TABLE OF CONTENTS

FALL 2020

About OLLI-RU........................................................... 2
Online Class Experience (Zoom!)........................................ 2
Registration Information................................................ 3
Policies including Refund/Transfer Information.................... 4
Index by Topic................................................................. 5
Week-At-A-Glance (by month)......................................... 6-8
Course Descriptions....................................................... 9-27
Instructor Bios............................................................... 28

Current OLLI-RU Advisory Council members:

Jane Adas
Sandy Bergelson (Chair)
Keki Dadachanji
Loretta Dumas
Betsy Elmehais
Marcy Feldheim

Carol Goldin
John Lenard
Coleen Marks Schlaffer (Secretary)
Robert Siroty
Roz Shaw
Steve Shaw

Staff

Shino John, Associate Vice President for Strategic Growth
Megan Novak, Manager
Rajini Kurian, Program Coordinator/Site Coordinator – Rutgers Lifelong Learning Center; New Brunswick
Kristen Michaels, Program Coordinator/Site Coordinator – Freehold
John Michaels, Assistant to Coordinator – Freehold
Farah Shallan, Student Worker/Office Assistant

OLLI-RU Contact Information

OLLI-RU
3 Rutgers Plaza, New Brunswick, NJ 08901
Phone: 848-932-6554*

*OLLI-RU staff continue to work remotely. Email is the quickest way to contact us: olliregistrations@docs.rutgers.edu
ABOUT OLLI-RU

The Osher Lifelong Learning Institute at Rutgers University (OLLI-RU) is proud to be part of The Bernard Osher Foundation’s nationwide network of outstanding centers providing continuing education to individuals over 50, who are looking for an opportunity to expand their horizons, learn in an engaging environment, and meet new friends. OLLI-RU offers noncredit education that is stimulating, friendly, and informal. There are no tests and no grades! You will be part of a learning community that is full of diversity, insight, wisdom, intellectual and cultural stimulation, and friendship.

MEMBERSHIP

Tuition includes membership in OLLI-RU. Once you register for a class, you will receive our communications, you will be eligible for reduced pricing for our travel programs (when we are able to travel again), and you will have access to our new online community connection tool being deployed later this summer.

ONLINE CLASS EXPERIENCE-- ZOOM

All OLLI-RU Fall 2020 classes are online using the Zoom platform. Zoom is free to use and you can join classes on a computer, laptop, mobile device (ipad, cell phone, etc) or calling in via any telephone. You can find more information on Zoom and how to join a class (also called a meeting), here:

- [How to Join a Zoom meeting](#)

Help is available

There will be a monitor in each class to help with technology concerns that may arise and to guide students through using the features once in the class.

Things still happen

Please keep in mind that there are times where technology will fail one or all of us. We will do our best to help when we can but some things are beyond our control. The ability to connect to the class and the quality of the connection depends on many factors and we will not be able to troubleshoot or solve every issue. OLLI-RU has no control over issues with a student’s technology that may prevent them from logging in to a class.

If the instructor allows, classes can be recorded. In that case, we can send a link to the recording to any registered students that missed the class or were unable to log-in.

Best Practices/Online Class Etiquette

With this new way of learning comes some new things to think about when joining a class:

1. Connect a few minutes early, if possible, to allow time for setup.

2. To help with your connection:
   - Limit the number of people in your household online during your class time.
   - Be as close to your modem or router as possible.
   - Close other applications that may be open on your device.

3. Keep yourself on mute unless you are speaking.

4. Consider using a headset to reduce distractions.

5. Allow time for participants to ask questions and finish speaking.
REGISTRATION

Fall 2020 Registration Starts
August 14, 2020

HOW TO REGISTER ONLINE:

1. Go to OLLI-RU website- olliru.rutgers.edu and click the “Catalog” tab.
2. Click “Register” next to the chosen class (it says description up until the day of registration)
3. Scroll to the bottom right of that page and click “Register/Sign-in Now”
4. Follow directions through the rest of the process
5. Receive two confirmation emails- one for registration and one for payment

The confirmation emails are sent automatically by the system immediately upon successful registration. If you do not receive both emails, check your spam or junk folder. If they are not there, please contact the office at olliregistrations@docs.rutgers.edu or call 848-932-6554.

Unclear how to sign-up online?
Forgot your username and password?
Want to register for someone else or multiple people at the same time?

Email us at olliruregistrations@docs.rutgers.edu and OLLI-RU staff will help guide you through the process. Please email in advance of registration day and bear with us. We have had a large increase in the volume of students requesting assistance.

While we are still working remotely, email is generally a quicker way to reach staff but you can also leave a message at 848-932-6554 and we will return your call as soon as possible.

PAPER REGISTRATION

Due to ongoing telecommuting and COVID-19 policies, we are unable to accept paper registration as a measure to ensure the safety of our team members and our community.
Policies

Refund Policy

- A full refund for multi-week courses will be provided if we receive a request via our Refund/Transfer webform before the start of the second class.

- The webform is located on our website here: Refund/Transfer webform

- No refunds will be issued for one-day courses.

- Refunds will be issued in the original form of payment and only to the individual who paid for the class.

Transfer Policy

Students can transfer from one class to another at any point during the session providing confirmation from OLLI-RU staff that the class is still open.

Missed Classes

Individual classes that are cancelled for any reason by OLLI-RU or the instructor will be made up either by adding additional time to each remaining class or by extending the class by an additional meeting.

If a student misses a class for any reason, you may be able to receive a recording. It is up to the instructor if they want to record their classes. If they approve, we can send a link to the recording to any currently registered student that was unable to log-in or missed the class for any other reason.
INDEX BY TOPIC

ART APPRECIATION
European Museums ......................................... 15
Famous Artists & The Meaning of their Works.... 22
Gallery Talks - Princeton U. Art Museum .......... 27
South Asian Culture Through Art & Architecture.. 22
Textiles, Dyes, and Techniques .......................... 14

CREATIVE ARTS – IN PRACTICE
Art from the Heart ......................................... 17
Drawing the Human Face ................................ 10
Expand Your Memory & Creativity Through Art.. 17
Fun with Creative Writing ............................... 13
Get Stuff in the Right Place - Intro to Composition... 10
How to Shade .............................................. 10
Make a Wreath for Every Season ...................... 20
Make Your Own Music ................................... 28
Painting Studio ........................................... 12
Poetry Workshop for the Irrepressible Few ......... 21
Reading, Writing & Telling
  Short, Short Stories & Poems ....................... 21
Playalong/Singalong Happy Hour .................... 25
Start Drawing ............................................ 24
Storytelling Made Easy .................................. 26
Writing Poems .......................................... 16

CURRENT AFFAIRS and POLITICS
Films with a Political Bent ................................ 21
Let’s Discuss: Current Events ......................... 23, 24
Rational Controversy ...................................... 18
Sex Crimes and Justice .................................. 18
The Not-Quite United States ............................ 13
The Origins of Political Paradigms .................... 28
The Presidential Election of 2020 ...................... 14

FILM & TV STUDIES
Films with a Political Bent ................................ 21
Frank & Fearless: Pre-Code Hollywood Films .... 27
Lesser Known Film Noir Gems ....................... 26
Next Stop: The Twilight Zone ......................... 24

FINANCE
Tax Free Retirement ...................................... 16

GENEALOGY
Reseaching Your Family History ..................... 20

HEALTH, WELLNESS and the HUMAN MIND
Brain Fit – The Brain Body Connection ............ 17
Mindful Chair Yoga & Meditation ..................... 21
Mindfulness in Motion ................................... 26
Our Mysterious Brain ................................... 15
Renewal, Revision & Reinvention After 50 ........ 15
Spiritual Practices of Challenging Times .......... 22
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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<td><strong>South Asian Culture through Art &amp; Architecture</strong></td>
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OCTOBER Week-at-a-Glance

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<td>Comedy-Origins &amp; Highlights Abe Vorensky</td>
<td>Famous Artists Maurice Mahler</td>
<td>Divas of Broadway Sam &amp; Candy Caponegro</td>
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<td>Painting Studio Jeff Cohen</td>
<td>Our Mysterious Brain Barbara Bogner</td>
<td>Make a Wreath for Every Season Sharon Keyes</td>
<td>History of Ancient Ireland Henry McNally</td>
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<td>The Art of Sebastian Barry George Schroepfer</td>
<td>Researching Your Family History Patricia Brady</td>
<td>Learn to Play a Ukulele Paul Elwood</td>
<td>Lesser Known Film Noir Gems Sally Bauer Cohen</td>
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<td>Films with a Political Bent Roz &amp; Steve Shaw</td>
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<td>Mindful Chair Yoga &amp; Meditation Lyn Sirota</td>
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<td>Famous Artists</td>
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<td>Painting Studio</td>
<td>Tax Free Retirement</td>
<td>Wu Ji Jing Gong Qi Gong</td>
<td>Learn to Play a Ukulele</td>
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<td>Rebellious Irish</td>
<td>The Art of Sebastian Barry</td>
<td>Poetry Wkshp for the Irrepressible Few</td>
<td>Let’s Discuss: Current Events (AM)</td>
<td>Mindfulness in Motion</td>
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<td>Women</td>
<td>George Schroepfer</td>
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<td>The Not-Quite United</td>
<td>Art from the Heart Franne Demetrician</td>
<td>Reading, Writing &amp; Telling Short, Short</td>
<td>Tai Chi</td>
<td>Frank &amp; Fearless:</td>
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<td>States</td>
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<td>Stories &amp; Poems</td>
<td>Malik Cadwell</td>
<td>Pre-Code Films</td>
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<td>The Novels of E.M.</td>
<td>Brain Fit- The Brain Body Connection</td>
<td>South Asian Culture through Art &amp; Architecture</td>
<td>Discussion of Tao Te Ching</td>
<td>Gallery Talks on the Road – Princeton U.</td>
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<td>Forster</td>
<td>Lisa Charles</td>
<td>Sayyid Tirmizi</td>
<td>Charlie Pearlman</td>
<td>Princeton Docents</td>
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<td>Expand Memory &amp; Creativity Thru Art</td>
<td>History’s Mysteries Part Deux</td>
<td>Make Your Own Music</td>
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<td>Let’s Discuss: Current Events (PM)</td>
<td>The Origins of Political Paradigms</td>
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<td>Sex Crimes &amp; Justice Judge Barnett Hoffman</td>
<td>Next Stop: The Twilight Zone</td>
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<td>Orthodox Judaism:</td>
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<td>Larry Stanley</td>
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<td>The Short Stories of Katherine Mansfield</td>
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<td>Techniques</td>
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<td>Valerie Snyder</td>
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<td>Election of 2020</td>
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Check out boxes with this symbol !
That indicates new classes starting in November
R1. Bridging the Atlantic with Cheese
Friday, November 13
3:00 p.m. – 4:30 p.m.
Class size: Medium $20.00

Take a journey from the shores of the US to our European cousins by discovering the similarities in our cheese traditions. We will explore cheese history and the development of regional cheese making throughout Europe and how it led to the American Cheese industry. We will sample and compare European classics and artisanal American and Locals.

At the end of the lecture, we will sample together and discuss the selections. A list of cheeses, along with where to find them, will be forwarded to the participants before class so students can sample together, virtually. A list of wine pairings will also be included to enhance the experience for those who are interested.

Instructor: Carla Graifer

R2. Cheese 101
Friday, September 18
3:00 p.m. – 4:30 p.m.
Class size: Medium $20.00

Milk to Curd: Explore and discover the cheese making process starting with the reasons for different milks and techniques. Learn about the challenges and circumstances that lead to the development of types: soft mold ripened, washed, alpine style and blue. Curd to Cheese/Terroir and Aging: Understanding the impact of terroir (sense of place) and the art of affinage (aging). Cheese is not only a delicious and nutritious product but its long history and sacred approach to production broadens our appreciation of the product. A selection of 5 cheeses will be suggested to show examples of rind development and terroir.

At the end of the lecture, we will sample together and discuss the selections. A list of cheeses, along with where to find them, will be forwarded to the participants before class so students can sample together, virtually. A list of wine pairings will also be included to enhance the experience for those who are interested.

Instructor: Carla Graifer

R3. Drawing the Human Face
Thursday, Oct. 22
3:30 p.m. - 5:00 p.m.
Class size: small $20.00

You can draw realistic faces like never before! Just follow along as proportions that are common to most all humans are presented while you draw with the artist. Students need a pencil & paper and the ability to use a computer or mobile device to join the course.

Instructor: Valerie Snyder

R4. Get Stuff in the Right Place (An Intro to Composition)
Thursday, Oct. 15
3:30 p.m. - 5:00 p.m.
Class size: small $20.00

Have you ever wondered why sometimes a flower arrangement, grouping of pictures or furniture in a room just doesn’t look right? Chances are the composition is off! Learn how to arrange anything so it looks good! Students should have the ability to use a computer or mobile device to join the course.

Instructor: Valerie Snyder

R5. How to Shade
Thursday, October 8
3:30 p.m - 5:00 p.m.
Class size: small $20.00

You don’t have to be an artist to learn the secrets behind how to apply shading so that your simple drawings come to life. Learn how to effectively shade. Beginners welcome!

Instructor: Valerie Snyder
R6. Take a Laughter Break for the Health of It

Monday, September 14
10:30 a.m. – 12:00 p.m.
Class size: Medium
$20.00

This fun, stress-relieving interactive workshop will show participants: the relationship of humor and laughter to mental and physical wellness; the role of laughter in human development; when and what kind humor is appropriate; and the concept of laughing for no reason (just for the health of it) with takeaway exercises.

Instructor: Noreen Braman

IMPORTANT NOTE:

Dates and Times of classes vary.
Pay close attention.

Classes start in different months, dates, and times.
R7. Brief History of American Photography
Monday & Wednesday, 10:30 a.m. – 11:30 a.m.  
Class Size: Large  
Sept. 14 – Sept. 30  
$60.00

In the first class, we will begin with the first hundred years from its birth in France to its introduction in the U.S. by Samuel Morse, to its modernization as an art form by Steichen and Stieglitz. Along with each image, we’ll examine how and why the observed event happened—and what it was that made it worthy of the photographer recording it. In the second class we will discuss snapshots that made history and how snapshots—accidentally historic photographs—became the icons by which we remember great events. The 3rd class will examine all that’s fair in the photography of war- why was Abe Lincoln such a popular subject for photographers? Were Robert Capa’s or Joe Rosenthal’s shots faked? The 4th class explores documentary photography in America from the passion and conscience of the great Jewish photographers of the 20th century, the Great Depression, and more. For the 5th class we’ll continue to look at some of the great documentary photographers, from Eisenstaedt to Avedon, and how their work fit into the social context of their times. The 6th class will explore the rise of social media as we have all become citizen journalists. In this segment we’ll look at more iconic snapshots and try to answer the question: are we, as a culture, visually literate?

Instructor: Jim DelGiudice

R8. Demons, Devils, Doppelgangers, Vampires and Other Things That Go Bump in the Night
Monday, 11:00 a.m. - 12:00 p.m.  
Class Size: Medium  
Sept. 14 – Nov. 16  
$100.00

Enjoy a deep dive into many of the supernatural creatures found in folklore, folktales, and popular mythology including demons, devils, doppelgangers, vampires, shapeshifters, incubi, succubi, and more.

Instructor: Charlie Smith

R9. Painting Studio
Monday, 10:30 a.m. - 12:00 p.m.  
Class Size: Small  
Sept. 14 – Nov. 16  
$100.00

This course will focus on how to paint. You decide the medium you would like to paint in-- watercolor, acrylics, or oils. Come to the first class with a subject you are interested in tackling -- a copy of an artist’s work, a photo, or something from life, and be ready to get started. For beginners, I will guide you through the painting process. For experienced painters, I will offer suggestions to help sharpen your skills.

Supplies needed for watercolor: #1, #4, #8 round watercolor brushes (camel, sable hair, or synthetic); Yarka watercolor set (12 color, pan, not tube); Strathmore 9”x12” cold press watercolor pad or Bienfang 9”x12” watercolor pad of ph neutral paper; 2B pencil with eraser.

Supplies needed for acrylics: Liquitex six pack basics (feel free to bring any additional colors you may own); acrylic synthetic round brushes (#2, #5 #8); 9”x12” pad of canvas paper, plastic or china plate to use as palette; small cup for water; 2B pencil and eraser.

Supplies needed for oils: Starter oil set (containing primary colors and black and white – feel free to bring any additional colors you may own); synthetic round brushes (#2, #5, #8); 9”x12” pad of canvas paper, palette or plastic plate to use as palette; small amount of turpentine in small jar (odorless, if possible); 2B pencil and eraser.

Instructor: Jeff Cohen
R10. Rebellious Irish Women: Female Heroism in the 1916 Rising for Ireland’s Freedom
Monday 10:30 a.m. - 12:00 p.m.  Class Size: Medium
Oct. 5 – Nov. 2  $50.00

Three hundred rebellious women played a part in Ireland’s 1916 Easter Rising. A shared love of homeland united them in a common purpose: freeing Ireland from the oppression of British Rule. Defying established gender norms, these female rebels — teachers, nurses, shops girls, even a countess! — served as scouts, couriers, gun-runners, and snipers. Though significant to the Irish Rebellion, their contributions were marginalized or omitted from historical records. This course will examine the roles of these Irish women whose actions help lay a foundation for today’s Irish Republic, while incorporating their stories into the historical narrative.

Instructor: Maureen Dunphy Brady

R11. The Not-Quite United States
Monday 10:30 a.m. - 12:00 p.m.  Class Size: Large
Sept. 14 – Nov. 23 (no class on 09/28)  $100.00

The COVID-19 Pandemic and the social unrest of May-June 2020 have laid bare many of the fissures in American society. While specific recent events have highlighted the differences among Americans, many of the distinctions have been part of American life for decades, if not centuries. Further, many of these troubling issues also intertwine and interact, adding to the complexity of understanding them. In this course we’ll look at the historical roots of some of the major divisions that separate American citizens. The lectures will be as follows: 1. Segregation, the American Dilemma2. The Courts, Civil Rights and the Tenacity of Racism 3. The Long Campaign for Woman Suffrage and Its Disappointing Rewards 4. The Ongoing Struggle for Female Equality; 5. Workers, Owners and Incomes under Industrial Capitalism; 6. Workers, Investors and Incomes under Finance Capitalism; 7. Who is an American? Immigration Before 1965; 8. Patterns of Immigration Since 1965; 9. The Lingering Impact of the 1960s; 10. Urban/Suburban, Red/Blue, Digital and Other Divides.

Instructor: Ed Malberg

R12. The Novels of E.M. Forster
Monday 10:30 a.m. - 12:00 p.m.  Class Size: Small
Sept. 14 – Nov. 23 (no class 09/28)  $100.00

We will take up for study three novels by Forster, dealing with British class and gender issues, homosexuality and colonialism. The books are Howard’s End, Maurice and A Passage to India, and they will be discussed in the above order.

Instructor: Vandana Walia

R14. Fun with Creative Writing
Monday 1:00 p.m. – 2:00 p.m.  Class size: Medium
Sept. 14 – Nov. 16  $100.00

The act of writing can provide both insight and enjoyment. Whether in fiction or non-fiction, via paper or pixel, good writing draws a response from today’s readers. This course discusses what makes reading fun, discusses hurdles to success, and identifies where to submit writing for pleasure or profit. It will teach the elements of writing that make reading fun — dialog, action, reflection, and narration. Students will analyze favorite novels, find their alchemy, and learn to use this knowledge in their own work. Short writing exercises will make our projects livelier and more expressive. Group discussions will gently point out
problems and help shed misconceptions. Students will be directed to venues where they can share their work and submit it for profit. For anyone who thinks writing is hard, this course will help them see the fun side to writing.

**Instructor:** Nawaz Merchant

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**R15. Music from the Garden State: NJ’s Greatest Musicians**

**Monday 1:00 p.m. – 2:30 p.m.**
**Sept. 14 – Nov. 16**

Class Size: Small

$100.00

New Jersey is renowned for being the birthplace of legendary musicians across all musical genres. From Jazz, Funk, R&B, Rock n Roll, and Hip-Hop, the Garden State of New Jersey has produced icons that have shaped the narrative of popular music. We will learn how New Jersey-born artists have impacted the music industry and American popular culture, studying the contributions of Count Basie, Frank Sinatra, Parliament-Funkadelic, Kool and The Gang, Paul Simon, Bruce Springsteen, Jon Bon Jovi, Whitney Houston, Dionne Warwick, Kenny Gamble, The Sugar Hill Gang, Queen Latifah, and more.

**Instructor:** Rashad Grove

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**R16. Snowflakes of Orthodox Judaism: Looking at Shtisel**

**Monday 1:00 p.m. - 2:00 p.m.**
**Nov. 2 – Nov. 23**

Class Size: Medium

$40.00

They say that Eskimos have many words for snow because they can differentiate between the different nuances of snowflakes and snowfall. This course looks at “one snowflake” of Orthodox Judaism through the camera lens of the Netflix series Shtisel. Shtisel opens our eyes to religious and cultural practices both generic to all Orthodox Jews and unique to a sect referred to in Israel as “charedi”. This course will focus on the rhyme and reason of both the generic and the unique (and often fascinating) practices of Orthodox Jews as dramatized in the tv series. Geared primarily for the non-observant Jewish and the non-Jewish OLLI member, all are welcome to hear from our instructor, an Orthodox Jew living in Israel (and Zooming with us from Israel). **It is strongly urged that you have access to Netflix and follow the series in preparation for each class to best appreciate what is discussed in our Zoom class.**

**Instructor:** Steve Frankel

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**R17. Textiles, Dyes, and Techniques: History and Sustainability Today**

**Monday 1:00 p.m. - 3:00 p.m.**
**Sept. 14 – Nov. 16**

Class Size: Small

$100.00

This course offering will combine a discussion on indigenous and natural methods for sustainable practices in dyes and textiles while producing works with upcycled materials. The class will discuss current conditions in the fashion and textile industry and its effects globally and locally. Interactive components in the class include creating colors from scratch from household ingredients such as turmeric, red onion skins, and other natural resources. As a guided project, the goal is to deepen the connection and understanding with available creative resources in everyday life and its use in history.

**Instructor:** Kristianne Molina

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**R18. The Presidential Election of 2020**

**Monday 1:00 p.m. - 2:30 p.m.**
**Sept. 14 – Nov. 16 (no class 09/28)**

Class Size: Large

$90.00

We will examine the most critical presidential election in our lifetimes, possibly in our national history. We will use the extensive data gleaned from political science, television and social media - and our personal political experiences. I expect passionate - but respectful - electronic discussion - worthy of the best of our political traditions.

**Instructor:** Gerald Pomper
R19. European Museums
Tuesday 10:00 a.m. - 11:00 a.m.
Sept. 8 – Oct. 13
Class Size: Medium
$60.00

This six-week course will focus on the history and collection of five European museums, namely: The Hermitage in St. Petersburg (2 lectures); The Louvre in Paris; National Gallery in London; Gulbekian Museum in Lisbon; and The Mauritshuis in The Hague.

Instructor: Maryann Zolota

R20. Ethical Teachings from a Venerable Jewish Text
Tuesday 10:30 a.m. - 12:00 p.m.
Nov. 3 – Nov. 17
Class Size: Medium
$30.00

This three-session zoom course will focus on an 1800-year-old document, Pirkei Avot, usually referred to in English as "Ethics of the Fathers," that plays a fundamental role in the Jewish literature on ethical behavior. In this course, we will focus on the ethical principles contained in the document. Each session will involve the study of selected texts from Pirkei Avot in translation (Hebrew text available) and discussion of what we can learn from those texts. We will also review the historical context of Pirkei Avot and how it fits into the world of Jewish literature.

Instructor: Joseph Rosenstein

R21. Our Mysterious Brain
Tuesday 10:30 a.m. - 11:30 a.m.
Oct. 6 – Oct. 27
Class Size: Medium (20 max)
$40.00

Take a journey into your brain. Come understand why you get bad “vibes” from some people, why young children do not get sarcasm or why teenagers are so difficult to understand. Discover why some parts of the body are so sensitive to touch, why you can really “love” chocolate, why some foods bring back memories, and why drinking alcohol makes you run to the bathroom. Find out where memories are formed and why babies cannot read or write at birth, but have all their senses up and going and much more. Learn how changes in the brain result in certain disorders and diseases such as Alzheimer's and Parkinson's.

*This course is very similar to Barbara's previous course, Our Beautiful Baffling Brain.*

Instructor: Barbara Bogner

R22. Renewal, Revision & Reinvention After 50
Tuesday 10:30 a.m. - 12:00 p.m.
Sept. 8 – Sept. 29
Class Size: Medium
$40.00

As parts of life slow down and change, it creates the perfect opportunity to re-examine one’s sense of meaning and purpose, and create fresh vision for the road that lies ahead. Re-examining and redefining a life purpose or mission only helps you define or rediscover not only personal values and goals, but how those value and goals create you: the person, the family member, the world citizen. Having a well-thought out personal mission statement provides you with a framework from which you can draw insight into what gives you purpose, point you toward the activities you would most enjoy, define the qualities you look for in others, and help you be more self-aware., especially in how your priorities, interests, or beliefs may have shifted. In this 4-part workshop, Noreen Braman will guide participants through the rediscovery process, using advice and suggestions from some of the top minds in the field — some of which may be unexpected and surprising. The big question to think about in advance: “What do I value above all else?”

Instructor: Noreen Braman
R23. Tax Free Retirement
Tuesday 10:30 a.m. - 12:00 p.m.  
Nov. 3 – Nov. 10  
Class Size: Medium  
$20.00

For many, retirement is something to look forward to but are we prepared? This course will explore techniques to create a comfortable retirement without risk, including examining the best tax strategies. We will also look at how to utilize social security as a tool.

Instructor: Allen Levine

R24. The Art of Sebastian Barry
Tuesday 10:30 a.m. - 12:00 p.m.  
Sept. 8 – Nov. 10  
Class Size: Medium  
$100.00

This course will examine Ireland’s greatest living writer--and in fact, one of the best writers today in the English language. We will concentrate on Barry’s family opus, and learn as much about Ireland as we will the McNulty family. The works that we will read about the McNulty family are *The Whereabouts of Eneas McNulty*, *The Secret Scripture*, *The Temporary Gentleman*, and *Days Without End*. We will finish the course with *A Long Long Way*, his profound account of WWI and its impact.

For the first class please read *The Whereabouts of Aeneas McNulty*.

Instructor: George Schroepfer

R25. The History of NYC from 1790 to the 1900s
Tuesday 10:30 a.m. - 12:00 a.m.  
Sept. 8 – Oct. 27  
Class Size: Medium  
$80.00

This course follows the history of what would become greater NYC with the consolidation of 5 boroughs in 1898. Waves of immigration from Ireland, Italy & Eastern Europe, tenements, gangs of the five points, stream elevated trains, a central park, draft riots, Tammany Hall, a boss named Tweed and a bridge to Brooklyn, all are part of the city’s story.

Instructor: Bruce Tucker

R26. Writing Poems
Tuesday 10:30 a.m. - 12:00 p.m.  
Sept. 8 – Oct. 27  
Class Size: Small  
$80.00

This poetry workshop explores poems on social and personal themes, and offers a weekly opportunity to write an original poem. Each week we will read published poetry to spark discussion about meaning, craft, and creative choices. There will be writing prompts on a range of subjects, a weekly sharing of work, and voluntary individual critique, taking place in a non-competitive, supportive atmosphere. We will try to make the virtual format as tangible as we can.

Instructor: Maxine Susman
R27. Art from the Heart
Tuesday 1:00 p.m. - 2:30 p.m.  
Class Size: Small  
Oct. 6 – Nov. 3  
$50.00

“My show teaches children positive ways to deal with feelings.” Fred Rogers. In a safe space we will explore feelings, emotions and experiences through creative expression via art making, journaling and sharing of ideas. We will draw, paint, write, listen to music and poetry and commune with our “inner child” to make it fun and lively. No fear, no competition, just you, just us. No previous art making experience needed.

Supplies needed: HB and 2B pencils, eraser, 9x12 pad of multimedia paper, your choice of color medium i.e. water colors, crayons, color pencils, acrylic paint, brushes for paints, or any other color medium.

Instructor: Franne Demetrician

R28. Brain Fit – The Brain Body Connection
Tuesday 1:00 p.m. - 2:30 p.m.  
Class Size: Large  
Sept. 8 – Nov. 10  
$100.00

With this signature program, you will learn how to use the power of your brain and its connection with your body to create the environment for transformational change. In these days of COVID-19 the decision to take care of our health is not only essential - it is life sustaining! The program is based upon the science of brain health and provides information as to how each of us can take action to better our personal health outcomes. Specifically, I will teach how you can better optimize your health by: breathing diaphragmatically, getting adequate sleep, de-stressing, moving more, and eating healthy.

Instructor: Lisa Charles

R29. Expand Your Memory & Creativity Through Art
Tuesday 1:00 p.m. - 2:30 p.m.  
Class Size: Small  
Sept. 8 – Nov. 10  
$100.00

Enhance your memory using the creative and artistic ability innate to all. Drawing exercises, similar to Betty Edwards’ method Drawing on the Right Side of the Brain, will be used to shift thinking processes from the left (logical) to the right (intuitive) side of the brain. Furthering your creativity and imagination will strengthen your cognitive processes and help you think and respond in new, creative ways.

Instructor: Margareta Greeley-Potter

R30. Jewish American History: 1790-1920
Tuesday 1:00 p.m. - 2:30 p.m.  
Class Size: Medium  
Sept. 8 – Oct. 27  
$80.00

The course examines the history of the American Jewish community as it experiences the turbulent events of 19th century America. As the country grows and expands, the Jewish American community faces many new problems involving acceptance, slavery, civil war, prejudice, political influence, assimilation and massive waves of Russian & Eastern European Jewish immigration between 1875 and 1920.

Instructor: Bruce Tucker
R31. Rational Controversy
Tuesday 3:00 p.m. - 4:30 p.m.  
Sept. 8 – Nov. 10  
Class Size: Medium  
$100.00

We will look at a wide variety of controversial issues, generated primarily but not exclusively by current events, exposing you to different viewpoints and perspectives. Participants are encouraged to share their opinions and listen respectfully to others. Civility and rationality are essential. Bring an open mind, an articulate tongue, a sense of humor, and your opinions and prepare to be engaged. So long as there is sufficient interest, almost any topic or subject is open for discussion, from politics and ethics to economics and popular culture. The moderator will suggest topics for discussion, but class members can raise any issue.

Instructor: Harvey Singer

R32. Sex Crimes and Justice
Tuesday 1:00 p.m. - 2:30 p.m.  
Oct. 6 – Nov. 3  
Class Size: Medium  
$50.00

We will discuss the basics of the law relating to sex crimes in New Jersey, covering the basic statute, issues of consent and force; the Rape Shield Law; the "me too" movement; Megan's Law; internet sex crimes; privacy v. confrontation; along with current relevant news topics like Jeffrey Epstein.

Instructor: Judge Barnett Hoffman  
(co-instructors Jessica Oppenheim, former NJ Assistant Attorney General & Laurie Head Melillo, former Chief Sex Crimes Prosecutor of Somerset County NJ)

R33. The Short Stories of Katherine Mansfield
Tuesday 1:00 p.m. – 2:00 p.m.  
Nov. 3 – Nov. 24  
Class size: small (15 max)  
$40.00

Katherine Mansfield was a modernist short story writer and a contemporary and friend of Virginia Woolf. We will discuss some of her short stories, dealing with feminist issues and class differences.

Instructor: Vandana Walia

R34. The Life and Teachings of The Buddha
Tuesday & Thursday 3:00 p.m. - 4:00 p.m.  
Sept. 8 – Oct. 1  
Class Size: Medium  
$80.00

*the class meets twice a week on Tuesdays & Thursdays

The life of the Buddha is one of the most inspiring stories in the annals of spirituality. We will tell that story in this class. The Buddha was the most scientific of the religious founders, and his diagnosis of the human condition, articulated in terms of the cause of human suffering, and the path to free oneself from that suffering, is a penetrating analysis. Dhammapada is the distillation of the Buddhist philosophy. We will summarize the basic teachings of the Buddha: The Four Noble Truths, The Middle Path, and The Eightfold Path that leads to liberation. Then we will read and discuss selected verses from The Dhammapada, and explore how these texts can guide us in our daily living. This course is the first in a trilogy of courses on Eastern spirituality, the others being "The Upanishads: The Wisdom of Ancient India" and "The Life and Teachings of Zarathushtra".

Instructor: Keki Dadachanji
**R35. The Life and Teachings of Zarathushtra**

Tuesday & Thursday 3:00 p.m. - 4:00 p.m.  
Class Size: Medium  
Nov. 3 – Nov. 20  
$60.00

*the class meets twice a week on Tuesdays & Thursdays*

Most people know Zarathushtra from Nietzsche’s book *Thus Spake Zarathushtra*, or the tone poem of the same name by Richard Strauss, or the adaptation of that music by Stanley Kubrick in “2001 – A Space Odyssey.” Zarathushtra lived in the second millennium before the Common Era, in an area that spans modern-day Iran and Afghanistan. He rejected the cult of priests and their rituals, and asked people to question the prevailing traditions and make choices in their lives individually and freely. His teachings are captured in a slim book called “The Gāthās,” translated as “The Divine Songs of Zarathushtra.” Many Iranians believe Zoroastrianism to be their true spiritual heritage, and Zarathushti festivals, such as Nowruz, are celebrated nationally even in Islamic Iran. We will discuss the core teachings of the Gāthās, and their relevance to our daily lives. This course is the third in a trilogy of courses on Eastern spirituality, the others being "The Upanishads: The Wisdom of Ancient India" and "The Life and Teachings of The Buddha".

**Instructor:** Keki Dadachanji

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**R36. The Upanishads: The Wisdom of Ancient India**

Tuesday & Thursday 3:00 p.m. - 4:00 p.m.  
Class Size: Medium  
Oct. 6 – Oct. 29  
$80.00

*the class meets twice a week on Tuesdays & Thursdays*

The word Upanishad means “That which removes ignorance.” The Upanishads are the distillation of the Hindu Philosophy. They address the most profound questions through stories and dialogues. A teenage boy goes to the King of Death to find out what happens after death. A young student proudly returns home from a distinguished university only to find out that he cannot answer the essential questions of life. Upanishads have influenced mystics, writers and scientists from East and West alike. We will read and discuss selected verses from the Upanishads. This course is the second in a trilogy of courses on Eastern spirituality, the others being “The Life and Teachings of the Buddha” and “The Life and Teachings of Zarathushtra”.

**Instructor:** Keki Dadachanji

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**WEDNESDAY A.M.**

**R37. A Fresh Look at the Fall of Rome**

Wednesday 10:30 a.m. - 12:00 p.m.  
Class Size: Medium  
Nov. 4 – Nov. 18  
$30.00

In this class, we will consider how climate change and infectious diseases weakened the Roman Empire which was under assault by the invasion of barbarian tribes.

**Instructor:** Barbara Griffin

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**R38. Comedy - Origins and Highlights**

Wednesday 10:30 a.m. - 12:00 p.m.  
Class Size: Small  
Sept. 9 – Oct. 7  
$50.00

Why do we laugh? This course covers comedy and its origins dating back to ancient Greece. Topics will include vaudeville, film, radio and television, along with a class detailing the comedians who learned their craft entertaining in Catskill Mountain hotels. All classes will include comments on comedy’s role in our political and social thought.

**Instructor:** Abe Vorensky
R39. Make a Wreath for Every Season
Wednesday 10:30 a.m. - 11:30 a.m.  
Class Size: Medium  
Oct. 7 – Oct. 28  
$54.00

Winter, Spring, Summer & Fall, create a wreath to cover them ALL! Using paper and other materials, make wreaths (suitable for indoor use) unique to each season. Supplies you will need to provide are:

- Scissors;
- Pencil/Pen;
- paper clips (8-12);
- 4 styrofoam plates 8.875" (available at Dollar Stores, ShopRite, Walmart etc.);
- 1 large glue stick (i.e Elmers or similar);
- Low temp hot glue gun & glue sticks (suggested options: at Walmart - AdTech Floral Mini Low Temp Hot Glue Gun with Glue Sticks, Combo Pack (05660) $4.27; at Amazon - AdTech Ultra Low-Temp Cool Tool | Mini Hot Glue Gun | Item #05690 $5.88)

All other supplies will be provided and sent to you in advance of the class. An additional $14 has been added to the registration fee to cover the supplies and mailing costs. To ensure these additional supplies (other than those you’ll need to have at home as listed above) can be delivered in time, registration for this class will close on 9/15/20.

Instructor: Sharon Keyes

R40. Researching Your Family History
Wednesday 10:30 a.m. - 12:00 p.m.  
Class Size: Medium  
Sept. 9 – Oct. 28  
$80.00

Who were your ancestors and what did they contribute to who you are? What surprises are there in your family history? Join this class and learn about the many available sources of information and various tips and techniques that will help you tell your family story.

Instructor: Patricia Brady

R41. Wu Ji Jing Gong Qi Gong
Wednesday 10:30 a.m. - 12:00 p.m.  
Class Size: Small  
Sept. 9 – Nov. 11  
$100.00

Wu Ji Jing Gong Qi Gong is a series of 15 different movements that will help you relax and open your mind, body & qi. This class will also focus on principles of posture. It starts with a sitting, guided & cleansing meditation and it will end with a standing meditation. Dress comfortably.

Instructor: Patty Pagano

**WEDNESDAY P.M.**

R13. Demystifying High Tech
Monday 3:00 p.m. - 4:30 p.m.  
Class Size: Medium  
Sept. 9 – Sept. 23  
$30.00

Become well versed in today's high tech. Explore current events around areas such as artificial intelligence, 5G cell phones, 3D printing, and self-driving cars. Become confident in speaking about them, based on a practical understanding of how they work. See where they are in use today, and where they may lead. We will separate hype from reality, sprinkle in just a little bit of tech talk, and add a dash of entertainment along the way.

Instructor: Saul Einbinder
**R42. Films with a Political Bent**

Wednesday 1:00 p.m. - 2:30 p.m.  
Sept. 9 – Oct. 28  
Class Size: Large  
$80.00


*Students must watch *The Ghost Writer* before the first class.*

Instructor: Roz & Steve Shaw

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**R43. Mindful Chair Yoga & Meditation**

Wednesday 1:00 p.m. - 2:00 p.m.  
Oct. 7 – Oct. 21  
Class Size: Large  
$30.00

Mindful Chair yoga and meditation is a gentle, versatile form of yoga utilizing a chair that is adaptable for all skill levels and abilities and for those with balance issues and injuries. This includes participants who spend their time commuting, sitting at a desk, or suffer with limited mobility or chronic conditions. It is therapeutic in nature and welcoming to all populations. Participants will enjoy a restorative experience that is breath, body, and spiritually focused. You will learn techniques to help gain flexibility, strength, balance, and energy while increasing range of motion and delving into in an enjoyable and relaxing class that moves at a mindfully slow pace. There is also a restorative, guided relaxation, and an introduction to the scientific power of mindfulness/meditation shown to have numerous benefits for memory and mind/body awareness. This class is beneficial for stress relief and overall health and well-being. Appropriate for any and all bodies and skill levels.

Instructor: Lyn Lilavati Sirota

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**R44. Poetry Workshop for the Irrepressible Few**

Wednesday 3:30 p.m. - 5:00 p.m.  
Sept. 9 – Nov. 11  
Class Size: Small  
$100.00

If you sing in the shower or in the car, or have wild dreams, or have been in love at least three times, or dance while you wash the dishes, or have yelled at the TV news, or have a broken heart you hope never mends, or done or have none of these but simply have something to say, this workshop is for you! The class will focus on your true voice, your own style, and on performance of your poems.

Instructor: Rich Quatrone

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**R45. Reading, Writing & Telling Short, Short Stories and Poems**

Wednesday 1:00 p.m. - 2:30 p.m.  
Sept. 9 – Nov. 11  
Class Size: Small  
$100.00

Drawing from masters of short writing, East & West, ancient & contemporary, we will read one per week as a prompt to write, recite, and/or tell ex tempore something from our personal experience in these uncertain times. Themes of love, humor, healing, travel, pets, loss, social justice or spiritual enlightenment will be gently encouraged and respected. A simple takeaway anthology of student writing will be compiled and distributed online & in print at the end of our 10-week term.

Instructor: John Marron
**R46. South Asian Culture Through Art & Architecture**

Wednesday 3:00 p.m. - 4:30 p.m.  
Sept. 9 – Nov. 11  
Class Size: Small  
$100.00

For over 2000 years, South Asia has made significant contribution to world of art and architecture. It is also one of the oldest living civilizations with tradition and modernity, continuity and change and unity in diversity. It also represents world’s major religious traditions-Hinduism, Buddhism, Islam, Sikhism and Christianity. All these rich traditions have contributed in enriching Indian culture from Ajanta Ellora, and Taj Mahal to Lotus temple and from Kalidas, Tagore to Bollywood. We will discuss the evolution of various forms of South Asian Art and culture from about 7th. to 20th. Century, examining the diversity and continuity of South Asian Art and culture over time and region.

**Instructor:** Sayyid Tirmizi

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**THURSDAY A.M.**

**R48. Famous Artists & The Meaning of their Works**

Thursday 10:30 a.m. - 12:00 p.m.  
Oct. 8 – Nov. 5  
Class Size: Large  
$50.00

We will have in-depth looks at famous artists and what they were trying to tell us. Each class will focus on a different artist: Edward Hopper; Gustav Klimt; Georgia O’Keefe; Vincent Van Gogh and after; Matisse vs. Picasso. Students will be asked to view specific YouTube videos (instructor will provide details) on the artists before the class to prepare for the discussion.

**Instructor:** Maurice Mahler

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**R49. History of Ancient Ireland**

Thursday & Friday 11:00 a.m. - 12:00 p.m.  
Oct. 8 – Oct. 30  
Class Size: Medium  
$80.00

*this class meets twice a week on Thursdays & Fridays*

This course will examine the Ireland of Pre-History; the mythologies upon which Irish culture is based; the coming of the Celts and emergence of a fully Celtic Ireland; Patrick and the development of a uniquely Celtic brand of Christianity; the Golden Age of Monastic Ireland; Viking incursions and the rise to power of the great Brian Boru; we end with the Norman “Conquest” of 1179. It is impossible to understand contemporary Ireland without an appreciation of the ancient past.

**Instructor:** Henry McNally
**R50. Learn to Play a Ukulele**  
Thursday 10:30 a.m. - 11:30 a.m.  
Class Size: Medium  
Sept. 10 – Nov. 12  
$100.00

Take some time to learn a fun new skill to entertain your friends and family (socially distant entertaining!). This course will teach you the fundamentals of playing the amazing ukulele. Students must have their own instrument.  
**Instructor:** Paul Elwood

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**R51. Let’s Discuss: Current Events**  
Thursday 10:30 a.m. - 12:00 p.m.  
Class Size: Medium  
Sept. 10 – Nov. 12  
$100.00

Moderated course on current events encouraging full participation in a respectful and sometimes humorous atmosphere, covering recent interesting events, both domestic and international. Come prepared to offer your own opinions, listen respectfully to others and engage in friendly, spirited discussion on ever-changing topics. Suggestions for topics are always welcomed.  
**Instructor:** Leonard Parry

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**R53. Northern Ireland: A Brief History**  
Thursday 10:00 a.m. - 12:00 p.m.  
Class Size: Medium  
Sept. 10 – Oct. 1  
$40.00

Between Brexit, Backstops and bomb threats, Northern Ireland is back in the headlines. Indeed, the impending European Union – British breakup could well produce what, after 100 years of struggle, still seemed remote: A United Ireland. This four-session course will examine the creation of Northern Ireland as a Protestant State, the “Troubles” of the 1970s and 80s, the Good Friday Peace Accord, and Power Sharing in the 21st Century. The course will conclude with consideration of the threats and opportunities presented by Great Britain’s Brexit dilemma, not yet close to a solution.  
**Instructor:** Henry McNally

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**R52. Tai Chi**  
Thursday 10:30 a.m. - 11:30 a.m.  
Class Size: Large  
Sept. 10 – Nov. 12  
$100.00

This course explores fundamental practices of Yang Style Tai Chi Chuan - “Grand Ultimate Fist.” We will also practice mindfulness and breathing exercises combined with gentle stretching and rhythmic movement with no impact on the joints. Coordination of mind, body and spirit through intentional awareness and mindfulness of our own bodies and our surroundings. Increased balance, circulation, and relaxation have been shown to result from the practice of meditation in motion. All levels of experience are welcome. Movements from the short-standardized form will be covered. Participants can progress at their own pace and discussions of the history, art, current research and practical application are welcomed and encouraged.  
**Instructor:** Malik Cadwell
R54. Discussion of Tao Te Ching
Thursday 3:00 p.m. - 4:00 p.m.  
Oct. 1 – Nov. 19  
Class Size: Medium  
$80.00

The Tao Te Ching ("the way") is a Chinese classic text by 6th-century BC sage Laozi, (aka Lao Tzu). It is a fundamental text for philosophical and religious Taoism and other schools of Chinese philosophy and religion. The wisdom imparted in the Tao is still relevant today, however, literal translations of the Tao are often incomprehensible. Stephen Mitchell's "translation" is understandable and facilitates applying these principles and insights to everyday modern life. It includes passages relevant to politics, relationships, self-awareness, etc. This class will not be an academic discussion of the Tao. It will consist of discussions of the passages in Stephen Mitchell's book. **Please obtain a copy of the Tao Te Ching (make sure you get one by Stephen Mitchell) before classes begin and start reading it.** This will be a mutual learning experience. I am looking forward to learning from your insights.  
**Instructor:** Charlie Pearlman

R55. History’s Mysteries Part Deux
Thursday 1:00 p.m. - 2:30 p.m.  
Sept. 10 – Nov. 12  
Class Size: Medium  
$100.00

A review of some of history's most famous mysteries, including but not limited to: Adam's first wife, the Dendera Lamps, King Tut's iron dagger, and the Dancing Plague of 1518 among others.  
**Instructor:** Charlie Smith

R56. Let’s Discuss: Current Events
Thursday 1:00 p.m. - 2:30 p.m.  
Sept. 10 – Nov. 12  
Class Size: Medium  
$100.00

Moderated course on current events encouraging full participation in a respectful and sometimes humorous atmosphere, covering recent interesting events, both domestic and international. Come prepared to offer your own opinions, listen respectfully to others and engage in friendly, spirited discussion on ever-changing topics. Suggestions for topics are always welcomed.  
**Instructor:** Leonard Parry

R57. Next Stop: The Twilight Zone
Thursday 1:00 p.m. - 2:30 p.m.  
Sept. 10 – Nov. 12  
Class Size: Medium  
$100.00

Enjoy classic episodes of Rod Serling’s Twilight Zone and then discuss and enjoy the stories behind the stories with additional videos, photos, and anecdotes. You will need access to original episodes of the Twilight Zone which are available on Netflix, Hulu, CBS All Access, or Amazon Prime Video. If you don’t have these services, it is also available for $2 per episode from iTunes, YouTube, or Amazon.  
**Instructor:** Larry Stanley
R58. Playalong/Singalong Happy Hour
Thursday 5:00 p.m. - 6:00 p.m.  
Sept. 10 – Oct. 29  
Class Size: Medium  
$80.00

Join me to play guitar and sing songs from the late 60's early 70's. Participants are welcome to suggest songs and ask questions about strumming patterns, picking patterns, life, etc. but the time will be focused on playing the songs. **Participants who just want to listen or sing along are welcome.** Most, if not all, of the songs will be shared on screen with chords and lyrics so we are all literally on the same page. While listening to guitar is fun, playing it is even better. Hopefully, you will play along with the songs (with your computer on mute, since zoom's delays make playing together impossible). But that allows you to feel comfortable playing along in the comfort of your own home with no one listening but you. Making mistakes is how you learn and get better. Charlie will gladly play requests (preferably with advanced notice but I may also try them on the fly). In addition, upon request, he will be happy to demonstrate more slowly any of the strumming/picking patterns that I use so you can learn them as well. We will record the sessions so you can review techniques on your own.

**Instructor:** Charlie Pearlman

R59. Start Drawing
Thursday 3:30 p.m. - 5:00 p.m.  
Oct. 29 – Nov. 19  
Class Size: Small  
$40.00

Drawing is a skill not a talent! Enjoy a low-key introduction to techniques that will help you to finally learn to draw!

**Instructor:** Valerie Snyder

R60. The Role of Chromosomes, Genes & DNA in All Cells
Thursday 1:00 p.m. - 2:30 p.m.  
Sept. 10 – Nov. 12  
Class Size: Medium  
$100.00

This course will describe what is meant by a chromosome as opposed to a gene or DNA. In order to understand there will be a brief discussion of the chemical characteristics of DNA, RNA and proteins. We will discuss the replication of DNA, copying into RNA and the genetic code and mechanism used to synthesize all cellular proteins. We will then discuss the twists and turns in the basic material such as gene regulation, introns and exons, Post transcription modification, post translation modification, epigenetics, CRISPR, mitochondrial DNA, cytoplasmic inheritance. Anything new on the horizon of interest to the class.

**Instructor:** Jessica Sand

FRIDAY A.M.

R61. Divas of Broadway
Friday 10:30 a.m. - 12:00 p.m.  
Oct. 2 – Oct.16  
Class Size: Large  
$30.00

What is a Broadway Diva? There are many attributes that define “Diva,” and we will discuss them all with clips of the multi-talented, larger-than-life divas of Broadway. Join us on Zoom as we watch and dissect some of the performances of Carol Channing, Zero Mostel, Patti Lupone and many more. You'll be, “Ready for you close-up,” at the end of the course.

**Instructors:** Sam & Candy Caponegro
R62. Gotta Dance/Broadway Musicals
Friday 10:30 a.m. - 12:00 p.m.          Class Size: Large
Sept. 11 – Sept. 25.          $30.00

Do you miss going to see Broadway shows? There is nothing like the excitement that a great Broadway dance number can give you. In this course taught on Zoom we will explore the great Broadway choreographers (Gower Champion, Tommy Tune, Bob Fosse to name a few). Our hope is that you will leave every session with your toes tapping.

Instructors: Sam & Candy Caponegro

R63. Gotta Dance/Movie Musicals
Friday 10:30 a.m. - 12:00 p.m.          Class Size: Large
Nov. 6 – Nov. 20          $30.00

There is no better way to lift your spirits than by watching a great movie dance number. In this course taught on Zoom, we will explore the work of the great movie choreographers by watching and discussing their iconic numbers (Busby Berkeley, Hermes Pan, Michael Kidd and more). We aim for you to leave every session with a smile on your face.

Instructors: Sam & Candy Caponegro

R64. Lesser Known Film Noir Gems
Friday 10:00 a.m. - 11:30 a.m.          Class Size: Large
Sept. 11 – Nov. 20 (no class on 9/18)          $100.00

The stylish Hollywood crime drama called Film Noir is often known for its flawed male anti-hero; a calculating ‘femme fatale’; taut, biting dialogue; and the dramatic or subtle use of lighting, camera work, editing, sound and acting. Join us as we examine how directors use these cinematic elements to create the sometimes haunting, always memorable dark films. Students should view the films before the online class discussions. See below for the dates when each film will be discussed. All the titles can be viewed on YouTube (YT) except for one and most of them can also be found on Amazon Prime (AP). When searching in the YouTube search bar, use the term “full film” before each title and make certain to look only for films with running times of more than 1 hour.

9/11 discussion: Pitfall (AP & YT); 9/25 discussion: Call Northside 777 (YT); 10/2 discussion: Woman on the Run (AP & YT); 10/9 discussion: The Strange Love of Martha Ivers (AP & YT); 10/16 discussion: A Double Life (YT); 10/23 discussion: Phone Call From a Stranger (YT) 10/30 discussion: Behind Green Lights (AP & YT); 11/6 discussion: Johnny O’Clock (YT); 11/13 discussion: The Big Combo (AP & YT); 11/20: You Only Live Once (AP).

Instructor: Sally Bauer Cohen

R65. Mindfulness in Motion
Friday 10:30 a.m. – 11:30 a.m.          Class Size: Large
Sept. 11 – Nov. 13          $100.00

We will explore mindfulness and meditation with stress-reduction methods and breathing techniques derived from Qigong, Yoga, Aikido, Baquazhang, Tai Chi and Counseling Psychology. There will be seated and standing exercises designed to increase physical, emotional, and situational awareness.

Instructor: Malik Cadwell

R66. Storytelling Made Easy
Friday 10:30 a.m. – 11:30 a.m.          Class Size: Medium
Sept. 11 – Oct. 2          $40.00

What’s your life story? You don’t have to be a journalist to be a writer. Whether you dream of starting a travel blog, penning an opinion piece, reviewing restaurants or writing your legacy, this entertaining and informative class will help you take the first step to getting published.

Instructor: Nanette Wiser
R67. Swimming Dragon Qi Gong
Friday 10:30 a.m. - 12:00 p.m.  
Class Size: Small  
Oct. 2 – Oct. 30  
$50.00

Learn to move peacefully and gracefully with this ancient form. The purpose of this exercise is to cultivate, circulate, and store vital energy, promote longevity and improve your health. This class contains four parts: Starts with a guided, cleansing meditation, followed by warm up exercises that focus on breathing, then learning Swimming Dragon and ending with a seated meditation (sitting dragon). Dress comfortably.

Instructor: Patty Pagano

FRIDAY P.M.

R69. A Reading of Shakespeare’s Julius Caesar
Friday 1:00 p.m. – 2:30 p.m.  
Class size: Small (15 max)  
Sept. 11 – Oct. 30  
$80.00

For many of us, Julius Caesar was our introduction to Shakespeare, usually in the ninth or tenth grades, when the political assassination of an ancient Roman dictator didn’t seem all that relevant or engaging. Yet Shakespeare’s play, with its depiction of ego, political power struggle, and the common people, is as meaningful today as any current political commentary. We will read through the play, line by line, and support our understanding of it with relevant selections from other authors. Please have a copy of the play with you at our first meeting. Any edition will do as long as it is Shakespeare's original language.

Instructor: Allen Ascher

R70. Frank & Fearless: Pre-Code Hollywood Films Before the Censors
Friday 1:00 p.m. - 2:30 p.m.  
Class Size: Large  
Sept. 11 – Nov. 20  
$100.00

The Depression-Era years of 1930-1934 opened the floodgates for a deluge of films that pushed the limits of propriety. They dealt openly with such taboo subjects as the “liberated” woman, crime, infidelity and class struggle, among others. Join us as we explore how these directors used cinematic techniques in ten films that took advantage of a historic lapse in censorship. You will view these films on YouTube before the day it is discussed in class. Use the term “full film” before each title when searching; make certain to look only for films with running times of more than 1 hour.


Instructor: Sally Bauer Cohen

R71. Gallery Talks on the Road- Princeton University Art Museum
Friday 1:00 p.m. - 2:00 p.m.  
Class Size: Medium  
Oct. 9 – Nov. 13  
FREE

Each week a different Princeton University Art Museum docent will discuss a work of art from the museum collection in depth. Other works by the artist and other artists in the same genre or time in art history related to the class theme will be presented for comparison and enrichment of learning. Students will be invited to ask questions and participate in a lively discussion about the art after the docent’s lecture.

Instructors: Princeton University Art Museum Docents
R72. Make Your Own Music  
Friday 1:00 p.m. - 2:00 p.m.  
Oct. 2 – Nov. 20  
Learn to make your own music using MuseScore, a fantastic computer program used by prestigious music schools world-wide and the program is completely FREE!  
Instructor: Paul Elwood  
Class Size: Medium  
$80.00

R73. The Origins of Political Paradigms  
Friday 1:00 p.m. - 2:30 p.m.  
Oct. 2 – Nov. 13  
Conservatism, liberalism, populism, progressivism.... Each of us has some idea as to what these terms mean now. This discussion, however, will explore their origins. What did these terms mean when first they entered the vocabulary of politics?  
Instructor: Robert L. Greenfield  
Class Size: Medium  
$70.00
INSTRUCTOR BIOS

Barbara Bogner (pg. 15) is a retired associate professor of biology. She taught human anatomy and physiology full time at Middlesex County College for 24 years. She has degrees from SUNY Stony Brook and Villanova University and has joyfully taught courses for OLLI-RU for the past four years.

Maureen Dunphy Brady (pg. 13) is an Irish historian, author and speaker. She holds an M.A. in Irish and Irish-American Studies from NYU Glucksman Ireland House, inclusive of coursework and research at Trinity College Dublin. Her areas of interest are women in Irish history, transatlantic tourism, the Irish in America, and Irish-American identity. Ms. Brady is the winner of the 2017 Francis P. Beirne Scholars Award sponsored by the NY St. Patrick’s Day Parade Foundation.

Patricia Brady (pg. 20) is a retired psychologist with a lifelong passion for genealogy. She has researched her own Irish and Slovak families as well as those of friends and family with varied backgrounds.

Noreen Braman (pgs. 11, 15) Noreen is a strategic communications professional and author of “Treading Water,” a collection of her humor columns and essays. A member of the Association for Applied and Therapeutic Humor, Noreen added the practice of Laughter Yoga to her life in 2010, additional training in Laughter Wellness in 2012, and helps others learn how to “laugh for no reason” for the health of it through her Smile Side of Life Laughter & Happiness Club.

Malik Cadwell (pgs. 23, 26), a Grandmaster of Martial Arts, has over 40 years of Martial Arts experience and served as the US Coach at the World Karate Championship in Tokyo. He is a martial arts instructor (Tai Chi and Kung Fu) at Rutgers University and Temple University. Additionally, he is a mindfulness and meditation instructor at the Queens Public Library.

Sam and Candy Caponegro (pgs 25, 26) have been involved in all aspects of theater for over 30 years. The film musical is a true American art form and their goal is to keep that alive through their courses.

Lisa Charles (pg.17) is the fitness/wellness research coordinator for the Rutgers University Aging Brain Health Alliance and CEO of Embrace Your Fitness, LLC. She is a health & wellness speaker, certified health coach, and wellness/fitness coach and trainer. Lisa served as a state and federal prosecutor but entered a life of fitness after losing 77lbs. Lisa created “Brain Fit” - the Brain Body Connection to help teach individuals how to achieve optimum brain-body health.

Sally Bauer Cohen (pgs 26, 27) is a former NYC high school English/film teacher and librarian with master’s degrees in Media Studies (New York University) and Library Science (Rutgers University). She has enjoyed teaching for OLLI-RU since 2011.

Jeff Cohen (pg. 12) is an award-winning professional artist. He is a painter and sculptor who received a bachelor of arts in fine arts from Upsala College in East Orange, and did graduate work at New York University. He is a commissioner at the Barron Art Center in Woodbridge, N.J.

Keki Dadachanji (pgs 18, 19) has a doctoral degree in operations research from Case Western Reserve University. He was a senior manager in American corporations for 30 years. Subsequently, he was a part-time lecturer at Rutgers University and a teacher of mathematics and computer science at Parsippany High School. Dr. Dadachanji is a certified yoga teacher.

Jim DelGiudice (pg. 12) picked up a camera on graduating from the Newhouse School in 1979 and has been documenting his world ever since. He is an award winning photographer who has been published in American Spirit, the national journal of the DAR, and was the primary photographer for 2 books about New Jersey architecture. He has taught for Drew University, County College of Morris, Columbia University and New Jersey City University.

Franne Demetrician (pg. 17) is an artist, ordained interfaith minister, spiritual counselor, Reiki practitioner and licensed holistic massage therapist and a long time OLLI-RU student.

Saul Einbinder (pg. 20) has held senior technology and business positions at Bell Laboratories, Lucent Technologies, uReach Technologies and Spirient Communications. He has appeared in the New York Times, Boston Globe, Communications Week, Forbes, Marketplace on NPR and on CBS radio.

Paul Elwood (pgs. 23, 28) Paul is a working musician as well as a guitar and ukulele teacher. Passionate about playing and teaching music, he entertains at assisted and independent living facilities as a solo artist and is a member of the jazz group, Paul Elwood trio that plays in central NJ restaurants.

Steve Frankel (pg. 14) born in Williamsburg, Brooklyn and was educated both in the NYC public school system and an Ultra Orthodox High School. Steve graduated from Brooklyn College, majoring in Judaic Studies and Political Science. He has lived in Israel for the past 44 years where he has organized tours and educational experiences and lectured internationally about Jewish Life at the end of the Temple Period. He currently works for The Israel Experience as the Director of Onward Israel.

Carla Graifer (pg. 10) is an American Cheese Society Certified Cheese Professional (CCP) Specialist (The highest standard for cheese professionals) and Educator of American and Local cheese. Her career in the specialty field started at Whole Foods
Margaretta Greeley-Potter (pg. 17) is an adjunct professor at Rutgers University Graduate School of Education. She has a doctorate in education from Rutgers, and has done graduate work at Mason Gross School of the Arts. She is a painter and sculptor whose works are displayed locally and internationally.

Robert L. Greenfield (pg. 28) is professor emeritus at Fairleigh Dickinson University.

Barbara Griffin (pg. 19) is a retired educator with degrees in Latin and History.

Rashad D. Grove (pg. 14) writes about music, sports, race, gender, T.V., film, and pop culture for a variety of media including BET, MTV, The History Channel, The Philadelphia Inquirer, Billboard Magazine, Medium, The Source, and several others. He’s a graduate of SUNY Empire State College and Princeton Theological Seminary and is the Pastor of The First Baptist Church of Wayne.

Barnett Hoffman (pg. 18) is a retired NJ Superior Court Judge who was the presiding criminal judge in Middlesex County at the time of his retirement in 2002. He specialized in murder cases (including 11 death penalty cases), and serious sex crimes.

Sharon Keyes (pg. 20) is a retired product development executive from the fashion accessories industry who’s had a lifelong love of crafting. Her favorite medium is paper in all forms.

Allen Levine (pg. 16) has decades of experience in financial matters with expertise in tax free retirement planning, mortgage plans and budgeting. He believes in the concepts of Warren Buffett, Albert Einstein, Ben Franklin, Napoleone Bonaparte and Justice Louis Brandeis as it relates to a sound financial future.

Maurice Mahler (pg. 22) artist and historian, lectures throughout New Jersey and New York. He is a commissioner of the Cultural Arts Commission of Monroe Township, and teaches art history and life drawing for Adult Education at Monroe High School. He has also taught at Brookdale Community College and the School of Visual Arts in New York City.

Ed Malberg (pg. 13) is an adjunct professor at Raritan Valley Community College and a long-time instructor at OLLI-RU. He graduated from Rutgers University, holds a master's degree from the University of Kentucky and completed doctoral studies in American History at Northwestern University.

John Marron (pg. 21) is a lay zen/monk multimedia artist, an author of two books of poetry ("Oiyeau" and "Blips"), publisher of As Is/So & So Press since 1974, co-founder of Highland Park (HP) Artist Collective, a Board member of Main Street HP, an LGBTQAI activist, co-curator of Windows of Understanding 2020 & HP Arts in the Park Window Art Crawl, a Vice Chair of the HP Art Commission, a graduate of Johns Hopkins Graduate Writing Seminars & SF State Writing Program, and an artist and educator in K-12 schools most of his life.

Henry McNally (pgs. 22, 23) is a semi-retired educator who has taught Irish history both at the college level and in continuing education programs. He has degrees from Fordham University, William Paterson University, and University College, Galway, Ireland.

Kristianne Molina (pg. 14) received an MA in Critical Theory and the Arts at the School of Visual Arts in New York and a BFA from Mason Gross School of the Arts at Rutgers University. Her interdisciplinary practice takes the form of textiles, dyes, social practice, performance, writing, and painting.

Nawaz Merchant (pg. 13) With her new mystery due out this fall, author Nawaz Merchant achieved another life goal. Written under pseudonym Nev March, her manuscript Murder in Old Bombay earned a national Best First Crime Novel Award from the Mystery Writers of America, and landed a book deal from Macmillan Publishers. Ms. Merchant writes book reviews and articles and periodically edits for the FEZANA Journal, a community publication. She coaches budding writers and is a member of the Hunterdon County Library Write group.

Patty Pagano (pgs. 20, 27) has been a Tai chi and Qi Gong instructor for eight years at Qi Gong for Healing Center in Middlesex, NJ. She has 15 years of experience under the teachings of Fran Maher, Brian Coffey and Master William Ting.

Leonard Parry (pgs. 23, 24) is an ombudsman for the State of New Jersey who advocates for resident rights in nursing homes. He has worked for Wall Street firms and served as an arbitrator for the New York Commodity Exchange, before operating his own import/export company. For the past eight years, he has been facilitating a current events discussion at a senior community.

Charlie Pearlman (pgs 24, 25) has been playing guitar for 40+ years focusing on a hybrid style of fingerpicking and flat picking in a bluegrass/fingerpicking style. Charlie currently plays in two Old Time bands, sits in with a few bluegrass and contemporary bands and jams, and plays solo gigs. He also has a Ph.D. in Educational Psychology and has studied the works of Joseph Campbell, Buddhism, Kabbalah, various religions, et al in the interest of developing a better understanding of human nature and the pursuit of higher forms of understanding and awareness.
Gerald Pomper (pg. 14) is a Board of Governors Professor of Political Science (Emeritus), Rutgers University, taught at Rutgers from 1962-2016, and at OLLI since 2004; author and editor of 21 books on American politics, including “The New York Times on Critical U.S. Elections”

Princeton University Art Museum Docents (pg. 27) The 60 Princeton University Art Museum docents are highly experienced in presenting to audiences of all ages. Prior to beginning tour responsibilities, docents participate in an intense 2 1/2 year training program with the Associate Director of the museum. Docents also receive continuing education weekly.

Rich Quatrone (pg. 21) Dodge Fellowship (Wesleyan); Co-founder, Passaic Review; Co-founder, Children of September 11th (guerrilla theater); Founder/Artistic Director, The American Poetry Theater; Founder, The Asbury Voice: Journal of the People; Author of plays, poems, novels; Published with Allen Ginsberg, Charles Bukowski, Amiri Baraka, Gregory Corso, Marge Piercy, Tom Waits, Jack Kerouac; Masters degree, Mason Gross School of the Arts

Joseph Rosenstein (pg. 15) is a Professor Emeritus of Mathematics, having taught at Rutgers for 48 years. He has published mathematics books and monographs and Jewish prayer books, Siddur Eit Ratzon and Machzor Eit Ratzon. He is currently working on a book entitled Reflections on Pirkei Avot.

Jessica Sand (pg. 25) holds a master’s degree in Microbiology and Public Health (Wagner College) and in Cell and Molecular Biology (Brooklyn College). She retired after 31 years as a professor at Union County College where she taught anatomy and physiology, microbiology, nutrition, pathology, and medical microbiology.

George Schroepfer (pg. 16) is an Assistant Teaching Professor in the Writing Program at Rutgers and an adjunct in the English Department at Kean. He has worked with OLLI-RU for over 20 years and looks forward to once again sharing with OLLI-RU students their love of literature.

Roz & Steve Shaw (pg. 21) own a business that specializes in educational programs. They have taught adult courses at the ENCORE Program in Middletown, NY, at Brookdale Community College, and have been instructors at OLLI-RU since 2003.

Harvey Singer (pg. 18) holds a bachelor of arts degree in economics and political science from the City College of New York and a masters of business administration in finance and investments from Baruch College.

Lyn Lilavati Sirota (pg. 21) is a certified 200-hour Yoga Instructor through Integral Yoga in Princeton, N.J. She specializes in gentle yoga instruction with a focus on range of movement and therapeutic practices. Through the use of sound, movement, and breath, she leads a mindful, detailed, and spiritual class perfect for those new to yoga as well as experienced practitioners.

Charlie Smith (pgs. 12, 24) studied history in college and furthered his education through independent reading and research. He has presented to small and large groups, in both the public and private sectors. Mr. Smith is a member of the Whitechapel Society.

Valerie Snyder (pgs. 10, 25) is the New Jersey State Arts Educator of the Year for 2017-2018 in addition to having taught art in North Brunswick Public Schools since 1980. Val was recognized in 2016 as a “Teacher Who Makes Magic” by Greater Media's WMGQ Radio as well as by the State of NJ.

Larry Stanley (pg. 24) was a TV director for over 30 years. He has his BA in Broadcast Communication Arts from San Francisco State University. He is passionate about movies, music, and the performing arts.

Maxine Susman (pg. 16) holds a B.A. from Barnard College and Ph.D. from Cornell University. She taught writing at Rutgers and retired from Caldwell University as an English professor. She has published seven books of poetry and has been teaching at OLLI-RU since 2013.

Sayyid Tirmizi (pg. 22) is a former associate and adjunct professor. He specializes in South Asian and Islamic art, culture, religion and history. He has taught at the University of Tulane and City College of New York. He holds an MA, MBA, and Ph.D.

Bruce Tucker (pgs. 16, 17) holds a B.A. in political science and history from the City University of New York and a M.S. in Information technology and project management from Stevens Institute of Technology. He has been an OLLI-RU instructor since 2009.

Abe Vorensky (pg. 19) possesses a lifelong love and depth of knowledge of comedy, specifically its diverse history. This love began when Abe worked as a teenage MC in a Catskill Mountain hotel where he sang, told jokes and introduced other entertainers.

Vandana Walia (pgs. 13, 18) has a master’s degree in English literature from India and 30 years teaching experience at the high school level. She has been teaching at OLLI-RU for several years.

Nanette Wiser (pg. 26) is a well-known journalist and writer whose work has appeared in print, broadcast and on the web. She is currently executive editor of a city magazine in Florida and contributes regularly to Thrive Global and other outlets. Her legacy writing classes are popular with seniors and she has taught and lectured at conferences and University programs.
Maryann Zolota (pg. 15) received her BA in Art History from Drew University and her MA in Art History from Rutgers University. She has taught at OLLI-RU since 2009. Her special area of interest is 17th through 19th century art.