OPTION 01

COCK & BULL STORY

Thomas Wortmann

Mondays
11:15AM – 12:05PM

5 Sessions
2/1, 2/8, 2/22,
3/1, 3/8

HAVE YOU EVER HEARD A COCK & BULL STORY?

Join us for a semester of idioms, history and some laughs as we explore the meaning behind the things we say every day in our lives. Find out why you wet your whistle, click our glasses or even have curfews. We'll even explore how some words were developed how the meaning and sometimes their pronunciations changed over time.

Bring your own sayings, things you say or just sit back and learn, it’s up to you. But regardless you will learn something and we'll make you laugh.

OPTION 02

THE 50’s and 60’s

David Frankel

Mondays
12:20PM – 1:10PM

5 Sessions
2/1, 2/8, 2/22,
3/1, 3/8

Let’s take a stroll back to the 1950’s & 1960’s and look at the history, music, movies and lifestyles of those two decades.
OPTION 03  

EMBROIDERY  
Betsy Wilson  
Mondays  
12:20PM – 1:10PM  
7 sessions  
3/15, 3/22, 4/5, 4/12, 4/19, 4/26, 5/3

Join the circle; sit and stitch, share and talk.  
A brief history of embroidery, an interest in this delightful expression of creativity will be explored.  

Supply List:  
A set of embroidery needles  
A set of embroidery threads  
Hoop  
Stamped design  
Little scissors

OPTION 04  

LEARN TO PLAY THE  
GUITAR & SING  
Lou Russo  
Mondays  
1:25PM – 2:15PM  
7 Sessions  
1/25, 2/1, 2/8, 2/22, 3/1, 3/8, 3/15

I teach beginners and professionals of all ages.  Finger style, acoustic, electric, folk, rock, blues, and Tin Pan Alley.  I’m a Beatles expert!
OPTION 05

SHAKESPEARE’S

THE WINTER’S TALE

Joan Hartman

We’ll read *The Winter’s Tale*, a late play. It’s usually called a romance but could equally well be called a tragi-comedy. It’s unique among Shakespeare’s plays in that, first, a child is born (offstage) in Act 1 and, second, she’s grown up in Act 4. We’ll look at Shakespeare’s source, this time English, a prose fiction by Robert Greene called *Pandosto*, and at the play’s plotting, characterization, language and staging.

Please buy the Folger edition (still $5.99).

OPTION 06

POSTIVE PSYCHOLOGY

Ellen Simonetti

Believe it or not, you may be psychologically healthier after COVID than you were before. Learn the skills and attitude you need through Positive Psychology.

Positive Psychology is an approach to studying human thoughts, feelings, and behavior, with a focus on strengths instead of weaknesses; building the good in life instead of repairing the bad; and taking the lives of average people up to “great” instead of focusing solely on moving on those who are struggling, up to “normal” (Peterson, 2008).

OPTION 07

KNOW YOUR ANTIQUES & COLLECTIBLES

Madeline Mandel

Explore the history of objects and eras in the field. Bring and show an item for research and appraisal.
### OPTION 08  
**TRAVELING THROUGH HISTORY**  
John Rossi  
**Tuesdays**  
11:15AM – 12:05PM  
**5 Sessions**  
3/16, 3/23, 4/6, 4/13, 4/20

*Traveling Through History* is an educational and informational series of lectures designed to spark interest and enthusiasm in students by traveling to cities and countries around the globe and learning their history.

### OPTION 09  
**MEET THE PRESIDENTS**  
Alan Meyers  
**Tuesdays**  
12:20PM – 1:10PM  
**14 Sessions**  

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 makes sure 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?
ARTEMISIA GENTILESCHI (1593 - 1656) Neglected by art historians for three hundred years, Artemisia Gentileschi has been recently rediscovered and considered among the most prominent Baroque painters of seventeenth century Italy. Unlike other women artists, she did not completely conform and imitate the existing artistic styles and conventions, but created different and original treatment of traditional subjects.

GIOACHINO ROSSINI (1792 – 1868). Italian composer of thirty-nine bel canto operas, Gioachino Rossini stopped composing at the age of thirty-six. For the remaining forty years he dedicated himself to the pleasures of good life, delicious cuisine, and excellent wines. After the interesting stories of his biography, we will watch selections of his famous comic operas in which he incorporated his immense passion for food and wine, and let his protagonists celebrate a joyous way of life.

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 compassions put us on the road back to happiness. The course includes guided meditations and other experiential elements in which the participants will develop “happiness skills.”
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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 part of it! Full of fun activities and loads of laughs!

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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 part of it! Full of fun activities and loads of laughs!
OPTION 14  

**THE PANDEMIC II**

Catherine Bridges

**Wednesdays**  
9:05AM – 11:00AM

**4 Sessions**  
1/27, 2/3, 2/10, 2/17

This class will be about sharing our personal experience of this world event that changed our lives like no other time in our history. Since we also experienced September 11, 2001, also surreal and traumatic in New York City, Pennsylvania and Washington DC. This covid-19 has a different flavor, sound, fear, and isolation that needs story-telling, and compassion. The first hour will be meditation instruction and self-care support while the second hour will be group sharing, listening, and support.

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OPTION 15  

**THE WAR OVER PREFERENCES:**

PAINTING vs. SCULPTURE

Peter Whitehouse

**Wednesdays**  
10:10AM – 11:00AM

**3 Sessions**  
3/17, 3/24, 4/7

You be the judge. It may be impossible. Apples and oranges. But these lectures will ask you to call a winner anyway. We will examine and compare some of the great art works in the fields of sculpture and painting. Can Carpeaux’s sculpture stand up against Rubin’s painting? Is Michelangelo’s “Pieta” superior to DaVinci’s “Madonna of the Rock”? Was Canova a better carver of stone than Titian was at layering paint? We want answers! No pressure, but you will be asked to participate in the discussions. There are no wrong opinions.
OPTION 16

THE CONNECTION COLLECTION

Mie Oshima

Wednesday
10:10AM-11:00AM
1 Session
4/14

It is possible that when one looks at a certain collection of modern Japanese architecture that one is also making a connection to the Japanese past? It often appears to be true. This one hour lecture will demonstrate how this can be the case. The examples drawn upon will include the following: The Skytree, Tokyo. It is a tourist site, electronics tower AND a vision of an ancient Buddhist temple.

OPTION 17

RE-REAPPRAISING HISTORY

Peter Whitehouse

Wednesdays
10:10AM –11:00AM
4 Sessions
4/21, 4/28, 5/5, 5/12

Last fall’s lectures, a first-time series on reappraisals was prelude to this course. As we reprise those halcyon days we intend to venture into topics of human philosophy and inhuman exploitation, respectively referenced in the writings of Karl Marx and by the “occupation” by the Japanese of the Far East, prior to WWII. There will also be no neglect of the arts. Focus here will be on European and non-European achievement. Finally we will look still again at those controversies that never cease to simmer, like love of country, (patriotism) and extreme love of country, (nativism).
A short study of the contributions made by some of the more well-known practitioners in these fields and their relationships to their findings, to each other, and to the areas of knowledge they call their own. This course will emphasize the dynamics which constitute those elements of irenic discourse, which have encouraged such interplay and overlap to allow their sum to be greater than the sum of their parts. We will explore the culture and interpretive framework of each working divisions within:

- Overlapping and intersecting territories
- Common borders
- The incidence and value of “Breakthroughs”
- Relative structurally bound reliabilities
- Common ground
- Classic confrontations
- And tentative solutions


All the works of M. Mead: “Never doubt that a small group of thoughtful committed citizens can change the world, indeed, it is the only thing that ever has.”

“Always remember that you are absolutely unique, just like everyone else.”

“An expert’s opinion is worth no more than the reasons and facts upon which it is based.”

*Case of the month* column published by Cooperative of American Physicians Inc.
America’s most essential divisions are not between the Red States and the Blue States, conservatives and liberals, capital and labor, Blacks and Whites, the faithful and secular. Rather from the fact that the United States is a federation composed of eleven regional nations.

A state is a sovereign political entity. A nation is a group of people who share or believe they share a common culture, ethnic origin, language, historical experience, artifacts and symbols.

We will learn how the different nations shaped the scope of the American Revolution, the Articles of Confederation, and the Constitution.

The Law of Attraction can be understood as “like attracts like.” What this means is that whether we realize it or not, we are responsible for bringing both positive and negative influences into our lives. A key part of Law of Attraction is understanding that where you place your focus can have an intense impact on what happens to you.
OPTION 21

**KNITTING STEP BY STEP**

Dianne Frankel

*Wednesdays*
3:35PM – 5:00PM

*8 Sessions*
2/3, 2/10, 2/17, 2/24,
3/3, 3/10, 3/17, 3/24

Whether you are a new knitter or want to work on basic techniques, this class will provide and guide you with the tools and materials to learn and enhance your knitting. From the first-time knitter to the more adventurous, we will cover an array of projects, stitch pattern, and what tools and supplies you will need for your project. Have some fun and enjoy the company!

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OPTION 22

**THE BASEBALL HALL OF FAME: THE STARS WHO FELL JUST SHORT**

Al Grillo

*Thursdays*
10:10AM – 11:00AM

*5 Sessions*
1/28, 2/4, 2/11, 2/18,
2/25

They were great players, but maybe not great enough. Let’s take a second look at some of the outstanding players who may deserve that honor. These are players who appeared in the 1960’s or later, and we likely saw play. We will cover two positions each week, and then give pitchers the whole session. Make a case for your favorites.
OPTION 23  WHAT’S IN A WORD?  Thursdays
Anne Devlin  11:15AM – 12:05PM
4 Sessions  1/28, 2/4, 2/11, 2/18

Discover and discuss the annual word of the year since the millennium, as selected by the American Dialectic Association. What does the annual word reveal about a Contemporary society? Do you agree or disagree with the choices? Suggest your word choice for a particular year and explain.

OPTION 24  EXPERIENCE A LITERARY ANTIDOTE TO THE PANDEMIC  Thursdays
Participate in the Free “Decameron Project”
Anne Devlin  11:15AM – 12:00PM
3 Sessions  3/4, 3/11, 3/18

As the Corona Virus swept the world, The New York Times Magazine editors commissioned 29 authors to write new short stories inspired by the moment, and by Giovanni Boccaccio’s “The Decameron” which was written as the Black Death ravaged Florence in the 14th century. The New York Times Magazine featured all 29 stories in the 2020, July 12th issue.

“The Decameron Project” anthology is available in hardcover. Please read Boccaccio’s proem to “The Decameron,” online, at www.nytimes.com and www.openculture.com. We will discuss one short story at each session starting with the work by Margaret Atwood, followed by Edwidge Danticat, and concluding with Tommy Orange.
OPTION 25  
THE LANGUAGE OF FILM  
Fred Grieco

View and discuss classic and contemporary film.

OPTION 26  
THE LANGUAGE OF FILM  
John Paul Culotta

View and discuss classic and contemporary film.

OPTION 27  
ASTRONOMY  
Patricia Brady

We will explore such topics as the solar systems, star galaxies, Luna eclipse and asteroids.
OPTION 28

PAINTING

Rosemarie Chirdo

Thursdays
1:25PM – 3:20PM

4 Sessions
4/8, 4/15, 4/22, 4/29

Tap your creativity, using the medium of your choice, paint from a still life or a photo you choose. We will focus on shading, proportions, and values. We may produce a Cezanne or Matisse. Who knows! ALL LEVELS WELCOME! Supply list will be provided.

STUDENT CLUB

“THE GROUP”

The Options Student Club

Allan Meyers –
Moderator

Fridays
12:20PM – 2:15PM

13 Sessions
1/29, 2/5, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23, 5/7, 5/14

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