



**STONY BROOK
UNIVERSITY**

Learning Never Retires

FALL 2024 CATALOG

Semester Dates - 9/3/24 - 11/18/24



Key Dates for Fall 2024 Registration:

6/10/24 - Registration Opens

7/15/24 - Registration Closes

7/15/24 - 7/19/24 - Lottery Process

7/22/24 - Registration reopens for any remaining workshops

(first come first served basis)

7/29/24 - Registration Final Close

S-101 Social & Behavioral Sciences Building, Stony Brook, NY 11794

stonymookedu/olli . 631-632-6554 . olli@stonymook.edu

Osher Lifelong Learning Institute at Stony Brook University

As you peruse our catalog, we hope you will find some new workshops that interest you (although old favorites are fine, too!) If, while looking through our catalog, you get an idea for a new workshop you would be willing to lead or co-lead, please let our Curriculum Committee know. We are always looking to expand our offerings with the help of our dedicated, talented and engaged membership.

All information provided in this document is *subject to change*.

On Campus Workshop Locations:

- *Social & Behavioral Sciences Building (SBS)*
- *Wang Center*
- *Student Activities Center (SAC)*
- *Student Union*

Workshop Formats:

- **Hybrid:** These workshops will be held in person and on Zoom simultaneously, with the workshop leader conducting the workshop from the Stony Brook campus. At the time of registration, members will have the option of registering for either the in person section or Zoom section of the workshop.
- **In Person:** Members will come to the Stony Brook campus or select off campus locations to attend these workshops.
- **Zoom:** Members will attend these workshops virtually on Zoom.



Registration Information Available At:
www.campusce.net/stonybrookolli

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FALL 2024 Workshops

Arts & Music

A Celebration of Rock and Soul Music

Zoom

Bob Hayes & Susan Steinmann

In this workshop, we will view and listen to some of Rock and Soul Music's greatest performers. Besides enjoying some of their finest songs and albums, we will explore their early, formative years. This will help us to better appreciate and understand their musical craft. Our workshop is designed to be interactive, with participation being most welcome. Your thoughts and experiences about the music of the era can add greatly to our grasp of each of the artists we will view. For example, your recollection of a particular song or album adds to our appreciation of the music. Also, if you attended any concerts of the performers we discuss in the workshop, it would be great to hear about your experiences.

Exploring the Metropolitan Museum of Art - In Person

Angela Bari

The MMA is possibly the most encyclopedic museum in the world. In this workshop, we explore the history and holdings of the museum from the ancient to the modern, from sculpture to costume design, from Old Masters to Contemporary Art. We will also discuss special exhibits and related works at other museums, including the Frick Collection, the Whitney, the Museum of Modern Art, and others.

Learn To Draw - Zoom

Richard Bova

This workshop is designed for beginners with little or no drawing experience or for those seeking a refresher course. We will start by sketching basic shapes, adding tone and shading and making use of contour and perspective drawings. Using these basic skills, we will move on to sketching still life objects, landscapes and then gesture and figure drawings.

So You've Always Wanted To Act

In Person

Debbie Starker

Emphasis on performance, members will be encouraged to choose a monologue (or dialogue with a classmate) to be performed and perfected throughout the semester. Memorization encouraged but script-in-hand is acceptable.

Stained Glass Workshop - In Person

Susan Vlahakis, Diane Streuli & Linda Hamatz

This workshop is recommended for those who already have experience with the basic skills of cutting, grinding and soldering. It is a cooperative learning environment where members help one another to improve their techniques, sharing ideas, and suggestions.

The Big Band Era : Its Music and History

In Person

Marty Rubenstein

The big band era gave America some of its most wonderful and enduring music. Come listen and learn the music of the great bands of the 30s, 40s and early 50s.

Understanding Opera - Zoom

Irma & Sol Gurman

Exploring operas and topics relevant to operas, such as listening to famous performances, lives of the composers, famous artists etc.

Watercolor Studio - In Person

Bob Stone & Dorothy Sterrett

In this workshop, we will explore more advanced techniques/concepts in watercolor painting. We will create watercolor paintings and constructively critique each other's work. Participants should be experienced in the creation of watercolor paintings, along with basic drawing skills. We will reference the work of established artists to inform our work. Our goal is to grow together as watercolor artists.

Survey of Enjoyable Music: Symphonic Work to Modern Music and Dance

Zoom

Fred Friedberg

This workshop will present a broad overview of music that begins with the lyrical poems of the Middle Ages, the harmonies of the Renaissance, and the drama of the Baroque era. We will preview both solo and symphonic works through the Classical and Romantic periods with an emphasis on high-energy pieces. The modern era will cover both music and dance, including flamenco, tango, classical guitar, jazz (Count Basie, Big Band, others), Gypsy song, Mariachi, and Mambo.

Spirituality

Advice for Life: Guidance for Leading a More Purposeful Life - Hybrid

Rabbi Shalom Ber Cohen

The "Advice for Life" course, inspired by the Lubavitcher Rebbe, provides practical wisdom on work, family, health, and spiritual growth, offering valuable insights for a purposeful life.

Basic Natal Astrology - In Person

Annette Napolitano

Astrology serves as a tool for comprehending others, employing a rich and comprehensive language. This course is designed to elucidate the fundamental elements of an astrological chart, equipping participants with the knowledge necessary for interpreting charts. Join us in exploring this cosmic language and enhancing your understanding of astrology's insights into human dynamics.

Psalms: Where "Hallelujah" Got Its Start - In Person

Stephen Karol

The Book of Psalms in the Hebrew Bible is one of the most respected and valued literary creations in the history of the world. Consisting of 150 "chapters," it is an amazing collection of poetry, songs, and prayers expressing very human feelings—joy and sorrow, faith and despair, hope and doubt, comfort and anger, gratitude and complaints. Beginning with the well-known 23rd Psalm, we will explore the incredible relevance and deep meaning they can have for us today. As is the case in all my workshops, discussion will be encouraged.

The Theory of Reincarnation and Its Sources - In Person

Gregory Alexander

This is the first part of a two semester workshop (each part may be taken independently) about the theory of reincarnation and its sources. We will cover reincarnation in world religions, karma, famous cases of reincarnation, Edgar Cayce's life readings, etc. There will be A/V materials on the subject. Two thirds presentation, one third questions and discussion.

Computers and Technology

Beginner's Guide to Microsoft Office Programs Part 3 - In Person

Thom Brownworth

We will continue to look at, practice, and ask questions about the Microsoft Office Suite and also do the same things in the two major competitors, Apple and Google. We will take a quick refresher course in the topics covered in Word 1 and 2 and then review styles in Word. We will look at presentation software such as PowerPoint, Keynote, and Slides.

Canva for Beginners - In Person

Pam O'Brien & Nancy Pally

Canva is a cloud-based design program that enables its users to create professional looking graphics. What's more is that Canva is really easy to learn and fun to use! This class will be project based where we'll design stickers, invitations, social media posts and even design our own coffee mugs. The possibilities are endless. Canva is free for users unless they decide to upgrade to Canva Pro. Participants are expected to bring their own personal devices fully charged to each workshop.

FALL 2024 Workshops

Introduction to the Macintosh Computer - In Person

Frank De Rubeis

The purpose of this course is to teach the fundamentals of the Macintosh computer. The course will include a discussion of the current Operating System (OS) and some of the older versions of MacOS. The course will start with setting up your computer and go on to discuss system functions, the Mac hardware (e.g., mouse, ports, hard drive, etc.), included software (e.g. Pages, Numbers, Photo, etc.), networking, communications (e.g. email, messaging, etc.), printing, and other computer uses. At the end of the course, the student should be familiar with how to setup and use the computer so as to be able to go on and learn the more advanced features and software of the Mac. Bringing a laptop to class might be useful, but it is not required.

TV, Film and Entertainment

Breaking Bad: Everything You Wanted to Know but Were Afraid to Watch - Zoom

Rick Rubin & Bob Decostanzo

The workshop will involve analysis and discussion of 1-2 episodes each week of the Netflix series "Breaking Bad". The only requirement is for participants to view an episode(s) prior to class.

Denzel Washington's Greatest Hits In Person

Michael LoMonico & Al Jordan

Denzel Washington has played the Black man in all his complexity in over 50 films in his 30-year career. His roles include a rebel soldier, a notorious gangster, a submarine commander, a jazz trumpeter, and an alcoholic airline pilot. He played Stephen Biko, Malcolm X, Rubin "Hurricane" Carter, Macbeth, and the Equalizer.

In this eight-week workshop, we will look at Washington's life, career, and the impact this two-time Oscar winner has had on the film industry and America. Workshop members will be encouraged to view each week's film either on one of several streaming services or on DVD, possibly from a local library. We will show clips in class to engage attendees' participation.

Original Star Trek - Beyond the Final Frontier - In Person

Peggy and Bob Oliva

In each session of this workshop, we will watch an episode of "Star Trek: The Original Series" which first aired in the late sixties and starred William Shatner. We will then go beyond the adventure of exploring strange new worlds with James T. Kirk and his diverse crew, and discuss the episode's use of metaphors, portrayal of mankind and its future, philosophy, ethical questions raised, production notes, and more. We'll take a trip back to the sixties and talk about how the era influenced the show and how it, in turn, affected its viewers.

Let Us Entertain You - Zoom

Jeff Hollander, Diane Hollander & Larry Fein

Why schlep into the City for a matinee when we can entertain you with the world's biggest stars? Join us for another journey back to the 20th century, where we'll revisit iconic show business stars in their prime. Each week, expect to learn about famous celebrities who ruled televisions, stages, or movie screens during that period. They'll come to life through interviews, clips, bloopers and their biographies. Regardless of who we choose weekly, we promise they'll perform as only entertainment icons can. Although those memorable days have ended, we can relive them at OLLI every Thursday. Seats on the aisle are reserved for you and your friends.

The Twilight Zone Continues

In Person

Robert Mirman & Jay Zuckerman

Looking back on an iconic television show from our past: "The Twilight Zone." We will watch selected half-hour episodes and then discuss and analyze the episodes.

Games & Leisure

Casual Cards and Games - In Person

Mary McMullen & Scott McMullen

Casual Cards and Games is open to individuals who have taken this workshop before and newcomers alike. We will introduce new games & revisit some from past workshops. Workshops begin with introduction and then participants are given time to play the game. Most games are played for two weeks. A relaxed, supportive environment makes this a fun, social workshop.

Duplicate Bridge - In Person

Arnie Fox & Sherry Shore

We will continue to enhance our bridge skills in a duplicate environment. Participants should have knowledge of conventions and techniques from previous semesters. Contact either workshop leader if you are unsure whether this workshop is appropriate for you.

Introduction to Mahjongg - In Person

Diane Fischer & Karen Jaffe

This workshop will introduce the participants to American Mahjongg. The tiles, hand and card will be covered. The mechanics of the game will be demonstrated. Participants MUST have the 2024 American Mahjongg card.

Let's Play Chess - In Person

Dan Sherry & Carlos de los Santos

This workshop will be a chance for people to play the game. Participants will be paired off for a game or two, based on their skill levels, ranging from beginner to accomplished. Beginners will have the opportunity to learn basic concepts and opening moves. The workshop will open with a short (5-minute) presentation of interesting facts and the history of the game. Enjoying the game will be our primary goal.

Magic for Grandparents - In Person

Michael Maione & John Ragone

This is a beginner workshop where participants will learn the essential skills needed to perform magic to entertain friends, family and especially kids. Each week several tricks will be taught that exploit various magic techniques including sleight of hand, psychology, misdirection, and gimmicks. Participants will learn magic with ropes, cards, money, and other ordinary objects.

Health and Wellness

Am I My Father's Son? - In Person

Peter Akras

This workshop is designed for men to share their experiences and to discuss their feelings about various subjects that affect men. Members take turns in choosing topics for discussion. Participants are expected to be supportive and nonjudgmental in a nonthreatening environment.

Beginning Bridge 5- In Person

Linda Good & Merna Avril

We will continue learning conventions and play of the hand, then have time to play.

Making Stress Work For You - Hybrid

Wayne Snell

Change your mind - to change your stress. Overstressed? Learning from your Physical and Mental stress. Ways to schedule, and manage stress. Will use the Great Course, DVD, How to Make Stress Work for You, by Dr. Kimberly Bonura. The class discussion will consist of a lecture and supplemental support materials.

FALL 2024 Workshops

Meditation and Mindfulness

In Person

Karen Santoro

The practice of Meditation and Mindfulness can lead to lowering stress, developing a more positive outlook, and helping to deal with physical challenges in our everyday lives. Smile, relax and free your mind by practicing Meditation and Mindfulness.

Mindfulness Made Easy - In Person

Edward Schechtman

This is an introduction to a simple method of meditation: "Mindfulness." I have been practicing various meditative experiences for over 50 years and find this one to be very powerful. I have shared this skill with many of my clients over the years. Frequently, they report it to be "life changing." I hope that you, too, will find it so.

Walking for Fitness - In Person

Mary Hance

This workshop will discuss the importance of having a variety of exercises in your daily routine. We will learn to stretch prior to walking, & discuss & demonstrate the proper way to walk. We will walk on the SBU campus taking a variety of routes.

Yoga 101 - Zoom

Denise Teague

Yoga 101 is a welcoming space for everyone, especially beginners. We focus on the basics of yoga through step-by-step demonstrations, ensuring safety and understanding.

History and Politics

Current Events - Zoom

Len Farano

Participant discussion of current events, with an occasional emphasis on politics and changing laws.

History Through Literature - In Person

Joseph Napolitano, Laura Filipino & Judy Albano

Join in stimulating discussions about historical literary works. The co-leaders will be the discussion leaders for the early sessions. This is a collaborative workshop in which members are expected to participate in and may lead the discussions. The workshop's first book will be *A Place Called Freedom* by Ken Follet.

Op-Ed or Your Opinion of Their Opinion

In Person

Ken Buxbaum & William Russell

Op-Ed provides the opportunity to join in discussions of the political, social and economic issues currently affecting our lives. Each week three different volunteers present newspaper, internet or magazine opinion articles, that can be read aloud in five minutes or less and make for lively discussions by members with differing points of view. While every volunteer has the opportunity to comment first or last on their own article, they may want to sit and listen as everyone gets a chance, face-to-face, to voice his or her opinion on the subject.

Rights, Camera, Action! - In Person

Tony Parlatore & Laura Joseph

Each session features a film with the law as a central element, followed by a guided discussion of the reel vs. real world of crime and punishment, legal rights and wrongs, and governance. The line-up is varied, from *12 Angry Men* to *Kramer vs. Kramer*, from *Justice at Nuremberg* to *My Cousin Vinny*.

The American Vice Presidents: From Irrelevance to Power - Zoom

Martin Levinson

This workshop will discuss the role of US vice president from its inception to the present. It will cover the most impactful VPs in American history and look at the particular importance of the VP role in these challenging political times.

The 2024 Presidential Election: Sense, Senseless & Sensitivity

In Person

Kenneth Geils

Candidate qualities/qualifications. Those catchy slogans - the killer October surprises, debate debacles, historic / hysterical primaries, gaffes & gotchas, veeps & creeps - all will be looked at. Lots of history, some hilarity too & hopefully no tears.

Things You Didn't Learn In School

Zoom

Bruce Stasiuk

We'll solve some of the pressing issues of the day. Take slopes. Must they always be slippery? Why do people literally rarely say figuratively? What's so standard about a deviation? Do we ever stop to wonder what we're thinking? Did Darwin's thinking evolve? Thermos bottles are designed to keep things hot or cold. How does the thermos know the difference? What if we turned on a dehumidifier and a humidifier in the same room? And more.

Understanding the World's Greatest Structures - In Person

Ed Cohen

Using a DVD we will learn about the World's Greatest Structures. What made them great and how they were constructed. We will start the workshop looking at the laws that underline the engineering of great structures and finally we will look at some of those great structures-the Pyramid of Giza, arches of the Roman civilization, great cathedrals of Europe, bridge building and modern skyscrapers.

Women You Should Know

In Person

Ella Nyc, Mary Hance & Fran Leiboff

The 3rd semester of Women You Should Know will be dedicated to honoring women such as: women fighting discrimination against other women, women of character, courage & commitment, women in government & public service, women in mythology, and more.

World War 2 - In Person

Paul Knel

We will discuss the personalities and events that were involved in the War.

FALL 2024 Workshops

Language and Communication

Advanced Latin - In Person

Thomas Hayes

Ever thought you should have studied Latin—or did, but forgot it all? Here's your chance. Learn the basic building blocks of Latin reading, as well as how Latin still underpins English vocabulary (more than 60% of what we read!), and the influence of Roman culture of Western institutions, governments, and literature. All material will be provided on the dedicated web page.

Aquí Se Habla Español- In Person

Anahi Walton Schafer

This is a Spanish workshop that will focus on communication, written and oral. Students will share information, opinions, and ideas and will have opportunities to supplement class work with reading and listening exercises.

Conversational French - In Person

Catherine McDonnell

This workshop is for those who have some background in French and are seeking an opportunity to develop fluency in the language. There will be a variety of activities designed to expand vocabulary, to review grammar and promote conversation. Alors, venez, apprenez, et amusez-vous bien.

Ici On Parle Français - In Person

Catherine McDonnell

This workshop is a continuation of "French for Beginners." We will continue learning basic vocabulary and grammar through a wide variety of activities. The stress is on conversation. All materials will be provided. So, come. learn to speak French, and have fun.

Literature and Writing

Adolescent Literature for Adults

In Person

Ellen Perz

Literature written for adolescents often helps them make sense of their transition to adulthood. Many of these novels are rich in theme, prose, and character, making them a delightful read for adults. The novels can easily be read in one day. The classes will be conducted informally in a discussion format.

American Plays - Zoom

Irma & Sol Gurman

We read aloud, watch, and discuss American plays. We learn about the playwrights, criticisms, and other relevant issues. The objective is to familiarize the workshop with great drama.

Catullus and Company - Zoom

Thomas Hayes

This workshop will center on one of the most influential—and most amazing—poets of western literature, the Roman C. Valerius Catullus. While we will do a deep dive into his poetry, we will also look at other influential writers of his age, the tumultuous last century BCE. The readings will be in English, but with much reference to the original Latin.

Digesting a Good Book - Zoom

Dana Geils

Read a book. Have a lively discussion with other OLLI members in a friendly atmosphere. Examine the style and quality of the writing, the characters, the plot, the themes/problems explored and consider the what-ifs, hows and whys as well. Reading both fiction and nonfiction, we will be reflecting on the issues addressed, thinking about how our own experiences affect our understanding of the material and what our reactions are to comments other members have made.

Great Books: An Existential Sampling Zoom

Anita Edwards

Enter the world of the literary absurd with a selection of novels that may include Dostoevsky's *Notes from Underground*, Kafka's *The Trial*, Camus' *The Plague*, and Heller's *Catch 22*.

Great Short Stories: William Trevor In Person

Joe Perlman

This semester we will use the structured discussion method to focus on the Northern Irish short story master William Trevor

Into the Woods: The Mythology and Magic of Grimm's Fairy Tales

In Person

Amy Benjamin

Grimm's Fairy Tales are considered a cornerstone of Western literary tradition. They explore universal themes, archetypal characters, fate and free will, and interpersonal conflicts of every kind. We will explore how these tales have established deep roots into our understandings of the past and present. Do they look different to us as we revisit them as adults? Come and enjoy sharing your insights as we delve into such tales as *Rumpelstiltskin*, *Sleeping Beauty*, *Hansel and Gretel*, *The Frog Prince*, and a new one each week.

Memoir Writing - Zoom

Dorothy Schiff Shannon

You are the repository of the stories of your time. We will be both storytellers and historians. Memoir writing is a group effort in which we support and critique one another's work, in an effort to produce memoirs worthy of preservation.

Poetry Out Loud- In Person

Florence Mondry

A workshop for the discussion of poetry presented by volunteer members in order to discover together the pleasure and beauty of poems and get to know the poets who created them in an environment conducive to understanding what makes a poem a poem.

Poetry Workshop - Zoom

Geri Kaplan & Bob Stone

The focus of this workshop is the craft of writing poetry. Participants bring in their poetry and share their work with the group. The goal is to point out the strengths of the writing with the goal of encouraging the writer to continue writing and improve their skills in writing poetry.

The Mystery Novel as Literature: the History of the Mystery - Zoom

Tasha Greenberg

Revisiting a workshop I first offered in 2012, I would like to again present, in chronological order, the development of the mystery novel. We will first examine the earliest French and British authors, and then include American writers. We will continue adding more and more authors (primarily English language) through the 19th and early 20th centuries.

Tragic Theater - Zoom

Arthur Bernstein

This semester we'll be discussing three plays: Shakespeare's *Macbeth*, Chekhov's *The Seagull*, and Stoppard's *Rosencrantz and Guildenstern are Dead*.

Writers at Work (previously named "The Craft of Writing") - Zoom

Amy Benjamin

A round-table presentation and discussion of members' writing in various genres, such as fiction, non-fiction, poetry, essays, and script-writing. Emphasis is on effective writing techniques, not overall story-telling, so presentations are limited to 500 words. Longer works may be excerpted or serialized over the course of the term.

FALL 2024 Workshops

Photography

Adventures in Art and Photography

Zoom

Eric Lohse

Members will submit their photographs, whether traditional or modified, for viewing and discussion by the workshop participants. Emphasis is placed on achieving an effective presentation to the target audience. Members will learn to see more intently.

Creative Photography - Zoom

Doris Diamond

The focus of this workshop is creative photography ideas and methods. The objective is to inspire the participants to try lots and lots of ways to enhance their photos as well as to try new subjects and in-camera techniques.

ON1 2024 Photo Editing Hands-On

Zoom

Robert Oliva

In this workshop, you will be developing the skills needed to enhance your photos and make them stand out from the crowd using ON1 Photo Raw 2024. We will use it as a complete standalone photo editor, although it can also be used as a plug-in. During class the participants will follow along the example being shown by the leader on their own copies of ON1 2024

Science and Philosophy

A Journey Into the Great Divide of Human Consciousness - In Person

Anthony A. Esposito

The Great Divide, the Explanatory Gap, The Hard Problem of Consciousness. Familiar terms used to describe the "gap" between the subjective and objective world of our experience. While mid-twentieth century split-brain research identified separate functions of both the right and the left hemispheres, little was understood of the evolutionary niche from which this brain morphology originates. In the presentation we will explore the ways we navigate this divide and the world each hemisphere brings to our conscious experience. Much of this presentation is inspired by a study published by Dr. Iain McGilchrist, titled *The Master and His Emissary*.

Behavioral Neurosciences Amazingly Simplified: Don't Retire! ReWire!

Hybrid

Paul Mohan

Join us in Fall 2024 for a fun, engaging workshop on the Neuroscience of Behavior. We'll explore smell, taste, memory, learning, and the neuroscience of music, with a focus on reducing stress and aging gracefully. No science background needed, just bring an open mind and your creativity. Note: Medical information shared is not for self-diagnosis or treatment.

How the Universe Works - In Person

Robert Bari & Angela Bari

Physics and related sciences describe how the universe works. This semester we will explore scientific advances from antiquity to the early 21st century. Both the very small and the extremely large will be discussed in terms of the evolving ideas in quantum mechanics and cosmology. Strange phenomena on the middle scale such as superconductivity will also be discussed. Interesting aspects of the human side of the creation and development of scientific discovery will be conveyed with emphasis on the lighter sides of those events and the people involved. This non-mathematical workshop will be geared to non-physicists, but those with physics knowledge are welcome and everyone will be encouraged to participate.

Mysteries of the Human Mind

In Person

Larry Wilson

This workshop will be an in-depth look at the working of the human mind and how it affects our behavior. We will cover topics such as how evolution, competition, and culture have affected the human mind. We will also look at such things as the differences between the male and female mind and how the autistic mind works. This class is a combination of lectures, videos, and class discussion.

New York Times Science Seminar

In Person

Bonnie Marks & Allen Sachs

This is a collaborative workshop where members take turns each week leading the discussions. Our guide is the New York Times Science section published every Tuesday. Volunteers introduce the articles, and tell why the article is important. The workshop continues the discussion from this point. We also share and discuss significant articles from other sources.

Sophie's World: A Philosophical Novel

Zoom

Richard Hart

A journey through the history of Western philosophy by means of a whimsical and ingenious mystery novel that also happens to be an unpretentious history of philosophy. Narrated by a 14 year-old Norwegian schoolgirl, the book is irresistible, imaginative and entertaining.

The Irrational Mind - In Person

Bob DeCostanzo

Most of us would like to think that we humans are rational, and for the most part, logical. But, to what extent is this true. Workshop discussions will include cognitive biases, stereotyping, superstitions, group think, memory flaws, conspiracy thinking, and cults.

The Science Behind the Headlines:

Climate Change & Other Issues

Hybrid

Gene Sprouse & Peter Bond

The goal of the workshop is to present the basic science behind subjects that are current and important to the country and to the world, at a level that non-experts can understand. Subjects will include global warming, energy, medical radiation, GPS, black holes and the big bang, as well as other topics of interest to the workshop members. Both leaders are physicists and each has experience in communicating science to non-experts without mathematics.

Sports and Hobbies

Crocheting a Colorful Bag

In Person

Anahi Walton Schafer

You will learn to make granny squares and create a colorful bag. You will need 4-8 skeins of acrylic yarn in different colors, a crochet hook size 5-6, stitch markers, a darning needle, and scissors.

Knitting a Baby Blanket - Circular

Knitting Needles - In Person

Anahi Walton Schafer

Learn to knit a warm corner-to-corner blanket for that special baby in your life. Choose a baby yarn, colorful or solid, acrylic, and buy 3-4 skeins. You will need circular needles, 40" length, and size 7-10.

Let's Talk Sports - Zoom

Jeff Hollander & Larry Fein

Join us this fall to analyze New York/LI's nine major sports teams' championship potential. We'll discuss the Mets & Yankees' playoff chances, player performances, and the impact of the NFL Draft. Our 'Tuesday Morning Experts' will share opinions, enhanced by timely videos and guest speakers. We'll also follow SBU's teams. We look forward to you joining our all-star roster.