*Important OLLI Information*
Unlike our online catalog and 2 page printable schedule, which are updated on a frequent basis, the OLLI Bulletin is created and published just once at the start of each term. The bulletin ONLY contains the descriptions of workshop offerings. The format below has been adjusted to list workshops in the same order as the 2 page printable schedule. Always refer to the 2 page schedule or online catalog for the most current information on cancellations and room changes. Printed versions of both documents are available in the OLLI office.

Phone Number: 631-632-OLLI (6554) or 631-632-7063
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**Monday AM**

**Tai Chi for Arthritis & Fall Prevention (09/25 - 11/15)**
Although especially great for arthritis, Tai Chi for Arthritis is an evidence-based falls prevention program that uses the principles and movements of Tai Chi in helping senior citizens improve their balance and increase their confidence in doing everyday activities. Tai Chi classes are led by a trained and certified instructor, the class meets twice a week on Monday and Thursday, 60 minute sessions, for 8 weeks. This session meets from 8:30 a.m. - 9:30 a.m. No prior Tai Chi experience is needed and it is great for beginners. Participants must be committed to attending at least 12 of the 16 class sessions, but attendance at all 16 classes is preferred. Attendance during week one is mandatory for participation due to safety reasons. This program is offered through Stony Brook Trauma Center on behalf of the NYS Department of Health Older Adult Fall Prevention Program.

**Current Affairs in Israel**
Israel is a small country with only about 8 M people yet, it seems to be constantly in the news. It is the only true Democracy in the Middle East surrounded by Arab countries who at one time or another were in a state of war with the only Jewish State on the face of the globe. Despite this hostile neighborhood Israel has flourished economically. It is a world center of Hi-Tech, Science, Medicine and Learning.
Participants choose their articles from any news source and bring the info to the attention of the class. Class members follow with discussions in depth and diverse opinions. If Israel is of interest to you, this is where you may find more info than is offered in the media. This is where you can ask your questions and offer your personal views.
Practical Mystic
An introduction to and/or a continuation of a mutual effort to establish that the notion of a "practical mystic" is less an oxymoron than it is a redundancy.

Op-Ed Monday
Here's the place to share that thought provoking article, that insight-filled column you've read. Op-Ed is a small group of readers and thinkers who will take turns presenting opinion articles found opposite the Editorials in your newspaper. We then join in a face-to-face discussion. We focus on public affairs, social and economic policy--but if you think something is great, it fits!

Virtual Investing Club
Members of the investing club will be required to report on their favorite investments, deciding how much virtual money to invest in them and when to sell. We will also have lessons in investing, study some investing resources and analyze stock market current events presented by our new members in lieu of a report.

Caveat: Class discussions shall not be construed as investment or financial recommendations.

Tai Chi for Arthritis & Fall Prevention Advanced (09/25 - 11/15)
Although especially great for arthritis, Tai Chi for Arthritis is an evidence-based falls prevention program that uses the principles and movements of Tai Chi in helping senior citizens improve their balance and increase their confidence in doing everyday activities. Tai Chi classes are led by a trained and certified instructor, the class meets twice a week on Monday and Thursday, 60 minute sessions, for 8 weeks. This session meets from 10:00 a.m. - 11:00 a.m. Participants must be committed to attending at least 12 of the 16 class sessions, but attendance at all 16 classes is preferred. Attendance during week one is mandatory for participation due to safety reasons. This program is offered through Stony Brook Trauma Center on behalf of the NYS Department of Health Older Adult Fall Prevention Program.

Eligibility for Advanced Tai Chi requires completion and attendance in at least 12 of the 16 Beginner Tai Chi classes.

Advanced Creative Photography
This workshop is for those who have a command of both digital cameras and photo editing software and are looking to express themselves creatively through photography. We will explore ways to enhance creativity "in camera" and in post processing, by sharing still images, original photography books, and slideshows. We will explore many forms of creative photographic expression.
Exploring the Structure within the Atom
At the beginning of the 20th century it became apparent, contrary to its Greek namesake, that atoms are not indivisible. A century-long odyssey of discovery has resulted in a deep understanding of the fundamental constituents and forces of nature. This endeavor has often been described as one of the great achievements of the human intellect. In this workshop, we will follow the progression of discoveries that has led to the “Standard Model” which describes, at the deepest level, nature’s fundamental components and their interactions.

History through Literature
History has always been a good source of novels that illustrate the eternal aspects of human condition. We will focus on five or six books including “Strawberry Fields” by Marina Lewycka; “News of the World” by Paulette Jiles; “Hillbilly Elegy” by JD Vance; “The Mapmaker’s Daughter” by Laurel Corona; “A Gentleman in Moscow” by Amor Towles; and “Do Not Say We Have Nothing” by Madeline Thein. Book discussions are led by workshop members. The first book to be discussed will be “Strawberry Fields.”

Italian for Fun
Italian for Fun is for those who wish to continue to learn Italian for travel, conversation and just to enjoy the culture. Some previous Italian is helpful but not necessary. We will continue to learn and practice the Italian language and to share our experiences and discuss the different aspects of Italian life.

Italic Calligraphy
This course is offered to beginners and to those who have had some experience with Chancery Cursive Italic. Pens and pads of graph paper will be provided, but the ability to practice this penmanship is key to mastering the art.

Jesus the Messiah, Prophet or Revolutionary
In this third and last topic of the trilogy, Mary Magdalene, From Jesus to Christ and now Jesus the Messiah, Prophet or Revolutionary, we will look at what history may tell us about this unique man who lived and preached in Galilee during the Roman occupation of Palestine in the first century. We will see that he was among a particular group of individuals claiming to be the Messiah, but yet, all put to death by the reigning Romans or those of the priestly class. Was he a Revolutionary, someone who wanted to remove Rome from Palestine and re-establish the Kingship of Israel and bring back the House of Aaron; or does he come down to us from a long line of prophets. The topic makes for interesting and many times simulating conversation and may bring to light questions you may have had, but still unanswered.
La France D'Aujourd'hui
Geared to the intermediate level, this workshop will offer French language students another opportunity to expand & practice their skills. We will feature French language movies plus current French publications & use these as the basis for discussion.

Meditation and Mindfulness (Monday)
After learning to meditate, every class will have a period of meditation, then a discussion of different aspects of meditation. Experience the benefits meditation can provide.

“Motown” – A Musical Journey
This workshop will present the origin, musical artists, their music and influence of the musical empire known as MOTOWN. Disco music of the 70's will be explored and key influences played. You-Tube, DVD's, CDs is to provide an informative and enjoyable musical experience.

Russian Sampler
Comparatively brief works from writers Pushkin to Gorky as book ends will include the three giants, Tolstoy, Dostoyevsky and Chekhov. Historical influences will be considered. Emphasis will be placed on explication and discussion.

Tai Chi for Arthritis and Fall Prevention Advanced (09/25 - 11/15)
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Eligibility for Advanced Tai Chi requires completion and attendance in at least 11 of the 16 Beginner Tai Chi classes.
David: From Shepherd Boy to King to Messiah Ancestor

David is one of the most fascinating characters in the Hebrew Bible—shepherd, warrior, outlaw, lover, husband, father, king, and ancestor of the Messiah. Through our consideration of Biblical texts and other sources, we will discover how and why he was so flawed and so loved, so criticized and so admired. We will also explore the treatment of David in art, music, films, and literature. And, we will discuss whether we see ourselves in David.

iPhone & iPad: The Information That Should Have Been in the Box

In just the past few years, the iPhone and iPad have changed the way we communicate and retrieve information. In this workshop you will learn how to get the most out of your devices. September is when Apple releases an updated operating system, which will contain many new features that we will go over, as well as the use of the phone, emailing, texting, browsing the internet, music and maps. We will explore the many camera features including editing and sharing photos. We will look at the many apps available including the ones best for traveling. I will demonstrate how easy it is to use Siri to do so many of these functions. I will show you how to get your devices to integrate with each other, with iCloud and your wireless network. To get the most out of this workshop you should have an iPhone and/or iPad and plan to bring them to each class.

Story of the Internet and How It Works

The Internet's impact is seen all around us. It is changing how we educate our children, stay connected with our family and friends, how we perform our jobs, how we make our purchases, and how we get our news. These changes in our behavior are fundamental and permanent. The Internet is changing us, our communities, our societies and the very interconnectedness of our world.

Learn the story of the Internet and how it works. Go with an appreciation of the people involved in its development (it was not an overnight success). In a non-intimidating manner you will also gain an understanding of how, with a simple click of your computer mouse, you can connect to people and sites all over the world.

Stories by William Trevor

"The New Yorker" offers this praise: "There is no better short story writer in the English-speaking world." Irish by birth and upbringing, a longtime resident of Britain, he died fairly recently, prompting numerous accolades. Many awards came to him for fiction both nuanced and accessible. He never fails to prove a delight.
Latin, 2nd Year
This workshop is open to anyone who has even a basic background in/or experience with Latin. It will continue the work of last spring, but with ample opportunity for review and catch up. We will continue to learn vocabulary and grammar while supplementing with readings and presentations which represent Roman life and thought. Computer-based support programs are also available. Students new to Latin, willing to put in a little extra work, are welcome.

Advanced Competitive Bridge
This workshop is an advanced class, and, as such, it is strongly suggested that the participants be familiar enough with the following conventions to play competitively: 2/1 and INTforcing, stayman, transfers, 1 and 2 nt openings, 2 club opening, weak 2 opening, limit raises, new minor forcing, Jacoby 2 Nt, unusual 2nt, michaels cue bid, doubles and inverted minors.

Monday PM
Tai Chi for Arthritis and Fall Prevention Beginner (09/25 - 11/15)
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Exploring the Metropolitan Museum of Art
The MMA is possibly the most encyclopedic museum in the world. In this workshop we continue to explore the history and holdings of the museum from the ancient to the modern, from sculpture to costume design, from Old Masters to Impressionists. We will also discuss special exhibits and related works at other museums including the Frick Collection, the Whitney, Museum of Modern Art and others.

Melange of History
This course will be a mixture of scenarios from past workshops; Famous Trials, Justice & Injustice events and occurrences from World War I & II.
Photography before Photoshop, Part 1
A basic course in the fundamentals of photography including understanding basic camera operations, exposure controls, lighting, color, and other techniques. The purpose of the course is to understand how the new digital, "auto everything" cameras function so that the photographer can exercise control over the final project. The course will include topics that cover all types of modern photography, including the use of smart phones, "point and shoot" cameras, as well as more professional equipment, such as SLR's and other cameras with manual controls.

Tuesday AM
Nature Photography: Hidden Treasures of Long Island
Hidden Treasures will continue with all new locations in Long Island to capture the wonders of our environment. Discover State, Federal, Town, and private nature preserves and spaces right in your own backyard. Maps and other information about these places will be distributed. Principles of nature photography will be discussed and locations to hike and kayak will be highlighted.

Business of Sports
Welcome all sports enthusiasts for a semester's journey through the world of baseball, football, basketball and hockey. The World Series will hopefully have a NYC flavor when we analyze managerial moves and missteps. Stadium and ticket costs, player's salaries, coaches, writers and management are all fair game as we monitor the seasons of the Mets, Yankees, Giants, Jets, Rangers, Islanders, Knicks & Nets while visiting their current and former venues. Throw in some vintage films from yesteryear, and we have a fast-paced formula for fun. Please join your fellow members for a trip down the Memory Lane of Sports

Civil War Leadership and the Mexican War Experience
Many of the Civil War generals were junior officers during the Mexican War. During the Mexican War many of the future generals were exposed to two very different styles of leadership first from Zachary Taylor and then from Winfield Scott. We will briefly discuss Mexico's history before the Mexican War. Between the wars armaments changed dramatically, and we will try to determine if the Civil War generals changed their strategies accordingly.

Composition in Photography and More
Go from Grabshot to Great Shot. Learn the major elements of great compositions as we explore leading lines, the rule of thirds, framing, visual weight, balance and unbalance, depth of focus, placement of the horizon, viewpoint, breaking the rules, and more. This is an interactive workshop of 10 weekly lessons and assignments emphasizing non-threatening class review of your work. Any camera or I-phone can be used, the only limitation is your imagination.
Physics for Citizens
Many high profile issues today are best understood if you have some basic scientific background. This workshop will help build your physics background in a number of areas and apply that knowledge to a variety of issues, some of which intersect with politics. There will be an opportunity for the class to suggest topics to discuss. Both leaders are physicists and each has experience at communicating science to non-experts without mathematics beyond high school algebra.

Poetry Out Loud
We will continue to explore the beauty and power of poetry through the discussion of poems presented by members of the workshop. This collaborative effort encourages participants to introduce their favorite poets, poems and any poetry related material to the group.

Problems of Philosophy
Examination of central problems in the history of western philosophy, Topics may include: The nature of philosophy and why we study it; what is knowledge; free will vs. determinism; personal identity and the enduring self; reasoning and logic; ethics/moral philosophy; God and religion. The course format is lecture and discussion based.

Wellness and Aging
This is a continuation of the Spring 2017 workshop but new students are welcome. We will again utilize lectures from the Great Courses "Lifelong Health: Achieving Optimum Well Being at Any Age". Approximately 30 minutes of each session is allocated to the Great Courses DVD. The remaining time is for discussion. The overall objective of the workshop is to present ways to achieve and maintain optimum health and well-being. The Fall 2017 workshop will have an increased focus on nutrition.

Famous People & Events
A study of famous people and/or events viewed with in-depth interviews and documentaries. Each week we will get up-close and personal with pioneers of television, famous politicians, actors, writers, comedians, and major events. Following the interviews, we will share our thoughts and opinions on the subjects of the day.

Physics - Incredible but True
In the early 1900’s physicists thought they understood all the principles of physics. In their minds there were just a few minor issues to clear up. These opened the doors to the physics at very small scales and completely revolutionized our understanding of physics. This turns out not to be just a small version of the physics already known and has aspects completely contrary our everyday experience and intuition yet the theory has produced the most accurate results of any theory to date. The course is directed at non-scientists.
Poetry Workshop
Workshop members bring poems they have written and the class gives feedback about the work.

So, You Think You Can’t Draw? Yes, You Can! – Beginners
Drawing is a form of creative expression. Using pencil and sketch pad, you will learn many ways to draw, modeling, line, sketching and contouring. Drawing is a function of eye/hand coordination, a skill that can be learned. Beginning with one object, and progressing through the workshop, to a composition, you will develop your own style of expression.

Thinking is a Renewable Resource
Class discussions will range from Birkin Bags to Birkenstocks. From standard deviations to deviated septums. From strip-malls to strip searches. Is there really a secret sauce around the global water cooler? We’ll dare to contrast apples and oranges. Is Cadillac the Cadillac of cars, and was Einstein really an Einstein? What do people mean when they say, "I'm just saying," and just what is mercantilism anyway? This workshop is particularly suitable.

Tuesday PM
Art of the Short Story
Short stories are a challenging and provocative literary form. Join our friendly supportive group as we consider context and craft in discussions led by group members. For the first meeting, a short-short story will be provided for reading and discussion. Thereafter, each week the group will consider two stories from a short story anthology available for purchase in class.

Catskills Comedy Revisited: Caesar to Seinfeld
The Catskills resorts provided "comedy school" for a generation of America's greatest stand ups. Borscht Belt's most famous hotels helped launch the careers of Sid Caesar, Jerry Lewis, Freddie Roman, Jackie Mason, Robert Klein, Jerry Stiller and Jerry Seinfeld, just to name a few. Revisit vintage footage from Grossinger's, Brown's, Kutsher's and the Concord as we journey back to the "Vegas" of our youth. From their famous entertainment, sports and, of course, the FOOD, it'll all be a fond memory of the way we and our families were in the 1950's-70's. You're encouraged to share your stories with one another.

Guide to Rational Living
Based on the book of the same name by Albert Ellis, Ph.D. and Robert Harper, Ph.D., this workshop will help participants learn to be happier, or at least less unhappy in their day-to-day lives. As we did last fall, we will use episodes of "Everybody Loves Raymond" to illustrate the points. Books will be made available at the reduced price of $10, as they are purchased wholesale from the publisher.
How the Universe Works
We will explore unifying theories in classical and modern physics that form our understanding of the universe. We will discuss symmetries in nature and the quest for a "Theory of Everything". This two semester workshop for non-physicists delves into the nature of motion, space time, matter and gravity from a cultural and historical perspective.

So, You Think You Can't Draw? Yes, You Can! - Advanced
This is an advanced workshop in drawing. Using black and white contrast, modeling will be achieved with pencil and charcoal, in composition drawings. A prerequisite is drawing experience or enrollment in "So, You Think You Can't Draw? Yes, You Can! Beginners"

Beginning Bridge
Learn Bridge from the beginning. This class is designed for beginners who have never played bridge or for those who haven't played in many years and need a refresher.

Duplicate Bridge
This workshop will be devoted to reviewing basic concepts of bidding as well as common conventions. Everyone is expected to play the 2/1 system (including 1NT forcing or semi-forcing) along with the various conventions that have been covered in previous semesters. This workshop will provide you with an opportunity to enhance your bidding, play, and defense in a duplicate bridge environment. Participants are expected to know and utilize common conventions and concepts covered in previous OLLI bridge workshops. Additional instruction will be provided to reinforce your skills. Contact one of the instructors if you are unsure of your level or placement.

Intermediate Watercolor
In this workshop we will explore more advanced techniques /concepts in watercolor painting. This includes, but is not limited to, portrait painting, figure studies in landscapes, and abstract painting. We will continue studying the work of accomplished watercolor artists, following video tutorials to create our own paintings. Since we will use the techniques learned in the Watercolor Basics workshop participants should be familiar with these skills or have experience in watercolor, along with basic drawing. Our goal is to grow together as watercolor artists. The goal is to build upon the artistic development in each participant. Participants should have taken the OLLI Watercolor Basics class or have experience in watercolor, along with basic drawing skills. The semester will culminate with an independent individual exploration.
**Watercolor Studio**
This workshop is for people who have had previous experience with water based painting and can work independently. We begin each session with a positive critique of any work members choose. We typically continue to exchange ideas during the painting session. Member demonstrations are encouraged.

**Wednesday AM**

**Tai Chi for Arthritis & Fall Prevention Beginner (09/25 - 11/15)**
Although especially great for arthritis, Tai Chi for Arthritis is an evidence-based falls prevention program that uses the principles and movements of Tai Chi in helping senior citizens improve their balance and increase their confidence in doing everyday activities. Tai Chi classes are led by a trained and certified instructor, the class meets twice a week on Monday and Thursday, 60 minute sessions, for 8 weeks. This session meets from 8:30 a.m. - 9:30 a.m. No prior Tai Chi experience is needed and it is great for beginners. Participants must be committed to attending at least 12 of the 16 class sessions, but attendance at all 16 classes is preferred. Attendance during week one is mandatory for participation due to safety reasons. This program is offered through Stony Brook Trauma Center on behalf of the NYS Department of Health Older Adult Fall Prevention Program.

**Food: A History Part I**
Ever wonder why we eat what we eat? It has been said that civilization began with our quest for food and it is this quest that has influenced the course of human development. In Part I of this 3 part series we will start at the beginning with hunting and gathering and end with European cooking in the Dark Ages. Each lesson in the Great Courses DVD series is 30 minutes long which leaves plenty of time for class discussion. This is not a cooking class but foods may be brought in that relate to the topic.

**Photoshop 101 - 102**
Photoshop is a program for photographers who strive to create artistic photos. In this year-long course, you will learn to make both global and selective changes to your photos through the magic of layers. From the basics of cloning, healing, and artistic cropping, to replacing skies, combining photos, collaging, black and white conversions, to printing, this class will teach Photoshop techniques through both demonstration and multiple hands-on opportunities. Requirements: knowledge of computers, and a current version of Photoshop.

**Spy versus Spy: Espionage in Fact and Fiction**
We will continue to explore the shadowy world of spies using modern writers of the genre such as Eric Ambler, Daniel DaSilva and others. The time period covered will be WW2 and beyond, and we will have a much more global outlook (i.e. SMERSH, the Mossad). As usual, the workshop will feature Powerpoint presentations supplemented by films and TV productions, and discussions based on these.
Poets at Work
A collaborative workshop for those who enjoy reading and writing contemporary poetry, and who want to gain depth and control of their work. Participants will read their own poems, as time permits, and offer thoughtful, respectful feedback to their colleagues. Writing skills will be strengthened in an atmosphere of support and encouragement.

Tai Chi for Arthritis & Fall Prevention Advanced (09/25 - 11/15)
Although especially great for arthritis, Tai Chi for Arthritis is an evidence-based falls prevention program that uses the principles and movements of Tai Chi in helping senior citizens improve their balance and increase their confidence in doing everyday activities. Tai Chi classes are led by a trained and certified instructor, the class meets twice a week on Monday and Thursday, 60 minute sessions, for 8 weeks. This session meets from 10:00 a.m. - 11:00 a.m. Participants must be committed to attending at least 12 of the 16 class sessions, but attendance at all 16 classes is preferred. Attendance during week one is mandatory for participation due to safety reasons. This program is offered through Stony Brook Trauma Center on behalf of the NYS Department of Health Older Adult Fall Prevention Program.

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Am I My Father's Son? – Wednesday
The objective of this group is to share experiences and feelings about topics that generally affect men. Members will take turns as moderator. The topics are chosen by the workshop members. Participants are expected to be supportive and non-judgmental. Each will be considered an equal participant in a non-threatening environment. This workshop is designed explicitly for men but, as with all workshops of the Osher Lifelong Learning Institute (OLLI) at Stony Brook University, it is open to all members.

Classical Music, Themes and Variations II
We will continue to explore the history of classical music from the late eighteenth to the early twentieth centuries with a new selection of “Themes and Variations.” The goal is to make fine music more accessible and more enjoyable for everyone, with or without musical training. Topics will include the musical traditions of Italy and the United States, chamber music, nationalism and folk music, and the relationships between music and nature, art, mythology, and literature.
Einstein and The Quantum
This course will address the full significance of Albert Einstein's contribution to quantum theory. Einstein famously rejected quantum mechanics observing that God does not play dice. But, in fact, he thought more about the nature of atoms, molecules, and the emission and absorption of light - the core of what we now know as quantum theory - than he did about relativity.

Introduction to Sports Medicine
Participants will learn the language of anatomy, basic injury evaluation and rehabilitation as well as how to modify their play/exercise as they mature. Participants will need a copy of "The Anatomy Coloring Book" - 4th Edition by Wynn Kapit/Lawrence M. Elson and a set of florescent magic markers (24). Book can be purchased at Barnes and Noble - at the store or on line.

Meditation and Mindfulness
After learning to meditate, every class will have a period of meditation, then a discussion of different aspects of meditation. Experience the benefits meditation can provide.

Passionately Speaking: Right or Happy?
We will be planning to speak passionately with a command on body language and vocal strength. Techniques will include how to have great conversations and be comfortable.

Poetry and Politics in late Republican Rome
This workshop focuses on the final, tumultuous years of the Roman Republic through the poetry of Catullus and the letters of Cicero. These texts offer an intimate and often unvarnished look into Roman life, love, family, and politics with vivid, and surprising candor, yet powerful and engaging expression, revealing how very modern the ancient Romans were. Participants also have the experience of some of the most winning and enduring poetry ever written.

Spanish for Intermediate Learners
We will continue to study vocabulary, phrases and expressions and culture of the Spanish-speaking world. Emphasis will be on speaking and conversations, learning proper pronunciation and reading, together with essential grammar. Remarks: required books Practice Makes Perfect: Complete Spanish Grammar 2ed. by Gilda Nissenberg, Ph.D., Practice Makes Perfect: Spanish Conversation Premium 2ed. by Jean Yates and Spanish Reader Intermediate 1 by Iris Acevedo
Opera, Opera, Opera
Come learn about the wonderful world of Opera. In this workshop we will watch videos from the great opera houses of the world as we learn how to listen to opera and what to look for when we watch or attend an opera performance. We will watch some standard operas but, we also make occasional forays into newer operas with new and exciting singers as well as famous and familiar ones.

Chess Makes Life Better
Chess, the Royal Game, is over 1400 years old, so come on in and learn to play. We can teach you the moves in 30 minutes and you can spend the rest of your life improving your game. Join our tournament. All Skill levels are welcome.

Tai Chi for Arthritis & Fall Prevention Advanced (09/25 - 11/15)
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Brain: Anatomy & Function
Understanding the anatomy and physiology of the brain.

Digesting a Good Book (09/27, 10/25, 11/29)
Read a book. Have a lively discussion with other OLLI members in a friendly atmosphere. Examine the style and quality of the writing, the characters, the plot, the themes/problems explored and consider the what-ifs, how’s and whys as well. Members select the works of fiction or non-fiction to be "digested."

*Please read A Gentleman in Moscow by Amor Towles for the first session.

We will meet once a month on these Wednesdays: September 27, October 25, November 29.
Line Dancing
Line dance for fitness and fun. Learn country-western and international line dances. All levels are welcome, no partner needed. This course will improve your mental and physical abilities, including balance and agility.

Survey of British History
In this workshop, we will have a brief overview of the history of Britain beginning with what archaeology can tell us about ancient times and concluding with the present. The basis of our study will come from the videos of British history written and narrated by the British historian Simon Schama.

Tragic Theater – Shakespeare
We will read, discuss and view productions of three plays written at widely different times - Shakespeare’s King Lear, Ibsen’s The Master Builder and Beckett’s Waiting for Godot - and we’ll focus on the fundamental questions they ask about life: Is there any order/God in the universe? Is there any meaning in our lives? What does it mean to be human? How can we live our lives without answers to these questions?

Victorian Novels
The age was marked by contending forces and ideas, scientific discovery, evangelical ardor and morality, social injustice, rampant industrial laissez-faire abuses, and idiosyncratic vestiges of Romanticism. The novelists we shall read reveal, through their conflicted characters, the hypocrisy and turbulence of the time. The books for the Fall 2017 semester will be Pride+Prejudice, Northanger Abbey and Persuasion by Jane Austen.

Wednesday PM
Tai Chi for Arthritis & Fall Prevention Beginners (09/25 - 11/15)
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Celebration of Rock Music
This course takes us on a musical journey through the birth and growth of "Rock" Music. We will celebrate the artistry and personality of many artists. We will listen to the groundbreaking groups of "Rock" Music. Some of the artists include The Beatles, The Rolling Stones, The Who, The Band, Janis Joplin, Jimi Hendrix and Jim Morrison. We will see how the music will "Come Together" In order to make the course more enjoyable and interactive. We will enjoy "Rock" DVDs. Audience participation will be appreciated. I would glad to have you join us on our: Magical Mystery Tour."

Law and Politics
We will discuss political events of topical interest, have great speakers who are politicians, lawyers, academics, and other individuals who are of interest.

Topics in Philosophy
The workshop will touch on main areas and subjects in philosophy such as epistemology (theory of knowledge), metaphysics, ethics, and political philosophy. This fall a particular focus will be on philosophy of science. We will look at the development of scientific reasoning from the early Greeks (Thales, Pythagoras, etc.) through contemporary times. Recent concerns about the sociology and ethics of science, and about threats to the value and justification of science, will also be examined.

Opera Appreciation for People Who Hate Opera
Opera: ridiculous stories, singing/screeching for three hours, old, in a foreign language, expensive...what’s to like? EVERYTHING. Opera is fabulous. We’ll look at all aspects of opera...the voices, stories, words, drama, ballet, symphonic music and, of course, placing opera in its historical context. We’ll compare Shakespeare’s “Othello” with Verdi’s “Otello”. We will hear and watch operatic scenes from multiple operas and examine one full opera in detail.

User's Guide to the American Medical System
Health education in this country is inadequate and because of this, patients find it extremely difficult to navigate our complex health system. This workshop will provide an important overview of American medicine today including the following topics: a health insurance primer, medical economics 101, how to choose physicians and hospital, over the counter and prescription medication basics, ways to get the most out your doctor's visit, the Medicare Wellness Visit, Medicare Chronic Care Management, an overview of symptoms of common disease, medical record keeping, patient safety and much more.
Who am I?
The focus of this workshop is to continue our quest to answer that ever illusive question of "Who Am I." Together we will journey into the recesses of the human psyche in an effort to better understand how the building blocks of personality are uniquely arranged in each one of us. We will explore the history of mental disorders, including addressing the popular current issue "the person versus the situation."

The Press on Film
Explore the world and work of news reporters, editors and visual journalists through the medium of film. Each session will feature a full-length movie and follow-up discussion focused on a particular journalistic genre and various issues and practices the film depicts in the gathering and presenting of the news. The workshop leader is a veteran newspaper reporter, editor, columnist and journalism professor.

Thursday AM
Ici on parle francais
This course is for those who have a basic knowledge of French. We will continue to enrich our vocabulary and learn new structures as we develop our speaking ability. Members will engage in directed dialogues, as well as create their own dialogues with partners. We will enjoy short, humorous reading selections, as well as articles on French culture. We will sing French songs and participate in skits. The aim is to have fun while learning. Alors... venez, apprenez, et amusez-vous bien!

Sketching Faces and Caricatures
Non-competitive drawing - Fun for all. Come enjoy.

Historical Jesus - Part 1
In our quest for the historical Jesus we will explore the ways in which contemporary scholarship, scripture, and our culture have approached the life of Jesus. Weekly 25 minute video presentations will guide us. Knowledge of scripture is not required.

History of Western Art
We shall continue to examine milestones in the development and evolution of Western Art. Included are noteworthy achievements in painting, sculpture, photography and architecture. Discussed are the impact of historic events upon the lives and contributions of the artists.
Am I My Father's Son? – Thursday
The objective of "Am I My Father's Son?-Thursday" is men sharing their feelings about personal experiences with family, friends, work and other matters that generate significant feelings affecting men, sometimes either good or bad. The experiences are chosen by the workshop members. Participants are expected to be non-judgmental and supportive. Each member is considered an equal participant in a non-threatening environment. Members take turns as moderator. This workshop is designed explicitly for men but, as with all workshops of the Osher Lifelong Learning Institute (OLLI) at Stony Brook University, it is open to all members.

American Plays
We will read and discuss Dinner with Friends by Donald Margulies, The House of Blue Leaves by John Guare and The Little Foxes by Lillian Hellman. When available, we may watch videos, scenes and interviews. The plays are selected by popular vote of the class.

History of Filmmaking
We shall continue to examine significant events and achievements in the History of Filmmaking. Discussed are the lives, times and contributions of important Movie Studios, Producers, Directors, Writers, Actors, Cinematographers, Inventors, etc.

Op-Ed Thursday
Op-Ed Thursday provides you the opportunity to join in discussions of the political, social and economic issues currently affecting our lives. Each week three different volunteers bring in newspaper, internet or magazine opinion articles that would make for lively discussions by members with differing points of view. While every volunteer has the opportunity to comment first or last on their own article, they may just want to sit and listen as everyone gets a chance, face-to-face, to voice his or her own opinion on the subject.

Thursday PM
Genealogy for Beginners
Begin tracing your family history using proper genealogical techniques in this hands-on class. Discover useful websites and learn ways to organize your findings. Learn about DNA testing. Find new relatives as well as skeletons in your family's closet. Uncover brick walls and learn about serendipity. Basic computer skills and familiarity with the Internet are required.
How to Make Stress Work for You
Making Stress Work for You. Explore approaches to manage and minimize the stress in your life. The Great Course DVD by Kimberly Bonura, Ph.D. will be integrated into this class.
(Activities will be applied to the Lectures of Managing Stress, such as breathing, stress reduction techniques, and a mediation will be included in each class.)

Joy of Writing
Members bring short pieces of their own writing (mostly prose essays, creative non-fiction, or stories) to read to other participants. We distribute a copy of the piece for each participant, who can write comments. We have constructive discussions of the writing in a supportive atmosphere.

New York Times Science Seminar
This is a collaborative workshop where members take turns each week leading the discussions. Our guide is the New York Times Science Section, published every Tuesday. Volunteers introduce an article of their choosing and tell why the article is important. We will also share and discuss articles from other sources that are related to the course.

Understanding the World's Greatest Structures
This course will expose us to the genius that makes works such as the pyramids at Giza, Brunelleschi's Dome and the Brooklyn Bridge possible. We will reveal the stories behind the most famous bridges, skyscrapers, towers and more from thousands of years of history. We will show two 1/2 videos from the Great Courses and then have the rest of the time for questions and comments.

What Makes Rock n' Roll
Our course will encompass the musical pioneers that created Rock n' Roll. We will examine the life and music of some of the great artists among the genres of Country, Soul and Rhythm & Blues. A few of the many performers we will get to enjoy will include Johnny Cash, Aretha Franklin and Ray Charles. We will view DVDS of their finest musical contributions. In addition, we will examine how their music contributed to the birth of Rock n' Roll. Class participation is welcomed. Many times our classmates have some great personal memories of the Rock n' Roll Era. If possible, we may have an outside speaker join us for a class.

Stained Glass Workshop
This workshop is recommended for those who already have experience with the basic skills of cutting, grinding and soldering. It is a cooperative learning environment where members help one another to improve their techniques, sharing ideas and suggestions. Enrollment is limited to 17
Movie Making Techniques
The techniques used in making a movie are integral to its effectiveness. An Alfred Hitchcock movie, for instance, is known for creating suspense. How is this done? This workshop will examine excerpts from many movies to see how various techniques influence the narrative, the emotional effect, and the theme of a movie.

Friday AM
Investing Made Simple
Great investors are proficient in many disciplines. History, Psychology, Literature, Math, Media, Science, and Economics are at the top of the list. Learn how to apply this multi-disciplinary approach to investing. Open your mind to a new way to think about investing and become a more interesting person while you are at it. Curriculum will have a multi-media approach and include guest speakers.

Adventures in Photography and Art
Class members will submit images each week for critique from the entire class. From these critiques the maker will learn if the intended reaction from the viewers was the expected reaction of the maker. From this experience the maker will learn what might help transmit the mood, feelings or beauty for the next time.

Russia Resurrected
This is the penultimate semester of Russia resurrected. We'll begin with the Wall coming down in Berlin (11/89) and finish with the attempted Crimean Coup against Gorbachev (8/91). Putin's percolations will be discussed too.

Memoir Writing
You are the repository of the stories of your time. We will be both storytellers and historians. Memoir Writing is a group effort in which we support and critique one another's work, in an effort to produce memoirs worthy of preservation.

Learning to See the Figure
Drawing from a live model, we will interpret the figure in gesture drawings and long poses. Critiques are most helpful and useful in achieving our goals. Supplies include spiral edge drawing pad, Bristol Board pad, a variety of pencils, blending stumps, and a kneaded eraser. Optional are watercolor pencils and magic markers.
Hello SLR
This class is for photographers who want to step up to the versatility of a single lens reflex (SLR) camera. First we learn its main features; then we cover the main factors influencing exposure: aperture and shutter speed, and their attending issues: depth of field and capturing or stopping motion. After that, you will learn to use histograms, exposure compensation and fill flash.

Shakespearean Tragedy: Othello and Macbeth
This workshop continues an investigation of the themes, characterizations, and language of Shakespearean drama. Each of these later tragedies tells the story of powerful man brought to grief by a fatal flaw. Iago, one of literature's great villains, works on Othello's vulnerabilities to bring about his downfall; the witches on the heath use Macbeth's hidden desires to cause his self-destruction. A viewing of a DVD production will follow discussion of each play.

Friday PM
On1 Photo Editing
This workshop will introduce the ON1 Photo Editing Suite. In each session we will demonstrate primarily the various tools in the Develop and Effects modules followed by hands on student participation on laptops. There will be some videos and leader demos of the tools showing how one can improve the image feel and make the picture "pop" using ON1. This tool can be used as a plug-in from Light Room or Photoshop but can also be a standalone image processing system.

Israeli / Mideast Cinema
This 2 hour workshop will show a variety of provocative and timely films that will portray the culture/politics of various Middle East countries. Most sessions will offer a few minutes of orientation, film showing, and 15 minute follow-up discussion.