



**STONY BROOK
UNIVERSITY**

FALL 2026 CATALOG



FALL 2026 KEY DATES

July 1 - Registration Opens

September 8 - Semester Starts

July 27 - Registration Closes

November 23 - Semester Ends



IN-PERSON



HYBRID



ZOOM

S101 Social & Behavioral Sciences Building

Stony Brook, NY 11794-4310

(631) 632-6554 | olli@stonybrook.edu

[OLLI Home](#) | [Osher Lifelong Learning Institute](#)

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 in the future, 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



Index by Title

Workshop Name	Workshop Leader	Page
A Celebration of Rock and Soul Music	Bob Hayes	9
A Continuing Journey of Pop Artists	Gary Field, Suzanne Field	10
A Journey into the Great Divide of Human Consciousness	Anthony A. Esposito	18
A New Look at David: Shepherd, Outlaw, Poet, "Family Man," King, and Messiah Ancestor	Stephen Karol	14
A Survey of Enjoyable Music: Updated and Refreshed	Fred Friedberg	10
Adolescent Literature for Adults in Books and Film	Ellen Perz	15
Advanced Photoshop: Masking and Selections	Robert Oliva	17
Adventures in Art and Photography	Eric Lohse	18
American Plays Plus	Kathi Matos and Colleen Rudman	16
American Presidential Elections: Kennedy vs Nixon 1960	Dana Geils and Kenneth Geils	15
An Early History of Long Island Aviation? 1883-1940	John Gobler	14
Bach, Beethoven and Beyond	John Kreutz	11
Beginning Bridge Continued	Merna Avril and Linda Good	13
Behavioral Neurosciences Amazingly Simplified	Paul Mohan	19
Casual Cards and Games	Mary McMullen and Scott McMullen	12
Cicero, Philosophy's Roman Valet	Thomas Hayes	16
Continuing the Journey into the Great Divide, Part II - The Psyche	Anthony A. Esposito	19
Conversational French	Linda Dapolito	15
Creative Photography	Doris Diamond	17
Current Events	Len Farano	14
Dance and Exercise Class	Kendra Block	14
Digital Images for People Who Don't Know Anything About Them	Michael Boren	17
Digesting a Good Book	Dana Geils	16
Duplicate Bridge	Arnie Fox and Sherry Shore	12
Famous Speeches in American History	Charles P. Clancy and Steven Ginsberg	14
Google Free Apps and How to Use Them	Mark Correa and Thom Brownworth	11
Great Books	Anita Edwards	17

Great Short Stories: John Cheever	Joe Perlman	16
Guitar Jam II: Song Workshop	Douglas Hodges	10
Guitar Jam: Beginners Workshop	Douglas Hodges	9
History Through Literature	Judith Albano, Laura Filipino, and Joseph Napolitano	14
Ici on Parle Francais	Catherine McDonnell	15
Introduction to the Macintosh Computer	Frank De Rubeis	11
Jazz Singers and The Great American Songbook	Marty Rubenstein	9
Join the Happy Hookers -- Crochet with Grace!	Grace Barry	10
John Steinbeck's <i>The Long Valley</i> and <i>The Pearl</i>	Richard Hart	17
Kitchen Bridge	Mary Hance and Laura Joseph	13
Learning to Have Healthier Eating Habits	Gina Van Son	13
Let's Play Chess	Carlos Delossantos and Daniel Sherry	12
Let's Play Mah Jongg	Leah Goodman	13
Let's Talk about Climate Change	Thomas Roser	19
Let's Talk Sports	Larry Fein and Jeff Hollander	13
Mean Streets & Masterworks: The Early Films of Martin Scorsese	Michael LoMonico	12
Memoir Writing	Dorothy Schiff Shannon	17
Mysteries of Aging	Larry Wilson	13
Nature: The Unintelligent Designer	Bob DeCostanzo	19
Near Death & Spiritually Transformative Experiences	Rev. Catherine Chapey	18
<i>New York Times</i> Science Seminar	Bonnie Marks and Allen Sachs	18
Now That's Entertainment	Jeff Hollander, Diane Hollander and Larry Fein	12
Op-Ed, Your Opinion of Their Opinion	Ken Buxbaum and William Russel	15
Original <i>Star Trek</i> : Beyond the Final Frontier	Peggy Oliva and Robert Oliva	12
Photo Editing - What Comes After The iPhone	Michael Boren	17
Poetry Out Loud	Florence Mondry	16
Poetry Workshop	Geri Kaplan and Bob Stone	15
Protest Songs / Songs of Hope of the '60s & '70s	Marc Comerchero	10
Ragtime: The Novel and Its Times	Amy Benjamin	17
Rights, Camera, Action!	Tony Parlatore and Mark Prendergast	15
Science Fiction in Print and Film	Scott McMullen	16

Seasonal Crafts	Pamela O'Brien and Nancy Pally	10
"So Where is Everybody?!"	Ralph Maust	18
So You've Always Wanted to Act	Debbie Starker	10
Socks 101	Doris Esposito and Jane Marie Wright	11
Stained Glass Workshop	Linda Hametz, Diane Streuli, and Susan Vlahakis	10
Tai Chi for Health and Balance	Kristi Ladowski	13
The Constitution - Where We Were, Where We Are and Where We Are Going	Richard Ernst	14
The Great Tours: The World's Most Sacred Sights	Ed Cohen	18
The New OLLI Singers	Ed Metzendorf and Debbie Starker	9
Topics in Art History	Angela Bari	9
Topics in Physics	Walter Feldman and Edward Wright	18
Tragic Theater	Arthur Bernstein	17
Travels with Irma and Sol	Irma Gurman and Sol Gurman	12
Twilight Zone	Robert Mirman and Jay Zuckerman	11
Understanding Artificial Intelligence & Cyber Security: Practical Technology Skills for Everyday Life	John Ragone	11
Understanding Electronics	Richard Bova	11
Watercolor Painting for Beginners	Annette Napolitano	9
Watercolor Studio	Bob Stone and Dorothy Sterrett	10
Women You Should Know - TV Edition	Mary Hance, Francine Leiboff, and Ella Nyc	14
World War II	Paul Knel	15
Writers at Work	Amy Benjamin and Mary Ann Sommerstad	17
Yoga 101	Denise Teague	13

Index by Day

MONDAY

10:15 - 11:30 AM

Twilight Zone

TV, Film and Entertainment

History Through Literature

Literature and Writing

The Constitution: Where We Were, Where We Are and Where We Are Going

History and Politics

Photo Editing: What Comes After the iPhone

Photography

Advanced Photoshop: Masking and Selections

Photography

Poetry Workshop

Literature and Writing

12:00 - 1:15 PM

The Great Tours: The World's Most Sacred Sights

Science and Philosophy

Understanding Artificial Intelligence & Cyber Security

Computers and Technology

Mysteries of Aging

Health and Wellness

Introduction to the Macintosh Computer

Computers and Technology

Current Events

History and Politics

A Celebration of Rock and Soul Music

Arts and Music

12:00 - 3:00 PM

Watercolor Painting for Beginners

Arts and Music

1:45 - 3:00 PM

New York Times Science Seminar

Science and Philosophy

Topics in Art History

Arts and Music

The New OLLI Singers

Arts and Music

Adolescent Literature for Adults in Books and Film

Literature and Writing

A Survey of Enjoyable Music: Updated and Refreshed

Arts and Music

TUESDAY

8:30 - 9:45 AM

Learning to Have Healthier Eating Habits

Health and Wellness

8:45 - 9:45 AM

Tai Chi for Health and Balance (meets twice per week)

Health and Wellness

10:15 - 11:30 AM

Famous Speeches in American History

History and Politics

"So Where is Everybody?!"

Science and Philosophy

Jazz Singers and The Great American Songbook

Arts and Music

Guitar Jam: Beginner's Workshop

Arts and Music

Topics in Physics

Science and Philosophy

Cicero, Philosophy's Roman Valet

Literature and Writing

Yoga 101

Health and Wellness

12:00 - 1:15 PM

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

Arts and Music

A Journey into the Great Divide of Human Consciousness

Science and Philosophy

Guitar Jam II: Song Workshop

Arts and Music

Google Free Apps and How to Use Them

Computers and Technology

American Plays Plus

Arts and Music

1:00 - 4:00 PM

Duplicate Bridge

Games and Leisure

1:45 - 3:00 PM

Mean Streets & Masterworks: The Early Films of Martin Scorsese

TV, Film and Entertainment

A New Look at David: Shepherd, Outlaw, Poet, "Family Man," King and Messiah Ancestor

History and Politics

1:45 – 3:00 PM

Travels with Irma and Sol

Games and Leisure

1:45 – 3:15 PM

Seasonal Crafts

Arts and Music

1:45 – 4:00 PM

So You've Always Wanted to Act

Arts and Music

WEDNESDAY

8:30- 9:45AM

Ici on Parle Français

Language and Communication

8:30-11:30 AM

Watercolor Studio

Arts and Music

10:00 – 11:30 AM

Digital Images for People Who Don't Know Anything About Them

Photography

10:15 – 11:30 AM

Conversational French

Language and Communication

Great Short Stories: John Cheever

Literature and Writing

Science Fiction in Print and Film

Literature and Writing

Women You Should Know – TV Edition

History and Politics

12:00 – 1:15 PM

Poetry Out Loud

Literature and Writing

Original Star Trek: Beyond the Final Frontier

TV, Film and Entertainment

Near Death & Spiritually Transformative Experiences

Science and Philosophy

Digesting a Good Book

Literature and Writing

12:00 – 1:45 PM

Casual Cards and Games

Games and Leisure

THURSDAY

8:45 – 9:45 AM

Tai Chi for Health and Balance (*meets twice per week*)

Health and Wellness

10:15 – 11:30 AM

A Continuing Journey of Pop Artists

Arts and Music

Nature: The Unintelligent Designer

Science and Philosophy

Join the Happy Hookers – Crochet with Grace!

Arts and Music

Let's Play Chess

Games and Leisure

An Early History of Long Island Aviation? 1883-1940

History and Politics

Tragic Theater

Literature and Writing

10:15 – 3:00 PM

Stained Glass Workshop

Arts and Music

12:00 – 1:15 PM

Bach, Beethoven and Beyond

Arts and Music

Socks 101

Arts and Music

Continuing the Journey into the Great Divide, Part II – The Psyche

Science and Philosophy

Now That's Entertainment!

TV, Film and Entertainment

Let's Talk Sports

Games and Leisure

1:00-4:00 PM

Beginning Bridge Continued

Games and Leisure

1:45 – 3:00 PM

Let's Talk About Climate Change

Science and Philosophy

2:30 – 5:00 PM

Writers at Work

Literature and Writing

3:30 – 4:45 PM

John Steinbeck's *The Long Valley* and *The Pearl*

Literature and Writing

Nature: The Unintelligent Designer
Science and Philosophy

FRIDAY

8:30 - 9:45 AM

American Presidential Elections: Kennedy vs Nixon 1960

History and Politics

Adventures in Art and Photography

Photography

8:45 - 10:00 AM

Dance and Exercise Class

Health and Wellness

9:30 - 11:30 AM

Memoir Writing

Literature and Writing

Let's Play Mah Jongg

Games and Leisure

Kitchen Bridge

Games and Leisure

10:15 - 11:30 AM

World War II

History and Politics

Understanding Electronics

Computers and Technology

Creative Photography

Photography

12:00 - 1:15 PM

Op-Ed, Your Opinion of Their Opinion

History and Politics

Ragtime: The Novel and Its Times

Literature and Writing

Behavioral Neurosciences Amazingly Simplified

Science and Philosophy

Great Books

Literature and Writing

1:45 - 4:45 PM

Rights, Camera, Action!

History and Politics

FALL 2026 WORKSHOPS

ARTS & MUSIC

Watercolor Painting for Beginners ①

Annette Napolitano

This workshop is aimed at providing students with the fundamentals of painting in watercolor. We will explore the color wheel and how colors interact, the tools of the craft, the use of different materials in a painting, and how to go about creating one's own "masterpiece."

There will be demos and the use of YouTube.

Students will be required to bring their own supplies (paint, paper, brushes, palette, container for water, pencil, eraser, and paper towels or a rag) and will be encouraged to work independently. A complete list of supplies will be given at registration. Guidance and instruction will be provided as needed.

A Celebration of Rock and Soul Music ②

Bob Hayes

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 view. For example, your recollection of a particular song or album adds to our appreciation of the music. Also, if you attended any concerts of the performers we discuss in the workshop it would be great to hear about your experiences.

The New OLLI Singers ①

Debbie Starker, 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 ①

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 input from workshop participants.

A Survey of Enjoyable Music: Updated and Refreshed ②

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 songs, Mariachi, and Mambo.

Jazz Singers and The Great American Songbook ①

Marty Rubenstein

The GREAT AMERICAN SONGBOOK are the wonderful songs of Irving Berlin, Cole Porter, George Gershwin, Harry Warren, and others that were composed all through the years. Jazz singers gave us versions of these tunes that were enjoyed by millions. In our class we will listen and again enjoy the lyrics and melodies as sung by great singers.

Guitar Jam: Beginner's Workshop ①

Doug 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!

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

1
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!

Guitar Jam II: Song Workshop

Douglas Hodges

This lively acoustic guitar workshop is all about making music together. We'll mix in just enough guitar instruction to keep you growing, then jump right into playing, singing and learning songs as a group.

I'll bring new songs and charts — and you too will be invited to bring your own favorite songs to share and play along with the group. A relaxed, supportive space is encouraged to stretch your skills, grow your confidence, and make music together...each at your own pace.

So You've Always Wanted to Act

Debbie Starker

With an emphasis on performance, we will explore some theater games (new), present monologues and dialogues and, for those who are so inclined, a one-act play (new), directed by the workshop leader. We use the observation method, i.e., we watch our classmates perform and then we discuss the strengths and possible improvements as we learn how to improve our own performances in a fun, supportive atmosphere. Memorization, while encouraged, is not mandatory.

Seasonal Crafts

Pamela O'Brien, Nancy Pally

Participants will use their creativity to complete various crafts for the fall and winter 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. There is a \$25 material fee for this class.

Watercolor Studio

Bob Stone, 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.

Stained Glass Workshop

Susan Vlahakis, Diane Streuli, Linda Hametz

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.

A Continuing Journey of Pop Artists

Gary Field, Suzanne Field

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

Join the Happy Hookers — Crochet with Grace!

Grace Barry

Want to continue your Granny Squares from this summer, or learn some new crochet technique -- perhaps even make a Crocheted Critter? Come to this workshop! We'll start by focusing on basic stitches, then move into the art of amigurumi, the art of making small creatures with yarn. There is a modest fee for the Amigurimi kits (~\$30) and basic supplies and equipment, all of which you will be notified of before the workshop begins.

Bach, Beethoven and Beyond 1

John Kreutz

Listening and casual discussion of mainstream as well as lesser-known works by various composers. Will also explore building a library of works as well as suggestions for assembling a home audio system

Socks 101 1

Jane Marie Wright, Doris Esposito

This workshop will go through the steps of planning and knitting a cuff down pair of socks starting with a gauge swatch. We will discuss sock construction and use basic math to create a personalized pattern to fit your feet and your knitting style. Together we will create socks that rock!

Prerequisite: For Intermediate Knitters and Beyond only! Must be able to cast on, knit, purl, increase, decrease, knit in the round and work with small size needles. This is NOT a Magic Loop Technique class. Workshop leaders use Double Pointed Needles.

Appropriate yarn and needle selections will be discussed during the first session. Participants should not purchase supplies prior to the class

COMPUTERS & TECHNOLOGY

Understanding Artificial Intelligence & Cyber Security 1

John Ragone

This workshop will offer a clear, accessible introduction to two of today's most important topics: Artificial Intelligence and Cyber Security. It will provide practical guidance for staying safe online and using technology more effectively in daily life. No prior technical knowledge required--just a willingness to participate and contribute.

Introduction to the Macintosh Computer 1

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.), included 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 so as 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 Apps and How to Use Them 1

Thom Brownworth, 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 Wolfienet-secure WiFi on your device. You can come to a Tech Help Session prior to the start of the Workshops on September 8th.

Understanding Electronics 2

Richard Bova

Electronics technology is all around us, in our homes, our cars and in everyday devices that we use and take for granted. This workshop is for non-professionals who are interested in a basic understanding of how it all works. We will start with the principles of electricity and electrical components and show how we encounter them every day. Semiconductors from simple diodes and transistors to integrated circuits will be discussed including their uses and how they are manufactured. The last session will cover electronic navigation systems including GPS. Some formulas will be used in our discussions but math skills are not required to understand the topics covered in this workshop.

Workshop Format: Primarily workshop leader presentation

TV, FILM & ENTERTAINMENT

Twilight Zone 1

Robert Mirman, 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.

Mean Streets & Masterworks: The Early Films of Martin Scorsese 1

Michael LoMonico

This course traces Martin Scorsese's career from his first great breakthrough through a remarkable period of creativity and reinvention. We will discuss these films:

- *Mean Streets* (1973)
- *Alice Doesn't Live Here Anymore* (1974)
- *Taxi Driver* (1976)
- *New York, New York* (1977)
- *Raging Bull* (1980)
- *The King of Comedy* (1982)
- *After Hours* (1985)
- *The Color of Money* (1986)
- *The Last Temptation of Christ* (1988)
- *Goodfellas* (1990)

Members will view these films at home and we will discuss them in class.

Original *Star Trek: Beyond the Final Frontier* ① Robert Oliva, Peggy Oliva

In each session of this workshop, we will watch an episode of *Star Trek: The Original Series* which first aired in the late sixties and starred William Shatner. We will then go beyond the adventure of exploring strange new worlds with James T. Kirk and his diverse crew, and discuss the episode's use of metaphors, portrayal of mankind and its future, philosophy, ethical questions raised, production notes, and more. We'll take a trip back to the sixties and talk about how the era influenced the show and how it, in turn, affected its viewers.

Now That's Entertainment! ② Jeff Hollander, Diane Hollander, 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 reminisce in a welcoming stress-free zone while sharing experiences with your OLLI friends.

GAMES & LEISURE

Duplicate Bridge ① Arnie Fox, 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.

Travels with Irma and Sol ② Irma Gurman, Sol Gurman

See the world with us! We will visit popular and sometimes exotic locations

Casual Cards and Games ① Scott McMullen, Mary 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 offering. 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.

Let's Play Chess ① Daniel Sherry, 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.

Let's Talk Sports ② Jeff Hollander, Larry Fein

New York's 10 pro teams rarely win a championship anymore. Our opinionated group of retirees will attempt to solve their issues with a lively monthly discussion. Expect timely videos and a guest speaker (or two) from *Newsday's* sportswriters. Rookies welcomed.

Beginning Bridge Continued ⓘ

Linda Good, Merna Avril

We will continue practicing bridge and learning new conventions, we will start with 2 over 1, and go on to other current conventions

Let's Play Mah Jongg ⓘ

Leah Goodman

Come and play Mah Jongg if you have already learned how to play the game. All skill levels are welcome. Participants can be new players or more experienced. Strategies will be shared and assistance will be provided. Reminder: this is not a workshop for people who have never played and would like to learn.

Materials needed: Bring "2026 National Mah Jongg League card."

Kitchen Bridge ⓘ

Mary Hance, 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.

HEALTH & WELLNESS

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 course will consist of a mix of lecture, video, and class discussion.

Learning to Have Healthier Eating Habits ⓘ

Gina Van Son

Learn how to make better choices when at the grocery store, in the kitchen, and when dining at restaurants. We will explore different types of sugar, fats, and other ingredients, including those found on prepared food in the store. In addition,

we'll discuss the hype about organic foods, and the difference between processed and ultra-processed foods.

Yoga 101 ⓘ

Denise Teague

Yoga 101 welcomes all, including 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 in order for you to participate in the workshop.

The waiver must be signed and returned to OLLI Inbox at olli@stonybrook.edu or 631-632-6554 by Tuesday, September 1.

Tai Chi for Health and Balance ⓘ

Kristi Ladowski

This workshop takes place on both Tuesdays and Thursdays. Attendance is expected both days.

Discover Tai Chi, an evidence-based program that builds strength, balance, and confidence through gentle, guided movement. **REQUIRED:** Must be able to commit to at least 12 sessions, ensuring consistent practice and optimal benefits from this progressive, skill-building series.

Dance and Exercise Class ⓘ

Kendra Block

Through a blend of ballet and modern dance forms, we can improve our balance, stamina, strength, and mood. Dance is an excellent way to enhance our brain to body connection while having fun.

Each class will include a warm-up, stretching and dance exercises, and simple choreographed dances. Some dance or exercise experience is

helpful but not essential. Everyone is encouraged to participate at her or his level.

Please bring a water bottle and yoga mat to class

HISTORY & POLITICS

History Through Literature ⓘ

Joseph Napolitano, Judith Albano, Laura Filipino

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.

The Constitution- Where we were, where we are and where we are going ⓘ

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.

Current Events ⓘ

Len Farano

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

Famous Speeches in American History ⓘ

Steven Ginsberg, Charles P. Clancy

The workshop will be a review of important historical events as interpreted through the speeches given by America's founding fathers, presidents, civil rights icons and women's rights champions. The historical backgrounds will be discussed. This will be accomplished through video presentations, lectures and member discussion.

A New Look at David: Shepherd, Outlaw, Poet, "Family Man," King and Messiah Ancestor ⓘ

Stephen Karol

This workshop will focus on what the Hebrew texts tell us about this magnificent yet mysterious man who died close to 3,000 years ago, but is still honored and respected.

Women You Should Know – TV Edition ⓘ

Ella Nyc, Mary Hance, Francine Leiboff

Join us in exploring how women through the decades - both on and off the TV screen - have influenced the social climate

An Early History of Long Island Aviation? 1883–1940 ⓘ

John Gobler

In less than a hundred years, aviation has grown, boomed, and declined on Long Island. Long Island helped in transformation of aviation from an experimental whim and a dangerous sport to a viable means of transportation.

Many record-setting and historic flights that took place here, and the many aviation companies that developed here made aviation the integral part of our world that it is today. We will explore this history in depth and get to know some of the contributing designers and aviators (including numerous women).

American Presidential Elections: Kennedy vs Nixon 1960 ⓘ

Kenneth Geils, Dana Geils

This Fall we'll study the Election of 1960 along with the upcoming, consequential, Midterms.

Each class will begin with a quiz (prizes awarded), followed by a trip back to the 1960 Election, then we'll view the status of key Midterm races across the country. We'll try to wrap up with something to smile about.

World War II ⓘ

Paul Knel

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

Op-Ed, Your Opinion of Their Opinion ①

Ken Buxbaum, William Russel

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 has the opportunity to 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, Mark Prendergast

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.

LANGUAGE & COMMUNICATION

Ici on Parle Français ①

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!

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 discussion/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!

LITERATURE & WRITING

Poetry Workshop ②

Geri Kaplan, 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 the writing with the goal of encouraging the writer to continue writing and improve their skills in writing poetry.

Adolescent Literature for Adults in Books and Film ①

Ellen Perz

Literature written for adolescents can be an enriching experience for adults. In this session, we will be focusing on, but not be limited to, books and films with strong female protagonists. Join our informal discussion-based classes to celebrate these "mighty girls and boys."

Cicero, Philosophy's Roman Valet ②

Thomas Hayes

Cicero, a renowned orator and politician, was not an A-list philosopher, but an avid interpreter of the Greek titans, and preserver of much of Hellenistic philosophy and morals. He developed the Latin vocabulary for philosophy still used in literature and theory. We will discuss excerpts from "life lesson texts": *On Friendship*, *On Moral Duties*, *On Old Age* and a moving defense of literature.

American Plays Plus ②

Colleen Rudman, 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 and discuss relevant features, themes and questions raised in the works. We may view short videos of selected scenes, playwright interviews,

thoughts from cast members, etc. 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!

Great Short Stories: John Cheever ① 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.

Science Fiction in Print and Film ① Scott McMullen

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. “Aliens” is the theme for fall 2026. We will read selected short stories, one novel, 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.

The novel for this workshop semester will be *Alien Clay* by Adrian Tchaikovsky. It will be discussed early in the semester so workshop participants may want to borrow or purchase the book before the workshop begins to have time to read this book. Information on the short stories to be read and discussed will be sent to workshop participants in August.

"The universe is a pretty big place. If it's just us, seems like an awful waste of space." - Carl Sagan

Poetry Out Loud ① Florence Mondry

A workshop for the discussion of poetry presented by volunteer members in order 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.

Digesting a Good Book ② Dana Geils

Read a book. Join a lively discussion with other OLLI members in a friendly atmosphere to 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.

We will meet once a month in September, October and November.

September 16th - *Buckeye* by Patrick Ryan

October 14th - *The Names* by Florence Knapp

November 18th - *Culpability* by Bruce Holsinger

Tragic Theater ② Arthur Bernstein

We will be discussing two plays that relate to the philosophy of Friedrich Nietzsche: Henrik Ibsen's *The Master Builder* and *Bernard Shaw's Man and Superman*. Eugene O'Neill's *The Iceman Cometh*, a somewhat related play, will also be discussed, in addition to an introduction to Nietzsche's ideas.

Writers at Work ② Amy Benjamin, Mary Ann Sommerstad

A round-table presentation and discussion of members' writing in various genres, such as fiction, non-fiction, poetry, essays, and script-writing. 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.

John Steinbeck's *The Long Valley* and *The Pearl*

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.

We will read the remainder of *The Long Valley* stories not read in Spring 2026, plus his short novella *The Pearl*.

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, in an effort to produce memoirs worthy of preservation.

Ragtime: The Novel and Its Times

Amy Benjamin

Over the course of the workshop, we will read *Ragtime* by E.L. Doctorow and explore various themes, events, arts, and notable historical figures of the American Progressive Era (1902-1912).

Great Books

Anita Edwards

This course explores the themes, style, historical context and significance of selected works of literature. Books under consideration for the fall term will include *Wuthering Heights*, by Emily Bronte, and *Wide Sargasso Sea*, by Jean Rhys

PHOTOGRAPHY

Photo Editing- What Comes After the iPhone

Michael Boren

Explore the various programs that will teach how to turn that dreary sky into one that is bright blue. Want a picture of your grandkids on the mood? I can show you how.

- You don't need to own the software or even have an iPhone.

Advanced Photoshop: Masking and Selections

 H

Robert Oliva

In this workshop we will delve into the new advanced features of Photoshop such as masking and making selections. We will explore the new AI Tools for removing objects and the capabilities of Camera Raw. This will be in person and on zoom.

Digital Images for People Who Don't Know Anything About Them

Michael Boren

Can you edit your iPhone photos? Do you know what the auto feature does? Can you create an album and then share it? If you can then my congratulations but this course may not be for you.

This course is for iPhone (iPad is ok sorry no Android) users who spend a lot of time yelling at it. We will cover all the icons for taking pictures, editing pictures and finding them. For the daring I'll show you how to download free versions of Adobe Lightroom and Express so you can play with the big kids. Wondering if you really are too advanced or not advanced enough? Then email me mborenimages@gmail.com to discuss if this is for you. Make sure you put Course Questions to separate you from the tons of spam we all receive.

Workshop Format: A mix of leader presentation and participant discussion

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.

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 welcome. Look, laugh and learn.

SCIENCE & PHILOSOPHY

The Great Tours: The World's Most Sacred Sights ①

Ed Cohen

Using videos, we will explore a number of places that human beings have declared sacred. They feel compelled to connect with these places by creating a space that connects them with something beyond their own world. Among these places are Hagia Sophia, Stonehenge, Varanasi, St. Peter's Basilica and The Temple Mount.

New York Times Science Seminar ①

Bonnie Marks, 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.

"So Where is Everybody?!" ①

Ralph Maust

Walking to the cafeteria with colleagues in 1950, Enrico Fermi was musing on the odds of other intelligent life in the universe. Later over lunch, when the conversation had drifted to other topics, he was greeted with raucous laughter when he suddenly blurted out, "So where is everybody?!"

Indeed, with 13.8 billion years of cosmic evolution of some 2 trillion galaxies, each containing tens of billions of planetary systems, the airwaves should be thick with cosmic chatter. Yet we hear nothing.

In this workshop, we shall search for answers.

Topics in Physics ①

Edward Wright, Walter Feldman

The workshop will cover areas of physics spanning classical mechanics, electricity and magnetism, general relativity, and quantum

mechanics. Physics is based on math, you will see some, we will explain the physics, you will not need to understand the math, as we will try to relay the basic ideas and concepts. Videos will be selected in applicable cases to tie the material to topics of contemporary interest. We believe everyone will find it all interesting.

A Journey into the Great Divide of Human Consciousness ①

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*.

Near Death & Spiritually Transformative Experiences ②

Rev. 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 as a result 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 transformative 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 on society as a whole. We will also discuss how these Extraordinary Experiences are life-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.

Nature: The Unintelligent Designer ⓘ

Bob DeCostanzo

This workshop is an anthropological look at a few select aspects of human nature. We are reminded that nature, through evolution, is more of a tinkerer than a master designer. Discussions will focus on both our physical and cognitive design imperfections. Topics will include human cooperation, aggression, and group dynamics.

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.*

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.

Behavioral Neurosciences Amazingly Simplified ⓘ

Paul Mohan

We will focus on the Causes of Behaviors (Emotional vs. Regulatory): the fascinating NS of Smell and Taste on Appetite & Nutrition; and 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.

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

You are key to the success of our program!

