

SPRING 2025

OSHER LIFELONG LEARNING INSTITUTE

IN PERSON
& ONLINE
COURSES

Stay Curious.



Spring 2025

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OLLI-RU Experience

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

To ensure we can continue to serve our community, like many sister OLLI's across the nation we have a separate annual membership cost of \$50. Once a year (starting before our spring session) our community will renew their membership so they may take courses at the member rate and enjoy other benefits. Should an individual opt-out of membership, we welcome your participation and we have an alternate course fee structure to accommodate non-members.

- **2025 membership** starts with the spring registration on January 16, 2025. You can purchase that membership now. When doing so, **please make sure to only purchase the membership before buying courses.** Staff needs to manually update your account in order for you to receive the member discount so please allow an hour or so if purchased during business hours (Mon-Fri 8:30 am to 4:30 pm) and longer if purchased outside of business hours. You will receive an email from olliregistrations@docs.rutgers.edu when you can register for courses and get the member rate.

ONLINE CLASS EXPERIENCE

Zoom links are emailed to registered students approximately 3 to 5 days before the first class. Please make sure to check for the link at least 24 hours before your class. If it's not in your inbox, make sure to check your junk or spam file. If not there, email olliregistrations@docs.rutgers.edu.

Things still happen: At times technology can fail one or all of us. We 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.

IN-PERSON CLASS EXPERIENCE

We are pleased to continue holding in-person courses in New Brunswick and Freehold. Parking in both locations is free for students.

MEMBERSHIP

When: OLLI-RU membership runs from Spring session to Winter session.

Pay it once a year to enjoy the benefits all year.



2025 membership began with spring session registration in January.

- Memberships can be purchased at any point of the year but it will not be pro-rated.

What: The once-a-year \$50 membership fee provides the following:

Register for courses at the member rate. Non-members can still take courses but it's at an increased rate.

Longer withdrawal periods to receive a full refund. Members can get a full refund if they notify OLLI-RU before the start of the fourth class meeting. Non-members only have until before the start of the second class.

Members can get refunds for one-day programs if notifying OLLI-RU staff in writing before the program takes place. Non-members are not provided refunds for one-day programs.

Priority registration and pricing for our highly subscribed day trips as well as for certain events and programming.

Special events and programming for members only.

How: Go to our website olliru.rutgers.edu

- On our website, (olliru.rutgers.edu) click on “Register”
- You will see “OLLI-RU 2025 Membership” as a course listing. Proceed to register for your membership just as you would sign up for a course.

Secure membership before registering for courses to receive membership rate.

REGISTRATION

Registration opens

January 16

How to Register Online

1. Go to OLLI-RU website- olliru.rutgers.edu and click the “Register” tab. Scroll down to see course listings.
2. Click “Register” next to the chosen class
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. 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 us at olliregistrations@docs.rutgers.edu or call 848-932-6554.

Step-by-step directions are available on our website at olliru.rutgers.edu.

**If you are unsure about online registration,
call or email us and we will get you signed up.**

Call 848-932-6554 or email olliregistrations@docs.rutgers.edu.

Please do not mail anything to the OLLI-RU office unless specifically discussed with OLLI-RU staff.

POLICIES



REFUND POLICY

Members

Multi-week courses (5 weeks and above): A full refund for multi-week courses will be provided if we receive the request in writing before the start of the fourth class. **Courses that are 2-4 weeks**, refunds are available if OLLI-RU is notified before the start of the second class. Refunds will be issued in the original form of payment and only to the individual who paid for the class.

One-day programs: Refunds will be issued for one-day programs if OLLI-RU is notified in writing before the program takes place.

Non-Members

Multi-week courses: A full refund for multi-week courses will be provided if we receive the request in writing before the start of the second class. Refunds will be issued in the original form of payment and only to the individual who paid for the class.

One-day programs: no refunds for one-day programs.

To request a refund or transfer (*transfers permitted for any student at any time upon confirmation from OLLI-RU*) email ollirurefunds@docs.rutgers.edu.

HOLIDAYS

OLLI-RU is a secular organization that is part of a public university. As such, we follow the University schedule and do not close for any religious holiday. If you plan to miss a class due to observing a religious holiday, please contact our office well in advance and we will gladly work with you and the instructor to ensure you stay abreast of important content. Email olliregistrations@docs.rutgers.edu with your request.

RECORDINGS

OLLI-RU does not record online classes on a regular basis, but students may ask their instructor if they need a specific class recorded for any reason. Please be aware, instructors may decline to record. The course material presented is an instructor's intellectual property that they have developed over many hours. Some may want to protect that material by not allowing a recording of their course to be disseminated. Please respect an instructor's decision.

MISSED CLASSES

Individual classes that are canceled 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.

CANCELED COURSES

Students registered for a course that gets canceled will be notified approximately one week before the class is scheduled to start. You can transfer to an alternate open class or receive a refund.

CODE OF CONDUCT

The Osher Lifelong Learning Institute at Rutgers University endeavors to create a positive and affirming environment that fosters learning and social connection. As members of the broader Rutgers community, individuals are subject to [Rutgers University's Student Code of Conduct](#) and other policies that prohibit discrimination, sexual harassment, disruptive behavior, and other disrespectful or inappropriate conduct. Additionally, OLLI-RU is a department of the Division of Continuing Studies, and we embrace the [core values adopted by the Division: Integrity, People, Excellence, DEIA, Consideration, Service, and Lifelong Learning](#). Individuals are expected to demonstrate mutual respect, personal and academic integrity, kindness, and a commitment to civil discourse. Ensuring OLLI-RU is a welcoming, inclusive and affirming learning community is a responsibility we all share.

These principles apply to all OLLI courses, in-person and via Zoom.

We welcome the lively and passionate exchange of ideas and perspectives. Opposing viewpoints are welcomed and appreciated. Instructors are responsible for leading and moderating classroom discussion to allow for diverse perspectives while maintaining an inclusive atmosphere.

Members, instructors, and staff of OLLI-RU are encouraged to contact the director with concerns regarding violations of our code of conduct (olliru@docs.rutgers.edu). Violations may result in suspension/termination of membership, volunteer, or teaching privileges as well as other conditions as determined by the director and Code of Conduct committee.

Code of Conduct Procedure

Upon receiving a concern in writing regarding violation of our code of conduct, the director will convene a meeting of the Code of Conduct committee and the complainant to further discuss the matter. The committee may ask for additional information (witnesses, clarifying statements, history, etc.) to help make an informed decision. Information will be collected and shared with the committee and director. A final decision regarding outcomes will be sent to the complainant and any related parties.



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New Brunswick – In Person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Acting Up for Fun! <i>Susan Speidel</i> 10:30 am - 12:30 pm 4/7-4/28	America's Peculiar Institution <i>Ed Malberg</i> 10:30 am - 12 pm; 3/4 – 5/6 **HYBRID: also online	American Political Parties & (Bi)Partisanship in Congress <i>Ross Baker</i> 10:30 am – 12 pm 3/5 – 3/19	American Western Film Before 1960 <i>Jerry Wichinsky</i> 10 am – 12:30 pm 3/6 – 5/8	Factors that Influence the Quality of our Medicines <i>Irwin Silverstein</i> 10:30 am – 12 pm 3/14 – 3/28	
Intro to Islam / Islam 101 <i>Umar Nayyar</i> 10:30 am – 11:30 am 3/3 – 5/5	American Art <i>Maryann Zolota</i> 10:30 am – 12 pm 3/4 – 5/6	Oil Pastel <i>Komal Mehra</i> 10:30 am – 12:30 pm 3/5 – 5/7	 The Art of Forest Bathing <i>Monica Shah</i> 10 am – 12 pm May 1 *location will be a local park	American Historical Geography <i>Alex Christopoulos</i> 1 pm – 2:30 pm 3/7 – 5/9	
 <p>This symbol means it's a one-day class</p>	 Classic Cartoon Songs: Betty Boop, Popeye, Looney Tunes <i>Sam & Candy Caponegro</i> 10:30 am – 12 pm; March 18	Columbo in the Classroom <i>Larry Stanley</i> 1 pm – 3 pm 3/12 – 4/9	Two Novels by D.H Lawrence <i>Nicholas Birns</i> 10:30 am - 12 pm 4/10 – 5/8		
	 The Moors in Spain: A Story You May Not Know <i>Charlie Smith</i> 10:30 am–12:30 pm March 4	Why Religion? William James, Sigmund Freud, Carl Jung <i>Brooks Smith</i> 1 pm – 2:30 pm 3/5 – 4/16	Watercolor Art <i>Komal Mehra</i> 10:30 am – 12:30 pm 3/6 – 5/8		
	Vietnam in Contemporary Literature <i>George Schroepfer</i> 10:30 am – 12:00 pm 3/4 – 5/6		Cincinnatus in Caesarea: Washington in New Jersey <i>Paul Soltis</i> 1 pm – 2:30 pm 3/6 – 5/8		
	Yoga Practice and Philosophies for Health <i>Jessica Michal</i> 10:30 am - 12 pm 3/4 – 5/6		The Great American Short Story <i>Maureen McVeigh-Berzok</i> 1 pm – 2:30 pm 3/6 – 4/3		
	Frontier Feminists <i>Jeff Heller</i> 1 pm - 2 pm 3/4 – 3/18				
	Masterworks of World Cinema <i>Keki Dadachanji</i> 1 pm – 3:30 pm; 3/4 – 5/13* *no class on 3/11				

Freehold - In-Person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>This symbol means it's a one-day class</p>		Bone-Tickling Tales: A Hilarious Journey through Creaks, Cracks and Cartilage <i>Barbara Bogner</i> 10:30 am – 12 pm; 3/5 – 4/2	Contemporary Ireland <i>Henry McNally</i> 10 am – 12 pm 3/6 – 4/3	
		 Stories of Irish Rebellion <i>Maureen Brady</i> 10 am – 12pm; April 9		
		 Ireland's Cultural Revival <i>Maureen Brady</i> 10 am – 12 pm; May 7		










Online Courses- Spring Session

Spring 2025 – First half

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Creation Myths in the Bible <i>Rabbi Dr. Jo David</i> 10:30 am- 11:30 am 3/3 – 5/12* <i>*no class on 4/14</i></p>	<p>Agatha Christie's <i>Evil Under the Sun</i> <i>Hugo Walter</i> 10:30 am – 11:30 am 3/4 - 3/25</p>	<p>Chair Yoga and Relaxation <i>Pratibha Jani</i> 11 am – 12 pm 3/5 – 4/9</p>	<p>Forty U.S. Supreme Court Cases Everyone Should Know and Why <i>Louis Ruprecht</i> 10:30 am – 12 pm 3/6 – 5/8</p>	<p>Acrylic Art <i>Komal Mehra</i> 10:30 am – 12:30 pm 3/7 – 5/9</p>
<p>Learn to Collage <i>Jeff Cohen</i> 10:30 am – 12 pm 3/3 – 5/5</p>	<p>America's Peculiar Institution <i>Ed Malberg</i> 10:30 am - 12 pm 3/4 – 5/6 <i>**HYBRID: also in-person</i></p>	<p>Ethics <i>Alison Brown</i> 10:30 am – 12 pm 3/5 – 5/7</p>	<p>The Romanov Dynasty Part II <i>Lyndell O'Hara</i> 10:30 am – 12 pm 3/6 – 4/3</p>	<p>Dear Abby in Yiddish <i>Naomi Miller</i> 10:30 am – 12 pm 3/7 – 5/9</p>
<p>Painting Studio <i>Jeff Cohen</i> 1 pm – 2:30 pm 3/3 – 5/5</p>	<p>Drawing Workshop <i>Jeff Cohen</i> 10:30 am - 12 pm 3/4 – 5/6</p>	<p>The Dystopian Novel <i>Vandana Wallia</i> 10:30 am – 12 pm 3/5 – 5/7</p>	<p>Talking Musicals Part 2 <i>Sam & Candy Caponegro</i> 10:30 am – 12 pm 3/6 – 4/3</p>	<p>Film Noir Classics Revisited <i>Sally Bauer Cohen</i> 10 am – 12 pm 4/4 – 5/9* <i>*no class on 4/11</i></p>
<p>Searching for Your Ancestors Online 1 <i>Carla Zimowsk</i> 1 pm – 2:30 pm March 3</p>	<p><i>Moby Dick</i> by Herman Melville <i>Allen Ascher</i> 10:30 am - 12 pm 3/4 – 4/22</p>	<p>The Emperors of Ancient Rome: The Good, the Bad & the Crazy <i>Barbara Griffin</i> 10:30am-12pm 3/5 – 4/2</p>	<p>How to Get an Agent and Publish Your Book <i>Jamie Novak</i> 3 pm – 4 pm 3/6 – 4/3</p>	<p>Hot Topics: A Moderated Discussion <i>Jeffrey Davis</i> 10:30 am – 12 pm 3/14 – 5/2</p>
<p>Organizing Your Digital Genealogy Research 1 <i>Carla Zimowsk</i> 1 pm– 2:30 pm March 10</p>	<p>Poetry in Spring <i>Maxine Susman</i> 10:30 am - 12 pm 3/4- 4/22</p>	<p>Aging Out: Older Women in Literary Short Fiction <i>Mary Ann McGuigan</i> 1 pm – 2:30 pm 3/5 – 4/2</p>	<p><i>Siddhārtha</i> <i>Keki Dadachanji</i> 3 pm – 4:30 pm 3/6 – 5/15* <i>*no class on 3/13</i></p>	
<p>Growing Your Digital Family Tree 1 <i>Carla Zimowsk</i> 1 pm – 2:30 pm March 17</p>	<p>Islamic Art of the Book <i>Sayyid Tirmizi</i> 1 pm – 2:30 pm 3/4 – 4/1</p>	<p>Freehand Drawing: Flowers <i>Karl Lorenzen</i> 1 pm – 3 pm 3/5 – 4/2</p>		
<p>Digitizing Your Non-Digital Genealogy Files 1 <i>Carla Zimowsk</i> 1 pm – 2:30 pm March 24</p>	<p>Learn Pastels: Chalk & Oil <i>Jeff Cohen</i> 1 pm – 2:30 pm 3/4 – 5/6</p>	<p>It's Today: The Musicals of Jerry Herman <i>Susan Speidel</i> 1 pm – 2:30 pm 3/5 – 5/7 <i>*no class on 3/12</i></p>		
<p>Joseph Campbell and <i>The Power of Myth</i> <i>Charlie Pearlman</i> 3 pm – 4:30 pm 3/3 – 4/7</p>	<p>A Potpourri of Films <i>Roz & Steve Shaw</i> 1 pm - 2:30 pm 3/4 – 5/6</p>			
	<p>Tiny Forms, Big Stories: A Creative Writing Workshop for Short-Form Memoirs <i>Deborah Greenhut</i> 3 pm – 4:30 pm 3/11 – 5/13</p>			

Online Courses- Spring Session

Spring 2025 – Second half

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creation Myths in the Bible <i>Rabbi Dr. Jo David</i> 10:30 am- 11:30 am 3/3 – 5/12* *no class on 4/14	America’s Peculiar Institution <i>Ed Malberg</i> 10:30 am - 12 pm 3/4 – 5/6 **HYBRID: also in-person	 Brain Games <i>Monica Shah</i> 10:30 am -12 pm 4/2 – 4/30	Forty U.S. Supreme Court Cases Everyone Should Know and Why <i>Louis Ruprecht</i> 10:30 am – 12 pm 3/6 – 5/8	Acrylic Art <i>Komal Mehra</i> 10:30 am – 12:30 pm 3/7 – 5/9
Learn to Collage <i>Jeff Cohen</i> 10:30 am – 12 pm 3/3 – 5/5	Drawing Workshop <i>Jeff Cohen</i> 10:30 am - 12 pm 3/4 – 5/6	Ethics <i>Alison Brown</i> 10:30 am – 12 pm 3/5 – 5/7	 A Writing Workshop Inspired by Vivian Maier’s Photography & the Art of Keeping Secrets <i>Shelley Benaroya</i> 10 am – 12 pm 4/17 – 5/8	Dear Abby in Yiddish <i>Naomi Miller</i> 10:30 am – 12 pm 3/7 – 5/9
Painting Studio <i>Jeff Cohen</i> 1 pm – 2:30 pm 3/3 – 5/5	Moby Dick by Herman Melville <i>Allen Ascher</i> 10:30 am - 12 pm 3/4 – 4/22	The Dystopian Novel <i>Vandana Walia</i> 10:30 am – 12 pm 3/5 – 5/7	 Crazy Love: Classic Screwball Comedies (Film Course) <i>Paul Howe</i> 1 pm – 2:30 pm 4/10 – 5/8	 Film Noir Classics Revisited <i>Sally Bauer Cohen</i> 10 am – 12 pm 4/4 – 5/9* *no class on 4/11
 <p>This symbol by a course title highlights courses that start in the 2nd half of our 10-week session.</p>	Poetry in Spring <i>Maxine Susman</i> 10:30 am - 12 pm 3/4- 4/22	It’s Today: The Musicals of Jerry Herman <i>Susan Speidel</i> 1 pm – 2:30 pm 3/5 – 5/7 *no class on 3/12	Siddhārtha <i>Keki Dadachanji</i> 3 pm – 4:30 pm 3/6 – 5/15* *no class on 3/13	Hot Topics: A Moderated Discussion <i>Jeffrey Davis</i> 10:30 am – 12 pm 3/14 – 5/2
	 Stanley Kramer Films: A Film Discussion Class <i>Bruce Tucker</i> 10:30 am – 12 pm 4/15 – 5/6	 The Jews of Spain: A History of the Sepharad <i>Bruce Tucker</i> 1 pm – 2:30 pm 4/16 – 5/7		
	Watergate’s Unexpected Hero: The Life and Times of Peter W. Rodino Jr.  <i>Lawrence Spinelli</i> 10:30 am – 12 pm April 29			
	 A Brief Intro to Artificial Intelligence <i>Sayyid Tirmizi</i> 1 pm – 2:30 pm; 4/8 – 4/15			
	Learn Pastels: Chalk & Oil <i>Jeff Cohen</i> 1 pm – 2:30 pm; 3/4 – 5/6			
	A Potpourri of Films <i>Roz & Steve Shaw</i> 1 pm - 2:30 pm; 3/4 – 5/6			
	Tiny Forms, Big Stories: A Creative Writing Wkshp Short Form Memoirs <i>Deborah Greenhut</i> 3 pm – 4:30 pm; 3/11 – 5/13			

Catalog information



Order of Course Listings

Multi-week courses: listed Mon-Fri and separated into

- Morning
- Early Afternoon
- Late Afternoon



Locations

- Course locations are listed under each course title.
- Parking is free and large lots are available at each building.
- Addresses for our Freehold and New Brunswick locations:

Freehold In-Person Course

Western Monmouth Higher Education Ctr
3680 Route 9 South, Freehold, NJ

New Brunswick In-Person Course

Rutgers Lifelong Learning Center
3 Rutgers Plaza, New Brunswick, NJ
(off Route 1 and off Ryder's Lane)

ONE-DAY CLASSES

The Moors in Spain--A Story You May Not Know

in New Brunswick

Tuesday, March 4
10:30 a.m. - 12:30 p.m.

Location: in-person in New Brunswick
Member: \$10 / Non-Member: \$15

When Europe was dark, a light shone in Islamic Spain/ Al Andalus. Let's review the Moorish conquest of Visigothic Spain in 711 C.E. and the civilization that emerged there, the accomplishments of the Muslims and Jews therein, and their legacy, the reconquista by the Spanish Christians and its aftermath. *(course code nbd1)*

Instructor: Charlie Smith

Classic Cartoon Songs: Betty Boop, Popeye, Looney Tunes, & a Little Bit of Disney

in New Brunswick

Tuesday, March 18
10:30 a.m. - 12:00 p.m.

Location: in-person in New Brunswick
Member: \$10 / Non-Member: \$15

Step back in time and discover the hidden musical gems of classic cartoons in this exciting course. While many of us grew up enjoying the music of Disney movies, there's a whole world of iconic songs and soundtracks that came out of Fleischer Studios and Looney Tunes productions that are just as noteworthy. Join us for an exploration of the music and songs of beloved cartoon characters like Betty Boop, Popeye, Olive Oyl, Bugs Bunny, and Daffy Duck. You'll be surprised by the adult themes and sophisticated musical arrangements that accompany these timeless characters and stories. *(course code nbd2)*

Instructors: Sam and Candy Caponegro

**Don't forget to sign-up for your 2025 membership
before you register for courses!**

Stories of Irish Rebellion

in Freehold

Wednesday, April 9
10:00 a.m. - 12:00 p.m.

Location: in-person in Freehold
Member: \$10 / Non-Member: \$15

Ireland was Britain's first and longest colony. For 700 years, the Irish people suffered harsh realities at the hands of their oppressor, motivating them to undertake efforts to achieve self-rule. This course explores the rebellions of 1798, 1848, 1867 and 1916, identifying common themes, successes and failures, introducing the major figures involved, and concluding with Ireland finally on the brink of independence. *(course code fd3)*

Instructor: Maureen D. Brady

Ireland's Cultural Revival

in Freehold

Wednesday, May 7
10:00 a.m. - 12:00 p.m.

Location: in-person in Freehold
Member: \$10 / Non-Member: \$15

At the end of the 19th century, Ireland, still a British colony, was subjected to a barrage of English influences in daily life, resulting in a loss of a distinctive "Irish" identity. Dissatisfied with the status quo, a movement was started to revitalize Irish culture, including language, literature, theater, music, dance, and sports. This cultural reclamation awakened the soul of a people, fueled the spirit of nationalism, and literally changed the course of Irish history.

(course code fd4)

Instructor: Maureen D. Brady

Watergate's Unexpected Hero: The Life and Times of Peter W. Rodino Jr.

Tuesday, April 29
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$10 / Non-Member: \$15

This course will focus on the life and career of New Jersey congressman Peter W. Rodino Jr. who became a national hero in 1974 for his steady and bipartisan leadership during the Nixon impeachment hearings. The son of an Italian immigrant, he transcended the poverty of Newark's Little Italy to become a lawyer, war hero and chairman of the House Judiciary Committee. During his four decades on Capitol Hill Rodino played a major role in a variety of issues that continue to resonate today including immigration and civil rights. He worked closely with seven presidents and a wide variety of national figures including Dr. Martin Luther King. His life reflected the major contours of the last century and this course will examine the impact of these events in preparing Rodino for his most challenging assignment. *(course code rd5)*

Instructor: Lawrence Spinelli



Meet new OLLI-RU instructor **Lawrence Spinelli**

Lawrence is the author of *Watergate's Unexpected Hero: The Life of Peter W. Rodino Jr.* which is the first Rodino biography. He held a variety of senior-level positions in the legislative and executive branches of the federal government including serving as press secretary for Congressman Rodino and then Senator Joe Biden.

The Art of Forest Bathing

in New Brunswick area

Thursday, May 1
10:00 a.m. - 12:00 p.m.

Location: in-person in New Brunswick area
Member: \$10 / Non-Member: \$15

Forest bathing is the ancient practice of immersing one's senses in wooded areas in order to enhance well-being. This restorative antidote to our nature-starved lives can induce health and wellness benefits such as lower blood pressure and cortisol levels; improved mood and sleep; and even possible immunity to cancer and other diseases. Learn more about this meditative practice of connecting with the beauty and wonder of the natural world through reflective nature-connection activities. We will venture into the woods on a slow, mindful walk (under 1 mile RT) with plenty of moments for stopping, resting and sitting, to engage in journaling, art, poetry and ritual. Please bring a notebook/journal and pen (art supplies such as colored pencils or watercolors, optional). Dress for comfort (long sleeves, sneakers, etc.) and in clothes you don't mind getting a little dirty (or bring a blanket to sit on). We will meet at a park in the East Brunswick/New Brunswick area (the exact location will be shared with students closer to the class date). *(course code nbd6)*

Instructor: Monica Shah

We had a lot of fun at the OLLI-RU trip to the New York Botanical Garden's Holiday Train Show, Nov. 2024.
Stay tuned for information on our next trip!



The following courses are devoted to exploring technology for genealogy.

Searching for Your Ancestors Online

Monday, March 3
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$10 / Non-Member: \$15

Searching for your ancestors online? Overwhelmed by thousands of potential hits or frustrated with “no results found?” This technology for genealogy class will look at strategies to help refine your online searching whether using your favorite genealogy website, your favorite search engine or lesser-known online genealogy research portals.

(course code rd77)

Instructor: Carla Zimowsk

Organizing Your Digital Genealogy Research

Monday, March 10
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$10 / Non-Member: \$15

It's an exciting time in genealogy with technology bringing so much to our fingertips. Yet things can become overwhelming and messy in this digital realm. Can't find that family picture that you captured with your smartphone or scanned and transferred to your hard drive? This technology for genealogy class will explore strategies for staying organized in the digital realm including file naming best practices, file tagging for searchability, backups, storage, and research management. *(course code rd8)*

Instructor: Carla Zimowsk

Growing Your Digital Family Tree

Monday, March 17
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$10 / Non-Member: \$15

Where is your family tree taking root? The tree-building options are many from online (Ancestry, FamilySearch, etc.) to installed on your computer (Family Tree Maker, RootsMagic, Reunion, etc.) to synchronized options. Join us for a stroll through the forest of tree-building options where we will explore the pros/cons of each, common features and functions (charts, profiles, etc.), lesser-known tips and tricks (merges, splits, etc.) and best practices for privacy as well as synchronizing and backing up your tree. We will look at paid and free options, Mac and Windows options, and tablet options. *(course code rd9)*

Instructor: Carla Zimowsk

Digitizing Your Non-Digital Genealogy Files

Monday, March 24
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$10 / Non-Member: \$15

Hoping to digitize old family photos or documents but don't know where to begin? Visiting relatives who have valuable family archives but not sure what digitizing equipment to bring along? This technology for genealogy class will explore image capturing tools (hardware and software) and best practices as well as basic image editing options.

(course code rd10)

Instructor: Carla Zimowsk

MULTI-WEEK CLASSES

MONDAY Morning

Acting Up for Fun!

in New Brunswick

Mondays, April 7 – April 28 (4 weeks)
10:30 a.m. - 12:30 p.m.

Location: in-person in New Brunswick
Member: \$32 / Non-Member: \$48

Release your inner "star" by participating in theatre games, acting exercises, and improvisations that will stimulate your brain and promote greater sociability. No memorization, heavy physical exertion, or previous experience is necessary. Just a desire to interact with others and have fun! (course code *nbn11*)

Instructor: Susan Speidel

Creation Myths in the Bible: The Bible as Literature

Mondays*, March 3 – May 12 (10 weeks)
10:30 a.m. - 11:30 a.m.

Location: Online
Member: \$80 / Non-Member: \$120

**no class on 4/14*

In this course, students will encounter a variety of creation myths in both the Hebrew Bible and the New Testament Gospels. The focus of this course is to encourage a broad understanding of the way in which creation stories work to build a foundation for religious and political systems. No Hebrew necessary. (course code *rt12*)

Instructor: Rabbi Dr. Jo David



Meet new OLLI-RU instructor **Rabbi Dr. Jo David**

Jo David is a rabbi and educator (and a Regency Romance novelist -Nola Saint James) with over 35 years of experience in teaching the Bible as Literature. Her doctorate is in multifaith engagement.

Not sure how to register? Having trouble?

Call us! We'll make it easy. 848-932-6554



Intro to Islam / Islam 101

in New Brunswick

Mondays, March 3 – May 5 (10 weeks)
10:30 a.m. - 11:30 a.m.

Location: in-person in New Brunswick
Member: \$80 / Non-Member: \$120

This course begins with an introduction to Islam, covering its core beliefs and an overview of other major world religions. We will then discuss the life of Prophet Muhammad (PBUH), focusing on key events such as his early life in Mecca, the first revelation, migration, Medina, and the formation of the Muslim community and the legacy of the Prophet in shaping Islamic values. This course will also cover The Quran, its structure, themes, and role in daily Muslim life, followed by a discussion on the Five Pillars of Islam and Islamic Law (Sharia) and Ethics. We will examine major Islamic sects and their differences, as well as the status of women in Islam, their rights and modern debates and misconceptions about women in Islam. The course also addresses Islam in the modern world including its relationship with science, politics, and issues like Islamophobia. We will explore Islamic culture and contributions to art, architecture, literature, science, philosophy, and medicine. No materials will be needed by the students, only a thirst for knowledge. (course code nbt13)

Instructor: Umar Nayyar



Meet new OLLI-RU instructor **Umar Nayyar**

Umar is an Imam currently serving in Central New Jersey, where he focuses on spiritual guidance and community outreach. He also serves as the National Director of Moral Training for a youth organization. Umar regularly gives talks on faith, spirituality, and contemporary social issues, helping others apply these teachings in their everyday lives. An avid traveler, he enjoys exploring different cultures and building connections through his work.

Learn to Collage

Mondays, March 3 – May 5 (10 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

Collage is an art form that dates back hundreds of years, reappearing in the works of Picasso and Braque. Now you can express yourself by pasting magazine and newspaper clippings, ribbons, colored paper, photographs, found objects and more, into works of art that can be a thing of beauty, a reflection of your viewpoint, or even a humorous or satirical take on a particular subject. Supplies needed to begin: 9" x 12" pad of drawing paper, bottle of Elmer's white glue, pair of scissors, 3 assorted magazines. (course code rt14)

Instructor: Jeff Cohen



MONDAY Early Afternoon

Painting Studio

Mondays, March 3 – May 5 (10 weeks)
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

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. There will be homework and direct, pointed feedback designed to help you improve your skills. *(course code rt15)*

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

MONDAY Late Afternoon

Joseph Campbell and *The Power of Myth*

Mondays, March 3 – April 7 (6 weeks)
3:00 p.m. - 4:30 p.m.

Location: Online
Member: \$48 / Non-Member: \$72

The Power of Myth is a series of six 1-hour interviews between Joseph Campbell and Bill Moyers that was broadcast as a PBS television series. It deals with the universality and evolution of myths in the history of the human race and the place of myths in modern society. We will watch these sessions together for the 1st hour followed by a discussion about the relevance of these ideas to our own lives. Many people have said that watching these interviews has changed their lives. An open group discussion is even more likely to have an impact on your journey. I'm looking forward to our learning from each other. *(course code rm16)*

Instructor: Charlie Pearlman

TUESDAY Morning

Agatha Christie's *Evil Under the Sun*

Tuesdays, March 4 – March 25 (4 weeks) Location: Online
10:30 a.m. - 11:30 a.m. Member: \$32 / Non-Member: \$48

In this course we will read and discuss Agatha Christie's *Evil Under the Sun*. In this novel Hercule Poirot investigates the murder of a famous actress. The setting is a picturesque resort hotel along the southwestern coast of England. Even though this is a congenial, sunny, and romantic location Hercule Poirot declares in Chapter One that one should keep in mind that "there is evil everywhere under the sun." Text for the course: any edition of Christie's *Evil Under the Sun*. (course code *rm17*)

Instructor: Hugo Walter

America's Peculiar Institution

Tuesdays, March 4 – May 6 (10 weeks) Location: Hybrid can be taken in-person (NB) or online
10:30 a.m. - 12:00 p.m. Member: \$80 / Non-Member: \$120

For about 250 years, American liberty and American slavery grew in the same soil. In this course, we'll examine, through lecture and discussion, the details of this paradox. We'll delve into the development of slavery in England's North American colonies, the role of slavery in the growth of the commerce in the 18th century, slavery's role in the American Revolution and the making of the Constitution, resistance to slavery in the 19th century, and the great conflicts, political and military, that eliminated slavery in America. (course code *hyt18*)

Instructor: Ed Malberg



This is a **hybrid** course. It can be taken either in-person or online. **The instructor will be in-person.**

American Art

in New Brunswick

Tuesdays, March 4 – May 6 (10 weeks) Location: in-person in New Brunswick
10:30 a.m. - 12:00 p.m. Member: \$80 / Non-Member: \$120

The course begins with the limners and highlights the work of John Copley, Benjamin West and Gilbert Stuart. The influence of the Peale Family and the beginnings of a true American art - the Gilded Age, the Ash Can School, the WPA, ending with Pop Art. (course code *nbt19*)

Instructor: Maryann Zolota

Drawing Workshop

Tuesdays, March 4 – May 6 (10 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

Remember, the more you draw, the better you will get at it. Now you can experiment with different drawing materials as well as various subject matter. You will try your hand at graphite pencils, charcoal, pen and ink, tea staining. We will draw the human figure, portraits, landscapes, still life studies and more. Come draw with me. (course code rt20)

Supplies needed: F Faber/Castell graphite pencil, 3B Faber/Castell graphite pencil, 7B Faber/Castell graphite pencil, General charcoal pencil (soft), a ball point pen (black ink), pink beveled eraser, 11"x14" 50 lb. stock Bienfang or Strathmore sketch pad.

Instructor: Jeff Cohen

Moby Dick by Herman Melville

Tuesdays, March 4 – April 22 (8 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$64 / Non-Member: \$96

Receiving mixed reviews when it was first published in 1851, and largely forgotten until it was rediscovered in the 1920s, *Moby Dick* has since taken on an almost mythical status among world novels, becoming one of the books from our American past that haunts the American character and may, finally, defy conclusive interpretation. But we will try, over the course of eight weeks, to see how an epic mythology emerges from its pages. Please read the novel (or, at least, most of it) prior to the first class. Any edition will do, but one with some notes and commentary, such as the Penguin Classics edition and the Norton Critical edition, will be most helpful. I will provide some background information, but the class will consist of our individual and collective responses to the novel. (course code rm21)

Instructor: Allen Ascher

Poetry in Spring

Tuesdays, March 4 – April 22 (8 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$64 / Non-Member: \$96

In this workshop class we will write poems about what's in the news, in our hearts, and on our minds, taking pleasure in the creative power of words. We'll read published poems by a range of poets, old and new, to learn from their ideas and techniques. Lively discussions each week about meaning, craft, and artistic choices will lead to a prompt for writing new work. Students have a chance to draft a new poem each week and share it in class. Individual critique takes place in a supportive, non-competitive atmosphere. (course code rm22)

Instructor: Maxine Susman

Stanley Kramer Films: A Film Discussion Class

Tuesdays, April 15 – May 6 (4 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$32 / Non-Member: \$48

Stanley Earl Kramer was an American film director and producer, responsible for making many of Hollywood's most famous message films. These films brought attention to topical social issues that most studios avoided. Prior to each class we will watch and discuss 1 of 4 of his films that individually deal with: Racism (*Guess Who's Coming to Dinner*), Greed (*It's a Mad, Mad, Mad, Mad World*), Creationism vs Evolution (*Inherit the Wind*) and the causes and effects of fascism (*Judgment at Nuremberg*). All these films should be available via streaming from Amazon, Apple TV or Netflix, usually for a \$3.99 rental charge. If you still have access to a DVD player, they may also be found in DVD form at local libraries for rental as well. Important note: If you enroll in this class, please watch the first assigned film: *Guess Who's Coming to Dinner*, prior to our first class, so that we may discuss it appropriately. (course code rm23)

Instructor: Bruce Tucker

Vietnam in Contemporary Literature

in New Brunswick

Tuesdays, March 4 – May 6 (10 weeks)
10:30 a.m. - 12:00 p.m.

Location: in-person in New Brunswick
Member: \$80 / Non-Member: \$120

Few events in the past century have divided the American public as much as the war in Vietnam. This course will explore the topic but from a different perspective: what do the Vietnamese writers have to say about the war and its impact on them and their identity? We will begin with *The Sorrow of War* by Bao Ninh and *The Novel Without a Name* by Doung Thu Houg, and then *Monkey Bridge* by Lan Cao and *The Sympathizer* by Viet Thanh Nguyen, and *The Gangster We Are Looking For* by li thi deim thuy. (course code rt24)

Instructor: George Schroefer

OLLI-RU Members tour the Rutgers Farm!



Tuesdays, March 4 – May 6 (*10 weeks*)
10:30 a.m. - 12:00 p.m.

Location: in-person in New Brunswick
Member: \$80 / Non-Member: \$120

This course will lead students through a physical yoga practice starting with a dharma talk (our purpose) and pranayama (breath work exercises), progressing through asanas (physical postures), and concluding with shavasana (meditation). Our physical practice will be rooted in correct anatomy and alignment with a special focus on accessibility for all practitioners by offering numerous modifications and variations during each practice. Mindfulness of movement and consciousness of breath will be at the foundation of each practice as it guides us toward our overall goal of mind, body, and spirit connection. This course will offer students a well-rounded understanding of yoga, not only in the physical sense - which is only a small piece of the big yoga pie - but also in the historical, philosophical, and cultural sense of the tradition. Through both in-class discussions and out-of-class readings and reflections (all materials provided by the instructor), we will uncover the origins, values, and beliefs of yoga to best understand the form as a 5,000-year-old tradition. We will discuss the foundational philosophies of yoga and uncover how yoga can be a continuing practice of personal discovery and deeper connection.

(course code nbt25)

Instructor: Jessica Michal



Meet new OLLI-RU instructor **Jessica Michal**

Jessica is a professional movement artist and educator who earned her BFA in dance from Rutgers University's Mason Gross School of the Arts in May 2021, completed her Yoga 200-hr Yoga Teacher Training from Om Factory School of Yoga in July 2019, and completed her NASM Personal Training Certification in August 2024. Jess is a lifelong learner of her movement studies and currently teaches both dance and yoga at numerous studios and schools around NJ.

TUESDAY Early Afternoon

A Brief Intro to Artificial Intelligence

Tuesdays, April 8 – April 15 (2 weeks)
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$20 / Non-Member: \$30

This class offers a brief overview of artificial intelligence (AI) and its applications in various fields. We'll discuss the significance of AI in everyday life and touch on the concept of using AI for fun and knowledge. We will examine the following questions: what is AI; what are the different types of AI /Generative AI including who can use it, and where can it be used; what is ChatGPT and the uses of ChatGPT, what is prompting, what are the limitations and challenges of AI. The course will offer real-life use cases and examples to practice experimenting with AI in real-time. *(course code rm26)*

Instructor: Sayyid Tirmizi

Frontier Feminists

in New Brunswick

Tuesdays, March 4 – March 18 (3 weeks)
1:00 p.m. - 2:00 p.m.

Location: in-person in New Brunswick
Member: \$30 / Non-Member: \$45

This course presents the stories of three 18th-century women who found their voices and rose above their circumstances at a very difficult time. Marie Chouteau founded a family dynasty in French-controlled St. Louis. Elizabeth Freeman successfully challenged the legality of her own slavery in Massachusetts courts. Molly Brant championed the Iroquois people and inspired writers who launched the struggle for women's rights in the 1800s. No materials or books required for this course. *(course code nbm27)*

Instructor: Jeff Heller



Meet new OLLI-RU instructor **Jeff Heller**

Jeff is a screenwriter and historical novelist. His lectures on colonial America have been presented at libraries, cultural festivals and historical societies in south Jersey.

Islamic Art of the Book

Tuesdays, March 4 – April 1 (5 weeks)
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$40 / Non-Member: \$60

This course delves into the art of the book in the Islamic World, exploring the rich traditions, aesthetics, and techniques that shaped Islamic book writing from the 7th to the 19th centuries. We will examine manuscripts' artistic, cultural, and religious significance in Islamic civilization, covering themes like calligraphy, geometry, illumination, and binding and decorating through gold and silver. We will also examine the symbolic and cultural importance of the book within Islamic art. (course code rv28)

Instructor: Sayyid Tirmizi

Learn Pastels: Chalk and Oil

Tuesdays, March 4 – May 6 (10 weeks)
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

The best way to learn how to do pastel paintings is...to do them. There will be no long, tired lectures about the intricacies of technique. We will cover the basics, then you will begin creating. That is where the learning truly begins. Soft pastels combine the qualities of drawing and painting. You will also experience the boldness of oil pastels. Explore composition, color, light, shadow and perspective. For beginners as well as experienced pastel artists, we will focus on producing vibrant pastel works. (course code rt29)

Supplies needed: 18 or 24 piece set of soft chalk pastels, and 36 or 48 piece of oil pastels. Mungyo is a good brand for both. Canson pad of 98 lb. multi-color pastel paper (24 sheets), set of pastel pencils (12), small tortillon or blending stick packet (6), kneaded eraser.

Instructor: Jeff Cohen

Masterworks of World Cinema

in New Brunswick

Tuesdays*, March 4 – May 13 (10 weeks)
1:00 p.m. - 3:30 p.m.

Location: in-person in New Brunswick
Member: \$80 / Non-Member: \$120

*no class on 3/11

This course presents ten international films from seven different countries. Each film is seen and discussed in terms of its director, style, form, and unique technical language. The films selected provisionally are: *Jules and Jim* (Truffaut/France), *Ikiru* (Kurosawa/Japan), *Short Cuts* (Altman/USA), *Transit* (Petzold/Germany), *Chinatown* (Polanski/USA), *Jalsaghar* (Ray/India), *The Life of Emile Zola* (Dieterle/USA), *Il Conformista* (Bertolucci/Italy), *Jazz on a Summer's Day* (Stern/USA), *Women in Love* (Russell/UK). The final list will be distributed in the first class. (course code nbt30)

Instructor: Keki Dadachanji

A Potpourri of Films

Tuesdays, March 4 – May 6 (10 weeks)
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

Join us as we go around the globe in film for our movie club (like a book club but with movies!). The movies curated for this course come from Europe, South America, and the United States, and they represent a variety of genres and themes including autism, coming of age, education, families, serious health issues, Navajos, orcas, problems in a small village, refugees, war. Each film must be viewed prior to the weekly class discussion. All of the films are currently available on Netflix. The films take place in the country that is listed, and they will be discussed in the following order: *Aftersun* - 2022 (Turkey, United Kingdom), *The Swimmers* - 2022 (Brazil, Greece, Syria), *The Teachers' Lounge* - 2023 (Germany), *Frybread Face and Me* - 2023 (United States), *Narvik: Hitler's First Defeat* - 2022 (Norway), *Rob Peace* - 2024 (United States), *Wicked Little Letters* - 2023 (England), *The Lighthouse of the Orcas* - 2016 (Argentina), *18 Presents* - 2020 (Italy), *Sing Street* - 2016 (Ireland). (course code rt31)

Instructors: Roz and Steve Shaw

TUESDAY Late Afternoon

Tiny Forms, Big Stories: A Creative Writing Workshop for Short-Form Memoirs

Tuesdays, March 11 – May 13 (10 weeks)
3:00 p.m. - 4:30 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

This 10-week course introduces students to the power of using "tiny forms" to tell memoir stories. Students can work with nonfiction prose or poetry to create their stories, and we'll experiment with both. Each week will blend short lectures on form and style, guided writing exercises, student sharing, and discussions. Students can work with poetry or prose to complete the assignments. Classes will provide a supportive critique environment for students to explore memoir through condensed forms, such as the triptych, haiku, triolet, flash fiction or memoir, collage, haibun, and braided stories. Recommended text: *Best Small Fictions 2023*, by Catherine McNamara, Andrea Frazier, and 8 more (Alternating Currents Press, available on Amazon). (course code rt32)

Instructor: Deborah Greenhut

Thank you to all the OLLI-RU Members who joined us at our annual
Member Winter Party!!

We are especially grateful to those who participated in our first
OLLI-RU cookie bake off!



Congratulations to our cookie bake off winners!!!



(left to right: Ilene Millman, Cynthia Wineinger, Pat Michaels)

First Place:

Ilene Millman

Raspberry Linzer Cookies

Second Place:

Cynthia Wineinger

White Chocolate, Macadamia Nut
Cranberry Cookies

Third Place:

Pat Michaels

Cranberry-Lemon Cookies

WEDNESDAY Morning

American Political Parties & (Bi)Partisanship in Congress

in New Brunswick

Wednesdays, March 5 – March 19 (3 weeks) Location: in-person in New Brunswick
10:30 a.m. - 12:00 p.m. Member: \$30 / Non-Member: \$45

These lectures are three takes on American political parties: their rise and fall, what has differentiated them over the years, and the present state of partisanship in one American institution: the US Congress where, despite the bleak picture of poisoned relationships among the American people, certain features of the institution soften partisan differences. The 3 lectures are: Civic Virtue and Civic Squalor in America; Bipartisanship in Congress is Not Dead, but it's in the ICU; and Party-Crashers: Four Presidents who Upended American Politics. (course code nbm33)

Instructor: Ross Baker

Meet new OLLI-RU instructor Ross K. Baker



Professor Baker received his B.A., M.A., and Ph.D. from the University of Pennsylvania. He was a research Associate at the Brookings Institution before joining the Rutgers faculty. He served as a consultant to the Democratic caucus of the U.S. House of Representatives and senior advisor to Senators Patrick J. Leahy [D-VT] and Chuck Hagel [R-NE]. In 2008, 2012, and 2016 he was Scholar in Residence in the Office of the Democratic Leader of the U.S. Senate.

Ross is the author of: *The Afro-American*; *American Government* with Gerald Pomper and W. Carey McWilliams; *Friend and Foe in the U.S. Senate*, *The New Fat Cats*; *House and Senate*, *Strangers on a Hill* and *Is Bipartisanship Dead?* He was contributing editor to *American Demographics*, a member of the editorial board of *Polity*, and is currently a Member of the Board of Contributors of *USA Today*.

Bone-Tickling Tales: A Hilarious Journey through Creaks, Cracks and Cartilage

in Freehold

Wednesdays, March 5 – April 2 (5 weeks) Location: in-person in Freehold
10:30 a.m. - 12:00 p.m. Member: \$40 / Non-Member: \$60

Come learn and laugh as we explore how bones form, develop, grow, age, and why they make those noises. Learn about bone marrow and transplants, soft spots, sinuses, cartilage, the shoulder rotator cuff, the knee meniscus and knee replacement, and ligaments like the ACL. Explore the knee, shoulder and hip joint and why pregnant women waddle. Learn about osteoporosis, hammertoe, dislocated and separated shoulder, herniated, and slipped disks, carpal tunnel, trigger finger and more. (course code fv34)

Instructor: Barbara Bogner

Brain Games

Wednesdays, April 2 – April 30 (5 weeks) Location: Online
10:30 a.m. - 12:00 p.m. Member: \$40 / Non-Member: \$60

Boost your brain power with mental workouts that involve concentration, memory, and reasoning ability! As we age, mental sharpness can decline, but studies show targeted exercises may help improve cognitive health. Engaging in activities that challenge memory, reasoning, and creativity will help stimulate your mind to keep it agile. Join us for fun activities like logic puzzles, memory games, riddles, tongue twisters, trivia, creative problem-solving challenges and more. (course code rv35)

Instructor: Monica Shah

Chair Yoga and Relaxation

Wednesdays, March 5 – April 9 (6 weeks) Location: Online
11:00 a.m. - 12:00 p.m. Member: \$48 / Non-Member: \$72

This beginner course includes traditional chair yoga exercises synchronized with breathing techniques (pranayam) to target and strengthen various muscle groups and joints in the body and increase flexibility and mobility. Nearly all our practice will be done seated on the chair with just a few standing next to the chair. The breathing techniques help to relax, release stress and anxiety, which can also help to lower blood pressure, cholesterol and minimize joint pains. Participants should wear loose and comfortable clothing. While practicing, all students should listen to their body. (course code rm36)

Instructor: Pratibha Jani

The Dystopian Novel

Wednesdays, March 5 – May 7 (10 weeks) Location: Online
10:30 a.m. - 12:00 p.m. Member: \$80 / Non-Member: \$120

In this class two dystopian novels, *Brave New World* by Aldous Huxley and *Fahrenheit 451* by Ray Bradbury will be discussed. To offset these, we will talk about James Hilton's *Lost Horizon* and his vision of a utopian world. (course code rt37)

Instructor: Vandana Walia

The Emperors of Ancient Rome: The Good, the Bad and the Crazy

Wednesdays, March 5 – April 2 (5 weeks) Location: Online
10:30 a.m. - 12:00 p.m. Member: \$40 / Non-Member: \$60

The story of how a city - state on the banks of the Tiber River grew into an empire that lasted so long still fascinates us today. The class will focus on some of the early Emperors, beginning with Augustus Caesar and continuing to the eccentric and cruel Caligula and Nero to the philosopher - king Marcus Aurelius. The class will end with a study of Constantine the Great, who moved the capital from Rome to Constantinople. No single text will be used, and no prior knowledge of Roman history is required. (course code rv38)

Instructor: Barbara Griffin

Ethics

Wednesdays, March 5 – May 7 (10 weeks) Location: Online
10:30 a.m. - 12:00 p.m. Member: \$80 / Non-Member: \$120

Whenever we ask “*What is right for me to do?*” we are engaged in moral reasoning. We all have beliefs regarding what is right and what is wrong to do: moral beliefs or morality. When we subject these beliefs to scrutiny through critical reasoning, we enter the domain of philosophy that is ethics. Ethics enables us to test our moral beliefs by exploring what it is that makes what is right, right and what is wrong, wrong. We’ll be examining a number of ethical theories, considering both the standards they employ to distinguish right from wrong and the central principles they operate with, and evaluate their strengths and weaknesses. Topics will include divine command theory, duty-based ethics, consequentialist ethics, ethical egoism, virtue ethics, and an ethic of care: feminist ethics. Course meetings will consist of both presentations by your professor as well as class discussions. Unfamiliar language and terminology will be clearly defined and class participation is encouraged. Readings in the form of excerpts from the work of important philosophers will be provided.

(course code rt39)

Instructor: Alison Brown

Oil Pastel

in New Brunswick

Wednesdays, March 5 – May 7 (10 weeks) Location: in-person in New Brunswick
10:30 a.m. - 12:30 p.m. Member: \$80 / Non-Member: \$120

Get ready to unveil your artistic skills and learn the art of oil pastels! Learn the techniques of oil pastel art and create vibrant art pieces, using the unique depth and richness of oil pastel colors. The participants will be provided with a pre-sketched paper to focus on learning and applying the oil pastel techniques and tools to create their lovely artwork. Step-by-step guidance and personalized attention will be provided to each participant during the sessions. (course code nbt40)

Required Supplies: white mixed media paper (preferred size 7"x10"); oil pastel color set (preferably “Pentel of America” oil pastels); Q-tips; art/masking tape; paper towel; pencil, eraser, sharpener, ruler. Full list of supplies and the suggested purchase links will be emailed to the registered participants.

Instructor: Komal Mehra

WEDNESDAY Early Afternoon

Aging Out: Older Women in Literary Short Fiction

Wednesdays, March 5 – April 2 (5 weeks) Location: Online
1:00 p.m. - 2:30 p.m. Member: \$40 / Non-Member: \$60

In short fiction, we often meet characters who must make life choices under great pressure. An entire future may be at stake. But what choices are left for women beyond a certain age and what's at stake for them? Should they remain open to a romantic relationship when the years ahead may be short and fragile? Should secrets long hidden be revealed at last? We'll read and discuss five stories—including some by Anne Enright, Elizabeth Strout, and Lee Martin—that feature older women facing life-changing choices and explore some of the ways their personal dilemmas are depicted in fiction. Instructor will email PDF copies of the stories to the students. (course code rv41)

Instructor: Mary Ann McGuigan



Meet new OLLI-RU instructor **Mary Ann McGuigan**

Mary Ann's short fiction has appeared in *The Sun*, *Massachusetts Review*, and many other journals. Her collection *PIECES* includes stories named for the Pushcart Prize and Best of the Net. *THAT VERY PLACE*, her new collection, reaches bookstores in 2025. Mary Ann's creative nonfiction can be found in journals such as *Brevity*, *The Rumpus*, and *The Citron Review*. Her book *WHERE YOU BELONG* was a finalist for the National Book Award. After graduating St. Peter's University, she taught English for eight years and later became a financial editor, mainly for Bloomberg L.P., serving as managing editor of two Bloomberg magazines and later as publisher for Bloomberg Press.

Columbo in the Classroom

in New Brunswick

Wednesdays, March 12 – April 9 (5 weeks) Location: in-person in New Brunswick
1:00 p.m. - 3:00 p.m. Member: \$40 / Non-Member: \$60

Attention *Columbo* fans! Stressful times call for comfort TV. What could be more comfortable than watching Lieutenant Columbo solve a murder? We will watch and talk about some of the best *Columbo* episodes from its very first season in 1971. And just one more thing...these will be complete episodes with no commercials!

(course code nbv42)

Instructor: Larry Stanley

Freehand Drawing: Flowers

Wednesdays, March 5 – April 2 (5 weeks)
1:00 p.m. - 3:00 p.m.

Location: Online
Member: \$40 / Non-Member: \$60

Students will discover the unique characteristics and handling of various non-toxic media by drawing beautiful flowers freehand. The material has been developed so that it is available to students at all levels of ability: no previous art experience is required. (course code rv43)

Class Descriptions:

1. Drawing Flowers: Amaryllis: We will create an Amaryllis using oil pastels
2. Drawing Flowers: Hyacinth: We will create a Hyacinth using a ball point pen
3. Drawing Flowers: Orchid: We will create an Orchid using watercolor pencils and watercolor paint brushes
4. Drawing Flowers: Hibiscus: We will create a Hibiscus using watercolor pencils and watercolor paint brushes
5. Drawing Flowers: Dahlias: We will create Dahlias using a graphite pencil

Required materials: Black ballpoint pen, 2HB graphite pencil, watercolor pencils and #0 and #6 watercolor paint brushes, 98 lb. 9"x 12" mix media pad, oil pastels.

Instructor: Karl Lorenzen

It's Today: The Musicals of Jerry Herman

Wednesdays*, March 5 – May 7 (9 weeks)
1:00 p.m. - 2:30 p.m.
**no class on 3/12*

Location: Online
Member: \$72 / Non-Member: \$108

The course will explore the remarkable career of Broadway tunesmith Jerry Herman, ranging from his earliest off-Broadway revues to his Tony Award-winning smash musicals and films such as *Hello, Dolly!*, *Mame*, and *La Cage aux Folles*. (course code rm44)

Instructor: Susan Speidel

The Jews of Spain: A History of the Sepharad

Wednesdays, April 16 – May 7 (4 weeks)
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$32 / Non-Member: \$48

Jews first began to inhabit the Iberian peninsula in the 2nd Century CE during Roman Rule. At that time, it was and had been a Roman province called Hispania since 218 BCE. Jews lived among the inhabitants that included Carthaginians, the Iberians, the Lusitanians and Gallaecians as traders, merchants and farmers. Roman and Visigothic Hispania and later under Muslim rule El Andeluse, was a successful, cohesive cosmopolitan world bound together by laws, languages, mixed cultures and religions linked by Roman roads. This class traces the history of the Jews of Spain from the first traders to settle along its coasts thru the golden age between 711 CE and the 1200s to its disastrous end with the Catholic Reconquest, Mass Expulsions of 1492 and the murderous and bloody inquisitions that followed. (course code rm45)

Instructor: Bruce Tucker

Why Religion? – William James, Sigmund Freud, Carl Jung

in New Brunswick

Wednesdays, March 5 – April 16 (7 weeks)
1:00 p.m. - 2:30 p.m.

Location: in-person in New Brunswick
Member: \$56 / Non-Member: \$84

We will read portions of James' *Varieties of Religious Experience*, Freud's *Future of an Illusion* and Jung's *Modern Man in Search of a Soul*. Presentations and discussions will focus on the contrasts, tensions and insights represented by these seminal thinkers. Selected readings will be emailed to students. (course code nbm46)

Instructor: Brooks Smith

THURSDAY Morning

American Western Film Before 1960

in New Brunswick

Thursdays, March 6 – May 8 (10 weeks)
10:00 a.m. - 12:30 p.m.

Location: in-person in New Brunswick
Member: \$80 / Non-Member: \$120

This course provides an exploration of the iconic American western film during its golden age from 1935 to 1960. Together we will watch and discuss a carefully curated selection of 10 films that showcase the evolution of Western cinema, its cultural impact, and its reflection of American societal values during this period. (course code nbt47)

Instructor: Jerry Wichinsky



Meet new OLLI-RU instructor Jerry Wichinsky

Jerry has over 40 years of experience in HR Management and Training. He is also a lifelong cinephile, with a specialty in American Western Film, a passion he would love to share with others. He is also a veteran cabaret performer in NYC, NJ and PA.

Thursdays, March 6 - April 3 (5 weeks)
10:00 a.m. - 12:00 p.m.

Location: in-person in Freehold
Member: \$40 / Non-Member: \$60

Previous Irish History “courses” at OLLI-RU have ended with the Civil War and the establishment, in 1923, of the “Irish Free State.” This course will use the end of the Civil War as a starting point, looking to examine events in an increasingly free, independent and changing Ireland across the hundred years that followed. Included will be De Valera’s rise to power, Ireland’s flirtations with Communism and Fascism, The Irish Constitution, World War II, Neutrality, and post war trauma. The period of 1950 – 2024 will be looked at through a timetable of major events with particular attention to themes, including Politics, the Economy, the North and Changing Social Norms. There will also be a focus on the diminishing role of religion and the interactions between church and state. Ireland today, by all accounts, is a secure, happy and thriving country: this course will consider just how this was accomplished. *(course code fv48)*

Henry McNally, a long-time instructor at OLLI-RU, will be retiring upon completion of this class.

Instructor: Henry McNally



OLLI-RU thanks Henry McNally for his dedication. More than 40 courses over 10 years and each one thoroughly researched and engagingly presented as many of his students will tell you. Below are just a few of their comments through the years. We echo them all and simply add...

May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face, and rains fall soft upon your fields. And until we meet again, May God hold you in the palm of His hand.

--“Inspired me to travel to Ireland!”

--“instructor’s prep and knowledge level was exceptional”

--“Hank is a master teacher!”

--“Henry McNally is a fabulous teacher. He is well-prepared and always makes the presentation so enjoyable and interesting”

-- “Excellent instructor!”

--“Henry McNally is an exceptional professor. He is always interesting and keeps engaged in the content”

--“Instructor was fabulous. Knowledgeable and extremely engaging. Went above and beyond.”

--“Hank is a great teacher (and Irish singer)!”

--“Mr. McNally is a knowledgeable and vivacious instructor.”

--“Henry is a scholar and a gentleman!”

--“... one of the best teachers I have ever had the pleasure to learn from!”

--“Hank McNally is a national treasure!”

--“Mr. McNally’s...knowledge and passion is evident in his classes.”

--“McNally is awesome!!”

--“superb instructor”

--“Fantastic instructor”

--“Hank McNally is a wonderful teacher”

--“Great job Hank!”

--“Hank’s courses are often the highlight of my week.”

--“Henry McNally makes the course material come alive. He relates the info like a story. It’s captivating and makes me want more.”

--“Hank is wonderful. No more to be said”

-- “Henry is a wonderful and interesting teacher... I am so grateful to him”

Forty U.S. Supreme Court Cases Everyone Should Know and Why

Thursdays, March 6 – May 8 (10 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

The Supreme Court has shaped the way our government operates, our understanding of the appropriate role of government and the extent of our personal and political rights. Beginning with four cases decided shortly after our nation was formed and ending with four cases decided the last two terms, we will get an appreciation of how central the Court has been in making America what it is today. It's a dynamic process that continues to unfold and we all have some say in determining outcomes. This course will enable us to be more informed as to where we believe we should be heading. (course code rt49)

Instructor: Louis Ruprecht

The Romanov Dynasty Part II: Revolt and Decline 1825-1917

Thursdays, March 6 – April 3 (5 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$40 / Non-Member: \$60

The Romanovs, one of the most successful empire builders in history, ruled Russia for 304 years. Part II continues our study of the autocratic emperors and empresses in this dynasty. We will begin as Nicholas I takes the throne during the Decembrist Revolt in 1825 and end in 1917 as Nicholas II is overthrown in the Russian Revolution and forced to abdicate the throne. The final ninety-two years of the Romanov reign follows the familiar pattern of conspiracy, intrigue, excessive wealth and subjugation of the middle and lower classes. Yet as the twentieth century dawns, the world is rapidly changing and the centuries old dynasty can no longer maintain absolute power. Note: You can take Part II of this course even if you did not take Part I. (course code rv50)

Instructor: Lyndell O'Hara

Talking Musicals Part 2

Thursdays, March 6 – April 3 (5 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$40 / Non-Member: \$60

Louis Armstrong said that *"Music is life itself."* Using various clips from Broadway and movie musicals, this course will explore four categories: musicals for generations, obscure musical numbers, musicals with animals, and ethnic musicals. Join us as we discuss one of America's true art forms, musical comedy. (course code rv51)

Instructors: Sam and Candy Caponegro

Two Novels by D. H. Lawrence

in New Brunswick

Thursdays, April 10 – May 8 (5 weeks)
10:30 a.m. - 12:00 p.m.

Location: in-person in New Brunswick
Member: \$40 / Non-Member: \$60

D. H. Lawrence's *The Rainbow* (1915) chronicles three generations of an English Midlands family, the Brangwens, taking them from the Victorian age through changes in economic and belief systems to the modern era. The novel culminates in the character of Ursula Brangwen, a brilliant young woman who challenges convention of education, family, and English identity. The sequel, *Women In Love*, (1920) sees Ursula and her sister Gudrun take up with two very different men, the artistic Rupert Burkin and the charismatic industrialist Gerald Crich. The life of Pablo, the two couples through growth and tragedy, social and psychological permutations and referrals. The two novels meld modernist innovation with the traditional narrative pleasures of the family saga in an engrossing and entertaining way. (course code nbv52)

Instructor: Nicholas Birns



Members of the Advisory Council awarded Nicholas Birns the Fall 2024 Marlene M. Pomper Distinguished Teacher Award.

Watercolor Art

in New Brunswick

Thursdays, March 6 – May 8 (10 weeks)
10:30 a.m. - 12:30 p.m.

Location: in-person in New Brunswick
Member: \$80 / Non-Member: \$120

For beginners and semi-beginners alike, we will create art together while learning and practicing the basic techniques of watercolor art. I will provide step-by-step guidance and personalized attention to help you create beautiful paintings during class and help you develop skills so you can feel comfortable painting on your own. Each student will receive a pre-sketched watercolor paper, so you can focus on painting and learning the watercolor techniques. (course code nbt53)

Required Supplies: White watercolor paper (preferred sizes: 9 inches by 12 inches and 7 inches by 10 inches); watercolor paint set; paint brushes: 1 flat brush, 1 round brush and 1 thin brush (for details); paper towels; cup for water; masking/art tape; pencil, eraser, sharpener and ruler. Full list of supplies and the suggested purchase links will be emailed to the registered participants.

Instructor: Komal Mehra

A Writing Workshop Inspired by Vivian Maier's Photography & the Art of Keeping Secrets

Thursdays, April 17 – May 8 (4 weeks)
10:00 a.m. - 12:00 p.m.

Location: Online
Member: \$32 / Non-Member: \$48

"A picture is a secret about a secret, the more it tells you the less you know." Diane Arbus

In this 4-week online writing workshop, we will explore the work of Vivian Maier, a pioneer of street photography, using her images of mid-century Chicago and New York as inspiration for poems and stories of our own. A reclusive "Mary Poppins" who once looked after talk show host Phil Donahue's children, Maier captured over 100,000 images of city life, none of which she ever developed, much less shared with the world. Sometime before her death in 2009, thousands of her negatives were discovered in an abandoned storage locker, identified as hers, and deservingly brought to international attention. Integral to our discussions and sharing of work will be readings from little and well-known wordsmiths. Writers at all stages of their career are welcome to join our supportive writing community. (course code *rm54*)

Instructor: Shelley Benaroya

THURSDAY Early Afternoon

Cincinnatus in Caesarea: George Washington in New Jersey in New Brunswick

Thursdays, March 6 – May 8 (10 weeks)
1:00 p.m. - 2:30 p.m.

Location: in-person in New Brunswick
Member: \$80 / Non-Member: \$120

This year June 14, 2025, brings the 250th anniversary of George Washington's appointment as America's Commander-in-Chief. Gen. Washington spent more of the Revolutionary War in New Jersey than in any other state. Campaigns, cantonments and crossings of New Jersey transformed the 1st President of the United States from Virginian to American. This course offers a place-based biography of George Washington in New Jersey with special attention to the State Parks and Historic Sites that preserve and interpret New Jersey as the Crossroads of the American Revolution. Schedule of lectures: 1. Cincinnatus in Caesarea: George Washington in New Jersey 2. Washington's Birthday and French and Indian War 3. George Washington the Virginian 4. Washington's Crossing and the Battles of Trenton and Princeton 5. Monmouth and Middlebrook 6. Morristown and Rockingham 7. George Washington the American 8. Barrel Tapped at Both Ends: The U.S. President at New York 9. Barrel Tapped at Both Ends: The U.S. President at Philadelphia 10. Cincinnatus in Caesarea Hodie: George Washington in Revolution NJ. This is a great way to start New Jersey's official observance of the 250th anniversary of the American Revolution, called Revolution NJ. (course code *nbt55*)

Instructor: Paul Soltis

Crazy Love: Classic Screwball Comedies

Thursdays, April 10 – May 8 (5 weeks)
1:00 p.m. - 2:30 p.m.

Location: Online
Member: \$40 / Non-Member: \$60

Each session will feature a discussion of a screwball comedy directed by one of the major practitioners of the genre, including Frank Capra (*It Happened One Night*), Gregory La Cava (*My Man Godfrey*), Mitchell Leisen (*Easy Living*), Ernst Lubitsch (*The Shop Around the Corner*), and Preston Sturges (*Sullivan's Travels*). Students will view each film prior to the class. During class, we will discuss the making of the film, collaborating artists, and more. The films are available to stream. Check justwatch.com to find out where or you can also check with your library to see if it's available on Kanopy or on dvd. Please watch *It Happened One Night* before the first class. (course code rv56)

Instructor: Paul Howe

The Great American Short Story

in New Brunswick

Thursdays, March 6 – April 3 (5 weeks)
1:00 p.m. - 2:30 p.m.

Location: in-person in New Brunswick
Member: \$40 / Non-Member: \$60

Students will read and discuss some American short stories including "The Legend of Sleepy Hollow" by Washington Irving; "Everyday Use" by Alice Walker; "Cathedral" by Raymond Carver; "Young Goodman Brown" by Nathaniel Hawthorne; and "The Summer People" by Shirley Jackson. We will engage with language, read aloud, write some pieces connected with the tales, and even draw a bit to bring these stories to life. It's everything you ever wanted an English class to be! It's helpful if students can bring hard copies of the stories (either printed from the internet, borrowed from the library or purchased copies.) to class. (course code nbv57)

Instructor: Maureen McVeigh-Bertzok



Meet new OLLI-RU instructor **Maureen McVeigh-Bertzok**

Currently a professor at Middlesex College and Editor of TAPinto East Brunswick, Maureen has taught English for 43 years. She wants to help readers to re-engage with short stories and poetry.

THURSDAY Late Afternoon

How to Get an Agent and Publish Your Book

Thursdays, March 6 – April 3 (5 weeks)
3:00 p.m. - 4:00 p.m.

Location: Online
Member: \$40 / Non-Member: \$60

Learn how to query a literary agent and all the options to get your manuscript published. Come with an idea, a work in progress or a completed work. See where to find a literary agent easily and at no cost. Work on your query letter and proposal, at your own pace, during class through live sharing and feedback from the instructor and fellow students. *(course code rv58)*

Instructor: Jamie Novak



Meet new OLLI-RU instructor **Jamie Novak**

Jamie is the author of six bestselling books and an expert organizer. She hosts the 10 Minute Podcast and you may have seen her on morning TV. Her teaching style is encouraging and her classes are filled with insider information from start to finish.

Siddhārtha

Thursdays*, March 6– May 15 (10 weeks)
3:00 p.m. - 4:30 p.m.
**no class on 3/13*

Location: Online
Member: \$80 / Non-Member: \$120

Hermann Hesse's "Siddhārtha" is a work of lyrical poetry in prose. A young Brāhmin boy meets the Buddha, listens to his teachings, but chooses not to follow his path. He believes that the path that leads to liberation cannot be taught; it needs to be discovered by each seeker through his own experiences. This short book describes Siddhārtha's journey to self-realization. Unforgettable characters are portrayed with broad strokes. Siddhārtha's passage through stages of life reflects Buddha's own life and search for Nirvāna. We will read the magnificent translation by Joachim Neugroschel. The exploration of this masterpiece will be preceded by a brief outline of the life and teachings of the historical Buddha, and will be followed by the discussion of selected verses from Dhammapada. *(course code rt59)*

Instructor: Keki Dadachanji

FRIDAY Morning

Acrylic Art

Fridays, March 7 – May 9 (10 weeks)
10:30 a.m. - 12:30 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

Get ready to unveil your artistic skills! Learn and apply the basic techniques of acrylic art and create an aesthetic painting on canvas. Students will learn about blending acrylic colors, applying brush techniques and creating a lovely artwork while having a relaxing experience. Each student receives step-by-step guidance and personalized attention. (course code rt60)

Supplies needed: White stretched and primed canvas (preferred sizes: 11" x 14" or 12" x 16"); acrylic paint set (preferably "Apple Barrel" bottled paint set); acrylic paint brushes (preferably "Artecho" set with a variety of flat, round and thin brushes); paint palette tray or disposable plate (for mixing and blending colors); masking/art tape; cup for water; paper towels; pencil, eraser, ruler and sharpener; table top easel stand (optional). Full list of supplies and the suggested purchase links will be emailed to the registered participants.

Instructor: Komal Mehra

Dear Abby in Yiddish

Fridays, March 7 – May 9 (10 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$80 / Non-Member: \$120

For over 80 years, the *Jewish Daily Forward's* advice column "A Bintel Brief" (a bundle of letters) provided practical guidance to eastern European Jewish immigrants adjusting to life in America. It addressed a wide range of issues from spiritual dilemmas to family disputes and humorous challenges that arose as immigrants navigated the culture clash between their old-world traditions and their new American experiences. Using these letters, and actual Dear Abby letters, students will learn vocabulary, short phrases, and conversational skills. Students will learn to give each other advice in Yiddish. (course code rt61)

Instructor: Naomi Miller

Factors that Influence the Quality of our Medicines

in New Brunswick

Fridays, March 14 – March 28 (3 weeks)
10:30 a.m. - 12:00 p.m.

Location: in-person in New Brunswick
Member: \$30 / Non-Member: \$45

The course provides an overview of the manufacture of drugs and their components, measures to ensure safe and effective drugs by quality personnel, and their regulatory oversight by FDA. Case studies are presented of quality problems and their root cause. The course concludes with some practical tips for reducing the likelihood that substandard drugs find their way into your medicine cabinet. (course code nbm62)

Instructor: Irwin Silverstein

Film Noir Classics Revisited

Fridays*, April 4– May 9 (5 weeks)
10:00 a.m. - 12:00 p.m.
**no class on April 11*

Location: Online
Member: \$40 / Non-Member: \$60

Join us as we continue examining these directors' use of camera work, lighting, editing and sound to tell their darkly compelling, intricately plotted stories. The course curriculum and online, interactive film glossary will offer you opportunities to identify the cinematic techniques used in each weekly film. The tentatively selected titles are: 4/4: *The Postman Always Rings Twice*; 4/18: *The Maltese Falcon*; 4/25: *The Night of the Hunter*; 5/2: *The Killers* (Hemingway's); 5/9: *Out of the Past*. You will view films on your own, before each class. Please consult JustWatch.com as well as the Internet Archive website archive.org for viewing availability.

(course code rv63)

Instructor: Sally Bauer Cohen

Hot Topics: A Moderated Discussion

Fridays, March 14 – May 2 (8 weeks)
10:30 a.m. - 12:00 p.m.

Location: Online
Member: \$64 / Non-Member: \$96

Previously called "Let's Continue to Discuss", the purpose of this course is to discuss policy issues, explore root causes and logical approaches, attempting to explore an issue from both sides of the political aisle. The focus will be more on issues and less on the politics. Our discussions will strive to go deeper into the issues/policies than what mainstream media and emotion-rousing news outlets cover. Class participants will have minimal prep work – just bring their opinions/perspectives on the issues of the day (topics/agenda to be discussed will be emailed a day before class)! Occasionally, we will use a segment from a policy discussion program for class material (e.g., CNN's Fareed Zakaria, Michael Smerconish), or an article from a media outlet. Topics will include: how the new administration's doing, women's healthcare; the economy, inflation and national debt; climate change, changing energy needs, education, an early look at the NJ Governor's race, immigration; foreign affairs, term limits for House and Senate and more! *(course code rm64)*

Instructor: Jeffrey Davis

FRIDAY Afternoon

American Historical Geography

in New Brunswick

Fridays, March 7 – May 9 (*10 weeks*)
1:00 p.m. - 2:30 p.m.

Location: in-person in New Brunswick
Member: \$80 / Non-Member: \$120

The study of American Historical Geography consists of traditional Geography, American History, Ethnography and Demography. This course will focus on four empires...the British, Spanish, Dutch and French empires and their centuries long impact on the spatial development of the continental United States. Each empire will be discussed in historical, ethnographic, demographic and cultural terms, though such discussions will always be centered around social space. Much of the course will be lecture based, though participation and discussion will be expected. (*course code nbt65*)

Instructor: Alexander Christopoulos

Meet new OLLI-RU instructor **Alexander Christopoulos**

Alex has been teaching History at Middlesex County College since 2022. From 2005-2019 he taught History and Social Sciences at Berkeley College in New York City

INSTRUCTOR BIOS

Allen Ascher (pg. 20) has a doctorate in English from the CUNY Graduate Center. He taught English in middle school and high school and was an adjunct professor of English at Brookdale Community College. In 2023 he received OLLI-RU's Marlene M. Pomper Distinguished Teacher Award. "The major thing I've learned from my experience at OLLI-RU, and with its extraordinary participants, is that teaching is a collaborative and reciprocal effort -- no one teaches to an empty room."

Ross K. Baker (pg. 27) Professor Baker received his B.A., M.A., and Ph.D. from the University of Pennsylvania. He was a research Associate at the Brookings Institution before joining the Rutgers faculty. He served as a consultant to the Democratic caucus of the U.S. House of Representatives and senior advisor to Senators Patrick J. Leahy [D-VT] and Chuck Hagel [R-NE]. In 2008, 2012, and 2016 he was Scholar in Residence in the Office of the Democratic Leader of the U.S. Senate and will serve in that capacity again in 2016. He is the author of many books on the subjects of American government and U.S. legislative politics.

Shelley Benaroya (pg. 36) is a published poet and teaching artist who has helped students of all ages discover the poet and storyteller within. In addition to her role as founding director of the Writing Center for Creative Aging, she has been a poet-in-the-schools for the New Jersey State Council on the Arts, Writers Theatre, and NJPAC. In 2023, she joined the roster of teaching artists at Lifetime Arts, national leaders in creative aging programming. Among her awards are poetry and teaching fellowships from the NJSCA and Geraldine R. Dodge Foundation. She received OLLI-RU's Marlene M. Pomper Distinguished Teaching Award in 2023.

Nicholas Birns (pg. 35) teaches at NYU and is the author of many books and articles of literary and cultural criticism. He is the Fall 2024 recipient of the Marlene M. Pomper Distinguished Teacher Award.

Barbara Bogner (pg. 27) 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. She has enjoyed teaching courses for OLLI-RU for the past eight years.

Maureen D. Brady (pg. 13) holds a Master of Arts (M.A.) in Irish and Irish American Studies from New York University's Graduate School of Arts & Sciences, inclusive of coursework and research at Trinity College Dublin. Her courses cover topics in Irish history, literature and culture. She is honored to be a recipient of OLLI-RU's Marlene M. Pomper Distinguished Teacher Award.

Alison Brown (pg. 29) taught philosophy at Union County College for 25 years. She loves both teaching and philosophy and is interested in making philosophy's value, methods, and areas of focus accessible and translatable to our everyday lives. She is honored to be the recipient of the Marlene M. Pomper Distinguished Teacher Award.

Sam and Candy Caponegro (pgs. 12, 34) are passionate about American musicals. They met in a musical and have acted, co-directed, and taught theater courses for over 40 years. Their base is OLLI-RU, but they have lectured on Princess Cruise Lines, at libraries, senior centers, and universities throughout the United States. Their motto: If music be the food of life, let's gorge ourselves.

Alexander Christopoulos (pg. 41) has been teaching History at Middlesex County College since 2022. From 2005-2019 he taught History and Social Sciences at Berkeley College in New York City.

Jeff Cohen (pgs. 17, 18, 20, 24) is an award-winning painter and sculptor. He earned a B.A. in art at Upsala College and completed graduate work at New York University. Jeff currently serves as a commissioner at the Barron Arts Center in Woodbridge, NJ. He is a recipient of the Marlene M. Pomper Distinguished Teacher Award.

Sally Bauer Cohen (pg. 40) holds a M.Ed. degree in Media Ecology (NYU) and a Master of Library Science degree (Rutgers). A successful career teaching English and Film Studies in NYC high schools culminated in her 2009 retirement. She has enjoyed creating exciting film courses and developing the cinema literacy of her dedicated students at OLLI-RU since 2011.

Keki Dadachanji (pgs. 24, 38) has a Doctorate 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. His interests span religion, philosophy, yoga, literature, mathematics, and international cinema. Dr. Dadachanji has taught various courses on these subjects at Rutgers University and OLLI-RU and is a recipient of the Marlene M. Pomper Award for excellence in teaching.

Jo David (pg. 16) is a rabbi and educator (and a Regency Romance novelist -Nola Saint James) with over 35 years of experience in teaching the Bible as Literature. Her doctorate is in multifaith engagement.

Jeffrey Davis (pg. 40) has worked in the information technology arena, but he has had a long-held interest in public policy issues. He leads a policy discussion group and has recently started moderating the current events discussion group at OLLI-RU. Jeffrey has attended lectures/watched programs sponsored by the PBS Newshour, Michael Smerconish and Fareed Zakaria's GPS on CNN, the Eagleton Institute of Politics, the Brennan Center for Justice, NoLabels and others.

Deborah Greenhut (pg. 25) is an award-winning author of a novel, plays, and poetry. A Rutgers GSNB Alumna, Dr. Greenhut directed the Douglass/Cook Writing Center. Following her time as an Assistant Professor of Literacy Education at NJCU, she served as Associate Dean for Humanities and Social Sciences at Hudson County Community College. Her first novel *The Hoarder's Wife* debuted from Woodhall Press in April 2022, followed by a framework for family caregivers, *The Rational Caregiver* (Amazon 2024)

Barbara Griffin (pg. 29) is a retired, highly experienced educator who taught at both the high school and college level for 40 years, where she shared her love of the history, literature and language of Ancient Rome. She holds a B.A. in Latin and an M.A. in history.

Jeff Heller (pg. 23) is a screenwriter and historical novelist. His lectures on colonial America have been presented at libraries, cultural festivals and historical societies in south Jersey.

Paul Howe (pg. 37) taught college writing and English courses from 1980-88 and English and Film Appreciation for high school from 1988-2019. During that time, he has also taught continuing education classes at various locations. His classes have included poetry, music and culture, and film.

Pratibha Jani (pg. 28) received yoga certification from Mumbai and is an E- RYT and certified Yoga therapist. She has taught at the County College of Morris and the Piscataway Senior Center and presently teaches online. A NJ resident for over 37 years, Pratibha has a B.S. in Ancient Indian History and Culture from Bombay University, India.

Karl Lorenzen (pg. 31) is a professional and community artist based in Queens, NY who partners with non-profits in presenting art workshops for diverse communities in New York City. His artwork has been exhibited and published in numerous venues and journals including The San Francisco Botanical Garden, Tokyo Metropolitan Art Museum, the United Nations Headquarters in NYC, *The American Medical Association Journal of Ethics*, *The Harvard Advocate* (Harvard University), and *The Columbia Journal* (Columbia University).

Ed Malberg, (pg. 19) a highly regarded veteran instructor and the recipient of the Marlene M. Pomper Distinguished Teaching Award. An adjunct professor at Raritan Valley Community College, Ed is a Rutgers graduate who holds a master's degree from the University of Kentucky and completed doctoral studies in American history at Northwestern University.

Mary Ann McGuigan (pg. 30) Mary Ann's short fiction has appeared in *The Sun*, *Massachusetts Review*, and many other journals. Her collection *PIECES* includes stories named for the Pushcart Prize and Best of the Net. *THAT VERY PLACE*, her new collection, reaches bookstores in 2025. Mary Ann's creative nonfiction can be found in journals such as *Brevity*, *The Rumpus*, and *The Citron Review*. Her book *WHERE YOU BELONG* was a finalist for the National Book Award. After graduating St. Peter's University, she taught English for eight years and later became a financial editor, mainly for Bloomberg L.P., serving as managing editor of two Bloomberg magazines and later as publisher for Bloomberg Press.

Henry McNally (pg. 33) is a semi-retired educator with experience at the secondary and collegiate level. He has taught Irish and Irish American History in a variety of settings for more than 25 years, Henry is a first-generation Irish American, both parents emigrating from County Armagh. He spent a year with his wife and daughters living in Ireland and holds a Certificate in Irish Studies from University College, Galway.

Maureen McVeigh-Berzok (pg. 37) Currently a professor at Middlesex College and Editor of TAPinto East Brunswick, Maureen has taught English for 43 years. She wants to help readers to re-engage with short stories and poetry.

Komal Mehra (pgs. 29, 35, 39) is an artist, a crafter and an art instructor, who is passionate about creating life on canvas. She works with a variety of mediums including watercolors, oil pastels, acrylics, pencils (pencil sketching), colored pencils, cords (macramé), thread (embroidery), paper strips (paper quilling), and digital art (graphic designing). Her work has been exhibited in solo art exhibits and she loves to share her passion for art with some creative friends around the community.

Jessica Michal (pg. 22) is a professional movement artist and educator who earned her BFA in dance from Rutgers University's Mason Gross School of the Arts in May 2021, completed her Yoga 200-hr Yoga Teacher Training from Om Factory School of Yoga in July 2019, and completed her NASM Personal Training Certification in August 2024. Jess is a lifelong learner of her movement studies and currently teaches both dance and yoga at numerous studios and schools around NJ.

Naomi Miller (pg. 39) her first language was Yiddish when she and her parents, Holocaust survivors, arrived in America. As a retired speech pathologist her expertise is in teaching language and she has used those skills to develop themed Yiddish lessons for beginners.

Umar Nayyar (pg. 17) is an Imam currently serving in Central New Jersey, where he focuses on spiritual guidance and community outreach. He also serves as the National Director of Moral Training for a youth organization. Umar regularly gives talks on faith, spirituality, and contemporary social issues, helping others apply these teachings in their everyday lives. An avid traveler, he enjoys exploring different cultures and building connections through his work.

Jamie Novak (pg. 38) is the author of six bestselling books and an expert organizer. She hosts the 10 Minute Podcast and you may have seen her on morning TV. Her teaching style is encouraging and her classes are filled with insider information from start to finish.

Lyndell O'Hara (pg. 34) Ph.D. is a recently retired history professor who has taught at the undergrad and graduate levels for over 35 years.

Charlie Pearlman (pg. 18) has been studying mythology and various eastern philosophies for many years. He's always found that he learns much more from group discussions on these subjects than just reading about them on his own. Charlie has a Ph.D. in Educational Psychology and has written academic articles on creativity and motivation.

Louis Ruprecht (pg. 34) has been a practicing lawyer for over 60 years and presently is the senior partner of a trial firm in Westfield, NJ. He was an adjunct law professor for many years and continues to lecture at continuing legal education meetings. He has tried hundreds of jury cases, civil and criminal, and has argued appeals in every level of state and federal courts.

George Schroepfer (pg. 21) is an Assistant Teaching Professor in the Writing Program at Rutgers. He has taught for many years in OLLI and looks forward again to a great semester with the students.

Monica Shah (pgs. 14, 28) is a professional educator who holds a BS from Penn State, and an EdM from Harvard University focused on adult development. The author of multiple essays, poems and several books, her background also includes the performing arts. With extensive experience in teaching a variety of subjects, the common thread that runs through her diverse experiences and interests is an intrinsic spirit of exploration and discovery and the expertise to support others in their own learning journeys.

Roz & Steve Shaw (pg. 25) have been teaching film classes at OLLI-RU since 2003. They take pride in finding movies off the beaten path and have never repeated a movie in 21 years of teaching! They love engaging in interesting discussions with their students.

Irwin Silverstein (pg. 39) has been involved with pharmaceutical ingredients and regulatory compliance for 40 years with expertise in excipients.

Brooks Smith (pg. 32) is a Presbyterian pastor with degrees from Wesleyan, University of Chicago, Colgate Rochester and the New School. He has been active in the civil rights, peace and immigrant justice movements. His current interests focus on philanthropy, spiritual practices that are experientially grounded and justice struggles.

Charlie Smith (pg. 12) is a long-time OLLI-RU instructor, published author, and history buff.

Paul Soltis (pg. 36) is the New Jersey Department of Environmental Protection's historian for Wallace House & Old Dutch Parsonage State Historic Sites, George Washington's winter headquarters for the Middlebrook Cantonment of the Revolutionary War and the historic home of the founder and first president of Rutgers. Paul contributes to Revolution NJ, New Jersey's official observance of the 250th anniversaries of New Jersey's first Constitution in 2026 and the American Revolution in New Jersey running now through 2033. Paul has studied at the University of Aberdeen, College of William & Mary and Colonial Williamsburg.

Susan Speidel (pgs. 16, 31) has directed over 70 professional, community, college, and high school productions and her performing career span off-Broadway, regional theatre, cabaret, and concerts with the Key West Pops, the Portland and Seattle Symphonies, and the Orchestra of St. Peter's by the Sea. She served as the first Director of Education for Paper Mill Playhouse and currently teaches for the Theatre Conservatory at Kean University. Susie attended Montclair State, holds master's degrees from NYU and Kean, and earned her doctorate at Drew University. She also studied at HB Studios and the Globe Theater in London.

Lawrence Spinelli (pg. 13) is the author of *Watergate's Unexpected Hero: The Life of Peter W. Rodino Jr.* which is the first Rodino biography. He held a variety of senior-level positions in the legislative and executive branches of the federal government including serving as press secretary for Congressman Rodino and then Senator Joe Biden.

Larry Stanley (pg. 30) was a TV director for 32 years and received his BA in Broadcasting at San Francisco State University. He is a member of the Directors Guild of America.

Maxine Susman (pg. 20) holds a Ph.D. in English Literature from Cornell University. She taught writing and literature at Rutgers where she served as Associate Director of the Writing Program, and later retired as Professor of English from Caldwell University. The author of 8 books of poetry and an experienced community workshop leader, she has enjoyed teaching at OLLI-RU since 2013.

Sayyid Tirmizi (pgs. 23, 24) (M.A., M.B.A., Ph.D.) is a former Associate and Adjunct Professor. Sayyid has taught both in the U.S. and abroad. He specializes in South Asian Art, culture, and religion as well as Islamic art history and culture. He has taught at the University of Tulane at the School of Continuing Education, at the City College of New York at OLLI-RU and OLLI Emory School of Continuing Studies.

Bruce Tucker (pgs. 21, 31) holds a B.A. in political science and history and an M.S. degree in information technology and project management from Stevens Institute of Technology. Bruce has been a member of the Rutgers OLLI-RU faculty since 2009 and was a recipient of the Marlene M. Pomper Distinguished Teacher Award in 2015.

Vandana Walia (pg. 28) has a master's degree in literature and thirty years teaching experience in India. She has been an instructor at OLLI-RU for more than ten years and is the recipient of the Marlene M. Pomper Distinguished Teacher Award for Fall 2022.

Hugo Walter (pg. 19) has a B.A. from Princeton University, an M.A. from Old Dominion University, and a Ph.D. from Drew University. He has taught at Fairleigh Dickinson University, Drew University, and Rutgers University. Dr. Walter has published several books on European and American literature, including *Devoted to the Truth: Four Brilliant Investigators*.

Jerry Wichinsky (pg. 32) has over 40 years of experience in HR Management and Training. He is also a lifelong cinephile, with a specialty in American Western Film, a passion he would love to share with others. He is also a veteran cabaret performer in NYC, NJ and PA.

Carla Zimowsk (pg. 15) has recently retired from 25 years as technology manager for the History Department at Princeton University and has decades of experience incorporating the ever-changing technological landscape in her own genealogical pursuits. Carla holds a Master's in Information Studies and a certificate in Digital Asset Management from the Rutgers School of Communication and Information Studies, is working towards genealogy certification and has been published in the *Chicago Genealogist*. Carla is the owner of AncestorTech® LLC, exploring today's technology for today's genealogy!

Maryann Zolota (pg. 19) has taught at OLLI-RU since 2009. She has a BA in Art History from Drew University and a Masters degree in Art History from Rutgers. She has also lectured on cruise ships and as far away as New Zealand.

