

Gentle Yoga

Clarissa Alliano

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

4 Sessions
2/26, 3/4, 3/11, 3/18

Gentle Yoga stretches & Yoga Nidra, breathing techniques for stress management, and guided relaxation.

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

The Good, the Bad, and the Ugly

Peter Whitehouse

Mondays
In Person – Room TBD
11:15am – 12:45pm

4 sessions
2/26, 3/4, 3/11, 3/18

In these classes we won't be looking at the characters from Sergio Leone's 1966 movie played by Eastwood, Wallach, and Van Cleef. We will be searching for real people from history who fit these three categories.

Can it be done? Has anyone ever been truly good? And what does one have to do to cross the line from annoyingly disreputable to being bad, but not so far as evil? Or does bad include evil? And what can the definition of ugly possibly be - the way one looks, acts?

We know going in that treading the path of these lectures may be a fool's errand. No person is ever all one thing.

Let the quest begin then. We may examine the lives of such candidates as Pope Alexander VI (Borgia), Mother Theresa, Rasputin, Pope Pius XII, Bloody Mary, Genghis Khan, Elizabeth I, Elisabetta Gonzaga, Ivan the Terrible, and Lucrezia Borgia.

Female Singers in Rock Music

Mitchell Lehrer

Mondays –
In Person – Room TBD
11:15am – 12:45pm

5 Sessions
3/25, 4/1, 4/8, 4/15, 5/6

This course will examine female singers from the 1950s to the 1980s, as soloists and in girl groups, as well as female singers in male rock bands.

Mah Jongg for Beginners

Laurie Raps

Mondays –
In Person – Room TBD
1:00pm - 2:30pm

5 Sessions
3/25, 4/1, 4/8, 4/15, 5/6

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: Students must pre-order the 2024 Mah Jongg card (\$15) from NationalMahJonggLeague.org, which ships in April.

Shakespeare's Tragedy of King Lear

Joan Hartman

Mondays –
In Person- Room TBD
2:45pm – 4:45pm

6 Sessions
3/25, 4/1, 4/8, 4/15,
5/6, 5/13

In this course we will read Shakespeare's *Tragedy of King Lear*, written and performed in 1605-1606, the decade in which Shakespeare turned from romantic comedy to tragedy and tragicomedy. *Lear*, unlike *Hamlet*, *Othello*, and *Macbeth*, is set in pre-Christian times. We'll look carefully at the text and watch two twentieth-century film realizations of it.

Please buy the Folger edition of the play.

Computer Fundamentals

Doriann Pieve-Hyland

Mondays –
In Person and Virtual
5:30pm – 6:30pm

6 Sessions
3/25, 4/1, 4/8, 4/15,
5/6, 5/13

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

- What is AI & ChatGPT?
- Ways that you can use Microsoft Bing
- Learn the basics of MS Word, including formatting and saving a document

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!

The Assassination of Abraham Lincoln

Leonard Warner

Tuesdays - *Virtual*
8:30am – 12:00pm
(There will be a
15-minute break)

2 Sessions
5/7, 5/14

A study of the events in 1865, at the end of the Civil War, that led to the assassination of Abraham Lincoln and its aftermath. We will meet John Wilkes Booth and his band of co-conspirators, and what they thought they would accomplish by the murder of the president and part of his cabinet. We will follow the funeral train as it brought Lincoln and his deceased son Willy home to Springfield, IL for burial.

We will also discuss the effect that Lincoln's assassination had on American history. Excellent videos from the series "American Experience", "American Heritage", and others will be used as well as a PowerPoint presentation and a personal booklet that I wrote for the course.

Learn to Take a Great Photograph

Thomas Wortmann

DATE CHANGE

Wednesdays – *Virtual*
11:15am – 12:10pm

7 Sessions

3/27, 4/3, 4/10, 4/17,
5/1, 5/8, 5/15

Today we can take pictures with a host of different devices - be it your phone, tablet or camera. Since every photo opportunity is a one-time deal, why not take the very best photo you can? Learn just that in this course. What to put in your photo (and what not to), how to pose, frame, how to use available lighting, and much more. We'll even talk about what to do with all those great photos after you take them.

Biography 1: The Lives of Famous & Infamous People

Allan Meyers

Tuesdays – *Virtual*
12:20pm – 1:20pm

13 Sessions

2/6, 2/13, 2/20,
2/27, 3/5, 3/12,
3/19, 3/26, 4/2, 4/9,
4/16, 5/7, 5/14

Each day we will discuss biographies of famous and infamous people. We will also learn about the lives of politicians, athletes and entertainers, both known and unknown.

CPR & First Aid for Beginners

CANCELED

Tuesdays –
1:25pm – 2:20pm

7 Sessions

High Quality CPR and First Aid.

**Aromatherapy &
Therapeutic
Massage for
Beginners**

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

6 Sessions
3/26, 4/2, 4/9, 4/16,
5/7, 5/14

Darlene Timbreza

This course is about learning the art of aromatherapy using natural ingredients, as well an introduction to the basics of therapeutic massage.

Bad Boys of Italian Art

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

Snjezana Smodlaka

3 Sessions
3/5, 3/12, 3/19

Both Caravaggio (1571-1610) and Benvenuto Cellini (1500-1571) were of violent nature, irascible, provocative, often jailed as criminals, fugitives, and even murderers. Yet, Caravaggio created religious art of sublime beauty; and Cellini exquisite golden miniatures and marble sculptures. Giuseppe Arcimboldo (1527-1593), a painter who did not paint fruit, flowers, vegetables or fish, created imaginative portraits with the two of them.

**Understanding the
Music of the Beatles**

**Tuesdays – *Virtual*
2:30pm – 3:25pm**

Lou Russo

6 Sessions
3/26, 4/2, 4/9, 4/16,
5/7, 5/14

An interactive discussion and exploration of the music that changed the world, using videos, recordings, FAB FACTS, and my actual live performances on guitar and piano, plus singalongs too. This course is for both musicians and non-musicians, who all love The Beatles!

Travel Through History

John Rossi

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

6 Sessions
2/14, 2/21, 2/28, 3/6,
3/13, 3/20

This course is an educational, informational series of lectures designed to spark interest and enthusiasm in learning 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 experiences 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.

A Journey Through History & The Age of Exploration

John Rossi

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

6 Sessions
4/3, 4/10, 4/17, 5/1,
5/8, 5/15

This course will explore and offer an 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.

**Biography 2:
The Lives of
Famous &
Infamous People**

Allan Meyers

Wednesdays - *Virtual*
12:20pm – 1:20pm

14 Sessions

2/7, 2/14, 2/21, 2/28, 3/6,
3/13, 3/20, 3/27, 4/3,
4/10, 4/17, 5/1, 5/8, 5/15

Each day we will discuss biographies of famous and infamous people. We will also learn about the lives of politicians, athletes and entertainers, both known and unknown.

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

**Movements for Life:
Part 1**

Stephanie Parello

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

6 Sessions

2/8, 2/15, 2/29, 3/7,
3/14, 3/21

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

**Movements for Life:
Part 2**

Stephanie Parello

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

6 Sessions

3/28, 4/4, 4/11, 4/18,
5/2, 5/9

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

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

**The Positive &
Negative Impacts of
Colonialism in the
African Continent**

Augustus Sarr

CANCELED

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

6 Sessions
2/8, 2/15, 2/29, 3/7,
3/14, 3/21

This course will be a detailed analysis of the up-to-date impact of colonialism in Africa. Overall, the consequences vary across regions, but specific focus will be on West Africa. The negative impacts such as economic exploitation, political instability, and cultural disruption, among other things, will be explained in detail. Positive impacts such as infrastructure development, introduction of education, and some degree of modernization will be discussed as well, with specific references to West Africa.

**Having Fun with TV
Programming &
Advertising**

David Frankel

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

6 Sessions
3/28, 4/4, 4/11, 4/18,
5/2, 5/9

Discussions concerning TV and Radio Formats as well as Programming from the 1950s through today.

**Women: The Backbone
of West African
Economies**

Augustus Sarr

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

6 sessions
3/28, 4/4, 4/11, 4/18,
5/2, 5/9

This course will explore the historical origins and cultural norms impacting the current socioeconomic realities of women in select regions of Africa. The instructor will also incorporate how Western ideals have influenced cultural norms. Some of the topics include domestic violence, marriage traditions, healthcare infrastructure, business and banking norms, gender politics, and infant and maternal mortality rates.

Knitting Together

Dianne Frankel

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

5 sessions
2/8, 2/15, 2/29, 3/7,
3/14

Whether you're a total beginner or a long-time knitter who needs a refresher – this is the class for you. Learn the basic instructions (cast on, knit, purl, cast off) to advance techniques (yarn over, increase, 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
3/28, 4/4, 4/11, 4/18
5/2, 5/9

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 and Virtual
1:25pm – 2:20pm

6 Sessions
3/28, 4/4, 4/11, 4/18,
5/2, 5/9

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 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.”

Chair Yoga

Thursdays –
In Person – Room TBD
5:00pm – 6:00pm

Donna Scimeca

6 Sessions
2/8, 2/15, 2/29, 3/7,
3/14, 3/21

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 also for standing poses.

Restorative/Gentle Yoga

Thursdays –
In Person – Room TBD
5:00pm – 6:00pm

Donna Scimeca

6 Sessions
3/28, 4/4, 4/11, 4/18,
5/2, 5/9

Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Gentle yoga is yoga practiced at a slow and relaxed pace. In this class we will combine the two! Participants must be able to practice yoga on a floor mat. Props will be provided.

Beginner Italian

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

Blerina Likollari

7 Sessions
2/9, 2/16, 2/23, 3/1,
3/8, 3/15, 3/22

This basic Italian course introduces essential vocabulary and grammar structures to enable effective communication 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.

Intermediate Italian

Blerina Likollari

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

6 Sessions
3/29, 4/5, 4/12, 4/19,
5/3, 5/10

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.

Art of Drawing & Painting

Lou Russo

Fridays – *Virtual*
10:30am – 11:30am

7 Sessions
2/9, 2/16, 2/23, 3/1,
3/8, 3/15, 3/22

This course offers hands-on drawing and painting, exploring many techniques and mediums, examining the styles of different artists, historical schools of art, and defining exactly what "ART" is.

Free
Student
Club

THE GROUP

Fridays – *Virtual*
12:00pm – 2:00pm

Every Friday
2/9, 2,16, 2/23, 3/1,
3/8, 3/15, 3/22, 3/29
4/5, 4/12, 4/19,
5/3, 5/10

COME JOIN THE FUN!

Students come together to meet and socialize with one another.

The Group will host conversations on current events - locally, nationally & globally.

Join us for 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 & CA for 25 years since her Integral Yoga Institute certification in 1998.

David Frankel has a BFA in Broadcasting and a Master's in Education, Supervision and Administration. He has worked in Broadcasting and taught for 45 years.

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.

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.

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 has always loved crafting. She took a knitting class 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 that it creates.

Mitchell Lehrer is a pop and rock music enthusiast, who has been teaching courses in rock music for several years. His desire to teach comes from the enjoyment he receives when sharing his knowledge of not-so-popular songs and "hidden gems" from popular groups and artists.

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 at the 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.

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 super power 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 a professional guitarist, singer & songwriter, as well as an experienced designer, illustrator and fine artist with a long career servicing top clients and corporations in NYC.

Augustus Sarr is from West Africa. He is a graduate from St. Mary's University Halifax, Canada (International Development studies/Economics). He also served as a Teacher's Assistant in the Department of Social Science at the University of The Gambia. Augustus is a strong believer of Pan-Africanism and that unity among African countries is vital to economic, social and political progress.

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.

Dr. Snjezana Smodlaka was born in Croatia. A Fulbright scholar in 1981, she holds a B.A., M.A. and Ph.D. in Italian language and literature. She published numerous professional articles and presented more than forty papers on international congresses in USA, Italy, Austria, Germany, Spain, Canada, and Croatia. She is particularly committed to bringing back Italian Renaissance and Baroque women artists from centuries old oblivion.

Dr. Darlene Timbreza is a Doctor of Physical Therapy with 28 years of clinical experience, and is a certified instructor from the American Heart Association. She considers teaching to be both a privilege and a sacred vocation.

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, and after retirement in 2000 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 a number of photo contests during that time. 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.