

Lifetime Learners Institute

For People Over Fifty



Spring 2025 Catalog

Open House/Lunch and Learn – March 7th

Courses Start – March 10th



Lifetime Learners Institute

CT STATE COMMUNITY COLLEGE NORWALK

Lifetime Learners 2025 Spring Term



Dear Members and Friends of LLI,

Here are a few things that Lifetime Learners have been heard to say:

“There is an amazing level of competence in this group. I’ve learned so much.”

“I didn’t know how to recover from retirement. LLI gave me the answer.”

“Sometimes I just want to sit and listen. Sometimes I want to share what I have experienced. LLI gives me both.”

“This is so different from other organizations because you get so much more from a series of classes – and you get to make new friends who share your interests.

As the spring bulbs push out of the ground, you too should push out of the house and join your friends at Lifetime Learners. We will keep you entertained, informed and connected.

Discuss classic novellas in person. Paint a masterpiece on Zoom. Dive into the history of shipwrecks in a hybrid class. There are so many ways to light up your brain and put a smile on your face. And don’t forget our Brown Bag Lunch and Learn sessions. Those are free for members each Friday at 12:15 (except April 18th).

LLI is ready when you are. Let’s go!

Best Regards,

Fay Ruotolo, President
Lifetime Learners Institute

PS: Would you like to give a gift of membership and/or courses? Go to lifetimelearners.org and use the button “Click Here for Membership and Registration”

Lifetime Learners Institute
at CT State Community College Norwalk
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Norwalk CT 06854
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Spring 2025 - Course Schedule

Registration is required in advance

Hybrid courses are held both in person and via Zoom ([see page 24](#))

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

MONDAY

Paint a Masterpiece a Day <i>Connie Manna</i>	Zoom	10:30 am to Noon
The Roaring 20's <i>Evan Weiner (No Class March 24)</i>	In-Person	1:10 pm to 2:50 pm

TUESDAY

Avant Garde Influences on Art <i>Darby Cartun</i>	Zoom	10:10 am to 11:50 am
Current Events <i>Vicenta Guerin and Maria Petti</i>	Zoom	10:30 am to Noon
Sons of Doo-Wop <i>Gary Carlson</i>	In-person	1:10 pm to 2:50 pm
Women in Hollywood <i>Joe Meyers</i>	In-person	1:10 pm to 2:50 pm
From the Cotton Field to the Cotton Club <i>Merle Rumble</i>	In-person	3:10 pm to 4:50 pm
Shipwrecks: Diving into History <i>Elissa Kaplan</i>	Hybrid	3:10 pm to 4:50 pm

WEDNESDAY

Louis Armstrong: An Ageless Icon Revisited Zoom <i>Joshua Berrett</i>		10:30 am to Noon
Poetry and the Environment <i>Sandy Soson</i>	Zoom	10:30 am to Noon
Asian Brush Painting <i>Louise Flax</i>	In-person	1:10 pm to 2:50 pm
Opera: What Makes it Work ? <i>Jeffrey Lowin</i>	In-person	1:10 pm to 2:50 pm
Essentrics: Release, Rebalance, Restore - Limited enrollment/1 hr. class <i>June Bird</i>	In-person	3:10 pm to 4:10 pm
Revolt of the Planters <i>Mark Albertson</i>	Hybrid	3:10 pm to 4:50 pm

THURSDAY

Zentangle - 1 hr. class <i>Kathy Shapiro</i>	Zoom	10:30 am to 11:30 am
Classic Novellas <i>Art Gang</i>	In-person	1:10 pm to 2:50 pm
Modern Warfare: Lessons from Ukraine <i>Olena Lennon</i>	In-person	1:10 pm to 2:50 pm
Herald of a New World Order <i>Mark Albertson</i>	Hybrid	3:10 pm to 4:50 pm

FRIDAY – No Classes on April 18

Computers – Part 2 <i>Gary Bischoff and Doug Fine</i>	In-Person	10:10 am to 11:50 am
The Renaissance <i>Darby Cartun</i>	In-Person	10:10 am to 11:50 am

Spring 2025

Free Friday Brown Bag Lunch & Learn Schedule

All Programs are In-Person
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 (formerly NCC) 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 7th Open House

- March 7 - **Open House – Bring a Friend!**
Entertainers Extraordinaire - Chris Coogan and Michele Grace
- March 14 - **The Anza-Borrego Desert and Beyond** – *David Pressler*
- March 21 - **Music for Brain Health** – *Sherrye Platt*
- March 28 - **See You at the Zoo!** – *Tracy Benham*
- April 4 - **What Good Are DNA Tests Anyway?** – *Janeen Bjork*
- April 11 - **Jack Benny** – *Joe Gianquinto*
- April 18 - **No Lunch and Learn**
- April 25 - **Music Theatre of Connecticut** – *Kevin Connors*
- May 2 - **The Alternatives to Violence Project** - *Jackie Labatt-Simon*
- May 9 - **LLI Annual Meeting** – *Entertainment TBA*

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 2025 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

Paint a Masterpiece a Day

March 10, 17, 24, 31, April 7, 14

Zoom

10:30 am – Noon

We create one painting a week—six paintings in all—following a step-by-step process. Specific colors of paint are required for instruction on color mixing. Each week we use a different masterwork for inspiration. This class emphasizes a positive approach and discussion. A different painting is chosen each week based upon the progress of the class. Each week the paintings become more challenging.



Required materials:

- Acrylic paint in the following colors: Alizarin Crimson, Phthalocyanine (Phthalo) Blue, Titanium White, Burnt Sienna, Cadmium, Yellow Medium
- Three brushes: 1 flat brush 1/2 inch
 - 1 small round nylon bristle brush (choose size 4 or 6)
 - 1 medium round nylon bristle brush (choose size 8 or 10)
- Paint palette or palette paper (butcher paper or a plastic disposable plate work)
- Disposable cup for water
- Paper towels

Connie Manna earned her bachelor's degree in Fine Art from the School of Visual Arts in NYC. She is an editorial and book illustrator, fine artist, Art Director and professional teaching artist. In 2014, she started the Paint a Masterpiece a Day program for learners of all ages, from 5 to adult—at every level of experience from beginner to professional. Her work is on exhibit at various NY venues from now through Spring 2025.

The Roaring 20's

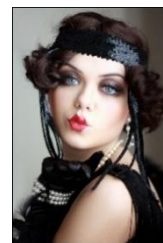
In-Person

1:10 pm – 2:50 pm

March 10, 17, 31, April 7, 14, 21 *(No Class March 24)*

The Roaring 20's.... From American women gaining the right to vote in 1920 to the 1929 stock market crash.

- 1918-1919: 1918 was a terrible year. War raged until November 11th when the guns fell silent and influenza was killing millions of people around the world. Babe Ruth emerges as a star; Tarzan hits the big screen. Time is standardized in the United States. Some women get the right to vote in the United Kingdom. There is a mistake on a US stamp and US air mail is introduced. 1919 was not much better: the Spanish Flu continued to rage, while countries dealt with the war's aftermath, race riots and a red scare. American President Woodrow Wilson wanted to lead the world, get the peace and start an international entity to negotiate agreements without war. Wilson suffers a stroke and becomes an invalid.



- 1920-1921: America does not have a functioning President, women can vote, the country goes dry and there is a presidential election in 1920. In 1921, Warren G. Harding becomes the President and America snaps out of a recession.
- 1922-1923: There is a women's-only Olympics in Paris, women are not allowed to play soccer at a high level. The radiola is selling, Mussolini takes power in Italy, Hitler is giving anti-Jewish speeches in 1922. In 1923 Harding dies and the Charleston becomes the craze. Hitler attempts to overthrow the German government.
- 1924-1925: American immigration policy changes, Hitler is released from jail, Lenin dies and Stalin becomes the man in the Soviet Union. Gershwin writes *Rhapsody in Blue* and the first Macy's Parade takes place. In 1925, the Scopes Monkey Trial takes place, the *Great Gatsby* is released and the KKK stages a march in Washington. Prohibition and the flappers go hand in hand.
- 1926-1927: The first movie with spoken words, *Don Juan*, is released, but it is not considered the first talking movie. NBC, Winnie the Pooh and Mary Poppins make their first appearances. Henry Ford introduces the 40 hour week. 1927 is probably the year the modern world emerges. Talking movies, a non-stop solo flight to Paris, Clara Bow is the "it" girl, Babe Ruth hits 60 home runs as part of the New York Yankees "murderers' row." The Nazis are a fringe party in Germany.
- 1928-1929: The American economy is still humming but there are signs that something is amiss. The Nazis lose big in German elections, Mickey Mouse or Mortimer Mouse or Steamboat Willie makes its debut. The yo-yo is introduced to Americans and George Gershwin writes *An American in Paris* but by the end of 1929, the Roarin' 20's comes to a smashing end with the collapse of the stock market—the setting for a global depression. Popeye appears in newspaper comics, the car radio becomes a thing and sunglasses are in vogue.

In 1971 at age 15 **Evan Weiner** started his career in radio and newspapers. He is a global speaker and author on the politics of sports business, and has also won a number of journalism awards.

TUESDAY COURSES

Avant Garde Influences on Art

March 11, 18, 25, April 1, 8, 15, 22, 29

Zoom

10:10 am – 11:50 am

We bring our own perspective to art as does the artist. We explore a group of artists who have influenced us and were influenced by religion, nationality, gender, political point of view or a combination of them. We invite you to experience what has been created. Come with an open mind and willingness to talk. The art will range across many different centuries and styles of art.



- Week 1 - Avant Garde overview of the early 20th century
- Week 2 - Chaim Soutine and Amedeo Modigliani
- Week 3 - Immigrants' influence
- Week 4 - Religion and politics
- Week 5 - Matisse and Picasso Rivalry
- Week 6- Women artists
- Week 7- Chagall
- Week 8- Picasso

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). She is also the founder of Museum Comes to You, which services senior centers, men's and women's groups and assisted living residences in Connecticut and New York.

Current Events

March 11, 18, 25, April 1, 8, 15

Zoom

10:30 am – Noon

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



Vicenta Guerin 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 has moderated the current events discussion group, participated in the film club and worked with the Technology Committee. Currently she is a snowbird, enjoying her winter home in Florida, playing pickleball and volunteering with LLI.

Maria Petti is a graduate of Fairfield University and Brooklyn Law School. She has practiced corporate law with an emphasis on governance for the past 25 years. Maria has been a local publicly elected official and enjoys travel and reading.

Sons of Doo-Wop: The Great Boy Groups of the Late 50's and Early 60's

March 11, 18, 25, April 1, 8, 15, 22, 29

In-Person

1:10 pm – 2:50 pm

We focus on the too-often overlooked American male harmony groups that combined elements of pop, rock, and Doo-Wop music to create a sound that defied easy categorization, and yet, proved extremely popular with teen and adult record buyers not necessarily interested in either Rockabilly, Surf Music, Soul Music or The British Invasion.



- Week 1: "White Bread" cover groups of the 50's -The Crewcuts, The Four Preps
- Week 2: Crossovers of the late-50's - Danny & The Juniors, Dion & The Belmonts
- Week 3: More Crossovers - Johnny Maestro, Little Anthony, The "New" Drifters
- Week 4: King of The Boy Groups - The Four Seasons
- Week 5: Boy Groups Rule! - The Tokens, Jay & The Americans, The Tymes
- Week 6: A mixed bag - The Lettermen, Gary Lewis & The Playboys, The Vogues
- Week 7: A very mixed bag - The Turtles, The Sandpipers, The Buckingham
- Week 8: End of an era - The Happenings, Gary Puckett, Classics IV, The Association

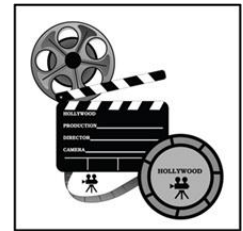
Gary Carlson, retired Professor of English at Norwalk Community College, earned BS and MS degrees from SCSU, as well as an MFA from Warren Wilson College. He taught for 10 years at SCSU and 25 years at NCC (now CT State College Norwalk) and served as an adjunct professor at various local colleges. At NCC, Carlson created and taught 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 "Movie-of-the-Month Film Series."

Women in Hollywood

March 11, 18, 25, April 1, 8, 15

In-Person 1:10 pm – 2:50 pm

Take a look at the changing role of women in Hollywood from its earliest days through the modern era.



- Week 1: Pioneer Days - How women directors and screenwriters helped build Hollywood and were then pushed aside
- Week 2: The 1930's - Great stars, great roles; when female stars of the Golden Age briefly became as important as their male peers
- Week 3: Postwar era - Women sidelined in favor of male-dominated stories; the western and film noir takeover
- Week 4: Marilyn, Doris and Audrey - How three very different actresses came to prominence in Hollywood during the 1950's and early 1960's
- Week 5: Women directors - Why is the situation so different in Hollywood than in Europe?
- Week 6: Men can age, women can't - How female stars have been sidelined in their forties and fifties while men have continued to star in films into their sixties and seventies

Joe Meyers earned his BA from Penn State with a major in journalism and minor in film. He is Director of Programming for the Focus on French Cinema film festival in Connecticut. He is co-host of the Spotify podcast 'Now a Major Motion Picture!' and wrote features about movies, theater and books for more than 30 years for the Hearst Connecticut Media Group and other publications. In the 1970's, Meyers ran the first (and only) art house on the Delmarva Peninsula—the Lewes Cinema. In 2012, the Mystery Writers of America gave Meyers the Ellery Queen Award for his writing on crime fiction.

From the Cotton Field to the Cotton Club: The Journey and Legacy of the Great Migration

March 11, 18, 25, April 1, 8, 15

In-Person 3:10 pm – 4:50 pm

African Americans have known many struggles, but have continued to press through. Many have reached great heights and left a lasting legacy. We examine life after slavery, as African Americans sought to find their way and their place in society. The focus is on events from the late 19th through the early 20th century. The course explores life from the plantation, to sharecropping, the Great Migration, and portions of the Harlem Renaissance and the effects on the economy and the history of music and arts in the world. *(Will include some material from a previous course.)*



- Week 1- Slavery is Over, BUT No Place to Go: Life after slavery, and how African Americans adjusted to their new life and challenges
- Week 2- Sharing the Plantation or Not: The inequalities and challenges of sharecropping and the struggle to survive
- Week 3- Meeting with Mr. Jim Crow: The Jim Crow era, Black Codes, the harsh realities of lynching
- Week 4- It's Time to Get Out of Here: The Great Migration--the movement north
- Week 5-Harlem Renaissance: The contribution of African Americans to the arts and literature
- Week 6-Harlem Renaissance: Life on the Stage

Merle B. Rumble has a PhD in Instructional Leadership, an MS in Educational Leadership, an MS in Education and a BA in Business Administration. A distinguished retired educator, she has 33 years of experience as an elementary school teacher, 30 of which were devoted to the Norwalk Public Schools. She is dedicated to the field of education and sharing the importance of African American history and has done extensive research and travel to African American historical sites across the U.S. and West Africa.

Shipwrecks: Diving into History

March 11, 18, 25, April 1, 8, 15

Hybrid

3:10 pm – 4:50 pm

Come sail with us through time as we explore twelve noteworthy shipwrecks that serve as underwater time capsules. We explore the fascinating world of maritime archaeology, using sunken vessels as windows into the past. Drawing inspiration from Fernand Braudel's insight that "the sea is the greatest document of its past existence," we examine how shipwrecks provide unique snapshots of historical periods, offering valuable context to broader historical narratives.



- **Week 1: The Bronze Age**
 - The Dover Ship (c. 1550 BCE - British ship pre-Roman occupation)
 - The Uluburun (c. 1330-1300 BCE - Egyptian Ship)
- **Week 2: The Greeks and the Romans**
 - The Tektas (c. 447-438 BCE - Greek ship)
 - The Plemmirio (c. 200 - Roman ship)
- **Week 3: China and the Middle East**
 - The Church Ship (c. 6th century - Byzantine ship)
 - The Belitung (c. 826 - Arab Ship)
- **Week 4: The Vikings and the Tudors**
 - *The Roskilde* (c. 1025 - Viking Ship)
 - *The Mary Rose* (c. 1545 - English ship)
- **Week 5: The Dutch and Italians, plus The Golden Age of Piracy**
 - *The Santo Cristo di Castello* (c. 1667 - Geonese ship)
 - *The Royal Anne Galley* (c. 1709 - British ship)
- **Week 6: Polar Exploration and World War II**
 - *HMS Terror* (c. 1813 - British ship)
 - *SS Gairsoppa* (c. 1919 - British ship)

Elissa Kaplan earned a BA in German Language and Literature at Valdosta State College, an MA in Comparative Literature at the University of Colorado, an MEd at the University of North Carolina and a EdD in Educational Leadership from The George Washington University. She has served as Director of Education at four synagogues in Maryland and Connecticut, and she is the immediate Past President of The Jewish Historical Society of Fairfield County. She is the founder and director of Growing Projects, an educational consulting company, whose vision is "leadership through critical thinking and compassionate choices."

WEDNESDAY COURSES

Louis Armstrong: An Ageless Icon Revisited

March 12, 19, 26, April 2, 9, 16, 23, 30

Zoom

10:30 am – Noon

In the words of Wynton Marsalis, the sound of Armstrong’s horn “was a pure spiritual essence, the sound of America and of Freedom.” Drawing on extensive fresh research, we explore that essence and how it originated in his hardscrabble upbringing, strong work ethic and competitive streak. Included are the early influences of his time in the Colored Waifs’ Home, opera, clarinet players and how these helped shape his inclusive view of jazz. As he once put it, “anything you can express to the public is jazz.” Marsalis’s use of the word “freedom” underscores a key point—that Armstrong laid the foundation for the jazz solo and the idea of playing “hot” away from the score. This was the case with his seminal groups the Hot Five and the Hot Seven, where his second wife, Lil Hardin, deserves much credit. The balance of the course covers iconic musical selections, duets with Bing Crosby, Ella Fitzgerald and others, and Armstrong as activist, political ambassador and movie actor. *(Will include some material from a previous course.)*



- Week 1: Child with Back o’ Town background
- Week 2: Black Benny, Bechet, and opera
- Week 3: In Thrall of Papa Joe
- Week 4: A “high powered chick” hatches a soloist
- Week 5: Duets with Bing, Ella, Duke, and others
- Week 6: Becoming Ambassador Satch: from Memphis to Moscow
- Week 7: Actor and musician in movies
- Week 8: *Hello Dolly*, *What a Wonderful World* and a “daughter” goes public

Joshua Berrett is an internationally recognized authority on Louis Armstrong with a major article, *Louis Armstrong and Opera* and two books on Satchmo. He 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 violinist, and the author of many publications on music. He has appeared on NPR, made presentations nationally and abroad, in such countries as Italy, Israel and South Africa. With his wife, Lynne, he is co-founder of the non-profit Ageless Mind Project, Inc.

Poetry and the Environment

March 12, 19, 26, April 2, 9, 16

Zoom

10:30 am – Noon

Who doesn’t love a poem about the deep woods, or lovely fields, or the wide ocean? When we think of poems about nature, we often leap back to the beautiful rural landscapes of the Romantic poets. Yet contemporary poets tend to write about nature more broadly than their predecessors. We examine how poets serve as witnesses to climate change and the complicated connections between and among people and fellow creatures and nature. The poems are both tragic and hopeful, capturing the beauty of our world and our yearning to preserve it. No prior experience with poetry is required, and we encourage you to share your impressions. Poets may include: W.S. Merwin, William Matthews, Yusef Komunyakaa, Gregory Orr, Mona Van Duyn, Maxine Kumin, Joy Harjo, Wendell Berry or William Stafford.

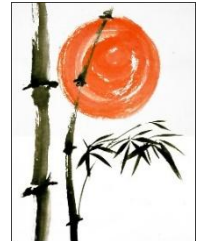


Sandy Soson has a BA in English from the University of Michigan and an MA from Wesleyan University. She has taught high school English for her entire professional career. In recent years she has run the Poetry Out Loud program for local high school students, facilitated writing workshops for adults, 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.

Asian Brush Painting: An Introduction and Exploration

March 12, 19, 26, April 2, 9, 16, 23, 30 **In-Person** **1:10 pm – 2:50 pm**

An important element to understand about Asian painting is that it begins with copying, by learning to control and master materials. We can't expect to master this in eight sessions, but we can learn and enjoy exploring the process.



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

Materials:

- Suggested Book: *The Mustard Seed Garden Manual of Painting*, by Mai-mai Sze, or any other book on Asian brush painting. Also helpful, any book on Japanese prints, such as Hokusai's *Manga*. Often available from libraries or used book sites.
- Brush: One or two bamboo brushes
- Paint: Watercolor or bottled inks
- (Brush markers may be useful, but a big selection is needed for a variety of colors and values)
- Palette with pans for washing
- Paper: White or buff paper, drawing pad or printer paper (which some students may find too small)
- Newspapers: to protect surfaces and reduce cleanup

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.

Opera: What Makes it Work?

March 12, 19, 26, April 2 **In-Person** **1:10 pm – 2:50 pm**

We discuss different operas and, specifically, how the composers have used arias, choruses and plot devices to create structures. Our emphasis is on listening and sharing our impressions.

- **Week 1:** Another Opening, another show! The big production number: Verdi's *Otello*; Intimacy: Tchaikovsky's *Eugene Onegin*; a formal prologue: Leoncavallo's *I Pagliacci*



- **Week 2:** How's your Second Act? Whether comedy or tragedy, the story of the opera has to work through obstacles. Show stoppers: Puccini's *Madame Butterfly*, Delibes' *Lakme*; Turns of fortune: Donizetti's *I'Elisir d'Amore* or *The Daughter of the Regiment*; Big production numbers: Rossini's *The Barber of Seville*
- **Week 3:** End with a Bang! All Hell breaks loose: Boito's *Mefistofele*; How long does it take to die?: Wagner's *Tristan and Isolde* or *Gotterdammerung*; Over in a minute: Verdi's *Il Trovatore* or Don Carlo Halevy's *La Juive*; All together now: Mozart's *The Marriage of Figaro*; The soprano has the last word(s): Rossini's *La Donna del Lago* or Bellini's *Il Pirata*
- **Week 4:** Putting it all together; an examination of major moments from a single opera

Jeffrey Lowin has been an opera fan for more than 70 years. He has attended over 200 different operas worldwide. At LLI, he has taught "Smile: It's Opera" and "I am Not Afraid of Opera." He has also taught at the Stamford Public Library and Learning in Retirement programs.

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

March 12, 19, 26, April 2, 9, 16, 23, 30 **In-Person** **3:10 pm – 4:10 pm**

Essentrics is a gentle full body workout, aimed at improving your mobility while building strength, loosening 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. Persons 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.

Revolt of the Planters

March 12, 19, 26, April 2, 9, 16, 23, 30 **Hybrid** **3:10 pm – 4:50 pm**

What is popularly viewed as the Civil War or the War Between the States began as a revolt by the planter class. America's royalty—basking in cotton, slaves and mint juleps—feared the coming of industrialization. In an effort to stop the clock in the 18th century, they revolted in the 19th. Their revolution was from the Right, not the Left—to maintain the gentry system of ruralism to hold on to economic and political control. The Confederacy was not only an agrarian state but a supremacist state.



Yet the attempt to rend the Union will come to naught. For in the modern industrialized world, a nation of farmers will not defeat a nation of wrench-turners in the arena of war. The Confederacy's time was brief. But it did provide an object lesson in history: for those who learn least the lessons of history, end up paying for their folly. *A previously offered LLI course.*

- Week 1: What is revolution? Description and explanation of revolution
- Week 2: Those who own the country ought to run it: significance of land as a determinant of power
- Week 3: Southern aristocracy: the purveyors of America's slaveocracy
- Week 4: American gulag: basic construct of the concentration camp system known as plantations
- Week 5: Unholy competition between North and South, 1790-1860: the race for control of the economy and government and, therefore, the Nation
- Week 6: Confederacy as a revolution: the confederacy as a revolution from the Right
- Week 7: *Levee en Masse*: North and South, conscription of entire populations and economies for war
- Week 8: Flirtation with dictatorship: Lincoln and Davis, autocrats?

Mark Albertson is the historical research editor at *Army Aviation* magazine. He has authored books, written articles in magazines and newspapers and presents courses and talks on a wide variety of topics, including history, current events and politics.

THURSDAY COURSES

Zentangle: Intro to Mindful Drawing - 1 hr class

March 13, 20, 27, April 3, 10, 17, 24, May 1 Zoom 10:30 am – 11:30 am

Zentangle is a fun, easy-to-learn mindful drawing practice. In the guided drawing classes, students learn to create structured patterns with simple lines and curves. Coupled with meditative principles, students learn to enhance their creativity, confidence and calm. No art background needed. Supplies needed: Paper, fine tip black pen, sharp pencil, rolled paper smudge or Q-tip.



- Zentangle: 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 small divided sections of the "string." Working in small areas, find an endless variety of opportunities inside and outside the lines.
- Shading technique: Explore how simple strokes of the pencil and rolled paper smudger create surprising dimension, depth, and emphasis, where 2-D will become 3-D in a few strokes.

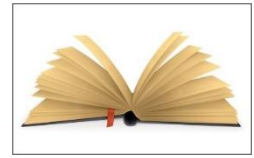
Kathy Shapiro is a certified Zentangle teacher. She has spent most of her career producing Broadway and off-Broadway theater and developing innovative arts programs for community engagement. She is the founder of Magic Me, the leading intergenerational arts program in the United Kingdom. Teaching Zentangle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

Classic Novellas: Longer than a Short Story; Shorter than a Novel

March 13, 20, 27, April 3, 10, 17

In-Person 1:10 pm – 2:50 pm

Broad, generic distinctions exist between the short story and the novel—with respect to length, numbers of characters, plots, sub-plots and themes. Novellas—long short stories, or short novels—bear some of the same characteristics and distinctions; however, it is not a precise science. Suffice it to say, the novellas chosen for this class—ranging from light-hearted, to science fiction, to gothic—are all great works of literature and worthy of our attention. Full appreciation of the works to be discussed will be enhanced by reading these novellas in advance of class and, where possible, links will be provided. Summaries, analyses and biographical materials on the authors will also be provided to enhance your experience. We encourage inclusive group discussion.



- Week 1: *Eve's Diary*, Mark Twain; *Benito Cereno*, Herman Melville
- Week 2: *The Death of Ivan Ilyich*, Leo Tolstoy; *The Jew*, Ivan Turgenev
- Week 3: *The Metamorphosis*, Franz Kafka
- Week 4: *The Time Machine*, H.G. Wells; *The Turn of the Screw*, Henry James
- Week 5: *The Dead*, James Joyce; *The Return of the Soldier*, Rebecca West
- Week 6: *The Autobiography of an Ex-Colored Man*, James Weldon Johnson

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, an extraordinary musical organization.

Modern Warfare: Lessons from Ukraine

March 13, 20, 27, April 3, 10, 17, 24, May 1

In-Person 1:10 pm – 2:50 pm

The war between Russia and Ukraine has revolutionized modern warfare in more ways than any other recent war. What many assumed would be a relatively short, decisive war in Russia's favor has become a continual contest of endurance, political will, and adaptation. We discuss why the ostensibly superior Russia has been unable to defeat and subjugate Ukraine. We also discuss how the Russia-Ukraine war has changed warfare on political, economic, military, cyber, information, and nuclear fronts. The course focuses on how the West can apply lessons from the Russia-Ukraine war to improve its deterrence and defense capabilities.



- Week 1: War of attrition: the political dimension
- Week 2: War of attrition: the military dimension
- Week 3: War of attrition: the economic dimension
- Week 4: The changing nature of fighting in the information domain
- Week 5: How drone combat in Ukraine is changing warfare
- Week 6: The Russia-Ukraine War: lessons for irregular warfare
- Week 7: The changing role of cyber operations
- Week 8: The altered nuclear order as a result of the Russia-Ukraine War

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

Herald of a New World Order, Part I: European Theater

March 13, 20, 27, April 3, 10, 17, 24, May 1 Hybrid 3:10 pm – 4:50 pm

With 2025 being the 80th anniversary of the final year of man’s greatest industrialized war, it is necessary to review why this conflict was waged and its impacts on our tumultuous world. Overall, it amounted to the collapse of European global dominance, and the rise of a new balance of power—that of the United States and the Soviet Union. Most of us lived in the post-1945 era, known as the Cold War.



But the war did not start in 1939, rather in 1914. The Great War had two chapters: 1914-1922 and 1931-1945. The complexities and sophistication of modern societies and the evolving nature of capitalism are two of the major causes of the rise of modern class structures. Those replaced the ancient monarchical regimes that had outlived their usefulness. This course focuses on the European Theater and lays the groundwork for the upcoming fall session, Part II: The Pacific Theater.

- Week 1: Background to man’s greatest industrialized war, 1914-1922; 1931-1945
- Week 2: Fascism: Focus will be on this draconian version of capitalism
- Week 3: The Factory Floor: Explanation of corporate war from the factory floor
- Week 4: *Levee en Masse*: The origins and history of conscription of entire populations and economies
- Week 5: 1939-1942: Overview of the first half of the conflict
- Week 6: 1943: Allies take control of conflict. Battle focus: Kursk
- Week 7: 1944: Allies dominate the conflict. Battle focus: Operation Bagration
- Week 8: 1945: United States and Soviet Union win the conflict: Battle focus: Berlin

Mark Albertson is the historical research editor at *Army Aviation* magazine. He has authored books, written articles in magazines and newspapers and presents courses and talks on a wide variety of topics, including history, current events and politics.



FRIDAY COURSES – No Classes on April 18

Computers: How to Get More from Your Computer, Part 2 (Not necessary to take Part 1)

March 14, 21, 28, April 4, 11, 25

In-Person

10:10 am – 11:50 am

This is an expansion of the course taught in the Fall, and it is not necessary to have taken the previous course. This is a hands-on class designed to help each student become more proficient with their computers. Each class is divided into two parts, a presentation and discussion of the topic, followed by a practical session with each participant using the computer with their new knowledge. Students should bring their own laptops or tablets. Students can bring either Windows/PC or Apple/Mac computers or tablets. A limited number of Windows/PC laptops are available for use by students who cannot bring their computers to class.



We cover basic applications of computers, tailored to the member's proficiency. Students who are familiar with a specific topic or application can gain more knowledge. This is an opportunity for students to ask questions, learn new tips and tricks to become more effective with a computer and to practice with instructors during class. The syllabus is flexible and changes can be made based on class interest. We incorporate Artificial Intelligence (AI) in each lesson where applicable and we devote one class specifically to AI.

- Week 1 - Browsers, search engines touching on AI, social media: Facebook, X, Bluesky, Quora and more
- Week 2 - A deeper dive into navigating your computer, discussing files, folders, how to organize and store them on your computer
- Week 3 - Spreadsheets: Fundamentals of spreadsheets, typical applications and making your own applications, use of AI
- Week 4 - Photography: Photo editing on computers and smartphones and of smartphone cameras
- Week 5 - PowerPoint: How to create a presentation; many of the techniques in making presentations apply to word processing, so this will also help with word processing skills
- Week 6 - Artificial Intelligence: How to use available (free) programs, phrase questions and instructions and use AI to create images

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, China-US Geopolitics and Chinese Culture.

Doug Fine is a retired finance executive and CPA. Doug is a past president of LLI and recently completed his fifth year on LLI's Board of Directors. He was an early user of home computing, starting out with a KayPro computer and using CompuServe for venturing online. He has been a PC and Mac user for many years. Early in his career he taught internal courses for his employer, a major national CPA firm.

The Renaissance: An Understanding of its Impact

March 14, 21, 28, April 4, 11, 25, May 2, 9 In-Person 10:10 am – 11:50 am

The Renaissance gave art a new view of the world, moving away from heavy dark religious themes. The explorations of Greece and Turkey made the ancient world come alive. Superstitions and fire and brimstone messaging gave way to the beauty of man and love for life. *(Will include some material from a previous course.)*



- Week 1: International Gothic from Siena (Sassetta) to Florence (Cimabue and Giotto)
- Week 2: Florence emerges as a powerful City State
- Week 3: De Medici family--power and art (Ghirlandaio, others and architects)
- Week 4: Botticelli, Raphael and others
- Week 5: Michelangelo--Florence and Rome
- Week 6: Da Vinci
- Week 7: Titian
- Week 8: High Renaissance Veronese

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). She is also the founder of Museum Comes to You, which services senior centers, men's and women's groups and assisted living residences in Connecticut and New York.



Spring 2025

Free Friday Brown Bag Lunch & Learn Descriptions

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

All Programs are In-Person, East Campus Forum Auditorium

12:15 pm - Cookies, tea and coffee

1:00 pm – Presentation

March 7 - Entertainers Extraordinaire Chris Coogan and Michele Grace

Open House – All are invited - Bring a friend!

Michele, a vocalist, is also known for her wit and skill as an actress. Chris is known for his prowess at the piano. Together they perform a program of favorite songs and Broadway show tunes, in their own creative style that has made them so popular.



Michele Grace is a professional singer, actor, playwright, teacher, voice-over talent, vocal coach and music entrepreneur who has performed all over the US and abroad. She played the role of Shirley with Tim Daly in the play “The Fifth of July,” opened for Bobby Short at The Carlyle in New York City, and performed at Madison Square Garden. As vocal coach, teacher and director, she served as a Musical Theatre instructor at Connecticut’s prestigious Regional Center for the Arts and taught at New York’s renowned theatrical HB Studios. Michele has written children’s musicals performed at Connecticut’s Polka Dot Playhouse and the famous Edinburgh International Festival in Scotland. She has written and directed original musical productions for Connecticut Playmakers. Currently, she performs with Chris Coogan and as a featured vocalist with the Fairfield Counts Big Band.

Chris Coogan, winner of the John Lennon Songwriting Contest, has recorded eight CD’s of his original jazz and gospel music. He has performed at Manhattan’s Blue Note and Montreaux Jazz Festival and shared the spotlight with musical legends including Bette Midler, Donna Summer, Stevie Van Zant and Mavis Staples. Chris founded and directs the Good News Gospel Choir and performs regularly at churches, festivals and fundraisers, and teaches jazz piano. “I see myself as a catalyst who uses the medium of music to bring people together.”

March 14 - The Anza-Borrego Desert and Beyond

Dave Pressler shares his visual presentation about his 2023 adventure to a mostly unknown southeastern California desert, and sites surrounding this vast natural area. This experience takes us through the scenery of eastern California, from snow covered landscapes, high mountains, lakes and the Salton Sea, to dry desert vistas and unusual lava-formed rock landscapes—some which portrayed the ‘American West’ of the western movie era. Of special note are the Borrego Badlands, a vast corrugated landscape, as far as the eye can see, of clay cliffs and channels, once filled with water and a site of animal and plant fossils. Throughout Anza-Borrego are some notable surprises, including over 130 giant sculptures of creatures that once lived in this region: dinosaurs, mammoths, giant turtles, insects and more—also colorful desert wildflowers, cacti and California Fan Palm trees. Join us for this eye-opening experience.



David Pressler holds a degree in Industrial Design from Rhode Island School of Design, where he first studied photography with the famed photographer Harry Callahan. In his late teens he was gifted two Zeiss cameras by his grandfather, and ever since then he's been documenting what he has seen around him. His core message is to encourage people everywhere to become *visually conscious* of the world around them. "Learn to look, in order to see," and keep an open mind and...don't forget to also keep your eyes wide open! He has widely exhibited his diverse works in many media in Fairfield and Westchester Counties. He is a Guild Member and former Trustee of the Silvermine Arts Center, New Canaan and Artist Member of the Center for Contemporary Printmaking, Norwalk. His professional career as a design consultant for major corporations has included Experimental Educational Materials Development for the American Museum of Natural History, New York; Field Museum of Natural History, Chicago and others. His name appears on design patents for Kodak, Warner-Lambert, Hasbro and BASF.

March 21 – Music for Brain Health

Join us for an engaging and interactive session exploring the remarkable impact of music therapy on brain health. We highlight how the brain responds to musical stimulation and the incredible benefits of music on the aging process. Explore some group music-making activities designed to improve cognitive and emotional well-being. No musical experience necessary!



Sherrye Platt earned her bachelor's degree from Montclair State University and a master's degree from Berklee College of Music. She is a board-certified Music Therapist, specializing in music therapy's evidence-based applications. She has extensive expertise in improving neurological, emotional, and physical health, and now mentors students and integrates music therapy across healthcare disciplines at RVNAhealth.

March 28 – See You at the Zoo!

Discover Connecticut's only zoo—the Beardsley Zoo in Bridgeport. Learn about the history of the zoo, its membership in the Association of Zoos and Aquariums, upcoming events and new habitats. Learn how you can be involved whether as a guest, volunteer or supporter. This presentation features both the animals and gardens of the zoo, and will also include some fascinating artifacts.



Tracy Benham has been the Volunteer Coordinator as a member of the Education Department at the zoo for 25 years. Her primary roles are running the Adult Volunteer Program, College Intern Program and Group Service Program and assisting with our Teen Volunteer Programs. She also helps with all of the Education Department's programs and events.

April 4 - What Good Are DNA Tests Anyway?

Multiple DNA tests—combined with Genealogy best practices, tips and other investigative techniques—enabled an LLI member to reunite with her birth mother's and birth father's families. Her perseverance allowed her to receive her birth mother's name, age at the time of her birth, and occupation as well as her birth father's age from Catholic Charities, once Massachusetts opened its birth records to adoptees. The detective work included online newspapers, cemetery records, genealogy documents from both sides of the Atlantic, contacting potential family members (who agreed to test) and DNA test analysis. Her case demonstrates that DNA test results cannot replace traditional Genealogy research, though together they work well to discover one's roots.



Janeen Bjork Television researcher Janeen Bjork applied the detective, analytic and presentation skills she garnered in a 30-year career to her family tree and then to the trees of friends, students and clients. In addition to over 10 years teaching Genealogy throughout New England, New York and Florida, Janeen has written or co-written four family history books

April 11 - Jack Benny

The Jack Benny Radio Program was the most successful comedy program from the Golden Age of Radio. The show was a departure from the norm whereby the star became the fall guy with his cast delivering the funny lines, a cast that was arguably the finest ever assembled.



Joe Gianquinto is a 38 year veteran of the television industry having had successful stops at ABC, NBC, ESPN and Westinghouse. Retirement years include writing lyrics and producing slide presentations. Joe resides in Old Greenwich with his wife of 57 years, Margaret, and is the proud father of four daughters, thirteen grandchildren and one newly-minted great granddaughter!

April 18th – No Lunch and Learn

April 25 - Music Theatre of Connecticut

Join **Kevin Connors**, award-winning director and founder of Music of Theatre of CT in Norwalk, for a discussion about successful professional theatre outside New York City. The steps and history of founding a professional company, the challenges of picking an annual season, the casting process, producing a show, and developing an audience. Hear about the positive impact of regional theatres both culturally and economically across the country and why communities with thriving cultural organizations enjoy a much richer quality of life. Kevin will have a special guest with him, so this will be an event you don't want to miss!



Kevin Connors is an accomplished director and composer with a rich theatrical career spanning Off-Broadway and regional productions. His Off-Broadway credits include Play Like a Winner (NYMF award-winner), Prime Time Prophet, and Jukebox Saturday Night. He has directed over 150 MTC Equity MainStage productions, including acclaimed shows like Next to Normal, Ragtime, and Cabaret. Kevin is a BroadwayWorld Award winner for Best Director and a multiple Connecticut Critics' Circle Best Director recipient. As a composer, he has created scores for notable productions such as It's a Wonderful Life: A Live Radio Play and A Christmas Carol: A Live Radio Play, published by Playscripts, Inc. Kevin has also taught at prestigious institutions including The Hartt School of Music/University of Hartford and Musical Theatre Works in NYC.

May 2 – Alternatives to Violence Project – Jackie Labatt-Simon

In 1975, the Alternatives To Violence Project was begun by men incarcerated at Green Haven Penitentiary in New York; they had witnessed the Attica riots and the “revolving door” they clearly saw in their institution, and were concerned with the increase in violence in prisons and cities. They drew on help from the Quakers and Bernard Lafayette, an associate of Martin Luther King, and the project is now in over 60 countries and 35 states. It is experiential rather than lectures, and many participants change dramatically over the course of three-day workshops. The Alternative to Violence Project celebrates its 50th anniversary this year with an international conference at Manhattanville University in Purchase, New York.



Jackie Labatt-Simon is a former marketing research executive who has been volunteering in prisons since 1998. She began by volunteering with her church, meeting with men getting their Master's Degrees while at Sing Sing Penitentiary. She was so impressed with the men she met, she wanted to do more with them and discovered the Alternatives to Violence Project. She was coordinator at Sing Sing for over ten years, and is now the AVP coordinator at the Westchester County Jail.



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.



Free - For Members Only **No Registration Required!**

Meetings: 2nd Thursday of the Month (with rare exception) on Zoom 7:00 - 8:15 p.m.
Zoom link is sent to all members via the weekly Tuesday email.

At each session, members are informed as to the film to be viewed for the next session. Films are watched in advance by members in the comfort of their homes. At the meetings, we discuss some aspects of filmmaking — the screenplay, themes, characters, cinematography, cast, direction, music, reviews, and 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 share what they've learned with the group.

All films are available via streaming services such as Amazon, Netflix, and YouTube, with an occasionally inexpensive rental cost (usually \$2.99 or \$3.99) or through local libraries that provide either CD lending or online free access.

Film Club Coordinators: Vicenta Guerin, Elinore Kaplan and Sandi Sacks

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—a 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 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.

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

To use the Wellness Center, you must be a current LLI member—either join LLI or renew an expired membership at least three days prior to using the Wellness Center.

We look forward to seeing you soon!

Yours in health,
Dr. Paul M. Gallo, EdD, FACSM
Director of Exercise Science and Wellness
CT State Norwalk

What is a Hybrid course?



LLI now offers some courses in a Hybrid course format—which means simultaneously in-person 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.

Please note: to register for any hybrid course, you must select either the in-person or the Zoom option. Due to restrictions on classroom capacity, those who register for the Zoom option will only be able to participate in that course online.



Course Registration and Zoom Information

To register for an LLI course:

- Go to www.lifetimelearners.org
- On the left-hand margin 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 and the fee for each course is \$30.
- [You may also give the gift of an LLI membership and/or courses to friends and family, 50 years and older, by clicking on the “Yes” under Gift Membership.](#)
- **In person and online learners:** For all courses, you will receive a hardcopy, mailed confirmation from LLI. In the case of in person 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/k/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.

Important General Information

Guests - Guests, whether members or non-members, may attend one session of one course during the Spring 2025 term, if (in the case of in-person 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 2025 term (except for the March 7th 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 and respect the values of all.



Lifetime Learners Institute

CT STATE COMMUNITY COLLEGE NORWALK