

THE
UNIVERSITY
OF RHODE ISLAND
OSHER LIFELONG
LEARNING INSTITUTE



FALL 2025 COURSE CATALOG

REGISTRATION BEGINS TUE, SEP 2, 2025
URI.EDU/OLLI 401.874.4197

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ABOUT OLLI

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.



FALL SEMESTER AT OLLI

Semester dates: Sept 15 - Dec 12

Office Closings/Holidays

Monday, Sep 1 - Labor Day

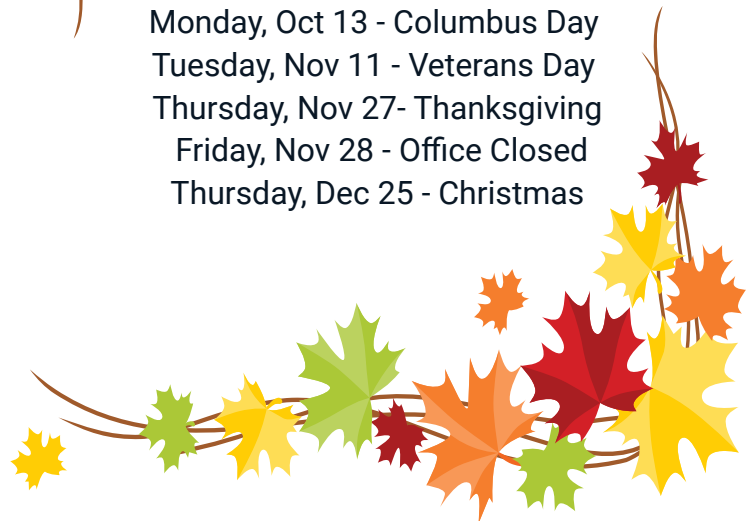
Monday, Oct 13 - Columbus Day

Tuesday, Nov 11 - Veterans Day

Thursday, Nov 27- Thanksgiving

Friday, Nov 28 - Office Closed

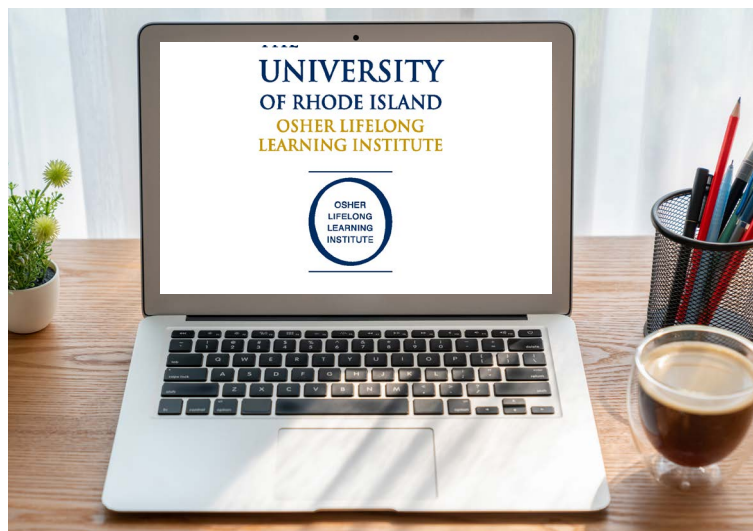
Thursday, Dec 25 - Christmas



ON THE COVER:

*OLLI Hiking Group
facilitator Cindy Opaluch
during a hike at Beavertail.
Photo taken by OLLI
member Jeff McFarland .
Have a photo you'd like to
share for a possible cover?
Send it to OLLI@URI.EDU*





WAYS TO REGISTER

Online registration begins Tuesday, Sept 2 at 7:00 AM.

The office will open at 9:00 AM for phone and walk-in registration.

Classes fill up quickly, so don't wait!

1

ONLINE

This is the easiest way to register. To log on to your OLLI account go to URI.EDU/OLLI and click on Member Login. Payment is accepted with a credit card: Visa, Mastercard or Discover.

2

PHONE

Call us to register! 401-874-4197. Office hours: Monday through Thursday, 9:00 AM - 5:00 PM, Friday, 9:00 AM - 12:00 PM. If you leave a message, we will do our best to return your call within 24 hours.

3

EMAIL

[Download the registration form](#) (or pick one up in the office). Fill it out and include a check (or call with credit card #) for payment.

4

IN PERSON

Visit us! URI OLLI is located at 210 Flagg Rd. Take the stairs or elevator to the second floor.

Please refer to the online catalog for the most up-to-date course information including suggested and required reading and instructor bios! URI.EDU/OLLI

MEMBERSHIP INFORMATION

Your membership must be valid throughout the duration of the classes you register for. If you're not sure of your renewal date, call the office at 401-874-4197.

SUGGESTED AND REQUIRED READING INFORMATION

Due to space limitations, suggested and required readings are not listed in this catalog. Please check your class confirmation, log on to URIOLLI.AUGUSOFT.NET or check out our online catalog on our website: URI.EDU/OLLI.

OLLI DISCLAIMER

The courses offered by OLLI do not imply the endorsement of a particular philosophy, product, or procedure. The content is the view of the presenter and is for educational and informational purposes only and not as professional advice for specific cases or circumstances. Participants need to be aware of the potential risks of using limited knowledge when integrating techniques and procedures that are new to them. Participants need to consult their own financial, legal, and medical professionals for advice.

DISABILITY ACCOMMODATIONS

If you have a disability and need an accommodation, please call the OLLI office at 401.874.4197. A two week advance notice is suggested. We are committed to equal access for persons with disabilities and we will make every reasonable effort to provide accommodations.

REFUND POLICY



Memberships are non-refundable. To withdraw from a class and receive a full refund or credit, you must notify the OLLI office at least two weeks before the start of the class. Call the office at 401-874-4197 or email olli@uri.edu. No-shows forfeit their course fees. Day trips and special tours are prepaid so there are no refunds for cancellation or withdrawal. Classes that do not meet minimum student registration numbers are subject to cancellation.

OLLI STAFF

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Kingston, RI 02881
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Director's Message

"It's time to start something new and trust the magic of beginnings."

— Meister Eckhart

This fall, OLLI offers more than one hundred courses and programs—an ideal opportunity to try something new within the comfort of our vibrant community. With no tests and no grades, you can simply join other lifelong learners, spark new friendships, and enjoy the joy of discovery.

Our fall semester spans thirteen weeks, with fresh classes beginning each week. Enroll in a course, explore a special interest group, or even travel with OLLI—there's something for everyone.

It's the season of back-to-school energy, apple picking, and cozy sweater days. We look forward to sharing continued conversations, learning, and good times with you at OLLI!

Beth Leconte

Director

Osher Lifelong Learning Institute
University of Rhode Island



GAME ON!

Tuesday, Sep 16, 2025, at 11:00 AM

Love games? So do we! Whether you're a seasoned strategist or just curious about learning new card and board games, come join the fun! We're kicking off a brand-new special interest group, and this first meeting is all about shaping how it'll roll. Bring your ideas, your enthusiasm, and maybe your lucky dice—we're ready to deal you in! Register online. Future dates and meeting times to be determined.

TEACH FOR OLLI

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NO TESTS, GRADES
OR PAPERS

*Share Your
Knowledge,
Passion and
Expertise
with us!*

Spring 2026 proposals due
November 4, 2025.



URI.EDU/OLLI



The OLLI at URI is part of a national network of Osher Lifelong Learning Institutes. Without the pressure of exams, papers, grades, or previous academic degrees, OLLI members enjoy an environment that encourages intellectual stimulation, curiosity, and the desire to learn just for the joy of learning. Membership is open to anyone fifty year of age or better.

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OSHER LIFELONG LEARNING INSTITUTE



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WHERE LEARNING NEVER RETIRES!

No Tests
No Grades
No Papers

*Just the Joy of
Learning for Those
50 and Better.*

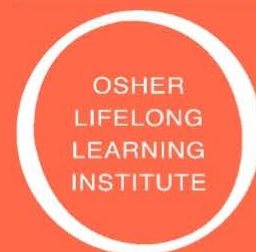
Informative classes

Fun-filled activities

Social gatherings

Online and in-person classes

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Instructor bios available in our online catalog and registration site.

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IS IT TIME TO RENEW YOUR MEMBERSHIP?

Did you know your membership must be in effect throughout the length of your class? If you're not sure when your renewal date is, feel free to call the office at 401-874-4197.



Journal to the Self®

6 Sessions with Kristen Castrataro
 Mon, Sep 15, 22, 29, Oct 6, (skip 13), 20, 27
 9:30 AM - 11:00 AM
 Max: 20 Fee: \$55.00

The Journal to the Self® workshop is a 6-week course that provides proven journaling techniques that support personal growth, creative expression, and life enrichment. Thousands of individuals across the globe have benefited from the skills they learned in Journal to the Self.® Grab your pen, pencil, or laptop and join Certified Instructor “K” Castrataro on this journey to your brighter tomorrow.

Required Reading: Kathleen Adams, *Journal to the Self® Workbook* (\$10) (Center for Journal Therapy, 2002). The link to the text will be provided after your registration is complete. The workbook will be used during each class. No pre-reading is required.

Kristen “K” Castrataro is a professional writer and consultant who is trained in education, facilitation, mediation, creative writing, journaling, and holistic farm business planning. She is the founder of Pen Light, LLC, a consulting service that uses creative expression techniques to strengthen mental health and personal development.

Preventing Food Waste

1 Session with Amy Nunes Gregorek
 Mon, Sep 15
 9:30 AM - 11:00 AM
 Max: 30 Fee: \$15.00

We'll discuss how food waste occurs, the impact of wasted food, and simple tools that have been shown to be effective in reducing household food waste. From an impact standpoint, preventing household food waste has the double benefit of decreasing the amount of food waste going to the landfill as well as saving households' money by preventing edible food from going to waste!

Amy Nunes Gregorek is an educator with Rhode Island Resource Recovery

The Puerto Ricans: Half-in, Half-Out

5 Sessions with Judith Gamble
 Mon, Sep 15, 22, 29, Oct 6, (skip 13), 20
 1:30 PM - 3:00 PM
 Max: 25 Fee: \$50.00

Puerto Ricans are American citizens. Yet their island homeland in the Caribbean is not a U.S. state but has been an ambiguously defined territory/commonwealth since the end of the Spanish-American War in 1900. More Puerto Ricans live in New York City than the capital of San Juan, founded in 1521. They are bilingual and hang onto their Spanish language, giving them a unique voice in the U.S. We will follow them in their journey north and explore their contributions as U.S. citizens and as part of the larger Latinx population here. We'll also investigate, through their voices, the rich history and culture of their home island to better understand their dual political and cultural loyalty.



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. Now her passion has shifted from scholarly to creative writing, both her own and the voices of others.

Hey, Hey Woody Guthrie, I Wrote You a Song

5 Sessions with John McGeehan Mon, Sep 15, 22,
29, Oct 6, (skip 13), 20
5:00 PM - 6:30 PM
Max: 45 Fee: \$50.00

"You'll find God in the church of your choice, you'll find Woody Guthrie in Brooklyn State Hospital." If that quote intrigues you, this course is for you. The recent film *A Complete Unknown* touched on the relationship between Bob Dylan and the man who "struck him to the ground," Woody Guthrie. What made Dylan make the pilgrimage "a thousand miles from his home" to see Woody? As Patti Smith later described such an obsession, it was a "stirring and a desire to stir." The early Dylan song, "Song to Woody," written in New York City following Dylan's visit with Woody in February 1961, will be our "overture" to five sessions of music and history of the troubadour apprentice and the master.

I'm seeing your world of people and things
Your paupers and peasants and princes and kings

Hey hey Woody Guthrie

[Verse 2]

Hey, hey, Woody Guthrie, I wrote you a song
About a funny old world that's a-coming along
Seems sick and it's hungry, it's tired and it's torn
It looks like it's a-dying and it's hardly been born

[Verse 3]

Hey, Woody Guthrie, but I know
All the things that I'm a-sayin'
I'm a-singing you the song because
Because there's not many more

[Verse 4]

Here's to Cisco and Sonny and
And to all the good people that



Walking Rhode Island: Hikes in the Fall

1 Session with John Kostrzewa
Mon, Sep 22
9:30 AM - 11:00 AM
Max: 45 Fee: \$15.00

John Kostrzewa, who writes the "Walking Rhode Island" column for *The Providence Journal*, has been hiking for decades across the state. He'll share how and why he started and what he has learned on the trail. He'll discuss the history of the areas where he has hiked and the variety of birds, trees, and geological features he has found. One focus of this talk will be where to hike during the fall season. He'll also offer recommendations about what you need to bring with you on a walk and how to stay safe. He'll explain what makes Rhode Island's trails unique and outline some of the challenges that Rhode Islanders face with regard to maintaining the state's public places.



Walking Rhode Island

40 Hikes for Nature and History Lovers with Pictures,
GPS Coordinates, and Trail Maps
JOHN KOSTRZEWA

Assignment for class: Links to the selected "Walking Rhode Island" columns will be e-mailed to registered students before the class.

John R. McGeehan holds a B.A. in history from St. Lawrence University, an M.A. in liberal studies from Stony Brook University (SUNY), and J.D. from Catholic University's Columbus School of Law. Before retiring from a career in public education, he spent 25 years as a high school history teacher. For OLLI at URI he has taught *Twenty-five Songs: A Social History, 1930 – 2000*, *Do Our Votes Really Count?* and *The Right to Vote*.

John Kostrzewa worked for 45 years in the newspaper industry, including the last 29 at *The Providence Journal* as a business reporter, columnist, business editor, and assistant managing editor. He retired from the *Journal* in 2017, and spent the next three years as an adjunct professor at Bryant University, where he taught a writing workshop course to first-year students. In 2020, he began writing freelance stories for the *Journal* about business and economics during the pandemic. In January 2021, he launched "Walking Rhode Island," a weekly column online and in the Sunday newspaper, about hiking in the state. Since then, he has written 100 columns. A College of the Holy Cross graduate, Kostrzewa also worked at the *Worcester Post*, *Lawrence Eagle-Tribune*, and *Akron (Ohio) Beacon Journal*. He and his wife, Carol, live in Cranston.

Please refer to the online catalog for the
most up-to-date course information!
URI.EDU/OLLI

Slavery and the Creation of the U.S. Constitution

3 Sessions with Mark Burnham

Mon, Sep 22, 29, Oct 6

11:30 AM - 1:00 PM

Max: 45 Fee: \$40.00

We will take an in-depth look at the five months in 1787 when Continental representatives in Philadelphia, led by George Washington, created what would become our Constitution and how the institution of slavery and the international slave trade directly influenced that document's language. We will explore how the various compromises in favor of slavery in the Constitution influenced life in American society, led to the Civil War, and left a legacy of racism still infecting the United States today.

Mark Burnham is a graduate of Suffolk University Law School and spent 33 years as a RI trial attorney. He has been involved in guiding tours at the Stephen Hopkins House in Providence, RI. (Hopkins was a former governor who signed the Declaration of Independence on behalf of RI.) He has also led the Center for Reconciliation's walking tour of College Hill describing the 300-year involvement of RI in the international slave trade. He is currently a tour guide and trustee at Smith's Castle in Wickford, RI where he helped to develop their "Lost Voices" tour which focuses on the stories of the enslaved men and women who lived, worked, and died there during the colonial period. He has also lectured there on topics such as the practice of law in colonial Rhode Island. His current pastimes include learning more about Rhode Island colonial history and our country's legal history, and learning how to teach watercolor painting to younger children.



Bear Necessities

1 Session with Mary Gannon and Abigail Clark

Mon, Sep 22

1:30 PM - 3:00 PM

Max: 45 Fee: \$15.00

Black bears have returned to Rhode Island and have been spotted ambling around the state! While these large mammals can be intimidating, coexistence is possible when you are "Bear Aware." Join RIDEM Division of Fish and Wildlife staff to learn about these beautiful creatures and actions you can take to avoid issues with bears.

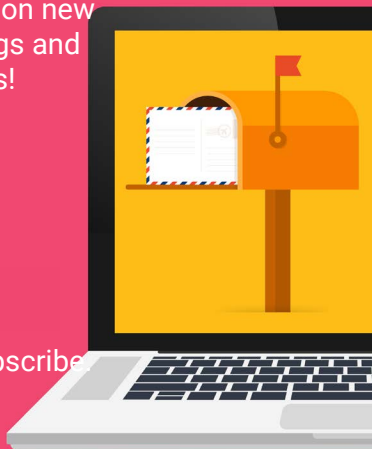
Mary Gannon is the wildlife outreach coordinator for the RI DEM Division of Fish and Wildlife. She has a B.S. in wildlife conservation biology from URI and an M.A.T. in science education from Brown University. Her work centers around spreading awareness of state wildlife conservation projects and educating Rhode Islanders of all ages about our state's unique critters. Her favorite part of her job is getting to tag along with wildlife biologists in the field, where she has had some very memorable experiences!

Abigail Clark is the wildlife outreach and volunteer technical assistant for RIDEM's Division of Fish and Wildlife. Abby is an outdoor educator who is passionate about connecting Rhode Islanders with the environment. In her position with Fish and Wildlife, she assists with the day-to-day coordination of outreach and volunteer programming.

Are you receiving our weekly emails? Keep up-to-date on new classes, special offerings and weekly happenings!

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Heroes & Headaches: New England's Story of Piracy at Home and Abroad

2 Sessions with Luca Rebussini

Mon, Sep 29, Oct 6

5:00 PM - 6:30 PM

Max: 30 Fee: \$35.00

Explore the history of the pirates and pirate hunters of New England during the golden age of piracy in this two-part course. Topics to be discussed include why people became pirates, how pirate ships were run, what weapons and tactics were used, and why piracy ended. Welcome aboard as we discuss this hidden part of New England's history!



Suggested Reading:

Eric Jay Dolin, *Black Flags, Blue Waters: The Epic History of America's Most Notorious Pirates* (Liveright, 2018)

Eric Jay Dolin, *Rebels at Sea: Privateering in the American Revolution* (Liveright, 2022)

Steven Johnson, *Enemy of All Mankind: A True Story of Piracy, Power, and History's First Global Manhunt* (Riverhead Books, 2020)

Colin Woodard, *The Republic of Pirates: Being the True and Surprising Story of the Caribbean Pirates and the Man Who Brought Them Down* (Mariner Books, 2008)

Assignment for the first class: Acquire and read any books that interest you from the suggested reading list and come prepared for a class discussion.

Luca Rebussini is founder and CEO of R.I. Pirate Guy LLC, and a 6th grade social studies teacher. He holds bachelor's degrees in history and secondary education respectively from URI and a master's degree in ESL from Western Governors University.

His interest in pirate history grew out of his love of history, passion for teaching, and the fun of learning about pirates. Since the founding of R.I. Pirate Guy LLC, he has shared his piratical programming with universities, libraries, yacht clubs, breweries and distilleries, and other organizations across southern New England and beyond, in person and through TV and social media.

What Spaceflight Means for Human Health on Earth

1 Session with Marie Mortreux

Mon, Oct 6

1:30 PM - 3:00 PM

Max: 45 Fee: \$15.00

As space missions push toward the Moon and Mars, keeping astronauts healthy is more critical than ever. But what does that mean for us on Earth? This class explores how space biology drives breakthroughs in medicine, aging, and health technology. We'll discuss why space research matters, even to skeptics, and how its benefits are already part of our daily lives. Discover the surprising ways space science supports human health—on and off the planet.

Dr. Marie Mortreux has a multidisciplinary background and obtained her Ph.D. from Paris University. In 2016 at Harvard Medical School, she designed the first rat analog model of partial gravity and has been studying the impact of lunar and Martian gravity on the body. Her work supports space exploration but also aims to provide new insights to improve therapies and health on Earth.





The Constitution as Applied

6 Sessions with Geoffrey Schoos

Mon, Oct 20, 27, Nov 3, 10, 17, 24

9:30 AM - 11:00 AM

Max: 45 Fee: \$55.00

This is not a first-year law class, nor is it a revisitation of a high school civics class. Instead, it's a discussion of the underlying philosophy of the Constitution, how the Supreme Court interprets it and then applies that interpretation to issues that impact many of us. Each session will focus on a specific issue as noted in the syllabus. Lively respectful discussion is welcomed and encouraged!

Required Reading: The U.S. Constitution and the amendments, available online (www.law.cornell.edu/constitution).

Assignment for the first class: Please read over the Constitution and the amendments. Additional readings will be provided by the instructor.

Geoffrey A. Schoos, Esq. (ret) is a former high school teacher who taught all facets of history, law, and economics and a retired attorney who provided legal services to low-income, marginalized Rhode Islanders in a broad variety of legal matters. He is the author of *Access To Justice on the Outskirts of Hope*, which argues that there is a constitutional right to an attorney. He's been a columnist for a local newspaper and now posts on Substack.

Remarkable Countries We Rarely Hear About

3 Sessions with Jim Buxton

Mon, Oct 27, Nov 3, 10

11:30 AM - 1:00 PM

Max: 30 Fee: \$40.00

What do you know about the following remarkable countries: Oman of the Middle East; Bhutan of Asia; Costa Rica of Latin America; Botswana of Africa; Finland of Europe; New Zealand of Oceania? Probably not a lot. These countries do not get any press coverage because there's not a lot of terrible news. What makes these societies successful? Is there anything we can learn from them? Might you be interested in visiting them? We will also learn about Iceland, a remarkable country visited by 12 OLLI members this past March.

Jim Buxton taught global studies and international relations at South Kingstown HS for 32 years. During that stretch, he earned numerous teaching awards, including the RI HS Social Studies teacher of the Year in 1997, and the RI HS Girls Soccer Coach of the Year in 1988. In 1997-98, he taught in England under the Fulbright Teacher Exchange program. His Model UN program lasted 19 years and, at its height, included 380 students from 25 schools. After HS teaching, he taught International politics courses in the URI Political Science Department. From 2009 until 2016, he also taught in the Salve Regina Education Department, and supervised HS social studies student teachers. He has taught OLLI courses for a decade.

COSMIC QUESTIONS

AN OLLI SPECIAL INTEREST GROUP

Join us as we drive into the questions, "Are we god's laboratory? Is life on Earth the only life in the universe?"

Meets monthly on the 3rd Thursday at 1:00PM at OLLI.

To Infinity and Beyond

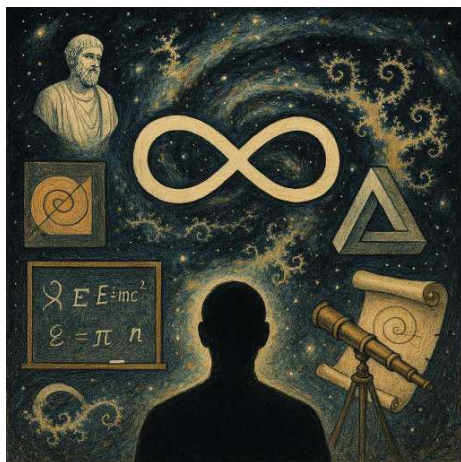
1 Session with Carol Gibbons

Mon, Oct 27

11:30 AM - 1:00 PM

Max: 45 Fee: \$15.00

Wrapping our human minds around the concept of infinity is so difficult. From ancient times until now, philosophers, theologians, mathematicians, cosmologists, and artists have wrestled with it. We will discuss the paradoxes that come from ideas of infinity, as well as some insights from these various areas of science and art.



Assignment for the first class: Find and read Zeno's paradox of Achilles and the Tortoise. [Click here to read online.](#)

Carol Gibbons is an emerita professor of mathematical sciences at Salve Regina University. Her interests are difference equations, geometry of Islamic tiling, and concepts of infinity.



Let's Explore the Google Suite

5 Sessions with Peter Stetson

Mon, Nov 3, 10, 17, 24, Dec 1

9:30 AM - 11:00 AM

Max: 15 Fee: \$50.00

Learn about the cloud-based Google Workspace using your own device or one of the devices at OLLI. Google Drive, Google Docs, Google Sheets, and Google Slides make up the suite of applications. In the final class we will investigate some additional Google Apps. These apps are all cloud based so anywhere you have access to the internet you can access your documents. Participants should have a

Google account, be able to download and unzip files, and log onto the wi-fi in the classroom. Please bring your own device to class.

Assignment for the first class: Make sure you can connect to the OLLI wi-fi and that you can log into your Google account.

Suggested reading: *Google Apps and G-suite: A Complete and Practical Guide on How to Use Google Drive, Google Docs, Google Sheets, Google Slides, Google Forms, Google Calendars and Google Photos. Tips and Tricks Included* (Masha Cromwell, 2021)

Peter Stetson is a retired teacher who taught biology, earth science, and environmental science over the course of 35 years in the Coventry public schools. As an educator, he used the Google Suite with his students.

Working With Fishing Communities in the Blue Economy

1 Session with Abbey Greene

Mon, Nov 3

1:30 PM - 3:00 PM

Max: 45 Fee: \$15.00

As more different people and organizations use our oceans, there is an emerging need to find solutions for sectors to benefit from each other, share spaces, adapt, and continue to thrive. The URI Coastal Resources Center has been working for many years to meet the needs of our working waterfront communities, including our fishing industries. Fishing communities are experiencing things firsthand on the water and are often the first to bring up timely priorities that we, as researchers and regulators, need to know. For example, have you ever thought about boulder relocation? What does it mean, and why are we looking into it? How does the fishing community inform planning around our ports? What issues are they experiencing that working waterfronts need to tackle? We'll dive in.

Abbey Greene is a coast and ocean planner at the University of Rhode Island Coastal Resources Center and Rhode Island Sea Grant. She focuses on ocean technology and blue economy initiatives, especially in regard to coastal planning and energy needs of communities. She works to disseminate scientific information for public engagement and create spaces for all interested parties to come together and reach collaborative solutions. Abbey has an M.S. in environmental science and management and a B.A. in electronic journalism arts.

Cognitive Biases and Their Effect on Critical Thinking: The Believing Brain

5 Sessions with Donald Webb

Mon, Nov 10, 17, 24, Dec 1, 8

1:30 PM - 3:00 PM

Max: 45 Fee: \$50.00

Much of what we remember and believe is flawed or simply wrong. Our brains seem to constantly generate false observations, memories, and beliefs—and yet we tend to take the truth of our experiences for granted. This course will cover the way we perceive the world around us. Everything we think we see, hear, and experience is not a direct recording of the outside world; it is a construction. The brain filters information by accessing beliefs first and then

looking for supporting evidence. Mechanisms that impact our understanding of the world can be defined as “cognitive biases.” Biases are tendencies and proclivities that all people have, and they range from the mundane and silly to harmful.



Suggested reading: (will be discussed during the last class):

Thomas Gilovich: *How We Know What Isn't So: The Fallibility of Human Reason in Everyday Life* (Free Press, 1991)

Michael Shermer, *The Believing Brain* (Times Books, 2011)

Don Webb holds an M.B.A. and a B.S.I.E. from the University of Rhode Island, as well as a toolmaker journeyman certification from Brown & Sharpe. He has 40-plus years of project management experience at both public and private, domestic and international organizations, including GM, AT&T, Saab, U.S. Defense Department, U.S. Army, U.S. Postal Service, and Rolls Royce (Engines). He is a U.S. Navy Veteran of Vietnam.



Dutch Island: Pasture, Fortress, Park

1 Session with Brian Wallin

Mon, Dec 1

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

Little 102-acre Dutch Island, in the center of the Narragansett Bay's West Passage, has played a changing role in the area's history since the earliest inhabitants appeared around Narragansett Bay, possibly as long as 12,000 years ago. In this class, we will learn about the first settlers on the island, the arrival of Europeans, and events from colonial times into the 19th century, when Dutch Island became an integral element in the coastal defenses of Rhode Island. We will explore rare visuals of ancient artifacts and take a visual tour of the island, now a state nature preserve. Also included is the colorful story of the Dutch Island Lighthouse, its keepers, and its continuing role as an aid to navigation.

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).



Hurricane History of Southern Rhode Island

1 Session with Robert Muller

Tue, Sep 16

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

A review of the historical record of storms hitting RI's south coast from 1635 to the present will provide the backdrop for a discussion about our current risk in the state. Detailed weather data, investigative reports, photo, and stories will be presented. A particular focus will be on the hurricanes of 1938 and 1954, the last two Category 3 storms to hit this region. This data will be supplemented with a look at recent sediment studies undertaken in MA and RI that record hurricanes going back for 2000 years. What does history and data indicate for the future? We will review various climate change studies for New England to answer that question, and the class will conclude with a brief look at emergency management plans for a hurricane in Rhode Island.

Suggested Reading: Everett S. Allen, *A Wind to Shake the World: The Story of the 1938 Hurricane* (Little, Brown) R. S. Scotti: *Sudden Sea* (Back Bay Books). Both are wonderful accounts of the 1938 Hurricane.

Robert Muller worked almost fifty years in the Public Finance business, most of which was spent at JP Morgan where he was head of municipal bond research for many years and served as the public finance sector strategist. He was a highly ranked investment research analyst and considered an expert in state and local government, health care, and infrastructure finance. He spoke regularly to both investors and debt issuing clients of the firm about how the Federal budget affected various sectors of the U.S. economy and the implication of deficits and debt. He holds a B.A. in history from Trinity College (CT) and an M.P.A. from New York University in public policy and urban economics.

Margaret Atwood: The Early Years

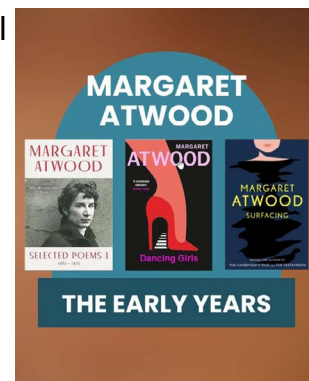
3 Sessions with Jane Barstow

Tue, Sep 16, 23, 30

11:30 AM - 1:00 PM

Max: 30 Fee: \$40.00

We will look at both the overall arc of Atwood's long career and the early fiction, poetry, and essays that launched it. We will focus on the short story collection *Dancing Girls and Other Stories* (1977), the novel *Surfacing* (1972), and *Selected Poems: 1965-1975*.



Suggested Reading:

Margaret Atwood: *Dancing Girls and Other Stories* (McClelland & Stewart, 1977)

Margaret Atwood: *Surfacing* (McClelland & Stewart, 1972)

Margaret Atwood: *Selected Poems: 1965-1975* (Houghton-Mifflin, 1976)

Note: Later editions are available.

Jane Barstow retired from the University of Hartford in 2010 after many years as a member of the English department where she taught American literature with a focus on African-American and immigrant women writers. She also served as dean of Hartford College for Women and taught abroad in Greece and Bulgaria as a Fulbright scholar. More recently she has offered on-line courses on immigrant narratives to graduate students in gender studies at Southern Connecticut State University. And she has lectured on Edith Wharton, Margaret Atwood, Edwidge Danticat, and Toni Morrison to adult learners in Connecticut and Rhode Island. Her publications include many essays on women writers and the 1997 bio-bibliography *One Hundred Years of American Women Writing, 1848-1948*. Jane enjoys playing bridge, hiking, and traveling and says her major obsession is the Sunday New York Times crossword puzzle.



Cancer Essentials: Understanding and Navigating the Cancer Journey

2 Sessions with Ron Peck

Tue, Sep 16, 23

1:30 PM - 3:00 PM

Max: 45 Fee: \$35.00

This class offers a comprehensive exploration of cancer for non-medical audiences. In session 1, Understanding Cancer, Dr. Ron Peck, M.D., will explain the biology of cancer, common cancer types, risk factors, screening approaches, and what goes into a new cancer diagnosis. Session 2, Navigating Cancer Care, will provide practical guidance for patients and caregivers, including how to evaluate treatment options, understand clinical trials, communicate with doctors to best advocate for themselves, and how best to support loved ones who were just given a new cancer diagnosis or are living with cancer.

Suggested reading: "Emperor of All Maladies" by Siddhartha Mukherjee

Check these websites:

- [American Cancer Society](#)
- [National Cancer Center Network Patient Resources](#)
- [Cancer Care](#)
- [National Cancer Institute](#)

Ron Peck, M.D. is a medical oncologist with 30 years of expertise in cancer care and drug development. Dr. Peck earned his M.D. at Thomas Jefferson University and completed his internal medicine and oncology/hematology training at Georgetown University. Thereafter, Dr. Peck served on the medical faculty at University of Virginia Cancer Center before embarking on a career as a clinical researcher and expert in oncology drug development in the pharmaceutical and biotechnology arena. He currently consults with biotechnology companies that are developing new cancer medicines and is an adjunct

faculty member at Yale University School of Medicine. Aside from his passion for advancing innovative new medicines through clinical trials and FDA registration, he also receives great satisfaction in helping friends and family navigate the complexity and burdens of life with cancer.

Together We Can: Finland's War Years 1939-1945

1 Session with Anita Smiley

Tue, Sep 16

3:30 PM - 5:00 PM

Max: 45 Fee: \$15.00

Between 1939-1945, Finland was attacked by the Soviet Union and underwent three wars, known as the Winter War, the Continuation War, and the Lapland War. How did the country manage to stay independent? And how did it fare in the aftermath of war? This class will look at what happened in Finland on a personal and on the state level.

Suggested Reading: William R. Trotter, *A Frozen Hell: The Russo-Finish Winter War of 1939-1940* (Algonquin Books, 1991)

William Durbin, *The Winter War: A Novel* (Wendy Lamb Books, 2008)

Anita Smiley, a dual citizen, is retired from teaching business at Norwich Free Academy in Norwich, CT. Since her retirement she has led 28 tours of Finland. She is also past president of the Finnish American Heritage Society in Canterbury, CT, and past president of Finlandia Foundation National. Anita was honored by the president of Finland with the Cross of Merit of the White Rose of Finland.

From Monsters to Milton: Early British Literature

6 Sessions with Jenny Reed

Tue, Sep 16, 23, 30, Oct 7, (skip 14), 21, 28

5:00 PM - 6:30 PM

Max: 25 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Enjoy great writing from a seven-hundred-year period of literary invention in Britain, from around AD 1000 to 1700. This course will provide a tasting menu of early British literature, including an Old English epic, an Arthurian tale, and a Shakespearean tragedy. These texts offer a delightful experience of the strange and the mythic, as well as pleasure in finding familiar and deeply human stories in poetry and plays that might initially seem remote. Together, we'll develop a toolkit of analytical

approaches to different forms of literature, and we'll trace the origins of the literary conventions and traditions that we recognize today.

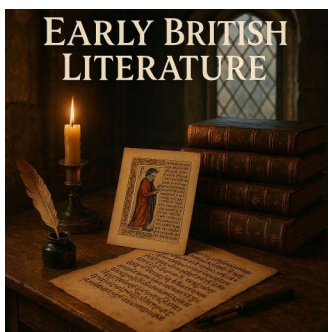
Required Reading:

Beowulf, a new verse translation by Seamus Heaney (W. W. Norton, 2001)

Sir Gawain and the Green Knight, a new verse translation by Simon Armitage (W.W. Norton, 2008)

Macbeth, by William Shakespeare (Folger Shakespeare Library, 2003)

Assignment for the first class: Please watch the introductory video on *Beowulf* that I will share with the class and also read lines 1–1650 (which you'll find on pages 3 to the first line of p.54) of the Seamus Heaney translation of *Beowulf*. There's no need to read the introduction to the poem, but if you would like to, please wait until after you have read the poem—otherwise it will spoil the ending for you!



Jenny Reed received her PhD in English from the University of Virginia in 2015. She has fifteen years of teaching experience across a range of different institutions, including the University of Virginia, Brandeis University, Colby College, and the College of the Holy Cross. She specializes in eighteenth-century and early modern British literature.

Peter Pots Pottery

1 Session with Jeffrey Greene

Tue, Sep 23

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

Note: This is a classroom lecture at OLLI, not an on-site tour of Peter Pots.

Peter Pots Pottery was founded in 1948 by Oliver and Elizabeth Greene, students at the Rhode Island School of Design (RISD). Originally located on Providence's East Side, the studio moved to its current West Kingston location in 1954 and has been in continuous daily operation there ever since. Today the studio creates beautiful, functional items using the same methods and design principles of its founders. Jeffrey Greene, owner of Peter Pots Pottery, will discuss the history and operation of this well-known local business.



Jeffrey Greene is the owner of Peter Pots Pottery.

PHOTOFRIDAY




MEETS THE FIRST FRIDAY OF
EVERY MONTH ON ZOOM

THEMES CHANGE EACH MONTH

The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs

1 Session with Barbara Roberts

Tue, Sep 23

3:30 PM - 5:00 PM

Max: 45 Fee: \$15.00

Explore the pros and cons of taking statin drugs to lower cholesterol. Despite the rosy picture painted in advertisements, these drugs have serious and some-



times fatal side effects. Their benefits have been hyped while their dangers have been underplayed. We will also discuss some alternative methods to maintain cardiovascular health.

Suggested reading: Barbara H. Roberts: *The Truth About Statins: Risks and Alternatives*

to Cholesterol-Lowering Drugs, (Simon & Schuster, 2012) available on Amazon.

For the first class: Bring your questions about the best ways to prevent heart disease.

Barbara Roberts is a graduate of Barnard College and Case Western Reserve School of Medicine. She is a clinical associate professor of medicine emerita at the Warren Alpert Medical School of Brown University. While at the NIH and Brown, she participated in studies examining the effect of cholesterol-lowering drugs on heart disease. She is the author of *How To Keep from Breaking Your Heart: What Every Woman Needs to Know About Cardiovascular Disease*, *The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs*, and *The Doctor Broad: A Mafia Love Story*.

Estates and Gardens of America from the 1890s to the 1930s

1 Session with Anne Holst

Tue, Sep 23

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

Anne Holst from the Clouds Hill Museum will share period pictures of some of the most visually stunning gardens and estates of the opulent late Victorian period. We'll see photos of what several of RI's long-gone spectacular gardens looked like in their heyday, including an almost unknown Olmsted Brothers design of the 1920s here on the West Bay.

(Estates, Continued)

Anne Holst is a native Rhode Islander, steeped in history as a descendent of Roger Williams and other illustrious figures. A graduate of URI, she was the first female game warden in RI (now called Environmental Police). (Her mother was the first female fire chief in the world.) In 2000, her family home became the Clouds Hill Victorian House Museum, of which she is board president and curator. She has written numerous booklets about less-known facets of R.I.'s history and landscape. She also writes for the website smallstatebighistory.com and does lectures and presentations on R.I. history and Victorian aspects of daily life, especially for assisted living residences and senior groups.



Green Energy Systems and How They Work

1 Session with Jet Vertz

Tue, Sep 23

11:30 AM - 1:00 PM

Max: 45 Fee: \$15.00

Rhode Island is the first state to implement an off-shore wind farm in the USA. How much do you know about wind farms and how they work? Also, how much do you know about other forms of green energy? During this session we will learn all about the off-shore wind farm that has been implemented just off Block Island and about other Green Energy systems.

Jet Vertz served as a U.S. Naval Officer during the Vietnam War era and worked 44 years in the aerospace business. He was vice president at Pratt & Whitney Aircraft until his retirement. Jet's been an OLLI instructor since 2013 and has taught Purpose Driven Retirement, History & Future of Automobiles, Histories and Mysteries of Aviation, Global Warming, Green Energy Systems, and Computer Fundamentals.



Introduction to Flying Drones

1 Session with Peter Vogt

Tue, Sep 23

1:30 PM - 3:00 PM

Max: 30 Fee: \$15.00

This course offers an overview of commercially available drones, outlining the responsibilities of drone pilots and the regulatory framework established by the FAA. Participants will gain insights into safe operation practices, the FAA registration process, and practical tips for flying drones.

Peter Vogt is a seasoned FAA-licensed drone pilot with over 6 years of experience flying drones. He has combined his life-long passion for photography with his expertise in drone operations to capture stunning aerial imagery. With a B.S. in Web Development and eCommerce from Johnson & Wales University, Peter's strong technical background enhances his understanding of the subject.

Writing, Illustrating and Self-Publishing a Children's Picture Book

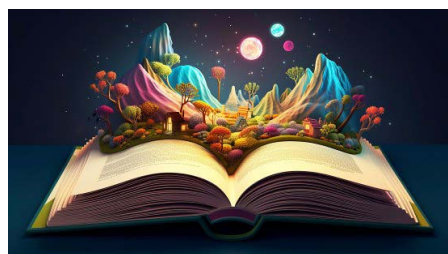
1 Session with Rick Billings

Tue, Sep 23

5:30 PM - 7:00 PM

Max: 15 Fee: \$15.00

Do you have a great idea for a children's book but no idea how to go about creating one? Rick Billings will share his experience and insights from writing, illustrating, and self-publishing three children's picture books. He'll discuss the options available for creating and publishing a book and the pros and cons of self-publishing. He'll also share samples of his work, past and present, as well as reference books and materials that he uses.



Rick Billings is a writer, illustrator, aspiring musician, and proponent of general creativity. He has published several of his short stories and poems as well as three children's picture books and a book of firefighting-related cartoons. Rick studied art at Rhode Island College and illustration at RISD and MassArt. He has been an artist since he could hold his first crayon. Rick is originally from Pawtucket and currently lives in Barrington with his wife Kathy and Nala the Wonder Dog.

Paris in the Dark: The Nazi Occupation 1940 - 1944

3 Sessions with Christopher Menard

Tue, Sep 30, Oct 7, 14

9:30 AM - 11:00 AM

Max: 30 Fee: \$40.00

On June 14, 1940, the victorious German army marched triumphantly into Paris to take control of the city most coveted by Adolf Hitler. The mighty French army had been defeated in just 46 days. On that day, the City of Light went dark and would remain so for the next four years of the Nazi occupation. This course will cover those dark days, from the fall of Paris, through life under Nazi occupation, to Liberation. We'll learn how living under the rule of cruel and tyrannical conquerors would have a profound effect on the lives of all Parisians. We'll hear stories of exceptional bravery and honor, cowardice, deceit, and greed, and the consequences of these behaviors both during and in the immediate aftermath of the occupation.

Suggested Reading:

When Paris Went Dark: The City of Light under German Occupation. 1940-1944 by Ronald C. Rossbottom. Little, Brown & Co. August, 2014

Americans in Paris: Life and Death under Nazi Occupation by Charles Glass. Penguin Books. 2009

Taking Paris by Martin Dugard. Dutton Caliber. September, 2021

C.J. Menard worked primarily in higher education advancement / development at various institutions including Boston University, Northwestern, Harvard, and Amherst College, as well as Deerfield Academy. He graduated from Colgate University with honors in history. His senior thesis focused on the decision in 1915 by Tsar Nicholas II to take command of the Russian army during WWI and the consequences of that decision.

Lagerstätte, an Introduction

1 Session with Ernest Zielinski

Tue, Sep 30

1:30 PM - 3:00 PM

Max: 45 Fee: \$15.00



Join this introduction to fossil sites known as Lagerstätte (German for storage area), which are areas where the fossils are part of a motherlode, where there are either a great many disarticulated fossils such as a bone bed, or where the fossils are in a state of exceptional preservation. There are numerous Lagerstätte throughout the world, some of which are open to amateur collectors but most of which

are open only to researchers with credentials. We will address the problems paleontologists face with new discoveries at these sites, discuss some curious examples, and discover the reasons why many Lagerstätte are restricted.

Ernest Zielinski holds a B.A. in biology from URI and an M.S. in business from Troy State University, with an emphasis on hazardous materials handling and hazardous waste disposal. He has worked in aerospace, manufacturing, and environmental industries in various managerial positions and has taught various training classes in industry and the military. Currently VP of the RI Mineral Hunters Club, he has given talks at CCRI, Bryant, URI Master Gardeners (East Farm), and Mineral Club. His subjects have included toxic minerals, the Narragansett Basin, RI coal mining, and rare fossil sites (Lagerstatte).

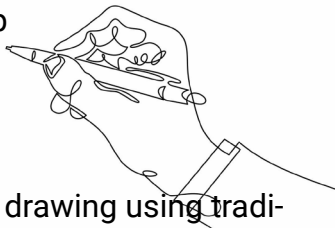
Playful Drawing for Creative Expression

3 Sessions with Sandra Krupp

Tue, Sep 30, Oct 7, 14

4:00 PM - 6:00 PM

Max: 15 Fee: \$40.00



Explore a playful approach to drawing using traditional and non-traditional drawing tools and processes that encourage opening the door to mindful seeing and creative expression. Whether you have lots of drawing experience or think you cannot draw, this course is designed for you. "Realistic," representational drawing skills are not the focus of this

course. Each session will provide prompts and introduce techniques for your experiments in drawing that you can continue to use in or outside of a classroom or studio setting. Bring your curiosity!

Sandra Krupp, MSSW, has been teaching classes to adults and children in artmaking and creativity and developing collaborative community art projects for 25+years in Rhode Island. The large art piece in the OLLI office, created by OLLI students in 2014-2015, is an example. Sandra's paintings have been exhibited throughout New England for 35 years. Examples of her individual and collaborative work are on her website: Sandrakruppart.com

The New England/Rhode Island/Alaska Connection is GLACIAL!

3 Sessions with Darryl Keith and Don Hermes

Tue, Oct 7, 14, 21 (field trip)

9:30 AM - 11:00 AM

Max: 45 Fee: \$40.00

A common geologic principle holds that "the present is the key to the past." In other words, by understanding processes operating today, we can better interpret ancient history. To understand how glaciation affected the New England/Rhode Island landscape, we can look to geological processes and landforms of present-day Alaska, comparing these newer landscapes with the older glacial features of New England and Rhode Island. In these three classes we will explore the glacial history of these areas, and learn about glacial forms, processes and motion, ending with a field trip to sites in South Kingstown and Narragansett areas.

**GEOLOGY**

Assignment for 1st class session: An outline will be sent to those who register with readings, etc.

Note: Last Class (Oct 21) will be offsite - instructors will provide location.

EPA researcher **Darryl Keith** works to provide satellite data products to map seagrass in southern New England estuaries and provide water quality information in support of aquaculture farming in two Rhode Island estuaries. Darryl also provides technical assistance to the RIDEM and RI Department of Health to

monitor the abundance and location of cyanobacteria in lakes and ponds in Rhode Island through satellite remote sensing. Darryl holds geological degrees from the University of North Carolina-Chapel Hill and URI Graduate School of Oceanography.

Don Hermes is a Professor Emeritus in the URI Dept of Geological Sciences. Don also has degrees in the Geosciences from Washington University and UNC-Chapel Hill.

Boston Stronger

3 Sessions with Bob Persons

Tue, Oct 7, 14, 21

2:00 PM - 3:30 PM

Max: 45 Fee: \$40

The tragic Boston Marathon bombing on April 15, 2013, brought out the best in Boston and many of its heroic citizens. Boston Strong indeed! But in the fervor to put this heartbreaking episode behind us, many important questions went unanswered. What was the motive?

Where were the bombs made? Did the FBI know Tamarlan Tsarnaev before the bombing? Why didn't the FBI share this information with Boston police? We will address these and other questions to reach a better understanding of this catastrophic event, and in so doing, help make Boston even stronger.



Bob Persons recently retired from a 35-year investment career in Boston. He holds a B.A. from Bucknell University and an M.B.A. from Northwestern University. He has spoken at countless investment conferences worldwide and for 12 years was a guest lecturer at the MIT Sloan School of Management. He has a passion for uncovering the truth, having spent the past 30 years trying to exonerate an innocent man from prison. He has taught OLLI classes on a variety of topics from wrongful convictions to the JFK assassination.

The Salem Witch Crisis of 1692

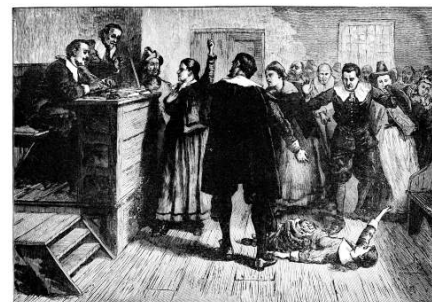
3 Sessions with Gale Eaton

Tue, Oct 14, 21, 28

1:30 PM - 3:00 PM

Max: 30 Fee: \$40.00

The Salem witch trials didn't take place in a vacuum. Inhabitants of seventeenth-century Massachusetts had a variety of life-and-death issues to cope with, ranging from church politics (at a time when doctrinal differences could get you thrown out of the colony) to the Indian wars (arguably not well handled by the colony's leaders). This course will be based in large part on Mary Beth Norton's history, looking both at the broad political context and the individual lives of accusers and accused in the years leading up to 1692.



Suggested Reading: Mary Beth Norton: *In the Devil's Snare: The Salem Witchcraft Crisis of 1692* (Knopf, 2002)

Gale Eaton, Ph.D., was director of URI's Graduate School of Library and Information Studies. Since her 2012 retirement, she has been writing, editing, teaching for OLLI, and making repeated efforts to organize her home office.

HAVE SOME FUN... JOIN CREATIVITY AND PLAY



Meets the second Thursday of each month at 10:00 AM. Details of events and locations emailed to those who register. Register online: URI.EDU/OLLI or call 401.874.4197

The Schools of R.I. from Colonial Days to the 1890s

1 Session with Anne Holst

Tue, Oct 21

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

Anne Holst of the Clouds Hill Museum will present a pictorial tour of early RI schools and a brief history of the development of public schooling in the state. We'll discuss prominent RI architects of school buildings and see examples of their work. We'll also learn how these buildings are being re-used today.



Anne Holst is a native Rhode Islander, steeped in history as a descendent of Roger Williams and other illustrious figures. A graduate of URI, she was the first female game warden in RI (now called Environmental Police). (Her mother was the first female fire chief in the world.) In 2000, her family home became the Clouds Hill Victorian House Museum, of which she is board president and curator. She has written numerous booklets about less-known facets of R.I.'s history and landscape. She also writes for the website smallstatebighistory.com and does lectures and presentations on R.I. history and Victorian aspects of daily life, especially for assisted living residences and senior groups.

Music of the Sea

2 Sessions with B.J. Whitehouse

Tue, Oct 28, Nov 4

11:30 AM - 1:00 PM

Max: 45 Fee: \$35.00

This course is for folks who like to sing music of the sea. We'll sing work songs, ballads, forebitters, and play some music that may have been heard on a 19th century sailing vessel. Students are invited to bring along instruments and ideas for songs. The instructor will provide some opportunities to work with a block-and-tackle and other simple machines that would have been found on a sailing vessel.

Assignment for the first class: Show up. Bring an instrument if you'd like.

Suggested Reading: Shanties From the Seven Seas, collected by Stan Hugill (Routledge and Kegan Paul, 1961, reprinted 1987).

B.J. Whitehouse is a choral director, voice teacher and retired music teacher. He has been singing music of the sea for a long time. He was on the demonstration squad at Mystic Seaport some years back and was a member of the Mystic Seaport shantey class prior to the onset of the pandemic. He called shanteys on the whaling ship Charles W. Morgan as well as the Joseph Conrad. He believes that everyone can and should sing.

The Right to Crow: Firsts, Bests, & Uniques of Little Rhody

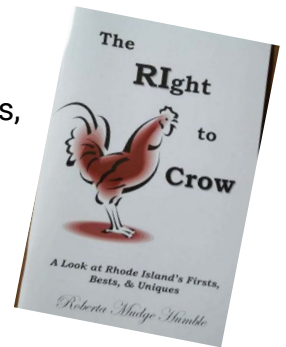
1 Session with Roberta Mudge Humble

Tue, Oct 28

1:30 PM - 3:00 PM

Max: 45 Fee: \$15.00

This one is for Little Rhody natives, lovers, and the curious. Sit back, watch, and listen to stories of Rhode Island's claims to fame, or infamy. Author and overall RI buff, Roberta Mudge Humble is our guide, presenting glorious pictures from around the state, enhancing her promise of an uplifting experience. There will also be time for Q and A, and brief sharing from participants of their "only in RI" stories.



Roberta Mudge Humble, a life-long resident of Rhode Island, is a retired professor of English at CCRI where she taught for 47 years. She is best known for her work with the 18 historic armories of RI and her RI books and games. Her passion has been the promotion of Rhody as the state with the deepest national history. Roberta has worked with the U.S. Military as writer and volunteer. On the board of the Warwick Historical Society, she is a resident of Warwick but native of Westerly. Her distinctive RI games and books were inspired by the response of the governor and audience when she gave an address featuring RI's firsts, bests, and uniques at the State House on RI Independence Day. In 2022, she was inducted into the Rhode Island Heritage Hall of Fame.

Elections Administration in Rhode Island

1 Session with Rob Rock

Tue, Oct 28

3:30 PM - 5:00 PM

Max: 45 Fee: \$15.00

At this critical time in our democracy, it is imperative that people have confidence in the way Rhode Island conducts its elections. In this class, you will learn about voter list maintenance, mail ballot procedures, early and election day voting, voting machine audits, and other important election processes and procedures.

Rob Rock is Deputy Secretary of State at the RI Department of State, whose mission is to ensure all eligible Rhode Islanders can vote safely and securely. He currently serves as president of the National Association of State Election Directors' (NASED) executive board and, in 2020, was the chair of the Electronic Registration Information Center (ERIC), a non-profit organization whose mission is to assist states in improving the accuracy of voter rolls. For more about the RI Department of State, go to vote.ri.gov

What Makes a Company Town?

1 Session with Allison Horrocks

Tue, Nov 18

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

What makes a company town? We'll explore the evolution of mill villages and corporate enterprises in the Blackstone Valley. We'll focus on the development of communities such as Slatersville, Hopedale, and Whitinsville.

Allison Horrocks is a park ranger at Blackstone River Valley National Historical Park. Allison earned her Ph.D. at the University of Connecticut in 2016 and has worked as a historian at a number of historic sites in New England. She has worked as a podcast co-host and is the co-author of *Dolls of Our Lives: Why We Can't Quit American Girl*. Allison lives in Lincoln, RI.



Triggered to Tranquil; Stress Management Strategies on the GO!

1 Session with Renae Martin

Tue, Nov 18

11:30 AM - 1:00 PM

Max: 45 Fee: \$15.00

Life today can be busy and stressful...or lonely and stressful. In this course, we will review the signs and symptoms of stress to help you recognize the patterns that are unique to you. We will learn about the two pathways in the human brain that lead to our experience of stress in order to facilitate our understanding of what is happening in our bodies. Then we will practice various techniques that are tailored for each stress pathway, giving you some strategies to use at home to reduce stress. Given that stress underlies many health problems today, these methods can be important tools to improve your well-being.



JOIN OLLI'S

BIKING GROUP

REGISTER ONLINE: [URI.EDU/OLLI](https://uri.edu/olli)

MEETS WEEKLY ON TUESDAYS



[Register online](https://uri.edu/olli) or call 401-874-4197.



Food is Medicine: A Cooking Series

4 Sessions with Kathi Masi

Tue, Nov 18, 25, Dec 2, 9

1:30 PM - 3:00 PM

Max: 45 Fee: \$45.00

Discover how to prepare nutritious and flavorful meals on a budget to improve your health. Hear tips on making the most of extra virgin olive oil, get creative with fruits and vegetables, and learn about food labeling, healthy fats and proteins. Each session features a live food demonstration with tasty samples to try. Bonus perk—attend at least three sessions and receive a free cookbook to inspire your home cooking journey!

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 retired teacher from South Kingstown High School, she has taught classes in Family and Consumer Sciences (FCS) specializing in culinary arts. Since retirement, Kathi has worked with, BCBS RI, RI DOH, and RI Geriatric Education Center, Lifespan and Brown University Health, RIPIN, teaching classes in nutrition and wellness, fall prevention, chronic disease self-management classes and as well as doing food demonstrations. She has taught several classes for the OLLI at URI, including during the pandemic when Kathi taught virtual "cook-along" classes for OLLI.

The History of Modern Architecture and Urbanism

3 Sessions with Richard Levy

Tue, Nov 18, 25, Dec 2

1:30 PM - 3:00 PM

Max: 45 Fee: \$40.00

WATCH CLASS
PREVIEW

Video



This course will explore the evolution of modern architecture and city planning from the mid-19th century through to the 1970s, with an emphasis on the transformative developments in Europe and America. Through an interdisciplinary lens, we will delve into the social, technological, and artistic forces that have shaped architectural design during this dynamic period. The first lecture explores the impact of the Industrial Revolution, including the rise of iron and glass construction, and the stylistic movements of Eclecticism and Art Nouveau. The second lecture focuses on the early 20th-century avant-garde, highlighting the radical innovations of the Bauhaus, the functional ideals of modernism, and Le Corbusier's influential vision for architecture and design. The third lecture traces the origins and conceptual foundations of modern urban planning, investigating early models and ideas that shaped the modern city.

Class Note: A suggested reading list will be made available to registrants.

Richard M. Levy is emeritus professor in urban planning and design at the University of Calgary, Alberta, Canada. He has a B.S. in civil engineering (BSCE) from Tufts University and an M.Arch, and Ph.D. in architectural history from the University of California, Berkeley. He has taught courses in architectural and urban history at the University of Calgary, Cornell University, Rensselaer Polytechnic Institute, and Hobart and William Smith Colleges. Throughout his career, Dr. Levy has taught a diverse range of courses, including architectural and urban history and urban design. Currently, he teaches real estate development and finance as a part-time faculty member in the URI College of Business.

The Mysterious Late Iron Age Fortresses of Öland

1 Session with Ken Johnson

Tue, Dec 2

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

The Swedish province of Öland is an island off the coast of southeastern Sweden. Between 300 and 600 CE, 19 ring fortresses unlike anything on the



mainland were built there. Some served defensive purposes while others would be of no use for defense. They housed small villages and served as the site of religious and

sacrificial ceremonies. Some sites exhibit few artifacts associated with village life while others are rich in them including Roman artifacts. Residents of one fort (Sandby)—perhaps more than 200—were massacred and their bodies left unburied. Many fortresses were abandoned by the Viking Era but reused in the Middle Ages. Join us as we explore this fascinating bit of history.

Ken Johnson is an internationally known retired chemical oceanographer and a first-generation Swedish-American. He holds B.S. and M.S. degrees (URI and the University of Minnesota, respectively), and an honorary Ph.D. from the University of Gothenburg, Sweden. He has given many talks on Swedish history for OLLI. In addition, he has been a long-term guide in Newport, RI, working in the Newport Mansions for 9 years, and as a step-on bus guide for 12 years giving tours in English and German for the Miami based firms Destinations North America, Intercruises, and JRickers Travel Concepts.



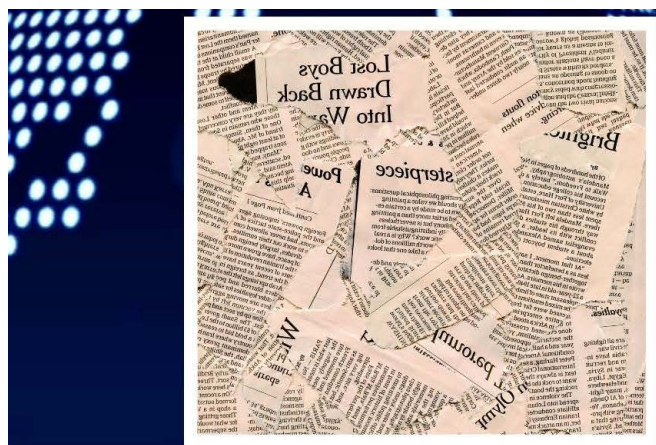
Parking is FREE For OLLI Members But You MUST Register

You only need to register your vehicle once during the **academic year (August-July)**.

Parking permits are virtual, so no stickers are provided. **All permits expire July 31.**

- Only one vehicle per member may be registered.
- If you bring a different vehicle to campus or your license plate number changes, you will need to log into your parking account and update the vehicle information prior to parking your car.
- Parking permit is only valid for Lot #21, (Staff/Faculty Lot) outside our building at 210 Flagg Rd., Fine Arts Center Lot #6, and Plains Rd Lot #25.
- Do not park across the street in lot #20. This is for resident students only. Call the OLLI office for assistance in registering your vehicle at 401.874.4197.

We will no longer be able to waive parking tickets. If you get a ticket you will be responsible for appealing it with the URI parking administration.



CURRENT EVENTS



MEETS WEEKLY ON THURSDAYS AT OLLI AT 11:00AM

From Dawn to Despair: Eugene O'Neill's *Long Day's Journey into Night*

8 Sessions with Kara Marziali

Wed, Sep 17, 24, Oct 1, 8, 15, 22, 29, (9:30AM-12:30PM),
Nov 5

9:30 AM - 11:00 AM

Max: 30 Fee: \$65.00

WATCH CLASS
PREVIEW

Video



Long Day's Journey into Night is considered to be O'Neill's magnum opus and one of the finest American plays of the 20th century. "Long Day" refers to the setting, which takes place in the span of one long, seemingly uneventful day. Yet in four acts, O'Neill exposes the cycles of addiction, the co-dependence of relationships, and the repetitive behaviors of each character. Over eight weeks, participants will explore

themes and look at semi-autobiographical elements, comparing O'Neil's characters with his real-life family members. The play is a cautionary tale, and a poignant reminder for us to let go of the past and face our demons. Although it was said to be written in "tears and blood", Instructor Marziali promises to bring some levity to the class.

Required Reading Assignment: "Long Day's Journey into Night" by Eugene O'Neill (recommended edition, Yale University 2002 with forward by Howard Bloom).

Note: The class on Oct 29 will include showing a DVD of the play with a run time of 3 hrs. Class time will be 9:30AM-12:30PM.

Kara Marziali is most comfortable in environments that stimulate curiosity, cultivate creativity, kindle compassion, and facilitate connections. She is the author of *Kara Koala* and *Her Kaleidoscope of Feelings* and its accompanying activity book and journal. She is also featured in four ARIA anthologies published by the Association of Rhode Island Authors, and she serves as the artist-in-residence at Wood River Health, offering creative outlets to help people with their well-being. Kara teaches dramatic literature, theater, and art for the OLLI at URI including several Shakespeare plays, 20th century plays, and an intro to theater, as well as painting classes.



An Introduction to Osteoporosis

2 Sessions with Brittany Ricci, M.D.

Wed, Sep 17, 24

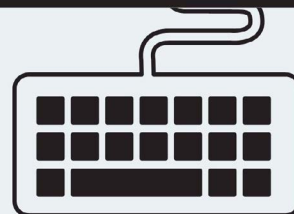
9:30 AM - 11:00 AM

Max: 30 Fee: \$35.00

This course provides an accessible and informative overview of osteoporosis, a common metabolic bone disease that affects millions of older adults. Participants will explore how bones change with age, what factors increase the risk of bone loss, and how diet, exercise, and medical treatments can help maintain bone strength. This course aims to cultivate a practical understanding of general bone health and osteoporosis, enabling participants to apply this knowledge to their own lives through informed discussion and engagement.

Brittany Ricci, MD obtained her B.S. in biology and mathematics from Providence College. She attended The Warren Alpert Medical School of Brown University earning her M.D. and graduating early in April 2020 to join the frontlines of the COVID-19 pandemic. She went on to complete her internal medicine residency at Brigham and Women's Hospital/Harvard Medical School. As a native Rhode Islander, Brittany returned to Rhode Island Hospital/Brown University for fellowship training in endocrinology. She will be practicing as a general endocrinologist within the Care New England system in Fall 2025. Brittany has a passion for teaching and community engagement.

**Where's My Class?
Check the TV
monitor located in
the lobby.**



Classic Cinema: John Ford

6 Sessions with Paul Stein

Wed, Sep 17, 24, Oct 1, 8, 15, (skip 22), 29

1:30 PM - 4:00 PM

Max: 45 Fee: \$55.00

John Ford was regarded as one of the most important and influential filmmakers during the Golden Age of Hollywood. In a career of more than 50 years, he directed over 130 films between 1917 and 1970 and received six Academy Awards, including a record four wins for Best Director for *The Informer*, *The Grapes of Wrath*, *How Green Was My Valley*, and *The Quiet Man*. In 2008, the American Film Institute named *The Searchers* as the greatest Western of all time.

We will view six of his greatest movies:*Young Mr. Lincoln**The Man Who Shot Liberty Valance**My Darling Clementine**The Grapes of Wrath**Stagecoach**The Searchers*

Paul Stein studied film production at the NYU Graduate School of Film. For the OLLI at URI, he has taught several film courses, including *Film Appreciation: The Art of Watching Films*, *Film Noir*, *The French New Wave*, *New German Cinema* and the films of Jean Renoir, Alfred Hitchcock, Akira Kurosawa, Federico Fellini, and Ingmar Bergman.

**The Five Star Method of Dream Work**

6 Sessions with Lynn Larned

Wed, Sep 17, 24, Oct 1, 8, 15, 22

1:30 PM - 3:00 PM

Max: 10 Fee: \$55.00

Paying attention to one's dreams is a form of inner work that is illuminating and a wonderful tool for self-growth. Instructor Lynn Larned says "There are many ways to look at a dream, and I have found the Five Star Method to be one of the best." Rather than the dream being a static message, in this system we consider the dream as a co-creative process. By focusing on what the dreamer does, we can discern patterns within ourselves that can be changed to create a life of more satisfaction, healing, and fulfillment. The first session is an overview of the five steps, and tips on remembering and journaling your dreams. In subsequent sessions members bring their journaling dream entries, and with an emphasis on confidentiality, the classes take the form of a "dream circle of sharing."

Lynn Larned graduated from URI in 1977 and worked in various nursing settings until becoming a school nurse in Chariho for 27 years. She obtained a master's degree in individualized studies from Goddard College in 2007. She is certified in the Five Star Method of dream work and SoulCollage®. She started paying attention to her dreams over 30 years ago and has explored many ways of working with dreams. She says, "I love working with imagery and have found both of these tools to be highly illuminating." Her goal is to share with anyone who has an open mind and is curious for self-exploration.

Flannery O'Connor: A Study

5 Sessions with Ann Ferrante

Wed, Sep 17, 24, Oct 1, 8,

15

3:30 PM - 5:00 PM

Max: 20 Fee: \$50.00

WATCH CLASS
PREVIEW

Video



Using two volumes of Flannery O'Connor's short stories, we will discuss the contributions O'Connor (1925–1964) makes to the short story form and to the history of ideas. O'Connor deals—often shockingly—with human crises of vision and morality in her fiction. She is interested in lives that have gone astray, that have been caught in tradition and conventionality. A Roman Catholic from the evangelical South, O'Connor is guided by her understanding of the mysteries inherent in the Roman Catholic religion that can form a place within the human psyche that can lead to enlightenment. She uses humor, irony, and vivid imaginative imagery to convey her ideas.

Required Reading:

Flannery O'Connor: *A Good Man Is Hard to Find and Other Stories* (A Harvest Book. Harcourt, Inc. 1955)

Flannery O'Connor: *Everything That Rises Must Converge* (Farrar, Straus and Giroux, 1956)

Assignment for the first class: From the collection *A Good Man Is Hard to Find and Other Stories*, please read: "A Good Man Is Hard to Find," "The River," and "The Artificial Nigger."

It's recommended that you keep a journal for the class for recording notes and observations.

Ann Ferrante received her M.A. and Ph.D. in English from URI. She is a retired distinguished lecturer and faculty emerita of RISD where she taught for 30 years. Her specialty is 19th- and early 20th-century American literature. Her doctoral dissertation title is *The Dark Woman of Hawthorne's Art*. She is now enjoying leading discussions in literature at the Willett Free Library in Saunterstown and teaching at OLLI.



**Online registration begins at
on Tue, Sep 2, at 7:00 AM.**

The office will open at 9:00 AM for
in-person and phone registration.

**Astrophotography for Beginners**

2 Sessions with Doug Gobeille

Wed, Sep 17, 24

5:00 PM - 6:30 PM

Max: 20 Fee: \$35.00

Join us for a hands-on introduction to the basics of astrophotography using freely available resources. Topics include dark removal, stacking images, and colorizing. We'll begin by exploring NASA's Observe with NASA (OWN) website and the JS9 online platform. Doug will demonstrate the basic processes of taking raw data and pushing it through a traditional imaging pipeline, including how to animate planetary transits, lunar phases, and sunspots. We'll then move on to producing color images using data from robotic telescopes, the Hubble Space Telescope (HST), and the Jim Webb Space Telescope (JWST).

Doug Gobeille is a URI teaching professor of astrophysics who incorporates modern observations and publications into introductory classroom investigations of life in the universe. His primary research focuses on the study of supermassive black holes, specifically their production of active galactic nuclei and their evolution through cosmological time. This work focuses on studying the morphology of radio loud quasars using the Very Large Array (JVLA) in Socorro, NM. Additionally, observations are made with the SWIFT, Chandra, XMM Newton, and Fermi space telescopes to investigate the energy production mechanisms for x-rays and gamma-rays in high redshift quasar jets.

The 8 Wonders of the Universe

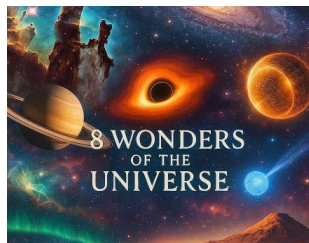
1 Session with David Aguilar

Wed, Oct 1

9:30 AM - 11:00 AM

Max: 30 Fee: \$15.00

Our ancestors marveled at the 7 Wonders of the ancient world. In the stillness of night through a small telescope, we can enjoy the 8 Wonders of the Universe:



1. The Moon: Our nearest neighbor with rugged landscapes and tranquil lunar "seas."
2. Jupiter and its magnificent moons.
3. The Rings of Saturn and a satellite that may harbor life.
4. Breathtaking blue and gold double suns.
5. The dying remnants of a star like our sun.
6. The oldest stars in the universe.
7. A galaxy on a collision course with our Milky Way.
8. Great Nebula in Orion: A stellar nursery where new stars and planets are being born.

Check your spacesuits for leaks - we are about to embark on a marvelous cosmic journey.

Suggested Reading: David A. Aguilar: Space Encyclopedia: A Tour of Our Solar System and Beyond (National Geographic Kids, 2013).

Website: www.aspenskies.com

David A. Aguilar is an internationally recognized naturalist/astronomer, author, onscreen science contributor and space artist with the unique ability to open minds to the vast frontiers of space and their potential effects on our own world. He is the former director of science information at the Harvard-Smithsonian Center for Astrophysics (CfA) in Cambridge, Massachusetts, and past director of marketing communications for Ball Aerospace in Boulder, Colorado. David has written and illustrated 12 award-winning children's books for National Geographic, was a member of the NASA Pluto Encounter Mission, has consulted and appeared in the History Channel's Universe series and has been honored with his own asteroid for achievements in furthering science education.

Ageless Grace® for Brain-Body Fitness

2 Sessions with Kara Marziali

Wed, Oct 1, 8

11:30 AM - 12:30 PM

Max: 20 Fee: \$35.00

WATCH CLASS
PREVIEW

Video



Improve body and mind! Ageless Grace® is a cutting-edge brain fitness program based on neuroplasticity—the ability of the brain and central nervous system to change form and function, specifically when stimulated by various activities. It consists of 21 simple exercise tools based on everyday movements, designed for all ages and abilities. Because they are performed seated in a chair, anyone can do them regardless of most physical conditions. Through playful and imaginative activities, we mesh movement, music, and mindfulness.

Kara Marziali is most comfortable in environments that stimulate curiosity, cultivate creativity, kindle compassion, and facilitate connections. She is the author of "Kara Koala and Her Kaleidoscope of Feelings" and its accompanying activity book and journal. She is also featured in four ARIA anthologies published by the Association of Rhode Island Authors, and she serves as the artist-in-residence at Wood River Health, offering creative outlets to help people with their well-being. Kara teaches dramatic literature, theater, and art for the OLLI at URI including several Shakespeare plays, 20th century plays, and an intro to theater, as well as painting classes.

WAITING LIST

ALWAYS ADD YOUR NAME TO THE WAIT LIST.

If you get closed out of a class, you should always add your name to the Wait List. There are always cancellations before a class and if an opening becomes available, we will call you and register you over the phone. In some cases, if this is a large Wait List, we will try to schedule a second session. Wait List members get first priority to register for the new session.

Was Rhode Island Independent Prior to the Declaration of Independence?

1 Session with Jean Gagnier

Wed, Oct 8

4:30 PM - 6:00 PM

Max: 45 Fee: \$15.00

WATCH CLASS
PREVIEW

Video



We'll discuss Rhode Island's formation and its independence as it transitioned from colony to state. Jean Gagnier will share primary sources used in research such as the Colonial General Assembly records, diaries, naval records (both Royal Navy and U.S.), Rhode Island's Parliamentary Patent, and the Royal Charter. Join us to expand your understanding of our state and leave with information on how to continue with your own journey of understanding of our "lively experiment."

Jean Gagnier, a URI graduate with a degree in history, is a former two-time Westerly Town Council member, Westerly Planning Board member, and one of the founding members of Bricks and Murals. He is an instructor leading the downtown Westerly mural tour for OLLI.

Flowers in Different Cultures

1 Session with Pam Arnold

Wed, Oct 15

9:30 AM - 11:00 AM

Max: 30 Fee: \$15.00

Please join the florist and owner of Flowers by Bert and Peg located in North Kingston, Rhode Island,



to learn about the significance and meaning of different blooms and how flowers are celebrated in different cultures around the world.

Pam Arnold earned a degree in floristry from the Rittners School of Floral Design in Boston, MA. She actively continues her own education in the industry with courses both in person and online. She is the owner of Flowers by Bert & Peg, a family-owned shop that has been in business in North Kingstown since 1979. She has been actively involved in the floral industry since 1983 when she joined her mother (Peg) after her business partner (Bertha, the Bert of Bert & Peg) retired. Pam Served on the board of the RI Florists Association for many years, first as secretary and eventually as president (the Association disbanded in 1999).



Black Bear Biologists at Work in Maine

1 Session with Gerald Krausse

Wed, Oct 15

11:30 AM - 1:00 PM

Max: 15 Fee: \$15.00

Since Maine has the largest black bear population in the eastern United States, it is important to understand their health, habitat requirements, and reproductive rates. Bears, like moose in Maine, are also considered of significant economic, recreational and educational value. For several years Instructor Krausse has documented the work of bear biologists on film, which has helped in the creation of a long-term management plan for the state. This one-time session will include a brief introduction, viewing of a few short videos, followed by Q & A from participants. Please view the videos on the website and come prepared with questions to stimulate discussion. This class promises to be informative and fun!

Assignment before class: View videos from instructor's YouTube channel: @geraldkrausse6311 or Gerald Krausse Videos. Look for those that cover "black bears."

Gerald Krausse received his Ph.D. in Geography from the University of Pittsburgh in 1975. Much of his research efforts have focused on Asia and the Pacific Islands. At URI he was a member of the Marine Affairs department teaching courses on Urban Waterfronts, New England and the Sea, Island Ecosystem Management and Cartography (GIS). For some 40 years, he has produced short environmentally-related videos for The Discovery Channel, local land trusts, and other environmental non-profits.

Urban Wildlife

1 Session with Greg Gerritt

Wed, Oct 22

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

WATCH CLASS
PREVIEW

Video



Following an introduction to urban wildlife, we'll view a series of short videos filmed by Greg Gerritt in Providence and discuss what they tell us about the ecology, behavior, and conservation of urban wildlife. We'll see amphibians and turtles and hear what Greg has learned over the years about Fowler's toads. We'll follow this with birds and mammals, including hawks rearing young, frogs and herons, otters, and songbirds.



Throughout, Greg will share wildlife history stories and his own observations, and may even tell the story of Darwin, cactus, and cows.

Greg Gerritt is not really a naturalist, he only plays one on YouTube. For the last 27 years he has been very involved in shaping environmental and economic development policy in Rhode Island via writing, testimony, conference creation, and networks like the Environment Council of Rhode Island. In his work as the watershed steward for Friends of the Moshassuck, he started making wildlife videos in Providence cemeteries in 2013 and has now made more than 2,200 videos. To see what other wildlife videos were being made in RI, he started the RI Nature Video Festival in 2015, which continues to blossom. His environmental work has been recognized with lifetime achievement awards from Clean Water Action, Save The Bay, the EPA, and Senator Whitehouse.

Japanese American Incarceration During WWII

1 Session with Ken Nomiya

Wed, Oct 29

3:30 PM - 5:00 PM

Max: 30 Fee: \$15.00

The Japanese in America faced decades of racial discrimination, but after Japan's attack on Pearl Harbor on December 7, 1941, the situation came to a head. Japanese living on the West Coast were immediately considered to be a threat to U.S. security. Even though they were American citizens, be-

cause of their ancestry, they were racially targeted, forced from their homes, and incarcerated in prison camps throughout the U.S. The justification was "military necessity" and done without formal charges or due process. In this session, you have the opportunity to hear from someone who experienced life in one of the camps during World War II. Come meet Ken Nomiya and hear his story.

Ken Nomiya, a retired businessman, has developed a strong interest in the history and plight of the Japanese American. He is Japanese American, born during WWII at Tule Lake, CA, one of the ten incarceration camps established by the U.S. government. He is on the board of the Tule Lake Committee and is involved in issues relating to race and minorities.

AARP Safe Driver Course

2 Sessions with Sandra Fabrizio

Wed, Nov 5, 12

10:00 AM - 12:00 PM

Max: 25 Fee: \$10.00 (*plus fee of \$20 for AARP members and \$25 for non-AARP members, payable with check, made out to AARP, or cash, paid directly to instructor the first day of class*).

Driving. It's like riding a bike. You never forget how, but it never hurts to refresh your driving skills and knowledge. The AARP Driver Safety course is based on the latest driver safety research and insights. You will learn evidence-based safe driving strategies and will update your awareness of new road design and traffic laws. The course will help you adjust your driving to compensate for physical changes. After course completion, you may even be eligible for a multi-year car insurance discount.

Sandra Fabrizio holds a dual BA degree in elementary education and psychology from URI and an M.S. in health services administration from Salve Regina University. She worked with older adults as the program director in an adult day care facility, as well as the director of a community health program for the elderly at Catholic Medical Center in NH. She ended her career working as an administrator for the federal school nutrition program in RI. This is her first time teaching a course at OLLI.



Sepsis: Know the Signs and How to Protect Yourself

1 Session with Ann MacDonald

Wed, Nov 5

1:00 PM - 2:30 PM

Max: 20 Fee: \$15.00

Sepsis is as dangerous as a heart attack or stroke and requires prompt treatment. Sepsis occurs when the immune system overreacts to any type of infection. This class will combine medical information and videotaped testimonies of people affected by sepsis to convey what sepsis is, who is most at risk, how people can protect themselves, and resources for survivors. It will provide local and national resources for more information.

Ann MacDonald earned a B.A. in politics at Brandeis University. She has been a medical writer for more than 30 years. She is a former editor at Harvard Medical School, managed content at the Informed Medical Decisions Foundation, and has worked in communications at several Boston teaching hospitals.

Classic Cinema: John Huston

6 Sessions with Paul Stein

Wed, Nov 5, 12, 19, 26, Dec 3, 10

1:30 PM - 4:00 PM

Max: 45 Fee: \$55.00

John Huston wrote the screenplays for most of the 37 feature films he directed, many of which are today considered classics. Son of actor Walter Huston, his directorial debut came with *The Maltese Falcon*, which despite its small budget became a hit. In this class, we will view and discuss six of his great movies: *The Maltese Falcon*, *Key Largo*, *The Man Who Would be King*, *The Asphalt Jungle*, *The African Queen*, and *The Treasure of the Sierra Madre*.

Paul Stein studied film production at the NYU Graduate School of Film. For the OLLI at URI, he has taught several film courses, including Film Appreciation: The Art of Watching Films, Film Noir, The French New Wave, New German Cinema and the films of Jean Renoir, Alfred Hitchcock, Akira Kurosawa, Federico Fellini, and Ingmar Bergman.

The Origin and Fate of the Universe

4 Sessions with Ralph Klingbeil

Wed, Nov 19, 26, Dec 3, 10

9:30 AM - 11:00 AM

Max: 45 Fee: \$45.00

How did the universe originate and evolve? What is its fate? In this class we'll use the standard cosmological model as a guide to follow the scientific story from the Big Bang until today, 13.8 billion years later. Using concepts from physics, chemistry, and biology, along with some philosophy, we will explore the great cosmological concepts and observations, along with brief sketches of some the major pioneers in this field. The physicist Richard Feynman once said, "The most remarkable discovery in all of astronomy is that the stars are made of atoms of the same kind as those on the earth," and so we'll look at the crucial role that atoms play in this story. We'll end with speculative discussion about the ultimate fate of the universe.

Ralph Klingbeil holds a Ph.D. in physics (SUNY Buffalo). Following postdoctoral work (University of Maryland) he was a defense contractor, mainly for the Navy. He joined the Naval Undersea Warfare Center in 1997 and retired in 2015. He again worked as a defense contractor until 2019. His work involved the application of systems and operations analysis techniques to challenging military and non-military problems.



GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION 2025 EDITION

The Great Decisions Foreign Policy Association Group at OLLI is an OLLI Extra that meets monthly 8 times a year and is FREE to all members who register. Members MUST register for each class session.

Facilitators: Jim Findley & Emilia Gonzalez-Torpey
Fee: Free for members but registration is required
Limit: 45



Visit <https://www.fpa.org> for recommended readings.

Books can be purchased on the FPA website.

American Foreign Policy in the Middle East: Taking Stock and Looking Ahead

- Thursday, Sep 25, 3:00 PM
- Friday, Sep 26, 10:00 AM

The war in Gaza has brought the region to a crossroads. What are the possible outcomes of the war, and how might the United States use its influence to shape a long-term settlement that leaves both Israel and the Palestinians in a better position? How might Arab states in the wider region be brought into a settlement? What are America's interests in the Middle East and how can it advance them?



Both current and new members are invited to attend and learn about all OLLI has to offer. We'll review our current programs, and our special interest groups all while exploring and becoming more familiar with the OLLI website and registration software.

Plenty of time for Q & A

Coffee & door prizes too!

- ☐ Wed, Oct 8, 10:00 AM
- ☐ Thu, Nov 6, 1:00 PM
- ☐ Thu, Dec 4, 11:00 AM



Facilitators: Cindy Opaluch & Sara Nelson

- This is not a stroll, and many trails have rocks, roots, and slight inclines.
- Walks are approximately 90 minutes and are open to all active and agile OLLI members.
- These are brisk walks at a steady pace, occasionally pausing to focus on nature's wildlife or plants.
- All OLLI members walk at their own risk.
- Register online and each week you will receive an email for the location.
- Please NO DOGS.

HIKING GROUP - Improve your health & make new friends while exploring our South County and other areas of Rhode Island on trails maintained by the Audubon Society, RI Department of Environmental Management, the Nature Conservancy and local land trusts. It's a great way to know your beautiful state! Meets weekly on Wednesdays @ 1:00pm throughout the year, unless weather or trail conditions are not suitable for hiking.

R HODY ambler

Max for each walk: 15 Register for each session.

Facilitated by Brenda Bibb & Marian Goldsmith

Please note: If weather or trail conditions are likely to interfere with the safety of the walk, it will be canceled by email to participants before 8:30 AM the day of the walk. If you are unable to attend a scheduled walk, please cancel in advance so someone on a waiting list may attend.

SEP

URI BIKE PATH - Thu, Sept 18, 10:30 AM -12:00 PM

Meet and park in the parking lot behind Independence Square and the URI Boss Arena. We will walk along the paved URI Bike Path Extension into Peckham Farm fields. After our walk we will have coffee or treats at TLC in West Kingston.

OCT

ROARING BROOK TRAIL - Thu, Oct 23, 10:30 AM -12:00 PM

Meet and park at the RI DEM Upper Roaring Brook Trail, across from Browning Mill Pond in Exeter, RI. From Rte. 138, turn right in Hope Valley on Rte. 3, then left on K G Ranch Road. This will merge onto Arcadia Road in about 2 miles. You will see a parking area on your right in about 0.3 mile. This trail was designed as a handicap accessible trail by RI DEM, a boardwalk beside small ponds which should have excellent fall color in October. We will stop afterwards at Higher grounds Community Coffee Shop on Rte. 138. Please wear blaze orange as required on all RI DEM properties during hunting season.

NOV

SACHUEST POINT WILDLIFE REFUGE - Thu, Nov 13, 10:30 AM -12:00 PM

Meet and park at the Visitor Center, Sachuest Point National Wildlife Refuge in Middletown, RI. One of five National Wildlife Refuges in Rhode Island, Sachuest is located on the southeast tip of Aquidneck Island, jutting out into the Sakonnet River and Rhode Island Sound. Coffee and treats at Ma's Donuts on West Main Road in Middletown.

DEC

BIKE PATH AT SOUTH COUNTY COMMONS - Thu, Dec 11, 10:30 AM -12:00 PM

Meet and park at South County Commons: proceed to the second stop sign, turn left then right after the vacant newly constructed building. We will walk the paved bike path that leads to the playing fields at Broad Rock School, the YMCA, and the South Kingstown Recreation Center. Afterwards we will visit Audrey's Coffee and Lounge nearby in South County Commons.



Meets on the second Thursday of the month at 3:30PM at OLLI to discuss the latest movies which are available in theatres or streaming. On occasion, we may view a film on site.

[Register online](#) or call 401-874-4197.

Intergenerational Perspectives on Healthy Living Environments

4 Sessions with Skye Leedahl

Thu, Sep 11, 18, 25, Oct 2

2:00 PM - 3:15 PM

Max: 20 Fee: \$45.00

This intergenerational course will meet during a planned URI class, HDF 440: Healthy Living Environments for Older Adults. In this class, URI students will be partnered with OLLI participants to complete activities, and discuss topics related to healthy living such as nutrition, physical activity, mental health, living spaces, technology, community engagement, sleep, healthcare, and culture. Beginning with a brief lecture, or introductory video on these topics, each session will provide ample time for discussion and sharing with the other groups.

Class Note: *The class will meet four times during the already scheduled URI class in Memorial Union, Room 360.*

Skye N. Leedahl holds a Ph.D. in social work and a master's in gerontology from the University of Kansas. A URI faculty member with a joint appointment in the Political Science and Human Development & Family Studies departments, she is passionate about social integration for all older adults and has come to enjoy designing and implementing intergenerational programs and opportunities.

Hearing 101

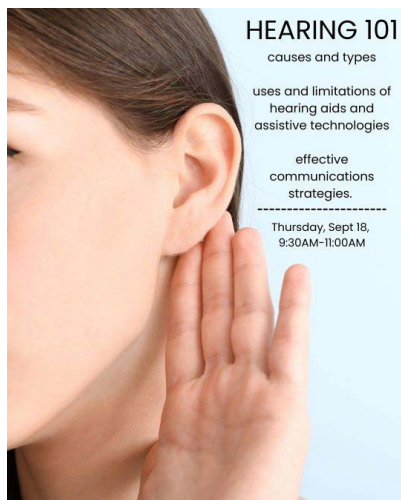
1 Session with Rachel Smith

Thu, Sep 18

9:30 AM - 11:00 AM

Max: 30 Fee: \$15.00

Did you know that 31 percent of adults age 65 and older experience hearing loss? Untreated hearing loss is correlated with several serious health conditions, including increased risk of fall, mental health issues, and cognitive decline. Join us for a brief review of the causes and types of hearing loss, the uses and limitations of hearing aids and assistive technologies, and effective communications strategies.



Dr. Rachel Smith is a clinical associate professor in the Communicative Disorders Department at URI and is the audiology clinic director at URI's Speech and Hearing Center. In this dual role, she provides vital hearing testing and hearing aid services to the community and teaches students the importance of hearing healthcare.



Make Pictures Without a Camera? Yes, You Can!

3 Sessions with Jan Armor

Thu, Sep 18, 25, Oct 2

9:30 AM - 11:00 AM

Max: 30 Fee: \$40.00

If you love photography and have a wild imagination, this class is for you. We're diving into the world of artificial intelligence to see how words, not lense, can create amazing images. You'll play with cool tools like ChatGPT, Adobe Firefly, and Apple Photos' "Clean Up" magic. It's like having a camera in your brain and a studio in your iPhone. Come curious, leave inspired—and maybe a little mind-blown.

Jan Armor has been a photographer all his life and a teacher for the past 25 years. He takes his teaching seriously and wants to help you make stronger photographs. An award-winning educator and fine art photographer with 40 years of experience in both digital and traditional media, he has received grants and awards for environmental photography and has taught at the Newport Art Museum, the Bristol Art Museum, Wickford Art Association, South County Art Association, and others. Jan was recently inducted into the OLLI Hall of Fame, teaching over 30 classes since OLLI's inception in 2009. For more information about Jan and his work visit his website. You can also find him on his YouTube channel, or on Instagram. For comments from Jan's students, visit his website (armorphoto.com)

Compassionate Conversations: Speaking from the Heart

6 Sessions with Kathy Black
Thu, Sep 18, 25, Oct 2, 9, 16, 23
11:30 AM - 1:00 PM
Max: 16 Fee: \$55.00



Communication can be challenging and sometimes it's the hardest with those we are closest to. How can we have a conversation with someone who disagrees with what we say? Learning to communicate with compassion enhances and improves all of our personal and social relationships. Understanding the skills needed to connect deeply with others makes all the difference. We will learn the four components of Compassionate Communication and how to use them in any conversation. We'll learn and practice true empathic listening and gain the self-confidence needed to speak our minds without fear of hurting another's feelings.

Required Reading:

Marshall B. Rosenberg, Ph.D.: *Speak Peace in a World of Conflict: What You Say Next Will Change Your World* (PuddleDancer Press, 2005)

Assignment for the first class: Read the Introduction and Chapter 1. Bring a photo of yourself with others.

Kathy Black holds a B.S. in social work and a comprehensive certification as a life-empowerment coach. She has over 18 years of experience leading personal growth workshops and retreats, coaching women to own their power and use their voices, and instructing students in the art and practice of compassionate communication. A life-long student herself, Kathy has studied meditation with Buddhist monks in Prague, bhakti yoga with Hare Krishna devotees in New South Wales, and mindfulness practice with new thought leaders across the U.S.



**Online registration begins at
on Tue, Sep 2, at 7:00 AM.**

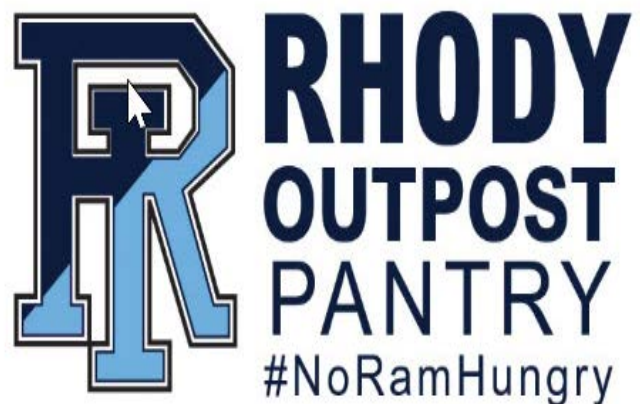
The office will open at 9:00 AM for in-person and phone registration.

Circle Dance

6 Sessions with Lisa Jones
Thu, Sep 18, 25, Oct 2, 9, 16, 23
1:00 PM - 2:00 PM
Max: 20 Fee: \$55.00
Location: The Studio at Mariner Square, Narragansett

Circle dance is a means for joy, connecting with others, awareness and healing. Also known as Sacred Dance or World Dance, it was birthed at Findhorn, a spiritual community in Scotland and spread across the world. We will learn a variety of dances from various cultures.

Lisa Jones has been studying wellness and practicing yoga for more than four decades. She is an internationally recognized conscious breathing practitioner since 1998, and a Nia instructor since 2004, teaching thousands of individuals and supporting their journeys into the body/mind realm. Lisa blends all her trainings into her dynamic private sessions and classes. She holds an M.C. in alternative health from Plymouth State College, NH, as well as certifications in The Nia Technique and breathing facilitation. Lisa has completed three years in training programs credentialed by the Global Breathworkers Training Alliance and has taught at dance, wellness, and yoga studios; city recreation departments; and hospitals on four continents.



Rhody Outpost is URI's principal basic needs pantry for students experiencing food insecurity. The Outpost provides fresh and non-perishable food and personal care items at no charge to students. Donations can be dropped off in the OLLI office.

Each semester we do a drive for "specially" needed items. Keep an eye out in your weekly email for more information.

The Good Goodbye

1 Session with Julie Yingling

Thu, Sep 18

1:30 PM - 3:00 PM

Max: 30 Fee: \$15.00

Cultural expectations about death and dying are in flux. In the 20th century, death disappeared as an everyday experience, and we lost the gift of a good goodbye. What do you say when interactions with people we care about are numbered? A good goodbye may include discussions of everyday concerns and the completion of business, forgiveness and healing, spiritual experiences, and love messages. People who experience a good goodbye report changes in self-identity and attitude. The blessings are many, and the drawbacks few.



Suggested Reading: Maureen P. Keeley and Julie M. Yingling, *The Good Goodbye: The Transformative Power of Conversation at the End of Life* (Hay House, 2025)

Julie Yingling is a writer, painter, and gardener who shares her Rhode Island home with spouse Rick and Ziggy the pup. For 25 years she was a professor specializing in children's communication and interaction across the lifespan. Near the end of her career, she began interviewing people about their conversations with dying loved ones. In collaboration with Maureen P. Keeley, she published *Final Conversations* in 2007, which was updated in 2025 as *The Good Goodbye: The Transformative Power of Conversation at the End of Life*.

Navigating Your Later Years and Planning for Your End-of-Life

1 Session with Kathy O'Neel Webster

Thu, Sep 18

3:30 PM - 5:00 PM

Max: 45 Fee: \$15.00

Do you ever think, "What must I do to be at peace and live life to its fullest in my remaining years?" Do you worry about leaving family with burdensome decisions after you are gone? No one should regret planning for the end of their life, but they might regret not planning sooner. In this class, certified death doula and end of life planner, Kathy O'Neel Webster will present her 10-step planning checklist, which includes details of an Advanced Directive, thinking

through and documenting how you want to be cared for in your last living days, and your death experience. Through organization and preparation, you can set your family and yourself up for success and all experience a peaceful and personal end of life.

Kathy O'Neel Webster has been in the health and fitness field for the past 40 years. She has a B.S. in exercise science and is a certified dementia care practitioner and fall prevention specialist. She launched ShipShape five years ago focusing on working with older adults to age safely and with confidence in their homes. Certified Death Doula/End of Life Planner.



Sketching Portraits in Watercolor

6 Sessions with Tom Martino

Thu, Sep 25, Oct 2, 9, 16, 23, 30

3:30 PM - 5:30 PM

Max: 20 Fee: \$55.00

Noted plein-air artist and teacher, Tom Martino, will discuss the fundamentals of painting in watercolor with primary focus on portraiture. Portraits done in watercolor show a freshness and liveliness difficult to achieve in oil or acrylic painting. Using photo references Tom will demonstrate how to quickly produce a likeness as well as a work of art. Over these six classes he'll cover topics from an introduction to materials, sketching techniques, color theory, and the importance of background, to working with a human model. There will be demos and exercises during class time.

Assignment for the First Class: Obtain the following items:

- Watercolor set (pans) of at least 12 colors
- Medium round brush (no. 10 or 12), small round brush (no. 6 or 8), very small round brush (no. 1 or 2)
- Watercolor pad 11 x 14, 140 lb. paper
- Glass container for water
- Small spray bottle
- Pencil, no. 2 or 3
- Tissues or paper towels
- Small sketch pad

Continued on page 40

Tom Martino is a locally known plein-air painter using the mediums of oil and watercolor. His studio is located at the South County Art Association (Helme House) in Kingston. He is a member of the SCAA, the CCAC (Cape Cod Art Center), the Out-of-the-Box Gallery (Jamestown, RI), the PAC (Pawtucket Arts Collaborative) and the AWS (American Watercolor Society).

Using AI as a Co-Intelligence: Trends and Capabilities

5 Sessions with Barbara Findley, Bill Meisner, and Barbara Nicholson

Thu, Oct 2, 9, 16, 23, 30

9:30 AM - 11:00 AM

Max: 25 \$50.00

Ever dream of having a tireless personal assistant powered by cutting edge technology? Already happening! Everyone is currently benefitting from AI whether using it directly, rarely, or never. This 5-week collaborative teaching/learning course will explore the expanding world of Artificial Intelligence and how AI acts as your partner in daily life. We'll see how humans create new technologies, which we can then use in productive ways. In this class we will have an opportunity to apply both our energy and intelligence by leveraging AI as a tool to make more things happen for us, individually, and collectively. Participants will need to bring a fully charged tablet, laptop, or device that can connect to the Wi-Fi network in the OLLI classroom.



Note: Participants will need to bring a fully charged tablet, laptop or device that can connect to the wifi network in the OLLI classroom, to be used during class time.

Suggested Reading: *Superagency: What Could Possibly Go Right with Our AI Future* by Reid Hoffman and Greg Beato, published by Authors Equity, 2025 (start reading 1-2 weeks before first class, then continue for duration of class sessions).

Barbara Findley was first introduced to collaborative learning while actively engaged in BCLIR at Brown (where she met Barb Nicholson), co-coordinating courses on a variety of subjects. She has been

thrilled to join others at OLLI with the same purpose in mind, choosing topics of interest, scouring sources (books, periodicals, the internet, etc.) for information about their topics, sharing their findings with classmates, then ultimately rounding out those findings by listening to the experiences and perspectives of others. She has led several classes for OLLI, the most recent being AI Anxiety with Barb Nicholson and Bill Meisner.

Bill Meisner started as a programmer and then transitioned to computer networking at the dawn of the Ethernet while working at Digital Equipment Corp. He continued his focus on emerging technologies in the areas of networking and security (e.g., ATM, NAC, Frame Relay) while working at The Boston Globe, Cisco Systems, and a number of startups. He serves on the Technology Committee. For OLLI at URI, he presented AI Anxiety with Barbara Nicholson and Barbara Findley.

Barbara Nicholson holds a B.A. in psychology from Brown and an M.Ed. from Harvard. She taught for 30 years, retired to RI, and has led adult lifelong collaborative learning courses since 2001 at Brown, at Salve Regina and then, for the past decade at the OLLI at URI, most recently AI Anxiety with Barbara Findley and Bill Meisner.



**Age-friendly
University**
Global Network

The University of Rhode Island became a member of the Age-Friendly University Global Network in 2018. The AFU effort has depended greatly on the contributions of many OLLI members, including those who serve on our work group, attend intergenerational classes, and participate in special projects and programs. OLLI is a critically important part of what the AFU vision and mission represent at URI, and we look forward to continuing to work with OLLI members as we move forward to make URI more age-friendly.



Let's Skate!

9 Sessions with Dorothy Cunningham

Thu, Oct 9, 16, 23, 30, Nov 6, 13, 20, (skip 27), Dec 4, 11
9:00 AM - 9:50 AM

Max: 20 Fee: \$70.00

Location: [Boss Ice Area, URI Camps](#)

Refresh your ice-skating skills or get started in a sport that is challenging, social, and a lot of fun. Starting with the basics, each skater will be given personal attention by our coach according to the step-by-step learning programs of the United States Figure Skating Association and the Ice Sports Industry. Participants may continue skating after class until 10:20 AM.

Additional Fees: Admission to the Boss Arena: \$35 for 6-week skate card. Skate rental: \$30 for 6 weeks.

What to wear: Ski jacket and pants, gloves, mittens, winter hat or helmet.

Dorothy M. Cunningham holds a B.A. in English from URI and has taught in public and private schools for over 40 years. The Iditarod has been a favorite topic among her students and their parents throughout this time. Her presentations at URI, George Mason, and the Westerly College Club have brought enthusiastic reviews and interest. She attended the Iditarod in person for its 50th anniversary. Dorothy has also coached figure skating and hockey skills classes for four decades. Her Franklin Blades Skating School has produced skaters for professional ice shows, various learn-to-skate programs, and coaches who work with all levels from beginners to Olympic skaters. Dorothy teaches private lessons for skating skills in figure and hockey skating at various arenas in Rhode Island and Massachusetts.

The U-Boat in Newport Harbor

1 Session with Brian Wallin

Thu, Oct 9

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

In the fall of 1916, the United States was clinging to its neutrality as much of the world was embroiled in World War I. Germany's Kaiser Wilhelm hoped to keep America out of the war while also retaining the ability to purchase needed goods and materials from the U.S. Huge merchant submarines were sent to both carry trade and also intimidate while Germany carried on extensive warfare at sea against other belligerents. Learn about a surprise visit to the Newport Navy Base on October 7, of that year by one of these advanced warcraft and the surprising chain of events that followed eventually leading up to America's entry into the war in April 1917.

Suggested reading: Lawrence Sondhaus: *German Submarine Warfare in World War One: The Onset of Total War at Sea* (Rowman & Littlefield, 2017).

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).

**What's the PERFECT GIFT
for any occasion?**



An OLLI Gift Certificate, of course!

You can purchase eGift Cards year-round, and they are available at any value. Purchase online or call the OLLI office at 401-874-4197.

Let's Juggle - The Cascade and Beyond

6 Sessions with Harry Fish

Thu, Oct 9, 16, 23, 30, Nov 6, 13

11:30 AM - 12:30 PM

Max: 16 Fee: \$55.00

Did you know that juggling can help keep your mind and body in shape? The simple 3-ball cascade pattern is your gateway to experiencing benefits in these areas:



- Cognitive Enhancement: Motor Skill Development and Balance Improvement
- Mental Well-being and Emotional Health
- Social Engagement and Community Building

After fine-tuning the 3-ball cascade, we'll work on 2,

3 and 4-person passing patterns. You'll also learn to make your own juggling balls, to teach juggling and to use the internet as a resource. Midway through the course you can decide to start working on juggling 4 and 5 balls, or focus on more 3 ball patterns. This is your new art form. The more you enjoy it as a creative outlet, the prouder your 9-year-old self will be.

Note: This is a hands-on participatory experience.

Harry Fish taught himself to juggle 5 balls from a book when he was 30 years old, and now, over 45 years later, he is still learning and perfecting his craft. Throughout his diverse career, Harry has worked as an electrician, bus station clerk, substitute teacher, artist-in-the-school, and behavioral specialist, focusing on children and adolescents. Juggling became a valuable tool in his work with troubled students, providing them with a boost of confidence and joy. Today, Harry shares this same sense of accomplishment and happiness with seniors, helping them discover the benefits of juggling for both mind and body wellness.



UFO's - What's Going On?

1 Session with David Aguilar

Thu, Oct 16

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

Stories of strange lights flying over cities, unidentified aircraft hovering in the skies, alien abductions, and crashed spaceships recovered by the government date back to the early 1940s. The belief that UFOs or UAPs (Unidentified Aerial Phenomena) are real is held by 72% of Americans, including some military officials, and an estimated 60% of the world population. This raises a fascinating question: what is really going on? Let's approach this phenomenon like scientists—meaning, show me the proof! Is there any verifiable scientific evidence for curious minds to examine? Hold on to your sombreros—you might be in for a surprising and thought-provoking discovery.

Suggested Reading:

Luis Elizondo: *Imminent: Inside the Pentagon's Hunt for UFOs* (William Morrow, 2024)

Leslie Kean and John Podesta: *UFOs: Generals, Pilots, and Government Officials Go on the Record* (Crown Archetype, 2010)

David A. Aguilar is an internationally recognized naturalist/astronomer, author, onscreen science contributor and space artist with the unique ability to open minds to the vast frontiers of space and their potential effects on our own world. He is the former director of science information at the Harvard-Smithsonian Center for Astrophysics (CfA) in Cambridge, Massachusetts, and past director of marketing communications for Ball Aerospace in Boulder, Colorado. David has written and illustrated 12 award-winning children's books for National Geographic, was a member of the NASA Pluto Encounter Mission, has consulted and appeared in the History Channel's Universe series and has been honored with his own asteroid for achievements in furthering science education.



Living Well in a Toxic World

6 Sessions with Kathy Tonelli

Thu, Oct 30, Nov 6, 13, 20, (skip 27), Dec 4, 11

9:30 AM - 11:00 AM

Max: 20 Fee: \$55.00

We are all exposed to toxins on a daily basis. In this course, we will explore their sources and learn how through simple changes we can limit or, in some cases, avoid exposure. By the end of the course, you will feel equipped to tackle toxins in our air, water, food, personal and household products, and more, including toxic relationships and stress.

Assignment for the First Class: Think about the many areas you encounter toxins in your life. Identify which area you would most like to focus on in making changes to reduce your toxin exposure. Why did you choose this area?

Kathy Tonelli is a certified Square Foot Gardening instructor. She has been an organic gardener for many years. She is now also an organic microgreens farmer and owns Meadowland Greens, a small microgreens farm that offers local home delivery. She also sells her greens and other natural products year-round at farmers markets in the South County area. In addition, Kathy is a certified integrative nutrition health coach and operates South County Health Coaching, a small private health coaching business servicing adults, families, and children around many areas of health and wellness. Both businesses are part of Healthy Life Enterprises of North Kingstown. Kathy resigned from the South Kingstown School Department in June 2022 after teaching elementary special education for 33 years. She is passionate about health and wellness and enjoys sharing various components of a healthy lifestyle with others.

Please Note: Date has been changed to Thursday, December 4, 1:00 PM-4:00 PM

Learn to Smock-Make A Holiday Ornament

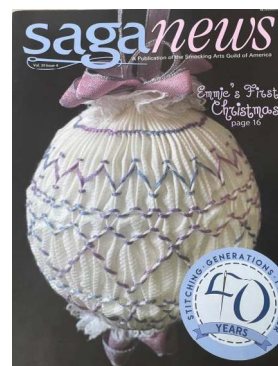
1 Session with Karen Ouhרבka

~~Thu, Nov 6~~ Thu, **Dec 4**

1:00 PM - 4:00 PM

Max: 10 Fee: \$20.00 (plus kit fee of \$10 payable to the instructor the day of the class by cash or check.)

Basic smocking stitches will be demonstrated and practiced in this three-hour session. A kit, along with handouts, will be provided so participants can work at their own pace, and can begin this hand embroidery project in class, and finish their sample ornament at home. This class could be a stepping stone to smocking for children's clothing and home accessories, or just a fun way to get into the holiday spirit and learn a new skill!



Karen Ouhרבka enjoyed many kinds of fiber arts since an early age. Working for a sewing machine company she taught adult and children machine classes. After working for the local school department and later working with disabled adults she is enjoying retirement with her many sewing hobbies, publishing sewing related articles, volunteer work and spending time with family and many grandchildren.

Book Club

OSHER
LIFELONG
LEARNING
INSTITUTE

Sept 19 - *The God of the Woods* by Liz Moore

Oct 17- *Hester* by Laurie Lico Albanese

Nov 21 - *The Bluest Eye* by Toni Morrison

Dec 19 - *A Gentleman in Moscow* by Amor Towles

Registration is required.

The Poetry of Mary Oliver

2 Sessions with Elizabeth Bogutt

Fri, Sep 19, 26

9:30 AM - 11:00 AM

Max: 20 Fee: \$35.00

We will begin this course with an introduction to Mary Oliver, an American poet first published in 1963, who went on to win both a Pulitzer Prize in Poetry (1984) and a National Book Award (1992). Our first class will give us the opportunity to trace her clear and poignant observances of the natural world in some of her well-known nature poems. In our second class, we will explore her sources of inspiration while reading several of her lesser known poems on a variety of subjects, taking the time to find in her words our own personal inspiration. In our final class, we will take a make-believe walk in and around Provincetown, the poet's home for fifty years and the place she called heaven.



Elizabeth Bogutt is a member of the Neighborhood Guild Writing Group and facilitates a poetry group at the South Kingstown Senior Center. She also conducts poetry workshops in the community and has taught several different poetry classes at OLLI.

QiGong for Vitality

6 Sessions with Nancy Mayne

Fri, Sep 19, 26, Oct 3, 10, 17, 24

10:00 AM-11:30 AM

Max: 15 Fee: \$55.00

Location: The Studio at Mariner Square, Narragansett

QiGong is a branch of traditional Chinese medicine which combines gentle movements, coordinated breath, and focused intention to cultivate vital energy, "Qi." This practice is often called the grandmother of Tai Chi; both are based on the repetition of simple, accessible movement patterns intended to maintain health and prevent injury. During these six sessions, we will explore forms that enhance balance and coordination, improve flexibility, and reduce stress. You'll be introduced to the QiGong elements of Ji Ben Gong, Six Qi Cultivation, and Five Element Play, among others. Be prepared to get up and move!

After graduate school **Nancy Mayne** taught English in France until hearing the call to join recovery efforts following the tsunami of 2004. While volunteering in India and Thailand, she discovered ancient healing arts and stayed in Southeast Asia to study Yoga, meditation, Ayurveda, Thai massage, QiQong and herbalism. Once back in the United States, she obtained yoga and QiQong instructor credentials and began leading movement classes and educational workshops. She loves sharing mindfulness and embodiment practices, finding them beneficial to her well-being, and looks forward to sharing them with the OLLI community.

American Protest Songs

6 Sessions with Brett Morse

Fri, Sep 19, 26, Oct 3, 10, 17, 24

1:00 PM - 3:00 PM

Max: 45 Fee: \$55.00

The act of protesting is one of the most precious liberties Americans have. By putting a message to music, one voice can resonate for millions. The tradition of protest songs in the United States dates back to the 18th century and the Revolutionary War and its aftermath. In the 19th century protest songs included themes of abolition, slavery, poverty, and the Civil War. In the 20th and 21st centuries, civil liberties, civil rights, women rights, economic injustice, politics and war were among the popular subjects for protest. In this class we will discuss the history, causes and ramifications of American protest songs, and we will listen to some of the greatest protest songs ever written.



Brett Morse worked in the pharmaceutical industry for over 40 years. He is a graduate of Bryant College, served in the U.S. Navy during the Vietnam era. His love for music began at an early age when he was introduced to many celebrities in the music industry through his father's work with RCA and Columbia Records.

The Chakra Energy System

8 Sessions with Linda Morse

Fri, Sep 19, 26, Oct 3, 10, 17, 24, 31, Nov 7

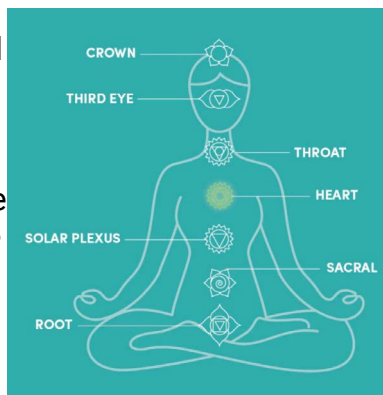
1:00 PM - 3:00 PM

Max: 30 Fee: \$65.00

Chakra is a Sanskrit word meaning wheel or disk.

The seven chakras are located along the spine from the sitz bones to the crown of the head. These spinning energy vortices or wheels of consciousness correspond to specific physiological parts of the body. Every aspect

of who you are—physically, emotionally, and mentally—can be attributed to the balance or imbalance of your chakras. We will cover the basic characteristics and functions of each chakra and which gentle yoga poses work to stimulate and balance each energy center. No yoga experience is needed, nor any familiarity with the chakras. You will have the opportunity to journal or do an art project for each chakra. You will find great enjoyment and deep personal growth in this program.



Note: Wear comfortable clothing and bring a yoga mat. This program may be enjoyed from the chair.

Linda M. Morse, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for 25 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 Intro to Yoga, Breath Techniques, Chair Yoga, Taking the Inward Journey, Meditation, and the Chakra Energy System. Always a lover of movies, she has the most fondness for the creativity found in the genre of science fiction! She has led some science fiction classes for OLLI, including Discrimination in Science Fiction.

Public Access to Rhode Island's Shoreline:

A Social, Environmental and Legal Discussion

3 Sessions with George Shuster

Fri, Oct 3, 10, 17

9:30 AM - 11:30 AM

Max: 25 Fee: \$40.00

Public access to Rhode Island's shoreline is a tradition older than the state itself, but its meaning has changed dramatically over centuries. This course takes a step back from current political and legal debates to investigate the reasons for public access and for the limitations to public access that developed over time. We will then discuss current shoreline public access issues, including the most recent legislation and areas of dispute, within this broader context and mindful of the importance of Rhode Island's shoreline to our state.

George W. Shuster, Jr., is a partner at Wilmer Hale, an international law firm. He practices in Boston and New York and is a graduate of the University of Virginia School of Law, where he served as managing editor of the Virginia Environmental Law Journal. His family has lived on or near the Warwick shoreline for five generations, and his ancestors have owned shoreline property in Rhode Island going back nearly 400 years. He has served on the Warwick Zoning Board and the Warwick Historic District Commission. He spends as much time as possible in, on, and around the Providence River and Upper Narragansett Bay; is a past commodore of the Edgewood Yacht Club; a past president of the Edgewood Sailing School; and current president of the board of Save The Bay, whose mission includes advocating for enhanced public access to Rhode Island's shoreline.



Join the Bowling Group

Join OLLI at Old Mountain Lanes in Wakefield on Wednesdays, at 12:30PM. Enjoy non-league social bowling with other OLLI members.

\$3 per game/\$1.00 shoe rental.

[Register online](#) or call 401-874-4197.



A Taste of Italy: Cooking Demo Series

4 Sessions with Kathi Masi

Fri, Oct 17, (skip 24), 31, Nov 7, 14

10:00 AM - 11:30 AM

Max: 20 Fee: \$45.00

Embark on a flavorful journey through Italy in this immersive 4-week class and cooking demo series, A Taste of Italy. Explore the rich culinary traditions and vibrant regional flavors that define Italian cuisine. Each week, we'll dive into classic recipes with a modern twist that bring the heart of Italy to OLLI at URI. Of course, tastings will be offered! Buon appetito!

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 retired teacher from South Kingstown High School, she has taught classes in Family and Consumer Sciences (FCS) specializing in culinary arts. Since retirement, Kathi has worked with, BCBS RI, RI DOH, and RI Geriatric Education Center, Lifespan and Brown University Health, RIPIN, teaching classes in nutrition and wellness, fall prevention, chronic disease self-management classes and as well as doing food demonstrations. She has taught several classes for the OLLI at URI, including during the pandemic when Kathi taught virtual "cook-along" classes for OLLI.

Inside Indie Filmmaking: The *CHARLES STREET* Journey

1 Session with Nick Albanese and Bob Mignarri

Fri, Oct 24

10:00 AM - 12:00 PM

Max: 45 Fee: \$15.00

Step into the world of independent filmmaking with an exclusive behind-the-scenes look at the making of the indie film *CHARLES STREET*. In this one-session workshop, you'll learn what it truly takes to bring a film to life on a tight budget and limited schedule. Discover the essential elements of pre-production, including casting, location scouting, scheduling, rehearsals, and crew coordination. After diving into the creative and logistical challenges faced by the filmmaker/producer, we'll watch *CHARLES STREET* in its entirety. The session will conclude with an open Q&A, where you can ask questions and gain deeper insights into the indie filmmaking process.

Nick Albanese is an accomplished actor and writer based in Providence, Rhode Island. The proud son of Sicilian immigrants, Nick discovered his passion for theatre early in life. He studied theatre at the Community College of Rhode Island, where he performed in numerous stage productions and became an active presence in the local theatre scene. Nick has appeared in a wide range of film and television projects, gaining valuable experience through extensive background work. His first on-screen credit came in 2004 with the independent film *Stay Until Tomorrow*, where he played a security guard. In 2007, he made his national television debut as Councilman Charlie Hacker in Seasons 2 and 3 of Showtime's acclaimed series *Brotherhood*. In addition to acting, Nick is a dedicated writer and producer. Since 2018, he has created original plays and short films, showcasing his storytelling talents. In 2023, he completed his first feature film, *CHARLES STREET*!, which is now available to stream on Prime Video.

Bob Mignarri is an Olli member and was the co-executive producer of *Charles Street* as well as having a supporting role of Joey. He has been acting in Rhode Island and Connecticut theater since 2000 and has appeared in over 40 plays. He has had roles in three independent movies as well as a regional commercial. He has been friends with Nick since 2018 and was in two of Nick's theater productions. He always believed that Nick had the ability to produce a quality movie which is exactly what happened.

Exploring Fractals and Chaos

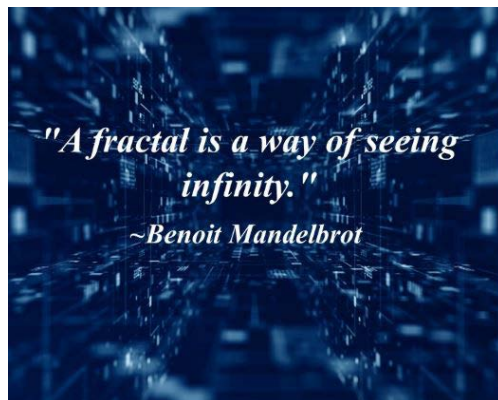
1 Session with Peggy Beauregard

Fri, Oct 24

10:00 AM - 11:30 AM

Max: 43 Fee: \$15.00

In 1975, Benoit Mandelbrot coined a new mathematical term: fractal. His study of fractal behavior paved



the way for understanding many aspects of nature and started the art of computer graphics. Although we use the term chaos to mean "a state of complete confusion," there really can

be underlying order and pattern. We will take a look at these topics and see how they are related.

Peggy Beauregard is an Associate Professor of Mathematics at University of Hartford in CT. She has a B.F.A. in printmaking and an M.S. in applied mathematics. She has taught courses in mathematics for elementary teachers, math for non-STEM and arts students (discrete topics, finance), precalculus, and calculus. She co-created and teaches the interdisciplinary course "Symmetry and Harmony: Mathematics in Art and Music". Before teaching at the university level, Peggy taught art and math in inner city and suburban schools. She speaks regularly at national conferences, mostly to audiences of teachers and for the President's College at the University of Hartford (lifelong learning). Peggy loves combining art and math to teach creative lessons that reach the diverse community of students in her classroom.

Carol Burnett and Friends

6 Sessions with Brett Morse

Fri, Oct 31, Nov 7, 14, 21, (skip 28), Dec 5, 12

1:00 PM - 3:00 PM

Max: 45 Fee: \$55.00

From unemployed actress in her first year in New York City, to her job as a hat check girl, to finally landing her first acting job playing the girlfriend of a ventriloquist's dummy – Carol Burnett never gave up, and we are grateful she persevered. Did you know that she won an Emmy for music or was nominated for a Tony Award on Broadway? In this program you

learn all about her life right up to the celebration of her 90th birthday, as well as enjoy her comedy along with fellow comedians such as Lucille Ball, Bob Newhart, Steve Martin, Rodney Dangerfield, and many others. This program is designed to be a laugh-a-thon, guaranteed to put a smile on your face.

Brett Morse worked in the pharmaceutical industry for over 40 years. He is a graduate of Bryant College, served in the U.S. Navy during the Vietnam era. His love for music began at an early age when he was introduced to many celebrities in the music industry through his father's work with RCA and Columbia Records.

Watercolor for the Birds—Birds are for Watercolor

4 Sessions with Pike Powers

Fri, Nov 7, 14, 21, (skip 28), Dec 5

10:00 AM - 12:00 PM

Max: 20 Fee: \$45.00

This class combines practices in drawing, composition, value study, and color mixing for the intermediate watercolorist. Bird subjects offer both whimsy and challenges to the



painter. We will observe various species, including some of their distinctive characteristics and personalities, through the study of other artists' works (from Audubon to Zucchi) and by viewing birds in their natural settings. The instructor will demonstrate techniques and offer one-on-one feedback.

Pike Powers takes a multipronged approach to her creative career. She has exhibited her award-winning artwork in painting, glass, and mixed-material sculpture internationally. She was a foundation professor at Parsons School of Design, art director of Pilchuck Glass School in Seattle, and past executive director of Boca Grande Art Alliance, FL. Powers received her B.F.A. from Rhode Island School of Design and M.F.A. from Yale University. At home in her native Rhode Island, she freelances in design, consulting, and teaching.

Chair Yoga: For Body, Mind and Spirit

5 Sessions with Linda Morse

Fri, Nov 14, 21, (skip 28), Dec 5, 12, 19

1:00 PM - 3:00 PM

Max: 25 Fee: \$50.00

Are you interested in practicing yoga but feel restricted or uneasy about having to get down on the floor?

Do you simply want to achieve better flexibility and strength of movement? Whether you are seated at a desk or table, or you are confined to a wheelchair, yoga practiced in a chair



can provide the same benefits as floor practice. In this very relaxed and enjoyable program, you will gain flexibility, muscle strength, and peace of mind. Learn ways to move as well as breathing techniques for daily living all at your own pace.

Note: For class, please wear comfortable clothing that allows freedom of movement.

Linda M. Morse, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for 25 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 Intro to Yoga, Breath Techniques, Chair Yoga, Taking the Inward Journey, Meditation, and the Chakra Energy System. Always a lover of movies, she has the most fondness for the creativity found in the genre of science fiction! She recently taught Summer Sci-Fi Film Fest.



A few days after your class ends you will receive an email feedback survey. We encourage you to take a few minutes and share your thoughts with us. You can also email or call us any time to share your opinions – good or bad! There are also paper copies of the survey located in the classrooms for your convenience. We need to hear from you so we can continue to offer high-quality programs.

LET'S MEETS THURSDAYS AT 1:00PM IN THE LOBBY PLAY MAH JONGG



OLLI WALL OF HONOR

In honor of Veterans Day, we are recognizing our OLLI members and/or family members who have served or are currently serving.

Please send a photo, along with details of service (branch, years, titles or anything significant you would like to share) to OLLI@URI.EDU. If you have a physical photo you would like us to scan, please stop by the OLLI office.

We will display our **Wall of Honor** throughout the month of November.

Stop by the lobby and check it out!



Purpose Driven Retirement

5 Sessions with Jet Vertz

Sat, Sep 27, Oct 4, 11, 18, (skip 25), Nov 1

10:00 AM - 11:30 AM

Max: 20 Fee: \$50.00

This course is designed to empower and inspire retirees to set meaningful, achievable, and motivating goals for their retirement years. Research shows that having a clear sense of purpose and direction not only enhances quality of life but can also contribute to greater longevity. By setting and pursuing personal goals, participants will stimulate their minds, take purposeful action, and experience a renewed sense of self-worth and fulfillment.



Suggested reading: Jet Vertz: *Purpose Driven Retirement*. [Available from Amazon.](#)

Jet Vertz served as a U.S. Naval Officer during the Vietnam War era and worked 44 years in the aerospace business. He was vice president at Pratt & Whitney Aircraft until his retirement. Jet's been an OLLI instructor since 2013 and has taught Purpose Driven Retirement, History & Future of Automobiles, Histories and Mysteries of Aviation, Global Warming, Green Energy Systems, and Computer Fundamentals.

Remembering Rhode Island's American Revolutionary War General, Nathanael Greene

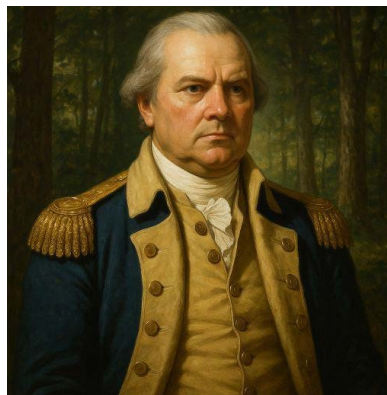
3 Sessions with Eileen Harrington and

Jessica Wilson

Sat, Nov 8, 15, 22

10:00 AM - 11:30 AM

Max: 45 Fee: \$40.00



We'll take an in-depth look at Nathanael Greene, whose strategic and tactical military skills helped deliver victory in the American Revolution. Born to pacifist Quakers in Rhode Island, he nonetheless joined the Continental Army, impressing

George Washington with the discipline in the unit he commanded. At 32 he became Washington's trusted "number 2." A student of Roman classics on war, Greene led battles in the North, serving also as quartermaster. He then took over command in the South, eventually driving Lord Cornwallis to defeat at Yorktown. After the war, he was awarded a plantation near Savannah, GA where he died of sunstroke at age 43, leaving his wife and 6 children. He also left us the legacy of a new nation.

Suggested Reading: Gerald M. Carbone: *Nathanael Greene: A Biography of the American Revolution* (Palgrave MacMillan, 2008)

Eileen Harrington has a Master's Degree in history from Columbia University, and has taught history at the high school, college, and graduate school levels. She reads non-fiction for pleasure. After reading Gerald Carbone's biography of Rhode Island's Revolutionary War general, she was interested in one day teaching an OLLI course on Nathanael Greene. She is pleased to be working on that course with her friend and like-minded Greene enthusiast, Jessica Wilson.

Jessica Wilson was local history librarian at the South Kingstown Public Library for 22 years. She finally made it to the Nathanael Greene Homestead in 2024 and is pleased to work with Eileen Harrington to illuminate Greene's story at OLLI.

Ann Morrow Lindbergh: A Remarkable Life

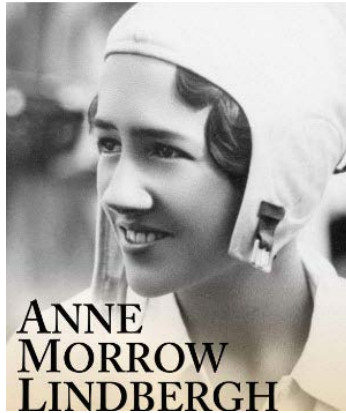
3 Sessions with Steve Berardo

Thu, Oct 2, 9, 16

10:00 AM - 11:30 AM

Max: 45 Fee: \$40.00

Anne Morrow Lindbergh was a writer and an observer. She was married to the most famous man of the 20th Century and lived during some of the most turbulent periods in our history, including the Great Depression and World War II, often under public scrutiny unlike anyone before her. She wrote best-selling books, poems, journals, diaries, and pamphlets about life, family, fame, and tragedy, as well as flying and aviation—including a controversial booklet in 1940, “The Wave of the Future,” which resulted in an intense backlash from the Roosevelt administration and the public. During and after the war Anne continued to write and raise a family, and was also friends with writers of the period, including Antoine de Saint Exupery, author of *The Little Prince* and well-known books on aviation. This class will look at the remarkable times and life of Anne Morrow, her books, and her relationship with Charles as well as with other writers and artists.



Stephen Berardo has a master's degree in public administration and is a student of history and political systems and a long-time reader of science fiction. He has been a planning consultant and an adjunct and full-time college faculty member teaching courses in business administration and aviation. He has also worked for many years with local, state, and federal government agencies on a variety of land use and infrastructure development issues. For the OLLI at URI, he has taught courses on many diverse topics.



If you need assistance joining a Zoom meeting, please call the office well in advance of your class. We are happy to help with any Zoom-related matters. Call 401-874-4197 to set up an appointment.

Links to join Zoom classes are sent in a reminder email two days before the class starts. For your convenience, a link is also sent 30 minutes prior to the beginning of each class session.

Between the Wars: America 1917-1941 through the Lens of Short Fiction

6 Sessions with Robert Weibezahl

Wed, Nov 5, 12, 19, 26, Dec 3, 10

3:00 PM - 4:30 PM

Max: 30 Fee: \$55.00

The period between the world wars witnessed dramatic changes in the social fabric of the United States. In this literary discussion class over Zoom, we will read short stories from this period of transition (all available on the Library of America website or as pdfs from the instructor) and explore the ways they reflect the culture of the times and depict societal change. The stories will encompass a wide array of styles and genres, from literary works of Fitzgerald and Anderson to the humor of Thurber and Lardner, and include work from the Harlem Renaissance, southern voices, noir, science fiction and horror. Participants should read the assigned stories before each class session. Active participation in the discussion is encouraged in a friendly, stimulating manner.



Robert Weibezahl is a writer, editor, critic, and publishing industry veteran who has worked with Nobel laureates, Pulitzer Prize winners, and countless bestselling authors. A columnist for *BookPage* for two decades, he is also a published novelist and award-winning, internationally produced playwright. He teaches at OLLI programs across the country.

TOURS and Trips

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Providence Athenæum Tour

Wed, Sep 17

11:00 AM - 12:00 PM

Max: 20 Fee: \$15.00

Location: Providence

Join us for a tour of The Providence Athenæum and a chance to learn about the architect of this 200-year-old RI landmark. The Athenæum is both a historic space and a contemporary lending library located on Providence's beautiful Benefit Street. Established in 1836 as a merger between two earlier subscription libraries, The Providence Library Company, founded in 1753, and The Providence Athenæum, founded in 1831, became "The Providence Athenæum" by amendment to its charter in 1850. Throughout its history the library has welcomed illustrious writers, spirited thinkers, and energetic community members to engage in reading, conversation, and debate.

The Athenæum offers stairs-free access at the rear entrance on College Street. The levels are linked internally by a staircase; there is no elevator at present. The mezzanine level is accessible by staircase only.

Parking: Parking for The Breakers is across the street from the entrance gates. Visit newportmansions.org for more information and directions.

REFUND POLICY:

There are **NO REFUNDS** for Tours and Trips as OLLI pre-pays for these events.

Exploring Peace Dale's Legacy

1 Session with Julie Wardwell and Mary Cocroft Brown

Wed, Sept 17

10:00 AM - 12:00 PM

Max: 12 Fee: \$15.00

Location: Peace Dale

We will begin at the birthplace of the U.S. Industrial Recreation Movement (1856), now the Peace Dale Museum, in the mill village founded by Rowland Hazard I in the early 19th century. After a tour of the museum gallery featuring artifacts from all over the world, cross the road to the Peace Dale Library, to hear about the large bronze relief, "The Weaver," by Daniel Chester French, known for his seated "Abraham Lincoln" in the Lincoln Memorial in Washington, DC. The tour continues through the village of Peace Dale where you will discover its history begun by the Hazard family and the of the U.S. Recreational Movement.

Note: *The museum is located on the second floor of an old granite building. You must be able to climb 2 flights of steep stairs to view the collection and walk up to a mile on the outdoor tour.*

Parking: *There is a parking lot behind the building off Columbia Street. Also, limited spaces on the street.*

We encourage you to make a donation to the museum. Donations are sincerely and greatly appreciated, as they contribute to the continued success and impact of the Peace Dale Museum.

Julie Wardwell is a South Kingstown resident who is retired and currently the office administrator at the Peace Dale Museum of Art and Culture. She enjoys learning about the local history and giving the outdoor walking tours of the Peace Dale Village to children of all ages.

Mary Cocroft Brown is the children's educator and a board member of the Peace Dale Museum of Art and Culture. She enjoys sharing her knowledge of the museum's collection. She has an art background and appreciates the museum's diversity of artifacts.

Servant Life Tour at The Elms

Fri, Sep 26

10:00 AM - 11:15 AM

Max: 12 Fee: \$30.00

Location: Newport

Recent research has revealed details about life behind the scenes in the great houses of Newport, including new information about immigration, employment, and labor disputes in the early 20th century. Until recently, a tour of The Elms introduced us to the lifestyle of Mrs. and Mr. and Mrs. Edward Berwind of Philadelphia, whose Gilded Age mansion completed in 1901 housed their fine art collections surrounded by their elaborate Classical Revival gardens.



Note: Be prepared to climb the back staircase of 82 steps from the servants' entrance to the third-floor staff quarters and then down through the basement kitchens, coal cellar, boiler room, and laundry rooms.

Tour of the Westerly Armory (and more!)

1 Session with Roberta Mudge Humble

Mon, Sep 29

11:00 AM - 12:30 PM

Max: 20 Fee: \$15.00

Location: Westerly

Become acquainted with one of Rhode Island's 18 historic armories from the headhouse filled with museum rooms and the home of The Westerly Band (oldest active community band in the nation), to the drill hall that hosts a multitude of events, to the lower level where you can see Mrs. Goodwin's mailbox chickens, and the Armory's celebrated float. Gain an appreciation of the remarkable architecture of William R. Walker & Son who designed 5 ½ of the state's armories, over half of the state's town halls, and many houses, some of great significance.



Note: Meet at the Westerly Armory, 41 Railroad Avenue, Westerly, RI at 11:00 AM. If you like, bring your lunch. Water and soda will be available and you can have your lunch in the Armory's drill hall.

Roberta Mudge Humble, a life-long resident of Rhode Island, is a retired professor of English at CCRI where she taught for 47 years. She is best known for her work with the 18 historic armories of RI and her RI books and games. Her passion has been the promotion of Rhody as the state with the deepest national history. Roberta has worked with the U.S. Military as writer and volunteer. On the board of the Warwick Historical Society, she is a resident of Warwick but native of Westerly. Her distinctive RI games & books were inspired by the response of the governor and audience when she gave an address featuring RI's firsts, bests, & uniques at the State House on RI Independence Day. In 2022, she was inducted into the Rhode Island Heritage Hall of Fame.

Fossil Collecting

1 Session with Steve Emma

Sat, Oct 4

10:00 AM - 1:00 PM

Max: 15 Fee: \$20.00

Location: North Attleboro, MA

Join Steve Emma, author of *Carboniferous Plant Fossils of North Attleboro*, for a field trip to collect carboniferous fossils—ferns, leaves, roots, and other plant materials—from an open-to-the-public site in North Attleboro, MA.

Materials list: Please bring tools (rock hammer, small chisel, safety glasses, bucket or satchel (for carrying collected specimens), bottles of water, canvas/garden gloves, and something to wrap specimens in (cloth, paper). Please dress appropriately and wear closed toe shoes.

Note: Meet at the Town Yard Compost Area on Plain Street. Park on the right side of the street before the entrance. We will meet and walk in as a group. The walk is about 300 yards behind the compost area. The instructor's cell phone number will be provided to the group before the event.

Steve Emma is the author of *Carboniferous Plant Fossils of North Attleboro*. He has a B.S. in agriculture from URI and taught botany at the URI College of Continuing Education. He is the former president of the RI Mineral Hunters.

Beneath the Breakers Tour

Tue, Oct 7

10:00 AM - 11:00 AM

Max: 11 \$30.00

Location: Newport

Based on research by Preservation Society staff and period documents, this tour shares with visitors how the great house changed with the times as domestic technology evolved through the Gilded Age and into the 20th century. Learn how the development of electricity changed life at the mansion, how the revolutionary infrastructure heated and cooled the great house, and how modern plumbing and laundry facilities affected attitudes about hygiene and cleanliness. The detailed journals of the house engineer help us understand how it all worked.

Please note:

This is an underground experience in a historic structure.

There are 30 stairs.

The tour is not accessible for those with mobility devices.

You will pass through some enclosed spaces.

Comfortable, flat shoes are recommended.

Ticket holders should meet in the gravel driveway just inside The Breakers, 5 minutes prior to the start of the tour.

Identifying Common Invasive Plants

1 Session with Tom Hoagland

Tue, Oct 7

1:30 PM - 3:00 PM

Max: 20 Fee: \$15.00

Location: Canonchet Farm Narragansett

Invasive plants overpower native and ornamental species and then spread quickly to starve native plants and animals from sunlight, nutrients, and habitat, which disrupts an interconnected biological and ecological place-based network that has developed over millions of years. On this walking tour at Canonchet Farm, learn about the major invasive species found locally and how to identify them, remove them, and maintain removal by replanting the area with native species with dense root systems. Along the trail we will observe the effects of invasive plants in a second growth woodland and discuss best practices for homeowners in controlling the spread of plants like privet and burning bush if they want to keep rather than eliminate them.

Note: Meet at the South County Museum parking lot.

Tom Hoagland is a 2010 URI master gardener, president of the Friends of Canonchet Farm, and an RI certified invasive plant manager. For the OLLI at URI, Tom led a tour of the URI demonstration garden at East Farm in 2018. He also taught the Invasive Plants class for OLLI several times since 2018.

Tour of the Major General Nathanael Greene Homestead

1 Session with David Procaccini

Sat, Nov 1

10:00 AM - 12:00 PM

Max: 40 Fee: \$15.00

Location: Coventry, RI



The Major General Nathanael Greene Homestead, a National Historic Landmark in Coventry, Rhode Island, was the home of Revolution-

ary War General Nathanael Greene, George Washington's second in command, from 1770 to 1783. Known as Spell Hall, the Homestead became a museum in 1924 and is open seasonally. The OLLI tour will include multiple rooms showing period furnishings and Greene family memorabilia and include a special class with the facility's highly knowledgeable staff in the Education Center.

Note: Some areas of the property may not be fully accessible.

David Procaccini has been President of the Board of Trustees of Nathanael Greene Homestead for 13 years. He has a Bachelor's Degree in History from Providence College, and holds the rank of Colonel in the Rhode Island Historic Militia.

Josh Wojnar is Caretaker of the Nathanael Greene Homestead. His duties include ground maintenance, architectural preservation of Spell Hall, and being a member of the curatorial staff. No matter the task, large or small, he is one of the dedicated few who oversees the daily operations of the museum.

Jake Spencer has been a volunteer at the Nathanael Greene Homestead for 10 years, and is also part of the curatorial staff. He often assists in the daily operations of the museum as well, including architectural preservation and maintenance.

OLLI DAY TRIP

Christmas Spectacular



Radio City Rockettes Bus Trip

Tue, Dec 2
6:00 AM – 10 :00 PM
Max: 49 Fee: \$170

Kick off the holiday season in style with your OLLI friends on a festive day trip to New York City to see the spectacular Radio City Christmas Spectacular®! We'll hit the road bright and early at 6:00 AM on December 2, heading straight into the heart of holiday magic. Once we arrive, enjoy free time to grab lunch with friends and wander the city's twinkling streets at your own pace. The dazzling show begins at 2:00 PM and runs for 90 fabulous minutes (with no intermission). Afterward, soak in the city's iconic Christmas lights and festive décor before we board the bus at 6:00 PM and head home. Don't miss this joyful adventure packed with friendship, sparkle, and seasonal fun!

Trip includes bus and ticket to the Rockettes 2:00pm show. The bus will depart from the OLLI parking lot at 6:00AM and leave from New York at 6:00PM. Meeting location for bus pick up will be confirmed closer to trip.

Notes: All seats are orchestra. Radio City Music Hall asks all guests to arrive early and travel light. Bags do not have to be clear, but they must fit comfortably under your seat. Oversized bags larger than 22" x 14" x 9" are prohibited. Radio City Music Hall does not provide an area to check bags, coats or any other personal belongings, with the exception of strollers.

Explore
More

REFUND POLICY:

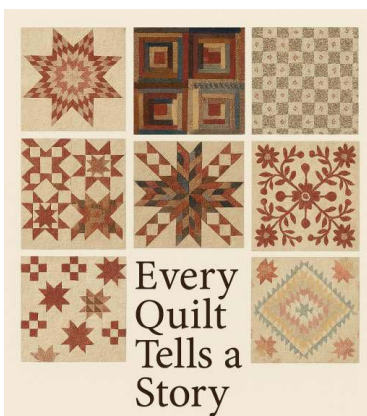
There are **NO REFUNDS** for Tours and Trips as OLLI pre-pays for these events.

Note: All participants on tours or in classes that meet in a location other than OLLI (210 Flagg Rd.) are required to provide their own transportation to the location and will be required to fill out an Assumption of Risk and Release of Liability Form.

Every Quilt Tells a Story

1 Session with Susan Jerome,
Rebecca Kelly and Linda Welters
Sat, Nov 1
10:00 AM - 11:30 AM
Max: 40 Fee: \$15.00
Location: Quinn Hall

"Every Quilt Tells a Story" highlights eight quilts, dating from the late eighteenth century to 1929, in URI's Historic Textile and Costume Collection and currently on exhibit in the Textile Gallery in Quinn Hall. All quilts tell stories about changes in textile production and developments in art and design as well as the histories of the makers and recipients. This course will incorporate a presentation on the quilts in the exhibition, a visit to the Textile Gallery, and a "turning" of additional quilts from the Historic Textile and Costume Collection.



Suggested Reading: *Down by the Old Mill Stream: Quilts in Rhode Island*, co-ed. by Linda Welters and Margaret Ordoñez (Kent State University Press, 2000)"

Susan Jerome is collections manager of the Historic Textiles and Costume collection, as well as a board member of the American Quilt Study Group.

Rebecca Kelly is adjunct instructor at URI and director of the South County Museum. Her research interests include America's Gilded Age. She studies the economies of New England resort cities and investigates the branch expansion of dressmaking shops to cities such as Newport, RI.

Linda Welters is professor emerita of Textiles, Fashion Merchandising, and Design at URI.

A Walk in a Cemetery Conjures Stories from Saylesville

1 Session with Allison Horrocks and Mark Mello
Tue, Nov 4
9:30 AM – 10:30 AM
Max: 20 \$15.00
Location: Moshassuck Cemetery,
Central Falls

In 1934, Rhode Islanders were at war—with each other. On top of the pressures and pains of the Great Depression, the 1934 General Textile Strike had further increased tensions in the state. During an especially violent confrontation, the strikers lost four of their own; two of those fatalities occurred during the Saylesville Massacre. This tour, off-site at the Moshassuck Cemetery in the Blackstone Valley area of Rhode Island, will consider the lasting legacy of the strike as well as this moment of crisis.

Note: Participants will walk in Moshassuck Cemetery. Please wear comfortable shoes and clothing, expect the usual natural elements (weather, bugs, uneven terrain), and note there are no facilities at the site.



Register online URI.EDU/OLLI or call 401.874.4197

OLLI FALL

Member Event



GOOSENECK
VINEYARDS®

Friday, October 24
5:00PM – 8:00PM

Vertrano's Wood Fire Pizza Truck, Music*
1340 Tower Hill Rd, North Kingstown, RI 02852
Please register online. Limit of 20 Members

*This is a Pay-Your-Own-Way event. No outside food or drinks allowed.

It's time to Travel WITH OLLI



TRAVEL and explore the world with OLLI friends. Enjoy domestic and international tours for new and exciting lifelong learning experiences. Plan ahead and follow your dreams!

2026 TRIPS TO LOOK FORWARD TO

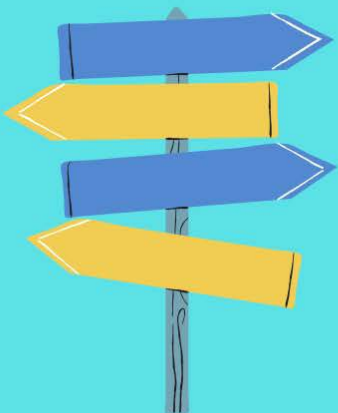
Italy's Treasures (April 6-17)
Discover America's Cowboy Country (Sep 8-15)
Mackinac Island (May 15-23)
Discover Croatia and Adriatic Coast (Oct 10-21)

Join us at OLLI for a travel preview
on Monday, Sep 29.

Our Collette rep will be here to share details
on the following trips.

2:00 PM
Mackinac Island

2:45 PM
Cowboy Country



LUNCH & Learn

Planning for the Unexpected: Estate Planning Tools to Help Protect You and Your Family

1 Session with Joanne Daly

Fri, Oct 3

10:00 AM - 11:30 AM

Max: 25 Fee: \$0.00

A well-crafted estate plan reflects your life goals. It should be structured to protect the wealth you have created, so that you can continue to support the people, causes, and institutions that are closest to your heart. We'll learn how trusts, gifting, insurance, and other wealth planning tools can be combined to help prepare for the unexpected and secure your legacy.

Staying on Track Through Stock Market Corrections and Volatility

1 Session with Joanne Daly

Tue, Nov 4

1:30 PM - 3:00 PM

Max: 25 Fee: \$0.00

Market corrections, though common, can be unsettling—especially when your hard-won savings are earmarked for important life goals. We will discuss strategies to help you stay on track to meet your financial goals.

Making Your Retirement Income Last

1 Session with Joanne Daly

Thu, Dec 4

11:30 AM - 1:00 PM

Max: 25 Fee: \$0.00

Making your retirement income last is a major concern for most retirees. We will review retirement income challenges, strategies for building retirement income, and tax-smart withdrawals.



Joanne M. Daly, CDFA® has more than 25 years of combined wealth planning and prior CPA experience. She is a Senior Vice President and Financial Advisor with the Ayers Daly Group at Morgan Stanley and a Certified Divorce Financial Analyst. In addition, Joanne is a former CPA Tax Manager for Ernst and Young and earned an M.S. in Taxation from Bryant University. Joanne enjoys educating others through financial presentations and is a frequent guest speaker to civic organizations and companies, including CVS, Bryant University, South County Health, the URI Foundation, and the GFWC Women's Club of South County, to name a few.

Osher Online

in collaboration with Northwestern University
School of Professional Studies *Fall 2025*

Osher Online is an online partnership in collaboration with the National Resource Center (NRC) at Northwestern University School of Professional Studies. Osher Online was created to expand member access, institute collaboration, sharing of resources, and ensure the legacy of all 125 Osher Institutes.

These classes are 90 minutes long and delivered by the Osher NRC, and its staff will provide moderator and technical assistance.

They are meant to complement our program and give you access to instructors from other locations in our country.

- Osher Online classes are six-weeks long and cost \$55 each
- Osher Online is available to OLLI members only.
- Space is limited.

We hope you enjoy the opportunity to learn from premiere instructors along with OLLI members from across the nation!

Osher Online Member Orientation Tues, Sept 30, at 2:00PM

Once registered for an Osher Online course, you will receive an email from Osher inviting you to attend the Member Orientation. Please make an effort to attend the session as details on logging in to your Osher account will be provided. If you are not able to attend the session, a recording will be available.

All questions regarding Osher Online classes should be directed to Osher Online, 312-503-5555 or email osheronline@northwestern.edu.

From Bauhaus to Brutalism: Modern and Contemporary Architecture

6 Sessions with Eleanor Schrader
Mon, Oct 6, 13, 20, 27 Nov 3, 10
7:00 PM - 8:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



The post-World War I era saw a dramatic shift away from traditional 19th century architecture, as architects, designers, and social thinkers embraced modern aesthetics, new materials, and evolving societal needs.

Each architectural movement responded to social and political changes, influencing both residential and commercial structures. This course explores the inspirations and innovations behind major architectural styles, including the Bauhaus, the International Style, Art Deco, Midcentury Modernism, and Postmodernism. Through these movements, we will examine how architecture has continually adapted to shape and reflect the built environment.



Eleanor Schrader is an award-winning educator, lecturer, and author who lectures and leads tours worldwide on art and architectural history. She has been named a distinguished instructor at UCLA Extension, where she teaches history of architecture, interior design, furniture, and decorative arts. Schrader is a Professor Emerita of art and architectural history at Santa Monica College. She has completed graduate work in fine and decorative arts at Sotheby's Institute in London and New York. She has served as a design review commissioner for the City of Beverly Hills and currently serves on the board of directors of the John Lautner Foundation.

The African American Military Experience: From Revolution to Civil Rights

6 Sessions with John Langellier
Tue, Oct 7, 14, 21, 28 Nov 4, 11
7:00 PM - 8:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



African Americans have served in every US military conflict, fighting for both their country and their own rights. From Black patriots in the Revolutionary War to the 180,000 African Americans who fought for the Union in the Civil War, their contributions have shaped American history. After the war, Black soldiers gained congressional approval to enlist in the peacetime Army, leading to the formation of the "Buf-

falo Soldiers.” This course traces their service from the War of 1812 to World War II, highlighting their valor in conflicts abroad and their struggle against segregation and discrimination at home. It is the story of their resilience, sacrifice, and fight for equality in a nation that often failed to recognize their service.

John Langellier has spent decades researching African Americans in the US military, beginning in the 1960s. His work includes articles and books such as *More Work Than Glory: Buffalo Soldiers in the United States Army, 1866–1916* and *Buffalo Soldiers in Arizona*, and an extensive National Park Service study on Buffalo Soldiers from the Eastern Seaboard to Hawaii. He has consulted and produced documentaries on African Americans in the armed forces for A&E and PBS, curated museum exhibits, developed curricula, and delivered programs across the US and Europe.

Creative Conservation

6 Sessions with Stephanie Arne
Wed, Oct, 8, 15, 22, 29 Nov 5, 12
5:00 PM - 6:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Become educated, entertained, and empowered to become more effective stewards of the natural world. Through real-life conservation stories—drawn from the instructor’s personal experiences and her time as host of Mutual of Omaha’s Wild Kingdom—we will highlight the impact of passionate individuals working together to address complex environmental challenges. This course explores how diverse perspectives and unique skills contribute to conservation efforts, offering participants practical ways to take meaningful action in protecting wildlife and ecosystems.

Stephanie Arne is an international wildlife conservationist, expedition guide, and storyteller. She is the former host of Mutual of Omaha’s Wild Kingdom and has appeared on Animal Planet, The Weather Channel, The Harry Connick Jr. Show, and The Drew Barrymore Show. Arne’s expertise in wildlife conservation has earned her a seat on the Association of Zoos and Aquariums’ Lion SAFE (Saving Animals

from Extinction) committee and the International Union for Conservation of Nature’s (IUCN) Education and Communication Commission.

Impressionism: Color Light and Leisure

6 Sessions with Lauren Weingarden
Thu, Oct 9, 16, 23, 30, Nov 6, 13
3:00 PM - 4:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Impressionist painters revolutionized art with a new style that emphasized changing atmospheric effects and luminous color harmonies. Their unblended brushstrokes of pure color and simple compositions broke dramatically with traditional pictorial techniques. Rejecting historical, mythological, and religious themes, they instead focused on the rapidly shifting aspects of modern life—capturing scenes from the countryside, the home, and the city. This course examines the work of Monet, Renoir, Degas, Cassatt, and Morisot from the 1860s to the 1910s, exploring their stylistic and technical innovations, personal lives, and the cultural forces shaping their artistry. Participants will gain an enhanced ability to experience nature and artistic depictions of it with a newly developed sensory, coloristic, and immersive awareness.



Lauren Weingarden is professor emerita of art history at Florida State University. Weingarden’s publications explore the interrelations between literature and visual arts in 19th century cultural contexts. She is the author of several scholarly books and articles on the American architect Louis Sullivan and on French art and literature, particularly Charles Baudelaire and Édouard Manet. Her interdisciplinary work includes developing an embodied aesthetic model through which art viewers re-experience artists’ immersive encounters with modernity’s fragmentation and nature’s transience—a perspective that deeply informs her teachings on Impressionism.

Inequality and Economic Policy

6 Sessions with Geof Woglom
Tue, Oct 14, 21, 28 Nov, 4, 11, 18
1:00 PM - 2:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Economics plays a central role in every aspect of society. This course examines the causes and potential solutions to inequality in the US from an economic perspective. We will explore the history of different types of inequality, the underlying data and evidence, and the policy levers available to address these issues. Each lecture, led by a subject matter expert with a PhD in economics, will stand alone. Topics may include climate change, healthcare economics, economic inequality, economic mobility, discrimination in public policy, and the wealth gap.



Geof Woglom, PhD is professor emeritus of economics at Amherst College, where he taught for over 40 years. He has held visiting positions at Cambridge, Harvard, and the London School of Economics, and was a Fulbright Scholar at the University of the Western Cape in Cape Town and at Nanjing University. He has served as an economic consultant for the International Monetary Fund, the Federal Reserve Board, and the Federal Reserve Bank of Boston.

Peeking Inside the Black Box

6 Sessions with Johnnie Hendrickson
Tue, Oct 14, 21, 28 Nov, 4, 11, 18
3:00 PM - 4:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Have you ever felt like scientists are constantly changing their minds? Do you wonder when research can be trusted to guide decisions about health,

behavior, or the environment?

This course offers a behind-the-scenes look at the scientific process, exploring how modern science developed, what scientists actually do, and what makes research reliable. We will examine the strengths and weaknesses

of scientific methodology, uncover common pitfalls, and identify red flags for pseudoscience and untrustworthy findings. Rather than relying on blind faith



in science, we will learn how to evaluate research critically—and find trust in the process.

Johnnie Hendrickson is a Teaching Professor in the School of Molecular Sciences at Arizona State University; he holds a PhD in chemistry, and is the author of the textbook *Chemistry in the World*. His academic work focuses on science communication, the reciprocal relationship between science and society.

Public Health in Action: Addressing Stress, Equity, and Solutions

6 Sessions with Faith Ogungbe
Wed, Oct 15, 22, 29, Nov 5, 12, 19
7:00 PM - 8:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



In this course, participants will explore the social determinants of health, the physiological mechanisms of stress, and the effects of stress on health and well-being. They will also examine stress- and health-related theoretical frameworks. Through this course, participants will gain an understanding of the factors that influence health and engage in discussions on the importance of equitably promoting health and well-being across populations.



Faith Ogungbe is a doctoral candidate in Public Health at the University of Wisconsin-Milwaukee. She earned bachelor's and master's degrees from Northwestern University in anthropology and biotechnology. Ogungbe is deeply committed to health equity and passionate about addressing issues that promote the overall health and well-being of all individuals. Her research interests include maternal and child health, and female reproductive health.

In Darwin's Footsteps: A Journey to the Galapagos

6 Sessions with Eric Simon

Thu, Oct 16, 23, 30 Nov 6, 13, 20

11:00 AM - 12:30 PM

Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



From 1831-1836, Charles Darwin circumnavigated the globe aboard the HMS Beagle. In the Galapagos Islands and elsewhere, Darwin collected data that, after decades of study and reflection, formed part of the basis for his publication *On the Origin of Species*. The ideas presented in that volume remain the foundation of all modern biological thought. Drawing upon original source materials and the instructor's photos, this course will present the historical and cultural context of Darwin's era, follow the five-year journey, discuss how Darwin came to his ideas, and explain his theories in detail.

Eric Simon, professor of Biology at New England College, received his PhD in biochemistry from Harvard University. An avid traveler and award-winning nature photographer, Eric leads educational international trips to destinations including Belize, the Galapagos, Tanzania, Cuba, the Amazon River, and Patagonia. Simon is the author of a widely used series of college biology textbooks with over 2 million books in print that help teach biology to students in over 40 countries.

Languages of the World

6 Sessions with Asya Persltsvaig

Thu, Oct 16, 23, 30 Nov 6, 13, 20

1:00 PM - 2:30 PM

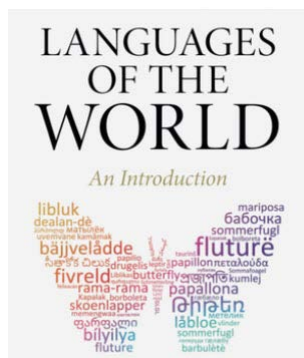
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Explore the world's linguistic diversity. With more than 7,000 languages spoken today, their variety offers insight into the evolution of human language, thought, and civilization. This course examines how languages develop, change, and interact over time. Through a journey across six mystery locations—one per week—we will uncover the historical relationships among languages and the migrations, splits, and connections that have shaped them. By studying the languages spoken in these regions, we will gain a deeper understanding of human history and what it means to be human.



Asya Pereltsvaig, PhD earned her degree in English and History from the Hebrew University of Jerusalem and a PhD in linguistics from McGill University. She has taught at Yale and Stanford. An expert in language, history, and their intersections, Pereltsvaig is the author of *Languages of the World: An Introduction*.

Graceful Exits: Exploring the Economics, Ethics, & Ethos of Death with Dignity

6 Sessions with Aleen Bayard, PhD

Mon, Oct 20, 27, 3 Nov 10, 17, 24

5:00 PM - 6:30 PM

Max: 13 Fees: \$55.00

WATCH CLASS
PREVIEW

Video



This course explores the complex issue of Death with Dignity, also known as assisted suicide, through its historical development, ethical debates, legal frameworks, and cultural perspectives. The movement gained national attention through the advocacy of Dr. Jack Kevorkian, sparking widespread discussion on end-of-life choices. Participants will critically examine evolving policies on physician-assisted suicide and euthanasia while engaging in thoughtful discussions on this sensitive and often controversial topic. Designed to educate and foster awareness, this course provides a comprehensive look at the ethical and legal dimensions of end-of-life decision-making.



Aleen Bayard, PhD is an adjunct faculty member at Northwestern University, teaching leadership and change management. She played a key role in Northwestern's partnership with the Spertus Institute for Jewish Learning and Leadership, developing the curriculum for the Certificate in Jewish Leadership and teaching in the program for several years. Bayard holds degrees from Stanford University, Columbia University, and Northwestern University and earned her doctorate from Benedictine University. Through her consulting practice, she develops programs on leadership, culture, employee engagement, and team performance.



This OLLI initiative is intended to “give back” to the URI community and other organizations. Local non-profit groups are invited to share their mission and how OLLI members might be involved.



Southern RI Volunteers (SRIV)

1 Session with Lindsay Bush

Wed, Sep 24

11:30 AM - 1:00 PM

Max: 30 Fee: \$0.00

In the heart of southern Rhode Island, a vibrant community of volunteers is making a profound impact and you can be a part of this inspiring movement!

These dedicated individuals come together driven by a shared passion for helping others and enhancing their local community. Whether it's getting seniors to doctors' appointments, delivering groceries to homebound citizens 50 years of age and older, or visiting with our most isolated members of the community, members of Southern Rhode Island Volunteers embody the spirit of compassion and camaraderie. Their efforts not only uplift those in need but also foster a sense of belonging and purpose within the community.

Lindsay Bush is the executive director of SRIV. She is a graduate of South Kingstown High School and attended CCRI, majoring in hospitality. After a brief career in hospitality, Lindsay decided that she wanted to be involved with a career that was more aligned with service to seniors, children and families in need and joined SRIV where she had been a volunteer since the age of 11, helping her grandmother deliver Meals on Wheels. She enjoys assisting individuals in meeting their volunteer goals as well as volunteering her own time. She is a member of the Richmond and Pomona Granges. Her personal interests are varied but definitely include time with her family and her rescue dogs, Shooter and Briar.



Together Women Rise

1 Session with Gail Burchard

Thu, Oct 30

11:30 AM - 1:00 PM

Max: 45 Fee: \$0.00

Share the teachings of Together Women Rise, a non-profit organization which supports and promotes gender equality in the “global south”. Open to all and has monthly potlucks in Rhode Island ... in Peacedale or Charlestown, where videos are shown of the grantees selected. There is no fee charged. Grantees are selected and contributions are made to their organization, using transformational partnerships. We offer learning of different cultures, how through our partnerships we try to make changes.

Gail Burchard has been the leader of the RI chapter of Together Women Rise for 8 years. She is a retired emergency room R.N., a 12-year Rhode Island resident, and a lifelong supporter of women's rights. She's also a Cape Ann feminist, a worldwide volunteer and traveler, a home host, and the former owner/operator of New Dawn, offering outdoor trips for women, then, a women's retreat, built by and for women on Vieques, Puerto Rico from 1982–2002.

OLLI *Special Interest Groups*

All Special Interest Groups are FREE with Your OLLI membership.
Registration is required. URI.EDU/OLLI

BIKING GROUP

Meets each week on Tuesday and Thursday at 11:00AM at OLLI. Meets in the back of the OLLI lot.

Facilitator: Art Schloth
artpaul47@gmail.com

BOOK GROUP

Meets the third Friday of each month at 1:00PM at OLLI. Book selections are available on our website: URI.EDU/OLLI

Facilitator: Deb Kopech
debkopech@gmail.com

BOWLING GROUP

Interested in bowling? This group meets on Wednesdays at 12:30PM at Old Mountain Lanes in Wakefield.

Facilitator: Peter Stetson
petestetson8@gmail.com

COSMIC QUESTIONS

Join us as we dive into the question, "Are we god's laboratory? Is life on Earth the only life in the universe?" Please note: This group will discuss only scientific facts—not religion or politics. Meets monthly on the third Thursday from 1:00PM-2:30PM

Facilitator: Krystyna Kasman
krystyna_kasman@cox.net

CREATIVITY AND PLAY

Meets the second Thursday of the month at 10:00AM to pursue fun, play and creativity. Details of events and locations emailed to those who register.

Facilitator: Sandra Enos
sandra.l.enos@gmail.com

CRIBBAGE GROUP

Meets on Wednesdays, at 2:00PM in the OLLI lobby. If you have a Cribbage board, please bring it with you.

Facilitator: Armand Monaco
amonaco@msn.com

CURRENT EVENTS DISCUSSION

This drop-in discussion group meets weekly on Thursdays from 11:00AM-12:30PM in the first floor conference room.

Facilitator: Bob Bianchini
riok@cox.net

HIKING GROUP

Hiking Group meets weekly on Wednesdays at 1PM. Improve your health; make new friends while exploring our South County area. Walks generally last 90 minutes. Register online and each week you will receive an email for the location.

Facilitators: Cindy Opaluch
cindyopaluch@gmail.com
Sara Nelson
samay51@hotmail.com

MAH JONGG

Do you like to play Mah Jongg? Join this group on Thursdays at 1:00PM in the OLLI lobby.

Facilitator: Cobi Bush
bcobi@verizon.net

MOVIE GROUP

Join us on the second Thursday of the month at 3:00PM at OLLI to discuss the latest movies which are available in theaters or streaming. On occasion, we may view a film on site.

Facilitator: Marylen McKenna,
marylen7586@gmail.com

PHOTO FRIDAY

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. Meets the first Friday of each month at 10AM. Themes available on our website.

WRITERS GROUP

Meets the first Friday of each Month at 1PM via Zoom. Join us online and share your writings, listen and learn from others, and most importantly have a good time.

Facilitators: Susan Berman
susanb99@yahoo.com
Gale Eaton
egeaton@gmail.com

WE ♥ OUR VOLUNTEERS

OLLI continues to be a strong organization due in part to members serving on various committees providing leadership in partnership with the staff. Looking ahead to this academic year it is time to recruit new members to serve. If you are interested in serving on one of our committees, watch for the announcements for informational meetings. Contact Beth Leconte, Executive Director at 401-874-2405, bleconte@uri.edu.

OLLI ADVISORY COUNCIL

Joe Gallichio, CHAIR
Phil Clark
Joan DeFinis
Sandra Enos
Beth Flanagan
Joanne Gemma
Debbe Hayes
CJ Menard
Louise Paquin

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Mary Cole
Ron Curtin
Robin Devin
Kathleen Gallichio
Linda Gatewood
Paula Grey
Karen Montgomery
Louise Pelletier

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Mark Brady
Ann Dantzig
David Favre
Steve Perry
John Schibler

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Dyann Boudreau
Joan Nippo
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Gale Eaton, CHAIR
Brenda Bibb
Richard Courtney
Emilia Gonzales-Torpey
Marie Lupino
Bob Muller
Lori Pivarnik
Marie Schwartz
Jessica Wilson

SIGS FACILITATORS

Susan Berman, Writers Group
Bob Bianchini, Current Events
Brenda Bibb, Rhody Ramblers
Cobi Bush, Mah Jongg
Gale Eaton, Writers Group
Sandra Enos, Creativity and Play
Jim Findley, Great Decisions
Marion Goldsmith, Rhody Ramblers
Emilia Gonzalez Torpey, Great Decisions
Krystyna Kasman, Cosmic Questions
Deb Kopech, Book Group
Marylen McKenna, Movie Group
Armand Monaco, Cribbage
Sara Nelson, Hiking Group
Cindy Opaluch, Hiking Group
Art Schloth, Biking Group
Peter Stetson, Bowling Group

OFFICE VOLUNTEERS

Jean Anderson
Joan Austin
Cobi Bush
Deb Cole
Marion Frieberg
Harriet Johnson
Sally Levesque
Marie Lupino
Susan McCullen
Debbie Murphy
Marge Nozzi
Cindy Pacheco
Lorraine Rappoport
Nicole Spaulding
Eileen Stratton
Jane Trehy
Andrea Wilson

Special Thanks

CATALOG EDITING

Paula Grey
Pat LaRose
Louise Pelletier
Marie Schwartz



OLLI AT URI MEMBERSHIP FORM

210 FLAGG ROAD, ROOM 212, KINGSTON, RI 02881

401-874-4197 OLLI@URI.EDU

MEMBERSHIP INFORMATION (Please use one form per person)

☐ NEW MEMBERSHIP ☐ RENEWAL MEMBERSHIP RENEWAL DATE: _____

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 : ☐ No ☐ Yes Year _____ Gender : ☐ Male ☐ FemaleHighest Level of Education: ☐ High School ☐ Some College ☐ Associates Degree /Certification☐ Bachelor's Degree ☐ Master's Degree ☐ DoctorateEmployment Status: ☐ Retired ☐ Work Full-Time ☐ Work Part-Time ☐ Not Currently Employed

Current/Former Occupation: _____

Referral: _____

PAYMENT INFORMATION:

Annual Membership Fee: \$65
(non-refundable)

Payment Method:

For Mail-in Registrations, we only accept checks

☐ Check (Payable to URI)If you are paying by credit card, please
call the office at 401-874-4197 or reg-
ister online:

PLEASE CHECK THAT YOU AGREE TO THE FOLLOWING POLICIES:

☐ Refund Policy (see below)☐ 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.

REFUND POLICY

Memberships are non-refundable.

To withdraw from a class and receive a full refund or credit, you must notify the OLLI office at least two weeks before the start of the class.
Call the office at 401-874-4197 or email olli@uri.edu.

No- shows forfeit their course fees

Day trips and special tours are prepaid so there are **no refunds** for cancellation or withdrawal.

Classes that do not meet minimum student registration numbers are subject to cancellation

OLLI MAIL-IN REGISTRATION - FALL 2025

MONDAY

- ☐ Bear Necessities \$15
- ☐ Cognitive Biases and Their Effect on Critical Thinking, The Believing Brain \$50
- ☐ Dutch Island: Pasture, Fortress, Park \$15
- ☐ Heroes & Headaches: New England's Story of Piracy at Home and Abroad \$35
- ☐ Hey Hey, Woody Guthrie, I Wrote You a Song \$50
- ☐ Journal to the Self \$55
- ☐ What Spaceflight means for Human Health \$15
- ☐ Let's Explore the Google Suite (LEGS)\$50
- ☐ Preventing Food Waste \$15
- ☐ Remarkable Countries We Rarely Hear About \$40
- ☐ Slavery and the Creation of the U.S. Constitution \$40
- ☐ The Constitution as Applied \$55
- ☐ The Puerto Ricans: Half-In, Half-Out \$50
- ☐ To Infinity and Beyond \$15
- ☐ Walking Rhode Island - Hikes in the Fall \$15
- ☐ Working with Fishing Communities in the Blue Economy \$15

TUESDAY

- ☐ A Hurricane History of Southern Rhode Island \$15
- ☐ Cancer Essentials: Understanding and Navigating the Cancer Journey \$35
- ☐ Elections Administration in Rhode Island \$15
- ☐ Estates and Gardens of America from the 1890's to the 1930's \$15
- ☐ From Monsters to Milton: Early British Literature \$55
- ☐ Food is Medicine Cooking Demo Series \$45
- ☐ Green Energy & How They Work \$15
- ☐ Intro to Flying Drones \$15
- ☐ Lagerstätte, an Introduction \$15
- ☐ Margaret Atwood: The Early Years \$40
- ☐ Music of the Sea \$35
- ☐ Paris in the Dark: The Nazi Occupation 1940-1944 \$40
- ☐ Peter Pots Pottery Lecture \$15
- ☐ Playful Drawing for Creative Expression \$40
- ☐ The Schools of RI from Colonial Days to the 1890s \$15
- ☐ The Mysterious Late Iron Age Fortresses of Oland \$15
- ☐ The Right to Crow: Firsts, Bests, & Uniques of Little Rhody \$15
- ☐ The History of Modern Architecture and Urbanism \$40
- ☐ The New England/Rhode Island/Alaska Connection is GLACIAL! \$40
- ☐ The Salem Witch Crisis of 1692 \$40

- ☐ The Truth About Stations: Risks and Alternatives to Cholesterol-Lowering Drugs \$15
- ☐ Together We Can: Finland's War Years 1939-1945 \$15
- ☐ Triggered to Tranquil; Stress Management Strategies on the GO! \$15
- ☐ What Makes a Company Town? \$15
- ☐ Writing, Illustrating, and Self-Publishing a Children's Picture Book \$15

WEDNESDAY

- ☐ AARP Safe Driver Course \$10 (add. fees apply)
- ☐ Ageless Grace® for Brain-Body Fitness \$35
- ☐ An Introduction to Osteoporosis \$35
- ☐ Astrophotography For Beginners \$35
- ☐ Black Bear Biologists at Work in Maine \$15
- ☐ Boston Stronger \$40
- ☐ Classic Cinema: John Ford \$55
- ☐ Classic Cinema: John Huston \$55
- ☐ Flannery O'Connor: A Study \$50
- ☐ Flowers in Different Cultures \$15
- ☐ From Dawn to Despair: O'Neill's Long Day's Journey into Night \$65
- ☐ Japanese American Incarceration World War II \$15
- ☐ Sepsis: Know the Signs and How to Protect Yourself \$15
- ☐ The 8 Wonders of the Universe \$15
- ☐ The Five Star Method of Dream Work \$55
- ☐ The Origin and Fate of the Universe \$45
- ☐ Urban Wildlife of RI \$15
- ☐ Was Rhode Island Independent Prior to the Declaration of Independence? \$15

THURSDAY

- ☐ Circle Dance \$55
- ☐ Compassionate Conversations: Speaking From the Heart \$55
- ☐ Hearing 101 \$15
- ☐ Intergenerational Perspectives on Healthy Living Environments \$45
- ☐ Learn to Smock-Make a Holiday Ornament \$20
- ☐ Let's Skate \$70 (add. fees apply)
- ☐ Let's Juggle - The Cascade and Beyond \$55
- ☐ Living Well in A Toxic World \$55
- ☐ Make Pictures Without a Camera? Yes, You Can!
- ☐ Navigating Your Later Years and Planning for Your End-of-Life \$15
- ☐ Sketching Portraits in Watercolor \$55
- ☐ The Good Goodbye \$15
- ☐ The U-Boat in Newport Harbor \$15
- ☐ UFO's - What's Going on?
- ☐ Using AI as Co-Intelligence: Trends and Capabilities

OLLI MAIL-IN REGISTRATION - FALL 2025

FRIDAY

- ☐ A Taste of Italy, A Cooking Demo Series \$45
- ☐ Carol Burnett & Friends \$55
- ☐ Chair Yoga: For Body, Mind and Spirit \$50
- ☐ The Chakra Energy System \$65
- ☐ Exploring Fractals and Chaos \$15
- ☐ American Protest Songs \$55
- ☐ Public Access to Rhode Islands's Shoreline: A Social, Environmental and Legal Discussion \$40
- ☐ Inside Indie Filmmaking: The *Charles Street* Journey \$15
- ☐ The Poetry of Mary Oliver \$35
- ☐ QiGong for Vitality \$55
- ☐ Watercolor for the Birds-Birds are for Watercolor \$45

SATURDAY

- ☐ Purpose Driven Retirement \$50
- ☐ Remembering Nathaneal Greene, RI's Revolutionary War General \$40

TOURS & TRIPS

- ☐ A Walk in the Cemetery Conjures Stories from Saylesville
- ☐ Beneath the Breakers \$30
- ☐ Exploring Peace Dale's Legacy \$15
- ☐ Every Quilt Tells a Story \$15
- ☐ Fossil Collecting \$20
- ☐ Identifying Common Invasive Plants \$15
- ☐ Providence Athenaeum \$15
- ☐ Radio City Rockettes Bus Trip \$170
- ☐ Servant Life Tour \$30
- ☐ Tour of the Major General Nathanael Greene Homestead \$15
- ☐ Tour of the Westerly Armory \$15

GREAT DECISIONS - Free but you MUST register

American Foreign Policy in the Middle East: Taking Stock and Looking Ahead

- ☐ Thu, Sep, 25, 3:00PM-4:30PM
- ☐ Fri, Sep 26, 10:00AM-11:30AM

URI OLLI ONLINE (ZOOM)

- ☐ Anne Morrow Lindberg: A Remarkable Life
- ☐ Between the Wars: America 1917–1941 through the Lens of Short Fiction

OSHER ONLINE (ZOOM) - All Classes 6 Weeks and \$55

- ☐ Creative Conservation
- ☐ From Bauhaus to Brutalism: Modern & Contemporary Architecture
- ☐ Graceful Exits: Exploring the Economics, Ethics & Ethos of Death with Dignity
- ☐ Impressionism: Color Light & Leisure
- ☐ In Darwin's Footsteps: A Journey to the Galapagos
- ☐ Inequality and Economic Policy
- ☐ Languages of the World
- ☐ Peeking Inside the Black Box
- ☐ Public Health in Action: Addressing Stress, Equity & Solutions
- ☐ The African American Military

LUNCH AND LEARN Free but you MUST register

- ☐ Planning for the Unexpected: Estate Planning Tools to Help Protect You and Your Family
- ☐ Staying on Track Through Stock Market Corrections and Volatility

RHODY RAMBLERS

- ☐ URI Bike Path, Sept 1836
- ☐ Roaring Brook-Oct 2336
- ☐ Sachuest Point- Nov 1336
- ☐ Bike Path at S. County Commons - Dec 11 ...36

OLLI SERVES

- ☐ SRI Volunteers
- ☐ Together Women Rise

SPECIAL INTEREST GROUPS Free but you MUST register

- ☐ Cribbage
- ☐ Cosmic Questions
- ☐ Creativity and Play
- ☐ Current Events Discussion
- ☐ Hiking Group
- ☐ Photo Friday
- ☐ Mah Jong
- ☐ Movie Group
- ☐ Writer's Group

NEW MEMBER WELCOME

- ☐ Wed, Oct 8, 10:00AM
- ☐ Thur, Nov 6, 1:00 PM
- ☐ Thu, Dec 4, 11:00 AM

SPECIAL EVENTS

- ☐ Trivia Night
- ☐ Gooseneck Vineyards

OLLI MAIL-IN REGISTRATION - FALL 2025

Name (one member per form) _____

Mailing Address _____

City _____ State _____ Zip _____

Phone: _____ Email: _____

For mail-in registrations we only accept payments by check.

**If you think you may have credits to apply, please call the office to confirm before writing your check.*

Total # Classes _____

Class Total \$ _____

Renewal Fee \$ _____ (if due)

Credits to Apply* \$ _____

Total Due \$ _____

MEMBERSHIP:

☐ CURRENT

☐ NEW

☐ RENEWAL

Renewal Date: _____

Payment Method:

☐ Check (Payable to URI) # _____

If you are paying by credit card, please call the office at 401-874-4197 or register online

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OFFICE USE:

Date Rcv: _____

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SNAPSHOTS

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great
summer
semester!

We're
ready for
a FALL
full of
learning
and fun!



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