

SESSION 1 COURSES:

Gentle Yoga

Clarissa Alliano

Mondays –
In Person – Room TBD
10:00am – 11:30am

5 sessions
2/24, 3/3, 3/10,
3/17 on Zoom, 3/24

This class will take you through Gentle Yoga stretches and Yoga Nidra, breathing techniques for stress management and guided relaxation.

It will be easygoing and suitable for all, including beginners and those with limited mobility. Please note the class on 3/17/25 will be held via Zoom. Link will be emailed to students.

NEW

Bias & History: Ah, But I Repeat Myself

Peter Whitehouse

Mondays –
In Person – Room TBD
12:20pm – 1:20pm

7 Sessions
3/17, 3/24, 4/7, 4/21,
4/28, 5/5, 5/12

Three statements to consider:

- Sadly, written and oral history is a biased story told by unqualified people without strict rules or review.
- The average person is qualified to be, and probably has been at one time or another, a historian.
- If you've ever recounted an event from your past, you were steaming ahead, unvetted, full of opinion and unburdened by fact-checking. In truth, you unknowingly assumed the role of an amateur historian. And, like many so-called experts today, you were likely weaving personal beliefs into the fabric of history.

Are the above statements accurate? Are they fair? In this course, we'll discuss whether history adheres to the principles of scientific inquiry, questioning its validity and the respect it commands. A ruthless examination will be conducted through a limited case study of various 13th-century historical accounts. Can we truly know the past? Together we will delve into the complexities of historical interpretation and invite you to question the reliability of history and its role in shaping our understanding of the world.

NEW

**Shakespeare's
*Richard II***

Joan Hartman

**Mondays –
In Person – Room TBD
1:25pm – 3:25pm**

6 Sessions
2/24, 3/3, 3/10, 3/17,
3/24, 4/7

In this course we'll read Shakespeare's *Richard II*, a historical play in which Shakespeare accounts for the origins of the Wars of the Roses, and the conflict between the house of York (the red rose) and the House of Lancaster (the white rose). Shakespeare dramatized that conflict through the reigns of Henry IV, V, VI, and Richard III, the last Yorkist king. We'll look at the play's plotting, characterization, language, and staging in the film.

Please buy the Folger edition of *Richard II* for this course (ISBN: 9781501146282).

**Congratulations! If Life
Was a Race – You're
Already a Winner!**

Renee & Tony Giordano

**Tuesdays –
In Person- Room TBD
10:10am – 11:05am**

6 Sessions
2/11, 2/25, 3/4, 3/11,
3/18, 3/25

An open-ended, guided discussion covering issues unique and important to older adults as they continue to successfully navigate through the first half of the twenty-first century. This course will consist of a series of conversations and activities on how our lives have changed as we move into and through our "senior" years.

Among the topics of these guided conversations will be changes in relationships, common health issues, nostalgia, concerns with mortality, giving meaning to our day, and most of all, identifying and learning how to use the unique skills and understandings that only come to people of our age. Informational handouts will be provided for each session.

This course is designed for personal growth and community-building purposes. It is not a substitute for group therapy. The instructors are not licensed therapists and cannot provide diagnoses or treatment for mental health conditions.

**Biography 1: The Lives
of Famous & Infamous
People**

Allan Meyers

**Tuesdays –
Virtual
12:20pm – 1:20pm**

13 Sessions

2/11, 2/18, 2/25, 3/4,
3/11, 3/18, 3/25, 4/1,
4/8, 4/22, 4/29, 5/6,
5/13

Was Edgar Allen Poe **raven** mad?
Did Shirley go to **Temple**?
Did Jimmy **Doolittle**?
Were people really **afraid** of Virginia Woolf?

Learn about the lives, inner thinking, and psychology of the rich, the poor, the famous, and of course, the infamous! Each class will be examining a different life story, and no topics will be repeated from previous semesters.

Piano Fundamentals

Elona Migirov

**Fridays –
In Person- Room TBD
12:00pm – 1:30pm**

5 Sessions

2/21, 2/28, 3/7,
3/14, 3/21

This course is for both beginners as well as those who have had some previous piano playing experience and would like to refresh their knowledge and improve their skills.

In class, we will be using the book, *Alfred's Basic Adult Piano Course: Lesson Book, Level One*, which can be purchased online or in local music stores for approximately \$10.

Travel Through History in North & South America

John Rossi

**Wednesdays –
Virtual
11:10am – 12:05pm**

6 Sessions
2/19, 2/26, 3/5, 3/12
3/19, 3/26

North and South America have a wealth of thrilling adventures, with a wide range of landscapes, history, and cultures to explore. Each adventure is not only thrilling, but also offers a deeper connection to nature, culture and history, making both continents a treasure trove for adventurers.

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.

NEW

Legal Topics for Your Life

Allan & Glenn Meyers

**Wednesdays –
Virtual
12:20pm – 1:50pm**

12 Sessions
2/19, 2/26, 3/5,
3/12, 3/19, 3/26,
4/2, 4/9, 4/23,
4/30, 5/7, 5/14

This course will explore the fundamentals of various relevant legal topics and leave you with greater understanding. We will look at your rights under New York Law as a spouse, parent, heir, caregiver, homeowner, car owner, creditor, debtor and more. Every week we will analyze a new topic, the caselaw surrounding it, hold Q&A sessions, and offer guest speakers (Judges and other experts). Some of the questions that we will discuss are:

- Does everyone need a Will?
- What is a Trust and what can it do?
- How can I protect my assets from lawsuits?
- What happens if someone trips and falls in front of my house?
- My doctor prescribed the wrong medication, and it made me sick. What can I do?
- The credit card company keeps calling my house. How can I get them to stop?

These topics, your questions, and much more will be examined in depth each week. This course is designed to support understanding of relevant legal topics. It is not legal advice from the College of Staten Island/CUNY, nor a solicitation from a legal firm.

Intermediate Italian 1

Blerina Likollari

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

6 Sessions
2/13, 2/20, 2/27, 3/13,
3/20, 3/27

This Italian course is for those who have some knowledge of basic vocabulary and grammar structures and can communicate in everyday situations.

The course will focus on practical conversations, cultural insights including Italian cuisine, 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.

Knitting for Fun and Relaxation

Dianne Frankel

**Thursdays –
In Person – Room TBD
10:30am – 12:00pm**

5 Sessions
2/13, 2/20, 2/27,
3/13, 3/20

Whether you are a total beginner or a long-time knitter who needs a refresher, this is the class for you. Learn basic instructions like cast on, knit, purl, and cast off, to advance techniques like yarn over, increase, and decrease. Read patterns 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.

NEW

**Astronomy 102:
Contemporary
Theories of the
Universe**

Charles Liu

**Thursdays –
In Person – Room TBD
12:20pm – 2:15pm**

12 Sessions

2/13, 2/20, 2/27,
3/13, 3/20, 3/27,
4/3, 4/10, 4/24, 5/1,
5/8, 5/15

A presentation of the galaxy, atomic structure, star populations, nuclear energy, stellar evolution, galactic structure, and the universe.

This is an undergraduate course that Options students are permitted to attend, or audit, for their own personal enrichment. Options students who register for this course will not be charged a tuition fee. Instead, we kindly ask that you consider a donation to Options through our webpage, csi.cuny.edu/options.

**The Pursuit of
Happiness**

Harold Hellman

**Thursdays –
Hybrid
(both in-person & virtual)
2:30pm – 4:00pm**

5 Sessions

2/13, 2/20, 2/27,
3/13, 3/20

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. This course includes guided meditations and other experiential elements in which the participants will develop “happiness skills.”

Chair Yoga
Donna Scimeca

Thursdays –
In Person – Room TBD
5:00pm – 6:30pm

5 Sessions
2/20, 2/27, 3/20,
3/27, 4/3

This course is designed for those who cannot stand for long periods, or who cannot work on a floor mat. Chair yoga allows you to improve your flexibility, balance, and overall well-being with the support of a chair. Participants will learn chair-based yoga postures (both seated and standing) as well as breathing techniques focusing on relaxation and stress reduction.

No prior yoga experience is necessary. Join us for an empowering and rejuvenating experience.

NEW

**Self-Massage & Other
Ways to Be Nice to
Yourself**

Stephanie Parello

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

6 Sessions
2/14, 2/21, 2/28,
3/7, 3/14, 3/21

We've all got some aches and pains. While there's nothing like a great massage by a skilled therapist, there's a whole lot you can do for yourself instead, or between appointments. Expand your definition of massage through hands-on experience led by a New York State Licensed Massage Therapist, who will also provide you with easy and practical suggestions to do at home.

This course will include a combination of instruction, discussion, and hands-on demonstrations. Bring a thick yoga mat, and something to write and take notes with. Handouts will be provided in class.

After this course you'll walk away with several tools for your pain-relief toolbox, as well as understanding and empathy for the wear-and-tear of time. Achieve the art of being nice to yourself!

SESSION 2 COURSES:

Tai Chi 8 Movements

Ivy Chin

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

5 Sessions
4/7, 4/21, 4/28,
5/5, 5/12

This class breaks down into three parts. The first part will warm up the different parts of the body. The second part is to learn the Tai Chi 8 movements. The last part is to cool off the body. Tai Chi promotes good health for the mind and body.

All skill levels are welcome!

Going Beyond Computer Fundamentals

Doriann Pieve-
Hyland

Mondays –
In-Person – Room TBD
5:30pm – 7:30pm
(first two classes)
5:30pm - 7:00pm
(last two classes)

4 Sessions
4/21, 4/28, 5/5, 5/12

This course is great for both beginners and intermediate-level computer learners.

Topics covered will include:

- Common formulas in Microsoft Excel
- Changing the default settings in Microsoft Office apps
- Converting documents to PDFs
- Using Microsoft CoPilot (Artificial Intelligence) to create documents

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 Civil War: The Human Element

Len Warner

**Tuesdays –
Virtual
9:00am – 12:00pm**

**3 Sessions
5/13, 5/20, 5/27**

This course will focus on the lives of the people who lived the Civil War through PowerPoint presentations, educational programs, and class discussions, while we review some of the events of the war and other background materials.

Ulysses S. Grant wrote in his memoirs of Robert E. Lee at the time of Lee's surrender at Appomattox: "I felt like anything rather than rejoicing at the downfall of a foe who had fought so long and valiantly, and had suffered so much for a cause, though that cause was, I believe, one of the worst for which a people ever fought, and one for which there was the least excuse. I do not question, however, the sincerity of the great mass of those who were opposed to us."

Likewise, the theme of our study will be that people on both sides of the war displayed a great deal of conviction, courage, and suffering for their cause, while the North was undeniably in the right. We will cover case studies of actual soldiers on both sides who fought in the war, as well as well-known heroes such as Joshua Chamberlain, Thomas "Stonewall" Jackson, and others.

Mah Jongg for Beginners

Laurie Raps

**Tuesdays –
In Person – Room TBD
10:00am – 11:30pm**

**5 Sessions
3/25, 4/1, 4/8,
4/22, 4/29**

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: Please order the 2025 Mah Jongg card which is \$15 from NationalMahJonggLeague.org before the start of the course to participate. The 2025 Mah Jongg cards start to deliver in April. The earlier they are ordered, the sooner they arrive.

Beaded Creations: Jewelry Making

Chandra Valle

**Wednesdays –
In Person – Room TBD
2:00pm – 2:55pm**

7 Sessions
3/26, 4/2, 4/9, 4/23,
4/30, 5/7, 5/14

Unlock your creativity and discover the joy of jewelry making in this engaging, hands-on bead course designed specifically for aging adults. Whether you are new to crafting or looking to hone your skills, this class is perfect for beginners eager to learn the art of bead stringing, memory wire techniques, bracelet and necklace design, as well as earring design, both pierced and non-pierced styles.

With a friendly and patient instructor guiding you step-by-step, students will be learning in a fun and supportive environment. You will leave each session with beautiful, handmade jewelry and a sense of accomplishment. Join us and connect with fellow enthusiasts while expressing your creativity through the timeless art of beadwork!

Supplies for the first class will be provided by the instructor. A supply list for the remaining classes and jewelry projects will be provided to students at the first class.

Intermediate Italian 2

Blerina Likollari

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

6 Sessions
4/3, 4/10, 4/24, 5/1,
5/8, 5/15

This Italian course is a continuation of Intermediate Italian I. Students must have knowledge of basic vocabulary and Italian grammar to excel in this level.

This course delves deeper into the intricacies of Italian language, focusing on enhancing conversational skills, grammar, and vocabulary. We'll explore a variety of engaging topics including Italian cuisine, cultural insights, and interactive exercises to enhance language proficiency.

With a supportive and relaxed learning environment, this course empowers learners to develop their foundation in Italian language and culture at their own pace.

**Crochet &
Knitting
Discussion
Group**

Meaghan Hilton

**Thursdays –
In Person – Room TBD
11:15am – 12:05pm**

7 Sessions
3/27, 4/3, 4/10, 4/24,
5/1, 5/8, 5/15

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.

NEW

**Poem to Song:
Turn Your Words
into Tunes**

Lou Russo

**Fridays –
Virtual
10:35am – 11:30am**

6 Sessions
3/28, 4/4, 4/11,
4/25, 5/2, 5/9

Did you know that poetry can also take the form of a song? After all, Bob Dylan deservedly won the Nobel Prize for Literature!

This course will bridge the gap between poetry and music & explore the art of songwriting. Learn how and where to start, get tips on writing, explore different poem formats, and develop imagery, rhythm and rhyme. Building on these foundations, this course will guide you through the process of transforming your written words into captivating melodies. It's also important to remember that rules are sometimes meant to be broken, allowing room for happy accidents, and letting the song dictate the structure. At the end of the course, each student can expect to wind up with their own original song or two.

NEW

**What's the Story?
Journalism and
Newspaper
Writing**

Diane Lore

**Fridays –
Virtual
2:15pm – 3:10pm**

6 Sessions
3/28, 4/4, 4/11,
4/25, 5/2, 5/9

Dive into the world of journalism! This course will look at newspapers, newspaper writing, and the role newspapers have played in American history.

Learn about how a newspaper article is written, how to choose and write a lead, and the Inverted Pyramid of the Five W's. We'll also touch on interviewing skills, effective listening and note-taking, and compare perspectives from the same stories as covered in two or three local newspapers. Please bring with you copies of the New York Daily News, the New York Post, and/or the Staten Island Advance. Additionally, we will watch a news conference or coverage of a breaking news story, and write it up, newspaper style. Finally, we will write our own news story of our life, or about a significant moment that shaped our lives.

***Free*
Student
Club**

**THE
GROUP**

**Every Friday
Virtual
12:00pm – 2:00pm**

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. Includes 30 minutes of special presentations that share students' stories.

Friday Dates: 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2, & 5/9.

***Free*
Student
Club**

Book Club

Laurie Raps

**Friday
Virtual
10:30am – 11:45am**
3/21 – 1st book discussion
5/16 – 2nd book discussion

Book 1 – **Lessons in Chemistry** by **Bonnie Garmus**, please purchase the book ISBN: 9780385547345, by **February 1st** and we will discuss it on **3/21/24**.

Book 2 - **The Heaven & Earth Grocery Store** by **James McBride**, please purchase the book ISBN: 9780593422946, by **April 1st** and we will discuss it on **5/16/24**.

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, and CA for 25 years since her Integral Yoga Institute certification in 1998.

Ivy Chin has studied Tai Chi for over 15 years, and she seeks to pass on this knowledge and share common interests with others. Ivy is also the 2023 Options Program Anchor Award recipient, honored for her service to the College and her Community.

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.

Renee and Tony Giordano are curators of an 1855 One Room Schoolhouse listed on the National Register of Historic Sites. Tony was a NYC teacher for 34 years. His college years began at the old Staten Island Community College on Bay Street. He earned his master's degree in Adult and Community Education at City College. Renee worked for the NYC Department of Health after college, before becoming a stay-at-home mother to their five children. She later returned to work on behalf of a coalition of 500+ small retail businesses, helping them connect with the community and cut through governmental red tape. Their hobbies include tie dyeing, diamond art, gardening, and exploring the beaches, parks and historic sites of Staten Island.

Dr. Joan Hartman is a retired faculty member of CSI's Department of English. Her specialty is 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 is a CSI alumna who has always loved crafting. She took knitting classes with her mother years ago but always 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 it creates.

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 in

the college's 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.

Charles Liu is an extragalactic observational astronomer and has a great love of teaching. His goal is to help make the scientific community a better place for all people who wish to be a part of it. He is an associate with the Department of Astrophysics and Hayden Planetarium at the American Museum of Natural History in New York. Currently, he serves as chair of CSI's Department of Physics and Astronomy, and as president of the Astronomical Society of New York.

Dianne Lore is a Staten Island resident and journalist with a background of more than 40 years' experience as a newspaper reporter and writer. She has degrees in journalism and communications from Fordham University and New York University and has taught newspaper writing at the Brooklyn center of Long Island University.

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.

Glenn Meyers is an attorney in private practice in Manhattan. Glenn has been practicing for 27 years, handling all types of litigation including Trusts and Estates, Personal Injury, Contracts, Bankruptcy and Matrimonial. He is a graduate of SUNY Binghamton, holds a master's degree in Criminal Justice from John Jay College and a J.D. from Quinnipiac College School of Law. He is a third-generation attorney and is the son of Allan S. Meyers, who you all know and love from the Options Program. Teaching is Glenn's passion, and he looks forward to hearing from you each week.

Elona Migirov holds an MA in Music from Aaron Copland School of Music, CUNY and a BA in Music from CSI. At CSI, she has taught classes in Group Piano, Keyboard Musicianship, Music History, and Music Theory. In addition, she has served as an accompanist for the Music Program. In addition to teaching piano, she gives lectures for groups of older adults on various subjects, including music appreciation, history of symphony, opera, ballet, art song, history of piano and piano literature.

Stephanie Parello is a New York State Licensed Massage Therapist. She 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 superpower 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 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 and Princess 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, Department of the Aging, MS Society, and the UFT.

Lou Russo is a professional guitarist and is the lead singer and songwriter for the S.I. Snugs. He is a published poet and songwriter of over 200 copywritten songs, as well as a designer, illustrator and fine artist with a long career servicing top clients in NYC. He creates a fun, easygoing environment in which learning and creativity can thrive.

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.

Chandra Valle dedicated 33 years to Bellevue Hospital before retiring to pursue her passion for crafting and décor. As a retiree, she continues to channel her passion for creativity into her own jewelry business, "Valle Girls." Chandra's warm and friendly demeanor, coupled with her innate creativity, has made her a respected figure in both the healthcare and artisan communities, where she continues to inspire and mentor others with her expertise and genuine love for her craft.

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. After retirement in 2000, he taught 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, including the lives of the founding fathers, early presidents, 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.