

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

Lifetime Learners Institute

For People Over Fifty



Summer 2024 Catalog

Summer Classes – 4-5 weeks
Starting July 9th

 **Lifetime Learners Institute**

CT STATE COMMUNITY COLLEGE NORWALK

Lifetime Learners 2024 Summer Term



Dear Members and Friends,

Grab your hat and sandals! Summer is here and LLI is ready. Join us in person, on Zoom or in hybrid. We have movie stars, impressionists, current events, short stories, exercise, origami, legislation, and Frank Sinatra. Sit back and relax or engage in active discussion.

All classes are on Tuesdays, Wednesdays, or Thursdays so there is still time for a picnic at the beach or a long weekend trip. Combine summer fun with learning that stimulates your brain cells and makes you smile.

I hope to see you in person or via computer.

Best regards,

Fay Ruotolo, President
Lifetime Learners Institute

PS: Would you like to give a gift of membership? Please see our website and use the button "[Click Here for Membership & Registration.](#)"

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

www.lifetimelearners.org
llearner@ncc.commnet.edu

Summer 2024 - Course Schedule

Registration is required in advance

Hybrid courses are held both in person and via Zoom ([see page 10](#))

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 a photo ID (like a driver's license). It is strongly suggested you arrive early to sign in with security.

TUESDAY

Intimate Views of French and American Impressionists

Darby Cartun

Zoom

10:10 am to 11:50 am

The Films and Music of Frank Sinatra, Part 2 (1955-70)

Gary Carlson

In-Person

1:10 pm to 2:50 pm

WEDNESDAY

Current Events

Gary Bischoff and Maria Petti

Zoom

10:30 am to Noon

Legislation of History/Legislation of Consent

Mark Albertson

Hybrid

1:10 pm to 2:50 pm

Origami

Louise Flax

In-Person

1:10 pm to 2:50 pm

Essentrics *Limited enrollment/1 hr. 15 min. class*

June Bird – Starts July 17th/No class July 24

In-person

1:10 pm to 2:25 pm

THURSDAY

Short Story Discussion *1 hr. class*

Carroll Stenson

Zoom

10:30 am to 11:30 am

Five Movie Stars Who Defined Their Era

Joe Meyers

In-Person

1:10 pm to 2:50 pm

Summer 2024 Course Descriptions

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

TUESDAY COURSES

Intimate Views of French and American Impressionists

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

Zoom

10:10 am – 11:50 am

Delight ourselves with some of the world's most well-known and favorite Impressionist paintings, a lovely way to pass a summer morning. The French were the first to introduce this new form of painting — the palette, the brush stroke, the subject matter and the framing of the composition all start to change our expectation of what art should look like.



- Week 1. French Impressionists were capturing their lifestyle. They would meet in a different setting than the aristocracy. Formality was in place but at times quite different.
- Week 2. The *joie de vivre* of enjoying a lovely meal was important - no fast-food eating on the run. How to enjoy the moment.
- Week 3. A place to refresh. Bathing is a big component of refreshing oneself, but it is not the only way. The intimate look at the habits and patterns of daily life of the bourgeois.
- Week 4. A balanced and happy life has the component of rest. What care is given to that rest is highlighted in these paintings.
- Week 5. American Impressionists of the Cos Cob School - you are encouraged to go to the Bush Holley House in Cos Cob and the Weir Farm in Wilton either before or after our time together.
- Americans have their own unique quality of expressing their lives.

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 groups and assisted living residences in Connecticut and New York.

The Films and Music of Frank Sinatra, Part 2 (1955-70)

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

In-Person

1:10 pm – 2:50 pm

This course picks up Frank Sinatra's career in the mid-1950's, enjoying one of the most sensational show-biz comebacks of all time, cutting some of the greatest music of his career and acting in films that were both financially and artistically successful. We look at the heyday of his Rat Pack, his successful live performances in Vegas, the founding of his own record label, Reprise, and his graduation from a Ring-a-Ding Swinger to Chairman of the Board; the elder statesman of pop music holding his own even through Beatlemania. We look at some of his mid-60's successes and other endeavors, as well as his much-ballyhooed retirement at the end of the 60's, followed by yet another astonishing comeback in 1973. Along with Elvis, Sinatra stands as one of the most influential and successful singers/entertainers of all time! Come and see why.



- Week 1: From Here to Eternity and the Big Comeback
- Week 2: Sinatra in the 50's—Serious Actor, Stylish Swinger, Unstoppable Star
- Week 3: The Early 60's—The Rat Pack, Viva Las Vegas and Reprise Records
- Week 4: Sinatra—Still Swinging in Beatle-land
- Week 5: The Big Retirement—and even Bigger Comeback!

Gary Carlson, retired Professor of English at Norwalk Community College, has created and taught a wide variety of courses on writing, literature, film, and pop culture, including *Rock'n'Roll: The Post-WWII Generation*, *Elvis Presley and the American Dream* and *The Creative Voice: The Artist as Rebel*. Carlson is a published writer of fiction, non-fiction, film and music criticism. He also was the founder and host of NCC's long-running "Movie-of-the-Month Film Series."

WEDNESDAY COURSES

Current Events

July 10, 17, 24, 31, Aug. 7

Zoom

10:30 am – Noon

Join us for interesting and stimulating discussions on issues in the news 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 recent events.

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



Gary Bischoff has an MS in Electronics Engineering and Computer Science. He is a retired electronics engineer, business owner and former adjunct professor at SUNY New Paltz. Gary has a keen interest in government, government policy and the issues that affect our society.

Legislation of History/Legislation of Consent

July 10, 17, 24, 31, Aug. 7

Hybrid

1:10 pm – 2:50 pm



On February 2, 2023, the U.S. House of Representatives passed Concurrent Resolution No. 9 (H.Con.Res.9) by a vote of 328 to 86. Despite the fact the bill did not go to the President for his signature to become law, it sends a message. The bill, *Denouncing the Horrors of Socialism*, is a most egregious misrepresentation of history. The instructor replied to the bill's sponsor, Representative Maria Elvira Salazar (Republican, 27th Congressional District in the Miami area), refuting in writing each of the 13 points as misrepresentations. Since many Americans are not fully familiar with Socialism or Marxism, they leave themselves open to incorrect interpretations of history. Instructed by one who is neither a Socialist nor a Marxist, this course attempts to explore the subject in an objective manner.

- Week 1: Throwing Down the Gauntlet: description and intent of H.Con.Res.9
- Week 2: Utopian vs. Scientific Socialism: Clarification of a misunderstood concept
- Week 3: Refutation of all 13 points
- Week 4: Master of Consent: The saga of Edward Bernays, the godfather of American public relations
- Week 5: Legislation of Consent: Control the message, mold the masses. The mass does not think, individuals do. Essence of control.

Mark Albertson is the historical research editor at *Army Aviation* magazine and the historian for the Army Aviation Association of America. He has authored several books and has been published in newspapers and magazines. He is an avid speaker, presenting a wide variety of topics in a variety of venues. In May 2005, Mark was presented with a General Assembly Citation by the State Legislature in Hartford.

Origami

July 10, 17, 24, 31, Aug. 7

In-Person

1:10 pm – 2:50 pm



Origami is for everyone, everywhere. If you already have some folding skills, excellent! If you are new to the world of paper folding, this is your chance to jump in. All participants should purchase the following book so we are all on the same page: *Classic Origami for Beginners Kit: 45 Easy-to-Fold Paper Models: Full-color instruction book; 98 sheets of Folding Paper* – September 4, 2018 by [Michael G. LaFosse](#). In addition to creating models from this book, we will also be folding a number of the models found on [OrigamiUSA.org](#).

- Week 1 - the “magazine cover, aka “schniggle box” (presented as a storigami) the swan, the drinking cup and the water bomb/blow up ball
- Week 2 - the bird base, flapping bird, elegant crane and Larry Hart’s card carrier/wallet—and a newspaper hat
- Weeks 3, 4 and 5 - having been given a foundation of the principles of origami, whatever the class would like to explore — toys, animals, decorative objects, flowers, geometric forms, modulares—there are lots of possibilities!

Louise Flax has a PhD in Art Education. She has been teaching folks to fold for decades and has learned many models from amazing teachers from all over the world. She has even proof-read an origami book. Folding is fun and interesting.

Essentrics 1 hr. 15 min. class

In-Person

1:10pm – 2:25 pm

July 17, 31, Aug 7, 14 (No Class July 24) Limited enrollment

Essentrics slenderizes and tones the abdominal muscles, waist, thighs, arms and back, while improving posture, flexibility, agility, and strength. Essentrics rapidly and safely conditions the full body so that it can be done daily, helping you feel energized, positive, healthy and strong.



Please note: This is a one-hour and fifteen minute 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 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.

THURSDAY COURSES

Short Story Discussion Group 1 hr. class

July 11, 18, 25, Aug. 1, 8

Zoom

10:30 am – 11:30 am

The goal of this one-hour short story discussion group is to offer literary-minded individuals an alternative to the standard book group. For those readers who do not have the time or energy 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 course includes authors from the Western Canon (e.g., Joyce, Hemingway, Wharton, *et al*) 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 opinion of the story. Moreover, we will be able to appreciate the diverse opinions of others in the group.



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 former Connecticut resident. She has led literary discussion groups for over twenty years at various venues including libraries, senior residences, adult education classes and private book group meetings.

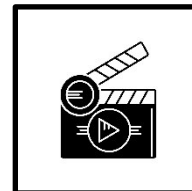
Five Movie Stars Who Defined Their Era

July 11, 18, 25, Aug. 1, 8

In-Person

1:10 pm to 2:50 pm

A look at unique Hollywood careers that were very influential on their era and their fellow actors - Bette Davis, Katharine Hepburn, Marlon Brando, Meryl Streep and Daniel Day-Lewis. The course is similar to the great directors course, a biographical and critical assessment of these stars with many illustrative clips.



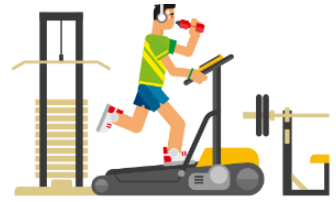
- Week 1: Bette Davis - the Golden Age film star who rose above her unconventional looks to become the dominant star of the 1930s and 1940s.
- Week 2: Katharine Hepburn - a star in the 1930s and 1940s, Hepburn sustained her career longer than any of her peers, winning Oscars in the 1960s and 1980s. She also became a style icon and feminist role model.
- Week 3: Marlon Brando - the stage star who brought new realism to movie acting in the 1950s with films such as *A Streetcar Named Desire* and *On the Waterfront*. He opened the door to James Dean and countless other actors.
- Week 4: Meryl Streep - the Yale-trained theater actress who became the most respected Hollywood film actress from the 1980s onward. Her detailed characterizations influenced the film actresses who followed - Jessica Lange, Michelle Pfeiffer and many others.
- Week 5: Daniel Day-Lewis - a British stage actor who led a British Invasion of Hollywood films in the 1980s and 1990s. The actor's attention to detail earned him multiple Oscars and the deep respect of fellow performers.

Joe Meyers graduated from Pennsylvania State University with a Bachelor of Arts degree, majoring in journalism. He is Director of Programming for the Focus on French Cinema film festival in Connecticut and is co-host of the Spotify podcast *Now a Major Motion Picture!* Since 2020, he has been a regular contributor to the morning drive time radio show *Chaz & AJ*. For more than 30 years, he has written about movies, theater and books for the Hearst Connecticut Media Group and other publications. In the 1970s, Joe ran the first (and only) art house on the Delmarva Peninsula—the Lewes Cinema. In 2012, the Mystery Writers of America gave Joe the Ellery Queen Award for his writing on crime fiction.



CT State Community College Norwalk 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://norwalk.edu/healthwellness/>. Please print the packet, complete it, and bring it to the Wellness Center.

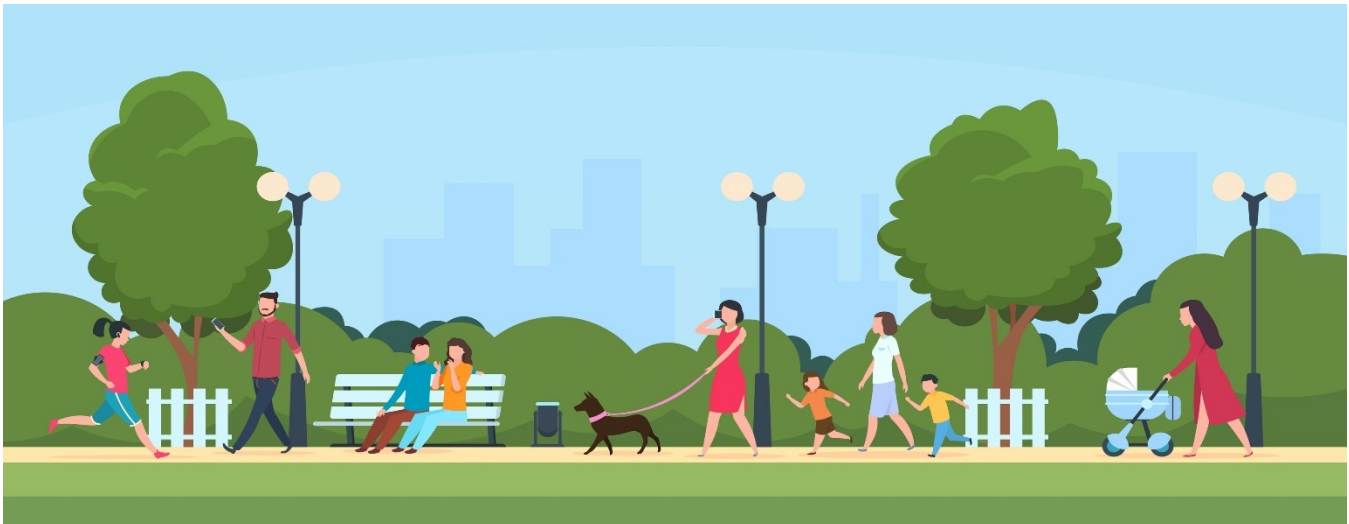


All New Member Packets will be reviewed by qualified staff and in some instances may result in requesting medical clearance from your physician before using the Wellness Center. The College’s website will also include information on hours of operation.

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 Community College 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 a 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 \$50 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/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.

Important General Information

Guests - Guests, whether members or non-members, may attend one session of one course during the Summer 2024 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. 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.



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CT STATE COMMUNITY COLLEGE NORWALK