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

Welcome to Lifetime Learners Institute’s 2022 Spring Term!

Lifetime Learners is looking forward to a wonderful spring 2022 term with two in-person courses at Norwalk Community College and 15 Zoom courses. You will find many of your favorite instructors as well as several stimulating and exciting topics for our free-to-members Friday Lunch & Learn programs.

Our spring courses feature art, literature, music, dance, film, cooking, history, exercise, current events, and finance. Be sure to check out our website and catalog for all the spring offerings.

As most of our courses are on Zoom, we are able to expand our membership and programs beyond Fairfield and Westchester counties to individuals age 50 and over, anywhere in the world.

We hope that you forward our spring lineup to friends and family age 50 and over, wherever they are located, so they can consider joining our Lifetime Learners family.

We look forward to seeing you on Zoom and in person at NCC this spring.

Not a current member or want to give a gift of membership?  Click here for Membership & Registration.

Sincerely yours,
Doug Fine
President, LLI Board of Directors

Our spring catalog flower, a Paeonia Lactiflora, is a creation by Dick Rauh, the instructor of Drawing Flowers & Fruits course.
In-Person Spring 2022 Courses

To attend LLI on-campus courses, NCC requires that you are vaccinated, sign in as a visitor at security and be prepared to show a photo ID (like a driver’s license), wear a mask and practice social distancing.

TUESDAY IN-PERSON COURSE
March 15, March 22, March 29, April 5, April 12 and April 19

Dante and the Modern World  
Enrollment in this course is limited to 30 members.

1:10 pm - 2:50 pm

Despite being one of the greatest writers to have ever lived, spoken of with as much reverence and grandeur as Shakespeare, Dante Alighieri’s works remain less known to the general audience. In a time when the most fundamental roots of our western culture are being questioned, we have an opportunity to understand how our culture was formed by the merging of two different worlds—the Judeo-Christian and Greco-Roman traditions. We review and discuss The Inferno to show how Dante’s merged worldview set the fundamental law of the humanist revolution.

Week 1: The Dark Woods, Ante-Inferno. Background on Dante and his Culture. The Beginning of the Poem
Week 2: Limbo, Reconciliation with the Greco-Roman Culture
Week 3: The Sins of Indulgence
Week 4: The Sins of Malevolence
Week 5: The Sins of Deception
Week 6: Satan and the Center of Hell

Benjamin Steiz graduated from Simon’s Rock and Bard College with a double major in creative writing and philosophy. With a lifelong devotion to history and philosophy from a young age he is a scholar of Dante. He uses his interests in history and philosophy to demonstrate the development of worldviews across time, particularly regarding worldviews presented through art.
THURSDAY IN-PERSON COURSE
March 17, March 24, March 31, April 7, April 14 and April 21

Six or More Plays – Some of Them Happy
Enrollment in this course is limited to 30 members.

Join us for an array of interesting and diverse plays—from Shakespeare to Oklahoma! to Alison Bechdel—exploring the human condition through song and speech. Class members are encouraged to familiarize themselves with some of these works, adding to this shared experience.

Week 1: Much Ado About Nothing by William Shakespeare.
Week 2: The Little Foxes by Lillian Hellman.
Week 3: Our Town and The Skin of Our Teeth by Thornton Wilder.
Week 4: Oklahoma! by Rodgers & Hammerstein based on the play Green Grow the Lilacs by Lynn Griggs.
Week 5: Joe Turner’s Come and Gone and Fences by August Wilson.
Week 6: Fun Home by Lisa Kron based on the novel by Alison Bechdel.

Art Gang is a retired New York attorney with a life-long love of literature, drama and musical theatre. Following retirement, he completed a master’s degree in American Studies and began teaching at LLI. He serves on the board of KEYS (Kids Empowered by Your Support) and is president of the Fairfield County Chorale.
MONDAY ZOOM COURSES
March 14, March 21, March 28, April 4, April 11 and April 18

Drawing Flowers and Fruits  
Enrollment Limited to 18 Participants.  

10:00 am – 12:00 pm  
2-Hour Class

We examine a different flower or fruit each week, look closely at its parts, learn about the botany and find which characteristics make it unique. We draw them in pencil with emphasis on accuracy and form. We learn how to create form by shading, using a single light source. The instructor supplies photographs of flowers and emails the class the flower to be studied. For returning students, please note that new types of flowers and fruits are discussed.

Bring to class: sketchbook (smooth), a range of pencils 2H-2B, kneaded eraser, pencil sharpener.

Dr. Dick Rauh is a botanical artist and teacher residing in Westport. His work appears in many public and private collections throughout the country. He has exhibited widely with shows at the Brooklyn Botanic Garden, the New York State Museum and the Kershner Gallery at the Fairfield Library.

The Game is Afoot! Here Comes the Modern Mystery  
10:30 am – 12:00 pm

“People love puzzles. Murder mysteries are the only genre of literature that consistently offers the chance to figure out the story for yourself. People are puzzles. In no other genre does a team of people expend such energy to understand the identity of one person. Murder mysteries lead us into the psyche of the dead, and in so doing, help us to understand the living.” (Joe Bunting, Let’s Write a Short Story). Join us as we revisit the 19th century and experience the beginning of a new literary paradigm, the murder mystery. At the same time, new science, new technology and new reasoning were emerging. The game is afoot! Sample short stories are provided before each class.

WEEK 1: The Detective is Key - We meet two detectives - Sherlock Holmes and the Prophet Daniel. We seek out the elements of detective fiction found in the adventure of solving mysteries. Damsels in distress abound! Can you rescue Lady Brackenstall at Abbey Grange or Susana in Babylonia? They are immersed in two sticky situations.
WEEK 2: Science, Technology and the Mystery - We look at the science and technology of the 19th century to better understand the tools available for detectives and their stories. We meet the legendary detective, August C. Dupin, and his creator, Edgar Allan Poe. If you have ever had trouble finding something, you will enjoy (re)discovering *The Purloined Letter* (1845).

WEEK 3: British Bites - We examine nationalism, industrialization and liberalism. We look at the works of two authors who significantly influenced Edgar Allan Poe: Charles Dickens wrote many stories that contained elements of mystery and suspense and Wilkie Collins took a stab at the detection fiction novel. We investigate *Bleak House* (1853) by Dickens and *The Moonstone* (1868) by Collins.

WEEK 4: Fantastic Fiction - Did the murder occur in the library or the locked house? Did the butler do it or the mysterious stranger? Welcome to the world of the whodunit! We meet Ebenezer Gryce, created by Katherine Greene, the mother of the detective novel in America. We meet Monsieur Lecoq and his creator, Emile Gaboriau, the father of detective fiction in France. Follow the clues and the red herrings, but which is which?

WEEK 5: Sherlock Holmes at last! We enjoy Arthur Conan Doyle’s Sherlock Holmes for the pure joy of the mystery. Arthur Conan Doyle is where science meets art, where law enforcement meets literature and where a classic is born. Aha! Sherlock Holmes also has a Connecticut connection.

WEEK 6: Adaptations and Innovations: Sir Arthur Conan Doyle’s stories have inspired a number of adaptations. We seek out where the legendary sleuth Sherlock Holmes and his loyal aide Dr. John Watson pop up “post-Doyle.” We discover which innovative 2021 mysteries (not involving Holmes and Watson) wowed Sarah Weinman, *The New York Times* crime fiction columnist.

**Dr. Elissa Kaplan** earned degrees in German Language and Literature, Comparative Literature, Education, Judaic Studies and a doctorate in Educational Leadership. She served as Director of Education at four synagogues in Maryland and Connecticut. Elissa is a board member of The Jewish Historical Society of Fairfield County, a featured guest speaker at synagogues and a presenter at conferences on research in Jewish education. She is the founder and director of Growing Projects, an educational consulting company, whose vision is “leadership through critical thinking and compassionate choices.”

**Films for Foodies**

1:00 pm - 2:30 pm

Movies and food go together like love and marriage, a horse and carriage . . . They are both about love, family, ambition, joy, sex, disappointment and resilience. We will watch excerpts in class, but participants will get much more from the course if they watch one full-length film each week outside of class: *Chocolat, Babette’s Feast, It’s Complicated, Julie & Julia* and *Like Water for Chocolate.*
Week 1: Love for Food: *Like Water for Chocolate, Chocolat*  
Week 2: Love for Food: Part II: *Chocolat, Julie & Julia, Big Night, Babette’s Feast*  
Homework: *Chocolat*

Week 3: Food and Family: *It’s Complicated*  
Homework: *Like Water for Chocolate*

Week 4: Food and Love: *Like Water for Chocolate, Chocolat*  
Homework: *Julie & Julia*

Week 5: Food and Love, Part II: *It’s Complicated*  
Homework: *Babette’s Feast*

Week 6: Food and Sex: *Like Water for Chocolate*

**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, travel, hiking and kayaking. And, of course, cooking. And movies.

**Great Songs from the Movies: By Michel Legrand and Others  3:30 pm - 5:00 pm**

Dr. Joe has selected great songs from the movies, beginning with many of the classic songs by Michel Legrand, such as *The Windmills of Your Mind, What Are You Doing the Rest of Your Life, The Summer Knows, How Do You Keep the Music Playing* and many more. Henry Mancini and several other composers also are part of this special program. Since the memorable songs from so many movies have become part of our lives, it seems fitting to offer this presentation of these examples from this important part of The Great American Songbook. Dr. Joe tells us fascinating stories, reviews the impressive lyrics and then plays this iconic music for us on the piano in his own creative style.

**Dr. Joe Utterback** has been a member of the faculty of Sacred Heart University for nearly 30 years. He has been Director of Music/Organist/Composer-in-Residence at First Congregational Church of Stratford, CT for more than 25 years. And, he has taught classes for LLI since 2005. He continues to compose new music with the Leupold Company, part of the American Guild of Organists. Dr. Joe presents piano concerts when possible during the COVID pandemic.

**The Ballets of George Balanchine and Jerome Robbins  5:30 pm - 7:00 pm**

Through video clips we examine the works of these two great twentieth-century choreographers and ballet masters of the New York City Ballet, George Balanchine and Jerome Robbins.

Week 1: Balanchine - Works for Diaghilev (*Apollo, Prodigal Son*).  
Week 2: Balanchine - A New Beginning in America (*Serenade*).  
Week 3: Balanchine - Neo-Classicism.  
Week 4: Balanchine - Full Length Works.  
Week 5: Robbins - *Afternoon of a Faun, Dances at a Gathering, Other Dances*.  
Week 6: Robbins - *The Concert, Glass Pieces*.

*All courses subject to change or cancellation*
Felice Lesser earned a BA from Barnard College and an MA from Columbia University. She is an Adjunct Professor of Dance at UCONN/Stamford and has been an artist in residence for the states of Nevada and Idaho. She won the Lawrence S. Epstein Prize for Choreography, and is currently at work on her multi-media, science fiction fantasy, TRAP IST, which will be premiered in New York City in November.

TUESDAY ZOOM COURSES
March 15, March 22, March 29, April 5, April 12 and April 19

Current Events

Join us for interesting and stimulating discussions on news issues and subjects of current interest. Each week, we examine three topics for 30 minutes each, led by one of the facilitators. After the first week we solicit subjects from class members for each of the following weeks.

Mike Davis, a graduate of Bucknell University, remains a loyal alumnus. After eight years with Price Waterhouse, he spent 28 years in various capacities with US Industries before retiring 18 years ago from his last position as Controller. He has traveled the world extensively and has been volunteering for the Alzheimer's Association, Norwalk Hospital and other charitable entities.

Vicenta Guerin, a Stamford resident, is retired from her position as an account executive for Con Edison of New York, where she sold and managed energy efficiency projects to the federal government and others. She now enjoys travel, playing pickleball and LLI.

Fay Ruotolo, a former English teacher, teacher union president and Director of Human Resources for the Stamford and Norwalk Public Schools, is an avid reader, theatergoer, traveler, tennis player and news junkie. She has been an active member of LLI for eight years.

Seated Gentle Stretch

Join us for a one-hour stretch and strengthening low-impact workout to engage the muscles, joints, ligaments and connective tissue from head to toe. Your body/body parts contract, extend, rotate and move fluidly while improving blood circulation, body mobility and joint decompression for 45 – 50 minutes of continuous enjoyable movement to music. Each session includes some progressive relaxation exercises. Dress in comfortable clothes,
socks are optional and shoes are not recommended. A sturdy armless chair is suggested to allow unrestricted movement.

Please note: This is a one-hour class. While it is a low-impact workout, as with all exercise programs, please use caution based upon your own individual circumstances.

June Bird earned a master’s degree 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.

Understanding Investments 2022

This is an update of the Understanding Investments course presented in 2018. Like the earlier course, it explains some of the investment ideas and strategies behind what we see when we watch business news channels like CNBC, what we read in the financial press and the advice we are given by our financial advisors. This course offers new material on decentralized finance (DeFi), crypto currencies, other digital assets (including NFTs) and block chain. Other new topics include payment for order flow (PFOF), Robin Hood and the gamification of trading, as well as alternative ways private companies can go public, including direct listings and special purpose acquisition companies (SPACS).

Please note: This course is meant for informational and educational purposes only. It covers general concepts and tools for investing but does not provide specific investment advice. Participants should consult their own financial advisors before making any investment decisions based on the material covered in this class.

Week 1: The structure of Wall Street: Reg. BI, common stocks, investment strategies.
Week 2: Bond basics: interest rates and inflation.
Week 3: What are you paying for advice? Commission-free trading and payment for order flow (PFOF).
Week 4: Theoretical finance and your investments.
Week 5: Statistical concepts and your investments: measuring risk.
Week 6: The brave new world of investing and trading: derivatives, synthetics, DeFi, block chain, and cryptocurrency.

Ted Wolff has over 30 years’ experience as an equity analyst and portfolio manager. Most recently he was a portfolio manager at the Solaris Group LLC. Prior to that he was managing director at TIAA-CREF, where he co-managed over $10 billion in US and international equities.
Cooking Some Family Favorites  
(Well, Not All from My Family)

We cook together for six weeks to experience new flavors and different meals. Simple instructions are provided for gourmet meals that can be made again and again, and for learning how to substitute ingredients. Recipes and ingredient shopping lists are provided in advance.

Week 1: We begin with many families’ favorite—tacos, putting a new spin on them. We also make Brussel sprouts in a parmesan and lemon sauce.

Week 2: Have you ever had radicchio or even blueberries in your salad? Today we do just that, and along with this salad we prepare a fish with olives and pistachios.

Week 3: This week is filled with many fabulous flavors—fish with lemon aioli and pickled onions (such an easy task but a great recipe to use with many other recipes) and Persian Joojeh Kabobs (chicken kabobs).

Week 4: Shishido peppers with a mayo dipping sauce really adds to my family’s favorite, lamb meatloaf.

Week 5: We make a roasted cauliflower with Labneh sauce and chicken with pomegranate molasses.

Week 6: This last week we do a roasted asparagus with shallots and za’atar, followed by a very traditional Turkish dish of a pureed eggplant with lamb.

Debi Rubel earned her degree from Northeastern University in sociology with a concentration in food. She has worked in top Connecticut restaurants and has done team-building cooking classes with many organizations. Debi has studied in culinary hot spots throughout the world, and her interests include sustainability, new culinary concepts and inspiring students to prepare these meals again.

WEDNESDAY ZOOM COURSES  
March 16, March 23, March 30, April 6, April 13 and April 20

Sondheim and His Craft  
10:30 am – 12:00 pm

Only quite recently has the extent of Sondheim’s love of craft and process become fully clear. A major bequest to the Library of Congress of his manuscripts, published in 2019, prompted a series of in-depth interviews...
about the intimate details of his whole compositional process. Many of these intimate details shape our listening as we focus on some choice examples of his works.

Week 1: Love of craft; *West Side Story*
Week 2: Passion; *A Little Night Music*
Week 3: *Follies; Merrily We Roll Along*
Week 4: *Into the Woods*
Week 5: *Sweeney Todd*
Week 6: *Sunday in the Park; Bounce*

**Dr. Joshua Berrett** earned a BA from the University of Cape Town in South Africa, an MA from Columbia University and a Ph.D. from the University of Michigan. In addition, he studied at the Manhattan School of Music, Juilliard, and the Tanglewood Music Center. He is a Professor Emeritus at Mercy College, a violinist and author of many publications on music. He has been heard on NPR and lectured in Italy, Israel, and South Africa. With his wife, Lynne, he is co-founder of the non-profit Ageless Mind Project, Inc.

**Award-Winning Short Films**

1:00 pm – 2:30 pm

It's Oscar season and with that comes the quest for gold. We review a selection of this year's Oscar-shortlisted short films. Each class, we view and discuss one to three shorts. In addition to the Oscar shortlist, we watch as many of this year's Oscar-nominated and Oscar-winning shorts as possible, given copyright restrictions.

Long before YouTube, **Frank Izzo** was out filming family members, cats and anything else that caught his eye on the streets of New Haven. This childhood hobby turned into a lifelong passion for short animation and short films.

**Foundations of American Democracy**

3:30 pm - 5:00 pm

Liberty, equality, and democracy. Citizenship, the role of government, and the scope of individual rights. Debates over the meaning of these ideas are older than our republic and just as fierce today as when they first emerged. We examine those debates with the men and women who first framed them by reading and discussing the most essential and foundational American texts, as well as key writings from other, often underrepresented voices. We begin with the Puritan settlement and continue through the end of the Civil War, the period over which we finalized our present form of government and our conception of our rights and roles within it.
Through close reading and conversation, we’ll seek a better understanding of our current possibilities and controversies in light of the legacies we have inherited.

**Week One: Liberty**
American democracy begins with the obdurate demands for religious liberty of Puritan New England. We begin by asking how those ideas shaped what future colonists meant when they made liberty the animating principle of their Revolution, using the writings of Thomas Jefferson and his Declaration of Independence, as well as selections from Abigail Adams, Thomas Paine, early slave narratives and others as our guides.

**Week Two: Democracy**
What is a democracy? A republic? A federal system? What inalienable rights does, or should, an individual possess? And how much of those rights can be surrendered to advance the general welfare while still protecting individual liberty? We follow the debate (as well as some of its troubling compromises) through selections from the Federalist Papers and the U.S. Constitution.

**Week Three: Equality**
Tocqueville was only twenty-six when he landed in the middle of Jacksonian America and all its populist furor. His *Democracy in America* has since become a classic study of the tension between liberty and equality. We explore Tocqueville’s dilemma alongside him, contrasting selections from his work with excerpts from Jackson and others on the Bank Crisis, the expansion of slavery, the Indian Removals and the Nullification Controversy that pre-figured Secession.

**Week Four: Individualism**
Individualism is central to our idea of who and what we are as Americans. While many hands have shaped our irrepressible belief in and insistence on ourselves, perhaps the greatest and most lyrical advocates of American individualism were Emerson and Thoreau. We discuss the inspiring and sometimes troubling implications of their radical individualism through a selection of essays.

**Week Five: Freedom**
What is the difference between freedom and liberty? How has our understanding of American freedom been shaped by its antithesis, American slavery? And how have coercion of the spirit and coercion of the body worked together throughout our history to shape our ideas about race and gender? Selections from Frederick Douglass, fellow Abolitionists, and the radical Feminists who helped spearhead the anti-slavery movement will guide our discussion.

**Seek Six: Nation**
By the time the carnage at Gettysburg ended, Abraham Lincoln had grown to understand that nothing short of a “new birth of freedom,” and of our still “new nation,” would have to emerge from the Civil War. We trace his thought as it evolved from writings and speeches of the 1850’s to the deeply spiritual rhetoric of the Second Inaugural, concluding with the unfinished business we are left to grapple with today.
Steven Phillips studied literature at the University of Chicago, filmmaking at NYU’s Tisch School of the Arts and earned an MA in American Studies from Columbia University. He spent the bulk of his career as creative director and partner of a production company for film, video, media installations, staged productions and live events. Since retiring, he has worked with community-service, public humanities and higher education nonprofits.

THURSDAY ZOOM COURSES  
March 17, March 24, March 31, April 7, April 14 and April 21

Exploring Poetry  
10:30 am – 12:00 pm

Wallace Stevens wrote that poetry is a place where we “resist the pressure of the real, the incessant drumming of the news, of terrible events... Poetry preserves within ourselves the necessary space of imagination, possibility, humanity, love.” You are invited to come carve out that space for yourself as we explore together some wonderful poems. Each week we focus on a different American poet; after a brief introduction to the poet’s background, we read six to ten of their poems together and then discuss each poem’s unique artistry and effect. All attendees are encouraged to participate in the discussion. No experience with poetry is necessary. (Although this is a reprise of a course offered in the past, we focus on different poets.)

Sandy Soson had a long, fulfilling career teaching high school English. In recent years, she has run the Poetry Out Loud program for high school students, taught ESL as a Literacy Volunteer and has taught several courses at LLI. Sandy loves poetry, theater and writing and enjoys sharing these passions.

Empire of Reason  
3:30 pm - 5:00 pm

We learn about the founding of the American republic and the workings of the Constitutional Convention, reaching a conclusion that the republic (not democracy) no longer exists.

Week 1: Enlightened authoritarians: background of the Founding Fathers.
Week 2: Horizontal determinism of history and the founders: lessons of the collapse of Athenian democracy and the demise of the Roman republic.
Week 3: Property, politics and power: property as a determinant of political and economic power.
Week 4: Meeting of the minds: the convening of the Constitutional Convention.
Week 5: Post-convention debate: debate carries forward, months after the convention.
Week 6: Empire of unreason: the eventual demise of the republic and representative government.

Mark Albertson is the historical research editor at Army Aviation magazine in Monroe, Connecticut and is the historian for the Army Aviation Association of America. He is an avid speaker and has authored six books.

FRIDAY MORNING ZOOM COURSE
March 18, March 25, April 1, April 8, April 22 and April 29
(No Class April 15)

Art of Women from Renaissance to the Present 10:30 am - 12:00 pm

Women in the art world have had a long, arduous and challenging journey. We see cultural norms, politics, religion, power and fear play into the lack of acceptance of their art, discussing their influences in depth. This is not a feminist course but an honest look at the “why” we have so little knowledge of women artists in previous centuries. We review specific reasons why women were finally able to emerge. Your opinions and insights animate the class - join us.

Week 1: Men and women of the Renaissance
Week 2: Frustration of Rococo period - gender classes
Week 3: What is appropriate to paint
Week 4: Social and sexual roles of the 19th century
Week 5: How politics, religion, and social mores influence art
Week 6: Modern era wrap up and conclusions

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. Her radio talk broadcast is heard on 1490 WGCH every weekday afternoon, 12:30pm-1:00pm. (www.wgch.com). Curator for small gallery in Stamford.
Fridays – Spring 2022
Zoom Lunch & Learn Series
12:30PM – Social Time
1:00PM – 2:30PM Program

No registration required
Zoom Links for the Friday Lunch & Learn program will be included in LLI’s weekly Tuesday email to members.
Except for the March 4 and March 11 Open Houses, Lunch & Learn programs are open to members only.

Open House March 4 -- Spring into Spring with Musician Jim Clark!
Members and Non-members are Welcome
Please invite your friends and family who are 50 and over.

Following the doldrums of winter and the Covid-19 virus, it seems a perfect time to enjoy a virtual concert of music and visuals about spring. This presentation features songs carefully curated by Jim Clark, with imagery and lyrics, that evoke the sights, sounds and feelings of this season.

Jim Clark, musician, composer and educator, is a world-class saxophonist and multi-instrumentalist. He leads his own groups, playing tenor, alto and soprano saxophones, and performs and records in a wide variety of musical settings and styles. Whether he is in the recording studio, performing in a small local venue or on stage at Carnegie Hall, his goal is the same – play from the heart with the highest level of musical excellence.

Open House March 11 -- Archaeology of the Rich & Famous of Connecticut
Members and Non-members are Welcome
Please invite your friends and family who are 50 and over.

We learn about the lives and remains of important past citizens of Connecticut, including the Bulkeley family, Henry Opukahaia and the explorer Peter Pond.

Dr. Nicholas F. Bellantoni serves as the emeritus state archaeologist with the Connecticut State Museum of Natural History at the University of Connecticut. He earned his

All courses subject to change or cancellation
doctorate in anthropology from UConn in 1987 and was later appointed state archaeologist. He also serves as an Adjunct Associate Research Professor in the Department of Anthropology at UConn and is a former president of the Archaeological Society of Connecticut and the National Association of State Archaeologists.

March 18 -- Alzheimer’s 10 Warning Signs

Learn about the 10 Warning Signs for Alzheimer's disease, which include memory loss, challenges in solving problems, confusion, problem speaking and writing, misplacing things and more. An update on the latest research information including early diagnosis, prevention studies, drug therapy and other areas.

Robin Roscillo has been a volunteer with the Alzheimer’s Association, Connecticut Chapter, since 2007. She is a community educator, advocate, co-chair of Women ENDALZ and team captain for the annual Walk to End Alzheimer’s in honor of her parents and her sister. In 2015 she was selected for the inaugural class of Champions in the Fight to End Alzheimer’s – Women’s Campaign.

Kristen Cusato is the Director of Communications for the Connecticut Chapter of the Alzheimer’s Association and also a Research Champion for the New England Region. Her goal is to spread awareness of the disease, the services the chapter offers those with the disease and caregivers, and educate about research towards new treatments and a cure. She also shares her personal caregiver experience, as she lost her mother at the age of 65 to dementia.

March 25 -- Georgia O’Keeffe

Georgia O’Keeffe, a much beloved painter and a very strong personality, is a heroine to feminists because of her independent lifestyle and the long and productive years living life on her own terms. She was still active at 99 when she died. We view many gorgeous images of her paintings of flowers and the Southwest where she lived.

Over the years, David Shafer has taught numerous insightful courses on opera at Lifetime Learners Institute and the Fairfield Senior Center. He has also provided many interesting and humorous Friday Lunch & Learn presentations for us in a variety of subjects.
April 1 -- President Duterte and the Philippines

Rodrigo Duterte is concluding his controversial one, and only, five-year term as Philippine President. We review his triumphs and failures, twists and turns in four areas: drug suppression, the South China Sea controversy with China, insurgencies and Covid-19. We conclude with possible choices for the next president and vice-president.

Paul Sarno is a graduate of the University of Pennsylvania and the Columbia Law School. From his undergraduate days, he has nurtured a fascination with Southeast Asia. Through readings, 16 visits (most recently in 2019 to Indonesia) and membership in area societies, he has been engaged in teaching better understanding of these countries and their relationships with the superpowers. He has taught about Southeast Asia for more than fifteen years at LLI.

April 8 -- Spying in the American Revolution

George Washington -- first in war, first in peace and first in the hearts of his countrymen -- was America’s first spymaster. Spying may be the world’s second oldest profession, even recounted in the Old Testament. Unlike England, which already had a long tradition of the Great Game, George Washington had to make it up as he went along. Learn the how, and the who, of America’s first foray into intelligence gathering.

Eric Chandler was a land title insurance underwriter for over 30 years and for many years played saxophone in R&R and Blues bands. His likeness was used in a MAD Magazine cartoon. Since 1974 he has performed in Revolutionary War Living History reenactments. He served on the Norwalk Historical Commission, on the Norwalk Historical Society Board of Directors and as Lieutenant/Adjutant and on the Board of Directors for the re-established Sheldon’s Horse, The Second Continental Light Dragoons.

April 15 -- No Lunch & Learn

April 22 -- Grant’s Tomb

Grant’s Tomb is the largest mausoleum in the United States and burial place of the general who was called in his time the “the savior of the Union” who defeated the Confederacy and became the most important civil rights president between Lincoln and Lyndon Johnson. Now considered a very important president, whose desire to “Let Us Have Peace” was sincere, Grant
also fought for the rights of the newly freed African Americans as the Reconstruction president.

**Allan J. Despres**, a native of Fairfield County, loves history and has been able to live that love, working as a United States Park Ranger in many of the New York area sites. Allan has addressed groups visiting the national parks and has conducted outreach programs in surrounding communities. He developed art programs at the Statue of Liberty and did a full summer of lectures and discussions on civil rights at Grant’s Tomb.

### April 29 -- Breathe Deeply Again

Reclaim the essential function of healthy breathing for a vivacious life. If you find yourself holding your breath, learn how to take deep breaths by understanding how it happens. Learn helpful techniques to automatically breathe deeply again, as we once did naturally as babies. The calming force of the breath is a key to coordination, physical movement with ease and calming the busy stressed mind.

Originally trained as a flutist, **Vanessa Mulvey** stumbled into learning about how the body moves for music-making when she faced some physical playing challenges. Her curiosity led her away from the stage to activities from flying on the trapeze to coaching Parkour, an athletic training discipline. She loves to see people gain understanding of their bodies. One of her favorite interests to teach is breathing, because it is fundamental to everything we do. Breathe Deeply Again came about as she saw friends suffering from limited breathing due to Covid-19.

### May 6 -- The Wall That Heals: the Vietnam Veterans Memorial Replica

*The LLI annual meeting of members will immediately precede this Lunch & Learn.*

We learn the history of Norwalk’s Advisory Military and Veterans Liaison Committee (A-MVLC) projects completed to date, future committee projects, a calendar of scheduled events for 2022 and the website to honor Norwalk’s veterans who died during wartime. The three-quarter size replica of the Washington, DC Vietnam Veterans Memorial will be setup and on display in Norwalk this June.

**Jeff DeWitt** graduated from Norwalk High School in 1980. He served on active duty with the U.S. Air Force from 1982 to 2008. He retired with the rank of Chief Master Sergeant – the top enlisted grade and only 1% of all enlisted airmen. He worked in various roles in operations and management. His assignments included Belgium, California, New Jersey, New York, South Korea and Georgia. He served one tour in Iraq in support of Operation Iraqi Freedom in 2007 at Ali Air Base. He serves as chairman of the A-MVLC.
### Spring 2022 Course Schedule

**Courses**

**Registration Required**

<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drawing Flowers &amp; Fruits</td>
<td>Monday</td>
<td>10:00 am – 12:00 pm</td>
</tr>
<tr>
<td><em>Dick Rauh</em></td>
<td></td>
<td><strong>2-Hour Class</strong></td>
</tr>
<tr>
<td>The Game is Afoot! Here Comes the Modern Mystery</td>
<td>Monday</td>
<td>10:30 am – 12:00 pm</td>
</tr>
<tr>
<td><em>Elissa Kaplan</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Films for Foodies</td>
<td>Monday</td>
<td>1:00 pm – 2:30 pm</td>
</tr>
<tr>
<td><em>Bill McCarthy</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Great Songs from the Movies: By Michel Legrand and Others</td>
<td>Monday</td>
<td>3:30 pm - 5:00 pm</td>
</tr>
<tr>
<td><em>Joe Utterback</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Ballets of George Balanchine and Jerome Robbins</td>
<td>Monday</td>
<td>5:30 pm - 7:00 pm</td>
</tr>
<tr>
<td><em>Felice Lesser</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current Events</td>
<td>Tuesday</td>
<td>10:30 am - 12:00 pm</td>
</tr>
<tr>
<td><em>Mike Davis, Vicenta Guerin, Fay Ruotolo</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dante &amp; the Modern World</td>
<td>Tuesday</td>
<td>1:10 pm – 2:50 pm</td>
</tr>
<tr>
<td><em>In-Person Class</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Ben Steiz</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seated Gentle Stretch</td>
<td>Tuesday</td>
<td>3:30 pm - 4:30 pm</td>
</tr>
<tr>
<td><em>June Bird</em></td>
<td></td>
<td><strong>1-Hour Class</strong></td>
</tr>
</tbody>
</table>

*To attend LLI on-campus courses, NCC requires that you are vaccinated, sign in as a visitor at security and be prepared to show a photo ID (like a driver’s license), wear a mask and practice social distancing.

All courses subject to change or cancellation
<table>
<thead>
<tr>
<th>Course</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding Investments 2022</td>
<td>Tuesday</td>
<td>3:30 pm - 5:00 pm</td>
</tr>
<tr>
<td>Ted Wolff</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooking Some Family Favorites</td>
<td>Tuesday</td>
<td>5:30 pm – 7:00 pm</td>
</tr>
<tr>
<td>Debi Rubel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sondheim and His Craft</td>
<td>Wednesday</td>
<td>10:30 am – 12:00 pm</td>
</tr>
<tr>
<td>Joshua Berrett</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Award-Winning Short Films</td>
<td>Wednesday</td>
<td>1:00 pm – 2:30 pm</td>
</tr>
<tr>
<td>Frank Izzo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foundations of American Democracy</td>
<td>Wednesday</td>
<td>3:30 pm – 5:00 pm</td>
</tr>
<tr>
<td>Steven Phillips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exploring Poetry</td>
<td>Thursday</td>
<td>10:30 am – 12:00 pm</td>
</tr>
<tr>
<td>Sandy Soson</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Six or More Plays – Some of Them Happy</td>
<td>Thursday</td>
<td>1:10 pm – 2:50 pm</td>
</tr>
<tr>
<td>Art Gang</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In-Person Class*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Empire of Reason</td>
<td>Thursday</td>
<td>3:30 pm - 5:00 pm</td>
</tr>
<tr>
<td>Mark Albertson</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Art of Women from Renaissance to the Present</td>
<td>Friday</td>
<td>10:30 am – 12:00 pm</td>
</tr>
<tr>
<td>Darby Cartun</td>
<td></td>
<td>No Class April 15</td>
</tr>
</tbody>
</table>

*To attend LLI on-campus courses, NCC requires that you are vaccinated, sign in as a visitor at security and be prepared to show a photo ID (like a driver’s license), wear a mask and practice social distancing.

All courses subject to change or cancellation
FRIDAYS – SPRING 2022
ZOOM LUNCH & LEARN SERIES
12:30PM – SOCIAL TIME
1:00PM - 2:30PM PROGRAM

No registration required
Except for March 4 and March 11 Open Houses, Lunch & Learn programs are open to Members Only.

Spring into Spring with Musician Jim Clark! March 4
OPEN HOUSE for Members and Non-Members

Archaeology of The Rich & Famous of Connecticut March 11
OPEN HOUSE for Members and Non-Members

Alzheimer’s 10 Warning Signs March 18

Georgia O’Keeffe March 25

President Duterte & the Philippines April 01

Spying in the American Revolution April 08

Grant’s Tomb April 22

Breathe Deeply Again April 29

The Wall that Heals: May 06
the Vietnam Veterans Memorial Replica

The LLI annual meeting of members will immediately precede this Lunch & Learn.

All courses subject to change or cancellation
Zoom Links for the Friday Lunch & Learn program will be included in LLI’s weekly Tuesday email to members.

Lifetime Learners Club
Free
For Members Only
No Registration Required!

Monthly meeting details and Zoom links will be sent to all members via the weekly Tuesday email.

The LLI Film Club meets on the 2nd Thursday of the month from 7:00-8:15 pm on Zoom and is free to LLI members. Films are watched in advance by members in the comfort of their homes. At the meetings, we discuss themes, characters, cinematography, screenplay, cast, director, music, reviews and much more. Moderators rotate among the club coordinators and the Film Club members, who take turns doing research on some of these topics regarding a particular film and sharing what they’ve learned with the group.

All films are available via streaming services such as Amazon, Netflix, and YouTube, with an occasional inexpensive rental cost (usually $2.99 or $3.99) or through local libraries that provide either CD lending or online free access. Movies and Zoom links are announced in the Tuesday emails sent from LLI. Stay tuned!!!

Club Coordinators:
Vicenta Guerin, Elinore Kaplan, Sandi Sacks
Course Registration and Zoom Information

To register for an online or in-person LLI course:

- Go to [www.lifetimelearners.org](http://www.lifetimelearners.org)
- On the left-hand margin on our website click on “Click here for Membership & Registration”
- Use the online registration form to (i) select your courses or (ii) renew your membership if necessary or (iii) both select your courses and renew your membership. Dues are $50 per membership year and the fee for each course is $30.
- You may also give the gift of an LLI membership and courses to friends and family, 50 years and older, by clicking on the “Yes” under Gift Membership.

For in-person courses, you will receive a hardcopy, mailed confirmation from LLI with the NCC classroom number prior to the first class. For Zoom courses, you will receive a hardcopy, mailed confirmation from LLI prior to the first class and, prior to the date of each class, an email from LLI with the Zoom course link. You will want to flag or carefully save the confirmation with the NCC classroom number or the email with the Zoom course link. The link will look like [https://zoom.us/k/9090909090](https://zoom.us/k/9090909090).
Click on the Zoom link ten minutes prior to your class start time.

For each course you subscribe to, you will receive a different link. You will use the same link for all weeks of the course.

**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, 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.

**Guests** - Guests, whether members or non-members, are not allowed to attend a Zoom or in-person class during the spring 2022 term other than as might be announced with regard to any particular class. Please do not forward to anyone the Zoom links for courses. 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 is strongly encouraged.

**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) canceled by LLI.
You shop.
Amazon Smile gives to LLI.
Every item you buy gives back to LLI
on Amazon Smile!

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you.

First time to AmazonSmile:
1. Visit smile.amazon.com
2. Sign in with your Amazon.com credentials
3. Search for Lifetime Learners Institute, Norwalk, CT and Click Select
4. Start shopping! Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile

To change your AmazonSmile Charity to LLI:
1. In your Internet browser, open your Amazon Account
2. In your Amazon account, click AmazonSmile (upper left-hand side of the Amazon screen)
3. Under “Current Charity” (on the right-hand side of your screen), click Change charity and select Lifetime Learners Institute (Norwalk, CT)
You will be sent an Amazon Smile email with your Amazon Smile link for future Amazon shopping. Start each session with smile.amazon.com.

AmazonSmile and the AmazonSmile logo are trademarks of Amazon.com, Inc. or its affiliates.
**LLI Mission Statement**
To inspire and facilitate the joy of lifelong learning, personal growth, and social connections for adults 50 and over.

**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.

**LLI Core Values**

**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 and respect the values of all.