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Monday

Workshop Title: The Building Blocks of Re-Ability
Workshop Leader: Bob Hayes
Day: Monday
Time: 3:30 - 5:00 PM
Dates: 1/3/22 - 1/31/22
Workshop Description: In this workshop we will examine the concept and building blocks of Re-Ability. We will examine the stigma associated with Disability and how it labels and limits so many people. To move forward we will discuss Re-Ability. We will look at some early efforts and individuals that led to improvements along the way. A few of the people we will discuss will include Helen Keller, Pres. Franklin Delano Roosevelt and Alice Wang. We will do this in an interactive way, watching video examples and discussing the growth towards Re-Ability. Your comments and thoughts will be greatly encouraged to build towards greater Re-Ability!
Workshop Format: A mix of leader presentation and participant discussion

Workshop Title: Current Events
Workshop Leaders: Bob Ober & Murray Rawn
Day: Monday
Time: 3:30 - 5:00 PM
Dates: 1/3/22 - 1/31/22
Workshop Description: Participant discussion of current events, with occasional emphasis on politics and changing laws.
Workshop Format: Primarily participant discussion

Workshop Title: Residential Racial Segregation and Governmental Policy: A Reading Group
Workshop Leader: Carmela Gustafson
Day: Monday
Time: 5:00 - 6:15 PM
Dates: 1/3/22 - 1/31/22
Workshop Description: The workshop will focus on discussion related to topics covered in the book, The Color of Law, by Richard Rothstein. In order to foster and further deepen our talk, additional materials, including short videos and related articles, will also be shared.
Workshop Format: A mix of leader presentation and participant discussion
Supplies Needed: The Color of Law, by Richard Rothstein

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Workshop Title: The Roots of Religion
Workshop Leader: Bob DeCostanzo
Day: Monday
Time: 5:00 - 6:15 PM
Dates: 1/3/22 - 1/31/22
Workshop Description: An anthropological look at the origins of religious behavior. What is the evidence for early religious thought? Does man have a genetic propensity for religiosity? Do religious practices have evolutionary advantages?
Workshop Format: A mix of leader presentation and participant discussion

Tuesday

Workshop Title: Bob Dylan: Bringing it All Back Home to OLLI
Workshop Leader: Michael LoMonico
Day: Tuesday
Time: 3:30 - 4:45 PM
Dates: 1/4/22 - 1/25/22
Workshop Description: We will spend 4 weeks with Bob Dylan in January, listening to some of his best songs while looking at his amazing lyrics. We will analyze such favorites from The Times They Are A-Changin' and Blowin' in the Wind, to Desolation Row and Knockin' on Heaven's Door. So Don't Think Twice It's Alright.
Workshop Format: A mix of leader presentation and participant discussion

Workshop Title: Shtisel A Kosher Soap Opera……The Discussion Continues
Workshop Leader: Rick Rubin & Bob DeCostanzo
Day: Tuesday
Time: 3:30 - 4:45 PM
Dates: 1/4/22 - 1/25/22
Workshop Description: This award winning Israeli television series, currently streaming on Netflix will be viewed, analyzed, and discussed through a variety of cultural prisms and themes. Each week workshop participants will watch at their convenience 3 forty minute episodes in preparation for class. Whether you are watching it for the first time or are a repeat customer, you should find SHTISEL to be a rich and rewarding experience.
Workshop Format: A mix of leader presentation and participant discussion

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Workshop Title: Electronic Navigation Systems, Dead Reckoning to GPS
Workshop Leader: Richard Bova
Day: Tuesday
Time: 5:00 - 6:15 PM
Dates: 1/4/22 - 1/25/22
Workshop Description: For centuries mariners have dealt with the problem of finding their way from point A to point B while traversing large areas of open water. Without the benefit of land-marks, they used celestial navigation and dead reckoning to get them to and from their destination. During the middle of the 20th century electronic navigation aids became available to help mariners and aviators. The workshop will begin with a brief discussion of the early systems that used radio beacons as electronic light houses and then move on to a class of equipment known as hyperbolic navigation systems. These systems allowed navigators to locate their position in terms of Latitude and Longitude with relatively good accuracy. Although limited in distance they were good enough to guide a vessel safely into port. The emergence of satellite navigation systems such as GPS greatly improved overall accuracy and made previous systems obsolete. Our ancestors would be astonished at the ease in which we can locate ourselves almost anywhere on the earth with only a hand-held device.
Workshop Format: Primarily workshop leader presentation

Workshop Title: Yoga 101
Workshop Leader: Denise Teague
Day: Tuesday
Time: 5:00 - 6:15 PM
Dates: 1/18/22 & 1/25/22
Workshop Description: 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-judgemental. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety, and stability.
Workshop Format: Participants will be guided in yoga practice
Supplies Needed: A yoga mat, yoga blocks, and a blanket are needed. Students should wear comfortable clothing.
There is also 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 Breanne Delligatti at
breanne.delligatti@stonybrook.edu or 631-356-3912 by December 22, 2021.
Click here to access the waiver.

Workshop Title: Relax with Classic French Movies
Workshop Leader: Tasha Greenberg
Day: Tuesday
Time: 6:30 - 8:30 PM
Dates: 1/4/22 - 1/25/22
Workshop Description: Each week will showcase a different famous French film star. Included will be Gerard Depardieu, Catherine Deneuve, Brigitte Bardot, Jean Reno plus others. All movies will have English subtitles. Information about the production and its stars will be provided.
Workshop Format: Primarily workshop leader presentation

Wednesday

Workshop Title: Let's Talk Sports
Workshop Leader: Jeffrey Hollander & Larry Fein
Day: Wednesday
Time: 3:30 - 4:45 PM
Dates: 1/5/22 & 1/12/22
Workshop Description: New York's 9 major sports teams are fully back in business! Back too are inflated salaries, underperforming teams and players and very expensive outings for us that attend games. At least the Nets, Isles and Knicks give us hope. Join us to critique their value, second-guess plays and management while pondering all the 'What If's" we can dream up. Add in a team of your favorite Newsday reporters, sports world figures, videos plus Zoom field trips and we have a workshop any real sports fan won't want to miss. Reserve your box seat now.
Workshop Format: Guest speaker presentations

Thursday

Workshop Title: Book Collecting 101
Workshop Leader: Joseph Perlman
Day: Thursday
Time: 3:30 - 4:45 PM
Dates: 1/6/22 - 1/27/22
Workshop Description: Introduction to book collecting, what is a collection, types of collections, book collecting resources, how to identify first editions, and bibliomania, in general.
Workshop Format: A mix of leader presentation and participant discussion

Workshop Title: Jackie Robinson, James Brown, Thurgood Marshall, and Chadwick Boseman
Workshop Leader: Michael LoMonico
Day: Thursday
Time: 3:30 - 4:45 PM
Dates: 1/6/22 - 1/27/22
Workshop Description: The late Chadwick Boseman portrayed three iconic African Americans during his brief career. Each week, members will watch one of these films on their own: 42 (2013), Get on Up (2014), and Marshall (2017). During the workshop, we will discuss the film and view some scenes from each film. Week 1 will be a general introduction to Boseman and his career.
Workshop Format: A mix of leader presentation and participant discussion
Supplies Needed: Participants will have to get access to the films either through their local library or a streaming service.