SPRING 2021

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Current OLLI-RU Advisory Council members:

Jane Adas                                      John Lenard
Sandy Bergelson (Chair)                        Coleen Marks Schlaffer (Secretary)
Keki Dadachanji                                Robert Siroty
Loretta Dumas                                  Roz Shaw
Betsy Elmehais                                 Steve Shaw
Marcy Feldheim

Staff

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<tr>
<td>Shino John</td>
<td>Associate Vice President for Strategic Growth</td>
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<tr>
<td>Megan Novak</td>
<td>Manager</td>
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<tr>
<td>Rajini Kurian</td>
<td>Program Coordinator/Site Coordinator – New Brunswick</td>
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<tr>
<td>Kristen Michaels</td>
<td>Program Coordinator/Site Coordinator – Freehold</td>
</tr>
<tr>
<td>John Michaels</td>
<td>Assistant to Coordinator – Freehold</td>
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<tr>
<td>Farah Shallan</td>
<td>Student Worker/Office Assistant</td>
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OLLI-RU Contact Information

Phone: 848-932-6554
Email: olliru@docs.rutgers.edu or OLLIREGISTRATIONS@docs.rutgers.edu

OLLI-RU staff continue to work remotely. **Do not send any mail to our office** as we are not able to retrieve it in a timely fashion. Email is the quickest way to contact us.
The Osher Lifelong Learning Institute at Rutgers University (OLLI-RU) is proud to be part of The Bernard Osher Foundation’s nationwide network of outstanding centers providing continuing education to individuals over 50, who are looking for an opportunity to expand their horizons, learn in an engaging environment, and meet new friends. OLLI-RU offers noncredit education that is stimulating, friendly, and informal. There are no tests and no grades! You will be part of a learning community that is full of diversity, insight, wisdom, intellectual and cultural stimulation, and friendship.

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

ONLINE CLASS EXPERIENCE - ZOOM
All OLLI-RU classes are online using the Zoom platform. Zoom is free to use and you can join classes on a computer, laptop, mobile device (iPad, cell phone, etc) or call in via telephone. You can find more information on Zoom and how to join a class (also called a meeting), here: How to join a Zoom meeting

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

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

Best Practices/Online Class Etiquette: With this new way of learning comes some new things to think about when joining a class:

1. Connect a few minutes early, if possible, to allow time for setup.
2. To help with your connection:
   - Limit the number of people in your household online during your class time.
   - Be as close to your modem or router as possible.
   - Close other applications that may be open on your device.
3. Keep yourself on mute unless you are speaking.
4. Consider using a headset to reduce distractions.
5. Allow time for participants to ask questions and finish speaking.
Gioura 2021 Registration Starts on Thursday, January 28, 2021

**Registration opens just after midnight on Jan. 28** and remains open until the first day of class if the class is still available.

**Don't wait too long to register.** OLLI-RU makes decisions to cancel classes that don't meet the minimum enrollment requirements about a week to 10 days before class is scheduled to start.

**HOW TO REGISTER ONLINE:**

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

**LINKS for CLASS:**

- **Links are emailed to you approximately 3 to 5 days before the class starts.** The Zoom link will be emailed from olliregistrations@docs.rutgers.edu. If you don’t see it, check your spam or junk folder.
- **Check for link at least 1 day before your class.** If you wait until a few minutes before class starts we may not be able to respond to you right away. Email olliregistrations@docs.rutgers.edu if you don’t have the link.

**How-To guides!**

- Click here for: [How to Register Online Guide](#)
- Click here for: [How to Register 2 People from One Account](#)

**Forgot your Username and/or Password?**

Email olliregistrations@docs.rutgers.edu and OLLI-RU staff will help guide you through the process.

- Contact us well in advance of registration day to ensure we can provide help in a timely manner.

Email is the quickest way to reach us or leave a message at 848-932-6554 and we will return your call as soon as possible.

**NO PAPER REGISTRATION:**

Due to ongoing telecommuting and COVID-19 policies, we are unable to accept paper registration as a measure to ensure the safety of our team members and our community. DO NOT MAIL ANYTHING to the OLLI-RU office which remains closed.
REFUND POLICY

- 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.

- The requests must be submitted via our Refund/Transfer webform here: Refund/Transfer webform or emailed to ollirurefunds@docs.rutgers.edu.

- No refunds will be issued for one-day courses

TRANSFER POLICY

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

To request a transfer complete the Refund/Transfer webform or email ollirurefunds@docs.rutgers.edu. DO NOT MAIL anything to OLLI-RU offices as no one is available to receive it.

RECORDINGS

A large part of OLLI-RU’s mission is to create and build community among our members. Given we can’t all be together in person right now, the best way for us to continue our communities is through synchronous class attendance where, just like an in-person class, students and instructors meet together at the same time and engage with each other in an academic and socially meaningful way. To that end, OLLI-RU will not be recording any online classes.

If you have questions, please contact Megan Novak at megnovak@rutgers.edu. For specific inquiries regarding accessibility accommodations concerning recordings, please email olliregistrations@docs.rutgers.edu.

MISSED CLASSES

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

CANCELED COURSES

Students registered for a course that gets canceled due to low-enrollment 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.

The minimum number of students required to run a class is carefully calculated based on the cost of running the class. OLLI-RU is self-supporting and relies on registration fees to ensure immediate and long-term sustainability. If a course does not meet the minimum enrollment, we unfortunately have to cancel it to avoid operating at a financial loss. Philanthropic donations would allow far more flexibility in terms of fees and programming.
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- The New York School and the Artists that Caused a Cultural Reckoning
- South Asian Culture Thru Art and Architecture

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- Cultivating Creativity
- Deep Revision for Poets
- Drawing the Human Face
- Drawing Workshop
- Elements of a Good Story
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- Expand Your Memory and Creativity
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- Get Stuff in the Right Place
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- Mixing Media
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- Painting w/Spice, Fruit & Vegetable Dyes
- A Poetry Workshop for Irrepressible Few
- Reading Zen Koans, Haiku & Classic Buddhist Texts
- Start Drawing
- Vision Board Workshop:
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- Films with a Jewish Flavor
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<td>George Zilberfeld</td>
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<td>3-4:30pm; March 15</td>
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<tr>
<td><strong>Introduction to Guitar</strong></td>
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<td>Paul Elwood</td>
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<td>3-4pm; 3-1-5/3</td>
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1 This symbol next to a class indicates it is a one-day special program.
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>Aikido: The Art of Peace</strong>&lt;br&gt;Malik Cadwell&lt;br&gt;10:30-11:30am; 4/5-5/3</td>
<td>Comedy-&lt;br&gt;Origins &amp; Highlights&lt;br&gt;Abe Vorensky&lt;br&gt;10:30am-12pm; 4/6-5/4</td>
<td>The Aeneid: Virgil tells Story of Founding Rome&lt;br&gt;Barbara Griffin&lt;br&gt;10:30am-12pm; 4/7-21</td>
<td>The Beatles Next:&lt;br&gt;The Solo Years&lt;br&gt;Vinnie Bruno&lt;br&gt;10:30am-12pm; 3/4-5/6</td>
<td>100 Yrs of Baseball Broadcasting&lt;br&gt;Don Wardlow&lt;br&gt;10:30-11:30am; 4/9-5/7</td>
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<td><strong>Collaging</strong>&lt;br&gt;Jeff Cohen&lt;br&gt;10:30am-12pm; 3/1-5/3</td>
<td>Drawing Workshop&lt;br&gt;Jeff Cohen&lt;br&gt;10:30-12pm; 3/2-5/4</td>
<td>Deep Revision for Poets&lt;br&gt;Maxine Susan&lt;br&gt;10:30-12pm; 4/7-28</td>
<td>Home as Muse&lt;br&gt;Shelley Benaroya&lt;br&gt;10:30-12pm; 3/4-22</td>
<td>Climate Chg, Pandemics &amp; Resilience Pt 2&lt;br&gt;LaMuros Bourdinos&lt;br&gt;10:30-12:30pm; 3/5-5/14 *no class 4/30</td>
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<td><strong>Cultivating Creativity</strong>&lt;br&gt;Monica Shah&lt;br&gt;10:30am-12pm; 3/1-4/19</td>
<td>Intro to Ukulele&lt;br&gt;Paul Elwood&lt;br&gt;10:30-11:30am; 3/2-5/4</td>
<td>Gentle Chair Yoga &amp; Meditation&lt;br&gt;Pratibha Jani&lt;br&gt;10:30-11:30am; 3/3-5/5</td>
<td>NYC History 1900 to 2020&lt;br&gt;Bruce Tucker&lt;br&gt;10:30am-12pm; 3/4-4/22</td>
<td>Deconstructing Broadway Musicals&lt;br&gt;Sam &amp; Candy Caponegro&lt;br&gt;10:30am-12pm; 4/9-5/7</td>
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<td><strong>Elements of Good Story</strong>&lt;br&gt;(for Begin. Writers)&lt;br&gt;Nawaz Merchant&lt;br&gt;10:30-12pm; 3/1-3/5</td>
<td>Religion in American Life&lt;br&gt;Ed Malberg&lt;br&gt;10:30-12pm; 3/2-5/4</td>
<td>The History &amp; Science of Navigation&lt;br&gt;Howard Beroff&lt;br&gt;10:30-11:30am; 3/3-5/5</td>
<td>Play Ukulele!&lt;br&gt;Paul Elwood&lt;br&gt;10:30-11:30am; 3/4-5/6</td>
<td>Films w/ Jewish Flavor&lt;br&gt;Sally Bauer Cohen&lt;br&gt;10-11:30am; 3/5-5/14 *no class 3/26</td>
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<td><strong>The Stories of Premchand &amp; O. Henry</strong>&lt;br&gt;Vandana Walia&lt;br&gt;10:30-12pm 3/1-5/3</td>
<td>The Sixties: The American Pop Era&lt;br&gt;Vinnie Bruno&lt;br&gt;10:30-12pm; 3/2-5/4</td>
<td>Researching Your Family History&lt;br&gt;Patricia Brady&lt;br&gt;10:30-12pm; 3/3-4/21</td>
<td>Women in the Victorian Novel&lt;br&gt;George Schroepfer&lt;br&gt;10:30-12am; 3/4-5/6</td>
<td>A Reading of Shakespeare’s Hamlet&lt;br&gt;Allen Ascher&lt;br&gt;10:30am-12pm; 3/5-5/7</td>
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<td><strong>Jumpstart Writing your Novel</strong>&lt;br&gt;(Intermed)&lt;br&gt;Nawaz Merchant&lt;br&gt;1:2-30pm; 3/1-5/3</td>
<td>Writing Poems&lt;br&gt;Maxine Susan&lt;br&gt;10:30am-12pm; 3/2-4/20</td>
<td>What’s on Your Palette?&lt;br&gt;Franne Demetrician&lt;br&gt;10:30am-12pm; 4/7-5/5</td>
<td>Reading Zen Koans, Haiku &amp; Classic Buddhist Texts&lt;br&gt;John Marron&lt;br&gt;1-2pm; 3/4-5/6</td>
<td>Wise Aging&lt;br&gt;Norman Greenberg&lt;br&gt;10am-12pm; 3/5-5/7</td>
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<td><strong>Mixing Media</strong>&lt;br&gt;Jeff Cohen&lt;br&gt;1:2-30pm; 3/1-5/3</td>
<td>Daphne du Maurier’s Rebecca&lt;br&gt;Vandana Walia&lt;br&gt;1-2:30pm; 3/4-5/4</td>
<td>Connections&lt;br&gt;Roz &amp; Steve Shaw&lt;br&gt;1:2-30pm; 3/3-5/5</td>
<td>Rod Serling’s Twilight Zone: Season 3&lt;br&gt;Larry Stanley&lt;br&gt;1-2pm; 3/4-5/6</td>
<td>Wu Ji Jing Gong for Beginners&lt;br&gt;Patty Pagano&lt;br&gt;10:30am-12pm; 3/5-5/7</td>
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<td><strong>Young Adult Historical Fiction &amp; Contemp. Issues</strong>&lt;br&gt;Howard Schechter&lt;br&gt;1-2-30pm; 3/1-4/26</td>
<td>Expand Memory &amp; Creativity thru Art&lt;br&gt;Margeta Greeley-Potter&lt;br&gt;1-2pm; 3/2-5/4</td>
<td>South Asian Culture thru Art &amp; Architecture&lt;br&gt;Sayyid Tirmizi&lt;br&gt;1-2:30pm; 3/3-5/5</td>
<td>Awesome Mandalas!&lt;br&gt;Valerie Snyder&lt;br&gt;3:30-5pm; 4/4-4/29</td>
<td>Gallery Talks w/ Princeton Art Museum&lt;br&gt;Docents&lt;br&gt;1-2pm; 4/9-5/7</td>
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<td><strong>Connecting with your Inner GPS</strong>&lt;br&gt;Eve Sicurella&lt;br&gt;3-4:30pm; 4/12-4/26</td>
<td>Garden St. History Pt. 2&lt;br&gt;Erik Burro&lt;br&gt;1-2:30pm; 4/13-5/11</td>
<td>A Taste of Yiddish&lt;br&gt;Naomi Miller&lt;br&gt;3-13-28</td>
<td>Discussion of Tao Te Ching&lt;br&gt;Charlie Pearman&lt;br&gt;3:30-4:30pm; 3/4-4/22</td>
<td>Let’s Discuss: Current Events&lt;br&gt;Leonard Parry&lt;br&gt;1-2:30pm; 3/5-5/7</td>
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<td><strong>Introduction to Guitar</strong>&lt;br&gt;Paul Elwood&lt;br&gt;3-4pm; 3/1-5/3</td>
<td>Painting Studio&lt;br&gt;Jeff Cohen&lt;br&gt;1-2:30pm; 3/2-5/4</td>
<td>Drawing the Human Face&lt;br&gt;Valerie Snyder&lt;br&gt;3:30pm-5pm; April 14</td>
<td>From Poet to Playwright&lt;br&gt;Rich Quatrone&lt;br&gt;3-4:30pm; 3/4-5/6</td>
<td>Painting with Spice, Fruit, &amp; Vegetable Dyes&lt;br&gt;Karl Lorenzen&lt;br&gt;1-2:30pm; 4/9-5/7</td>
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<td><strong>U.S. Presidents at War</strong>&lt;br&gt;Bruce Tucker&lt;br&gt;1-2:30pm; 3/2-4/20</td>
<td>Four Arguments for Elimination of TV&lt;br&gt;Keki Dadachanji&lt;br&gt;3-4pm; 3/2-5/4</td>
<td>A Poetry Workshop for Irrepressible Few&lt;br&gt;Rich Quatrone&lt;br&gt;3-4:30pm 3/3-5/5</td>
<td>Get to Know Yourself &amp; Engage More Effectively&lt;br&gt;Lisa Chenofsky Singer&lt;br&gt;3-4:30pm April 13 &amp; 15</td>
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<td><strong>Get to Know Yourself &amp; Engage More Effectively</strong>&lt;br&gt;Lisa Chenofsky Singer&lt;br&gt;3-4:30pm April 13 &amp; 15</td>
<td>Take a Laughter Break for the Health of It&lt;br&gt;Noreen Braman&lt;br&gt;3-4pm; 4/7-5/5</td>
<td>Get to Know Yourself &amp; Engage More Effectively&lt;br&gt;Lisa Chenofsky Singer&lt;br&gt;3-4:30pm April 13 &amp; 15</td>
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<td><strong>Religions of South Asia</strong>&lt;br&gt;Sayyid Tirmizi&lt;br&gt;3-4:30pm; 3/2-5/4</td>
<td>Rational Controversy&lt;br&gt;Harvey Singer&lt;br&gt;3-4:30pm; 3/2-5/4</td>
<td><strong>Painting with Spice, Fruit, &amp; Vegetable Dyes</strong>&lt;br&gt;Karl Lorenzen&lt;br&gt;1-2:30pm; 4/9-5/7</td>
<td><strong>Painting with Spice, Fruit, &amp; Vegetable Dyes</strong>&lt;br&gt;Karl Lorenzen&lt;br&gt;1-2:30pm; 4/9-5/7</td>
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R1. All Cheese Lead to Rome

Online visual presentation, virtual tasting and discussion

Monday, March 22
3:00 p.m. – 4:30 p.m.
Class size: Medium
$20.00

Explore the roots of modern Italian cheese culture that traces back to the Roman Empire. The Italian's love of cheese first blossomed during that historical period. Cheesemaking, aging and storage techniques were developed to satisfy the sophisticated culinary requirements of the patrician class. We will discuss and explore the Italian terroir that is integral to today's regional classic cheese. A list of cheeses to purchase will be forwarded to the participants prior to the first day of class. Together we will sample, savor, and discuss. A list of wine pairings will also be included to enhance the experience for those who partake.

Instructor: Carla Graifer

R2. The Art of Forest Bathing (Shinrin-yoku)

Friday, March 12
10:00 a.m. – 12:00 p.m.
Class size: Medium (maximum of 20 students)
$20.00

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 requires even just a small patch of trees to 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 the history and background of the meditative practice of connecting with the beauty and wonder of nature. You will receive guidance on how to mindfully venture out into the woods yourself with instructions for establishing your forest bathing practice and enhancing it with journaling, art, poetry and celebration.

Instructor: Monica Shah

R3. Boosting Memory and Lowering Risk of Dementia

Monday, March 1
1:00 p.m. – 2:00 p.m.
Class size: Large
$20.00

Your memory is amazing, fascinating and mysterious. In many ways it is also your most precious possession. Hear the latest solutions to preserving, protecting and boosting your memory especially in our current time. You will learn: How to protect your precious brain from memory loss and age-related mental decline; Science based memory boosting tips you can start using today; What you can eat to help your memory and lower risk of dementia; The common, surprising and often hidden health issues that significantly raise the risk of losing your memory; The shocking new research on what accelerates dementia; and three usable brain-based tips to remember day to day items like people's names, where you parked your car and what you wanted in the refrigerator.

Instructor: Marc Milstein
R4. Demystify: Artificial Intelligence
Thursday, March 11
3:00 p.m. – 4:30 p.m.
Class size: Small
$20.00
Does AI think? Can it be creative? Should we be worried? Artificial intelligence is working its way into farming, cars, medicine and most every other business sector. In this engaging talk we’ll break down the topic, strip out the hype and have some fun. After seeing how a machine actually learns, we’ll be able to understand the real impacts of this transformative technology.

Instructor: Saul Einbinder

R5. Demystify: Commercial Space Exploration
Thursday, March 4
3:00 p.m. – 4:30 p.m.
Class size: Small
$20.00
With Space-X, Virgin Galactic, and Blue Origin there is more going on in space today than in the heyday of Apollo and the Space Shuttle. Are the plans to go back to the Moon or to Mars realistic? We will look at the goals, challenges, and progress (or lack thereof) of NASA and private companies so we can understand where we are headed, and why.

Instructor: Saul Einbinder

R6. Demystify: Self-Driving Cars
Thursday, March 18
3:00 p.m. – 4:30 p.m.
Class size: Small
$20.00
Companies like Tesla, Volvo, Waymo and GM are racing to bring autonomous cars and tractor-trailer trucks to our streets and highways. Can they be safe? Are they here now, coming soon, or still years away? We will explain how they are being designed and brought to market so we can answer these and other questions. As with other “Demystify Technology” sessions, we’ll separate hype from reality, sprinkle in just a bit of tech talk, and add a dash of entertainment along the way.

Instructor: Saul Einbinder

R7. Drawing the Human Face
Wednesday, April 14
3:30 p.m. – 5:00 p.m.
Class size: Small
$20.00
You can draw realistic faces like never before! Just follow along as proportions that are common to most all humans are presented while you draw with the artist. Students need a pencil & paper and the ability to use a computer or mobile device to join the course.

Instructor: Valerie Snyder
R8. Everything You Wanted to Know About the U.S. Constitution but were Afraid to Ask

Monday, March 15
3:00 p.m. – 4:30 p.m.
Class size: Large
$20.00

Even though most of us honor the United States Constitution in general, not everyone is equipped to analyze specific issues when they arrive at the U.S. Supreme Court. We will discuss the Constitution in a way that you will feel more confident in thinking about the important issues and in analyzing contemporary issues that will come before the Court. I want you to form your own opinions and not be at the mercy of the experts who appear on TV.

Instructor: George Zilbergeld

R9. Get Stuff in the Right Place (An Introduction to Composition)

Wednesday, April 21
3:30 p.m. – 5:00 p.m.
Class size: Small
$20.00

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

Instructor: Valerie Snyder

R10. Vision Board Workshop: What is the Future You Wish to Create

Friday, March 19
10:00 a.m. – 12:00 p.m.
Class size: Medium (maximum of 20 students)
$20.00

Are you working on creating a meaningful life but find yourself being deterred from your purpose or path? Or perhaps you are not focused on where you would like to direct your energy. Designing a vision board can help you to determine and set clear intentions and goals for your aspirations. A vision board is a collage of images and words which represent your aspirations. According to Psychology Today, visualization can “enhance motivation, increase confidence and self-efficacy, prime your brain for success, and increase states of flow—all relevant to achieving your best life.” This workshop will be a fun, creative way to help you generate a vision of ideas towards a more purposeful future. Materials you will need: a variety of magazines, adverts, cards from friends and photographs you don’t mind cutting up; sheet of poster board; scissors; permanent glue stick; pens/markers.

Instructor: Monica Shah

R11. Wallace House Women & Old Dutch Suffrage Stories

Wednesday, March 10
1:00 p.m. – 2:30 p.m.
Class size: Medium
$20.00

Explore Wallace House State Historic Site (Somerville, NJ) from the perspectives of ten women who lived and labored there when the historic house served as George Washington’s winter headquarters in the Revolutionary War. Meet women in slavery and freedom who carried the Continental Army through the Middlebrook Cantonment of 1778-79 from Hannah Till and Mary Maddox to Martha Washington. We will expand on their stories with a reflection on the Old Dutch Parsonage State Historic Site's roles in the long history of women's suffrage in New Jersey from the eighteenth century to the Nineteenth Amendment.

Instructor: Paul Soltis
Courses listed by day of the week, separated into A.M. and P.M.

Courses are then listed alphabetically within each day and time period.

| CLASS SIZES: |  
|---|---|---|
| Small | Medium | Large |
| 7 - 15 students | 16 – 35* students | 36 - 100+ students |

*unless otherwise noted in Class Size in the course description

Class sizes are determined by multiple factors, primarily by the instructors. While remote classes are theoretically limitless, instructors may want to create a specific type of environment that enhances the educational and community experience.

Looking for a specific instructor?
See the Instructor Bio pages starting on page 34.
Listed next to their name is the page number(s) where you can find their class(es).

Looking for a particular subject?
See the Index on page 5
MONDAY A.M.

R12. Aikido: The Art of Peace
Monday 10:30 a.m.- 11:30 a.m.  
April 5 – May 3  
Class Size: Medium  
$50.00
Join us as we explore the fundamental principles and philosophy taught by Morihei Ueshiba, the Founder of Aikido, considered Japan's greatest martial artist. The course will include movement, still meditation and breathing techniques as well as review and discussion of the text. Students do not need to purchase any books for this class.  
Instructor: Malik Cadwell

R13. Collaging
Monday 10:30 a.m.- 12:00 p.m.  
March 1 – May 3  
Class Size: Small  
$100.00
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 with): 11”x14” Bienfang or Strathmore drawing pad, pair of scissors, bottle of white glue, #2 pencil with eraser, ballpoint pen, at least 3 magazines, newspaper.  
Instructor: Jeff Cohen

R14. Cultivating Creativity
Monday 10:30 a.m. – 12:00 p.m.  
March 1 – April 19  
Class Size: Medium (maximum of 20 students)  
$80.00
Creativity is the art of turning imagination into reality by looking at the world in novel ways, to see relationships where none exist. It is a skill that can be developed through experimenting, exploring, questioning, and play. Similar to a sport or hobby, creativity requires practice to flourish. In this multidisciplinary, generative class, you will challenge your brain to think in new ways, stretch your imagination and nurture your creativity. We will engage in a variety of exercises such as crafting twisted fairy tales, drawing a self-portrait, writing a poem, playing improv games, practicing mindfulness, developing a mini memoir, designing your autobiography cover, etc. Come away with renewed enthusiasm and tools for cultivating your creativity in everyday life. Common household materials will be used (pen, paper, scissors, glue, magazines, etc.)  
Instructor: Monica Shah
R15. Elements of a Good Story (for Beginner Writers)

Monday 10:30 a.m. - 12:00 p.m.  
March 1 – May 3  
Class Size: Small  
$100.00

Whether in fiction or non-fiction, via paper or pixel, good writing draws a response from today’s readers. Budding writers must understand what readers are looking for and where to find our audience. Learn the elements of writing that make reading fun (dialog, action, reflection, and narration); how to overcome some hurdles to success, and where to submit writing for pleasure or profit. Students will analyze favorite novels, find their alchemy, and learn to use this knowledge in their own work. Short writing exercises will make our projects livelier and more expressive. Group discussions will gently point out problems and help shed misconceptions. Students will be directed to venues where they can share their work and submit it for profit. For anyone who thinks writing is hard, this course will help them see the fun side to writing.

Instructor: Nawaz Merchant

R16. The New York School and the Artists that Caused a Cultural Reckoning

Monday 10:30 a.m. - 12:00 p.m.  
March 1 – March 29  
Class Size: Large  
$50.00

As a young artist, I attended The Art Students League and shared a Greenwich Village walk-up with another artist. We spent time at the famous "Cedar Bar" in the company of many of the most important members of the The New York School like Jack the Dripper (aka Jackson Pollock), Franz Kline, Willem de Kooning and Mark Rothko (aka Marcus Rothkowitz). We will discuss their ideas and foibles on their way to fame. I will also reveal some memories of my experiences being among this amazing group during a most exciting and enlightening time in the art scene.

Instructor: Maurice Mahler

R17. The Short Stories of Premchand and O. Henry

Monday 10:30 a.m. - 12:00 p.m.  
March 1 – May 3  
Class Size: Medium  
$100.00

Premchand, one of India’s most beloved writers, is known for his novels and short stories dealing with the struggles of the common man at the height of the British Raj. He wrote in Hindi and Urdu. We’ll study the English translations of some of his works. Preceding him and separated by a wide cultural gap was O.Henry who also wrote of the joys and sorrows of ordinary people. Comparing the two writers we’ll seek the common thread of humanity that runs through their works.

Instructor: Vandana Walia
R18. Tai Chi

Monday 10:30 a.m.- 11:30 a.m.  Class Size: Large
March 1 – March 29  $50.00

Explore fundamental practices of Yang Style Tai Chi Chuan "Grand Ultimate Fist" to work on coordination of mind, body and spirit through intentional awareness and mindfulness of our bodies and surroundings. We will practice mindfulness and breathing exercises with gentle stretching and rhythmic movement. Increased balance, circulation, and relaxation have been shown to result from the practice of this meditation in motion. Movements from the short-standardized form will be covered. Discussions of the history, art, current research and practical application are welcomed and encouraged. All levels of experience are welcome and participants can progress at their own pace.

Instructor: Malik Cadwell

R19. A Transformed Ireland 1845 to 1923: From Famine to Freedom

Monday 10:30 a.m. – 12:00 p.m.  Class Size: Medium
March 1– March 29  $50.00

Ireland’s Great Famine of 1845 resulted in the death of one million people by starvation and the emigration of another million, exposing the inequities of Great Britain’s colonization of the island of Ireland. The Famine was a watershed in Irish history, driving transformational change in every aspect of Irish life — social, religious, cultural, and political. This five-week course explores the Famine, its historical underpinnings, and the ensuing grass-roots efforts that revitalized a distinct national identity, ultimately resulting in the creation of the Irish Free State.

Instructor: Maureen Dunphy Brady

R20. Connecting with your Inner GPS

Monday 3:00 p.m.- 4:30 p.m.  Class Size: Small
April 12 – April 26  $30.00

Making changes in one's life can be challenging, however, you have access to hardwired mechanisms via your nervous system that can guide you to create those changes so you might better express the needs of your soul. This ability is available 24/7! It’s NOT magic! It is training yourself to respond rather than react. You will learn tools to cultivate this inner guidance system including writing prompts and guided imagery. Have a journal and favorite writing instrument on hand at the time of the class.

Instructor: Eve Sicurella

R21. Gentle Mat Yoga and Meditation

Monday 1:00 p.m.- 2:00 p.m.  Class Size: Small
March 1 – March 15  $30.00

Gentle yoga is a mat-based class that offers traditional hatha poses where range of motion movements and some longer held, supported, gentle yin postures are infused. Class also includes standing/balancing poses for coordination and bone stability/strength. Using movement and breath, it is a mindful, detailed and spiritual class perfect for those new to yoga as well as experienced practitioners.

Instructor: Lyn Lilavati Sirota
**R22. Introduction to Guitar**

Monday 3:00 p.m.- 4:00 p.m.  
Class Size: Small  
March 1 – May 3  
$100.00

This is an introductory course for anyone interested in playing acoustic guitar. No experience is necessary but you must have a guitar of your own to work with in class and practice with.

**Instructor:** Paul Elwood

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**R23. Jumpstart Writing your Novel (Intermediate Writing Class)**

Monday 1:00 p.m.- 2:30 p.m.  
Class Size: Small  
March 1 – May 3  
$100.00

If you’d like to write a novella or novel, here’s your chance. Maybe you’ve had an idea for a ‘really good story’ in the back of your mind for years. Maybe you’ve worked out a few chapters, even written some of it. How do you develop the initial idea into a full-blown novel? How do you tell the story in a way that grips readers and won’t let go? This course explains how to outline your book, and gets you using vivid descriptions, dialog, action, reflection, and narration. Students will create chapters using short writing exercises to introduce the main characters and the problem and to set up the novel’s trajectory. Each week we will grow your idea, with readings from useful articles. Group discussions will gently point out problems and help shed misconceptions. Students will be directed to venues to understand the business of writing and also search for a suitable agent. For anyone who wants to get that novel written, this course will get you moving.

**Instructor:** Nawaz Merchant

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**R24. Mixing Media**

Monday 1:00 p.m.- 2:30 p.m.  
Class Size: Small  
March 1 – May 3  
$100.00

Watercolor and pen & ink -- the perfect marriage of drawing and painting. Learn to use watercolor effectively in landscapes, still life’s, and portraits, then define the subtle coloring with line, texture, definition and detail that only pen & ink can do. Frame and hang your work or even sell it. **Supplies needed:** #1, #4 and #8 round watercolor brushes, Yarka watercolor set (12 color pan, not tube) 2 ball point pens (black ink), Strathmore pad 9”x12” cold press.

**Instructor:** Jeff Cohen
R25. Snowflakes of Orthodox Judaism: Looking at Shtisel

Monday 1:00 p.m. - 2:00 p.m.  Class Size: Medium
March 1 – March 22  $40.00

They say that Eskimos have many words for snow because they can differentiate between the different nuances of snowflakes and snowfall. This course looks at “one snowflake” of Orthodox Judaism through the camera lens of the Netflix series Shtisel. Shtisel opens our eyes to religious and cultural practices both generic to all Orthodox Jews and unique to a sect referred to in Israel as “charedi”. This course will focus on the rhyme and reason of both the generic and the unique (and often fascinating) practices of Orthodox Jews as dramatized in the tv series. Geared primarily for the non-observant Jewish and the non-Jewish OLLI member, all are welcome to hear from our instructor, an Orthodox Jew living in Israel (and Zooming with us from Israel). **It is strongly urged that you follow the series in preparation for each class to best appreciate what is discussed in our Zoom class. This is the same class that ran in the Fall 2020 session.**

**Instructor:** Steve Frankel

R26. Young Adult Historical Fiction and Contemporary Issues

Monday 1:00 p.m. - 2:30 p.m.  Class Size: Small
March 1 – April 26*  $50.00

*Class meets every other week. Class dates are 3/1, 3/15, 3/29, 4/12, 4/26

Historical fiction often conveys an emotional and unique perspective about events that changed our world and continue to have relevance today. In this course we will read and discuss five classic young adult historical fiction novels. In our discussions we will extend our learning by focusing on how history often repeats itself in terms of issues that still challenge us today. The books we will read are: **Number the Stars** by Lois Lowry; **The Slave Dancer** by Paula Fox; **Dragonwings** by Laurence Yep; **Lyddie** by Katherine Paterson; and **Esperanza Rising** by Pam Munoz Ryan. Please read **Number the Stars** for the first session.

**Instructor:** Howard Schechter

**Why Young Adult Novels?** The novels offer insight into historical events and settings through the perspective of adolescents; these novels can pique our interest in historical events we know little or nothing about; the novels are brief in length so can easily be read over 2 wks; and you may welcome the opportunity to read the novels or discuss them with grandchildren or other young adults in your life.

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**TUESDAY A.M.**

R27. Comedy - Origins and Highlights

Tuesday 10:30 a.m. - 12:00 p.m.  Class Size: Medium
April 6 – May 4  $50.00

What makes us laugh? This course covers comedy and its origins dating back to ancient Greece. Topics will include vaudeville, film, radio and television, along with a class detailing comedians who learned craft entertaining in nightclubs and Catskill mountain hotels. **There will be some new and updated content for returning students.**

**Instructor:** Abe Vorensky
R28. Drawing Workshop

Tuesday 10:30 a.m. - 12:00 p.m.  Class Size: Small
March 2 – May 4  $100.00

Experiment with different drawing materials as well as various subject matter. You will try your hand at graphite pencils, charcoal, pen and ink, ink washes, color pencils, tea staining. We will draw the human figure, portraits, landscapes, still life studies and more.

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” 50lb. stock Bienfang or Strathmore sketch pad.

Instructor: Jeff Cohen

R29. Introduction to Ukulele

Tuesday 10:30 a.m. - 11:30 a.m.  Class Size: Small
March 2 – May 4  $100.00

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

Instructor: Paul Elwood

R30. Religion in American Life: Jamestown til Now

Tuesday 10:30 a.m. - 12:00 p.m.  Class Size: Large
March 2 – May 4  $100.00

The settlers of America were hard-headed pioneers who developed sophisticated societies and complex institutions. Practical as they were, a great deal of what they sought was rooted in faith and in the fulfillment of obligation to God. The Pilgrims espoused but one church, yet today the IRS recognizes over 1300 religions, sects and denominations. In this course we'll delve into the events and personalities that have had the most significant influences on America's evolving religious heritage.

Instructor: Ed Malberg

R31. The Sixties: The American Pop Era

Tuesday 10:30 a.m. – 12:00 p.m.  Class Size: Large
March 2 – May 4  $100.00

This course will focus on the many innovative artists that created new sounds that captivated a generation, and whose influence endures five decades later. From the remarkable Brill Building we will explore the many incredible songwriting teams (Burt Bacharach and Hal David, Gerry Goffin and Carole King …) to the art of Bob Dylan, from Phil Spector's Wall of Sound to the California magic of Brian Wilson & The Beach Boys, from Motown to Jimi Hendrix and from The Monkees to The Ed Sullivan Show. Our journey will examine folk rock, R & B, pop/soul, psychedelic rock and the rock festivals that defined the era.

Instructor: Vinnie Bruno
R32. Writing Poems
Tuesday 10:30 a.m.-12:00 p.m.  
March 2 – April 20  
Class Size: Small  
$80.00

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

Instructor: Maxine Susman

TUESDAY P.M.

R33. Daphne Du Maurier’s Rebecca
Tuesday, 1:00 p.m. – 2:30 p.m.  
April 6 – May 4  
Class size: Medium  
$50.00

The best known of Daphne du Maurier’s novels, Rebecca continues to fascinate readers, critics and film makers more than eighty years after it was first published. Gothic romance or melodrama, timelessly appealing or irrelevant today, charges of plagiarism true or false, are only some of the questions we will address in class and seek to answer, in addition to a study of the plot, main characters and motifs and symbols. Do read and enjoy the book before the course begins!

Instructor: Vandana Walia

R34. Expand Your Memory and Creativity through Art
Tuesday 1:00 p.m. - 2:00 p.m.  
March 2 – May 4  
Class Size: Small  
$100.00

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

Instructor: Margareta Greeley-Potter
R35. Four Arguments for the Elimination of Television

Tuesday 3:00 p.m. - 4:00 p.m.     Class Size: Medium
March 2 – May 4                   $100.00

Television is a powerful instrument of behavior modification. It has profound, far-reaching and irreversible effect on individuals and on societies. It is not simply a benign instrument being misused by some people. The technology itself determines its content. Hence it cannot be fixed; it needs to be eliminated. So argues Jerry Mander in his groundbreaking book *Four Arguments for the Elimination of Television* published in 1975. Mander was an “insider”, a partner in a very successful advertising firm. When he tried to help environmentalists in his spare time, he discovered the dark side of those who control the medium. The dangers Mander points out reached their apotheosis in the social media yet to come. We will present Mander’s arguments, extend them to social media, and engage in vigorous discussion about what they mean to us and to the world.

_Instructor:_ Keki Dadachanji

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R36. Garden State History: Part 1

Tuesday 1:00 p.m. – 2:30 p.m.     Class Size: Medium
March 9* – April 6 *Note class start date $50.00

Discover the rich history of New Jersey from Joyce Kilmer Remembered to colorful Hoboken. Each session will explore a different aspect of our history including a returning monarch, NJ's flying history as well as her prehistoric natural history. This is a non-academic approach to stimulating interest in and rediscovery of Garden State history.

_Instructor:_ Erik Burro

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R37. Garden State History: Part 2

Tuesday 1:00 p.m. – 2:30 p.m.     Class Size: Medium
April 13* – May 11 *Note class start date $50.00

This class will dive further into the rich history of New Jersey from the NJ Hall of Fame to Sculptures. Each session will explore a different aspect of our history including the NJ Hall of Fame, Trees of NJ, an Island Heights mystery, and WW1 Monuments. You do not need to have taken Part 1 to enjoy this fun and informative approach to Garden State history.

_Instructor:_ Erik Burro

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R38. Get to Know Yourself & Learn to Engage Others More Effectively

Tues., April 13 & Thurs. April 15 Class size: Small
3:00 p.m. – 4:30 p.m.              $60.00*

Learn to communicate more effectively by understanding your personality. We will use the Myers-Briggs assessment to help you become more aware of how you take in information, make decisions, exchange viewpoints. We will consider your strengths, blind spots, and areas for improvement; learning and practicing better ways to communicate by identifying how to use differences constructively. The assessment is online and takes 45 minutes to complete. A link to the assessment will be emailed to students about one week before class. Instructor will discuss the meaning of the results in class. *This course fee includes an additional lab fee of $20 for the MBTI assessment.

_Instructor:_ Lisa Chenofsky Singer
R39. Painting Studio

Tuesday, 1:00 p.m. – 2:30 p.m.  
March 2 – May 4  
Class size: Small  
$100.00

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

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

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

Supplies needed for oils: starter oil set (containing primary colors and black and white; feel free to bring any additional colors you may own), synthetic round oil painting 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

R40. Rational Controversy

Tuesday 3:00 p.m. - 4:30 p.m.  
March 2 – May 4  
Class Size: Medium (maximum of 20 students)  
$100.00

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

Instructor: Harvey Singer

R41. Religions of South Asia

Tuesday 3:00 p.m. - 4:30 p.m.  
March 2 – May 4  
Class Size: Medium  
$100.00

India is perhaps the only country which has been home to so many religions of the world and for so long. Apart from the Indic religions like Hinduism, Buddhism, Jainism, and Sikhism, it has also embraced religions like Islam and Christianity. It is also one of the oldest living civilizations with tradition and modernity, continuity and change and unity in diversity. All these rich traditions have contributed to the enrichment of Indian culture. We will learn the basic philosophy of these religions and key terms in religious literacy; the main scriptures and intellectual and literary history; various strands within each religious traditions and their comparison. Discussions will include the popular perceptions, traditions, rituals and questions of identity and religion; the influence of various religious tradition on art and cultures; and the devotional religious strands in Bhakti and Sufi traditions impacting South Asia.

Instructor: Sayyid Tirmizi
R42. U.S. Presidents at War
Tuesday, 1:00 p.m. – 2:30 p.m.  
March 2 – April 20  
Class size: Medium  
$80.00
Since 1783 five Presidents have asked Congress to declare war under their constitutional power to do so. The Korean War was the first modern example of the U.S. being taken to war without a congressional declaration. This action has been repeated in every armed conflict since. In this class we will examine the war powers of the presidency, those presidents who took America to war, with and without congressional approval, and what was ultimately accomplished.

Instructor: Bruce Tucker

WEDNESDAY A.M.

R43. The Aeneid: The Poet Virgil Tells the Story of the Founding of Rome
Wednesday 10:30 a.m. - 12:00 p.m.  
April 7 – April 21  
Class Size: Medium  
$30.00
At the beginning of the Roman Empire, Virgil wrote his masterful narrative poem about the founding of the city of Rome. His work became one of the most widely- read and loved works in Western literature. This class will focus on the hero, Aeneas, as he fulfills his destiny of founding a great nation. The class will follow the story line of the poem in English and highlight the major events that captured the imagination of countless readers for centuries.


Instructor: Barbara Griffin

R44. Art from the Heart
Wednesday 10:30 a.m. - 12:00 p.m.  
March 3 – March 31  
Class Size: Small  
$50.00
As Fred Rogers has said “My show teaches children positive ways to deal with feelings”. In this class, a safe space, we will connect with our highest selves to tap into the deep well of creativity that is available to all. We will draw, paint, write, listen to music and poetry and commune with our “inner child” to make it fun and lively. We will create works including mindful doodling, mark-making, art evoked by music, and art evoked by poetry. This class is for artists and non-artists of all levels and interest. No fear, no competition, just you, just us.

Basic supplies for course: #2 pencil, eraser, and mixed media paper (9x12); paints of your choice (acrylics, watercolors, gouache) and brushes. All supplies are available at Michaels. Nice to have: color markers, crayons, pastels, color pencils.

Instructor: Franne Demetrician
R45. Deep Revision for Poets

Wednesday 10:30 a.m. - 12:00 p.m.  
April 7 – April 28  
Class Size: Small  
$40.00

A course for poets who want to seriously revise their work. Poet Billy Collins puts it this way: “Revision is not cleaning up after the party; revision is the party! That's the fun of it, making it right, getting the best words in the best order.” We will look at new ways to approach our work through close reading, the skills of crafting a poem, and deep revision. Bring poems you have written before and want to take to the next level.

Instructor: Maxine Susman

R46. Enjoying Good Poems

Wednesday 10:30 a.m. - 12:00 p.m.  
March 3 – March 31  
Class Size: Small  
$50.00

A reading and discussion class about wonderful poems by well-known and lesser-known poets, old and new. We will look at how poems work: their imagery, music, shape, story, and the poet’s own voice. Whether you already love poetry, or you’re intrigued and want to learn more about what it can give, this class will bring you into the conversation. We'll read Emily Dickinson, Langston Hughes, Gwendolyn Brooks, Adrienne Rich, Caroline Forche, and Nobel Prize winner Louise Gluck, among others.

Instructor: Maxine Susman

R47. Gentle Chair Yoga and Meditation

Wednesday 10:30 a.m. - 11:30 a.m.  
March 3 – May 5  
Class Size: Small  
$100.00

This session includes gentle joint exercises on the chair and standing gentle yoga poses at beginner level. Our practice is synchronized with breathing techniques (pranayam) to increase flexibility of body and mind at a gentle and slow pace. It helps to release stress and anxiety, and also helps lower blood pressure, cholesterol and minimize joint pains. Class ends with quiet relaxed meditation.

Instructor: Pratibha Jani

R48. The History and Science of Navigation

Wednesday 10:30 a.m. - 11:30 a.m.  
March 3 – May 5  
Class Size: Large  
$100.00

In this class, we will discuss how the events of world history were intimately tied to advances in the science of navigation. Topics covered are: ancient polynesians, arabs and vikings; middle ages and the chinese compass; silk and spices; Columbus and the age of exploration; Colonial era and longitude; Lindbergh and early aviation; World War II radar and the Norden Bombsight; the electronic revolution; VOR, Loran, Inertial Navigation, GPS, space travel; animal navigation. Howard will discuss his experiences as a private pilot and his guest lecturer Mohan Krishnamurti will discuss his experience as a sea captain.

Instructor: Howard Beroff
R49. “Quid Pro Quo” and Other Useful Latin Phrases

Wednesday 10:30 a.m. - 11:30 a.m.  
March 3 – March 10  
Class Size: Medium  
$20.00

We will look at Latin phrases that have become part of our English language, such as - *In vino veritas*. We will look at the original Latin, its origin and the English translation. No knowledge of Latin is required.  
**Instructor:** Barbara Griffin

R50. Researching Your Family History

Wednesday 10:30 a.m. - 12:00 p.m.  
March 3 – April 21  
Class Size: Medium  
$80.00

Are you curious about your ancestors? Learn how to use various resources to learn about them. Start with what you know and the family stories that embellish that knowledge and work through various records to build a picture of your family. Learn various tips, tricks and strategies to search records and unlock the past.  
**Instructor:** Patricia Brady

R51. What’s On Your Palette?: Foundations of Color for the Aspiring Artist

Wednesday 10:30 a.m. - 12:00 p.m.  
April 7 – May 5  
Class Size: Small  
$50.00

What is color? How do we use it to create art or elicit emotion or communicate? How do colors relate to each other? This class is designed to teach the basics of color using basic color theory. We will mix colors and learn how to use a basic palette. We will talk about how pigments are made, how we perceive color, and how to create art using the properties of color - hue, tone, tint, value, temperature and value. This is an informative and experiential class, and fun too.  
**Instructor:** Franne Demetrician

WEDNESDAY P.M.

R52. Connections

Wednesday 1:00 p.m. - 2:30 p.m.  
March 3 – May 5  
Class Size: Large  
$100.00

The ten films we will watch for this class deal with peoples’ connections to others. The movies must be viewed at home prior to the class. The movies are available on Netflix DVD or on streaming sites such as Netflix, Amazon Prime, Vudu, Kanopy (accessed through the local library). The website justwatch.com lists other streaming sites. The films will be shown in the following order: *Fisherman’s Friends*, *The Boy Who Harnessed the Wind*, *Lady Bird*, *The Distinguished Citizen*, *Knives Out*, *Spotlight*, *Sleepless in Seattle*, *Moonlight*, *Babel*, *Frida*.

❖ Watch *Fisherman’s Friends* before the first class on March 3rd.  
**Instructors:** Roz and Steve Shaw
R53. A Natural History of Color

Wednesday 1:00 p.m. - 2:30 p.m.  
March 3 – March 31  
Class Size: Small  
$50.00

In this course we will discuss Victoria Finlay's book, *Color*, and how the history of pigments and dyes remain pertinent in the way we produce artwork in an era where natural materials take precedence over synthetic and toxic practices. Some classes may include the use of natural materials in practice. **Students do not need to purchase or read the book to participate in this class.**

**Instructor:** Kristianne Molina

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R54. A Poetry Workshop for the Irrepressible Few

Wednesday 3:00 p.m. - 4:30 p.m.  
March 3 – May 5  
Class Size: Small  
$100.00

This is a workshop for poets on all levels. It focuses on your true voice, your own style, and on reading/performance of your poems. If you have something to say and want to say it in poems, this course is for you.

**Instructor:** Rich Quatrone

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R55. South Asian Culture through Art and Architecture

Wednesday 1:00 p.m. - 2:30 p.m.  
March 3 – May 5  
Class Size: Medium  
$100.00

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

**Instructor:** Sayyid Tirmizi

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R56. Take a Laughter Break for the Health of It

Wednesday 3:00 p.m. – 4:00 p.m.  
April 7 – May 5  
Class Size: Large  
$50.00

Laughter is not only fun and stress relieving, it is a human survival skill that may have been with humans even before language! In these five sessions you will not only learn about laughter, but participate in laughter exercises to benefit both physical and mental wellness.

**Instructor:** Noreen Braman
R57. A Taste of Yiddish

Wednesday 1:00 p.m. – 2:30 p.m. Class Size: Medium (maximum of 20 students)
March 31 – April 28 $50.00

Language is the key to understanding culture. The rich, colorful language of Yiddish is famous for its unique expressions that reveal humor, sarcasm, and directness. This course’s themed lessons on cursing, family and relationships, cooking foods, recipes, memories and more are vehicles to learn basic vocabulary, expressions, and short conversations on each of the topics. Often, Yiddish songs and skits are added as a reinforcement. Students are encouraged to write stories about each theme in English and email them to the instructor. She will send the story back, translated into Yiddish. They will read their transliterated stories in class. Lessons presented on Powerpoint.

Instructor: Naomi Miller

THURSDAY A.M.

R58. The Beatles Next: The Solo Years

Thursday 10:30 a.m. – 12:00 p.m. Class Size: Large
March 4 – May 6 $100.00

This course will follow in the footsteps of The Beatles story as they embark on their post Beatles-solo careers. Our journey will start with John Lennon from his peace and political activism to his Plastic Ono Band recordings, from his “lost weekend” period to deportation court case to finally to his “househusband” years. We will explore the extraordinary career of the multi-instrumentalist Paul McCartney as he becomes the most successful composer of the modern age from his Wings and solo recordings to his world-wide sold out performances. Our journey with George Harrison will include his solo catalog, his music and film productions, The Traveling Wilburys, and his collaborations and humanitarian work. We will end with the greatest ‘backbeat’ drummer of all time - we will survey Ringo Starr’s career as a musician, singer, songwriter and actor.

Instructor: Vinnie Bruno

R59. Home as Muse: Writing Inspired by These Four Walls

Thursday 10:30 a.m. – 12:00 p.m. Class Size: Small
March 4 – April 22 $80.00

Home has been the perch for some of the most breathtaking literary expeditions ever taken. Proust wrote most of his In Search for Lost Time in a cork-lined bedroom in Paris; Emily Dickinson and Virginia Woolf wrote from within a locked room of their own; Coleridge claimed “Kubla Khan” came to him one night in a lonely farmhouse. For the poet and writer, home—as physical space, as memory, as metaphor—offers us entrances into the known world, off-ramps into the unknown. This past year, we’ve learned how ably it has served as shelter, bunker, refuge from a worldwide pandemic. Explore how to use home as a springboard for creative discovery—poems, stories and memoirs that see what’s all too familiar in a new light. Through weekly readings, discussions, and in-class writing invitations, we will satisfy our wanderlust for adventure right in the comfort of our own home. Open to writers at all stages of their career.

Instructor: Shelley Benaroya
**R60. NYC History 1900 to 2020**

Thursday 10:30 a.m. - 12:00 p.m.  
March 4 – April 22  
Class Size: Medium  
$80.00

Throughout the first half of the 20th century, New York City became a world center for industry, commerce, and communication. The Interborough Rapid Transit company’s new Subway opened to the public in 1904 and facilitated the melding of New York City’s residents into a single entity. The city’s government finally turned away from Tammany and underwent dramatic changes under Mayor Fiorello La Guardia, and his controversial parks commissioner, Robert Moses who, for better or worse, ended the blight of many tenement neighborhoods, expanded new parks, remade streets, and restricted and reorganized zoning controls. In this last of a 3 part class on the history of the City of New York, we will explore the landscape, infrastructure, politics, personalities, rapid growth and the many radical changes that have impacted & consequently evolved NYC and its residents in the 20th & 21st century.

**Instructor:** Bruce Tucker

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**R61. Play Ukulele!**

Thursday 10:30 a.m. - 11:30 a.m.  
March 4 – May 6  
Class Size: Small  
$100.00

Calling all ukulele players with some experience in strumming, picking, reading tabs and tuning the instrument to the standard tuning! Join us as we build on the Introduction to Ukulele class from the fall (not required to enjoy this offering) to expand your playing, meet your fellow uke enthusiasts and have fun.

**Instructor:** Paul Elwood

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**R62. Women in the Victorian Novel**

Thursday 10:30 a.m. - 12:00 p.m.  
March 4 – May 6  
Class Size: Medium  
$100.00

This course will examine extraordinary women in four Victorian novels. We will read *Agnes Grey* by Anne Bronte, *Little Dorrit* by Charles Dickens, *The Woman in White* by Wilkie Collins, and *The Return of the Native* by Thomas Hardy. These women are timely in their narratives and timeless in the fascination that they hold for readers over a century later.

- For the first class on March 4th, please read *Agnes Grey*.

**Instructor:** George Schroepfer
R63. Awesome Mandalas!

Thursday 3:30 p.m. - 5:00 p.m.  
April 8 – April 29  
Class Size: Small  
$40.00

Beginners will be astounded by the awesome work they can produce using some simple techniques to build painting skills, then using basic watercolor painting techniques to create an amazing mandala!  
Instructor: Valerie Snyder

R64. Discussion of Tao Te Ching

Thursday 3:30 p.m. - 4:30 p.m.  
March 4 – April 22  
Class Size: Small  
$80.00

The Tao Te Ching ("the way") is a classic Chinese philosophical text by 6th-century BC sage Lao Tzu. It can be viewed as perhaps the first self-help book on "the way" to a simpler, more peaceful life. The wisdom imparted in the Tao is still relevant today, however, literal translations of the Tao are often incomprehensible. Stephen Mitchell's "translation" is understandable and facilitates applying these principles and insights to everyday modern life. It includes passages relevant to politics, relationships, self-awareness, etc. This class will not be an academic discussion of the Tao or the religious aspects of Taoism. It will consist of discussions of the passages in Stephen Mitchell's book. Please obtain a copy (make sure you get one by Stephen Mitchell) before classes start and start reading it. **This will be a mutual learning experience with much discussion and input from the students. I look forward to learning from your insights.**  
Instructor: Charlie Pearlman

R65. From Poet to Playwright

Thursday 3:00 p.m. - 4:30 p.m.  
March 4 – May 6  
Class Size: Small  
$100.00

Poetry and drama are often linked. This course will join the two by teaching you how to write very short lyrical plays on a weekly basis. All levels are welcome.  
Instructor: Rich Quatrone

R66. Ireland’s Elected Leaders

Thursday 1:00 p.m. - 2:30 p.m.  
March 4 – April 1  
Class Size: Medium  
$50.00

Long a colony of Great Britain, Ireland did not have a reasonably free election until 1918, did not choose her own leaders until 1921 and did not elect leaders under an Irish Constitution until 1938. From 1921 to the present, the Irish have elected 16 prime ministers (Taoiseachs). Since the 1938 Constitution, they have also elected 9 presidents. Looking at the men and women who held these offices, as well as the circumstances of their election and challenges faced during their time of service, is a lens through which we will examine the History of Ireland in the 20th and early 21st centuries and the emergence of Ireland as a free and independent republic.  
Instructor: Henry McNally
R67. Reading Zen Koans, Haiku & Classic Buddhist Texts
Thursday 1:00 p.m. - 2:30 p.m.  
March 4 – May 6  
$100.00  
Class Size: Small
Each week we will read & ponder a single koan & translated commentary from Dogenzenji’s "Shobogenzo", Robert Aitken Roshi's "Mumonkan / Gateless Gate", & Thomas Cleary’s "Blue Cliff Record". Students will also be encouraged to read & write a simple haiku, drawing from the work of Ikkyu, Basho, Issa & contemporary Beat, online & spoken word poets. The 4 Noble Truths, Heart Sutra, Eightfold Path & bodhisattva vows, which anchor these bits of crazy wisdom & humor, will be briefly reviewed & explained. No books need be purchased. Teacher will email weekly assignments, a complete bibliography & syllabus. Time will be set aside for students to recite their own work & ask questions in chat or live/ unmuted.

Instructor: John Marron

R68. Rod Serling’s Twilight Zone: Season Three
Thursday 1:00 p.m. - 2:00 p.m.  
March 4 – May 6  
$100.00  
Class Size: Medium
Enjoy 20 of the best episodes from season three of Rod Serling’s classic series “The Twilight Zone,” and then discuss the stories behind the stories with additional videos, photos, and anecdotes. These episodes have not been covered in previous classes. You will need access to original episodes of Twilight Zone which are available on Netflix, Hulu, and CBS All-Access. If you don’t use these services, it is available for $2.99 per episode (price may be subject to change) from Amazon Video and YouTube.

Instructor: Larry Stanley

R69. Start Drawing
Thursday 3:30 p.m. - 5:00 p.m.  
March 4 – March 25  
$40.00  
Class Size: Small
Drawing is a SKILL, not an art, which means you need to be taught to draw in order to draw well. Through a series of exercises this hands-on class introduces you to how you can improve your skills and finally learn to draw!

Instructor: Valerie Snyder
R70. 100 Years of Baseball Broadcasting
Friday 10:30 a.m. – 11:30 a.m.  Class Size: Medium (maximum of 20 students)
April 9 – May 7  $50.00
The course will be an overview of baseball broadcasting from its infancy in the 1920’s through what changes were necessary to allow broadcasting in 2020 despite the pandemic. We will relive some of the glory days of this broadcasting genre and I will share brief clips from recordings of many of baseball’s best broadcasters, including a few modern ones.

Instructor: Donald Wardlow

R71. Climate Change, Pandemics, and Resilience – Part 2
Friday 10:30 a.m. – 12:30 p.m.  Class Size: Medium
March 5 – May 14  *No class on April 30  $100.00
Join us for a lively dialogue in the spirit of inquiry and learning as we continue our odyssey into climate change, pandemics, and resilience. We will have open discussions in an effort to better understand current events in climate, pandemics, and resilience, covering the following topics: the science of natural cycles and new phenomena; science and the role of political, analytical, and other organizations; the rate of temperature increases and frequency of hurricanes; the loss of biodiversity and infectious disease; future consequences and adaptations: foreseen and unforeseen; society, economics, and population shifts; politics, policy, and public perceptions; methods of providing stakeholders scientific information (media & internet); solutions and non-solutions for our planet. Interested students will have the opportunity to voluntarily present on a topic with a proposed solution if they so wish. Part 1 is not needed to participate and enjoy Part 2.

Instructor: Lampros E. Bourodimos

R72. Deconstructing Broadway Musicals
Friday 10:30 a.m. – 12:00 p.m.  Class Size: Large
April 9 – May 7  $50.00
Ever wonder what makes up a Broadway Musical? Join us and watch while we dissect opening, leading character, supporting character, blockbuster, and ten o’clock numbers. When you put them all together you have a Broadway musical!

Instructors: Sam & Candy Caponegro
R73. Films with a Jewish Flavor

Friday 10:00 a.m. – 11:30 a.m.  
March 5 – May 14 - no class on March 26  
Class Size: Small  
$100.00

*note the earlier start time

In our exploration of "Jewish Films," we will examine a range of themes including: life in pre-W.W.II Europe; Antisemitism; the Holocaust; immigration and assimilation; Jewish identity; Israel; and comedy. The focus on directors’ use of key filmmaking elements will help you to develop your visual literacy skills, and to become a more sophisticated film viewer. The following, tentatively selected titles are to be viewed PRIOR TO the discussion dates either on YouTube or Amazon Prime Video. When searching for a film, please make sure to type “Full Film” before the title, in the search space. Also, select only films that are at least one hour long.

March 5: Sefarad  
March 12: The Jazz Singer (1927)  
March 19: Broken Promise  
April 2: The Pianist;  
April 9: A Wing and a Prayer

April 16: Remembrance  
April 23: The Pawnbroker  
April 30: Crossfire  
May 7: The Testament  
May 14: Deli Man

Instructor: Sally Bauer Cohen

R74. History of the Movie Musical Part 2: 1950-Present

Friday 10:30 a.m. - 12:00 p.m.  
March 5 – April 2  
Class Size: Large  
$50.00

Do you enjoy Movie Musicals? Join us and watch while we dissect clips from West Side Story, The Sound of Music, and Chicago to just name a few. We promise you'll leave our class with a song in your heart and your toes tapping.

Instructors: Sam & Candy Caponegro

R75. A Reading of Shakespeare’s Hamlet

Friday 10:30 a.m. – 12:00 p.m.  
March 5 – May 7  
Class Size: Medium  
$100.00

The class will be a line-by-line reading of the play along with a running discussion and commentary about its impact, meaning, and history. But I promise it will NOT be a dry, academic presentation. This play is, after all, an emotional, deeply psychological, and murderous revenge tragedy. And, hopefully, we’ll plumb as much of its depths as possible. Please have a copy of the play at the first meeting: any edition will do (Folger, Signet, Arden, etc) as long as it is Shakespeare’s text and not a "modern translation."

Instructor: Allen Ascher
### R76. Wise Aging

**Friday 10:00 a.m. – 12:00 p.m.**  
March 5 – May 7  
**$100.00**

This course is geared to realities we face in what is sometimes called life's "3rd Act". It speaks to challenges associated with topics like who we are in this stage of life, perhaps post-retirement; how do we frame moving from a life of "doing", to a life of "being"; how do we deal with what's happening with our physical and mental capacities as we age, and much more. **Before class starts students must get a copy of the book** *Wise Aging - Living with Joy, Resilience, & Spirit* by Rabbi Rachel Cowan & Linda Thal (available in paperback from Amazon).

Please note, this course is based upon active participation from each individual in class and weekly readings will be the basis for class discussions. The information presented only comes to life when it's filtered through the prism of the group's real life experiences so please be prepared to weigh in.  

**Instructor:** Norman Greenberg

### R77. Wu Ji Jing Gong Qi Gong for Beginners

**Friday 10:30 a.m. - 12:00 p.m.**  
March 5 – May 7  
**$100.00**

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

**Instructor:** Patty Pagano

### FRIDAY P.M.

### R78. Gallery Talks on the Road- Princeton University Art Museum

**Friday 1:00 p.m. - 2:00 p.m.**  
April 9 – May 7  
**$20.00**  
*special programming price*

Each week a different Princeton University Art Museum (PUAM) 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 after the docent's presentation.

**Instructors:** Princeton University Art Museum Docents
R79. Let’s Discuss: Current Events
Friday 1:00 p.m. - 2:30 p.m.  
March 5 – May 7  
Class Size: Medium  
$100.00
This is a moderated course on current events encouraging full participation in a respectful and sometimes humorous atmosphere, covering recent interesting events, both domestic and international. Come prepared to offer your own opinions, listen respectfully to others and engage in friendly, spirited discussion on ever-changing topics. Suggestions for topics are always welcomed.

Instructor: Leonard Parry

R80. Painting with Spice, Fruit, and Vegetable Dyes
Friday 1:00 p.m. - 2:30 p.m.  
April 9 – May 7  
Class Size: Small  
$50.00
We will paint freehand designs from world cultural traditions using homemade spice, fruit, and vegetable dyes. Handouts will be provided explaining how the dyes were created, and the cultural context for the images we paint. The material in this class has been developed so that it is available to people at all levels of ability: no previous art experience is required. The spice, fruit, and vegetables we that you will need to make your dyes are: Blueberries; we will be working with the design of a classical seven circuit labyrinth from Greece; Spinach: we will be making Celtic knots; Carrots: we will paint decorative designs based on the four elements: fire, air, water, earth; Beets: we will paint arabesques; Turmeric: we will be making rangoli. Materials you will need are:

- Pad of 90lb. cold-press 9” X 12” watercolor paper
- Student grade #1, and #6, watercolor round brushes
- Spices, fruits and vegetables

Before the class begins, each student will receive recipes for preparing the dyes

Instructor: Karl Lorenzen

R81. Watercolor Painting Techniques
Friday 1:00 p.m. - 2:30 p.m.  
March 5 – April 2  
Class Size: Small  
$50.00
Students will discover the unique characteristics and handling of this popular medium. The material has been developed so that it is available to people at all levels of ability: no previous art experience is required. We will cover: Wet in wet where we will blend colors smoothly and create luminous effects with transparent glazes; Embossing which is pressing patterns into wet color using textured papers to create a mosaic effect; Embellishing to create beautiful floral patterns with simple motions of the hand and brush; Trompe l’oeil to simulate the textures of wood and stone with drybrush technique; and Patterns where we will paint interwoven patterns from world cultural traditions. Materials you need are:

- 8 color watercolor paint set and mixing tray, or tubes and watercolor palettes
- Pad of 90lb. cold-press 9” X 12” watercolor paper
- Student grade #1 and #6 watercolor round brushes.

Instructor: Karl Lorenzen
INSTRUCTOR BIOS

Allen Ascher (pg. 31) has a doctorate in English from the CUNY Graduate Center. He has taught English in middle school and high school and was an adjunct professor of English at Brookdale Community College.

Shelley Benaroya (pg 26) is a published writer and poet who has taught creative writing for more than 20 years. As a teaching artist, English teacher, and college instructor, she has helped students—young and old—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 Writers Project, Writers Theatre, and NJPAC. Among her awards are poetry and teaching fellowships from the NJSCA and Geraldine R. Dodge Foundation.

Howard Beroff (pg. 23) is a retired biomedical engineer formerly with J&J, as well as a retired adjunct professor of mathematics. He holds a private pilot’s license. Mohan Krishnamurti (guest lecturer) is a former sea captain, having commanded freighters worldwide.

Lampros E. Bourodimos (pg.30) is a civil and environmental engineer for 43 years and an adjunct professor for 24 years currently with Rutgers School of Engineering and OLLI-RU. He has a PhD (Civil Engineering) from NYU and is a licensed Professional Engineer in NJ. He enjoys sharing his knowledge of the interconnections between the environment and public health, sustainability, technology, and engineering so that we may all take actions to make our planet a better place - nothing is more powerful than an idea whose time has come.

Maureen Dunphy Brady (pg. 15) is an Irish historian, author and speaker. She holds an M.A. in Irish and Irish-American Studies from NYU Glucksman Ireland House, inclusive of coursework and research at Trinity College Dublin. Her areas of interest are women in Irish history, transatlantic tourism, the Irish in America, and Irish-American identity. Ms. Brady is the winner of the 2017 Francis P. Beirne Scholars Award sponsored by the New York St. Patrick’s Day Foundation.

Patricia Brady (pg. 24) is a retired psychologist who was in clinical practice for 40 years and has also taught undergraduate and continuing professional education. She is an avid genealogist who has been researching her family history for over 50 years and is interested in sharing her experience, skills and enthusiasm for family history with people curious about their own ancestors.

Noreen Braman (pg. 25) is a Strategic Communications professional and author of “Treading Water," a collection of her humor columns and essays. She is a keynote speaker and workshop facilitator specializing in personal and professional well-being and self-discovery topics, especially the physical and psychological benefits of laughter. She has also worked with recovery professionals, mental health professionals, dentists, caregivers, cancer patients, support groups, senior centers, assisted living facilities and children. She lives on the Smile Side of Life, in Jamesburg, NJ.

Vinnie Bruno (pgs. 18, 26) holds an MPA from Baruch College and has taught courses in numerous disciplines including Humanities, Business and Mathematics for the past 30 years. As a Beatles Scholar he looks to present an interactive and informative course for both the casual listener and the hard core Beatles fan. As a 60's Rock Historian he offers programs focusing on the many extraordinary musical artist who defined the era.

Erik Burro (pg. 20) is a public history advocate in Burlington, NJ. For over forty years, he has been a writer, researcher, commemoratives speaker and guest lecturer for a variety of special events at educational institutions, historic societies and libraries from NY to DC, and several European countries. He has presented historic topics on regional radio and TV, and been featured on PBS-All Things Considered and BBC World Service. Most recently, he was principal in NJ’s WWI Centennial, has been active in restoration of Burlington Island, and is an advisor to the NJ Dept of Forestry on Heritage Trees.

Malik Cadwell (pgs. 13, 15), a Grandmaster of Martial Arts, has over 40 years of experience and served as the US Coach at the World Karate Championship in Tokyo. He teaches (Tai Chi and Kung Fu) at Rutgers-Camden and Newark and Temple University. He received his degree in Psychology from Northwestern University and is a mindfulness and meditation instructor at the Institute of Museum and Library Services and Queens Public Library.

Candy and Sam Caponegro (pgs. 30, 31) have worked in all aspects of theater for over 30 years. Their goal is to keep the movie musical alive throughout their lectures.

Jeff Cohen (pgs. 13, 16, 18, 21) is an award-winning professional artist. He is a painter and sculptor who received a bachelor of arts in fine arts from Upsala College in East Orange, and did graduate work at New York University. He is a commissioner at the Barron Art Center in Woodbridge, N.J.

Sally Bauer Cohen (pg. 31) is a former NYC high school English teacher/librarian, with longtime involvement in Cinema Studies and Holocaust Education. She holds master's degrees in Media Studies (NYU) and Library Science (Rutgers), and has loved teaching for OLLI-RU since 2011.
Keki Dadachanji (pg. 20) Dr. Keki Dadachanji 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. 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.

Frannie Demetrician (pgs. 22, 24) is an artist, ordained interfaith minister, spiritual counselor, Reiki practitioner and licensed holistic massage therapist and a long time OLLI-RU student. She was Associate Editor and Creative Coordinator of Sacred Stories Media’s Owl Magazine, an online publication, and wrote a spiritually oriented weekly blog from 2015 -2018. In 2004 Frannie and husband Rev. Bob Demetrician co-founded Common Ground Interfaith/Interspiritual Community. Frannie is a working artist, photographer, writer, spiritual counselor, officiant, mentor, and teacher.

Saul Einbinder (pg.10) has held senior technology and business positions at Bell Laboratories, Lucent, uReach Technologies and Spirent Communications. He has appeared in the New York Times, Boston Globe, Communications Week, Forbes, Marketplace on NPR and CBS radio.

Paul Elwood (pgs 16, 18, 27) is a working musician as well as a guitar and ukulele teacher. Passionate about playing and teaching music, he entertains at assisted and independent living facilities as a solo artist and is a member of the jazz group, Paul Elwood trio that plays in central NJ restaurants.

Steve Frankel (pg 17) born in Williamsburg, Brooklyn and was educated both in the NYC public school system and an Ultra Orthodox High School. Steve graduated from Brooklyn College, majoring in Judaic Studies and Political Science. He has lived in Israel for the past 44 years where he has organized tours and educational experiences and lectured internationally about Jewish Life at the end of the Temple Period. He currently works for The Israel Experience as the Director of Onward Israel.

Carla Graifer (pg. 9) is an American Cheese Society Certified Cheese Professional (CCP) Specialist (the highest standard for cheese professionals) and Educator of American and Local cheese. Her career in the specialty field started at Whole Foods Spring of 2001. Prior to Whole Foods, Carla owned and operated a wholesale business, Jwalagni Foods, 1985-2000 that serviced the tri-state area with a unique and creative vegetarian cuisine. She completed a four-year program in illustration and fine arts at the School of Visual Arts in NYC.

Margareta Greeley-Potter (pg. 19) is an adjunct professor at Rutgers University Graduate School of Education. She has a doctorate in education from Rutgers, and has done graduate work at Mason Gross School of the Arts. She is a painter and sculptor whose works are displayed locally and internationally.

Norman Greenberg (pg. 32) has a Bachelor’s in Math and a Master’s in Computer Science. His work background is both in technical and sales/sales management in the IT field. He has been actively involved in teaching post-retirement (now 6 years). Norm has facilitated a “Wise Aging” course on 3 occasions, and has also taught classes in ESL (Conversation).

Barbara Griffin (pgs. 22, 24) is a retired high school and college teacher of Latin and History. Her primary interest is the classical world of Greece and Rome.

Pratibha Jani (pg. 23) is a certified yoga therapist and a meditation instructor. She received yoga certification from Mumbai and is an E-RYT. She has a BS in Ancient Indian History and Culture from Bombay University, India and has been a New Jersey resident for over 33 years. She has taught at other places including County College of Morris at Randolph and Piscataway Senior Center.

Karl Lorenzen (pg. 33) is a community artist based in Queens, NY who partners with non-profits in presenting art workshops for diverse, special needs, and underserved communities. He is a faculty member of the New York Open Center and a teaching Artist in Residence at the Omega Institute, NY. From 2016 to 2019, Lorenzen received a SU-CASA Award / Residency, sponsored by the Queens Council on the Arts/NYC Dept of Cultural Affairs and from 2018-2019 he was an Artist in Residence and Instructor as part of the ProjectArt Art and Social Practice Residency, NYC.

Maureen Mahler (pg.14) artist and historian, lectures throughout New Jersey and New York. He is a commissioner of the Cultural Arts Commission of Monroe Township, and teaches art history and 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.

Ed Malberg (pg.18) is an adjunct associate professor at Raritan Valley Community College and a long-time instructor at OLLI-RU. He graduated from Rutgers University, holds a master's degree from the University of Kentucky and completed doctoral studies in American History at Northwestern University.

John Marron (pg.29) has been a zen student, artist, writer, life coach /family therapist (UMDNJ for 26 years) & lay monk /meditation teacher for 45 years. Having trained & practiced with Chogyam Trungpa Rinpoche at Naropa, SF Zen Center/Green Gulch Farm, Robert Aitken Rosh's Diamond Sangha, the Princeton Area's Zen Group & the Cold Mountain Zen Group at Rutgers with Kurt Spellmeyer, he coordinates a monthly meditation group in Highland Park called Open Circle. Recently, John became Chairperson of the HP Arts Commission, started working for the Food Pantry & Give a Hoot/McFoods and continues as editor/publisher of So & So Press since 1975.
Henry McNally (pg. 28) is a semi-retired educator who has taught Irish and Irish-American History both at the college level and in continuing education programs. He has degrees from Fordham University, William Paterson University, and University College, Galway, Ireland.

Nawaz Merchant (pgs. 14, 16) After a career in Business Analysis, Nawaz Merchant launched her writing career when her manuscript Murder in Old Bombay earned a national Best First Crime Novel Award from the Mystery Writers of America (MWA). Ms. Merchant writes book reviews and articles and edits for the FEZANA Journal, a community publication. She is a member of MWA and the Hunterdon County Library Write group and has coached budding writers

Naomi Miller (pg. 26) As a retired speech pathologist and performer, Naomi incorporates all those skills into her teaching of Yiddish. She is passionate about entertaining and keeping the Yiddish language alive. Naomi has performed her cabaret shows that are dedicated to Jewish culture and Israel throughout the US, Canada and Europe. She performed several acting roles with the National Yiddish Theatre Folksbiene in NY. Please visit www.naomimiller.com for more information.

Marc Milstein (pg. 10) Dr. Marc Milstein specializes in taking the leading science research on brain health and presents it in a way that entertains, educates and empowers his audience to live better. His presentations provide science based solutions to keep the brain healthy, boost productivity and maximize longevity. He earned both his Ph.D. in Biological Chemistry and his Bachelor of Science in Molecular, Cellular, and Developmental Biology from UCLA. Dr. Milstein has conducted research on topics including genetics, cancer biology, and neuroscience, and his work has been published in multiple scientific journals. Dr. Milstein has been quoted breaking down and analyzing the latest research in popular press such as USA Today, Huffington Post and Weight Watchers Magazine. Dr. Milstein has also been featured on TV’s “Dr. Oz” show explaining the latest science breakthroughs that improve our life. For more info please visit: www.drmarcmilstein.com

Kristianne Molina (pg 25) Born in Manila, Philippines, Kristianne Molina received an MA in Critical Theory and the Arts at the School of Visual Arts in New York and a BFA from Mason Gross School of the Arts at Rutgers University. Her interdisciplinary practices gravitate toward deconstructing natural dyeing techniques as a painting process, textiles, embroidery, installation, stop-motion, performance, wearable arts, and social engagement.

Patty Pagano (pg. 32) has been a Tai chi and Qi Gong instructor for eight years at Qi Gong for Healing Center in Middlesex, NJ. She has 15 years of experience under the teachings of Fran Maher, Brian Coffey and Master William Ting.

Leonard Parry (pg. 33) Having worked for Wall Street firms for many years, including with a professional arbitration association, Leonard retired and became active, first as a trained volunteer, then as an employee of the Long Term Care Ombudsman. He derives much satisfaction from assisting appropriate residents to return to their communities. He also moderated discussion groups at senior developments for the past eight years. He has enjoyed instructing at OLLI-RU for the past three seasons.

Charlie Pearlman (pg. 28) has studied the Tao, Joseph Campbell, Buddhism, Kabbalah, and various religions and spiritual pursuits for many years. The goals are to explore how these ancient writings can provide: a better understanding of human nature; how that can influence our actions and reactions, improve relations, and reduce stress and anxiety; and develop higher forms of understanding and awareness of the universal connections we have with other people and the world we all live in. Charlie has a Ph.D. in Educational Psychology and has written about motivation and creativity.

Princeton University Art Museum Docents (pg. 32) The 60 Princeton University Art Museum docents are highly experienced in presenting to audiences of all ages. Prior to beginning tour responsibilities, docents participate in an intensive 2 1/2 year training program with the Associate Director of the museum. Docents also receive continuing education weekly.

Rich Quatrone (pgs 25,28) is Artistic Director of The American Poetry Theater and has been a poet for fifty years. He's been published with Amiri Baraka, Charles Bukowski, Marge Piercy, Gregory Corso, Tom Waits, Jack Kerouac, and Allen Ginsberg.

Howard B. Schechter (pg. 17) Howard B. Schechter, Ed.D., former principal of Forrest School in Fair Lawn and P.S. 158 on the Upper East Side of Manhattan, was a former Director of Gifted and Talented Programs. A Sorbonne graduate and former teacher of French, Spanish and Reading, Dr. Schechter is a literacy and language consultant in New Jersey and New York.

George Schroepfer (pg. 27) has taught for the OLLI program since 1999. He is a full time professor at Rutgers University and an adjunct at Kean University.

Monica Shah (pgs. 9,11,13) a lifelong educator, has a BS from Penn State, and an EdM from Harvard. The author of multiple essays, poetry, and several books, she has taught all ages (from elementary school to adult), in subjects ranging from STEM to leadership development. Monica has also dabbled in the performing arts and enjoys supporting others in personal development as a catalyst towards self-actualization.

Roz & Steve Shaw (pg. 24) are educators who taught adult courses at the ENCORE Program in Middletown, NY, at Brookdale Community College, and have been instructors at OLLI-RU since 2003.

Eve Sicurella (pg. 15) NJ Licensed Massage and Bodywork Therapist, Holistic Health Certification, Reiki Master Practitioner and Guided Imagery Practitioner provides an integrated approach to life by addressing the needs of the body, mind and spirit.
Harvey Singer (pg. 21) holds a bachelor of arts degree in economics and political science from the City College of New York and a masters of business administration in finance and investments from Baruch College.

Lisa Chenofsky Singer (pg. 20) is an International Coach Federation (ICF) Professional Certified Coach (PCC) focused on executive coaching, career management, team effectiveness and human resources. She teaches and speaks on leadership, motivation, and communication effectiveness. Lisa is also an Adjunct Instructor for Rutgers University Certified Public Manager Program, Kean University, and has been an invited guest Lecturer at New York University and Columbia University. For more information, please visit www.chenofskysinger.com.

Lyn Lilavati Sirotiap (pg. 15) is a certified 200-hour Yoga Instructor that specializes in gentle yoga instruction with a focus on range of movement and therapeutic practices. Lyn completed a 180-hour Therapeutic Yoga Teacher Training program, a 100-hour Yin Yoga Teacher Training program, Mindfulness Based Stress Reduction, Yoga for Arthritis and Yoga for Low Back Pain certifications with Dr. Loren Fishman.

Valerie Snyder (pgs.10,11,28,29) Val is the New Jersey State Arts Educator of the Year for 2017-2018 in addition to having taught art in North Brunswick Public Schools since 1980. Recognized in 2016 as a “Teacher Who Makes Magic” by Greater Media’s WMGQ Radio as well as by the State of New Jersey with an “Exemplary Educator Award“, she is a proud graduate of Douglass College, Rutgers University, and a returning OLLI-RU Instructor.

Paul Soltis (pg. 12) is the NJ State Park Service’s resource interpretive specialist at Wallace House & Old Dutch Parsonage State Historic Sites in Somerville, NJ. Paul holds a B.A. from William & Mary and a certificate from the National Institute of American History & Democracy in Williamsburg, Virginia.

Larry Stanley (pg 29) was a TV director for over 30 years. He has his BA in Broadcast Communication Arts from San Francisco State University. He is passionate about movies, music, art, and coffee roasting.

Maxine Susman (pgs. 19, 23) holds a B.A. from Barnard College and a Ph.D. in English from Cornell. She taught writing for years at Rutgers and retired as Professor of English from Caldwell University. She has published widely in literary journals and has written 7 books of poetry. This is her 8th year teaching poetry at OLLI-RU.

Sayyid Tirmizi (pgs. 22,25) M.A., M.B.A., Ph.D., Sayyid 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 and at the City College of New York.

Bruce Tucker (pgs. 22,27) holds a B.A. in political science and history from the City University of New York and an M.S. in information technology and project management from Stevens Institute of Technology. He has been an OLLI-RU instructor since 2009.

Abe Vorensky (pg.17) possesses a lifelong love and depth of knowledge of comedy; specifically its diverse history. This love began when Abe worked as a teenage MC in a Catskill Mountain hotel where he sang, told jokes and introduced other acts including a host of comedians.

Vandana Walia (pgs 14,19) has a master’s degree in English Literature and thirty years teaching experience. I have been conducting classes at OLLI RU for several years.

Donald Wardlow (pg. 30) was a broadcaster on WGLS/FM in Glassboro and went on to become the first blind radio announcer in the history of professional baseball. He’s been a baseball fan since 1971 and a broadcaster from 1991 thru 2002.

George Zilbergeld (pg. 11) is a retired professor who has taught for 37 years, 35 in person and 2 online. He taught history and political science and public policy in Arkansas and New Jersey. He is also a military veteran.