

# URI OLLI

Winter Semester

January 8, to March 15

OSHER  
LIFELONG  
LEARNING  
INSTITUTE



## OLLI's Dynamic Duo

Tom Shaker & Lloyd Kaplan  
are back this semester with  
another captivating class!  
See page 10 for details.



## Winter registration starts Tuesday, December 12

*Classes fill up quickly so don't wait!  
There are four ways to register for classes:*

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🔗 **ONLINE** - This is the easiest way to register. To [log on to your OLLI account](#) go to [URI.EDU/OLLI](http://URI.EDU/OLLI) and click on Member Login. Payment is accepted with a credit card: Visa, Mastercard or Discover.

☎ **PHONE** - Call us to register! 401-874-4197

Office hours: Monday through 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 call with 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 on the second floor.

## 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. All permits expire on July 31.

Reminder emails were sent out last month.

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**

**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.



## MEMBERSHIP INFORMATION

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

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## MEMBERSHIP INFORMATION

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

## SUGGESTED AND REQUIRED READING INFORMATION

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

## OLLI DISCLAIMER

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

## DISABILITY ACCOMMODATIONS

If you have a disability and need an accommodation, please call the OLLI office at 401.874.4197, 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.

**THE  
UNIVERSITY  
OF RHODE ISLAND**  
**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.

# ABOUT



## 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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**URI.EDU/OLLI 401.874.4197**

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*L to r: Roberta, Beth D. and Beth L.  
at the OLLI Annual Meeting.*

## **OLLI STAFF**

### **Beth Leconte**

*Director*

Phone: 401.874.2405

[bleconte@uri.edu](mailto:bleconte@uri.edu)

### **Roberta M. Palmer**

*Membership Services Director*

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### **Beth Desrosiers**

*Operations Manager*

Phone: 401.874.4197

[beth\\_desrosiers@uri.edu](mailto:beth_desrosiers@uri.edu)

## **OFFICE HOURS**

Monday through Thursday

9AM to 5PM

Friday, 9AM to 12PM

## **IMPORTANT DATES**

### **Winter Semester**

Jan 8 - March 14, 2024

### **Spring Semester**

April 1 - May 31, 2024

## **WINTER HOLIDAYS/OFFICE**

### **CLOSINGS**

Monday, Jan 1

New Year's Day

Monday, Jan 15

Martin Luther King, Jr. Day

## **ADVISORY COUNCIL**

Paul Gricus, Chair

Steve Berardo

Phil Clark

Joan DeFinis

Jennifer Demeter

Joanne Gemma

Debbe Hayes

Karen LaPointe

Louise Paquin

Eric Schonewald

Jet Vertz

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Michael Pesta

Nicole Spaulding

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Bill Cole

Mary Cole

Kathleen Gallichio

Linda Gatewood

Paula Grey

Mary Keane

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Kathy Plante

Patricia Rye

Linda Trimbull

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Bill Meisner

Mary McAuley

Marge Nozzi

Stephen O'Brien

Etta Zasloff

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Brenda Bibb

Gale Eaton

Emilia Gozalez-Torpey

Krystyna Kasman

Marie Lupino

Lori Pivarnik

Marie Schwartz

## **OFFICE VOLUNTEERS**

Jean Anderson

Cobi Bush

Gail Dupont

Sally Levesque

Marie Lupino

Debbie Murphy

Marge Nozzi

Cindy Pacheco

Michael Pesta

Lorraine Rappoport

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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](mailto: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.


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## 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.



### GIVE THE GIFT OF OLLI!

Wondering what to buy the people in your life who have everything? Your parents, 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 [EGift Cards](#), or call the OLLI office at 401-874-4197.

## MONDAY CLASSES

### NATIVE PEOPLES OF THE SOUTHEAST

4 Sessions with Judith Gamble

Mon, Jan 29, Feb 5, 12, 19

1:00 PM - 2:30 PM

Max: 30 Fee: \$45

This is the first in a series of regional glimpses into the enduring legacy of the Indigenous first inhabitants of Turtle Island (the U.S. and Canada) who for five centuries have resisted the waves of European invasion, survived (if barely), and still thrive today. We'll explore the historical experiences of those known as the Five Civilized Tribes

with a concentration on the legacy of that past to the present day. Wherever possible, the point of view and voices heard will come from the poetry, prose, music, and art of the Indigenous people put into historical context by the non-native instructor. Along the way we will also dip into the cauldron of U.S. slavery, the Civil War, and the

civil rights movement, a vital part of the history of these particular native groups.

**Judith Gamble** has a Ph.D. in history and specializes in the social and cultural history of underrepresented people. She has taught courses on U.S. social and cultural history, Latin American civilization, and Native American history at URI and other colleges. Now her passion has shifted from scholarly to creative writing, both her own and the voices of others.



### BUILDING A RESILIENT BRAIN AS WE AGE

1 Session with Terry Fogerty

Mon, Jan 29

1:00 PM - 2:30 PM

Max: 45 Fee: \$15

Learn about memory in an enjoyable and interactive presentation. 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.

## REFUND POLICY

Memberships are non-refundable.

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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.



## WILL POWER: SURVIVING (AND ENJOYING) SHAKESPEARE

2 Sessions with Thomas Santos

Mon, Feb 12, 19

1:30 PM - 3:00 PM

Max: 30 Fee: \$35

This course is for people who are new to Shakespeare or just generally put off by the Bard. We will look at aspects of Shakespeare's writing (language, style, and stage-craft) that will help us get the most out of his plays. This plan is designed to put aside any preconceived notions about Shakespeare's plays and start enjoying his work via video and historical recordings. Discussion, including relating personal experiences, is always encouraged.



**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).

## BOOKS THROUGH A LIFETIME

3 Sessions with Sandra Enos

Mon, Feb 26, Mar 4, 11

10:00 AM - 11:30 AM

Max: 20 Fee: \$40

So many of us have had books as our companions throughout our lifetimes. We've read novels, poetry, works of nonfiction, plays, and other writing that has changed us in some important ways. In this course, we will revisit those reading experiences at three points in time: adolescence/early adulthood, middle age, and later life. We'll identify books that were important and meaningful to us then and re-read them. We will not focus so much on the books themselves but instead on re-experiencing these books at this stage of our lives. We may inspire and introduce each other to great books we have missed.

**Sandra Enos, Ph.D.**, is a retired professor of sociology. With a life-long interest in creativity, she loves the idea of introducing play and fun to older students. She has taught several courses at OLLI, some informed by sociology and others by her interest in creativity. Two months after retiring, she launched a social enterprise called *Giving Beyond the Box*, where she curates gift boxes full of products that make a positive social impact in our community and beyond. She plays guitar and mallet percussion, loves improv, and is doing her best to live a creative life in this time of re-purposement (her name for retirement). She serves on several community boards and is a member of the *Jamestown Community Band*. As an OLLI student, she is majoring in creativity, history, and exploration.

## SECURING YOUR VOTE

1 Session with Rob Rock and Gregg Amore

Mon, Mar 4

3:00 PM - 4:30 PM

Max: 45 Fee: \$15



What does the RI Department of State do to encourage people to exercise their right to vote in a timely and safe manner? Learn about the election processes that are designed to facilitate citizen participation and the measures in place to ensure that Rhode Island elections are secure.

**Gregg Amore**, RI Secretary of State, taught advanced placement U.S. history and U.S. civics and government courses at East Providence High School for 27 years, and in 2008 was recognized as the Rhode Island History Teacher of the Year by the Daughters of the American Revolution. He served as East Providence High School's Close-Up and United States Senate Youth Program advisor for 15 years.

**Rob Rock** is Deputy Secretary of State at the RI Department of State, whose mission is to ensure all eligible

(Rock, continued)

## MONDAY CLASSES

(Rock, continued)

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

### MAKE A GIFT TO OLLI

To make a secure donation on-line, go to [urifoundation.org/giveonline](http://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](http://URI.EDU/GIVE)

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

## LUNCH & Learn

### Are You Living in Your Forever Home?

1 Session with Nicole Antonopoulos

Monday, Feb 5

12:00 PM - 1:00 PM

Max: 45 Fee: Free

Retired, traveling, embracing hobbies or second careers, enjoying grandchildren, caring for parents...does your home match your lifestyle? If you own a single-family home, is it time to explore condo or townhome living? Or are you considering moving in with a family member? Are you thinking about moving out of state? What's the best use of the equity in your home? We'll discuss trends for living and how to work through the stages when you decide to move, including tips for decluttering and getting your home ready to sell. We'll explore the most and least expensive places to live in the U.S. and how local Rhode Island towns measure up. We'll also discuss the benefits of using a 1031 tax exchange to prevent large tax repercussions, and examine interest rates and the benefits of a mortgage vs. cash sale. This may be the first time in your life you have the option of living in a home that's all about you. Here's how to make it happen!

**Nicole Antonopoulos** has been an agent and partner with Lillian Montalto Signature Properties for more than five years. Within her time as an agent, she has been awarded Rookie of the Year by the Northeast Association of Realtors, named a rising star by Five Star Professional, and was most recently named a top area specialist by Top Agent Magazine. With a background in luxury fashion and merchandising, Nicole has translated her natural customer-centric skillset effortlessly to the real estate industry. She prides herself on collaborating closely with her clients to ensure five-star service. She's a great negotiator and fearless enough to have the tough conversations needed to get her clients what they deserve. Nicole is always excited for the next challenge. With her growing track record, the sky's the limit.

### THREE CHORDS & THE TRUTH: A SHORT HISTORY OF COUNTRY MUSIC

4 Sessions with Lloyd Kaplan  
and Tom Shaker  
Tues, Jan 9, 16, 23, 30  
11:30 AM - 12:30 PM  
Max: 45 Fee: \$45



Country music is more than a genre of music. It's folk, bluegrass, cowboy, blues, gospel, jazz, R 'n' B, rockabilly, and so much more. Beginning in the rural south in the 1920s, country music gave hope to Americans during the Great Depression, entertained a country with radio broadcasts from the Grand Ole Opry, and spoke to everyone through the songs of Jimmie Rodgers, Hank Williams, and the Carter Family. It became an industry in the 1950s and 1960s with artists like Patsy Cline, Johnny Cash, and Willie Nelson, and continues to grow in popularity today. Join us for an entertaining, informative, and musical course, where singing along is encouraged!

**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 the New England Jazz Alliance.

**Lloyd Kaplan** earned an M.A.T. at Brown University, and is professor emeritus at CCRI. Lloyd established the jazz studies program at CCRI and 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. He was recently inducted into the OLLI Hall of Fame, teaching over 30 classes since OLLI's inception in 2009.



### A HISTORY OF THE ENGLISH LANGUAGE

3 Sessions with Thomas Santos  
Tues, Jan 9, 16, 23  
1:30 PM - 3:00 PM  
Max: 30 Fee: \$40

Back by popular demand. Our jaunt through more than a thousand years of linguistic history takes us from the Anglo-Saxons to the present day. This go-round, we will add one more session and look at English as it developed in the 19th and 20th centuries. We will meet Chaucer, Shakespeare, Dr. Johnson, and Jane Austin. The activities in each session will uncover why we speak as we do.

**Note:** This is a repeat of the spring session with one additional class session.

**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).



### PIRATES, PRIVATEERS, AND BUCCANEERS OF RHODE ISLAND

1 Session with Brian Wallin

Tues, Jan 23

10:00 AM - 11:30 AM

Max: 45 Fee: \$15

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 at the Newport waterfront. The colony gained a reputation as “Rogue’s Island,” where known pirates lived as respected members of the community. By the time America was at war with England, piracy had mostly run its course. Privateers became the scourge of the Royal Navy, waging a commerce war when America could not yet mount a strong naval force. This lecture traces a sometimes overlooked but significant period in RI 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 and 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).*

### RHODE ISLAND'S TOWNS AND VILLAGES IN PICTURES

1 Session with Joseph Coduri

Tues, Jan 30

1:00 PM - 2:30 PM

Max: 30 Fee: \$15

The mill villages along Rhode Island’s rivers and the resort villages along our lengthy shoreline provided the underlying fabric for the state’s historical development. We’ll explore this rich heritage through more than 400 picture postcards whose images illustrate the role these villages played in the state’s economic and social history. Join us for this nostalgic visual trip through the network of villages that graced the Rhode Island landscape.

*Joseph E. Coduri received his master’s degree in public administration from the University of Rhode Island and began his career on the staff of the University’s Bureau of Government Research, working with cities and towns throughout Rhode Island. After 14 years he left academic life and became the supervisor of local government assistance for the state of Rhode Island. He retired in 2013 after a 45-year career in state service.*



### HEALTHY EATING MADE SIMPLE

6 Sessions with Kathy Tonelli

Tues, Jan 30, Feb 6, 13, 20, 27, Mar 5

10:00 AM - 11:30 AM

Max: 20 Fee: \$55

Learn about the health benefits connected with eating real, whole foods and explore various ways of incorporating them into daily meals. Current ideas and general guidelines around macro and micro nutrients will be discussed as well as how to eat healthy both at home and when away.

(Continued on page 13)

*(Healthy Eating, Continued)*

Participants will also be provided with many simple recipes. Some classes may also include food samples. All sessions will be interactive in nature and will include time for discussion and questions.

**Assignment for the first class:** Choose one day in the week preceding the start of class and jot down what you ate and drank over the course of the day—for your own use, not to be shared, in completing an independent activity on the first day of class. Try to make it an average eating day. Don't do anything different from what you normally would.

**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 is also a microgreens farmer and operates Meadowland Greens, a small organic microgreens business delivering fresh greens in the South County area weekly. Her microgreens are also available at local farmers markets. Both businesses are part of Healthy Life Enterprises of North Kingstown. Kathy retired from the South Kingstown School Department in June 2022 after teaching elementary special education for 33 years. She enjoys teaching and making learning fun for all ages!

**FILM NOIR II**

6 Sessions with Paul Stein  
 Tues, Jan 30, Feb 6, 13, 20, 27, Mar 5  
 1:30 PM - 4:30 PM  
 Max: 45 Fee: \$55

Film noir was the most class-conscious genre of motion picture America has ever produced. It tested the boundaries of conservative Hollywood and established memorable cinematic elements and tropes that influence filmmakers to this day. The

themes of alienation, being trapped by fate, moral ambiguity, and the perverse pleasure of self-destructive acts continue

to be relevant today. Film noir is our instructor's favorite genre in American film and the reason he



is offering a second season with all new films: John Ford's first film, the 1941 classic, *The Maltese Falcon*, Alfred Hitchcock's *Shadow of a Doubt*, Otto Preminger's, *Laura*, Howard Hawks' *The Big Sleep*, Jacques Tourneur's *Out of the Past*, and Billy Wilder's *Sunset Boulevard*. You will see some great actors at the beginning of their careers including Humphrey Bogart, Mary Astor, Sydney Greenstreet, Peter Lorre, Joseph Cotton, Lauren Bacall, Robert Mitchum, and Kirk Douglas.

**Suggested reading:** A week before each class you will be emailed a biography of the director and at least two reviews of the upcoming film.

**Paul Stein** studied film production at the NYU Graduate School of Film. He has taught classes at The Providence Art Club, and for the OLLI at URI he has taught *Film Appreciation: The Art of Watching Films*, *Film Noir*, *The French New Wave*, and the films of Jean Renoir, Alfred Hitchcock, Akira Kurosawa, Federico Fellini, Ingmar Bergman, and more.

**OLLI UMBRELLAS AND COFFEE MUGS AVAILABLE FOR SALE**

Stop by the OLLI office.  
 \$15 cash or check while supplies last.



## TUESDAY CLASSES

### STRETCHES FOR THE HEALTHY FOOT

2 Sessions with Claudia Wojcik

Tues, Feb 6, 13

11:00 AM - 12:30 PM

Max: 25 Fee: \$35.00



Looking to improve your foot health, balance, and mobility? Improve your gait, posture, pace, balance, stamina, and so much more! Learn

stretches and techniques that are accessible to all and modified to your comfort. Dive deep into the anatomy of the foot and learn the importance of maintaining healthy feet.

#### **Suggested, but not necessary, items for the exercises:**

- The Original Yogi Toes – Toe Separators (Original not the gems) Amazon
- Facecloth (toe grips)
- Small beanbag (toe grips)
- Yoga strap or belt (Toe Stretching)
- Yoga block
- Yoga mat
- 2 tennis balls
- 1 tube sock

**Claudia Wojcik**, a nationally certified reflexologist and national reflexology educator, is director 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 igniting people's inner strength, bringing a special brand of positive energy to all her clients. For additional information, visit [southcountyreflexology.com](http://southcountyreflexology.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 begins and we will call you if an opening becomes available.  
and register you over the phone.



### CREATIVE WRITING: TODAY IN HISTORY

6 Sessions with Linda Langlois

Tues, Feb 6, 13, 20, 27, Mar 5, 12

1:00 PM - 2:30 PM

Max: 15 Fee: \$55

Today in history: imagine that you are living in another time and are somehow caught up in its history. You may be a bystander, a casualty, or a reporter. You may be president or king, or perhaps even a child. The choice is yours. Each week, a list of current events from a historical period will be emailed to you. You do the cap of imagination, WRITE, and share your work with the class in a supportive, encouraging atmosphere. Whether you're a beginning writer or looking for ways to continue your writing practice, this class will give you ample opportunity to flex your creative muscles and have fun while doing so.

*The assignment for the first class will be provided prior to the class.*

**Linda (McGowan) Langlois** has a B.A. from URI in English and journalism (double major) 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.

**BEGINNER HANDBELLS**

3 Sessions with Tricia Halloran

Tues, Feb 6, 13, 20

4:00 PM - 5:30 PM

Max: 15 Fee: \$40

We will learn the history of handbells, the composition of a bell choir, and multiple ringing techniques. Participants will practice ringing handbells and learn how to read handbell music. During each class we'll learn a song or two with the different techniques in them. No musical experience necessary.

**Location:** This class meets at Peace Dale Congregational Church: 261 Columbia St, Peace Dale, RI 02879.

**Tricia Halloran** has been playing in bell choirs for 25 years. She is currently director of the Peace Dale Congregational Church bell choir. Having played the piano since she was young, she now gives piano lessons from her home. She taught this class for the OLLI at URI last fall.

**GENETICS AND ETHICS**

3 Sessions with Louise Paquin

Tues, Feb 20, 27, Mar 5

10:00 AM - 11:30 AM

Max: 18 Fee: \$40

Ethical dilemmas arise in the practice of genetic medicine and research. In this seminar format, participants will be provided background scenarios in order to prepare for discussions based on the cardinal principles of bioethics: autonomy, beneficence (doing good for the patient), non-maleficence (first, do no harm), and justice. Topics include newborn screening, confidentiality and privacy, insurance and employment discrimination, animal research on genotypes or animal models, and more. Class discussions will be based on group reasoning about what actions to follow when faced with such bioethical dilemmas.

**Louise Paquin** holds a Ph.D. from Georgetown University and is a board-certified cytogeneticist (chromosomal). She spent 31 years as a professor at McDaniel College in Maryland, teaching biology, genetics, advanced genetics courses, and bioethics. Now having retired and returned to her native Rhode Island, she has offered several OLLI courses.

**COAST GUARD HOUSE**

sea food sea friends sea view

Oceanside Dining on Narragansett Bay

Lunch & Dinner  
open 7 days year round  
indoor/outdoor seating

seafood | oysters | burgers | steaks

40 Ocean Road, Narragansett Rhode Island  
401.789.0700 | thecoastguardhouse.com

Wine Spectator  
AWARD OF EXCELLENCE  
2021  
2015 - 2021

**NEWSLETTER****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](mailto:olli@uri.edu)

## WEDNESDAY CLASSES

### AWARD WINNING NOVELS

3 Sessions with Marylen McKenna  
Wed, Jan 10, Feb 7, Mar 6  
10:00 AM - 11:30 AM  
Max: 30 Fee: \$40

We'll explore, discuss, and enjoy three current award-winning novels, discussing one each



month for three months. Selections include the 2023 National Fiction Winner, *BlackOuts* by Jutin Torres, the International Booker Prize winner *Time Shelter* by Georgi Gospodinov, translated

by Angela Rodel, and the forthcoming winner of the 2023 Booker Fiction Award.

#### **Required reading:**

Jan 10-National Book Fiction winner, 2023:  
*BlackOuts* by Justin Torres.

Feb 7-International Booker Prize, 2023:  
*Time Shelter* by Georgi Gospodina..

Mar 6-Booker Fiction Prize, 2023:  
*Prophet Song* by Paul Lynch

**Marylen McKenna** is a lifetime reader, beginning when she discovered the children's story hour at the Westerly Public Library. She continued as an English major and initiated her first book group for moms in the early 1970s. While her career as library assistant, cataloguer, periodical librarian, and special ed librarian transitioned to business writing and editing in print and for the web, she participated in and led numerous book groups in her different communities.

### FOUR HARRIETS: THREE RUNAWAYS AND A NOVELIST

3 Sessions with Marilyn Harris  
Wed, Jan 10, 17, 24  
1:00 PM - 2:30 PM  
Max: 30 Fee: \$40

In her book, *Well-Behaved Women Seldom Make History*, Laurel Thatcher Ulrich briefly highlights four outstanding women: Harriet Powell, Harriet Jacobs, Harriet Tubman, and Harriet Beecher Stowe. We will delve further into their stories to try to understand more about the situation of enslaved women in the Antebellum South and how their struggles and victories relate to women's history.



**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, as well as programs for area councils on aging, libraries, community groups, and historical societies. Marilyn's particular interests include history (pretty much any period) and travel, and these form the basis of many of her courses. She was recently inducted into the OLLI Hall of Fame, teaching nearly 30 classes since OLLI's inception in 2009.

## **INCLEMENT WEATHER**

OLLI follows URI's policy of cancelling classes.

Use the [URI Alert page](#) to find factual and timely information related to emergency situations, power outages, weather alerts and other campus notices.

We will also leave a message on our phone if classes are cancelled.

401-874-4197



## CORALS AND AUSTRALIA'S GREAT BARRIER REEF

3 Sessions with Paul March  
 Wed, Jan 10, 17, 24  
 2:00 PM - 3:30 PM  
 Max: 45 Fee: \$40

Did you know that there is one coral species native to the Narragansett Bay that does not form reefs seen in other parts of the world? Did you know that corals are one of the most ancient lineages of multicellular animals? Coral fossils of more than 500 million years old are known. We'll begin by examining the biology of corals. What kind of animals are they? What animals are their closest relatives? What causes reefs to form in some places but not others? What is coral bleaching and how is it linked to climate change? We'll then focus on the world's largest coral reef, the Great Barrier Reef in Queensland, Australia, ending with a digital tour of coastal Queensland, the Great Barrier Reef, and Sydney.

**Paul March** received his Ph.D. in biological chemistry from the University of Pennsylvania. As an assistant professor he taught biochemistry to graduate students and medical students at Rutgers Medical School. Following that he taught undergraduate microbiology while at the University of New South Wales, Sydney, Australia. Since moving back to the U.S., he has created a science travel course to the Great Barrier Reef during which U.S. college students stayed at Australian university research stations in remote areas of Queensland at Cape Tribulation and at Orpheus Island. His most recent trip was after Australia re-opened following the Covid 19 pandemic in late October 2022. From 2007 to 2022 Paul was a professor of biochemistry at Emmanuel College in Boston, and from 2019 to 2022 he was associate dean of Emmanuel's School of Science and Health. In 2013 he was a visiting scientist at Brown University, and in 2015 he was a visiting research scientist at Harvard Medical School. Paul has published 33 journal articles that have been cited 1,976 times.

**Jet Vertz** worked 40 years in the aviation business and was vice president at Pratt & Whitney Aircraft prior to his retirement. Prior to going to work at Pratt & Whitney, Jet attended the U.S. Navy's Officer Candidate School in Newport and served as a U.S. Naval Officer during the Vietnam War era. Jet's been an OLLI instructor since 2013 and taught Purpose Driven Retirement, History & Future of Automobiles, Histories & Future of Aviation, and Computer Fundamentals Jet has conducted this Climate Change seminar at the OLLI at URI and other institutions with an overwhelmingly positive reception.

## WHAT IS THE WORLD DOING ABOUT GLOBAL WARMING?

1 Session with Jet Vertz  
 Wed, Jan 10  
 3:00 PM - 4:30 PM  
 Max: 30 Fee: \$15



In this objective review, we examine actual facts and data as published by the climate change assessment report generated by the United Nations Intergovernmental Panel on Climate Change and review commitments by various countries to address global warming. We will also review political aspects relating to climate change by examining blogs and spins put out by climate change alarmists as well as climate change deniers and let you come to your own conclusion.

(See Bio below)



## ENERGY SYSTEMS AND HOW THEY WORK

1 Session with Jet Vertz  
 Wed, Jan 17  
 3:00 PM - 4:30 PM  
 Max: 30 Fee: \$15

How much do you know about offshore wind farms – or other forms of green energy? If you are not already aware, Rhode Island is the first state in the USA to implement an offshore wind farm, just off Block Island. Learn all about the different forms of energy from fossil fuels to wind energy and other “green” systems and how they are produced.



### DEMOCRACY: DOES IT HAVE A FUTURE?

4 Sessions with Stephen Berardo

Wed, Jan 17, 24, 31, Feb 7

10:00 AM - 11:30 AM

Max: 45 Fee: \$45

When the U.S. Constitution was signed, there were only two other democracies in the world. Democracy only became the predominant political system in the late 20th century. Today the number of democracies is rapidly declining, with many countries trending toward autocracy. The COVID-19 pandemic only hastened that trend. In the U.S., political polarization is at an all-time high, and public trust in national institutions is at an all-time low. We will examine how democracy evolved, what it is, and the growing challenges faced by today's democratic governments. We'll focus on the U.S., including looking at the structural flaws in our Constitution and institutions. We will also explore the dynamics underlying different types of governments and how citizens influence change, particularly in the age of social media.

**Assignment for the first class session:** Read recent articles on the decline of democracies around the world that will be provided by the instructor before the first class.

### Suggested Reading:

- Anne Applebaum, *Twilight of Democracy: The Seductive Lure of Authoritarianism* (Doubleday, 2020)
- Steven Levitsky and Daniel Ziblatt, *How Democracies Die* (Crown, 2018)
- Francis Fukuyama, *The Origins of Political Order: From Prehuman Times to the French Revolution* (Farrar, Straus and Giroux, 2011)
- *Political Order and Political Decay: From the Industrial Revolution to the Globalization of Democracy* (Farrar, Straus and Giroux, 2014)
- Jared Diamond, *Guns, Germs, and Steel: The Fates of Human Societies* (W.W. Norton and Co., 1998)
- *Collapse: How Societies Choose to Fail or Succeed: Revised Edition* (Penguin Books, 2011)
- Daren Acemoglu, *Why Nations Fail: The Origins of Power, Prosperity, and Poverty* (Curney, 2012)

**Stephen Berardo** has a master's degree in public administration and is a student of history and political systems. He has taught a number of courses at OLLI including *Slavery: The Scourge of Civilization and the U.S. Constitution*, among others. He is a planning consultant and has been an adjunct and full-time college faculty member teaching courses in business administration and aviation. He has also worked for many years with local, state, and federal government agencies on a variety of land use and infrastructure development issues.

## YOUR FEEDBACK MATTERS!

A few days after your class ends, you will receive an email with a link to a survey. It doesn't take long and we encourage you to take a few minutes and share your thoughts with us. You can also email or call us any time to share your opinions - good or bad! There are paper copies located in the classrooms for your convenience. We need to hear from you so we can continue to offer high-quality programs.

Email: [OLLI@URI.EDU](mailto:OLLI@URI.EDU) or 401.874.4197

**FABULOUS FINGERS:  
BASICS OF PIANO**

6 Sessions with Kirsten Mitak  
Wed, Jan 24, 31, Feb 7, 14, (skip 21), 28, Mar 6  
11:00 AM - 11:55 AM  
Max: 16 Fee: \$55

Have you always wanted to learn how to play the piano? Or get back to playing again? Review basic keyboard skills and musicianship in the comfort of the URI keyboard lab, where you will use headphones to practice and play. We will work on sight reading, repertoire, keyboard technique, simple improvisations, and fundamental music theory. Personal access to a piano or keyboard strongly recommended.

**Required text:**

Nancy and Ronald Faber: *Adult Piano Adventures All-In-One Piano Course Book 1* (FJH Music Co., 2016).

**Location:** This class will be held at the URI Keyboard Lab, URI University Club, 95 Upper College Road. Parking for this class will be in the Fine Arts Lot (staff side) Lot# 6.

**Kirsten Mitak** has been a member of the URI music faculty since 2013, where she currently teaches various piano classes. She has maintained a private teaching studio of piano students of all ages for over 25 years. She is director of music at Saints John & Paul Church in Coventry, where she conducts a children's choir and an adult choir. She holds a B.S. in music education from Rhode Island College, and master's and Ph.D. in music education/piano pedagogy from Florida State University.

**DIY WATERCOLOR NOTECARDS**

1 Session with Kara Marziali  
Wed, Jan 24  
10:00 AM - 11:30 AM  
Max: 30 Fee: \$15

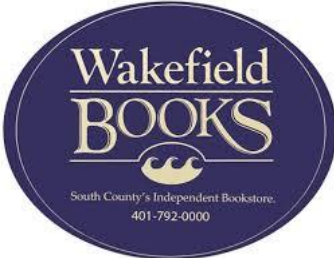
Even if you've never thought of yourself as an artist or painter, Kara Marziali will help you create six note cards for all occasions. Participants will paint three different designs on blank cards so a personal message can be written inside. Your friends and family will love the handmade touch and the cards suitable for framing!


**Materials Fee:**

All materials will be supplied, and students will receive a kit designed especially for this class. \$10 to be paid to the instructor the day of class.

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







**160 Old Tower Hill Road  
Wakefield, RI 02879**  
[Wakefieldbooks.com](http://Wakefieldbooks.com)

*Thank you to our friends at Wakefield Books who offer a 20% discount on any purchase related to OLLI classes or special interest groups.*

## WEDNESDAY CLASSES



### THE HISTORIC ARMORIES OF RHODE ISLAND

1 Session with Roberta Mudge Humble

Wed, Jan 31

1:00 PM - 2:30 PM

Max: 45 Fee: \$15

The oldest of the 18 standing armories in Rhode Island was built in 1835 and the newest in 1928. Brick and granite, wood and stone, these armories have survived through times when other architecture would have failed; more than half of the existing buildings are on the National Register of Historic Places. Besides their military missions to safely store arms and to provide homes for military units, Rhode Island's armories have a close attachment to the state's citizenry. From dances and meetings to circuses with Tom Thumb, voting, polio clinics, car shows, state inauguration balls, and home to the fast break in basketball, the armories have welcomed the people of Rhode Island. This presentation includes all 18 of Rhode Island's historic armories.

**Roberta Mudge Humble** has written 7 books and created 8 games – all about Rhode Island – and gives 12 rousing presentations on Rhode Island, all with glorious pictures of all parts of the state. She is a retired CCRI professor where she taught technical writing for 47 years. Her passion is historic armories. She is president of the Westerly Armory, which has an event venue in its drill hall, a museum of both military and community memorabilia, and a home for the Westerly Band. Her best-known books are *The Right to Crow* and *The Historic Armories of Rhode Island*. The recipient of many state and national awards, she was inducted into the Rhode Island Heritage Hall of Fame in 2022. And she loves birds.

### HAND LETTERING:

#### THE ART OF DRAWING LETTERS

1 Session with Kara Marziali

Wed, Feb 7

1:00 PM - 2:30 PM

Max: 30 Fee: \$15

Hand lettering is an extremely easy art form and allows artists to interpret letters in creative ways. The best part is you don't need any fancy tools. If you know how to hold a pen and follow instructions, you will be able to learn how to create beautiful letters using supplies you have at home—any pen, pencil or marker will do. The art of lettering varies depending on the style and the artist



doing the lettering. Participants will focus on the process of hand lettering, practice strokes, outline the alphabet, create character connections, play with flourishes, and discover their own style.

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

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

**IN THE BLINK OF AN EYE : SURVIVING A TRAUMATIC BRAIN INJURY**

1 Session with Joan Gardiner  
 Wed, Feb 28  
 1:00 PM - 2:30 PM  
 Max: 45 Fee: \$15

Joan Gardiner will share her experience as a survivor of a traumatic brain injury when she was injured in a car accident in October 2001. She will discuss her recovery and the five factors she believes were critical to its success. Joan has also written a book that details those factors and will talk about the process of writing and publishing her book.



**Suggested reading:** Joan Gardiner, *In the Blink of an Eye: Five Elements of a Successful Recovery. A Traumatic Brain Injury Survivor's Perspective* (Kindle Publishing, 2021). Available in paperback at Wakefield Books or in paperback or Kindle format through Amazon.

**Joan Gardiner** has a B.A. in economics from Colorado State and a master's in finance from Bryant University. She gives an annual talk about TBI awareness at Monsignor Clarke School and has talked at three other schools in the past. She was on the board of the Brain Injury Association of RI from 2005 to 2013. Joan lives in South Kingstown, RI with her husband of 32 years, Tom. They have three children.

**RIDING THE RAILS TO WICKFORD: THE STORY OF THE NEWPORT & WICKFORD RAILROAD AND STEAMBOAT COMPANY**

1 Session with Brian Wallin  
 Wed, Mar 6  
 10:00 AM - 11:30 AM  
 Max: 45 Fee: \$15

The Newport & Wickford Railroad and Steamboat Company was built in 1870 by a group of wealthy New York and Rhode Island men who summered in Newport and wanted a convenient route from New York City. They created a quirky little connection of less than four miles from the mainline railroad to Wickford harbor where their company also operated steamboat service across Narragansett Bay to Newport. This richly illustrated tale covers the life of the N&W until it was abandoned in 1925 by the then monopolistic New York, New Haven and Hartford Railroad which had swallowed up the N&W in 1909. The lecture also touches briefly on the Seaview Trolley line that crossed paths with the railroad in Wickford village.

**Brian L. Wallin** is a graduate of Stonehill College and earned his master's degree from American International College. He is a former radio and 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).



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, cups and cash. Thanks for your support!

## WEDNESDAY CLASSES

### FILLING YOUR RHODE ISLAND BUCKET LIST AND SPILLING ITS SECRETS

1 Session with Robert Curley

Wed, Mar 6

3:00 PM - 4:30 PM

Max: 45 Fee: \$15

Robert Curley, author of *100 Things to Do in Rhode Island Before You Die* and *Secret Rhode Island: A*

*Guide to the Weird, Wonderful, and Obscure* will lead a fun journey to the Ocean State's must-do experiences and uncover the strange facts and weird history of this unique little state.

**Suggested reading:** Robert Curley, *100 Things to Do in Rhode Island Before You Die*

(Reedy Press, 2019) Robert Curley, *Secret Rhode Island: A Guide to the Weird, Wonderful, and Obscure* (Reedy Press, 2023).

**Bob Curley** is a freelance writer based in Rhode Island who writes about travel, food, culture, and health and wellness for publications including *Coastal Living*, *AFAR*, *Business Traveller*, *Google TravelBird*, and *Global Traveler*. He is the author of three travel guidebooks about Rhode Island and one about the Caribbean, and has contributed chapters to several others.



### INVASIVE PESTS AND THEIR NATURAL ENEMIES

1 Session with Lisa Tewksbury

Wed, Mar 13

2:00 PM - 3:30 PM

Max:30 Max: \$15

Invasive weeds and insect pests are in the news all the time. What makes them invasive, and how can their natural enemies come into play to help manage them? We'll see a display of insect specimens and learn how they are introduced, with examples of current and historical problems involving the southern pine beetle, emerald ash borer, spotted lanternfly, swallow-wort, mile-a-minute, common reed, and Japanese knotweed. How successful are their natural enemies? What does the future hold for management of these invasive species?

**Lisa Tewksbury** has worked at the University of Rhode Island for over 38 years and is currently the director of the URI biocontrol lab. This facility includes a USDA certified containment facility to facilitate biological control research with invasive species. The lab conducts surveys for invasive species such as the Southern pine beetle and emerald ash borer and biological control research and implementation projects using insect natural enemies for invasive pests such as the emerald ash borer, spotted lanternfly, swallow-wort, mile-a-minute, common reed, and Japanese knotweed.

# VOLUNTEER

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.

Call the office for more information: (401-874-4197) or email [olli@uri.edu](mailto:olli@uri.edu).

## MALAGA ISLAND AND *THIS OTHER EDEN*: A TRAGEDY OF RACISM AND EUGENICS

3 Sessions with Gale Eaton

Wed, Feb 14, 21, 28

10:00 AM - 11:30 AM

Max: 25 Fee: \$40

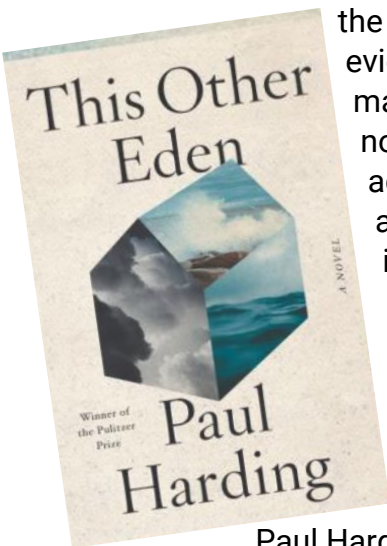
Through the middle and late nineteenth century, a mixed community of African Americans, Indigenous people, and whites eked out a living on Malaga Island in Phippsburg, Maine. In 1912, after forcibly moving several residents to a home for the feebleminded, the state evicted the island's 45 remaining inhabitants. Economics helped motivate the action but racism was key, and the rhetoric of eugenics cloaked the proceedings in scientific righteousness. The episode has been fictionalized more than once, most recently in *This Other Eden*, by Pulitzer Prize winner

Paul Harding. Using multiple viewpoints and rich prose, he gives mythic resonance to the loving, flawed, and eccentric people of his Malaga-like Apple Island. We will discuss the history behind the story in week one, and the novel itself in weeks two and three.

**Required Reading:** Paul Harding, *This Other Eden* (W. W. Norton & Company, 2023, ISBN 978-1324036296)

**Suggested Reading:** Julia Bouwsma, Midden: *Poems*

**Gale Eaton**, a one-time children's librarian and past director of URI's Graduate School of Library and Information Studies, faced some intellectual freedom challenges over the years. She thinks Paul Harding has learned a few things about connected family sagas from William Faulkner and Marilynne Robinson. (Fordham University Press, 2018).



## GOOD IMPRESSIONS: PHOTO EDITING FOR ANDROID AND IPHONE PHOTOGRAPHERS

3 Sessions with Jan Armor

Wed, Feb 14, 21, 28

10:00 AM - 11:30 AM

Max: 25 Fee: \$40

Join Jan Armor for an exciting photo-editing workshop about how to make your pictures better...often way better. It's amazing to see how simple edits made to a picture can suddenly transform it from ho-hum to "Wow!" just like magic. We'll use both Apple's and Google's editing tools as well as take a deeper dive into Snapseed, a free photo-editing app by Google that's available for Android or iOS. After a little sorcery in your photo library, all your friends and relatives will be impressed with your pictures. This workshop is perfect for both iPhone and Android photographers.

**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. Jan was recently inducted into the OLLI Hall of Fame, teaching over 30 classes since OLLI's inception in 2009. To see his work and a more detailed biography, go to [armorphoto.com](http://armorphoto.com).

## THURSDAY CLASSES



### LET'S SKATE!

8 Sessions with Dorothy Cunningham  
Thur, Jan 11, 18, 25, Feb 1, 8, (skip 15), 22, 29, Mar 7  
9:00 AM - 9:50 AM  
Max: 20 Fee: \$65\*

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 apply:

**Admission to the Boss Arena:** \$35 for 6-week skate card.

**Skate rental:** \$30 for 6 weeks.

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

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

### 1984: FICTION OR PROPHECY?

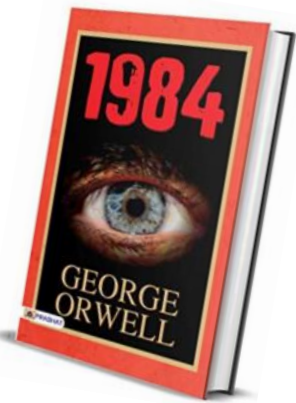
3 Sessions with Bob Persons

Thur, Jan 11, 18, 25

10:00 AM - 11:30 AM

Max: 30 Fee: \$40

Careful, Big Brother is watching you! On the 75th anniversary of George Orwell's dystopian novel, we need to ask ourselves, "Is this book more futuristic science fiction or political prophecy?" We will examine many parallels between 1984 and modern day. Can our whereabouts be monitored as easily today as Orwell's ever-present Telescreens? Is our language evolving into Newspeak? Can we find examples of Doublethink? Is it really possible to make us believe that  $2+2=5$ ? Be forewarned, this discussion-based class will examine all aspects of modern-day society and may even result in a "Thoughtcrime" or two!



**Assignment for the first class:** Read the novel and if possible watch the film 1984 (1984 version).

**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. He has a passion for 1984, having read it first in high school and later, three more times with each of his high school kids. He is excited to discuss it with others.



**Registration begins  
Tuesday, December 12**



**GRENACHE: THE UNLIKELY HERO IN THE WINE WORLD**

1 Session with Elisa Wybraniec  
Choose 1 date:

- Thur, Jan 18
- Thur, Jan 25

3:00 PM - 4:00 PM  
Max: 40 Fee: \$25



New Zealand may have put new-world sauvignon blanc on the map, but there is more to offer from this isolated region. The region is producing fuller-bodied red wines, light to fuller-bodied white wines, and sparkling wines. We will discuss and taste some of these wines and how New Zealand is able to produce a range of styles.

**Please Note:** Enter the Coast Guard House from stairs located to the right of the main door. You may also use the main entrance and take the elevator to the second floor.

*Elisa Wybraniec is a graduate of URI with a B.S. in finance. She holds the Wine & Spirit Education Trust (WSET) Diploma, is a certified sommelier, and belongs to the Society of Wine Educators. She has served as adjunct faculty at Johnson & Wales and contributes occasionally to the Rhode Island Beverage Journal. Elisa also worked in Napa Valley for the talented winemaker Alan Viader of Viader Winery in 2018, as well as boutique winery Kosta Browne in Sonoma in 2019. She is now full-time wine director/sommelier at the Coast Guard House Restaurant in Narragansett. For the OLLI at URI she has given presentations about wines from all over the world.*

**RAPTOR ENCOUNTER**

1 Session with Lisa Maloney  
Thur, Jan 25  
10:00 AM - 11:30 AM  
Max: 40 Fee: \$15



Audubon raptor encounters are awe-inspiring events for all ages. Owls, hawks, and falcons with razor-sharp talons and extraordinary adaptations fascinate both children and adults alike. In this class, you'll get up close to some live birds of prey. In addition, we'll learn about raptor behaviors, predators, prey, and habitats.

*Lisa Maloney is the community education coordinator at Audubon in RI. She has been an educator at Audubon for 15+ years and taught at several nature centers, outdoor education centers, and a natural history museum for 10 years before coming to Audubon. She is a self-confessed bird nerd and loves taking walks in the woods to awaken the senses, listening for birds, looking for rocks and animal signs, and taking in all the wonderful scents such as pine, wintergreen, birch, sassafras, and spicebush.*



**DONATIONS ACCEPTED at OLLI for URI'S BASIC NEEDS PANTRY**

Each month we send out an email listing for items the pantry is in 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](#).

### Capizzano OLIVE OILS & VINEGARS



#### WHAT LIES BEYOND THE OLIVE TREE?

1 Session with  
Stephen & Suzanne Capizzano  
Thur, Feb 1  
1:00 PM - 2:30 PM  
Max: 35 Fee: \$15

All extra virgin olive oils are not the same. There is an art and science to the olive. We'll experience the art through the nose and flavor notes and get an understanding of the science of high-quality extra virgin olives and how they are harvested and tested. We'll come away with a better understanding of how and why extra virgin olive oils are of different qualities. This is an experiential class; come prepared to taste how olive oil can complement all your foods (maybe even ice cream).

**Suzanne and Stephen Capizzano** are the owners of Capizzano Olive Oils & Vinegars in Pawcatuck, CT, which sells extra virgin olive oils and balsamic vinegars from around the world. They are both on the health, nutrition, and education core team that is part of Yale University's olive institute in the School of Public Health.

**Stephen Capizzano** has an M.S. in health administration from New England College and is a board examiner of the Malcolm Baldrige Performance Excellence Recognition Award.

**Suzanne Capizzano** has a B.S. in education and workforce development from Southern Illinois University, a

degree in physical therapy from Becker College, and 20 years of experience as a physical therapist. She is a certified as a Qigong teacher, 3rd duan by Beijing Sports University and as a patient advocate by Cleveland State University. She is also a board examiner of the Malcolm Baldrige Performance Excellence Recognition Award. As an experienced health professional in physical therapy and cardiac rehabilitation, Suzanne knows well the specific benefits of living the Mediterranean lifestyle by choosing high quality extra virgin olive oils, legumes, vegetables, and fish.

#### MAKING MOSAIC ART WITH RECLAIMED PAPER SCRAPS

4 Sessions with Sandra Krupp  
Thur, Feb 8, 15, (skip 22), 29, March 7  
10:00 AM - 11:30 AM  
Max: 15 Fee: \$45

Learn to make paper-scrap mosaic images working individually and collaboratively to make a large collage art piece like the mural in the OLLI office.

No drawing skills are required. We will be cutting, tearing, and pasting paper scraps to make an original piece. "Imagine Our World With More Butterflies" is the theme we will be working with.

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



**THE URI WATERSHED WATCH PROGRAM**

1 Session with Elizabeth Herron and Paolo Stegagno

Thur, Feb 22

1:00 PM - 2:30 PM

Max: 45 Fee: \$15

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 the 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, Tuebingen, Germany.

**NEW CURRENT EVENTS DISCUSSION GROUP**

Interested in current events?

Join your OLLI friends for a weekly discussion every Thursday, from 11:00 AM-12:30 PM facilitated by an OLLI member. Members will come together for lively discussions on local, state, national, and worldwide topics. This group will be encouraged to share interesting articles, photos, and other content related to current events, and urged to share their own thoughts and ideas in a respectful manner. This is a drop-in program and pre-registration is not required. The first meetings will be December 14, and January 11.



Come learn about all OLLI has to offer.

Sessions are offered monthly and are open to both current and new members. We'll review our current programs, and our special interest groups all while exploring and becoming more familiar with the OLLI website and registration software.

Log on to register: [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)  
or call 401-874-4197

Dec 5, at 12:00PM Jan 11, at 12:30PM  
Feb 7, at 1:00PM Mar 11, at 1:00PM

## THURSDAY CLASSES

### THE LIFE AND TIMES OF OLIVER HAZARD PERRY

1 Session with Evan Wilson

Thur, Feb 29

10:00 AM - 11:30 AM

Max: 45 Fee: \$15

"We have met the enemy and they are ours." So begins one of the most famous dispatches in American history. Its author was South Kingstown's own Oliver Hazard Perry, and he wrote it in the aftermath of his important victory over British forces on Lake Erie in September 1813. This lecture describes Perry's victory and its consequences, but it also puts the battle in a broader context. How did Perry come to be in command of American forces on Lake Erie? How did his victory contribute to the broader American war effort? And what can Perry's career tell us about the history of the U.S. Navy in the early 19th century?



**Evan Wilson** is an associate professor in the Hattendorf Historical Center at the U.S. Naval War College in Newport, Rhode Island. A recipient of the Sir Julian Corbett Prize in Modern Naval History, he researches the naval history of Britain and other countries from the eighteenth to the twentieth centuries. He is the author or editor of six books, most recently *The Horrible Peace: British Veterans and the End of the Napoleonic Wars* (UMass, 2023). He has published articles in several journals, including the *English Historical Review* and the *Journal of Military History*. Before coming to Newport, he was the Caird Senior Research Fellow at the National Maritime Museum (UK) and the Associate Director of International Security Studies at Yale University. He holds degrees from Yale, Cambridge and Oxford.

### ANDREAS VOLLENWEIDER, SWISS HARPIST

3 Sessions with Christine Phoenix Green

Thur, Feb 29, Mar 7, 14

1:00 PM - 2:30 PM

Max: 25 Fee: \$40

In the early 1980s, the young Andreas Vollenweider entered the world music scene with his innovative personally engineered electrical acoustic harp. His original compositions, musical themes, and unusual, always magical, style of playing were hard to categorize—world music, new age, innovative jazz, percussion—but always hypnotic, relaxing, and exciting. A secret...he is still at it, now at age 70. This engaging series will follow his life story and musical creations with selections from the many performances of "Vollenweider and Friends," featuring Andreas accompanied by world class musicians and their jazz and improvisations that sweep us into reverie. We will learn about Andreas on his personal and creative life journey and appreciate the importance of music for healing,



especially in challenging times. Don't miss this, especially if you were a fan of Andreas Vollenweider

and his unique music way back when. Pure listening pleasure with more than a touch of genius!

**Christine Phoenix Green** has taught a variety of courses in spiritual personal and 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 on her blog <https://thegreeningspirit.wordpress.com>.

## OLLI LENDING LIBRARY

Looking for something to do with your old books or looking for a new read? Stop by our lending library in the lobby! Bring some books or take some books!



### **SOUTH KINGSTOWN LAND TRUST: A TWO-PART EXPLORATION**

2 Sessions with Julia Landstreet

Thur, Mar 7, 14

10:00 AM - 11:30 AM

Max: 20 Fee: \$35

Protected land: What does that mean, how does it get that way, and who benefits? Join South Kingstown Land Trust (SKLT) executive director, Julia Landstreet in a two-part exploration in the classroom and at the 100-acre protected Weeden Farm on Matunuck Beach Road, home to the Land Trust headquarters. First we will meet in a classroom setting to review the process, parcels, and particulars of the over 175 parcels protected by SKLT. Our second meeting will be held, rain or shine, at Weeden Farm where we will get out and explore the many benefits and uses of protected land first hand. Participants must be able to navigate an uneven walking path as we set out around the fields after a brief tour of the facilities and equipment.

***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.*



**Facilitators:**

Brenda Bibb & Marion Goldsmith

Looking for a short outing with a snack to follow? Join the Rhody Ramblers for a different adventure each month. Each outing will begin with a short walk followed by a visit to a local coffee shop or restaurant for light refreshment. These walks are easygoing and great for walkers who prefer a less strenuous walk and a social outing. If you're interested in a more adventurous walk, please see the OLLI Hiking Group on page 38.

**Thursdays** : 10:30 AM - 11:30 AM Max: 12 Fee: Free

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

### **JANUARY 18 - Narragansett Sea Wall**

We will begin our morning adventure walking along the seawall in Narragansett. Park at the south end of the Narragansett Town Beach parking lot (nearest the Towers). Meet at the top of the seawall. We will plan our snack at Cool Beans near the Tower.

### **FEBRUARY 15 - URI Bike Path**

We will walk along the William O'Neil Bike Path from Main Street to Kingstown Road and return, a quiet oasis right behind downtown. Park in the lot behind Main Street, and meet at the bike path restroom, near the traffic light where the bike path crosses Main Street. We will check out the snacks at Caf Bar on Main Street.

### **MARCH 14 - Brushy Brook Trail**

Our March walk will be at the accessible trail along Brushy Brook from Depot Square in Hope Valley. This is part of the Hopkinton Land Trust and features a fishing pier with a wonderful view of the Wood River. Meet and park next to the Hopkinton Fire Station. After our walk, we will check out West's Bakery for snacks.

## FRIDAY CLASSES



### TAKE A BREATH

4 Sessions with Linda Morse  
Fri, Jan 12, 19, 26, Feb 2  
1:00 PM - 3:00 PM  
Max: 20 Fee: \$45

At one time or another, we may have found ourselves dealing with anxiety, fears, panic attacks, sadness, stress, sleep issues, or physical pain. We may have tried a variety of paths to alleviate the condition, but when all else fails . . . breathe! The breath is the guide in the journey to balance. Learn about the respiratory and circulatory systems and experience several breath techniques to 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.

**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.

### THE LYRICAL POETRY OF BOB DYLAN AND GORDON LIGHTFOOT

3 Sessions with Elizabeth Bogutt  
Fri, Feb 2, 9, 16  
9:30 AM - 11:00 AM  
Max: 20 Fee: \$40

We'll look at a selection of written lyrics from these two amazing singer-songwriters.

We'll analyze some of their well-known and less-familiar songs and discuss the motivating factors that led to their creation. We'll play

some of these songs in class and everyone will be encouraged to sing along. There will also be time to discuss the influence Bob Dylan and Gordon Lightfoot have had on our lives, from our teen years to the present.



**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, conducts occasional poetry workshops in the community, and has taught several OLLI courses. She enjoys combining poetry and music and previously taught a course on the lyrical poetry of Paul Simon and Joni Mitchell.

### CHAIR YOGA FOR BODY, MIND, AND SPIRIT

6 Sessions with Linda Morse  
Fri, Feb 9, 16, 23, Mar 1, 8, 15  
1:00 PM - 3:00 PM  
Max: 20 Fee: \$55

Are you interested in practicing yoga but feel restricted or uneasy about having to get down to the floor? Do you simply want to achieve better flexibility and strength of movement? Whether you are seated at a desk or table or you are confined to a wheelchair, yoga practiced in a chair can provide the same benefits as floor practice. In this very relaxed and enjoyable program, you will gain flexibility, muscle strength, and peace of mind. Learn ways to move as well as breathing techniques for daily living, all at your own pace. Wear comfortable clothing that allows you freedom of movement.

**Linda M. Morse** (See entry for *Take a Breath*)



### SANDRA BULLOCK: MISS VERSATILITY

6 Sessions with Brett Morse  
 Fri, Feb 9, 16, 23, Mar 1, 8, 15  
 1:00 PM - 4:00 PM  
 Max: 45 Fee: \$55

Sandra Bullock made her first stage appearance at the age of five in an opera in Germany. She has been dubbed America's Sweetheart by the media in reference to her "friendly and direct and unpretentious" nature. Her acting in comedy, drama, and science fiction is second to none. Come and learn about her life and rise to stardom and watch six of her highest grossing movies: *Miss Congeniality* (2000); *The Proposal* (2009); *The Blind Side* (2009); *Gravity* (2013); *The Heat* (2013); and *The Lost City* (2022).

**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.



THE  
UNIVERSITY  
OF RHODE ISLAND

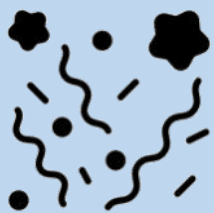
Age-friendly  
University  
Global Network

The University of Rhode Island became a member of the Age-Friendly Global Network in 2018.

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

The AFU workgroup at URI is currently focusing on the following initiatives:

- (1) Creating Intergenerational programs, such as Cyber Seniors, 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
- (5) Expanding research involving older adults, particularly with regard to health and well-being.



Join OLLI's NEW Special Interest Group

## Creativity and Play

Facilitator:  
Sandra Enos

Meets the second Thursday of each month at 10:00 AM  
 Details of events and locations emailed to those who register.

This NEW OLLI special interest group meets once a month, in person for up to two hours to pursue fun, play, and creativity. There is so much talent in the OLLI member population for fun making. We see this in the OLLI faculty and in the interests of our members. In this Special Interest Group, members could propose a topic they'd like to lead. We want to tap into the interests of OLLI members who want to stretch themselves and be challenged creatively. We are interested in exploring drawing, painting, sculpture, creative writing, poetry, creative challenges, community projects, movement and games, and much more. Note: Meeting location may vary.

## FRIDAY CLASSES

### THE IDITAROD: THE LAST GREAT RACE

3 Sessions with Dorothy Cunningham

Fri, Mar 1, 8, Tue, Mar 12\*

9:30 AM - 11:00 AM

Max: 25 Fee: \$40

The Iditarod sled dog race covers 1,049 miles over Alaska's hazardous terrain with the best-conditioned athletes, the beautiful, well-trained teams of dogs. Led by their mushers (drivers), the race will begin on March 2, 2024. You will feel like part of the race, hearing true stories along the trail and learning about the training and equipment needed by mushers and dogs, current Iditarod rules, dangers, and checkpoints of the race. Using the race log, we will follow our mushers in real time and cheer on the teams to the finish.

*\*Please note: This class meets on a varied schedule—two Fridays and a Tuesday.*

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



## OLLI Book Club

Meets the third Friday of every month at OLLI.

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

### January

*Killers of the Flower Moon* By David Grann

### February

*Crossing to Safety* By Wallace Stegner

### March

*Maud's Line* By Margaret Verble

### April

*This Tender Land* By William Kent Krueger

### May

*Kindred* By Octavia Butler

### June

*The Rosie Project* By Graeme Simion





**BEGINNING DIGITAL PHOTOGRAPHY**

3 Sessions with Eli Vega

Tue, Jan 9, 16, 23

10:00 AM - 11:30 AM

Max: 20 Fee: \$40

Learn the basics, walk through menu items, and become 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!



**For the first class:** A workbook will be emailed to those who register. 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. Among the venues he has taught are Rocky Mountain National Park, Garden of the Gods (Colorado Springs, CO), OLLI in several cities and states, various colleges in Arkansas, Colorado, and Texas, and various art groups and camera clubs.*

**WRITING A LEGACY LETTER**

1 Session with Jay Sherwin

Thur, Jan 11

10:00 AM - 11:30 AM

Max: 20 Fee: \$15

PLAY VIDEO ▶

A legacy letter (also called an ethical will) is a written document that allows people to share their life lessons, express their values, and transmit their blessings to future generations. A legacy letter is shorter than a memoir, typically only a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends, and loved ones. This workshop includes discussion and brief writing exercises



es to help you examine your life history, explore your values, and capture important insights. It offers advice, encouragement, and a model structure to help you draft and complete your own legacy letter.

*Jay Sherwin has practiced law, given away money for five different charitable foundations, and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. Jay has extensive experience facilitating adult learning programs and has taught this online course for OLLI programs nationwide. He holds a B.A. from the University of Pennsylvania and a J.D. from Northeastern University School of Law.*

**OLLI ZOOM CLASS INFO**

A link to join zoom classes is sent in a reminder email 2 days before the class starts. For your convenience, a link is also sent 30 minutes prior to the beginning of the course.

If you've downloaded the Zoom app onto your computer or mobile device, the meeting should open automatically when you click the link. If you prefer not to download the app, select the "join from your browser" option that will appear on your screen after you click the Zoom link.

You will be placed in a "waiting room" until the host (an OLLI staff member) admits you into the main meeting. **The host will open the meeting and begin admitting members approximately 30 minutes prior to start time.**

To avoid audio interference with the instructor's presentation, all members will be muted automatically upon entering the Zoom meeting. We've asked our instructors to leave 5-10 minutes at the end of each session to respond to questions.

If you need assistance with any zoom-related matters, please contact the office in advance of your class starting.



### LIVING WITH MORE JOY, ENERGY, AND ENTHUSIASM

2 Sessions with Laura Greco

Fri, Jan 12, 19

9:30 AM - 11:00 AM

Max: 45 Fee: \$35

Our daily joy, energy, and enthusiasm can silently slip away until we notice our days seem dull and flat. Becoming more engaged, energetic, and joyful can be a simple process. In this interactive course we will look at food choices, sleep cycles, decision making, movement, thinking patterns, emotion management, and even your posture as avenues to boost joy, energy, and enthusiasm.

### CARING FOR THE CAREGIVER

3 Sessions with Laura Greco

Mon, Jan 22, 29, Feb 5

10:00 AM - 11:30 AM

Max: 45 Fee: \$40

Caregiving can be both rewarding and frustrating. It is easy to get caught up in caregiving responsibilities and neglect yourself. Recognizing that you are more than a caregiver



is important. So is managing your time, stress, emotions, thinking patterns, priorities, and well-being. We will focus on learning coping strategies and tools to help you care for yourself, manage

emotions, and live a more balanced life, all in a supportive and informative environment.

**Laura Greco** is a certified wellness coach, author, and speaker/trainer with a 20+ year background in nursing who helps professionals eliminate burnout, manage stress, create life balance, and rekindle their sense of purpose and joy. She believes that self-care (body, mind, and spirit) is the basis for well-being and that we all have the capacity to make positive lifestyle changes. Her books include *Wellness Made Simple*, *Wellness Made Simple-for Residents*, and *Wellness Made Simple for Caregivers*. For more information please visit her website at [YouBloomWellness.com](http://YouBloomWellness.com) and follow her on Instagram @you.bloom.wellness.

### BUTTON UP: GET YOUR PERSONAL AFFAIRS IN ORDER

2 Sessions with Jamie Novak

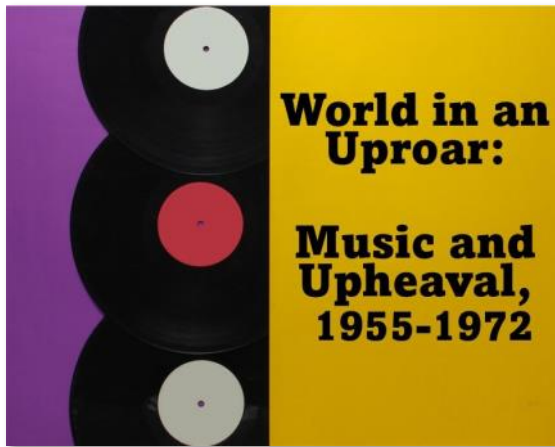
Wed, Jan 24, 31

3:00 PM - 4:30 PM

Max: 45 Fee: \$35

Securing important documents is just one of the many tasks we know we need to take care of, sooner rather than later. If you haven't put together your final wishes or decided how to deal with your house full of treasures, find out what you need to do without being overwhelmed. Complete this program armed with the exact steps to take to give yourself (and your loved ones) the peace of mind that comes with being prepared.

**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 about decluttering and getting organized, she is searching for a cure to her own addiction—clipping recipes that she'll never prepare. Be sure to check out [JamieNovak.com](http://JamieNovak.com) to read the tiny tidy of the day.



### WORLD IN AN UPROAR: MUSIC AND UPHEAVAL, 1955-1972

6 Sessions with Aaron Leonard  
 Thur, Jan 25, Feb 1, 8, 15, 22, 29  
 3:00 PM - 4:30 PM  
 Max: 45 Fee: \$55

PLAY VIDEO ▶

Jim Morrison, Miriam Makeba, Bob Dylan, Nina Simone, and other artists transformed pop music in the 1960s, but they did not do so without a fight. At every turn, they were confronted by entrenched forces within the status quo who pushed back. We'll explore the rise of these artists and the opposition they encountered amid the upheaval of the Black freedom movement, opposition to the war in Vietnam, and the rising counterculture. Using previously unreleased FBI files, government documents, interviews, the media of the day, and other works, we will shine a light on a period in history that continues to have an impact on our world.

**Aaron J. Leonard** is a writer and historian with a particular focus on the history of radicalism and state suppression. He is the author of *Heavy Radicals: The FBI's Secret War on America's Maoists, The Folk Singers & the Bureau, and Whole World in an Uproar*. In May 2024 he will publish, *Meltdown Expected: Crisis, Disorder & Upheaval at the End of the Seventies*, (Rutgers University Press). He has a B.A. in social sciences and history magna cum laude from New York University. He lives in Los Angeles.

### WHAT DO YOU BELIEVE? CHRISTIAN APOLOGETICS IN THE MODERN WORLD

5 Sessions with Teresa Testa  
 Tue, Feb 6, 13, 20, 27, Mar 5  
 2:00 PM - 3:30 PM  
 Max: 30 Fee: \$50

Created for both those faithful to religious belief or firm in unbelief, this course offers an academic journey toward understanding Christianity in light of the cultural complexities of modernity. Originating from the Greek *apologia*, or "a speech in defense," the study of Christian apologetics creates the foundation for the defense of absolute faith in God and the existence of the Christian belief system. However, modernity presents a diverse array of challenges to belief, e.g., existentialism or ethi-



cal relativism. The purpose of the class is to understand the historical, philosophical, and theological foundations of Christian apologetics and gain new insights inspired by

cultural heritage. Topics covered include technology, responsibility, and individuality. The ultimate goal is to give students the opportunity to engage deeply with their beliefs with the hope that a greater sense of self may be attained through enhanced knowing.

*Assignments will be provided by the instructor after the first session in preparation for the next class.*

**Teresa M. Testa** is a Ph.D. candidate at Salve Regina University where her dissertation research explores 20th-century cultural approaches to moral theory within the philosophy of technology and theology. Graduating from Brown University with a concentration in English and American literature, Teresa also earned the M.Sc. in organizational management from Salve Regina University with emphasis on modern business ethical standards. Her academic interests are extensive and connect multiple disciplines within the humanities.

## ZOOM CLASSES

### IMMIGRANTS IN AMERICA: STORIES OF JAZZ, BLUES, ROCK, AND POPULAR CULTURE

6 Sessions with Emanuel Abramovits  
Wed, Feb 7, 14, 21, 28, Mar 6, 13  
9:30 AM - 11:00 AM  
Max: 45 Fee: \$55

We'll document the fertile interaction among minorities that transformed not only the music of the 20th century, but the whole entertainment industry and popular culture. With strong support from audio-visuals and based on Emanuel Abramovits's experience as concert promoter,



we'll explore the legacy of the most relevant singers, performers, producers, record labels, and booking agencies in the history of rock, pop, blues, and jazz. We'll learn how the main jazz standards and *The Great American Songbook* were built by artists like Irving Berlin, George Gershwin, Jerome Kern, Benny Goodman, Stan Getz, and others, and how their legacy influenced Leiber and Stoller, Bob Dylan, Barbra Streisand, Lou Reed, Leonard Cohen, Kiss, Slash, and many more.

*Emanuel Abramovits has been a concert promoter since 2000, directly involved in many concerts by international artists, like Itzhak Perlman, Gustavo Dudamel, Sarah Brightman, Roger Hodgson, ASIA, Journey, Kenny G, and many more. He has designed and staged many original orchestral events, including an Event of the Year winner and several world premieres. He served as the cultural director at Union Israelita de Caracas from 2008 to 2019, releasing books, organizing film cycles, concerts, and art exhibits. He has been consistently teaching online and in person across the U.S. since 2020.*

### SIX AMERICAN SHORT STORY MASTERS

6 Sessions with Robert Weibezahl  
Wed, Feb 7, 14, 21, 28, Mar 6, 13  
3:00 PM - 4:30 PM  
Max: 30 Fee: \$55

We will explore the short story form as we dive into the work of six of the finest American short story writers of the postwar years. Each week we will

focus on the output of a single writer, reading three or four stories and exploring the sources and particularities of that storyteller's distinctive narrative style and thematic concerns. Some of these writers, like Eudora Welty and John Cheever, we have touched on in previous sessions. Others, like Alice Adams and John O'Hara, are unjustly neglected by many readers today. Stories will be provided electronically by the instructor and participants should read the assigned stories in advance of each class. There is no prerequisite.

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

### FOOD: ORDINARY, AMAZING, SURPRISING

3 Sessions with Stephenie Slahor  
Mon, Feb 26, Mar 4, 11  
3:00 PM - 4:30 PM  
Max: 45 Fee: \$40

We must eat to survive, but food represents much more to us. As we discuss food groups and varieties we like, love, savor (and even hate!), we'll explore the world of food and food safety, food quality, and controversies and questions such as to microwave or not?, rock salt vs. sea salt?, herbs, and much more, including a section about what's best for pets.



*Stephenie Slahor holds a Ph.D. in administration and J.D. from Western State University College of Law. Retired from a law practice and university teaching, she now creates courses in the natural sciences, unique and interesting places in the world, and educational general interest topics that are informational and enjoyable for OLLI members around the country.*

# BEYOND THE CLASSROOM

## Civil Rights Retrospective:

OLLI embarks on a historical and educational Civil Rights class and tour



- ❖ Pre-Learning
- ❖ Travel
- ❖ Post Discussion

Join us Thursday, January 11, at 1:00 PM  
to get a thorough overview of this experience along with travel details.

### **PRE-LEARNING**

Our learning adventure will begin on March 6, from 1:00 PM-2:30 PM when Gail Faris will join us for a discussion of the U.S. Civil Rights Movement of the 50's and 60's concentrating on the state of Alabama and the work of Martin Luther King, Jr. including the principles and practices on non-violence. The class will cover the issues of the time and the places you will visit and will add enrichment to your adventure. Be ready for dialogue, opinions, and questions and answers from you, the participants. Your time together will be interactive.

### **TRAVEL**

Your trip, from March 13 to 16, will be filled with visits and activities closely connected to the Civil Rights Movement. Travel to the Alabama Triangle and visit Tuskegee, Montgomery, Selma, and Birmingham, and broaden your understanding of the Civil Rights Movement and the work of Martin Luther King, Jr. A few spots of interest will include the Rosa Parks Museum, the home of Booker T. Washington, and the Martin Luther King Jr. National Historical Park.

### **POST-DISCUSSION**

A debrief session after your return will further consolidate your experience and afford you the opportunity to discuss impressions with your fellow travelers.

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*Gail Faris is the President of the Nonviolent Schools RI, a local nonprofit organization that introduces the principles and practices of Kingian Nonviolence to many local, national, and global schoolteachers. Gail was one of the eight founding members of the Center for Nonviolence and Peace Studies at the University of Rhode Island in 1998. She holds the highest Level 3 certification in Kingian Nonviolence and Conflict Reconciliation from the URI Center for Nonviolence and Peace Studies. Faris received her bachelor's degree from Salve Regina University, and master's degrees in education, and labor and industrial relations, both from the URI.*

# GREAT DECISIONS

## Foreign Policy Association Group

The Great Decisions Foreign Policy Association Group at OLLI is an OLLI Extra that meets monthly 8 times a year and is FREE to all members who register. Members MUST register for each class session. For the winter semester, there are sessions in February and March.

We will be offering a Thursday and Friday session for each discussion topic.

**Group Facilitators:** Jim Findley & Emilia Gonzales Torpey

### MIDEAST REALIGNMENT

Please register for one class session. Max: 45 Fee: Free

- 1 Session on Thur, Feb 15, 3:00 PM - 4:30 PM
- 1 Session on Fri, Feb 16, 10:00 AM - 11:30 AM



The United States and Middle East are at a crossroads. In spite of a reduced presence in the Middle East, the U.S. still has significant national interests there, and the area is a key arena for global power politics. Can the U.S. continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region?

### CLIMATE TECHNOLOGY AND COMPETITION

Please register for one class session. Max: 45 Fee: Free

- 1 Session on Thur, Mar 14, 3:00 PM - 4:30 PM
- 1 Session on Fri, Mar 15, 10:00 AM - 11:30 AM

Will the United States and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the “common enemy” of climate change?



## OLLI WALKING GROUP IS TRANSITIONING TO THE OLLI HIKING GROUP

Beginning the first week of Winter semester, the OLLI Walking Group will become the OLLI Hiking Group. If you were a member of the Walking Group and wish to be part of the Hiking Group, you MUST register this semester.

This change has been made to reflect the following:

- This is not a stroll, and many trails have rocks, roots, and slight inclines.
- Walks are approximately 1 1/2 hours and are open to all active and agile seniors.
- We do a brisk walk at a steady pace, occasionally pausing to focus on nature’s wildlife or plants.
- All OLLI members walk at their own risk.



let's go *with OLLI*  
*travel*

*Flyers for the 2024 trips are available in the OLLI lobby.*

*Visit the OLLI website for more trip information*

[uri.edu/olli/programs/travel/](http://uri.edu/olli/programs/travel/)

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

**2024 SCHEDULED TRIPS**

Shades of Ireland (March 9-18)

Classical Greece (April 21-May 1)

Canadian Rockies (June 2-9)

Spain's Classics (June 28-July 9)

British Landscapes\* (September 10-19)

The Azores\* (October 10-22)

Nashville & The Smoky Mountains (December 2-9)

**\*SPECIAL PRESENTATION**

Our Collette tour representative will take you on a virtual tour, in the OLLI classroom, with travel details of the British Landscapes and the Azores. Bring your friends along and join us on Monday, January 8, at 1:00PM.

**2025 TENTATIVE TRIPS**

Iceland's Magical Northern Lights (7 days in March)

Reflections of Italy (10 days in May)

Canyon Country (8 days in June)

Imperial Cities (11 days in September)  
(Prague, Vienna, and Budapest)

Magical Christmas Markets (8 days in December)  
(Austria and Germany)

# OLLI *Special Interest Groups & OLLI Extras*

All Special Interest Groups are FREE with your OLLI membership.

Registration is required. [URI.EDU/OLLI](https://uri.edu/olli)

|  |   |  |   |
|--|---|--|---|
| <p><b>Book Group</b></p> <p>Meets the third Friday of each month at 1PM at OLLI. Book selections are available on our website: <a href="https://web.uri.edu/olli/sig/book-group/">https://web.uri.edu/olli/sig/book-group/</a><br/>Facilitator: Beth Leconte<br/><a href="mailto:bleconte@uri.edu">bleconte@uri.edu</a>.</p>   | <p><b>Cyber Seniors</b></p> <p>Provides FREE technology support and training for OLLI members. Resumes in late January.</p> <hr/> <p><b>Current Events Discussion</b></p> <p>This drop-in discussion group meets weekly on Thursdays from 11:00AM-12:30PM</p>   | <p><b>Movie Group</b></p> <p>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.<br/>Facilitator:<br/>Marylen McKenna<br/><a href="mailto:marylen7586@gmail.com">marylen7586@gmail.com</a></p>  | <p><b>Mah Jongg</b></p> <p>Do you like to play Mah Jongg? Join this group on Thursdays at 1PM in the OLLI lobby.<br/>Facilitator: Cobi Bush</p> <hr/> <p><b>Golf</b></p> <p>Spring registration for golf begins in April.</p>   |
| <p><b>Writer's Group</b></p> <p>Meets the first Friday of each Month at 1PM via <b>Zoom</b>. Join us online and share your writings, listen and learn from others, and most importantly have a good time.<br/>Facilitator: Susan Berman<br/><a href="mailto:susanb99@yahoo.com">susanb99@yahoo.com</a>.</p>  | <p><b>OLLI SERVES</b></p> <p>This OLLI initiative is intended to "give back" to the URI community and other organizations. Future projects might include local non-profit groups to share their mission and how OLLI members might be involved.</p>   | <p><b>Creativity and Play</b></p> <p>This new group meets the second Thursday of the month at 10:00AM once to pursue fun, play and creativity. Details of events and locations emailed to those who register.<br/>Facilitator: Sandra Enos<br/><a href="mailto:sandra.l.enos@gmail.com">sandra.l.enos@gmail.com</a></p>  | <p><b>Lunch and Learn</b> Bring your lunch and feed your mind! New sessions added each semester. Check the website for details.</p> <hr/> <p><b>Let's Talk Technology</b></p> <p>The Tech Committee invites you to join in a monthly conversation about tech developments that constantly creep into our lives, but often remain perplexing. Topics change each month. Meets the last Thursday of each month on <b>Zoom</b> at 11:30AM. Register for each session separately.</p> |
| <p><b>Cosmic Questions</b></p> <p>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<br/>Facilitator: Krystyna Kasman<br/><a href="mailto:krystyna_kasman@cox.net">krystyna_kasman@cox.net</a></p> | <p><b>Photo Friday</b></p> <p>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 <b>Zoom</b> meeting. The group meets the first Friday of each month at 10AM.<br/>Facilitator: Jan Armor<br/><a href="mailto:janthephotoman@gmail.com">janthephotoman@gmail.com</a></p> | <p><b>Rhody Ramblers</b></p> <p>Looking for a short outing with a snack to follow? Join the Rhody Ramblers for an afternoon adventure. Walks 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.<br/>Facilitators: Brenda Bibb<br/><a href="mailto:bjgbibb@hotmail.com">bjgbibb@hotmail.com</a><br/>and<br/>Denise Stetson<br/><a href="mailto:den.stetson@verizon.net">den.stetson@verizon.net</a>.</p> | <p><b>Hiking Group</b></p> <p>Hiking Group meets weekly on Wednesdays at 1PM. Improve your health; make new friends while exploring our South County area. Walks generally last 90 minutes. Register online and each week you will receive an email for the location.<br/>Facilitators: Cindy Opaluch<br/><a href="mailto:CindyRI@cox.net">CindyRI@cox.net</a><br/>Sara Nelson<br/><a href="mailto:saramay51@hotmail.com">saramay51@hotmail.com</a></p>                           |
| <p><b>Great Decisions</b></p> <p>Join other OLLI members for a series of world affair discussions based on the Great Decisions program of the Foreign Policy Association. Different topic each month. Register for each session separately.</p>  | <p><b>Bowling Group</b></p> <p>Interested in bowling? This group meets on Wednesdays at 12:30PM at Old Mountain Lanes in Wakefield.<br/>Facilitator: Peter Stetson<br/><a href="mailto:petestetson8@gmail.com">petestetson8@gmail.com</a></p>   |  |   |





# 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/>.

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](mailto:beth_desrosiers@uri.edu)

### **Proposal Due Dates:**

**Summer 2024** – Proposals due Jan 30

# OLLI Mail-In Course Registration - Winter 2024

Name (one member per form) \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Renewal Date: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email \_\_\_\_\_

## **MONDAY**

- Books Through a Lifetime \$40
- Building a Resilient Brain as we Age \$15
- Native Peoples of the Southeast \$45
- Securing Your Vote \$15
- Will Power: Surviving (and Enjoying) Shakespeare \$35

## **TUESDAY**

- A History of the English Language \$40
- Beginner Handbells \$40
- Creative Writing: Today in History \$55
- Film Noir II \$55
- Genetics and Ethics \$40
- Healthy Eating Made Simple \$55
- Pirates, Privateers, and Buccaneers of Rhode Island 415
- Rhode Island's Towns and Villages in Pictures \$15
- Stretches for the Healthy Foot \$35
- Three Chords & The Truth: A Short History of Country Music \$45

## **WEDNESDAY**

- Award Winning Novels \$40
- Corals and Australia's Great Barrier Reef \$40
- Democracy: Does it have a future? \$45
- DIY Watercolor Notecards \$15\*
- Energy Systems and How They Work \$15
- Fabulous Fingers: Basics of Piano \$55
- Filling Your Rhode Island Bucket List and Spilling Its Secrets \$15
- Four Harriets: Three Runaways and a Novelist \$40
- Good Impressions: Photo Editing for Android and iPhone Photographers \$40
- Hand Lettering: The Art of Drawing Letters \$15
- In the Blink of an Eye: Surviving A Traumatic Brain Injury \$15

## **WEDNESDAY, Cont)**

- Invasive Pests and Their Natural Enemies \$15
- Malaga Island and *This Other Eden: A Tragedy of Racism and Eugenics* \$40
- Riding the Rails to Wickford: The Story of the Newport & Wickford Railroad and Steamship Company \$15
- The Historic Armories of Rhode Island \$15
- What is the World Doing About Global Warming? \$15

## **THURSDAY**

- 1984: Fiction or Prophecy? \$40
- Andreas Vollenweider, Swiss Harpist \$40
- Grenache: The Unlikely Hero in the Wine World  
Select one date:  
    \_\_\_ Thur, Jan 18, 3:00 PM-4:00 PM \$25  
    \_\_\_ Thur, Jan 25, 3:00 PM-4:00PM \$25
- Let's Skate! \$65\*
- Making Mosaic Art With Reclaimed Paper Scraps \$45
- Raptor Encounter \$15
- South Kingstown Land Trust: A Two-Part Exploration \$35
- The Life and Times of Oliver Hazard Perry \$15
- The URI Watershed Watch Program \$15
- What Lies Beyond the Olive Tree? \$15

## **FRIDAY**

- Chair Yoga: For Body, Mind and Spirit \$55
- Sandra Bullock: Miss Versatility \$55
- Take a Breath \$45
- The Iditarod: The Last Great Race \$40
- The Lyrical Poetry of Bob Dylan and Gordon Lightfoot \$40

**FLIP FOR MORE →**

\*Other fees apply. See course description for details.

# OLLI Mail-In Course Registration - Winter 2024

## ZOOM CLASSES

- Beginning Digital Photography \$40
- Button Up: Get Your Affairs in Order \$35
- Caring for the Caregiver \$40
- Food: Ordinary, Amazing, Surprising \$40
- Immigrants in America - Stories of Jazz, Blues, Rock and Popular Culture \$55
- Living with More Joy, Energy, and Enthusiasm \$35
- Six American Short Story Masters \$55
- What Do You Believe? Christain Apologetics in the Modern World \$50
- World in an Uproar: Music and Upheaval, 1955-1972 \$55
- Writing a Legacy Letter \$15

## GREAT DECISIONS

**(Choose one date for each session)**

Climate Technology and Competition

Thur, Feb 15, 3:00PM-4:30PM

Fri, Feb 16, 10:00AM-11:30AM

Mideast Realignment

Thur, Mar 14, 3:00PM-4:30PM

Fri, Mar 15, 10:00AM-11:30AM

## LUNCH AND LEARN

**(Free but your must register)**

Are You Living in Your Forever Home

## RHODY RAMBLERS

**(Free but you must register)**

January

February

March

## SPECIAL INTEREST GROUPS & OLLI EXTRAS

**(Free but you must register)**

Book Group

Bowling Group

Cosmic Questions

Creativity and Play

Hiking Group

Photo Friday

Mah Jongg

Movie Group

Writer's Group

NAME \_\_\_\_\_

Payment Method:  Check (Payable to URI)

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

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

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

**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](http://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/Former Occupation: \_\_\_\_\_

Referral \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

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

Payment Method:  Check (Payable to URI) For mail-in registrations, we only accept check payments.

If you are paying by credit card, please call the office at 401-874-4197 or register online [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)

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](mailto:olli@uri.edu)**

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

OFFICE USE: DATE RCVD: \_\_\_\_\_ DATE PROCESSED: \_\_\_\_\_ INITIALS: \_\_\_\_\_

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OF RHODE ISLAND  
OSHER LIFELONG  
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