



STONY BROOK UNIVERSITY

Learning Never Retires

SPRING 2026 CATALOG



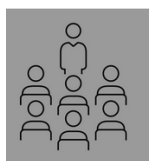
SPRING 2026 KEY DATES:

December 3 - Registration Opens

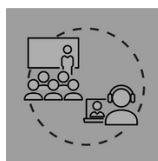
February 9 - Semester Starts

January 6 - Registration Closes

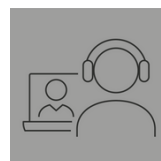
May 1 - Semester Ends



IN-PERSON



HYBRID



ZOOM

S-101 Social & Behavioral Sciences Building, Stony Brook, NY 11794-4304

stonybrook.edu/olli | 631-632-6554 | olli@stonybrook.edu

OSHER LIFELONG LEARNING INSTITUTE AT STONY BROOK UNIVERSITY

As you peruse our catalog, we hope you will find some new workshops that interest you (although old favorites are fine, too!) If, while looking through our catalog, you get an idea for a new workshop you would be willing to lead or co-lead, please let our Curriculum Committee know. We are always looking to expand our offerings with the help of our dedicated, talented and engaged membership.

All information provided in this document is *subject to change*.

On Campus Workshop Locations:

- *Social & Behavioral Sciences Building (SBS)*
- *Wang Center*
- *Student Activities Center (SAC)*
- *Student Union*
- *Research and Development Park, Building 17*

Workshop Formats:

- **H Hybrid:** These workshops will be held in person and on Zoom simultaneously, with the workshop leader conducting the workshop from the Stony Brook campus. At the time of registration, members will have the option of registering for either the in-person section or Zoom sections of the workshop
- **I In Person:** Members will come to the Stony Brook campus or select off campus locations to attend these workshops.
- **Z Zoom:** Members will attend these workshops virtually on Zoom.



Registration Information Available at:
www.campusce.net/stonybrookolli

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1:45- 4:45PM

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SPRING 2026 WORKSHOPS

ARTS & MUSIC

A Celebration of Rock & Soul Music

Bob Hayes and Susan Steinmann

In this workshop, we will view and listen to some of Rock and Soul Music's greatest performers. Besides enjoying some of their finest songs and albums, we will explore their early, formative years. This will help us to better appreciate and understand their musical craft. Our workshop is designed to be interactive, with member participation being most welcome. Your thoughts and experiences about the music of the era can add greatly to our grasp of each of the artists we will see. For example, your recollection of a particular song or album adds to our appreciation of the music. Also, if you attended any concerts by the performers, we discussed in the workshop it would be great to hear about your experiences.

A Continuing Journey of Pop artists

Gary Field and Suzanne Field

This workshop will provide biographical data and musical highlights via You Tube of Pop Artists of the period encompassing the 50's through the 80's. The goal of our workshop is to provide an informative, nostalgic and enjoyable musical experience.

A Survey of Enjoyable Music

Fred Friedberg

This workshop will present a broad overview of music that begins with the lyrical poems of the Middle Ages, the harmonies of the Renaissance, and the drama of the Baroque era. We will preview both solo and symphonic works through the classical and romantic periods with an emphasis on high energy pieces. The modern era will cover both music and dance including flamenco, tango, classical guitar, jazz (Count Basie, Big Band, others), Gypsy song, Mariachi, and Mambo.

American Plays Plus

Colleen Rudman and Kathi Matos

We read aloud and discuss (mostly) American plays. We will cover three-four plays during the semester, ranging from light to serious. Additionally, we will learn about the playwrights, consider criticisms, and discuss relevant features of the selections. It is hoped (but not required) that participants will be eager to take on roles – let your inner Bernhardt or Miranda shine through! The objective is to familiarize workshop participants with great drama and have fun!

Drawing Workshop

Richard Bova

This workshop continues the Learn to Draw series with weekly assignments on topics such as still life, landscapes, animals and others. Sessions will include discussions, instructional videos and PowerPoint slides with step-by-step instructions.

A knowledge of basic drawing skills is the sole prerequisite for participation in this workshop.

Guitar Jam: Beginner's Workshop

Douglas Hodges

If you are brand new – or already have a guitar and know a few chords – you’ll fit right in. We’ll start with the basics: how to choose a good acoustic beginner guitar and where to find one at a reasonable price. By the second week, you’ll be tuning up and learning to strum. Our goal...to play and sing together.

We'll work on singalong favorites like Take Me Home Country Roads, Blowin’ in the Wind, This Land Is Your Land, Big Yellow Taxi, Sweet Caroline, Piano Man, Don’t Stop Believin’ and more.

Whether you’re at a campfire, a barbecue, or in your living room, this workshop will get you playing guitar and singing along with friends and family. No experience needed—just bring your enthusiasm and get ready to jam!

Magic for Grandparents

Michael Maione and John Ragone

This is a beginner workshop where participants will learn the essential skills needed to perform magic to entertain friends, family, and especially kids. Each week several tricks will be taught that exploit various magic techniques including sleight of hand, psychology, misdirection, and gimmicks. Participants will learn magic with ropes, cards, money, and other ordinary objects.

Makers and Muses: Women in Italian Art, Cinema, and Literature

Center for Italian Studies

This workshop will explore contributions by Italian women protagonists in the arts and culture, be they artists, patrons, directors, actors, writers, cultural critics, and beyond, and will encompass a broad cross section of Italian culture spanning diverse chronologies and geographies. Potential workshops explore the relationship between older women and artistic achievement in Italian sculpture, and English author Lucy Baxter's life and literary contributions while living in Tuscany. Other workshops may explore women in Italian cinema, music, and popular culture.

Protest Songs/Songs of Hope of the 60s/70s

Marc Comerchero

Let’s go back to the 60s and early 70s and revisit years of tumultuous political and social climate, which inspired some iconic songwriters to compose legendary songs of protest and hope. Listening to these songs will most certainly lead to some healthy discussion of the news and concerns from way back!

Seasonal Crafting

Pam O’Brien and Nancy Pally

Participants will use their creativity to complete various crafts for the spring and summer seasons. We are going to do a little bit of everything including paper crafts, painting and decoupage. Fun and accessible crafts for all skill levels.

So, You've Always Wanted to Act ❶

Debbie Starker

Emphasis on performance, members will be encouraged to choose a monologue (or dialogue with a classmate) to be performed and perfected throughout the semester. Memorization encouraged but script-in-hand is acceptable.

Stained Glass Workshop ❶

Diane Streuli, Susan Vlahakis and Linda Hamatz

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 making suggestions.

The New OLLI Singers ❶

Debbie Starker and Ed Metzendorf

Our goal will be to learn and perform standards and pop music in a fun setting. Prior choral singing is a plus. Must be able to match a note and hold a part as we will be singing in harmony.

Topics in Art History ❶

Angela Bari

This semester we will continue to explore the Impressionist Movement and the works of the Post Impressionists. We look at the political and economic factors that impact the art of that era. Examples are drawn from museums, galleries and art auctions, with emphasis on museums in the New York area. We also include diversions drawn from news such as museum exhibitions and local galleries. Ideas for diversions can also be inputted from workshop participants.

Watercolor Studio ❶

Robert Stone and Dorothy Sterrett

In this workshop, we will explore more advanced techniques/concepts in watercolor painting. We will create watercolor paintings and constructively critique each other’s work. Participants should be experienced in the creation of watercolor paintings, along with basic drawing skills. We will reference the work of established artists to inform our work. Our goal is to grow together as watercolor artists.

COMPUTERS & TECHNOLOGY

Introduction to the Macintosh Computer ❶

Frank De Rubeis

The purpose of this course is to teach the fundamentals of the Macintosh computer. The course will include a discussion of the current Operating System (OS) and some of the older versions of MacOS. The course will start with setting up your computer and go on to discuss system functions, the Mac hardware (e.g., mouse, ports, hard drive, etc.), including software (e.g. Pages, Numbers, Photo, etc.), networking, communications (e.g. email, messaging, etc.), printing, and other computer uses. At the end of the course, the student should be familiar with how to set up and use the computer to be able to go on and learn the more advanced features and software of the Mac. Bringing a laptop to class might be useful, but it is not required.

Google FREE Stuff? ❶

Thom Brownworth and Mark Correa

Through hands-on In-Person Workshop sessions we will look at an array of Google Apps for their usefulness in our lives. We will also see how to make them work for us. The people who come will choose which Google Apps to learn and practice. Since this workshop is hands-on, you will need to bring your Laptop Computer OR a Tablet. A phone is just too small a screen to be able to read the text on a phone. Also, you will need to know how to join the Wolfie net-secure Wi-Fi on your device. You can come to a Tech Help Session prior to the start of the Workshops on February 9th.

TV, FILM & ENTERTAINMENT

Now that’s Entertainment ❷

Jeff Hollander, Diane Hollander and Larry Fein

We invite you to join us for another sentimental journey highlighting the greatest entertainers of our lifetimes. We'll revisit extraordinary stars whose careers dominated the 20th Century and beyond. Expect to be moved as you learn about their families, interviews, performances, awards and scandals through discussions and special videos. You’ll be challenged with weekly clues to guess the newest superstar. We especially enjoy making you smile and reminiscing in a welcoming stress-free zone while sharing experiences with your OLLI friends.

WUSB Unplugged: A Series of Conversations with DJs and Hosts from the Stony Brook University Radio Station ❶

SBU WUSB radio

There is a wealth of talent in the air at WUSB, and each week in this workshop, we will discover and meet with some of their stars. Rather than a lecture, our format will be OLLI members interviewing these radio personalities, from shows like "Jazz on the Air," "Bluegrass Time," "Sunday Street Acoustic," "Down Home Country," "Shades of Blues," "The Sounds of Film," and "With the Beatles." We will also meet with hosts of several talk shows, such as "Uncritical Thinking," "Global Alert News," and "Health: Yeah!"

The Twilight Zone ❶

Robert Mirman and Jay Zuckerman

We present two episodes per week as well as present information about the life of Rod Serling. Each episode is discussed with a focus on how the work of Mr. Serling is as relevant today as it was when the program was produced.

GAMES & LEISURE

Beginning Bridge Part 3 ❶

Linda Good and Merna Avril

We will be reviewing Stayman convention, learning Jacoby transfers, strong opening bids, slam bidding, and other conventions as time permits.

Casual Cards and Games ⓘ

Mary and Scott McMullen

The Casual Cards and Games workshop is open to all OLLI members, whether they have taken the workshop in the past or are new to this offer. We will continue to have an extended-time workshop to allow players to gain more experience with the games. There will be a mix of games played in past workshops and one or two new games. Each session will start with an explanation of a game’s rules and strategies and then participants will play. Each game is played for one to three weeks. Come join in the fun and camaraderie.

Duplicate Bridge ⓘ

Arnie Fox and Sherry Shore

We will continue to enhance our bridge skills in a duplicate environment. Participants should have knowledge of conventions and techniques from previous semesters. Contact either workshop leader if you are unsure whether this workshop is appropriate for you.

Kitchen Bridge ⓘ

Mary Hance and Laura Joseph

If you learned the fundamentals of Bridge, and don't want to engage in a Duplicate Bridge experience, come and play a friendly, no-score keeping, no-partner rotation game of Bridge.

Let’s Play Chess ⓘ

Dan Sherry and Carlos Delossantos

This workshop will be a chance for people to have the opportunity to play the game. Based on beginner to accomplished levels, participants will be paired off for a game or two. Beginners will have an opportunity to learn basic concepts and opening moves. The workshop will open with a short (5 minutes) of interesting facts/history of the game. Enjoying the game will be our primary goal.

HEALTH & WELLNESS

ABC’s for Personal Safety: Awareness, Balance, Coordination, and Strength ⓘ

Iris McKenna

During my workshop, participants will learn some valuable skills and techniques that can develop greater self-awareness, enhance personal safety and boost confidence. All ages/levels welcome, chairs provided

Am I My Father’s Son? ⓘ

Joe Perlman and Ed Kislik

This workshop is designed for men to share their experiences and discuss their feelings about various subjects that affect men. Members take turns choosing topics for discussion. Participants are expected to be supportive and nonjudgmental in a non-threatening environment.

Making Stress Work for You ⓘ

Wayne Snell

Change your mind - to change your stress. Overstressed? Learning from your Physical and Mental stress. Ways to schedule and manage stress. Will use the Great Course, DVD, How to Make Stress Work for You, by Dr. Kimberly Bonura. Will include a 15 min meditation at end of class.

Meditation and Mindfulness ⓘ

Karen Santoro

The practice of meditation and mindfulness can lead to lowering stress, developing a more positive outlook, and helping to deal with physical challenges in our everyday lives. Smile, relax, and free your mind by practicing meditation and mindfulness.

Mindfulness Made Easy ⓘ

Edward Schechtman

Mindfulness practice promotes a sense of calm and clarity that will help you to see the world, and your place in it, differently. You, and others, will notice healthful changes in you.

Mysteries of Aging ⓘ

Larry Wilson

This course will explain the aging process and what happens to us as we age. We will delve into some of the science behind aging. We will answer the questions of why our appearance changes and what happens to us physically as we age. We will also cover why we age from an evolutionary perspective. In addition, we will go over what we can do to slow down the aging process.

The Science Behind Living Your Best Life ⓘ

SBU Center for Healthy Aging

The Science Behind Living Your Best Life is an 11-part workshop series created through a collaboration between the Stony Brook Center for Healthy Aging (part of Stony Brook Medicine) and the Osher Lifelong Learning Institute (OLLI) at Stony Brook University.

Developed for OLLI members, the series brings together leading researchers and clinicians to explore topics spanning fall prevention, brain and joint health, nutrition, and mental well-being. These interactive sessions translate cutting-edge research into practical strategies for everyday life, empowering participants to stay active, informed, and connected.

Yoga 101 ⓘ

Denise Teague

Yoga 101 welcomes all those who are new or have little experience with yoga. We will focus on the basics of yoga at a pace that is not overwhelming and in an environment that is safe, welcoming, and non-judgmental. Students will be introduced to yoga postures through step-by-step verbal descriptions and demonstrations. Emphasis is placed on student understanding, safety, and stability. Supplies Needed: A yoga mat, yoga blocks, and a blanket are needed. Students should wear comfortable clothing.

There is a waiver requirement for this workshop, and the waiver must be submitted for you to participate in the workshop.

HISTORY & POLITICS

20th Century American Presidential Elections 1

Kenneth Geils and Dana Geils

This term we'll begin with the Election of 1932 with the balance of the workshop delving into the 1940 Presidential Campaign & Election. As well, hopefully, the fall midterms will come into greater focus.

A History of Long Island Native Americans – Part 2 2

John Gobler

This course will take you on the journey of the Native North Americans to Long Island that starts in Siberia some 30,000 year ago. Along the way we will learn from their hardships, their amazing cultural developments, their crafts, skills, living styles and their societal norms. You will be astonished about what we will discover about their first 14,000 years in North America and finally saddened by their demise at the hands of European explorers and settlers in the last 1,500 years of their existence... This is truly an epic journey and story!

American Foreign Policy 2

Martin Levinson

This workshop will involve discussions of the eight critical foreign policy issues that are listed in the 2026 Great Decisions Program, America's largest discussion program on world affairs.

Current Events 2

Len Farano

Participant discussion of current events, with an occasional emphasis on politics and changing laws.

NEVER Again: The Holocaust and Its Aftermath 1

Rabbi David Altman

Study of the holocaust in Europe and rise and fall of Adolph Hitler.

Op-Ed, Your Opinion of Their Opinion 1

Ken Buxbaum and William Russell

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

Rights, Camera, Action! 1

Tony Parlatore and Laura Joseph

Films with legal, political, or constitutional issues will be viewed and discussed in this popular and recurring

workshop. Movies presented in past semesters ran the gamut from serious (12 ANGRY MEN) to humorous (MY COUSIN VINNY) and covered many areas of law and civil rights. The interactive workshop covers the movies’ “backstories”, making, and a study of what is “real” or “reel”. Not only do participants enjoy good flicks, but they also learn about the law.

The Constitution: Written in the Past, amended in the Present, and Governing Our Future 1

Richard Ernst

An analysis of the original US Constitution and Bill of Rights and subsequent amendments. In addition, how these have been interpreted by Courts.

Women You Should Know 1

Ella Nyc, Mary Hance and Fran Leiboff

Can you name 5 women explorers? If not, then we invite you to join us to learn about brave & exciting women explorers you should know.

World War II 1

Paul Knel

We will discuss the personalities and events that were involved in the War.

LANGUAGE & COMMUNICATION

Conversational French 1

Linda Dapolito

This workshop is geared to the intermediate level, to give French language learners practice in listening and speaking. We will start each session with a very brief grammar review, then break up into small groups for short discussions/questions/answers based on a pre-arranged topic suggested by the participants: i.e. food, colors, pets, childhood, travel, etc. Together we will finish each session by reading from a contemporary French novel and use this also as a basis for discussion and vocabulary enrichment. We will try to speak French as much as possible. BUT - Your spoken French does NOT have to be perfect: all that's necessary is a willingness to participate in a very friendly and relaxing atmosphere!

Español: Pasado, Presente y Futuro 1

Anahi Walton Schafer

This is short, intensive conversational Spanish for Travelers. The goal is to speak right away and a lot in situations travelers encounter regularly: airport, customs, hotel, getting around, shopping, meals, and entertainment.

Exploring the World of Journalism 1

The goal of the School of Communication and Journalism (SoCJ) is to create a fairer, more just, and more rational world through effective communication. These sessions from SoCJ will touch on writing op-eds, fairness, bias and balance in the news, fact-checking information online and on social media, and health reporting.

Ici on Parle Français ⓘ
Catherine McDonnell

This workshop is a continuation of 'French for Beginners.'
We will continue learning basic vocabulary and grammar through a wide variety of activities, with a focus on conversation. So, come learn to speak French and have fun!

LITERATURE & WRITING

Adolescent Literature for Adults: Banned Books II ⓘ
Ellen Perz

Discover the power of literature written for adolescents. These novels are not just for young adults – they are rich in theme, prose, and character, making them an engaging reading experience for adults as well. In this session, we will be focusing on banned books. Join our informal, discussion-based classes to explore these "controversial" novels.
NOTE: Different novels will be read this semester. Books can often be read in one day.

Digesting a Good Book ⓘ
Dana Geils

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, hows and whys as well. Reading both fiction and nonfiction, we will be reflecting on the issues addressed, thinking about how our own experiences affect our understanding of the material and what our reactions are to comments other members have made.
This semester we will be meeting only twice, once in March and once in April.
For the March session, please read: *The Time of the Child*, by Niall Williams.
For the April session, please read: *Olive, again* by Elizabeth Strout.

Great Books ⓘ
Anita Edwards

This workshop will continue a discussion of American regional/realistic writers with a reading of Sarah Orne Jewett's *The Country of the Pointed Firs*, and Henry James' *Portrait of a Lady*.

Great Short Stories - Raymond Carver ⓘ
Joe Perlman

Each week we will discuss 1-2 of his stories in depth, using the structured discussion method. Participation in previous Great Short Story workshops is not required since each year we focus on a different writer.

History through Literature ⓘ
Joseph Napolitano, Laura Filipino and Judy Albano

Join in stimulating discussions about works of historical literature. This is a collaborative workshop in which members are expected to participate in and lead discussions. The co-leaders will assist as needed in leading workshop sessions. Our discussions include but are not

limited to the author, historical period, character and plot development.
Books for the spring semester are:

1. *Paris Undercover: A Wartime Story of Courage, Friendship, and Betrayal* by Matthew Goodman
2. *The Lion Women of Tehran* by Marjan Kamali
3. *Motherland: A Feminist History of Modern Russia, from Revolution to Autocracy* by Julia Ioffe
4. *The CIA Book Club: The Secret Mission to Win the Cold War with Forbidden Literature* by Charlie English
5. *The Briar Club* by Kate Quinn

John Steinbeck’s The Long Valley ⓘ
Richard Hart

John Steinbeck's early collection of short stories, *The Long Valley* (including *The Red Pony* stories), 1938, presents some of his best and most powerful work. The at-times violent, yet always beautiful, stories paint a vivid and moving picture of the California landscape in which Steinbeck spent his early life and career. We will read and discuss ten of the stories.

Memoir Writing ⓘ
Dorothy Schiff Shannon

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, to produce memoirs worthy of preservation.

Poetry Out Loud ⓘ
Florence Mondry

A workshop for the discussion of poetry presented by volunteer members to discover together the pleasure and beauty of poems and get to know the poets who created them in an environment conducive to understanding what makes a poem a poem.

Poetry Workshop ⓘ
Geraldine Kaplan and Bob Stone

The focus of this workshop is the craft of writing poetry. Participants bring in their poetry and share their work with the group. The goal is to point out the strengths of writing with the goal of encouraging the writer to continue writing and improve their skills in writing poetry.

Science Fiction in Print and Film ⓘ
Scott McMullen

Recent or long-time science fiction fans, as well as people curious about this genre will enjoy this workshop.
Over the course of the semester workshop participants will “explore” a science fiction theme. Time travel is the theme for spring 2026. We will read selected short stories and novels and view topical movies and/or television episodes. Selections will range from classics to more recent offerings.
Small and large group discussions of the works will occur focusing on plot, theme, characters, science (real or imagined), our opinions of the work, and whether there is a message for people beyond simple entertainment.
Workshop participants are encouraged to read the first two novels before the first session of the workshop: *The End of Eternity* by Isaac Asimov. Also, for the short stories to be

read and discussed, purchase or borrow, The Time Traveler’s Almanac, edited by Ann and Jeff VanderMeer. “People like us, who believe in physics, know that the distinction between past, present, and future is only a stubbornly persistent illusion” Albert Einstein.

Shakespeare in Your World

Amy Benjamin

In this workshop, we will delve into Shakespearean monologues. Some of the weekly themes will be justice, revenge, doubt, love, opportunity, death, destiny, and deception. You will find that Shakespearean language is more accessible than you may have thought, and that his characters experience the same joys, uncertainties, and pains that you do.

The Mystery Novel as Literature: The Golden Age of the Detective Story

Tasha H. Greenberg

We will be reviewing the lives, times, and works of writers of the Golden Age of the Detective Story: the early to mid1900s. Writers included will be Agatha Christie, Ngaio Marsh, Ellery Queen, Dorothy Sayers, and more.

The Voyage of St. Brendan, the Abbot

Thomas Hayes

The "Voyage", Ireland's major contribution to medieval literature, joins a boat load of monks as they explore the North Atlantic (maybe New England?) seeking God, and the marvels of creation and some hair-raising adventures. We will be looking at the Latin text and English renditions. Dramamine is not required.

Tragic Theater

Arthur Bernstein

This semester we’ll read and discuss in depth The Tempest by William Shakespeare, Long Day’s Journey into Night by Eugene O’Neill, and A Delicate Balance by Edward Albee.

Writers at Work (Previously “The Craft of Writing”)

Amy Benjamin and Mary Ann Sommerstad

A round-table presentation and discussion of members' writing in various genres, such as fiction, non-fiction, poetry, essays, and scriptwriting. Emphasis is on effective writing techniques, rather than overall storytelling, so presentations are limited to 500 words. Longer works may be excerpted or serialized over the course of the term.

PHOTOGRAPHY

Adventures in Art and Photography

Eric Lohse

A workshop for all interested in sharing their images, whether photographs or paintings. Each session will view and discuss the images with the goal of achieving effective images. All skill levels are welcome. Look, laugh and learn.

Creative Photography

Doris Diamond

The focus of this workshop is creative photography ideas and methods. The objective is to inspire the participants to try lots of ways to enhance their photos as well as to try new subjects and in-camera techniques.

SCIENCE & PHILOSOPHY

A Journey into the Great Divide of Human Consciousness

Anthony A. Esposito

The Great Divide, the Explanatory Gap, The Hard Problem of Consciousness. Familiar terms used to describe the “gap” between the subjective and objective world of our experience. While mid-twentieth-century split-brain research identified separate functions of both the right and the left hemispheres, little was understood of the evolutionary niche from which this brain morphology originates. In the presentation, we will explore the ways we navigate this divide and the world each hemisphere brings to our conscious experience. Much of this presentation is inspired by a study published by Dr. Iain McGilchrist, titled The Master and His Emissary.

A Potpourri of Topics in Physics Mostly

Edward Wright

The workshop will explore a fascinating mix of topics—from the scale of the universe down to the atom, to radioactivity, planetary defense, planetary motion, general relativity, quantum mechanics, and Newton’s laws. While physics is rooted in math, I’ll keep math to a minimum so we can focus on the big ideas and surprising discoveries. I think you’ll find the journey both exciting and inspiring

Behavioral Neurosciences Amazingly Simplified: Don’t Retire! Rewire! Refire!

Paul Mohan

We will focus on the Causes of Behaviors (Emotional vs. Regulatory): the fascinating NS of Smell and Taste on Appetite & Nutrition; how NS of Pain, Emotion, Genetics influence them. · To make the workshop FUN and Enjoyable, we avoid the complexities of Neurosciences (NS). Instead, we use: Simplified Presentations, Video Clips, Fun Exercises and Discussion interspersed with MUSIC and COMEDY to illustrate: 1. How to Enhance MEMORY, LEARNING and Motivation. 2. Neuro-degenerative conditions (e.g., Dementia, AD, Parkinson’s): Detecting Early Symptoms and ways to Lower or Eliminate their risks. 3. NS of Music – Cognitive & Physical Exercise – Sleep – Five Senses – Inter-Personal Relations. 4. Using the above to AVOID STRESS and helping us to Age Gracefully – Leading to Happier, Healthier, and more Enjoyable Lives! Please note: A Science Background is NOT necessary! The only prerequisite is an “open mind.” ·The only resources you need to bring are your “creative juices.” · It is important to note that: any medical information (via videos, presentations, discussions or otherwise) is NOT intended to replace professional medical advice; and should NEVER be used for self-diagnosis or self-treatment.

Continuing the Journey into the Great Divide, Part II – The Psyche ⓘ
Anthony A. Esposito

The Psyche has a long history dating back to antiquity representing fundamental forces/concepts of human nature/mind. In this workshop we will explore some of the mysterious depths of the human mind.
Pre-requisite: A Journey into the Great Divide of Human Consciousness

“Near Death & Spiritually Transformative Experiences” How These Experiences Change Lives in a Meaningful Way ⓘ
Catherine Chapey

In this workshop we will learn about Near Death Experiences (NDE’s) and Near Death Like or Spiritually Transformative Experiences (STE’s). We will listen to different speakers that will share about their NDE’s and STE’s. When we have a speaker join us, there will be time for Q and A after our speaker shares. We will come to understand how their life journeys were altered through these extraordinary life-changing events. We will discover how these experiences have changed them for the better. We will also explore some of the obstacles these people have gone through because of their NDE’s and STE’s and have overcome. We will come to an understanding of how these obstacles have eventually been a catalyst for them to be able to live their life in a more authentic and purposeful way. We will explore together as group what we have learned from these NDE’s and STE’s. We will discuss how their experiences have been transformed and how these people then go on to help others to understand that we are much more than just our physical existence. We will discuss the implications of such experiences in society. We will also discuss how these Extraordinary Experiences are changing, not only for the NDE and STE Experiencers, but also for the many that hear their stories. I hope you can join us as we delve into this fascinating topic of Spiritually Transformative Experiences and Near-Death Experiences and how knowing and learning about these experiences can change our world for the better.

Let’s Talk About Climate Change ⓘ
Thomas Roser

I will discuss the basics and latest findings of climate science, the history and future predictions of the earth’s climate, and, from the perspective of a physicist, describe possible ways to reduce the emissions of CO2 gas and therefore limit future temperature increases.

New York Times Science Seminar ⓘ
Bonnie Marks and Allen Sachs

Join a lively discussion of recent articles from the New York Times Science section. Each week participants select the articles of greatest interest, and workshop leaders present summaries.
Added background and explanations of the underlying science are included. Volunteers are welcome to help lead the discussions. Articles from other sources may also be included. So come join the group and add your knowledge or learn something new.

Our Planet in Focus: Climate, Culture & Sustainability ⓘ
SOMAS & C4E

The “Planet in Focus” Series hosted by the Osher Lifelong Learning Institute (OLLI) at Stony Brook University is a series of talks covering climate, culture, oceanic change and sustainability. This collaborative effort is sponsored by the Collaborative for the Earth (C4E) and the School of Marine and Atmospheric Sciences. Scientists, researchers and practitioners will present topics covering varied perspectives on the future of planet Earth.

Reimagine Your Garden, Rethink Your Practices ⓘ
Anahi Walton Schafer

The goal of this workshop is to make the case for a more environmentally friendly way to garden. We will discuss the benefits of creating a more sustainable habitat for pollinators, birds, and humans by learning how to improve the soil, introducing more native plants -especially keystone plants-; lessening the presence of exotic and invasive species; managing uninvited guests (pesky animals), Spring cleanup revisited, and will end with a plan for your garden to reduce watering and maintenance.

The Theory of Reincarnation and Its Sources ⓘ
Gregory Alexander

This will be a 2-semester workshop, but each semester can be taken independently. We will cover the work of Ian Stevenson, MD and other researchers in the field. The central topic will be the theory of reincarnation in 4 world religions: Hinduism, Buddhism, Kabbalistic Judaism and Christianity.

Understanding Genetics ⓘ
Edwin Cohen

Gain a solid background on DNA and Genetics and stay current with the latest advances in genetic engineering.

Wouldn’t You Like to Know? ⓘ
Bruce Stasiuk

In this workshop we will do sundry things, such as finding out the meaning of words like sundry.
We will also do critical thinking, but without being critical. We will learn that the border between the United States and Canada is almost, but not quite 5,555 miles.
There's more but...

*Many thanks to our workshop
leaders for your passion,
commitment and hard work.*

*You are key to the success
of our program!*

