# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>About OLLI-RU</td>
<td>2</td>
</tr>
<tr>
<td>Membership Information</td>
<td>4</td>
</tr>
<tr>
<td>Registration Information</td>
<td>5</td>
</tr>
<tr>
<td>Policies including Refund/Transfer Information</td>
<td>6</td>
</tr>
<tr>
<td>Index by Topic</td>
<td>7</td>
</tr>
<tr>
<td>Week-At-A-Glance</td>
<td>8</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>10-26</td>
</tr>
<tr>
<td>Instructor Bios</td>
<td>27-28</td>
</tr>
</tbody>
</table>

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**OLLI-RU Staff**

- **Shino John**
  Associate Vice President for Strategic Growth

- **Megan Novak**
  Director

- **Rajini Kurian**
  Program Coordinator/
  Site Coordinator – New Brunswick

- **Kristen Michaels**
  Program Coordinator/
  Site Coordinator – Freehold

- **Amy Scheiner**
  Office Assistant

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**OLLI-RU Advisory Council**

- **Jane Adas** *(Vice Chair)*
- **Sandy Bergelson** *(Chair)*
- **Loretta Dumas**
- **Keki Dadachanji** *(Secretary)*
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- **Robert Paski**
- **Joan Poole**
- **Bob Siroty**
- **Mark Tanner**
- **Judy Wahrenberger**
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.

- **2023 membership** includes the winter 2024 session.
- **2024 membership** starts with the spring session.
  - Sign up for a 2024 membership as early as December 1, 2023!

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.
This catalog is dedicated in the loving memory of

John Michaels

A member of the OLLI-RU staff for more than 11 years and a beloved member of the community.

Thank you John.
MEMBERSHIP

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

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

☆ 2023 members continue to get the member rate for winter courses.

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

- 2024 membership begins with the spring session.

- Renew or sign-up for a 2024 membership starting December 1, 2023.

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 (when they resume) 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 2024 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.
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.

DO NOT MAIL ANYTHING to the OLLI-RU office.
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 ollirefunds@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 have the opportunity to transfer to an alternate open class or receive a refund.
INDEX BY TOPIC

ART HISTORY and APPRECIATION
Buddhist Art & Architecture of South/SE Asia……………………………….. 17
Creative Partnerships: Love, Art & Sacrifice………………………………. 18
Gallery Talks on the Road w/ Princeton Univ. Art Museum………….. 25
Medieval Miniature Paintings-Persia to South Asia……………. 25

BODY, MIND & SPIRIT
The Art of Hygge: Secrets of Wellbeing……………………………………. 26
Chair Yoga and Relaxation……………………………………………… 17
Learn/Apply Zen Basics of Dialectical Behavior Therapy(DBT). 24
Mindful Meditation……………………………………………………… 11

CREATIVE ARTS – (IN PRACTICE)
Art
Draw/Paint Decorative Art from World Cultures……………………… 14
Sicilian Honey Lily: Draw/Paint Unusual and Exotic Flowers……… 20
Winter Painting Studio………………………………………………. 16
Winter Sketch Class …………………………………………………… 13
Creative Writing/ Poetry
Poems for a New Year……………………………………………… 13
Short Memoir Techniques…………………………………………… 20
Try Your Hand at Writing a Screenplay (Beginners)……………. 15

FILM STUDIES / APPRECIATION
Challenging Situations: Film Discussion……………………………… 23
Five Classic Barbara Stanwyck Films………………………………… 24
Great Mysteries- All Hitchcock Part 2…………………………… 19

GOVERNMENT
The New Jersey Constitution at 75……………………………………. 15

HISTORY/CULTURE
20th Century American Political Theatre…………………………… 21
The History of Subways……………………………………………… 13
The History of the Holy Temple of Jerusalem & Temple
Mount from Creation until Today……………………………………… 12
Palestine……………………………………………………………… 19
A Personal Memoir of the Space Race……………………………… 10
The Six Wives of Henry VIII………………………………………… 11

LITERATURE
Agatha Christie’s The Mirror Crack’d from Side to Side…………… 12
The Hall-Mills Murder & Fitzgerald’s The Great Gatsby……….... 23
The Poisonwood Bible by Barbara Kingsolver……………………. 18
The Razor’s Edge, a novel by Somerset Maugham…………………… 22

THEATER APPRECIATION
20th Century American Political Theatre…………………………… 21
’s Wonderful, ’s Marvelous, ’s Gershwin!……………………………. 25
Tony Award-Winning Musicals……………………………………….. 22

Give the gift of OLLI-RU

Education is a gift
• That always fits
• doesn’t need batteries
• lasts a lifetime

Gift certificates for OLLI-RU courses and membership are available.

Let your family and friends know what you’d like this year or share your love of learning with another adult over 50.

Call us for more information or how to purchase
848-932-6554
### Winter Session (Jan. 5 – Feb. 9)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Online Courses</strong></td>
<td><strong>Online Courses</strong></td>
<td><strong>Online Courses</strong></td>
<td><strong>Online Courses</strong></td>
<td><strong>Online Courses</strong></td>
</tr>
</tbody>
</table>
| Mindful Meditation  
Pratibha Jani  
11am-12pm  
1/8-2/5*  
*No class on 1/15 | Agatha Christie’s *The Mirror Crack’d from Side to Side*  
Hugo Walter  
10:30am-11:30am  
1/9-26 | Buddhist Art and Architecture of South and South East Asia  
Sayyid Tirmizi  
10:30am-11:30 am  
1/10-2/7 | 20th Century American Political Theatre  
Paul Nadler  
10:30am-11:30am  
1/11-2/8 | Five Classic Barbara Stanwyck Films  
Sally Bauer Cohen  
10am-12pm  
1/12-2/9 |
| The Six Wives of Henry VIII  
Lyndell O’Hara  
10:30am-12pm  
1/8-2/5*  
*No class on 1/15 | The History of Subways  
(1843-2023)  
Bruce Tucker  
10:30am - 12pm  
1/9-1/30 | Chair Yoga and Relaxation  
Pratibha Jani  
11am-12pm  
1/10-1/31 | The Razor’s Edge, a Novel by Somerset Maugham  
Allen Ascher  
10:30am-11:30am  
1/11-2/8 | Gallery Talks on the Road w/ Princeton U. Art Museum  
Docents  
10:30am-11:30am  
1/12-2/9 |
| The History of the Holy Temple of Jerusalem and the Temple Mount from Creation to Today  
Steve Frankel  
1-2pm; 1/8-1/29*  
*No class on 1/15 | Poems for a New Year  
Maxine Susman  
10:30am- 12pm  
1/9-2/6 | Creative Partnerships: Love & Sacrifice in the Lives of Remarkable Women Artists  
Maurice Mahler  
10:30am- 12pm  
1/11-2/7 | Tony Award-Winning Musicals  
Sam & Candy Caponegro  
10:30am-12pm  
1/11-2/8 | Medieval Miniature Paintings from Persia to South Asia  
Sayyid Tirmizi  
10:30am-11:30am  
1/12-2/9 |
| **A Personal Memoir of the Space Race**  
Howard Beroff  
1-2:30pm  
1/22 | Winter Sketch Class  
Jeff Cohen  
10:30am – 12pm  
1/9-2/6 | The *Poisonwood Bible* by Barbara Kingsolver  
Vandana Walia  
10:30am-12pm  
1/10-2/7 | Challenging Situations: A Film Discussion  
Roz and Steve Shaw  
1- 2:30pm  
1/11-2/8 | ‘S Wonderful  
‘S Marvelous  
‘S Gershwin!  
Susan Speidel  
10:30am-12pm  
1/12-2/9 |
| Drawing & Painting Decorative Art from World Cultures  
Karl Lorenzen  
1-3pm  
1/9-2/6 | The New Jersey Constitution at 75  
Stephen Eisdorfer  
1-2:30 pm  
1/9-2/6 | Great Mysteries- All Hitchcock Continued  
Nawaz Merchant  
1-2:30pm  
1/10-2/7 | The Hall-Mills Murder and Fitzgerald’'s  
The Great Gatsby  
Nicholas Birns  
1-2:30pm  
1/11-2/8 | The Art of Hygge: Secrets of Wellbeing  
Monica Shah  
1 pm – 2:30 pm  
1/5-1/19 |
| Try Your Hand at Writing a Screenplay  
Nawaz Merchant  
1-2:30 pm  
1/9-2/6 | Palestine 1890-1913  
Bruce Tucker  
1-2:30pm  
1/10-1/31 | Learning & Applying the Zen Basics of Dialectical Behavior Therapy (DBT)  
John Marron  
1-2:30 pm  
1/11-2/8 | | |
| Winter Painting Studio  
Jeff Cohen  
1-2:30pm  
1/9-2/6 | Sicilian Honey Lily: Drawing and Painting Unusual & Exotic Flowers  
Karl Lorenzen  
1-3pm; 1/10-2/7 | | | |

1 = 1-day class
Catalog information

Order of Course Listings

Multi-week courses: listed Mon-Fri and separated into
- Morning
- Early Afternoon
- Late Afternoon

One-Day Classes: listed by date earliest to latest

Class Size

Small  10-20 students
Medium  21-35 students
Large  36 and above

Locations

All winter session courses are online.
ONE-DAY CLASS

A Personal Memoir of the Space Race

Monday, Jan. 22
1:00 p.m. - 2:30 p.m.

Class Size: Small
Member: $10 / Non-Member: $15

Shortly after President Kennedy announced the moon initiative in 1961, our instructor, Howard Beroff, took a job setting up for the Gemini phase of that program. He worked both at Cape Canaveral and on Long Island, NY. Howard will first give us a brief history of the early space race, and then he will discuss his personal experiences in those heady days on Long Island and at "the Cape." (course code RD1)

Instructor: Howard Beroff

REDUCED FEES in honor of our
30th anniversary!

30 years of quality, informative, entertaining courses for our community. We couldn’t do it without you—THANK YOU!
Mindful Meditation

Mondays*, Jan. 8 – Feb. 5 (4 weeks)  
11:00 a.m. - 12:00 p.m.  
Class Size: Small  
Member: $32 / Non-Member: $48  
*no class on Jan. 15

Mindfulness is about getting in touch with your inner self and being intensely aware of your sense and feel. It is to learn to live in the present moment. The benefits of mindful meditation include reducing stress, anxiety, depression, insomnia, lowering blood pressure to name just a few. This class will cover and practice various methods of mindfulness such as breathing techniques (Pranayaam), guided imagery, body scan, seated meditation. You can practice seated on a chair. No prior experience necessary—you only need to breathe and have an open mind. Participants should wear loose and comfortable clothing. (course code RM2)

Instructor: Pratibha Jani

The Six Wives of Henry VIII

Mondays*, Jan. 8 – Feb. 5 (4 weeks)  
10:30 a.m. - 12:00 p.m.  
Class Size: Medium  
Member: $32 / Non-Member: $48  
*no class on Jan. 15

"Divorced, beheaded, died, divorced, beheaded, survived" is the rhyme repeated throughout the centuries to describe the fate of the six fascinating women who wed Henry VIII of England. In this course, we will explore the lives of Katherine of Aragon, Anne Boleyn, Jane Seymour, Anne of Cleves, Catherine Howard and Katherine Parr in a time when religious reform, ambitious courtiers and the king's desperate desire for a son defined their fate. (course code RM3)

Instructor: Lyndell O’Hara

Meet new OLLI-RU instructor Lyndell O’Hara

Dr. O’Hara has taught history, both undergraduate and graduate, for over 30 years. She has an MA in Colonial American History and an MA and PhD in Early Modern Europe with a specialization in Tudor-Stuart England.
The History of the Holy Temple of Jerusalem and the Temple Mount from before Creation until Today

Mondays*, Jan. 8 – Jan. 29 (3 weeks)  
1:00 p.m. - 2:00 p.m.  
Class Size: Small  
Member: $30 / Non-Member: $45  
*no class on Jan. 15

The Temple Mount has been a holy site in the eyes of Christianity, Judaism, and Islam for thousands of years. This course will study the history of the Temple Mount in the Jewish Tradition from creation until modern times. We will study the architecture and the daily rituals of Herod's Temple of the first century.  

Instructor: Steve Frankel

Agatha Christie's The Mirror Crack'd from Side to Side

Tuesdays, Jan. 9 – Feb. 6 (5 weeks)  
10:30 a.m. - 11:30 a.m.  
Class Size: Small  
Member: $40 / Non-Member: $60

Agatha Christie is one of the most important writers of classic mysteries in the history of world literature. In Christie's novel The Mirror Crack'd from Side to Side Miss Marple shows her exemplary brilliance, intelligence, perceptiveness, and resourcefulness in solving a series of murder cases. In this investigation Miss Marple works effectively with Chief-Inspector Craddock of Scotland Yard. Join me for a discussion of this novel focusing on the skills of Miss Marple—a woman ahead of her time. Text for the course: Any edition of Agatha Christie's The Mirror Crack'd from Side to Side.  

Instructor: Hugo Walter
The History of Subways (1843-2023)

Tuesdays, Jan. 9 – Jan. 30 (4 weeks)  
10:30 a.m. - 12:00 p.m.  
Class Size: Medium  
Member: $32 / Non-Member: $48

This 4 week course traces the history of the subway - the urban inner city above and below ground railroads that go by many names like the NYC Subway, London Underground, Paris Metro, Berlin U-bahn, etc. These urban railroads were created as specialized modes of transport that provided millions of commuters a fast and economical way to get from home to work and afterwards or on weekends to places of recreation (sporting venues, world’s fairs, shopping centers). The technology of subways took these railroads underground and spanned the era of both elevated steam locomotives to electrical driven underground passenger trains. Beginning in London in the early 1860s and then to the major cities of the U.S. like Boston, New York and Philadelphia by 1907. Step lively please, mind the gap and watch the closing doors!  

Instructor: Bruce Tucker

Poems for a New Year

Tuesdays, Jan. 9 – Feb. 6 (5 weeks)  
10:30 a.m. - 12:00 p.m.  
Class Size: Small  
Member: $40 / Non-Member: $60

In this creative poetry workshop we will write poems about what’s happening with the world and with ourselves. Each week we’ll read published poems by a diversity of poets present and past, leading to lively discussions about meaning, craft, voice, and artistic choices; and then receive a prompt for writing a new poem. Members of the class will have a chance each week to read their work, and to participate in critique in a non-competitive, supportive atmosphere.  

Instructor: Maxine Susman
**Winter Sketch Class**

Tuesdays, Jan. 9 – Feb. 6 (5 weeks)  
10:30 a.m. - 12:00 p.m.  
Class Size: Small (15 max.)  
Member: $40 / Non-Member: $60

In those cold, dreary weeks of winter, brighten your days by learning to capture the essence of a scene, a still life and people, with the simplest lines. It's great fun. I will guide you along the way, so you can expect plenty of individual attention. Come sketch with me. *(course code RV8)*

**Supplies needed:**  
- F Faber/Castell graphite pencil,  
- 3B Faber/Castell graphite pencil,  
- 7B Faber/Castell graphite pencil,  
- medium pink beveled eraser,  
- 11”x14” 50 lb. stock sketch pad or Canson 70 lb. stock drawing pad.

**Instructor:** Jeff Cohen

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**TUESDAY Early Afternoon**

**Drawing and Painting Decorative Art from World Cultures**

Tuesdays, Jan. 9 – Feb. 6 (5 weeks)  
1:00 p.m. - 3:00 p.m.  
Class Size: Small  
Member: $40 / Non-Member: $60

We will draw and paint beautiful art objects and their decorative patterns from around the world. Drawing and painting samples will be provided by the instructor. The material has been developed so it is available to students at all levels of ability: no previous art experience is required. **This course includes all new painting samples to copy- those who have taken the course previously will be creating new art.** *(course code RV9)*

**Class Descriptions:**

- **Class 1:** South Asia/Southeast Asia- Royal Thai art
- **Class 2:** West/Central Africa- Nigerian textile patterns
- **Class 3:** North Africa/Middle East- Egyptian cat
- **Class 4:** South America- Brazilian Carnaval mask
- **Class 5:** Indigenous North American West- Tlingit Totem Animal: Fox

**Required materials:**  
- Prang Watercolor Oval Pan Set, 8 Colors. *This set includes a mixing tray and #6 round watercolor brush*  
- Student grade #0 watercolor round brush  
- 98 lb. Mix Media pad  
- HB #2 pencil, eraser, and straightedge.

**Instructor:** Karl Lorenzen
The New Jersey Constitution at 75

Tuesdays, Jan. 9 – Feb. 6 (5 weeks)  
1:00 p.m. - 2:30 p.m.  
Class Size: Medium (25 max)  
Member: $40 / Non-Member: $60

When it went into effect in 1948, the New Jersey Constitution of 1947 was widely hailed as the very model of a modern state constitution. Although it has mostly operated invisibly to the general public since then, it has intermittently become the focus of controversies that have galvanized New Jersey state and local politics: racial segregation; financing of public schools; exclusionary municipal zoning; inequitable taxation; malapportionment of the legislature, and asserted usurpation of power by variously the courts, the governor, and the legislature. Yet it remains unfamiliar both to ordinary citizens and to lawyers. What good is a state constitution? What topics should it include? What omit? How have the answers to those questions by the delegates to the 1947 constitutional convention reverberated in subsequent politics and policy? In this course, we will explore together the origins and rationale of the New Jersey Constitution of 1947, its function and structure, and provisions that have triggered controversy. We will read together key provisions of the Constitution and brief excerpts from court opinions and other documents. The basic mode of the course will be group discussion and debate. (course code RV10)

Instructor: Stephen Eisdorfer

Try Your Hand at Writing a Screenplay (for Beginners)

Tuesdays, Jan. 9 – Feb. 6 (5 weeks)  
1:00 p.m. - 2:30 p.m.  
Class Size: Small  
Member: $40 / Non-Member: $60

Ever thought of writing a movie screenplay? In this class you will learn: what is a screenplay; how to outline the acts and beats; how to write strong dialog; how does a professional format build a clear, crisp and readable script. We will start by reviewing a free script together. Through the next four classes we will read extracts from The Screenwriters Bible by David Trottier and practice optional short 2-page exercises. At the end of this class, you will know enough to write the script for a “short.” Class requirements: The Screenwriters Bible by David Trottier (6th or 7th Edition. Used copy will do). (course code RV11)

Instructor: Nawaz Merchant
Winter Painting Studio

Tuesdays, Jan. 9 – Feb. 6 (5 weeks)
1:00 p.m. - 2:30 p.m.

Class Size: Small (15 max.)
Member: $40 / Non-Member: $60

This course will focus on how to paint. You decide the medium you would like to paint in--watercolor, acrylics, or oils. Come to the first class with a subject you are interested in tackling -- a copy of an artist’s work, a photo, or something from life, and be ready to get started. For beginners, I will help you navigate your entry into painting. For experienced painters, I will offer suggestions to help sharpen your skills. (course code RV12)

Supplies needed for watercolor: #1, #4, #8 round watercolor brushes (camel, sable hair, or synthetic), Yarka watercolor set, 12 color, pan, not tube(or a set that is comparable), 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

Frustrated by registration?? Not sure where to start?
Call us!
We’ll make it easy.
848-932-6554
**Buddhist Art and Architecture of South and Southeast Asia**

Wednesdays, Jan. 10 – Feb. 7 (5 weeks)  
10:30 a.m. - 11:30 a.m.  
Class Size: Medium  
Member: $40 / Non-Member: $60

For over 2000 years, Buddhism and Buddhist -Art of South and South East Asia has made a significant contribution to the world of art, architecture, sculpture, and paintings. It has excited art historians, tourists, and common people around the world because of its diversity and richness. This course will cover topics like the ancient caves of Ajanta and Ellora, iconic images of Buddha, Bodhisattvas, and the Tanka painting of Tibet to pagodas in Southeast Asia and Angkor Wat.  

**Instructor:** Sayyid Tirmizi

---

**Chair Yoga and Relaxation**

Wednesdays, Jan. 10 – Jan. 31 (4 weeks)  
11:00 a.m. - 12:00 p.m.  
Class Size: Small  
Member: $32 / Non-Member: $48

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 of 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.  

**Instructor:** Pratibha Jani
Creative Partnerships: Love, Art and Sacrifice

Wednesdays, Jan. 10 – Feb. 7 (5 weeks)  
10:30 a.m. - 12:00 p.m.  
Class Size: Small  
Member: $40 / Non-Member: $60

This course will cover amazing women artists who loved and supported poor male artists, putting aside their own artistic desires to support their mate. We will cover when both artists met and their lives together. Couples like Jackson Pollock and Lee Krasner, Edward Hopper and Josephine Nivison, Willem de Kooning and Elaine Marie Catherine Fried, Alfred Stieglitz and Georgia O’Keefe and Diego Rivera and Frida Kahlo. We will explore how creativity was visualized by two talents that fed off of their own visual and emotional part of a rare marriage!  
(course code RV15)

Instructor: Maurice Mahler

The Poisonwood Bible by Barbara Kingsolver

Wednesdays, Jan. 10 – Feb. 7 (5 weeks)  
10:30 a.m. - 12:00 p.m.  
Class Size: Small  
Member: $40 / Non-Member: $60

The Poisonwood Bible, a finalist for the Pulitzer Prize in Fiction in 1999, is set largely in the Belgian Congo and deals with the experience of a missionary family and its impact on their lives. Colonialism, misplaced religious zeal and a false sense of cultural superiority are some of the themes of the novel which will be discussed during the course.  
(course code RV16)

Instructor: Vandana Walia

OLLI-RU Membership is FUN!~

Go to olliru.rutgers.edu for info.
Great Mysteries - All Hitchcock Continued

Wednesdays, Jan. 10 – Feb. 7 (5 weeks)  
Class Size: Small  
1:00 p.m. - 2:30 p.m.  
Member: $40 / Non-Member: $60

Alfred Hitchcock made over 50 movies, many of which are all time classics. Even if you've seen them before, they still draw a reaction! Let's discuss each film's plot and theme, examine the intriguing characters, their motivations and relationships. This course is focused on story analysis – what makes these memorable? The movies are available at most libraries, On Demand or on Netflix. We will discuss the following movies: The Man Who Knew Too Much (1956); Rope (1948); The 39 Steps (1935); Shadow of a Doubt (1943); and North by Northwest (1959). (course code RV17)

Instructor: Nawaz Merchant

Palestine 1890-1913

Wednesdays, Jan. 10 – Jan. 31 (4 weeks)  
Class Size: Medium  
1:00 p.m. - 2:30 p.m.  
Member: $32 / Non-Member: $48

This 4 week course briefly examines the tumultuous pre-World War I period of Ottoman Palestine. The Ottoman Empire had controlled this relatively peaceful biblical, ancient center of three major world religions for over 400 years. By the late 19th Century Ottoman Palestine was absorbing ever increasing numbers of Jewish immigrants seeking asylum from the violent anti-semitic attacks (called pogroms) occurring in Russia and its territories of modern day Poland and Ukraine. By 1913 none of these groups could imagine how an impending War in Europe would both end the Ottoman Empire and introduce a new British landlord, thereby totally re-shaping both the map of the middle east and the destiny of those who lived there then and those who live there today. This course will not discuss present-day events but will seek to shed light and understanding on the facts and tumultuous history of this area long before the current situation. (course code RV18)

Instructor: Bruce Tucker
**Short Memoir Techniques**

Wednesdays, Jan. 10 – Feb. 7 (5 weeks)  
Class Size: Small (10 max.)  
1:00 p.m. - 2:30 p.m.  
Member: $40 / Non-Member: $60

Students will probe and appreciate their own memories with various prompts to select, draft, and begin to polish new, short memoir pieces. We will write, read short selections, and offer questions to each other via zoom chat to gain insights about our writing processes and topical priorities. Collegial critiques will occur in the form of questions in the chat. The authors can consider the answers. The instructor will provide online links to texts as needed. Any genre can work. A zoom conference (outside of class time) with the instructor will be available on request during the last two weeks of the class to be scheduled in advance. *(course code RV19)*

**Instructor:** Deborah Greenhut

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**Sicilian Honey Lily: Drawing and Painting Unusual and Exotic Flowers**

Wednesdays, Jan. 10 – Feb. 7 (5 weeks)  
Class Size: Small  
1:00 p.m. - 3:00 p.m.  
Member: $40 / Non-Member: $60

We will draw and paint lovely and unusual exotic flowers, like the Sicilian Honey Lily, from around the world. Graphite drawing and watercolor painting samples will be provided by the instructor. 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 RV20)*

**Class Descriptions:**

Class 1: Mediterranean: Sicilian Honey Lil  
Class 2: South Africa: Bird of Paradise with bird  
Class 3: Southern Africa/Zimbabwe: Flame Lily  
Class 4: Southeast Asia/Malaysia: Black Bat Flower  
Class 5: Central/South America: Passion Flower

**Required materials:**  
• Prang Watercolor Oval Pan Set, 8 Colors. This set includes a mixing tray and #6 round watercolor brush  
• Student grade #0 watercolor round brush  
• 98 lb. Mix Media pad  
• HB #2 pencil and eraser.

**Instructor:** Karl Lorenzen
This course will provide an overview of 20th-century American theatre as it was influenced by major social movements. We will review how social issues played a role in the development of some key plays for each movement. The eras (and some plays likely to be discussed) include: 1910s-40s and the Harlem Renaissance, Rachel (Grimke, 1916), A Sunday Morning in the South (Johnson, 1925); 1930s class consciousness, Waiting for Lefty (Odets, 1935) and One Third of a Nation (Federal Theatre Project, 1938); 1950s McCarthy Period, The Crucible (Miller, 1953), A View from the Bridge (Miller, 1956), On the Waterfront (Kazan, 1954); 1950s-60s civil rights, A Raisin in the Sun (Hansberry, 1959), Purlie Victorious (Davis, 1961), Blues for Mister Charlie (Baldwin, 1964); feminism and gay rights from the 1960s through the 90s, Fefu and Her Friends (Fornes, 1977), Angels in America (Kushner, 1991-93). (course code RV21)

Instructor: Paul Nadler

Meet new OLLI-RU instructor Paul Nadler

Paul Nadler is a CUNY Graduate Center Ph.D. in Theatre, specializing in American theatre. As an adjunct professor, he’s taught M.A. and B.A. level courses in world theatre history, dramatic theory, play analysis, and American political theatre, first at Hunter College, and since 1994 at NYU's Program in Educational Theatre.
The Razor’s Edge, a Novel by Somerset Maugham

Thursdays, Jan. 11 – Feb. 8 (5 weeks)  Class Size: Medium
10:30 a.m. - 11:30 a.m.                  Member: $40 / Non-Member: $60

W. Somerset Maugham (1874 – 1965) was a prolific and popular playwright, short story writer, and novelist of the early twentieth century. Though critics have never placed him in the first rank of authors, he was nevertheless excellent in depicting his characters and placing them in situations requiring moral choices. One of his most popular and finest novels, The Razor’s Edge (1944), centers around a young World War I veteran who spends his post-war life searching for meaning. In his search he struggles with questions of knowledge, spirituality, and belief. You may not agree with the answers he finds or the course he takes, but I think you will find them worth considering.

Our class will be a book discussion of the novel; I suspect we’ll have a variety of opinions about this young man, the choices he makes, and the people whom he encounters along the way. Please read the book before our first class, and have it with you during our discussions.  (course code RV22)

Instructor: Allen Ascher

Tony Award-Winning Musicals

Thursdays, Jan. 11 – Feb. 8 (5 weeks)  Class Size: Large
10:30 a.m. - 12:00 p.m.                 Member: $40 / Non-Member: $60

Do you enjoy Broadway musicals? Ever wonder about the coveted Tony Awards that are bestowed on special musicals and talented performers, directors, choreographers, producers and songwriters. Join us as we watch and discuss clips from award-winning Broadway musicals. "If music be the food of love, let us gorge ourselves."  (course code RV23)

Instructor: Sam & Candy Caponegro
### Challenging Situations: A Film Discussion Course

**Thursday, Early Afternoon**

**Challenging Situations: A Film Discussion Course**

- **Thursdays, Jan. 11 – Feb. 8 (5 weeks)**
- **Class Size: Medium**
- **1:00 p.m. - 2:30 p.m.**
- **Member: $40 / Non-Member: $60**

Join us for a film discussion course where you watch the movie on your own and then we come together to discuss themes, actors, performances, directors, etc. It’s like a book club for movies!

The five films we will watch for this course all deal with people facing challenging situations. After the title of the movie is the name of the country where the film takes place and the year it was released. The films, all currently available on Netflix, will be shown in the following order: *Living* (United Kingdom- 2022), *Boy Erased* (United States-2015), *The Wife* (United States 2017), *To Leslie* (United States-2022), *First They Killed My Father* (Cambodia-2017) (course code RV24)

**Instructor:** Roz and Steve Shaw

### The Hall-Mills Murder and Fitzgerald’s *The Great Gatsby*

**Thursday, Early Afternoon**

**The Hall-Mills Murder and Fitzgerald’s *The Great Gatsby***

- **Thursdays, Jan. 11 – Feb. 8 (5 weeks)**
- **Class Size: Medium**
- **1:00 p.m. - 2:30 p.m.**
- **Member: $40 / Non-Member: $60**

The Hall-Mills murder, involving an Episcopal clergyman married to a Johnson & Johnson heiress, is a notorious episode in the local New Brunswick-area history. It was also national news for the first few years of the 1920s. Sarah Churchwell, in her recent study “Careless People”, has hypothesized that the Hall-Mills crime was a principal inspiration for F. Scott Fitzgerald’s *The Great Gatsby*. With these parallels in mind, we will reread (as we near the centenary of its publication) Fitzgerald’s great American novel as it sounds the themes of class conflict, personal aspiration, and changing personal mores in the modern era, all rendered in a charming, vivid, bittersweet style.

*(course code RV25)*

**Instructor:** Nicholas Birns
Learning and Applying the Zen Basics of Dialectical Behavior Therapy (DBT)

Thursdays, Jan. 11 – Feb. 8 (5 weeks)  Class Size: Small
1:00 p.m. - 2:30 p.m.  Member: $40 / Non-Member: $60

Drawing from her own mental health needs, cutting-edge behavioral research and personal practice of Zen with European & Japanese teachers, Dr. Marsha Linehan created Dialectical Behavior Therapy (DBT) to address issues of early trauma, addictive behavior, and new holistic approaches to evidence-based problem-solving in the 1980’s. This 5 session class will be a brief introduction of DBT to help students establish peace of mind, emotional regulation, effective coping skills, values clarification, stress reduction, and no-nonsense daily practices of creativity, spiritual awareness and measurable cognitive behavior change. No texts need to be purchased. Readings will be emailed weekly. No previous experience is necessary. In no way will this class be group therapy or religious per se. Everyone’s privacy and dignity will be honored by group agreement in the first class. Jargon and platitudes will be kept to a minimum. (course code RV26)

Instructor: John Marron

FRIDAY Morning

Five Classic Barbara Stanwyck Films

Fridays, Jan. 12 – Feb. 9 (5 weeks)  Class Size: Medium (22 max)
10:00 a.m. -12:00 p.m.  Member: $40 / Non-Member: $60

Recognized as one of our most versatile and prolific actresses, Barbara Stanwyck was best at portraying strong, independent women of complex character. In her 85 films, she excelled at several genres, including drama, screwball comedy, western, thriller and groundbreaking Film Noir. Join us as we examine how these directors used the cinematic elements of camera work, lighting, editing and sound to present the range of her 'natural talent' in these five tentatively selected titles: 1/12 - Baby Face; 1/19 - Ball of Fire; 1/26 - Stella Dallas; 2/2 – The Lady Eve; 2/9 - Double Indemnity. You will view each film before the discussion date. Check the site JustWatch.com for platform sources. Before each film discussion, you will be asked to identify film clips that illustrate the use of a specific cinematic element assigned in your course curriculum.

(course code RV27)

Instructor: Sally Bauer Cohen
Gallery Talks on the Road with Princeton University Art Museum

Fridays, Jan. 12 – Feb. 9 (5 weeks) Class Size: Medium
10:30 a.m. -11:30 a.m. Member: $40 / Non-Member: $60

Each week a different Princeton University Art Museum docent will discuss works of art, artists, and/or themes using examples from across the Museum’s collections for comparison, enrichment, and an in-depth exploration. Students will be invited to ask questions and engage in a lively discussion about the art. Please note that some of the selected artwork may have been discussed in previous Gallery Talks courses. (course code RV28)

Instructor: Princeton Univ. Art Museum Docents

Medieval Miniature Paintings from Persia to South Asia

Fridays, Jan. 12 – Feb. 2 (4 weeks) Class Size: Medium
10:30 a.m. -11:30 a.m. Member: $32 / Non-Member: $48

For over 1400 years, unique miniature paintings have enthralled artists, art historians, and common viewers. All this compels one to examine the contribution of this dimension of art to world civilization. This survey course is an attempt to introduce the creative world of miniature paintings for over 1,000 years and across the regions of Turkey, Iran, and South Asia. (course code RM29)

Instructor: Sayyid Tirmizi

‘S Wonderful, ‘S Marvelous, ‘S Gershwin!

Fridays, Jan. 12 – Feb. 9 (5 weeks) Class Size: Medium
10:30 a.m. -12:00 p.m. Member: $40 / Non-Member: $60

This exploration of the music and lyrics of George and Ira Gershwin will span their contributions to musical theater, opera, and the concert stage, and explore how those contributions became the bedrock of the American Songbook. (course code RV30)

Instructor: Susan Speidel
Do you know how to hygge (pronounced hue-gah)? This heart-warming concept that originates from Denmark, consistently ranked “happiest country in the world,” refers to a cozy and comfortable conviviality that engenders a feeling of contentment. The self-care principles behind Hygge (such as baked goods, dinner with friends, bringing nature indoors) are scientifically proven to reduce stress and improve health and relationships. Together, let’s invite hygge into our homes through art, journaling, conversation, games, short films and stories, crafts and other ways of fostering connection and happiness.

Through three weeks, you will enjoy a greater sense of wellbeing and learn easy, tangible ways to infuse your everyday life with the warm philosophy of hygge. Wear something cozy and bring a hot drink (mulled apple cider, green tea, etc.), a comforting treat (slice of cake, banana bread, cinnamon-dusted sweet potato, etc.), a candle, notebook, and any art supplies you like. (course code RM31)  

Instructor: Monica Shah
Allen Ascher (pg. 23) 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.

Sally Bauer Cohen (pg. 25) has Master’s Degrees in Media Studies (NYU) and Library Science (Rutgers U.). She has taught Film Studies/English in NYC high schools before joining OLLI-RU in 2011. From 2017-2019, she presented a weekly film program at the East Brunswick Senior Center. She enjoys the challenge of developing her students’ cinema literacy skills as their love and appreciation of film continues to grow.

Howard Beroff (pg. 11) is a retired biomedical engineer, formerly with J&J. He is also a retired adjunct professor, formerly with Raritan Valley Community College, having taught statistics and optics.

Nicholas Birns (pg. 24) teaches at NYU and is the author of many books and articles of literary and cultural criticism.

Sam and Candy Caponegro (pg. 23) have worked in all aspects of theater for over 40 years. They hope to keep the Golden Age of Broadway and the classic movie musical alive through their lectures.

Jeff Cohen (pgs. 15, 17) is an award-winning professional painter and sculptor, having earned a BA in Art at Upsala College and completed graduate work at New York University. He is as a commissioner at the Barron Arts Center in Woodbridge, NJ.

Stephen Eisdorfer (pg. 16) is a graduate of Haverford College and Harvard Law School. He clerked for the New Jersey Supreme Court, practiced law in New Jersey for 45 years, was an adjunct professor at the University of Pennsylvania Law School, and taught many continuing legal education courses. He published articles in the New Jersey Lawyer and the Seton Hall Law Journal.

Steve Frankel (pg. 13) was born in Williamsburg, Brooklyn, and educated both in the NYC public school system and an Ultra-Orthodox High School. Steve graduated from Brooklyn College, majoring in Judaic Studies and Political Science. He has lived in Israel for the past 47 years, organizing tours and educational experiences and lecturing internationally about Jewish Life at the end of the Temple Period. He currently works for The Israel Experience as the Director of their Birthright Onward Israel programs.

Deborah Greenhut (pg. 21) is an award-winning author of a novel, plays, and poetry. A Rutgers GSNB Alumna, Dr. Greenhut, also 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 adult fiction novel, The Hoarder's Wife, debuted from Woodhall Press in April 2022 and is an Amazon bestseller.

Pratibha Jani (pgs. 12, 18) received yoga certification from Mumbai and is an E- RYT and a certified Yoga therapist. Pratibha has taught at the County College of Morris and the Piscataway Senior Center and presently teaches online. A NJ resident for over 35 years, Pratibha has a BS in Ancient Indian History and Culture from Bombay University, India.

Karl Lorenzen (pgs. 15, 21) 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, and The Columbia Journal (Columbia University).

Maurice Mahler (pg. 19) is an artist and historian who lectures throughout New Jersey and New York. He is a commissioner of the Cultural Arts Commission of Monroe Township and teaches art history and lectures at many senior facilities in NJ. He has also taught at Brookdale Community College and the School of Visual Arts in New York City.

John Marron (pg. 25) is a graduate of the Johns Hopkins Writing Seminar Program, the San Francisco State Creative Writing Program and the Jack Kerouac School of Disembodied Poetics at Naropa University. John has published 2 poetry collection “Oiyeau” and “Blips” and been editor/publisher of As Is/So & So Press for 43 years. Presently, he is Chair of the Highland Park Arts Commission, coordinating team member of the Windows of Understanding and board member of Main St. Highland Park. Retired from Rutgers Behavioral Health after 26 years, John is a lay Zen monk through Robert Aitken Roshi and has practicing DBT in private practice for 33 years.

Nawaz Merchant (pgs. 16, 20) Writing as Nev March, Nawaz Merchant is the author of Edgar Award-nominated mystery Murder in Old Bombay, which won national MWA’s Best First Crime Novel Award, an Audiofile award and was a finalist for six national literature awards. Ms. Merchant writes and edits for the FEZANA Journal and has been published in Writers Digest, Mystery Tribune and other publications. She sits on the NY Chapter board for Mystery Writers of America-NY.
Paul Nadler (pg. 22) is a CUNY Graduate Center Ph.D. in Theatre, specializing in American theatre. As an adjunct professor, he's taught M.A. and B.A. level courses in world theatre history, dramatic theory, play analysis, and American political theatre, first at Hunter College, and since 1994 at NYU's Program in Educational Theatre.

Lyndell O'Hara (pg. 12) has taught history, both undergraduate and graduate, for over 30 years. She has an MA in Colonial American History and an MA and PhD in Early Modern Europe with a specialization in Tudor-Stuart England.

Princeton University Art Museum Docents (pg. 26) The 40 Princeton University Art Museum docents are highly experienced in presenting to audiences of all ages. Prior to beginning tour responsibilities, docents participate in an intense 2 1/2 year training program with the Museum’s Associate Director for Education. Docents also receive continuing education weekly.

Monica Shah (pg. 27) 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 for exploration and discovery and the expertise to support others in their own learning journeys.

Roz & Steve Shaw (pg. 24) 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 more than 20 years! They love engaging in interesting discussions with their students.

Susan Speidel (pg. 26) is a theatre educator and arts advocate who received her doctorate in Liberal Studies from Drew University. She served as Director of Education at Paper Mill Playhouse and currently teaches on the faculty of the Theatre Conservatory at Kean University and the Mason Gross School of the Arts at Rutgers. She has directed over 50 musicals and plays and, as a performer, appeared at Paper Mill, George Street Playhouse, The Forum Theater, Plays-In-The-Park, Chatham Players, and Light Opera of NJ. She has also been a soloist with the Seattle and Portland Symphonies, the Key West Pops Orchestra, and the Orchestra of St. Peter's by the Sea.

Maxine Susman (pg. 14) has a Ph.D. in English Literature from Cornell University. She taught writing and literature at Rutgers, serving as Associate Director of the Writing Program, and retired as Professor of English from Caldwell University. She has written seven books of poetry, publishes in dozens of journals, and gives community readings and workshops. This is her tenth year of enjoying teaching at OLLI-RU.

Sayyid Tirmizi (pgs. 18, 26) is a former associate and adjunct professor who has taught both in the U.S. and abroad. He specializes in South Asian art, Buddhist art, Minatare paintings as well as Islamic art history and culture. He has taught at the University of Tulane at the School of Continuing Education, at City College of New York, and at OLLI-RU.

Bruce Tucker (pgs. 14, 20) holds a BA in political science and history and an MS degree in information technology and project management from Stevens Institute of Technology. Bruce has been an OLLI-RU faculty member since 2009.

Vandana Walia (pg. 19) has a master's degree in English Literature, 30 years of teaching experience, and has been conducting classes at OLLI-RU for the last 10 years.

Hugo Walter (pg. 13) 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 Drew University, Fairleigh Dickinson University, and Rutgers University. Dr. Walter has published several books on European literature.