



THE
UNIVERSITY
OF RHODE ISLAND
OSHER LIFELONG
LEARNING INSTITUTE



URI.EDU/OLLI
401.874.4197

Spring 2023
March 27 to May 26

A Learning Community of Adults 50+

READY TO REGISTER?

Spring registration starts March 14.



Register today! Classes fill up quickly so don't wait!

There are four ways to register for classes:

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 online or by phone with a credit card: Visa, Mastercard or Discover.

PHONE

Call us to register!

401.874.4197

Office hours:

Monday to Thursday
9AM-5PM

Friday
9AM-12PM

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

MAIL

Download the registration form from our website (or pick one up in the office). Fill it out and include a check or credit card # for payment.

Checks are made payable to URI. Mail form and payment to:

URI OLLI
210 Flagg Rd.
Room 212
Kingston, RI 02881

IN PERSON

Visit us!

URI OLLI is located at 210 Flagg Rd.

We are located on the second floor.

Office hours:

Monday to Thursday
9AM-5PM

Fridays
9AM-12PM

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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.

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.

OFFICE HOURS

Monday through Thursday
9AM to 5PM
Friday, 9AM to 12PM

IMPORTANT DATES

Spring Semester

March 27–May 26

Summer Semester

June 12–August 25

SPRING HOLIDAYS/OFFICE CLOSINGS

Memorial Day-Monday May 29

CYBER SENIORS

MWF 9:00AM-11:00AM

THU 2:00-4:00PM

OLLI@URI WEEKLY NEWS

Are you signed up for our weekly e-newsletter? Don't miss out on new classes, special events and announcements. News arrives in your email Monday mornings.

Sign up by emailing
olli@uri.edu

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OLLI 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 follows the University's policy of cancelling classes for certain holidays and because of inclement weather.

OSHER
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A Message from the Director

Happy Spring!!! We welcome the expanded daylight hours, the pleasant sounds of birds and nature, the budding flowers and trees, and a spiritual renewal. Each day is a chance for us to grow in some way.

We have over eighty courses and activities in store for you this spring semester. There is something for everyone. Consider the following courses: "Exploring Fractals and Chaos," "The Passion Play Across the Ages," "Playing with Classics: Poems," to "Building a Resilient Brain as We Age." You might want to join our Walking Group, our Book Group, or take advantage of "Colonial Newport: A Walking Tour." Perhaps you are ready to travel and might want to make your reservation for an OLLI trip "Southern Charm," visiting Charlestown and Savannah.

The highlights mentioned above are all made possible because of our many OLLI volunteers. April is National Volunteer Month and we at OLLI are fortunate to have over seventy-five active volunteers supporting and guiding the vision of OLLI at URI. We are grateful for the hard work and commitment of these members sharing their time and expertise.

OLLI continues to grow in membership and programs because of the working partnership with our Advisory Council, and our Finance, Outreach, Curriculum, Special Interest, Event, and Technology Committees. And we depend so very much on our front desk volunteers and our Special Interest Group Coordinators. Many of our dedicated instructors also volunteer their time. Others drop off catalogs throughout the state. As a matter of fact, all OLLI members serve as volunteer ambassadors sharing their involvement with friends and neighbors.

THANK YOU!

We invite you to give us a call to learn more about our volunteer needs as it takes all of us working together to make OLLI the special program that we have all come to appreciate.

As we kick off our spring semester, we want you to know that we are already scheduling our summer semester and gathering course proposals for the fall. There is always something of interest going on at OLLI.

Wishing you all the best this spring season!

Beth Leconte

OLLI Staff

Beth Leconte

Director

Phone: 401.874.2405

bleconte@uri.edu

Roberta M. Palmer

Membership Services Director

Phone: 401.874.4194

roberta_palmer@uri.edu

THE
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OSHER LIFELONG
LEARNING INSTITUTE



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.



What is OLLI?

A Community of Learners Ages 50+

The Osher Lifelong Learning Institute at the University of Rhode Island provides learning opportunities to enhance the enjoyment, meaning, and direction of adult lives as well as the health and well-being of adults.

OLLI seeks to develop a community of older learners.

Join Today!

Membership is **\$65** for one year and courses are priced based on length and format.



Take classes

Explore new subjects

Meet new friends

Lectures, discussions, and hands-on activities

Winter, Spring, Summer and Fall semesters

Intergenerational classes

Tours and day trips

Interest Groups for special activities

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CURRENT EVENTS

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Register online!

URIOLLI.AUGUSOFT.NET

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Sessions are offered monthly and are open to both current and new members. Come 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 our OLLI website and registration software.

Log on to register:

URIOLLI.AUGUSOFT.NET

or call 401-874-4197

Plenty of time for Q & A.
Coffee & door prizes too!

Upcoming dates: Wednesday, April 5, 1:00PM– 2:30PM

Tuesday, May 16, 12:00PM– 1:30PM

A Quick and Dirty History of the English Language

2 Sessions with Thomas Santos
1:30 PM - 3:00 PM March 27, April 3
Limit: 45 \$35.00

Take a dash through more than a thousand years of linguistic history. Learn how the English language developed from the time of the Anglo-Saxons to the present day. We will meet Chaucer, Shakespeare, Dr. Johnson, and Jane Austen, and we'll look at the dictionary movement and the transition to the Modern English and American English that we speak today.

Thomas Santos has just retired from the U.S. Department of State where he served as a regional English language officer. He served at embassies in Kyiv, Moscow, Seoul, Brasilia, Baghdad, and Manama, Bahrain. Previously, he taught educational linguistics and classroom practice at the SIT Graduate Institute in Brattleboro, VT. He holds an M.A. in language teaching and an M.F.A. in theatre (he used to be a professional actor).



Italian Conversation

8 Sessions with Dora Waters
9:30 AM - 11:00 AM
March 27, April 3, 10, 17, 24, May 1, 8, 15
Limit: 20 \$65.00

This is an intermediate Italian conversation class and continuation of the fall 2022 class. The focus will be on expanding speaking communication in past, future, conditional, and subjunctive tenses, and formal and informal commands, more complex grammar, vocabulary, and Italian culture. Students will continue to assemble in groups to practice the Italian language in theme-related conversations, all in a casual and relaxed atmosphere. The same text will be used, beginning with a review of Capitolo 6 and continuing through Capitolo 10. Supplementary handouts will also be provided.

Required text: Marcel Danesi, Ph.D.: *Learn Italian the Fast and Fun Way with MP3 CD*, ed. 4 (Barron's, 2014, ISBN 978-1-260-02620-7), available online and at Wakefield Books at a 20% discount.

Dora Waters is retired and has taught Spanish in public schools (all levels), Italian and Spanish at the Moses Brown School, and was an adjunct professor of Italian at URI and Salve Regina University over the past 40 years.

Building More Movement into Your Life

5 Sessions with Kathy Tonelli
11:00 AM - 12:30 PM
March 27, April 3, 10 (skip 17) 24, May 1
Limit: 20 \$50.00

Note: This is **NOT** an exercise class.

Explore the benefits of daily movement and how it correlates with overall health and longevity. Become aware of the dangers of a sedentary lifestyle and learn many simple and easy-to-implement strategies for becoming more active on a daily basis. Other course highlights include the importance of hydration, the different categories of exercise, fitness trackers, and various ways to motivate oneself to move more! During the final session, participants will have time to create a movement plan that will work for them.

Kathy Tonelli is a certified integrative nutrition health coach. She owns and operates South County Health Coaching, a small private health coaching business servicing adults, families and children around many areas of health and wellness. She recently opened Meadowland Greens, a small organic microgreens business and delivers fresh greens in the south county area weekly. Both are part of Healthy Life Enterprises of North Kingstown. Kathy retired from the South Kingstown School Department in June after teaching elementary special education for 33 years. She enjoys teaching and making learning fun for all ages!

Basic Horsemanship

8 Sessions with Joye Briggs and Jessica Mizzell
10:30 AM - 12:00 PM
March 27, April 3, 10, 17, 24, May 1, 8, 15
Limit: 8 \$425.00

Learn how to approach a horse, read its body language and behavior, and communicate with it. We'll start with the groundwork, getting to know the horses, then to grooming, and learning how to tack. From there we will get our horses ready and ride – all tailored to the instincts and abilities of the group. The instructors and staff are trained and educated in working with people of all abilities. At Yellow Horse the goal is to provide safety, fun, and a learning experience for all.

Note: Those who register will receive a form to fill out in advance and instructions about meeting time and place. There is a weight limit of 180 pounds (except for those who want to learn groundwork only).



Joye Briggs is founder and executive director of Yellow Horse Equine Therapeutic Program and holds several certifications in riding instruction. She has volunteered and worked with several therapeutic programs, such as Pikes Peak Therapeutic Center in Colorado and Horses Healing Humans in Connecticut. She has taught foundation horsemanship, on and off, part time, for more than 40 years.

Jessica Mizzell is the volunteer coordinator and an instructor in training at Yellow Horse. She received her B.S. in equine business management from Johnson and Wales University in 2021 and is currently in training to become a certified therapeutic riding instructor through the Certified Horseman's Association.



Topics in Earth Science

4 Sessions with Peter Stetson
1:00 PM - 2:30 PM
March 27, April 3, 10, 17
Limit: 45 \$45.00

This course will cover three major topics: the structure of the earth; earthquakes, including types of faults, measurement, and movement; and volcanoes, types and eruptions.

Reading material for class: Go to <https://open.umn.edu/opentextbooks/textbooks/physical-geology>, Chapters 1, 4, 9, 10, and 11.

For the first class:
Read Chapter 1

Note: The last class will incorporate mapping of the major tectonic plates. For the last class, bring your own device (laptop, tablet) to class.

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. He utilized geospatial technology to assist in teaching his classes.

Automobiles: What's Next?

PLAY VIDEO ▶

1 Session with Jet Vertz
3:00 PM - 4:30 PM on March 27 Limit: 45 \$15.00

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

Jet Vertz holds a B.S. in mechanical engineering, and M.S. in computer science, and an M.B.A. He served in the U. S. Navy as a line officer during the Vietnam War and worked 40 years in the aviation business. Jet retired from Pratt & Whitney as vice president in 2012 and has been an OLLI member and instructor since 2013. Currently Jet serves on the OLLI Outreach Committee and the Advisory Council.

Playing with Classics: Poems

6 Sessions with Laurie Heineman
1:30 PM - 3:00 PM
April 17, 24, May 1, 8, 15, 22
Limit: 20 \$55.00

We will read, discuss, and play with some familiar and possibly unfamiliar classics – poems, monologues, and other material. You choose. Who is speaking? Why? How does it feel? Move? Does it make me laugh, cry, fret, sigh? Could it be a short play? No experience necessary. No love of poetry required. Come with low expectations and a willingness to have fun!

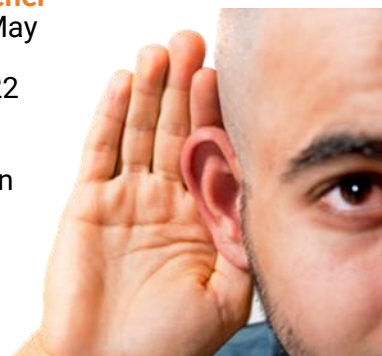
Laurie Heineman is a teacher and an Emmy Award winning actor who has offered *Playing with Shakespeare* at OLLI, at libraries, in schools with multi-age and ability groups, for seniors, and at corporate and private parties. Her goal is for you to gain understanding while having fun with classics.

Becoming a Better Listener

5 Sessions with Chaia May
5:00 PM - 6:30 PM
April 24, May 1, 18, 15, 22
Limit: 12 \$50.00

Listening techniques can offer you the ability to see how much richer your conversations can be and how much more you can learn about another person.

Be it your partner, your friend, or someone you meet on the street, you will be able to come from a place of understanding rather than being understood. We will go into depth on listening skills for confronting tough or touchy topics, developing empathy for those who see the world very differently, taking varied approaches to handling anger and upset, and resolving ongoing conflicts when you have been withholding your response and then realize you need to share it.



Before the first class:

1. Find a person to do the following exercise for fun: Build a structure from scratch using Legos, blocks, or any other available items. Observe how both of you approach the activity and write down your observations. Share them with each other and then bring your observations to class.

2. Watch the movie *Stutz with Jonah Hill* on Netflix and be ready to share your favorite tips.

Chaia May has a B.A. in Intercultural Communication from Wellesley College and an M.A. in Applied Communication Theory from Stanford University, where she developed a social-emotional curriculum for young children which she later applied to her religious, museum, recreational, music and social skill education programs. Personal growth has led her to complete further work in coaching and teacher training through programs that incorporate techniques drawn from Active Listening, Reichian work, Mindfulness, The Enneagram, the Human Awareness Institute (H.A.I.), and the Landmark Forum.

Flight Path

1 Session with Jet Vertz
1:00 PM - 2:30 PM on April 24
Limit: 45 \$15.00

PLAY VIDEO ▶

We all know the story of Daedalus and Icarus. We were not born with wings, yet our desire to fly has never waned since the time of the ancients. Such spirit has led us to conquer flight to the point where we can soar like eagles with jet planes, land men on the moon with rocket ships, and explore beyond our planet with robotic vehicles. Learn about the visionaries who inspired the pioneers of flight and how they were able to discover the science of flight. We will look into the future: how does our spirit of flight continue beyond conventional aircraft to hypersonic missiles?

Jet Vertz holds a B.S. in mechanical engineering, an M.S. in computer science, and an M.B.A. He served in the U.S. Navy as a line officer during the Vietnam War and worked 40 years in the aviation business. Jet retired from Pratt & Whitney as vice president in 2012 and has been an OLLI member and instructor since 2013. Currently Jet serves on the OLLI Outreach Committee and the Advisory Council.

The History of Religion in America, Continued

4 Sessions with Lee Hardgrove
3:30 PM - 5:00 PM
May 1, 8, 15, 22
Limit: 25 \$45.00

CANCELLED

We pick up from last semester with the growth of religion in the beginning of the 20th century including the migration of many people to the North from the South. There will be close looks at the expansion of Catholicism, Judaism, the Orthodox, and the World Wars as well as the boom of houses of worship in the suburbs after WW II. The growth of evangelism, religion, and politics and the current state of religion in the 21st century will also be discussed.

Reminder: This course is an overview of this subject and not an in-depth study.

Lee Hardgrove is a retired United Methodist pastor and US Army Reserve chaplain. He has served churches in the New York area and as a chaplain at Ground Zero in NY City and also did a tour in Kabul, Afghanistan. Lee holds degrees from American University, US Army Command and General Staff College, Rhode Island College, and Yale University. He continues to volunteer in veterans' affairs, church activities, and other community services.

Backstage Pass

1 Session with Celeste Ferendo
11:30 AM - 1:00 PM on May 8
Limit: 30 \$15.00

Come backstage during a performance, where a whole other show is taking place, one that the audience isn't privy to. Learn about the complicated and often chaotic process of mounting a stage production before an audience. Whatever the event – Broadway theater, opera, rock and roll tours, TV, Radio City Music Hall, a presidential Inauguration, a Super Bowl half-time show, there is a wild array of activity behind the scenes. You will come away with a greater appreciation for all the talent and hard work that it takes for an audience to experience a seamless and flawless performance.

Celeste Ferendo has degrees in art and theater from Monmouth University and has worked and toured with major divas, dancers, actors, singers, models, gymnasts, stuntmen, and animals in more than 30 countries over 40 years. She has worked in every imaginable backstage environment as a stylist, designer, costume builder, wardrobe supervisor, personal assistant, and/or star dresser and was a performer herself in her younger days.



Honey, Honeybees, and Pollinators

3 Sessions with Stephen Burke

5:00 PM - 6:30 PM

May 8, 15, 22

Limit: 45 \$40.00

People have been keeping honeybees since the time of the ancient Egyptians. The course will touch on handling honeybees, honeybee husbandry, equipment needed to become a beekeeper, pollination, and how to help our honeybees survive in a world of decreasing habitats, greater environmental challenges, and fewer resources. We'll spend time looking at the biology and habits of the "superorganism" known as a honeybee colony and learn how beekeepers manage them to keep them healthy and productive. We'll touch on skills you need to avoid being stung and discuss other pollinators, pollinator habitats, and plantings to preserve the environment to encourage pollinator communities.

Stephen Burke is president of the Rhode Island Beekeepers Association. He has been keeping bees in Washington County for 30 years, both in his own backyard and in yards elsewhere in Rhode Island. His activities include managing his own colonies and rescuing bee colonies from places they don't belong, such as in the walls of other people's houses. He has been on the executive board of the Rhode Island Beekeepers Association for 6 years and teaches the Association's 5-week beekeeping course each year. He has been a guest on local and national media and is a sought-after speaker on various topics in beekeeping.

Walking Rhode Island

1 Session with John Kostrzewa

10:00 AM - 11:30 AM on May 15

Limit: 45 \$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, where he has hiked, 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. He'll also offer recommendations about where to walk and point out what you need to bring with you.

Suggested reading: A link to some suggested readings will be provided to those who register.

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. A College of the Holy Cross graduate, Kostrzewa also worked at the Worcester Post, Lawrence Eagle-Tribune, and Akron (Ohio) Beacon Journal.

The United Nations

3 Sessions with Jim Buxton

1:00 PM - 2:30 PM

May 8, 15, 22

Limit: 20 \$40.00

In the first two classes we will explore the General Assembly and Security Council. During the last class of the course, we will be engaged in a model United Nations simulation, debating various topics in a role-play of the UN.

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. After retirement in 2009, 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 also taught in both the COS and OLLI programs.

Introduction to the Alexander Technique

1 Session with Mara Sokolsky

11:00 AM - 12:30 PM on April 17

Limit: 25 \$15

The Alexander Technique is a century-old method of self-care that teaches you how to move and carry yourself more easily. Through a better understanding of anatomy and alignment you learn how to relieve pain, prevent injury, and age more gracefully. After an introduction to the history and principles of we'll do some simple movements.

Mara Sokolsky graduated from the School for Alexander Studies in London in 1980. She has lectured about the AT at Mass General, Tufts Dental School, and the Miriam Hospital. She has had private practices in Boston, Providence, New York City, and now Newport.



Creative Writing Using Musical Cues

6 Sessions with Linda Langlois

1:00 PM - 2:30 PM

March 28, April 4, 11, 18, 25, May 2

Limit: 20 \$55.00

Music opens up pathways to creativity. It can evoke a mood, a memory, or a story that can be humorous, poignant, and thought provoking for a writer. Each week a popular song title will be suggested as a writing prompt. Working from that title, or a song of your own choosing, write a one- or two-page double-spaced story, poem, or essay. There will be time during the class for sharing.



Prompt for the first class:

"What's Love Got to Do with It?" Tina Turner.

Linda (McGowan) Langlois has a B.A. from URI in English and journalism, graduating with honors and has published stories, poetry, and essays in various journals and newspapers. She currently teaches the weekly writers group at The Neighborhood Guild for the town of South Kingstown.

Nathaniel Hawthorne: The Divided Mind

6 Sessions with Ann Ferrante

3:00 PM - 4:30 PM

March 28, April 4, 11, 18, 25, May 2

Limit: 20 \$55.00

Focusing on short stories of Nathaniel Hawthorne such as "Young Goodman Brown" and "Roger Malvin's Burial" and on the novels *The Scarlet Letter* and *The Blithedale Romance*, we will explore the writer's revelations about the depth of the human mind and heart. Considered the first truly American writer by many, we will discuss why he has this designation and the nature of his influence on many other American writers such as Henry James and Edith Wharton. Students are encouraged to keep a journal of their observations about the readings, helping to facilitate class.



Nathaniel Hawthorne.

For the first class: From *Selected Tales and Sketches*, read "Young Goodman Brown," "My Kinsman, Major Molineux," and "Wakefield." In your journal, record what stands out for you in each of the readings (optional).

Required texts: Nathaniel Hawthorne: *Selected Tales and Sketches* (Penguin Classics, 1987); *The Scarlet Letter*. (Dover Thrift, 2015); and *The Blithedale Romance* (Oxford World's Classics, 2009)."

Ann Ferrante received her Ph.D. in English in 1985 at URI. She is a retired RISD distinguished lecturer in English. She is a specialist in 19th- and early 20th- century American literature. Her doctoral dissertation is titled *The Dark Woman of Hawthorne's Art*.

What a Wonderful World: The Music of Louis Armstrong

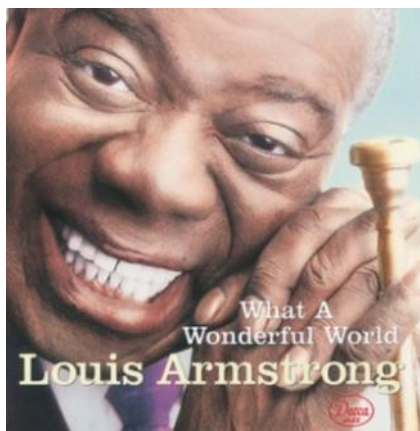
4 Sessions with Lloyd Kaplan and Tom Shaker

11:30 AM - 1:00 PM

March 28, April 4, 11, 18

Limit: 45 \$45.00

From humble beginnings as a young, orphaned waif in New Orleans to becoming one of the most recognized names, not only in jazz, but in the world, Louis Armstrong defined American music. We'll examine



Armstrong's influence on generations of jazz musicians and his many contributions to American culture. From his legendary early groups to his big band orchestras to his smaller All-Star band, Satchmo was American jazz!

Lloyd Kaplan earned an M.A.T. at Brown University, and is professor emeritus (CCRI). Lloyd established the jazz studies program at CCRI, has authored various books about music and music history including one he co-authored, *Who's Who in Rhode Island Jazz: c 1925-1988*. As a professional musician (1954-2020), he was inducted into the Rhode Island Music Hall of Fame in 2018.

Tom Shaker has spent over 30 years as a college professor, teaching courses in video and film production, media, music history, news writing and reporting, sports announcing, and public speaking. He is the co-author of *A Treasury of Rhode Island Jazz & Swing Musicians* (2016) and, with Lloyd Kaplan, *In Harmony: Early Vocal Groups: Remembered & Celebrated* (2020). Tom also co-produced the award-winning documentary film *Do It Man: The Story of the Celebrity Club* (2018). He is a contributor to RhodyRadio, producing podcasts covering jazz, vocal groups, and Rhode Island Diner history. For the past 15 years Tom has been the host of "The Soul Serenade," a classic soul and funk show on NPR affiliate station WICN in Worcester, MA. He currently serves on the board of directors of New England Jazz Alliance.

Yoga for Life

4 Sessions with Claudia Wojcik
10:00 AM - 11:00 AM
March 28, April 4, 11, 18
Limit: 20 \$45.00

Move, breathe, stretch, strengthen, and lengthen! Yoga is a Hindu spiritual and physical discipline that is widely practiced throughout the world. Gain mindful movement that you can integrate into your daily life. All levels welcome, modifications offered, and props encouraged. Make it work for you and learn a trick or two! Wear comfy clothes you can move in. Props are optional but encouraged: mat, blanket, blocks (2), bolster, strap, water. These are suggestions, you don't need to bring anything but these may be helpful to make the pose your own!



Claudia Wojcik is a holistic practitioner, certified and licensed in Thai Shiatsu Bodywork, Yoga, Reiki Master, Reflexology, and Ear Coning. A lifelong seeker and dedicated healer, her studies began when she was young, learning from many masters. A member of the All That Matters community since 2008, Claudia's passion is in igniting people's inner strength, bringing a special brand of positive energy to all her clients. For more about Claudia, go to HealthAndWellness-WithClaudia.com.

Preserving Your Assets After Retirement and Beyond

1 Session with Joshua Sroka
1:30 PM - 3:00 PM on March 28
Limit: 45 Free

Arm yourself with knowledge and confidence about planning your own future so that you will be able to grow old with dignity and have the care you need as you age. There might come a day when you will need to consider moving to assisted living, or, if you become ill or infirm, a nursing home. But it is important to have done the homework ahead of time. By creating an estate plan, you will be able to make such a move without legal worries. In this presentation, you will find the answers to many questions about retirement and beyond.

Joshua Sroka started his career in litigation and found his passion in elder law, estate planning, and real estate law. In recent years, he has focused his practice on helping older adults protect their homes and life savings from the high cost of long-term care and nursing home expenses.

Introduction to the South Kingstown Land Trust

1 Session with Julia Landstreet
10:00 AM - 11:30 AM on March 28
Limit: 30 \$15.00

The South Kingstown Land Trust preserves and protects over 3,072 acres throughout South Kingstown. This session will provide a general overview of land protection and the South Kingstown Land Trust's history, trails, programs, stewardship practices, conservation activities, and more.

Julia Fry Landstreet currently serves as the first executive director for the South Kingstown Land Trust. She served as executive director for the Nashville Civic Design Center, a nonprofit think tank promoting high-quality design and planning in the city's built and natural environments. As president of the board for Friends of Warner Parks, she led a successful \$18 million capital campaign to purchase properties, including a 250-acre old-growth forest, increasing the park's holdings to 3,100 acres. She has also worked as a community organizer, elected official, naturalist, educator, and curator.

The Wonder of Trees

5 Sessions with John Campanini, Jr.
Tuesday, 12:30 PM - 2:30 PM
March 28, April 4, 11, 18, 25
Limit: 30 \$50.00

Trees and forests have been evolving for millions of years. They have dealt with major catastrophes like asteroids, earthquakes, pestilence, and even climate change. Yet, despite these life-threatening challenges they have survived.

What's the secret to their success? How have they endured while other species have failed? We will examine the special structure of trees, the origin of forests, and the unique adaptations that trees have made to ensure their longevity for millennia to come.

John Campanini earned a B.S. in natural resources management and an M.S. in plant pathology-entomology at URI. He is the technical advisor to the non-profit RI Tree Council, a position he has held since 2004. His primary duties include teaching, publishing the Council's Root Tips monthly newsletter, and administering the RI Champion Tree Program. Before joining the Tree Council, John was employed for 28 years by the City of Providence as city forester. During his tenure there, he was awarded the distinguished public service award by the RI Public Expenditure Council and the Alfred Hawkes environmental award by the RI Department of Environmental Management.



Those Funny Italian Surnames: Where Do They Come From?

1 Session with Ted di Stefano
Tuesday, 1:30 PM - 3:00 PM on April 11
Limit: 30 \$15.00

This course digs into some funny, and sometimes crazy, Italian surnames. We will review a list of strange, and sometimes downright rude, Italian surnames and discuss how they came about. We'll hear actual examples of how new, but unofficial, surnames were "born" in the Italo-American section of Silver Lake in Providence.

For the first class: Come prepared to challenge Ted with a surname and see if he can give some insight as to how it originated in Italy.

Ted di Stefano has spoken Italian all his life. He has a B.S. in accounting from Providence College, an M.B.A. from Boston University, and a C.P.A. from the R.I. Board of Accountancy. Ted taught Italian at OLLI for 8 years.

Classic Foreign Films

6 Sessions with Paul Stein
2:00 PM - 4:30 PM
April 18, 25, May 2, 9, 16, 23
Limit: 40 \$55.00



This class examines six classic foreign films from different time periods, countries, and directors. We will begin with Jean Renoir's *The Rules of the Game*, then we will see Vittorio De Sica's *Bicycle Thieves*. Next up, *Throne of Blood*, is Akira Kurosawa's "remarkable restaging of Shakespeare's *Macbeth* in samurai and expressionist terms and unquestionably one of his finest works." The last three films are more contemporary, starting with Krzysztof Kieslowski's 1994 *Three Colors: Red*, *Wings of Desire*, and Wong Kar-wai's *In the Mood for Love*, rated in the British Film Institute's poll as the fifth greatest film of all time. All films will be shown in their original language with English subtitles.

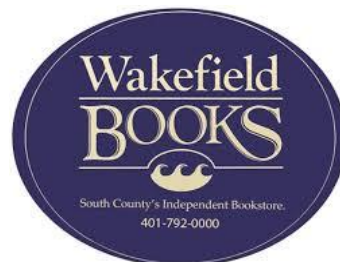
Paul Stein studied film production at the NYU Graduate School of Film. For the OLLI at URI he has taught several film courses, including *Film Appreciation: The Art of Watching Films*, *Film Noir*, *The French New Wave*, *German Cinema*, and the films of Jean Renoir, Alfred Hitchcock, Federico Fellini,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

Pirates, Privateers, and Buccaneers of Rhode Island

1 Session with Brian Wallin
10:00 AM - 11:30 AM on April 25
Limit: 45 \$15.00

Their ships slipped in and out of Newport Harbor and other colonial communities in the 17th and early 18th centuries. Their often bloody cruises reaped riches for some and ended in death sentences for others. In 1723, in the largest mass execution in American history, 26 pirates were hanged on the Newport waterfront. The colony gained a reputation as "Rogue's Island," where known pirates lived as respected members of the community. This lecture traces a sometimes overlooked but significant period of Rhode Island History and includes some colorful and personal tales.

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).



160 Old Tower Hill Road
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How to Make the Best Pictures of Your Life

4 Sessions with Jan Armor

10:00 AM - 11:30 AM

May 2, 9, 16, 23 Limit: 25 \$45.00

It isn't the camera that makes a good picture. It is you, your vision, your ability to tell a story, your heart. Photo gear is good, but your vision is better. Yes, you must take time to learn how to use your camera, whether it is a digital SLR or an iPhone. That's the craft part. It is important but not the most important. This class is about vision. This part comes from your creative self, and that is what this class is all about, creativity. During the class we will take a photo field trip on campus.

For the first class: Send a selfie that tells us something about you to: janthephotoman@gmail.com

Jan Armor has been a photographer all his life and a teacher for the past 20 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. To see his work and a more detailed biography, go to armorphoto.com.

Rediscovering Edith Wharton

1 Session Jane Barstow

11:30 AM - 1:00 PM on May 9

Limit: 25 \$15.00

Edith Wharton's literary and personal reputation underwent a sea change in the 1970s thanks to new insights provided by feminist critics and new biographies that drew upon the treasure trove of documents available 30 years after her death. These documents included erotic poetry, a love diary written in French, countless letters, and even a pornographic story. We will review key aspects of Wharton's life and consider relevant passages from her published and unpublished fiction.

Jane Barstow retired from the University of Hartford in 2010 after many years as a member of the English department. 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 bibliography *One Hundred Years of American Women Writing, 1848-1948*.

The Most Controversial Game in International Basketball History

2 Sessions with Raymond Birch

11:30 AM - 1:00 PM

May 16, 23

Limit: 30 \$35.00

We will begin with a short review of some of the world events of 1972, including the tragic massacre of Israeli athletes by terrorists and some of the controversies surrounding the Munich Olympics. Then we will look at the relatively short history of Olympic basketball up to 1972. Even after 50+ years, the result of the mens' basketball championship final game remains controversial, with the Soviet Union team defeating the United States team by a single point at the final buzzer, 51-50—the first loss by a United States team since the inception of basketball as an Olympic sport in 1936. We will take a look at how the United States team was constructed, including the coaching staff and its approach in a rapidly changing basketball world. Finally, we will watch segments of the original ABC broadcast (with Frank Gifford and Bill Russell), including the final questionable, game-deciding calls.



Raymond Birch is a retired schoolteacher who enjoys sports and sports literature. He has presented previously at OLLI on the 1948 and 1967 World Series, the Providence Steamrollers basketball team, and Tom Lehrer, the political satirist.

Lessons Learned: The 2019 Boeing B737 Plane Crashes

PLAY VIDEO ▶

1 Session with Jet Vertz
3:00 PM - 4:30 PM on May 16
Limit: 30 \$15.00

The U.S. Federal Aviation Administration (US FAA) certified the B737 commercial fleet in March 2017. Two years later, in March 2019, the B737 was grounded after two catastrophic crashes that killed 346 people. Repairs were made, the Boeing CEO was fired, and settlements of more than \$2.5 billion were made, after which the US FAA recertified the B737Max-8 fleet. However, Boeing's largest overseas customer, China, has not yet certified B737 to fly. To date, Boeing has incurred a loss of more than \$20 billion and sacrificed its #1 spot in the sale of commercial airplanes to Airbus SE. We will discover the root cause of the 2019 failure and will examine what lessons can be learned by other large corporations and conglomerates from this experience.

Jet Vertz holds a B.S. in mechanical engineering, an M.S. in computer science, and an M.B.A. He served in the U.S. Navy as a line officer during the Vietnam War and worked 40 years in the aviation business. Jet retired from Pratt & Whitney as vice president in 2012 and has been an OLLI member and instructor since 2013. Currently Jet serves on the OLLI Outreach Committee and the Advisory Council.

DISABILITY ACCOMMODATIONS

If you have a disability and need an accommodation, please call the OLLI office at 401.874.4197, at least three business days in advance of the need. Interpreters require a minimum of two weeks advance notice, when possible. We are committed to equal access for persons with disabilities and we will make every reasonable effort to provide accommodations.

MAKE A GIFT TO OLLI

To make a secure donation on-line, go to urifoundation.org/giveonline



GIVE TO OLLI

We ask you to consider what an enriching experience OLLI is to your life, how it challenges you to keep sharp and engaged, and how these new friendships enliven your days, and make an annual contribution to support the OLLI Annual Fund Drive at URI.

Give at URI.EDU/GIVE

Scroll down to "Search for Funds" and type in OLLI.

THINGS you should KNOW

Video Previews: When you view a class in our online software or the pdf catalog, a video symbol will appear if there is a video to view. Please note: video previews are not available for all classes.

Emails: OLLI uses email to communicate important information like class confirmations, schedule changes, cancellations, and other special notices. We also send out a weekly email, "This Week at OLLI," on Monday mornings listing our weekly events and notices. If you are not receiving it, please email or call us and let us know. We will not share your email with anyone.

Classroom Locations: Not sure what room your class is in? Check the TV monitor located in the lobby.

Extra Fees for Courses: Additional fees are sometimes required for courses that involve off-campus activities, special events, or special supplies needed for the class.

Rhode Island: Firsts, Bests, and Uniques

1 Session with Roberta Mudge Humble
Wednesday, 9:30 AM - 11:00 AM on March 29
Limit: 45 \$15.00

Rhode Islanders can take pride in the number of "firsts" in its history. Little Rhody was the first to enact a law prohibiting slavery in North America in 1652 and the site of the first armed act of rebellion against the British in 1772. And the list extends into areas such as religion, sports, education, banking, and business. Hear more from the woman who was inducted into the Rhode Island Heritage Hall of Fame in 2022 and engage in an uplifting experience.



Roberta Mudge Humble, with bachelor's and master's degrees in English from URI, is retired as professor of English at CCRI after 47 years. Her passion is the promotion of RI as the state with the deepest national history. She has worked with the U.S. Military as writer and volunteer to assist the National Guard & Coast Guard Reserve. On the Warwick Historical Society board, she is a resident of Warwick but native of Westerly. She was the first woman Rotarian on the East Coast and first woman RI Rotary president. She was honored by Jim Hummel as Community Hero for her work with historic armories. She is author of *The Historic Armories of Rhode Island*, *Rhode Island's Friendly Faces*, and *The Right to Crow: A Look at RI's Firsts, Bests, & Uniques*, and has created several games, including *The Rhode Not Taken*.

Parrots in the Pet Trade: Global Implications of Wild Populations

1 Session with Jennifer Yordy
Wednesday, 1:00 PM - 2:30 PM on March 29
Limit: 45 \$15.00

Parrots are the third most common companion animal in the U.S., but, unlike cats and dogs, they are not domesticated. These wild animals have a range of behavioral and physical traits that make them extremely challenging to keep in a home environment. Because of this, there is a crisis, mostly unseen by the public, of unwanted, homeless, and abused parrots requiring aid. Ironically, many of the birds languishing neglected in cages are species that are on the brink of extinction in the wild, following catastrophic population declines largely driven by poaching for the pet trade. Learn about the welfare issues faced by parrots in captivity, the conservation crisis faced by parrots in the wild, and



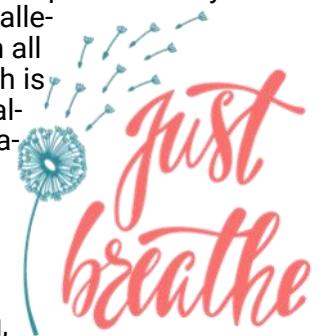
why there is a need to end the demand for parrots as companion animals.

Jennifer Yordy holds a Ph.D. in zoology and wildlife conservation from the Cornell-Smithsonian Joint Graduate Training Program, and she has spent her career working to improve the welfare of wildlife in captivity and to protect their counterparts in the wild. She is the sanctuary director at Foster Parrots, which operates the largest avian sanctuary in the Northeast. Foster Parrots provides lifelong care for unwanted and abused parrots and advocates for the welfare of parrots in captivity and in the wild.

Take a Breath

4 Sessions with Linda Morse
Wednesday, 3:00 PM - 5:00 PM
March 29, April 5, 12, 19
Limit: 30 \$45.00

At one time or another, we may have found ourselves dealing with anxiety, fears, panic attacks, sadness, stress, sleep issues, or physical pain. We may have tried different paths to alleviate the condition, but when all else fails, breathe! The breath is the guide in the journey to balance. Learn about the respiratory and circulatory systems and experience the opportunity to practice several breath techniques and gain the value of breath awareness! Besides being calming, the breath can also be energizing, giving you the ability to focus and concentrate on a sport, performance, or activity. This interactive, relaxed, and enjoyable program can help you to increase lung capacity, build stamina and energy, exercise your lungs and heart, and come to the fullest essence of your being. Wear comfortable clothing. Use a yoga mat if you'd like. This program may be fully experienced from the chair.



Linda M. Morse, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for over 20 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*, *Chair Yoga*, *Breath Techniques*, *Taking the Inward Journey*, *Meditation*, the *Chakra Energy System*, and a number of science fiction film programs.

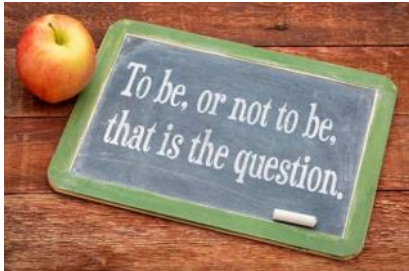
To Be or Not to Be: An Exploration of Hamlet, Prince of Denmark

6 Sessions with Kara Marziali
Wednesday, 9:30 AM - 11:00 AM
March 29, April 5, 12, 19, 26 May 3
Limit: 45 \$55.00

PLAY VIDEO ▶

Welcome to Denmark, land of a recently deceased king who spends his nights haunting the castle battlements of Elsinore.

The ghost-king has reason to be upset since the new king happens to be his own brother Claudius. Adding insult to injury, Claudius quickly marries his sister-in-law, the widowed Queen Gertrude. Enter Hamlet, prince of Denmark. With a plan in motion to “catch the conscience of the king,” young Hamlet swears vengeance on his father’s death and feigns madness. “To be or not to be...” that is the question!



Note: Participants will have an opportunity to go to a production of *Something Rotten*, a musical comedy with references to Shakespeare and Hamlet, on April 30.

Required text: William Shakespeare: *Hamlet, Prince of Denmark* (a full text of Hamlet with side-by-side modern translations is acceptable)

Kara Marziali holds a B.F.A. in theater arts from Emerson College and is a certified Ageless Grace® educator. As a dedicated patron of the arts, she is involved in many creative endeavors including writing, painting, crafting, and performing. Kara’s children’s book, *Kara Koala and Her Kaleidoscope of Feelings*, published in 2020 is now accompanied by an activity book and journal. For the OLLI at URI, Kara’s most recent offering was *Cast Out Clutter and Create a Customized Organizer*.

The Two Elizabeths: QE I and QE II

4 Sessions with Marilyn Harris
Wednesday, 1:30 PM - 3:00 PM
April 5, 12, 19, 26 Limit: 30 \$45.00



Throughout its history, England has had only six reigning queens, but they have been among the most successful monarchs. Elizabeth I and Elizabeth II were two of the most memorable. Neither

was supposed to ascend to the throne, but both did so when they were 25 years old and during their long

reigns left indelible imprints on their country’s history. We’ll take a look at their worlds and their legacies.

Marilyn Harris, a many-times transplanted Midwesterner, earned her undergraduate degree at the University of Illinois and master’s at Kutztown University (PA). Her work in education—in federal project management, curriculum writing and gifted/talented teaching—covers a span of more than 40 years. Since 2011 she has taught numerous classes and one-time lectures at the OLLI at URI. Marilyn’s particular interests include history (pretty much any period) and travel, and these form the basis of many of her courses.

The URI Watershed Watch Program

2 Sessions with Elizabeth Herron and Paolo Stegagno
Wednesday, 10:00 AM - 11:30 AM
April 12, 17
Limit: 45 \$35.00

The URI Watershed Watch program is a comprehensive volunteer water quality monitoring program that has been in existence since 1988. Now, with more than 400 volunteers assessing lakes, ponds, streams, rivers, salt ponds, and marine waters throughout Rhode Island, southeastern Connecticut, Fishers Island, NY, and Rochester, MA, the program provides data to support efforts by watershed groups to protect and restore locally critical water resources. This course will explain why monitoring water quality is important and will describe current practices of surface water monitoring in Rhode Island and ongoing research efforts using robotics and data science.



Elizabeth Herron holds a B.S. in zoology (marine science) and an M.A. in marine affairs (coastal zone management), both from URI. As program director of the URI Watershed Watch Program, she works regionally and nationally to help build capacity of volunteer monitoring groups and watershed organizations, including with emerging water quality issues such as cyanobacteria, invasive species, and more.

Paolo Stegagno, an assistant professor at URI, directs the ICRobots Lab. His research interests include mobile robotics, swarm and multi-robot systems, aerial robotics, and human-robot interaction. Dr. Stegagno received his M.S. and Ph.D. degrees from the Sapienza Università di Roma, Italy. Before joining URI, he was research scientist and project leader of the Autonomous Robotics & Human-Machine Systems group at the Max Planck Institute for Biological Cybernetics, Tübingen, Germany.

Easy Rider: A Bike, My Wife, and the Time of My Life

1 Session with Ralph Marziali & Terrie Rigollet
 Wednesday, 1:00 PM - 2:30 PM on April 12
 Limit: 45 \$15.00

"You don't stop riding when you get old, you get old when you stop riding," as the saying goes in motorcycle circles. Ralph Marziali along with his wife Terrie Rigollet share their recent cross-country adventure. Learn about the places they visited as well as what was packed, how they plotted their trip and paced themselves, the gear needed, how climate can affect travel plans, and the best routes to take. Whether you're a motorcycle enthusiast or prefer driving by car, you'll enjoy this engaging course.

Ralph Marziali is a U.S. Army veteran with a B.S. in business and business management. As the former co-owner of a jewelry and tool company for 30 years, he has a talent for managing people and mentorship. So, it came as no surprise when, at age 63, he went into teaching. He worked with special needs students at South Coast Educational Collaborative, where he met his wife Terrie Rigollet, another para-professional and a licensed occupational therapy assistant and West Warwick school bus driver. In June 2022, Ralph retired at the age of 82. When he's not enjoying Terrie's company, he can be found either on the golf course or on his motorcycle.

Building a Resilient Brain as We Age

1 Session with Terry Fogerty
 Wednesday, 11:00 AM - 12:30 PM on April 26
 Limit: 45 \$15.00

In an enjoyable and interactive presentation, learn about memory. What is memory and how does it work? What is the difference between normal aging of the brain vs. memory concerns? Pick up some tips and tricks about how to keep our brains strong as we age.

Terry Fogerty is the community outreach coordinator for the Alzheimer's Disease and Memory Disorders Center at Rhode Island Hospital. In her role, she provides information and education on topics including brain health; memory and thinking issues as we age; Alzheimer's prevention and treatment; and the "golden age" of Alzheimer's research. She is responsible for recruitment efforts to engage the public in ongoing Alzheimer's studies at Rhode Island Hospital. A member of the Rhode Island Alzheimer's Advisory Committee, she is dedicated to spreading the message of hope for those living with and at risk for Alzheimer's disease.

**Do We Have a Health Care System? Or a Wealth Extraction System?**

1 Session with Michael Fine
 Wednesday, 3:00 PM - 4:30 PM on April 26
 Limit: 45 \$15.00

This overview compares public health care in the United States with other nations, showing frankly what it actually accomplishes. Learn about options for getting the best outcomes at the lowest cost for yourself, your family, or community in the middle of this expensive, embarrassing mess.

Before the class: Readings will be sent to those who register.

Michael Fine is a family physician, community organizer, and author. He was director of the RI Department of Health from 2011–2015 and is now chief health strategist for the City of Central Falls.

Exploring Fractals and Chaos

1 Session with Carol Gibbons
 Wednesday, 11:00 AM - 12:30 PM on May 3
 Limit: 45 \$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.



Carol Gibbons is emerita professor of mathematical sciences at Salve Regina University. Her research interests are difference equations and Islamic tiling patterns. She created a course, *From Here to Infinity*, while at Salve, and topics in that course include fractals and chaos.



Saving the Birds: A Roadmap to Recovery

1 Session with Charles Clarkson

Wednesday, 5:00 PM - 6:30 PM on May 3

Limit: 30 \$15.00

The list of conservation issues that birds face here in North America and across the globe continues to grow. As stories of avian influenza, habitat loss, and climate change flood our consciousness, it can feel impossible to remain hopeful for the future of our biodiversity. But numbers of dedicated scientists and citizens alike, devoting their time and passion to mitigating and reversing the primary sources of declines, are also growing. Public consciousness is a powerful tool for action, and, as the message of our beleaguered wildlife populations and declining ecosystem integrity spreads, hope persists.

Charles Clarkson earned his Ph.D. in environmental science at the University of Virginia, after which he moved to Rhode Island and was employed as coordinator for the Rhode Island Bird Atlas and has since become director of avian research for the Audubon Society of Rhode Island. He has been involved with avian field studies of owl demography, measuring avian physiology, genetic sequencing, toxicological analysis, and large-scale conservation. He has worked on military bases conserving endangered birds, for the Semester at Sea as a lecturer in conservation, environmental science, and ornithology in multiple countries, and as a professor at two universities.

Cultivating a Fresh Approach to Well-Being

3 Sessions with Erin Thorkilsen

Wednesday, 5:00 PM - 6:30 PM

May 3, 10, 17

Limit: 45 \$40.00

Learn how to gain insight about your own and others' habitual patterns, unhook from reactivity, and deepen your spark for life. Through practical tools and strategies, easy to re-create at home, this course will open you up to a new way of being, where you're free to ditch the negativity that can often drive your moods and actions. You'll be open to living fully and be able to connect more authentically with those around you. Plan to take away "aha moments" about yourself and others and a renewed sense of inspiration.



For the first class: Go to Tara Brach:

www.youtube.com/watch?v=ymPF0q7U5oM

Learning to Respond Not React

Erin Thorkilsen is an educator of children and adults, presenter, and founder of Heart in Education. As a speaker with a focus on social emotional learning and mindfulness, she has been invited to present at the Paradigm Project Conference, CAIS Learning Series, the Reflective Teacher Podcast, and the Mindfulness in Education Conference in 2017 and 2018. Her foundation is 20 years as a classroom teacher and adult educator, including being awarded the Goldenheim Award for Excellence in Teaching. Erin is the director of a new teacher mentoring program at a school in CT and travels across New England presenting practical ways to improve well-being. Erin is also a 19-year yoga and mindfulness instructor, leading yoga teacher training, workshops, and international retreats for adults.

Register for Parking

Parking is FREE for OLLI members! You only need to register your vehicle once during the academic year (Aug-July). Parking permits are virtual, no stickers are provided.

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 to 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**, Plains Rd **Lot #25** * Lot #21 on Flagg Rd is the closest lot to our building to park.

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.

Tools for Perspective

1 Session with Michael Hayes
Wednesday, 10:00 AM - 11:30 AM on April 5
Limit: 45 \$15.00

We all can become frustrated when information that is presented to us appears to contradict our own experience and perspective. This course helps us use some established problem-solving concepts and tools to put life's events into perspective. We will explore coin toss probability, the 80/20 rule, and the normal curve. We will also explore common biases that are found in the data and arguments presented to us. This course is intended to arm us with some tools in our toolboxes for effective critical thinking.

Michael Hayes holds a B.S. in industrial engineering from URI. He has been an instructor of statistical process control, experimental design, and Lean Six Sigma / Problem Solving during his employment within the automotive, aerospace, semiconductor, and industrial/commercial industries. He has obtained multiple professional certifications from the American Society for Quality (ASQ), APICS-CIRM, and Aveta Business Solutions /Six Sigma Black Belt.

Tales from Hollywood

1 Session with Bob Perlow
Wednesday, 10:00 AM - 11:30 AM on May 10
Limit: 45 \$15.00

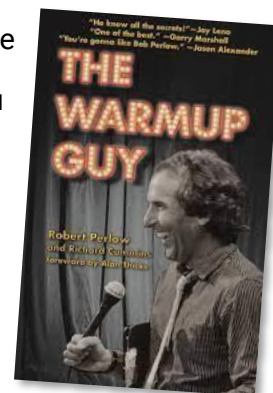
You will get the inside perspective on what it takes to produce a television show. This presentation is a chronology – the actual process, from the germ of an idea to being an actual on-air series, with video clips, music, and photos. After taking this course, you will never look at a television program in the same way again! Bob will be equipped with articles from various shows, and a working script, which he is prepared to give away to some lucky students.

Bob Perlow spent his working life in the television industry as a writer, actor, and producer. He is author of the book *The Warmup Guy* and has worked on such iconic shows as *Laverne & Shirley*, *Taxi*, *Newhart*, *Cheers*, *Friends*, and more including 15 years on the *Tonight Show*. Bob is a graduate of URI and received an M.B.A. and taught at Johnson and Wales before entering the entertainment industry. He has often been asked the question: "What did you do in life?" His answer: "I was the warmup guy."

The Warmup Guy

1 Session with Robert Perlow
Wednesday, 10:00 AM - 11:30 AM on May 17
Max: 35 \$15.00

Bob Perlow became known in the television industry as The Warmup Guy. Let him regale you with stories about his 38-year journey, how he earned that moniker working in the television industry. He will entertain you with videos, photos, and music from his experiences working on *Laverne & Shirley*, *Who's the Boss?*, *Mork & Mindy*, *The Tonight Show*, and many more. He will also share some gifts (swag) from those times.



Bob Perlow spent his working life in the television industry as a writer, actor, and producer. He is author of the book *The Warmup Guy* and has worked on such iconic shows as *Laverne & Shirley*, *Taxi*, *Newhart*, *Cheers*, *Friends*, and more including 15 years on the *Tonight Show*. Bob is a graduate of URI and received an M.B.A. and taught at Johnson and Wales before entering the entertainment industry. He has often been asked the question: "What did you do in life?" His answer: "I was the warmup guy."

Censorship in Libraries and Schools

1 Session with Tayla Cardillo
Wednesday, 6:00 PM - 7:30 PM on May 17
Max: 30 \$15.00

What is intellectual freedom? What is censorship? What is the role of libraries according to the American Library Association Code of Ethics and Freedom to Read statement? What do libraries do to uphold intellectual freedom and fight censorship? We will discuss the current state of book bans in American schools and libraries and what community members can do to fight censorship in their communities.



Tayla Cardillo (she/her) is the branch librarian of the Oak Lawn Branch Library in Cranston. She is also a co-chair of the Rhode Island Library Association Intellectual Freedom Committee and a volunteer blogger for the Office of Intellectual Freedom Blog. She completed her M.L.I.S. at URI and her B.A. in English at Rhode Island College. When not doing library wizardry, she enjoys playing tabletop games and cosplaying.

Dutch Island: Pasture, Fortress, Park

1 Session with Brian Wallin

Thursday, 10:00 AM - 11:30 AM on March 30

Limit: 45 \$15.00

From the earliest inhabitants around Narragansett Bay, possibly as long as 12,000 years ago, up to modern times, little 55-acre Dutch Island in the center of the bay's West Passage has played a changing role: from the Dutch, who came briefly in the early 17th century to trade with Native Americans, to English colonials, and into the 19th century when Dutch Island became an integral element in the coastal defenses of Rhode Island. This lecture includes rare visuals of ancient artifacts along with a contemporary visual tour of the island, now a state nature preserve. Also included is the 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).



Let's Skate!

7 Sessions with Dorothy Cunningham

Thursday, 9:00 AM - 9:50 AM

March 30, (Skip 4/6) April 13, 20, 27 May 4, 11, 18

Limit: 20 \$60.00

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. Additional arena and skate rental fees paid separately to Boss Arena.

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. Last year, Dorothy attended the Iditarod in person for its 50th anniversary. During that same time period, she has coached figure skating and hockey skills classes. 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. Private lessons for skating skills in figure and hockey skating are taught by Dorothy at various arenas in Rhode Island and Massachusetts.



Co-Facilitators:
Brenda Bibb &
Denise Stetson

Looking for a short outing with a snack to follow? Join the Rhody Ramblers for a morning adventure. Our walks will last about half an hour at a leisurely pace over accessible paths, followed by a coffee or a snack at a nearby destination. The number of Ramblers will be limited to accommodate safety and capacity of local coffee shops. If weather or trail conditions are likely to interfere with the safety of the walk, it will be cancelled by email to participants before 8:00 PM the day before the walk. If you are unable to attend a scheduled walk, please cancel in advance by calling 401-874-4197 so someone on the waiting list waiting list may attend.

Rhody Ramblers- April

Thursday, 10:30 AM - 12:00 PM on April 13

Limit: 15 Facilitator: Brenda Bibb

Meet and park at Trustom Wildlife Refuge, 1400 Matunuck Schoolhouse Road, South Kingstown. Take the Moonstone Beach exit off Route 1. We will walk the bluestone path around the open field and stop at the Farm Pond. Trustom Pond is part of the Rhode Island National Wildlife Refuge system and contains the only salt pond in the state without significant residential development. We will plan to stop afterwards at Java Madness at the Salt Pond exit off Rte. 1 in South Kingstown.

Rhody Ramblers- May

Thursday, 10:30 AM - 12:00 PM on May 11

Limit: 15 Facilitator: Brenda Bibb

Meet at the parking lot at the far end of West Main Street in Wickford where it juts out into the Bay (near the fish market). We will walk toward downtown Wickford to the Old Narragansett Church, then have our coffee in downtown Wickford.



Geology of Selected National Parks

4 Sessions with Don Hermes
 Thursday, 11:30 AM - 1:00 PM
 Meets monthly on 3/30, 4/27, 5/4, 5/25
 Limit: 30 \$45.00

Landforms that are unique and different from their surrounding regions are called physiographic provinces, and the geologic processes that formed them are unique to each region. We will visit national parks in the northern Rocky Mountains (Tetons, Yellowstone, Glacier), Colorado Plateau (Arches, Bryce, Zion), Sierra Nevada (Sequoia, Yosemite) and Cascades (Crater Lake, St. Helens Rainier), and Alaska (Glacier Bay, Wrangell-St. Elias, Katmai, Denali), where we will learn the basic science and processes operative in each of these provinces. Participants will be encouraged to share personal observations and experiences from each region.

Don Hermes received his A.B. from Washington University, St. Louis, and M.S. and Ph.D. from the University of North Carolina at Chapel Hill. He completed a post-doctorate at UCLA before joining URI for 40 years where he taught a variety of geoscience courses. He retired and became emeritus in 2009. Among other things, he developed a course entitled *Geology of National Parks*, which is still being taught there. He is an advocate for social justice, especially topics related to climate change, immigration, and racism.

Observing Wildlife with Trail Cameras

1 Session with Elise Torello
 Thursday, 1:00 PM - 2:30 PM on March 30
 Limit: 45 \$15.00

Do you know who your wild furry and feathered neighbors are? Are you curious about what has been poking around in your compost, nibbling vegetation in your yard, or just passing through? You might be surprised to find out how many animals visit when you're not looking, even if you don't live in the woods! One way is to set up a trail camera and see what walks or flies by. The course will include what features to look for when selecting a trail camera, what other gear you will need, selecting a location for your

camera, and pointers for setting up your camera. You will also get to see videos of some of the amazing animals that have appeared on the instructor's cameras in South Kingstown.

Elise Torello is a two-time URI graduate, with degrees in wildlife biology and computer science. She has been employed by and volunteered with several local conservation organizations over the years and currently serves on the boards of directors of the South Kingstown Land Trust and Friends of the Saugatucket. She is known locally for her trail camera videos and usually has several cameras out in the nearby woods. What started as her hobby has become a source of enjoyment and connection with nature for friends, family, and community members who watch her videos online. Elise hopes to turn people into cheerleaders for nature and wildlife through her photography and videos.

Researching Local History in Your Public Library

1 Session with Jessica Wilson
 Thursday, 2:00 PM - 3:30 PM on April 6
 Limit: 45 \$15.00

Researching the history of your home, family, or local events? Don't overlook your public library. In addition to online resources, many hold unique original materials such as maps, photographs, town reports, yearbooks, and newspapers, and experienced librarians are there to help you. Take a virtual tour of the extensive resources at South Kingstown's Peace Dale Library and find out some strategies for conducting your own local history research. For an example of such research go to <https://southkingstownri.com/1087/300th-Anniversary>.



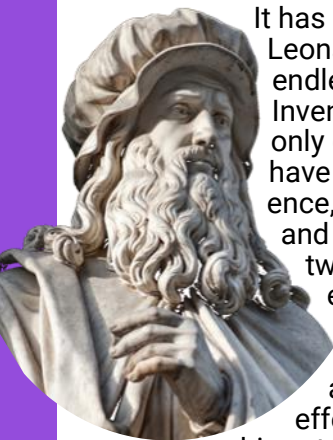
Jessica Wilson, URI M.L.I.S. '01, has been a reference, program, and local history librarian at Peace Dale Library since 2002. She manages the library's Rhode Island history and digital collections, presents local history programming, prepares digital and printed materials, and offers research appointments. She also created a [digital timeline](#) of South Kingstown history for the town's 300th Anniversary in 2023.

Leonardo in Florence: The Birth of Beauty

1 Session with Maria Mack D'Amario

Thursday, 10:00 AM - 11:00 AM on April 6

Limit: 45 \$15.00



It has been 500 years since the death of Leonardo DaVinci, yet we still find him endlessly fascinating. Painter? Sculptor? Inventor? Engineer? Scientist? There is only one città in the world that could have inspired such a curious mind, Florence, that hub of humanist scholarship and artistic production. Leonardo spent two periods of his working life in Florence, and some of his most iconic works were produced there. By looking closely at his drawings and paintings, we will explore the effects that this flourishing city had on his extraordinary mind and work, his development of beauty, and the legacy of his genius.

Maria Mack D'Amario is an art historian specializing in European decorative arts and the American Gilded Age. A graduate of Denison University, Maria holds a postgraduate diploma in the history of art from the University of Oxford. She also holds an M.A. in the Venetian Renaissance from the University of Warwick in Coventry, UK. Maria has worked with the Boston Museum of Fine Arts, the Royal Collection Trust, and Lots Road Galleries in London. She currently works for The Preservation Society of Newport County and lectures locally on European artistic traditions and Gilded Age material culture. For the OLLI at URI, Maria has taught *The Grand Tour* in winter 2022 and *The Life and Work of John LaFarge*.

Stretches for the Healthy Foot

1 Session with Claudia Wojcik

Thursday, 11:30 AM - 12:30 PM on April 6

Limit: 20 \$15.00

Looking to improve your foot health, balance, and mobility? Join us as we learn hands-on stretches, techniques, and more!!! Please wear comfy clothes and socks and have a blanket or mat to sit on.

Claudia Wojcik, a nationally certified reflexologist and national reflexology educator, is president of the Reflexology Association of RI and a committee member of The American Reflexology Certification Board (ARCB). She is a reiki master and a certified yoga instructor. Claudia's passion is in igniting people's inner strength, bringing a special brand of positive energy to all her clients. To learn more visit www.southcountyreflexology.com.

The Role of Zoos in the Conservation of Wildlife and Wild Places

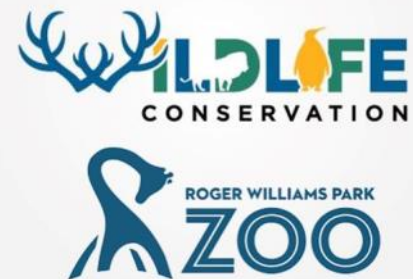
1 Session with Lou Perrotti

Thursday, 9:30 AM - 11:00 AM on April 6

Limit: 30 \$15.00

The Roger Williams Park Zoo doesn't stop at caring for endangered animals in captivity. It partners with global agencies and indigenous peoples to secure habitats worldwide, and engages Rhode Island school children and citizen scientists in projects to recover and repopulate our native timber rattlesnakes, American burying beetles, New England cottontails, and Eastern box turtles. From developing sustainable ways to feed endangered frogs in Panama to training local frogwatchers, the zoo helps sustain the complex ecosystems life depends on.

Lou J. Perrotti, director of conservation programs at the Roger Williams Park Zoo, works to preserve diverse species and their habitats on several continents. He's been called "The Bug Whisperer" and in 2020 was recognized by the U.S. Fish & Wildlife Service for his work preserving the American burying beetle on Nantucket Island, MA.



A few days after your class ends you will receive an email feedback survey. It doesn't take long and we encourage you to take a few minutes and share your thoughts with us. You can 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.

Call us at 401-874-4197 or email olli@uri.edu

The Rise and Fall of a Muckraking Magazine

1 Session with Stephanie Gorton

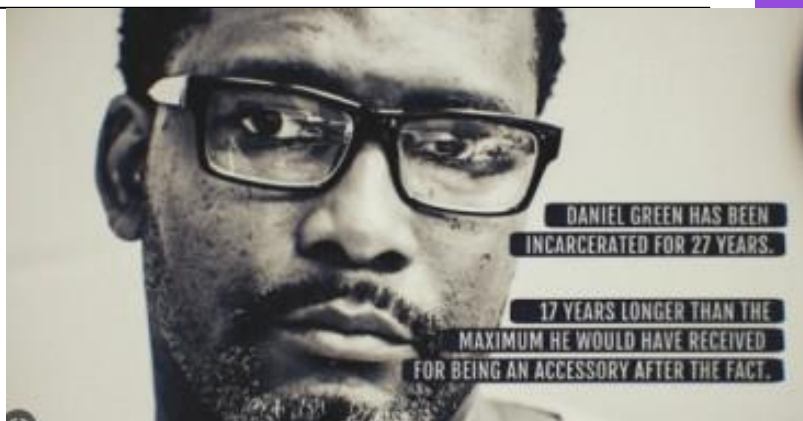
Thursday, 10:00 AM - 11:30 AM on April 13

Limit: 30 \$15.00

The president of the United States made headlines around the world when he publicly attacked the press, denouncing reporters who threatened his reputation as “muckrakers” and “forces for evil.” The year was 1906, the president was Theodore Roosevelt, and the publication that provoked his fury was McClure’s Magazine. One of the most influential magazines in American history, McClure’s published the groundbreaking stories that defined the Gilded Age, including the investigation of Standard Oil that toppled the Rockefeller monopoly. The scrappy, bold McClure’s group – led by S.S. McClure and Ida Tarbell – cemented investigative journalism’s crucial role in democracy. They also introduced Americans to the voices of Willa Cather, Arthur Conan Doyle, Robert Louis Stevenson, Joseph Conrad, and many others. Tracing McClure’s Magazine from its meteoric rise to its dramatic combustion demonstrates the crucial importance of journalists who speak truth to power.

Stephanie Gorton's book *Citizen Reporters: S. S. McClure, Ida Tarbell, and the Magazine that Rewrote*

America (2020) was a finalist for the Sperber Prize for journalism biography. She has been published online in *The New Yorker*, *Smithsonian*, *The Paris Review Daily*, and *Los Angeles Review of Books*, among other publications, and featured on radio shows including *On Point*. She held fellowships with the Logan Nonfiction Program at the Carey Institute for Global Good in 2021 and the Massachusetts Historical Society in 2022.



Wrongful Conviction: A Case Study

5 Sessions with Bob Persons

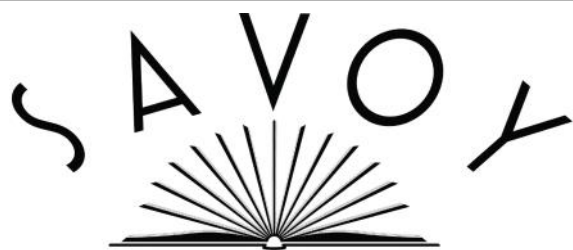
Thursday, 1:30 PM - 3:00 PM

April 20, 27, May 4, 11, 18

Limit: 30 \$50.00

Why are so many innocent Americans behind bars? What is going wrong? How do we fix it? Thanks in part to the Innocence Project and other innocence organizations across the country, thousands of wrongly convicted prisoners have been exonerated over the past 30 years. Yet, tragically, thousands more remain incarcerated. This class will explore reasons for this gross injustice and discuss ways to reform the judicial system. It will focus particularly on one wrongly convicted prisoner, Daniel Green, who has spent nearly 30 years in North Carolina prisons for a murder he didn’t commit. We will take an in-depth look into Daniel Green’s case – the high-profile murder of Michael Jordan’s father, James Jordan. In tracing Daniel Green’s continuing efforts to win a new trial, the class will review numerous recent documentaries, podcasts, and newspaper articles that question Daniel’s conviction and shed light on his fight for freedom.

Bob Persons recently retired from a 35-year investment career in Boston. He received a B.A. from Bucknell University and an M.B.A. from Northwestern University. He has spoken at countless investment conferences worldwide and was a guest lecturer at the MIT Sloan School of Management for 12 years. His passion for legal justice has fueled his interest and his belief in Daniel Green’s innocence. Based on nearly 30 years of research, he has, together with his brother, interviewed eyewitnesses, Green’s lawyers, James Jordan’s friends, and Michael Jordan’s sister and has become close friends with Daniel Green and his family.



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Thank you to our friends at
Savoy Bookshop and Cafe who offer a
20% discount on any purchase related to
OLLI classes and Special Interest Groups.

Reflexology for Arthritis

1 Session with Claudia Wojcik
Thursday, 1:00 PM - 2:00 PM on April 27
Limit: 25 \$15.00

Reflexology is an integrative health practice, mapping a reflection of the body predominantly on the feet, hands, and outer ears. Reflexology uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally. Join us and learn what reflexes are best for reducing inflammation, pain, and discomfort. Gain knowledge and movement and smile!

Claudia Wojcik, a nationally certified reflexologist and national reflexology educator, is president of the Reflexology Association of RI and a committee member of The American Reflexology Certification Board (ARCB). She is a reiki master and a certified yoga instructor. Claudia's passion is in igniting people's inner strength, bringing a special brand of positive energy to all her clients. To learn more visit www.southcountyreflexology.com.

Three Mini-Retreats in an Academic Setting

3 Sessions with Christine Phoenix Green
Thursday, 1:00 PM - 2:30 PM
May 4, 11, 18
Limit: 20 \$40.00

Taking time out from our on-the-go lives for personal reflection and spiritual deepening can enrich, heal, awaken, and inspire us to more fully appreciate our relationships and the world around us in a spirit of beauty. In this series, three different themes are offered for reflection, journaling, and sharing in class: Thank You! (the delight and power of gratitude), Loving the World (the art of deep seeing), and The Ancient Guide for Uncertain Times (wisdom from the stoics and our spiritual guides). Accept this invitation to think new thoughts about enjoying life and be prepared to be inspired and refreshed. Personal reflection on thoughtful questions in the program and peer sharing among participants will deepen the wisdom experience of these mini-retreat topics.

Christine Phoenix Green has taught a variety of courses in spiritual deepening, the arts, music, dreams, and wellness privately and for the OLLI at URI. A music/piano teacher, mentor in personal growth, mother, grandmother, and lifelong teacher, for more than 40 years she has created classes and programs that encourage people to share their own wisdom with each other in a supportive community. Her inspirational essays and photography can be enjoyed at her blog <http://www.thegreeningspirit.wordpress.com>.



GOLF CLUB

Spring Golf Club details will be coming soon!
Keep an eye on your weekly emails for more information.

eGift Cards



Wondering what to buy the people in your life who have everything? Your parents, grandparents, aunts, uncles, friends, neighbors, or colleagues? Then do something original and creative—give the gift of OLLI at URI! eGift cards are available at any value. (non-refundable & non-redeemable for cash reward)

Purchase Options: Online here: [eGift Cards](#), or call the OLLI office at 401-874-4197.

COFFEE at OLLI

We are so happy to see so many members stopping by the lobby for coffee and to socialize before their class starts! We continue to accept donations of ground coffee, coffee pods, and cups.
Thanks for your support!

Pysanky- Ukrainian Easter Eggs

1 Session with Lisa Schipritt
Friday, 10:00 AM - 12:30 PM on March 24
Limit: 20 \$20.00

Learn the ancient Ukrainian art of Pysanky using the tools and techniques of 2023. This is a beginner class and all materials will be provided—the egg, a pattern, a drawing tool called a kistka, beeswax, and aniline dyes. You will go home with a beautiful piece of work.

Note: Bring a container to take your masterpiece home safely.

Lisa Schipritt has been teaching the Ukrainian art of Pysanky in CT, MA, and RI for more than 30 years, and for the OLLI at URI this past year.



Reading and Writing Poetry

4 Sessions with Elizabeth Bogutt
Friday, 9:30 AM - 11:00 AM
April 14, 21, 28, May 5
Limit: 15 \$45.00

It's often said that to write poetry you need to read poetry. In this course we will read and analyze the work of some well-known contemporary poets. Then we will practice turning feelings, impressions, and experiences into our own original work. Sharing the creative process with each other will help provide inspiration. Even if you've never written poetry before, consider giving it a try in the safe and supportive environment of this OLLI course. Each session we will study a variety of poetic styles. At home we will write our own poetry and, if you are comfortable doing so, will share your work during the next meeting.

Elizabeth Bogutt is a lifelong writer and a member of the Peace Dale Guild writing group. She facilitates a poetry group at the South Kingstown Senior Center and conducts occasional poetry workshops in the community. This is her sixth course teaching various aspects of poetry for the OLLI at URI.

The Life and Legacy of Johnny Cash: A New Perspective

6 Sessions with Brett Morse
Friday, 1:00 PM - 3:00 PM
April 21, 28, May 5, 12, 19, 26
Limit: 45 \$55.00

Follow Johnny Cash from his humble beginnings to his incredible achievements in the music industry; his success on TV with *The Johnny Cash Show*; his accomplishments as a member of "The Highwaymen" with his friends Waylon Jennings, Willie Nelson, and Kris Kristofferson; and his late-in-life triumph with the *American Recordings* album. Along the way we'll meet many of Johnny's friends and family. Let's explore and enjoy the music and legacy of this music icon—the Man in Black, Johnny Cash.

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, and is a certified yoga instructor. He was very fortunate to have a father who worked in the music industry, first with RCA and then with Columbia Records, and had the opportunity to meet many of the artists. His love of music continues to this day.

Bring Meditation into Your Daily Life

6 Sessions with Linda Morse
Friday, 1:00 PM - 3:00 PM
April 21, 28, May 5, 12, 19, 26
Limit: 30 \$55.00

Have you wondered what meditation is all about and if it is right for you? People of all cultures have meditated for thousands of years. Whether you have an established practice or are new to meditation, welcome to this very relaxed program and learn about the health and wellness benefits that can be gained from this age-old practice. You will have the opportunity to learn several different ways to meditate, look at ways of integrating mindfulness into daily life, and leave feeling relaxed and renewed. The program offers different ways to meditate to give you a "bag of tools" to choose from for your daily life. Please wear comfortable clothing. Feel free to bring a yoga mat or cushion to sit on. This program can be experienced from the chair.

Linda M. Morse, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for over 20 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*, *Chair Yoga*, *Breath Techniques*, *Taking the Inward Journey*, *Meditation*, the *Chakra Energy System*, and several science fiction film programs.

The Migration of River Herring on the Saugatucket River

1 Session with Bill McCusker

Friday, 10:00 AM - 12:00 PM on May 12 Limit: 20
\$15.00

Join Bill McCusker as he discusses the annual migration of river and blueback herring as they make their way up the Saugatucket River in Wakefield from Point Judith Pond and Block Island Sound. He will point out all the obstacles they face, both natural and manmade and show some wonderful underwater videos.

Bill McCusker is the founding president of Friends of the Saugatucket, the state-designated non-profit watershed group for the Saugatucket River watershed. He has lived and worked in South Kingstown for decades and has been involved with river herring migration for more than 15 years.

GREAT DECISIONS

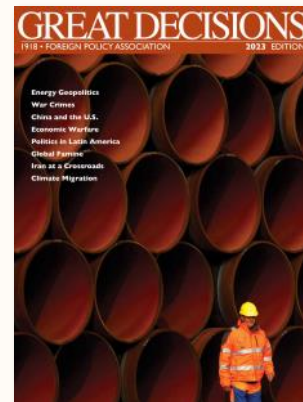
You MUST register for each session

Limit per class: 45

GREAT DECISIONS FOREIGN POLICY DISCUSSION GROUP at OLLI is a Special Interest Group that meets 8 months of the year and is FREE to all members who register. Members must register for each class separately online each semester. For details about how to register for the sessions in the Spring semester, please see page 2.

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the *Great Decisions Briefing Book*, watching the documentary film series and meeting in a discussion group to discuss the most critical global issues facing America today.

To order the 2023 Foreign Policy Association's *Great Decisions* book, please visit the website: www.fpa.org.



Music Matters:

How music can improve wellbeing

Join us to learn about Music Therapy and the many ways that music can be utilized to benefit your daily life.

The group will engage in music-making activities including singing and instrument playing.



April 14, 2023 | 10:00-11:30AM

Free to Participate.

Register online: URI.EDU/OLLI or call 401-874-4197



China and the U.S.

Friday, 10:00 AM - 11:30 PM on 4/21 Limit: 45

How will the United States respond to China's growing global presence? For the past ten years, the United States and China have been locked in a competition over which country has the global influence. One major point of contention is the status of Taiwanese sovereignty, which has become even more relevant recently with the possibility that Russia's invasion of Ukraine may prompt China to take similar action regarding Taiwan. How will the United States engage a China that is increasingly seeking to expand its sphere of influence?

Economic Warfare

Friday, 10:00 AM - 11:30 PM on 5/19 Limit: 45

What comprises economic warfare? How have these measures been used recently against Russia? Waging economic warfare consists of a variety of measures from implementing sanctions to fomenting labor strikes. Such tools are utilized by states to hinder their enemies, and, in the case of the United States, have been used as far back as the early 19th century. Since Russia invaded Ukraine in February 2022, economic warfare has been the main means for the West to challenge Russia. How effective will these sanctions be at convincing Russia to cease its war?

TOURS & day trips

*Members MUST provide own transportation to all off-site venues
if an instructor is not listed, the tour will be guided by a knowledgeable staff member or docent.*

Audrain Automobile Museum

1 Session Tuesday, 10:00 AM - 11:30 AM on April 11
Limit: 25 \$10.00

Founded in 2014 in Newport, Rhode Island with a mission of "Preserving, celebrating & sharing automotive history," the Audrain Automobile Museum is "More of an Art Museum than a Car Museum." With access to more than 300 of the most remarkable and rare vehicles ever made, the Museum takes pride in its ability to display automobiles from 1899 to modern day. Vehicles are chosen specifically and showcased based on ever-changing exhibition themes. By displaying 15-20 cars at a time, the Museum gives patrons and enthusiasts of all ages a completely unique experience with each visit. The exhibit for our April visit is Wonders in Wood, on Land & by Sea. Coachwork, hulls, and structural frames used wood as the material of choice in boat building and the carriages makers trade for hundreds of years. Early automobiles followed suit. This exhibit will highlight iconic examples of boats and cars in wood, truly marvels on land and sea!

Tomaquag Museum, Exeter, RI

1 Session Friday, 1:00 PM - 3:00 PM on April 14
Limit: 25 \$20.00

The Tomaquag is a living museum that teaches the history and present-day culture of Native tribes of southern New England. It is the only Native American museum telling its story from the Indigenous perspective. Its collection includes historical works as well as jewelry and baskets designed by contemporary native artists. This private tour for OLLI members will include a short video about local Indigenous people and a discussion about the Museum's partnership with URI to construct a new facility by 2024.

A knowledgeable staff member or docent will be the guide or speaker for this class.

Strolling Through History

1 Session with Jean Gagnier
Friday, 10:00 AM - 12:00 PM on May 19
Limit: 25 \$20.00

A stroll through downtown Westerly can tell people a lot about the rich history of this nearly 350-year-old community. On our walking tour we will see eight of the dozen murals that were created during a 2017 painting festival sponsored by the nonprofit Bricks and Murals to capture the story of the town: the New London Steamboat Company (depicting coastal and island transportation), Mrs. Harriet Wilcox (patron of

Wilcox Park), the granite industry, the Westerly Band (oldest community band in the country), the 1938 hurricane (dedicated to first responders and rebuilders), the Pawcatuck River (natural boundary used by the Narragansett and Pequot people and referenced in the 1663 charter), the Rivalry (Stonington vs. Westerly), and the mills of Pawcatuck Village. The walk is 1.5 miles long and is on ADA compliant sidewalks.



Free parking is located at 14 Canal Street, Westerly. The group tour will meet at the entrance to the parking lot.

Jean Gagnier, a URI graduate with a degree in history, is a former two-time Westerly Town Council member and one of the founding members of Bricks and Murals. This will be his third time leading the downtown Westerly mural tour for OLLI.

Colonial Newport: A Walking Tour

1 Session with Ken Johnson
Wednesday, 10:00 AM - 11:30 AM on May 24
Limit: 20 \$20.00

This walking tour includes stops at Washington Square, White Horse Tavern, the Quaker Meeting House, the 1697 Wanton-Lyman-Hazard House (the oldest house still standing), the oldest synagogue in America, the Colony House, burial/gravestones at Trinity Church, and Queen Anne Square, to name a few. Information on a meeting spot and parking will be sent to those who register.

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), and an honorary Ph.D. from the University of Gothenburg. He has given many talks on Swedish history for the OLLI at URI. In addition, he has been a long-term guide in Newport, at 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.

TOURS & day trips

Fort Adams Photo Walk

1 Session with Cindy Horovitz Wilson

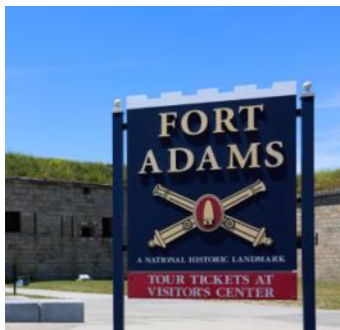
Thursday, 10:00 AM - 12:00 PM on May 11

Limit: 20 \$20.00

Go behind the scenes in the historic fortress of Fort Adams in Newport. From the top of the walls to the depths of the underground listening tunnels, to the officers' quarters, learn about the complex land defenses, and see great views of Narragansett Bay from the ramparts while experiencing this marvel of military architecture. Photographing inside the fort requires a new set of skills for capturing images in low light conditions. Whether you use a sophisticated 35mm digital camera or smartphone, there is an abundance of subject matter and a photography instructor is by your side.

Note: Information on meeting location will be sent to registrants closer to the meeting date.

Cindy Horovitz Wilson, a resident of Wickford, has been making photographs since 1976, among them windswept landscapes and moody seascapes along with quiet studies of architecture contemplated in unexpected perspectives. She earned her B.A. from the URI in 1978, studied briefly at the School of the Museum of Fine Arts in Boston, and received her M.F.A. from Tyler School of Art of Temple University in 1984. For more information, go to cindywilsonphoto.com.



Forest Bathing Walk

1 Session with Mary Jane Sorrentino

Thursday, 10:00 AM - 11:30 AM on May 25

Limit: 15 \$15.00

PLAY VIDEO ▶

The term forest bathing comes from the Japanese Shinrin-yoku, "bathing or taking in the forest atmosphere." Now considered an important health and wellness practice in many countries, in Japan it is part of the national health program, and doctors write prescriptions for it. Our gentle walk is inspired by Shinrin-yoku and will take place in the South Kingstown Land Trust's Alewife Brook Preserve. Our walk will be slow and silent except for the times we will gather to share. Forest bathing gives us a chance to quiet our minds while using our senses, helping us renew our relationship with nature. While the trail is flat, there are some areas where roots and rocks make it uneven. Please dress for the weather including hat/sturdy shoes and bring what you usually carry on a walk such as water/snack.

Note: All participants are required to fill out an Assumption of Risk and Release of Liability Form.

Mary Jane Sorrentino is a guide trained and certified by the Association of Nature & Forest Therapy Guides & Programs. Mostly retired from over 15 years of climate policy and advocacy, she enjoys guiding nature and forest therapy walks at a variety of beautiful locations. She earned an undergraduate degree from Fordham University and graduate degrees from George Washington University and Antioch New England University. She is a co-founder of the Rhode Island chapter of Citizens' Climate Lobby and serves as a board member of the Merlyn Climate Grants and The Greene School, an environmental public charter high school.

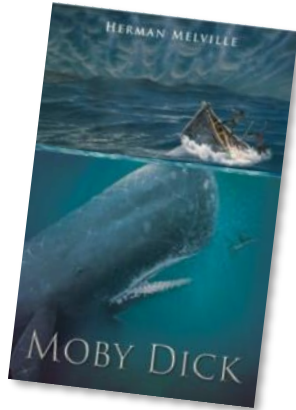
Note: All participants on tours and day trips will be required to fill out an Assumption of Risk and Release of Liability Form.



Into the Depths: Experiencing Herman Melville's *Moby Dick*

6 Sessions with Teresa Testa
Tuesday, 10:00 AM - 11:30 AM
March 28, April 4, 11, 18, 25, May 2
Limit: 25 \$55.00 **ZOOM**

It's the Black Sea in a midnight gale. It's the unnatural combat of the four primal elements. It's a blasted heath. It's a Hyperborean winter scene. It's the breaking-up of the ice-bound stream of time. But at last all these fancies yielded to that one portentous something in the picture's midst. That once found out, and all the rest were plain. But stop; does it not bear a faint resemblance to a gigantic fish? Even the great leviathan himself? Join a daring sea adventure into the depths of the human soul: As the quotation suggests, there is an extraordinary experience awaiting through the reading, interpretation, and evaluation of American author Herman Melville's 19th-century novel, *Moby Dick*. The classic text is considered a centerpiece of the literary canon for its descriptive style, attention to detail, and seamless engagement with themes ranging from the psychological, philosophical, and spiritual. Scholars spend a lifetime poring over the pages of Melville's sea adventure only to discover there is so much more to question, to investigate, to discuss. Balancing analysis with appreciation, each lecture-style session is based on Teresa's original research and will focus on the assigned novel chapters, offer background notes and cultural context, and present engaging questions.



For the first class: Chapter assignments will be emailed in advance to those who register.

Teresa M. Testa is a Ph.D. candidate at Salve Regina University where her dissertation research explores twentieth-century cultural approaches to philosophy of technology. Graduating from Brown University with a concentration in English and American Literature, Teresa also earned the M.Sc. in organizational management from Salve Regina with emphasis on modern business ethical standards. Her academic interests are extensive and connect multiple disciplines within the humanities.

File, Pile, Sort, Shred!

3 Sessions with Jamie Novak
Thursday, 3:00 PM - 4:30 PM
March 30, April 6, 13
Limit: 45 \$40.00 **ZOOM**

If your tabletops are covered with stacks of paper and your filing cabinets are overflowing, then you won't want to miss this program. Join author and organizer Jamie Novak who will show you which papers to keep and how to file them once and for all! Plus, she'll share what you can shred, regret-free. You'll make your own retention schedule for future reference and organize papers with her during class.

Suggested: Go to www.JamieNovak.com to read her toss item of the day.

Jamie Novak is the author of the bestselling book, *Keep This, Toss That: The Practical Guide to Tidying Up*. You might have seen her on morning TV, listened to the 10-minute podcast that she hosts, or caught her YouTube show. When not on the computer teaching interactive, online programs on decluttering and getting organized, she is searching for a cure to her own addiction—clipping out recipes that she never prepares.

Navigating Online Dating for Seniors

1 Session with MJ Callaway
Tuesday, 3:00 PM - 4:30 PM on April 4
Limit: 45 \$15.00 **ZOOM**

Are you ready to meet someone new? Have you tried all the traditional ways to meet someone and find online dating to be a completely different world that can be confusing? With humor and personal experiences to share, successful online dater MJ Callaway walks through the ins and outs of online dating. Discover the best sites for seniors, the three key parts to a profile, the best photos to upload, questions to qualify for a good match, and how to safely set up a meet-and-greet. We'll end with a Q&A session.



MJ Callaway is a speaker, coach, and award-winning author. Her newly released book, *Bounce-Up: Outpower Adversity, Boost Resilience, Rebound Higher*, has been endorsed by the CEO of the Healthy Workforce Institute. Her brand and quest in life is all about showing others how to Bounce-Up! She holds a certificate in holistic resilience from Point Park University. She's a two-time breast cancer survivor, certified virtual presenter, and chapter leadership liaison for the National Speakers Association. Her topics include adversity, change, communication, productivity, and resilience. MJ writes a bi-monthly newsletter called *Bounce-Up Chronicles*, sharing slice-of-life perspectives. Fun facts about MJ: She's biked down a volcano in HI, ziplined over gators in AL, and played tug-o-war with a baby bear in MI.



Renaissance Art History

6 Sessions with Holly Beatrice

Thursday, 5:30 PM - 6:30 PM

April 6, (skip 13) 20, 27 May 4 (skip 11) 18, 25

Limit: 45 \$55.00 **ZOOM**



Become familiar with some of the most famous works of art from the Renaissance. We will highlight Florence of the 14th and 15th centuries, then the established intellectual and artistic center of Europe, with an overview of the artistic techniques, the historical context, and the roles of artist and patron. We will cover Michelangelo, Leonardo da Vinci, Raphael, Brunelleschi, Botticelli, the Medici family, and more. This class is meant as an introduction. It is for anyone who has traveled to Italy, is planning a future trip, wants to learn more about art, or is particularly interested in the masterpieces from this period.

Holly Beatrice earned a degree in art history from URI and a master's in Italian language from Middlebury College, where she studied at the University of Florence with a concentration in Italian art. Following graduate school, she lived in Italy for over five years and worked as a walking tour guide and was resident director for Vanderbilt University's art history program. She has led trips to Europe with National Geographic Student Expeditions and Putney Student Travel and worked in the Tuscany office for a luxury bike tour company. She has taught Italian in public school as well as adult education classes and recently received an Excellence in Teaching award from the California Council of Adult Education.

The Passion Play Across the Ages

4 Sessions with Toni Kirkwood-Tucker

Monday, 3:00 PM - 4:30 PM

April 10, 17, 24

Limit: 45 \$45.00 **ZOOM**

In 1633 the townspeople of Oberammergau prayed to God to stop the bubonic plague that had been ravaging Europe during the Thirty Years War (1618-1648), killing an estimated two-thirds of the continent's population. They promised to honor his life, suffering, crucifixion, and ascension to heaven with a performance that has continued once every ten years since 1634. Learn about the geography, traditions, art, music, woodcarving, and historic sightseeing places of Bavaria and the evolution of the play with its alleged antisemitic text and development of customs, orchestra, and chorus over time.

Toni Fuss Kirkwood-Tucker was born in Unterammergau in the State of Bavaria and raised in her war-torn country. At age 22, she immigrated to the United States. She obtained her B.A. from Florida Atlantic University and her M.A., Ed.S., and Ed.D. degrees from Florida International University. She served as associate professor emerita at Florida Atlantic University from 1996 to 2004 and visiting professor and program coordinator in the School of Teacher Education at Florida State University from 2006 to 2012. During her tenure at both institutions, she globalized the social studies curriculum and instruction. She has authored numerous refereed articles, chapters, and two books. Her third and most recent book is entitled *The Power of Oral History Narratives*.

Only Hope: My Mother and the Holocaust Brought to Light

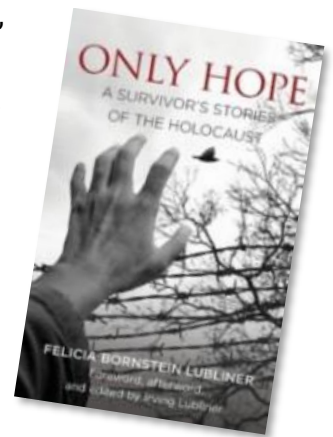
1 Session with Irving Lubliner

Thursday, 2:00 PM - 3:30 PM on April 13

Limit: 50 \$15.00 **ZOOM**



Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have recently been published by her son, Irving Lubliner, who will share excerpts, shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition.



Suggested reading: Felicia Bornstein Lubliner: *Only Hope: A Survivor's Stories of the Holocaust* (Felabra Press). An eBook (Kindle) version is available from Amazon. For the paperback, go to www.onlyhopebook.com.



Irving Lubliner is a professor emeritus at Southern Oregon University, where his specialty was mathematics education. During his 40-year career in education, he taught math at all levels, kindergarten through graduate school, led seminars for teachers in 39 states, and gave over 350 conference presentations, including several keynote addresses. Since his retirement in 2014, he has taught math, blues harmonica, and literature classes for the OLLI program at Southern Oregon University, where he has also served on the Council of Directors. In 2019, he created Felabra Press and published his mother's writings about her experiences during the Holocaust, the book that will serve as the theme for his presentation.

Writing a Legacy Letter

1 Session with Jay Sherwin

Monday, 10:00 AM - 11:30 AM on April 24

Limit: 20 \$15.00 **ZOOM**

PLAY VIDEO ▶

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

Jay Sherwin created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. He has practiced law, given away money for five different charitable foundations, worked as a philanthropy consultant and served as a hospital chaplain. He has extensive experience as a teacher and facilitator for adult learning programs, including online presentations of this course for more than 30 OLLI programs nationwide. For more information, go to www.jaysherwin.com.

A Word About **WAIT LISTS**

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.



Decluttering 101: How to Get Your Organizing Done

3 Sessions with Jamie Novak

Tuesday, 3:00 PM - 4:30 PM

May 9, 16, 23

Limit: 45 \$40.00 **ZOOM**

PLAY VIDEO ▶

If you can't open your drawers, if clutter topples out of your closets, and paperwork covers your tabletops, join Jamie Novak as she shares her laugh-out-loud approach for what to do with all the stuff—without getting overwhelmed. Wondering what to keep? What to toss? What to share or sell? And how to let it all go? Then join Jamie when you will declutter live during class and create your own resource list.

Suggested Reading: Go to www.JamieNovak.com to read her toss item of the day.

Jamie Novak is the author of the bestselling book, *Keep This, Toss That: The Practical Guide to Tidying Up*. You might have seen her on morning TV, listened to the 10-minute podcast that she hosts, or caught her YouTube show. When not on the computer teaching interactive, online programs on decluttering and getting organized, she is searching for a cure to her own addiction—clipping out recipes that she never prepares.

Looking for More Income From Your Investments?

1 Session with James Wigen

Thursday, 10:00 AM - 11:30 AM on May 11

Limit: 45 \$15.00 **ZOOM**

Generating income from bonds, bond funds, CDs, and income funds has been extremely challenging for years. Want another way to earn income? Consider selling covered call options on stocks you already own. Stocks paying dividends are good for earning income but maybe not enough. Learn about selling covered call options, how they generate additional income from dividend- and non-dividend-paying stocks and reduce risk in your investment portfolio—a fantastic strategy inside tax-deferred or tax-free investment accounts, as income earned is not taxed.

James Wigen has been working in the financial services business since 1996. He ran the training departments for two international investment firms and has been teaching non-credit investment classes since 1998 through universities, community colleges, and OLLI. His focus is on private portfolio management and wealth management for individuals, businesses, and nonprofits.



Beginning Digital Photography

3 Sessions with Eli Vega

Thursday, 11:00 AM - 12:30 PM

May 11, 18, 25

Limit: 15 \$40.00 **ZOOM**

Learn the basics, walking through menu items and becoming acquainted with those mysterious dials and buttons on your camera. Continue with the principles of effective composition, and go on to f/stops, shutter speeds, the exposure meter, different types of lenses, and how they all work together. Find out about the #1 solution to the #1 problem in photography, and much more in this engaging class! A workbook will be emailed to those who register.

For the first class: Bring the workbook and your camera, lenses, and camera manual to class.

Eli Vega is an award-winning photographer and author. He has taught photography since 1993 at Rocky Mountain National Park, Garden of the Gods (Colorado Springs), OLLI programs in various states, colleges in Arkansas, Colorado, and Texas, Eureka Springs School of the Arts, and various art groups. His book, *Right Brain Photography: Be an Artist First*, is now in its fourth edition. It is about being an artist first, photographer second, seeing something before you see it, and making the common uncommon; the mundane insane.



Intergenerational Collaboration: Community Planning for Older Adults

Instructor: Dr. Cindy Tsotsoros Monday, 4/10, 10:30-11:45am, Ranger Hall, Room 312

Limit: 15 OLLI members Registration Required: URI.EDU/OLLI

Come participate in a discussion with the URI Human Development & Family Science graduate students enrolled in a seminar course on older adulthood. The goal of this meeting is to discuss the planning of grants that will be written to impact the local community. One week after The New Map of Life lecture from Dr. Laura Carstensen, students would like to meet, elaborate on some key topics from the lecture, and take action on what was learned during the Thewlis Lecture. The action step will be to write grants to serve the community in ways that will help individuals thrive in living toward 100.

Annual Malford Thewlis Lecture on Gerontology and Geriatrics



Longevity and the New Map of Life

Laura L. Carstensen, PhD

Fairleigh S. Dickinson Jr.

Professor in Public Policy Professor of Psychology Director, Stanford Center on Longevity

Monday, April 3, 2023

7:00 – 8:00 p.m. ET

As life expectancy increases, conversations about aging often raise concerns. Many of the challenges stem from a mismatch between living longer and the norms and institutions that guide us through life. Dr. Carstensen will share how a new, more flexible life course could better support longer, healthier, and more productive lives.



About the Thewlis Lecture:

Malford W. Thewlis, MD, a former resident of Wakefield, RI, was a pioneer in the field of geriatric medicine most widely known for co-founding the American Geriatrics Society in 1942. In honor of Dr. Thewlis, URI established the Malford Thewlis Lecture in Gerontology and Geriatrics in 2006 to help raise awareness, enhance knowledge, and stimulate discussion about issues related to aging, longevity, and health care for older adults.

[Click here to register.](#)

CYBER SENIORS



Be sure to stop by the lobby and meet this semester's Cyber Senior students, Katy Lee & Ellen Kim. They will be in the lobby to help with all your technology needs on the following days/times:

Hours:
Tuesday 9-11am
Wednesday 9-11am
Thursday 2-4pm
Friday 9-11 am

No appointments necessary!

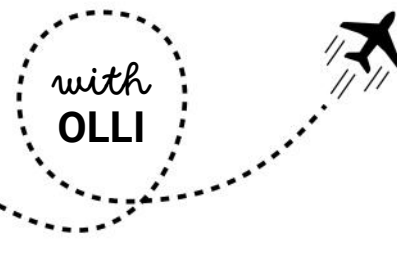


DONATIONS ACCEPTED at OLLI for URI'S BASIC NEEDS PANTRY

Each month we send out and email listing for items the pantry is need of. A collection bin is located right outside the OLLI office door and another is located in the office.

You can view a current list by [clicking here](#).

let's go
travel



To view the brochures, visit our website or stop by the OLLI lobby.

2023 Openings

California Dreamin' (Monterey, Yosemite & Napa) September 25-October 2

France Magnifique Discovery September 28-October 9

Southern Charm (Savannah and Charleston) October 22-28

2024 Plans

Shades of Ireland, March 9-18 Classical Greece April 21-May 1

Azores—Dates coming soon!



VOLUNTEER APPRECIATION

*We are so thankful for our volunteer office works, committee members,
instructors, and SIG facilitators who have given their time and commitment to OLLI.
We wouldn't exist without our volunteers!*

Jean Anderson
Jan Armor
Tim Babcock
Sue Berman
Brenda Bibb
Dyann Boudreau
Bill Brownell
Cobi Bush
Beverly Carroll
Dorothy Chase
Phil Clark
Mary Cole
Donna David
Joan DeFinis
Carole Duffy
Gail Dupont
Gale Eaton
Jim Findley
Joe Gallichio
Kathleen Gallichio
Joanne Gemma
Paula Grey
Paul Gricus
Linda Griffin

Debbe Hayes
Bob Haynes
Krystyna Kasman
Mary Keane
Barbara Kenney
Karen LaPointe
Sally Levesque
Robyn Levine
Denise Levins
Marie Lupino
Mary McAuley
John McGeehan
Marylen McKenna
Bill Meisner
CJ Menard
Janet Moore
Debbie Murphy
David Navin
Linda Nelson
Sara Nelson
Diane Newman
Steve O'Brien
Jayne Ogren
Cindy Opaluch

Louise Paquin
Michael Pesta
Cindy Piez- Pacheco
Karen Pizzarusso
Kathy Plante
Lorraine Rappoport
Patricia Rye
Eric Schonewald
Marie Schwartz
Nicole Spaulding
Paul Stein
Peter Stetson
Denise Stetson
Linda Trimble
Jet Vertz
Joan Yokow
Etta Zasloff



OLLI *Special Interest Groups*

All Special Interest Groups are FREE with your OLLI membership.
Registration is required.

Book Group

Meets the third Friday of each month at 1PM at OLLI. Book selections are available on our website: URI.EDU/OLLI Facilitator: Beth Leconte bleconte@uri.edu.

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 on Thursdays: 1/19, 2/16, 3/16 from 1:00PM-2:30PM Facilitator: Krystyna Kasman krystyna_kasman@cox.net

Golf—Spring Registration details coming soon!

Mah Jongg

Do you like to play Mah Jongg? Join this group on Thursdays at 1PM in the OLLI lobby. Facilitator: Cobi Bush bcobi@verizon.net

Movie Group

Join us on the second Thursday of the month at 3PM at OLLI to discuss the latest movies which are available in theaters or streaming. And on occasion, we may view a film on site. Facilitator: Marylen McKenna marylen7586@gmail.com

Photo Friday

Do you like taking pictures with your camera or phone? Join our Photo Friday Group! Each month you will be given a different prompt to photograph and submit. Photos will be shared and discussed during a monthly [Zoom](#) meeting. The group meets the first Friday of each month at 10AM. Facilitator: Jan Armor janthephotoman@gmail.com

Rhody Ramblers

Looking for a short outing with a snack to follow? Join the Rhody Ramblers for an afternoon adventure. Our walks will last about half an hour at a leisurely pace over accessible paths, followed by a coffee or a snack at a nearby destination. The number of Ramblers will be limited to ensure that everyone can keep up with the group and be accommodated by a local coffee shop. One Thursday a month. Facilitators: Brenda Bibb bjb-bibb@hotmail.com Denise Stetson den.stetson@verizon.net.

Walking Group

Walking 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 CindyRI@cox.net
Sara Nelson saramay51@hotmail.com

Writer’s 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. Facilitator: Susan Berman susanb99@yahoo.com.

Please register online to join these groups by visiting URI.EDU/OLLI

TEACH FOR



OLLI faculty and presenters are members of the community who are excited about teaching and involving an enthusiastic group of learners in a new way.

Some of our OLLI instructors are current or retired high school or college faculty, while others are people who enjoy the opportunity to share their interests and knowledge.

What's to be gained by teaching at the OLLI?

Just as our members attend classes for the pleasure of it, our faculty at OLLI often teach for the sheer joy of sharing their expertise and enthusiasm for a topic. There are no tests to prepare or papers to grade, just teaching and holding discussions with interested and engaged students. We are able to offer small honorarium dependent on the length of the course.

What learning formats are supported at the OLLI?

- **Traditional:** lecture, discussion, or a combination of both

- **Hands On:** getting the fingers dirty (e.g., painting, photography)

Collaborative: Collaborative learning classes, or study groups, are led by a facilitator, not necessarily an expert in the field. The facilitator might offer a syllabus with readings and lists of topics. Class participants take responsibility for class activity as peer leaders working independently or in teams. Working from guidelines provided by the facilitator, the class participants have the opportunity to make a presentation, lead a discussion, invite a guest speaker, or develop other ways to engage the class in the subject.

WANT TO PROPOSE A CLASS?

Fill out a course proposal form on our website:

<https://web.uri.edu/olli/course-proposal/> OR scan the QR code at the top of the page.

If you have questions regarding a topic or format, please contact Operations Manager, Beth Desrosiers, directly at 874-4197 or email beth_desrosiers@uri.edu

Proposal Due Dates:

Fall 2023, Proposals due May 2

Winter 2024, Proposals due July 30

Spring 2024, Proposals due April 30



Volunteering is a wonderful way to meet new friends, stay active and make a difference in your community.

OLLI has a wide-range of opportunities for interested volunteers. Members can choose from office support, committees, or catalog editing.

If you're interested in contributing your time and expertise, call (401-874-4197) or email (olli@uri.edu).



10 AFU Principles

AFU institutions endorse ten principles that provide an ongoing evaluation of efforts to make the University an open and welcoming community for adults of all ages. The principles are not a set of absolute criteria that must be met; rather, they are a set of standards to identify gaps and opportunities for growth. The ten principles are:

- (1) encourage participation of older adults in all core activities of the university,
- (2) promote personal and career development,
- (3) recognize the range of their educational needs,
- (4) promote intergenerational learning for reciprocal sharing of expertise,
- (5) widen access to online educational opportunities,
- (6) ensure the research agenda is informed by the needs of an aging society,
- (7) increase student understanding of the complexity and richness that aging brings to society,
- (8) enhance access to a range of health and wellness programs and arts and cultural activities,
- (9) engage actively with the university's own retired community, and
- (10) ensure dialogue with organizations representing interests of aging population.

Background

Every day in the US until the year 2028, 10,000 people will turn 65. By 2024, 20% of the US population will be 65+; and by 2034, older adults will outnumber children for the first time in US history. How should higher educational institutions respond to this demographic change and the challenges it creates?

The Age Friendly University (AFU) movement was initiated in 2012 at Dublin City University in Ireland, inspired by a vision of how to make universities more globally responsive to the needs and interests of older adults. At present, over 45 universities in the US are members, and the mission is supported by the Academy for Gerontology in Higher Education. URI became an AFU in 2018, in the belief that higher educational institutions must be transformed in ways that recognize the unprecedented impacts of aging on all aspects of society.



AFUs are not just age-friendly, but they are aging-friendly. They embrace the educational needs of adults as they age through the life course, changing jobs and preparing for new careers and occupations. However, education is more than just getting the knowledge and skills necessary for the workplace. It also includes how one spends one's time and energy on other important life pursuits, such as family, health, leisure, civic engagement, and spirituality.

Current Projects and Activities

The AFU workgroup at URI is presently focusing on the following initiatives: (1) creating Intergenerational programs, such as Cyberseniors, and classes with both URI students and older adults, (2) increasing access by older adults to regular URI courses, (3) developing a retirement community on or near the URI campus that could also serve as the home for the Osher Lifelong Learning Institute (OLLI), (4) creating a retired faculty and staff association, and (5) expanding research involving older adults, particularly with regard to health and wellbeing.

OLLI and the AFU Vision and Mission

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!



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Meets monthly at 1pm in the 1st Floor Conference Room. Register online or call 401-874-4197.

4/21- *Lillian Boxfish Takes A Walk*
by Kathleen Rooney

5/19- *Lessons in Chemistry*
by Bonnie Garmus

6/16- *Girl in Hyacinth Blue*
by Susan Vreeland

7/21- *It Ends with Us*
by Colleen Hoover

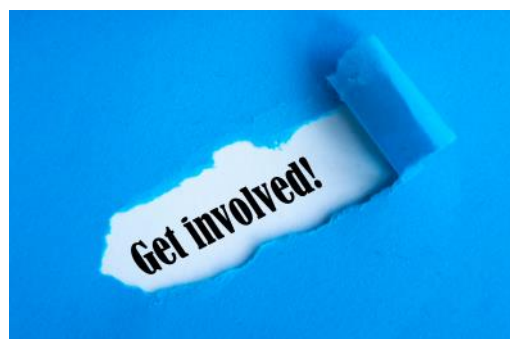
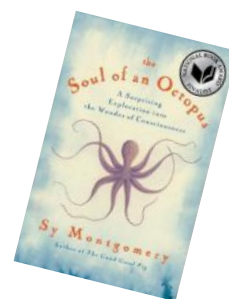
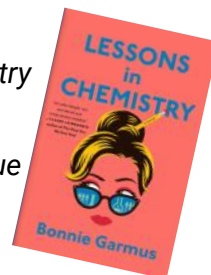
8/18- *Seven Husbands of Evelyn Hugo*
by Taylor Jenkins Reid

9/15- *Demon Copperhead*
by Barbara Kingsolver

10/20- *Down the River
unto the Sea* by
Walter Mosley

11/17- *Tomorrow, and To-
morrow, and Tomorrow*
by Gabrielle Zevin

12/15- *The Soul of
an Octopus*
by Sy Montgomery



OLLI continues to be a strong organization due in part to members serving on various committees providing leadership in partnership with the staff.

In the coming months we will be recruiting new members to serve on these committees:

Membership, Technology, Events, Curriculum, Finance, Advisory, Special Interest Groups, Outreach

More details coming soon!

OLLI Mail-In Course Registration - Spring 2023

Name (one member per form) _____
Mailing Address _____
City _____ State _____ Zip _____ Renewal Date: _____
Telephone: _____ Email _____

MONDAY

- __ A Quick and Dirty History of the English Language \$35.00
- __ An Introduction to the Alexander Technique \$15.00
- __ Automobiles: What's Next? \$15.00
- __ Backstage Pass \$15.00
- __ Basic Horsemanship \$425.00
- __ Becoming a Better Listener \$50.00
- __ Building More Movement into Your Life \$50.00
- __ Flight Path \$15.00
- __ Honey, Honeybees, and Pollinators \$40.00
- __ Italian Conversation \$65.00
- __ Playing with Classics: Poems \$55.00
- __ The History of Religion in America, Continued \$45.00
- __ The United Nations \$40.00
- __ Topics in Earth Science \$45.00
- __ Walking Rhode Island \$15.00

TUESDAY

- __ Classic Foreign Films \$55.00
- __ Creative Writing Using Musical Cues \$55.00
- __ How To Make the Best Pictures Of Your Life \$45.00
- __ Introduction to the South Kingstown Land Trust \$15.00
- __ Lessons Learned: The 2019 Boeing B737 Plane Crashes \$15.00
- __ Nathaniel Hawthorne: The Divided Mind \$55.00
- __ Pirates, Privateers, and Buccaneers of Rhode Island \$15.00
- __ Preserving Your Assets After Retirement and Beyond FREE
- __ Rediscovering Edith Wharton \$15.00
- __ The Most Controversial Game in International Basketball History \$35.00
- __ The Wonder of Trees \$50.00
- __ Those Funny Italian Surnames: Where Do They Come From \$15.00
- __ What A Wonderful World: The Music of Louis Armstrong \$45.00
- __ Yoga for Life \$45.00

WEDNESDAY

- __ Building a Resilient Brain as We Age \$15.00
- __ Censorship in Libraries and Schools \$15.00
- __ Cultivating a Fresh Approach to Well-Being \$40.00
- __ Do We Have a Health Care System? Or a Wealth Extraction System? \$15.00
- __ Easy Rider: A Bike, My Wife, and the Time of My Life \$15.00
- __ Exploring Fractals and Chaos \$15.00
- __ Parrots in the Pet Trade: Global Implications of Wild Populations \$15.00
- __ Rhode Island: First, Best, and Unique \$15.00
- __ Saving the Birds: A Roadmap to Recovery \$15.00
- __ Take a Breath \$45.00
- __ Tales from Hollywood \$15.00
- __ The Two Elizabeths: QE I and QE II \$45.00
- __ The URI Watershed Watch Program \$35.00
- __ The Warmup Guy \$15.00
- __ To Be or Not to Be: An Exploration of Hamlet, Prince of Denmark \$55.00
- __ Tools for Perspective \$15.00

THURSDAY

- __ Dutch Island: Pasture, Fortress, Park \$15.00
- __ Geology of Selected National Parks \$45.00
- __ Leonardo in Florence: The Birth of Beauty \$15.00
- __ Let's Skate! \$60.00
- __ Observing Wildlife with Trail Cameras \$15.00
- __ Reflexology for Arthritis \$15.00
- __ Researching Local History in Your Public Library \$15.00
- __ Stretches for the Healthy Foot \$15.00
- __ The Rise and Fall of a Muckraking Magazine \$15.00
- __ The Role of Zoos in the Conservation of Wildlife and Wild Places \$15.00
- __ Three Mini-Retreats in an Academic Setting \$40.00
- __ Wrongful Conviction: A Case Study \$50.00

OLLI Mail-In Course Registration - Spring 2023

FRIDAY

- ☐ Bring Meditation into Your Daily Life \$55.00
- ☐ Pysanky- Ukrainian Easter Eggs \$20.00
- ☐ Reading and Writing Poetry \$45.00
- ☐ The Life and Legacy of Johnny Cash - A New Perspective \$55.00
- ☐ The Migration of River Herring on the Saugatucket River \$15.00

ZOOM CLASSES

- ☐ Beginning Digital Photography \$40.00
- ☐ Decluttering 101: How to Get Your Organizing Done \$40.00
- ☐ File, Pile, Sort, Shred! \$40.00
- ☐ Into the Depths: Experiencing Herman Melville's Moby Dick \$55
- ☐ Looking for More Income from Your Investments \$ 15.00
- ☐ Navigating Online Dating for Seniors \$15.00
- ☐ Only Hope: My Mother and the Holocaust Brought to Light \$15.00
- ☐ Renaissance Art History \$55.00
- ☐ The Passion Play Across the Ages \$45.00
- ☐ Writing a Legacy Letter \$15.00

TOURS AND TRIPS

- ☐ Audrain Auto Museum \$10.00
- ☐ Forest Bathing Walk \$15.00
- ☐ Fort Adams Photo Walk \$20.00
- ☐ Colonial Newport: A Walking Tour \$20.00
- ☐ Strolling Through History \$20.00
- ☐ Tomaquag Museum, Exeter, RI \$20.00

GREAT DECISIONS (Free)

- ☐ Great Decisions 2023- Economic Warfare (4/21)
- ☐ Great Decisions 2023-China and the U.S. (5/19)

RHODY RAMBLERS (Free)

- ☐ Rhody Ramblers— April (4/13)
- ☐ Rhody Ramblers— May (5/11)

SPECIAL INTEREST GROUPS (Free but your must register)

- ☐ Book Group
- ☐ Bowling
- ☐ Cosmic Questions
- ☐ Photo Friday
- ☐ Rhody Ramblers
- ☐ Mah Jongg
- ☐ Movie Group
- ☐ Walking
- ☐ Writer's Group

Mail to: 210 Flagg Rd., Suite 212, Kingston, RI 02881

NAME _____

Payment Method: ☐ Check (Payable to URI) # _____

Credit Card: ☐ Visa ☐ Mastercard ☐ Discover

Credit Card No: _____ Exp: _____ 3/4 digit code: _____

Name on Card: _____

Signature: _____

Total # Classes _____

Renewal Fee \$ _____

(If due)

Credits to Apply

\$ _____

Total Due \$ _____

If you are writing a check and think you may have credits to apply, please call the office at 401.874.4197 to confirm before writing your check.

OFFICE USE:

DATE RCVD: _____ DATE PROCESSED: _____ INITIALS: _____

MEMBERSHIP: ☐ CURRENT ☐ NEW ☐ RENEWAL

MEMBERSHIP FORM

210 FLAGG ROAD, ROOM 212, KINGSTON, RI 02881

WEB.URI.EDU/OLLI 401.874.4197 OLLI@URI.EDU

MAIL FORM OR REGISTER ONLINE AT URIOLLI.AUGUSOFT.NET

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 ☐ Female

Highest Level of Education: ☐ High School ☐ Some College ☐ Associates Degree /Certification
☐ Bachelor's Degree ☐ Master's Degree ☐ Doctorate

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

Current/Formal Occupation: _____

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

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

Credit Card No. _____ Exp Date: _____ 3 or 4 digit code _____

Name on Card: _____

Signature _____

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

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

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

For questions, please call 401.874.4197 or email olli@uri.edu

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

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