



## OLLI at UMass Boston - 2025 Winter Programs

The OLLI office is creating opportunities for all members (and future members!) to stay engaged during the winter. **The programs will be held via Zoom.** Most programs are free. If there are any costs associated with an event, it will be noted in the program description. Zoom links are sent out a day prior to each event.

Members are encouraged to use the OLLI online registration system to sign up for these events. *Winter events and programs are available on a first-come, first-served basis.* Please [sign in to your OLLI account](#) and register for our winter programs. Once you are logged in, the [Winter Programs 2025](#) category is listed under [Courses & Programs](#). Your username and password are still active even if your membership has expired. **Not an OLLI member?** Please email ([ollireg@gmail.com](mailto:ollireg@gmail.com)) the OLLI office your requests (program titles), and we will register you so you can experience OLLI this winter.

*Please note that the OLLI Office and UMass Boston will be closed on Mondays, January 20 and February 17. Additional programs may be added as they become available and confirmed.*

### Winter Programs At-A-Glance (with start times listed)

*More details for each program listed below can be found within this document.*

- January 6 Monday Morning Coffee Chats begin! – 9:00 a.m.
- January 7 OLLI Winter Film Series: *The Pursuit of Happyness* (2006) – 10:00 a.m.
- January 9 Book Reviews and Recommendations – 2:00 p.m.
- January 14 OLLI Winter Film Series: *Erin Brockovich* (2000) – 10:00 a.m.
- January 14 Exploring an Ancient Maze Cave – 4:00 p.m.
- January 15 Cognitive Upgrade – 1:30 p.m.
- January 16 Baikonur and the Soviet Space Race – 1:00 p.m.
- January 17 Using Prompts to Spark Creativity and Improve Your Drawing Skills – 10:00 a.m.
- January 21 OLLI Winter Film Series: *Billy Elliot* (2000) – 10:00 a.m.
- January 22 The Magic of Drawing White on Black Paper – 10:00 a.m.
- January 23 Staying Safe Online: Fraud Prevention through Security Education = 12:00 noon
- January 27 Broadway in the Eighties (6-week course) – 1:00 p.m.
- January 28 OLLI Winter Film Series: *Unbroken* (2014) – 10:00 a.m.
- January 29 Author Talk: *Crossing Bridges* – 2:00 p.m.
- January 30 Love the 80s Trivia Night: It's going to be rad! – 6:30 p.m.
- February 3 Author Talk: *Only Hope: My Mother and the Holocaust Brought to Light* – 1:00 p.m.
- February 4 OLLI Winter Film Series: *The Holiday* (2006) – 10:00 a.m.
- February 5 Storytelling, Poems, and Fragments: A Writing Workshop – 1:30 p.m.
- February 7 Wines, Cheeses, Chocolate, and Fruit – 2:00 p.m.
- February 10 Making A Way Out of No Way: African American Soldiers in World War II – 11:00 a.m.
- February 11 OLLI Winter Film Series: *Make Way for Tomorrow* (1937) – 10:00 a.m.
- February 12 Learning to Draw: Hands and Feet – 10:00 a.m.
- February 18 OLLI Winter Film Series: *Up* (2009) – 10:00 a.m.
- February 20 How to Work with Anxiety – 10:00 a.m.
- February 21 Art of Color Mixing – 10:00 a.m.
- February 26 Charles M. Schulz: An American Cartoonist – 3:00 p.m.
- February 27 Author Talk: *Oh No He Didn't!* – 6:30 p.m.

## More on the Winter Film Series – **CHANGE!**

Everything changes. Change is one of the only certainties we face every day, and as we grow older, we may face it more than once a day. We change our clothes, our mood, our hair, our ideas, our religion, our neighborhoods. Friendships and life's plans change. The weather and political situations change. Sometime change happens to us; sometimes we affect the change. Change can be colossal or miniscule – earthshattering or barely noticeable. To survive and flourish we need to adapt and grow. But do we always have the right tools in our purses and backpacks? The movies we have chosen this year, 2025, will present you, our splendid OLLI audience, with a variety of stories – all involve change of some sort. Hopefully, together we will learn a lot discussing this great big topic and will walk away – changed.

**Film series registration.** **Folks will register for the entire series and not each individual film.** We know that you may not be able (or care) to see all the films, but this will make registration a bit more streamlined for folks. The movies will be available to watch over Zoom or in-person at Thayer Public Library in Braintree or on the UMass Boston campus (McCormack Hall, Room 617, 3rd Floor) starting at 10:00 a.m. on Tuesdays. *If registering online, there are three different sections for the film series based on location; please be sure to register for the correction location.* Lively, post-film discussions will begin shortly after the film credits are finished, with folks in Braintree and UMass Boston being able to participate via Zoom as well in these discussions. People can also watch the films on their own, but still log into Zoom to participate/listen to the discussions; if you care to do that, you should still register for the film series so you can get the Zoom link.



### Monday Morning Coffee Chats

**6 Mondays, January 6–February 24, 9:00–10:00 a.m.**

Here is your opportunity to connect with other people over your morning cup of coffee! Start your day off with chatting about what's on your mind or what TV show you might have recently watched! OLLI staff will also be joining in on the chat if folks have questions about our wonderful lifelong learning community! Every Monday in January and February (except Jan. 20 & Feb. 17).

## OLLI Winter Film Series: *The Pursuit of Happyness* (2006)

**Tuesday, January 7**

**10:00 a.m. – Film showing via Zoom; in-person viewing at UMass Boston or Thayer Public Library in Braintree**

**12:15 p.m. – Film discussion via Zoom (approximate time)**

This is an uplifting movie based on the real story of Chris Gardner (Will Smith) who is a single father evicted from his apartment with his young son (Will's son, Jaden Smith). They are forced to endure many hardships, but Chris never gives up on his dream to find a good job and to provide for his son. Both father and son eventually embrace the many changes in their lives. Runtime: 1 hour and 57 minutes.



## Book Reviews and Recommendations

**Thursday, January 9, 2–3:00 p.m.**

Curious to learn about what others are reading this winter (or have read during the summer and fall)? Did you get a great book over the holidays? Need a break from the computer screen and looking for a good book to pick-up? This event allows participants to share book titles and quick, personal reviews to help others build their winter reading lists. Don't have a book to share? No problem! Join and listen to recommendations that might inspire you to check them out.

## OLLI Winter Film Series: *Erin Brockovich* (2000)

Tuesday, January 14

10:00 a.m. – Film showing via Zoom; in-person viewing at UMass Boston or Thayer Public Library in Braintree

12:30 p.m. – Film discussion via Zoom

*Erin Brockovich* is a 2000 hard-to-believe legal drama based on the true story of a single mother who takes on a large energy corporation to expose water contamination in her small CA town of Hinkley. The film zeroes in on Brockovich's voyage of self-discovery and change. The film stars Julia Roberts and Albert Finney; it received 5 Oscar nominations and Roberts won for Best Actress. Runtime: 2 hours and 11 minutes.



## Exploring an Ancient Maze Cave

Tuesday, January 14, 4–5:00 p.m.

A virtual experience where participants will have the opportunity to explore a room in the seventh longest cave in the world, Wind Cave. You will understand how the cave was formed and about some of the unique features from formations to fossils found in there. Learn about human population effects on the cave environment, the cave exploration taking place in the past and

today, as well as the unique challenge of preserving a cave that over 130,000 visitors go into each year.

**Presenter:** A park ranger from Wind Cave National Park. Wind Cave National Park protects a 162 mile-long cave system below the surface and over 30,000 acres of natural mixed-grass prairie on the surface. Today the surface is home to bison, elk, pronghorn, prairie dogs, and the recently reintroduced black-footed ferret, while the complex maze cave below continues to be explored. This national park is located in the state of South Dakota.

## Cognitive Upgrade

Wednesday, January 15, 1:30–3:00 p.m.



Many people think that the aging process is only about decline and deterioration which can lead to a fearful and depressing outlook about growing older. The newest research offers a much more positive outlook about the amazing potential of the brain to grow, change, rewire and upgrade. In this presentation, Katherine will be combining the latest research about the brain along with stimulating exercises to activate the brain. **Presenter:** Katherine Robinson majored in psychology and anthropology at the University of Vermont. She did graduate training in mental health counseling and is certified by the McLean Meditation Institute (AZ), YOGABODY, and the Alzheimer's Research and Prevention Foundation.

Katherine's passions: teaching meditation, breathwork, and energy techniques to calm the body; exploring the healing vibrations of sound; and motivating and inspiring others to be the best that they can be.

## Using Prompts to Spark Creativity and Improve Your Drawing Skills

Friday, January 17, 10:00 a.m.–12 noon

What sparks an artist's creativity? Through different visual and written prompts, students will be invited to use their imaginations to draw. The selected prompts will be used to ignite thought and self-expression



through the artmaking process. Students have the flexibility to bring to the workshop any drawing materials that they would like to explore. All levels are welcome. This workshop is taught entirely online through the Zoom platform. **Note:** *Kate's courses are recorded for the purpose of encouraging her students to keep practicing. The recordings are sent to those participants actively participating in her class sessions.* **Presenter:** Kate (Bryant) Nordstrom is an artist and art educator in Barrington, Rhode Island. Her passion for art started in childhood and has remained an important part of her life. Her most recent work details the ruggedness of the New England coastline, the majestic beauty of NE lighthouses, and the California landscape/architecture. She is thrilled to be teaching with OLLI.

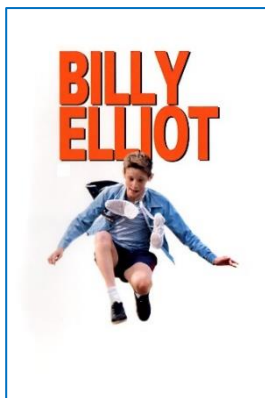


### Baikonur and the Soviet Space Race

**Thursday, January 16, 1–2:00 p.m.**

A whirlwind tour of the Soviet space program, from the dawn of the Space Age to modern Kazakhstan and Baikonur Cosmodrome. This program attempts to fill in the gaps in our understanding of the Space

Race, as seen from the other side: namely, the Soviet Union. We look at both their successes and failures, as well as the modern reality of the Russian space program being located in the independent country of Kazakhstan. **Presenter:** The Inner Asian and Uralic National Resource Center (IAUNRC) at Indiana University's Hamilton Lugar School of Global and International Studies is a U.S. Department of Education Title VI National Resource Center dedicated to raising awareness about its target area: namely the Turkic, Iranian, Mongolian, Uralic, and Tibetan cultural spheres. Some countries included are Turkey, Azerbaijan, Hungary, Uzbekistan, and Afghanistan.



### OLLI Winter Film Series: *Billy Elliot* (2000)

**Tuesday, January 21**

**10:00 a.m. – Film showing via Zoom; in-person viewing at UMass Boston or Thayer Public Library in Braintree**

**12:00 p.m. – Film discussion via Zoom**

The life of 11-year-old Billy Elliot, a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds himself in dance, demonstrating the kind of raw talent seldom seen by the exacting instructor, Mrs. Wilkinson, whose zest for teaching is revived when she sees Billy's potential. Runtime: 1 hour and 50 minutes.

### The Magic of Drawing White on Black Paper

**Wednesday, January 22, 10:00 a.m.–12 noon**

Begin to think like a printmaker and learn the magic of drawing with white colored pencil on black paper. During this workshop, students will learn about value as they explore how to add light values to a dark piece of paper. This type of drawing will challenge your assumptions about additive artmaking as you immerse yourself in the world of negative drawing. All levels are welcome. This workshop is taught entirely online through the Zoom platform. **Note:** *Kate's courses are recorded for the purpose of encouraging her students to keep practicing. The recordings are sent to those participants actively participating in her class*

sessions. **Presenter:** Kate (Bryant) Nordstrom Staying Safe Online: Fraud Prevention through Security Education

## Staying Safe Online: Fraud Prevention through Security Education

Thursday, January 22, 12–1:00 p.m.

Navigating the web can be fun, slightly intimidating, and unfortunately also unsafe at times. Every website wants your data or uses tracking cookies, and companies are getting breached every other day, leaving your personal data online. These all contribute to identity theft and other types of fraud. We will talk about your digital identity, its pervasiveness online, how to protect it, and how to establish good cyber hygiene to minimize impact overall. We will touch on types of attacks like Phishing, Smishing, and Vishing, but also look at the broader context of website safety, the use of VPNs, securing your data, and more. **Recording Notice:** *This presentation will be recorded and made available for public viewing in order to serve as a resource for older adults.* **Presenter:** Alison Murray is the Senior Information Security Specialist for the Information Security Office at UMass Boston and holds an MS in Security Studies: Cybersecurity Concentration and certifications for CISSP, CCSP, and Security +. Alison is passionate about demystifying Cybersecurity and technology so that everyone can better protect themselves.

## Broadway in the Eighties

6 Wednesdays, January 27–March 3, 1–3:00 p.m.

***This program is offered in partnership with OLLI at NC State. Please note that class will be held on February 21.***

This decade saw the emergence of long-running “mega-musicals”, including *Cats* (1983), *Les Miserables* (1987) and *The Phantom of the Opera* (1988). In addition to *Phantom* and *Cats*, Andrew Lloyd Webber had four other musicals open in the ‘80s, *Evita* and *Starlight Express* among them.

Neil Simon exceeded his 1970s output and opened six plays on Broadway in the decade, including the Brighton Beach trilogy. The class will touch on trends and include memorable plays (*Amadeus*, *M. Butterfly*, *Fences*) and musicals in addition to those mentioned: *42nd Street*, *Sugar Babies* (with Mickey Rooney and Ann Miller), and *Me and My Girl*. **Presenter:** Cary Frederick has a B.A. in English and a master's degree in Library Science from Indiana University. He studied and taught film at College of Staten Island. Cary stayed in NYC and continued to study film in the repertory movie houses of New York for 13 years and the Museum of Modern Art and the New School for the Arts.



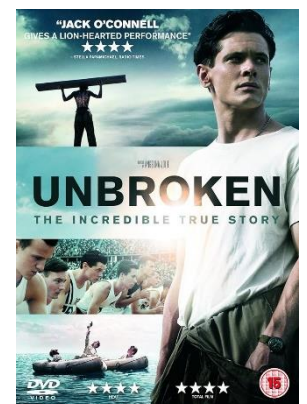
## OLLI Winter Film Series: *Unbroken* (2014)

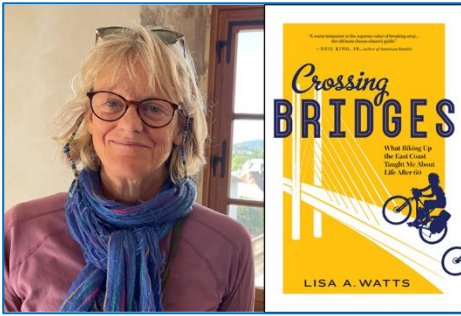
Tuesday, January 28

10:00 a.m. – Film showing via Zoom; in-person viewing at UMass Boston or Thayer Public Library in Braintree

12:30 p.m. – Film discussion via Zoom

As a boy, Louis "Louie" Zamperini is always in trouble, but with the help of his older brother, he turns his life around and channels his energy into running, later qualifying for the 1936 Olympics. When World War II breaks out, Louie enlists in the military. After his plane crashes in the Pacific, he survives an incredible 47 days adrift in a raft, until his capture by the Japanese navy. Sent to a POW camp, Louie becomes the favorite target of a particularly cruel prison commander. Runtime: 2 hours and 17 minutes.





## Crossing Bridges

### Author Talk with Lisa Watts, Cyclist and Author

Wednesday, January 29, 2–3:00 p.m.

At 58, Lisa Watts felt restless. She had built a carefully balanced life of work and play, but it all seemed to add up to a life of mediocrity. Then she headed out with a dear friend to bike from Key West to Canada, a trip she'd dreamed of taking for decades. These two months on the road offered a time of transition, teacher her plenty of lessons but mostly that she doesn't have to be an armchair traveler through life's third act. In her travel memoir *Crossing Bridges: What Biking Up the East Coast Taught Me About Life After 60*, Watts shares those lessons in a collection of engaging essays about friends, marriage, ambition, self-doubt, and more. Her aim: to nudge others out the door to go do that thing they've always wanted to do. **Author:** Lisa A. Watts has worked as a magazine writer and editor and nonprofit communications manager. A child of the East Coast, she grew up in Atlanta, Baltimore, and Boston before marrying and raising kids in Connecticut, Ohio, and North Carolina. Her anthology, *Good Roots: Writers Reflect on Growing Up in Ohio* (Ohio University Press, 2006), won the 2008 Ohioana Citation Award. Lisa most recently worked as the director of communications for the UMass Boston's Gerontology Program.

## I Love the 80s Trivia Night: It's going to be rad!

Thursday, January 30, 6:30–8:00 p.m.

The Friends of OLLI Committee invites you and your friends to join in on the fun with OLLI's virtual fundraising event! Come test your knowledge about this decade where conservative politics and Reaganomics held sway as the Berlin Wall crumbled, new computer technologies emerged, AIDS ravaged the United States, and blockbuster movies and MTV reshaped pop culture. This is a group/team event! If you feel a bit uncertain about your trivia skills, no worries! Participants will be randomly assigned to groups (of about five people each), and will use breakout rooms to discuss and decide their answers to trivia questions. The winning team will receive prizes! **Event cost: \$25.** Event fee is tax deductible and all proceeds go toward the Friends of OLLI fund, which keeps OLLI vibrant! Membership fees and interest from the Osher Foundation endowment finance a large part of the program, but they do not fully fund our costs. The Friends of OLLI funds go toward events, scholarship assistance, OLLI Scholar stipends, and other needs that OLLI has throughout the year. Participants can [pay and register online for the trivia event](#), or can mail a check made out to "Friends of OLLI" to the OLLI office: OLLI at UMass Boston, 100 Morrissey Blvd, Boston, MA 02125.

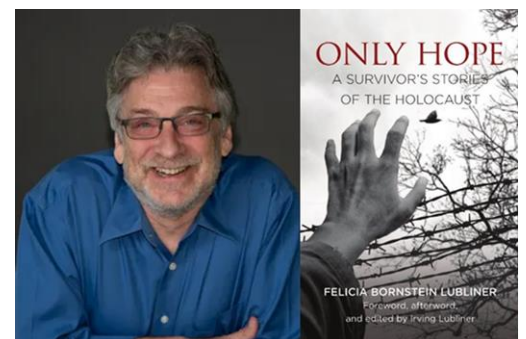


## Only Hope: My Mother and the Holocaust Brought to Light

### Author Talk with Irving Lubliner

Monday, February 3, 1:00–3:00 p.m.

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and two Nazi concentration camps (Auschwitz and Gross-Rosen) in Nazi-occupied Poland. Her powerful stories have recently been published by her son, Irving Lubliner, an emeritus Southern Oregon University professor and OLLI instructor. He will share excerpts from "Only Hope: A Survivor's Stories of the Holocaust," shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition. The presenter will pause during and after his presentation to invite





questions and discussion. **Author/Presenter:** Irving Lubliner, Professor Emeritus at Southern Oregon University, taught mathematics for 40 years—at all levels, kindergarten through graduate school. Since retiring in 2014, he has published his mother’s writings and dedicated himself to sharing her powerful Holocaust stories through hundreds of presentations for teen and adult audiences nationwide.



### OLLI Winter Film Series: *The Holiday* (2006)

**Tuesday, February 4**

**10:00 a.m. – Film showing via Zoom; in-person viewing at UMass Boston or Thayer Public Library in Braintree**

**12:30 p.m. – Film discussion via Zoom**

Dumped and depressed, English rose Iris agrees to swap homes with similarly unlucky in love Californian Amanda for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both lovelorn ladies bump into local lads perfect for a romantic pick-me-up. Runtime: 2 hours and 11 minutes.



### Storytelling, Poems, and Fragments: A Writing Workshop

**Wednesday, February 5, 1:30–3:00**

What stories are caught in the corners of your life? When was the last time you gave yourself creative space? As we move towards the returning light of the New Year, give yourself some time to write. Through writing prompts, silly and serious, and writing sessions, (short and medium, up to 20 minutes) your imagination will be invited to the page. Participants will be encouraged to share their work and offer positive comments to others. Prior creative writing experience is not necessary. Please come ready to write, please keep camera on during sharing and prompts to encourage our special community. **Presenter:** Margarita Bonifaz has been writing since childhood. She was first published at age 7 in *The Phoenix*, with her poem “Fairy Toast.” She started her 33-year teaching career with a teaching fellowship at Smith College. For many years, Margarita took writing workshops with Pat Schneider, the magical creator of Amherst Writers and Artists. Margarita has a novel in the drawer and many stories on her desktop. She believes everyone has stories in them: in our post it notes, in old letters, in our conversations; we just need to listen and write. She is delighted to be teaching at OLLI.



### Wines, Cheeses, Chocolate, and Fruit – Oh My!

**A wine and cheese pairing for the senses.**

**Friday, February 7, 2–3:30 p.m.**

They’re BAAACK! And just in time for Valentine’s Day! Our friends from Casa Mia Tours based in Rome, Italy are hosting a wine and cheese pairing/tasting event with some additional tasty elements! Join our resident cheese expert, Eleonora, and our natural wine lover, Gina, as they share their knowledge of cheese and wine

pairings. In this live tasting, Eleonora and Gina will pair three cheeses with three wines (along with chocolates and fruits) from varying regions in Italy taking you on a full sensory journey as they share their love of cheese and wine, as well as tales of their culinary travels throughout Italy.

**Presenters:** American-born and Italian-raised **Eleonora Baldwin** is a TV celebrity, bilingual journalist, and culinary connoisseur. She is the creator of the popular food, travel, and lifestyle blog *Aglio Olio e Peperoncino*, which has subscribers in over 100 countries. Eleonora is the host and creator of prime-time TV hits “ABCheese” and “Uazz’America”, broadcast by SKY TV for Gambero Rosso Channel, Italy’s number one



food network. **Gina Tringali** is a travel and food writer, culinary guide, and natural wine lover. Born into an Italian-American family, she fell in love with all things Italian at a young age. Time spent in kitchens with her Neapolitan and Sicilian grandparents, watching, cooking, and tasting every dish, fed this love and dream of living in Italy. Gina has an MBA from New York University, a master's degree in Italian gastronomic culture from the Università degli Studi di Roma Tor Vergata, holds the WSET Advanced Certificate in Wines and Spirits, and is a certified sommelier and member of the Associazione Italiana Sommelier (AIS).

*\*Please note that participants will need to purchase their own cheese and wine if they wish to do the tastings along with Gina and Eleonora. Wine and cheese lists will be made available ahead of time. The actual tasting part of the program is not a required element to participate; it simply enhances the experience.*

## Making A Way Out of No Way: African American Soldiers in World War II



### Monday, February 10 11:00 a.m.–12 noon

Join us to learn more about the African American Soldiers' journey for equal rights. Generations of African Americans have served their country, many serving in segregated units and not always given the respect and honor due to them. Although African Americans fought with distinction in World War II, they returned home to a segregated America. In 1948, President Harry Truman issued Executive Order 9981, which called for equal opportunity for all members of the Armed Forces. The segregated Army became a thing of the past, and the segregation of American society began to crumble. A Museum educator will guide the field trip, exploring the commitment, challenges, and bravery of African American Soldiers serving during World War II and examining artifacts, primary resources, and personal accounts. **Presenter:** The National Museum of the United States Army provides the only comprehensive portrayal of Army history and traditions through the eyes of the American Soldier. Through preserving, interpreting, and exhibiting invaluable artifacts, the National Army Museum creates learning opportunities for all visitors and bonds the American people to their oldest military service.

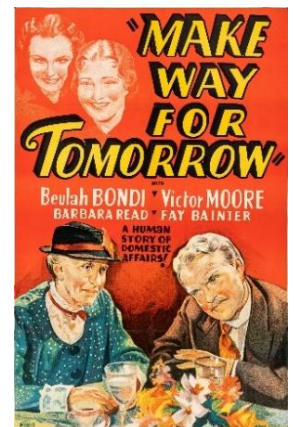
## OLLI Winter Film Series: *Make Way for Tomorrow* (1937)

### Tuesday, February 11

10:00 a.m. – Film showing via Zoom; in-person viewing at UMass Boston or Thayer Public Library in Braintree

11:45 p.m. – Film discussion via Zoom

This 1937 film makes us face the truth that change can lead to tragedy. Lucy and Bark lose their home of 50 years to foreclosure. They turn to their 5 adult children for shelter and assistance. The children prove unable to adapt their lives to integrate their parents into their homes and families. Roger Ebert wrote that the film is “so tough it might not be filmable today, when even Alzheimer’s stories have happy endings.” However, the picture is beautifully acted and deeply affecting. Runtime: 1 hour and 32 minutes



## Learning to Draw: Hands and Feet

### Wednesday, February 12, 10:00 a.m.–12 noon

A common frustration for most student artists is drawing hands and feet in a realistic manner when portrait or gesture drawing. During this workshop, students will use their observational drawing skills to focus on creating studies of hands and feet using reference photographs as guides. Students have the flexibility to bring to the workshop any drawing materials that they would like to explore. All levels are welcome. This workshop is taught entirely online through the Zoom platform. **Note:**



Kate's courses are recorded for the purpose of encouraging her students to keep practicing. The recordings are sent to those participants actively participating in her class sessions. **Presenter:** Kate (Bryant) Nordstrom is an artist and art educator in Barrington, Rhode Island. Her passion for art started in childhood and has remained an important part of her life. Her most recent work details the ruggedness of the New England coastline, the majestic beauty of NE lighthouses, and the California landscape/architecture. She is thrilled to be teaching with OLLI.

## OLLI Winter Film Series: *Up* (2009)

**Tuesday, February 18**

**10:00 a.m. – Film showing via Zoom; in-person viewing at UMass Boston or Thayer Public Library in Braintree**

**11:45 p.m. – Film discussion via Zoom**

In this Pixar delightfully animated film, we get to know 78 year old Carl who is a retired widower and balloon salesman. He yearns to fulfill his wife Ellie's lifelong dream to visit Paradise Falls in South America. Carl's balloons, a stowaway boy scout and some big doses of unpredictability provide adventures that change his life. The movie is touching, funny and wise! Runtime: 1 hour and 36 minutes.



## How to Work with Anxiety

**Thursday, February 20, 10–11:30 a.m.**

We are living in the age of anxiety, a situation that often makes us feel as if we are locked into endless cycles of stress, sleeplessness and worry. But what if we had a way to leverage our anxiety to help us solve problems and fortify our well-being? What if instead of seeing anxiety as a curse, we could recognize it for the unique gift that it is? In this course we will be learning about ways to work with anxiety and see it as essential for our survival. This will be a combination of lecture, discussion and meditation, breathing exercises. **Presenter:** Katherine Robinson majored in psychology and anthropology at the University of Vermont. She did graduate training in mental health counseling and is certified by the McLean Meditation Institute (AZ), YOGABODY, and the Alzheimer's Research and Prevention Foundation. Katherine's passions: teaching meditation, breathwork, and energy techniques to calm the body; exploring the healing vibrations of sound; and motivating and inspiring others to be the best that they can be.



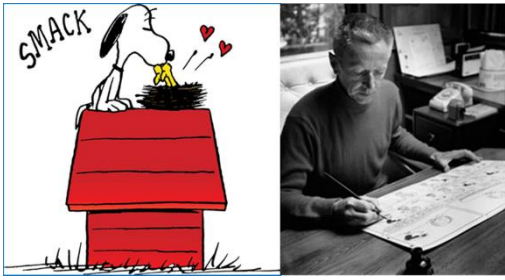
## The Art of Color Mixing

**Friday, February 21, 10:00 a.m.–12 noon**

Using watercolor, students will learn basic color theory in order to make and mix different vibrant and robust colors. This workshop will present a methodical way of organizing color mixes so that students can use what they create to guide future painting. The benefits of using this transparent medium to layer paint directly on the paper instead of mixing on the palette will be explained and explored. Color theory terms and vocabulary will be presented and used to guide questions and discussion. All levels of painting experience are welcome. This workshop will be taught entirely using the Zoom platform. A supply list will be provided in advance of

the workshop. **Note:** Kate's courses are recorded for the purpose of encouraging her students to keep practicing. The recordings are sent to those participants actively participating in her class sessions.

**Presenter:** Kate (Bryant) Nordstrom is an artist and art educator in Barrington, Rhode Island. Her passion for art started in childhood and has remained an important part of her life. Her most recent work details the ruggedness of the New England coastline, the majestic beauty of NE lighthouses, and the California landscape/architecture. She is thrilled to be teaching with OLLI.



### **Charles M. Schulz: An American Cartoonist**

**Wednesday, February 26, 3:00–4:00 p.m.**

Take a pictorial journey through Charles M. Schulz’s life and career and learn why *Peanuts* is one of the most popular and influential comic strips ever. This multi-disciplinary exploration of the creative process touches on history and visual arts and includes a hands-on, how-to-draw Snoopy workshop at the end. **Presenter:** Jessica

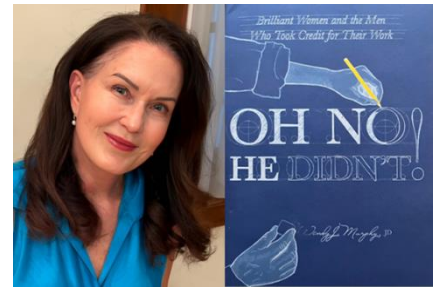
Ruskin is the Educational Director at the Charles M. Schulz Museum located in Santa Rosa, CA. It houses the largest collection of original *Peanuts* artwork in the world and is a 501(c)(3) nonprofit organization that is dedicated to giving depth to the funny pages through the preservation, display, and interpretation of the life and art of *Peanuts* comic strip creator, Charles M. Schulz. Visitors can laugh at Schulz’s original comic strips, learn about the art of cartooning and Schulz’s role in its development, view a re-creation of Schulz’s art studio, watch animated *Peanuts* specials and documentaries in our Theater, draw their own cartoons in our hands-on Education Room, and more.

### **OH NO HE DIDN'T!: Brilliant Women and the Men Who Took Credit for Their Work**

**Author Talk with Wendy J. Murphy**

**Thursday, February 27, 6:30–8:00 p.m.**

Wendy will discuss her new book and the inspiration behind her decision to write about women whose work was credited to men. In a book that spans generations and covers a range of disciplines from nuclear science to the invention of Monopoly and even baroque art, *Oh No He Didn't* brings to life the incredible tales of twenty-six women, including Rosalind Franklin, Mileva Einstein, and Ava Harris, who were brilliant in their fields, but received little or no credit for their accomplishments. Despite their many differences, all the women experienced the same form of plagiaristic injustice because they were female, a problem that persists today. **Author:** Wendy is Adjunct Professor at New England Law | Boston. She is also an attorney and impact litigator specializing in women’s rights.



**at UMass Boston**

### **Learning For The Love Of It! – About OLLI at UMass Boston**

The Osher Lifelong Learning Institute (OLLI) at UMass Boston is an inclusive, member-powered organization that offers educational and cultural programs to inspire adult learners ages 50+. Our non-credit courses are taught by volunteers, and there is no homework, tests, or grades. The organization is funded by The Bernard Osher Foundation and is part of a nationwide network of 124 OLLI programs. At UMass Boston, OLLI is housed in the Gerontology Institute, a part of the Manning College for Nursing and Health Sciences. For more information, please visit our [website](#) or contact our office via email ([ollireg@gmail.com](mailto:ollireg@gmail.com)).