

Tai Chi 8 Movements

Ivy Chin

Mondays –
In Person – Room TBD
9:30am – 11:00am

5 sessions
11/11, 11/18, 11/25,
12/2, 12/9

This class breaks down into three parts. The first part will warm up the different parts of the body. The second part is to learn the Tai Chi 8 movements. The last part is to cool off the body. Tai Chi promotes good health for the mind and body. All skill levels are welcome!

Gentle Yoga

Clarissa Alliano

Mondays –
In Person – Room TBD
10:00am – 11:30am

4 Sessions
9/16, 9/23, 9/30, 10/7

This class will take you through Gentle Yoga stretches and Yoga Nidra, breathing techniques for stress management and guided relaxation.

It will be easygoing and suitable for all, including beginners and those with limited mobility.

NEW

Renaissance Women: The All-Star Team

Peter Whitehouse

Mondays –
In Person – Room TBD
11:15am – 12:10pm

7 Sessions
10/28, 11/4, 11/11,
11/18, 11/25, 12/2,
12/9

The Renaissance was a time of mighty men. However, there was also a multitude of mighty women who were overshadowed, but not overmatched. These were women of courage, vision, and artistic genius. Some were masterfully literary, and all had general qualities that made them as much Renaissance Women as the men of the age. These women were warriors, possessing that same Renaissance virtue and sprezzatura as their male counterparts.

An “All-Star Renaissance Women” team would include Vittoria Colonna, Caterina Sforza, Elisabetta Gonzaga, Artemisia Gentileschi, Isabella d’Este, Caterina Cornaro and others. These lectures will tell their stories.

NEW

Shakespeare's *Hamlet*

Joan Hartman

Mondays –
In Person- Room TBD
1:00pm – 3:00pm

6 Sessions
9/16, 9/23, 9/30,
10/7, 10/21, 10/28

In this course we will go back from *King Lear*, the third of Shakespeare's tragedies, to *Hamlet*, the first. We'll look at sources and performance traditions, as well as the text and films featuring two notable Hamlets - Laurence Olivier and Kenneth Branagh.

Please buy the Folger edition of *Hamlet* for this course (ISBN: 9781451669411).

Mah Jongg for Beginners

Laurie Raps

Mondays –
In Person- Room TBD
1:15pm – 2:45pm

5 Sessions
11/4, 11/11, 11/18,
11/25, 12/2

Learn how to play a fun, but challenging game that has been a favorite for generations. Mah Jongg is a great way to sharpen your mind and make close friends. Join this course to journey into Mah Jongg with the Options community!

Required: Please order the 2024 Mah Jongg card (\$15) from NationalMahJonggLeague.org before the start of the course to participate.

Chair Yoga

Donna Scimeca

Mondays –
In Person- Room TBD
5:00pm – 6:30pm

5 Sessions
9/16, 9/23, 9/30,
10/7, 10/21

Chair yoga is ideal for those who cannot stand for long periods, or who cannot work on a floor mat. Chair yoga allows you to do yoga poses with the support of the chair. The chair provides support for seated poses and standing poses.

Computer Fundamentals

Doriann Pieve-Hyland

Mondays –
In Person- Room TBD
5:30pm – 7:00pm

5 Sessions
10/28, 11/4, 11/11,
11/18, 12/2

This course is great for beginners and intermediate-level computer learners.
Topics covered will include:

- Computer overview
- Microsoft Excel
- Microsoft Word
- Optimizing your email and calendar
- Artificial Intelligence (AI), and more

There is always something new and exciting to learn! Instruction is student-centered. Please bring your questions on other topics of your choice as well!

NEW

The Civil War: The Human Element

Len Warner

Tuesdays –
Virtual
9:00am – 12:00pm

3 Sessions
11/26, 12/3, 12/10

Using clips from award-winning and Emmy-nominated media, we will review the events of the four-year Civil War as we watch the lives of the main characters unfold. The war is brought to life in a very personal and human way by following the lives of two families fighting for different sides. It was a time when families and the nation were terribly divided, and the casualties of war were unimaginable.

In preparation for each of the three lessons, optional readings will be emailed which will review the main events of the war being covered in each class.

Take a Better Photograph

Tom Wortmann

Tuesdays –
Virtual
11:15am – 12:10pm

7 Sessions
9/10, 9/17, 9/24,
10/1, 10/8, 10/15,
10/22

We all take pictures – some good, and some not-so-good.

This course will teach you how to take a much better picture that you can be proud of and hopefully hang on your wall. Learn how you can compose and create your own masterpiece using whatever you have, whether it's a camera or your smart phone. Then you'll learn how to save them and how to show them off.

We'll discuss what to do, and what not to do. Students can also submit their photos and together we'll examine them and discuss how they can be improved. Class input is more than welcome. Join us and take an even better photograph!

Biography 1: The Lives of Famous & Infamous People

Allan Meyers

Tuesdays –
Virtual
12:20pm – 1:20pm

14 Sessions
9/10, 9/17, 9/24, 10/1,
10/8, 10/15, 10/22,
10/29, 11/5, 11/12,
11/19, 11/26, 12/3,
12/10

Were people really **afraid** of Virginia Woolf?

Was Rock Hudson truly **happy**?

Did Marie Curie **radiate**?

Was Edgar Allen Poe **raven** mad?

Where did Dillinger save his **money**?

Learn about the lives, inner thinking, and psychology of the rich, the poor, the famous, and of course, the infamous!

You do not need to take *Biography 2* to take this course (each course will be examining different life stories).

NEW

Watercolor Painting

Dianne Hebbert

Tuesdays –
In Person - Room TBD

3:30pm – 6:00pm

(first class)

3:30pm – 5:45pm

(last two classes)

3 Sessions

10/8, 10/15, 10/22

In this class we will explore the possibilities of watercolors by painting landscapes. Bring in your own photographs or create studies of your favorite artists. This course is great for all levels!

A supply list will be emailed before the start of classes.

NEW

Introduction to Piano

Elona Migirov

Wednesdays –

*In Person in CSI's
Piano Rm – TBD*

9:30am – 10:30am

(first class)

9:30am – 11:00am

(last four classes)

5 Sessions

9/18, 9/25, 10/9,
10/16, 10/23

This is a five-week piano introductory course for people who are new to piano, as well as those who had some previous piano playing experience and would like to refresh their knowledge and improve their skills.

We will learn the rudiments of music notation, rhythm, basic scales, chord reading, proper hand position, and sitting posture. We will also discuss the types of pianos, and the pros & cons of acoustic and digital pianos.

In class, we will be using the book, *Alfred's Basic Adult Piano Course: Lesson Book, Level One*, which can be purchased online or in local music stores for about \$10.

A Journey Through History: Societies, Technology & Ideologies

John Rossi

Wednesdays –
Virtual
10:10am – 11:05am

7 Sessions
10/30, 11/6, 11/13,
11/20, 11/27, 12/4,
12/11

This course is an informational series of lectures designed to spark enthusiasm and understanding of past events, civilizations, cultures, and milestones that have shaped the world we live in today. This journey involves delving into countries and places during historical periods, examining the evolution of societies, technologies, and ideologies over time. Individuals can embark on a captivating voyage that spans ancient civilizations, medieval times, the Renaissance, the Age of Exploration, industrial revolutions, world wars, and beyond.

John's knowledge and enthusiastic lectures highlight history using PowerPoint presentations, animation, videos, rich illustrations, and photos. In a friendly and informal atmosphere, John encourages audience participation, including his trivia questions about famous figures and historic sites.

Biography 2: The Lives of Famous & Infamous People

Allan Meyers

Wednesdays –
Virtual
12:20pm – 1:20pm

13 Sessions
9/11, 9/18, 9/25, 10/9,
10/16, 10/23, 10/30,
11/6, 11/13, 11/20,
11/27, 12/4, 12/11

You do not need to take *Biography 1* to take this course (each course will be examining different life stories).

Did Shirley go to **Temple**?
Did Doc go on a **Holiday**?
Was Herman Melville a **ukulele** of a writer?
Did Pasteur like **sour milk**?
Did Jimmy **Doolittle**?

Learn about the lives, inner thinking, and psychology of the rich, the poor, the famous, and of course, the infamous!

Travel Through History

John Rossi

**Wednesdays –
Virtual
1:35pm – 2:30pm**

6 Sessions
9/11, 9/18, 9/25,
10/9, 10/16, 10/23

This course is an informational series of lectures designed to spark interest and enthusiasm in learning about the rich and fascinating history by traveling to diverse locations across the world. It's an adventure through early European and North/South American history that tells the stories of the people, places, and events that shape the institutions of the world.

John's knowledge and enthusiastic lectures highlight history using PowerPoint presentations, animation, videos, rich illustrations, and photos. In a friendly and informal atmosphere, John encourages audience participation, including his trivia questions about famous figures and historic sites.

Movements for Life: Part 1

Stephanie Parello

**Thursdays –
In Person – Room TBD
9:00am – 9:55am**

6 Sessions
9/12, 9/19, 9/26,
10/10, 10/17, 10/24

Train your mind and body to stay young and active with gentle strength and conditioning, targeted body-mechanics, elements of Qigong, mindful breathing & balancing, and inclusive movements. Everything is adjustable and tailored to your abilities.

Movements for Life: Part 2

Stephanie Parello

**Thursdays –
In Person – Room TBD
9:00am – 9:55am**

6 Sessions
10/31, 11/7, 11/14,
11/21, 12/5, 12/12

You do not need to take *Movements for Life: Part 1* to take this course.

Train your mind and body to stay young and active with gentle strength and conditioning, targeted body-mechanics, elements of Qigong, mindful breathing & balancing, and inclusive movements. Everything is adjustable & tailored to your abilities.

NEW

**Congratulations! If
Life was a Race –
You're a Winner!**

Renee & Tony Giordano

**Thursdays –
In Person – Room TBD
10:10am – 11:05am**

6 Sessions
10/31, 11/7, 11/14
11/21, 12/5, 12/12

An open-ended, guided discussion covering issues unique and important to older adults, as they continue to successfully navigate through the first half of the twenty-first century. This course will consist of a series of conversations and activities on how our lives have changed as we move into and through our “senior” years.

Among the topics of these guided conversations will be: changes in relationships, common health issues, nostalgia, concerns with mortality, giving meaning to our day, and most of all, identifying and learning how to use the unique skills and understandings that only come to people of our age.

This course is designed for personal growth and community-building purposes. It is not a substitute for group therapy. The instructors are not licensed therapists and cannot provide diagnoses or treatment for mental health conditions.

NEW

**Beaded Creations:
Jewelry Making**

Chandra Valle

**Thursdays –
In Person – Room TBD
11:15am – 12:10pm**

6 Sessions
9/12, 9/19, 9/26,
10/10, 10/17, 10/24

Unlock your creativity and discover the joy of jewelry making in this engaging, hands-on bead course designed specifically for aging adults. Whether you are new to crafting or looking to hone your skills, this class is perfect for beginners eager to learn the art of bead stringing, memory wire techniques, and earring (both pierced and non-pierced styles), and bracelet and necklace design.

With a friendly & patient instructor guiding you step-by-step, students will be learning in a fun & supportive environment. You will leave each session with beautiful, handmade jewelry and a sense of accomplishment. Join us and connect with fellow enthusiasts while expressing your creativity through the timeless art of beadwork!

Supplies for the first class will be provided by the instructor. A supply list for the remaining classes and jewelry projects will be provided to students at the first class.

Knitting for Fun & Relaxation

Dianne Frankel

Thursdays –
In Person – Room TBD
12:20pm – 1:50pm

5 sessions
9/12, 9/19, 9/26,
10/10, 10/17

Whether you are a total beginner or a long-time knitter who needs a refresher, this is the class for you. Learn the basic instructions like cast on, knit, purl, and cast off, to advance techniques like yarn over, increase and decrease, in addition to reading a pattern and knit symbols. Or bring one of your works-in-progress and meet fellow crafters.

Beginner knitting patterns and supply list will be emailed before the start of the class.

Crochet & Knitting Discussion Group

Meaghan Hilton

Thursdays –
In Person – Room TBD
12:20pm – 1:15pm

6 sessions
10/24, 11/7, 11/14,
11/21, 12/5, 12/12

Join us to chat, connect, knit, and crochet. Together we will socialize, relax, and have fun! Feel free to bring anything you're currently working on, and we will share patterns as well as tips and ideas. Students are encouraged to bring their own materials, but extra knitting needles, crochet hooks, and some yarn will be available in class if needed.

The Pursuit of Happiness

Harold Hellman

Thursdays –
In Person – Room TBD
1:25pm - 2:20pm
(first 4 classes)
1:25pm - 2:55pm
(last 2 classes)

6 Sessions
10/31, 11/7, 11/14,
11/21, 12/5, 12/12

Happiness is our birthright. Observe young children and see how easily joy comes to them. They approach life with an open heart, free to love without placing conditions on the object of their love. The Pursuit of Happiness is more than a class; it is a journey back to ourselves. You will see how things like judgementalism and perfectionism interfere with our happiness, and how choice, unconditional love, gratitude and compassion put us on the road back to happiness. This course includes guided meditations and other experiential elements in which the participants will develop “happiness skills.”

Intermediate Italian 1

Blerina Likollari

Fridays –
In Person – Room TBD
9:05am – 10:00am
(first 3 classes)
9:05am – 10:30am
(last 2 classes)

5 Sessions
9/13, 9/20, 9/27,
10/18, 10/25

This Italian course is for those who have some knowledge of basic vocabulary and grammar structures and are able to communicate in everyday situations. The curriculum focuses on practical conversations, cultural insights, and interactive exercises to enhance language proficiency. With a supportive and relaxed learning environment, this course empowers learners to develop their language skills at their own pace.

NEW

Intermediate Italian 2

Blerina Likollari

Fridays –
In Person – Room TBD
9:05am – 10:00am

6 Sessions
11/1, 11/8, 11/15,
11/22, 12/6, 12/13

This Italian course is a continuation of Intermediate Italian I. Students must have knowledge of basic vocabulary and Italian grammar to excel in this level. The curriculum will focus on practical conversations, cultural insights, and interactive exercises to enhance language proficiency. With a supportive and relaxed learning environment, this course empowers learners to develop their language skills at their own pace.

Art of Drawing & Painting

Lou Russo

Fridays –
Virtual
10:35am – 11:30am

6 Sessions
11/1, 11/8, 11/15,
11/22, 12/6, 12/13

This course explores drawing and painting techniques and mediums, examines the styles of different artists, historical schools of art, and defining exactly what "art" is.

A supply list will be emailed to students before the start of classes.

Free
Student
Club

THE **GROUP**

Fridays –
Virtual
12:00pm – 2:00pm

Every Friday
9/13, 9/20, 9/27,
10/18, 10/25, 11/1,
11/8, 11/15, 11/22,
12/6, 12/13

COME JOIN THE FUN!

Students come together to meet and socialize with one another.
The Group will host conversations on current events - locally, nationally and globally.
Includes 30 minutes of special presentations that share students' stories.

Instructor Bios

Clarissa Alliano is the NY Metro Area Manager for Veterans Yoga Project. She has been instructing Yoga, Meditation and Yoga Nidra in NY, NJ, and CA for 25 years since her Integral Yoga Institute certification in 1998.

Dianne Frankel was taught how to knit fifty-plus years ago by her great aunt, and ever since then she has loved the craft. After retiring from NYC Department of Education, she enrolled at the Fashion Institute of Technology, Yarn Council, Knitting Instructor Class. She has taught adults and Girl Scout groups how to knit.

Renee & Tony Giordano are curators of an 1855 One Room Schoolhouse listed on the National Register of Historic Sites. Tony was a NYC teacher for 34 years. His college years began at the old *Staten Island Community College* on Bay Street. He earned his master's degree in *Adult and Community Education* at *City College*. Renee worked for the *NYC Dept. of Health* after college, before becoming a stay-at-home mother to their five children. She later returned to work on behalf of a coalition of 500+ small retail businesses, helping them connect with the community and cut through governmental red tape. Their hobbies include tie dyeing, diamond art, gardening, and exploring the beaches, parks and historic sites of Staten Island.

Dr. Joan Hartman is a retired faculty member of the Department of English at CSI with a specialty in British literature of the Early Modern Period, also referred to as the Renaissance. She has been teaching one Shakespearean play a semester in Options each year over the last decade.

Dianne Hebbert is a Nicaraguan-American visual artist and curator. She works primarily in painting, printmaking, and installation art. Raised in Miami, FL, she attended New World School of the Arts, then earned her BFA in Painting and Drawing with a minor in Art History from Purchase College, SUNY. She then earned her MFA in Printmaking from Brooklyn College, CUNY. Dianne is currently based in New York City.

Harold Hellman has a master's degree in *Social Work*, and has worked in mental health and long-term care for 30 years. Through years of meditation and spiritual practice, he had found that happiness is the key to a peaceful and fulfilling life. Happiness takes work, but what glorious work it is.

Meaghan Hilton is a CSI alumna who has always loved crafting. She took knitting classes with her mother years ago, but also wanted to learn crochet. During the pandemic she finally taught herself to crochet and never looked back. She loves sharing crochet ideas with others and the community it creates.

Blerina Likollari earned her master's degree in *TESOL* at Hunter College and has enjoyed teaching adult learners for more than 15 years. Before her current role as *CSI's Associate Director of the Literacy and Language Programs*, she was a faculty member in the college's *World Languages and Literature Department*. During her 13 years with the department, she taught beginner to advanced Italian language courses, which included teaching the fundamentals of expression and communication to students who had little to no prior knowledge of language.

Allan Meyers is a Korean War Veteran. After the war he became a lawyer and started his own family practice. In retirement he enrolled in Options as a student. It was at that time that the Options Program Coordinator, Betty, asked him to teach a class about the Brooklyn Dodgers. He has been teaching two courses each semester since then.

Elona Migirov holds an MA in Music from *Aaron Copland School of Music, CUNY* and a *BA in Music* from CSI. At CSI, she has taught classes in Group Piano, Keyboard Musicianship, Music History, and Music Theory. In addition, she has served as an accompanist for the Music Program. Currently, she teaches piano at the JCC of Staten Island, where she also gives lectures for groups of older adults on various subjects, including music appreciation, history of symphony, opera, ballet, art song, history of piano and piano literature. She is eager to bring members of the local community to CSI's Willowbrook campus to experience the joy of piano, through CSI's Options program.

Stephanie Parello began an obsessive study of Chen-style Tai Chi, Kung Fu, and fitness in general, as well as therapeutic massage, when she turned her life upside-down by relocating to Sydney, Australia. Her most prominent superpower is being a natural-born teacher, with decades of experience, and an almost magical ability to meet people exactly where they are.

Doriann Pieve-Hyland serves as *CSI's Director of Technology Operations, Training, and Development*. She has over 25 years of experience in higher education management, teaching, and technology services. Doriann holds HDI, ITIL, and Microsoft Office Specialist Certifications, as well as a master's degree in *Integrated Technology and Online Learning in Higher Education*. She is passionate about learning and teaching and tries to ensure that her students enjoy the learning process too.

Laurie Raps started playing Mah Jong as a child while watching her mother and her friends playing every week. She joined a game as a young adult and has been playing ever since. Besides loving the game, she especially loves the friendships she has made.

John Rossi is a retired professor of over 30 years from the prestigious New York University and is an aficionado of world history. Professor Rossi's interest was ignited on his first cruise to Alaska. Since then, he has delivered enriching lectures about the history and events of many countries around the world. He has been invited by numerous cruise lines including Celebrity, Royal Caribbean, Princess, and Holland America to entertain and educate passengers on more than 120 cruises. In addition to Options, he currently conducts lectures at the *Somerset Library, Westfield Historic Society, Dept. of the Aging, MS Society, and the UFT*.

Louis Russo is an experienced designer, illustrator and fine artist with a long career servicing top clients and corporations in NYC. He is also a professional guitarist, and is the lead singer and songwriter for the *S.I. Snugs*.

Donna Scimeca is a full-time administrator in the *Office of the Dean of Humanities & Social Sciences*. She is also an adjunct lecturer, and *Coordinator of Core 100*, a US civics course at the College. She began developing her *Iyengar yoga (Hatha)* practice in 2000, and has been teaching yoga since 2007. She teaches classes in person at the College, and virtually via Zoom.

Chandra Valle dedicated 33 years to *Bellevue Hospital* before retiring to pursue her passion for crafting and décor. As a retiree, she continues to channel her passion for creativity into her own jewelry business, "*Valle Girls*." Chandra's warm and friendly demeanor, coupled with her innate creativity, has made her a respected figure in both the healthcare and artisan communities, where she continues to inspire and mentor others with her expertise and genuine love for her craft.

Leonard Warner grew up with a love of nature and evolution. As an educator and Biology major, he taught in the sciences and humanities at *John Dewey High School* for over 30 years. After retirement in 2000, he taught at the *UFT SI Beagle Learning Center*, *Blue Heron Park Nature Center*, and *CSI Options*. His cumulative teaching experience spans over 57 years. In his retirement, he has focused on *American History*, such as the *American Revolution*, the lives of the founding fathers and early Presidents, Abraham Lincoln, and the Civil War. He loves to teach, learn, interact with people, and share his knowledge with anyone who enjoys learning.

Peter Whitehouse has taught in the Options program for over a decade. Before that he was the *Advanced Placement European History* instructor at Tottenville High School. His previous subject course areas for Options have ranged from European philosophy, art, architecture, religion, and literature, with emphasis on the Medieval and Renaissance periods. He has also conducted several museum art tours for students at the NYC Met and the Cloisters, as well as educational trips abroad.

Thomas Wortmann is a CSI alum and has been an amateur photographer for years, having won several photo contests. Tom has also been an *Options'* instructor for over 10 years and is a firm believer that the purpose of having knowledge is sharing it.