

# Lifetime Learners Institute

## For People Over Fifty



## Summer 2025 Catalog

**4 - 5 Week Classes**  
**Courses Start – July 8th**



**Lifetime Learners Institute**

CT STATE COMMUNITY COLLEGE NORWALK



# Lifetime Learners 2025 Summer Term



Dear Members and Friends of LLI,

## **New and Resilient**

Prepare for a new look at Lifetime Learners Institute. This June we will implement some changes to make signing up for classes more efficient and secure. We have taken steps to enhance the financial stability of the organization. In addition, we are moving the LLI office to the East Campus!

**Introducing ProClass:** After extensive research, the LLI Board identified and obtained a new software interface that will allow you to process and manage your membership and course enrollments. Remember having to look back at the course descriptions and schedule to be sure you had not enrolled in two classes that run at the same time? Problem solved. You will be able to check your enrollment/s and membership status. Registration is confirmed instantly. You will need to use a username and password, but we know you can do that because you access banking and make healthcare appointments. We will be there to help you!

**Balancing the Budget:** As an independent non-profit organization, LLI simply seeks to balance its budget. Thanks to careful analysis, we have crafted an ongoing budget that will bring us closer to eliminating yearly deficits. This means increasing course fees for the first time in 13 years. Classes that run 6 weeks or less will be \$40 and classes that run 7 weeks or more will be \$50. Your continuing support and very generous donations are appreciated.

**Moving the Office:** On top of that, we are moving! The new office will be in the East Campus on the first floor across the hall from the Forum. We will join our CT State Norwalk liaisons and friends in Continuing Education. Most LLI classes will be scheduled in the East Campus. Best of all, Ann Thompson, our office manager/magician, will be there to help you!

**Having Summer Fun:** Now enjoy some summer courses starting July 8th. There are in-person as well as Zoom choices. Look for the Fall schedule in mid-August.

Best Regards,

Fay Ruotolo, President  
Lifetime Learners Institute

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Norwalk CT 06854  
203-857-3330  
[www.lifetimelearners.org](http://www.lifetimelearners.org)  
[llearner@ctstate.edu](mailto:llearner@ctstate.edu)



## Course Registration and Zoom Information

To register for an LLI course:

- Go to [www.lifetimelearners.org](http://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. Courses consisting of six or fewer classes are \$40, and courses consisting of seven or more classes are \$50.
- 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 are renewing your membership, you will receive a confirmation and membership card via separate emails.
- **In-person and online learners:** For all courses you will receive an email confirmation. 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.

# Summer 2025 - 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

#### **French Impressionism: Impact of the Romantic Period**

*Darby Cartun*

**Zoom**

10:10 am to 11:50 am

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

*Carroll Stenson*

**Zoom**

10:30 am to 11:30 am

#### **The Rat Pack – Part 2: 1957-1966**

*Gary Carlson*

**In-Person**

1:10 pm to 2:50 pm

### WEDNESDAY

#### **Current Events**

*Maria Petti and Fay Ruotolo*

**Zoom**

10:30 am to Noon

#### **Essentrics: Release, Rebalance, Restore - 1 hr. class/Limited enrollment/No Class July 16th**

*June Bird*

**In-person**

1:10 pm to 2:10 pm

#### **Making Artist Books: A Workshop**

*Louise Flax*

**In-Person**

1:10 pm to 2:50 pm

### THURSDAY

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

*Kathy Shapiro*

**Zoom**

10:30 am to 11:30 am

#### **Connecticut in the Movies**

*Joe Meyers*

**In-Person**

1:10 pm to 2:50 pm

#### **United States-China Rivalry in Southeast Asia**

*Paul Sarno*

**Zoom**

1:10 pm to 2:50 pm

# Summer 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.**

## TUESDAY COURSES

### **French Impressionism: Impact of the Romantic Period**

**July 8, 15, 22, 29 August 5**

**Zoom**

**10:10 am – 11:50 am**

The 19<sup>th</sup> century was a period of great turmoil. It gave rise to a new era of art, with a new view of the world. Art could now move away from heavy dark religious themes. The explorations of Greece and Turkey brought the art of the current world and ancient world together. Emphasis on the past faded, as artistic themes became more focused on the beauty of man and love for life.



- Week 1 - Introduction - History of the time period and artists of great influence
- Week 2 - Delacroix, Ingres, Gericault
- Week 3 - Renoir and Impressionism
- Week 4 - Compare and contrast periods and style
- Week 5 - The Impressionists

**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](http://www.wgch.com)). She is also the founder of Museum Comes to You, which serves senior centers, men's and women's groups and assisted living residences in Connecticut and New York.

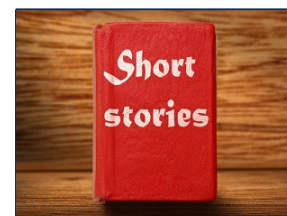
### **Short Story Discussion Group - 1 hr. class**

**July 8, 15, 22, 29 August 5**

**Zoom**

**10:30 am – 11:30 am**

This one-hour course offers reading enthusiasts an alternative to the standard book group. 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 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 and diverse opinions of the story. All new stories each week!



**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 at various venues including libraries, senior residences, adult education classes and private book group meetings.

## **The Rat Pack – Part 2: 1957-1966**

**July 8, 15, 22, 29 August 5**

**In-Person 1:10 pm – 2:50 pm**

Part 2 of *The Rat Pack* picks up in 1957, with Frank Sinatra in the middle of his legendary comeback, Dean Martin trying to establish himself as a solo act, and Sammy Davis Jr. dealing with the loss of his eye (and the racist backlash of his marriage to white actress May Britt). Increasingly, they perform together on stage and in the movies. Together with Peter Lawford, Joey Bishop, Shirley MacLaine and others, they made Vegas and Hollywood their playgrounds. One can only imagine the power and allure these giants of entertainment enjoyed.



Of course, nothing lasts forever. By the mid-60's, many Rat Pack members were no longer on speaking terms and their once "hip" style of humor and music was falling out of favor—especially with the younger generation. From *Ocean's 11* to *My Way*, we chart the ups and downs, triumphs and tragedies of this fascinating group of friends and performers who managed, for more than a decade, to embody our notion of "being cool," while leaving a lasting mark on popular culture.

- Week 1 - The "Kings" of Hollywood—and Vegas! 1957-60
- Week 2 - The "Kings" – part 2
- Week 3 - The Rat Pack Rules Hollywood, Vegas—and now Washington! 1960-62
- Week 4 - Tough Times for The Rat Pack—JFK Redux and Beatlemania! 1963-65
- Week 5 - The Party Is Over (The Slow Fade) 1966-1970

**Gary Carlson** is a retired Professor of English at CT State Community College Norwalk (formerly Norwalk Community College). Over a period of 25 years, 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 long-running *Movies-of-the-Month* Film Series at the college.

## **WEDNESDAY COURSES**

### **Current Events**

**July 9, 16, 23, 30 August 6**

**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, 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.



**Fay Ruotolo** earned a BS in English at Hood College and holds multiple graduate degrees in educational leadership. She is an avid reader, theatergoer, traveler, tennis player and news junkie, Fay has been an active member of LLI for ten years. She is the current LLI President, as well as a member of the Marketing Committee.

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

**July 2, 9, 23 and 30 - No Class July 16th**

**In-Person**

**1:10 pm – 2:10 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. 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.

**Making Artist Books: A Workshop**

**July 9, 16, 23, 30 August 6**

**In-Person**

**1:10 pm – 2:50 pm**

Are you curious how artist books are made? We explore folded books, decorated journals and altered books. We construct a variety of books, using folding, cutting and gluing. The following books are used for reference, and may be available in libraries: *Origami Card Craft*, *The Art of Origami Books*, *Trash Origami: 25 Paper Folding Projects...* and *In Falten Gelegt*.



**Materials:**

- Any book about making books
- Scissors, paste, glue, markers, paint
- Paper—regular paper (any color, 8½" x 11") , old gelli prints, junk mail, envelopes, magazines
- X-Acto knife and protective surface (or magazine or smooth cardboard)
- Delicate ribbon
- Tape—masking tape and/or washi tape
- Paper folding tool or improvised tool for making sharp folds

**Syllabus:**

- Week 1 - *Trash Origami: 25 Paper Folding Projects Reusing Everyday Materials*, by Rona Gurkewitz
- Week 2 - A book with a paper fan that holds the pages (*In Falten Gelegt*)
- Week 3 - Signature Card made with square paper (*Origami Card Craft*)
- Week 4 - Accordion Card
- Week 5 - Leporello—Accordion book

**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

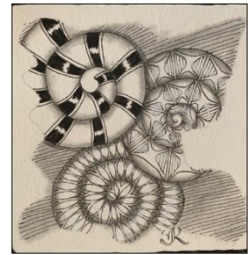
### **Zentangle: Intro to Mindful Drawing - 1 hr. class**

**July 10, 17, 24, 31 August 7**

**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.



We encourage members to attend, even if they have no art background at all.

Supplies needed: Paper, fine tip black pen, sharp pencil, rolled paper smudger 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

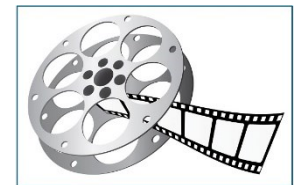
### **Connecticut in the Movies**

**July 10, 17, 24, 31 August 7**

**In-Person**

**1:10 pm – 2:50 pm**

We take a look at the major role Connecticut has played in Hollywood movies—both as a location and as a state of mind--since the Golden Age of the 1930's. We discuss a wide array of Connecticut movies from the screwball classic *Bringing Up Baby* through *Gentleman's Agreement* and two different versions of *The Stepford Wives* and on to such contemporary films as *The Ice Storm* and *Revolutionary Road*.



- Week 1 - Connecticut as a state of mind. Many movies were set here but the Nutmeg State was faked in Golden Age Hollywood in everything from *Bringing Up Baby* and *Mr Blandings Builds His Dreamhouse* through the season *I Love Lucy* spent in Greenwich.
- Week 2 – Two films directed by Elia Kazan. The intolerance classic *Gentleman's Agreement* (1947) dug into Fairfield County anti-Semitism in the post-WWII era. *Boomerang!* released the same year, was based on a Connecticut murder case. Kazan insisted on some location filming in Connecticut.



- Week 3 - 1950s-1970s suburbia and the commuting lifestyle. These were represented by several major Connecticut-based films including *The Man in the Gray Flannel Suit* and *Loving* (the latter was shot almost entirely in Westport)
- Week 4 - Sinister Connecticut. Ira Levin's time spent living in Westport inspired his 1972 bestseller, *The Stepford Wives* and two major film adaptations shot in Fairfield County. The novel and films became feminist milestones.
- Week 5 - Location filming and tax breaks. The modern era has included many films shot on location in Connecticut, including *The Ice Storm* and *Revolutionary Road*. Connecticut had a film boom when the state decided to give big tax breaks to movies made here.

**Joe Meyers** earned his BA from Pennsylvania State University with a major in journalism and a minor in film. 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!* Meyers 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. In 2012, the Mystery Writers of America gave Meyers the Ellery Queen Award for his writing on crime fiction.

## United States-China Rivalry in Southeast Asia

**July 10, 17, 24, 31 August 7**

**Zoom**

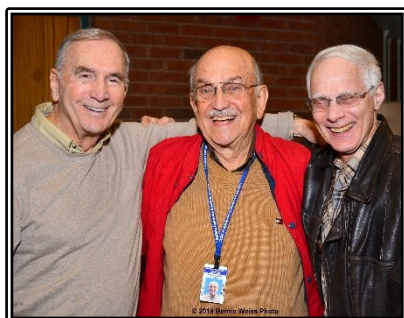
**1:10 pm – 2:50 pm**

The long rivalry between these two powers has intensified, relative to the eleven countries of Southeast Asia (from Myanmar/ Burma to Timor-Leste). We explore this rivalry from the following perspectives: history, military (including the South China Sea clashes), aid, trade, foreign direct investment, soft power and diplomacy.



- Week 1- The eleven countries and a brief history of China's involvement
- Week 2- Continuation, and a brief history of United States' involvement
- Week 3- The Rivalry in the South China Sea
- Week 4- Foreign aid and trade
- Week 5- Direct private investment, soft power and diplomacy

**Paul Sarno** is a graduate of the University of Pennsylvania and the Columbia Law School. Through wide-ranging readings, sixteen visits since 1971, and membership in both the Association for Asian Studies and the Burma Studies Group, he has pursued a better understanding of these countries and has taught about this region for many years at LLI and other venues.



## 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 (which can take up to a week after joining or renewing your membership) will not be permitted into the facility.** The New Member Packet can be downloaded by visiting the following link: <https://ctstate.edu/fitness-centers/#norwalk>. Please print the packet, complete it, and bring it to the on-duty attendant in the Wellness Center **during hours of operations**.

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

We look forward to seeing you soon!

Yours in health,

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



### Essentrics: Release, Rebalance, Restore



## **Important General Information**

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

