**Lecture Series**

**FDR and The World of 1945 with Doug Brin**  
Tuesdays, 2:00-3:00 pm, starts June 15

**Part I – FDR: The Eventful Life of a Great President**  
After a world of entitlement and privilege, FDR -- chastened by polio -- serves an unprecedented dozen plus years in the White House, while facing two exponential crises: the Great Depression and the Second World War. He takes advantage of a plethora of advisors and institutes an unprecedented number of programs. Just short of his ultimate goals, he is brought down by weariness and illness.

**Part II – The World of 1945: The Key Historic Year of the 20th Century**  
The greatest conflict in history comes to a wrenching close. The war in Europe ends, but Japan fights on against all odds. To achieve victory, President Truman goes along with the recommendation to drop two atomic weapons, a decision that will forever haunt America. The new president agrees with Churchill that Stalin and Russia -- until now, an ally -- is now an enemy in 'The Cold War.'

**Shakespeare with Actor Leo Schaff**  
Join charismatic actor and teacher Leo Schaff as he breathes life into Shakespeare's words, acting out portions of the play and offering illuminating insights into the Bard’s language, plot lines, historical context and eternal relevance, all with a generous sense of humor.  
Wednesdays, 2:00-3:00 pm, ongoing

**Cities as Works of Art: Paris, London, New York with Professor Seth Gopin**  
Location, location, location! Paris, London and New York did not start off as great metropolises, but, rather, they began as small villages located on strategically important rivers. Through design as well as happenstance, Paris, London and New York grew over the centuries to become world powerhouses. Our class explores the history of these three cities through town planning and changes in art and architecture. Many of the landmarks we will consider are seemingly familiar, but they have histories that are unsuspected and exciting. Feel free to join at 1:30 pm for music and chitchat. Class starts at 2:00 pm.  
Thursdays, June 24-August 12, 2:00-3:00 pm

**International Human Rights: Foreign and Domestic with Professor Martin Flaherty**  
This series will address the substance and application of modern international human rights law. Among the topics to be considered will be: international human rights treaties, custom, and implementation; cases studies, such as China and Hong Kong; and how international human rights law does and doesn't apply to the United States.  
Mondays, July 26-August 9, 2:00-3:00pm

**The Great Flourishing of Muslim Science, 750-1150 AD with Professor Piers Bursill-Hall**  
The prophet Mohammed lived in an Arabic world that had a low level of technology and no particular interest in what we call science or natural philosophy. The early caliphs in Mecca, and the Umayyad dynasty that ruled the Muslim world from Damascus from the mid-7th century to mid-8th century showed a similar lack of interest in anything mathematical, scientific, or philosophical. And then the Abbasid dynasty -- from the mid-
8th century -- couldn’t get enough of it, and this gave rise to one of the most rapid and explosive developments of science, philosophy, and technical culture the world has ever seen; we live in the shadow of that explosion of interest in science (the evidence is on the page you are reading). What on earth made the Muslims suddenly become so interested in science, and for some centuries make it the centre of the new, international culture of Islam? Did this new culture have any effects on the worlds of the sister religions and sister cultures of Islam in the West? Why is it just wrong to say "the Arabs invented algebra"?

Fridays, July 30 and August 6, 11:00 am-12:00 pm

“Elemental” Films with Mark Ethan Toporek
The Four Elements - water, earth, air and fire - are as basic to movies as to life. This series explores films that foreground our relationship to the natural world and to each other. Mark Ethan Toporek introduces each screening and leads discussion afterwards. He is a member of the Actors Studio and has been presenting a variety of film classes for 92Y since 2003.
Fridays, August 13, 20, 27 and September 10, 11:00am-1:30pm

More than Just Mosaics: The Ancient Synagogue at Huqoq in Israel's Galilee with Professor Jodi Magness
Since 2011, Professor Jodi Magness has been directing excavations in the ancient village of Huqoq in Israel's Galilee. The excavations have brought to light the remains of a monumental Late Roman (fifth century) synagogue building paved with stunning and unique mosaics, including biblical scenes and the first non-biblical story ever discovered decorating an ancient synagogue. In this slide-illustrated lecture, Professor Magness describes these exciting finds, including the discoveries made in the last season. For more information visit www.huqoq.org.
Friday, August 13, 2:30 pm-3:30 pm

Reading Haunted Houses with Susan Stein
“Nature is a Haunted House - but Art a House that tries to be haunted” -- Emily Dickinson
What does it mean to be haunted? What makes a haunted house? Visiting mansions, houses, hotel rooms, cabins and asylums everywhere from the suburbs and cities to the desert and English estates, we will think and talk about who and what haunts the places we live and visit. Reading plays, short stories, poetry and a short novella, readings will include Raymond Carver, Charlotte Perkins Gilman, Shirley Jackson, Emily Dickinson, Marghanita Laski and Sam Shepard.
Mondays, August 16-30, 2:00-3:00 pm

HUMAN BEHAVIOR: What is it and can it be changed? With Professor Howard Leifman
In this discussion we will go over what is human behavior, can it be altered or changed or even manipulated? Are we aware of our own behaviors and how they are influenced by society, and others in our circle of inference? Understanding how much of our behavior is conscious and how much of it is unconscious and how much of it is automatic or reactive? Our discussion is aimed at assisting us to be able to learn and affect change. As we age it is possible to become “stuck” in our ways, becoming stuck is not healthy for growth. We will examine feeling stuck and working towards renewed growth. This will be a very participatory discussion.
Thursdays, August 26 and September 2, 2:00-3:00 pm

From Streaming TV to the Oscars: How Netflix Is Disrupting the Entertainment Industry with Brian Rose
From its start as a DVD-by-mail rental service, Netflix has systematically changed the rules of the media business. Its introduction of streaming in 2007 led to the decline of the video rental store and dramatically increased the use of broadband internet. Starting in 2013, its introduction of its own programming, from House of Cards to The Crown to Stranger Things challenged the traditional ways viewers watched TV. Now its original movies, like The Irishman and the three-time Academy Award-winner Roma, are upending the operations of the Hollywood studios. With an ever-increasing budget of over $15 billion per year, service to
190 countries, and 150 million subscribers, this presentation will examine how Netflix is primed to become the dominant source of leisure time entertainment throughout the world.

Friday, September 3, 1:30-2:30 pm

The Future of Democracy with Professor Ronald Glassman
In the 1970s, political scientists were excited about a “third wave” of democracy—Spain went democratic after the fascist Franco’s death; the former Soviet Republics went democratic and the “four tigers”—Singapore, South Korea, Hong Kong and Taiwan—went democratic. But the optimism was shattered when Russia, Hungary, Turkey and many Middle Eastern nations regressed to tyranny. So, what is the future of democracy, and why should we continue to be optimistic—with China now going totalitarian? There are reasons for hope about the future of democracy: World corporate capitalism brings contract law to the global economy; science brings a rational worldview to all of the developing nations and the American Constitution and the UN Bill of Rights all hold out hope for democracy. This course will analyze both the hope and the impediments to the future of democracy.
Mondays, September 13, 20 and 27, 2:00-3:00 pm

Nations and Nationalism: Past and Present with Professor Matthew Ellis
Nationalism - and the organization of the globe into a patchwork of territorial nation-states, each with a unique social or cultural identity - is such a taken-for-granted feature of contemporary life that it is easy to forget that nations did not exist for most of human history. And yet, despite many predictions of nationalism's imminent demise - Albert Einstein quipped famously that it was an “infantile disease” that humanity would eventually outgrow - nationalism remains perhaps as powerful an ideological force as ever, in the United States as elsewhere. This lecture series will examine a range of foundational questions about the emergence of nations and nationalism in world history: What is a nation, and how has national identity been cultivated, defined, and debated in different contexts? Why did nationalism emerge when it did? Who does nationalism benefit, and how do different social groups compete for control over national identity and ideology? The series will begin by offering an overview of the origins and spread of nationalism in the late-1700s and 1800s and conclude with some thoughts about the resurgence of nationalism in Great Britain and the United States in the 21st century. Along the way, we will consider a number of specific examples of nationalism from different regions around the world.
Wednesdays, October 20-November 10, 11:00am-12:00 pm

Jewish Food in the United States with Professor Paul Freedman
Separated from the shtetl and thrust into American industrial cities, Jewish immigrants were torn between rural traditions and new kinds of food opportunities. Differences arose about how much to assimilate into a general American food culture and especially about the dietary laws. A few foods like bagels have become iconic, but overall, Ashkenazi Jewish food has not prospered in recent years outside the Orthodox world. There has been a new interest in Sephardic cuisine and a pan-Jewish array of cuisines as the success of Israeli restaurants like Zahav in Philadelphia indicates.
Friday, October 29, 2:00-3:00pm

Health Talks
Physicians, nutritionists, fitness trainers and a healthy cooking chef present information on a wide variety of important health issues.

Security Talks
Law enforcement officers join us quarterly to update members on the latest and most prevalent scams as well as provide information on safe banking, mail and cyber security. Officers are also available to answer questions from participants.
Quarterly

**Music Appreciation**

**The Art of Listening to Music**
Professional musicians illuminate classical music and enhance your appreciation of the great works. Listen to live and recorded classical music and deepen your knowledge of the works and those who composed them.
Tuesdays, 11:00 am-12:00 pm, ongoing

**Musical Theater Sing Along with Musician/Singer Mark York**
Explore classic Broadway shows as Mark York, at the piano, shares anecdotes and insights about the musicals, stars, lyricists and composers — and enjoy a sing-along of your favorite tunes! Music provided.
Wednesdays, 12:30-2:00 pm, ongoing

**Special Events**

**Lunchtime Talk with State Senator Liz Krueger**
Monday, August 2, 12:30-1:30 pm

**Answering Your Most Important Questions Regarding Vision Impairment with Ellie Roth**
Wednesday, August 4, 12:00-1:00 pm

**Piano Performance with Eric Yves Garcia**
Friday, August 6, 2:00-3:00 pm

**Interactive Classes**

**Virtual Cocktail Hour hosted by Erica Shein**
Mondays, 5:00-6:00 PM

**Ben Franklin Circles with Erica Shein**
Facilitated discussion around the 13 virtues by which Benjamin Franklin chose to live his life. Circles explore the idea of civic virtue – using discussion topics like justice, order, generosity and empathy as windows into improving our individual lives and the world. Each class focuses on a different virtue.
Bi-Monthly on Tuesdays, 4:00-5:00 pm

**Book Group with Erica Shein**
This monthly book group covers fiction and nonfiction. Animated, facilitated discussions focus on theme, characters and plot. Information about the book to be discussed will be provided in advance.
Monthly on Tuesdays, 4:00-5:00 pm

**Movie Group with Erica Shein**
Join our lively discussion group on movies currently available to stream on Netflix, Amazon Prime and more.
Monthly on Tuesdays, 4:00-5:00 pm

**World Events: A Civic Dialogue with Professor Gordon Levin, Lucy Kirk, Susan Scheuer**
A weekly forum on world events, focusing on issues both domestic and international. Two co-hosts lead off each session with a brief overview of the latest, most compelling news stories, followed by animated discussion amongst the attendees. A key element of these sessions is to create a safe and welcoming space for divergent viewpoints.

**Thursdays, 11:00 am-12:00 pm, ongoing**

**The Greatest Plays: Baseball History with Steve King**
Share your passion of this sport with Steve King as he discusses the greatest teams, players, and plays of all time.
**Thursdays, 12:30-1:30 pm, ongoing**

**Shoot the Breeze with Erica Shein**
Lively, informal discussion about what’s happening in New York and beyond. Class ends with lighter news and jokes.
**Fridays, 4:00-5:00 pm, ongoing**

**Supportive/Self Reflective Discussion Groups facilitated by Licensed Clinical Social Workers**

**Women’s Zoom Group with Elizabeth Flamm, LCSW**
The purpose of this group is for 60+ women to connect over Zoom to discuss current topics, events and life changes, asking questions and sharing life experience that will help each other. This group is facilitated by a Licensed Clinical Social Worker who initiates different topics to motivate the group discussion. Any woman who is looking for direction, guidance, looking to share and empower is encouraged to join.
**Mondays, 11:10 am-12:10 pm, ongoing**

**Drop-in Discussion Groups with Ellen Love, LCSW**
The drop-in discussion groups cover a wide range of subjects animating thoughts and encouraging self-reflection. Our long-running group has stimulated members to observe and consider their attitudes and beliefs with the objective of a deeper understanding of themselves and their relationships. Sharing the experiences and ideas with peers in an inclusive and welcoming environment often normalizes and universalizes feelings of “I must be the only one who feels this way.” The weekly gathering has been a valued source of new friendships and new participants are always welcome.
**Tuesdays, 12:00-1:00 pm, ongoing**
**Wednesdays, 11:00 am-12:00 pm, ongoing**

**Lunchtime Chat with Elizabeth Flamm, LCSW**
You provide your own lunch, but we will provide the ability for you to connect. You can join our call from a smartphone, regular cell phone or landline. The purpose of this group is for 60+ members to chat and share life experiences that can help and motivate each other. This group is facilitated by a Licensed Clinical Social Worker who initiates different topics to encourage the group discussion. Anyone who is looking to build connections and receive support is welcome to join.
**Fridays, 12:30-1:15 pm, ongoing**

**Member-led Discussion Groups and Games**
**Men’s Group**
Join your fellow fellows for a weekly group of camaraderie and discussion. This is a great opportunity to talk about common interests and to schmooze!
Mondays, 11:00am-12:00pm, ongoing

**Saturday Morning Trivia and Games**
Join former College Bowl Trivia coach Joanne Bernstein for a fun and engaging morning of trivia and games. Test your skills!
Saturdays, 11:00am-noon, ongoing

**Mini-Series/Movie Group**
This group meets every Saturday to discuss a miniseries or movie that everyone watches in advance via streaming services.
Saturdays, 12:30-1:30 pm, ongoing

**Short Story Group**
This group meets every Sunday to discuss a short story or article which is shared in advance.
Sundays, 5:00-6:00 pm, ongoing

**Writing Workshops**

**Poetry Writing Workshop with poet, Fran Richey**
Work on your own poetry during the week, then join our warm, supportive class to read and discuss your work. We’ll also explore the work of well-known poets from different eras, focusing on the art of form, style, revision and craft.
Tuesdays, 12:30-2:30 pm, ongoing

**The Personal Essay with writer, Sally Bliumis-Dunn**
Come and enjoy the writing of your fellow Himan Brown members in a workshop setting where you learn to hone your personal essay writing skills. Each week a different essay topic is assigned though students are free to write about whatever they chose.
Wednesdays, 12:30-2:00 pm, ongoing

**Memoir Writing Workshop with Theresa Burns**
There are many ways to write about a life: a book-length project to be shared with children or grandchildren; first-person narratives about pivotal events and experiences; ekphrastic work inspired by a photo or artwork; prose poems. In this workshop, we will share our life stories in whatever container they feel suited to and receive encouragement and critique on them. Weekly prompts that span all genres, as well as visual and audio prompts, will take writers in unexpected directions. No prior writing experience is required!
Thursdays, 1:00-2:45 pm

**Studio Art**

**Studio Art with Zack Seeger**
Join artist Zach Seeger for drawing and painting tutorials over Zoom! Students are encouraged to work alongside Zach as he answers questions about process, materials and art history. Ideal for all levels, from beginner to advanced.
Wednesdays, 10:00-12:00 am and 1:00-3:00 pm, ongoing
Game Play

Supervised Bridge with Alena Friedman
Tuesdays, 12:30-2:30 pm
Thursdays, 12:00-2:00 pm

Fitness

Multi-level Yoga
Stretch and strengthen your body while you calm and focus your mind. Each class includes centering, gentle warm-ups, posture exploration and deep relaxation. Chair and/or standing; for students of all levels. Mondays and Fridays, 10:00-10:50 am, ongoing

Vitality, Strength and Power
This class focuses on proper anatomical alignment, safe practices for compromised joints and understanding the balance between building strength and maintaining range of motion and adequate stretch in the muscles. Mondays, 12:10-1:00 pm, ongoing
Thursdays, 10:00-10:50 am, ongoing

Cardio and Strength
This class begins with a joint mobilizing warm-up and continues with 20 minutes of aerobic movements to build cardiac stamina. Class ends with a series of stretches for the whole body. Tuesdays, 10:00-10:50 am, ongoing

T’ai Chi Chih
A standing class designed to improve balance, improve strength and relax your mind and body. Includes easy warm-ups, Qigong movements for balance and the 20 movements of the T’ai Chi Chih form. Tuesdays, 3:00-3:50 pm, ongoing
Fridays, 3:30-4:20 pm, ongoing

Group Fitness Training
This class is designed to encompass everyday functional movement with integrated strength patterns to induce muscular endurance, enforce proper posture, balance and total body control. Wednesdays, 10:00-10:50 am, ongoing

Guided Meditation and Relaxation
This audio-only class includes a brief introduction for new members followed by breathing techniques (Pranyama) and a silent meditation (Mindfulness/Metta/Mantra) with teacher cues for awareness of breath and physical sensations as an anchor. Each session concludes with a guided relaxation. Wednesdays, 3:30-4:40 pm, ongoing

Folk/Israel Dancing
In our 92Y folk dance classes, we experience and celebrate the beauty of countries and cultures from around the world, through dance and music. Dance styles include Israeli, Greek, Macedonian, Serbian, Romanian, Russian, Latin and American dance. Our class begins with a warmup and stretch, and all dances in our Zoom sessions are taught or reviewed, before doing the dances with music. Come and enjoy! Thursdays, 12:00-1:15 pm, ongoing