

THE
UNIVERSITY
OF RHODE ISLAND
OSHER LIFELONG
LEARNING INSTITUTE



MARCH 31 - JUNE 13, 2025

URI.EDU/OLLI

401.874.4197



SPRING 2025 COURSE CATALOG

OSHER LIFELONG LEARNING INSTITUTE

UNIVERSITY OF RHODE ISLAND



URI.EDU/OLLI
401.874.4197

A Community of
Learners ages 50+



Informative Classes
Fun-Filled Activities
Social Gatherings
Online and In-Person

CONTENTS

Instructors.....	5
Categories	6-7
Monday.....	8-11
Tuesday.....	12-
Wednesday.....	15-18
Thursday.....	19-21
Great Decisions	22
Friday.....	23-25
OLLI Serves.....	26
Lunch and Learn.....	27
OLLI Zoom Classes.....	28-29
Rhody Ramblers.....	29
Osher Online	30-32
SIGS/OLLI Extras.....	34
Travel with OLLI	35

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Membership is \$65 per year and courses are priced based on length and format.

ON THE COVER:

OLLI member Eve Todd travels from Old Lyme, Connecticut, to take OLLI classes. Yes, that's a 60-minute drive to get to OLLI, and Eve says it's worth every mile! Eve loves science classes and her favorite class was *Four Big Ideas from 20th Century Science* held last fall.





Beth Leconte

“Sunshine and spring bring out the best in everyone.” –

Kenny Chesney, Country Singer and Songwriter

OLLI is the place to be this spring, with over seventy-five offerings available throughout April, May, and June. You can enjoy learning in the classroom, with topics including history, literature, language, arts, humanities, and healthy lifestyles. Some exciting classes include Science Fiction, Underwater Archaeology, Play with the Classics, Swing in American Music, and breath techniques.

For those who prefer learning outside of the classroom, you can explore Forest Bathing, take a Trout Hatchery Tour, visit the RI courts, or try ice skating. As a community of lifelong learners, OLLI also offers opportunities for bowling, hiking, Trivia Nights, and Rhody Ramblers. Have fun while making new friends!

Volunteering is a great way to give back to the community. Our OLLI SERVES program highlights several volunteer opportunities this spring. You can help stock shelves at the Rhody Outpost on campus, assist with a Habitat for Humanity build, or become a literacy volunteer or CASA (Court Appointed Special Advocate) worker.

Stay involved with OLLI in more ways than one. Learning never retires, and each day is a new adventure at OLLI.

IMPORTANT

MEMBERSHIP INFORMATION

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

SUGGESTED AND REQUIRED READING INFORMATION

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

OLLI DISCLAIMER

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

DISABILITY ACCOMMODATIONS

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



REGISTRATION OPENS DECEMBER 17, AT 7:00 AM

Online registration begins Tuesday, March 18, at 7:00 AM.
The office will open at 9:00 AM for phone and walk-in registration.

Classes fill up quickly, so don't wait!

1 ONLINE

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

2

PHONE

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

3

EMAIL

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

4

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

THE
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OSHER LIFELONG
LEARNING INSTITUTE



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

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

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



IS IT TIME TO RENEW YOUR MEMBERSHIP?

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

INSTRUCTORS

Abramovits, Emanuel.....	33	Mahler, Leslie.....	24
Adams, Kay.....	9	Mandel, Larry & Judy.....	14
Alm, Steven.....	32	Markey, Nancy.....	9
Antonucci, Anthony.....	37	Martin, Nicole.....	34
Berardo, Stephen.....	24, 25	Missimer, Amanda.....	22
Betensky, Carolyn.....	21	Mitak, Kirsten.....	8, 19
Bibb, Brenda.....	26, 31	Mitchell, Brian.....	8
Black, Kathy.....	18	Morse, Brett.....	29, 30
Bogutt, Elizabeth.....	29, 31	Morse, Linda.....	29, 31
Buxton, Bridget.....	13	Mudge Humble, Roberta.....	14
Buxton, Jim.....	13	Muller, Robert.....	16
Carlin, Diana.....	35	Nightingale, Peter.....	11
Clarkson, Charles.....	24	Novak, Dan.....	13
Cunningham, Dorothy.....	23	Pagliasotti, James.....	32
Dionis, Janet.....	16	Passeroni, Emily.....	34
Eaton, Gale.....	16, 31	Pereltsvaig, Asya.....	36
Ferrante, Ann.....	12	Perlow, Robert.....	15
Ferrara, Penny.....	10	Persons, Bob.....	21
Findley, Jim.....	27	Petersen, Pat & Gary.....	14
Foeri, Laura.....	19	Phoenix Green, Christine.....	14
Freiberg, Marion.....	12	Powers, Pike.....	23
Fulton, Scott.....	36	Puglia, Frank.....	30
Gamble, Judith.....	9	Schanfield, Paul.....	36
Gibbons, Carol.....	20	Seymour, Bill.....	17
Goldsmith, Marian.....	26	Shaker, Tom.....	20
Gonzalez-Torpey, Emilia.....	27	Sherrer, Margaret.....	19
Gregal, Theresa.....	34	Smith, Helen.....	10
Haakenson, Hilary.....	37	Sorrentino, Mary Jane.....	15
Harris, Marilyn.....	11, 20	Sroka, Joshua.....	28
Heineman, Laurie.....	18	Stein, Paul.....	19
Hendrickson, Kjr.....	37	Sullivan, Kimberly.....	25
Hilliard, Dennis.....	10	Tackach, James.....	24
Hinga, Kenneth.....	33	Tonelli, Kathy.....	18
Horrocks, Allison.....	15	Trunfio, Edward.....	21
Indeglia, Justice Gilbert.....	29, 30	Vega, Eli.....	33
Ireland, Robert.....	10	Vertz, Jet.....	17
Johnson, Karen.....	28	Wallin, Brian.....	20, 25
Johnson, Ken.....	12	Waters, Dora.....	8
Kaplan, Lloyd.....	20	Weibezahl, Robert.....	32
Kocurek, Adam.....	35	Wells, Barbara.....	21
Kostrzewa, John.....	9	Wells, Juliette.....	35
MacDonald, Ann.....	22	Wilson, Jessica.....	26
		Zielinski, Ernest.....	17

HELP US SPREAD THE WORD ABOUT OLLI!

Do you belong to a group or organization that might want to know more about OLLI? We would love to come speak about our OLLI program! Email OLLI@URI.EDU or call 401.874.4197.

UNIVERSITY OF RHODE ISLAND

OLLI

A Community of Learners
ages **50+**

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Don't miss a thing!

Are you getting the OLLI weekly news?

Weekly emails are sent every Monday morning. Stop in the office if you would like to be added to our email list.

CLASSES BY CATEGORY

CURRENT EVENTS

Entertainment

Breakout Characters and Catch Phrases on TV.....	15
The Games of Rhode Island.....	14

Government

The Federal Budget and the National Debt	16
The Rhode Island Courts	30

HISTORY & GOVERNMENT

Politics

Navigating News in a Polarized Environment	17
The Wolf Hall Trilogy: A Study in Power	24

Rhode Island

A Gilded Age Tale of Seduction, Betrayal, and Revenge	9
Art in the Courthouse - McGrath Judicial Complex ...	29
A Small Town's Brush with Nuclear Power.....	8
Naval Torpedo Station Newport.....	20
Striking Out: Labor in the Blackstone Valley	15
The Enslaved Women of Smith's Castle	20
Threads of Time: Unravelling the History of Block Island Shipwrecks Through Quilts and Their Makers	16
World War I in South Kingstown.....	26
Walter Massie - Rhode Island's Wireless Pioneer	25

U.S. History

Danger! Molasses in January.....	16
Iran, Iraq and Syria	13
Mary Katherine Goddard: The Only Woman Whose Name is on the Declaration of Independence.....	11
Mainstreaming the Margins: A History of LGBTQ+ America OSHER ONLINE	35
The 1960s: The Decade of Assassinations.....	21

World History

Castles of Southern Sweden (Scandia) and Their Relationship to the History of Scandinavia	12
Haiti and Its People: A Positive Spin.....	9
Women: The Forgotten "Men" in History OSHER ONLINE	35
Russia Beyond Russians OSHER ONLINE	36

HUMANITIES

Arts

Watercolor Practices	23
----------------------------	----

Film

Women Directors	19
-----------------------	----

Foreign Language

Beginning-Intermediate Italian...Continued.....	8
---	---

Literature

Elie Wiesel's Holocaust Trilogy: Night, Dawn, Day	24
Children's Literature: Something Old, Something New	21
Playing with Classics: Uncle Vanya	18
The 20th Century American Short Story II ZOOM.....	32
The Essential Jane Austen OSHER ONLINE.....	35
Science Fiction: "Go Anyplace, Examine Everything"	25
Wilkie Collins and the Victorian Sensation Novel	21
Zora Neale Hurston: Their Eyes Were Watching God and Selected Stories	12

Music

Fabulous Fingers: Part III.....	8
Fabulous Fingers: Part V	19
"Jump, Jive & Wail:" Swing in American Music.....	20
Johnny Cash: "The Man in Black"	30
Music, Media, and the Counterculture 1950-1980 ZOOM.....	32
Peter, Paul and Mary: A Musical Journey	29
Seven Sacred Pauses: Mindful Themes for the Hours of the Day.....	14
The Best Rock Songs of All Time.....	33

The Creativity and Showmanship of Taylor Swift	31
There's Something Happening Here: Laurel Canyon in the '60s and '70s	29

Philosophy & Religion

Being Ethical	21
Humor & Laughter as a Way to Wisdom.....	13

Photography

Beginning Digital Photography II ZOOM	33
---	----

RECREATION AND WELLNESS

Fitness

Let's Skatel!	23
Yoga: An Introductory Workshop	31

Health

Inside Mental Illness	10
Golden Health: Nourishing Your Body with Moving and Purpose	22
Mind–Body Strategies to Alleviate Chronic Pain	19
Take a Breath.....	29

Personal Growth

Compassionate Conversations.....	18
Forest Bathing Walk.....	15
Friendship Tune-up	12
Future Proofing Your Healthspan and Longevity	19
Medicare 101	36
Preserving Your Assets After Retirement and Beyond.....	28
Tea Bag Folding	24
Track Your Ancestors	10

Tours/Travel

Bella Napoli: Italy's (other) "Eternal City" OSHER ONLINE	37
Through the Northwest Passage	14

OLLI Serves

CASA - Court Appointed Special Advocate	34
Habitat for Humanity 101	34
Literacy Volunteers of Washington County	34

STEM

Environment

Declining Bees and Insects - How You Can Help.....	32
Energy Systems and How They Work	17
State of RI's Birds: An Update	24
Square Foot Gardening	18
Trout Hatchery Tour	25
Walking Rhode Island: Hikes in the Spring	9

Math & Science

CSI@URI: Inside the RI State Crime Laboratory	10
Human Decision-Making: Insights from Behavioral Economics.....	11
Fun and Games Theory.....	21
Introduction to DNA Cloning for the Nonscientist	10
Introductory Oceanography.....	33
Naming Rights: Mythology in Science	31
Neurology in a Nutshell: The Brain Explained OSHER ONLINE	36
Precambrian Earth	17
Science Charcuterie OSHER ONLINE	37
The Workings of the Frosty Drew Observatory and a Review of the Engineering and Science of the James Webb Space Telescope.....	30
Underwater Archaeology	13

Technology

How to Find Reliable Medical Information on the Internet.....	22
---	----



Beginning-Intermediate Italian...Continued

8 sessions with Dora Waters

Mon, April 7, 14, 21, 28, May 5, 12, 19, (skip 26), June 2
9:30 AM - 11:00 AM

Max: 15 Fee: \$65.00

Prospective students and students from the fall 2024 semester must have a working knowledge of speaking, writing, listening, reading, and grammar, including present and past tenses. We'll continue with further thematic vocabulary; learning/utilizing imperfect, future, and conditional verb tenses; commands; and readings for improved pronunciation and oral dialogues/presentations. Culture is always included. Student oral participation during the class and risk taking are important in learning and building confidence while having fun with La Bella Lingua!!!

Please Note: This is a CONTINUATION of the Fall 2024 Beginning Italian. It is NOT a beginner's class. Knowledge and use of the Italian present and past tenses is required for class participation.

Required text and assignment for the first class available online.

Required text: Donatella Melucci and Elissa Tognozzi: *Piazza* (Cengage Learning, 2014 or 2015). Go online to Abebooks, eBay, or Thriftbooks, where you will find the student edition is reasonably priced.

Go to wordreference.com/it/ on your cell phone and install the free app for Italian/English and English/Italian vocabulary, verb tenses, and usage examples.

For the first class: Please review the first 5 chapters of the text, *Piazza*. Practice pronunciation out loud.

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.

Fabulous Fingers: Part III

5 sessions with Kirsten Mitak

Mon, April 7, 14, 21 28, May 5

11:00 AM - 11:55 AM

Max: 16 Fee: \$50.00

Have you completed Fabulous Fingers Part II at OLLI, or do you have basic 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 Part II or previous elementary-level piano experience.

Required text: [Nancy and Ronald Faber: Adult Piano Adventures All-In-One Piano Course Book 1](#) (FJH Music Co., 2016). Book can be purchased on Amazon. See link online. Also available at the URI Bookstore. Bring the book and a pencil to class.

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

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.

A Small Town's Brush with Nuclear Power

2 sessions with Brian Mitchell

Mon, April 7, 14

11:00 AM - 1:00 PM

Max: 45 Fee: \$35.00

A proposal to build a twin-reactor nuclear power plant behind a barrier beach in Charlestown, RI, came very close to fruition in the mid-1970s. Citizens organized just in time to play an important role in defeating the power company's plans. What part did a small weekly newspaper play in this story and what does the decline in community journalism mean for the future of our state, cities, and towns?

Brian F. Mitchell, a URI graduate with a B.A. in Journalism/Political science, served as the first editor of the *Charlho Times* weekly newspaper for the Wilson Publishing Company and was a copy/section editor for 20 years at *The Day* newspaper in New London. After retirement from newspapers, he served as manager of the Kingston Chamber Music Festival for 16 years.



Haiti and Its People: A Positive Spin

4 sessions with Judith Gamble
 Mon, April 7, 14, 21, 28
 11:30 AM - 1:00 PM
 Max: 25 Fee: \$45.00

During the last presidential campaign, Haitian immigrants were singled out for particularly negative rhetoric. Yet this view is really not all that new. For 225 years the U.S. has had a rocky relationship with Haiti ever since a successful slave rebellion created the world's first black republic in 1804. This course seeks to provide a balanced historical look into this small nation, including the many positives—not by neglecting the tumultuous political and natural disasters and class conflict suffered by the Haitian people, but by also giving voice to a proud and resilient people, both on the island and in the waves of Haitians who have immigrated to the U.S. for well over 100 years.

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.

Walking Rhode Island: Hikes in the Spring

1 session with John Kostrzewa
 Mon, April 21
 10:00 AM - 11:30 AM
 Max: 45 Fee \$15.00

John Kostrzewa, who writes the monthly "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. 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. Since then, he has written 100 columns. A College of the Holy Cross graduate, Kostrzewa also worked at the *Worcester Post*, *Lawrence Eagle-Tribune*, and *Akron (Ohio) Beacon Journal*. He and his wife, Carol, live in Cranston.

A Gilded Age Tale of Seduction, Betrayal, and Revenge

1 session with Kay Adams and Nancy Markey
 Mon, April 21
 1:00 PM - 2:30 PM
 Max: 45 Fee: \$15.00

In 1882, a young Black woman named Annie Cutler leaves her quiet life in Newport to follow her dashing new boyfriend to Philadelphia with the belief that they will soon be married. Unfortunately, her fiancé turns out to be a philandering scam artist who leaves the naive young girl ruined, penniless, and humiliated. Follow the story of Annie Cutler's betrayal, her revenge, and the aftermath of her actions. Cutler was the first woman in Pennsylvania history to be sentenced to hang, prompting powerful 19th-century civil rights leaders and anti-death penalty advocates to join forces to try and save Cutler's life.



Kay Adams, a retired banking executive, joined forces with her lifelong friend, Nancy Markey, to research and write stories that shed light on little known events of the late 19th century, available at gildedageauthors.com. Their work has been published on the online platform *Narratively* and reprinted in *Smithsonian* magazine. Their first novel is awaiting publication.

Nancy Markey, labor attorney and historian, joined forces with her lifelong friend, Kay Adams, to research and write stories that shed light on little known events of the late 19th century, available at gildedageauthors.com. Their work has been published on the online platform *Narratively* and reprinted in *Smithsonian* magazine. Their first novel is awaiting publication.

Track Your Ancestors

6 sessions with Helen Smith

Mon, April 28, May 5, (skip 12), 19, (skip 26), June 2, 9, 16

1:30 PM - 3:00 PM

Max: 25 Fee: \$55.00

Please note class skip date on 5/12 which was not listed in the catalog.

Can you name your eight great-grandparents? Would you like to discover others you don't already know about? Learn how to organize your research, how to verify old family stories, and much more. This beginner genealogy class will help you become a family detective!

For the class: Bring your laptop or iPad if you use one for research, paper and pencils with erasers (not pens), and your research if you have already done some.

Helen H. Smith, former high school history teacher and travel agent, teaches genealogy classes in libraries around RI and MA. Vice President of the RI Genealogical Society, DAR member, and a member of the North Kingstown Preservation and Genealogical Society, she has been researching genealogy most of her life! For the OLLI at URI, she gave the *Becoming a Family Detective* class last fall.

Introduction to DNA Cloning for the Nonscientist

5 sessions with Robert Ireland

Mon, May 5, 12, 19, (skip 26) June 2, 9

1:30 PM - 3:00 PM

Max: 20 Fee: \$50.00

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 information 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/Genaisance 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.

CSI@URI: Inside the RI State Crime Laboratory

1 Session with Dennis Hilliard

Mon, May 12

10:00 AM - 11:30 AM

Max: 45 Fee: \$15.00

Dennis Hilliard, director of the Rhode Island State Crime Laboratory at URI, will give an overview of the laboratory's work and the various types of forensics, including a course that is offered to law enforcement officers. He will also talk about the URI Forensic Science Partnership and the seminar course that is open to the public and has been offered since 1999.



Dennis Hilliard has worked in the forensic field since 1980. He is director of the Rhode Island State Crime Laboratory and an adjunct professor of biomedical sciences in the URI College of Pharmacy. In addition to administration of the crime lab, his work includes analysis of evidence and court testimony related to analyses of fire debris, hair and fiber, DNA, and blood alcohol. He holds a B.S. in biochemistry from the University of New Hampshire, an M.S. in pharmacology and toxicology from URI, and has taken University of Virginia accredited courses offered at the FBI academy in Quantico, Virginia. He is a member of several professional forensic organizations and is past president of the NorthEastern Association of Forensic Scientists (NEAFS).

Inside Mental Illness

1 session with Penny Ferrara

Mon, May 19

9:30 AM - 11:00 AM

Max: 45 Fee: \$15.00

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. We will discuss how to recognize signs of mental illness, how stigma can prevent people from getting necessary treatment, and the importance of using positive coping skills. We'll also learn how a loved one's mental illness can affect a family member or friend and we'll have a speaker share their lived experience with an opportunity for a robust discussion.



Penny Ferrara has a B.A. in Human Development from Boston College. She has been employed at NAMI (the National Alliance on Mental Illness) 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.



Mary Katherine Goddard: The Only Woman Whose Name is on the Declaration of Independence

1 session with Marilyn Harris

Mon, May 19

11:30 AM - 1:00 PM

Max: 30 Fee: \$15.00

While you may know that the Declaration of Independence was adopted on July 4, 1776, did you realize that for several months after the text was first made public, the names of the signers were withheld for fear of reprisal? Or that a woman's name appeared on the first copy of the Declaration which published those names? At this lecture you'll have the opportunity to "meet" that woman, Mary Katherine Goddard, as interpreted by local historian, Marilyn Harris.

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 50 years. Since 2011 she has taught over 30 classes for OLLI and was inducted into the OLLI Hall of Fame in 2023. Marilyn's particular interests include travel (she has visited over a dozen countries and counting) and history; these form the basis of many of her courses.

Human Decision-Making: Insights from Behavioral Economics

2 sessions with Peter Nightingale

Mon, June 2, 9

9:30 AM - 11:00 AM

Max: 45 Fee: \$35.00

This course explores the flaws in human decision-making through the groundbreaking work of Daniel Kahneman, Amos Tversky, and Richard Thaler. Kahneman and Tversky, whose work began decades ago, identified biases like "availability bias," where we judge importance based on what's most visible, and showed how humans often fail to avoid statistical errors in reasoning. Their insights reshaped economics by challenging the rational "economic actor" model, though their work has faced criticism for implicit elitism. No technical background is needed—just curiosity about how these ideas impact our lives and the policies around us.

Assignment: Read Kahneman's autobiographical essay at least through the section *The Military Experience*.

Suggested reading: Daniel Kahneman: *Thinking Fast and Slow* (Farrar, Straus and Giroux, 2011). Richard H. Thaler and Cass R. Sunstein: *Nudge* (Yale University Press, 2021).

Peter Nightingale is a theoretical physicist specializing in computational methods. He earned his Ph.D. at the University of Amsterdam in The Netherlands. After postdoctoral positions in Delft and Seattle, he ended up at 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: <https://peternightingale.substack.com>

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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.

Make a donation online →

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.



OLLI'S ANNUAL MEETING

is scheduled for **OCTOBER 22, 2025**
Social Time, Luncheon, Guest Speaker
More information Coming Soon!

Castles of Southern Sweden (Scandia) and Their Relationship to the History of Scandinavia

2 sessions with Ken Johnson
 Tue, April 8, 15
 9:30 AM - 11:00 AM
 Max: 30 Fee: \$35.00

The region of southern Sweden (in English, Scandia) has a fertile history as the breadbasket of both modern-day



Sweden and Denmark, hence many battles have been waged for control over this territory. We will take a photo journey to many of the beautiful castles of Scandia and explain how these buildings relate to the history of this contested land and the history of the contending countries

of Sweden and Denmark.

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

Friendship Tune-up

6 sessions with Marion Freiberg
 Tue, April 8, 15, 22, 29, May 6, 13
 1:30 PM - 3:00 PM
 Max: 20 Fee: \$55.00



Friendship is an essential element of a happy and full life. In this experiential workshop we will explore fresh insights about friendship, assess our own friendship patterns and hopes, and refresh our friendship skills. This course mixes it up: expect part lecture, part pondering and self-inquiry, sharing, gaining useful insights, and maybe even some fun.

Note: Bring a journal or notebook.

Marion Freiberg has an M.S. in education. She spent a few years as a middle school science teacher, then worked for 20+ years in business as a workshop facilitator, project manager, and management consultant. After graduating from the Hudson Institute of Santa Barbara's coaching program in 2002, she spent 15 years working as a career and life coach. She is wise, impactful, and thoroughly grounded, as well as a lifelong "deep diver" into spirituality, psychology, and philosophy.



Zora Neale Hurston: *Their Eyes Were Watching God* and Selected Stories

5 sessions with Ann Ferrante
 Tue, April 8, 15, 22, 29, May 6
 3:00 PM - 4:30 PM
 Max: 20 Fee: \$50.00



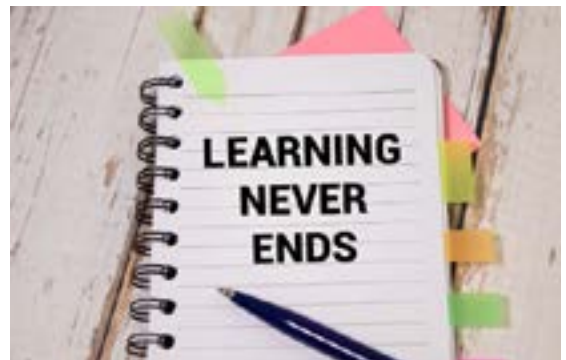
Zora Neale Hurston (1891-1960) is a vibrant writer known for her contributions to the Harlem Renaissance of the 1920s and for her influence on writers following her such as Alice Walker. Having had the unique experience of growing up in the all-Black community of Eatonville, Florida, Hurston imbibed the spirit of living in a place where racial discrimination did not exist although gender discrimination did. This history helped create her complicated but essentially positive view of Black life that is the subject matter of her fiction. In this course, we will look closely at the thought and construction of her masterpiece, *Their Eyes Were Watching God*, and at selected short stories.

Required Reading: Zora Neale Hurston, *Their Eyes Were Watching God* (Amistad, 1937). Zora Neale Hurston, *The Complete Stories*, (Harper Perennial Modern Classics, 1996)

Suggested Reading: "How It Feels To Be Colored Me," in Zora Neale Hurston's *You Don't Know Us Negroes And Other Essays*, edited by Genevieve West and Henry Louis Gates Jr., (Amistad, 2022)

Assignment for the first class: Please read *Their Eyes Were Watching God*, chapters 1 through 13.

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. She enjoys leading discussions in literature at the Willett Free Library in Saunderstown and teaching at OLLI.



Humor and Laughter as a Way to Wisdom

6 sessions with Dan Novak
Tue, April 8, 15, 22, 29, May 6, 13
3:30 PM - 5:00 PM
Max: 20 Fee: \$55.00

What happens when Heidegger and a hippo arrive at the Pearly Gates? Find out the answer to this and other weighty questions by joining us for some serious fun. Via boisterous exercises and esoteric readings, we will explore why and how the sense of the comic has it all over the tragic. We will share jokes and anecdotes and other juicy pieces of your mind, heart, and soul with a local gang of inspired misfits. A foray into tragic conundrums and joyful exaltation with Aristotle, Bergson, and assorted Zen masters. What is the most serious bone in the human body? The most humorous? Hide the women and children and join in our merry spring convertible drive!



Suggested reading: *Thomas Cathcart, Daniel Klein: Heidegger and a Hippo Walk Through Those Pearly Gates* (Penguin, 2009).

Arthur Koestler: *The Act of Creation* (Last Century Media, reprint, 2021)

Dalai Lama, Archbishop Desmond Tutu, et al: *The Book of Joy* (Random House, 2016).

Dan Novak taught philosophy in different forms and settings in New York and Rhode Island, including the University Without Walls UECU, URI Kingston and Providence (Feinstein Campus), and CCRI for over 35 years. His work experience includes business entrepreneur/community rehabilitation for 4 years and working with the developmentally disabled in Massachusetts for 8 years. He has long experience in meditation practice (certified unenlightened!). "When I grow up I want to be an artist, an astronomer, and a political activist." He worked in local (West Greenwich) and state (RIACC) conservation commissions for 10 years.

Underwater Archaeology

6 sessions with Bridget Buxton
Tue/Thu April 8, 10, 15, 17, 22, 24
5:00 PM - 6:30 PM
Max: 45 Fee: \$55.00

We'll explore the history and practice of underwater archaeology with a focus on the ancient Mediterranean. Discussion topics will include classical underwater archaeology, how to find ancient shipwrecks, Israel and King Herod's Harbor, East Africa and the forbidden voyage, and the deepwater archaeology of RMS Titanic.

Note: This class meets twice a week for three weeks.

Suggested Reading: Reading assignments will be sent out to registered participants in advance of the class.

New Zealander **Bridget Buxton** is a Professor of History and Archaeological Oceanography at URI, an AAUS scientific diver, and a Fulbright scholar with a PhD from Berkeley. At URI she teaches Classics and Ancient Mediterranean History as well as Archaeology. Her recent research projects and underwater archaeology field expeditions span civilizations and oceans, with a particular focus on Israel and the Eastern Mediterranean, Croatia, and East Africa, and RMS Titanic.

Iran, Iraq, and Syria

6 sessions with Jim Buxton
Tue, April 15, 22, 29, May 6, 13, 20
10:00 AM - 11:30 AM
Max: 30 Fee: \$55.00

This course provides an in-depth analysis of the major conflicts in Iran, Iraq, and Syria from World War I to the present day. We will explore the historical, political, and social dynamics that have shaped these countries and their roles in regional and global affairs. We will spend two classes in each country examining topics such as

the CIA-backed coup that ousted Prime Minister Mohammad Mossadegh in 1953, the Iran-Iraq War (1980-1988), Iran's unique role and challenges as a regional power, and its nuclear development program and the international response. The section on Syria will investigate the leadership of Bashar al-Assad, the impact of the Arab Spring on Syria, and the ongoing Syrian Civil War, including its key players and humanitarian impact.



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



Seven Sacred Pauses: Mindful Themes for the Hours of the Day

5 sessions with Christine Phoenix Green

Tue, April 15, 22, 29, May 6, 13

1:00 PM - 2:30 PM

Max: 30 Fee: \$50.00

In nature, every three or four hours of the day has a different "mood" and a different theme to ponder. It's important to take the moments to silently pause, center, NOTICE, and ponder, especially in rapidly changing and chaotic times where we are right now. In monastic communities across the world, this time of pausing in deep silence and meditation is often accompanied by chant and prayer. This practice can also benefit those of us "in the world" longing for moments of grounding, reflection, and peace. Borrowing from the monastic tradition of the Benedictine Book of Hours (Vigils, Lauds, Prime, Terce, Sext, None,



Vespers, Compline), we will visit these special hours and their themes, enhanced by some personal journaling/ writing and centering inspired by listening to the calming chant of each segment.

Required text: Brother David Steindl-Rast: *The Music of Silence: A Sacred Journey through the Hours of the Day* (Ulysses Press, 2001). [Available on Amazon.](#)

For the first class: Read the Introduction, Preface, Notes on Gregorian Chant, and The Seasons of the Day for reflection, journaling, or discussion.

Christine Phoenix Green has taught a wide variety of holistic and spirituality courses for the OLLI at URI over the past 12 years. She is a workshop creator and facilitator, music teacher, lecturer, writer, herbalist, and lifelong teacher and learner. Her blogs include [thegreeningspirit.wordpress.com](#), [sensuoussoupsandsuppers.wordpress.com](#), and [pianomistress.wordpress.com](#) (for love of music!).



Through the Northwest Passage

1 session with Larry and Judy Mandel and Gary and Pat Peterson

Tue, April 29

10:00 AM - 11:30 AM

Max: 45 Fee: \$15.00

Fewer people have traveled through the fabled Northwest Passage than have stood at the top of Mount Everest. In August of 2024 Judy and Larry Mandel and Pat and Gary Petersen traveled by ship from Reykjavik, Iceland, to Nome, Alaska, through the Northwest Passage. Their experiences visiting Inuit villages, seeing polar bears and other wildlife, and interacting with fellow passengers will be told through stories and photos.

Larry Mandel is a retired U.S. diplomat; he and **Judy** have traveled extensively and lived abroad for most of their career.

Pat and Gary Petersen are long-time residents of North Kingstown who have traveled widely and are active in the arts, especially music.

The Games of Rhode Island

1 session with Roberta Mudge Humble

Tue, May 6

10:00 AM - 11:30 AM

Max: 45 Fee: \$15.00

Maybe you know Rhode Island and want to know a bit more. Come play and learn. A number of Rhode Island games will be played for the fun of it and for the revelation of places, events, and oddities that make up Little Rhody. Prizes (games, books) will be awarded. If you don't know Rhode Island, you'll enjoy this session because you'll find new places to visit and learn perhaps a tad about the amazingly rich history of the 13th state. There may be a few songs, too.

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



**Online registration
begins Tuesday,
March 18, at 7:00AM**

Forest Bathing Walk

1 session with Mary Jane Sorrentino
Tue, May 13 (rain date May 20)
9:30 AM - 11:30 AM
Max: 15 Fee: \$15.00

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.

Note: All participants are required to fill out an Assumption of Risk and Release of Liability Form. 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 and 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: forestbathin-gri@gmail.com.



MOVIE GROUP

Meets the second Thursday of the month to discuss the latest movies which are available in theaters or streaming. And on occasion, we may view a film on site. Register online or call 401-874-4197.

Facilitator: Marylen McKenna

Striking Out: Labor in the Blackstone Valley

1 session with Allison Horrocks
Tue, May 13
9:30 AM - 11:00 AM
Max: 30 Fee: \$15.00

The first wage workers' strike in the United States took place in Pawtucket, RI, just over 200 years ago in 1824. Led by historian and park ranger Allison Horrocks, we will examine the long history of labor radicalism in the Blackstone Valley, focusing on key episodes in local history.



Allison Horrocks is a park ranger at Blackstone River Valley National Historical Park, based out of Slater Mill in Pawtucket, RI. She has a Ph.D. in History from the University of Connecticut.

Breakout Characters and Catch Phrases on TV

1 session with Robert Perlow
Tue, May 20
10:00 AM - 11:30 AM
Max: 45 Fee: \$15.00

Ever wonder how an actor on a TV show goes from being just a regular cast member to 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, but it turned into a star-making vehicle for Henry Winkler as the Fonz. Also, if the breakout star is lucky, stardom might come with a catch phrase, as Fonzie's "Ayyy." 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.

Note: This class is a repeat of the class Bob gave last spring.

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

The Federal Budget and the National Debt

1 session with Robert Muller

Tue, May 20

1:00 PM - 2:30 PM

Max: 45 Fee: \$15.00

What is the constitutional foundation of the federal budget and the role of Congress and the president in setting taxes and spending? How does the budget affect the national economy? What is the role of debt borrowing in



financing the budget? In the past five years, large deficits and debt borrowing have reached record levels outside of wartime. What does this mean, if anything, for the nation in the years ahead? The diverse economic and political viewpoints on the subject will be discussed. The class

will conclude by focusing on potential solutions and what those solutions might mean for economic growth and the American people.

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



Age-friendly
University
Global Network

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



Danger! Molasses in January

1 session with Gale Eaton

Tue, May 20

1:30 PM - 3:00 PM

Max: 30 Fee: \$15.00

In January 1919, Bostonians could be excused for anxiety. The city had lost over a thousand of its citizens to fighting in World War I and at least as many to the flu pandemic that burst out at Camp Devens in September 1918. The world was out of joint. But who could have been prepared for a flood of molasses? Was it an attack by Italian anarchists? Relatively small in terms of lives lost, this 1919 disaster had interesting complications. Gale will share the fascinating details of this unique disaster, taken from a chapter of her book, *A History of Civilization in 50 Disasters*.

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

Threads of Time: Unravelling the History of Block Island Shipwrecks Through Quilts and Their Makers

1 session with Janet Dionis

Tue, May 20

3:30 PM - 5:00 PM

Max: 30 Fee: \$15.00

The wrecks of three ships, the *Warrior*, the *Spartan*, and the *Larchmont*, are all connected in an unusual way—calico. Calico was an important commodity in the 19th and 20th century and often carried in the cargo holds of ships trying to navigate the difficult waters surrounding Block Island. The windfall of salvaged fabric from these wrecks was a boon for islanders and often used in home sewing. A study of Block Island quilts and the discovery of one quiltmaker's diaries adds richness and dimension to the marine disasters.

Janet Dionis is the director of the Block Island Historical Society and a former literature teacher.

Precambrian Earth

1 session with Ernest Zielinski
Tue, May 20
3:30 PM - 5:00 PM
Max: 45 Fee: \$15.00

We'll cover the history of the first four billion years of earth from the Hadean eon through the Archean and Proterozoic eons and ending at the Cambrian eon 540 million years ago. Geologic and biologic events during these periods will be presented along with some fossil evidence.



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

Energy Systems and How They Work

1 session with Jet Vertz
Tue, May 27
1:00 PM - 2:30 PM
Max: 45 Fee: \$15.00

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

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

Navigating News in a Polarized Environment

3 sessions with Bill Seymour
Tue, May 27, June 3, 10
3:00 PM - 4:30 PM
Max: 45 Fee: \$40

This course aims to equip students with the skills needed to navigate and understand the news effectively in a complex and often polarized political landscape. In addition to looking at the changing definition of news and difference between news and commentary, and the intermingling of both, emphasis also will be placed on ethical considerations, fact-checking, and the impact of digital media.

Bill Seymour was a newspaper journalist for 10 years before becoming a state government official working for five governors of Connecticut in communications and policy analysis. He is now a freelance writer for newspapers and magazines in Connecticut and in South County, Rhode Island. He also has been an adjunct professor of journalism for nearly 40 years. He has a master's degree in public administration, with emphasis on press, politics, and public policy from Harvard's Kennedy School of Government. He serves on its New England Alumni Association board where he runs, with the Harvard Law School Association of Massachusetts, a series on Contemporary Issues in the Media for Harvard alumni worldwide.



Join the OLLI Photo Friday Group

Do you like taking pictures with your camera or phone? Join the OLLI special interest group, Photo Fridays. Being part of a photo group is a great way to help you improve your skills, share your knowledge with others and learn tips and tricks for taking better photos. Each month you will be given a different prompt to photograph and submit. Photos will be shared and discussed during a monthly Zoom meeting. Meetings are held the first Friday of every month from 10am to 11am. (unless it falls on a holiday, in which case, second Friday instead.)

*Join us for
coffee in the lobby!*

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!

Compassionate Conversations: Effective Communication with People Who Have Different Beliefs

6 sessions with Kathy Black
Wed, April 2, 9, 16, 23, 30, May 7
9:30 AM - 11:00 AM
Max: 16 Fee: \$55.00

Especially in these post-election times, communicating with people who see things differently than we do can feel challenging or even impossible. How can we have conversations with those who disagree with most everything we believe in? Is it even possible to communicate with someone who



just won't listen to reason? In this class, students learn the four components of Compassionate Communication and how to use them successfully to communicate with anyone in any conversation. We'll learn true empathetic listening and uncover behaviors that impede our ability to practice kindness and be present. And we'll gain the confidence needed to speak our minds without being afraid of offending others.

***This class will meet in the first-floor conference room.**

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.

Square Foot Gardening

6 sessions with Kathy Tonelli
Wed, April 9, 16, 23, (skip 30), May 7, 14, 21
12:00 PM - 1:30 PM
Max: 20 Fee \$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!

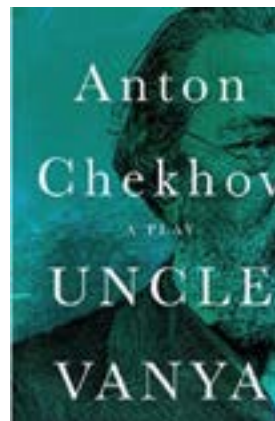
Suggested reference: Mel Bartholomew: *All New Square Foot Gardening, 2006 edition or 2018 (3rd edition)* (Cool Springs Press) available to purchase online (helpful as a reference).

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.

Playing with Classics: *Uncle Vanya*

6 sessions with Laurie Heineman
Wed, April 9, 16, 23, 30 May 7,14
9:30 AM - 11:30 AM
Max: 20 Fee: \$55.00



Both Anton Chekhov with his masterpiece, *Uncle Vanya*, and Christopher Durang, with his brilliant comedic homage to Chekhov, *Vanya and Sonia and Masha and Spike*, humanize our needs to assess our lives, make sense of losses and successes, and do it with layers of humor and emotion. We will read, explore, and possibly act some scenes and monologues as desired by the class...or not if that is not your cup of tea...or vodka. Having played Chekhov, I know there is not

any one "right" way, so let's see where these wonderful plays take us.

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 and 2 of *Uncle Vanya*, if possible.

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 Classics* since 2020 at OLLI, and also in libraries, 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.

Fabulous Fingers: Part V

5 sessions with Kirsten Mitak
Wed, April 9, 16, 23, 30, May 7
11:00 AM – 11:55 AM
Max: 16 Fee: \$50

Have you completed Fabulous Fingers Part IV at OLLI, or do you have other late elementary piano experience? Join us as we progress through more group lessons covering keyboard skills and musicianship in the comfort of the URI keyboard lab, where we 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 IV or previous late elementary-level piano experience.

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

Women Directors

6 sessions with Paul Stein
Wed, April 9, 16, 23, 30, May 7, 14
1:30 PM - 4:00 PM
Max: 45 Fee: \$55.00

Women have long struggled to break through the male ranks of directors. Still, many women have persevered and made great movies. We will see some of the movies they've made: *The Piano* by Jane Campion, *Lost in Translation* by Sofia Coppola, *Cloe from 9 to 7* by Agnes Varda, *Beau Travail* by Claire Denis, *Daughters of the Dust* by Julie Dash, and *Seven Beauties* by Lina Wertmuller. We'll discuss how well the films were made, which will lead to weekly discussions about how hard it is for a woman to break into this male-dominated art form.



Note: Before each class, participants will receive two or three reviews of the film to enhance understanding of the upcoming film that they are about to enjoy.

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.

Mind–Body Strategies to Alleviate Chronic Pain

4 sessions with Margaret Sherrer and Laura Foeri
Wed, April 9, 16, 23, 30
3:00 PM - 4:30 PM
Max: 30 Fee \$45.00

According to the World Health Organization, chronic pain (defined as pain lasting more than three months) is considered one of the leading causes of disability globally and afflicts an estimated 51.6 million adults in the United States. Learn how pain neuroscience with an emphasis on research-based, mind–body strategies can alleviate chronic pain and improve quality of life. Participants will be provided with tools, handouts, and other resources to expand their understanding of how pain science can promote healthier living by learning to retrain the brain.

Mind–Body Strategies to Alleviate Chronic Pain



Suggested reading: Alan Gordon with Alon Ziv: *The Way Out: A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain* (Penguin Random House, 2021).

Howard Schubiner with Michael Betzold: *Unlearn Your Pain: A 28-Day Process to Reprogram Your Pain*, ed. 4 (Mind Body Publishing, Pleasant Ridge, MI, 2022).

Suggested podcasts: “Like Mind, Like Body Tell Me About Your Pain” with Alan Gordon, “Pain Free You” with Dan Buglio.

Assignment for the first class: Please view the following short video clips:

- [Understanding Pain in less than 5 minutes, and what to do about it](#)
- [What Is Pain?](#)
- [The Brain Creates Pain](#)

Margaret Sherrer, Ph.D., L.C.S.W., a retired professor of psychology and human services at Vermont State University, has more than 25 years of experience in the mental health field utilizing a variety of evidence-based interventions. Dr. Sherrer currently specializes in the treatment of chronic pain and related conditions, including anxiety, depression, trauma/PTSD, and insomnia. She is certified in pain reprocessing therapy.

Laura Foeri holds a B.S. in health fitness/exercise science from Bridgewater State University. She has been a licensed physical therapist assistant since 1990. Certified in pain reprocessing therapy, Laura currently teaches chronic pain workshops for the State of Rhode Island.

Naval Torpedo Station Newport

1 session with Brian Wallin

Wed, April 23

10:00 AM - 11:30 AM

Max: 45 Fee: \$15.00

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

Suggested reading: Robert Gannon: *Hellions of the Deep* (Pennsylvania University Press, 1996)

Christian McBurney & Brian L. Wallin: *World War Two Rhode Island* (History Press, Charleston, SC, 2017)

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

The Enslaved Women of Smith's Castle

1 session with Marilyn Harris

Wed, May 7

1:30 PM – 3:00 PM

Max: 30 Fee: \$15.00

From the mid-17th to the late-18th centuries, slavery was an integral part of life at Smith's Castle. Hear about Sarah, Lille, Sue, Bridget and nameless others who toiled at Cocumscussoc, how slavery on the Narragansett Plantations particularly impacted women, and how they quietly resisted.

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 50 years. Since 2011 she has taught over 30 classes for OLLI and was inducted into the OLLI Hall of Fame in 2023. Marilyn's particular interests include travel (she has visited over a dozen countries and counting) and history; these form the basis of many of her courses.

**“Jump, Jive & Wail:” Swing in American Music**

4 sessions with Lloyd Kaplan and Tom Shaker

Wed, May 7, 14, 21, 28

11:00 AM - 12:00 PM

Max: 45 Fee: \$45.00

From the blues to gospel, rock & roll to jazz, country & western to popular music, at one time swing was all the rage. It was exciting to listen to, dance to, and dress to. Whether you can still Lindy Hop or not, still have your zoot suit or gave it to Goodwill years ago, don't worry, and join us for a great course that will feature some of the best musicians ever. From its roots in the 1920s to its revival in the 1990s, swing has always been the thing. We'll listen to and watch artists like Cab Calloway, Louis Prima, Sister Rosetta Tharpe, Big Bad Voodoo Daddy, and many others. Come ready to swing every week!

Lloyd Kaplan earned an M.A.T. at Brown University and established the jazz studies program at CCRI where he is professor emeritus. Lloyd has authored various books about music and music history including *Who's Who in Rhode Island Jazz: c 1925-1988*. As a professional musician he led the Rhode Island-based swing band *The Aristocats* for decades. As a jazz educator he was inducted into the Rhode Island Music Hall of Fame (2018). He was inducted into the URI OLLI Hall of Fame in 2023 and continues to teach many courses in music history.

Tom Shaker has spent over 30 years as a college professor, teaching courses in video and film production, media, music history, news writing and reporting, sports announcing, and public speaking. He is the co-author of *A Treasury of Rhode Island Jazz & Swing Musicians* (2016) and, with Lloyd Kaplan, *In Harmony: Early Vocal Groups: Remembered & Celebrated* (2020). Tom also co-produced the award-winning documentary film *Do It Man: The Story of the Celebrity Club* (2018). He is a contributor to *RhodyRadio*, producing podcasts covering jazz, vocal groups, and Rhode Island diner history. For the past 18 years Tom has been the host of “The Soul Serenade,” a classic soul and funk show on NPR affiliate station WICN in Worcester, MA.

Being Ethical

5 sessions with Edward Trunfio
Wed, May 14, 21, 28, June 4, 11
5:00 PM - 6:30 PM
Max: 45 Fee: \$50.00



What is ethics? What does it mean to be an ethical person? What societal institutions impact our ethical development and how? How does one become more ethical? What ways of thinking and being promote ethical development at any age? These and other questions will be examined in this course.

Edward Trunfio holds a B.S. in Math and History from Northeastern, an M.B.A. from Boston College, and a Ph.D. in ethics from Boston University. He has taught ethics at Boston College and ethics, finance, and Investments at Gordon College.

Wilkie Collins and the Victorian Sensation Novel

1 session with Carolyn Betensky
Wed, May 14
5:00 PM - 6:30 PM
Max: 30 Fee: \$15.00

Wilkie Collins was one of the most widely read British authors of the 19th century. He inaugurated the popular genre known as the Sensation Novel—fiction that featured decidedly provocative themes, including adultery, crime, colonial violence, drug use, and madness. We will focus on one of Collins' wittiest and most celebrated novels, *The Moonstone* (1868). We'll discuss the novel in its Victorian cultural context and in connection with the poignant biography of its author.



Suggested Reading: Wilkie Collins, *The Moonstone* (originally published in 1868, but any complete edition will do).

Carolyn Betensky is Chair of the Department of English at URI. She has published widely on Victorian literature and culture, and she also translates French literary works.

The 1960s: The Decade of Assassinations

4 sessions with Bob Persons
Wed, May 21, 28, June 4, 11
1:00 PM - 2:30 PM
Max: 45 Fee: \$45.00

Why were so many public figures assassinated during the 1960s? This class will examine the high-profile killings of JFK, MLK, RFK, and Malcolm X. It will also delve into other prominent deaths of the decade, including Marilyn Monroe and the Charles Manson family murders. We will look for similarities that can help shed some light on these tragic and senseless deaths.

Bob Persons recently retired from a 35-year investment career in Boston. He received a B.A. from Bucknell University and an M.B.A. from Northwestern University. He has

spoken at countless investment conferences worldwide and was a guest lecturer at the MIT Sloan School of Management for 12 years. He has a passion for uncovering the truth, having spent the past 30 years trying to exonerate an innocent man from prison, and has taught OLLI classes on a variety of topics from wrongful convictions to the JFK assassination.

Fun and Game(s) Theory

1 session with Carol Gibbons
Wed, June 4
10:00 AM - 11:30 AM
Max: 45 Fee \$15

Game theory is the study of how players strategize and make decisions. It's a way to model scenarios in which conflicts of interest exist among the players. We will look at some basic games and how sometimes unexpected outcomes occur. No special math background is needed.



Carol Gibbons is professor emerita of mathematical sciences at Salve Regina University. The geometry of Islamic tiling became a research interest during a collaboration with a colleague in religious studies, with whom she traveled to Spain and Morocco on sabbatical. The interrelationship of geometry, religion, art, and history continues to be a source of fascination.

Children's Literature: Something Old, Something New

1 session with Barbara Wells
Wed, June 4
1:00 PM - 2:30 PM
Max: 30 Fee: \$15.00

A children's librarian will introduce current popular authors and illustrators of children's books, including Mac Barnett, Jon Klassen, Mo Willems, and Sophie Blackall. After her presentation, participants are invited to talk about their childhood favorites.



Barbara Wells, an avid reader, is a children's librarian and department head at the Greenville Public Library in Greenville, Rhode Island. She has also worked at the Providence Public Library and the East Smithfield Public Library.

Golden Health: Nourishing Your Body and Moving with Purpose

1 session with Amanda Missimer
 Wed, May 21
 1:30 PM - 3:00 PM
 Max: 30 Fee \$15



As you celebrate your golden years, it's a great time to brush up on how making simple yet effective dietary changes can complement your physical activity routine, enhancing overall health! We'll delve into the importance of nutrient-rich foods that support bone density, muscle strength, and cognitive function, tailored specifically for individuals over 70. Additionally, we'll discuss practical tips for incorporating enjoyable and sustainable physical activities, promoting mobility, flexibility, and cardiovascular health.

Amanda Missimer, PhD, RDN, LDN, is a dedicated registered dietitian nutritionist (RDN) and clinical assistant professor at URI. With a focus on community nutrition and food security, Dr. Missimer actively engages in research and outreach initiatives aimed at addressing nutrition-related challenges at URI and across Rhode Island. Her work encompasses areas such as food recovery, sustainable food systems, and promoting access to nutritious foods for all.

How to Find Reliable Medical Information on the Internet

1 session with Ann MacDonald
 Wed, June 11
 9:30 AM - 11:00 AM
 Max: 20 Fee: \$15.00

Confused by the medical words posted to your medical portal? Trying to understand what a diagnosis means



and the different treatment options? This interactive course will provide tips on how to use "Dr. Google" to find answers from medical experts on the Internet—and how to evaluate the information—so that you can have an informed conversation with your real doctor. We'll review sources such as medical organizations and pharmaceutical companies and take a deep dive into Dr. Google. The session will conclude with a "live" search on topics the class is interested in.

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



**OLLI
 Writers
 Group**

Come share your writings, listen and learn from others, and most importantly have a good time. Writers Group is currently meeting the first Friday of each Month at 1pm online via Zoom. Registered members will receive the meeting link.

Facilitator: Susan Berman.

[Register online](#) or call 401.874.4197.

**PLEASE SUPPORT
 RHODY OUTPOST**

**RHODY
 OUTPOST
 PANTRY**

DONATE

Rhody Outpost is URI's principal basic needs pantry for students experiencing food insecurity. The Outpost provides fresh and non-perishable food and personal care items at no charge to students.

Donations can be dropped off in the OLLI office.



Let's Skate!

8 sessions with Dorothy Cunningham
Thu, April 3, 10, 17, 24, May 1, 8, 15, 22
9:00 AM - 9:50 AM
Max: 20 Fee: \$65.00

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.

Note: Additional fees apply. See Special Notice below and listed on your class confirmation.

Additional Fees:

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

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

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

We'd love to hear from you! Are you looking for a course on a particular topic? Do you know someone who would make a great OLLI instructor? Do you have an idea for a course but aren't quite certain? We're happy to answer your questions and talk you through your ideas.
Email olli@uri.edu or call 401-874-4197.

Watercolor Practices

6 sessions with Pike Powers
Thu, April 10, 17, 24, May 1, 8, 15
10:00 AM - 12:00 PM
Max: 16 Fee: \$55.00

Let's take apart some basics to creating imagery in watercolor. Aimed at the novice, exercises and demonstrations will cover a wide range of practical and playful approaches to painting. In a watercolor journal we'll record our explorations and experiments to build a practical guide



for creating more finished paintings. Steps include: observation; compose light and shadow; sketch in pencil; mix colors from primaries; mop on washes; and brush techniques in addition to innovating new media and tools. Learn

simple strategies that apply to objects, figures, still life, or landscapes.

Supplies Needed:

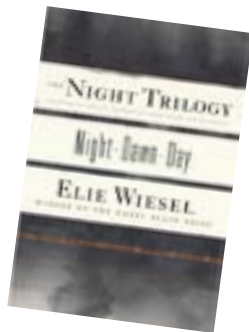
- Bring in small natural objects to begin our watercolor journey.
- Come with materials from the list. If not sure what to buy, wait until the first class.
- Watercolor paper pad or book-100% cotton preferred, 90-140#, 11 x 15 inch or smaller.
- Small (at least 5-8 colors) set of watercolor paints. If tubes preferred, select a red, a yellow, a medium blue and Payne's Grey. More on colors in the first class.
- Watercolor Brushes: (not for acrylics) At least one 1/4 inch round pointed, one mop brush (round at least 1 -very very soft), and one or two smaller round or flat brushes such as sizes 01, 04, 06, and 10 rounds and 04 and 08 flats. Assortment packs labeled for watercolor will work as well.
- Palette for paint mixing (plastic Tupperware lids work). Job Lot has good \$2.00 folding palettes!
- Pencils and soft eraser.
- Drafting or painter's tape - 1/2 to 1 inch wide.

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

Elie Wiesel's Holocaust Trilogy: *Night, Dawn, Day*

4 sessions with James Tackach
 Thu, April 10, 17, 24, May 1
 3:00 PM - 4:30 PM
 Max: 20 Fee: \$45.00

We will read and discuss Elie Wiesel's three Holocaust texts: his memoir, *Night*, which tells of his own survival during the Holocaust, and two short novels, *Dawn* and *Day*, about the lives of fictional Jews who survived.



Required reading: Elie Wiesel: *Night, Dawn, Day*, published in paperback in individual volumes or in a single volume under the title *The Night Trilogy* (Hill and Wang, 2008).

For the first class: Complete about half of *Night* (chapters are not numbered).

James Tackach, professor emeritus of English at Roger Williams University, holds the M.A. and Ph.D. in English from URI. At RWU he taught mainly American literature but sometimes offered a course on Holocaust literature under the *Global Literature* course title.

Tea Bag Folding

1 session with Leslie Mahler
 Thu, April 17
 1:00 PM - 4:00 PM Max: 10 Fee: \$20.00



April showers bring May flowers! Participants will choose papers and accessories to create their own bookmarks and flowers. The bookmark folding technique will be used as the foundation to create five petals that will be assembled into a flower.

Location: This class meets at the Rhode Island Weaving Center, 344 Main Street, South Kingstown, second floor (accessible by stairs or an elevator).

Supplies: Bring good paper cutting scissors and a bottle of liquid glue such as Elmer's Craft Bond, PVA, or Scotch Tacky glue. All other supplies will be provided by the instructor.

Leslie Mahler is a speech-language pathologist who retired from URI as professor emerita in 2023. She has been creating art for most of her life and enjoys weaving, knitting, spinning, paper folding, and sharing ideas with others who also enjoy creating art. For the OLLI at URI, she taught *Kaleidoscope Origami* in Fall 2024.

State of RI's Birds: An Update

1 session with Charles Clarkson
 Thu, April 17
 5:00 PM - 6:30 PM
 Max: 30 Fee: \$15.00



We will explore the work completed and planned by the Audubon Society of Rhode Island to better understand the current state of our birds and the conservation actions that can help to slow and ultimately reverse declines in our bird populations.

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.

The Wolf Hall Trilogy: A Study in Power

4 sessions with Stephen Berardo
 Thu, April 24, May 1, 8, 15
 10:00 AM - 11:30 AM
 Max: 30 Fee: \$45.00

Hilary Mantel wrote the *Wolf Hall Trilogy* (*Wolf Hall*, *Bring Up the Bodies*, and *The Mirror & the Light*). The first two books won the prestigious Man Booker prize. The books are primarily about the relationship between Thomas Cromwell and Henry VIII, but they are also a remarkable study in power—who wields it, how it is lost, how it is gained, and what happens to those who gain and lose power. Although the action takes place in the early 1500s, the books provide many lessons for today's leaders, whether in democracies, autocracies, or dictatorships. We will use the *Trilogy* to study how power is wielded, who exercises power, and how it changes over time due to both internal and external circumstances. And the *Trilogy* provides an excellent cautionary tale about the risks posed to those who are close to power.

For the first class: We will discuss *Wolf Hall*. Although recommended, it is not necessary to read the books for this course. The instructor will email excerpts of each of Hilary Mantel's three books before class.

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

Trout Hatchery Tour

1 session with Kimberly Sullivan

Thu, May 8

10:00 AM - 11:30 AM

Max: 20 Fee: \$15.00

Rhode Island DEM's Division of Fish and Wildlife periodically stocks trout species into designated lakes, ponds, rivers, and streams across the state. Since 1928, Rhode Island has acquired and managed several hatcheries specifically designed to raise trout for the benefit of anglers. This is an opportunity to learn about the different trout species raised and stocked in Rhode Island, their life history, how this industry has changed over the past 150 years, and how it contributes not only to angler enjoyment but also to freshwater habitat conservation.



Location: This tour takes place at the Lafayette Trout Hatchery and will be held rain or shine.

Kimberly Sullivan is a principal fisheries biologist with the RI Department of Environmental Management's Division of Fish and Wildlife. She holds a B.S. in marine biology from Roger Williams University and began her career at RI DEM as a fish hatchery supervisor at the Lafayette Trout Hatchery. In 2003, she advanced to senior fisheries biologist, leading the Aquatic Resource Education program. Her roles have included serving as RI State Coordinator for Project WILD and Project WET, R3 Angling Representative for the Northeast Association of Fish and Wildlife Agencies, Aquatics Supervisor for the RI Envirothon, and President of the Aquatic Resource Education Association. Kimberly is currently pursuing a master's in marine affairs at URI.

Walter Massie - Rhode Island's Wireless Pioneer

1 session with Brian Wallin

Thu, May 22

10:00 AM - 11:30 AM

Max: 30 Fee: \$15.00

DATE CHANGE
Monday, May 19,
11:30AM-1:00PM

Walter Massie, a Providence native and civil engineer, became fascinated with the potential of wireless radio at the turn of the 20th century. Ranked among the leading American experts in the field at the time, his RI-based wireless communications company eventually fell victim (as did other U.S. wireless efforts) to the relentless efforts by Guglielmo Marconi to corner the worldwide wireless radio market. This program looks at how wireless radio (and eventually broadcasting as we know it) evolved thanks to Massie and his contemporaries. (Massie's Point Judith wireless radio station has been completely restored by the New England Wireless and Steam Museum in East Greenwich).

Brian L. Wallin is a graduate of Stonehill College and earned his master's degree from American International College. He is a former radio-television reporter-anchor

and a retired hospital administrator (vice president, Kent Hospital). A member of the U.S. Naval Institute, he is also a docent at the Naval War College Museum and a narrator for the RI Fast Ferry Lighthouse Cruises. He is a recognized author and historian and a frequent lecturer throughout the state. He is co-author of World War II Rhode Island (History Press, 2017).

Science Fiction: "Go Anyplace, Examine Everything"

4 sessions with Stephen Berardo

Thu, May 22, 29, June 5, 12

10:00 AM - 11:30 AM

Max: 45 Fee: \$45.00

The late-20th century writer Octavia Butler said: "Science fiction frees you to go anyplace and examine anything." That has been true since Johannes Kepler wrote the first science fiction book, *Somnium*, in 1609, and Mary Shelley wrote *Frankenstein* in 1818. Some of the greatest S.F. writers and filmmakers have taken us "anyplace," from the limits of outer space and advanced alien civilizations, to the creation of new species and the most remarkable possible future of our own world. We will look at S.F. as a genre in literature and film and its importance in Western and Eastern culture by focusing on certain themes, writers, and filmmakers.



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



World War I in South Kingstown

2 sessions with Jessica Wilson

Thu, June 5, 12

3:30 PM - 5:00 PM

Max: 45 Fee: \$35.00

Rhode
Island

World War I is no longer in living memory, but a trove of material evoking the era survives in newspapers, photographs, and more. To mark the centennial of the 1918 armistice, Jessica Wilson organized a year's worth of programming for the South Kingstown Public Library and researched the active local home front. Session 1 will provide an overview of the historical context in which the town experienced World War I, focusing on international, national, and statewide factors, including weather. Session 2 will introduce individuals and events shaping the home front experience, including military census takers; Liberty Loan parades; Red Cross drives; letters home from local soldiers; and the 1919 Welcome Home event.

Jessica Wilson served as a reference and local history librarian at South Kingstown Public Library in Peace Dale for 22 years, managing the library's local history collections and coordinating public programming on numerous subjects. Tasked in 2017 with helping the library mark the 1918 Centennial of World War I, she discovered the era's vibrant home front and is pleased to illuminate it for the OLLI at URI.



Facilitated by Brenda Bibb & Marian Goldsmith

Looking for a short outing with a snack to follow? Register for the Rhody Ramblers and enjoy 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 refreshments. 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 register for the OLLI Hiking Group.

Trustom Pond Refuge

Thu, April 10, 10:30 AM - 12:30 PM Max: 20 No Fee

We will walk the bluestone path around the open field and stop at the Farm Pond. Afterwards we will stop for coffee and snacks at Java Madness at Marina Park off Rte. 1 in South Kingstown.

Directions: Take the Moonstone Beach exit off Rte. 1. For more information on Trustom Wildlife Refuge, [please click here](#).

Rocky Point State Park

Thu, May 15, 10:30 AM - 12:00 PM Max: 20 No Fee

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 on West Shore Road.

Directions: For more information on Rocky Point and to get directions, [please click here](#).

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

JOIN THE BOWLING GROUP

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

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

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

GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION

2025 EDITION

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

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

Visit <https://www.fpa.org> for recommended readings.
Books can be purchased on the FPA website.

Competition, Cold War, or Conflict? Navigating U.S.-China Relations in Tense Times

Choose 1 session

- Thu, April 17, 3:00 PM - 4:30 PM
- Fri, April 18, 10:00 AM - 11:30 AM

Washington's relations with Beijing have reached an ominous low ebb. Both American political parties have identified China as the country's preeminent geopolitical challenger and, in the eyes of many, a systemic threat. What is driving this deterioration of Sino-American relations, and what are America's strategic options in the face of Chinese power and ambition?

India: Between China, the West and the Global South

Choose 1 session:

- Thu, May 15, 3:00 PM - 4:30 PM
- Fri, May 16, 10:00 AM - 11:30 AM

India is an emerging major power in world affairs, occupying a pivotal position between China, the United States, and the Global South. Its population size, economy, and geopolitical location ensure that it will be an influential voice in debates and political struggles over global order. What are India's choices and opportunities for regional and global leadership? How will it maneuver between China and the United States, and what is its role as a voice of the Global South? What opportunities exist for Washington to work with India?



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

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

Facilitators: Cindy Opaluch & Sara Nelson





Free but you must register.

Medicare 101

1 session with Karen Johnson
 Mon, May 5
 11:30 AM - 1:00 PM
 Max: 30 No Fee

Are you confused about Medicare options and how to navigate the system? This Medicare 101 seminar is here to help! Whether you're approaching eligibility or need a refresher, this informative session will include an overview of Medicare parts (A, B, C, D), key differences between Original Medicare and Medicare Advantage, How to choose the right plan for your needs and much more. Don't miss this opportunity



to get clear, expert advice on Medicare so you can make informed decisions about your healthcare. Bring your questions and get the answers you need!

Karen S. Johnson holds an associate's degree from the Community College of Rhode Island and is licensed in life, health, accident, and sickness insurance. She has worked as a licensed independent insurance broker for over a decade, building her business through referrals and focusing on Medicare educational seminars and sales throughout Rhode Island. Karen is an experienced professional with over 40 years of expertise in operational efficiency, healthcare, employee benefits, and finance. Based in Ashaway, Rhode Island, she has held various roles, including Clinical Trial Assistant at the URI George and Anne Ryan Institute for Neuroscience and Administrative Coordinator at Rhode Island Hospital – Lifespan.



Preserving Your Assets After Retirement and Beyond

1 session with Joshua Sroka
 Fri, April 11
 10:00 AM - 11:30 AM
 Max: 45 No Fee

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

- What happens if I am in a nursing home, and I run out of money?
- If I go to a nursing home, can I still leave money to my children?
- When should I update my old will?
- How do I choose who makes decisions for me if I am unable to do so in the future?
- Can a nursing home or the state take my home if I go to a nursing home?
- Should I put my children(s) name(s) on my deed to my house?
- Should I put my children(s) name(s) on my bank accounts?
- Will a nursing home take all my money?

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

Art in the Courthouse McGrath Judicial Complex

1 session with Justice Gilbert Indegliia
 Fri, Apr 11
 9:30 AM - 11:00 AM
 Max: 20 Fee: \$15.00

After a welcome by Hon. Gilbert V. Indegliia (Ret.) and Kara Picozzi of the Rhode Island Supreme Court, our tour will include a look into the current photography exhibit featured as part of their community art initiative "Art in the Courthouse." The visit includes a discussion about the Rhode Island Constitution and the U.S. Constitution. Booklets will be available at the OLLI office before the tour date. The 90-minute tour includes a short walk and a Q & A in a courtroom.

Gilbert V. Indegliia, Rhode Island Supreme Court justice, retired, is a former associate justice of the Rhode Island Superior Court, former associate judge of the Rhode Island District Court, and a former legislator.

Take a Breath

4 sessions with Linda Morse
 Fri, April 11, 18, 25,
 May 2
 1:00 PM - 3:00 PM
 Max: 20 Fee: \$45.00



At one time or another, we may have found ourselves dealing with anxiety, fears, panic attacks, sadness, stress, sleep issues, or physical pain. We may have tried a variety of paths to alleviate the condition, but when all else fails . . . BREATHE!!! The breath is the guide in the journey to balance. This program is relaxed, interactive, and enjoyable, with presentation material on the respiratory and circulatory systems and the opportunity to experience learning several breath techniques and gain the value of breath awareness. Besides being calming, the breath can also be energizing—giving you the ability to focus and concentrate on a sport, performance, or activity.

Linda M. Morse, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for 25 years. Certified professionally through the Kripalu Center in MA, she owned and operated the Yoga Center in Melbourne, FL. With her relaxed and humorous approach, she hopes to inspire students in body, mind, and spirit. For the OLLI at URI, Linda has taught Intro to Yoga, Breath Techniques, Chair Yoga, Taking the Inward Journey, Meditation, and the Chakra Energy System.

Peter, Paul and Mary: A Musical Journey

4 sessions with Brett Morse
 Fri, April 11, 18, 25, May 2
 1:00 PM - 3:00 PM
 Max: 45 Fee: \$45.00

This program is dedicated to the life and music of Peter, Paul and Mary. Although Mary Travers left us tragically on September 16, 2009, and Peter Yarrow passed away this past January, their legacy and music live on. Learn about their lives and listen to the incredible music of these talented and beloved artists. Peter, Paul, and Mary will live on forever!



Brett Morse worked in the pharmaceutical industry for over 40 years.

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

There's Something Happening Here: Laurel Canyon in the '60s and '70s

1 session with Elizabeth Bogutt
 Fri, April 18
 9:30 AM - 11:30 AM
 Max: 25 Fee: \$15.00

Every name is famous, every song is one we recognize... Laurel Canyon in Southern California was a community of talented and slightly crazy musicians and singer-songwriters who changed the voice of a generation. We will read about and discuss the relationships that formed in this neighborhood of woods, trees, and winding canyon roads, and we will listen to and sing along to some of their unforgettable music. For a couple of hours, we'll leave the present behind and return to the people we were then.

Elizabeth Bogutt is a lifelong writer and a member of the Peace Dale Guild writing group. She facilitates a poetry group at the South Kingstown Senior Center and conducts occasional poetry workshops in the community. This is her eighth course for the OLLI at URI. She believes the connection between reader and poet can be a life-changing experience.



The Workings of the Frosty Drew Observatory and a Review of the Engineering and Science of the James Webb Space Telescope

1 session with Frank Puglia
 Fri, May 2 (rain date May 9)
 7:00 PM - 9:30 PM
 Max: 20 Fee: \$15.00

Join us for an exciting three-part evening event! We'll begin with a guided tour of the Frosty Drew Observatory in Charlestown, RI exploring their impressive telescopes and learning about the scientific achievements. Then we'll enjoy an engaging presentation on the design and latest discoveries of the James Webb Space Telescope. We will cap off the night with a stargazing session.

Please note: Because the stargazing session is weather dependent, the event has a rain date scheduled for Friday, May 9.

Note: Participants attending the event are encouraged to make a donation to the Observatory.

Frank Puglia holds a B.S. and M.S. in chemical engineering from URI. He has been in the battery industry for almost 30 years, of particular note, as the lead designer for all of the batteries for all of NASA's Mars Rovers. He recently returned to URI as an adjunct professor and to complete his Ph.D. He is a regular presenter at Frosty Drew Observatory covering many NASA missions and technology topics.

The Rhode Island Courts

1 session with Justice Gilbert Indeglia
 Fri, May 9
 10:00 AM - 11:30 AM
 Max: 15 Fee: \$15.00

After a welcome by Hon. Gilbert V. Indeglia, retired Supreme Court justice, and Kara Picozzi, deputy director, Community Outreach and Public Relations, our tour will include the Rhode Island Superior Court, the State Law Library, and the Rhode Island Supreme Court, where a Q&A session will take place. The 90-minute tour includes walking, and seating is available in the courtrooms visited.

Suggested reading: Go to <https://www.courts.ri.gov/Courts/Pages/default.aspx>. Other reading materials available for pick up in the OLLI office.

Location: Meet on the fifth floor, Licht Judicial Complex, 250 Benefit Street, Providence. The building's accessible entrance is at the rear of the building, on South Main Street. There are elevators and a main staircase. The group will be standing upon arrival through introductions. Then, after a walk to a courtroom close by, all will be seated. Elevators are an option for traveling from floor to floor.

Parking: There is two- and three-hour parking on the streets surrounding the Licht Judicial Complex. You can also locate metered parking in the City of Providence. There is a parking garage on South Main Street next door to Hemenway's restaurant. Please remember to allow extra time for traffic and parking. For more information on parking in Providence, please click here.

Gilbert V. Indeglia, Rhode Island Supreme Court justice, retired, is a former associate justice of the Rhode Island Superior Court, former associate judge of the Rhode Island District Court, and a former legislator.

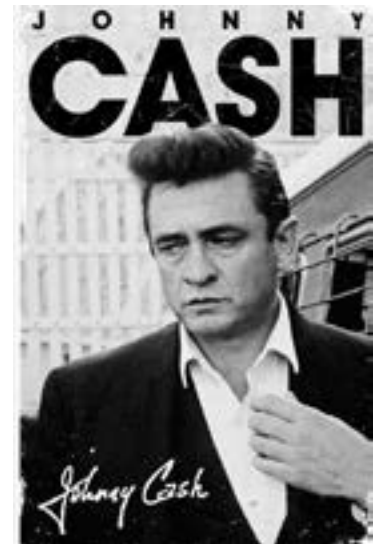
Johnny Cash: "The Man in Black"

6 sessions with Brett Morse
 Fri, May 9, 16, 23, 30, June 6, 13
 1:00 PM - 3:00 PM
 Max: 45 Fee: \$55.00

"Hello, I'm Johnny Cash," was the way he introduced himself, but we came to know him simply as "The Man in Black." Johnny Cash recorded his first #1 Billboard hit in 1956 with "I Walk the Line." The song remained on the record charts for over 43 weeks and sold over 2 million copies. With its distinctive "boom-chicka-boom" sound, common in many of Cash's songs, it helped make him an international star.

We'll cover everything you wanted to know about Johnny Cash, including his outlaw image, prison concerts, the Highwaymen, the American Record series, and so much more. Come and join the fun as we enjoy the music and life of Johnny Cash.

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



Yoga: An Introductory Workshop

6 sessions with Linda Morse
 Fri, May 9, 16, 23, 30, June 6, 13
 1:00 PM - 3:00 PM
 Max: 20 Fee: \$55.00

This program is perfect for those new to the practice of yoga or those who wish to fine tune their practice. Maybe you would just like to be able to move and stretch better! You will experience the fundamentals of yoga postures,



proper alignment, and breath awareness, as well as the benefits for each posture. This slow-paced program guides students to gain flexibility, build core strength, and reach a comfort level in a yoga

class. Each class will have informational material for the intellect and experiential material of yoga poses. Over 20 poses are taught with benefits and reasons for each pose, plus background information on the history and reasons behind the practice of yoga. No experience is needed. Please wear comfortable clothes and bring a yoga mat. Know that you will leave refreshed and renewed in this safe and enjoyable setting.

Linda M. Morse, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for 25 years. Certified professionally through the Kripalu Center in MA, she owned and operated the Yoga Center in Melbourne, FL. With her relaxed and humorous approach, she hopes to inspire students in body, mind, and spirit. For the OLLI at URI, Linda has taught *Intro to Yoga*, *Breath Techniques*, *Chair Yoga*, *Taking the Inward Journey*, *Meditation*, and the *Chakra Energy System*.

Naming Rights: Mythology in Science

1 session with Brenda Bibb & Gale Eaton
 Fri, May 9
 9:30 AM - 11:00 AM
 Max: 45 Fee: \$15.00

Since the 1700s, animal species have had scientific names assigned by Linnaeus and other taxonomists. Many of the names assigned are rooted in mythology—after all, those early taxonomists had classical educations. Think of Medusa (whose gaze turned people to stone) and medusae (jellyfish with sometimes lethal stings). We'll look at the stories and art behind the names, and the stories of how taxonomists contributed to modern science.

Brenda Bibb spent her long career at Raytheon Company in Rhode Island working in oceanography, environmental and materials chemistry, and environmental and safety compliance. These days she volunteers at Trustom Pond National Wildlife Refuge and enjoys sewing and genealogy. She is also the co-facilitator for Rhody Rambles.



The Creativity and Showmanship of Taylor Swift

1 session with Elizabeth Bogutt
 Fri, May 16
 9:30 AM - 11:00 AM
 Max: 30 Fee: \$15.00

We will analyze what it is about Taylor Swift that has captured the attention and hearts of millions of fans. You don't have to be a Swiftie to appreciate the art of musical storytelling in her work. We'll listen to some examples of songs from the different "eras" of her career and analyze the mood, tone, and content of the music and lyrics. You just might end up becoming a Swiftie after all!

Elizabeth Bogutt is a lifelong writer and a member of the Peace Dale Guild writing group. She facilitates a poetry group at the South Kingstown Senior Center and conducts occasional poetry workshops in the community. This is her eighth course for the OLLI at URI. She believes the connection between reader and poet can be a life-changing experience.

**WE WANT YOUR
 FEEDBACK**

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

Call us at 401-874-4197.

Declining Bees and Insects - How You Can Help

1 session with Steven Alm

Fri, May 30

1:00 PM - 2:30 PM

Max: 25 Fee: \$15.00

Insects are enormously important as food for other organisms (birds, fish, reptiles, amphibians, etc.) and many insect populations are in decline. A graduate student working with Dr. Doug Tallamy, author of *Bringing Nature Home: How You Can Sustain Wildlife with Native Plants*,



found that it takes 6,000 to 9,000 caterpillars to rear one clutch of chickadees. We need a lot of insects for a healthy ecosystem. We'll explore the suspected causes of massive insect declines and what we can do

to help. We'll hear about current bee and flower research at URI and declines in other insects, then go outside to see the bees and pollinator plantings. We'll come away with recommendations for pollinator planting for the yellow bumble bee, monarch butterflies, and other pollinators and insects.

Location: This class takes place at URI's East Farm, Bldg. 75, 75 East Farm Rd., Kingston, RI. The outdoor walking is over uneven ground.

Suggested Reading: Oliver Milman, *The Insect Crisis: The Fall of the Tiny Empires That Run the World* (Atlantic Books, 2022).

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



OLLI LENDING LIBRARY

TAKE ONE OR LEAVE ONE!

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



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

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

The 20th Century American Short Story II

6 sessions with Robert Weibezahl

Wed, April 2, 9, 16, 23, 30, May 7

1:00 PM - 2:30 PM

Max: 30 Fee: \$55.00

Join the exploration of the short story as we delve into *The Best American Short Stories of the Century*, selected by John Updike. Each week we will discuss three stories, covering the middle portion of the anthology, concentrating on stories from the mid-century (1940-1970) by both well-known and less-remembered writers. We will read the stories in advance, then discuss them within the context of their time, investigating American themes such as immigration, race, social progress, and individuality.

Required reading: *The Best American Short Stories of the Century*, edited by John Updike, Mariner Books. ISBN: 978-0395843673

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

Music, Media, and the Counterculture 1950-1980

6 sessions with James Pagliasotti

Mon, April 7, 14, 21, 28, May 5, 12

4:00 PM - 5:30 PM

Max: 45 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



The intersection where music, media, and culture met in postwar America was pivotal. The effect they had on each other was unprecedented and altered them in ways that still impact society today. At its core is a classic struggle between art and commerce, innovation and orthodoxy, freedom and control. And it's only rock 'n' roll. We encounter soon-to-be famous musicians, tour (twice) with the Rolling Stones, and witness the birth of the Classic Era

of Rock Music. We will study why it's a story worth remembering and retelling through our personal narratives. Come to class with an open mind and a sense of reflection about when we were coming of age at that time of profound social upheaval.

James Pagliassotti at age 23 became the first rock music critic and columnist for *The Denver Post*, where he produced a twice-weekly column and regular articles about music and the counterculture from 1968–1974. His work appeared in *Rolling Stone* and various other publications. He also did shows as a deejay at KRNW-FM radio in Boulder, which he co-founded as a freeform station, and later at KFML AM&FM in Denver. He is the author of three books, a bi-monthly newsletter and blog jampags.com, and is the creator of Radical Radio: FREEFORM Radio Archive (www.radicalradio.media). His expertise is experiential rather than academic from a time when he had press credentials and a backstage pass.



Beginning Digital Photography II

3 sessions with Eli Vega
Wed, April 9, 16, 23
10:00 AM - 11:30 AM
Max: 20 Fee: \$40.00



es. You will also get feedback on your photos.

Prerequisite: Participants should have already taken Basic Digital Photography or be familiar with the basics of photography and the camera.

You will receive a welcome email from the instructor along with a workbook. Come to class with the workbook and your digital camera (DSLR), lenses, and camera manual.

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, Colorado), OLLI in several cities and states, various colleges in Arkansas, Colorado, and Texas, and various art groups and camera clubs.

The Best Rock Songs of All Time

6 sessions with Emanuel Abramovits
Thu, April 10, 17, 24, May 1, 8, 15
4:00 PM - 5:30 PM
Max: 25 Fee: \$55.00



Put some music fans in the same room and sooner or later, they will ask each other, "What's your favorite song?" If we talk about Rock fans, there will be some choosing "Smoke on the Water," others "Bohemian Rhapsody," some "Stairway to Heaven," and many will have other choices. With audiovisuals, stories, and anecdotes, let's discuss what makes these songs great, the context in which they became classics, the songwriters, the performers, their cultural significance, their resonance across time, and why it is advisable to wear a black T-shirt in at least one class. From the '50s until today, there's plenty of great music to talk about, so let's build our own top 100.

Emanuel Abramovits is a mechanical engineer with an MBA and has been a concert promoter since 2000, directly involved in many events by international artists, like Itzhak Perlman, Gustavo Dudamel, Sarah Brightman, Roger Hodgson, ASIA, Journey, Kenny G, and many more. He 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 and organizing film cycles, concerts, and art exhibits. He has been consistently teaching online and in presence across the U.S. since 2020.

Introductory Oceanography

6 sessions with Kenneth Hinga
Thu, April 24, May 1, 8, 15, 22, 29
9:30 AM - 11:00 AM
Max: 30 Fee: \$55.00



We will take an in-depth look at the ocean, starting with the geology of the ocean basins and how they changed over time. We'll examine the chemistry of the ocean waters and look at the geological and biological processes that control ocean chemistry. Then we will look at ocean circulation and waves. All this will then be tied together to explain the general distribution of ocean plants and animals, especially fisheries. Of course, we will visit some of those bizarre deep-sea critters. We'll look at some important impacts on the ocean including dead zones, overfishing, oil pollution, and the effects of climate change.

Kenneth R. Hinga was a research scientist and assistant dean at URI's Graduate School of Oceanography. His teaching included courses in general oceanography, marine pollution, and understanding environmental issues. He moved to Federal service on a diplomacy fellowship where he spent ten years at the USDA Foreign Agricultural Service, and US FDA Center for Food Safety and Applied Nutrition. He was a science advisor for both agencies, providing technical analysis of a variety of food safety and agricultural-environmental topics for international negotiations. He is also a longtime amateur shutterbug, having had a few photographs published, won first place in a photo show, and shot weddings (for friends). He has given the "Seven Rules" course for a camera store.



This OLLI initiative is intended to “give back” to the URI community and other organizations. Join us to hear from some local non-profit groups as they share their mission and find out how you might be involved.

All presentations are complimentary, but you MUST register.

Habitat for Humanity 101

1 session with Emily Passeroni
 Tue, April 8
 10:00 AM - 11:00 AM
 Max: 30 No Fee

Habitat for Humanity 101 explores the impactful work of Habitat for Humanity in providing affordable housing for families in need, both globally and locally. This course will focus on South County Habitat for Humanity, covering topics such as the homeownership program, construction, fundraising, and volunteer opportunities in the community.



Emily Passeroni is the volunteer coordinator at South County Habitat for Humanity, where she has been making a difference for over two years. She has a background in communications and business from the University of Rhode Island, combining her passion for community engagement with her skills in coordination and outreach.

Literacy Volunteers of Washington County

1 session with Theresa Gregal
 Mon, April 21
 1:30 PM - 3:00 PM
 Max: 30 No Fee

Explore the opportunity to volunteer as a tutor with Literacy Volunteers of Washington County, a non-profit organization committed to helping adults enhance their literacy skills through free programs tailored to each participant’s individual goals. As a tutor, you can help someone learn and grow while gaining insight into diverse lifestyles and cultures. You will take pride in being a positive influence in both a student’s life and the community. The best tutors are reliable, genuinely interested in people, good listeners, flexible, patient, optimistic, friendly, and open-minded. A sense of humor is an added benefit. Join us and find out more.



Theresa Gregal is the program director for Literacy Volunteers of Washington County (LVWC) and has been with the organization for over 17 years. She has a B.S. in education from the University of Maine and a Master of Education ESOL from Concordia University. Before working at LVWC, Theresa worked as a high school English teacher in Arizona and Virginia.

CASA - Court Appointed Special Advocate

1 session with Nicole Martin
 Mon, May 12
 11:30 AM - 1:00 PM
 Max: 30 No Fee

A Court Appointed Special Advocate (CASA) volunteer is a trained citizen appointed by the Chief Judge of the Rhode Island Family Court to represent the best interests of a child victim in cases of abuse and/or neglect. Come learn about a CASA’s role in abuse and/or neglect proceedings, how recommendations are prepared and, most importantly, how to gain an understanding of the child’s situation.



Nicole Martin is the volunteer coordinator for RI Family court CASA. She has been with CASA For the past 8 years she has worked closely with the CASA Volunteer to provide professional staff support and ensure that children involved with the CASA program receive sound advocacy.

Osher Online

in collaboration with Northwestern University
School of Professional Studies

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

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

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

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

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

Osher Online Member Orientation March 25, 2:00PM

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

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

Women: The Forgotten “Men” in History

6 sessions with Diana Carlin, Ph.D.
Mon, March 31, April 7, 14, 21, 28, May 5
3:00 PM - 4:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Many individuals contribute to history but never get their due. Women and other marginalized groups traditional-

ly received less ink in history books than the “great men” of history who were mainly white males. This course looks at nine women—three each session—whose achievements are not commonly known.

Among the nine women are a scientist, a winner of the Nobel Peace Prize, a pioneering pilot, a suffragist, a



candidate for the U.S. presidency, an activist for women's and African-American's rights, a British anthropologist, and a pioneering politician from the Western U.S.

Diana Carlin, PhD is professor emerita of communication at Saint Louis University. For 30 years, she has taught courses on and written about First Ladies. She is the co-author of *U.S. First Ladies: Making History and Leaving Legacies* and *Remember the First Ladies: America's History-Making Women*. Carlin has published articles and book chapters on a variety of First Ladies and researches and writes on the topics of women in politics, presidential communication, and political debate.

The Essential Jane Austen

6 sessions with Juliette Wells
Mon, March 31, April 7, 14, 21, 29, May 5
5:00 PM - 6:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



In honor of Jane Austen's 250th birthday in 2025, we will explore her life, works, and legacy from a fresh perspective. Both seasoned readers and those new to Austen will



appreciate experiencing the story of her authorship through images of original documents and artifacts. Austen began writing fiction in her teenage years, warmly supported by her family, especially her clergyman father. Yet she had to wait until she was in her thirties to see her first book in print. In this course, we will discover what happened in between,

as well as how a household of creative women made it possible for her to focus on her writing and achieve publication. We will consider how and why her literary reputation grew after her death, and we will take a tour of the contemporary adaptations and retellings that continue to broaden her readership.

Juliette Wells is a professor of literary studies at Goucher College, known for her groundbreaking research on Jane Austen. She has authored *A New Jane Austen: How Americans Brought Us the World's Greatest Novelist*, *Reading Austen in America*, and *Everybody's Jane: Austen in the Popular Imagination*. In 2025, Dr. Wells will co-curate “A Lively Mind: Jane Austen at 250” at The Morgan Library & Museum. She has also edited anniversary editions of *Persuasion* and *Emma*, with *Mansfield Park* forthcoming in 2025.

Mainstreaming the Margins: A History of LGBTQ+ America

6 sessions with Adam Kocurek
Tue, April 1, 8, 15, 22, 29, May 6
11:00 AM - 12:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Over half a century after the Stonewall Uprising, the vibrant and complex history of LGBTQ+ life, culture, and movements in the U.S. remains a focal point of rich discussion and political relevance. In this course, we will immerse ourselves in the intricate history of LGBTQ+ Americans, examining their political organizations, cultur-

al contributions, and the profound ways they have helped shape the nation. This course offers a comprehensive overview of key LGBTQ+ figures, events, and cultural shifts beginning in the early 20th century to the present, highlighting the emergence and evolution of LGBTQ+ identities and activism, and the challenges they have historically faced. We will uncover how a marginalized community has become a powerful force for social change, impacting every facet of American life—from grassroots politics and art to society at large. Together we will gain a deeper understanding of LGBTQ+ history and gain a renewed appreciation for the ongoing struggle towards justice, inclusion, and freedom in the U.S.

Adam Kocurek is a Ph.D. candidate in history at The CUNY Graduate Center. His research lies at the intersections of LGBTQ+ history, labor history, and the history of higher education. He is an adjunct lecturer at Hunter College where he teaches modern American history. He has held fellowship positions at Queensborough Community College and Medgar Evers College, and has taught at Baruch College. He is also a tour guide for Big Onion Walking Tours, leading locals and visitors alike on innovative and exciting tours through New York's ethnic neighborhoods and historic districts. Through his research and teaching, he is committed to illuminating the complexities of American history and fostering a deeper understanding of the diverse narratives that shape our society today.

Future Proofing Your Healthspan and Longevity

6 sessions with Scott Fulton
Wed, April 2, 9, 16, 23,30, May 7
1:00 PM - 2:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Longevity comes down to one simple truth: our ability to weather the inevitable challenges life unexpectedly drops in our lap. Resilience is our ticket to extended healthspan. Western society is entering a phase of significant transformation that will change how we age. This course is a condensed version of Fulton's Whealthspan Masterclass which focuses on the five foundations for extending healthspan and looks at societal changes that will impact all of us. We will distill the latest and most relevant age-related science for a general audience and explain the strategies for optimal outcomes that fit a wide range of cultures and values.

Scott Fulton is recognized internationally as a "Redefiner" in the positive aging space. Accustomed to big systems engineering challenges, Fulton focuses his research on improving adult aging outcomes. He teaches Lifestyle Medicine and Aging, is an American College of Lifestyle Medicine member, sits on the prestigious True Health Initiative Council, and is past president of the National Aging in Place Council. His critically acclaimed book, *WHEALTHSPAN, More Years, More Moments, More Money*, hit #1 on Amazon, and he is known for creating the MEDAC system for optimal aging. Fulton is a multiple Ironman triathlete and lives in a demonstration home he recently designed and built for the future of optimal aging across a lifespan.

Russia Beyond Russians

6 sessions with Asya Pereltsvaig
Thu, April 3, 10, 17, 24, May 1, 8
1:00 PM - 2:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



This course focuses on recent events in Russia and the post-Soviet space, many of which stem from enduring ethnic tensions. The Russian Federation is home to 180 nationalities, many of which have long been in conflict. We will examine how the Russian state—under the Tsars, Soviets, and President Vladimir Putin—has sought to impose uniformity, often diminishing ethnic groups. Through a historical lens, we will explore the struggles of these groups, from peaceful movements like the Circassian movement to violent resistance like Chechnya. Contemporary Russian culture, including music, cinema, cuisine, and humor, will also be discussed to illuminate current events.



Asya Pereltsvaig, Ph.D. received a degree in English and history from the Hebrew University of Jerusalem and a Ph.D. in linguistics from McGill University. She taught at Yale and Stanford, and has been teaching in lifelong education programs since 2010. Her expertise is in language and history, and the relationship between them. Her most recent book is *Languages of the World: An Introduction*, 4th edition.

Neurology in a Nutshell: The Brain Explained

6 sessions with Dr. Paul Schanfield
Thu, April 10, 17, 24, May 1, 8, 15
3:00 PM - 4:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



This course begins by unraveling the mysteries of the brain. We will explore how to navigate the complex and fragmented healthcare system and discuss strategies for advocating for personalized care. In addition to simplifying common neurological conditions—such as headaches, dizziness, stroke, Parkinson's disease, and memory loss—we will examine testing and imaging of the nervous system. The course will also focus on illness prevention through healthy lifestyles and provide an intimate discussion of end-of-life issues.



Dr. Paul Schanfield, a retired neurologist from Minnesota, practiced privately for 40 years before retiring in 2015. He continues to teach medical students and residents as a clinical professor of neurology at the University of Minnesota. In 2017, he was recognized as the first-ever Community Educator of the Month by the University of Neurology. A perennial Minneapolis/St. Paul "Top Doctor" since 1992, Dr. Schanfield has received numerous teaching awards, including the 2018 Community Teacher of the Year from United Family Medicine Residents.



Science Charcuterie

6 sessions with Kjir Hendrickson
Thu, April 3, 10, 17, 24, May 1, 8
5:00 PM - 6:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



Some topics don't fit neatly into OLLI science classes—too big, too small, too little, too much, too off-topic—and often end up on the proverbial cutting room floor. In this course, these intriguing bits and ends are gathered up and presented like a charcuterie board of tasty science snacks. This will be a six-week romp through just about anything one might imagine including a little bit of color theory, a morsel of genetic testing science, a dash of airplane physics, some lightning theory, a mouse that turns scorpion venom into a painkiller, current scientific thoughts on origins of life, and a lot of time to explore topics of interest to you. Bring your questions and we will explore some of the exciting nooks and crannies of science together.

Kjir Hendrickson, Ph.D. is a teaching professor in the School of Molecular Sciences at Arizona State University (ASU). They hold a Ph.D. in chemistry and authored the textbook *Chemistry in the World*. As an erstwhile quantum chemist, their academic work focuses on science communication, the reciprocal relationship between science and society, matters of workplace climate, and matters of DEI/J in STEM. Hendrickson is an associate researcher with the ADVANCEGeo Partnership and is pursuing research on functional scientific literacy in partnership with OLLI at ASU.

Bella Napoli: Italy's (other) "Eternal City"

6 sessions with Dr. Anthony Antonucci & Dr. Hilary Haakenson
Fri, April 11, 18, 25, May 2, 9, 16
1:00 PM - 2:30 PM
Max: 13 Fee: \$55.00

WATCH CLASS
PREVIEW

Video



The Southern Italian port city of Naples is home to a rich and complex history stretching back to its foundation by Greek colonists in the 8th century B.C.E. Across the centuries, Naples evolved into a vibrant cultural, political, and economic center of the Mediterranean world, first as a part of Magna Gracia, and later, under successive periods of Roman, Byzantine, Norman, Angevin, and Spanish rule, en route to becoming the capital of the independent



Bourbon Kingdom of the Two Sicilies in 1816. In 1861, Naples's incorporation into the newly unified Italian nation-state as a part of the Risorgimento initiated an era of modernization and adaptation that persists to the present day. In this six-week class, we will examine la storia e tradizioni of bella Napoli—a city famously pieno di contraddizione ("full of contradictions"). Aimed at students and travelers alike, the course offers a virtual "grand tour" of Naples through a close examination of a dozen Neapolitan monuments/historic sites reflective of milestones in the city's historical development from its origins through today, including: Castel dell' Ovo, Spaccanapoli, Università degli Studi di Napoli Federico II, Castel Nuovo, the Duomo, Santa Chiara, i musei Capodimonte e Archeologico Nazionale, Palazzo Reale, Teatro San Carlo, and the Galleria Umberto I among others (including "side visits" to the city's best pizzerias, food stalls, pastry shops and cafes!).

Dr. Anthony Antonucci is a global U.S. historian whose teaching and scholarship investigates the intersections of foreign relations, literary nationalism, ethno-racial formation and immigration policy in American politics and culture since 1750. Antonucci holds a Ph.D. in U.S. history from the University of Connecticut, an M.A. in American studies from the University of Southern Maine, and a B.A. in political science from Bard College. Antonucci's scholarship has earned numerous awards, including a Fulbright IIE Research Fellowship based at the Archivio di Stato di Napoli in Italy.

Dr. Hilary Haakenson earned her Ph.D. in Renaissance art history from Rutgers University. Her teaching interests include: social/political commitment in art, cultural myths and geographies, and the intersections between art and philosophy. Her current research examines early Italian cartography and the grand civic monuments commissioned by several maritime cities in Italy. She explores how these maps and monuments visualized the cultural encounters occurring in and around the Mediterranean Sea, and how, in turn, art shaped the contemporary European visions of the world. She has been the recipient of several awards, including a Fulbright Fellowship.



Join your OLLI friends for some fun on Wednesday, May 7, at 6:30PM at Evie's in Westery. Register online or call 401-874-4197.

2025 THEWLIS LECTURE ON GERONTOLOGY AND GERIATRICS

OPTICS OF AGING



LINDA MILLER



ALVIN (ALY) STALLMAN



MILDRED NICHOLS



MORRIS NATHANSON



H. PHILIP WEST JR.



**Michelle
Le Brun**

Producer/Director/
Cinematographer
Adjunct Faculty,
URI Harrington School

In Optics of Aging stereotypes of ageism are dissolved and the beauty of aging is revealed through five elders who have shaped the landscape of Rhode Island and beyond.

A DOCUMENTARY SCREENING

Wednesday, March 26, 2025

4 p.m. Reception

4:30–5:45 p.m. Screening and Q&A with the stars

Edwards Hall, URI Kingston Campus

Registration is encouraged but not required. Use the QR code below.

THE UNIVERSITY OF RHODE ISLAND

**SPONSORS: URI Program in Gerontology, Rhode Island Geriatric Education Center,
URI College of Health Sciences, URI Office of the Provost**

If you need a reasonable accommodation or have a question about accessing this event, please call 401.874.5311 at least five business days in advance. For TTY assistance, please call the R.I. Relay Service at 711.



uri.edu/rigec/thewlis

SPECIAL INTEREST GROUPS & OLLI EXTRAS

OLLI Special Interest Groups are member-led discussion and activity groups that meet regularly and offer new and enriching opportunities for lifelong learning as well as social experiences. They are FREE and exclusively for OLLI Members. Full descriptions and meeting dates and times are available online. Registration is required.

SPECIAL INTEREST GROUPS

Registration is required.

- Biking Group
- Book Group
- Bowling
- Cosmic Questions
- Creativity and Play
- Current Events Discussion
- Mah Jongg
- Movie Group
- Photo Friday
- Hiking Group
- Writers Group

OLLI EXTRAS

OLLI Extras do not meet regularly and each session requires registration.

- Great Decisions
- Let's Talk Technology
- Lunch and Learn
- OLLI Serves
- Rhody Ramblers
- Special Events



Top: Bowling Group - Bottom: Trivia Night at Evie's

Join US!

NEW MEMBER *Welcome*

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

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

- April - Monday, April 7, 1:30 PM - 3:00 PM
- May - Thursday, May 8, 12:30 PM - 2:00 PM
- June - Tuesday, June 3, 10:00 AM - 11:30 AM



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!

2025 SCHEDULED TRIPS

- Pacific Northwest & Calif (Aug 17-24)
- Discover Imperial Cities (Sep 3-13)
(Prague, Vienna, and Budapest)
- Spotlight on Paris (Oct 1-7)
- Magical Christmas Markets (Dec 9-16)
(Austria and Germany)

2026 TRIPS TO LOOK FORWARD TO

- The Northern Lights of Finland *
(Jan 22-29)
- Italy's Treasures (April 6-17)
- Discover America's Cowboy Country
(Sep 8-15)
- Mackinac Island (May 15-23)
- African Safari (tbd)
- Discover Croatia and Adriatic Coast (tbd)

*** SPECIAL Presentation**

Join us at OLLI for a travel preview on Thursday, April 10, 2:00 PM-3:30 PM. Our Collette rep will be here to share details on Finland, Italy, and Mackinac Island.

TEACH *for* OLLI

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. 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 a small honorarium dependent on the length of the course.

WANT TO PROPOSE A CLASS?

Fill out a course proposal form on our website: <https://web.uri.edu/olli/course-proposal/> OR scan the QR code below. If you have questions regarding a topic or format, please contact Operations Manager, Beth Desrosiers, directly at 401-874-4197 or email beth_desrosiers@uri.edu

Next Proposal Due Date:
FALL 2025 - Tues, April 29



To complete the Course Proposal Form **CLICK HERE**



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: _____

OLLI MAIL-IN REGISTRATION - Spring 2025

Name (one member per form) _____

Mailing Address _____

City _____ State _____ Zip _____ Renewal Date: _____

Phone: _____ Email: _____

MONDAY

- A Gilded Age Tale of Seduction, Betrayal, and Revenge \$15.00
- A Small Town's Brush with Nuclear Power \$35.00
- Beginning-Intermediate Italian...Continued \$65.00
- CSI@URI: Inside the RI State Crime Laboratory \$15.00
- Fabulous Fingers: Part III \$50.00
- Haiti and Its People: A Positive Spin \$45.00
- Human Decision-Making: Insights from Behavioral Economics \$35.00
- Inside Mental Illness \$15.00
- Introduction to DNA Cloning for the Nonscientist \$50.00
- Mary Katherine Goddard: The Only Woman Whose Name is on the Declaration of Independence \$15.00
- Track Your Ancestors \$55.00
- Walking Rhode Island: Hikes in the Spring \$15.00

TUESDAY

- Breakout Characters and Catch Phrases on TV \$15.00
- Castles of Southern Sweden (Scandia) and Their Relationship to the History of Scandinavia \$35.00
- Danger! Molasses in January \$15.00
- Energy Systems and How They Work \$15.00
- Forest Bathing Walk \$15.00
- Friendship Tune-up \$55.00
- Humor & Laughter as a Way to Wisdom \$55.00
- Iran, Iraq, and Syria
- Navigating News in a Polarized Environment
- Precambrian Earth \$15.00
- Seven Sacred Pauses: Mindful Themes for the Hours of the Day \$50.00
- Striking Out: Labor in the Blackstone Valley \$15.00
- The Federal Budget and the National Debt \$15.00
- The Games of Rhode Island \$15.00
- Threads of Time: Unravelling the History of Block I Island Shipwrecks Through Quilts and Their Makers \$15.00
- Through the Northwest Passage \$15.00
- Underwater Archaeology \$55.00
- Zora Neale Hurston: Their Eyes Were Watching God and Selected Stories \$50.00

WEDNESDAY

- Being Ethical \$50.00
- Children's Literature: Something Old, Something New \$15.00
- Compassionate Conversations \$55.00
- Fabulous Fingers: Part V \$50.00
- Fun and Game(s) Theory
- Golden Health: Nourishing Your Body and Moving with Purpose \$15.00
- How to Find Reliable Medical Information on the Internet \$15.00
- "Jump, Jive & Wail:" Swing in American Music \$45.00
- Mind-Body Strategies to Alleviate Chronic Pain \$45.00
- Naval Torpedo Station Newport \$15.00
- Playing with Classics: Uncle Vanya \$55.00
- Square Foot Gardening \$55.00
- The 1960s: The Decade of Assassinations \$45.00
- The Enslaved Women of Smith's Castle \$15.00
- Wilkie Collins and the Victorian Sensation Novel \$15.00
- Women Directors \$55.00

THURSDAY

- Elie Wiesel's Holocaust Trilogy: *Night, Dawn, Day* \$45.00
- Let's Skate! \$65.00
- Science Fiction: "Go Anyplace, Examine Everything" \$45.00
- State of RI's Birds: An Update \$15.00
- Tea Bag Folding \$20.00
- The Wolf Hall Trilogy: A Study in Power \$45.00
- Trout Hatchery Tour \$15.00
- Walter Massie - Rhode Island's Wireless Pioneer \$15.00
- Watercolor Practices \$55.00
- World War I in South Kingstown \$35.00

FRIDAY

- Art in the Courthouse - McGrath Judicial Complex \$15.00
- Declining Bees and Insects - How You Can Help \$15.00
- Johnny Cash: "The Man in Black" \$55.00
- Naming Rights: Mythology in Science \$15.00
- Peter, Paul and Mary: A Musical Journey \$45.00
- Take a Breath \$45.00
- The Creativity and Showmanship of Taylor Swift \$15.00

- The Rhode Island Courts \$20.00
- The Workings of the Frosty Drew Observatory and a Review of the Engineering and Science of the James Webb Space Telescope \$15.00
- There's Something Happening Here: Laurel Canyon in the '60s and '70s \$15.00
- Yoga: An Introductory Workshop \$55.00

GREAT DECISIONS - Free but you MUST register

Competition, Cold War, or Conflict? Navigating U.S.-China Relations in Tense Times

- Thur, Apr 17, 3:00PM-4:30PM
- Fri, Apr 18, 10:00AM-11:30AM

India: Between China, the West, and the Global South

- Thu, May 15, 3:00PM-4:30PM
- Fri, Mar 16, 10:00AM-11:30AM

RHODY RAMBLERS Free but you MUST register

- Trustom Pond - April 10
- Rocky Point State Park - May 15

URI OLLI ONLINE (ZOOM)

- Beginning Digital Photography II \$40.00
- Introductory Oceanography \$55.00
- Music, Media, and the Counterculture 1950-1980 \$55.00
- The Best Rock Songs of All Time \$55.00
- The 20th Century American Short Story II \$55.00

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

- Bella Napoli: Italy's (other) "Eternal City" \$55.00
- Future Proofing Your Healthspan and Longevity \$55.00
- Mainstreaming the Margins: A History of LGBTQ+ America \$55.00
- Neurology in a Nutshell: The Brain Explained \$55.00
- Russia Beyond Russians \$55.00
- Science Charcuterie \$55.00
- The Essential Jane Austen \$55.00
- Women: The Forgotten "Men" in History \$55.00

LUNCH AND LEARN Free but you MUST register

- CASA - Court Appointed Special Advocate
- Habitat for Humanity 101
- Literacy Volunteers of Washington County

SIGS & OLLI EXTRAS - Free but you MUST register

- Biking Group
- Book Group
- Bowling Group
- Cosmic Questions
- Creativity and Play
- Current Events Discussion
- Hiking Group
- Photo Friday
- Mah Jong
- Movie Group
- Writer's Group

SPRING 2025 REGISTRATION

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

Name: _____

Total # Classes _____

Renewal Fee \$ _____

Credits to Apply \$ _____

Total Due \$ _____

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

Payment Method:

Check (Payable to URI) # _____

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

OFFICE USE:

Date Rcv: _____

Date Processed: _____

Initials: _____

MEMBERSHIP:

CURRENT NEW RENEWAL

Renewal Date: _____

**THE
UNIVERSITY
OF RHODE ISLAND**
**OSHER LIFELONG
LEARNING INSTITUTE**



210 FLAGG ED RM #212
KINGSTON, RI 02881
DREEDUPOLI
401-874-4197



Online registration begins
Tuesday, March 18, at 7:00 AM

FOLLOW/LIKE US!



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*For full online catalog
with instructor bios,
please scan the QR Code.*