

# (OLLI) at the University of Connecticut, Waterbury, CT

Lifelong Learning | Providing older adults with opportunities to engage in intellectual development, cultural stimulation, and social interaction.



Spring 2014

10 weeks! March 7 – May 16 (no classes April 18)

# Summer 2014

Tuesdays, Wednesdays, Thursdays June 3 - 26

Artwork courtesy of OLLI member Mary Ann Reagan

# **WELCOME** to the University of Connecticut's Waterbury Campus!

Like any member-focused organization, we must periodically revisit our mission to ensure that it is continuously on point and not straying from the original intent of its founders and directors. If anything, we need to intensify its adherence to the codes and standards of the original documented mission and guidelines - as long as they still apply.

From the Desk of the OLLI Coordinator

OLLI's mission, to be a "...member-driven, community-responsive program offering non-credit learning experiences (courses, lectures, and special events) for older adults who want to engage socially and intellectually with their peers as teachers and learners," has never been more relevant as it is now, in this world of functional immediacy due to technological advancement, and has remained the central motivating force behind any task, action, change or renewed vision that OLLI has entertained since its founding.

Since my relationship to OLLI has transformed from Presenter to Coordinator, I have been witness to positive developments by way of internal organization (training and operational support of UConn students), sheer numbers (from just over 500 when I last presented to more than 700), and an increasingly coordinated relationship with other University units by way of lectures, co-sponsored events and departmental collaborations. This, in addition to items on OLLI's 'to do' list, such as the implementation of online registration and additional off-site courses and programs gives me reason to believe that OLLI will continue to thrive at the University and in the communities of Greater Waterbury.

Whether or not you are looking at this brochure for the first time, we welcome you into a world where you are sure to learn through these experiences and engagements that you are indeed a relevant force in this world, on this campus, in this community, and that you are represented here in great numbers, and that your voice is important, in fact necessary, to keep OLLI running smoothly. We welcome you to a new season of teaching and learning, discovering and becoming. We look forward to knowing you better and celebrating your accomplishments. Enjoy our new course listings, newly scheduled trips, club dates and lectures. Above all, enjoy your whole OLLI experience!

Aleta Staton

OLLI Coordinator

Welcome to the University of Connecticut's, Waterbury campus! Our campus proudly serves Waterbury and the region by delivering educational programs for undergraduate, graduate, and lifelong learning students in a dynamic, accessible, state-of-the-art environment. We are equally proud to be associated with The Bernard Osher Foundation and the network of one hundred and fifteen (115) Osher Lifelong Learning Institutes across the United States. We express deep thanks to The Bernard Osher Foundation for its generosity and vision with regard to the lifelong learning movement. OLLI members bring a unique and positive energy to our campus through their enthusiasm and their depth of life experience in various careers, family life, and civic engagement. I extend a warm welcome to each and every one of you. Please enjoy your time here and savor the fun of learning.

William J. Pizzuto, Ph. D.

Director, UConn Waterbury Campus

Welcome to all new and returning OLLI members. Here in the spring of 2014, we are beginning our eighth year at the University of Connecticut in Waterbury. In the previous seven years, course offerings have expanded to meet the interests of our growing membership. These courses address the areas within which we may increase our learning – knowledge, skills, and appreciations. The courses range from the fine and performing arts, history, literature, religion, music, culture, language, technology, health, personal development, and life enhancement.

An important part of the OLLI experience is the camaraderie of associating every Friday with your fellow members, a friendly and intellectually stimulating body of learners and presenters.

There is much here. Your Fridays are about to become some of your favorite days. Enjoy your OLLI experience.

Richard K. Fogg

Richard K. Fogg

President, OLLI at UConn Waterbury



# Mission

OLLI at UConn is a member-driven, community-responsive program offering non-credit learning experiences (courses, lectures, and special events) for older adults who want to engage socially and intellectually with their peers as teachers and learners.

Situated on an intimate, state-of-the-art university campus with traditionalage students and research faculty, OLLI also provides fertile ground for an intergenerational interaction and exchange of ideas. The urban campus reaches out to a diverse region which provides opportunities for partnership with other cultural, educational, and arts organizations.



# ANNUAL MEMBER BENEFITS AND REGISTRATION INFORMATION

# ALL FEES ARE NON-REFUNDABLE! WILL ACCEPT CHECK OR MONEY ORDER PAYMENT ONLY!

Annual OLLI Membership is \$60 – this is also called Basic Membership. When a member pays the annual \$60 membership, benefits include:

- Opportunity to register for OLLI courses (see fee structure below)
- Participation in OLLI Café and other Lunchtime Activities
- UConn Waterbury parking decal allows parking when on campus (see directions/parking on pages 10, back cover for details)
- UConn Library Privileges
- Priority Registration
- Opportunity to participate in OLLI Trips and Clubs
- Entrance to Special OLLI Events
- Discounts to OLLI partnership events
- Year-round notices about additional OLLI programs and events
- OLLI membership card (issued once)
- Opportunity to contribute by joining OLLI committees/OLLI VIPs

# **TYPICAL COURSE FEE STRUCTURE**

4-week class - \$208-week class - \$405-week class - \$2510-week class - \$506-week class - \$30Refer to OLLI At-A-Glance listing for course cost!

If you are a returning OLLI, your membership expiration date is noted on mailing label of the brochure – after your name!

OLLI provides memberships on 12-month cycles. The cycles extend from March to February of the following year OR September to August of the following year. Members are entitled to register for courses for all sessions that occur within their membership cycle.

# **MEMBERSHIP CYCLE EXAMPLES**

Members who joined OLLI in spring or summer 2013 have a membership cycle from March 2013 to February 2014. These members need to renew their membership now and pay the annual \$60 fee (new membership will extend from March 2014 to February 2015).

Members who joined OLLI in fall 2013 have a membership cycle from September 2013 through August 2014. These people remain members through August 2014 and do not pay the membership fee at this time (they will renew their membership in fall or August 2014).

A member joining OLLI for the first time in spring or summer 2014 will have a membership cycle from March 2014 to February 2015 – paying \$60 now to cover annual membership.

# **REGISTRATION – ALL FEES ARE NON-REFUNDABLE!**

• Registrations are still first-come, first-served, with current members always receiving the first opportunity to register.

• Payment by check or money order only! OLLI can no longer accept CASH payments!

• Confirmation letters will be mailed out around mid-February.

• Encourage a friend to go to the website for course information and a membership registration form. www.waterbury.uconn.edu/osher

# Calendar of Events

# **JANUARY 27 – FEBRUARY 28, 2014**

Open registration for all returning and new OLLI members. Fill out and send in the yellow membership form or register in person.

FEBRUARY

# 28 Abby Stokes Author Talk

Open to OLLI members and the public (page 26 for details)

MARCH

APRIL

**4** First OLLI Clubs & Activities Meeting Open to OLLI members (page 27 for details)

**13** First Poetry Coffeehouse Open to OLLI members (page 27 for details) **17** First OLLI Book Club Open to OLLI members (page 27 for details)

UConn Research Lecture: Insights into the life of infants! Open to OLLI members and the public (page 26 for details)

**2** Deadline for Fall '14 and

Winter '15 course proposals

**9** New Presenter Course Proposal Workshop (page 21 for details)

4

(page 27 for details)

Palace Matinee Show: HAIR

**14 AARP Drivers Safety** Open to OLLI members and the public (page 26 for details)

Open to OLLI members and the

public (page 26 for details)

19 AARP Drivers Safety Boston

21 Boston Trip – Ayer Mansion & Church of the Covenant Open to OLLI members (page 25 for details)

15

UConn Research Lecture:

Service Learning Open to

(page 26 for details)

OLLI members and the public

JUNE

OCTOBER

MAY

**6** NYC Trip – Brooklyn Botanic Garden / Brooklyn Museum Open to OLLI members (page 25 for details)

**7 & 8 Cooperstown & Erie Canal Trip** Open to OLLI members (page 25 for details)

# Save the OLLI Dates!

Fall: September 12 – November 14, 2014 Winter: January 16 – February 13, 2015 (Feb. 20, snow date) Deadline for course proposals, Friday, May 2, 2014

To join OLLI and register for classes, please fill out the enclosed membership form and return by Friday, February 28, 2014. Please use the designated course number(s) to indicate your class choice(s) on the membership registration form – and include **1st**, **2nd and 3rd course choices**! Also check the special events you'd like to attend and be sure to include your vehicle information for our OLLI files. ALL FEES ARE NON-REFUNDABLE!



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"From Voices and Visions to OLLI Book Club to opera classes to OLLI Café, the members are insatiable."



Greg Knott, UConn Foundation

# Fervor in Waterbury

Downtown Waterbury is immersed in a flurry of excitement as large groups of area residents have engaged in public displays of affection.

Members of the local OLLI chapter have repeatedly been caught in the act since 2007. Specific allegations include publicly embracing OLLI programs, openly declaring "love" for OLLI, and contributing to the delinquency of a senior by recruiting unsuspecting new members.

Some members have been heard bragging unrepentantly. OLLI Executive Director, Brian Chapman, notes, "People love these programs. Our members are constantly telling me how much the programs mean to them."

In an effort to channel this raw energy into a healthy, intellectually stimulating forum for exchange with peers and the Waterbury community, area authorities have been encouraging members to consider helping to build on the OLLI foundation.

Friends of OLLI can provide opportunities for future students in many ways. A bequest, an annuity, or a retirement plan designation can have a tremendous impact on OLLI without affecting your lifestyle.

Donations help us provide additional opportunities to our members and are a wonderful way to honor the generosity of the Bernard Osher Foundation.

Friends interested in contributing to the OLLI legacy can learn more about supporting the OLLI Sustainability Fund by contacting Brian Chapman or Greg Knott, Director of Planned Giving at the UConn Foundation, at 800-269-9965.

Greg Knott

Director of Planned Giving



SEPTEMBER 12 TO NOVEMBER 14

# Winter 2015

JANUARY 16 TO FEBRUARY 13 (SNOW DATE FEB. 20)

DEADLINE FOR COURSE PROPOSALS, FRIDAY, MAY 2, 2014

# OLLI-At-A-Glance

# SPRING 2014 COURSE CATEGORIES / NUMBERS / TITLES / COST / PAGE NUMBERS

# Please use designated course number as your choice on membership registration form! Include 1st, 2nd and 3rd choices!

# **ART & ART HISTORY**

AH-419 Beatniks vs. Hippies?	\$25
Alan Bisbort	14
AH-420 The Nude, the Naked &	
Some Fancy Pants	\$25
Dr. Virginia Bush	15
AH-421 Art & History at the	
Mattatuck Museum	\$25
Dr. Cynthia Roznoy & Stephanie Coakley	17

# COMPUTERS

<b>CO-404</b> The Many Faces of Google	\$40
Peter Freeman	16
<b>CO-405</b> Digital Photography Basics	\$40
Peter Freeman	13
CO-409 Create Professional Flyers & Newsletters Nancy Wallace	
CO-410 Computer Basics: Create Documents & Folders Nancy Wallace	-

# **CULTURE & LANGUAGE**

CL-415 Conversational French for Travelers	
Mary Conseur	
CL-417 Introductory Spanish	\$25
Judy Kollias & Paul Marino	12
<b>CL-420</b> One Flew Over the <i>Cuckoo's</i> Nest	\$20
Paul Marino	11
CL-421 Jacobs Ladder and The Hours	\$25
Paul Marino	11
CL-422 Italian, Part II	\$100
Nunzio DeFilippis	15
CL-423 Javier Bardem – Spanish Experience II	\$25
Paul Marino & Judy Kollias	15

# **CURRENT EVENTS**

CE-004 Today's News – Tomorrow's Histo	ory \$25
Barry Davis	14
<b>CE-006</b> Problem Solving through	
Civil Discourse	\$50
Jean McGavin	16

# **HEALTH & WELLNESS**

40
16
25
.11
25
12
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16
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14
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.11

<b>HW-427B</b> Tai Chi, Advanced\$25 <i>Susan Bradley</i> 13
<b>HW-429</b> Chinese Medicine: Mind, Memory, Movement\$40 <i>William Courtland</i> 16
HW-430 Matters of the Mind\$50 Guest Presenters16
<b>HW-431</b> What Are Your Cells Saying? Part II\$25 Jean Hosier
<b>HW-432</b> Bugs, Bacteria & Viruses\$25 Dr. Douglas Welsh12
<b>HW-433</b> Detox 101: With Ayuroveda\$25 Dr. Eashwarlall Ramdhani15
<b>HW-434</b> Alzheimer's Association – Cargiving Services\$25 <i>Dr. Daniel Wollman &amp; Carol DeRoco</i> 15

# HISTORY

HS-425 European Travel:	
Eastern & Southern Europe	\$25
Diane Stone	13
HS-435 European Travel: Western Europe	\$25
Diane Stone	15
HS-446 Supreme Court – Continues	\$50
Penny O'Connell	13
HS-453 Extraterrestrials & the Creation of Man	\$50
Penny O'Connell	16
HS-455 Reconsidering the Holocaust	\$40
Dr. James Farnham	13
HS-457 Our Founding Fathers	\$25
Barry Volante	14
HS-458 Germany: the 4th & Richest Reich	\$50
Dr. David Reed	17
HS-459 Lincoln & Darwin:	
Bedfellows or Soulmates?	\$25
Dr. Avi Isseroff	17
HS-460 What Do We Owe to the Monks?	\$50
Dr. Bart DePetrillo	18

# HORTICULTURE

HC-401 Don't Treat Your Soil Like Dirt!\$	25
Chris Baliko	11
HC-404 From Planting to Harvest to Table\$	25
Nunzio DeFilippis7 8	، 11

# **LITERATURE & WRITING**

<b>LW-420</b> Story Chip\$50
Jean McGavin17
LW-423 Love of Children's Literature\$25
Christine Guiditta14
<b>LW-424</b> Writing on the Write
Side of Your Brain\$25
Nancy Whitney12
LW-428 Writing About My Life\$25
Judith Finman12
<b>LW-430</b> Not Your High School English Course\$25
Guest Presenters

<b>LW-431</b> The Weavings of Odysseus:	
Homer's Odyssey	\$40
Dr. Carol Rizzolo	13

# MATH & SCIENCE

MS-415	How to Become a Beekeeper	\$25
Alphons	e Avitabile	12

## MUSIC

MU-414 Mozart – the Father of Bel Canto?	\$50
Nunzio DeFilippis	18
MU-416 Bump Diddy Strum	\$40
Elizabeth Hanahan	16
MU-427 The Art of Songwriting	.\$25
Julie Cook	13
MU-429 Name that Tune – Classical Cliché	.\$25
Donna Obarowski	14

## **PERFORMING ARTS**

PA-401 Dance for the Love of It!	\$50
Donna Bonasera	17

## PERSONAL DEVELOPMENT

PD-415 Investment Portfolio Management	\$25
Jessica Kott	12
PD-418 Connecting to Your Inner Artist	\$25
Rose-Ann Chrzanowski	12
PD-424 Your Body Language is Showing	\$25
Carolyn Finch	15

### **PHILOSOPHY & RELIGION**

<b>PR-409</b> Reading the Gospels Side by Side\$25
Rev. Jim Bradley14
PR-414 Contemporary Cultural Wars\$50
Vincent Casanova15

# **SPORTS**

SP-401 The Official Game	\$25
Edward Conlan	12

## **VISUAL ARTS**

VA-411 Watercolor Techniques	\$25
Susan Wolanic	11
VA-412 Amazing 1-2-3 Acrylic Painting	\$50
Deneen Datcher	17
VA-414 Experiment with Watercolor	\$50
Briana Zonas	13
VA-415 An Experience with Acrylic Painting	\$50
Judy Jaworski	
VA-420 Magic of Chinese Brush Painting	\$50
Susan Bradley	14

# BRASS CITY HARVEST

HC-404

# FROM PLANTING TO HARVEST TO TABLE: THE GREENING OF WATERBURY

Tuesdays, April 8 to October 15, 2014\* \*Please see March, 2014 information and Participation Policy Presenter: Nunzio DeFilippis along with Brass City Harvest's Fulton Park Farm Michael's Greenhouses of Cheshire will be donating vegetable plants for this project Cost: \$25 (Special Project-Reduced Fee)

**Questions:** contact OLLI presenter Nunzio DeFilippis at nonnonunzio@comcast.net or 347-743-7499



"Each of us has learned about gardening, working together, and helping others. There has been a palpable esprit d'corp among the volunteers..."

Dr. Ira Mickenberg, 2013 OLLI Participant (Republican American Newspaper, August 21, 2013) This is a one-of-a-kind opportunity to join a successful service learning project in support of the national focus on sustainable urban food production. This project is a partnership among the Osher Lifelong Learning Institute at UConn, Brass City Harvest, St Vincent DePaul Soup Kitchen, and Greater Waterbury Interfaith Ministries Soup Kitchen.

**March, 2014:** If a greenhouse site is identified for early seeding and plant preparations, registered participants will be notified. This is a separate volunteer opportunity and is not required.

**April 8, 2014:** The first class meeting will be a lecture-discussion for registered participants: campus Location to be announced.

**History/Results:** This is a second year service learning project situated in an urban green space in the historic, Olmstead-designed Fulton Park. The highly successful project resulted in the production of over 4,000 pounds of food and thousands of hot meals for the hungry in our community.

What to Expect: A rewarding, hands-on, learning project with an avid gardener-instructor and a deeply rewarding experience in urban gardening. Learn about soil preparation techniques, planting, growing viable seedlings, and raised-bed gardening techniques. Participants will also be provided with the opportunity to provide fresh food to Waterbury residents—and even cook it and serve if they choose.

**Location:** Most activities of this project will be based at Fulton Farm (located on upper Pine Street) in Waterbury. Brass City Harvest has provided OLLI volunteer gardener-students with the use of 40 raised beds in Fulton Park Farm that are approximately 3' x 20' x 12". The beds are laid out with a wide main lane to transport materials, and 18" walking paths between beds. The ground is a bit uneven in spots, so participants will need to walk cautiously.

**Restroom Facilities:** The Fulton Park site has restrooms located in the park itself, which may require participants to drive in small groups to reach that location.

**Physical Activity Level:** Moderate, with the ability to work in raised beds gardens which can involve bending or kneeling or a modified way to work with soil and plants.

**Participation Policy:** As a registered participant, you are expected to participate from the pre-growing season, through growing season, to harvest. Individuals take vacations and have other commitments that will cause them to be absent at times. Reasonable absences can be arranged with the OLLI Presenter. Due to the nature of live plants, the project will require a minimum commitment of three hours a week, and during the growing season (mid-May to mid-July), additional gardening hours are highly encouraged. New England weather will dictate some meeting times and locations, as determined by the University and/or the OLLI Presenter. Please note that significant or late winter storms could impact access to Fulton Park Farm. Registered participants in this program are considered members and volunteers of OLLI at UConn.

# OLLI-At-A-Glance

	SPRING COUR	SE TIME SLOTS / PAGES / ROOM I	NUMBERS
CLASS TIMES	FIRST 5 WEEKS MARCH 7, 14, 21, 28, APRIL 4	8 - 10 WEEKS MARCH 7, 14, 21, 28, APRIL 4, 11, 25 MAY 2, 9, 16	LAST 5 WEEKS APRIL 11, 25, MAY 2, 9, 16
W	CL-420 ONE FLEW OVER THE CUCKOO'S NEST (4 CLASSES) Paul Marino   Room #119, Page 11		CO-409 CREATE PROFESSIONAL FLYERS & NEWSLETTERS Nancy Wallace   Room #317, Page 11
– 9:45 AM	VA-411 WATERCOLOR TECHNIQUES Susan Wolanic   Room #102D, Page 11	CL-415 CONVERSATIONAL FRENCH FOR TRAVELERS	<b>CL-421 FACING THE HOURS -</b> <b>JACOBS LADDER</b> Paul Marino   Room #119, Page 11
8:15 AM	HC-401 DON'T TREAT YOUR SOIL LIKE DIRT! Chris Baliko   Room#324, Page 11	Mary Conseur   Room #318, Page 12	HW-427A TAI CHI FOR BEGINNERS
00	<b>HW-411 CHAIR YOGA</b> Kathleen Greco   Room #102, Page 11		Susan Bradley   Room #102, Page 11
	<b>LW-430 NOT YOUR HIGH SCHOOL</b> <b>ENGLISH COURSE</b> Guest Presenters   Room #217, Page 12	HS-455 RECONSIDERING THE HOLOCAUST (8 CLASSES) Dr. James Farnham   Room #323, Page 13	<b>HW-432 BUGS, BACTERIA, AND VIRUSES</b> Douglas Welsh   Room #203, Page 12
	<b>HW-412 YOGA STRETCH</b> Cynthia Paolino   Room #102, Page 12	CO-405 DIGITAL PHOTOGRAPHY BASICS (8 CLASSES) Peter Freeman   Room #317, Page 13	<b>SP-401 THE OFFICIAL GAME</b> Edward Conlan   Room #213, Page 12
0 AM	PD-418 CONNECTING TO YOUR INNER ARTIST Rose-Ann Chrzanowski   Room #213, Page 12	<b>LW-431 THE WEAVING OF ODYSSEUS</b> (8 CLASSES) Dr. Carol Rizzolo   Room #327, Page 13	<b>LW-428 WRITING ABOUT MY LIFE</b> Judith Finman   Room #217, Page 12
M – 11:30 AM	<b>LW-424 WRITING ON THE WRITE</b> <b>SIDE OF YOUR BRAIN</b> Nancy Whitney   Room #210, Page 12	<b>VA-414 EXPERIMENT WITH WATERCOLOR</b> Briana Zonas   Room #102D, Page 13	<b>CL-417 INTRODUCTORY SPANISH</b> Judy Kollias & Paul Marino Room #324, Page 12
10:00 AM	PD-415 INVESTMENT PORTFOLIO MANAGEMENT Jessica Kott   Room #123F, Page 12	HS-446 AMERICAN HISTORY: SUPREME COURT – CONTINUES Penny O'Connell   Room #119, Page 13	<b>HW-427B TAI CHI FOR ADVANCED</b> Susan Bradley   Room #102, Page 13
	<b>MS-415 HOW TO BECOME A BEEKEEPER</b> Alphonse Avitabile   Room #203, Page 12	<b>VA-415 AN EXPERIENCE WITH ACRYLIC PAINTING</b> Judy Jaworski   Room #318, Page 13	HS-425 HISTORY FOR TRAVELERS: SOUTHERN/EASTERN EUROPE Diane Stone   Room #326, Page 13
			<b>MU-427 THE ART OF SONGWRITING</b> Julie Cook   Room #227G, Page 13
Σ	<b>HS-457 OUR FOUNDING FATHERS</b> Barry Volante   Room #218, Page 14	<b>HW-417 THE ALEXANDER TECHNIQUE</b> Peter Anderheggen   Room #102, Page 14	<b>PR-409 READING THE GOSPELS</b> Rev. Jim Bradley   Room #203, Page 14
11:40 AM – 1:00 PM		VA-420 THE MAGIC OF CHINESE BRUSH PAINTING Susan Bradley   Room #102D, Page 14	<b>LW-423 LOVE OF CHILDREN'S LITERATURE</b> Christina Guiditta   Room #213, Page 14
40 AM	<b>CO-410 COMPUTER BASICS</b> Nancy Wallace   Room #317, Page 14	<b>PR-414 CONTEMPORARY CULTURAL WARS</b> Vincent Casanova   Room #324, Page 15	AH-419 BEATNIKS VS. HIPPIES? Alan Bisbort   Room #323, Page 14
11×	<b>MU-429 NAME THAT TUNE</b> Donna Obarowski   Room #318, Page 14	CL-422 ITALIAN: PART II (11:40 AM - 2:45 PM) (THIS CLASS IS 2 TIME SLOTS) Nunzio DeFilippis   Room #326, Page 15	CE-004 TODAY'S NEWS - TOMORROW'S HISTORY Barry Davis   Room #217, Page 14

	SPRING COURS	E TIME SLOTS / PAGES / ROOM N	UMBERS
CLASS TIMES	FIRST 5 WEEKS MARCH 7, 14, 21, 28, APRIL 4	8 - 10 WEEKS MARCH 7, 14, 21, 28, APRIL 4, 11, 25 MAY 2, 9, 16	LAST 5 WEEKS APRIL 11, 25, MAY 2, 9, 16
		<b>HW-405 REIKI 1 (8 CLASSES)</b> Barbara Schafer   Room #102, Page 16	<b>CL-423 JAVIER BARDEM - SPANISH II</b> Paul Marino & Judy Kollias Room #217, Page 15
	<b>AH-420 NUDE, NAKED, &amp; FANCY PANTS!</b> Dr. Virginia Bush   Room #201, Page 15	CO-404 MANY FACES OF GOOGLE (8 CLASSES) Peter Freeman   Room #317, Page 16	
		HW-429 CHINESE MEDICINE (8 CLASSES) William Courtland   Room #333, Page 16	
Md		<b>MU-416 BUMP DIDDY STRUM (8 CLASSES)</b> Elizabeth Hanahan   Room #227G, Page 16	-
– 2:45 PM	PD-424 YOUR BODY LANGUAGE IS SHOWING Carolyn Finch   Room #102D, Page 15	<b>CE-006 PROBLEM SOLVING THROUGH CIVIL DISCOURSE</b> Jean McGavin   Room #318, Page 16	HS-435 HISTORY FOR TRAVELERS: WESTERN EUROPE Diane Stone   Room #323, Page 15
1:15 PM		HS-453 EXTRATERRESTRIALS AND THE CREATION OF MAN Penny O'Connell   Room #204, Page 16	
		HW-414 A CHANCE TO IMPROVE YOUR HEALTH (DIABETES) Jane & Larry Sirignano   Room #119, Page 16	
	<b>HW-433 DETOX 101: WITH AYURVEDA</b> Dr. Eashwarlall Ramdhani   Room #217, Page 15	HW-430 MATTERS OF THE MIND Guest Presenters   Room #113, Page 16	<b>HW-434 ALZHEIMER'S ASSOCIATION</b> Dr. Daniel Wollman & Carolyn DeRocco   Room #201, Page 15
		HS-458 GERMANY - THE 4TH AND RICHEST REICH Dr. David Reed   Room #203, Page 17	
_		VA-412 AMAZING 1-2-3 ACRYLIC PAINTING Deneen Datcher   Room #102D, Page 17	
4:30 PM	<b>HW-431 WHAT ARE YOUR CELLS SAYING? PART II</b> Jean Hosier   Room #323, Page 17	HS-460 WHAT DO WE OWE TO THE MONKS? Dr. Bart DePetrillo   Room #318, Page 18	
1		<b>MU-414 MOZART</b> Nunzio DeFilippis   Room #326, Page 18	HS-459 LINCOLN & DARWIN Dr. Avi Isseroff   Room #323, Page 17
3:00 PM		<b>PA-401 DANCE FOR THE LOVE OF IT!</b> Donna Bonasera   Room #102, Page 17	
ñ		<b>LW-420 STORY CHIP</b> Jean McGavin   Room #113, Page 17	
	OFF-SITE , SI	PECIAL PROGRAM / NON-FRIDAY	CLASS
FRIDAYS 3:00 PM – 4:30 PM	AH-421 ART & HISTORY AT THE MATTATUCK MUSEUM Fridays, April 11, 25, May 2, 9, 16 3:00 PM to 4:30 PM Guest Presenters: This class is held at the Mattatuck Museum Page 17		
FRIDAYS 10:00 AM – 1:00 PM	<b>HC-404 FROM PLANTING TO HARVEST TO 1</b> Tuesdays, April 8 - October 15 10:00 AM - 1:00 PM Locations To Be Announced Nunzio DeFilippis Page 7 & 11		

# OLLI-At-A-Glance

# SUMMER 2014 COURSE CATEGORIES / NUMBERS / TITLES / COST / PAGE NUMBERS

# Please use designated course number as your choice on membership registration form! Include 1st, 2nd and 3rd choices!

# **ART HISTORY**

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### **CULTURE & LANGUAGE**

# COMPUTERS

## **CURRENT EVENTS**

# **HISTORY**

HS-447 Moonshiners, Bootleggers,	
Rumrunners	\$20
Donald Moore	18
<b>HS-461</b> D-Day: 24 Hours that	
Saved the World	\$20
Donald Moore	18

### **VISUAL ARTS**

# SUMMER 2014 COURSE TIME SLOTS / PAGES / ROOM NUMBERS

CLASS TIMES	A CLASSES		
AM – 5 AM	<b>CO-408 LEARN TO ORGANIZE YOUR RECORDS</b> Tuesdays, June 3, 10, 17, 24 Nancy Wallace   Room #317, Page 18	VA-412 AMAZING 1-2-3 ACRYLIC PAINTING (THIS CLASS ALSO OFFERED IN THE SPRING) Tuesdays, June 3, 10, 17, 24 Deneen Datcher   Room #102D, Page 18	
10:15 A 11:45	<b>HS-447 MOONSHINERS, BOOTLEGGERS, RUMRUNNERS</b> Thursdays, June 5, 12, 19, 26 Don Moore   Room #TBD, Page 18	<b>CL-424 KAZAN &amp; BRANDO: A STREETCAR ON THE WATERFRONT</b> Thursdays, June 5, 12, 19, 26 Paul Marino   Room #TBD, Page 18	
12:00 PM - 1:30 PM	<b>CE-004 TODAY'S NEWS, TOMORROW'S HISTORY</b> Tuesdays, June 3, 10, 17, 24 Barry Davis   Room #TBD, Page 18	<b>HS-461 D-DAY: 24 HOURS THAT SAVED THE WORLD</b> Thursdays, June 5, 12, 19, 26 Don Moore   Room #TBD, Page 18	
1:45 PM – 3:15 PM	<b>AH-422 ITALY'S RENAISSANCE ARCHITECTURE</b> Thursdays, June 5, 12, 19, 26 John Damico   Room #TBD, Page 18		

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# PARKING - PLEASE READ!

UConn Police Officers conduct routine parking enforcement in the attached campus parking garage.

# CARS WILL BE TICKETED FOR THE FOLLOWING VIOLATIONS:

• Failure to display a UConn parking decal (\$30 fine or possible tow)

• Parking in an unauthorized area (such as LEVEL 1 which is reserved for UConn faculty and staff,

in a fire lane, handicap or reserved space will result in a fine!)

• Please note that REPLACEMENT, NEW CAR or SECOND CAR parking decals will cost \$10.

• If your car registration license numbers are not in OLLI files, no decal will be issued.

# Course Descriptions

# SPRING 2014

# **OLLI OFF-SITE / NON-FRIDAY CLASS**

#### HC-404

FROM PLANTING TO HARVEST TO TABLE: THE GREENING OF WATERBURY Tuesdays, April 8 to October 15, 2014 from 10:00 AM to 1:00 PM \$25 (special project reduced fee) Presenter: Nunzio DeFilippis & Waterbury's Brass City Harvest April 8 will be a lecture format meeting at UConn location to be announced

March 2014 – we are currently seeking a greenhouse site for early seeding and plant preparations – registrants will be notified. Michael's Greenhouses of Cheshire will be donating vegetable plants to this project. See page 7 for more information.

# BRASS CITY HARVEST

# SPRING SESSION ON-CAMPUS CLASSES

# 8:15 AM – 9:45 AM

# CL- 420

A COMPARATIVE ANALYSIS OF KESEY & FORMAN'S ONE FLEW OVER THE CUCKOO'S NEST

# Presenter: Paul Marino 4 Classes – Fridays from 8:15 AM to 9:45 AM March 7, 14, 21, 28 - \$20 (required book) Room #119

This class will provide students with a critical evaluation of the equally important, similar and yet very different approaches to the novel, *One Flew Over the Cuckoo's Nest*, by Ken Kesey, and its adaptation to film by Milos Forman.

### VA-411

# WATERCOLOR TECHNIQUES Presenter: Susan Wolanic 5 Classes – Fridays from 8:15 AM to 9:45 AM March 7, 14, 21, 28, April 4 - \$25 (art supplies) Room #102D (please be prompt so as not to disturb class in 102)

This introductory art class will cover various watercolor techniques, with the instructor demonstrating and participants following along. Both beginners and intermediate painters welcome; most participants will leave with at least one work of art.

#### HC-401

# DON'T TREAT YOUR SOIL LIKE DIRT! Presenter: Chris Baliko

# 5 Classes – Fridays from 8:15 AM to 9:45 AM March 7, 14, 21, 28, April 4 - \$25 Room #324

This class will discuss ways to create healthier and safer environments. Topics will cover soil biology and testing, organic alternatives to synthetic products, composting, and native plants.

# HW-411

CHAIR YOGA: RELAX, RENEW & REJOICE FROM A CHAIR Presenter: Kathleen Greco 5 Classes – Fridays from 8:15 AM to 9:45 AM March 7, 14, 21, 28, April 4 - \$25 Room #102 (please be prompt so as not to disturb class in 102D)

Enjoy the benefits of popular Yoga postures from the comfort and safety of your chair. Each class will take you through a practice that will improve your abilities as you combine breathing and movement. Experience improved health as you apply Yoga to everyday life.

#### CO-409

CREATE PROFESSIONAL FLYERS & NEWSLETTERS IN WORD FORMAT Presenter: Nancy Wallace 5 Classes – Fridays from 8:15 AM to 9:45 AM April 11, 25, May 2, 9, 16 - \$25 Room #317

Participants will learn to create informational flyers and family newsletters using Word Table – learning how to format tables, fill in the cells with both text and pictures, enhance backgrounds and capture screen images from your monitor. This is not for beginners – must be comfortable working in Word and knowing computer basics.

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#### CL- 421

# FACING THE HOURS: FEATURING JACOB'S LADDER AND THE HOURS

Presenter: Paul Marino 5 Classes – Fridays from 8:15 to 9:45 AM April 11, 25, May 2, 9, 16 - \$25 Room #119

Experience an educational and entertaining study of how movie directors use time

differently to tell their stories. A number of films will be discussed, but two motion pictures which use the interaction of characters through time will be screened: Stephen Daldry's The Hours, which takes place over a period of 80 years; and Adrian Lyne's *Jacob's Ladder*, which covers a shorter period of time. Films will be viewed, followed by discussion.

### HW-427A

TAI CHI FOR STRENGTH AND BALANCE FOR BEGINNERS Presenter: Susan Bradley 5 Classes – Fridays from 8:15 AM to 9:45 AM April 11, 25, May 2, 9, 16 - \$25 Room #102 (please be prompt so as not to disturb class in 102D)

Tai Chi is a series of graceful, flowing movements designed to improve strength, balance, and flexibility, as well as optimal health. This beginner class will be in an easyto-learn format that will enhance vitality, stamina, and promote inner tranquility. Wear comfortable clothes.

So much fascinating information encouraging me to think in new ways and to explore further.

# Course Descriptions

## CL-415

# CONVERSATIONAL FRENCH FOR TRAVELERS

Presenter: Mary Conseur 10 Classes – Fridays from 8:15 AM to 9:45 AM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 (required book/recommended CDs) Room #318

The goal of this OLLI course is to help the participant feel more confident about traveling to a French-speaking country. Consider it "French in 10 Minutes" with simple words and phrases to use such as greetings in hotels, airports, train/bus stations, and restaurants. No prior knowledge of French required. Simple homework assignments will be recommended.

# 10:00 AM – 11:30 AM

#### LW- 430

NOT YOUR HIGH SCHOOL ENGLISH COURSE

# Presenters: Gerri Brousseau, Jo Dexter, Marian Lanouette, Nancy McCleery, Robin Osborn 5 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4 - \$25 Room #217

This managed course will explore themes and characters in some classic books and the authors who wrote them. The literature topics taught by a team of co-presenters will cover manners, morality & money in Jane Austen's *Pride & Prejudice* (Osborn); the flow and form in Virginia Woolf's fiction (Dexter); secondary characters we need (Brousseau); fear propels a story (Lanouette) and Hemingway's autobiography as told through his short stories (McCleery).

#### HW-412

# YOGA STRETCH, STRENGTHEN AND BREATHE

Presenter: Cynthia Paolino 5 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4 - \$25 (yoga mat required) Room #102 (please be prompt so as not to disturb class in 102D)

This movement class will help create balance between mind, body and spirit through the practice of Yoga postures and brief meditation. It will help increase the body's flexibility, strength and balance. Class format will begin with a brief meditation, various postures and will include a final relaxation to reduce stress and promote healing.

#### PD-418

CONNECTING TO YOUR INNER ARTIST Presenter: Rose-Ann Chrzanowski

# 5 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4 - \$25 (supplies) Room #213

Take a relaxing journey of self-discovery while learning about sound (instruments) as healing tools. Connect with your inner artist as you create mandalas, marbled paper, and paintings. No need to be a traditional artist; this art is in your heart. Please bring a can of unscented shaving cream to the first class. A list of supplies for future classes will be available then.

# LW-424

# WRITING ON THE WRITE SIDE OF YOUR BRAIN Presenter: Nancy Whitney 5 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4 - \$25 (recommended book) Room #210

Writing - it's not that scary. Come stretch your skills, your imagination, and creative possibilities. We'll toss around ideas, thoughts, fears, stories, poems, and read the results – it will be fun, challenging and more.

#### PD-415

# INVESTMENT PORTFOLIO MANAGEMENT – KNOWLEDGE IS POWER Presenter: Jessica Kott 5 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4 - \$25 Room #123F

Gain confidence by establishing an appropriate investment strategy. Get practical advice to better understand your options. A portion of each class will be devoted to answering investment-related questions from participants. Topics covered will include fixed income (bonds) and equity (stock) securities. All members welcome.

#### MS-415

# HOW TO BECOME A BEEKEEPER

# Presenter: Alphonse Avitabile 5 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4 - \$25 Room #203

This lecture-format course will provide potential beekeepers with basic information about bees, the biology of the honeybee, and about the essential equipment for beekeeping. Learn how to get started and how to obtain and install bees into hives.

#### HW-432

BUGS, BACTERIA AND VIRUSES IN HUMAN HEALTH Presenter: Dr. Douglas Welsh 5 Classes – Fridays from 10:00 AM to 11:30 AM April 11, 25, May 2, 9, 16 - \$25 Room #203

Do you know that you have more bacteria in and on your body than you have human cells? Do you know why you need to finish all of the antibiotics that your doctor prescribes? Do you know why we may run out of effective antibiotics in the future? Do you know why you need to get a flu shot every year? These and other topics will be discussed when we talk about bugs – good and bad!

# SP-401

# THE OFFICIAL GAME Presenter: Edward Conlan 5 Classes – Fridays from 10:00 AM to 11:30 AM April 11, 25, May 2, 9, 16 - \$25 Room #213

Let's take an in-depth look at sports officials – the preparation they go through and some questions that arise to help them determine whether or not they really want to officiate. The rules and mechanics of the game will also be discussed. Come hear an official's point of view, covering the game of football and others.

#### LW-428

# WRITING ABOUT MY LIFE Presenter: Judith Finman 5 Classes - Fridays from 10:00 AM to 11:30 AM April 11, 25, May 2, 9, 16 - \$25 (notebook) Room #217

Capture important memories to share with friends and loved ones. This writing workshop will stir your recollections and spark your creativity. Most of the class time will be spent writing. You may produce a mini-memoir!

#### CL-417

# INTRODUCTORY SPANISH — THE SPANISH EXPERIENCE, PART I Co-Presenters: Judy Kollias & Paul Marino 5 Classes — Fridays from 10:00 AM to 11:30 AM April 11, 25, May 2, 9, 16 - \$25 (required book) Room #324

This course, if combined with Paul Marino's class featuring Javier Bardem films, will provide members with the opportunity to have a unique Spanish experience – focusing on the intriguing cultures of the Spanish-speaking world – perfect for anyone who wants Spanish for travel, work or fun. You are encouraged, **but not required** to attend both.

#### HW-427B

# TAI CHI FOR STRENGTH AND BALANCE FOR THE ADVANCED

# Presenter: Susan Bradley 5 Classes – Fridays from 10:00 AM to 11:30 AM April 11, 25, May 2, 9, 16 - \$25 Room #102 (please be prompt so as not to interrupt class in 102D)

Tai Chi is a series of graceful, flowing movements designed to improve strength, balance, and flexibility, as well as optimal health. This enjoyable form of exercise also enhances vitality, stamina, and promotes inner tranquility. This class is recommended for those with some experience.

#### HS-425

# HISTORY FOR TRAVELERS: SOUTHERN & EASTERN EUROPE

# Presenter: Diane Stone 5 Classes – Fridays from 10:00 AM to 11:30 AM April 11, 25, May 2, 9, 16 - \$25 Room #326

This course is a continuation of European History for Travelers, with emphasis on Southern and Eastern Europe. It will focus on the main tourist sites and the geographic areas from which most of the Waterbury area immigrant groups and their ancestors came from during the mid-19th to the mid-20th centuries. We will cover the areas of Southern Italy, Poland, Lithuania, and Prague.

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#### MU-427

# THE ART OF SONGWRITING Presenter: Julie Cook 5 Classes – Fridays from 10:00 AM to 11:30 AM April 11, 25, May 2, 9, 16 - \$25 Room# 227G (2nd fl. Library – take Library stairs or elevator to #2 and follow signs to Math Tutor Room)

Explore lyrics, melody, and structure to discover what makes a beautiful song. Listen to recordings of top-charted popular songs from the 1930s to present day. Each class will consist of lecture, discussion, and fun exercises to get us started creating our own songs. No music experience required.

#### HS-455

# RECONSIDERING THE HOLOCAUST Presenter: Dr. James Farnham 8 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4, 11, 25, May 2 - \$40 (required books) Room #323

Through lectures and book discussions, participants will attempt to comprehend this greatest of all assaults on humanity. All points of view and all questions will be welcome. Among topics covered will be the nature of prejudice and the history of anti-Semitism.

#### CO-405

# DIGITAL PHOTOGRAPHY BASICS Presenter: Peter Freeman 8 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4, 11, 25, May 2 - \$40 (bring your camera) Room #317

This hands-on computer course will cover how a digital camera works, photo composition, and photo processing using Google's photo editing tool, Picasa (which is free). Participants must be familiar with the computer and Internet. Bring your digital camera. There will also be a field trip. Limited enrollment.

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#### LW-431

# THE WEAVINGS OF ODYSSEUS: EXPLORING HOMER'S ODYSSEY Presenter: Dr. Carol Rizzolo 8 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4, 11, 25, May 2 - \$40 (recommended book) Room #327

The last thing that Odysseus wants is to leave his wife and infant son to go off to a war. He is pretty wily and feigns madness to get out of his obligation to fight for the return of the beautiful Helen of Troy to her rightful husband. If right about now you are thinking "What is Carol talking about?" then join us this Spring as we journey with Greek hero Odysseus, after the Trojan War, as he weaves through the Greek Islands trying to get home again to his family.

#### VA-414

EXPERIMENT WITH WATERCOLOR Presenter: Briana Zonas 10 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 \$50 (art supplies) Room #102D (please be prompt so as not to disturb class in 102)

This hands-on course will get you comfortable with watercolor art, without the pressure of creating the perfect picture! Participants will learn the basic aspects of the watercolor art! Both beginners and intermediate painters welcome.

#### HS-446

AMERICAN HISTORY: SUPREME COURT – CONTINUES Presenter: Penny O'Connell 10 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 \$50 (required book) Room #119

This course will examine major Supreme Court decisions on the following issues: rights of labor, limits on free speech, the New Deal, flag cases, internment of Japanese-Americans, limits on presidential power, freedom of the press, voting, rights to privacy and the right to remain silent. Current Supreme Court cases will also be discussed. Students are encouraged (but not required) to participate in the research and presentation of these cases with required reading.

# VA-415

AN ENRICHING EXPERIENCE WITH ACRYLIC PAINTING Presenter: Judy Jaworski 10 Classes – Fridays from 10:00 AM to 11:30 AM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 \$50 (art supplies) Room #318

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Learning to paint can be a means of therapy and satisfaction to last a lifetime. Participants will learn to develop their own style and technique with guidance by developing a color chart for reference, learning how to compose a painting, and use the medium to complete the finished piece. All artists welcome!.

Some courses have required and/or recommended reading. The UConn Co-op bookstore welcomes OLLI members and carries a small supply of most required books. Save money on book purchases by joining the Co-op OLLI Book Club and/or by buying used textbooks. A Co-op book card will be issued to new members only. Please see Co-op when card is full. Please keep your Co-op book card from session to session.

# Course Descriptions

# 11:40 AM - 1:00 PM

**NOTE:** THESE CLASSES MEET DURING OLLI CAFÉ AND CONFLICT WITH OTHER LUNCHTIME OFFERINGS.

#### HS-456

HOW THE WEST WAS LOST!

Presenter: William Baiocchi 5 Classes – Fridays Angelled March 7, 14 Rose Class Cancelled

the mid to late 1800s – their lives, culture and warrior chiefs, such as Red Cloud, Sitting Bull and Crazy Horse. Hear how they had to fight to keep control of the northwestern plains, during the 50-year war with the U.S. military.

#### HS-457

OUR FOUNDING FATHERS – THE SEVEN REVOLUTIONARIES WHO SHAPED OUR DESTINY Presenter: Barry Volante 5 Classes – Fridays from 11:40 AM to 1:00 PM March 7, 14, 21, 28, April 4 - \$25 Room #218

Benjamin Franklin, George Washington, John Adams, Thomas Jefferson, John Jay, Alexander Hamilton, James Madison – our seven founding leaders – also played central roles in shaping the destiny of our new nation. They took special pains to preserve their papers as essential sources for posterity.

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## CO-410

# COMPUTER BASICS: HOW TO CREATE DOCUMENTS & FOLDERS Presenter: Nancy Wallace 5 Classes - Fridays from 11:40 AM to 1:00 PM March 7, 14, 21, 28, April 4 - \$25 Room #317

This class will introduce members to the creation and organization of documents and files. Learn to create simple documents using WORD (notes, recipes, etc.) and how to update, print and delete the files in addition to creating and managing folders for organizing documents.

#### MU-429

NAME THAT TUNE – THE CLASSICAL CLICHÉ

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Presenter: Donna Obarowski 5 Classes – Fridays from 11:40 AM to 1:00 PM March 7, 14, 21, 28, April 4 - \$25 Room #318 Classical music is pervasive in popular culture. If you watch movies, commercials, or even cartoons, you've heard this music – some of it so often that it has become a cliché. But what is that music, really? Come, listen, and learn the real story of those tunes that are all around us.

# PR-409

# READING THE GOSPELS SIDE BY SIDE Presenter: Rev. Jim Bradley 5 Classes – Fridays from 11:40 AM to 1:00 PM April 11, 25, May 2, 9, 16 - \$25 Room #203

Most people know the Gospel story; however, what we know is a mish-mash of four distinct stories. Come pry the gospels apart and meet the Jesus each presents.

# LW-423 FOR THE LOVE OF CHILDREN'S LITERATURE Presenter: Christine Guiditta 5 Classes – Fridays from 11:40 AM to 1:00 PM April 11, 25, May 2, 9, 16 - \$25 (required books to be read before class begins) Room #213

Do you have an interest in children's literature or just like to learn more? This course will allow you to revisit the wide variety of books available for young readers. Participants will enjoy reading a selection of genres, and engage in activities to present books to a wide age group (pre-school to seniors). Commitment to read books 'before' start of class: *Charlotte's Web, Esperanza Rising,* and *The One and Only Ivan*.

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#### AH-419

BEATNIKS VS. HIPPIES? NO CONTEST! Presenter: Alan Bisbort 5 Classes – Fridays from 11:40 AM to 1:00 PM April 11, 25, May 2, 9, 16 - \$25 (recommended books) Room #323

Even though the original beatniks and hippies roamed the earth more than 50 years ago, the literary, artistic, musical and fashion statements they made still resonate throughout contemporary culture. This course will examine the who, what, when, how and why of these fascinating and still influential movements. Class readings will be augmented by artifacts, recordings, artwork, and literature. A groovy time is guaranteed.

#### **CE-004**

TODAY'S NEWS – TOMORROW'S HISTORY Presenter: Barry Davis 5 Classes – Fridays from 11:40 AM to 1:00 PM (this course is also offered in summer session) April 11, 25, May 2, 9, 16 - \$25 Room #217

This course will be a weekly exploration of the news of the day – using current sources such as *The New York Times* and *The Wall Street Journal*. Articles for discussion will be emailed to participants two days before each class.

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#### HW-417

THE ALEXANDER TECHNIQUE: POSTURE, BALANCE, AND MOVEMENT

Presenter: Peter Anderheggen 10 Classes - Fridays from 11:40 AM to 1:00 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 (yoga mat) Room #102 (please be prompt so as not to disturb class in 102D)

Learn how to improve your posture, balance, and back health. The Alexander Technique is a method of self-care developed more than 100 years ago, and has received much attention for its relief of chronic back pain. Through lectures and discussion, members will be encouraged to participate actively in each session – learning methods of restorative rest, better ways to sit, walk, work, and exercise, in addition to recovering from pain, avoiding injury, and improving overall well-being.

#### VA-420

THE MAGIC OF CHINESE BRUSH PAINTING

Presenter: Susan Bradley

10 Classes - Fridays from 11:40 AM to 1:00 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 (art supply kit available on Amazon) Room #102D (please be prompt so as not to disturb class in 102)

Thank you for kindling the "fire of my soul" again.

I was so in awe of the content and the knowledge I obtained.

This hands-on course will cover the history, theory, and philosophy of Chinese Brush painting. Come explore this unique style of Chinese art that has produced some of the most beautiful paintings in the world. Learn to create inspired brush paintings using traditional techniques simplified for all to enjoy.

### PR-414

# CONTEMPORARY CULTURAL WARS AND AMERICAN RELIGIOUS TRADITION

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# Presenter: Vincent Casanova 10 Classes – Fridays from 11:40 AM to 1:00 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 (two recommended books) Room #214

This course will focus on a historical survey of America's religious traditions and how these traditions come into conflicts with multiculturalism, secularism and New Age trends. This course will cover the faith of our Founding Fathers, the concepts of doctrine, orthodoxy and heresy, as well as how the media influences our current cultural climate.

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## CL-422

# ITALIAN: VITA E LINGUA, PART II Presenter: Nunzio DeFilippis 10 Classes – Fridays from 11:40 AM to 2:45 PM (NOTE: this class runs two timeslots; includes a break) March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$100 (required book) Room #326

This is an introduction to Italian language, enhanced by a cultural experience. The course will consist of basic Italian for the first hour and a half, followed by Italian cultural experiences including customs and everyday life discussions. We will view segments of Italian films and operas (with language homework). Participants must have some knowledge of the language or participated in the fall class!

# 1:15 PM – 2:45 PM

#### AH-420

THE NUDE, THE NAKED, AND SOME FANCY PANTS! Presenter: Dr. Virginia Bush 5 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4 - \$25 Room #201

In art, depictions of unclothed human forms may be nude (idealized) or naked (realistic). This survey will examine the difference between these two approaches, from Ancient Greece to contemporary styles, adding some examples of stylish costumes that can conceal or reveal the anatomy inside.

### PD-424

OOPS! YOUR BODY LANGUAGE IS SHOWING Presenter: Carolyn Finch 5 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4 - \$25 Room #102D (please be prompt so as not to disturb class in 102)

We rely heavily on the spoken word when communicating, but being mindful of body language allows the listener to glean rich and varied information about subconscious messages. Non-verbal communication carries up to 75% of the weight of a message, along with a person's shape, style, color of clothing, movements and gestures. This fun, interactive class will help members learn how to listen with their eyes.

# HW-433

DETOX 101 — THE NATURAL AND SAFE WAY! Presenter: Dr. Eashwarlall Ramdhani 5 Classes — Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4 - \$25

# Room #217

Experts say that by the time we reach middle age, we are combatting some form of disease, which may be cancer, cardiovascular disease, or some other serious degenerative condition. Learn how Ayurveda and other systems of medicine can help to detoxify your body. Please consult your physician before using these approaches.

# CL-423

JAVIER BARDEM: FROM THE CANARY ISLANDS TO THE WALK OF FAME – SPANISH PART II Co-Presenters: Paul Marino & Judy Kollias 5 Classes – Fridays from 1:15 PM to 2:45 PM April 11, 25, May 2, 9, 16 - \$25 Room #217

Come experience an educational and entertaining study of three major motion pictures starring Javier Bardem, to include an analysis of the films, the actor, and the cultural aspects of the films. After viewing each film, discussion will include the major themes, character interactions, crucial scenes, etc. This class is combined with Spanish Part 1. You are encouraged, but not required to enroll in both.

## HS-435

HISTORY FOR TRAVELERS: WESTERN EUROPE Presenter: Diane Stone 5 Classes – Fridays from 1:15 PM to 2:45 PM April 11, 25, May 2, 9, 16 - \$25 Room #323

The great tourist attractions of Western Europe are on everyone's "bucket list." Americans live in a 237-year-old country, and what we see in Europe can be hundreds or even thousands of years old. Join this classroom journey to gain a greater understanding of the places you plan to visit as we explore London, Paris, Florence, Venice, and Rome.

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#### HW-434

ALZHEIMER'S ASSOCIATION – CAREGIVING EDUCATION SERVICES Co-Presenters: Dr.Daniel Wollman & Carol DeRocco 5 Classes – From 1:15 PM to 2:45 PM April 11, 25, May 2, 9, 16 - \$25 Room #201

This course is designed to educate caregivers on the necessary skills and information to provide care for persons with memory loss. Some topics covered will be communication techniques, behavioral challenges, family dynamics, and legal and financial issues.

# Course Descriptions

# HW-405

**REIKI I** 

# Presenter: Barbara Schafer Assistants: Sr. Cecilia Baranowski, D. Min., Reiki Master Teacher, Rosemary Toletti, M.A., Reiki Master & retired school teacher 8 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4, 11, 25, May 2 - \$40 (recommended book) Room #102 (please be prompt so as not to disturb class in 102D)

Reiki is a caring way of energizing, restoring and balancing the energy in our bodies. It reduces stress and produces a profound deep level of relaxation that enhances health and prevents illness, improves mental clarity, increases creativity and promotes a sense of deep peace and well-being. Anyone can do it.

### CO-404

# THE MANY FACES OF GOOGLE Presenter: Peter Freeman 8 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4, 11, 25, May 2 - \$40 Room #317

Google has a reputation for being the most popular search engine to find information on the Web. However, most users do not know about the many free, hidden tricks and tools buried in Google. This hands-on course will show you where to look and how to use the hidden power in Google to discover the powerhouse that it really is. Participants must have computer Internet knowledge. Limited enrollment.

#### HW-429

# CHINESE MEDICINE: MIND, MEMORY, MOVEMENT AND THE HEART

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# Presenter: William Courtland 8 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4, 11, 25, May 2 - \$40 Room #333

This course will explore the relationship between these four aspects of the human body to determine the role each may play in the formation of two diseases, Alzheimers and Dementia, that often plague the elderly. The principles of Chinese Medicine will form the basis for this exploration that will offer suggestions for maintaining our mental health and avoiding the factors that can contribute to the formation of both diseases.

## MU-416

BUMP DIDDY STRUM – INTRODUCTION TO THE MOUNTAIN DULCIMER Presenter: Elizabeth Hanahan 8 Classes – Fridays from 1:15 PM to 2:45 PM March 21, 28, April 4, 11, 25, May 2, 9, 16 - \$40 (instruments provided) Room #227G (2nd fl. Library – take Library stairs or elevator to #2 and follow signs to Math Tutor Room)

Come learn to play the Appalachian mountain dulcimer and obtain a foundation of the roots of American Folk Music. No music experience is needed; you will be playing tunes by the end of the first class. Instruments will be available on loan from the presenter. Learn the history and development of the dulcimer, the styles of playing, and care of the instrument.

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# CE-006 **PROBLEM SOLVING THROUGH CIVIL DISCOURSE** Presenter: Jean McGavin 10 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 (recommended reading) Room #318

Prompted by gridlock in Washington, this course will provide a forum to discuss issues which divide our country. We will set up ground rules that will facilitate listening and discussions. No insults or walking away will be allowed. This will be a forum for lively debate and will provide the opportunity for a reasonable exchange of ideas, so come with an open mind and a willingness to share ideas and to hear others.

# HS-453

# EXTRATERRESTRIALS AND THE CREATION OF MAN Presenter: Penny O'Connell 10 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 (required books) Room #204

This course will continue to explore the legends of Sumer and the tales of our very ancient history. We will read the Epic of Gilgamesh, the first action/adventure story in recorded history and the earliest written history of a king of Sumer. We will continue to examine the writings of Zacharia Sitchin and Eric Von Daniken, focusing on the presence of ET's in Central and South America, including the Nasca lines in Peru. We were definitely not alone in the past and we may expect the ET's from Nibiru to return in the future.

#### HW-414

A CHANCE TO IMPROVE YOUR HEALTH: DIABETES INITIATIVE Co-Presenters: Jane & Larry Sirignano 10 Classes – Fridays from 1:15 PM to 3:00 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$60 Room #119

Classes will help with Type 2 diabetes: prevent the condition and reduce or eliminate the need for medications. Diabetes-nutrition topics presented via DVD featuring Neal Barnard, M.D. Learn practical food tips, shopping tips and cooking skills for easy-to-prepare, glutenfree (or easily adaptable) meals. Anyone with concerns about Type 2 diabetes will benefit from the class and enjoy delicious food samples. A lively shopping tour will be included.

### HW-430

MATTERS OF THE MIND Presenters: Debra Ann Pollack, MD; Daniel Wollman, MD, PhD; Jason Alster, MS; Lynelle Schneeberg, PsyD; Salvatore Martone; Avi Isseroff, MD; Richard Krafcik, LCSW 10 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 Room #113

This course is a multi-disciplinary symposium covering various psychological and neurological topics of interest to seniors. Topics will include: overview of the brain (Wollman); natural techniques for improved memory and concentration (Alster); anxiety disorders (Schneeberg); sleep and its disorders (Pollack); hypnosis (Martone); evaluating a psychiatrist (Isseroff); dementia (Wollman); life changes part 1 & 2 (Krafcik); concluding with a panel discussion during the last class.



Cabaret Singers!



Rosalie Griffin's Class

### HS-458

GERMANY – THE 4TH AND RICHEST REICH Presenter: Dr. David Reed 10 Classes – Fridays from 1:15 PM to 2:45 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 – \$50 Room #203

This course covers the history of Germany from its beginnings as part of the Holy Roman Empire to becoming a major European power. The last two sessions are devoted to modern Germany and its position within the European Union. Discussion and videos are emphasized.

# 3:00 PM - 4:30 PM

# HW-431

WHAT ARE YOUR CELLS SAYING? PART II – THE HEART Presenter: Jean Hosier 5 Classes – Fridays from 3:00 PM to 4:30 PM March 7, 14, 21, 28, April 4 - \$25

#### (recommended reading) Room #323

Stress depletes our body of the energy it needs to repair itself. The heart has the power to restore our energy reserves and bring the rest of the body into harmony. We can learn this by using the methods designed by the Institute of Heart Health, by exploring the relationship of our mind/body/soul. I will include a brief review of the inner life of a typical human cell.

# AH-421 EXPERIENCE ART & HISTORY AT THE MATTATUCK MUSEUM Guest Presenters 5 Classes – Fridays from 3:00 PM to 4:30 PM

April 11, 25, May 2, 9, 16 - \$25 This community-partner offering is held at the Mattatuck Museum!

Mattatuck Museum presenters will talk about a different museum exhibition each week. Participants will meet at the Museum for behind-the-scenes tours, gallery walk-throughs and presentations led by Director Bob Burns; Curator Dr. Cynthia Roznoy; Director of Education Stephanie Coakley; Archivist Dr. Christian Gonzales; Collections Manager Suzie Fateh; and Curatorial Assistant Amie Walston. Artifacts and objects will tell the history of the greater Waterbury region.

#### HS-459

# LINCOLN & DARWIN: STRANGE BEDFELLOWS OR SOULMATES? Presenter: Dr. Avi Isseroff 5 Classes – Fridays from 3:00 PM to 4:30 PM April 11, 25, May 2, 9, 16 - \$25 Room #323

These two great giants of the 19th century were both born February 12, 1809 and each touched off revolutions that vastly changed the course of history. By examining their writings, biographies and scores of letters each left behind, we will try to answer questions about what motivated them to strive for greatness and compare their views on women's rights, marriage, religion as well as their modes of thinking and their emotional well-being.

# LW-420

STORY CHIP Presenter: Jean McGavin 10 Classes – Fridays from 3:00 PM to 4:30 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 (notebook or journal) Room #113

This is an introduction to Story Chip – how to participate as a citizen journalist and historian. Story Chip is an archive of contemporary world history which collects stories from people around the world in an effort to present our history in the richest way possible. Every story helps to fill the mosaic of our collective story. Participants will write and share stories (with a journalist's eye) and add them to Story Chip.

### PA-401

DANCE FOR THE LOVE OF IT! Presenter: Donna Bonasera 10 Classes – Fridays from 3:00 PM to 4:30 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 Room #102 (please be prompt so as not to disturb class in 102D)

Together we will explore dance from the 1600s to present. Participants will learn the styles and steps popular at the time and the choreographers that made the classic film musicals famous. This is a movement class and exercises derived from dance will also be explored for health and physical benefits. Wear comfy shoes and come dance!

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## VA-412

AMAZING 1-2-3 ACRYLIC PAINTING Presenter: Deneen Datcher 10 Classes – Fridays from 3:00 PM to 4:30 PM (this class also offered in summer) March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 (art supplies) Room #102D (please be prompt so as not to disturb class in 102)

In this course students will learn to paint with the 1-2-3 simple-fun technique, while also learning color mixing, shadowing, highlighting, landscapes, still life and florals. Concentration will be on brush stroke techniques and participants will most likely complete a painting in each class.

What I learned and experienced was beyond my expectations.

# Course Descriptions

### HS-460

WHAT DO WE OWE TO THE MONKS? Presenter: Dr. Bart DePetrillo 10 Classes – Fridays from 3:00 PM to 4:30 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 Room #318

The lectures will focus on the legacy of the Benedictine Monks bringing Christianity, Civilization and Capitalism to the world through the rightful paternity of political realisms, balance of power and national interest. Some historical topics covered will be Machiavelli (la Ragion di Stato); Lorenzo the Magnificent (Balance of Power); the Arab presence in Italy; and the Destruction and Resurrection of Montiecassino, to name a few. This strictly lecture format will cover nine weeks of lectures and a Q&A session.

### MU-414

**MOZART – THE FATHER OF BEL CANTO? AND ROSSINI AND DONIZETTI HIS HEIRS?** 

# **Presenter: Nunzio DeFilippis** 10 Classes – Fridays from 3:00 PM to 4:30 PM March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16 - \$50 Room #326

Mozart's three Italian masterpieces: Le Nozze di Figaro, Don Giovanni and Cosi Fan Tutte, Rossini's II Barbiere di Siviglia, and Donizetti's Lucia di Lammermoor. Are these Operas all related? Were Rossini and Donizetti influenced and perhaps even shaped by Mozart?



OLLI President, Richard Fogg

# CO-408

# LEARN TO ORGANIZE YOUR **RECORDS WITH EXCEL SPREADSHEETS Presenter: Nancy Wallace** 4 Classes - Tuesdays: 10:15 AM to 11:45 AM June 3, 10, 17, 24 - \$20 Room #317

This computer class will show how the Excel worksheet is a perfect tool to organize your names and addresses, medical history, inventory, income, and expenses. You can sort and print your data or create mailing labels with just a few clicks. Participants must have basic computer skills.

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#### VA-412

# **AMAZING 1-2-3 ACRYLIC PAINTING Presenter: Deneen Datcher**

# 4 Classes - Tuesdays: 10:15 AM to 11:45 AM (this class is also offered in spring) June 3, 10, 17, 24 - \$20 (art supplies) Room #102D

Participants will hopefully complete one painting in each class using the 1-2-3 simplefun technique, while covering a number of important painting lessons including color mixing, landscapes, still life, florals and more.

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# HS-447

**MOONSHINERS**, **BOOTLEGGERS, RUMRUNNERS Presenter: Don Moore** 4 Classes - Thursdays: 10:15 AM to 11:45 AM June 5, 12, 19, 26 - \$20 Room #TBD

SUMMER CLASSES

This class will touch on the history of alcohol in America – taking a tour of taverns, saloons, medicine shows, speakeasies and nip joints! Ride with future NASCAR racers haulin' white lightening on southern back roads or board a high-speed cigarette boat to bring in a load of rum. Learn about the rise and fall of Prohibition, and how moonshine is made!

# CL-424

**KAZAN & BRANDO: A STREETCAR ON THE WATERFRONT Presenter: Paul Marino** 4 Classes – Thursdays: 10:15 AM to 11:45 AM June 5, 12, 19, 26 - \$20 Room #TBD

An educational and entertaining experience, participants will study two major motion pictures directed by Elia Kazan, starring Marlon Brando – A Streetcar Named Desire, and On the Waterfront. Topics covered will be an analysis of the films, the actor, director and cultural aspects. Each film will be introduced and screened. Discussion will include major themes, character interactions, crucial scenes, etc.

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# **CE-004**

TODAY'S NEWS. **TOMORROW'S HISTORY Presenter: Barry Davis** 4 Classes - Tuesdays: 12:00 PM to 1:30 PM June 3, 10, 17, 24 - \$20 Room #TBD (this class also offered in spring session)

This course will be a weekly exploration of the news of the day – using current sources such as The New York Times and The Wall Street

Journal. Articles for discussion will be emailed to participants two days before each class. 

### HS-461

**D-DAY: 24 HOURS THAT** SAVED THE WORLD **Presenter: Don Moore** 4 Classes - Thursdays: 12:00 PM to 1:30 PM June 5, 12, 19, 26 - \$20 Room #TBD

This history course will explore the epic battle that was the beginning of the end of Nazi domination of Europe. The land, sea and air operations culminated in the largest military effort the world has ever witnessed. Topics covered will be the command structure, procurement of personnel, weapons and equipment, and training that went into staging the June 6, 1944 Allied Invasion of Normandy, France.

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# AH-422

**ITALY'S RENAISSANCE ARCHITECTURE** Presenter: John Damico 4 Classes - Thursdays: 1:45 PM to 3:15 PM (recommended book) June 5, 12, 19, 26 - \$20 Room #TBD

Florence, Rome and Venice - three great cities of Renaissance activity - became centers of artistic influence. Their architectural modifications from the 15th to 18th centuries will be covered in detail – to reflect the geographic, religious, social & historical influences on design and construction of cathedrals, chapels, palazzos, libraries etc. Dominant artists Michelangelo, Alberti and Bernini will be noted.

# **Course Presenters**

# **INTRODUCING THE SPRING AND SUMMER 2014 PRESENTERS**

**Peter Anderheggen** is a nationally certified teacher of the Alexander Technique. He taught writing and public speaking at the college level for 30 years and has also taught Hatha Yoga.

**Alphonse Avitabile** is the Emeritus Professor of Ecology and Evolutionary Biology at the UConn Waterbury campus. He is co-author of *The Beekeeper Handbook*.

William Baiocchi was a Native American History teacher for 15 years at the high school level. He is a full-time lecturer in all of New England at historical societies and senior clubs.

**Chris Baliko** is an accredited organic land-care professional and member of the Northeast Organic Farming Association. He has a BS from UConn and is co-founder of Growing Solutions, LLC, an organic land-care company.

**Alan Bisbort** is the author and contributor of several books about postwar American history and culture. He has written extensively about the Beat Generation and the Sixties' counterculture for the *New York Times* and the *Advocate* newspapers.

**Donna Bonasera**, Founder and Artistic Director of Connecticut Dance Theatre, Inc. is best known in the dance world for training high-caliber dancers and memorable choreography for the ballet and musical theatre stage.

**Rev. James Bradley** earned a BA in English and Political Science from West Virginia Univ., a Master of Theological Studies from Harvard Divinity School, a Master of Divinity from Virginia Theological Seminary, a Doctor of Ministry from Hartford Seminary, and is an ordained Episcopal Priest. He was Rector of St. John's in Waterbury for 21 years.

**Susan Bradley** has always enjoyed painting and drawing. As a graduate student at Chicago Art Institute, she studied Chinese Art and was introduced to Chinese Brush Painting. She has been teaching art techniques and art history for more than 20 years.

**Dr. Virginia Bush** earned a PhD from Columbia University and is a Fellow of the American Academy in Rome. She has taught in NY, NJ, and CT, has authored articles on Italian Renaissance art history and modern art, and has worked in several art galleries. Her travels throughout the U.S. and Europe have resulted in a collection of about 30,000 art images. Vincent Casanova has a BA in History and an MS in Counseling from SCSU, as well as a Masters of Arts in Religion (MAR) from Yale Divinity School, and credits toward a Doctoral Study at Columbia Teachers College. He has taught and was a chairperson of Counseling Departments in two high schools for 33 years.

**Rose-Ann Chrzanowski**, a Brooklyn, NY native before moving to CT, taught art for many years and still teaches at Quinnipiac. Life experience has directed her journey to a metaphysical, spiritual path, and she loves to share and discuss her discoveries with like-minded people.

**Edward Conlan** is a retired teacher and was a sports official for 44 years – for college football and Division I. An OLLI member, Ed is also an AARP driver safety instructor.

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**Mary Conseur** has 20 years' experience teaching French to teens and adults. She holds an MA in French from Purdue University and studied French at the University of Fribourg, Switzerland. She currently teaches at the Education Connection and enjoys traveling to French-speaking countries.

Julie Cook has played the piano most of her life. She attended Hartt School of Music, teaches at her studios in Newtown and Woodbury, and conducts music workshops for the purpose of health and self-expression. She is facilitator of an organization that promotes an improvisational approach to music.

William Courtland is a teacher and lecturer who researches the principles of Chinese Medicine and its mind-body relationship. A faculty member of the CT Center for Massage Therapy, he teaches Acupressure and the principles of Chinese Medicine. He is author of the book, *A Medicine From Spirit*.

John Damico, AIA Emeritus, is a practicing Architect registered in four states with NCARB Certification. He holds a B.Arch degree from Carnegie Mellon University and an M.Arch degree from Yale University. His award-winning designs have been published.

**Deneen Datcher** has been an artist and teacher since 1982, teaching at the high school and community college level. She has conducted seminars all over CT, NY, VT, and NH.

**Barry Davis** is a graduate of C.W. Post College. Three years before retiring, he began a computer consulting company. In that role,

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he designed and wrote custom software for businesses of up to \$100 million in sales.

Nunzio De Filippis has a BA degree with honors in Political Science from Queens College and 43 doctoral credits in Political Science from the CUNY Graduate Center. He was a business man for 35 years and later began teaching opera and Italian.

**Dr. Bart DePetrillo**, a native of Italy, has spent most of his adult life in Waterbury where he practiced obstetrics and gynecology for more than 30 years. Since his retirement, he has devoted his time to proclaim Italian culture by teaching the Italian language and lecturing extensively on historic and artistic topics.

**Dr. James Farnham** is Professor Emeritus of Literature at Fairfield University, holds a PhD from Case-Western Reserve University, and held post-doctoral fellowships at Yale in Cognitive Anthropology and in Judaic Studies. He has taught American Romanticism, Existential Literature, Literature of the Holocaust, and has published studies of Hawthorne, Melville, Faulkner, and Flannery O'Connor.

**Carolyn Finch** is a professional speaker and author, and has been in Education/Speech Pathology for 50 years. She has taught at WCSU, Post College, and NVCC. Her experiences range from Early Childhood Intervention to the recovery of comatose patients

**Judith Finman** is a working professional writer and editor. She has also taught in a large retirement community in SC. She earned a BA in English from Wellesley College and an MA in College and University Administration from New York University.

**Peter Freeman** has taught in the corporate world, and was the director of claim education for a multi-billion dollar insurance company. He holds a BA from the University of Vermont and served in the Army. He is currently manager and computer instructor at Southington's Sr. Center.

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**Kathleen Greco** is a certified Yoga instructor and is registered with Yoga Alliance. Known for her ability to be creative as she designs variations of the traditional postures accommodating diverse needs and capabilities, she has made Yoga a life-long practice.

**Christine Guiditta** taught elementary education for 35 years, utilizing children's

# Course Presenters

literature as her curriculum. She is also an adjunct professor at University of Bridgeport in the graduate teaching program. She holds a master's degree in Remedial Reading and Language Arts.

**Elizabeth Hanahan** is a retired public school teacher. She has taught dulcimer to adults at Folkcraft Music in Winsted, CT and at an area dulcimer festival. She has also played at area nursing homes and for Branford Hospice.

Jean Hosier holds BS degrees in Accounting and Brennan Healing Science. Formerly a controller in a manufacturing company, she currently has an Energy Healing and Personal Transformation Practice in Naugatuck.

**Dr. Avi Isseroff** is a psychiatrist who visited the Galapagos Islands and wrote a novel about Charles Darwin. He's a student of Presidential History and has created a game which has been carried in a number of museums, historical societies and presidential libraries

Judy Jaworski has taught drawing and painting for more than 40 years in various adult education settings. A student of Rhode Island School of Design, Judy has been listed in the Artists' Bank at the CT Commission on the Arts and her paintings have been exhibited throughout the state.

Judy Kollias has a BA and MA in Spanish and a Sixth year certificate. She has traveled extensively in the Spanish-speaking world. She is a docent at the Mattatuck Museum and a cochair of the OLLI Curriculum Committee.

Jessica Kott has worked extensively as a Certified Financial Planner in private banklending and in the analysis and management of investment portfolios. She is currently a member of the Finance and Investment Committees at the Mattatuck Museum.

Marian Lanouette has a BS from Post University and is a published fiction writer. Gerri Brousseau attended CCSU and is a published fiction writer. Jo Dexter has a BA from Swarthmore College and an MA and PhD from Johns Hopkins University. Robin Osborn has a BA from William Smith College and an MA from Harvard. Nancy McCleery has a BA from Vassar College and master's degrees from Yale and Wesleyan.

**Paul Marino** retired in 2011 after 28 years at The Hartford. He now has the time to pursue one of his great passions – the study of film. Since the end of 2011, he has introduced and/or helped facilitate more than 35 movies.

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Mattatuck Museum presenters include Robert Burns, Director; Dr. Cynthia Roznoy, Curator; Stephanie Coakley, Director of Education; Suzie Fateh, Collections Manager; Christian Gonzales, PhD, Archivist and Amie Walston, Curatorial Assistant.

**Jean McGavin** is the co-founder of Story Chip. She has degrees in Intellectual History and Theater Design. After 10 years in the theater, Jean has turned her attention to oral history.

**Don Moore** is a semi-retired Civil Engineer with a BS from the University of Virginia, a Master's degree from George Washington University, and a Master's from Virginia Tech. He enjoys reading biographical and historical books and touring historical sites.

**Donna Obarowski** is a UConn graduate who teaches for Education Connection's Adult Education program. She is Minister of Music at Woodbury United Methodist Church and has served at several Greater Waterbury churches.

**Penny O'Connell** holds a BA in Political Science from Skidmore College. A retired high school history teacher, she taught Ancient, European and American History. She is passionate about the mysteries of our historical past and is delighted to share her discoveries with those who have inquiring minds.

**Cynthia Paolino** is a certified and registered Yoga teacher for children and adults with Yoga Alliance. She has been practicing and teaching many styles of Yoga throughout the state for more than 10 years. She is also a Reiki master and practitioner healer.

**Debra Pollack, MD**, Matters of the Mind course coordinator, is board-certified in Neurology & Sleep Medicine, received an MD from Hahnemann School of Medicine, and works in the Center for Comprehensive Care. Dr. Daniel Wollman, MD, PhD, is certified in Geriatrics, Internal Medicine, and Palliative Care. He received an MD and PhD from the U of Pennsylvania. **Jason** Alster, MS, is a certified EEG Technologist & Registered Sleep Technologist. He earned a BS in Biopsychology at Yeshiva University, and an MS from Technion Israel Institute of Technology. Lynelle Schneeberg, PsyD, received her doctoral degree in Clinical Psychology (Behavioral Medicine) from Univ. of Denver. Salvatore Martone earned a BA, MSW, LCSW, LADC, from SCSU and UConn and was a psychotherapist/hypnotherapist. Avi **Isseroff, MD**, is board certified in Psychiatry and received an MD from Wayne State Univ. Medical School. Richard Krafcik, LCSW, is a psychotherapist and a certified Life Coach and licensed Addiction Counselor.

**Dr. Eashwarlall Ramdhani** is an Alternative Medical Doctor who has dedicated most of his life to the practice of Health and Alternative Medicine. He taught Health/Medical programs and Natural Science at prominent schools and colleges in Guyana, SA. He is a member of the American Alternative Medical Association and is currently pursuing post graduate research studies in Traditional Chinese Medicine.

**Dr. David Reed** retired after 45 years practicing medicine. With a passion for Russian and Eastern European History, he has visited Russia on several occasions and recently completed a book, *The Czechoslovak Legion and the Russian Civil War* (unpublished).

**Dr. Carol Rizzolo** retired after a 25-year career as a Physician Assistant, and recently earned a PhD in Mythological Studies with an emphasis in Depth Psychology. In addition to teaching,

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OLLI Food Drive!

Carol enjoys bicycling, kayaking, and playing the concert harp, classical guitar, and piano.

**Barbara Schafer, RN, APRN, MSN, LUT, RMT**, holds a BS and Masters in Nursing. Retired after 50 years as a clinician, educator, and administrator in psychiatric mental health nursing, she has been a Reiki Master Teacher since 1996. She is also a Licensed Unity Teacher and volunteers at Griffin Hospital doing Reiki and Therapeutic touch. She has a private practice in Naugatuck.

Jane Sirignano has been a presenter and foodshopping tour guide for 12 years and a nutrition and cooking instructor for eight. She has a diploma in nutrition, managed a natural foods store, and has 39 years of experience with whole foods. Her knowledge and enthusiasm may inspire and motivate you!

**Diane Stone** traveled the world for business and pleasure and finally realized how much her European History academic background enriched her travels. She majored in history at Queens

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College and holds a Masters in European History from the University of Michigan.

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**Barry Volante's** extensive Fortune 10 background includes senior management positions focusing on business development, engineering, and infrastructure finance. Upon retiring, Barry pursued his love of American History by returning to school and attaining a master's degree in American and European History from WCSC.

**Nancy Wallace** worked for 40 years in the computer field on Wall Street. Since retiring, she has taught in her computer club in FL, on cruise ships and at the Education Connection. She has also taught at the Waterbury Literacy Council.

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**Dr. Douglas Welsh** has a degree in Biology from Boston College and a doctorate in Molecular Biology from Rutgers University. He was a Damon Runyon Cancer Foundation Fellow at SUNY Stony Brook and taught Molecular Biology for 26 years at Princeton University. **Nancy Whitney** is an avid reader and writer of poetry and short stories. She has a passion for teaching and learning in the classroom and beyond, with a great sense of humor!

**Susan Wolanic** has been teaching watercolor classes for more than 40 years at Education Connection, at the high school level, along with private classes and workshops. A graduate of Paier College of Art, she is a member of the CT Watercolor Society and several art leagues.

**Briana Zonas** received a BFA from Parsons School of Design, attending classes in both NY and Paris. She holds degrees from The Fashion Institute of Technology and the London College of Communications. She currently teaches art at CPFA-Artsplace in Cheshire and she designs her own rug collections.

# Do you or someone you know want to be an OLLI Course Presenter?



Alice & Sue – Cabaret Class

OLLI Courses are led by retired, semi-retired and working educators, professionals, artists, writers and others.

- Share your passion on a topic
- Join the national movement of lifelong learning
- Inspire others to learn and explore
- Focus on enjoyment—no grading, no papers
- Develop innovative and creative learning
- Teach at a State-of-the-Art Campus

## Some of the perks ...

- Free Basic OLLI membership
- One free OLLI course each semester in which you teach
- UConn parking decal
- Presenter honoraria and recognition

# **IMPORTANT STEPS**

- CALL the OLLI Coordinator at 203-236-9808 or email aleta.staton@uconn.edu with questions, course ideas, or referrals.
- 2. **REGISTER** for a Course Proposal Workshop for New Presenters. All individuals thinking about submitting course proposals for the first time are strongly encouraged to attend a Course Proposal Workshop for New Presenters on Wednesday, April 9, 2014 at 1:30 PM in Room #113. Please RSVP to Nancy LaGrave at 203.729.4169 or nancylagrave@ gmail.com. This is an opportunity to meet OLLI presenters who have successfully proposed and led OLLI at UConn courses.
- 3. **SUBMIT** your Fall 2014 or Winter 2015 proposal by Friday, May 2, 2014 – FINAL DEADLINE!

TIME TO THINK ABOUT FALL 2014 AND WINTER 2015!

Fall 2014

10 WEEKS SEPTEMBER 12 TO NOVEMBER 14

Winter 2015

5 WEEKS JANUARY 16 TO FEBRUARY 13 (SNOW DATE: FEB. 20) FINAL DEADLINE FOR ALL COURSE PROPOSALS – FRIDAY MAY 2, 2014 PLEASE CONTACT US IF YOU WOULD LIKE TO PRESENT A FALL 2014 COURSE! CALL 203-236-9924 OR EMAIL: OSHER@UCONN.EDU

# OLLI Lunchtime Happenings

**OLLI CAFÉ • OLLI CLASSES • OLLI CLUBS AND ACTIVITIES** 

**OLLI Café** is a venue for the exchange of ideas and experiences focusing on improving the quality of life. The goal of OLLI Café is to present a potpourri of presentations and activities that provide information and new knowledge to OLLI members.

Bring your lunch and we will provide the coffee and tea! OLLI Café presentations are open to all OLLI members. These are not courses—OLLI Café is one of the benefits of your annual OLLI membership. Preregistration is not required. The weekly event features a guest speaker followed by a short Q&A session.

Fridays—Room #119 • 11:30 – 12:00 Lunch • 12:00 – 1:00 Speaker Presentation If you have a recommendation for a speaker or topic, call 203-236-9924.



# MARCH 7, 2014

# WHAT'S ALL THE HYPE ABOUT HYPERTENSION?

This is an in-depth look at the disease called hypertension. The causes and consequences will be described in detail, along with the risk of it contributing to Coronary heart disease. Hear about the importance of controlling hypertension and the prevention of progression leading to other health problems. All will be discussed with enthusiasm!

Jaye Howes is a masters-prepared Adult Nurse Practitioner with over 30-years of experience in the nursing field, the majority of that time spent in the Cardiology realm. Prior to that time, Jaye managed the Telemetry Unit at Waterbury Hospital, where she realized her love of teaching patients about cardiac diseases. She currently works in the Cardiovascular Unit at the hospital caring for heart patients after surgery.

# MARCH 14, 2014

# SOUTHEAST ASIA AT LAST...

In 2011, my wife Pat Fahey and I visited Thailand, Laos, Cambodia and Vietnam on a trip sponsored by Road Scholar. Come hear the cultural, historical, political religious and geographic aspects of Southeast Asia accompanied by slides and short videos. This talk is geared for members of the "Vietnam" generation.

OLLI Member, **Ira Mickenberg**, is a retired physician. He served in the N.I.H. during the Vietnam War, doing research in Washington D.C. Forty years after the war, he was curious to see the area which played a significant part of his youth. This was his first trip with the Road Scholar program.

# MARCH 21, 2014

# FRAUD RINGS AND ELDERLY SCAMS

There are currently many different fraud scams targeting the elderly in local communities. Be informed about the latest scams and what you can do to protect your accounts.

Jolynn LaChance is a banking center assistant manager assigned to help customers who are victims of fraud and scams. She assists them in processing claims to recover funds. She often helps the elderly in her community to identify scams targeting seniors.

# MARCH 28, 2014

# WATERBURY'S OWN FULTON PARK

Restoring Waterbury's historic Fulton Park has been a three-year effort and involved more than 300 volunteers. Come hear how the restoration evolved, grew and how it transformed the park today.

**Michael Salvio** is President of the Historic Overlook Community Club (HOCC) and Vice President of the Fulton Park Conservancy. The HOCC has been reclaiming land in Fulton Park for over three years, working in partnership with the Waterbury Parks Department currently restoring historic structures in the park.

# APRIL 4, 2014

# EXPLORING THE HILLSTEAD MUSEUM OF FARMINGTON

When Theodate Pope designed this colonial revival house for her father's retirement in 1898, it was for comfort, scenery, and a working dairy farm. She also created spaces especially for Alfred's Impressionist paintings and decorative arts. Hear about the unique collection and see a glimpse into Theodate's architectural and philanthropic endeavors.

**Rosemary Pribilia** is a docent and educator at the Hillstead Museum. She has been a teaching artist of fine arts and elementary education in CT for the past 25 years, and has traveled extensively in the U.S., Africa and Europe, bringing a rich cultural experience to her audiences.

# APRIL 11, 2014

# ESPN – FROM A MOM 'N POP OPERATION...

ESPN, originally an abbreviation for Entertainment and Sports Programming Network, began as a small Mom 'n Pop operation. Hear the story from a 25-year employee – how this company began and grew into a billion-dollar-a-year success.



OLLI volunteer luncheon!

**Matt Sandulli** spent 25 years working at ESPN – beginning in the mail room and rising through the ranks to become a senior coordinating producer, working on the scenes of some of the most important sports happenings over his career.

# APRIL 25, 2014

# "BAPTISM BY FIRE" – THE COMBAT EXPERIENCES AND MOTIVATION OF THE C.V.H.A.

This talk will focus on the motivating factors of the volunteers who fought in the 2nd Connecticut Heavy Artillery. Learn what prompted the men to enlist and the factors which drove the soldiers to risk their lives in combat and continue to face the horrors of war after they had experienced the battle at Cold Harbor during the Civil War.

Shane Makowicki is a recent UConn graduate. A History major, with a minor in political science, his senior thesis was on this Civil War topic. He completed an internship at the Litchfield Historical society assisting with the Civil War camp for kids and he has also lectured on the topic. He hopes to earn a Ph.D. in U.S. Military History.

# MAY 2, 2014

FROM FRUSTRATION TO FREEDOM: OVERCOMING OBSTACLES & ADVERSITY

This interactive presentation will offer a sense of hope and inspiration, teaching participants how to create a vision of success. Based on personal experience, the presenter will cover the steps to get past the 'problem' and focus on solutions – showing how to remove blocks in our lives, develop a vision of success with clarity, and fulfill our true purpose.

**Charlie Collins** has been legally blind since the age of 13 from juvenile macular degeneration. Throughout his early life, he struggled to accept his vision loss and now uses his personal experiences and proven steps to help others. He is the founder and CEO of Vision Dynamics and a motivational speaker and certified professional success coach. His book, *Tripping Into the Light*, will be released this winter.

# MAY 9, 2014

# CREATING YOUR BUCKET LIST BY IDENTIFYING YOUR PASSION

Join in to take a fun, quick test that will help identify the 10 important things you want to do and/or the 10 things you want to be or have in your life. The lists will then be pared down to the top 3 in each, combining both lists to identify the top six things you are passionate about and help you direct your energy to fulfill those bucket list items.

**Sue Matsuki** is the OLLI Cabaret presenter and a professional singer in NYC. She is an advocate and supporter of the actual "passion test" and "the artist's way" which helped her create this exercise for classes she teaches.



Mother Dolores Hart at OLLI Cafe

# MAY 16, 2014

# THE STONES OF ITALY

Travel by photos to the marble quarries of Massa and Carrara, Italy. Tour the working sculpture studios at the foot of Italy's marble mountains in Pietrasanta. Discover why marble – in its many stages of formation – has been so important to Mediterranean artists from the ancient Etruscans to artists of today. See how Roman stonework and sculpture differs from ancient Greek sculpture and what Renaissance artists did with this amazing material.

OLLI member and photographer, **Tom Kmetzo**, has lived and taught in Rome and has made many trips back over the past 40 years.

# OLLI LUNCHTIME CLASSES 11:40 AM – 1:00 PM

# (SEE PAGE 14 & 15 FOR DETAILS)

### HS-456

**HOW THE WEST WAS LOST!** William Baiocchi

HS-457 OUR FOUNDING FATHERS... Barry Volante

#### CO-410

COMPUTER BASIC: HOW TO CREATE DOCUMENTS & FOLDERS Nancy Wallace

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MU-429 NAME THAT TUNE...

Donna Obarowski

#### PR-409

READING THE GOSPELS SIDE BY SIDE Rev. Jim Bradley

# LW-423

FOR THE LOVE OF CHILDREN'S LITERATURE Christine Guiditta AH-417 BEATNIKS VS. HIPPIES? Alan Bisbort

# -----

CE-004 TODAY'S NEWS – TOMORROW'S HISTORY Barry Davis

#### 

THE ALEXANDER TECHNIQUE Peter Anderheggen VA-420

THE MAGIC OF CHINESE BRUSH PAINTING Susan Bradley

# PR-414

.....

CONTEMPORARY CULTURAL WARS Vincent Casanova

#### CL-422

**ITALIAN, PART II** Nunzio DeFilippis

UCONN LIBRARY WORKSHOPS (SEE PAGE 24)

# Library Workshops



# CONNECT TO THE WORLD THROUGH ... iPADS FOR OLLIS!

Explore what iPads are all about with the FREE UConn Libraries' sponsored workshop series – taught by librarians who will walk you through the basics, introduce you to the world of "apps," help you discover sites for keeping up with friends, encourage you to dabble with genealogy, and help you navigate to reputable health sites. Classes will take place during OLLI Café time – OFFERED in spring and summer sessions. Participants will have access to iPad Minis, a textbook for supplemental reading, and the option of borrowing the iPad for one week upon completion of the workshop series. Classes conclude with a Chat & Learn session to share iPad experiences.

There will be 6 interactive classes and participants will need to select the spring or summer session and commit to attending **ALL CLASSES** in the series. **Workshops are limited to the first 10 registered participants. See the yellow membership registration form to sign up for one of the workshop series.** 

Classes will be held from 11:40 AM to 1:00 PM in room #318; Chat & Learn will be in the library room 123F. Experience with computers preferred, but just an interest in exploring new technology is all you really need to participate in the workshops.

# **SPRING SESSION WORKSHOPS**

Fridays, April 11, 25, May 2, 9, 16 (Room 318); Chat & Learn: May 23 (Library 123F)

SUMMER SESSION WORKSHOPS

Tuesdays and Thursdays, June 3, 5, 10, 12, 17 (Room 318) Chat & Learn: June 24 (Library 123F)



PUSHING BUTTONS ... LEARNING THE BASICS TO GET YOU GOING ON THE iPAD Instructor: Shelley Goldstein April 11 or June 3

Learn to customize basic settings and options – while gaining confidence in handling and navigating the iPad.



THOSE DREADED PASSWORDS... CREATING ESSENTIAL ACCOUNTS Instructor: Shelley Goldstein April 25 or June 5

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Delve into the world of apps – gain skills in utilizing apps to indulge your hobbies and interests.



# CONNECTING WITH FRIENDS IN A VIRTUAL WORLD Instructor: Beth Rumery May 2 or June 10

Learn to take advantage of social media sites such as Facebook, Pinterest, and other virtual hangouts to connect with new and old friends.

# WORKSHOP PRESENTERS

**Shelley Goldstein** is the Director of the UConn Waterbury Library. Among her many hats, she provides instructional/research sessions to undergraduates and graduates, and conducts workshops on plagiarism prevention at various campuses.

**Sheila A. Lafferty** is the Director of the Julia Brooker Thompson Library at UConn Torrington and has worked for UConn libraries since 1989. Sheila is responsible for selecting materials and serves undergraduate programs at the Torrington campus.

**Beth Rumery** is the Director of the UConn Avery Point Library. She has worked in academic libraries since 1987. Her approach to teaching information literacy and lifelong learning is to share examples that are relevant to students' needs with a lean toward humor whenever possible.

**Valori Ann Banfi** is the UConn Library Liaison for Nursing and has been a medical librarian since 1981. Valori enjoys collaborating with the faculty, students, and the outreach community at UConn.

SESSION	
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DIGGING OUT THE PAST – VIRTUAL GENEALOGY Instructor: Sheila Lafferty May 9 or June 12

Discover the basics of Safari to navigate to various free genealogy sites and bookmark favorites.



STAYING HEALTHY AND INFORMED -WHAT CAN I TRUST? Instructor: Valori Banfi May 16 or June 17

Navigate to reputable sites for information on health-related issues.



CHAT & LEARN May 23 or June 24

Join us for a casual get-together where participants will have the opportunity to share their iPad experiences. Refreshments will be served.



The workshop was made possible in part by a \$4,670 Library Services & Technology Act (LSTA) grant awarded by the Connecticut State Library and approved by the Connecticut State Library Board.

# OLLI Travel

# SPRING 2014

Enjoy day and overnight excursions with OLLI members planned by the OLLI Travel Committee and Friendship Tours. Learn about new and old places waiting to be explored with your OLLI friends. For registration instructions and other information, see "Registration Info for OLLI Travelers" at the bottom of this Travel Page.



# TIFFANY AT THE AYER MANSION & THE CHURCH OF THE COVENANT, BOSTON

Date: Wednesday, May 21, 2014 Cost: \$71 (member price) Price includes deluxe motor coach, admission and guided tours of both locations, Friendship Tours Tour Director, driver's and tour director's gratuity. Lunch will be on your own. Bus leaves St. Anthony Church/DOT Parking Lot at 7:45 AM; Return ETA: 6:30 PM

A National Historic Landmark, the Ayer Mansion, former home to art collector Frederick Ayer, is the country's only surviving residence created by artist, Louis Comfort Tiffany. Enjoy the stone and glass mosaics, vases, metalwork, custom furniture, and stained-glass windows! We will also visit the Church of the Covenant, with its 42 stained glass windows and Tiffany-style workmanship – an inspiration to remember.



# THE BROOKLYN BOTANIC GARDEN & THE BROOKLYN MUSEUM, NYC

Date: Friday, June 6, 2014 Cost: \$73 (member price) Price includes deluxe motor coach, admission to both venues and guided tour at the Brooklyn Museum, Friendship Tours Tour Director, driver and tour director's gratuity. Lunch will be on your own. Bus leaves St. Anthony Church/DOT Parking Lot at 8 AM; Return ETA: 7:30 PM

The Brooklyn Botanic Garden today is one of the very best in urban gardening and display. Its 52 acres feature roses, cherry trees, magnolias, lilacs, water and Bonsai gardens, and so much more. Across the way is the Brooklyn Museum, one of the oldest and largest museums in the country. We will enjoy the special exhibit, Witness: Art & Civil Rights in the Sixties, along with other exhibits.



# **COOPERSTOWN & THE ERIE CANAL**

Dates: Tues. & Wed., October 7 & 8, 2014 Cost: \$307 (members) \$20 surcharge non-members Price includes transportation, baggage handling, hotel, one breakfast, two lunches, one dinner, all admissions and gratuities. Bus leaves St. Anthony Church/DOT Parking Lot at 7:00 AM; Return ETA: 6:30 PM

Experience the Catskills in fall! Ride and dine aboard the Rip Van Winkle Flyer, a restored streamliner with elegant dining that includes linens and china! First stop: the National Baseball Hall of Fame, every fan's "Field of Dreams". One night hotel stay at the Cooperstown Inn follows a welcome dinner. Day two will include the history and beauty of the Erie Canal while on a short cruise and 'lifting' through a lock. A light lunch follows at Rocky's Quick Grill. Then back on the bus home with old and new friends!

# PLEASE NOTE NEW PARKING LOCATION!

Friendship Tours The Ship Shop

Trips are open to current OLLI members on a first come, first served basis. They will also become open to non-members, if room allows, on March

7 for a surcharge of \$10 for day trips and \$20 for overnight excursions. For reservations or questions, call **Friendship Tours, 860-243-1630 (do not call the OLLI Office)** then mail **individual checks for each trip** made out to **Friendship Tours, 705 Bloomfield Ave, Bloomfield, CT 06002.** This is a **new address**. You will receive confirmation through the mail with all pertinent information. If you have any special needs or handicaps, please advise Friendship Tours when you register.

Please note - Trip fees are non-refundable unless a substitute is available on the waiting list.

# Events Open to the Public

Events Open to the Public include celebrations, film premiers, author talks, special lectures, and other programs. If you are not an OLLI member, you cannot park in the UConn garage without a parking decal. PLEASE sign up for these events on the member registration form!

# **AUTHOR TALK**

# **iPADS FOR OLLIS!**



Kick-off event to the OLLI / UConn Library Workshop, with Abby Stokes, author of *Is This Thing On? A Computer* Handbook for Late Bloomers, Technophobes and the Kicking and Screaming!

# Friday, February 28, 1:30 PM in the multipurpose room.

This event is free and open to the public.

See page 24 for details of the Library workshop.

Author, Abby Stokes

Workshops are limited and open to OLLI members only!

# AARP SMART DRIVER COURSE

Monday, April 14, 2014 9:00 AM to 1:30 PM OR Monday, May 19, 2014 9:00 AM to 1:30 PM



Room #119 — first floor. Light refreshments will be served. Sign up for one of the sessions on the member registration form check date of choice

OLLI at UConn hosts the AARP 4-hour Smart Drivers Course – the oldest and most successful program for older drivers to help refresh driving skills and learn a few new tips. The **new** Smart Drivers Course is revised, modernized and updated with new participant guidebooks and accompanying videos.

# **Registration and Cost**

Please call 203-236-9924 or check your choice on yellow form! Seating is limited.

COST: \$15 for AARP members and \$20 for nonmembers. Payment by check (to AARP) at the start of the course is necessary. State law mandates a minimum discount of 5% on your liability insurance for 2 years for drivers 60 and over who take the AARP-sponsored course.

OLLI Membership is not required to register



# **UCONN WATERBURY RESEARCH LECTURE SERIES**

# INSIGHTS INTO THE SECRET LIFE OF INFANTS: FROM BRAIN TO BEHAVIOR.

# Tuesday, April 1, 2014 12:45 PM to 2:00 PM, Room #333

Babies spend an enormous amount of time watching the world around them. It is hard not to wonder, "What are they thinking?" In the past 50 years, our understanding of the infant mind – from thinking to learning and remembering – has dramatically increased. Neuroscience techniques, such as electroencephalography (EEG), have provided insight into the inner workings of the baby brain. Hear the research findings (including video clips of infant cognition in action) that help uncover the secret life of infants.

**Dr. Kimberly Cuevas** received her B.A. in Psychology from Randolph-Macon Woman's College (Lynchburg, VA) and her Ph.D. in Behavioral Neuroscience (Psychology) from Rutgers University (New Brunswick, NJ). Her postdoctoral work was in Developmental Cognitive Neuroscience. She joined the faculty of UConn Waterbury as an Assistant Professor of Psychology in 2012. To learn more about Dr. Cuevas and her research, go to http://psychology.uconn.edu/labs/kidcaplab/index.html

# SERVICE LEARNING: TEACHING & LEARNING WHEN THE COMMUNITY IS OUR CLASSROOM.

# Tuesday, April 15, 2014 12:45 PM to 2:00 PM, Room #333

Education at all levels of learning is more effective when learners are challenged to gain skills through meaningful practice. Today, the language for promoting meaningful, hands-on learning has shifted to include partnerships with community agencies/resources; at UConn through the Service Learning mechanism, based on the premise that community need is an opportunity for student learning with classroom based academic pursuits. This is particularly true in the field of human services, as students placed in community agencies gain appreciation for the challenges and rewards of serving individuals and families in need.

**Dr. Beth Russell** holds a BA in Comparative Literature and Medical Sciences from Hampshire College and a PhD in Human Development & Family Studies (HDFS) from UConn. She joined UConn's HDFS facuty in 2011 and, in 2012, was awarded a UConn Service Learning Faculty Fellowship. To learn more about Dr. Russell or her research, go to http://familystudies.uconn.edu/contact/faculty/Russell.html

# **OLLI CLUBS / ACTIVITIES / COMMUNITY PARTNERS**

MEETING TIMES			
BOOK CLUB	Meets on the 3rd Monday of the month First book club: Mar. 17th, 1:00 PM, #102D	Nancy Via: nvia@sbcglobal.net	
OLLI VOLUNTEERS	Join a committee and be a VIP "Very Involved Persons"	Call the OLLI office: 203-236-9924	
CLUBS & ACTIVITIES	Meets 1st Tuesday of the month. First meeting: Mar. 4, 10:30 AM, #123F	Nancy Via: nvia@sbcglobal.net or Delma Way: delvilway@aol.com	
POETRY COFFEE HOUSE	Meets 2nd Thursday of the month at John Bale Bookstore & Café. First Coffee House: March 13, 10AM – 11:30 AM	Denise Whelan: deniseawhelan@yahoo.com	

ORGANIZATION	OLLI DISCOUNT	CONTACT
MATTATUCK MUSEUM	See course offering, page 17	203-753-0381, ext.110
Waterbury Symphony Orchestra	20% off any subscription series concerts	203-574-4283 or enter code OLLI at www.waterburysymphony.org
Seven Angels	10% off any regularly priced main stage production ticket	203-757-4676 or online at www.sevenangelstheatre.org
PALACE THEATER	Special discounts as announced	203-346-1000



# SPECIAL PALACE THEATER OFFERING

Sunday Matinee: May 4 – 1:00 PM PLUS an exclusive backstage Meet & Greet after the show! OLLI 20% Discount Prices: \$58.50 / \$49.50 / \$41.50 Visit or Call Deirdre Patterson at the Palace for tickets: 203-346-2011

**HAIR** - a joyous celebration of youth and a poignant journey through the tumultuous 1960s America! This exuberant musical about searching for truth, peace and love during the Vietnam War era continues to strike a resonant chord with audiences of all ages. Enjoy chart-topping hit songs such as *Aquarius, Let the Sun Shine, Good Morning, Starshine,* and *Easy to be Heard.* **HAIR** tells the story of a group of politically active hippies living a bohemian life in NYC fighting against conscription into the Vietnam War and their struggles to balance their lives, loves and the sexual revolution along with their rebellion against war, conservative parents and society. The musical's profanity, its depiction of the use of illegal drugs, its sexuality, its irreverence for the American flag, and nude scene caused much comment and controversy when it arrived on Broadway.



Photo courtesy of Louis Belloisy

SPONSORS: WEBSTER BANK; ADAM BRODERICK SALON & SPA; ELIZABETH RICHARD GIFTS



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OLLI Photos Courtesy of Tom Kmetzo and UConn, Waterbury I.T. Department Brochure Design: Rita Quinn (OLLI) and Michele Hyjek Design

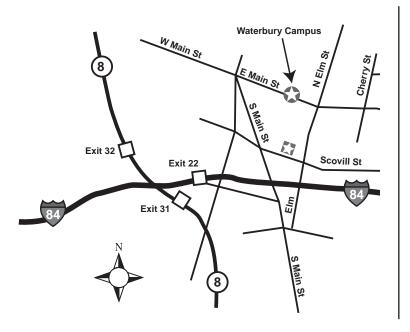


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The University of Connecticut's Waterbury campus serves more than 1,100 students annually. In more than sixty years of operation, UConn Waterbury has opened the doors to educational access and excellence to thousands of Connecticut residents, many of whom have distinguished themselves in the fields of community service, business, education, law and politics.

# **CONTACT US**

For more information on OLLI call 203-236-9924 or 203-236-9925. Email: osher@uconn.edu or visit our website at www.waterbury.uconn.edu/osher



# DIRECTIONS

The UConn campus is located at 99 East Main Street in Waterbury, across the street from the Palace Theater. Parking and directions to campus can be obtained from our website, www.waterbury.uconn.edu/osher or by calling 203.236.9924.

## PARKING

By special arrangement with the UConn Waterbury campus, OLLI membership includes University parking privileges in downtown Waterbury. Parking decals are issued to paid members and presenters. OLLI members can use their parking decal in the UConn garage located on North Elm Street  $\bigcirc$  on a space available basis. Parking is allowed ONLY on levels 2 and 3. Parking on level 1 is reserved for UConn faculty and staff ONLY and is not accessible to OLLI members or presenters.\* ALL replacement parking decal: \$10. OLLI members can also use the Scovill Street Garage  $\bigcirc$  on levels 5 and 6 by displaying their UConn parking decal. The Scovill Street Garage is located opposite the campus and directly behind the Palace Theater—it is a short walk through a paved courtyard to the UConn campus.

# \*Violators will be ticketed!