



# STONY BROOK UNIVERSITY

## **OLLI at Stony Brook University Spring 2023 Workshop Catalog**

*All information provided in this document is subject to change.  
The most up to date information can be found on the registration website.*

Registration: **11/28/22 – 1/6/23**

Spring Semester: **2/13/23 - 5/5/23**

OLLI offers workshops that are designed for retired and semi-retired individuals who are interested in expanding their intellectual horizons in a university setting. OLLI workshops cover every possible genre you can imagine and are led by current OLLI members who volunteer their time.



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## **2nd Year Latin**

Led by: Thomas Hayes

This workshop is for those who were in the Intro to Latin workshop last year, or who have a very little Latin background. We will start with an extensive review, so beginners are welcome--but it will take a little extra effort to catch up.

Format: **Zoom**

Day: **Monday**

Time: **10:15 - 11:30 AM**

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## **A Celebration of Rock and Soul Music**

Led by: Bob Hayes

Thom Brownworth

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 craft. ...\*

Format: **Hybrid** (Zoom & In Person Simultaneously)

Day: **Monday**

Time: **12:00 - 1:15 PM**

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## **Current Events**

Led by: Bob Ober

Murray Rawn

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

Format: **Zoom**

Day: **Monday**

Time: **12:00 - 1:30 PM**

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## **Digesting a Good Book**

Led by: Dana Geils

Read a book. Learn a bit about the featured author before joining a lively discussion with fellow OLLI members in a friendly environment.

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....\*

Format: **Zoom**

Day: **Monday**

Time: **12:00 - 1:15 PM**

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### **Nature Photography: Gems of Long Island**

Led by: Susan Steinmann  
Robert Steinmann

Nature Photography Gems of Long Island will present elements of good composition along with places to capture good nature photos at Long Island's many wonderful nature preserves.

Format: **Zoom**

Day: **Monday**

Time: **8:30 - 9:45 AM**

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### **New York Times Science Seminar**

Led by: 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...\*

Format: **In Person**

Day: **Monday**

Time: **1:45 - 3:00 PM**

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### **Photography Before Photoshop, Part II**

Led by: Frank De Rubeis

This is Part Two of a basic workshop in the fundamentals of photography from smart-phones to digital single lens reflexes. The purpose of the workshop is to understand and use digital photography. Part Two will cover more of the techniques used in photography...\*

Format: **In Person**

Day: **Monday**

Time: **12:00 - 1:15 PM**

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### **Poetry Workshop**

Led by: 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.

Format: **Zoom**

Day: **Monday**

Time: **10:15 - 11:30 AM**

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*\*Complete workshop descriptions available on our website.*

**READ MORE:** [www.campusce.net/stonybrookolli](http://www.campusce.net/stonybrookolli)



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## **The Twilight Zone Continues**

Led by: Robert Mirman  
Jay Zuckerman

Looking back on an iconic television show from our past. We will watch selected half hour episodes and then discuss and analyze the episodes. This is a continuation of the iconic TV Series The Twilight Zone.

Format: **In Person**

Day: **Monday**

Time: **10:15 - 11:30 AM**

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## **Uncritical Thinking**

Led by: Bruce Stasiuk  
Bob Ober

It goes without saying, and not for nothing, this full-service, paleo workshop is not rocket surgery. In other words, think of it as a tasting menu for feng shui ideas. Using reverse gnireenigne, we'll unpack concepts such as, why the gorilla in the room is always 800 pounds? What's actually in the secret sauce? ...\*

Format: **Zoom**

Day: **Monday**

Time: **1:45 - 3:00 PM**

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### **American Foreign Policy**

Led by: Martin Levinson

This workshop will involve discussions of the eight critical foreign policy issues that are listed in the 2023 Great Decisions Program, America's largest discussion program on world affairs.

Format: **Zoom**

Day: **Tuesday**

Time: **8:30 - 9:45 AM**

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### **Behavioral Neurosciences** **Amazingly Simplified**

Led by: Paul Mohan

In our workshop, we will avoid technical complexities of neurosciences to help us understand and appreciate how the brain astonishingly communicates with our bodies & our environment ...\*

Format: **Hybrid** (Zoom & In Person Simultaneously)

Day: **Tuesday**

Time: **1:45 - 3:00 PM**

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### **Business of Sports**

Led by: Jeffrey Hollander  
Larry Fein

Our 9 Metro New York major pro teams have still not produced a championship season in well over a decade. Yet inflated player salaries, franchise values, ticket & concession prices & television ratings, at times, would suggest otherwise. Join us as we critique the recent Super Bowl...\*

Format: **Zoom**

Day: **Tuesday**

Time: **12:00 - 1:15 PM**

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### **Continuing Advanced Latin**

Led by: Thomas Hayes

Salvete! This is a workshop for those who have spent at least 2 years in the OLLI Latin program or who have a pretty good understanding of how Latin works as well as a basic Latin vocabulary. There will be lots of review for those who are rusty. Be brave!

Format: **Zoom**

Day: **Tuesday**

Time: **10:15 - 11:30 AM**

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TUESDAY

*\*Complete workshop descriptions available on our website.*

**READ MORE:** [www.campusce.net/stonybrookolli](http://www.campusce.net/stonybrookolli)



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### **Duplicate Bridge**

Led by: Arnie Fox  
Sherry Shore

We will continue to focus on bidding, play-of-the-hand, and defense. Everyone is expected to play the 2/1 system (including 1NT forcing) along with the various conventions that have been covered in previous semesters...\*

Format: **In Person**  
Day: **Tuesday**  
Time: **1:00 - 4:00 PM**

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### **Food, Science, and the Human Body, Part I**

Led by: Peter Akras

Human evolution and the rise of civilization is intimately linked to the evolution of our diet. We are the only animals that cook and this discovery has helped to make us human. In this Great Courses video series, in association with National Geographic ...\*

Format: **In Person**  
Day: **Tuesday**  
Time: **8:30 - 9:45 AM**

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### **Indigenous Films**

Led by: Susan Steinmann

This term we will present indigenous films and film makers as well as print expressions to examine and confront the past in an artistic and creative way. These productions are not ABOUT Native Americans, but BY indigenous people about themselves and their lives...\*

Format: **Zoom**  
Day: **Tuesday**  
Time: **3:30 - 4:45 PM**

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### **Scientific Breakthroughs in Western History**

Led by: Carter Bancroft

In this workshop we will be considering exciting scientific breakthroughs that profoundly affected both science and society. These breakthroughs have often led to "paradigm shifts," described by Thomas Kuhn in the 1960s as radical changes in our scientific sets of concepts...\*

Format: **In Person**  
Day: **Tuesday**  
Time: **12:00 - 1:15 PM**

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### **The Big Band Era: Its History and Music**

Led by: Marty Rubenstein

The BIG Band ERA was a wonderful time for music lovers. Music of the GREAT AMERICAN SONGBOOK was played by wonderful bands of all kinds. Join us as we listen and learn (via YouTube) about a wonderful part of American history.

Format: **In Person**

Day: **Tuesday**

Time: **10:15 - 11:30 AM**

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### **The Dancing Ape - and Other Topics in Anthropology**

Led by: Bob DeCostanzo

We will take a look at some of man's extraordinary abilities. Additionally, we will discuss our Hominin family, money, marriage, sexuality, spirituality, and human eschatology.

Format: **Zoom**

Day: **Tuesday**

Time: **3:30 - 4:45 PM**

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### **Understanding Opera**

Led by: Irma Gurman

Sol Gurman

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

Format: **Zoom**

Day: **Tuesday**

Time: **1:45 - 3:00 PM**

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### **Walking for Fitness**

Led by: 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.

Format: **In Person**

Day: **Tuesday**

Time: **11:45 AM - 12:45 PM**

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TUESDAY

*\*Complete workshop descriptions available on our website.*

**READ MORE:** [www.campusce.net/stonybrookolli](http://www.campusce.net/stonybrookolli)



TUESDAY

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## **Watercolor for Beginners and Intermediates**

Led by: Paula Pelletier

The first three workshops will cover the basics: 1) materials and techniques; 2) basic shapes and forms; and 3) color. Subsequent workshops will focus on individual topics, e.g., landscapes, flowers, still life studies, snow scenes. ...\*

Format: **Zoom**

Day: **Tuesday**

Time: **1:45 - 4:00 PM**

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## **Yoga 101**

Led by: Denise Teague

Yoga 101 welcomes all including those who are new or have little experience with yoga. We will focus on the basics of yoga at a pace that is not overwhelming and in an environment that is safe, welcoming and nonjudgemental. ...\*

Format: **Zoom**

Day: **Tuesday**

Time: **10:15 - 11:30 AM**

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## **9/11/2001**

Led by: Donna Kaz

September 11, 2001 was the single largest loss of life on US soil due to a hostile attack. This workshop/seminar will explore the history of the World Trade Center, the lead up to the attacks, the timeline of the day, the rescue/recovery/aftermath and the rebuilding...\*

Format: **In person**

Day: **Wednesday**

Time: **10:15 - 11:30 AM**

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## **Conversational French**

Led by: 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 and to promote conversation. Alors, venez, apprenez, et amusez-vous bien.

Format: **In Person**

Day: **Wednesday**

Time: **10:15 - 11:30 AM**

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## **French for Beginners**

Led by: Catherine McDonnell

This workshop is a continuation of the fall session. We will continue to learn basic vocabulary and common phrases for use in simple conversations. There will be a variety of activities designed to develop listening and speaking skills. So come, learn to speak French, and have fun.

Format: **In Person**

Day: **Wednesday**

Time: **8:30 - 9:45 AM**

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## **Poetry Out Loud**

Led by: 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...\*

Format: **In Person**

Day: **Wednesday**

Time: **12:00 - 1:15 PM**

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WEDNESDAY

*\*Complete workshop descriptions available on our website.*

**READ MORE:** [www.campusce.net/stonybrookolli](http://www.campusce.net/stonybrookolli)



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**Political Ideologies and Arguments in the Twentieth Century--and After**

Led by: Frank Myers

We will consider the main ideologies of the last century: Bolshevism, fascism, Nazism, democratic socialism, the revival of classical liberalism & some prominent thinkers ...\*

Format: **Zoom**

Day: **Wednesday**

Time: **12:00 - 1:15 PM**

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**The 1619 Project: A New Origin Story (A Continuation)**

Led by: Karen Dipaola  
Carmela Gustafson  
Jane Cash  
Yvonne Lieffrig

Join us as we continue to explore the 1619 Project. This workshop is a continuation of our study begun in the fall, but will focus on material not read last semester. You do not need to have taken the fall workshop to participate...\*

Format: **Hybrid** (Zoom & In Person Simultaneously)

Day: **Wednesday**

Time: **12:00 - 1:15 PM**

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**That's Entertainment**

Led by: Diane Hollander  
Jeffrey Hollander

Why schlep into the City for a matinee when we can entertain you with the world's biggest stars? You're invited to join us for another journey back to the 20th century where we'll revisit many iconic show business stars in their prime...\*

Format: **Zoom**

Day: **Wednesday**

Time: **12:00 - 1:15 PM**

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**The Science Behind the Headlines: Climate Change and Other Issues**

Led by: 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 & to the world, at a level that non-experts can understand...\*

Format: **Hybrid** (Zoom & In Person Simultaneously)

Day: **Wednesday**

Time: **10:15 - 11:30 AM**

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## **Watercolor Studio**

Led by: Robert 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...\*



Format: **In Person**  
Day: **Wednesday**  
Time: **8:30 - 11:30 AM**

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WEDNESDAY



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### **Beginning Bridge 2**

Led by: Linda Good  
Bunnye Avril

Beginning workshop to teach the basics of bridge to people who have never played bridge before, or people who have played many years ago and would like a refresher - from the beginning. There will be no conventions introduced this semester - just basics.

Format: **In Person**  
Day: **Thursday**  
Time: **1:15 - 3:30 PM**

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### **Casual Cards and Games**

Led by: Mary McMullen  
Scott McMullen

Join with OLLI friends to play some new and classic board and card games. Each session will start with a brief overview of the day's game and its rules. Then, participants will break into groups or teams to play that game. We plan on sharing five to seven games throughout the spring...\*

Format: **In Person**  
Day: **Thursday**  
Time: **12:00 - 1:15 PM**

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### **Craft of Writing**

Led by: Mark Prendergast

A roundtable presentation and discussion of members' work in various genres; fiction, non-fiction, poetry, essay, script-writing. The emphasis is on effective writing techniques, not overall storytelling, so presentations are limited to 500 words or so. ...\*

Format: **Zoom**  
Day: **Thursday**  
Time: **1:45 - 4:45 PM**

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### **Crochet and Knit Your Way to Zen! - 2nd Semester**

Led by: Anahi Walton Schafer

Students will build on the basics learned last semester. You have the option to expand on new techniques, both in crochet and knitting, or start and complete your own project/s. If you don't have a project in mind yet, you will have many possibilities to choose from and guidance to complete it!

Format: **In Person**  
Day: **Thursday**  
Time: **1:45 - 3:00 PM**

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THURSDAY

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**Mysteries of the Human Mind**

Led by: Larry Wilson

We will examine the workings of the Human mind and discuss how our behaviors and social interactions are affected by the way we think and the history of how that came to be. There will also be discussions relating to current issues and how our thinking affects these issues.

Format: **In Person**

Day: **Thursday**

Time: **1:45 - 3:00 PM**

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**National Parks of California, Part 2**

Led by: John Gobler

This workshop will take you on yet another journey through the 33 National Parks/Historic Sites of California. On this journey through California we will visit some places that may be familiar to you, but you will learn a lot more about those places and discover a whole world of new sites...\*

Format: **Zoom**

Day: **Thursday**

Time: **10:15 - 11:30 AM**

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**Sex, Lies & Metamorphoses**

Led by: Thomas Hayes

Ovid's Metamorphoses is the basic text through which we receive and understand Greco-Roman mythology. Both epic adventure and home-spun entertainment, Ovid's fifteen chapters lead us from the creation of the world down to the rule of Augustus, the first emperor, and is brimming with sex and blood, miracles and monsters, love and revenge, tears and laughter, and lots of clever moves and movers...\*

Format: **Zoom**

Day: **Thursday**

Time: **10:15 - 11:30 AM**

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**Spanish 1 - 2nd Semester**

Led by: Anahi Walton Schafer

Students will build on the basics learned last semester. This workshop is also intended for those of you who took Spanish in HS and/or college & want to practice, expand, and polish their language skills...\*

Format: **In Person**

Day: **Thursday**

Time: **12:00 - 1:15 PM**

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THURSDAY

*\*Complete workshop descriptions available on our website.*

**READ MORE:** [www.campusce.net/stonybrookolli](http://www.campusce.net/stonybrookolli)



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**Stained Glass Workshop,  
Part II**

Led by: Tina Sznitken  
Sue Vlahakis  
Diane Streuli

This workshop is 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.

Format: **In Person**  
Day: **Thursday**  
Time: **12:00 - 3:00 PM**

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**Tragic Theater**

Led by: Arthur Bernstein

This semester we'll discuss three plays that deal with the role of illusion: the question of whether the reality we face in life, sometimes referred to as the human condition, is too grim to be addressed directly...\*

Format: **Hybrid** (Zoom & In Person Simultaneously)  
Day: **Thursday**  
Time: **10:15 - 11:30 AM**

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THURSDAY

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## **Adventures in Art and Photography**

Led by: 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.

Format: **Zoom**

Day: **Friday**

Time: **8:30 - 9:45 AM**

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## **Creative Photography**

Led by: 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.

Format: **Zoom**

Day: **Friday**

Time: **10:15 - 11:30 AM**

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## **Learn To Draw**

Led by: Richard Bova

This workshop is an introductory drawing class that will start with sketching basic shapes, adding tone and shading and making use of contour and perspective drawings. Using these skills, we will then move on to sketching still life objects...\*

Format: **Zoom**

Day: **Friday**

Time: **10:15 - 11:30 AM**

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## **Literary Journeys**

Led by: Anita Edwards

"Journeys" offers three examples of literary travel. The Heart of Darkness, by Joseph Conrad, takes us up the Congo by steamer. In A Passage to India, E.M.Forster offers a voyage to the time of the British Raj. James Joyce, in A Portrait of the Artist as a Young Man, shares an inner journey towards religious and intellectual awakening...\*

Format: **Zoom**

Day: **Friday**

Time: **12:00 - 1:15 PM**

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*\*Complete workshop descriptions available on our website.*

**READ MORE:** [www.campusce.net/stonybrookolli](http://www.campusce.net/stonybrookolli)



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**Memoir Writing**

Led by:  
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.

Format: **Zoom**  
Day: **Friday**  
Time: **9:30 - 11:30 AM**

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**ON1 Photo Editing, Part 2**

Led by: Bob 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 2022.5. We will use it as a complete standalone photo-editor, although it can also be used as a plugin to Lightroom and Photoshop.

Format: **Zoom**  
Day: **Friday**  
Time: **12:00 - 1:15 PM**

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**Op-Ed, Your Opinion of Their Opinion**

Led by: Ken Buxbaum  
Sandy Flansbaum

Op-Ed provides the opportunity to join in discussions of the political, social and economic issues currently affecting our lives. Each week 3 different volunteers present articles that can be read aloud in five minutes or less & make for lively discussions by members with differing points of view...\*

Format: **In Person**  
Day: **Friday**  
Time: **12:00 - 1:15 PM**

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**Rights, Camera, Action!**

Led by: Anthony Parlatore  
Mark Prendergast

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, rights and wrongs, and governance. ...\*

Format: **In Person**  
Day: **Friday**  
Time: **1:45 - 4:45 PM**

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FRIDAY



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### **Science of Natural Healing**

Led by: Wayne Snell

Explore holistic approaches to health care and discover many natural-based treatments and methods that are both clinically proven and readily available to you. The Great Course by Professor Mimi Guarneri, M.D & Brent Bauer, M.D., will be Integrated into this workshop...\*

Format: **Hybrid** (Zoom & In Person Simultaneously)

Day: **Friday**

Time: **1:45 – 3:00 PM**

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### **Shakespeare on Your Feet**

Led by: Amy Benjamin

Suit the action to the word, the word to the action as we splash around in the joyous, exciting, thrilling, fanciful language of Shakespeare. We will play with sounds, sentences, scenes, and soliloquies of various plays...\*

Format: **In Person**

Day: **Friday**

Time: **10:15 - 11:30 AM**

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### **The Interregnum: November 11, 1918 - September 1, 1939**

Led by: Paul Knel

During this workshop, we will explore the events and personalities that shaped history from November 11, 1918 through September 1, 1939.

Format: **In Person**

Day: **Friday**

Time: **10:15 - 11:30 AM**

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### **Towards a Meaningful Life**

Led by: Rabbi Shalom Ber Cohen

Life can be a treadmill - as we go through the motions day after day without ever asking why or seeking what really matters to us. This workshop, prepared by the author of the best-selling book, Toward a Meaningful Life, is determined to change that. Here are strategies, tips, & suggestions for not only discovering where your true meaning lies, but in actually making it a part of your daily existence. ...\*

Format: **Hybrid** (Zoom & In Person Simultaneously)

Day: **Friday**

Time: **12:00 - 1:15 PM**

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*\*Complete workshop descriptions available on our website.*

**READ MORE:** [www.campusce.net/stonybrookolli](http://www.campusce.net/stonybrookolli)



# OLLI Registration Checklist - Spring 2023

<b>Before Registration</b> 11/14/22 - 11/27/22	<input type="checkbox"/> Review the OLLI workshop catalog and schedule.
<b>Registration Request Period Open</b> 11/28/22 - 1/6/23	<input type="checkbox"/> Create an account or sign in to your existing account on the OLLI registration website.
	<input type="checkbox"/> Review all membership options and in person, hybrid and Zoom workshop offerings.
	<input type="checkbox"/> Select and purchase your OLLI membership. <i>*Skip this step if you're an annual member.</i>
	<input type="checkbox"/> Request all of the workshops you are interested in. <ul style="list-style-type: none"><li>○ You can request up to <b>6 in person workshops</b>, including in person sections of Hybrid workshops</li><li>○ You can register for <b>unlimited Zoom workshops</b></li></ul>
<input type="checkbox"/> Prioritize your in person workshop requests <b>before 1/6/23.</b>	
<b>Registration Request Period Closes</b> 1/6/23	<input type="checkbox"/> You must request in person workshops by this date to be included in the Lottery.
<b>Lottery</b> 1/9/23 - 1/17/23	<input type="checkbox"/> Check your email to learn which workshops you were successfully registered for during the Lottery.
<b>Registration Re-Open</b> 1/18/23-1/25/23	<input type="checkbox"/> Return to the registration website, login to your account and register for any in person workshops with seats remaining, on a first come, first serve basis.
<b>Registration Closes</b> <b>1/25/23</b>	<input type="checkbox"/> You must register for workshops by this date to participate in the Spring semester.
<b>Schedules Distributed</b> 1/30/23-2/8/23	<input type="checkbox"/> Check your email for a copy of your schedule and the links to all Zoom workshops.
<b>OLLI Orientation</b> 2/8/23	<input type="checkbox"/> Attend OLLI Orientation whether you are a brand new member or would like a refresher in all things OLLI. Details to come via email.
<b>Spring Semester Start</b> 2/13/23	<input type="checkbox"/> The Spring 2023 semester begins!

**SPRING 2023  
REGISTRATION  
BEGINS  
11/28/22**



# LEARNING NEVER RETIRES

The Osher Lifelong Learning Institute at Stony Brook University (OLLI at SBU) is a program designed for people 50+ years of age who want to enrich their retirement experience by engaging in unique social and educational opportunities within a diverse and inclusive community. Workshops and activities are developed by members and for members, and are offered in a mix of face-to-face and online formats.

### MEMBER BENEFITS

- ★ Participate in non-credit workshops led by fellow members
- ★ Meet new friends
- ★ Partake in volunteer opportunities
- ★ Enjoy special events, trips and lectures on-campus, online, and at locations throughout Long Island
- ★ Become part of the Stony Brook University community of learners



SPRING REGISTRATION IS OPEN 11/28/22 - 1/6/23

### FIND OUT MORE

Call us at 631-632-6554 or visit us online at [stonybrook.edu/olli](http://stonybrook.edu/olli)

### OLLI BY THE NUMBERS

**750+**

Active Members

**150+**

Workshops Offered Each Year

**50+**

Trips, Lectures and Social & Educational Events

**3**

Ways to Engage – In-person, Online & Hybrid



**STONY BROOK UNIVERSITY**