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# FALL 2017

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**SESSION DATES:**  
TUESDAY, SEP 5 -  
FRIDAY, NOV 14

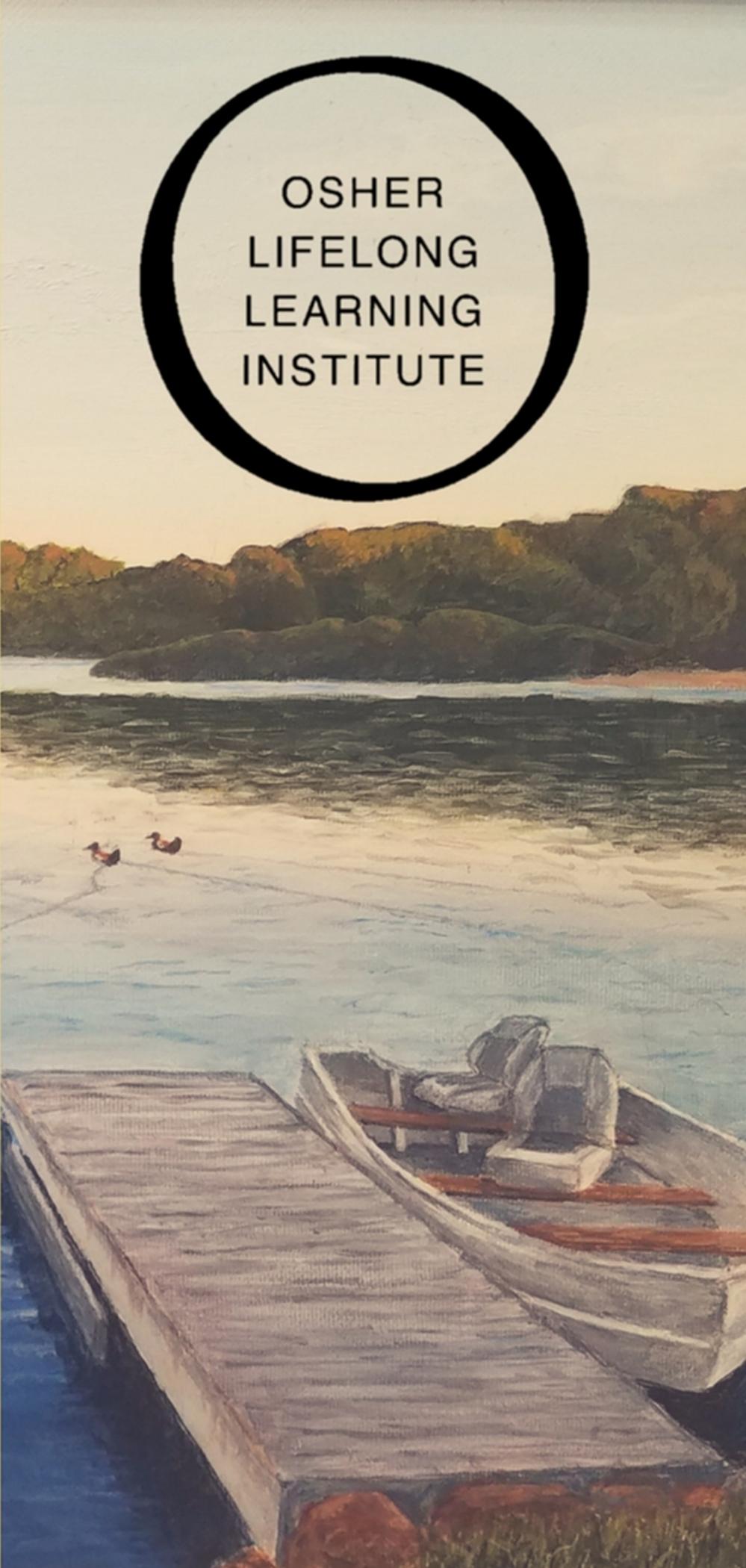
**REGISTRATION  
OPENS:**  
THURS, JULY 20TH,  
2017 @ 9:00 AM

**UCONN**  
WATERBURY

COVER PHOTO BY:  
NANCY RAHUBA,  
OLLI MEMBER



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# CELEBRATING 10 YEARS OF OLLI AT UCONN



Thank YOU for ten amazing years of learning, giving, and growing.

Dear OLLI Members and Friends,

It is our privilege to welcome you to a new year of learning, living, and growing at the University of Connecticut's Osher Lifelong Learning Institute (OLLI). We are proud to offer a community that invigorates the lives of lifelong learners from across Connecticut.

OLLI at UConn is about friendship, learning and giving back to the community. Classes and activities are held year-round. There is always something going on at OLLI. Whether it's a local or overnight trip, a get-together for book discussions or favorite films, a committee meeting, or a gathering to register for courses, our members are active in and out of class every day of the week.

We maintain a curriculum stimulated by exciting new courses, along with a strong body of existing courses that have stood the test of time. OLLI has sparked countless new friendships, new ways of thinking, and for many, a new outlook on life.

Your enthusiasm for learning and social engagement brings a new energy to UConn Waterbury. Every year, OLLI becomes more closely integrated with the activities of the campus' professors and students. Between us, we are developing inter-generational connections through classes and activities. Feedback from OLLI members and UConn students is positive and powerful, and we continue to build on this to create a dynamic and diverse learning community.

We wish you the best through every learning endeavor and hope you will join us this fall, beginning on August 18th, with a lively and energizing Open House presentation from farmer, harpist, blacksmith, wood carver, story teller, and innovator, Warren Dahlin.

Kind regards,

*The OLLI Team*



## YOU'RE INVITED! OPEN HOUSE

FRIDAY, AUG. 18  
9:30AM - 12:30PM

Join us and bring your friends for a FUN and FREE day of engaging presentations, refreshments, and "sample" course sessions. Keynote Presenter, **Warren Dahlin**, a professor of Health Care Administration at Stonehill College for four decades, will speak on ***Creative Aging: Tools for Innovation and WellBeing.***

RSVP: 203-236-9924 or [osher@uconn.edu](mailto:osher@uconn.edu)

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UCONN, WATERBURY CAMPUS - MAIN ENTRANCE (E. MAIN ST.)

**ART & ART HISTORY**

**AH-426** | The Magic Behind the Footlights: Backstage Secrets of Waterbury's Storied Palace Theater

Louis Belloisy, Page 3

**AH-430** | Needle Work and Textile Arts - The Old and the New

Deirdre J. Wright, Page 8

**AH-436** | The Art in Painting: Learning to See - A Workshop

Thelma Appel, Page 3

**AH-441** | Building a Second Stream of Income with a Craft

Deirdre J. Wright, Page 8

**CULTURE & LANGUAGE**

**CL-401** Italian: Vita e Lingua Part One

Nunzio De Filippis, Page 4

**CL-434** | Beyond Aladdin: Culture & Poetry of the Arab Lands

Raghdaa Barmo, Page 9

**CL-436** | Understanding Islam I

Raghdaa Barmo, Page 5

**CL-439** | Understanding Islam II

Raghdaa Barmo, Page 5

**CL-442** | Sex and the Roman City

Gabriella Brand, Page 4

**CL-443** Italian Culture

Nunzio De Filippis, Page 6

**CL-444** Parliamo Italiano

Nunzio De Filippis, Page 6

**CURRENT EVENTS**

**CE-011** | China's Economic Development: Environmental Impacts

Dr. Roger Levy, Page 3

**HEALTH & WELLNESS**

**HW-405** | Reiki Level One

Barbara Schafer, APRN, MSN, Page 6

**HW-417** | The Alexander Technique: An Introduction to Posture, Balance, Breathing, and Movement

Peter Anderheggen, Page 3

**HW-460** | The Alexander Technique:

Posture, Balance, Breathing, and

Movement | Peter Anderheggen, Page 3

**HW-466** | EFT: Emotional Freedom

Technique - "Tapping"

Stacey Altomari, Page 9

**HW-467** | Moving Forward with Life

Elizabeth Petruccione, Page 3

**HW-468** | Chinese Medicine's Five

Element Symbol and Acupressure

William Courtland, Page 6

**HW-469** | Addiction, A Family Illness

Rosalie Falcone, Page 3

**HW-471** | Change Your Lifestyle... Change Your Life!

James T. Prado, D.C., Page 3

**HW-472** | Kickstart Your Health Essentials

Jane Sirignano, Page 8

**HW-473** | Cancer Prevention and Survival

Jane Sirignano, Page 8

**HISTORY**

**HS-483** | Connecticut Icons

Charles Monagan, Page 9

**HS-495** | Supreme Court's Greatest Hits

Volume 1

Elizabeth Neuwirth, Page 8

**HS-497** | The Civilization of Ancient Rome:

Its Brilliance, Legacy, Rise and Fall

Vincent Casanova, Page 6

**HS-498** | Paper Bullets: Propaganda in

American History

Alan Bisbort, Page 8

**HS-504** | Lincoln and Darwin in the

Afterlife: Part One

Avi Isseroff, Page 5

**HS-505** | European History for Travelers:

Fascinating Leaders and What They Left

Behind | Diane Stone, Page 4

**HS-506** | Hamilton: Misery, Money, and

Music

Raymond E. Sullivan, M.D., Page 4

**HS-507** | The Dragon Rises Again: Part 1:

The Deep History and the Development of

Chinese Society, Culture, and Politics (500

BCE-1839)

Ted Welsh, Page 5

**LITERATURE & WRITING**

**LW-458** | World Short Story Masters

John Percivalle, Page 6

**LW-464** | In My Day... Writing For Posterity

Gabriella Brand, Page 8

**LW-465** | T.S. Eliot—Father of Modern

Poetry

Douglas Welsh, Page 5

**LW-466** | Writing Your Way

Nancy T. Whitney, Page 4

**MATH & SCIENCE**

**MS-428** | Cancer—The Inside Story

Douglas Welsh, Page 5

**MS-432** | Applying Fascinating Equations to Everyday Life

Rosalie Griffin, Page 6

**MS-433** | The Large Scale Structure of the Observable Universe

Arnold Heiser, Page 5

**MUSIC**

**MU-438** | ALL NEW! Name That Tune -

Classical Music Cliches

Donna Obarowski, Page 4

**MU-451** | Dylan 2

Walter Brooks, Page 6

**MU-452** | Elements of Songwriting: Part One

Julie Cook, Page 5

**MU-453** | Elements of Songwriting: Part

Two

Julie Cook & Steve Bustamante, Page 5

**MU-454** | The Ukulele Adventure

Nina Lesiga, Page 8

**MU-455** | The Jazz Scenes

Fran E. McIntyre, Page 3

**PERFORMING ARTS**

**PA-426** Opera: A Passion for the Ages -

The Making of the Opera

Nunzio De Filippis, Page 9

**PA-428** | Unmasking the Drama of the

Broadway Musical

Dr. Stuart Brown, Page 3

**PERSONAL DEVELOPMENT**

**PD-415** | Investment Portfolio Management

Jessica Kott, Page 4

**PHILOSOPHY & RELIGION**

**PR-428** | Walking with Four Jesus'

Rev. Dr. Jim Bradley, Page 6

**VISUAL ARTS**

**VA-415** | An Enriching Experience with

Acrylic Painting

Judy Jaworski, Page 6

**VA-432** | Mandalas as Art and Personal

Relaxation

Rose-Ann C. Chrzanowski, Page 5

**VA-445** | Home-fired Ceramics

Steven Kobylenski, Page 3

**VA-448** | Young at Art

Rose-Ann C. Chrzanowski, Page 5

**VA-443** | Creative Photography

Timothy Padgett, Page 6

## AT-A-GLANCE: MONDAY - THURSDAY COURSE OFFERINGS

|                  |   |   |
|------------------|---|---|
| <b>MONDAY</b>    | <b>CE-011 China's Economic Development: Environmental Impacts   Dr. Roger Levy   5 Weeks   9/11-10/16</b><br><b>*Note: No class on 10/9   10:15-11:45 AM   \$28</b>   Environmental issues were of little concern to Mao, and during the period of double-digit economic growth, damage to the environment kept on worsening. Has the situation reached a tipping point with citizens clamoring for improvements and the government lending a receptive ear to their demands?   |   |
| <b>TUESDAY</b>   | <b>HW-471 Change Your Lifestyle... Change Your Life!   James T. Prado, D.C.   5 Weeks</b><br><b>9/5-10/3   12:30-2:00 PM   \$28</b>   The lifestyle that evolved along with our species has changed more drastically over the last 100 years than it had over the previous 75 million. Science has linked chronic diseases to lifestyle factors that conflict with our genetic evolution. This course presents evidence-based information supporting lifestyle changes as the most efficient way to reduce the risk of developing chronic diseases such as diabetes, cardiovascular disease, cancer, and neurodegenerative diseases.  | <b>AH-426 The Magic Behind the Footlights: Backstage Secrets of Waterbury's Storied Palace Theater   Louis Belloisy   5 Weeks   10/17-11/14   10:15-11:45 AM   \$28</b>   Experience a detailed tour of the theater including backstage, dressing rooms, and the flyway over the stage. Enjoy a slideshow of restoration photos, old theater photos, and the life of Sylvester Z. Poli, builder and operator of the Poli chain of theaters. Class will meet with the theater's CEO and COO to discuss theater operation and future plans. <b>*Note: Class held at Palace Theater (100 East Main St., Waterbury, CT)</b> |
| <b>WEDNESDAY</b> | <b>VA-445 Home-fired Ceramics   Steven Kobylenski   10 Weeks   9/7-11/9   10:00-11:30 AM   \$56</b>   Students will explore hand building techniques while creating permanent clay objects.<br><b>*Note: There is an additional \$25 material fee to be presented to the instructor at the time of the first class meeting.</b>   | <b>HW-467 Moving Forward With Life   Elizabeth Petruccione   10 Weeks   9/7-11/9   12:15-1:30 PM   \$56</b>   This class is designed to help you identify and clarify your goals in life. Students will learn the tools to decrease stress and how to move forward with a clearer vision to achieve these goals. The experience is satisfying, self-motivating, and uplifting.  |
|                  | <b>HW-469 Addiction, A Family Illness   Rosalie Falcone   10 Weeks   9/7-11/9   10:15-11:45 AM   \$56</b>   This course examines the notion that any family involved in addiction is also as sick as the addict, and that there is a solution and homeostasis for the family.   | <b>MU-455 The Jazz Scenes   Fran McIntyre   5 Weeks   9/7-10/5   1:45-3:15 PM   \$28</b>   This course will enhance the sounds, development, and enjoyment of different jazz performances and styles. Join us on a rhythmical, musical journey into the vast spectrum of instrumentation, performances, and jazz appreciation, answering the question, "What is this thing called jazz?"  |
|                  | <b>AH-436 The Art in Painting: Learning How to See - A Workshop   Thelma Appel   10 Weeks   9/7-11/9   1:45-3:15 PM   \$56</b><br>In this hands-on workshop, learn to observe and analyze the basic structure of all forms by drawing and painting on canvas. We will use still-life, photography, examples from old masters, and when possible, work outdoors. Learn to mix primary colors and their complementaries to achieve variations in values, the function of volumes and patterns, and create an original dynamic painting.   |   |
| <b>THURSDAY</b>  | <b>HW-417 The Alexander Technique: An Intro to Posture, Balance, Breathing, and Movement   Peter Anderheggen   5 Weeks   9/7-10/5   10:00-11:30 AM   \$28</b>   Students will learn improved balance, posture, and movement and be shown methods of restorative rest and dynamic ways to sit, stand, walk, and use tools. With readings, discussion, and brief lectures, active participation is encouraged. Each student will have at least one individual lesson.   | <b>HW-460 The Alexander Technique: Posture, Balance, Breathing, and Movement   Peter Anderheggen   5 Weeks   10/12-11/9   10:00-11:30 AM   \$28</b>   A continuation of "The Alexander Technique: An Introduction." Participants will further be shown how to learn improved balance, posture, and movement. This course is open to previous students and those who took the introductory course in the first five weeks.   |
|                  | <b>PA-428 Unmasking the Drama of the Broadway Musical   Dr. Stuart Brown   5 Weeks   10/12-11/9   10:15-11:45 AM   \$28</b><br>This five week class will give an overview of the nationally touring Broadway musicals that will be presented at the Palace Theater during the '17-'18 season, and some behind the scenes drama that goes into creating the Broadway musical. Shows to be covered include: <i>Gentlemen's Guide to Love &amp; Murder</i> , Cameron Macintosh's new production of Andrew Lloyd Weber's <i>The Phantom of the Opera</i> , <i>Jersey Boys</i> , <i>Rent</i> , <i>Motown the Musical</i> , and <i>The Critic Speaks</i> . Dr. Brown will provide his first-hand account on the role of the theatre reviewer. <b>*Note: This course meets at the Palace Theater (100 East Main St.)</b> |   |

## AT-A-GLANCE: FRIDAY COURSE OFFERINGS

**8:30 - 10:00 AM**

**5 Weeks  
(September 8 – October 6)**

**5 Weeks  
(October 13 – November 10)**

**HS-505 European History for Travelers: Fascinating Leaders and What They Left Behind | Diane Stone | \$28**

This course will focus on five of Europe's most famous and fascinating leaders whose personalities, accomplishments, legacies, whether positive or horrific, are at the core of many of the tourist sites travelers to Europe want to visit most. By examining the lives of Henry VIII, Louis XIV, Marie Antoinette, Napoleon and Josephine, and Adolf Hitler, you will gain the context which will help you fully understand what you're seeing when you visit the places they inhabited.

**PD-415 Investment Portfolio Management | Jessica Kott | \*Later start time: 8:45-10:00 AM | \$24**

Students will determine investment objectives and appropriate asset allocation, gain an understanding of various types of investments, construct and monitor investment portfolios, and have all your general investment-related questions answered.



**CL-442 Sex and the Roman City | Gabriella Brand | \$28**

A look at the mores and intimate language of Ancient Rome. What do you know about this culture with at least 72 phallic synonyms? Why did the Romans celebrate same-sex relations, yet have no word for homosexuality? How were the birds and bees explained to Roman children? This is not your high school Latin course. No previous knowledge of Latin necessary.

**MU-438 ALL NEW! Name That Tune - Classical Music Cliches Donna Obarowski | \$28**

What happens when classical music meets movies, cartoons, commercials? You get music that we all know – we just don't know that we know it! Each week, we will explore several pieces of music that have been used in other contexts. It's a bit of pop culture, a bit of history, a bit of music analysis, and a lot of fun. (This class uses different music examples than Donna's original 'Name That Tune' class).

**HS-506 Hamilton: Misery, Money and Music | Raymond E. Sullivan, M.D. | \*Later start time: 8:45-10:00 AM | \$24**

This course will explore the life of Alexander Hamilton, through the use of short clips from the Broadway musical by Lin-Manuel Miranda. It will include his problematic childhood, education, rise to power and complicated love life as well as the events leading up to the most famous duel in American history.

**8 - 10 Weeks (September 8 – November 10)**

**LW-466 Writing Your Way | Nancy T. Whitney | 10 Weeks | \$56**

This class's focus is writing to please and stretch yourself. No special skill is needed, just a desire to explore one's own ideas and passion on the page. No critique, just writing for fun. Inspiration without perspiration!

**CL-401 Italian: Vita e Lingua Part One | Nunzio De Filippis | 10 Weeks | \*Earlier start time: 8:00 - 10:00 AM | \$70**

This course is an introduction to Italian language and culture. It will consist of learning basic Italian grammar, vocabulary, and elementary conversation. Participants are strongly encouraged to also register for *CL-443 Italian Culture*, which will be held at 10:15 AM, after this course.

**Please Note:** Given the tendency for room assignments to change throughout the registration period, we have not included them in this Fall catalog. Room assignments will be made available online as the Fall semester approaches. Up-to-date room charts will also be available for pick-up at the OLLI information table on the first day of classes.

## AT-A-GLANCE: FRIDAY COURSE OFFERINGS

| 10:15 - 11:45 AM   | 5 Weeks<br>(September 8 – October 6)   | 5 Weeks<br>(October 13 – November 10) |
|--|--|---------------------------------------|
| <p><b>CL-436 Understanding Islam I   Raghdaa Barmo   \$28</b><br/>This course serves as a brief survey of the origins of Islam and tracks the development of the religion into modern day. You will emerge with an understanding of the Abrahamic tradition observed by Muslims, the roles and importance of the prophets in Islam, as well as the feminist qualities of the religion's early stages. This is the first half of a two-part course. If you previously took this course, you may only register for the second half.</p>          | <p><b>CL-439 Understanding Islam II   Raghdaa Barmo   \$28</b><br/>Second half of a two-part course. We will continue to track the development of Islam into modern day. You will learn about the structure and function of the Qu'ran, and be able to compare and contrast the tenets of Islam to the culture and traditions of Muslim-majority countries. We will thoroughly investigate serious topics like the concepts of sin and forgiveness, heaven and hell, etc. You will emerge with an understanding of day-to-day Muslim customs, rituals, and lifestyle habits.</p> |                                       |
| <p><b>MU-452 Elements of Songwriting Part One   Julie Cook   \$28</b><br/>This two-part course will take you step-by-step through elements of songwriting, from finding inspiration to creating structures, lyrics, and melodies. We will examine lyrics by great American songwriters, including Paul Simon, Joni Mitchell, Bob Dylan and others to heighten awareness of imagery, rhyme, and structure. *Note: It is recommended, but not required, that Parts One and Two be taken consecutively for a full exploration of songwriting.</p> | <p><b>MU-453 Elements of Songwriting Part Two   Julie Cook &amp; Steve Bustamante   \$28</b><br/>Have you ever wanted to put words to music, or music to words? Bring your recording device, (cell phone, digital recorder, tape deck, pencil and paper) and let the fun begin! This two-part course will take you through elements of songwriting, from inspiration to creating structures, lyrics, and melodies. *Note: It is recommended, but not required, that Parts One and Two be taken consecutively for a full exploration of songwriting.</p>                          |                                       |
| <p><b>HS-504 Lincoln and Darwin in the Afterlife: Part One   Avi Isseroff   \$28</b>   Lincoln and Darwin are confined together, isolated in what they feel is purgatory. They are desperate to figure out what they have done to deserve this. Emma Darwin and Mary Lincoln show up and “help” their husbands by sharing about what kinds of husbands they were. Other witnesses also confront the two men.</p>   | <p><b>LW-465 T.S. Eliot—Father of Modern Poetry   Douglas Welsh   \$28</b>   T. S. Eliot is one of the founding fathers of modernism in poetry. His <i>Four Quartets</i> is arguably the twentieth century's greatest long poem. We will read and discuss the <i>Four Quartets</i> and <i>The Waste Land</i> in relation to Eliot's life and the state of the world between the two great wars.</p>  |                                       |
| <p><b>MS-433 The Large Scale Structure of the Observable Universe   Arnold Heiser   \$28</b><br/>All the matter and energy we see from Earth is our observable universe. Discussion topics include a brief history of the discovery of galaxies and the Milky Way, the overall physical properties of galaxies and their constituents, “dark matter”, “dark energy”, the “Big Bang” scenario, and the formation of the first stars and galaxies and their subsequent evolution.</p>  | <p><b>HS-507 The Dragon Rises Again: Part 1: The Deep History and the Development of Chinese Society, Culture, and Politics (500 BCE—1839)   Ted Welsh   \$28</b><br/>Chinese society repeats certain basic patterns of behavior. We will highlight the key historical developments that shape modern China including China as the “Middle Kingdom,” Confucianism, the central role of family, China's place in the world, high regard for education and the dynastic system of governing. These foundations help us</p>   |                                       |
| <p><b>VA-432 Mandalas as Art and Personal Relaxation   Rose-Ann C. Chrzanowski   \$28</b><br/>Mandalas have a rich history and an artistic appeal, as well as relaxation and healing qualities. No specific artistic ability is required as this art comes from your heart and soul and explores many different art materials.</p>   | <p><b>VA-448 Young at Art   Rose-Ann C. Chrzanowski   \$28</b><br/>Do you remember how much you looked forward to art class in elementary school? Do you have children in your life to share some art time with? This is a no-stress class where you can play and be creative, and just connect with your inner child!</p>   |                                       |
| <p><b>MS-428 Cancer - The Inside Story   Douglas Welsh   First 5 Weeks   9/8-10/6   \$28</b><br/>This course will present a comprehensive and in-depth look at cancer. Among other topics, we will look at: causes, who is at risk, and the genetic component of cancer. We will also present the new ways in which cancer is treated.</p>   |  |                                       |

## AT-A-GLANCE: FRIDAY COURSE OFFERINGS

**10:15 - 11:45 AM**

**8 - 10 Weeks (September 8 –November 10)**

**HW-468 Chinese Medicine's 5 Element Symbol and Acupressure | William Courtland | 8 Weeks | 9/8-10/27| \$45**

We will examine the relationship between this symbol and Acupressure, the Eastern bodywork. You will be shown how this symbol can assess the quantity and quality of the mental, emotional, and physical energy within the body and how we can affect that energy to improve and maintain health.

**CL-443 Italian Culture | Nunzio De Filippis | 10 Weeks | \$56**

This course is part of *CL-401 Italian: Vita e Lingua*, but is open to everyone. We will deal with Italian history, geography, food, cinema, opera, customs and everyday life. There is discussion, viewing of Italian films and operas, and learning about the Italian-America Experience, particularly, the experience in Waterbury.

**VA-415 An Enriching Experience with Acrylic Painting | Judy Jaworski | 10 Weeks | \$56 |** In this course, students will learn to develop expertise in the medium to create a personal finished painting. You will also compose a color chart for future reference.

**LW-458 World Short Story Masters | John Percivalle | 10 Weeks | \$56 |** These stories, by some of the world's finest writers, shape the ever-evolving art form, explore the human condition, and reveal the unique character of their countries of origin.

**MU-451 Dylan 2 | Walter Brooks | 10 Weeks | \$56 |** The goal of this class is to come to terms with Bob Dylan. We will try to place his work into the cultural traditions (literary, songs, politics, religion) from which he draws. Join us to learn about someone we have known all our lives, the poetry, the songs, the music, and that "cawing, derisive voice." \*Note: Dylan 1 is *not* a prerequisite.

**12:15 - 1:30 PM**

**5 Weeks (September 8 – October 13\*)**

**PR-428 Walking with Four Jesus' | Rev. Dr. Jim Bradley | First 5 Weeks | 9/8, 9/22-10/13 | \*Note No class on 9/15 | \$23**

Reading the gospels side-by-side to see the distinctiveness of each and explore the Jesus of Matthew, Mark, Luke, and John.

**8 - 10 Weeks (September 8 – November 10)**

**HW-405 Reiki Level One | Barbara Schafer APRN, MSN | 8 Weeks | 9/8-10/27 | \$38**

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.

**MS-432 Applying Fascinating Equations to Everyday Life | Rosalie Griffin | 10 Weeks | \$47**

Using only a ruler and a calculator, we will explore how famous formulas relate to the real world.

**VA-443 Creative Photography | Timothy Padgett | 10 Weeks | \*Earlier start time: 12:00-1:30 PM | \$56 |** This course is designed for those who want to understand digital photography without the science behind the lens, and find their inner artist. After all, "photography" means "to paint with light." No previous experience with photography is needed. \*Note: Some walking may be required, as we will be doing some work outside.

**HS-497 The Civilization of Ancient Rome: Its Brilliance, Legacy, Rise and Fall | Vincent Casanova | 10 Weeks | \$47**

This course will examine the overwhelming scope of Roman civilization, its institutions, culture, and worldviews. Explore the legacy of Rome, its rise and fall, and the importance of understanding its history today.

**CL-444 Parliamo Italiano | Nunzio De Filippis | 10 Weeks | \*Earlier start time: 12:00-1:30 PM | \$56**

Conversational Italian for all - that is for most people who have had a few or many courses of Italian, or those who have spoken Italian in the house and those who spoke Italian as children. All are welcome! We will learn from each other. We will try to speak Italian only in class. Solamente in Italiano!

**OC-101 OLLI Café Presentation Series | 10 Weeks | 12:15-1:30 PM | FREE - with OLLI Membership**

Join OLLI friends for free weekly presentations on various topics of interest (see page 7).

## AT-A-GLANCE: FRIDAY COURSE OFFERINGS (OLLI CAFÉ)

| <b>OLLI CAFÉ PRESENTATIONS (OC-101): Fridays, 12:15-1:30pm, MPR (Rooms 113-116)</b>   |   |
|---|---|
| <b>September 8</b>  | <b>September 15</b>   |
| <p><b>Laughter Yoga</b><br/> <b>Elaine Hobart and Leslie Cotton</b><br/>                     Laughter promotes physical health and energy by strengthening the immune system and increasing oxygen to the brain. It supports mental health and increases socialization. Studies have shown that laughter and deep breathing promote positive attitudes. As we age, we laugh less - and let's face it, "Laughter is the best medicine."</p>  | <p><b>A Symphony of Sound: Intro to Classical Music</b><br/> <b>Dr. Vincent de Luise</b><br/>                     What is classical music? Can everyone enjoy it? When did it begin? Who are the famous composers? What is baroque music? How does Johann Sebastian Bach differ from Beethoven? What is romanticism? Serialism? "Modern" music? Is opera classical music? What's new at the Waterbury Symphony Orchestra? Where is classical music headed? Listen as Dr. de Luise shares his passion and knowledge of music.</p>  |
| <b>September 22</b>   | <b>September 29</b>   |
| <p><b>3 Women, 3 Roads</b><br/> <b>Nancy Palmento Schuler</b><br/>                     3 <i>Women, 3 Roads</i> is a play that includes three monologues about three different women who moved to the Waterbury area during different times in history for different reasons. Theresa, an Italian immigrant came to Waterbury in 1905; Ruth, a black woman from the South came to Waterbury in 1958; and Junie, a 90-year-old, privileged woman from New York settled in Middlebury. Schuler tells the stories of these brave women, how they faced heartaches, and how they managed to handle them.</p> | <p><b>Heart Healthy Living</b><br/> <b>Sharon Maxwell and Laurie Figliola</b><br/>                     Laurie Figliola and Sharon Maxwell, dieticians who share many years of experience in the field of nutrition and dietetics, will talk about how you can reduce your risk for heart disease and stroke by following a healthy diet to help control weight, cholesterol, and blood pressure. Laurie and Sharon will also discuss the importance of stress reduction and physical activity to support "heart healthy living."</p>                                    |
| <b>October 6</b>  | <b>October 13</b>   |
| <p><b>Photography and Its Impact to His Life</b><br/> <b>Timothy Padgett</b><br/>                     Padgett's interest in photography started at the age of 7 when his father bought him a box brownie camera. By the age of 14, he was not only taking photographs, but also developing his own photographs. He is now a photography instructor as well as a fashion/model photographer. Come listen to his experiences as a self-taught photographer and how those experiences changed his life.</p>  | <p><b>Healthy Living</b><br/> <b>Doris Hanley</b><br/>                     Please join us to learn about the power of whole foods, the pillars of healthy living, and whole foods vs. vitamins. Additionally, come learn about growing your own produce — and how this can be easy and fun using modern technology, like hydroponic and aeroponic gardens.</p>  |
| <b>October 20</b>   | <b>October 27</b>   |
| <p><b>Chocolate 101</b><br/> <b>Carmen Romeo/Fascia's Chocolate</b><br/> <i>Chocolate 101</i> will focus on the science and business of chocolate—from bean to bar and bar to box. The discussion will explain the amazing complexities of this sweet product including its origins, health benefits, and how it turned into a consumer confection. Carmen will share the history of Fascia's Chocolates with a video tour of the manufacturing techniques.</p>   | <p><b>Kelly's Kids</b><br/> <b>Kelly Cronin</b><br/>                     Kelly's Kids Inc. is a non-profit youth development program located in Prospect, Connecticut. It is an after school program that stresses respect for others, lessons for life, and appropriate behavior. Using farm animals as a tool, the program helps young people learn empathy, compassion and responsibility.</p>   |
| <b>November 3</b>   | <b>November 10</b>  |
| <p><b>Exploring Patagonia and Easter Island</b><br/> <b>Dr. Ira Mickenberg</b><br/>                     In January 2017 Ira and his wife Pat toured one of the more exotic areas of the planet, Patagonia and Easter Island. Come learn about the fascinating details, culture, and historical context of the "gateway to Antarctica," and the most isolated island in the Pacific. The talk may also include a brief discussion of how the democracies of Argentina and Chile were controlled by populist dictators in our lifetime.</p>   | <p><b>Adulthood and Aging</b><br/> <b>Dr. Laura Donorfio</b><br/>                     For the third year in a row, Dr. Laura Donorfio (Associate Professor – Human Development and Family Studies) has teamed up with OLLI in leading a one-of-a-kind intergenerational service learning opportunity. Throughout the semester, nearly 40 UConn undergraduate students will be actively engaged, in various capacities, with OLLI members. Come join us for a fascinating presentation, featuring students' findings and reflections on their involvement with OLLI!</p> |

## AT-A-GLANCE: FRIDAY COURSE OFFERINGS

**1:45 - 3:15 PM**

**5 Weeks  
(September 8 – October 6)**

**5 Weeks  
(October 13 – November 10)**

**HS-498 Paper Bullets: Propaganda in American History | Alan Bisbort | \$28**

Paul Revere may have been our first propagandist... and not because of any midnight ride on a horse. Propaganda – the attempt to sway people to a particular worldview or political position – has played an important role in American history. This course seeks to balance “good” propaganda (Revere, Thomas Paine, Harriet Beecher Stowe, Frank Capra) with the “bad” (“yellow journalism”, Father Coughlin) in literature, visual arts, music, and video. Participants are encouraged to bring an open mind.



**AH-430 Needle Work and Textile Arts—The Old and the New Deirdre J. Wright | \*Later end time: 1:45-3:30 PM | \$33**

This course will take a journey through the world’s museums’ collections to examine the history of the textile and needle work arts. A sample view of works from the Americas, Europe, Africa and Asia will be viewed and discussed using videos, internet and interviews with artists. Works in progress may be brought to class.

**HW-472 Kickstart Your Health Essentials | Jane Sirignano \*4 Weeks (9/8-9/29) | \*Later end time: 1:45-3:45 PM | \$40**

Did you know that Heart Disease is our number one killer? Are you interested in trimming your waistline, tackling diabetes, and improving your digestion, blood pressure, and general health? Learn how to reduce risk factors for heart disease, Type 2 diabetes, and other health conditions with evidence-based DVD presentations by Neal Barnard, MD. Included are helpful handouts, fast and easy recipes, food instruction and a light, mid-day, delicious meal.

**MU-454 The Ukulele Adventure | Nina Lesiga | \$28**

Learning to play the ukulele is great fun in a group setting. We’ll cover chord basics and strumming techniques while playing in unison. Participants will learn ten songs.

**HS-495 Supreme Court’s Greatest Hits Volume 1 | Elizabeth Neuwirth | \*Later end time: 1:45-3:45 PM | \$38**

This course examines key Supreme Court cases from the early days of the Republic until this century. The earliest decisions establish the limits of federal and state powers. We will then discuss cases on slavery, segregation, criminal justice, same-sex relationships, freedom of the press and criminal law issues. Copies of the day’s PowerPoint presentation will be sent out after each session. Participants will also learn how to follow current Supreme Court cases online but this is entirely optional.

**LW-464 In My Day... Writing for Posterity | Gabriella Brand | \$28**

We each have a story to tell, no matter whether our lives seem ordinary or exotic. But modern society doesn’t always give us a chance to tell the stories we’d like to tell. In this course, participants will discover techniques for writing down their memories as a legacy for family members, children, and grandchildren. We will use writing prompts and active listening to hone our skills. Occasionally, we will read excerpts from notable memoirs to give us inspiration.

**AH-441 Building a Second Stream of Income with a Craft | Deirdre Wright | \*Later end time: 1:45-3:30 PM | \$33**

Crafting is great for an additional income stream. Learn how to select a product and get online or vend to sell your handiwork. Introduction to how to set up a craft business including using the worldwide web to operate it.

**HW-473 Cancer Prevention and Survival | Jane Sirignano | \*6 Weeks (10/6-11/3) | \*Later end time: 1:45-3:45 PM | \$60**

One out of two men and one out of three women will develop cancer, and one out of four people die from cancer each day. Does cancer prevention and survival and staying healthy interest you? Learn how to reduce the risk factors and cancer-related nutrition topics, via DVD with Neal Barnard, MD. See how to prepare delicious, easy and quick recipes, and enjoy a light meal in a fun setting. Handouts, recipes, and discussion are included.

***“Never stop learning. Never stop growing. Never stop seeking the brightest star. Never stop moving from where you are. Never stop trying. Never stop reaching. Never stop growing your whole life through.” -Teresa Jennings***

## AT-A-GLANCE: FRIDAY COURSE OFFERINGS

1:45-3:15

8 - 10 Weeks (September 8 – November 10)

### CL-434 Beyond Aladdin: Culture & Poetry of the Arab Lands | Raghdaa Barmo | 10 Weeks | \$56

This course will explore the rich culture of the land now known as the Middle East. Participants will be introduced to the origins of the Arab people and will learn about their traditions in poetry. Participants will emerge with an understanding of Arab customs and ways of life.

### PA-426 Opera: A Passion for the Ages – The Making of the Opera | Nunzio De Filippis | 10 Weeks | \*1:45 - 3:45 PM | \$75

This course is a voyage into the Making of the Opera — from Monteverdi (the father of opera) with *Orfeo*, to Gluck (the reformer) with *Orfeo ed Euridice*, to Mozart (the new opera and the father of Bel Canto) with *Così fan Tutte*, to Verdi (from Bel Canto to the Romantic period and the maturity of opera) with *Rigoletto*, to Wagner (the new concept of Music-Drama-is it Back to Monteverdi?) with *Parsifal*. Come learn and enjoy!

### HW-466 EFT: Emotional Freedom Technique - "Tapping" | Stacey Altomari | 10 Weeks | \$56

Join us to learn how to use EFT for weight and body confidence. EFT is a unique, easy, and enjoyable way to love yourself completely, release stress around dieting and weight loss, and love your results.

### HS-483 Connecticut Icons | Charles Monagan | 10 Weeks | \*Earlier end time: 1:45-3:00 PM | \$47

*Connecticut Icons* will tell the story of Connecticut's history through some of its most prominent familiar places and things.

## BREAKING DOWN GENERATIONAL BARRIERS.... AGAIN! WITH DR. LAURA DONORFIO



**Dr. Laura Donorfio**, Associate Professor of Human Development and Family Studies and longtime OLLI faculty liaison and supporter is once again implementing her unique design of intergenerational interaction for undergraduate students at UConn. 40+ Students enrolled in HDFS 2220—*Adulthood and Aging* will be involved in service learning activities at OLLI at UConn. If you see students engaged with OLLI members and presenters during Fall 2017—now you know why!



Among Dr. Donorfio's students' service learning activities will be the unique opportunity for a limited number of OLLI members to receive FREE individualized computer technology training. \*Space is VERY limited. If interested, you should contact OLLI staff immediately to reserve a spot for this one-of-a-kind opportunity.

# AARP® SMART DRIVERS COURSE

OLLI at UConn hosts the AARP 4-hour Smart Drivers Course for older drivers to help refresh driving skills and learn a few new tips. The cost is **\$15 for AARP members** and **\$20 for non-members**. Payment may be made by check (to AARP) at the start of the course. State law mandates a minimum discount of **5%** on your liability insurance for 2 years for drivers 60 and over who take the course. \*OLLI membership not required to register. Call 203-236-9924 to register.

**CHOOSE ONE** → **SESSION 1:** Tuesday, September 12th 9 am - 1:30 pm **SESSION 2:** Thursday, October 12th 9 am - 1:30 pm

## I WOULD LIKE TO UTILIZE OLLI AT UCONN'S PARKING OPTIONS. WHAT DO I DO?

**1**

**APPLY FOR A PARKING PERMIT ONLINE AT THE LINK BELOW**



**2**

**SEND IN YOUR PAYMENT BY CHECK TO PARKING SERVICES AT:**

**PARKING SERVICES  
3 DISCOVERY DR.  
STORRS, CT 06269**

**3**

**RECEIVE YOUR DECAL BY MAIL & DISPLAY IT ON YOUR VEHICLE IN EITHER PARKING LOCATION:**

1. UConn's attached garage (North Elm St.) on Fridays ONLY.
2. Scovill St. Garage (33 Scovill St.) Monday-Friday.

<http://park.uconn.edu/olli-parking-permit-application/>

**DIRECTIONS, PARKING OPTIONS, & PARKING PERMITS:** The UConn Waterbury campus is located at 99 East Main Street in Waterbury, across the street from the Palace Theater. Parking options, permit prices, and directions to the campus can be obtained from our website: [www.olli.uconn.edu/parking-and-directions](http://www.olli.uconn.edu/parking-and-directions). If you have any questions or issues, please contact Parking Services directly at (860) 486-4930.

### FALL 2017 CALENDAR OF EVENTS & IMPORTANT DATES

|                  |  |                 |   |
|------------------|--|-----------------|---|
| <b>JULY</b>      | <b>20:</b> Fall 2017 Registration Opens  | <b>NOVEMBER</b> | <b>10:</b> Veteran's Day — Classes in Session                               |
| <b>AUGUST</b>    | <b>18:</b> OLLI Open House<br>9:30 AM—12:30 PM   | <b>DECEMBER</b> | —————   |
| <b>SEPTEMBER</b> | <b>5:</b> Fall 2017 Semester Begins<br><b>29:</b> Yom Kippur Begins — Classes in Session | <b>JANUARY</b>  | <b>8:</b> Winter 2018 Session Begins  |
| <b>OCTOBER</b>   | <b>9:</b> Columbus Day —<br>No Classes   | <b>FEBRUARY</b> | <b>5:</b> Winter 2018 Session Ends<br><b>16:</b> Spring 2018 Session Begins |

### LIFE IS AN ADVENTURE... SEE FOR YOURSELF & TRAVEL WITH OLLI!

Enjoy day or overnight trips with OLLI members and friends planned by the OLLI Travel Committee and Friendship Tours. All trips are open to OLLI members, and non-OLLI members on a first come, first served basis. Members pay the member price listed with the trip. Non-members pay the member price plus a \$10 surcharge for day trips or a \$20 surcharge for overnight excursions. More information can be found online at the OLLI Travel Page: [olli.uconn.edu/olli-trips](http://olli.uconn.edu/olli-trips), or by calling Friendship Tours, (860) 243-1630, and inquiring about OLLI day trips or OLLI overnight excursions. (Please do not call the OLLI Office).



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**

Osher Lifelong Learning Institute  
 The University of Connecticut  
 99 East Main Street  
 Waterbury, CT 06702



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, call **203.236.9924**, email: **osher@uconn.edu**, or visit us online at **www.oli.uconn.edu**.

**Conflict of Interest Policy** The Osher Lifelong Learning Institute at the University of Connecticut Waterbury campus does not endorse any products, services, or outside organizations. OLLI presenters and speakers are prohibited from promoting products, services, or organizations while in service to OLLI (during teaching or presenting for scheduled OLLI classes or events). OLLI presenters and speakers cannot require the purchase of specific books, educational materials, or supplies from which they will benefit. OLLI does maintain partnerships with other organizations for the purpose of furthering its educational mission for members. OLLI members and presenters are encouraged to share information about educational and cultural activities outside the classroom in order to promote intellectual stimulation and expansion of the OLLI learning community beyond the University and the campus.

## SAVE THE DATES!

**OLLI OPEN HOUSE:  
 FRIDAY, AUGUST 18TH 9:30 AM - 12:30 PM**

**2018 WINTER SESSION:  
 MONDAY, JANUARY 8 - MONDAY, FEBRUARY 5**

### *Get Involved - Join an OLLI Club or Committee Today!*

| COMMITTEES         | MEETING SCHEDULE                | CONTACT(S)  |
|--------------------|---------------------------------|---|
| Clubs & Activities | 1st Tuesday of each month       | Nancy Via: <a href="mailto:nvia@sbcglobal.net">nvia@sbcglobal.net</a> OR Delma Way: <a href="mailto:delvilway@aol.com">delvilway@aol.com</a>                    |
| Editorial Review   | Meetings as needed              | Nancy Whitney: <a href="mailto:wrdsworth@att.net">wrdsworth@att.net</a>   |
| Newsletter         | 2nd Tuesday of February & April | Bob Grady: <a href="mailto:yvoorg@aol.com">yvoorg@aol.com</a> OR Nancy Blomstrom: <a href="mailto:nblomstrom@aol.com">nblomstrom@aol.com</a>                    |
| OLLI Café          | 2nd Thursday of each month      | Mila Limson: <a href="mailto:joemila2000@yahoo.com">joemila2000@yahoo.com</a> OR Pat Diorio: <a href="mailto:pdiorio2@optonline.net">pdiorio2@optonline.net</a> |
| Travel             | 1st Wednesday of each month     | Ann Rompre: <a href="mailto:annrompre@sbcglobal.net">annrompre@sbcglobal.net</a>  |
| CLUBS              | MEETING SCHEDULE                | CONTACT(S)  |
| Book Club          | 3rd Monday of each month        | Nancy Via: <a href="mailto:nvia@sbcglobal.net">nvia@sbcglobal.net</a>   |
| Poetry Workshop    | 3rd Tuesday of each month       | Harriet Fotter: <a href="mailto:harriETF@me.com">harriETF@me.com</a>  |

\*For more information on clubs and committees, and all of the volunteer opportunities OLLI at UConn has to offer, please visit: [www.oli.uconn.edu](http://www.oli.uconn.edu) or call (203) 236 - 9924.