

OSHER
LIFELONG
LEARNING
INSTITUTE

Spring Classes

URI.EDU/OLLI
401.874.4197

Spring Registration
begins Tuesday,
March 12.

Semester Dates:
April 1 to May 21, 2024



OSHER LIFELONG LEARNING INSTITUTE ~ UNIVERSITY OF RHODE ISLAND

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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 or check out our online catalog on our website: URI.EDU/OLLI.

OLLI DISCLAIMER

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

DISABILITY ACCOMMODATIONS

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



Spring registration starts Tuesday, March 12

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

🖱️ **ONLINE** - This is the easiest way to register. To [log on to your OLLI account](#) go to URI.EDU/OLLI and click on Member Login. Payment is accepted 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.

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.

OSHER LIFELONG LEARNING INSTITUTE

University of Rhode Island
210 Flagg Road, Room 212, Kingston RI 02881
401.874.4197 | olli@uri.edu

OFFICE HOURS

Monday through Thursday

9AM to 5PM

Friday, 9AM to 12PM

IMPORTANT DATES

Spring Semester

April 1 - May 31, 2024

Summer Semester

June 17-August 23

Fall Semester

September 16–December 13

SPRING HOLIDAYS/OFFICE CLOSINGS

Memorial Day, Monday, May 27



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

SPRING 2024 | 401.874.4197

Happy Birthday to OLLI at URI! This spring marks our 15th year as an OLLI. Through the years our OLLI members have enjoyed countless courses and programs. Together we have built a community of over 1300 lifelong learners.

We appreciate our many instructors who have shared their interest, expertise, and knowledge with us. And, we extend appreciation to our OLLI members who have provided leadership on our various committees with a vision for the future.

Members come for the courses and stay for the connections. New friendships blossom every day, and sometimes members run into a friend they have not seen in years!

This semester offers an extensive variety of classes and activities to satisfy one's curiosity.

One can look forward to a travelling to Nashville and the Smokey Mountains in December, taking a colonial walk in Newport, or reminiscing with a stroll through Rocky Point. Stretch a bit and take a piano class, study Galileo, discover the world of dragonflies, or revisit the classics.

There is something for everyone!

I invite you to consider giving to OLLI this spring. Join your 250 fellow OLLI members who have already made this gift to OLLI. By giving to OLLI you ensure the lifelong learning continues!



OLLI WELCOME'S LIA BARNES

Administrative Assistant



Lia Barnes is happy to be the new administrative assistant at OLLI. She comes to OLLI with a background in K-12 education and is a co-founder of Connecticut's first public charter school, Odyssey Community School in Manchester CT. She was a vice principal of a large high school in CT and was principal of the charter school until 2012.

Lia grew up in Rhode Island and Connecticut, and now lives in in Green Hill with her husband, Mark. Lia became a Master Gardener through the URI program in 2019, and is the current president of the Kingston Hill Gardeners, an established garden club in Kingston. She is passionate about using native plants in her gardens and is learning about growing Rhody natives from seed.

Lia and Mark love to travel and recently took a road trip, camping their way through several US National Parks, including Yellowstone, Yosemite, Bryce, and Zion. They fell in love with the Mendocino CA area and enjoy sipping pinot noir in the Anderson Valley. Bucket list destinations include Alaska, the French Bordeaux region, Nova Scotia, Santa Fe, Maui and somewhere far north to see the Northern Lights.

Between them, Lia and Mark have 4 daughters and 7 grandchildren ranging from 3 to 21 years old. Lia often travels to Portland Maine to visit with her daughter's 2 young girls; sharing the wonder of the natural world with her grandchildren is one of her greatest joys in life. Lia is an avid crafter with a love of collage, fiber arts and incorporating natural materials (driftwood, stones, etc.) into functional and decorative pieces. She shares an ancestral belief that salt water can fix anything.

OLLI STAFF



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Lorraine Rappoport

Nicole Spaulding

OLLI REFUND POLICY:

- Memberships are non-refundable.
- To withdraw from a class and receive a full refund or credit, you must notify the OLLI office at least two weeks before the start of the class.
Call the office at 401.874.4197 or email olli@uri.edu.
- No- shows forfeit their course fees.
- Day trips and special tours are prepaid so there are no refunds for cancellation or withdrawal.
- Classes that do not meet minimum student registration numbers are subject to cancellation.
- OLLI follows the University's policy of cancelling classes for certain holidays and because of inclement weather.

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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.



New and current OLLI members are welcome to learn about all OLLI has to offer. Sessions are offered monthly and 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
or call 401-874-4197

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

May 13, 11:30AM-12:30PM

Beginning Italian

8 sessions with Dora Waters

Mon, Apr 1, 8, 15, 22, 29, May 6, 13, 20

9:30 AM - 11:00 AM

Max: 15 Tuition: \$65.00

This class continues from Fall 2023. Although designed for beginners, classes will be conducted in Italian as often as possible, for students to adapt readily to the "bella lingua del paese" as they practice the five language skills: reading, writing, grammar, culture, and conversation. From time to time the class will form into small groups where participation is highly encouraged to build the confidence and understanding useful for future travel.



Required text: Donatella Melucci and Elissa Tognozzi: *Piazza* (Cenage Learning, 2014 or 2015).

Assignment for the first class:

- Review Capitolo Preliminare, pages 4-16 in the text and then focus on pages 7 (Vocabolario), 8 (Vocabolario), 9, 11 (Vocabolario), 12, 13 (Essere e stare- to be), 14, 15 (I Mesi dell'Anno), 16 (I Numeri). Books can be purchased online (links available in our online catalog). www.abebooks.com www.thriftbooks.com
- Visit www.wordreference.com and install the free app for Italian on your cell phone.

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

Galileo Galilei

3 sessions with Peter Nightingale

Mon, Apr 1, 8, 15

10:00 AM - 11:30 AM

Max: 45 Tuition: \$40.00

Galileo's contributions to developing and popularizing the scientific method have been overshadowed by his persecution by the Inquisition of the Roman Catholic Church. The course will focus on Galileo's science and engineering rather than



his theology, including what Einstein had in common with Galileo; Galileo's motion experiments in relation to his musical background and that of his family; his attempts to solve "that great problem of finding the longitude of a given place on the earth's surface;" his explanation of what limits the size of land ani-

mals; and paradoxes of infinite sets, continua, and their 19th century resolution.

Assignment for the first class:

- Find the name of the historian of science who spent decades of his life translating Galileo's writings while trying to understand and reconstruct Galileo's science and experiments.
- Did Galileo actually perform the Leaning Tower of Pisa experiment? Who else did a similar experiment and where?
- Who was the first Western scientist to understand the mathematics of musical tuning known as twelve-tone equal temperament?

Peter Nightingale is a theoretical physicist specializing in computational methods. He got his Ph.D. at the University of Amsterdam in The Netherlands. After post-doctoral positions in Delft and Seattle, he came to URI, where he has been since 1983. In recent years, his focus has been social justice, war, peace, and climate chaos. He recently has been writing on Substack: peternightingale.substack.com.

"I Found My Talk": Native Language Revival in the U.S. and Canada

6 sessions with Judith Gamble

Mon, Apr 1, 8, 15, 22, 29, May 6

11:30 AM - 1:00 PM

Max: 30 \$55.00

Indigenous languages were in danger of disappearing last century and likely would have if the efforts of the white majority in the U.S. and Canada had achieved their stated goal to fully assimilate the native population. One of the ways Indigenous peoples have resisted, survived, and try to thrive today has been their determination to bring back and pass along to future generations their spoken and now written first languages. Explore this amazing feat, first by going back into the boarding and residential schools and tracing the path from near extinction to an ever-growing vitality among native peoples. We will dip into multiple examples of these complex languages, written in poetry and prose, heard in song, some with English translations. The goal is not to learn a new language, but to understand, appreciate, and applaud the native-led efforts and successes to protect and preserve theirs.

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.

Purpose Driven Retirement

4 sessions with Jet Vertz
Mon, Apr 1, 8, 15, 22
1:30 PM - 3:00 PM
Max: 20 Tuition: \$45.00

How is your retirement going? Studies have shown that people with meaningful things to do during retirement are happier, more productive, and live longer than those with no purpose. During this workshop, attendees will undergo a step-by-step process of examining their backgrounds, core values, strengths, limitations, hobbies and passions, and aspirations and inspirations and develop a set of goals they can feel good about sharing with family and friends as they look forward to the future.

Suggested reading: Jet Vertz: *Purpose Driven Retirement*, available from [Amazon.com](https://www.amazon.com).

Jet Vertz worked 40 years in the aviation business and was vice president at Pratt & Whitney Aircraft until 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* at the OLLI at URI and other institutions with an overwhelmingly positive reception.

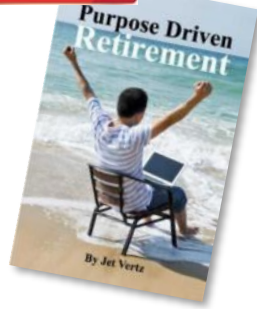
Cold War Relations with Central America

5 sessions with Jim Buxton
Mon, Apr 1, 8, 15, 22, 29
2:30 PM - 4:00 PM
Max: 15 Tuition: \$50.00

We will explore the controversial relationships that the U.S. had with Central American countries during the Cold War. We'll focus on Guatemala, Nicaragua, El Salvador, Honduras, and Costa Rica. Reviewing this information will help us better understand the illegal immigration coming from all of these countries except for Costa Rica.

Jim Buxton taught global studies and international relations at South Kingstown HS for 32 years. During that stretch, he earned numerous teaching awards, including the RI HS Social Studies Teacher of the Year in 1997, and the RI HS Girls Soccer Coach of the Year in 1988. In 1997-98, he taught in England under the Fulbright Teacher Exchange program. Since his retirement in 2009, he has taught international politics courses in the URI Political Science Department. From 2009 until 2016, he also taught in the Salve Regina Education Department and supervised HS social studies student teachers. He has also taught in both the Circle of Scholars and OLLI programs.

PLAY VIDEO



On the Docket: Two Cases Now Before the Supreme Court

1 session with Elizabeth Neuwirth
Mon, Apr 8
12:00 PM - 1:30 PM
Max: 25 Tuition: \$15.00

Where are regulations written in our three branches of government and why? What if a regulated industry finds a rule burdensome and challenges it in court? Since 1984, there's been one legal answer: a case known as *Chevron*. Two cases now before the Court this term may change that, possibly overturning a long-standing precedent as *Dobbs* did for *Roe*. Both go to the heart of the matter: the administrative state or, as its detractors describe it, the "deep state." One case involves fisheries and the other, abortion pills. What's the common denominator?



Elizabeth Neuwirth was a health care lawyer for 20 years. Before her move to Rhode Island she taught many courses at OLLI at UConn Waterbury, including several about seminal Supreme Court cases.

The Age of Sail

4 sessions with Stanley Carpenter
Mon, Apr 15, 22, (skip 29 and May 6), May 13, 20
5:00 PM - 6:30 PM
Max: 45 Tuition: \$45.00

We will explore maritime and naval history from the ancient world in the Mediterranean Sea to the 19th century and command of the seas by the British Royal Navy. Topics of discussion will include the Spanish Armada, Admiral Nelson and Trafalgar, the rise of the Royal Navy and the U.S. Navy, and the ancient Greek navies, as well as nautical navigation, sailing technology, and naval engagements.



Stanley D. M. Carpenter is emeritus professor of strategy and policy at the U.S. Naval War College. He retired in 2020 having served as Strategy and Policy department head, where he taught and administered the Strategy and War nonresident programs, and as the Naval War College command historian. He holds degrees from Florida State University (Ph.D.), University of St. Andrews, Scotland (M.Litt.), and University of North Carolina (A.B. with Honors). After 30 years of service, he retired from the U.S. Navy in June 2009 with the rank of captain. He is author of several nonfiction military histories and several historical action-adventure novels. At OLLI, he has lectured on various wars from the War of American Independence through the Global War on Terror.

Walking Rhode Island: Hikes in the Spring

1 session with John Kostrzewa

Mon, Apr 29

10:00 AM - 11:30 AM

Max: 45 Tuition: \$15.00

John Kostrzewa, who writes the "Walking Rhode Island" column for *The Providence Journal*, has been hiking across the state for decades. He'll share how and why he started, where he has hiked, and what he has learned on the trail. He'll discuss the history of the areas where he has hiked, including what makes RI's trails unique, and the variety of birds, trees, and geological features he has found. He'll also offer recommendations about where to walk in the spring and point out what you need to bring with you. Kostrzewa has compiled some of his columns into a book, *Walking Rhode Island - 40 Hikes for Nature and History Lovers*, with pictures, GPS coordinates, and trail maps.



Suggested reading: The class will read several "Walking Rhode Island" columns.

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

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

Exercise, Diet, and Successful Aging

1 session with Ingrid Lofgren & Matthew Delmonico

Mon, Apr 29

3:00 PM - 4:30 PM

Max: 30 Tuition: \$15.00

Diet and exercise are foundations of successful aging. To live longer, healthier lives, all Americans, including older adults, are encouraged to be physically active and to eat healthy diets. We will discuss the effects of aging on muscle strength, muscle mass, body composition, diet, and nutrition quality that are associated with worsening physical function, increased risk of falls, and chronic disease. We will discuss and demonstrate the various ways to measure diet and nutrition

quality, physical functioning, and muscle strength. We will learn about effective, practical, and research-based ways that eating a healthy diet and doing physical activity can be used for a prevention and treatment approach.

Ingrid Lofgren has a Ph. D. from the University of Connecticut and is professor and chair of the Nutrition Department at URI. Her research focus is on dietary interventions that improve one's health status and reduce the risk of chronic disease. She hopes to decrease the number of persons with risk factors for heart disease and eventually reduce the public burden of heart disease through dietary changes. She has authored 50+ peer-reviewed articles.

Matthew Delmonico has a Ph.D. in kinesiology from the University of Maryland and is professor and chair of the Kinesiology Department at URI. His research focus is on physical activity interventions that target health problems associated with obesity and sarcopenia in older adult populations. Additionally, Dr. Delmonico has examined the influence of gene polymorphisms on aging- and exercise-related traits. He has authored 50+ peer-reviewed articles.

LUNCH & Learn

Inside Mental Illness

1 session with Penny Ferrara

Mon, May 6

12:00 PM - 1:30 PM

Max: 45 Tuition: \$0.00



Penny Ferrara will present NAMI (the National Alliance on Mental Illness) Rhode Island's Inside Mental Illness program, an in-depth, interactive teaching program about mental illness. The Inside Mental Illness program:

- illustrates the power of stigma and how to effect change in our society.
- presents personal stories which show that hope and recovery are possible.
- discusses mood disorders, such as depression and anxiety, and thought disorders like schizophrenia.
- provides pre-assessments to gauge participants' knowledge of mental illness.

We'll also learn about how a loved one's mental illness can affect a family member or friend, and hear about one person's lived experience with mental illness.

Penny Ferrara has a B.A. in human development from Boston College. She has been employed at NAMI Rhode Island for the last 15 years as manager of school and public education programs. She believes education is the best way to break down the stigma surrounding mental illness.

Offshore Wind Energy: Opportunities and Challenge

1 Session with Abbey Greene

Mon, May 13

2:00 PM - 3:30 PM

Max: 45 Tuition: \$15.00

Offshore wind energy is a relatively new industry in the United States, with the associated growing pains. We will discuss offshore wind's potential as a renewable energy resource, the progress the industry has made in U.S. development so far, and more. We will also cover the current challenges that offshore wind

energy faces in our country and where there is room for improvement.

Abbey Greene is a coast and ocean planner at the URI Coastal Resources Center and Rhode Island Sea Grant. She supports the National Offshore Wind Energy Liaison Initiative, especially concerning the topics of recreational fishing and coastal planning. She focuses on disseminating scientific information for public engagement and creating an equitable space for all interested parties to come together and reach collaborative solutions. Greene was a 2021 Rhode Island Sea Grant Fellow, focused on RI aquaculture initiatives, coastal resilience efforts, and other offshore wind projects. Previously, she worked for several years in media and event management surrounding environmental issues.

Numbers, Numbers...

1 session with Carol Gibbons

Mon, May 20

10:00 AM - 11:30 AM

Max: 45 Limit: \$15.00

Numbers are fundamental in mathematics. We will explore the historical development of numbers, number systems, types of numbers, special numbers, and more. You may see a proof or two, such as the infinitude of the primes. No special math background is necessary. And no tests or quizzes!

Carol Gibbons is emerita professor of mathematical sciences at Salve Regina University. Her research interests are difference equations and chaos theory, and the geometry of Islamic tiling patterns. While at Salve she developed a course on infinity. The Numbers, Numbers... course for OLLI was part of that course.

Breakout Characters and Catch Phrases on TV

1 session with Robert Perlow

Mon, May 20

1:00 PM - 2:30 PM

Max: 45 Limit: \$15.00

Ever wonder how an actor on a TV show goes from being just a regular cast member to becoming a breakout star who sometimes even eclipses the show itself? For example, when *Happy Days* was originally cast, the show was supposed to center around the only "name" in the cast: Ron Howard, who had played Opie on the *Andy Griffith Show*. And *Happy Days* turned into a star-making vehicle for Henry Winkler as The Fonz, as did *Moonlighting* for Bruce Willis and *ER* for George Clooney, to name just a couple more. Also, if the breakout star is lucky (or, in some cases, unlucky!) stardom might come with a catch phrase, as Fonzie's "Ayyy" or Jimmy Walker's "Dyn-o-mite." Try your luck at identifying some breakout stars and phrases. You might win some swag that Bob will be giving away from shows he worked on.



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



Building a Second Brain Through Digital Note-Taking

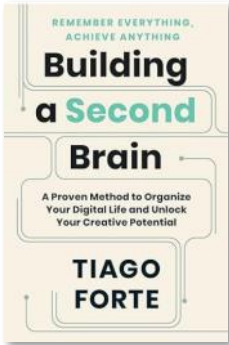
4 sessions with Melanie Brasher

Tue, Apr 2, 9, 16, (skip 23), 30

1:00 PM - 2:30 PM

Max: 20 Tuition: \$45.00

PLAY VIDEO ▶



Do you have lots of great ideas that are scattered in many paper notebooks and digital files? Would you like to build your own "personal Google" to keep track of them? Do you want to try a new system for organizing your notes and files relating to your personal and professional projects? Modern technology gives us new possibilities for capturing, storing, and searching through our own ideas offloaded into a "second brain," making it easier to launch creative projects and share with other people.

Through reading Tiago Forte's 2022 book, *How to Build a Second Brain*, we'll learn about digital note-taking and how to use free digital note-taking tools to build your own digital commonplace book.

Melanie Brasher is an associate professor of sociology at URI. She has a Ph.D. in sociology from Duke University. At URI she has taught courses on gerontology, family, demography, and research methods. Melanie lives in North Kingstown with her spouse and two young children. In her spare time she loves to watch reality TV and read historical fiction. She also loves to learn about new ideas for productivity, home organization, and personal knowledge management.

Suggested Reading: *Building a Second Brain: A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential* by Tiago Forte. Available on [Amazon](https://www.amazon.com).

The JFK Assassination: 60 Years Later

3 sessions with Bob Persons

Tue, Apr 2, 9, 16

1:00 PM - 2:30 PM

Max: 45 Tuition: \$40.00

Lee Harvey Oswald or conspiracy? Grassy knoll or "magic bullet"? Warren Commission or Oliver Stone? Were the Mafia, Russia, Cuba, or the CIA involved? It's been more than 60 years since JFK's assassination and the



debate rages on. We'll discuss why many Americans remain unconvinced that Oswald murdered JFK.

Suggested reading/viewing:

- Warren Commission - Summary and Conclusions: www.archives.gov/research/jfk/warren-commission-report/chapter-1

- The 1991 film *JFK* by Oliver Stone
- 2023 Podcast: *Who Killed JFK?* by Rob Reiner and Soledad O'Brien
- 2023 Documentary: *JFK: What the Doctors Saw* by Barbara Shearer

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 is fascinated by the many alternative theories about the JFK assassination and is excited to discuss them with others.

The Doctor Broad: A Mafia Love Story

1 session with Barbara Roberts

Tue, Apr 9

4:00 PM - 5:30 PM

Max: 45 Tuition: \$15.00

How did someone raised in a devout Catholic family become a pro-choice, anti-war activist; the cardiologist to the head of the New England Mafia; and the lover of one of his associates? This talk traces her life's trajectory as a woman who was raised in one world but came of age in another; who expected to live one life but found herself ad-libbing something completely different; who faced challenges undreamt of by her mother, while providing a new paradigm for her daughters.



Suggested reading: Barbara H. Roberts: *The Doctor Broad: A Mafia Love Story* (Heliotrope Books LLC, 2019).

Note: Bring any questions you have for the author about her experiences as a woman physician and activist.

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



**Registration begins
Tuesday, March 12**



Brain Injury and Neurodegenerative Diseases

1 session with Joanna Szmydynger-Chodobska

Tue, Apr 16

11:00 AM - 12:30 PM

Max:45 Tuition: \$15.00

The beginning of this millennium brought an explosion of interest among scientists and the general public in traumatic brain injury (TBI), especially in the context of post-traumatic stress disorder (PTSD) and chronic traumatic encephalopathy (CTE). And the last 20 years brought a better mechanistic understanding of PTSD and CTE, and, specifically, the realization that PTSD might frequently result from previously sustained TBI. So, what do the brain barriers have in common with PTSD and CTE? The answer is: everything. After learning some very basic brain anatomy that will help us understand the sequence of events happening in the brain in response to trauma, we will discuss how the actual events taking place in the brain after injury might lead to neurodegenerative diseases. Finally, hear about potential treatments.

Joanna Szmydynger-Chodobska is professor emerita in the Department of Emergency Medicine at Brown University. A native of Poland, she received her master's degree in biology from Warsaw University and Ph.D. in neuroscience from the Medical School of Warsaw. She pursued her predoctoral training at the Howard Florey Institute of Experimental Physiology and Medicine in Melbourne, Australia, where she worked on water and electrolyte balance in the brain. Dr. Chodobska joined the faculty at the Warren Alpert Medical School of Brown University in 1995. She is a member of several professional societies and has published articles in various scientific journals. Her scientific interest is in the role of the blood-brain barrier and the blood-cerebrospinal fluid barrier in traumatic brain injury.

Playing with Classics: *Uncle Vanya*

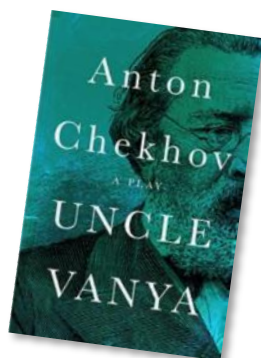
6 sessions with Laurie Heineman

Tue, Apr 23, 30, May 7, 14, 21, 28

9:30 AM - 11:30 AM

Max: 20 Tuition: \$55.00

We will read, explore, discuss, and play with scenes and/or monologues from the Chekhov masterpiece *Uncle Vanya*. Part of Chekhov's greatness comes from his ability to humanize our need to assess our lives and make sense of our losses as well as our successes. We'll try some acting tools and theater games to see if they enhance



our understanding when we begin living with the material. If you prefer to observe and discuss and not act in scenes, that is fine. If time allows, we will also play with Christopher Durang's masterful contemporary comedy which echoes Chekhov, *Vanya and Sonia and Masha and Spike*. Laurie has played Chekhov and knows there is no one right way to do it. Come for light or deep exploration and fun.

Required reading: Anton Chekhov, *Uncle Vanya*, adapted and edited by Richard Nelson (Broadway Play Publishing, 2023, ISBN: 978-0-88145-960-9)

Assignment for the first class: Read Act 1 of *Uncle Vanya*.

Suggested reading: Christopher Durang, *Vanya and Sonia and Masha and Spike* (any edition)

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

South America: The Neighbors We Don't Know

3 sessions with Jim Buxton

Tue, Apr 30, May 7, 14

1:00 PM - 2:30 PM

Max: 35 Tuition: \$40.00

It's surprising how little we know of our hemispheric neighbors. We don't hear of them fleeing through Central America and Mexico to move to the U.S. There are no nuclear weapons issues, no terrorism incidents, no major human rights issues. Every four years we see their dominance in the World Cup arena, and we have come to know Argentinian Lionel Messi. This course will hopefully shed some light on the following South American countries: Chile, Colombia, Peru, Venezuela, Argentina, and Bolivia. (Brazil would be too much!) The historical focus of the class will, for the most part, be from the 1940s on, with special attention being paid to U.S. involvement during the Cold War.



Jim Buxton taught global studies and international relations at South Kingstown HS for 32 years. During that stretch, he earned numerous teaching awards, including the RI HS Social Studies Teacher of the Year in 1997, and the RI HS Girls Soccer Coach of the Year in 1988. In 1997-98, he taught in England under the Fulbright Teacher Exchange program. Since his retirement in 2009, he has taught international politics courses in the URI Political Science Department. From 2009 until 2016, he also taught in the Salve Regina Education Department and supervised HS social studies student teachers. He has also taught in both the Circle of Scholars and OLLI programs.

Introduction to DNA Cloning for the Nonscientist

5 sessions with Robert Ireland
 Tue, Apr 30, May 7, 14, 21, 28
 3:00 PM - 4:30 PM
 Max: 45 Tuition: \$50.00

PLAY VIDEO ▶

Have you ever wondered how DNA technology is used in forensic investigations and for medical treatment? This class will give you a basic understanding of DNA science and its applications in modern life. We will review the structure of DNA and discuss general methods involved in cloning and analyzing DNA to gain an understanding of how genetic in-

formation can be used to improve healthcare outcomes and solve crimes. We'll use both lecture and discussion to facilitate understanding of this often complex topic for the nonscientist.

Assignment for the first class: Bring questions gleaned from newspapers, magazines, or other sources that you would like to have covered during the course.

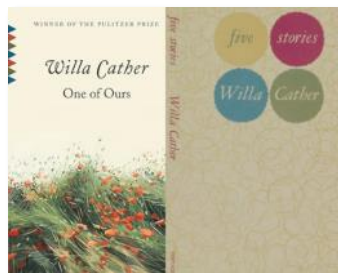
Robert Ireland has a Ph.D. in molecular biology from Dartmouth College. He conducted post-doctoral research in mammalian genetics/genomics at the Jackson Laboratory prior to accepting an academic appointment teaching molecular biology at Connecticut College. Following a research stint at the Roger Williams Cancer Center in Providence, he worked in industry at BIOS Laboratories/Genaissance Pharmaceuticals in New Haven, CT, before joining the staff of the Rhode Island State Health Lab where he managed the molecular biology lab and served as head of the clinical lab section.

Willa Cather: One of Ours and Five Stories

5 sessions with Ann Ferrante
 Tue, Apr 30, May 7, 14, 21, 28
 3:00 PM - 4:30 PM
 Max: 20 Tuition: \$50.00

PLAY VIDEO ▶

In the Pulitzer-Prize-winning *One of Ours*, published in 1922, a young man leaves his small town in the U.S. Midwest to travel to fight in World War I. The novel is a careful study of youthful idealism and the desire for freedom in conflict with societal restrictions. It continues Cather's study of sensitive characters growing up within the culture of the Midwest that she explores in *My Antonia*. *Five Stories* reveals Cather's art in the short story genre. Focused and poignant, these stories reveal the depth of Cather's concern for her characteristic themes that continue to be relevant: the fate of the outsider in a conventional society, the effect of setting on character, and the deep search for meaning in life.

**Required Reading:**

- Willa Cather, *One of Ours* (Vintage Classics, 1991)
- Willa Cather, *Five Stories* (any edition)

Assignment for the first class: Read Book I of *One of Ours*.

Ann Ferrante received her Ph.D. in English in 1985 at URI. She is a retired distinguished lecturer and faculty emerita of RISD where she taught for 30 years. Her specialty is 19th- and early 20th-century American literature. Her doctoral dissertation is titled *The Dark Woman of Hawthorne's Art*. She enjoys leading discussions in literature at the Willett Free Library in Saunderstown and teaching at OLLI.

Advanced Beginner Handbells

3 sessions with Tricia Halloran
 Tue, Apr 30, May 7, 14
 4:00 PM - 5:30 PM
 Max: 12 Tuition: \$40.00
 Location: Peace Dale Congr. Church

We will continue learning ringing techniques and practicing reading handbell music and ringing handbells. During each class we'll learn a song or two with different techniques in them. This class is designed for people who took the Beginning Handbells course or have previous experience with handbells or other musical instruments.

Prerequisite: Beginner Handbells.

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 URI OLLI last fall.

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.

Dragonflies and Damselflies of Rhode Island

1 session with Virginia Brown

Tue, May 7

10:00 AM - 11:30 AM

Max: 30 Tuition: \$15.00

We will discuss identification, life cycle, natural history, behavior, habitat, and conservation of dragonflies and damselflies, which belong to the insect order *Odonata*. These fascinating, colorful, charismatic insects are good indicators of ecosystem health. They are predators in all advanced stages of their lives, consuming countless other insects and forming an important part of the diet of many other organisms, from fish to birds,



small mammals, and even carnivorous plants. We'll learn how to identify dragonflies and damselflies; how they fly, catch their prey, reproduce, and interact with each other, plants, and animals; where they live and how their presence in aquatic environments can indicate ecosystem health; and how to protect their habitats and assess short- and long-term threats to these insects.

Virginia Brown holds a B.S. in wildlife biology from Kansas State University. Formerly employed by The Nature Conservancy, she now works as a nature educator and gardener for LIFE Inc. and the Audubon Society of Rhode Island, and as an independent contractor conducting research on dragonflies and damselflies. Virginia is the author of *Dragonflies and Damselflies of Cape Cod* (Cape Cod Museum of Natural History, 1997) and *Dragonflies and Damselflies of Rhode Island* (RI Department of Environmental Management, Division of Fish and Wildlife, 2020).

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

1 session with Barbara Roberts

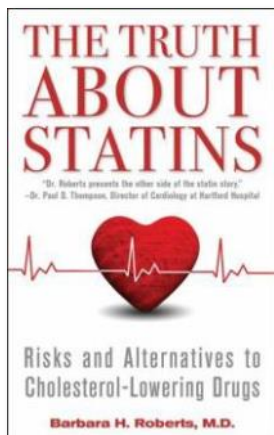
Tue, May 7

5:00 PM - 6:30 PM


Max: 46 Tuition: \$15.00


Explore the pros and cons of taking statin drugs to lower cholesterol. Despite the rosy picture painted in advertisements, these drugs have serious and sometimes fatal side effects. Their benefits have been hyped while their dangers have been underplayed. We will also discuss some alternative methods to maintain cardiovascular health.

Suggested reading: Barbara H. Roberts: *The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs* (Simon & Schuster, 2012).



Risks and Alternatives to Cholesterol-Lowering Drugs (Simon & Schuster, 2012).





sea food sea friends sea view



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Note: Bring your questions about the best ways to prevent heart disease.

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

Seven Years at the Sunday Friendship Breakfast

3 sessions with Jan Armor
 Tue, May 14, 21, 28
 10:00 AM - 11:30 AM
 Max: 25 Tuition: \$40.00

Jan and Kathy Armor spent seven years as volunteers at the Mathewson Street United Methodist Church in Providence. They were two of the many people from all walks of life who fed and clothed those in need every Sunday morning. Most of the time Jan had his camera around his neck. After a while he realized that besides the hot meal, what many of these folks really wanted was a listening ear and some friendship. His camera helped with that. Jan will share his experiences working with his friends at the church. We will also look at the work of some famous and not-so-famous street photographers, and Jan will share some tips and techniques for taking photos on the street.

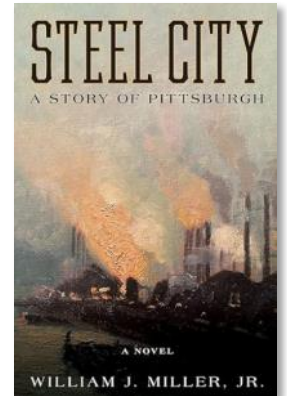


Jan Armor has been a photographer all his life and a teacher for the past 20 years. He takes his teaching seriously and wants to help you make stronger photographs. An award-winning educator and fine art photographer with 40 years of experience in both digital and traditional media, he has received grants 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. For more information about Jan, his work, and comments by his students, go to janarmorphoto.com. You can also find him on his YouTube channel or on Instagram.

Steel City: Writing Historical Fiction

1 session with William Miller
 Tue, May 21
 1:00 PM - 2:30 PM
 Max: 20 Tuition: \$15

The setting: the 1890s, the golden age of Pittsburgh when its technological innovations and wealth creation made it the Silicon Valley of its day. Pittsburgh was first in steel, food processing, and electricity, and the leaders of those industries – Carnegie, Frick, Heinz, and Westinghouse – are names we still know today. The story: A young Yale graduate is faced with a decision: accede to his father's wishes and pursue a career in law or the steel business or follow his own instincts and become a newspaperman. The infamous Johnstown Flood confirms his choice to be a journalist, and he becomes witness to the spectacular boom of the country's biggest business – steel. Join the author in a discussion of the writing, publishing, and promotion process he experienced in the creation of *Steel City*, his first novel.



William J. Miller, Jr., grew up in Pittsburgh and was always fascinated by the living connections to its storied past: the Carnegie Library and Museum, the Carnegie Institute of Technology, and, in his own neighborhood, the Frick mansion, where Henry Frick's daughter Helen still lived. Mr. Miller spent his entire career in journalistic enterprises as reporter, publisher, blogger, and Time Inc. consumer marketing veteran. Steel City is his first novel.

**OLLI OPEN HOUSE**

Introduce a friend to OLLI on Wednesday, March 6, from 12:30PM-2:30PM and **receive a \$10.00 OLLI voucher** toward future classes, and just in time for our Spring Registration on March 12!

Guests will be able to meet with the coordinators of our Special Interest Groups and hear from a few OLLI instructors offering a 15-minute presentation of their upcoming Spring courses. Refreshments will be served, and the URI Pharmacy students will be providing blood pressure screenings.

Invite a friend and join us!



What Every Woman Needs to Know About Cardiovascular Disease

1 session with Barbara Roberts

Tue, May 28

5:00 PM - 6:30 PM

Max: 45 Tuition: \$15.00

Few women realize that they are 10 times more likely to die of heart disease than breast cancer. Women with heart disease may present with different symptoms than men, they may not benefit from treatments to the same extent as men, and their risk factors for developing heart disease may differ from those of men. This course will give you the tools to keep your heart healthy. We will focus on the prevention and treatment of cardiovascular disease, with an emphasis on understanding risk factors, the anatomy/pathology of the heart, and the differences in heart disease between women and men.

Suggested reading: Barbara H. Roberts: *How to Keep from Breaking Your Heart: What Every Woman Needs to Know About Cardiovascular Disease*, ed. 2 (Jones & Bartlett, 2008).

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

MAKE A GIFT TO OLLI

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



GIVE TO OLLI

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

Give at URI.EDU/GIVE

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

REFUND POLICY

Memberships are non-refundable.

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

No-shows forfeit their course fees.

Day trips and special tours are prepaid so there are **no refunds** for cancellation or withdrawal. Classes that do not meet minimum student registration numbers are subject to cancellation.

A Quick March Through Roman History

5 sessions with Michael Kinnicutt

Wed, Apr 3, 10, 17, 24, May 1

9:30 AM - 11:00 AM

Max: 30 Tuition: \$50.00

This year, we will have a more detailed and extensive version of the introductory course given last winter. We will trace the evolution of the Roman army, and at the same time Rome, from humble beginnings in the 8th century BCE to the pivotal and turbulent events of the Republic and on through the Empire, when the army often acted as king maker and breaker. The slow fade of Rome's omnipotence heralded an era of constant



warfare, culminating almost 1,000 years later with the fall of the Eastern Roman (or Byzantine) Empire and its capital Constantinople in 1453. Join the ranks for a quick march through two millennia of history—with a few bells, whistles, and

maps along the way—and enlist, er, sign up. In the meantime, Ave, Caesare!

Suggested reading:

- Mary Beard: *SPQR: A History of Ancient Rome* (Liveright, 2015).
- Adrian Goldsworthy: *The Complete Roman Army* (Thames and Hudson, 2011).
- Mike Duncan: *The Storm Before the Storm* (PublicAffairs, 2017).
- Mary Beard: *Emperor of Rome* (Liveright, 2023).

Michael Kinnicutt's interest in Roman history began as a young boy with the gift of a handful of ancient coins. His fascination grew during the eight years he spent in Italy and with subsequent return visits, most recently to Herculaneum. Following a 25-year career in the communications field, he occasionally taught in primary and middle schools, where he learned that injecting some theater into "ancient history" can help to enliven the subject matter. He is fluent in Italian and French.

Fabulous Fingers: Part II

5 sessions with Kirsten Mitak

Wed, Apr 3, 10, 17, 24, May 1

11:00 AM - 11:55 AM

Max: 16 Tuition: \$50.00

Location: URI Keyboard Lab

Have you completed Fabulous Fingers: Basics of Piano at OLLI, or do you have other piano experience and can read the grand staff using both hands? Join us as we progress through more group lessons covering 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.

Prerequisites: *Fabulous Fingers* or previous piano experience.

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

Note: 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 #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 for 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.

The Concerto: A Beautiful Musical Form

4 sessions with Lloyd Kaplan

& Tom Shaker

Wed, Apr 3, 10, 17, 24

11:30 AM - 12:30 PM

Max: 45 Tuition: \$45.00

The concerto has been an extremely important musical form for centuries, and rightly so, as it has provided music lovers with some of their most thrilling and entertaining musical experiences. The concerto typically combines virtuosity with pure beauty, while displaying every sound a musical instrument is capable of producing. This course will feature some of the greatest movements in concerto to literature, along with biographical data and social background.

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.

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



(Shaker, continued from previous page)

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.

Beginner Drawing

6 sessions with Carole Berren
Wed, Apr 10, 17, 24, May 1, 8, 15
12:00 PM - 2:00 PM
Max: 20 Tuition: \$55.00

We can all see but we become frustrated when we try to put what we are seeing on paper. In this class we will gain confidence as we learn a new way of seeing that helps us create true-to-life images. We will learn and become aware of shapes, values (light to dark), size and space relationships, and perspective (1-and 2-point). We will also learn how to create a portrait. Think this is impossible? Then prepare to amaze yourself at the work you will turn out. A whole new world of learning to see is a gift you will

give yourself.

Materials List:

- drawing paper/pad (9x12 or similar);
- HB or #2 yellow pencil
- KNEADED eraser;
- small ruler
- 30+" of yarn or string
- some tape.
- small portable pencil sharpener

Assignment for the first class: Make a drawing of a favorite shoe or a shirt or jacket hanging over a chair or your hand.

Beginner Watercolor

6 sessions with Carole Berren
Wed, Apr 10, 17, 24, May 1, 8, 15
2:30 PM - 4:30 PM
Max: 20 Tuition: \$55.00

Watercolors can be wonderfully fluid and also quite controllable. We'll learn basic techniques including application of transparent washes, glazing on dry/wet underneath washes, transparent and opaque colors, values of washes including how to create darker values and still maintain transparencies, creating hard and soft edges in watercolor, negative space painting, and painting the volume of shapes. We'll paint still lifes, landscapes, and perhaps even a portrait. Learning watercolors is rewarding, fun, and inspirational in opening the doors to new ideas.



Assignment for the first class: Create a painting of a single flower in a vase.

- 8 color transparent watercolor set (Prang)
- #6, #8, or #10 round watercolor brush set (comes with the Prang)
- ½-inch square-tip brush
- Water holder container
- A rag
- Small water sprayer
- Small pad of watercolor paper
- #2 pencil and a kneaded eraser
- On day 1, we will go over all the tools. If someone has not been able to get them, there will be tools in the classroom for borrowing that day.

Carole Berren is a signature member of the American Watercolor Society, RI Watercolor Society, South County Art Association, Wickford Art Association, North Shore (MA) Art Association. She is a former member of the Providence Art Club. She has taught watercolor in RI, OR, AZ, MA, CT, France, and Italy.



How and Why is the Human Brain Unique?

2 sessions with Paul March

Wed, Apr 10, 17

1:00 PM - 2:30 PM

Max: 45 Tuition: \$35.00

Contemporary biological research over the past 15 years has provided evidence that previous explanations of why the human brain is unique are not accurate. Explore the current experimental basis for a new explanation of the extraordinary capacity of the human brain. The class is based on research described in the book *The Human Advantage: How Our Brains Became Remarkable* by Suzana Herculano-Houzel, MIT Press, 2017.

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. 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.

The Taming of the Shrew: A Battle of the Sexes

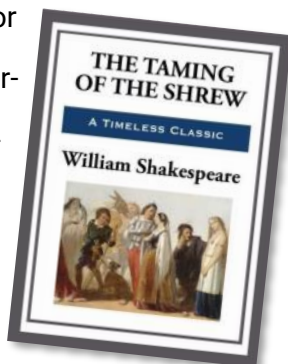
7 sessions with Kara Marziali

Wed, April 17, 24 May 1, 8, 15, 22, 29

10:00 AM - 11:30 AM

Max: 25 Tuition: \$60.00

William Shakespeare is known for creating female characters that are as complex, intelligent, powerful, and interesting as his male characters. For modern audiences, however, *The Taming of the Shrew* is one of Shakespeare's more controversial works. (The title alone is enough to enrage both humanists and femi-



PLAY VIDEO ▶

nists!) Reflecting on our current culture and the post-#MeToo movement, we will discuss whether Shakespeare was the "first feminist" or really a misogynist. Explore Shakespeare's bawdy banter, puns, use of disguises, and the influence of Commedia dell'arte in this entertaining and provocative play.

Required text: William Shakespeare: *The Taming of the Shrew* (Some students prefer using *Shakespeare Made Easy* or *No Fear Shakespeare* versions of the play.)

Assignment for the first class: Please read the Introduction and Act I.

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 OLLI, Kara's most recent offerings were *From Tom to Tennessee: Autobiographical Elements in The Glass Menagerie* and *DIY Watercolor Notecards*.

Tennessee Williams: Plays Made into Movies

6 sessions with Paul Stein

Wed, Apr 24, May 1, 8, 15, 22, 29

1:00 PM - 4:00 PM

Max: 45 Tuition: \$55.00

It's not easy to convert a great play into a movie. It's rarely successful, but for many the only way to see these great plays is in movies. Tennessee Williams, unquestionably one of America's greatest playwrights, was brilliant and prolific, breathing life and passion into such memorable characters as Blanche DuBois and Stanley Kowalski. And like them, he was troubled and self destructive, an abuser of alcohol and drugs. He was awarded four Drama Critics' Circle Awards, two Pulitzer Prizes, and the Presidential Medal of Freedom. He was derided by critics and blacklisted by Roman Catholic Cardinal Spellman, who condemned one of his scripts as "revolting, deplorable, morally repellent, offensive to Christian standards of decency." We will watch *Suddenly Last Summer*, *A Streetcar Named Desire*, *Sweet Bird of Youth*, *The Glass Menagerie*, *Night of the Iguana*, and *Cat on a Hot Tin Roof* and discuss whether each play succeeded as a movie.

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

Gentle Beacons and Their Keepers: A Look at

Lighthouse History

1 session with Brian Wallin
Wed, May 8
10:00 AM - 11:30 AM
Max: 45 Tuition: \$15.00

For some three centuries, North American coasts and waterways have been guarded by light stations and other aids to navigation maintained by generations of brave men and women who often faced treacherous weather, isolation, and, for many years, poor pay, and less than dependable technology. Through it all, they kept the lights shining. We trace the history of lighthouses from the Pharos (the Greek word for lighthouse) of Alexandria (c.300 BC) to modern times with numerous and rare images. Although modern technology has to a great degree replaced the need for traditional light signals and all remaining American lights are automated, these beacons still fulfill a need and enjoy a special place in history.



Brian L. Wallin is a graduate of Stonehill College and earned his master's degree from American International College. He is a former radio-television reporter-anchor and a retired hospital administrator (vice president, Kent Hospital). A member of the U.S. Naval Institute and the United States Lighthouse Society, 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).

La Sagrada Família: Inching Toward Completion

1 session with Marilyn Harris
Wed, May 15
10:00 AM - 11:30 AM
Max: 45 Tuition: \$15.00

After more than 140 years, Barcelona's Sagrada Família, a breathtaking basilica, is approaching completion, anticipated in time for the 2026 centennial of its architect's death. Construction began in 1882, and in 1926, when Antoni Gaudí died, it was between 15 and 25 percent complete. Delays caused by the Spanish Civil War, funding challenges, and most recently COVID, have slowed the work. Join us for a virtual tour of Antoni Gaudí's Gothic masterpiece with an emphasis on recently completed construction.

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 - federal project management, curriculum writing, and gifted/talented teaching - spans more than 40 years. Since 2011 she has taught numerous classes at OLLI as well as many one-time lectures. Marilyn's particular interests include travel (she has visited over a dozen countries and counting) and history (pretty much any period), and these form the basis of many of her courses.



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.



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!

Rare Plants of Rhode Island

2 sessions with Karen Asher & Elizabeth Dickson
Wed, May 22, 29
10:00 AM - 11:30 AM
Max: 30 Tuition: \$35

Although small in size, Rhode Island has a wide range of ecological habitats that support a rich diversity of plants, including seldom seen rare plant species. As an introduction, we will first discuss definitions of rarity, habitats that support rare plant species, the importance of rare plants, and some of the threats to their continued existence. Then, we will show and discuss examples of rare plants found in various natural settings of Rhode Island. Finally, we will give examples of the measures that have been taken to protect rare plants including conserving habitat, establishing gardens, and saving seeds and cuttings in gene banks. We hope you will be inspired to keep your eyes open for these intriguing and often hidden beauties.

Karen Asher is a past president of the Rhode Island Wild Plant Society. She leads walks for the Society, coordinated its Native Plant Symposiums, and she has served as the chairwoman of its Seed Starters program, which grows the plants for their annual plant sales. She has a certificate in field botany from the Native Plant Trust, formerly the New England Wildflower Society, and she volunteers in the Society's plant conservation program by helping to assess the status of rare species in RI. She is also a master gardener and has volunteered with its Rhody Native program growing native plants at URI. She has presented programs on gardening with RI native plants at garden clubs, land trusts, and libraries across the state. She enjoys working in her own garden in West Kingston.

Elizabeth Dickson is a botany graduate from University of California, Davis, and holds a Ph.D. in botany from Cornell University. She has been an environmental consultant with plant collecting, vegetation surveying, and mapping experience in the arctic and western Canada. As a graduate student, she participated in USDA explorations to Middle Asian forests to collect wild apple seed for gene bank conservation. Since retiring to Rhode Island in 2016, she has been a board member for the Rhode Island Wild Plant Society, a volunteer for the Brown University Herbarium, and a rare plant monitor for the New England Plant Conservation volunteer program. Her interests include learning the flora of RI, hiking, traveling, knitting, and studying Italian.

Find Your Voice

1 session with Kara Marziali
Wed, May 22
1:30 PM - 2:30 PM
Max: 35 Tuition: \$15.00

It takes courage and faith to find your voice and own it. Use sounds and speech to express yourself in this unique class. Participants will do vocal exercises, such as trills, articulation, humming, and breathing as well as

tongue twisters, affirmations, and singing. This gentle class will inspire you to be your authentic self, relieve stress, alleviate tension from prolonged computer use, improve breath control, increase confidence, think positively, and have fun.

Bring an open mind, a spirit of playfulness, a sincere heart, and one affirmation (a positive, practical statement about oneself). Have a water bottle handy and be prepared to enjoy yourself!

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 offerings were *From Tom to Tennessee: Autobiographical Elements in The Glass Menagerie* and *DIY Watercolor Notecards*.



Hand Lettering: The Art of Drawing Letters

1 session with Kara Marziali
Wed, May 29
12:30 PM - 2:00 PM
Max: 20 Tuition: \$15.00

PLAY VIDEO ▶

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.

Assignment for the first class: 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 –See entry for *Find Your Voice*

The U-Boat in Newport Harbor

1 session with Brian Wallin
 Thu, Apr 4
 10:00 AM - 11:30 AM
 Max: 45 Tuition: \$15.00

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

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

Brian L. Wallin is a graduate of Stonehill College and earned his master's degree from American International College. He is a former radio-television reporter-anchor and a retired hospital administrator (vice president, Kent Hospital). A member of the U.S. Naval Institute and the United States Lighthouse Society, 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).

**Compassionate Conversations Part 2:
 Learn to Communicate Better with Anyone**

6 sessions with Kathy Black
 Thu, Apr 4, 11, 18, 25, May 2, 9
 10:00 AM - 11:30 AM
 Max: 16 Tuition: \$55.00

Picking up where we left off, Compassionate Conversations Part 2 takes a deeper look at the communication skills learned in Part 1 and how we can respond with compassion and empathy to hard-to-hear messages from others. We will also learn the ins and outs of "making requests" and the importance of self-care in heart-centered communication.



Prerequisite: Compassionate Conversations Part 1.

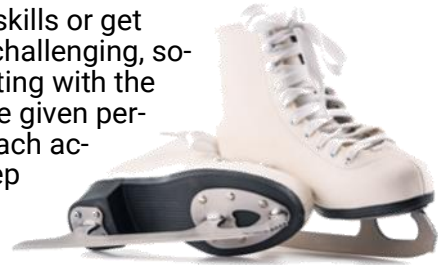
Kathy Black holds a B.S. in social work and a comprehensive certification as a life-empowerment coach. She has over 18 years of experience leading personal growth workshops and retreats, coaching women to

own their power and use their voices, and instructing students in the art and practice of compassionate communication. A life-long student herself, Kathy has studied meditation with Buddhist monks in Prague, bhakti yoga with Hare Krishna devotees in New South Wales, and mindfulness practice with new thought leaders across the U.S.

Let's Skate!

7 sessions with Dorothy Cunningham
 Thu, Apr 4, 11, (skip 18), 25, May 2, 9, 16, 23
 9:00 AM - 9:50 AM
 Max: 21 Tuition: \$60.00*

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



*Additional fees apply. See below.

- **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.

Movement Medicine

5 sessions with Lisa Jones
 Thu, Apr 4, 11, 18, 25, May 2
 2:30 PM - 3:30 PM
 Max: 15 Tuition: \$50.00

Movement medicine is Lisa's fitness modality adapted from her 25 years of teaching breathing and movement. Lisa draws from Nia, a practice to achieve well-being by combining the essence of the dance, healing, and martial arts (like qigong and tai chi) with additional core conditioning. Benefits include improved muscle tone; greater flexibility, agility, and balance; better posture alignment; a stronger cardiovascular system; increased stamina and vitality; and stress reduction. Movement medicine can also create new brain pathways and help you deepen your body awareness and become more centered. Lisa can accommodate the needs of people of all ages and abilities, and you are welcome to modify and find your own freedom, form, and somatic discoveries.

Lisa Jones has been studying wellness and practicing yoga for more than four decades. She is an internationally recognized conscious breathing practitioner since 1998, and a Nia instructor since 2004, teaching thousands of individuals and supporting their journeys into

(Lisa Jones, Continued from previous page)

the body/mind realm. Lisa blends all her trainings into her dynamic private sessions and classes. She holds an M.C. in alternative health from Plymouth State College, NH, as well as certifications in The Nia Technique and breathing facilitation. Lisa has completed three years in training programs credentialed by the Global Breathworkers Training Alliance and has taught at dance, wellness, and yoga studio, city recreation departments, and hospitals on four continents.

Gmail Tips and Tricks

2 sessions with Peter Stetson
Thu, Apr 11, 18
10:00 AM - 11:30 AM
Max: 20 Tuition: \$35.00



Learn the basics of Gmail on your own device in class - how to compose, send, and reply to an email, organize your emails into folders, block spam emails, and create a unique signature to end each email.

Suggested reading: Jack Hillby: *Gmail Seniors Guide: The Most Simple and Updated Manual for the Non-Tech-Savvy to Learn How to Use Gmail Safely* (available online).

Note: Participants MUST have basic computer skills and be able to log into your Google account and have downloaded Gmail onto your device so that you will be able to connect to the OLLI Wi-Fi.

Peter Stetson is a retired science teacher who used a variety of Windows and Chromebook technologies in his classroom. Peter has served on the OLLI Tech Committee and has taught *Let's Explore the Google Suite and Forest Tree ID*.

Navigating Driving Over 55 (Years, Not MPH!)

2 sessions with Linda Gatewood
Thu, May 2, 9
5:00 PM - 6:30 PM
Max: 45 Tuition: \$35.00

We will learn about little-known age-related changes in the body that affect critical skills required for safe driving. We'll discuss strategies and equipment that can be used to improve safety when driving in a variety of conditions, such as improving sitting position, aligning mirrors to reduce blind spots, adjusting headrest position, improving glare recovery, and using seat cushions and seat belt extenders.



Linda Gatewood has been an occupational therapist since 1986 with varied clinical experience in geriatrics, neurological and orthopedic rehabilitation, hand therapy, mental health, and burn care. An assistant professor in the CCRI Occupational Therapist Assistant Program since 1998, she created the RI Independent Provider Program Personal Care Assistant training curriculum.

Linda is currently enrolled in the Gerontology and Geriatrics Graduate Certificate program at URI and is passionate about helping older adults stay off the floor

Fun Facts About Rhode Island

1 Session with Roberta Mudge Humble
Thur, May 9
10:00 AM - 11:30 AM
Max: 45 Tuition: \$15.00

Please Note:
Date Change to
Tuesday, April 9,
at 10:00AM

Have some fun courtesy of the smallest state. Chuckle at the way we talk and some of our special vocabulary; listen to songs (sing along if you like, or not) that describe the state's character; and participate in a quiz about the state's best while partnering with classmates to win a prize or two (RI prizes, of course).



Roberta Mudge Humble, a descendant of family from Dalbeattie, Scotland, has written 7 books and created 8 games about Rhode Island, and she gives 12 rousing presentations on Little Rhody, all with glorious color pictures of our magnificent state. A retired CCRI professor, she taught technical writing for 47 years. Her passion is historic armories, and she is president of the Westerly Armory. Her best-known books are *The Right to Crow* and *The Historic Armories of Rhode Island*. She is known for her work with the U.S. Military, including the U.S. Coast Guard. The recipient of many state and national awards, Roberta was inducted into the Rhode Island Heritage Hall of Fame last May. And she adores birds.

Portraits in Charcoal and Oil Pastel

4 sessions with Tom Martino
Thu, May 9, 16, 23, 30
1:00 PM - 3:30 PM
Max: 20 Tuition: \$45.00

Have you ever had the desire to create a portrait of a family member or friend or even a pet? With charcoal or oil pastels and using a photograph as a reference, you will produce a likeness of your subject as well as a fine piece of art with a loose, sketchy, yet fresh look. Class exercises will include demonstrations with both media and discussions about working from live models as well as photographs.

Tom Martino is a local plein-air painter schooled in both oil and watercolor painting. His subjects include portraits as well as landscape. He is also trained in oil pastel, having studied with Br. Michael Dundin. He is a member of the South County Art Association, the Cape Cod Art Center, and the Conanicut Island Art Association. He maintains studio space at the Helme House in Kingston.

Practical and Proven Suicide Prevention

1 session with Rob Harrison

Thu, May 16

10:00 AM - 11:30 AM

Max: 30 Tuition: \$15.00

We are in the midst of a global mental health crisis and people of all ages need help. QPR (Question. Persuade. Refer.) is a community level evidence-based training program that has proved effective in teaching any adult age 17 or older to recognize someone who might be considering suicide and take the appropriate measures to get help. Just like CPR, QPR is an emergency response to someone in crisis. Participants are certified as "Gatekeepers" for 3 years.

Rob Harrison, a 1963 U.S. Naval Academy graduate, was an engineer on nuclear submarines for six years and an instructor at submarine school for one year. He earned his M.D. at Temple University School of Medicine in 1974. His residency was in family practice. He served as attending staff at the U.S. Naval Hospital at Camp Pendleton, was Westerly Hospital emergency department staff for 18 years and surgical assistant for 15 years. An instructor for Youth Mental Health First Aid and QPR Institute, he is currently director of the Washington County Zero Suicide Program.

Why Birds Matter in Our Changing Ecosystem

1 session with Charles Clarkson

Thu, May 23

4:00 PM - 5:30 PM

Max: 45 Tuition: \$15.00

Birds have been evolving on our planet for roughly 160 million years. During this period, they have radiated into over 10,000 species and can be found in nearly every habitat that exists. Aside from bringing us great joy as they nest in our backyards, visit our feeders, and fill wild spaces, birds provide countless ecosystem services. They pollinate our plants, control pest populations, remove decomposing organic material, and spread seeds far and wide, thereby creating new habitats across the globe. We will learn about the amazing things birds do and what we stand to lose in a warming world as many of our avian populations decline rapidly.



Charles Clarkson served as coordinator for the Rhode Island Bird Atlas and is currently director of avian research for the Audubon Society of Rhode Island. Over the past three decades, he has conducted avian research in over 25 countries and been involved in avian field studies of owl demography, measuring avian physiology, genetic sequencing, toxicological analysis, and large-scale conservation. He has worked on military bases conserving endangered birds; for the Semester at Sea program as a lecturer in conservation, environmental science, and ornithology in multiple countries; and as a professor at two universities.

**Facilitators:**

Brenda Bibb & Marian 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 join the OLLI Hiking Group. Limit per walk: 15

TRUSTOM WILDLIFE REFUGE

Thu, Apr 18, 10:30 AM - 12:00 PM

We will walk the bluestone path around the open field and stop at the Farm Pond. Trustom Pond is part of the Rhode Island National Wildlife Refuge system and contains the only salt pond in the state without significant residential development. We will plan to stop afterwards at Java Madness at Marina Park in South Kingstown.

ROCKY POINT STATE PARK

Thu, May 16, 10:30 AM - 12:00 PM

Meet and park at the large parking lot at Rocky Point State Park. A fun walking path through a historic spot that was once a lively amusement park, the Rocky Point Walking Path is a flat and easy stroll. Although it can get a bit windy being that it's right on the water, the path is well maintained and the placards that provide historical information are fun to read. Follow Rocky Neck Road to its end at the large parking lot where there is a rest room and a gate with access to handicapped parking beyond. We will go for coffee afterwards at Antonio's Bakery.

IDEAS ARE EVERYWHERE

Do you have an idea for a class or know someone who would make a great OLLI instructor? Email OLLI@URI.EDU or call 401.874.4197.

WINTER SEMESTER

Snapshots



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.

Sleep, Nature's Soft Nurse

1 session with Renae Martin
 Fri, Apr 5
 10:00 AM - 11:30 AM
 Max: 45 Tuition: \$15.00

PLAY VIDEO ▶



Nature provides us an amazing daily balm for being mentally sharp, managing stress, and enhancing our immune systems, so we can live our most healthful lives. It is sleep. Yet, life in today's world threatens the restorative quality and quantity of

sleep with damaging consequences to our well-being. Explore the stages of sleep, their functions, and how each stage benefits your health. Most importantly, learn the simple actions that you can take to improve your quality and quantity of sleep...and finally, catch those zzzzzZZZZs. . .

Renae Martin is the Health and Longevity Coach and Founder at The Wellness Flame, LLC in Narragansett. She is a Certified Holistic Nurse and Certified Health and Wellness Nurse-Coach by the American Holistic Nurses Credentialing Corporation. Renae's background is in cardiac nursing and cardiac rehabilitation at Yale New Haven Hospital in CT, clinical research at the Yale School of Medicine, and community health nursing in RI. She is dual-baccalaureate-prepared in nursing and exercise physiology. She also holds certifications in advanced Reiki, as a HeartMath Practitioner for Stress, Anxiety, and Self-Regulation Techniques, and is a Certified Prevention Specialist.

Changing Your Own Behavior

2 sessions with Melissa French
 Fri, Apr 5, 12
 10:00 AM - 11:30 AM
 Max: 30 Tuition: \$35.00

Do you act in ways you wish you didn't? Have you tried to change a certain behavior but found that it doesn't



happen? Learn about the factors that keep people stuck in certain patterns of behavior and ways to change those patterns. Set some goals and discover some tips for accomplishing your goals using the science of ap-

plied behavior analysis. You will follow along by completing a worksheet about one of your own goals with the option to share.

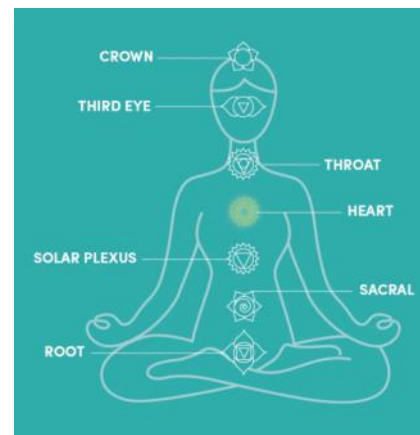
Melissa French, BCBA-LBA, is a licensed and certified behavior analyst. She holds a B.A. from Earlham College and an M.S. in psychology with a concentration in behavior analysis. She works as a clinical supervisor for home-based therapy services for children with developmental and behavioral needs.

The Chakra Energy System

8 sessions with Linda Morse
 Fri, Apr 5, 12, 19, 26, May 3, 10, 17, 24
 1:00 PM - 3:00 PM
 Max: 30 Tuition: \$65.00

PLAY VIDEO ▶

Chakra is a Sanskrit word meaning wheel or disk. The seven chakras are located along the spine from the sitz bones to the crown of the head. These spinning energy vortices or wheels of consciousness correspond to specific physiological parts of the body. We will cover the basic characteristics and functions of each chakra and which gentle yoga poses work to stimulate and balance each energy center. No yoga experience is needed, nor any familiarity with the chakras. You will have the opportunity to journal or do an art project for each chakra. You will find great enjoyment and deep personal growth in this program.



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

Linda M. Morse, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for 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.

**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

Square Foot Gardening

6 sessions with Kathy Tonelli

Fri, Apr 19, 26, May 3, 10, (skip 17), 24, 31

10:00 AM - 11:30 AM

Max:16 Tuition: \$55.00

Mel Bartholomew wanted to end world hunger by creating a gardening system that anyone could follow with little or no gardening know-how and minimal space. He believed that making it easy to grow vegetables meant less cooking, less fuel/carbon footprint, eating fresh, no waste (composting veggie scraps), less trash, less water used, less groundwater pollution, no fertilizers, and no plastic waste. Learn how to plan, set up, maintain, and harvest such an earth-friendly garden. Make or purchase your own one-square-foot starter garden box (optional) for the final class. Assistance will be available if you choose to build your own box.



Assignment for first class: Look at your home environment. Whether you have a yard, a front porch, a small deck, or just a sunny window you can garden! Visualize how you might convert that area into a productive growing space!

Suggested reading: Mel Bartholomew: *All New Square Foot Gardening*, 2006 edition or 2018 (3rd edition) (Cool Springs Press) available to [purchase online](#) (helpful as a reference).

Optional purchase the last week of class:

- Materials to build your own box from the instructor for the last class, approximately \$10
- Purchase a pre-made box from the instructor, approximately \$12
- The cost of "Mel's Mix" to fill the boxes will be split evenly among participating students, approximately \$5.25/student. Mix will be made in class and distributed.

Kathy Tonelli is a certified Square Foot Gardening Instructor. She has been an organic gardener for many years. She is now also an organic microgreens farmer and owns Meadowland Greens, a small microgreens business that offers local home delivery. She also sells

her greens year round at farmers markets in the South County area. In addition, Kathy is a certified integrative nutrition health coach and operates South County Health Coaching, a small private health coaching business servicing adults, families, and children around many areas of health and wellness. Both businesses are part of Healthy Life Enterprises of North Kingstown. Kathy retired from the South Kingstown School Department in June 2022 after teaching elementary special education for 33 years. She is passionate about health and wellness and enjoys sharing various components of a healthy lifestyle with others in fun and engaging ways.

The Music and Events of the 1980s

6 sessions with Brett Morse

Fri, Apr 19, 26, May 3, 10, 17, 24

1:00 PM - 3:00 PM

Max: 30 Tuition: \$55.00

The 1980s were a time of great pop culture including some of the best music of all time. It was also a decade of significant events that shaped our world, including Chernobyl, Ronald Reagan, The Simpsons, the Berlin Wall, John Lennon's assassination, Pac-man, AIDS, MTV, and the computer. You want some of the greatest music of all time? The 80s deliver! From Queen, Lionel Richie, ABBA, Foreigner, Lennon, Houston, Blondie, and so many more—experience what many call the greatest decade of all time.

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.



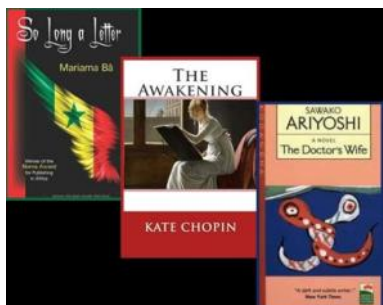
MEMBERSHIP INFORMATION

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.

Women Writing About Marriage in Changing Times: Three Short Novels

4 sessions with Jane Barstow
Fri, May 10, 17, 24, 31
10:00 AM - 11:30 AM
Max: 25 Tuition: \$45.00

PLAY VIDEO ▶



controlling husband. These three novels all raise interesting questions about the options available to women within and outside of traditional marriages.

The Doctor's Wife (1967) by Ariyoshi Sawako, set in late 18th-century Japan, focuses on the complex relationship between a young woman and her mother-in-law who compete for the attention of their beloved husband/son. *So Long a Letter* (1980) by Mariama Ba, set in Senegal in the 1970s, focuses on the very different choices made by two friends following their husbands' decisions to take a second wife. *The Awakening* (1899) by Kate Chopin, set in late 19th-century Louisiana, focuses on a woman who dares to defy a

Required texts:

- Sawako Ariyoshi, *The Doctor's Wife* (Kodansha America, Inc., 1992)
- Mariama Ba, *So Long a Letter* (Waveland Press, Inc., 2012)
- Kate Chopin, *The Awakening*, (multiple editions available on Amazon)

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

Blue Zones Watch Party and Discussion

N SERIES
LIVE TO 100
SECRETS OF THE
BLUE ZONES

Live to 100: Secrets of the Blue Zones

LUNCH
& Learn

1 session with Erica Estus & URI College of Pharmacy Students
Fri, Apr 5, 12:00 PM - 1:30 PM
Max: 30 Tuition: \$0.00

Join URI College of Pharmacy students to discuss Netflix's *Live to 100: Secrets of the Blue Zone*! We will be watching clips from this documentary and debriefing about how different societies worldwide boost longevity through food, culture, mindset, and more. Learn about healthy aging and how people of all ages can incorporate these techniques into their daily lives now!

This session will be co-presented by student pharmacists from the University of Rhode Island Doctor of Pharmacy program and Erica Estus, Pharm.D., BCGP, Registered Pharmacist and Clinical Professor at the University of Rhode Island College of Pharmacy.

Dr. Estus specializes in geriatrics and maintains a clinical practice site in addition to her teaching role at URI and Director of the PharmD program (Student Affairs). Doctor of Pharmacy students represent student organizations across the lifespan and are eager to lead the discussion with

*If no instructor is listed, a knowledgeable staff member or docent will be the guide or speaker for this class.
Note: All participants in off-site classes are required to transport themselves to all locations and fill out an Assumption of Risk and Release of Liability Form.*

The John Brown House Museum

1 session on Tue, Apr 16
10:00 AM - 11:00 AM
Max: 15 Tuition: \$15.00



Please join us for a tour of the John Brown House, the first mansion built in Providence, located at 52 Power Street on College Hill where it borders the campus of Brown University. The house is named after the original owner, John Brown, a merchant, statesman, and slave trader, and one of the earliest benefactors of the university. The John Brown House was declared a National Historic Landmark in 1968. John Quincy Adams considered it "the most magnificent and elegant private mansion that I have ever seen on this continent."

Please read: *The John Brown House is accessible and there is ample parking on the corner of Benefit and Charlesfield streets in Providence.*

The Lippitt House Museum

1 session on Fri, May 10
10:00 AM - 11:00 AM
Max: 20 Tuition: \$15.00

The Governor Henry Lippitt House is a historic house museum at 199 Hope Street on the East Side of Providence. A National Historic Landmark, it is one of the finest Italianate mansion houses in the state and considered one of the best-preserved examples of Victorian-era houses in the U.S. It is one of America's Victorian interiors, an 1865 mansion in the heart of Providence, Rhode Island. Our guided tour will last one hour, and you are able to linger at the museum as long as you want.

Please read: *The museum is accessible with a wheelchair lift at one of the entrances. There is ample parking in front of the museum.*

The URI Bay Campus

1 Session with Andrea Gingras
Wed, May 15
10:00 AM - 11:30 AM
Max: 20 Tuition: \$20.00

Overlooking the west passage of Narragansett Bay, URI's 153-acre bay campus is home to the University's highly acclaimed Graduate School of Oceanography, one of the top five oceanographic institutions in the country. We will tour two campus facilities: the RI Nuclear Science Center and the Marine Geological Samples Lab. We will spend 35 minutes at each location. We will be walking to/from each facility. Details about the meeting place, parking, and a schedule will be provided to those registered.

Please read:

- *Participants should be prepared for the weather!*
- *Participants will need to show their government issued IDs (license) at the science center.*
- *Closed toe shoes are required.*
- *To view the Reactor, you will need to climb three flights of stairs.*
- *The campus terrain covers uneven ground.*
- *This tour is not wheelchair accessible.*



Andrea Gingras is the assistant director of the Graduate School of Oceanography's office of public engagement.

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!

Strolling Through History

1 Session with Jean Gagnier
 Mon, May 20
 10:00 AM - 12:00 PM
 Max: 20 Tuition: \$20.00

A stroll through downtown Westerly can tell people a lot about the rich history of this nearly 350-year-old community. On our walking tour we will see eight of the dozen murals that were created during a 2017 painting



festival sponsored by the nonprofit Bricks and Murals to capture the story of the town: the New London Steamboat Company (depicting coastal and island transportation), Mrs. Harriet Wilcox (patron of Wilcox Park), the granite industry, the Westerly Band

(oldest community band in the country), the 1938 hurricane (dedicated to first responders and rebuilders), the Pawcatuck River (natural boundary used by the Narragansett and Pequot people and referenced in the 1663 charter), the Rivalry (Stonington vs. Westerly), and the mills of Pawcatuck Village.

Please read: The walk is 1.5 miles long and is on ADA-compliant sidewalks. Free parking is located at 14 Canal Street, Westerly. The group tour will meet at the entrance to the parking lot.

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

Colonial Newport: A Walking Tour

1 session with Ken Johnson
 Wed, May 22
 10:00 AM - 12:00 PM
 Max: 20 Tuition: \$20.00

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



Please read: The class will meet at Perrotti Park at 9:45

AM. The tour begins promptly at 10:00 AM. There is metered street parking as well as several lots available.

Ken Johnson is an internationally known retired chemical oceanographer and a first-generation Swedish-American. He holds B.S. and M.S. degrees (URI and the University of Minnesota), and an honorary Ph.D. from the University of Gothenburg. He has given many talks

on Swedish history for the OLLI. In addition he has been a long-term guide in Newport, RI, working in the Newport Mansions for 9 years, and as a step-on bus guide for 12 years giving tours in English and German for the Miami-based firms Destinations North America, Intercruises, and JRickers Travel Concepts.

Forest Bathing Walk

1 session with Mary Jane Sorrentino
 Thu, May 23
 9:30 AM - 11:30 AM
 Max: 15 Tuition: \$15.00
 Location: To be determined

The term forest bathing comes from the Japanese *Shinrin-yoku*, "bathing or taking in the forest atmosphere." Now considered an important health and wellness practice in many countries, in Japan it is part of the national health program and scientists study its many benefits. Our gentle walk in South County will be slow and silent except for the times we will gather to share. Forest bathing gives us a chance to quiet our minds while using our senses, helping us renew our relationship with nature.

Please read: While the trail will most likely be flat, there may be some areas where roots and rocks make it uneven. Please dress for the weather including hat/sturdy shoes and bring what you usually carry on a walk such as water/walking stick.

Location for the walk, meeting place, and directions will be emailed to participants.

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

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 or 401.874.4197

Wickford Photography Walking Tour

1 session with Cindy Horovitz Wilson

Wed, May 29

10:00 AM - 12:00 PM

Max: 15 Tuition: \$15.00

This photography walk will take place in the charming village of Wickford. We will meet in town, slowly stroll the streets, and learn how to create better photographs

while picking up a little local history. Prompts and practice exercises will be offered during the class. Instructions for meeting will be provided to those who register.

Materials needed:

camera and lens/es, extra camera battery, memory card. Smartphones welcome.

Class will meet at the back of the municipal parking lot on Brown Street behind Walgreens.

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

Edible and Medicinal Plant Walk

1 Session with Maggie Hatzpanian

Thu, May 30

1:00 PM - 3:00 PM

Max: 12 Tuition: \$15.00

Discover edible and medicinal plants growing wild right here near the edge of the URI campus! Learn about the plants we will discover on our walk – their habitats and growth patterns, which ones are edible, and which have healing properties. We will discuss recipes for edible plants, as well as healing properties with formulations for the wild medicinals.

Please read:

- Meeting time and place will be sent to participants prior to the walk.
- We will be on our feet for the full two hours.
- We will be walking along the edge of the campus (not necessarily in the woods) where most of the terrain is very flat. At times we will be on paved surfaces or sidewalks.

Maggie Hatzpanian is a registered nurse, clinical herbalist, and certified yoga instructor. She founded Maggie's Healing Path in 2020 to share her experience based on healthy plant-based practices. For more about Maggie's Healing Path, go to www.maggieshealingpath.com/.

OLLI Book Club

Meets the third Friday of every month at OLLI.

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

March

Maud's Line By Margareet Verble

April

This Tender Land By William Kent Krueger

May

Kindred By Octavia Butler

June

The Rosie Project By Graeme Simion

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

Stop by the OLLI office.

\$15 cash or check while supplies last.



From *Titanic* to *La La Land*: The Best Film Music from the 90s Until Today

6 Sessions with Emanuel Abramovits
Thu, Apr 4, 11, 18, 25, May 2, 9
11:00 AM - 12:30 PM
Max: 45 Tuition: \$55.00



Music is a fundamental component of a film's emotional force, and we'll explore what's behind the best film scores in today's evolving world. Anecdotes and superb audiovisuals will introduce us to the artistic and business aspects of the music of Thomas Newman (*American Beauty*), Hans Zimmer (*Interstellar*), Rachel Portman (*Emma*), Jonny Greenwood (*The Year of the Dog*), Justin Hurwitz (*La La Land*), and other members of a fantastic new generation of composers who are allowing us "to see the films with new eyes and hear the films with new ears."

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.



Landscape Photography

3 sessions with Eli Vega
Mon, Apr 15, 22, 29
12:30 PM - 2:00 PM
Max: 30 Tuition: \$40.00



Learn about composition, exposure, lenses, depth-of-field, lighting, timing, HDR, photo editing, photographing different seasons, dealing with flare, shooting in snow, and much more.

Suggested reading: Eli Vega: *Right Brain Photography: Be an Artist First* (BookBaby, 2019).

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.

Contemporary Economic Policy Issues

6 Sessions with Jon Haveman and Geoffrey Woglom
Mon, Apr 15, 22, 29, May 6, 13, 20
4:00 PM - 5:30 PM
Max: 45 Tuition: \$55.00



Economics plays a central role in the functioning of every aspect of society, primarily through federal, state, and local government actions. We will explore prominent policy issues with economics at their core, including their origins as policy matters, the



underlying data and evidence, and what policy levers are available to deal with them. The focus will be on what the economics profession understands to be true about each issue. We will begin with a lecture on the overall U.S. economy, followed by standalone presentations on selected topics by subject matter experts. Potential topics include climate change, health care, economic inequality, autonomous vehicles, and many more. The topics presented will be determined by what issues are most pressing at that time.

Jon Haveman holds a Ph.D. in economics from the University of Michigan. He is the executive director of the National Economic Education Delegation (NEED) and has a reputation for providing economic information that is readily useful in the work and private lives of people. Previously, Jon was the director of the Economy Program at the Public Policy Institute of California, a senior economist with the President's Council of Economic Advisers, an economist with the Federal Trade Commission, and faculty at the Business School at Purdue University.

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

To Be or Not to Be: The Question of Modern Man

5 sessions with Teresa Testa
 Tue, Apr 23, 30, May 7, 14, 21
 10:00 AM - 11:30 AM
 Max: 20 Tuition: \$50.00



What is central to understanding the essence of manhood? As a stage of life or period of being, manhood conveys subjective cultural depictions tending either toward a positive or negative inclination. Consider 19th-century historian Alexis de Tocqueville's warning against the State's domineering powers toward manhood. He writes, the will of man first is not shattered, but softened, bent, and guided—only for men to feel rarely forced to act yet constantly restrained from acting. Now in the modern period since the mid-20th century,

To Be OR Not to Be

the symbolic constructs surrounding manhood are as easily idealized as they are diminished. This predicament raises virtuous manhood to an unachievable locus or, alternatively, lowers man's worth to a weakened societal station. Consider the tagline of the contemporary Barbie

film, "She's everything. He's just Ken." How is one to understand manhood within one's own being or in relation to man? This course offers both men and women the historical, philosophical, and sociological frameworks of manhood through different media and writings of thoughtful contributors on the subject including Twain, Roosevelt, London, Wollstonecraft, and Bellah. Here the aim is to build a contemporary profile of the complexity of manhood as well as expand and heighten the learning experience. All voices and experiences are welcome.

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 American 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 management from Salve Regina University with emphasis on modern business ethical standards. Her academic interests are extensive and connect multiple disciplines within the humanities.

OLLI ZOOM CLASS INFO

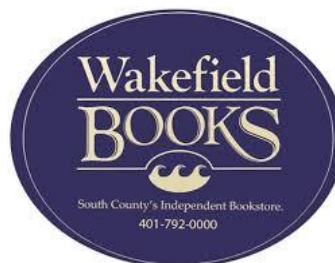
A link to join zoom classes is sent in a reminder email 2 days before the class starts. For your convenience, a link is also sent 30 minutes prior to the beginning of the course.

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.



160 Old Tower Hill Road
 Wakefield, RI 02879

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.



MEET a Member

NAME: Jeff McFarland

I'VE BEEN A MEMBER SINCE 2020.

I'M FROM Originally from Westchester New York. Currently from North Kingstown

I HAD A CAREER IN mental health counseling

WHAT I LOVE ABOUT OLLI IS the community, accessibility

THE BEST CLASS I'VE EVER TAKEN AT OLLI WAS Shakespeare with Thomas Santos and a couple of Jan Armor classes.

A FUN FACT ABOUT ME IS I fostered/tamed 12 feral cats.

MY FAVORITE RESTAURANT IS O'Sushi

THE LAST BOOK I READ WAS All the Light That Is

THE BEST PLACE I EVER TRAVELED WAS Matterhorn



This Special Interest Group is open to OLLI members that have some experience and to those that have been playing for years. Our goal is to have fun and make new friends, while hopefully improving our golf game. This is not a golf league, but more of a golf club.

Once registered, watch for weekly emails regarding attendance.

Fees: TBD fee per game to Pinecrest Golf Course; Golf Cart rental available.

Location: Pinecrest Golf Course, 29 Pinehurst Dr, Carolina

Time: Tee Off **10:00am** (Tee Times may vary weekly, depending on the number of golfers.)

Sub list: Once our max # of registrants is reached, you will be added to our **Active Sub List**. You will be contacted to fill in for absentees on a weekly basis if needed.

Facilitators: Kathy Plante and Peter Stetson

Register online starting March 12.



DONATIONS ACCEPTED at OLLI for URI'S BASIC NEEDS PANTRY

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

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

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 spring semester, there are sessions in April and May. We will be offering a Thursday and Friday session for each discussion topic.

Group Facilitators: Jim Findley & Emilia Gonzales Torpey
Max Per Class: 45 Tuition: \$0.00

Great Decisions 2024 - Science Across Borders

Register for one session:

- 1 Session on Thu, Apr 18, 4:00 PM - 5:30 PM
- 1 session on Fri, Apr 19, 10:00 AM - 11:30 AM

Scientific advances benefit from collaboration among researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation?



Great Decisions 2024: U.S.-China Trade Rivalry

Register for one session:

- 1 Session on Thu, May 16, 4:00 PM - 5:30 PM
- 1 Session on Fri, May 17, 10:00 AM - 11:30 AM

China's economic rise and its current policies of increasing the role of the state in the economy have led some U.S. policymakers to seek to deny China access to U.S. technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy, and how effective can it be?

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.



let's go *travel* with *OLLI*

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

Visit the OLLI website for more trip information

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

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)

2025 TRIPS

Iceland's Magical Northern Lights
(March 19-26, 2025)

Reflections of Italy
April 30-May 9, 2025)

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)

Flyers for most trips are available in the OLLI lobby. Visit the OLLI website for more trip information. URI.EDU/OLLI/PROGRAMS/TRAVEL

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>Book Group</p> <p>Meets the third Friday of each month at 1PM at OLLI. Book selections are available on our website: https://web.uri.edu/olli/sig/book-group/ Facilitator: Beth Leconte bleconte@uri.edu.</p>	<p>Cyber Seniors</p> <p>Provides FREE technology support and training for OLLI members. Resumes in late January.</p> <p>Current Events Discussion</p> <p>This drop-in discussion group meets weekly on Thursdays from 11:00AM-12:30PM</p>	<p>Movie Group</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. Facilitator: Marylen McKenna marylen7586@gmail.com</p>	<p>Mah Jongg</p> <p>Do you like to play Mah Jongg? Join this group on Thursdays at 1PM in the OLLI lobby. Facilitator: Cobi Bush</p> <p>Golf</p> <p>Spring registration for golf begins March 12.</p>
<p>Writer's Group</p> <p>Meets the first Friday of each Month at 1PM via Zoom. Join us online and share your writings, listen and learn from others, and most importantly have a good time. Facilitator: Susan Berman susanb99@yahoo.com.</p>	<p>OLLI SERVES</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>Creativity and Play</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. Facilitator: Sandra Enos sandra.l.enos@gmail.com</p>	<p>Lunch and Learn Bring your lunch and feed your mind! New sessions added each semester. Check the website for details.</p> <p>Let's Talk Technology</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 Zoom at 11:30AM. Register for each session separately.</p>
<p>Cosmic Questions</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 Facilitator: Krystyna Kasman krystyna_kasman@cox.net</p>	<p>Photo Friday</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 Zoom meeting. The group meets the first Friday of each month at 10AM. Facilitator: Jan Armor janthephotoman@gmail.com</p>	<p>Rhody Ramblers</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. Facilitators: Brenda Bibb bjgbibb@hotmail.com and Denise Stetson den.stetson@verizon.net.</p>	<p>Hiking Group</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. Facilitators: Cindy Opaluch CindyRI@cox.net Sara Nelson saramay51@hotmail.com</p>
<p>Great Decisions</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>Bowling Group</p> <p>Interested in bowling? This group meets on Wednesdays at 12:30PM at Old Mountain Lanes in Wakefield. Facilitator: Peter Stetson petestetson8@gmail.com</p>		



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

Proposal Due Dates:

Fall 2024 – April 30

OLLI Mail-In Course Registration - Spring 2024

Name (one member per form) _____

Mailing Address _____

City _____ State _____ Zip _____ Renewal Date: _____

Telephone: _____ Email _____

MONDAY

- ☐ Beginning Italian \$65
- ☐ Breakout Characters and Catch Phrases on TV \$15
- ☐ Cold War Relations with Central America \$50
- ☐ Exercise, Diet, and Successful Aging \$15
- ☐ Galileo Galilei \$40
- ☐ "I Found My Talk": Native Language Revival in the U.S. and Canada \$55
- ☐ Numbers, Numbers...\$15
- ☐ Offshore Wind Energy: Opportunities and Challenges \$15
- ☐ On the Docket: Two Cases Now Before the Supreme Court \$15
- ☐ Purpose Driven Retirement \$45
- ☐ The Age of Sail \$45
- ☐ Walking Rhode Island: Hikes in the Spring \$15

TUESDAY

- ☐ Advanced Beginner Handbells \$40
- ☐ Brain Injury and Neurodegenerative Diseases \$15
- ☐ Building a Second Brain Through Digital Note-Taking \$45
- ☐ Dragonflies and Damselflies of Rhode Island \$15
- ☐ Introduction to DNA Cloning for the Nonscientist \$50
- ☐ Playing with Classics: Uncle Vanya \$55
- ☐ Seven Years at the Sunday Friendship Breakfast \$40
- ☐ South America: The Neighbors We Don't Know \$40
- ☐ Steel City: Writing Historical Fiction \$15
- ☐ The Doctor Broad: A Mafia Love Story \$15
- ☐ The JFK Assassination: 60 Years Later \$40
- ☐ The Truth About Statins: Risks and Alternatives to Cholesterol-Lowering Drugs \$15
- ☐ What Every Woman Needs to Know About Cardiovascular Disease \$15
- ☐ Willa Cather: One of Ours and Five Stories \$50

WEDNESDAY

- ☐ A Quick March Through Roman History \$50
- ☐ Beginner Drawing \$55
- ☐ Beginner Watercolor \$55
- ☐ Fabulous Fingers: Part II \$50
- ☐ Find Your Voice \$15
- ☐ Gentle Beacons and Their Keepers: A Look at Lighthouse History \$15
- ☐ Hand Lettering: The Art of Drawing Letters \$15
- ☐ How and Why is the Human Brain Unique? \$35
- ☐ La Sagrada Família: Inching Toward Completion \$15
- ☐ Rare Plants of Rhode Island \$35
- ☐ Tennessee Williams: Plays Made into Movies \$55
- ☐ The Concerto: A Beautiful Musical Form \$45
- ☐ The Taming of the Shrew: A Battle of the Sexes \$60

THURSDAY

- ☐ Brainstorming Solutions to Age-Related Sensory Changes \$15
- ☐ Compassionate Conversations Part 2: Learn to Communicate Better with Anyone \$55
- ☐ Fun Facts About Rhode Island \$15
- ☐ Gmail Tips and Tricks \$35
- ☐ Let's Skate! \$60
- ☐ Movement Medicine \$50
- ☐ Navigating Driving Over 55 (Years, Not MPH!) \$35
- ☐ Portraits in Charcoal and Oil Pastel \$45
- ☐ Practical and Proven Suicide Prevention \$15
- ☐ The U-Boat in Newport Harbor \$15
- ☐ Why Birds Matter in Our Changing Ecosystem \$15

FRIDAY

- ☐ Changing Your Own Behavior \$35
- ☐ Sleep, Nature's Soft Nurse \$15
- ☐ Square Foot Gardening \$55
- ☐ The Chakra Energy System \$65

FLIP FOR MORE →

*Other fees apply. See course description for details.

OLLI Mail-In Course Registration - Spring 2024

(Friday, Continued)

- ☐ The Music and Events of the 1980s \$55
- ☐ Women Writing About Marriage in Changing Times- Three Short Novels \$45

ZOOM CLASSES

- ☐ Contemporary Economic Policy Issues \$55
- ☐ From Titanic to La La Land: The Best Film Music from the 90s Until Today \$55
- ☐ Landscape Photography \$40
- ☐ To Be or Not to Be: The Question of Modern Man \$50

GREAT DECISIONS—FREE

(Choose one date for each session)

Great Decisions 2024 - Science Across Borders

- ☐ Thur, Apr 18, 4:00PM-5:30PM
- ☐ Fri, Apr 19, 10:00AM-11:30AM

Great Decisions 2024 - U.S.-China Trade Rivalry

- ☐ Thur, May 16, 4:00PM-5:30PM
- ☐ Fri, May 17 10:00AM-11:30AM

LUNCH AND LEARN

(Free but you must register)

- ☐ Inside Mental Illness
- ☐ Blue Zones Watch Party & Discussion

TOURS & TRIPS

- ☐ Colonial Newport: A Walking Tour \$20
- ☐ Edible and Medicinal Plant Walk \$15
- ☐ Forest Bathing Walk \$15
- ☐ Strolling Through History \$20
- ☐ The John Brown House Museum Tour \$15
- ☐ Tour of the URI Bay Campus \$20
- ☐ Visiting the Lippitt House Museum \$15
- ☐ Wickford Photography Walking Tour \$15

RHODY RAMBLERS

(Free but you must register)

- ☐ April 18, Truston Wildlife Refuge
- ☐ May 16, Rocky Point State Park

SPECIAL INTEREST GROUPS & OLLI EXTRAS

(Free but you must register)

- ☐ Book Group
- ☐ Bowling Group
- ☐ Cosmic Questions
- ☐ Creativity and Play
- ☐ Golf
- ☐ 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

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

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

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

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

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

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

OFFICE USE: DATE RCVD: _____ DATE PROCESSED: _____ INITIALS: _____

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