonal ingredients. MAX: 12

Jump into June!
Wed, June 16, 4:00 PM - 5:30 PM

Fresh berries, tender greens, and bountiful beans are just a sampling of June’s harvest. We will create refreshing early summer dishes that are simple and ready to enjoy on your back porch or at that special celebration. Yes, a berry dessert will be on the menu.

Ahh....July!
Wed, July 21, 4:00 PM - 5:30 PM

Rejoice, fresh food lovers, because summer is upon us! This month’s demonstration will include ideas that make the most of the season’s bounty—summer squash, tomatoes, zucchini, eggplant, peppers, salad greens, all the freshest vegetables of July for summer meals that are easy to make and serve.

Finally August!
Wed, August 18, 4:00 PM - 5:30 PM

The abundance of fresh ingredients and the steamy days of summer welcome us to August. We wait all summer for the taste of sweet corn, juicy tomatoes and other seasonal ingredients. This month’s cook along will present dishes that don’t require slaving over a hot stove and use the bounty of fresh ingredients that are available at farmer’s markets and in your own backyard garden.

Kathi Masi has been an educator for over 35 years. She is a graduate of the University of Tennessee and earned her master’s degree in education from URI. A teacher recently retired from South Kingstown High School, she has taught classes in family and consumer sciences (FCS) specializing in culinary arts. In 2005, she was honored as RI FCS teacher of the year. Since retirement, Kathi has worked with FarmFresh RI, Own Your Health, and the RI Geriatric Education Center, teaching classes in nutrition, A Matter of Balance, and doing food demonstrations.
WORLD WAR II FOUNDATION MUSEUM
with Tim Gray
Wed, June 23, 10:00 AM - 12:00 PM $15.00

The non-profit World War II Foundation Global Education Center, which opened in fall 2018, displays thousands of artifacts. The tour, open to OLLI members only, will begin with an introduction by documentary film maker Tim Gray, followed by guides who will point out rare objects such as a large piece of the USS Arizona, a monogrammed silver serving tray that belonged to Adolf Hitler, and personal items that belonged to one of the leaders of the French Resistance. The Center strives to share with the visitor the personal stories of the men and women who served in World War II. It offers a theater that seats 35 and a library with over 700 volumes. COVID protocols will be observed. MAX: 10

Tim Gray, founder and president of the WWII Foundation, has won five Regional Emmy Awards for documentary film writing and numerous other prestigious awards, including American Public Television’s National Programming Excellence Award.

THE NEED TO GROW
with Christine Phoenix Green
Wed, June 23 & 30, 1:00 – 3:00PM $30

Industrial farming practices are designed to maximize profit but have destroyed the soil and endangered our health from toxic use of synthetic fertilizers and pesticides. But there is another way! Three creative and inspired activists are making an enormous difference in care of the earth and showing how restoration of nutrient-dense soil, creative farming practices, and personal and community gardening can affect the health of us all. Their work is shown in the documentary film, The Need to Grow, a beautiful testimonial to the human spirit! The first class begins with an introduction followed by the film. The following week we will discuss the issues addressed in the film. MAX: 20

Christine Phoenix Green has taught a variety of courses for the OLLI at URI over the past 10 years. A piano and music teacher by profession, she is also an herbalist, retreat director, photographer, and writer of blogs on creativity, spirituality, music, cooking, and health including greeningspirit.wordpress.com, thewinterkitchenfarmacy.wordpress.com, and thepianomistress.wordpress.com.

AMERICA’S SEVEN WONDERS
with Marilyn Harris
Register for one class or all four. $10 each

Each class will include a brief history, description of architecture and/or engineering, and interpretation of sites along with extensive graphics for our virtual tours.

Brooklyn Bridge and the Statue of Liberty
Thurs, June 24, 1:00 PM - 2:30 PM

Empire State Building & Washington Monument
Thurs, July 8 1:00 PM - 2:30 PM

Hoover Dam and Mesa Verde Cliff Dwellings
Thurs, July 22, 1:00 PM - 2:30 PM

Cahokia Mounds,
Thurs, August 5, 1:00 - 2:30 PM

When we OLLI learners virtually toured the New Seven Wonders of the World recently, we were a little surprised to find that there were no American sites on the list. Based on the criteria that a nominee must be man-made (America abounds in natural wonders, but that’s another category) and significant in some way, culturally, aesthetically, or notable for engineering or architectural excellence, we propose the following for further study: Brooklyn Bridge, Statue of Liberty, Empire State Building, Washington Monument, Hoover Dam, and Mesa Verde Cliff Dwellings. And finally the less well known Cahokia Mounds.

Marilyn Harris, a many-times transplanted Midwesterner, earned her undergraduate degree at the University of Illinois and master’s at Kutztown University (PA). Her work in the field of education—in federal project management, curriculum writing, gifted/talented teaching, and adult education—covers a span of over 45 years. Since 2011 she has enjoyed teaching numerous classes at the OLLI at URI. Marilyn’s particular interests include travel (she has visited over a dozen countries and counting) and history (pretty much any period), and these form the basis of many of her courses. Most recently she offered RI Voices from the Titanic and the Seven New Wonders of the World.
KAYAK HISTORIC WICKFORD HARBOR

with Ken Fandetti

Wed, June 30, 10:30 AM - 1:30 PM

$10.00 plus Kayak Rental Fees (Kayak fees are paid to Kayak Center)

This is an opportunity to paddle a kayak in the waterways of Historic Wickford Village. No prior paddling experience is necessary, but participants should be mobile enough to paddle for several hours in tranquil conditions. Participants MUST use the Kayak Center’s equipment—tandem (double) kayaks, paddles, and life jackets. The class will be held rain or shine. MAX: 12

Ken Fandetti is a certified America Canoe Association coastal kayak instructor and has been for the past 20 years. He has led or co-led kayak trips in the U.S. and in foreign countries, including Belize, the outer Bahama Islands, and Bonaire.

EARLY VOCAL GROUPS

with Lloyd Kaplan and Tom Shaker

Thurs, July 1, 8, 15, 22, 29 11:00 AM - 12:30 PM $45.00

Early vocal groups were extremely talented, creative, and important, yet they have been greatly overlooked by contemporary authors of music books, especially jazz history books. This course will spotlight a variety of trios and quartets: male and female; black and white. Music will be heard via CDs. MAX: 20

Lloyd Kaplan holds a B.S. in music education from URI and a master’s in music from Brown University. His latest honor was his induction into the RI Music Hall of Fame in April 2018, the first music educator to be so honored. He taught for 30 years at CCRI and is a member of its Hall of Fame. In winter, Lloyd teaches for the OLLI at Coastal Carolina University in SC. With Tom Shaker, he co-authored In Harmony: Early Vocal Groups Remembered & Celebrated (Consortium, 2020).

Tom Shaker holds a master’s degree from UMass Boston and a doctorate in instructional technology from Boston University. He has been a college professor for over 30 years, teaching at various institutions including Northeastern University, Dean College, and Worcester Polytechnic Institute. He is co-author with Lloyd Kaplan of In Harmony: Early Vocal Groups Remembered & Celebrated (2020) and A Treasury of Rhode Island Jazz & Swing Musicians (2015), the sequel to Who’s Who in Rhode Island Jazz: c. 1925 - 1988 (1992) by Lloyd Kaplan and Robert Petteruti. He is the host of The Soul Serenade on WICN (90.5 FM, Worcester) every Monday night.

Thank you to our friends at Wakefield Books who are offering a 20% discount on any purchase related to OLLI classes and special interest groups.

Wakefield BOOks

160 Old Tower Hill Road, Wakefield, RI 02879
Wakefieldbooks.com

Looking for the calendar? Visit our website to view our calendar. You can even click on the class listing for a description of the class.
https://web.uri.edu/olli/programs/calendar/
FOUR CLASSICS OF AVIATION LITERATURE
with Stephen Berardo
Wed, July 7, 14, 21, 9:30 AM - 11:00 $35.00

We will discuss four classics that vividly portray the enormous challenges and risks of aviation in the 1920s and 1930s. The authors were the pilots themselves, describing first-hand the dangers, the excitement, and the achievements that ultimately led to of the airline industry that we know today. These books also reach beyond just flying airplanes—they explore the human spirit, our need to connect with each other, and also our need to see our world from a different perspective. We will ride along with them in their cockpits as they battle the elements and explore the unknown, sharing with them the wonder and awe of flying that pilots and passengers still experience today, even in pressurized commercial jets flying at 38,000 feet. Learn about the authors, the worlds they explored, and the state of aviation technology and the airline industry in those early days. For the first class: read Wind, Sand, and Stars and Night Flight.


Stephen Berardo has been a general aviation pilot and flight instructor for more than 40 years. He taught aviation and history courses as a college faculty member and has also been a long-time aviation consultant. He has been reading and collecting aviation literature for more than 50 years. He has a bachelor's degree in English literature from URI and a master’s in public administration from the University of New Hampshire.

ONE HUNDRED YEARS OF SOLITUDE
with Judith Gamble
Mon, July 12, 19, 26 Aug 2, 1:00 PM - 2:30 PM $40.00

Join us on a journey through the magical realism world of Gabriel Garcia Marquez as we read and puzzle through his masterpiece One Hundred Years of Solitude. When it was first published in English in 1970, one reviewer remarked that this book "should be required reading for the whole human race." After an introductory session that will set this novel, its Colombian author, and the subject matter into historical and literary context, we will dive in and take a manageable chunk each week to read and discuss. The 1928 Banana Strike was an actual historical event, which we will examine closely, and we will also explore as best we can the multiple themes in this exceedingly rich novel. Note: It is NOT required to have read any of this novel before the first class. MAX: 20

Judith Gamble has a Ph.D. in history and specializes in the social and cultural history of underrepresented people. She has taught courses on U.S. social and cultural history, Latin American civilization, and Native American history at URI and other colleges. She is currently working on a young adult historical verse novel with an underlying magical realism component.

IMPROVISATION—THE POWER OF PLAY
with Madeline England
Mon, July 12, 19, 26, Aug 2, 16, 9:30 AM - 11:00 AM $45.00

This course, created by Rhode Island's own Contemporary Theater Company, teaches the basics of improvisational and collaborative storytelling, while allowing participants to explore the power of playfulness, laughter, and confidence through fun and approachable games and exercises—all tailored to be not memory based, allowing for an inclusive environment for all, including those with cognitive differences. If you want to explore something new in a safe and judgment-free zone, this class invites anyone who is excited about improv to jump in. No experience required. MAX: 30

Madeline England has been with the Contemporary Theater Company for about three years—teaching the Improv for Dementia and Quality of Life Awareness Workshop with Home Care Assistance of Rhode Island and the CTC, stage managing and performing in the weekly improv game show “Micetro,” as well as being involved in various other projects and classes. She’s passionate about collaborative storytelling and bringing lighthearted fun and approachability to improv for folks of all ages.

THE HISTORY AND FUTURE OF AUTOMOBILES
with Jet Vertz
Tues, July 13, 1:00 PM - 2:30 PM $10.00

We will examine the history of automobile development and the refinements that made it possible to drive today’s cars more than 100,000 miles without a major breakdown. Then, we will look at what is ahead for the future of automobiles, including electric vehicles and self-driving cars.

Jet Vertz worked for 40 years in the aviation business and was an executive at Pratt & Whitney Aircraft prior to his retirement. He holds a B.S. in mechanical engineering, an M.S. in computer science, and an M.B.A. He was a U.S. Naval Officer during the Vietnam War era. Jet’s been an OLLI instructor since 2013 and has taught Purpose Driven Retirement, Computer Fundamentals, the History and Future of Automobiles, and more.
THE Labyrinth: Its History, Use, and Design
with Yadina Clark
Thurs, July 15, 9:30 AM - 11:00 AM  $10.00

The labyrinth is an ancient structure dating back thousands of years and found in numerous places around the world. It has become a symbol, now seen in public and private settings, of an opportunity for personal reflection, spiritual practice, or the reduction of stress in many situations. Explore the benefits of meditative walking and the labyrinth experience, the ebb and flow of labyrinth use throughout history, the variety of ancient and contemporary labyrinth designs, and the many labyrinths in the New England region.

Yadina Clark is a labyrinth artist, educator, facilitator, and researcher. She holds an M.F.A. in intermedia from the University of Maine where she specialized in labyrinth design and mapped over 250 labyrinths in New England. She has visited over 70 of those labyrinths so far and created temporary and permanent labyrinth installations in Maine, Massachusetts, and Rhode Island. Her current research is focused on labyrinth classification and typology.

THE WRITE STUFF with Robert Cipriano
Mon, July 19, 26, Aug 2, 6:00 PM - 7:30 PM $35.00

“Don’t forget to write” used to mean sentences and paragraphs. Now, we have Zoom, Alexa, podcasts, smartphones, video conferencing, and apps for just about everything. In a world of visual, instant gratification, writing has become undervalued and has suffered for it. But writing remains a pleasure to create and appreciate for many of us. If thoughtful writing, beyond text messages and email, still appeals to you, why not get better at it? Explore the several writing disciplines that exist, apply what's appropriate to your own writing—whatever kind of writing it may be—and practice fresh techniques for paragraphs and sentence structures, word choices, and styles. We’ll even discuss effective texting and email disciplines. You’ll be a well-versed, stronger writer when we’re done. MAX: 20

For the first class: Come with a writing project, from a simple journal entry to the recorded history of humanity. We’ll match a writing technique to your needs. Then you’ll create a rough outline for your project. You can begin to work on it before the second class.

Robert Cipriano, a professional trainer who has conducted workshops all over the country, holds a B.A. from UConn and an M.A. from URI. He conducts workshops on mindfulness, communication, presentation, and computer applications. His background, in addition to teaching, includes corporate management and marketing.

SURVIVING A YEAR OF PANDEMIC with Kathleen Greer
Tues, July 20, 9:30 AM - 11:00 AM $10.00

The pandemic has taken a great psychological toll on individuals and families over the past year. This session will provide an opportunity to gather virtually to discuss trauma and resilience with others. By sharing what we’ve learned, participants will be able to connect, reframe, and rebuild from the strength and experiences of others.

Kathleen Greer holds a B.S. in management and an M.Ed. from Northeastern University. Founder of KGA, an Employee Assistance Program that serves over 200 organizations with counseling and work-life services, she provides thought leadership through the National Behavioral Consortium and is managing director of Golden Seeds, an angel investor group focused on women entrepreneurs. She currently writes about mental health issues for Employee Benefit News.
ISSUES IN FOOD SAFETY with Kenneth Hinga
Thurs, July 22, 29 Aug 5, 12, 19, 26,
9:30 AM - 11:00 AM $50.00

We will look at food-borne pathogens such as salmonella, campylobacter, listeria, toxigenic E. coli and the sometimes-controversial chemical washes used to reduce risks from these. We will look at risks from marine shellfish. Other topics will include genetically engineered foods and hormones and antibiotics used in food production. We will cover pesticide residues in foods and how residue standards are set, and organic foods. Some issues on the environmental effects of our food production methods will be addressed along the way.

Kenneth R. Hinga was a research scientist and assistant dean at URI's Graduate School of Oceanography. His teaching included courses in general oceanography, marine pollution, and understanding environmental issues. He moved to Federal service on a diplomacy fellowship where he spent 10 years at USDA Foreign Agricultural Service, and US FDA Center for Food Safety and Applied Nutrition. He was a science advisor for both agencies, providing technical analysis of a variety of food safety and agricultural-environmental topics for international negotiations. He has offered classes for the OLLI at American University and the OLLI at Johns Hopkins University, in person and by Zoom. For copies of his presentations, along with some resource materials, go to olliochoicesenv.com/welcome.html.

WRITING A LEGACY LETTER with Jay Sherwin
Tues, July 27, 9:30 AM - 11:00 AM $10.00

A legacy letter (also called an ethical will) is a document that people create to share their life lessons, express their values, and transmit their blessings to family and friends. A legacy letter is not a legal document or memoir and, typically, is only a few pages long; writing one is a rewarding experience that results in an enduring gift. This workshop will introduce the concept of legacy letters. It includes discussion and brief writing exercises to encourage participants to examine their life histories, capture important insights, and begin crafting their own legacy documents. MAX: 20

Jay Sherwin created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. He has practiced law, given away money for five different charitable foundations, worked as a philanthropy consultant, and served as a hospital chaplain. He has extensive experience teaching and facilitating online learning programs, including online presentations for more than a dozen OLLI programs nationwide. For more information, go to jaysherwin.com.

HISTORY OF THE VICE PRESIDENTS with Lee Hardgrove
Tues, July 27, Aug 3, 10, 17, 3:30 PM - 5:00 PM $40.00

This course will cover the history of the vice presidents of the United States from John Adams to Kamala Harris. The formal duties of the vice president will be looked at as well as the changing role of the office over the years. A special review of the vice presidents who have assumed the presidency upon the death or resignation of the chief executive will be included. MAX: 25

Lee Hardgrove is a retired United Methodist pastor and US Army Chaplain who served in Afghanistan. His interest in history come from his childhood as well as an undergraduate degree in history from American University. He also holds degrees from Yale, the US Army Command and General Staff College, and Rhode Island College. He has taught for the OLLI at URI and for Circle of Scholars at Salve Regina University.

THE CELTIC WAY OF SEEING with Christine Phoenix Green
Wed, July 28, Aug 4, 11, 18, 1:00 PM - 2:30 PM $40.00

The Celtic way of seeing is both ancient and modern, a splendid resource for living a creative, imaginative, poetic, and practical way of life. The symbolism of the Celtic Cross and the ancient Path of the Celtic Wisdom Wheel can guide and inspire us to live more generously and with a spirit of joy, appreciation, humor, and delight. There will be opportunity for meditation, journaling, and sharing. MAX: 16


Christine Phoenix Green has taught a variety of courses for the OLLI at URI over the past 10 years. A piano and music teacher by profession, she is also an herbalist, retreat director, photographer, and writer of blogs on creativity, spirituality, music, cooking, and health including greenspirit.wordpress.com, thewinterkitchenfarmacy.wordpress.com, and theplanomistress.wordpress.com.

Suggested reading:

Christine Phoenix Green has taught a variety of courses for the OLLI at URI over the past 10 years. A piano and music teacher by profession, she is also an herbalist, retreat director, photographer, and writer of blogs on creativity, spirituality, music, cooking, and health including greenspirit.wordpress.com, thewinterkitchenfarmacy.wordpress.com, and theplanomistress.wordpress.com.

REGISTER ONLINESUMMER 2021
REGISTER ONLINE: URI.EDU/OLLI

PHONE 401-874-4197 EMAIL: OLLI@URI.EDU
Vegetable Research at URI with Rebecca Brown
Wed, August 11, 6:00 PM - 7:00 PM $10.00

Ever wonder what is happening in the fields off Plains Road? Interested in learning about how URI is supporting local food production? Spend an evening touring the Gardiner Crops Research Center and learning about vegetable production research at URI. Topics will include vegetable variety trials, prevention of bird damage to sweet corn, high tunnel vegetable production, cover crops for soil health, polycultures, and crops in urban community gardens for ethnic groups. Note: This is a walking tour, and the farm roads are not paved. MAX: 25

Rebecca Brown is a professor of plant sciences at URI. She is the faculty leader of URI’s Vegetable Research and Extension Program and teaches vegetable production classes for URI undergraduates and for the URI Master Gardener Program.

Naval Torpedo Station Newport with Brian Wallin
Wed, August 11, 9:30 AM - 11:00 AM $10.00

Just after the Civil War, the Navy established a facility on Goat Island in Newport to develop and test underwater weapons, from mines to automobile (self-powered) torpedoes. Considerable attention was focused on the station during World War II when, thanks to poor planning, a lack of testing, and outmoded production methods, the Navy’s torpedoes failed to achieve the promised results. It took personal action by Navy’s Commander in Chief, Admiral Ernest King, to finally remedy the problem. The presentation includes rarely seen visuals of torpedo launches and anecdotes about weapons that went astray of the Bay. Eventually, some 14,000 people would be employed at the station during World War II. Today, the Navy continues its underwater weapons development initiatives at Newport, exploring cutting-edge technology in partnership with civilian researchers and manufacturers.

Suggested reading:

Brian L. Wallin is a graduate of Stonehill College and earned his master’s degree from American International College. He is a former radio-television reporter-anchor and a retired hospital administrator (vice president, Kent Hospital). A member of the U.S. Naval Institute, he is also a docent at the Naval War College Museum and a narrator for the RI Fast Ferry Lighthouse Cruises. He is a recognized author and historian and a frequent lecturer throughout the state. He is co-author of World War II Rhode Island (History Press, 2017).

Purpose Driven Retirement with Jet Vertz
Wed, July 28, Aug 4, 11, 18, 25, 3:30 PM-5:00 PM $45.00

Numerous studies have shown that those with a purpose, or meaningful things to do during their retirement, are happier, more productive, and live longer than those who do not. If you are planning to retire or already have retired and have not given much thought to what meaningful things you plan to do, you may wish to take this course. Over the five weeks you will examine your past, define who you are today, and methodically develop realistic goals to pursue so that your retirement will be a meaningful and purpose driven period of your life. MAX: 20

Suggested text: Jet Vertz: Purpose Driven Retirement, available from Amazon.

Jet Vertz worked for 40 years in the aviation business and was an executive at Pratt & Whitney Aircraft prior to his retirement. He holds a B.S. in mechanical engineering, an M.S. in computer science, and an M.B.A. He was a U.S. Naval Officer during the Vietnam War era. Jet’s been an OLLI instructor since 2013 and has taught Purpose Driven Retirement, Computer Fundamentals, the History and Future of Automobiles, and more.

Decisive Moments in Photography with Jan Armor
Tues, Aug 3, 10, 17 24, 9:30 AM - 11:00 AM $40.00

Henri Cartier Bresson coined the term, “the decisive moment,” the best time to push the button on his little Leica camera in order to capture an ephemeral moment. William Henry Fox Talbot’s decisive moment came in 1841 when he realized that sunlight would leave its fingerprints on a piece of paper coated with silver salts. In 1972, an Apollo astronaut created another such moment when he snapped a picture of our beautiful blue planet spinning in the blackness of space with his Hasselblad camera from 18,000 miles away. Steve Jobs’ moment came when he introduced us to his little iPhone from a dark stage in San Francisco. There are many inspiring moments in photography, and we will examine and discuss many of them in this course. For the first class: If you have experienced a decisive moment with your camera, send it along with a text message to Jan Armor at 401-441-5517 or attached to an email to janthephoto-man@gmail.com. It will be shared in this class. MAX: 25

Jan Armor is an award-winning educator and fine art photographer with 40 years of experience in digital and traditional media. He has received grants and awards for environmental photography and has taught at numerous Rhode Island art museums and associations. Jan has been a mainstay of the OLLI at URI since summer 2010. To see his work and a more detailed biography, go to amorphoto.com.
Special Interest Groups

All Special Interest Groups are FREE with your OLLI membership.

Complete details on our website. Please register online to join these groups by visiting URI.EDU/OLLI

BOOK GROUP
Meets the third Friday of each month at 1:00pm via Webex.
Book selections are available on our website: URI.EDU/OLLI
For more information, contact facilitator: Beth Leconte at bleconte@uri.edu.

BROWN BAG POETRY
Brown Bag Poetry currently meets on the last Tuesday of each month from 11:30-1:00pm for a lunchtime informal reading and discussion of original poems we write. Prompts (two each month) come straight from the lines of a rich variety of well-known poets, both past and contemporary. Contact facilitator: Judy Gamble at Jgamble139@gmail.com

GOLF
Pre-registration is required. Begins Tuesday June 1, 2:30pm at Laurel Lane (Richmond) This Special Interest Group is open to OLLI members that have some experience, and to those that have been playing for years. Our goal is to have fun, make new friends while hopefully improving our golf game. This is not a golf league, but more of a golf club. Participates must follow all COVID-19 regulations, play by the rules and understand golf course etiquette. Contact facilitator Kathy Plante at kaplante@yahoo.com for more information.

Join other OLLI members for a series of world affair discussions based on the Great Decisions program of the Foreign Policy Association. Registration for Great Decisions 2021 is free but limited to 50! Great Decisions will meet in June, July and August on the 4th Friday of the month from 11:30am-12:30pm.

LETS TALK TECHNOLOGY
Meets the last Thursday of each month from 11:30-12:30pm. The Tech Committee invites you to join in a monthly conversation about tech developments that constantly creep into our lives, but often remain perplexing. The first half of the session will focus on a previously announced topic and the second half of the session will be open to questions and discussion about your technology wonderings. Register online.

MAH JONGG
Do you like to play Mahjong? Join this group on Thursdays from 1-3pm beginning. Thursday, June 17.
Register online at URI.EDU/OLLI. Facilitator: Marie Rickets Email: mrickett@gmail.com

PHOTO FRIDAY
Do you like taking pictures with your camera or phone? Join our Photo Friday Group! Each month you will be given a different prompt to photograph and submit. Photos will be shared and discussed during a monthly Zoom meeting. The group meets the first Friday of each month from 10-11am. Facilitator: Jan Armor Email: janthe photoman@gmail.com

WALKING GROUP
Walking Group resumes on June 16, and then will meet weekly on Wednesdays at 1pm. Improve your health; make new friends while exploring our South County area. Walks generally last an hour. Register online and each week you will receive an email for the location. Facilitator: Cindy Opaluch Email: CindyRI@cox.net
**MEMBERSHIP INFORMATION** (Please use one form per person)

- NEW MEMBERSHIP
- RENEWAL MEMBERSHIP  

**Last Name** ___________________________________________  
**First Name** ___________________________________________

**Address** ______________________________________________________________________________________________

**City** ________________________________________________  
**State** ___________________  
**Zip** __________________

**Seasonal Address** ___________________________________________  
**Begin Date** ____________  
**End Date** ____________

**City** ________________________________________________  
**State** ___________________  
**Zip** __________________

**Phone** ____________________________________________  
**Secondary Phone** _____________________________________

**Year of Birth** ______________  
**Email** ______________________________________________________________________________________________

**Emergency Contact** ______________________________  
**Relation:** ______________________  
**Phone** _____________________

**MEMBER PROFILE**

The following information is used to help us better understand our OLLI Membership as a community and to better serve you.  
This information is optional and confidential.

**URI Alumni:**  
- Yes  
- No  
**Year** ________  

**Gender:**  
- Male  
- Female

**Highest Level of Education:**  
- High School  
- Some College  
- Associates Degree /Certification  
- Bachelor’s Degree  
- Master’s Degree  
- Doctorate

**Employment Status:**  
- Retired  
- Work Full Time  
- Work Part-Time  
- Not Currently Employed

**Current/Former Occupation:** ____________________________________________

**PAYMENT INFORMATION:**  
Annual Membership Fee  $65 (non-refundable)

**Payment Method:**  
- Check (Payable to URI)  
- Credit Card:  
  - Visa  
  - Mastercard  
  - Discover  
  - AMEX

**Credit Card No.** ____________________________  
**Exp Date:** _______________  
**3 or 4 digit code** __________

**Name on Card:** ____________________________________________

**Signature** ____________________________________________

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*Photos taken during OLLI events or programs can be used in promotion material for OLLI at URI.*

*OLLI and URI will not be held liable for members or guests for any damage or personal injury.*

*Your membership must be in effect through the last date of the class(es) you have chosen.*

**For questions, please call 401-874-4197 or email olli@uri.edu**

If mailing, send to: OLLI at URI, 210 Flagg Rd, Room 212, Kingston, RI 02881

**OFFICE USE:**  
**DATE RCVD:** ____________  
**DATE PROCESSED:** ____________  
**INITIALS:** _____________  
**CK#** ________________
# OLLI Course Registration - SUMMER 2021

**Name (one member per form):**

**Mailing Address:**

**City**  **State**  **Zip**  **Renewal Date:**

**Telephone:**  **Email**

### Monday

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<thead>
<tr>
<th>Course</th>
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<tr>
<td>Breath Techniques</td>
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<td>Exploring RI's History Through Cemeteries</td>
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<td>Hearing Loss and Aging</td>
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<td>Improvisation—The Power of Play</td>
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<td>One Hundred Years of Solitude</td>
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<td>The Write Stuff</td>
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<td>Machiavelli for Our Times</td>
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<td>Mindful Decluttering: Simplify Your Life</td>
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<td>and Make Room for What is Important to</td>
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<td>You</td>
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<td>The History &amp; Future of Automobiles</td>
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<td>B737 Max/B777</td>
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<td>Future of Aviation</td>
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<td>Writing a Legacy Letter</td>
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<td>Four Classics of Aviation Literature</td>
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<td>Hand Lettering</td>
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<td>Kayak Historic Wickford Harbor</td>
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<td>Naval Torpedo Station Newport</td>
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<td>Purpose Driven Retirement</td>
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<td>Rhode Island Fresh</td>
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<tr>
<td>Jump into June!</td>
<td>$10</td>
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<td>Ahh....July!</td>
<td>$10</td>
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<td>Finally August!</td>
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<td>The Celtic Way of Seeing</td>
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<td>The Need to Grow</td>
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<td>World War II Foundation Museum Tour</td>
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<td>Vegetable Research at URI</td>
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### Thursday

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<td>Brooklyn Bridge/Statue of Liberty</td>
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<td>Cahokia Mounds</td>
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<td>Empire State Building/Washington Monument</td>
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<td>Hoover Dam/Mesa Verde Cliff Dwellings</td>
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<td>Early Vocal Groups</td>
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<td>Issues in Food Safety</td>
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<td>The Labyrinth: Its History, Use, and</td>
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<td>Design</td>
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**Total:** $ ______

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**Full course descriptions are available online**

URI.EDU/OLLI

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**Payment Method:**  □ Check (Payable to URI) #__________

**Credit Card:**  □ Visa  □ Mastercard  □ Discover  □ AMEX

**Credit Card No:**

**Exp Date:** ______________ 3 or 4 digit code: __________

**Name on Card:**

**Signature:**

**If mailing, send to:** OLLI at URI, 210 Flagg Rd, Room 212
Kingston, RI 02881

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**OFFICE USE:**

**DATE RCVD:** ____________

**DATE PROCESSED:** ____________

**MEMBERSHIP:** □ CURRENT  □ NEW  □ RENEWAL

**INITIALS:** ____________