

The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction

Dear Members,

I recently had the opportunity to join Lucy Nalpathanchil from WNPR's "Where We Live" radio show for an on-air conversation about a new concept in neurological research called "super-agers." According to the research, the brain fitness, memory and attention of these individuals is not merely above average for their age, but is actually on par with healthy, active 25-year-olds! (Find out more at: https://www.nytimes.com/2016/12/31/opinion/sunday/how-to-become-a-superager.html?_r=0)

As the researchers went on to describe their findings, and the science behind it, I could not help but think of the countless super-agers whom I have had the opportunity to meet since joining OLLI more than four years ago. While it might be a distant concept for many Americans, we experience the benefit of interacting with and learning from super-agers at every OLLI course or gathering.

By choosing OLLI and the path of lifelong learning, you each demonstrate attributes of super-agers. Your commitment and willingness to challenge your mind, explore interests new and old, expand your social network, and never stop learning is an inspiration to us all and we believe that is something worth celebrating. Congratulations to you! YOU are awesome!

The OLLI Staff and I extend a warm welcome back to all of the committed lifelong learners who join us once again this spring, and a special welcome to the 80+ new individuals who are experiencing their first ever academic session with UConn's Osher Institute. We wish each of you the very best through another season of learning!

Sincerely,



Jonathan R. Draper
Interim Director, OLLI at UConn

Don't have a CURRENT UConn-OLLI parking permit??

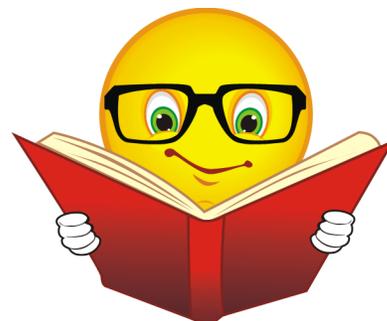
Don't wait any longer!

If you plan to utilize either UConn parking option (attached ramp garage OR Scovill Street municipal garage) this spring session, you must purchase an OLLI parking permit directly from UConn Parking Services (see page 2 for additional parking instructions).

park.uconn.edu/olli-parking-permit-application/

NOTE: Parking enforcement has been suspended for today (2/17/2017).

WELCOME TO THE OLLI SPRING SESSION



PARKING

Please note the following parking options for OLLI members:

1. Parking on Level 2 & 3 of the UConn Parking Garage (entrance North Elm Street) is available on Fridays— Parking space is available on a first-come, first-served basis.
2. Parking on Level 5 & 6 of the Scovill Street Municipal Garage is available Monday through Friday.
3. Parking is often available at the private, street level parking lot between 141 East Main Street and the UConn campus (on the east side of the campus near the bookstore). The lot has reasonable daily rates.

Please Note: You will be required to obtain an official parking permit from Parking Services if you plan to utilize the attached garage or the Scovill Street Garage. Parking services conducts routine checks and violators will be ticketed. Applications can be submitted online at park.uconn.edu/olli-parking-permit-application/ or you may pick up a paper application form at the member table or in the OLLI office, room 103. Checks can be mailed to Parking Services at 3 Discovery Drive Storrs, CT 06269-6199 or credit cards may be used by calling Regina at 860-486-3299.

OLLI Newsletters Go Internet

OLLI newsletters are available on our web page at <http://olli.uconn.edu/weekly-newsletters/>

Then click on the left-hand index that says “Newsletters.” They are available in PDF format. If you don’t have the free reader, you can get it at www.adobe.com and click on the box that says “READER.”

The Newsletter is always looking for content from our readers. This may be in the form of original work or items you have found interesting and may wish to pass on to others. We always welcome any suggestions you may have to improve the newsletter or criticisms of it. The Newsletter exists to inform and entertain our readers.

Contact **Bob Grady** at yvoorg@aol.com or any

OLLI POETRY COFFEE HOUSE

2nd Thurs at John Bale Bookshop –10:00am

Contact Denise Whelan (denisewhelan@yahoo.com)
for more information

How Some Sayings Came About

“Houses had thatched roofs with thick straw-piled high and no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained, it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, ‘It’s raining cats and dogs.’ There was nothing to stop things from falling into the house either. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That’s how canopy beds came into existence.”

“In the older, small villages, local folks started running out of places to bury people, so they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside, and they realized they had been burying people alive, so they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (‘the graveyard shift’) to listen for a bell to ring. Thus, someone could be ‘saved by the bell,’ or

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

— Aristotle

OLLI BOOK CLUB

Contact: Nancy Via at nvia@sbcglobal.net

All meetings of the book club will be held in room 102D, UConn, Waterbury at 1:00 PM 3rd Monday

See page 5 for 2017 list



OLLI CAFE

Feb 17

Louis XIV: The Man, His Strategic Plan and the Story of Versailles Diane Stone

As a student of European History at both the undergraduate and graduate levels, Diane Stone became fascinated by Louis XIV. Her master's thesis was on the building of Versailles, during the preparation of which she spent three months there working with the curators. Come listen to Diane present about a personal passion of hers.

Feb 24 Carrie Welton: A Book Talk

Beat the Heat in July - Travel to the Bay of Fundy

by Evelyn Marshak

When the temperatures seem to be soaring in mid-July here in CT, travel with us up to Canada, where the days will seem a few degrees cooler, while also enjoying many wonderful changes of scenery.

Let's call OLLI's Bay of Fundy trip an incredible mixture of summer treats that includes history sites, a racetrack, the famous Reversing Falls, and awesome sights carved out by very high tides.

Our bus leaves the Chase Parkway Commuter lot at 8am on July 10th with our first stop in Bangor, Maine and a welcome dinner. If you are like me, you will check for your passport many times. **Friendship Tours requires all those crossing into Canada to have a valid passport** because this speeds up the process of crossing the border.

Day 2 features a guided tour of Franklin D. Roosevelt's summer retreat, **Campobello**, with its 34 rooms and stunning gardens. Our hotel, the Algonquin, is in quaint St. Andrews by the Sea and dinner is one of the five that is part of the trip. President Roosevelt loved his summer home on Campobello but once he contacted polio, at age 39, he made only 2 more trips to this island on Passamaquoddy Bay.

With an iPad camera or similar, on Day 3 you can tour **Kingsbrae Gardens**, named as one of Canada's Top Ten Public Gardens, with its 27 acres featuring 50,000 perennials, a Dutch windmill, alpacas and peacocks and, while still at Kingsbrae, you can e-mail your pictures quickly to friends around the world.

Day 4 gives OLLI travelers a chance to view Historic St John, a city that is nearly 400 years old. There will be a local guide on the bus to point out personalities, places, and events that make this city unique. Then we move on to the **Reversing Falls**.

I have seen the Reversing Falls, but the wonder of the extremely high tides that cause the river to reverse direction, twice a day, is simply incredible. We use the phrase, awesome, too frequently but awesome could be the right word for this natural wonder.

When the day's tour ends, you will have time to explore the city on your own and then return to hotel, the Four Star **Hilton Hotel** for dinner.

Day 5 includes a stop at **St. Martins** to see where the world's highest tides have gouged four-story sculptures from the cliffs. At low tide, the cliff looks like giant flower pots but at high tide, they disappear.

Day 6 means bidding adieu to Canada and crossing to border to **Boothbay, ME** for a farewell dinner and an overnight stay.

Day 7 gives you time to enjoy Boothbay Harbor Village, famous for its many shops and restaurants, before heading back to Waterbury.



OLLI Trip to Newport by Evelyn Marshak

As I write this, I'm glad we have the OLLI trip to Rough Point located on Newport's exclusive Bellevue Avenue and overlooking Atlantic Ocean, to look forward to on May 4, 2017.

The trip departs from the Chase Parkway lot at 7:30am and you may reserve a space today by calling Friendship Tours at 1-800-243-1630.

To me, Rough Point is mislabeled because it was built as a summer home for Doris Duke who was an heiress, a philanthropist and an art collector. Rough Point is still decorated as Doris Duke left it and features her French furniture sitting on stunning Turkish carpets; her European art collection; and her Chinese porcelain collects.

A 75 minute guided tour begins the exciting day. With a docent, we will visit the entire first floor and continue to the second floor to visit Doris Duke's bedroom and the special exhibit galleries.

Lunch is on your own in the Newport Wharf area. There is always an option to bring your own lunch and stop for coffee and maybe a dessert.

The afternoon features a guided tour of Newport will a knowledgeable step on guide. This includes Ocean Drive, a home to more spectacular mansions.

The cost for OLLI members is \$85 and \$95 for non-members who are most welcome. A reminder, from a frequent OLLI traveler: once you select a seat on the bus, you can snooze, drink coffee, read, talk, or check your cell phone.

The incredible grounds were designed by renowned

OLLI artBeat

Metropolitan Opera Resumes Local Live Streaming

By Mary Fitzpatrick Peitler

Spending a Saturday afternoon at a live opera performance while not having to commute to New York and pay for expensive tickets sounds pretty good, doesn't it? Especially in these still wintry weather days! The **Metropolitan Opera** has resumed its live streaming in local theaters. Theaters convenient to most OLLI members include the Regal Cinemas in Waterbury and the Warner Theater in Torrington. Ticket prices are very reasonable, and the performances at the Warner include a pre-broadcast lecture by a professional musician or opera enthusiast at 10:55 a.m. On April 22 OLLI's opera, gardening and Italian teacher **Nunzio deFilippis** will talk about "Eugene Onegin." **Performances are on Saturdays and begin at 12:55.**

Upcoming:

February 25 Antonin Dvorak's "Rusalka" at the Regal Cinemas

March 4 - "Rusalka" at the Warner NOTE: This is the only opera which has two different dates. Rusalka, the Slavic water sprite, was, unfortunately for her and those around her, in a no-win situation. Don't miss the duet for the Prince and Rusalka in Act 3!

March 11 – Verdi's "La Traviata" A noble courtesan, love, misunderstanding, family meddling, a great party scene, and oh, yes, consumption. All the elements of a terrific opera! Maria Callas was one of opera's more famous Violettas.

March 25 – Mozart's "Idomeneo" Storms, sea monsters, the displeasure of the gods. By Jove, will the King of Crete make all things right again?

April 22 – Tchaikovsky's "Eugene Onegin" A fair maiden, a bored party-goer, a fatal duel. Ah, is it too late for Onegin to win the fair Tatiana? Or will love lead to despair?

May 13 – Strauss's "Der Rosenkavalier" Often called Strauss's greatest opera, Renee Fleming will star as Marschallin, the Viennese princess. A little cross-dressing, the undeniable magnetic pull of the Silver Rose, a couple of Italian meddlers, the scoundrel being pursued for his unpaid debts – but will young love win out??

Godete l'opera!



Listed below are the meeting dates and OLLI Book Club readings for 2017.

Feb. 20.....Sacred Ground by Evoo Patel
 Mar. 20.....People of the Book by Geraldine Brooks
 Apr. 17,,,,,,,,,A Higher Call by Adam Makos
 May 15.....A Man Called Ove by Fredrik Backman
 June 19,,,,,,,,,The Nightingale by Kristin Hannah
 July 17.....Behind the Beautiful Forevers by Katherine Boo
 Aug. 21.....The Women by T. C. Boyle
 Sept. 18.....The Storied Life of A. J. Fikry by Gabrielle Zevin
 Oct. 16.....The Marriage of Opposites by Alice Hoffman
 Nov. 20.....Elizabeth Street by Laurie Fabiano