

Lifetime Learners Institute

For People Fifty and Over



Fall 2026 Catalog

Courses Start – Sept. 14th

Open House/Lunch and Learn – Sept. 18th



Lifetime Learners Institute

CT STATE COMMUNITY COLLEGE NORWALK



Lifetime Learners 2026 Fall Term

Dear Members and Friends of LLI,

Welcome to Lifetime Learners' fall term. We had a successful summer session, and I am confident that we are all looking forward to the fall term. Classes start on Monday, September 14th.

The Curriculum Committee has given us a wide variety of interesting courses to pick from. We are pleased to welcome back Dr. Olena Lennon from the University of New Haven, who previously taught two very popular classes on the Russian invasion of Ukraine. She will be teaching a course titled *The Geographic Foundations of National Power*. There are four different art classes; history, exercise, poetry, music, and film classes; and two discussion classes, current events and the short story discussion group. There is something for everyone!

We are exploring some new classes and activities for the future. There will be some exciting announcements in the future.

The various committees are hard at work setting up our special events, growing and marketing LLI, putting the quarterly catalogs together, talking to potential new instructors, and doing many of the mundane tasks that must be done to keep LLI not only functioning but thriving.

Please remember this is our organization; we are all in this together. We are looking for ideas and suggestions from our members. What subjects would you like us to offer? What classes are the most interesting? Do you know of any potential new instructors? Do you know any interesting potential speakers for our Lunch and Learn programs? Do you want to volunteer or join a committee? Please feel free to invite any of your neighbors, friends, and family to our Open House program. If you have any suggestions, feel free to contact me or any board member.

I am always happy to hear from members. If you have any questions, concerns, or suggestions that could help strengthen LLI, please don't hesitate to reach out. You can contact me by phone at 845-901-9430 or by email at gai4rui4@gmail.com.

We look forward to seeing you in our classes and at upcoming Lunch and Learn events!

Sincerely,

Gary Bischoff
Lifetime Learners President

Lifetime Learners Institute
at CT State Community College Norwalk
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Norwalk CT 06854
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www.lifetimelearners.org
llearner@ctstate.edu

What is a Hybrid course?



LLI offers some courses in a Hybrid course format—which means simultaneously on-campus and online (via Zoom). Hybrid courses expand LLI’s community by reaching out to a wider audience and also provide members with a choice of how they wish to participate.



Course Registration and Zoom Information

To register for an LLI course:

- Go to www.lifetimelearners.org
- On the left-hand side of the website click on the button that says “**Click here for Membership & Registration**”
- Use the online registration form to (a) select your courses, or (b) renew your membership if necessary, or (c) both select your courses and renew your membership. Dues are \$60 for one full year. Courses consisting of six or fewer classes are \$40, and courses consisting of seven or more classes are \$50.
- If you have not already done so, our new database will require you to create a username and password. Use this [Link](#) for detailed instructions. *Don’t forget to save your username and password for future use.*
- **Membership:** If you renew your membership, you will receive a confirmation and membership card via separate emails.
- **On-campus and online learners:** For all courses you will receive an email confirmation. In the case of on-campus learners, the confirmation will include the College’s classroom number.
- **Online learners:** For Zoom-only courses and hybrid courses, at least one day before the class you will receive an email from LLI with the Zoom link. Save this email with the Zoom course link. The link will look like <https://zoom.us/j/909090>. Click on the Zoom link ten minutes prior to your class start time. You will use the same link for all weeks of the course.

Parking on CT State Norwalk’s Campus



CT State Norwalk now requires current active LLI members to obtain a parking tag to display in their car while attending courses/events on campus. If you need to submit a parking form, please stop by LLI’s office (E107) or email the office at llearner@ctstate.edu.

Fall 2026 - Course Schedule

Registration is required in advance

Hybrid courses are held both on campus and via Zoom ([see page 3](#))

To attend LLI on-campus events, CT State Community College Norwalk requires that you sign in as a visitor at security and be prepared to show your Lifetime Learners membership card and/or a photo ID (like a driver's license). It is strongly suggested you arrive early to sign in with security.

MONDAY – No Class on September 21st

The Geographic Foundations of National Power

Olena Lennon

Zoom

10:00 am to 11:30 am

Tiffany & Co. and Tiffany Studios

Christine Hauck

Zoom

1:10 pm to 2:50 pm

TUESDAY

Art – What is the Purpose?

Darby Cartun

Zoom

10:00 am to 11:40 am

Current Events

Maria Petti and Gary Bischoff

Zoom

10:30 am to Noon

Sons of Doo Wop, Part 3: 1958-64

Gary Carlson

On Campus

1:10 pm to 2:50 pm

Letting Go After a Lifetime of Accumulating – 4 weeks

Melora Johnson, [New Instructor](#)

On Campus

1:10 pm to 2:50 pm

Bring on the Music!

Art Gang

On Campus

3:10 pm to 4:50 pm

WEDNESDAY

Irving Berlin's America: A Reassessment

Joshua Berrett

Zoom

10:30 am to Noon

Poetry and Feminism <i>Sandy Soson</i>	Zoom	10:30 am to Noon
Watercolor Exploration <i>Louise Flax</i>	On Campus	1:10 pm to 2:50 pm
Relationships in Film: Men and Women <i>Bill McCarthy</i>	Zoom	1:30 pm to 3:00 pm
Essentrics - 1 hr. class/Limited enrollment <i>June Bird</i>	On Campus	3:10 pm to 4:10 pm
Stalin's Revolution – 7 weeks <i>Mark Albertson</i>	Hybrid	3:10 pm to 4:50 pm

THURSDAY

Short Story Discussion Group - 1 hr. class <i>Carroll Stenson</i>	Zoom	10:30 am to 11:30 am
Zentangle: Introduction to Mindful Drawing - 1 hr. class <i>Kathy Shapiro</i>	Zoom	10:30 am to 11:30 am
Safe Adventures After 50: First Aid, Wilderness and Travel Medicine <i>Teresa Menendez</i>	On Campus	1:10 pm to 2:50 pm
Introduction to Acrylic Painting - Exploring Nature <i>Pari Pfenninger, New Instructor</i>	On Campus	1:10 pm to 2:50 pm
Fascism <i>Mark Albertson</i>	Hybrid	3:10 pm to 4:50 pm
The 1990s - The Last Great Hollywood Decade? <i>Joe Meyers</i>	On Campus	3:10 pm to 4:50 pm

FRIDAY

Art – What is the Purpose? – Course Full-Registration Closed <i>Darby Cartun</i>	On Campus	10:10 am to 11:50 am
The Greatest Show on Earth <i>Elissa Kaplan</i>	Hybrid	10:10 am to 11:50 am

Fall 2026

Free Friday Brown Bag Lunch & Learn Schedule

All Programs are On-Campus
12:15 pm - Cookies, tea and coffee
1:00 pm – Presentation
East Campus Forum Auditorium

To attend LLI on-campus events, CT State Community College Norwalk requires that you sign in as a visitor at security and be prepared to show your Lifetime Learners membership card and/or a photo ID (like a driver's license). It is strongly suggested you arrive early to sign in with security.

No Registration Required
Open to members only, except for September 18th Open House

Fall Session Open House
Bring a Friend or two!

Manresa Wilds of Norwalk CT



*Together with the community, Manresa Island Corp.
is opening this once-private shoreline for all to enjoy.*

Sept. 18 - Manresa Wilds of Norwalk CT – *Alexander Muniz*

Sept. 25 - The Evolution of the Printed Newspaper Page – *Bob Rosenthal*

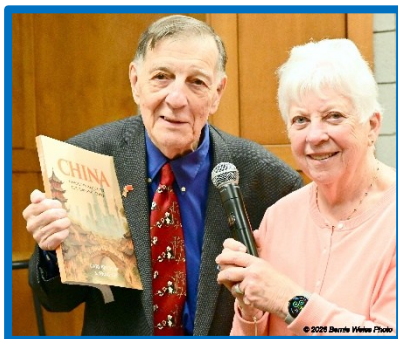
Oct. 2 - Thomas Edison – Inside Edison’s Innovation Lab – *Chuck Perillo*

Oct. 9 - Mayor Barbara Smyth – City of Norwalk – *Barbara Smith*

Oct. 16 - 107 Days at Sea: The Journey That Changed Everything – *Jill Siegal Chalsty*

Oct. 23 - CT’s Best Kept Secret: The Norwalk Conservatory of the Arts – *Danny Loftus George*

Oct. 30 - CT’s Housing Shortage: Why it Exists and What to Do About It – *David McCarthy*



Please show your LLI ID at the Lunch & Learn welcome table and obtain an entrance ticket. Tickets are distributed on a first-come, first-served basis. The number of tickets is limited to the maximum capacity of the room.

Attendees at Brown Bag Lunch & Learn programs should exercise care in walking to and from the seats in the East Campus Forum. Attendees who may have difficulty walking to and from the seats should identify themselves to the LLI members manning the entrance door, so that they may enter first and be safely seated at the top of the auditorium.

LLI Runs on Volunteers



Want to become more involved in Lifetime Learners?
Join one of our committees!

Catalog * Curriculum * Financial Development * Hospitality *
Marketing * Membership * Nominating * Scholarship
Special Events * Technology

Please contact the office at **203-857-3330** or llearner@ctstate.edu
and let us know which committee(s) you are interested in joining.

Lifetime Learners Institute 2026 – 2027 Board of Directors



Gary Bischoff, President
Frank Phillips, First Vice President
Cherie Flavin, Second Vice President
Ann Bello, Treasurer
Leah Tillman, Secretary
Maria Baldi, CT State Norwalk Liaison

Bill Levin
Robert Marcus
Fay Ruotolo
Min Selkowitz
Mandy Teare
Phyllis Weisberg

Fall 2026 Course Descriptions

Members are encouraged to register as early as possible for courses due to limited classroom seating. Early registration helps avoid the possible cancellation of courses due to low enrollment the week before the beginning of the term.

MONDAY COURSE – No Classes on September 21st

The Geographic Foundations of National Power

Sept. 14, 28, Oct. 5, 12, 19, 26, Nov. 2, 9

Zoom

10:00 am – 11:30 am

Recent events have reminded us how geography shapes the rise, projection, and limitations of national power. We examine the enduring influence of geography, natural resources, demographics, transportation networks, and strategic locations on state behavior and international competition. We use historical and contemporary case studies, to analyze how geography affects military strategy, economic development, political stability, and foreign policy decision-making.



- Week 1: Empires, neo-empires, and the geography of power projection from Rome to Russia and China
- Week 2: Buffer states, geopolitical origins of the Russia-Ukraine war
- Week 3: Iran, Israel, and the geopolitics of the Middle East: energy, security, and regional power competition
- Week 4: Energy security, Iran energy crisis, geopolitics of oil and natural gas
- Week 5: The post-Soviet space: Russian influence, frozen conflicts, Eurasian security
- Week 6: China's rise, the Belt and Road Initiative, geography of Eurasian power
- Week 7: South America in global geopolitics, the influence of China, Russia, and the U.S.
- Week 8: Maritime power, strategic chokepoints, critical infrastructure, and the role of geography between and among the super-powers

Olena Lennon, PhD, is an Adjunct Professor of National Security at the University of New Haven, teaching courses on U.S. Foreign and Defense Policy, International Relations, and U.S. National Security. An Eastern Ukraine native, she also serves as an election observer with the Organization for Security and Cooperation in Europe (OSCE). Formerly a Fulbright scholar and most recently a Title VIII Scholar at Woodrow Wilson Center's Kennan Institute in Washington, D.C., she has dedicated her research to domestic and international politics of Ukraine, Eurasian geopolitics and security. Dr. Lennon also serves on the Freedom House team of Ukraine experts, producing a yearly "Freedom in the World" report focused on assessing Ukraine's domestic political environment. She has also conducted Ukraine country studies training for U.S. advisors to Ukraine's Ministry of Defense, under the auspices of the United States European Command (EUCOM) Office of Defense Cooperation (ODC).



Tiffany & Co. and Tiffany Studios

Sept. 14, 28, Oct. 5, 12, 19, 26

Zoom

1:10 pm – 2:50 pm

The Tiffany name is synonymous with luxury. Join us for this peek behind the scenes to explore the 1837 founding by Charles Lewis Tiffany of the jewelry store, Tiffany & Co., and the subsequent founding by his son, Louis Comfort Tiffany, of Tiffany Studios, known for its leaded-glass lamps, mosaics, stained-glass windows, and luxury objects. Many of the items produced by Tiffany Studios were designed by Louis Comfort Tiffany -- himself a talented fine artist, craftsman and jewelry designer. He also brought scientists into the company to help revolutionize glassmaking. We learn how his contributions, along with that of other artists, artisans, craftsmen and designers, transformed Tiffany & Co. and Tiffany Studios into the iconic companies they are today.



- Week 1: Beginnings: Charles Lewis Tiffany, an American businessman, visionary entrepreneur, and jeweler, founded New York City's Tiffany & Co. in 1837.
- Week 2: Louis Comfort Tiffany and the Tiffany Studios: revolutionizing glassmaking, designing iconic leaded glass lamps, mosaics, windows, and luxury objects.
- Week 3: Seeing Louis Tiffany and the Tiffany Studio in a New Light: Clara Driscoll and the Tiffany Girls' true role.
- Week 4: Louis Comfort Tiffany and Artistic Luxury: How Tiffany adapted decorative arts themes in nature for his jewelry and enamel creations.
- Week 5: Louis Comfort Tiffany and Decorative Arts: How Tiffany adapted themes in nature for his lamps, mosaics, windows, and luxury objects.
- Week 6: Jean Schlumberger as Tiffany & Co.'s Whimsical High-End Jewelry Designer for its signature and most iconic designs.

Christine Hauck has a BA in Art History from Vassar College and an MA in History of Decorative Arts and Curatorial Studies from the Parsons School of Design and the Cooper-Hewitt Smithsonian Design Museum, a degree in Graphics and Advertising from the Parsons School of Design, and has completed a postgraduate seminar in Japan. She is a visual arts educator, lecturer, multimedia artist, and award-winning designer and the owner of the graffest design studio. She was formerly an Adjunct Professor at the University of Connecticut in Digital Media.

TUESDAY COURSES

Art – What is the Purpose?

Sept. 15, 22, 29, Oct. 6, 13, 20, 27, Nov. 3

Zoom

10:00 am – 11:40 am

Art is a moveable feast, and can evoke strong emotional responses. Just like a feast we see things we like and want more of, and other things that we dislike. A historical scene may inform us; a still life may soothe our soul; a painting that exposes the dark side of humanity may frighten or repel us; a religious painting may strike a moral chord. Throughout the course we discuss 20th century artists and how their style and influence prompted our reactions. *Revised course*



- Week 1: Overview of the evolution of 20th century art
- Week 2: German Expressionism
- Week 3: Russian Suprematism
- Week 4: Chagall war images
- Week 5: American WPA, break with reality—Pollack and de Kooning
- Week 6: Black Art, Mexican Murals
- Week 7: Pop Art
- Week 8: Shock Art-Francis Bacon, Freud, discussion of 21st century contemporary art

Darby Cartun earned a BS from Syracuse University and an MAT from Sacred Heart University. She is a passionate lover of the arts with a desire to share ideas and theories. Darby is also the founder of the program Museum Comes to You, which serves senior centers, men's and women's groups and assisted living residences in Connecticut and New York. After 20 years of broadcasting, she retired from her radio talk show, Darby and Friends. She is currently developing podcasts.

Current Events

Sept. 15, 22, 29, Oct. 6, 13, 20

Zoom

10:30 am – Noon

Join us for interesting and stimulating discussions on news issues and subjects of current interest. Each week we discuss two topics for 30 minutes each, led by one of the facilitators, and then have an open discussion of current events. Class members are asked to suggest topics for discussion.



Maria Petti is a graduate of Fairfield University and Brooklyn Law School. She has practiced corporate law with an emphasis on governance for almost 30 years. Maria has been a local publicly elected and appointed official and enjoys travel and reading.

Gary Bischoff has an MS in Electronics Engineering and Computer Science from Columbia University. He was an adjunct professor at SUNY New Paltz, teaching electronics and microcomputers. A retired electronics engineer and business owner, Gary has taught courses on Electronics, Current Events, and Chinese Culture. With Wang Wei, he has co-authored *China: Insight into History, Culture and People*, published this year. Gary currently serves as the president of LLI.

Sons of Doo Wop, Part 3: 1958-64

Sept. 15, 22, 29, Oct. 6, 13, 20, 27, Nov. 3

On Campus

1:10 pm – 2:50 pm

We continue our deep dive into the great—and often over-looked—Boy Groups of the mid-late 50's and early-mid 60's, focusing on the American male harmony groups of the early rock'n'roll era. These groups combined elements of pop, rock, doo wop, and even jazz, to create a sound that defied easy categorization. They competed successfully on the charts with Rockabilly, Surf Music, Soul Music and, of course, The British Invasion. Join us for an interesting, informative and fun course!



- Week 1: Mid-late 50's: Heartbeats, Cleftones, Frankie Lyman
- Week 2: Late 50's: Diamonds, Coasters, Johnny Maestro
- Week 3: Late 50's-early 60's: Dion and the Belmonts, New Drifters

- Week 4: Late 50's-early 60's continued: Little Anthony, Flamingos
- Week 5: Early 60's: Skyliners, Marcells, Jive Five, Dovells
- Week 6: Early-mid 60's: Tokens, Duprees, The Lettermen, The Four Seasons
- Week 7: Early-mid 60's continued: Jay and the Americans, Classics
- Week 8: Mid 60's: Tymes, Reflections, The Vogues, Fortunes

Gary Carlson, Professor Emeritus of English at Norwalk Community College (now CT State College Norwalk), created and taught a wide variety of courses on writing, literature, film and pop culture. A published writer of fiction, non-fiction, film and music criticism, he also hosted several local radio programs on music history and was the founder and host of NCC's long-running *Movies-of-the-Month* Film Series.

Letting Go After a Lifetime of Accumulating – 4 weeks

Sept. 15, 22, 29, Oct. 6

On Campus 1:10 pm – 2:50 pm

For our entire lives, consumer culture has encouraged us to have more: clothes, furniture, keepsakes, more of almost everything. Over time, those possessions can become overwhelming, and even result in feelings of guilt and shame. Letting go not only creates more space, but also, unexpectedly, more freedom, time, and peace of mind. We explore why we accumulate, why letting go can be so difficult, and how to begin this process in a thoughtful and practical way. Through personal stories, discussion, and actionable strategies, participants will learn how to lighten the load and create a home that better reflects the living space we envision.



- Week 1: How consumer culture shaped our habits and why today's homes contain more possessions than any generation before us
- Week 2: Understanding emotional attachment, guilt, and the psychological barriers that make parting with possessions so difficult
- Week 3: Discovering how having less clutter can reduce stress, increase freedom, and create space for what matters most
- Week 4: Practical strategies to stop the accumulation cycle and create a home that reflects your values and priorities

New Instructor - Melora Johnson is the founder of Sustainably Styled and a speaker, consultant, and educator focused on sustainable living, mindful consumption, and the benefits of living with less. Her interest in the topic began and expertise developed through her work in sustainability and community reuse initiatives, including founding a community closet that diverted tons of usable goods from landfills, while serving hundreds of people each month.



Bring on the Music!

Sept. 15, 22, 29, Oct. 6, 13, 20

On Campus 3:10 pm – 4:50 pm

A course for lovers of all kinds of music, including a couple of symphonies, some opera, songs of social significance, and the American Songbook. We sample an eclectic selection of well-known and exciting pieces of classical music, show tunes and folk music: Ludwig van Beethoven, Gustav Mahler, Woody Guthrie and Cole Porter. In addition, some downright socialist ideas expressed a post-WWII musical, *Finian's Rainbow*. We provide historical and biographical contexts for these works, and opportunities for special requests for your particular favorite works.



- Week 1: Beethoven: V for Victory, *Ode to Joy*
- Week 2: Some of the Boys: Irving Berlin, Cole Porter, Frank Loesser, and one Girl: Dorothy Fields, and The Great American Songbook
- Week 3: A Piece of Mahler's, including his Resurrection Symphony
- Week 4: Songs of Social Significance, Protest and Justice
- Week 5: The Music of 20th century great, Nicolas Flagello, including *The Passion of Martin Luther King*
- Week 6: *Ragtime*: E.L. Doctorow's epic novel, James Cagney's final film (1981) and a glorious 1998 musical, now in revival

Art Gang has a BA from NYU, a JD from Brooklyn Law School and a MA in American Studies from Fairfield University. After retiring from 40 years of legal practice, he has taught in adult education programs and served as a docent at the Fairfield University Museum. He is the past president of the Fairfield County Chorale.

WEDNESDAY COURSES

Irving Berlin's America: A Reassessment

Sept. 16, 23, 30, Oct. 7, 14, 21, 28, Nov. 4

Zoom

10:30 am – Noon

Jerome Kern famously observed of Irving Berlin that, rather than merely having a place in American music, Irving Berlin is American music. Our country's 250th anniversary offers a special opportunity to revisit his rags-to-riches story and his celebration of core American values. We trace the trajectory of his career, from his hardscrabble beginnings, through his early success with *Alexander's Ragtime Band*, and his stewardship of his legacy. We salute many of his iconic songs that we know so well. We discuss his promotion of Ethel Waters and his efforts to expose racism in Broadway theater. In exploring his remarkably prolific portfolio of music, it is amazing to note that Irving Berlin was unable to read or write music and could play the piano in only one key. *Previously offered course.*



- Week 1: Overview and hardscrabble beginnings
- Week 2: Ragtime in context, *Alexander's Ragtime Band* and international fame
- Week 3: Camp Upton and *Yip-Yip Yaphank*
- Week 4: Courtship of Ellin Mackay, *Blue Skies* and *How Deep is the Ocean*
- Week 5: *Puttin' on the Ritz*, *As Thousands Cheer*, Ethel Waters and Billie Holiday

- Week 6: *God Bless America vs. This Land is Your Land*
- Week 7: *Call Me Madam*
- Week 8: *Annie Get Your Gun*

Joshua Berrett earned a BA from the University of Cape Town in South Africa, an MA from Columbia University, and a PhD from the University of Michigan. He has also studied at the Manhattan School of Music, Juilliard and the Tanglewood Music Center. He is a Professor Emeritus at Mercy University, a freelance violinist and the author of many publications on music. He has made presentations nationally, been interviewed on NPR, and lectured abroad. With his wife, Lynne, he is co-founder of the non-profit Ageless Mind Project, Inc.

Poetry and Feminism

Sept. 16, 23, 30, Oct. 7, 14, 21

Zoom

10:30 am – Noon

It was once widely believed that women and the female experience were incompatible with writing poetry. But with second wave feminism in the 1960's and 70's, women's voices emerged in poetry as well as in political movements. We examine how these poets "turned, twisted, and blasted open poetry's forms, subjects, and institutions to make room for their experiences and their voices." (Poetry Foundation) The poems include considerations of female sexuality, authorship, motherhood and gender. Join us as we explore an exciting array of women's voices, including Muriel Rukeyser, Denise Levertov, Marge Piercy, Sylvia Plath, Gwendolyn Brooks, Maxine Kumin, Diane Wakoski, Adrienne Rich, May Swenson, Sharon Olds, Margaret Atwood, Marie Ponsot, Audre Lorde, and others! No experience with poetry is required; poems will be read and discussed during class, with all being encouraged to participate.



Sandy Soson has a BA in English from the University of Michigan and an MA from Wesleyan University. She has taught high school English for her entire professional career. In recent years she has run the Poetry Out Loud program for local high school students, facilitated writing workshops for adults, taught ESOL as a Literacy Volunteer as well as taken and taught courses at Lifetime Learners. She is passionate about poetry and enjoys sharing her love of it with others.

Watercolor Exploration

Sept. 16, 23, 30, Oct. 7, 14, 21, 28, Nov. 4

On Campus 1:10 pm – 2:50 pm

Join us to explore and learn about watercolors. Students of all experience levels—whether beginner, intermediate or advanced—will learn about different watercolor paints, techniques and media with which they may experiment. Based on class interest and experience, in addition to the topics listed below, we may also include some or all of the following: wet into wet, achieving gradients with value, opposite colors and close colors, drawing a frame on a composition, granulation, watercolor powders, fish, still life or flowers. *Previously offered course*



Materials:

For the first class, students should bring two containers for water (or a double watercolor bucket), towels/rags, newspaper, basic brushes, ordinary paper and real watercolor paper. The instructor will bring additional supplies to class and then discuss other materials and recommendations.

- Lesson 1: Introduction, exploring the possibilities—the nature of the paints, using shapes and an abstract composition to explore hue, value and intensity, chroma and washes
- Lesson 2: Washes and dark color to make a landscape
- Lesson 3: Washes to make clouds and sunsets
- Lesson 4: Sparx and watercolor powders
- Lesson 5: Masking
- Lesson 6: Trees—mixed media
- Lesson 7: Shaded objects—forms—circles or abstractions—cubism
- Lesson 8: Free choice as students request—possibly mixed media or collage

Louise Flax earned a PhD in Art Education. She taught art and photography in Norwalk Public Schools for 38 years. She loves making and teaching art.

Relationships in Film: Men and Women

Sept. 16, 23, 30, Oct. 7, 14, 21, 28, Nov. 4 Zoom 1:30 pm – 3:00 pm

Let's take a look at the relationships between women and men in the movies, where they seem to get along as well or as badly as they do in reality. After the first class, members will be asked to watch one full-length film outside of the class, which we will then discuss at the next session. (Films will not be viewed in class). We focus our discussions on what the film means to each of us, as well as what we bring to the film – how our personalities and experiences shape our responses to the film. This selection of movies represents a variety of time periods and cultures: Canadian, British, Swedish, American and Japanese. These are films that participants may never have seen or may not have seen in a long time. Many libraries offer free streaming services, but no single streaming service carries all of the films; participants may at times have to pay a fee for rental.



- Week 1: View introductory film clips. For next week view *The Graduate*
- Week 2: *The Graduate*. Next: a slapstick version of *The Taming of the Shrew*, American Conservatory Theater production, 1976
- Week 3: *The Taming of the Shrew*. Next: *The Stories We Tell*
- Week 4: *The Stories We Tell*. Next: Ingmar Bergman's film *Scenes from a Marriage*
- Week 5: *Scenes from a Marriage*. Next: *Good Luck to You, Leo Grande*
- Week 6: *Good Luck to You, Leo Grande*. Next: *Her*
- Week 7: *Her*. Next: *Ugetsu*
- Week 8: *Ugetsu*

Bill McCarthy taught English and film at Darien High School. For fifteen years he served as Associate Director of the Connecticut Writing Project. He enjoys writing poetry and short stories, playing guitar and singing in the Greenwich Choral Society, traveling, hiking and kayaking. And cooking. And movies.



Essentrics - 1 hr. class/Limited enrollment

Sept. 16, 23, 30, Oct. 7, 14, 21, 28, Nov. 4

On Campus 3:10 pm – 4:10 pm

Flexibility, strength and balance are needed for any sport or activity — including golf, pickleball, gardening and daily living. Would you like to enhance your ability to do these things? Essentrics is a dynamic and gentle full body workout suitable for all fitness levels. Essentrics combines stretching and strengthening, and engages every muscle in the body. This class aims to improve flexibility, balance and mobility for a healthy, toned and pain-free body.



Please note: This is a one-hour class. Participants must be able to get up and down from the floor unassisted. People with a disease or condition that might result in health issues when engaging in low-level movement activity should not enroll in the course. A medical screening form will be distributed by the instructor.

June Bird earned an MA in dance and has been teaching it for more than 30 years. Her background is in ballet, tap, jazz and modern dance. She has taught dance movement in dance studios, after-school programs, adult education, community colleges, nursery schools, public schools and assisted-living communities.

Stalin's Revolution – 7 weeks

Sept. 16, 23, 30, Oct. 7, 21, 28, Nov. 4

Hybrid

3:10 pm – 4:50 pm

Of The Big Three Allied leaders in World War II, we covered Winston Churchill in a prior course; now we focus our attention on Joseph Stalin. In a future course we will explore FDR. We learn about the rise of Stalin, his ideology, and life in Stalinist Russia. Attendance at the previous course is not a pre-requisite. *Revised course*



- Week 1: Stalin the Georgian, the early years
- Week 2: Revolution and civil war
- Week 3: Stalin the ideologue
- Week 4: Discipline by revolver- industrialization and purge of the party
- Week 5: 1939-1942: The Great Patriotic War, Part 1
- Week 6: 1943-1945: The Great Patriotic War, Part 2
- Week 7: Stalinist Russia

Mark Albertson is the historical research editor at *Army Aviation* magazine and the historian for the Army Aviation Association of America. He has authored books, written articles for magazines and newspapers and presents courses and talks on history, current events and politics. He was presented with a General Assembly Citation by both houses of the state legislature in Hartford for his efforts in commemorating the centennial of the battleship *Connecticut*.



THURSDAY COURSES

Short Story Discussion Group – 1 hr. class

Sept. 17, 24, Oct. 1, 8, 15, 22

Zoom

10:30 am – 11:30 am

For readers who do not have the time for longer fiction, the short story provides the same exhilaration and joy of reading as any other literary genre – particularly in a discussion setting. This one-hour course offers reading enthusiasts an alternative to the standard book group. We include authors from the Western Canon (e.g., Joyce, Hemingway, Wharton) as well as foreign and contemporary authors. Each story, which is usually less than ten pages, will be emailed the week before class, allowing participants to absorb the content and fully engage in the discussion. While we explore the various literary devices of the story (e.g., theme, plot, characters), the primary element for discussion will be our personal and diverse opinions of the story. Always new stories!



Carroll Stenson has a BA in English Literature from Yale University, and an MA from Southern New Hampshire University. Carroll is a retired insurance executive and has led literary discussion groups for over 20 years, including at adult education classes and private book group meetings.

Zentangle: Introduction to Mindful Drawing – 1 hr. class

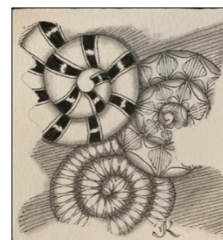
Sept. 17, 24, Oct. 1, 8, 15, 22

Zoom

10:30 am – 11:30 am

Zentangle is a fun, easy-to-learn, mindful drawing practice. In the guided drawing classes, students learn to create structured patterns with simple lines and curves. Coupled with meditative principles, students learn to enhance their creativity, confidence and calm. No art background needed.

Supplies needed: Paper, fine tip black pen, sharp pencil, rolled paper smudger or Q-tip.



- The Basics - Explore the steps of the Zentangle method and create artworks using structured patterns, “tangles.” Discover how simple strokes become three-dimensional magic in no time.
- Exploring contrast: Explore pattern types, organic grid border tangles, and discover how juxtaposing contrasts makes the art pop!
- String Thing: Discover the comfort in small divided sections of the “string.” Working in small areas, find an endless variety of opportunities inside and outside the lines.
- Shading technique: Explore how simple strokes of the pencil and rolled paper smudger create surprising dimension, depth, and emphasis, where 2-D will become 3-D in a few strokes.

Kathy Shapiro is a certified Zentangle teacher. She has spent most of her career producing Broadway and off-Broadway theater and developing innovative arts programs for community engagement. She is the founder of Magic Me, the leading intergenerational arts program in the United Kingdom. Teaching Zentangle is a natural integration of her love of arts and community connection.



Safe Adventures After 50: First Aid, Wilderness and Travel Medicine

Sept. 17, 24, Oct. 1, 8, 15, 22

On Campus 1:10 pm – 2:50 pm

You're not done exploring; *however*, hiking, travel, and outdoor odysseys after age 50 come with a different set of concerns. Medications, slower healing, balance, and heat tolerance all change the game. Learn how to prevent, recognize, and treat common wilderness and travel emergencies. Each class includes real cases, demonstrations of skills, and practical checklists. Leave with a custom first aid kit plan and the confidence to say "yes" to your next adventure. Who it's for: Hikers, travelers, grandparents, snowbirds, and anyone over 50 who refuses to sit still.



Week 1: Foundations – The 50+ Body in the Wild

- Why age changes your risk: medications, balance, heart, skin, healing
- Red flags that mean “stop and get help”
- Build your personal info card: meds, allergies, contacts
- Upgrade your first aid kit: what to add

Week 2: Environmental Threats – Heat, Cold, Lightning

- Hypothermia and heat stroke: why seniors get it faster and miss the signs
- Medications that wreck your temperature control
- The 30/30 rule for lightning, what to do if someone's struck
- Hydration math: electrolytes vs water

Week 3: Trauma – Bleeding, Falls, Fractures

- Blood thinners and head injuries: the deadly combo nobody talks about
- Skin tears, wound cleaning, and infection risk with diabetes
- Why falls are the #1 cause of wilderness evacuations after 50, and how to prevent them
- Splints, slings, and tourniquets: when to use, when to evacuate

Week 4: Altitude, Water, Wilderness Illness

- Altitude sickness, HAPE, HACE: extra risk with sleep apnea, HTN, stents
- Recognizing a heart attack when “you're just tired” at 10,000 feet
- Travelers' diarrhea: dehydration + kidney meds = danger
- Water treatment: filters, pills, boiling — what works for viruses
- Tick bites and Lyme disease: why seniors get sicker

Week 5: Animals – From Stings to Bears

- Anaphylaxis: EpiPen skills + why death rates are higher after 50
- Snakebite, spiders, jellyfish: what helps, what's a myth
- Dog and cat bites: rabies risk and wound care that prevents infection
- Bear safety: black vs grizzly behavior, bear spray done right
- If attacked: play dead vs fight back — species matters

Week 6: Travel Medicine and Putting It All Together

- Vaccines, malaria, DVT on flights: what changes with age
- Medicare stops at the border: insurance and evacuation planning
- Packing meds: time zones, generics, 2x supply rule
- Go/No-Go decisions: chest pain, confusion, vomiting at altitude
- Group scenarios: You make the call on real cases

Teresa Menendez recently retired from 40 years of practice in clinical and academic cardiology and cardiac electrophysiology. She earned her BS from University of Texas, Austin; MD from Southwestern Medical School, Dallas. She served her Internship and Residency at Southwestern Medical School, Dallas; Fellowship in Cardiology and Cardiac Electrophysiology at Baylor College of Medicine, Houston; Private Practice at Dallas Presbyterian Hospital; Chief of Electrophysiology Berkshire Medical Center, Pittsfield MA; Cardiology and Electrophysiology, Norwalk Hospital. She loves to teach and travel.

Introduction to Acrylic Painting – Exploring Nature

Sept. 17, 24, Oct. 1, 8, 15, 22

On Campus 1:10 pm – 2:50 pm

Acrylic painting is a modern medium that allows an artist the freedom to create with speed, experimentation and color vibrancy. This paint is versatile with most water-based media and provides watercolor and oil-like qualities. This course provides the fundamental techniques needed for your own creative expression.



Materials required: Acrylic paints, brushes and canvas

- Week 1: Creating a small painting
- Week 2: Getting familiar with acrylic paints, color studies
- Week 3: Exploring mark-making and layering
- Week 4: Finding inspiration in nature, creating backgrounds
- Week 5: Creating a composition using prepared background
- Week 6: Painting values

New Instructor - Pari Pfenninger is an established fine artist and art educator. She completed her MFA in painting at Western Connecticut State University in 2015 and has exhibited in galleries for juried shows in New York City and Connecticut. Recently, Pari won the People's Choice Award from the Milford Arts Council. She has completed two judicial oil portraits for Brooklyn's Kings County courthouse. Pari currently teaches privately and offers workshops at the Museum of Contemporary Art CT. Her expanding body of artwork on paper and canvas includes mixed media, oil and drawings.

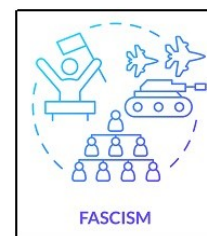
Fascism

Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5

Hybrid

3:10 pm – 4:50 pm

The term Fascism is often used in current times, but its meaning is not always understood. We review fascism from its foundations through its historical evolution to the present day. *Revised course*



- Week 1: Seeds of Fascism
- Week 2: The Italian Model
- Week 3: The German Model
- Week 4: The French Model
- Week 5: Unitarian Fascism - The Wahhabis vs. Christian Fascism
- Week 6: 1865-2026: Evolution of the American Corporate State, Part 1
- Week 7: 1865-2026: Evolution of the American Corporate State, Part 2
- Week 8: MAGA and Project 2025

Mark Albertson is the historical research editor at *Army Aviation* magazine and the historian for the Army Aviation Association of America. He has authored books, written articles for magazines and newspapers and presents courses and talks on history, current events and politics. He was presented with a General Assembly Citation by both houses of the state legislature in Hartford for his efforts in commemorating the centennial of the battleship *Connecticut*.

The 1990s - The Last Great Hollywood Decade?

Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5 **On Campus 3:10 pm – 4:50 pm**

We look into the new stars (Julia Roberts, Keanu Reeves), the new star directors (Paul Thomas Anderson), the blockbusters (*Titanic*) and the classics (*Goodfellas*) of a pivotal period in movie history.



- Week 1: The blockbusters. Movies set new box office records and found new audiences in China. *Titanic* became the highest grossing production ever.
- Week 2: The new classics. *Goodfellas*, *Boogie Nights* and *Office Space* are just three of the 90s best films of lasting value.
- Week 3: The new female stars. Julia Roberts became the most popular actress of the era and was closely trailed by Meg Ryan, Sandra Bullock and others.
- Week 4: The new male stars. Tom Hanks, Will Smith, Jim Carrey, and Keanu Reeves joined the reigning superstars Tom Cruise, Harrison Ford and Arnold Schwarzenegger.
- Week 5: The new star directors. Paul Thomas Anderson, David Fincher and the Coen Brothers pleased critics and cult audiences with innovative movies.
- Week 6: The return of the rom-com. Writer-director Nora Ephron showed there was new life in an old genre with *Sleepless in Seattle* and *You've Got Mail*.
- Week 7: The business side of a highly profitable decade. The multiplex boom of the 1980s and early 1990s gave moviemakers a record number of screens to showcase their work and the rise of the DVD made it hard to lose money on almost any film.
- Week 8: 1999 gives 1939 a run for its money. Critics see the last 12 months of the decade as one of the greatest years in film history, with a slate that included a host of landmark movies, including *American Beauty*, *Fight Club* and *The Sixth Sense*.

Joe Meyers earned his BA from Penn State with a major in journalism and minor in film. He is Director of Programming for the Focus on French Cinema film festival in Connecticut. He is co-host of the Spotify podcast "Now a Major Motion Picture!" and wrote features about movies, theater and books for more than 30 years for the Hearst Connecticut Media Group and other publications. In the 1970's, Meyers ran the first (and only) art house on the Delmarva Peninsula—the Lewes Cinema. He received the Ellery Queen Award from the Mystery Writers of America for his writing on crime fiction.



FRIDAY COURSES

Art – What is the Purpose? **Course Full-Registration Closed**

Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6 **On Campus** **10:10 am – 11:50 am**

Art is a moveable feast and can evoke strong emotional responses. Just like a feast we see things we like and want more of, and other things that we dislike. A historical scene may inform us; a still life may soothe our soul; a painting that exposes the dark side of humanity may frighten or repel us; a religious painting may strike a moral chord. Throughout the course we discuss 20th century artists and how their style and influence prompted our reactions. *Revised course*



- Week 1: Overview of the evolution of 20th century art
- Week 2: German Expressionism
- Week 3: Russian Suprematism
- Week 4: Chagall war images
- Week 5: American WPA, break with reality—Pollack and de Kooning
- Week 6: Black Art, Mexican Murals
- Week 7: Pop Art
- Week 8: Shock Art-Francis Bacon, Freud, discussion of 21st century contemporary art

Darby Cartun earned a BS from Syracuse University and an MAT from Sacred Heart University. She is a passionate lover of the arts with a desire to share ideas and theories. Darby is also the founder of the program Museum Comes to You, which serves senior centers, men's and women's groups and assisted living residences in Connecticut and New York. After 20 years of broadcasting, she retired from her radio talk show, Darby and Friends. She is currently developing podcasts.

The Greatest Show on Earth

Sept. 18, 25, Oct. 2, 9, 16, 23 **Hybrid** **10:10 am – 11:50 am**

Step right up ladies and gentlemen! Explore the fascinating world of the circus from its ancient origins to the blockbuster productions of today. Check out how the performers, animals, and stages have evoked emotions and engaged audiences over the centuries. The circus has something for everyone – history, performing arts, fine arts, and even popcorn. Come experience the magic with us! *Revised course*



- Week 1: Origins of the Circus – Ancient Rome and Ancient China
- Week 2: Philip Astley and the Birth of the Modern Circus
- Week 3: The Golden Age of the American Circus, P.T. Barnum
- Week 4: Daily Life Under the Big Top
- Week 5: Animals, Ethics and Changing Attitudes
- Week 6: The Circus Today: Reinvention and Contemporary Performance

Elissa Kaplan holds a doctorate in education from George Washington University and degrees in German Language and Literature and Comparative Literature, with a specialty in Jewish Studies. She is a writer, speaker, teacher and an educational consultant and has served as Director of Education at synagogues, and is the past President of the Jewish Historical Society of Fairfield County.

Fall 2026

Free Friday Brown Bag Lunch & Learn Descriptions

No Registration Required - Open to members only, except for the Open House

All Programs are On-Campus, East Campus Forum Auditorium

12:15 pm - Cookies, tea and coffee

1:00 pm – Presentation

Sept. 18 – Manresa Wilds of Norwalk CT

Open House – All are invited – Bring a friend or two!

This 125-acre stretch of Norwalk's waterfront has been closed to the public for nearly 75 years—a post-industrial site left by the fossil fuel industry. What is currently a contaminated, ecologically fragile and inaccessible site will soon be transformed into Manresa Wilds—a publicly accessible park with restored forests and coastal ecologies, nearly two miles of reopened breathtaking shoreline, and year-round spaces for gathering, learning, and play. Come learn about how this former power plant site will be reborn as a vibrant mosaic of revived coastal habitats. Join us to hear this amazing, ongoing story.



Alexander Muñiz is the Site and Community Coordinator for the small non-profit spearheading the restoration and redevelopment efforts at Manresa Island. Leading immersive public tours, he guides people through the industrial history and coastal landscape, allowing them to experience the site before its transformation. Alex is ecstatic to be a part of this significant project and his passion shines through when he presents what is coming next at Manresa Wilds.

Sept. 25 – The Evolution of the Printed Newspaper Page

How has technology reshaped the way newspapers are produced? A 50-year veteran of the newspaper technology business walks us through the advances in this area, from the 1960's to the current day. Also included are artifacts collected over many years—fonts from each technology generation, printing plates, old keyboards, typeset film and full photographic pages at each stage of the process.



Bob Rosenthal holds a BS in Mathematics and an MS in Computer Science. He was the software architect and lead programmer for a text-editing and typesetting system, used in over 200 newspapers. He later became an independent consultant, assisting his newspaper clients to keep up with the everchanging technology landscape. In that capacity, for nearly 30 years his primary client was Dow Jones & Company, where he was deeply involved in the production of *The Wall Street Journal* and *Barrons Magazine*, and later, *The New York Post*.

Oct. 2 – Thomas Edison – Inside Edison's Innovation Lab

Step into the birthplace of modern innovation. Join us for a view inside the Edison Memorial Tower and Museum in Menlo Park, New Jersey. This lab is where Edison secured 400 of his 1,093 U.S. patents and developed world-changing inventions,



including the incandescent light bulb, the carbon button microphone and the phonograph—earning Menlo Park its enduring title as the "Birthplace of Recorded Sound."

Chuck Perillo has led thousands of visitors through Edison's historic lab, sharing the stories behind the inventions that shaped the modern world.

Oct. 9 – Mayor Barbara Smyth – City of Norwalk

Norwalk Mayor Barbara Smyth discusses her professional journey—spanning education, communications, and public service—reflecting a lifelong commitment to serving the community. She demonstrates that it is never too late to pursue a new path, embrace new opportunities, or make a meaningful impact in a field that matters to you. She shares her observations about what it's like to serve as mayor.



Before her election as mayor of Norwalk in 2025, **Barbara Smyth** served eight years on the Common Council, including terms as Council President and Majority Leader. Before entering public service, Mayor Smyth taught in the Norwalk Public Schools. She also spent more than fifteen years in the radio industry, working both on and off the air.

Oct. 16 – 107 Days at Sea: The Journey That Changed Everything

At 63, Jill Siegal Chalsty boarded a ship alone, grieving her husband's death and battling cancer. What began as a voyage around the world became far more than a trip; it became a voyage of healing and reflection. Jill shares the story behind her memoir *Packets of Hope*, inviting participants to travel alongside her through the ports she visited, the people she met, and the reflections that transformed personal adversity into strength and global impact. She demonstrates how one person's courage can create ripples that span continents. Participants are encouraged to read her memoir, available free at www.packetsofhope.com, before the presentation.



Jill Siegal Chalsty has devoted her life to the transformative power of education. As founder of Overcoming Obstacles, the nonprofit she launched in 1992, Jill pioneered life skills instruction that has now reached more than 180 million students worldwide. What began as a mission to help young people navigate life's challenges evolved into a global movement for youth empowerment.

Oct. 23 – CT's Best Kept Secret: The Norwalk Conservatory of the Arts

Founded in 2018, the Norwalk Conservatory of the Arts is the only non-profit baccalaureate accredited college in Norwalk and one of just a few in the nation to offer a three-year Bachelor of Fine Arts. Known as NoCo, the conservatory offers programs in Musical Theatre, Acting for Stage and Screen, Commercial Dance and Musical Theatre Dance. Admissions are intentionally selective; just 16 performers are admitted per program. The award-winning faculty consists of directors, choreographers, agents and casting directors. The conservatory boasts more than 60 students and alumni who have performed on Broadway and national stages. Founder and President Danny Loftus George tells us what it takes to establish a performing arts conservatory. And expect to be delightfully entertained by a student or two!



Danny Loftus George is the co-founder and president of the Norwalk Conservatory of the Arts. He was a finalist in the Forbes 30 Under 30 Education List, and is the co-founder of several educational programs focused on artistic development and opportunity.

Oct. 30 – CT’s Housing Shortage – Why it Exists and What to Do About It

We address the housing shortage in Connecticut; we explore what local communities can do, and share some examples of successful programs at the state and local level.



David McCarthy has a degree from Vassar College and a Master’s degree in City Planning and Real Estate from the University of Pennsylvania. He is the founder and president of Heritage Housing, Inc. in South Norwalk. He has over 20 years of experience in real estate with a specialty in affordable housing. David is currently a member of the Connecticut General Assembly's Senate Majority Leader's Roundtable on Affordable Housing, a working group that is exploring methods to increase housing production in Connecticut.

Please show your LLI ID at the Lunch & Learn welcome table and obtain an entrance ticket. Tickets are distributed on a first-come, first-served basis. The number of tickets is limited to the maximum capacity of the room.

Attendees at Brown Bag Lunch & Learn programs should exercise care in walking to and from the seats in the East Campus Forum. Attendees who may have difficulty walking to and from the seats should identify themselves to the LLI members manning the entrance door, so that they may enter first and be safely seated at the top of the auditorium.

CT State Norwalk Pitney Bowes Foundation Wellness Center



All current members of Lifetime Learners are allowed to use the Wellness Center, located on the ground floor of the Center for Health, Science and Wellness in the West Campus (H003). To use the facility, you must have a current membership with LLI—which will be verified by a list of current LLI members provided by the LLI office - and a photo ID (e.g., driver’s license). Any person who does not appear on the current LLI member list will not be permitted into the facility. The membership list can take up to one week to be updated after joining or renewing your membership. All LLI members must also complete the Wellness Center's New Member Packet. The New Member Packet can be downloaded by visiting the following link: <https://ctstate.edu/fitness-centers/#norwalk>. Please print the packet, complete it, and bring it to the on-duty attendant in the Wellness Center during hours of operations.

All New Member Packets will be reviewed by qualified exercise professionals, and in some instances may require medical clearance from your primary healthcare provider before using the Wellness Center. The College’s website will also include information on hours of operations.

Yours in health,

Dr. Paul M. Gallo, Ed.D., FACSM, FCEPA
Director of Exercise Science and Wellness
CT State Norwalk

Important General Information

Guests - Guests, whether members or non-members, may attend one session of one course during the Fall 2026 term, if (in the case of on-campus courses) space is available, unless otherwise announced. Please do not forward to anyone the Zoom links for the Zoom-only and hybrid courses. Friday Lunch and Learn programs during the Fall 2026 term (except for the September 18th Lunch and Learn) are open to members only. Every course registration is for one person only; if there's another person in your home who would like to participate, he or she must be an LLI member and must register for the course. Forwarding this catalog to friends and family age 50 and over is strongly encouraged.



No Recording/Reproductions by Members or Guests - Course material may be subject to copyright protection. In order to comply with intellectual property requirements, recordings or reproductions of course material by members or guests are strictly prohibited.

Photographs and Videos by LLI - Photographs and/or video and audio recordings of LLI events may be taken by LLI. These images and, where applicable, voices may be posted on the LLI website; included in LLI communication and promotional materials - whether in print, online, in videos, on Zoom or in any other medium - including in catalogs, brochures, newsletters and presentations and on social media; and used, edited, distributed and displayed by LLI and/or the photographer/videographer for any other lawful purpose. By attending an LLI event, you consent to your image and voice being photographed and/or recorded at such event and used for any of the foregoing purposes, unless you inform the photographer/videographer before or at the beginning of the event that you do not wish to be photographed or recorded.

Conduct - Lifetime Learners prides itself on the excellence of its instructors, who come from many diverse backgrounds and bring to the classroom a broad spectrum of views to explore. Members may not agree with some of the views expressed by instructors or other participants, and discussion of our differences is both healthy and encouraged. Nonetheless, we must disagree agreeably. Inappropriate language, raised voices and *ad hominem* arguments are not to be tolerated.

Lifetime Learners Institute is a guest of CT State Community College Norwalk (CT State). CT State supports LLI, providing access to the classrooms, Wellness Center, auditoriums, and library, and more. Our members must follow the CT State rules and policies regarding access and safety and must conduct themselves with appropriate decorum.

This includes, but is not limited to:

- showing identification and/or signing in when requested
- completing any required forms for access to campus resources
- complying with any COVID restrictions
- showing respect to all: CT State students and staff, other LLI members and LLI instructors
- complying with classroom and auditorium maximum capacity limitations
- not bringing food into classrooms or auditoriums
- not entering classrooms until all CT State students and teachers have left the room

Failure to adhere to the CT State rules and policies, or acting inappropriately toward CT State staff or students, other LLI members or LLI instructors, may result in the suspension or revocation of LLI membership.

Refunds

- Membership dues are not refundable.
- Course fees are refundable if a course is (i) not attended and the refund is requested before the end of that term, or (ii) closed when the member's registration is received, or (iii) canceled by LLI.

LLI Mission Statement

To inspire and facilitate the joy of lifelong learning, personal growth, and social connections for adults 50 and over.

LLI Core Values

Core Values Definition

Core values are the deeply held beliefs of how we go about pursuing our mission. They support the practices we use (or should be using) every day in everything we do. They reflect how we want our organization to resonate with and appeal to members and the external world.

Stimulate the Mind, Body, and Spirit

We provide opportunities for continuous learning through a wide array of courses and individual presentations in academic subjects, the arts, wellness, and social engagement.

Volunteerism

We are an independent volunteer organization that relies on the commitment of its members to contribute their time and expertise in all areas of administration and leadership.

Community Building

We build a network of social connections to form a community of friends as well as have an impact on the surrounding community.

Adaptability

We are a flexible organization that evolves to meet the needs of our members and the demands of changing times.

Inclusion

We are committed to offering programs that acknowledge and strive to enhance the diversity of our membership that respect the values of all.

