

# **Lifetime Learners Institute**

**For People Over Fifty**



## **Winter 2025 Catalog**

**Complimentary Monday Single Sessions – January 6<sup>th</sup>  
Open House/Lunch and Learn – January 10<sup>th</sup>**

**Courses Start - January 14th**

 **Lifetime Learners Institute**

CT STATE COMMUNITY COLLEGE NORWALK

# Lifetime Learners 2025 Winter Term



Winter 2024

Dear Members and Friends of LLI,

When people ask me what I've been doing recently, I tell them I've learned about wars past and present, searched for exo-planets and had tea in China. This was all through just a few of the experiences I've had this fall through Lifetime Learners. I hope you have had an equally remarkable autumn.

As we transition to the short days of winter, I offer a bright light of hope – The LLI winter session will begin soon. This is a short burst of excitement that will brighten your days either in person or at home. Some of our most popular instructors are back with new ideas and ways to keep you engaged.

Do you have a friend or colleague, age 50 or over, who might be interested in LLI? We will host another Open House at Lunch and Learn on Friday, January 10<sup>th</sup>. This is a great way to offer a glimpse of what we know to be the best darn game in town.

Thank you for all you have contributed to LLI. Whether through your enthusiasm, your talents, your volunteer time, your opinions, or your friendship, know that you are recognized and admired as a true Lifetime Learner.

Now, clear your schedule and sign up for these great classes!

Best Regards,

Fay Ruotolo, President  
Lifetime Learners Institute

PS: Would you like to give a gift of membership and/or courses? Please see our website 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  
203-857-3330  
[www.lifetimelearners.org](http://www.lifetimelearners.org)  
[llearner@ctstate.edu](mailto:llearner@ctstate.edu)

# Winter 2025 Complimentary Monday Single Sessions

**Free! No Registration Required**  
**Open to Members Only**

**Room locations or Zoom link for the Complimentary Monday Single Sessions will be included in LLI's Tuesday Weekly Update email to members**

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.

January 6	- <b>Hitchcock's <i>Rear Window</i>: Now More Than Ever</b> <i>Sidney Gottlieb</i>	1:10 pm to 2:50 pm <b>Hybrid</b>
January 13	- <b>Jacques Brel: Master of the French Chanson</b> <i>Joe Utterback</i>	1:10 pm to 2:50 pm <b>In-Person</b>
January 20	- <b>College Closed - Martin Luther King Jr. Day</b>	
January 27	- <b>The Life and Legacy of Martin Luther King, Jr. - The Man, The Leader, The Civil Rights Activist</b> <i>Merle Rumble</i>	1:10 pm to 2:50 pm <b>In-Person</b>
February 3	- <b>Let's Play in the Garden: Worms and Dirt</b> <i>Mary Verel</i>	1:10 pm to 2:50 pm <b>In-Person</b>

# Winter 2025 - Course Schedule

**Registration is required in advance**

Hybrid courses are held both in person and via Zoom ([see page 18](#))

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## TUESDAY

**Art Greats of Spain** Zoom 10:10 am to 11:50 am  
*Darby Cartun*

**Current Events** Zoom 10:30 am to Noon  
*Fay Ruotolo and Maria Petti*

**The Rat Pack – (1958 – 1964)** In-Person 1:10 pm to 2:50 pm  
*Gary Carlson*

**Back to the '80s –  
The Movies & Stars of the Reagan Era** In-Person 3:10 pm to 4:50 pm  
*Joe Meyers*

## WEDNESDAY

**Poems That Inspire and Delight** Zoom 10:00 am to 11:30 am  
*Sandy Soson*

**Exploring Gel Printing** In-Person 1:10 pm to 2:50 pm  
*Louise Flax*

**Essentrics: Release, Rebalance, Restore** Limited enrollment/1 hr. class  
*June Bird* In-Person 3:10 pm to 4:10 pm

**THURSDAY**

**The New Geopolitics of Eurasia**  
*Olena Lennon*

**In-Person**

**1:10 pm to 2:50 pm**

**Entertainers of the Golden Era**  
*Mark Albertson*

**Hybrid**

**3:10 pm to 4:50 pm**

**FRIDAY**

**Avant Garde Influences on Art**  
*Darby Cartun*

**In-Person**

**10:10 am to 11:50 am**



# Winter 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**

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**No Registration Required**  
**Open to members only, except for January 10th Open House**

- January 10 - **Open House – Bring a Friend!**  
**Don't Be a Victim of Fraud!** - *Sgt. Ryan Evarts and Det. John Sura*
- January 17 - **Contemporary Printmaking** – *Kimberly Henrikson*
- January 24 - **The World of Marcel Proust** – *Fereshteh Priou*
- January 31 - **The Mather Homestead** – *Heather Raker*
- February 7 - **Cardiologist is IN, But Retired** – *Teresa Menendez*
- February 14 - **Regular Exercise Has Amazing Benefits** – *Rob Fryer*

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.

# Winter 2025 Course Descriptions

**COMPLIMENTARY MONDAY SINGLE SESSIONS** – 1:10 pm – 2:50 pm

**Free! No Registration Required  
Open to Members Only**

**Room locations or Zoom link for the Complimentary Monday Single Sessions will be included in LLI's Tuesday Weekly Update email to members**

## **Hitchcock's *Rear Window*: Now More Than Ever** Hybrid January 6

Even though the last film he made came out nearly fifty years ago, Alfred Hitchcock's works continue to be major influences on contemporary filmmakers and not only intrigue new generations of audiences but also speak powerfully to us about our enduring personal, interpersonal, social and political anxieties. Participants should watch the film on their own. Among other topics, we discuss how this wonderfully entertaining and provocative film pictures a world quite like our own, dominated by looking rather than doing and haunted by being "alone together," yearning for connection but finding that difficult. The instructor will send study questions and a brief article he wrote on the film. Hitchcock said that he loved to envision people watching his films and then going home to discuss them while gathering around the "icebox." We will have our "icebox" conversation during this session.

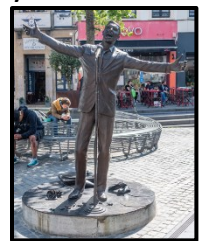


**Sidney Gottlieb** is Professor of Communication and Media Arts at Sacred Heart University. He teaches undergraduate and graduate courses focusing on critical approaches to media studies, film history and film analysis. He is the longtime editor of the *Hitchcock Annual* (Columbia University Press) and has edited collections of Hitchcock's writings and interviews.

**This class will be held in a Hybrid format (in person and on Zoom). It will be a discussion class, so if attending on Zoom, your opportunity for discussion will be very limited. We suggest attending in person if you wish to participate fully in the discussion.**

## **Jacques Brel: Master of the French Chanson** In-Person January 13

We discuss some of Jacques Brel's songs, including his well-known *If You Go Away*. Born in Brussels, Belgium in 1929, Brel began his career in 1953, establishing himself as a singer/songwriter, actor and director, developing a cult-like following as a modern master of French chanson. English translations are given for the selected songs in this journey through the interesting and highly personal music of this master of French theatrical song style. Many of his best-known songs were presented in the 1968 off-Broadway revue, *Jacques Brel is Alive and Well and Living in Paris*. Dr. Joe plays this iconic music for us on a piano keyboard in his own creative style.



**Joe Utterback** earned his Master’s Degree in Piano Performance from Wichita State University and his Doctor of Musical Arts from the University of Kansas. He has more than 500 published jazz and classical compositions in his Composer Catalogue. Dr. Joe has been Director of Music/Organist at Stratford First Congregational Church since 1996. He has been on the faculty of Sacred Heart University for 29 years. Dr. Joe has taught at LLI for almost 20 years, and he continues to perform throughout the U.S. and around the world.

## January 20 - College Closed - Martin Luther King Jr. Day

### The Life and Legacy of Martin Luther King, Jr. -

**The Man, The Leader, The Civil Rights Activist** In-Person January 27

We explore the impact of the life of the Reverend Dr. Martin Luther King, Jr. and his fight for civil rights and social justice, to gain a deeper understanding of his legacy. We use a combination of historical narratives, storytelling, multimedia, interactive discussions and artifacts to educate participants on the significant contributions of MLK to the Civil Rights Movement. We analyze the non-violent philosophy of MLK and its impact on his work, and explore its relevance today. Participants are encouraged to consider their role in continuing the legacy of Dr. King.



**Merle B. Rumble** is a retired educator with a PhD in Instructional Leadership, an MS in Educational Leadership, an MS in Education and a BA in Business Administration.

She has 33 years of experience as an elementary school teacher, 30 of which were with the Norwalk Public Schools. She is dedicated to the field of education and sharing her knowledge of African American history. She has done extensive research and travel to African American historical sites across the U.S. and West Africa. Dr. Rumble is the founder of Academy of Hope LLC.

**Let’s Play in the Garden: Worms and Dirt** In-Person February 3

In some native languages, the term for plant translates to “those who take care of us.”

Robin Wall Kimmerer, *Braiding Sweetgrass*

We explore native plants including:

- What is a “native”
- Why natives and what are their benefits
- What natives should be planted in our ecological region



**Mary Verel** is the Stewardship Director of the Norwalk Land Trust, a Master Gardener, lifelong environmentalist, organic gardener and permaculturist. She retired from the Norwalk School System, where she created and ran the environmental Earth Club for ten years. Mary is a contributing member of the Rowayton Gardeners, Pollinator Pathway and Gardening is Fun Facebook blog.



## IN-PERSON OR ZOOM COURSES

**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

#### **Art Greats of Spain**

**Jan. 14, 21, 28 and Feb. 4, 11**

**Zoom**

**10:10 am – 11:50 am**

Spain has birthed and adopted great artists. We explore El Greco, Velasquez, Goya, Miro, Gris, Picasso and Dali. We discuss the effect of tradition, religion, war and politics and the progression of these influences on Spanish art. Get to know more. Come join the fun!



- Week 1 - El Greco and Velasquez
- Week 2 - Goya
- Week 3 - Miro and Gris
- Week 4 - Picasso
- Week 5 - Dali and wrap up

**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 services senior centers, men's and women's groups and assisted living residences in Connecticut and New York. *A previously offered LLI course.*

#### **Current Events**

**Jan. 14, 21, 28 and Feb. 4, 11**

**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.



**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, and is currently the president, as well as a member of the Marketing Committee.

**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 and enjoys travel and reading.

## The Rat Pack – (1958 – 1964)

Jan. 14, 21, 28 and Feb. 4, 11

In-Person

1:10 pm – 2:50 pm

The Rat Pack was the notorious group of showbiz celebrities originally formed and led by Humphrey Bogart (whose wife Lauren Bacall came up with their tongue-in-cheek sobriquet). In the mid- to late – 1950's, with the passing of Bogie, The Rat Pack torch was passed to Frank Sinatra. Along with pals Dean Martin, Sammy Davis, Jr., Peter Lawford, Joey Bishop and Shirley MacLaine, among many others, Sinatra raised the visibility and hipness factor to new heights. expanding its playground from Hollywood and New York to Miami, Palm Springs and Las Vegas—a town the Rat Pack members unquestionably put on the map and ruled. We examine the history and development of The Rat Pack and its individual members, the music and films they made, their legendary performances in Vegas, as well as some of the darker aspects of all their fun, frivolity and assorted peccadilloes.



- Week 1: Origin/history of The Rat Pack
- Week 2: Frank and Dino
- Week 3: Frank and Sammy
- Week 4: Frank, Peter and JFK
- Week 5: Beatlemania and the (unofficial—and rather messy) end of The Rat Pack

**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 has also hosted several local radio programs on music history and was the founder and host of the long-running *Movies-of-the-Month* Film Series at the college.

## Back to the '80s – The Movies & Stars of the Reagan Era

Jan. 14, 21, 28 and Feb. 4, 11

In-Person

3:10 pm – 4:50 pm

A look at the movies and stars of the 1980s – the blockbuster era.

- Week 1: The rise of the summer blockbuster – from *The Empire Strikes Back* in 1980 through *Raiders of the Lost Ark* and *Back to the Future*. Hollywood found the hit-making formula after years of audience erosion.
- Week 2: The multiplex explosion and the rise of cable and VCRs. To keep up with all of the hits, theater chains built massive multiplexes all over the country. The boom lasted despite two new ways of seeing uncut movies at home – pay cable and the VCR.
- Week 3: Two Toms become superstars of the era – Tom Cruise in films like *Risky Business* and Tom Hanks in hit comedies ranging from *Splash* to *Big*.
- Week 4: A new group of female stars emerge in a better decade for women's stories than the male-dominated 1970s. Meryl Streep leads a new pack of leading ladies that includes Jessica Lange, Sigourney Weaver, Debra Winger and Glenn Close.
- Week 5: The dark side of an optimistic decade. Despite the wave of upbeat mainstream blockbusters, daring directors also explored the underbelly of American society in films like *Blue Velvet* and *Blow Out*.



**Joe Meyers** is director of programming for the Focus on French Cinema festival in Connecticut. He is co-host of the Spotify podcast *Now a Major Motion Picture!* Meyers has written features about movies, theater and books for more than 30 years for the Hearst Connecticut Media Group and other publications. In the late 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.

## WEDNESDAY COURSES

### Poems That Inspire and Delight

**Jan. 15, 22, 29 and Feb. 5, 12**

**Zoom**

**10:00 am – 11:30 am**

In the depths of winter, in a season of political upheaval, let's come together to enjoy poems that inspire and delight, that give us a space apart from the noisy world so that we may slow down, appreciate, think and feel in the poetic dimension. During the first hour of each session, the entire class will read and discuss several poems together. In the last half hour, those *who are interested* will be invited to write poems in response to a poem and/or prompt, and to explore and play with the marvelous medium of language and the toolbox of the poet. Students will have the opportunity to share their first drafts of poems if they wish. While all are encouraged to try their hand at poetry writing, students are free to attend only the first hour of class if that is their preference. Experience is not required for either the reading or the writing part of this class.



**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. As a passionate advocate for poetry, she enjoys sharing her love of poetry with others.

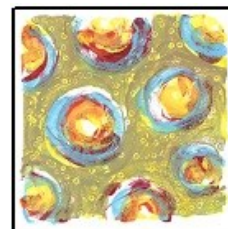
### Exploring Gel Printing

**Jan. 15, 22, 29 and Feb. 5, 12**

**In-Person**

**1:10 pm – 2:50 pm**

This is an opportunity to explore gel or "gelli" printing. The gel plate is a soft plate, so it is much easier to make mono-prints and experiment with it. Participants learn the basics of how to pull a print. Participants should look at the videos of gel printing available (although many are extremely aspirational.)



Materials required - Please bring printing supplies to the very first class:

- ✓ paper to print on (origami, tissue paper, printer paper, rice paper, magazines)
- ✓ a gel plate
- ✓ acrylic paints (these will NOT easily wash out of clothing)
- ✓ rollers/brayers for paint (not made of foam)
- ✓ baby oil (MUST rub oil on the plate after cleaning it)
- ✓ things to print (botanicals, anything with a texture that you don't mind getting paint on such as string, wire, doilies, mesh onion bag, textured rolling pin, paper clips, old jewelry)
- ✓ newspaper
- ✓ junk paper to layer prints
- ✓ paint, brayers, paper, stuff to print and printing plate

**If students do not have materials they will not be able to make prints.**

Materials can be ordered from Amazon, other online sellers or at an art store. Things to print can be scrounged and purchased.

- Week 1: Demonstration of the basic process—working with botanicals— “Positive and Negative” space and designs
- Week 2: Creating a landscape using gel prints—Color Idea—ROYGBIV—layering printing on a print to make rich textures and color worlds—tissue-coated tissue demonstration
- Week 3: Creating a cityscape using gel prints—Color idea — Value
- Week 4: Making a person using gel prints—Color idea —Mode of appearance, opalescent, nacreous
- Week 5: Making a flower or a flower in a base using gel prints

**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.

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

**Jan. 15, 22, 29 and Feb. 5, 12**

**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.

## **THURSDAY COURSES**

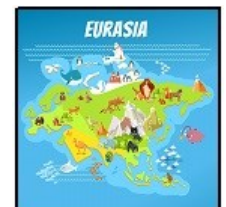
### **The New Geopolitics of Eurasia**

**Jan. 16, 23, 30 and Feb. 6, 13**

**In-Person**

**1:10 pm – 2:50 pm**

We examine the security issues in Eurasia arising from the Soviet Union’s collapse, Russia’s war against Ukraine and competition between the United States and revisionist autocracies – China, Russia and Iran – for influence in the region. We address areas such as fragile states, nationalism, corruption, authoritarianism and energy politics. We also discuss the evolving nature and scope of America’s engagement in Eurasian affairs brought about by Russia’s neo-imperial war to subjugate Ukraine and China’s increasingly hardening stance on Taiwan.



**Olena Lennon**, PhD, is an Adjunct Professor of National Security at the University of New Haven where she teaches courses on U.S. foreign and defense policy, international relations and national security. An Eastern Ukraine native, she serves as an election observer with the Organization for Security and Cooperation in Europe 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, she has dedicated her research to domestic and international politics of Ukraine, as well as Eurasian geopolitics and security writ large. Dr. Lennon 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. Under the auspices of the United States European Command Office of Defense Cooperation, she has conducted Ukraine country studies training for U.S. advisors to Ukraine's Ministry of Defense.

### **Entertainers of the Golden Era**

**Jan. 16, 23, 30 and Feb. 6, 13**

**Hybrid**

**3:10 pm – 4:50 pm**

Join us to explore these performers who rose to the heights of their profession during the Golden Era: Jimmy Cagney, Shirley Temple, Bing Crosby, Bob Hope and Jackie Gleason.

- Hollywood's Yankee Doodle Dandy: Jimmy Cagney
- Child Idol: Shirley Temple
- The Crooner: Harris Lillis "Bing" Crosby, Jr.
- The Patriotic Comedian: Leslie Townes "Bob" Hope
- The Great One: Jackie Gleason



**Mark Albertson** is the historical research editor at *Army Aviation*. He has authored several books and has written magazine and newspaper articles on history and current events. He speaks frequently on a wide variety of topics concerning history, politics and current events. He is a long-time presenter for LLI on these topics, and also enjoys sharing his enthusiasm for the early era of film and television.

### **FRIDAY COURSE**

#### **Avant Garde Influences on Art**

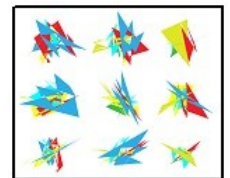
**Jan. 17, 24, 31 and Feb. 7, 14**

**In-Person**

**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. The viewer is invited 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: Introduction
- Week 2: Nationality/Race
- Week 3: Religion
- Week 4: Gender
- Week 5: Wrap Up



**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 services senior centers, men's and women's groups and assisted living residences in Connecticut and New York.

# Winter 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**

### **January 10 - Don't Be a Victim of Fraud!**

**Open House – All are invited - Bring a friend!**

Two members of the Norwalk Police Department speak about fraudulent attacks on local seniors. They describe the types of fraud that criminals are perpetrating, tell us what to look for and how to recognize various fraudulent activities. Also, they will provide valuable information on how to safeguard ourselves against fraud and outline steps to take if we, unfortunately, become victims.



**Sergeant Ryan Evarts** has spent 19 years with the Norwalk Police Department. During that time, he served in the Patrol Division, Detective Bureau and is currently in the Community Services Division where he leads the Behavioral Health Unit. You may recognize his name as the author of police department reports of criminal activities, regularly featured in local newspapers and online news media.

**Detective John Sura** has served in the Norwalk Police Patrol Division. He is currently assigned to the Detective Bureau and is one of the Norwalk Police Department's fraud investigators.

### **January 17 - Contemporary Printmaking**

Fine art printmakers, while always innovating for the present, remain committed to maintaining ties to traditional processes. We get an overview of the print medium – introducing the history behind various printmaking methods and how modern and contemporary artists have made use of these in their artistic practice. Using slides and a variety of unframed prints, we learn the differences in the processes. The presenter will also discuss the Center for Contemporary Printmaking and its exhibitions, which feature both juried international and local talent, as well as competitions it sponsors and hosts.



**Kimberly Henrikson** received a BA in Art History from Penn State University and served two years as President of the Penn State College of Arts and Architecture Alumni Society Board. She is in her 8th year as Executive Director at the Center for Contemporary Printmaking (CCP) in Norwalk. Her involvement in the nonprofit and fine art printmaking community has continued to expand and has evolved over the past 20 years. She serves as a member of the Advisory Board for the Norwalk Art Space with leaders in the arts community of Fairfield County and as Chair of the National Advisory Council for the Palmer Museum of Art at Penn State.

## January 24 - The World of Marcel Proust

The speaker presents an overview of Proust's monumental book, *In Search of Lost Time*, with an analysis of the book's puzzling structure.

**Fereshteh Priou** is founder of the Proust Society of Greenwich and has been guiding members in an in-depth exploration of Marcel Proust's *In Search of Lost Time* since 2007. Currently in its sixth reading cycle, the group is set to complete the work by the end of 2025.



## January 31 - The Mather Homestead – Six generations of the Mather family: from Patriot to Preservationist

The Mather Homestead, Darien's only Registered National Historic Landmark, was built in 1778 by Deacon Joseph Mather, an outspoken Patriot. The house withstood a raid by Tories during the Revolutionary War and remained in the Mather family until 2017, when it became a museum dedicated to historical education. Its most famous resident, Stephen Tyng Mather, a conservationist, visionary and the first Director of the National Park Service, was instrumental in creating the National Park System we enjoy today. The talk includes a virtual tour of the Mather Homestead, a home which has been beautifully preserved for nearly 250 years.



**Heather Raker** earned a BA in American Studies from Yale University and an MBA from Northwestern University. She joined the Mather Homestead Foundation upon its inception in 2017 and became Executive Director in 2020. With her experience in finance, management consulting, and marketing with many local nonprofits, she has overseen the Homestead as it has developed into a vibrant museum with programming for all ages designed to bring history to life.

## February 7 - Cardiologist is IN, But Retired

Cardiovascular disease (CVD) is the leading cause of death in both men and women in the USA. We explore the epidemiology and risk factors of CVD beyond age and gender including dyslipidemia, smoking, diabetes mellitus, hypertension, inadequate exercise and poor diet.



**Teresa Menendez** has been an MD for 40 years in the field of internal medicine, cardiology and cardiac electrophysiology. She retired in 2023 and joined Lifetime Learners.

## February 14 - Regular Exercise Has Amazing Benefits

Ongoing research tells us that exercise, nutrition, sleep and emotional well-being are key to living a long, healthy life, and studies confirm that regular exercise is crucial. This presentation explores the science and what forms of exercise, and how much, we should do as we age.



**Rob Fryer** is a passionate believer in the rewards of regular exercise, having maintained a daily routine for 50 years. He devours research into the health benefits of staying active as one ages and has published a book. He walks, hikes, swims, runs and, to prove his point, has completed 120 marathons.



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: 2<sup>nd</sup> 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://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 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](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 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 Winter 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. Monday Single Sessions and Friday Lunch and Learn programs during the Winter 2025 term (except for the January 10th 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**