

# Lifetime Learners Institute

## For People Over Fifty



## Summer 2026 Catalog

Courses Start – July 7th

 Lifetime Learners Institute

CT STATE COMMUNITY COLLEGE NORWALK



# Lifetime Learners 2026 Summer Term



Dear Members and Friends of LLI,

Welcome to the Summer 2026 Session!

Our successful spring 2026 term is now behind us. Lifetime Learners Institute also offers a short summer term with a wide variety of classes for your enjoyment. Please review the catalog and select some courses of interest to you. We know that summer is a busy time for many of us, but it is worthwhile to stay in touch with your friends and colleagues at LLI. So, take a few moments to look at the catalog and select some interesting classes. We look forward to seeing you this summer.

Very truly yours,

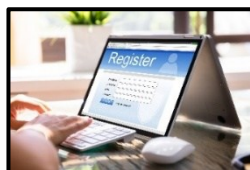
Gary Bischoff, President  
Lifetime Learners Institute

Lifetime Learners Institute  
at CT State Community College Norwalk  
188 Richards Avenue – E107  
Norwalk CT 06854  
203-857-3330  
[www.lifetimelearners.org](http://www.lifetimelearners.org)  
[llearner@ctstate.edu](mailto:llearner@ctstate.edu)

## What is a Hybrid course?



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



## Course Registration and Zoom Information

To register for an LLI course:

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

## Parking on CT State Norwalk’s Campus



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

# Summer 2026 - Course Schedule

## Registration is required in advance

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

### TUESDAY

#### **A Slow Look at Important Pieces of Art: Delve into Your Own Artistic Taste – 3 weeks**

*Darby Cartun* Zoom 10:00 am to 11:40 am

#### **Current Events**

*Maria Petti and Vicenta Guerin* Zoom 10:30 am to Noon

#### **The Girl Group Sound of the 60's: The End of an Era**

*Gary Carlson* On Campus 1:10 pm to 2:50 pm

#### **The Sports Industry in a Political World**

*Evan Weiner* On Campus 1:10 pm to 2:50 pm

### WEDNESDAY

#### **Essentrics - 1 hr. class/Limited enrollment/Starts July 1st**

*June Bird* On Campus 1:10 pm to 2:10 pm

#### **Exploring Gel Printing**

*Louise Flax* On Campus 1:10 pm to 2:50 pm

### THURSDAY

#### **Short Story Discussion Group - 1 hr. class**

*Carroll Stenson* Zoom 10:30 am to 11:30 am

#### **Zentangle: Introduction to Mindful Drawing - 1 hr. class**

*Kathy Shapiro* Zoom 10:30 am to 11:30 am

#### **America and the Movies**

*Joe Meyers* On-Campus 1:10 pm to 2:50 pm

# Summer 2026 Course Descriptions

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

## TUESDAY COURSES

### **A Slow Look at Important Pieces of Art: Delve into Your Own Artistic Taste – 3 weeks**

**July 7, 14, 21**

**Zoom**

**10:00 am – 11:40 am**

Everyone sees art differently. We focus on exploring your individual viewpoints and tastes regarding art. We view pieces of art from the Renaissance, as well as the 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> centuries. To begin our discussions, we ask the following questions for each piece: What do you see? What do you remember? What do you like?



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

### **Current Events**

**July 7, 14, 21, 28 Aug. 4**

**Zoom**

**10:30 am – Noon**

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



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

**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.



## The Girl Group Sound of the 60's: The End of an Era

July 7, 14, 21, 28 Aug. 4

On Campus 1:10 pm – 2:50 pm

We pick up in the mid-60's, a time of great musical change, with the Girl Group Sound now competing on the charts with Surf Rock, Folk Rock, Soul Music and, of course, The British Invasion! The popularity of the Girl Group Sound would eventually fade, but they still provided plenty of competition for even The Beatles, The Beach Boys and other chart-toppers of the day.



- Week 1: The Essex, Little Peggy March, Ruby & the Romantics, The Shangri-Las
- Week 2: The Ronettes, Martha and the Vandellas, The Dixie Cups, The Toys
- Week 3: The Supremes!
- Week 4: The Honeys, Barbara Lynn, Barbara Lewis, Betty Everett, The Jelly Beans
- Week 5: Dionne Warwick, Dusty Springfield, Petula Clark, Nancy Sinatra, Cher, Lulu

**Gary Carlson** earned BS and MS degrees from Southern Connecticut State University, as well as an MFA from Warren Wilson College. He is a Professor *Emeritus* of English at Norwalk Community College (now CT State College Norwalk), where he created and taught a wide variety of courses on writing, literature, film and pop culture. A published writer of fiction, non-fiction, film and music criticism, he also hosted several local radio programs on music history and was the founder and host of NCC's long-running *Movies-of-the-Month* Film Series.

## The Sports Industry in a Political World

July 7, 14, 21, 28 Aug. 4

On Campus 1:10 pm – 2:50 pm

Explore the often-overlooked role of government, media and gambling in shaping the sports industry. Presidential interventions, political controversies at the Olympics, media deals, gambling, and the evolution of pro sports as big business—discover how public policy, taxpayer dollars and politics have shaped the games we watch. *Contains some previously covered material.*



- Week 1: Presidential Impact on Sports From Andrew Johnson to Donald Trump:
  - How Theodore Roosevelt saved college football
  - Franklin Roosevelt green-lighted baseball to “play ball” during World War II
  - Jimmy Carter barred American Olympians from the 1980 Moscow Olympics
- Week 2: The Olympics has always been intertwined with politics
  - 1904 St. Louis Olympics - featured the “Anthropology Days” to prove white supremacy
  - 1914 Paris Olympics - Women were banned
  - 1936 Berlin Olympics - Legitimized the Nazi leader
  - 1964 Tokyo Olympics - South Africa was banned
  - 1980 Moscow Olympics – US boycott
  - 1984 Los Angeles Olympics – Soviet boycott
- Week 3: The role of Media
  - 1890s – While competing fiercely for readership, newspapers popularized baseball
  - 1920s – Radio pushed baseball and college football to new heights
  - 1930s – Radio features the NFL
  - 1958 – Television gets into the act and pours money into sports
  - 1961 – The Sports Broadcasting Act is enacted

Currently – The US Justice Department is investigating the MLB and NFL for alleged violations of the Sports Broadcasting Act

- **Week 4: Sports and Gambling**

1919 – The Baseball World Series between the Chicago White Sox and the Cincinnati Reds is enveloped in scandal when several Chicago players conspired with gamblers to throw the games.

2018 - The Supreme Court allows states to independently legalize and regulate betting.

- **Week 5: The Development of the Sports Industry -**

How the NFL developed from a smaller “Mom & Pop” type business, and exploded into a monumental industry, helped by taxpayer dollars and television exposure.

**Evan Weiner** started his journalism career in 1971, hosting a high school radio talk show. He has worked in radio and been a contributing columnist for many media outlets, including *New York Newsday*, and won two Associated Press Awards. For several years he hosted a daily commentary show, “The Business of Sports,” for Westwood One Radio, and is currently a podcaster.

## WEDNESDAY COURSES

### **Essentrics - 1 hr. class/Limited enrollment**

**July 1, 8, 15, 22, 29**

**On Campus 1:10 pm – 2:10 pm**

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



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

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

### **Exploring Gel Printing**

**July 8, 15, 22, 29 Aug. 5**

**On Campus 1:10 pm – 2:50 pm**

Discover the creative possibilities of gel (“gelli”) printing. This hands-on course introduces the basics of monoprinting with soft gel plates—perfect for anyone interested in collage, texture, printing gift bags or gift labels or simply trying something new. Participants are encouraged to watch videos on basic gel printing before classes begin. No prior experience is needed, but members must bring all the required materials listed below to the first class. *Previously offered course.*



- Week 1: Demonstration of the basic process — working with botanicals, Positive and Negative space and designs
- Week 2: Creating a landscape — Color idea: ROYGBIV; layering printing to make rich textures and color worlds
- Week 3: Creating a cityscape—Color idea: Value
- Week 4: Portraying a person—Color idea: Mode of appearance, opalescent, nacreous
- Week 5: Create a design with radial symmetry, a vase of flowers, or working with stencils

**REQUIRED materials:**

- Gel plate
- Brayer/roller for paint -not made of foam
- Paper to print on (origami, printer paper, rice paper, magazines)
- Scrap paper to layer prints, newspaper
- Acrylic paints (caution: these will not wash out of clothing easily)
- For cleaning a plate: water wipes, baby wipes or makeup remover
- Baby oil (must rub oil on the plate after cleaning it)
- Things to print—anything with a texture that you don't mind getting paint on, such as botanicals, string, wire, doilies, mesh onion bag, textured rolling pin, paper clips, old jewelry. Many of these items can be found, scrounged or purchased.

**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.

**THURSDAY COURSES**

**Short Story Discussion Group – 1 hr. class**

**July 9, 16, 23, 30 Aug. 6**

**Zoom**

**10:30 am – 11:30 am**

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



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



## Zentangle: Introduction to Mindful Drawing - 1 hr. class

July 9, 16, 23, 30 Aug. 6

Zoom

10:30 am – 11:30 am

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



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

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

## America and The Movies

July 9, 16, 23, 30 Aug. 6

On-Campus 1:10 pm – 2:50 pm

Celebrate the 250th anniversary of our nation by exploring ten iconic movies spanning nearly a century. We delve into how movies have reflected and shaped American life, from early silent pictures to the modern blockbuster.



- Week 1: Early days  
*The Birth of a Nation* - first movie blockbuster but steeped in controversy  
*The Jazz Singer* - from silent movie era to ‘the talkies’
- Week 2: 1930s-40s  
*Bringing Up Baby* - Depression audiences escape into screwball comedies  
*Mrs. Miniver* - Hollywood rallies for World War II
- Week 3: 1950s-60s  
*This is Cinerama* - wide screen technology fights TV threat  
*Midnight Cowboy* - how the rating system revolutionized movies
- Week 4: 1970s  
*The Last Picture Show* - the New American Cinema challenges Hollywood standards  
*Jaws* - inventing the summer blockbuster
- Week 5: 1980s and beyond  
A tribute to the late great Rob Reiner  
*When Harry Met Sally* - the return to romantic comedy  
*A Few Good Men* - American values questioned and endorsed

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



## CT State Norwalk Pitney Bowes Foundation Wellness Center

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

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

Yours in health,

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

## Important General Information

**Guests** - Guests, whether members or non-members, may attend one session of one course during the Summer 2026 term, if (in the case of on-campus courses) space is available, unless otherwise announced. Please do not forward to anyone the Zoom links for the Zoom-only 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 age 50 and over is strongly encouraged.



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

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

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

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

This includes, but is not limited to:

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

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

### **Refunds**

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

## **LLI Mission Statement**

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

## **LLI Core Values**

### **Core Values Definition**

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

### **Stimulate the Mind, Body, and Spirit**

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

### **Volunteerism**

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

### **Community Building**

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

### **Adaptability**

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

### **Inclusion**

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



**Lifetime Learners Institute**

CT STATE COMMUNITY COLLEGE NORWALK