OPTION 01

DEVELOPMENT OF POPULAR MUSIC THROUGHOUT THE 1960s

Mitchell Lehrer

Mondays 10:00 AM–11:00 AM

7 Sessions
10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2

Bldg 5N Rm 102

This course will cover the development of popular music of the 1960s, year by year, in chronological order. We will explore various styles, genres, trends, etc., such as bands and individual artists that made a significant impact on 1960s popular music. The evolution of popular music throughout the 1960s was the most dramatic of any decade since the birth of Rock ’n’ Roll in the 1950s. The music from 1969 was obviously so much different than the music from 1960.

OPTION 02

COLLAGE MAKING FROM SCRAPS OF MATERIAL

Lucy Smith

Mondays 10:00 AM–12:00 PM

1 Session
10/21

10:00 AM–12:05 PM
2 Sessions
10/28, 11/4

Bldg 2M Rm 203

We’ll create a picture of flowers from scraps of linen, lace, material, magazines, etc.
OPTION 03

SACRED AND SECULAR ART: Giotto and Caravaggio
Snjezana Smolaka

Mondays
11:00 AM–12:05 PM
4 sessions
10/28, 11/4, 11/11, 11/18
Bldg 2M  Rm 213

This course consists of four classes dedicated equally to Giotto and Caravaggio.

Giotto (1267–1337) is considered both the last painter of medieval style and the precursor of the Renaissance. Among his most brilliant works are the large frescoes in the Scrovegni Chapel in Padua and in the Basilica of Saint Francis in Assisi. Not surprisingly, in 1334 the government of Florence offered this painter the opportunity of constructing the belt tower of the Cathedral of Florence, which is the most elegant and sophisticated campanile today.

Caravaggio (1571–1610) is considered a social rebel and controversial figure. Often imprisoned and even sentenced to death, he produced beautiful religious and secular paintings of sublime beauty. Wildly admired and harshly criticized for his non-traditional style, this prolific artist left sixty-four canvases, now housed in world-famous museums. He introduced a special technique, chiaroscuro, which influenced Italian and European art and became the characteristic feature of the Baroque era.

OPTION 04

KNOW YOUR ANTIQUES & COLLECTIBLES
Madeline Mandel

Mondays
12:30 PM–2:00 PM
5 Sessions
10/21, 10/28, 11/4, 11/18, 11/25
Bldg 5N  Rm 110

We will explore topics and eras as part of our study. Students are encouraged to bring in an item for research or appraisal.
OPTION 05  GREAT HOLLYWOOD MOVIES  Mondays
David Frankel  12:30 PM–2:00 PM
8 Sessions
10/21, 10/28,
11/4, 11/11,
11/18, 11/25,
12/2, 12/9
Bldg 2M Rm 204

There have been hundreds of unforgettable moments from Hollywood movies that have held us spellbound with their special magic; stories that have made us laugh, cry, think, and that have even affected our lives. This course will give you a chance to express your cinematic point of view. Come prepared to discuss some of your favorite movies.

OPTION 06  SHAKESPEARE’S Twelfth Night  Mondays
Joan Hartman  1:30 PM–3:20 PM
6 Sessions
10/21, 10/28,
11/4, 11/11,
11/18, 11/25
Bldg 2M Rm 218

We will read another of Shakespeare’s romantic comedies, Twelfth Night, which is thought to follow Much Ado About Nothing and As You Like It. We will look at its plotting, its staging, some film versions, and consider it in relation to Shakespeare’s other comedies. Please buy the Folger edition of the play. Note: The price of this edition has gone up; sorry.
OPTION 07

SILK SCARF WORKSHOP:
Using black or white scarves plus sun visors and baseball caps!
NEW – JACKETS

Annette Marten

Tuesday
1:25 PM–4:25PM
1 Session
11/19
Bldg 5N  Rm 110

Attend a workshop and learn how to use dyes to create a beautiful hand-printed scarf or jacket. The jacket is shaped front collar that drapes down like a waterfall, with butterfly sleeves, lower at back. One size fits all. This semester we will be using black or white silk scarves. We will also be working with jackets, sun visors and baseball caps. All are welcome. Materials will be provided for a fee of $25.00 or $35.00 for jackets.
At the height of the Spanish Empire, Spanish ships sailed endlessly carrying gold and silver from the New World to Europe. Many of the Spanish galleon ships met their fate at sea, resulting in an incalculable amount of sunken Spanish treasures.

In Mexico, the gold and silver mines were the main interest of the Spanish settlers. In Cuba and other islands, sugar and tobacco were the main exports. The Havana harbor is where all the treasure ships formed a convoy and brought the treasures to Spain.

The Panama Canal is one of the greatest engineering achievements the world has ever known. It dramatically shortened the distance between the east and west coasts of North America.

Construction of the canal began in 1881 by France, but there were engineering problems and too many people were dying due to disease. Construction stopped until the U.S. took over in 1904.

Very few human endeavors have ever been able to achieve changing the face of our planet, as the United States’ successful completion of the inter-oceanic Panama Canal did in 1914. The Panama Canal expansion project doubled the capacity of the canal and created a new lane, allowing more and larger ships to transit.
The Mexican Rivera on the Yucatan Peninsula has become a millionaire’s hotspot. Puerto Vallarta is a seaside town that gained prominence as a tourist destination in the 1960s, when it became popular with Hollywood stars. In Puerto Vallarta, the basilica of Our Lady of Guadalupe is one of the most visited Catholic sites in Latin America. The top of the church is a replica of the crown worn by the empress of Mexico, Carlota, in the 1890s.

Other playgrounds include Monaco; the tax haven on the French Riviera, Saint Tropez and Cannes; synonymous with images of movie stars, oligarchs and models, and Dubai; a city built by billionaires for billionaires. One out of every four cranes of Earth is in Dubai.

This course will cover the geological disasters and hazards on Earth. Some of the topics will include some of the complex natural events that have happened on our planet. Some of these topics include earthquakes, volcanic eruptions, landslides, wildfires, cyclonic storms, floods, draught and avalanches.

Additionally, I will discuss the social, cultural and global implications that humanity will be faced with, along with how people can be warned and prepared before and after these natural occurrences arise.
OPTION 12

MEET THE PRESIDENT

Allan Meyers

Tuesdays
12:30 PM–2:00 PM

9 Sessions
10/15, 10/22,
10/29, 11/5,
11/12, 11/19,
11/26, 12/3, 12/10

Bldg 2N  Rm 104

What makes a great leader? Are leaders born or made? How does adversity affect the growth of leadership? Do the times make the leader, or does the leader make the times?

Since the start of the Republic, presidents have taken us into a major war about every generation. The United States Constitution specifically ensures that only Congress has the power to declare war. We will learn and discuss how, step by step, presidents have seized the power for themselves.

Should we remember the Alamo, the Miona, the Lusitania and Pearl Harbor?

OPTION 13

GAMING

Robert Jaffe

Tuesdays
2:30 PM–4:00 PM

7 Sessions
10/29, 11/5,
11/12, 11/19,
11/26, 12/3, 12/10

Bldg 5S  Rm 122

Gaming: Learning & playing blackjack and poker (Texas Hold’em).
Real chips, faux money and big prizes (maybe!).
TAI CHI: 8 Movements
Ivy Chin

Tuesdays
2:30 PM–4:00 PM
3 Sessions
10/15, 10/22, 10/29
Bldg 5S Rm 118

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!

KNITTING 101
Diane Frankel

Wednesday
10:30 AM–12:00PM
4 Sessions
10/16, 10/23, 10/30, 11/6
Bldg 5N Rm 102

Learn a craft that is fun, creative and portable! In Knitting 101, students will learn how to cast on and work the knit stitch. We will also practice reading a yarn label and a simple pattern, demonstrate how to bind off and learn the horizontal seam. You will be ready to make a scarf or infinity cowl.
OPTION 16

**KNITTING WORKSHOP**

Diane Frankel

**Wednesdays**
12:30 PM–2:30 PM

**8 Sessions**
10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11

Bldg 5N  Rm 102

Knitting is so much more than just a way to make something. You’ll soon discover that the process of knitting is relaxing, therapeutic and fun. Bring a project you are working on or start a new one. Challenge yourself with a new technique. Sample patterns and some yarn will be available at the first class. Join us for some relaxing fun!

Come and learn how to knit a top-down sweater or cardigan. On October 16 bring your favorite sweater; we will learn how to take measurements to help in knitting a properly fitting sweater. Patterns and instructions will be available.

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OPTION 17

**TAKE MY COURSE, PLEASE!**

Allan Meyers

**Wednesdays**
12:30 PM–2:00 PM

**6 Sessions**
10/16, 10/23, 10/30, 11/6, 11/13, 11/20

Bldg 2M  Rm 204

The sky’s dark; the world is in turmoil—what we need is laughter. “Stand up” and be humorous. See how the great comedians of our time create comedy. We are not making this up, but there will be improv.
OPTION 18

101 MOST INFLUENTIAL PEOPLE WHO NEVER LIVED
(Lazar, Karlan & Salter)

Allan Meyers

Does the name Quasimodo ring a bell?
Did William Tell?
Was the ugly duck an American?
Was the Prince Charming?
Did Lilith need a lawyer to divorce Adam?
Who knows these and many more answers?
Does only the Shadow know?

OPTION 19

BOOK CLUB
“The No. 1 Ladies’ Detective Agency”

Lucille Swarns

Travel with me to Botswana and meet Precious Ramotswe, the person that the New York Times calls the “Ms. Marple of Botswana.” Precious has a deep love for the people of Botswana. “They are my people, my brothers and sisters. It is my duty to help them to solve the mysteries of their lives.” Precious decides to use the money left to her by her father to open the first Ladies Detective Agency in Botswana. Everyone is skeptical and asks, “Can women be detectives?”

Join me in this exotic journey and uncover the answer to that question.
OPTION 20

SELF-IMPROVEMENT FOR SENIORS
Ellen Simonetti

Wednesdays
1:00 PM–2:30 PM
4 Sessions
10/30, 11/6, 11/13, 11/20
Bldg 2M  Rm 205

In this workshop, you will have an opportunity to create positive change in your life by increasing your self-awareness, promoting more positive attitudes, creating new habits and setting effective goals. You will be investing in the most valuable asset in the world: yourself. Learn useful psychological techniques and skills that will change the way you think and help you live a more fulfilled and authentic life.

OPTION 21

STRESS MANAGEMENT
Connie Tabbitas

Wednesdays
2:30 PM–4:00 PM
2 Sessions
10/23, 10/30
Bldg 5N  Rm 110

Over time, regular stress or chronic stress can lead to serious health problems. Stress management gives a range of tools to manage stress. It can help the mind and body adapt.

OPTION 22

NUMEROLOGY
Connie Tabbitas

Wednesdays
2:30 PM–4:00 PM
2 Sessions
11/20, 11/27
2:30 PM–3:30 PM
1 Session
12/4
Bldg 5N  Rm 110

Numerology is primarily a self-help tool. Self-knowledge is the key to success and freedom.
OPTION 23  
**LEGENDS, MYTHS & MIRACLES**  
Andrew Mele  

*Thursday*  
10:00 AM–11:00 AM  

*7 Sessions*  
10/17, 10/24,  
10/31, 11/7,  
11/14, 11/21, 12/5  

Bldg 5N  Rm 110  

The history of baseball in seven installments.

OPTION 24  
**“LOST IN THE FIFTIES”**  
Andrew Mele  

*Thursday*  
11:00 AM–12:00 PM  

*7 Sessions*  
10/17, 10/24,  
10/31, 11/7,  
11/14, 11/21, 12/5  

Bldg 5N  Rm 110  

The most significant decade of the 20th century!

OPTION 25  
**DO THE ANCIENT GODS STILL WALK AMONG US?**  
Peter Whitehouse  

*Thursday*  
10:00 AM–11:00 AM  

*4 Sessions*  
10/17, 10/24,  
10/31, 11/7  

Bldg 2N  Rm 108  

They were often very ancient, omnipotent and eternal. They were once devoutly worshiped. These were the gods of history—Mayan, Japanese, Greek and more. These lectures will ask: Could the gods of old still be relevant? Can they continue to influence our times? Do they still have acolytes?
OPTION 26  “THREE SHEETS TO THE WIND”
Thomas Wortmann

Thursdays
11:00 AM–12:00 PM
4 Sessions
10/17, 10/24, 10/31, 11/7
Bldg 2N  Rm 108

Ever wonder why we say certain things? You have said it a thousand times—now learn why you say it, what it means, and where it came from. There are sayings and phrases we use every single day, but few of us know their origins.

Our language comprises many languages and along with its development came saying of old. Learn the history as we discuss each one in a free and open discussion about this interesting aspect of our language.

We will discuss a little history as well. You will be surprised at what you could learn and when the class is over, you will know why and what you are really saying.

Learn about “Three Sheets” and 49 others when you come and join us, and maybe you know some we don’t. We would love to learn about those too.

OPTION 27  UNUSAL AMERICA
John Paul Culotta

Thursdays
11:00 AM–12:00 PM
8 Sessions
10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12
Bldg 2N  Rm 112

A look at America’s culture, history, economy and current events.
**OPTION 28**  
**THE LANGUAGE OF FILM**  
Fred Grieco  
Thursdays  
12:30 PM–3:00 PM  
4 Sessions  
10/17, 10/31, 11/14, 12/5  
Bldg 5N  Rm 104  

View and discuss classic and contemporary films.

**OPTION 29**  
**THE LANGUAGE OF FILM**  
John Paul Culotta  
Thursdays  
12:30 PM–3:00 PM  
4 Sessions  
10/24, 11/7, 11/21, 12/12  
Bldg 5N  Rm 110  

View and discuss classic and contemporary films.

**OPTION 30**  
**THE PURSUIT OF HAPPINESS**  
Harold Hellman  
Thursdays  
1:00 PM–2:30 PM  
5 Sessions  
10/17, 10/24, 10/31, 11/7, 11/14  
Bldg 3N  Rm 106  

The course discusses the importance of happiness; the difference between something making you happy in the moment, and happiness as an ongoing experience; the relationship between perfection, choice and happiness; and the core elements that lead to a happy life. The course includes a guided meditation and other experiential elements in which the participants will develop “happiness skills.”
Student Club

“The GROUP”
The OPTIONS Student Club

Thursdays
2:30 PM–4:30 PM
Bldg 5S  Rm 112

Come and join the fun! We meet every Thursday. Meet and socialize with other Options students.

OPTION 31

CONVERSATIONAL
MODERN GREEK

Homer Vandoros

Fridays
9:00 AM–10:30 AM

3 Sessions
10/18, 10/25, 11/1

Bldg 4N  Rm 101

Learn the standard spoken language used in modern Greece. You already know more Greek than you think. There are 45,729 Greek words used in the English language. Through conversation and dialogue, you will achieve a good level of understanding, speaking and writing.

OPTION 32

WORLD
CIVILIZATION

Homer Vandoros

Fridays
10:30 AM–12:00 PM

2 Sessions
10/18, 10/25

Bldg 4N  Rm 101

We will focus on Dan Buettner’s Five Blue Zones: Italian Island of Sardina; Okinawa, Japan; Loma Linda, California; Nicoya Peninsula, Costa Rica; Aegean Island of Ikaria, where people forget to die. We will discuss the invalidated blue zones, their lifestyles, diets and secrets of longevity.
OPTION 33

BATTLES AND HEROES OF THE CIVIL WAR:
Fredericksburg & Chancellorsville

Leonard Warner

An overview of the causes and events leading up to the Civil War, an overview of the first two years of the war, and a focus on the battles of Fredericksburg and Chancellorsville, and the heroes Joshua Chamberlain and Thomas J. “Stonewall” Jackson.

**Lesson 1:** Causes and events leading up to the Civil War plus an overview of the first two years of the war. We will view the beginning episode of Ken Burns’ “Civil War,” and I will assign via YouTube a Biography of Joshua Chamberlain.

**Lesson 2:** A detailed study of the Battles of Fredericksburg and Chancellorsville. After taking a closer look at the events of the year 1862, we will showcase the above battles and follow this with a presentation of them from Ken Burns’ “Civil War.” I will assign a viewing of the biography of Thomas Jackson on YouTube.

**Lesson 3:** Scenes from the film “Gods and Generals” depicting the battles of Fredericksburg and focusing on the activities of Joshua Chamberlain and Thomas “Stonewall” Jackson, ending in the death of Jackson at Chancellorsville.

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OPTION 34

TAI CHI:
8 Movements

Ivy Chin

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!
OPTION 35  
**COIN COLLECTING**  
FOR FUN AND PROFIT  
Leon Selman  

Fridays  
10:30 AM–1:00 PM  
1 Session  
11/8  
Bldg 4N  Rm 101  

This seminar will include a visual history of American coins and a discussion of grading techniques. You may bring several coins for analysis.

OPTION 36  
**“AN ECLECTIC ARRAY MYTHOLOGICAL ALLUSIONS”**  
Anne Devlin  

Fridays  
12:30 PM–2:00 PM  
2 Sessions  
10/18, 10/25  
Bldg 5N  Rm 110  

Discover and discuss an eclectic array of mythological allusions in everyday life.

OPTION 37  
**PAINTING**  
Rosemarie Chirdo  

Fridays  
2:30 PM–4:30 PM  
5 Sessions  
10/18, 10/25, 11/8, 11/15, 12/6  
Bldg 5N  Rm 110  

Tap into your creativity. Using the medium of your choice, paint from a still life or a photo you bring in, focusing on shading, proportions, and values. We may produce a Cezanne or Matisse. Who knows! ALL LEVELS WELCOME! Supply list will be given.
General Information

Depending on campus classroom availability, the listed course dates and times in the catalogue may be subject to change.

If classroom space is not available for an Options course, we will do our best to reschedule the course with the instructor, and students will be notified immediately.

The requested minimum fee for participation in the CSI Options Program is $99.00 and allows you to take one course or several courses. **Donations over $99.00 are tax deductible and greatly appreciated.**

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