

Lifetime Learners Institute

For People Over Fifty



Spring 2026 Catalog

Open House/Lunch and Learn – March 13th

Courses Start – March 16th

 Lifetime Learners Institute

CT STATE COMMUNITY COLLEGE NORWALK

Lifetime Learners 2026 Spring Term



Dear Members and Friends of LLI,

Do you know that 1 in 4 Connecticut residents is over the age of 65? LLI is the perfect way to keep us occupied and out of trouble!

We are so fortunate to have the resources of our extraordinary members. Sourcing and vetting instructors, keeping timelines, managing technology, watching the bank account, reaching out to prospective members, and spreading POSITIVITY! LLI provides the right medicine because we prescribe from within!

A huge thank you to our volunteers. Your many hours of quiet work behind the scenes are greatly appreciated and admired.

Spring courses will warm the winter chill (It is snowing as I write this!) with music, art, history, short stories, filmmaking, photography, politics, health and don't forget the gym! In addition to free Lunch and Learn events for members, you can attend one class of one course per term for free to see if the topic is one you would want to register for in the future.

Come in person or join us on Zoom. The LLI community welcomes you and wants to learn with you!

Best Regards,

Fay Ruotolo, President
Lifetime Learners Institute

Lifetime Learners Institute
at CT State Community College Norwalk
188 Richards Avenue – E107
Norwalk CT 06854
203-857-3330
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.

WEDNESDAY - continued

The Good Life Lab: Exploring the Ingredients of Happiness

Nancy Follis

On-Campus

1:10 pm to 2:50 pm

Exploring Collage – Limited enrollment

Diane Pollack

On-Campus

1:10 pm to 2:50 pm

Essentrics: Release, Rebalance, Restore - 1 hr. class/Limited enrollment

June Bird

On-Campus

3:10 pm to 4:10 pm

World of Churchill

Mark Albertson

Hybrid

3:10 pm to 4:50 pm

THURSDAY

Zentangle: Introduction to Mindful Drawing - 1 hr. class

Kathy Shapiro

Zoom

10:30 am to 11:30 am

Southeast Asia: A history

Paul Sarno

Zoom

10:30 am to Noon

Why Is U.S. Healthcare So Expensive?

David Ennis

On-Campus

1:10 pm to 2:50 pm

Willkommen, Bienvenue, Welcome:

The Transformation of Novels and Straight Plays into Theatre and Film Musicals

Art Gang

On-Campus

1:10 pm to 2:50 pm

Entertainers from the Golden Age of Film and Early Television

Mark Albertson

Hybrid

3:10 pm to 4:50 pm

FRIDAY

Asian Brush Painting: An Introduction and Exploration – No Class on April 3rd and 10th

Louise Flax

On-Campus

10:10 am to 11:50 am

Romanticism in Art – No Class on April 3rd

Darby Cartun

On-Campus

10:10 am to 11:50 am

What is Natural Intelligence? – No Class on April 3rd

Don Thompson

On-Campus

10:10 am to 11:50 am

Spring 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 March 13th Open House

- March 13 - **Open House – Bring a Friend or two!**
The 2026 Oscars – Joe Meyers
- March 20 - **Navigating Senior Care 101 – Paul and Susan Doyle**
- March 27 - **Cuba - Photographic Stories – Daryl Hawk**
- April 3 - **No Lunch and Learn**
- April 10 - **The ABCs of Crafting a Book – Bette Bono**
- April 17 - **Wolf Conservation - Saving a Species – Andrew Connolly**
- April 24 - **Revolutionary War Archaeology in Connecticut – Nicholas Bellantonio**
- May 1 - **Acting Shakespeare – Kamran Saliyani**
- May 8 - **Annual Meeting – Entertainment by the Hall Family Singers**

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.

Spring 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 COURSES

Short Story Discussion Group – 1 hr. class/5-week class

March 16, 23, 30, April 6, 13

Zoom

10:30 am – 11:30 am

This one-hour course offers reading enthusiasts an alternative to the standard book group. The short story provides the same exhilaration and joy of reading as any other literary genre, particularly in a discussion setting. 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. A retired insurance executive, she has led literary discussion groups for over 20 years, including at adult education classes and private book group meetings.

Four Independent Filmmakers Who Revolutionized American Movies

March 16, 23, 30 April 6, 13, 20, 27, May 4

On-Campus

1:10 pm – 2:50 pm

Explore how four major independent filmmakers found ways to create successful films outside the world of the major studio system. Join us to look into the work and careers of John Cassavetes, Steven Soderbergh, Quentin Tarantino and Richard Linklater.



- Week 1: John Cassavetes – Moves from actor to writer-director and self-finances to insure his independence. Launched a movement with *Shadows* in 1960
- Week 2: John Cassavetes – Joins forces with his actress wife Gena Rowlands, who became his muse in many films over decades
- Week 3: Steven Soderbergh - Launches the modern indie era with the Sundance Festival premiere of *sex, lies, and videotape* in 1989
- Week 4: Steven Soderbergh - Helps establish Miramax Films, which would become crucial indie distributor of Quentin Tarantino and others. Soderbergh would successfully add mainstream films like *Traffic* and *Ocean's Eleven* to his resume.
- Week 5: Quentin Tarantino - From video store clerk to hot indie director with out-of-nowhere critical hit *Reservoir Dogs* in 1992. Miramax strikes it big with Tarantino's smash hit *Pulp Fiction* in 1993.

- Week 6: Quentin Tarantino - Stays indie and remains under Miramar's wing with a series of hits including *Jackie Brown* and *Inglorious Bastards*. After Harvey Weinstein's downfall Tarantino joins forces with Sony for the 2019 smash hit *Once Upon a Time in Hollywood*.
- Week 7: Richard Linklater - Inspires countless indie filmmakers with the ultra-low budget 1990 debut *Slacker*. Shifts from indie productions to studio gigs and back again
- Week 8: Richard Linklater - Plays with time in a spectacularly innovative manner with the *Before* trilogy and with *Boyhood*, which was shot over the course of a decade. Continues his uniquely diverse career with double-barreled fall 2025 release of *Nouvelle Vague* and *Blue Moon*.

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 1970s, Meyers ran the first (and only) art house on the Delmarva Peninsula—the Lewes Cinema. The Mystery Writers of America awarded Meyers the Ellery Queen Award for his writing on crime fiction.

Learning to See with Photography

March 16, 23, 30 April 6, 13, 20

On-Campus 3:10 pm – 4:50 pm

Unlock your creative eye through a hands-on journey with both traditional and modern photography tools. We introduce the art of 35mm film and mobile phone photography while guiding you in editing and visual storytelling. Build a solid foundation in camera and editing techniques and blend analog skills with digital convenience. Whether you're drawn to the tactile charm of analog or the immediacy of digital, this course helps you find your unique photographic voice and leave with a mini portfolio.



Required materials: A 35mm film camera or smartphone with a camera, photo editing apps (free or trial versions)

- Week 1: Foundations of Photography – camera types, exposure settings, composition principles, 35mm and mobile phone photography
- Week 2: Handling and shooting with a smartphone or digital camera. Understanding light, timing, and film types. Slowing down: the mindful side of photography
- Week 3: Mobile phone photography - Lighting, focus and perspective; techniques for impactful and aesthetic photography
- Week 4: Editing tools and techniques - smartphone editing apps (Snapseed, Lightroom and others), color correction, cropping and filter use
- Week 5: Creative projects and storytelling - Developing a theme for visual storytelling: (emotion, space and narrative), creating a mini photo series
- Week 6: Showcase and reflection - Present your final project, reflection and next steps

Butch Quick has worked professionally in graphic design, illustration, branding and package design for over 40 years, utilizing film, mobile and digital photography. His work is clean, simple and cinematically inspired. He is an award-winning photographer and has exhibited in many juried photography shows including the Rowayton Arts Center and Silvermine Guild of Artists. Passionate about creative expression and personal storytelling, he believes that photography is for everyone, no matter the gear.

TUESDAY COURSES

Romanticism in Art

March 17, 24, 31, April 7, 14, 21, 28, May 5 Zoom 10:00 am – 11:40 am

Romanticism was a global art movement in reaction to a changing world. The painters were passionate, emotional and nostalgic for the past. Their inspiration was the power and beauty of nature plus the stories of chivalry from the Middle Ages. Each week we examine different groups of artists, focusing on palette, narrative, technique, inspiration and influence. European Romantic art within each country is specific to the artist, such as Goya, Friderich, Delacroix, Turner, Constable, Fuseli and Bierstadt. Learn how to distinguish each group of artists, and gain a greater understanding of the Romantic movement. *Includes previously covered materials.*



- Week 1: Overview of Romantic Movement
- Week 2: British Romantics
- Week 3: German Romantics
- Week 4: French Romantics
- Week 5: Evolution of Colonial American art
- Week 6: Influence of British and Anglo/American artists on America
- Week 7: Why the French dominated 19th century art scene
- Week 8: Wrap up

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

March 17, 24, 31, April 7, 14, 21 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 the facilitator, 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. He is a retired electronics engineer and business owner. Gary has taught courses on Electronics, Current Events, and Chinese Culture. Gary served as an elected official for 14 years.

Brian Wilson, The Beach Boys and The California Sound of the 1960s

March 17, 24, 31, April 7, 14, 21, 28, May 5 On-Campus 1:10 pm – 2:50 pm

We chart the early history and development of the “surf” musical phenomenon of the early 1960s. We begin with the surf guitar sounds of Chuck Berry, instrumental and vocal surf groups, such as the Surfariis, Jan and Dean and, of course, The Beach Boys, whose creative powerhouse, Brian Wilson—songwriter, producer, bass player and falsetto lead—was most responsible for the success and development of this sound. Wilson, along with The Four Seasons and Motown, helped ensure that The Beatles and the British Invasion groups didn’t completely dominate the American charts. We re-explore such surf-related phenoms as the *Gidget* and Beach Party movies, tipping our hat along the way to such one-hit (or no-hit) wonders as The Rivas, The Trashmen and many more. Come and join in the fun! Wet suits, flip-flops and wrap-around shades are optional.



- Week 1: Early influences—both instrumental, lyrical and vocal
- Week 2: Seminal hits/recordings
- Week 3: Enter Jan and Dean and The Beach Boys
- Week 4: 1963 The Break-Out Year
- Week 5: Hollywood gets into the act
- Week 6: Brian Wilson starts producing and takes on The Beatles (and The Four Seasons)
- Week 7: 1964-65—Surfers (*still*) Rule!
- Week 8: 1966-68—from “*Good Vibrations*” to *Sgt. Pepper’s* and Jimi Hendrix—the beginning of the end!

Gary Carlson, Professor Emeritus of English at Norwalk Community College (now CT State Community 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.

History of Political Grievance in America: What is the Direction of Our Democracy?

March 17, 24, 31, April 7, 14, 21

Hybrid

1:10 pm – 2:50 pm

Class preparation (optional): Watch the 90-minute movie *Lions for Lambs*, available here: <https://www.youtube.com/watch?v=x24XpF8Kuiw>

Why is Donald Trump our President and why is half our country firmly loyal to the MAGA message? In this course we do a deep-dive, exploring how disruptive changes over the past half century generated MAGA grievances. This complex story weaves together the effects of changing social values, business relocation, the ‘diploma divide,’ cost of living, immigration, social media, globalism and loneliness. Importantly, we examine how these changes have affected Americans differently, benefitting some, while hurting others. As a result, resentment and distrust exist against ‘other’ Americans, our government and big business. Are there really two incompatible Americas? Is Constitutional government evolving into something different?



- Week 1 - Seeing American history as a ‘Stream of Time’
Make America “Great Again” - Return to the 1950s?
- Week 2 - Benefits and Grievances
MAGA and Liberalism, MAGA and Conservatism

- Week 3 - Early MAGA candidates - Wallace, Perot, Buchanan
Post 9/11 chaos - Iraq to 2008 Crash
- Week 4 - Movie Review - *Lions for Lambs* (attitudes about citizen engagement in society)
Rural attitudes towards government
- Week 5 - 2008 - Obama's election and its aftermath - bailouts, healthcare, Tea Party
2016 - Why Trump won
- Week 6 - Trump's first term - Disrupter-in-Chief
2021-25 - Biden and the Return of MAGA

Jordan Kolovson earned a Master of Political Science and an MBA in International Business from the University of Connecticut. Before retirement he worked as a Senior Research Manager for RTi Research, a market research company in Norwalk. A lifelong enthusiast of American political history, he is an avid reader of historical analyses, with particular interest in learning different perspectives of events and leaders in US history.

Let's Get High! The High Middle Ages

March 17, 24, 31, April 7, 14, 21

Hybrid

3:10 pm – 4:50 pm

Have you ever wondered about the Middle Ages? Some scholars call the 13th century the greatest of centuries, while others point to many dark times. Who were the people who stand out during this century? How did they conquer, divide and reassign territories? What ideas did they formulate, develop and pass on to the future? How did these leaders open the gates to the Renaissance, the Enlightenment, the Age of Reason and the Information Age?



- Week 1: Through the eyes of Manco Capac
Discover the legend and the history of the founder and first emperor of the Incas
Meet the Sun God family
- Week 2: Through the eyes of Eleanor of Aquitaine
Learn how to serve as Queen of France and England
Get warm - invent indoor fireplaces
- Week 3: Through the eyes of Moses ben Maimon
Walk through the mind of a Spanish philosopher, physician, lawyer
Influence Thomas Aquinas and Gottfried Wilhelm Leibniz
- Week 4: Through the eyes of Kublai Khan
Investigate how to conquer and unite China, even if you're not Chinese
Use paper money exclusively and build a postal system that works
- Week 5: Through the eyes of Alexander Nevsky
See how to defeat the Golden Horde to create the Russian empire
Learn how to become a saint
- Week 6: Through the eyes of Osman I
Follow the foundation of the Ottoman dynasty and empire
Plus, there's always baklava!

Elissa Kaplan earned her doctorate in educational leadership from George Washington University and has 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 was the President of the Jewish Historical Society of Fairfield County.

WEDNESDAY COURSES

The Clarinet: Catalyst and Chameleon Extraordinaire

March 18, 25, April 1, 8, 15, 22, 29, May 6 Zoom 10:30 am – Noon

Discover the fascinating history of the clarinet. Invented in the early 1700s, it has proven to be an astonishingly versatile instrument, a vital presence in multiple styles and genres. We introduce its inventor and his instrument, and its embrace by Mozart. We focus on the clarinet as the voice of romantic yearning as well as a crucial ingredient in the orchestrations of iconic and beloved works, such as those of composers Beethoven, Schubert, Schumann, Brahms and Rachmaninoff.



Later, we explore developments of the clarinet in Klezmer and jazz and its impact on the music of the concert hall and ballet, including the Original Dixieland Jazz Band, Gershwin's *Rhapsody in Blue*, and Stravinsky's *Petrushka* and *The Rite of Spring*. Did the clarinet also help to define the bravura style of Louis Armstrong? We turn next to jazz icons Benny Goodman, Artie Shaw and Glenn Miller, and finally, the clarinet-inspired music by Aaron Copland and Leonard Bernstein.

- Week 1: Johann Christoph Denner and his invention; its embrace by Mozart
- Week 2: The clarinet in Beethoven, Schubert, Schumann, Brahms and Rachmaninoff
- Week 3: Klezmer, the Original Dixieland Jazz Band, Stravinsky and Gershwin
- Week 4: Robert Recker's *High Society*, Louis Armstrong and the clarinet tradition
- Week 5: Clarinet jazz overview
- Week 6 and 7: Benny Goodman, Artie Shaw and Glenn Miller
- Week 8: Clarinet-inspired works by Aaron Copland and Leonard Bernstein

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 been interviewed on NPR and lectured abroad. With his wife, Lynne, he co-founded the non-profit Ageless Mind Project, Inc.

The Beat Poets

March 18, 25, April 1, 8, 15, 22 Zoom 10:30 am – Noon

In the 1940s and 1950s, a new generation of poets rebelled against the conventions of mainstream American life and writing. They became known as the Beat Poets—a name that evokes weariness, down-and-outness, the beat under a piece of music and beatific spirituality. Jeff Weiss writes that “More than a half-century after their emergence, the Beats still offer up wild style, a sense of freedom and wonder for the natural world...” Come join us as we explore the poetry of Allen Ginsberg, Lawrence Ferlinghetti, Jack Kerouac, Diana Di Prima and many more. In each session we read a selection of poems, and then participants are invited to discuss, question and share insights and perspectives. No experience with poetry is necessary.



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 poetry with others.

The Good Life Lab: Exploring the Ingredients of Happiness

March 18, 25, April 1, 8, 15, 22

On-Campus 1:10 pm – 2:50 pm

What does it really mean to live the good life – especially in the second half of life? What strategies, ideas and techniques can you use to help make your life just a little bit better? For those who are curious and reflective, we explore these questions in a safe, supportive and interactive environment. Drawing on research from positive psychology, neuroscience, philosophy and real-life wisdom, we invite participants to explore “the good life” more fully. Through discussion, reflection, meditation and group exercises we explore key ingredients of happiness including purpose, relationships, strengths, gratitude, resilience, health and self-growth. Additional materials may include readings, videos, podcasts and hands-on experiments. Bring your lived experience into the conversation so we can learn from each other as much as from the materials. *Includes previously covered material*



- Week 1: Searching for the good - Positive psychology field and the science of well-being
- Week 2: Pleasure, meaning and purpose - Finding more meaning, purpose and joy in life
- Week 3: Shifting your perspective - Beliefs, thought patterns, control and resiliency
- Week 4: Inner peace and balance - Letting go of myths, “miswantings” and attachment
- Week 5: Social relationships - Barriers and strategies to build and strengthen connections
- Week 6: Staying healthy - Practices and rituals to improve health and well-being now

Nancy Follis earned her BS degree from Ithaca College. After earning her master’s degree in education from Harvard University, she founded Health Management Consultants (HMC), a consulting and training company in Manhattan. HMC was designed to help corporate clients improve employee health, performance and productivity on the job through education, motivation, consultation and support. In addition to being an entrepreneur and business leader, she’s been a director of a not-for-profit organization, personal and business coach, speaker at international events and adjunct faculty member at NYU and NCC (now CT State Community College Norwalk). Now semi-retired, Nancy continues to enjoy teaching yoga, improv comedy and English in Ukraine (via Zoom).

Exploring Collage – Limited enrollment

March 18, 25, April 1, 8, 15, 22

On-Campus 1:10 pm – 2:50 pm

Learn to structure and organize a collage, including color choices, cutting and tearing paste paper designs and the history of collage. We explore landscapes, still life, realism vs abstraction, use of text in a work and figurative composition. *Supplies needed: Glue sticks, scissors, pencil and eraser, ruler, several magazines, scrapbook papers, and printed wrapping paper if available.*



- Week 1 - Still life/flowers
- Week 2 - Single image/groups of people

- Week 3 - Natural environment
- Week 4 - Prepared papers, printing, weaving
- Week 5 - Matisse
- Week 6 - Architecture and Abstraction

Diane Pollack studied at SUNY, the Roslyn Museum and the Art Students League, all in New York. Since 1977 she has exhibited at galleries, museums and venues throughout Connecticut, New York and Arizona, and her work appears in private and corporate collections. She has served as docent for the Asia Society and Museum in New York City, and is an artist member of Art/Place Gallery, the Artists Collective of Westport and the Ridgefield Guild of Artists, all in Connecticut.

Essentrics: Release, Rebalance, Restore – 1 hr. class/Limited enrollment

March 18, 25, April 1, 8, 15, 22, 29, May 6 On-Campus 3:10 pm – 4:10 pm

Essentrics is a gentle full body workout, aimed at improving your mobility while building strength, increasing flexibility in joints, improving posture and reawakening the power of your muscles.



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.

World of Churchill

March 18, 25, April 1, 8, 15, 22, 29, May 6 Hybrid 3:10 pm – 4:50 pm

Much of our understanding of the world of Winston Churchill comes from the man himself. The era of 1874 to 1965 is a period of rapid change in government, economy, society, invention, innovation and, of course, war. Winston Churchill stands front and center in this cataclysmic alteration of the world. Monarchy dies, replaced by Marxism, Fascism, Nazism, unbridled militarism, democracy, republicanism; yet, the Great Game for empire continues unabated, and Man continues his quest for resources, territories and strategic position.



Churchill plays a decisive role in both World Wars—as a member of Parliament, to First Sea Lord and eventually as Prime Minister during one of the darkest periods in British history. Much of this canvas of history will be seen through the writings and speeches of Churchill himself.

- Week 1: From Boyhood to Soldier – Churchill’s beginnings
- Week 2: Cuba to Versailles – Soldier and Politician, 1898-1929
- Week 3: The Gathering Storm – Churchill’s Wilderness Period, 1929-1939
- Week 4: Their Finest Hour – Churchill as Prime Minister, 1940-1942
- Week 5: The Grand Alliance – Churchill, Roosevelt and Stalin, 1942-1943

- Week 6: Triumph and Tragedy – Decline of British Influence, 1944
- Week 7: Changing of the Guard – Brutal Reality of History, 1945
- Week 8: The Twilight Years –The Essence of Churchill, 1946-1965

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

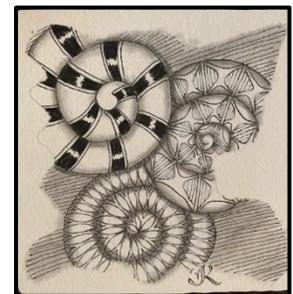
Zentangle: Introduction to Mindful Drawing - 1 hr. class

March 19, 26, April 2, 9, 16, 23

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 peace. 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 make the art pop!
- String Thing: Discover the comfort in divided small 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 just 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.

Southeast Asia: A history

March 19, 26, April 2, 9, 16, 23, 30, May 7

Zoom

10:30 am – Noon

How were the modern nations of Southeast Asia—from Myanmar to Timor-Leste—formed? What is their ethnic and religious composition, and how does that impact the chance for democracy to succeed? What was the impact of colonialism and the historic influence of China and India on their societies?



Through a country-by-country approach, we examine their history, emphasizing the period after colonialism, and the dynamic changes that have occurred in the region up to the mid- 1980s. This exploration should further a general understanding of the area and enhance any anticipated visit to it. A *repeated course*.

- Week 1: Introduction and Indonesia (to 1966)
- Week 2: Malaysia (to 1980)
- Week 3: Singapore (to 1988)
- Week 4: Thailand (to 2000)
- Week 5: Myanmar (to 1948)
- Week 6: Cambodia (to 1941)
- Week 7: Viet Nam (to 1986)
- Week 8: The Philippines (to 1986)

Paul Sarno is a graduate of the University of Pennsylvania and the Columbia Law School. He has studied Southeast Asia for more than 50 years through extensive reading, multiple research trips and membership in the Association for Asian Studies and the Burma Studies Group. He has taught about this region for 17 years at LLI and other venues.

Why Is U.S. Healthcare So Expensive?

March 19, 26, April 2, 9, 16, 23

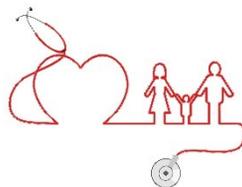
On-Campus 1:10 pm – 2:50 pm

In the United States, healthcare is far more expensive than all other wealthy nations, and it ranks poorly in most measures of population health. In 2024, healthcare expenditures in the US were \$15,000 per person (constituting 18% of the GDP). That same year, Canada’s expenditures were half that (\$7,500 and 12.2% of GDP). Yet in 1970, both countries were spending the same proportion of GDP on healthcare—about 6.25%. Join us to examine what has happened to make healthcare so expensive in the US over the past 55 years. Through historical analysis and discussion of evidence from the economic literature, we explore how hospital systems, insurance structures, physician practices and public policy have contributed to today’s cost imbalance—and what might be done about it.



- Week 1: An overview of the US healthcare system and its cost anomaly
- Week 2: Historical roots of provider market power and health insurance development
- Week 3: A tale of two systems—US and Canada
- Week 4: Core mechanisms driving cost—private insurance and non-profit hospital behavior
- Week 5: Assessing a landmark intervention-the Affordable Care Act (Obamacare)
- Week 6: The path forward—proposed policy solutions

David Ennis holds a BS in Economics and Statistical Analysis from Ohio State University and an MBA from the University of Chicago. He has over 40 years of experience in hospital administration, health planning, consulting, writing and research.



Willkommen, Bienvenue, Welcome:

The Transformation of Novels and Straight Plays into Theatre and Film Musicals

March 19, 26, April 2, 9, 16, 23

On-Campus 1:10 pm – 2:50 pm

In the early 1940s, Rodgers and Hammerstein adapted for the musical stage a nice, respectable play called *Green Grow The Lilacs*. Hardly anyone remembers, let alone has ever seen, *Lilacs*; however, *Oklahoma* revolutionized musical theatre. In a previous course we got a sense of how a 2,000 year old lyric poem about an artist falling in love with his statue (*Pygmalion*) morphed into *My Fair Lady*. We examine how composers and lyricists have transformed the spoken word and narrative into *lovely* songs.



No reading is required; however, enjoyment and understanding will be enhanced by familiarity with the underlying literary works, particularly the novel *Ragtime*, by E.L. Doctorow, which gave rise to a film and musical adaption, now running at Lincoln Center.

- Week 1: *Candide* from Voltaire to Leonard Bernstein
- Week 2: Edna Ferber's novel *Show Boat*, magically transformed by Jerome Kern and Oscar Hammerstein into a musical masterpiece
- Week 3: John Kander and Fred Ebb add song and dance to Christopher Isherwood's *Berlin Stories*, transforming it into *Cabaret*
- Weeks 4 and 5: Two musical adaptations by Jerry Bock and Sheldon Harnick: *She Loves Me*, based upon the 1930s film *The Shop Around The Corner*, and *Fiddler on the Roof*, based upon *Tevye's Daughters* and *Tevye The Dairyman*, both by Sholem-Aleichem (Sholem Rabinowitz)
- Week 6: First a great 1975 novel by E.L. Doctorow, then a blockbuster 1981 film with a stellar cast including James Cagney, and a beautiful 1998 musical, *Ragtime*

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 serves as President of the Fairfield County Chorale.

Entertainers from the Golden Age of Film and Early Television

March 19, 26, April 2, 9, 16, 23, 30, May 7

Hybrid

3:10 pm – 4:50 pm

We explore the Golden Age of film and early television, focusing on the actors, actresses and comedians that were so memorable. *Includes previously covered materials.*



- Week 1: Red Skelton
- Week 2: Joan Fontaine
- Week 3: Claude Rains
- Week 4: The Three Stooges
- Week 5: Vincent Price
- Week 6: Maureen O'Hara
- Week 7: The Horror and Sci-Fi Genre of Film, 1920s-1950s
- Week 8: The Great One: Jackie Gleason

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*. He also enjoys sharing his passion for the golden age of entertainment.

FRIDAY COURSES

Asian Brush Painting: An Introduction and Exploration - No Class on April 3rd and 10th March 20, 27, April 17, 24, May 1, 8, 15, 22 On-Campus 10:10 am – 11:50 am

Explore basic Asian brush painting techniques, subjects and styles in a comfortable setting. We begin with copying, to learn to control our materials. Mastery is not expected, but we can all learn and enjoy exploring the process. *A repeated course.*



- Week 1: Orchid - Use of a bamboo brush to make different strokes and achieve a series of values
- Week 2: Bamboo
- Week 3: Cherry blossom
- Week 4: Chrysanthemum
- Week 5: Horizontal landscape
- Week 6: Vertical landscape
- Week 7: Birds
- Week 8: Free choice

Supplies:

- 1-2 Bamboo brushes
- Paint – watercolor or inks
- Palette and pans for washing
- Paper – white or buff, drawing pad or printer paper
- Scrap paper for practice
- To protect surface and reduce clean up: newspaper, paper towels or rags

Suggested books (often available from libraries or used book sites):

The Mustard Seed Garden Manual of Painting, by Mai-mai Sze, or any book on Asian brush painting; *Hokusai Manga*, by Hokusai, or any book on Japanese prints.

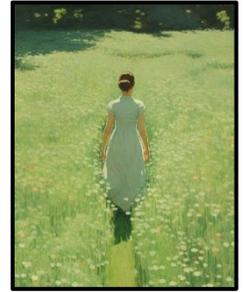
Louise Flax earned a PhD in Art Education. She has taught art and photography in Norwalk Public Schools for 38 years. She loves making and teaching art.



Romanticism in Art - No Class on April 3rd

March 20, 27, April 10, 17, 24, May 1, 8, 15 On-Campus 10:10 am – 11:50 am

Romanticism was a global art movement in reaction to a changing world. The painters were passionate, emotional and nostalgic for the past. Their inspiration was the power and beauty of nature plus the stories of chivalry from the Middle Ages. Each week we examine different groups of artists, focusing on palette, narrative, technique, inspiration and influence. European Romantic art within each country is specific to the artist, such as Goya, Friderich, Delacroix, Turner, Constable, Fuseli and Bierstadt. Learn how to distinguish each group of artists, and gain a greater understanding of the Romantic movement. *Includes previously covered materials.*



- Week 1: Overview of Romantic Movement
- Week 2: British Romantics
- Week 3: German Romantics
- Week 4: French Romantics
- Week 5: Evolution of Colonial American art
- Week 6: Influence of British and Anglo/American artists on America
- Week 7: Why the French dominated 19th century art scene
- Week 8: Wrap up

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.

What is Natural Intelligence? - No Class on April 3rd

March 20, 27, April 10, 17, 24, May 1 On-Campus 10:10 am – 11:50 am

Prior to the current questions about Artificial Intelligence, we have to ask: What are the distinct forms of *human intelligence*? Can artificial intelligence be useful without consultation with the human beings who have thus far initiated all human cultures and societies? Does artificial intelligence have the characteristics of *being humane* to its human subjects as it develops in creativity?



As a group research project, we will try to identify the different elements of human cognition as simply phenomena which we all experience. These include the objective patterns of thinking, and also the subjective patterns of “the self.”

This is not an academic course, but we will use the insights of history, philosophy and theology to track how *understandings of understanding* have evolved. In addition, we examine whether *information-media* paint their pictures for us in a “homogenized form” rather than with rough-edged reality. How does intelligence learn, grow and develop in a *humane* manner as a result of facing mistakes and causing harm and suffering? What is “true,” and how can we keep hold of it?

- Week 1 - Overview of the Issues - What is “understanding?” What are its parts? The role of memory, feeling, imagination, etc. Class protocol on learning together.
- Week 2 - The role of being human (a human subject) in understanding. What is objectivity, subjectivity? The role of sympathy, empathy and a sense of “other.”
- Week 3 - Human beings living within their own and each other's patterns. Understanding versus patterning; copying; choosing; creating. What is humane versus human?
- Week 4 - History as a subjective narrative as well as objective facts. The roles of story, myth, music, wisdom and all forms of “wisdom literature.”
- Week 5 - Intent and acquired facts and values which govern our outlook and attitude. What is *criminal intent* versus humane or simply *human intent*? Intentionality analysis.
- Week 6 - The two processes of understanding. The role of others—cooperation, control, or...? The human cycles of progress, decline and stability. Comedy and tragedy. Keeping one’s fundamental human understanding active and properly exercised, keeping natural and artificial understanding firmly in their place.

Donald Thompson holds a master’s degree from Harvard University and a doctorate from McGill University. He has taught ethics, religious studies and theology at Canadian universities, where he also served as President, Vice Chancellor and Director of Studies. He has also served as General Secretary of the Colleges and Universities of the Anglican Communion in New York City. Since retiring, he has led multiple courses relating to philosophy and ethics at LLI.

Lifetime Learners Institute 2025 – 2026 Board of Directors



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Spring 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

March 13 – The 2026 Oscars

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

We look at the history of the Academy Awards and discuss the top contenders in this year's Oscar race. We also review film clips of famous Academy Award moments.



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 1970s, Meyers ran the first (and only) art house on the Delmarva Peninsula—the Lewes Cinema. The Mystery Writers of America awarded Meyers the Ellery Queen Award for his writing on crime fiction.

March 20 – Navigating Senior Care 101

This presentation highlights the essential elements of today's senior care landscape. The speakers discuss levels of care, causes for concern, costs, planning tools and local resources, with the goal of equipping seniors to make more informed decisions for themselves, friends or family members.



Paul and Susan Doyle are senior care professionals who help families understand the complex world of aging, caregiving, and long-term care options. Drawing on years of experience working with older adults, they bring practical insights, real-world examples and a calm, informed perspective to audiences navigating decisions relating to aging.

March 27 – Cuba - Photographic Stories

In his visually striking and deeply human presentation on Cuba, internationally recognized documentary photographer Daryl Hawk takes us on an intimate journey into a nation rich in culture, history and resilience. Drawing from extensive travels across the island, Hawk shares powerful photographic stories that reveal the everyday lives of Cuban people—farmers, artists, musicians, children and families—captured through his signature style of curiosity-driven, authentic storytelling.



Daryl Hawk is a Fellow of the Royal Geographical Society and member of the Professional Photographers Association, as well as the Explorers Club, whose mission promotes the exploration of land, sea, air and space. He has traveled alone to some of the most remote and isolated places in the world, telling stories with his camera, spending weeks immersing himself and documenting the different cultures and landscapes. He is a travel writer, lecturer and instructor whose articles and photographs have appeared in international magazines and newspapers. He has also been featured on national television. Hawk is a passionate defender of the world's remaining wilderness areas and uses his photography to shine a light on the need to protect them.

April 3 – No Lunch and Learn

April 10 – The ABCs of Crafting a Book

Bette Bono, local author of historical fiction, time travel novels and short stories, presents the events and ideas that inspire her writing. Specifically, she discusses why her main characters are senior citizens and how historical research influences her writing as well as what is gained by mixing genres in a short story collection. Her presentation includes historical photographs of sites in New York City that appear in her novels.



Bette Bono is a Harvard-trained lawyer and political analyst who has worked as a writer, public school teacher and teachers' union steward. She is the author of works that involve historical mystery and time travel, including the novel *The Better Angels* and the collection *Neighbors and Other Stories*.

April 17 – Wolf Conservation - Saving a Species

In the late 20th century, Mexican gray wolves and red wolves were declared to be extinct in the wild. Through intensive efforts, including breeding programs and wild releases, these wolves have resumed their rightful places in the wild landscape. Join a Wolf Conservation Center expert to understand what it takes to help save a species from the brink of extinction, the applications of modern technology to reproduction efforts and the famed reintroduction of wolves to Yellowstone National Park.



Andrew Connolly is an Educator and the Outreach Coordinator at the Wolf Conservation Center, where he delivers a variety of educational programs and coordinates outreach initiatives. A wildlife educator, field biologist and herpetologist, he enjoys getting the public engaged outdoors, and challenging them to explore the magnificence of the world around them.

April 24 – Revolutionary War Archaeology in Connecticut

Connecticut played an important role in the American War for Independence, but did you know that we have many archaeological sites associated with the War? A former state archaeologist presents a survey of archaeological sites in our state that reflects the importance of ongoing research into the Revolutionary War. We include the Battle of Ridgefield, General Rochambeau's French camps and more.



Nicholas F. Bellantoni received his doctorate in Anthropology from UConn and was appointed State Archaeologist, now *emeritus*, at the Connecticut State Museum of Natural History. An Adjunct Professor of Anthropology at UConn, he is a former President of the Archaeological Society of Connecticut and the National Association of State Archeologists.

May 1 – Acting Shakespeare

Acting Shakespeare is a one-man show of Shakespearean monologues interspersed with theatrical anecdotes, devised and first performed by Sir Ian McKellen, who granted special permission to our presenter to revive the production. See Shakespeare's works as you've never seen them before!



Kamran Saliani is an Iranian-Italian-British-American actor who received his BFA in Drama from NYU's Tisch School of the Arts. He is the Founder, Executive Artistic Director and Resident Actor of Rivertowns Playhouse (formerly Irvington Shakespeare Company). Saliani was named an Under-35 Westchester Wunderkind for his work as an actor and theater producer.

May 8 – Annual Meeting - The Hall Family Singers

Entertainment immediately following the Annual Meeting: Emily Hall, along with her father, Bill Hall, offers a performance of material from their many collective decades of Broadway and opera performances, providing a wonderful mix of songs that may spark some memories along the way. Come join us because we agree with Ella Fitzgerald, "the only thing better than singing is more singing!"



Emily Hall has performed on Broadway in *Follies*, in the world premiere of Andrew Lloyd Webber's *Whistle Down the Wind* and in other major productions across the country.

Bill Hall has performed on Broadway and in Broadway touring companies with major stars including Julie Andrews, Rex Harrison, Betty Grable, Joel Grey, Ed Ames, John Raitt, among others. Emily and Bill have both ventured into operatic and classical repertoire.



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 currently active membership with LLI—which will be verified by a list of current LLI members, provided by the LLI office - photo ID (e.g., driver's license) and complete the New Member Packet. **Any person who does not appear on the current LLI member list (which can take up to a week after joining or renewing your membership) will not be permitted into the facility.** 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 they 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.

We look forward to seeing you soon!

Yours in health,

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

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 learner@ctstate.edu, and tell us which committee(s) interests you.

Important General Information

Guests - Guests, whether members or non-members, may attend one session of one course during the Spring 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 Spring 2026 term (except for the March 13th 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.



Lifetime Learners Institute

CT STATE COMMUNITY COLLEGE NORWALK