

OPTION 01

**MUSIC of the 1960's
and early 1970's:
One Hit Wonders Plus**

Mitchell Lehrer

**Mondays – *In Person*
Class***

9:05am – 10:00am

7 Sessions

9/12, 9/19, 10/3,
10/17, 10/24, 10/31,
11/7

This course will cover artists and groups that had one huge hit which made it to the top ten on the Billboard Hot 100 charts in the 1960s and 1970s. We will review how these One Hit Wonders had other attempts that failed to make the top twenty. The instructor will play the big hits and the not-so-big hits.

OPTION 02

BASEBALL

Al Grillo

**Mondays – *In Person*
Class*^**

10:10am – 11:05am

7 Sessions

9/12, 9/19, 10/3,
10/17, 10/24, 10/31,
11/7

This course is a weekly discussion of baseball topics of interest to the class. Topics will be selected based on suggestions by the participants. The class is intended to be an interactive discussion.

OPTION 03

TAI CHI

Ivy Chin

**Mondays – *In Person*
Class***

10:10am – 11:40am

4 sessions

11/14, 11/21, 11/28,
12/5

The first part of the class will be devoted to warming up the body and learning how to breathe with the abdomen. Our main objective will be learning the Tai Chi 8 movements. At the end we will learn how to cool down the body. The benefits of Tai Chi are both physical and mental. Everyone is welcome!

* Monday and Thursday are **in-person classes**

^ **This in person instructor may open a zoom room. Confirmation will be provided at the start of the class**

OPTION 04

**PROGRAMS AND
PRACTICES IN
BROADCASTING**

David Frankel

**Mondays – *In Person*
Class* ^**

11:15am – 12:10pm

7 sessions

9/12, 9/19, 10/3, 10/17,
10/24, 10/31, 11/7

This course will discuss the latest trends used in radio, TV, and online.

OPTION 05

**KNITTING
TOGETHER**

Dianne Frankel

**Mondays – *In Person*
Class* ^**

12:20pm – 1:15pm

5 sessions

9/12, 9/19, 10/3, 10/17,
10/24

Would you like to learn to knit? Do you already know how to knit? Join our knitting circle as we learn how to cast on and create different stitches. If you already know how to knit, bring your knitting with you to this fun and relaxing social hour. First time knitters will learn how to knit a scarf. Supplies and patterns will be emailed to you before the semester begins.

OPTION 06

ART OF GUITAR

“Mr. Lou” Russo

**Mondays – *In Person*
Class* ^**

1:25pm – 2:15pm

7 Sessions

9/12, 9/19, 10/3, 10/17,
10/24, 10/31, 11/7

This intermediate guitar course will teach the very best of Beatles, classic rock, blues and folk, finger picking and lead guitar too. The instructor will explain the music theory behind the notes and chords that you will play. Students must have their own guitar to participate in this course.

* Monday and Thursday are **in-person classes**

^ **This in person instructor may open a zoom room. Confirmation will be provided at the start of the class**

OPTION 07

SHAKESPEARE

Romeo and Juliet

Joan Hartman

Mondays – *In Person Class**

2:30pm – 4:30pm

6 Sessions

9/12, 9/19, 10/3,
10/17, 10/24, 10/31

It's about time to get around to this rather early play of Shakespeare, his romantic tragedy *Romeo and Juliet*. We'll look at the play's plotting, characterization, and language, as well as two notable film versions, Franco Zeffirelli's almost canonical film and Baz Luhrmann's jazzy update set in present-day Verona.

The Folger edition is recommended.

OPTION 8

**TRAVEL
THROUGH
HISTORY**

John Rossi

Tuesdays – Virtual Class

10:10am - 11:40am

5 Sessions

11/8, 11/15, 11/22,
11/29, 12/6 +

*+Last class will be from
10:10am – 11:05am*

Travel Thru History is an educational / informational series of lectures designed to spark interest and enthusiasm in students to learn about the rich and fascinating history by traveling to diverse locations. 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.

OPTION 09

**LET'S TALK
ABOUT WORDS**

Thomas Wortmann

Tuesdays – Virtual Class

11:15am – 12:10pm

4 Sessions

10/11, 10/18, 10/25,
11/1

Learn about words used wrong, words whose meanings have changed, and words no longer used but could still be useful.

* Monday and Thursday are **in-person classes**

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OPTION 10

FIRST FRIENDS

Allan Meyers

Tuesdays – Virtual Class
12:20pm – 1:15pm

10 Sessions

9/20, 10/11, 10/18, 10/25,
11/1, 11/8, 11/15, 11/22,
11/29, 12/6

The powerful, unsung, and (unelected) people who shaped our Presidents.

OPTION 11

CUSTOMS AND BELIEFS

Connie Tabbitas

Tuesdays – Virtual Class
1:25pm – 2:20pm

7 Sessions

10/25, 11/1, 11/8, 11/15,
11/22, 11/29, 12/6

An individual's custom and/or belief may affect or cancel out what they ask for and not allow in law of attraction and manifest. With this program, an individual will have a better understanding on how to ask for and allow in the law of attraction and manifest.

OPTION 12

EVERYDAY LIFE OF ANCIENT ROMANS IN POMPEII

Snjezana Smodlakas

Tuesdays – Virtual Class
2:30pm – 4:00pm

2 Sessions

10/11, 10/18

The eruption of Mount Vesuvius in 79 A.D. destroyed the prosperous cities of Pompeii and Herculaneum. Hardened lava and volcanic debris, not allowing moisture and air to penetrate, preserved many objects and artistic treasures in good shape as revealed through excavations that started 250 years ago.

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OPTION 14

**THE THEATRE
APPRECIATION
EXPERIENCE I**

Christine Zahra &
Victoria Venezia

Tuesdays – Virtual Class
4:40pm – 5:35pm

5 Sessions
9/13, 9/20, 10/11,
10/18, 10/25+

*+Last class will be from
4:40pm – 6:20pm*

Journey to another world with Moonlight Productions: THE THEATRE WORLD! Learn what it's like to live there and how easy it is for you to be a part of it! Full of fun activities and loads of laughs! *(Note: We encourage you to take both Theatre Appreciation classes we are offering)*

OPTION 15

**THE THEATRE
APPRECIATION
EXPERIENCE II**

Christine Zahra &
Victoria Venezia

Tuesdays – Virtual Class
4:40pm – 5:35pm

6 Sessions
11/1, 11/8, 11/15
11/22, 11/29, 12/6+

*+Last class will be
from 4:40pm – 6:20pm*

Journey to another world with Moonlight Productions: THE THEATRE WORLD! Learn what it's like to live there and how easy it is for you to be a part of it! Full of fun activities and loads of laughs! *(Note: We encourage you to take both Theatre Appreciation classes we are offering)*

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OPTION 16

HEBREW BIBLE II

Wednesdays - Virtual Class
9:05am – 10:35am

John Petersen

4 Sessions
11/16, 11/23,
11/30, 12/7

Each field of knowledge, such as the hard and soft sciences, as well as the humanities (Physics, Chemistry, Biology, Astronomy, Meteorology, Psychology, Anthropology, Sociology, History, etc.) provides an opportunity to serve as an interpretive framework, or a paradigm, to better understand the forces that have influenced the histories depicted in the Bible and continuing to this day. Each of these fields have provided, and continue to provide examples of practitioners who have successfully, and often dramatically, generated a framework for better understanding.

An example might be a medical doctor commenting on and offering provisional diagnosis of symptoms used by Biblical authors.

This course will review examples from Biblical authors in relation to the sciences and humanities; and how these examples came to bear on the cultures and civilizations in the Bible.

The instructor will follow the same format as the initial Hebrew Bible course, i.e., a weekly viewing of the Yale online course of Christine Hayes (50-minute session), a weekly email commentary from the instructor, followed by an online discussion.

OPTION 17

KNOW YOUR ANTIQUES & COLLECTIBLES

Wednesdays - Virtual Class
10:10am – 11:40am

Madeline Mandel

4 Sessions
9/14, 9/21, 9/28, 10/12

Explore the history of objects and eras within the field. Bring in an item for research and appraisal.

* Monday and Thursday are **in-person classes**

^ This in person instructor may open a zoom room. Confirmation will be provided at the start of the class

OPTION 18**FIRST LADIES
(continued)**

Alan Meyers

Wednesdays – Virtual Class
12:20pm – 1:15pm**11 Sessions**9/21, 9/28, 10/12,
10/19, 10/26, 11/2, 11/9,
11/16, 11/23, 11/30, 12/7

Beside every great man there is a woman, and a surprise mother-in-law. Other than Martha, Abigail, Eleanor, and Hillary, there are many first ladies that you never heard of and how they affected the Presidency.

OPTION 19**LET’S TALK
ABOUT IT!
A Journey to Self-
Improvement for
Seniors**

Ellen Simonetti

Wednesdays – Virtual Class

1:25pm – 2:20pm

6 Sessions9/14, 9/21, 9/28, 10/12,
10/19, 10/26

Students will learn about self-improvement from the instructor and in conversation with one another. This course will explore a variety of topics, and our individual and shared experiences in relation to these topics. This Options class might be "just the thing" for camaraderie and to maybe make new friends! Students are encouraged to submit ideas for this course's self-improvement topic by e-mailing: options@csi.cuny.edu with "Self-Improvement Class Topic" in the subject line.

OPTION 20**HEALTHY
EATING**

Dianne Frankel

Wednesdays – Virtual Class

1:25pm – 2:15pm

2 Sessions

11/2, 11/19

Good nutrition across the lifespan helps, and we know that it's never too late to make improvements to support healthy aging. This class will discuss what foods are nutrient-dense and how to maintain an active lifestyle.

* Monday and Thursday are **in-person classes**

^ **This in person instructor may open a zoom room. Confirmation will be provided at the start of the class**

BAKING BASICS

Wednesdays – Virtual Class
3:00pm – 4:30pm

OPTION 21

By Chef Sahera Threats

5 Sessions

9/14+ *Orientation*,

9/28, 10/19, 11/9, 11/30

*+first day is Orientation
from 3:00pm – 4:00pm*

In this virtual course, the instructor will teach the fundamentals of baking so students can develop their baking knowledge, skills, palate, and confidence. Our first session will be an overview of the course and how to best prepare for this virtual baking class. During the first session, the instructor will also introduce students to the most commonly used ingredients, essential tools for baking success, and the importance of accuracy and preparation.

Afterwards we will learn how easy it is to make freshly baked muffins, fluffy buttermilk biscuits, delicious holiday cookies, and the best-tasting vanilla custard/pudding pastry cream. While you learn how to create great-tasting sweet treats, you will develop a skill that will last you a lifetime. This course is perfect for bakers of every level.

OPTION 22

MIND, BODY, & SPIRIT: Meditation in Community

Catherine Bridges

Wednesdays – Virtual Class
4:40pm – 6:10pm

4 Sessions

9/14, 9/21, 9/28, 10/12

Experience self-care through meditation and dialog in community

* Monday and Thursday are **in-person classes**

^ This in person instructor may open a zoom room. Confirmation will be provided at the start of the class

OPTION 23

LEARN THE COMPUTER

Doriann Hyland

Wednesdays – Virtual Class

6:30pm – 7:30pm

6 Sessions

10/12, 10/19, 10/26, 11/2,

11/9+, 11/16+

*+Last two Classes are 90 min.
from 6:30pm to 8:00pm.*

Great for beginners and intermediate-level computer learners. There is always something new and exciting to learn. Instruction is student focused.

Introduction to Zoom

Learn how to create a personal Zoom account, schedule meetings with friends and family, and host meetings.

Introduction to Email

Learn how to create an email account, send emails, attach documents, and manage emails.

Introduction to the Internet

Learn how to surf the internet safely.

Introduction to MS Windows

Learn how to customize your desktop and the Microsoft Windows operating system basics, including understanding terminology like desktop, start menu, start bar, folders, files, etc.

+Introduction to MS Word

Learn the basics of MS Word. Get your MS Word questions answered, including formatting and saving a document. *+90 Min. class from 6:30pm to 8:00pm.*

+Introduction to MS Excel

Learn the basics of MS Excel. Get your MS Excel questions answered, including formatting a document, doing basic calculations, and saving a document. *+90 Min. class from 6:30pm to 8:00pm.*

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OPTION 24

MOVEMENT FOR MIND, BODY, & SPIRIT

Stephanie Parello

Thursdays – *In Person Class**

9:05am – 10:00am

7 Sessions

9/22, 9/29, 10/6, 10/13,
10/20, 10/27, 11/3

This course explores mindfulness in yourself and in the world around you by connecting with your body. It's not enough to talk or read about mindfulness. We must do it! Some of the best meditation happens when you're actively moving your body. We'll breathe, move, shake, relax, think (or not think), and do.

This course is best suited for novice to intermediate students. Please be prepared to stand for at least a portion of the time. Please wear comfortable shoes and clothes to move around in.

OPTION 25

LIVING HAPPILY & GRACEFULLY UNTIL 100 & BEYOND

Darlene Timbreza

Thursdays – *In Person Class**

10:10am – 11:05am

7 Sessions

9/15, 9/22, 9/29, 10/6,
10/13, 10/20, 10/27

Practical and essential information when dealing with an emergency at home to save your life and another's. Explore ways and means to keep yourself safe and healthy in mind and body.

OPTION 26

UNMINED GOLD

Peter Whitehouse

Thursdays – *In Person Class**

11:15am – 12:10pm

6 Sessions

9/29, 10/6, 10/13,
10/20, 10/27, 11/3

If you have a mine to look hard enough, gold can frequently still be found in abandoned mines previously considered "worked out". Certain historical events and people can be a kind of overlooked gold too. This course will survey history prospecting similarly for unworked "things sparkling and collectable," and not just "fool's gold" (iron pyrite). Some topics:

- The US Constitution and Human Rights
- Written "History" that is really "memorializing"
- Battle of Teutoburg Forest (a second look.)
- Qanon
- Manuscripts, the lines and between the lines
- Seven theses on Renaissance Women

* Monday and Thursday are **in-person classes**

^ **This in person instructor may open a zoom room. Confirmation will be provided at the start of the class**

OPTION 27

STATEN ISLAND HISTORY II

Patricia Brady

**Thursdays – *In Person*
Class***

12:20pm – 1:15pm

6 Sessions

10/6, 10/13, 10/20,
10/27, 11/3, 11/6

Let's go back in time to when the mastodons migrated from Russia 10,000 years ago through the first indigenous Lenape Indians and beyond. This class will serve as a continuation of last semester's course which explored how Staten Island was.

OPTION 28

PURSUIT OF HAPPINESS

Harold Hellman

**Thursdays – *In Person*
Class***

1:25pm – 2:55pm

5 Sessions

9/15, 9/22, 9/29,
10/6, 10/13,

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. The course includes guided meditations and other experiential elements in which the participants will develop "happiness skill."

OPTION 29

GETTYSBURG

Len Warner

Fridays – Virtual Class

8:30am – 12:00pm

We will take a Break

2 Sessions

12/2, 12/9

An examination of the three-day Battle of Gettysburg in the Civil War that occurred on July 1st, 2nd, and 3rd, and an examination of Abraham Lincoln's Gettysburg Address.

* Monday and Thursday are **in-person classes**

^ This in person instructor may open a zoom room. Confirmation will be provided at the start of the class

OPTION 31

**ART:
LEARNING TO
DRAW AND
PAINT**

“Mr. Lou” Russo

Fridays – Virtual Class
11:15am – 12:10pm

7 Sessions
9/9, 9/16, 9/23, 9/30,
10/7, 10/14, 10/21

The instructor will teach all aspects of drawing and painting, from concept to using charcoal, watercolor, acrylic, oil, and perspective composition.

**STUDENT
CLUB**

“THE GROUP”

Fridays – Virtual Class
12:20 – 2:15pm

Every Friday
9/16, 9/23, 9/30, 10/7,
10/14, 10/21, 10/28,
11/4, 11/11, 11/18,
12/2, 12/9

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.

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^ This in person instructor may open a zoom room. Confirmation will be provided at the start of the class