

JANUARY 6TH - 31ST
REGISTRATION OPENS FRIDAY, NOVEMBER 8TH

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UConn
WATERBURY

**COURSE
CATALOG**

*where
learning
never
retires*

MONDAYS

HW-500

Living Life On PURPOSE!

Stacey Altomari

4 meetings | 10:15 AM - 11:45 AM

1/6 - 1/27 | \$23

Are you living life on purpose? Do you spend more time in the present moment or are you stuck in the past and fearing the future? This course will teach you how to become more aware and how to live your life on PURPOSE!

PD-445

What to Consider When Considering Retirement

Maria Xavier

3 meetings | 1:45 PM - 3:00 PM

1/6 - 1/20 | \$14

Join us for three informative classes on the topic of retirement: making your money last, protecting what you have worked for, and preparing your estate and inheritance.



OLLI at UConn invites you to join us for our winter session!

Register for classes online at olli.uconn.edu, in person at 99 East Main St. Waterbury, CT 06702 (Room 103), or by mailing in a registration form! A current, paid membership (\$65) is required for registration.

Remember that memberships run on annual cycles (January - January or July - July). The Winter 2020 session is covered by the Fall 2020 and Spring 2020 membership.

Questions?

Call 203-236-9924.

TUESDAYS

HS-532

Mining the Gold in Ancestry Hints

Diane Ciba

4 meetings | 10:15 AM - 11:45 AM

1/7 - 1/28 | \$23

Learn to evaluate and explore "Hints" provided by Ancestry to grow your tree. The course will focus on four types of Ancestry Hints: Family Trees, Census, City Directories, and Immigration Records, but will contain tips on getting the most out of every hint. An Ancestry.com account is required for this class.

HW-501

Micro Movements for Major Mobility

Sondra Martinez

4 meetings | 1:45 PM - 2:45 PM

1/7 - 1/28 | \$15

Regain your mobility joint by joint with this interactive physical class thru the ancient wisdom of Ayurveda & Yoga with an emphasis on human anatomy. You will learn easy movements and exercises to help increase your range of motion for increased mobility allowing you to release any tension and strain. We will take each week to explore micro movements in the most stressed out joints - neck, shoulders, hips and knees. Please bring a yoga mat.

What's the best way to register for courses?

#1: Online @ olli.uconn.edu

Convenient self-registration at your fingertips, immediate confirmation, easy to pay by credit card

#2: By Mail

Mailed registrations will be processed in the order in which they are received, beginning on Registration Day. Payment: Check ONLY. Mail to address on the back cover.

#3: In Person

Visit the OLLI Office (Room 103, M & W-F 10am-3pm) on or after Registration Day. Drop-off registrations are handled the same as mail-ins and are placed in a first-come, first-served queue. Payment: Check ONLY.

STAY CONNECTED!



www.facebook.com/olliatuconnwaterbury



Head to olli.uconn.edu to subscribe to our "Weekly What's Happening" e-newsletter to stay in the know about course updates, upcoming events, and other OLLI news!

WEDNESDAYS

HW-492

**Aging with Strength,
Flexibility, and Balance: Slow
Flow and Yin Yoga**

Maria Ward

4 meetings | 8:45 AM - 10:00 AM
1/8 - 1/29 | \$19

A gentle, slow flow yoga sequence will be followed by longer-held yin poses; both portions of class will be designed to increase or maintain strength, flexibility and balance. Meditation and breathing exercises will be incorporated in each session. This class is appropriate for beginning or experienced students of yoga. Students must be able to get down to and up from the floor unassisted. Please bring a yoga mat.

HW-499

**Everything You Wanted to
Understand about Hypnosis**

Salvatore Martone

4 meetings |
10:15 AM - 11:45 AM
1/8 - 1/29 | \$23

From the history to the practicality of using hypnosis in today's world and with today's demands to learning to use and practice hypnosis on self and demystifying myths of this ancient technique.

CO-426

**Computers for Beginners:
Navigating Windows**

Timothy Padgett

4 meetings | 1:45 PM - 3:15 PM
1/8 - 1/29 | \$23

Need help navigating your personal laptop? This computer class for beginners is perfect for those looking to get a better handle on Windows 10 or older. We will cover the basics, including photo-editing software that comes with Windows. Bring your own device to class so we can tailor your learning to what you have. Handouts will be given so you can learn more about your at-home devices, too.

VA-465

**Introduction to Darkroom
Photography**

Timothy Padgett

4 meetings | 12:00 PM - 1:30 PM
1/8 - 1/29 | \$23

Enjoy OLLI's new darkroom set-up as we take creative photos, process and develop the film, and watch the prints come to life before our eyes. A film camera is required for this class.

THURSDAYS

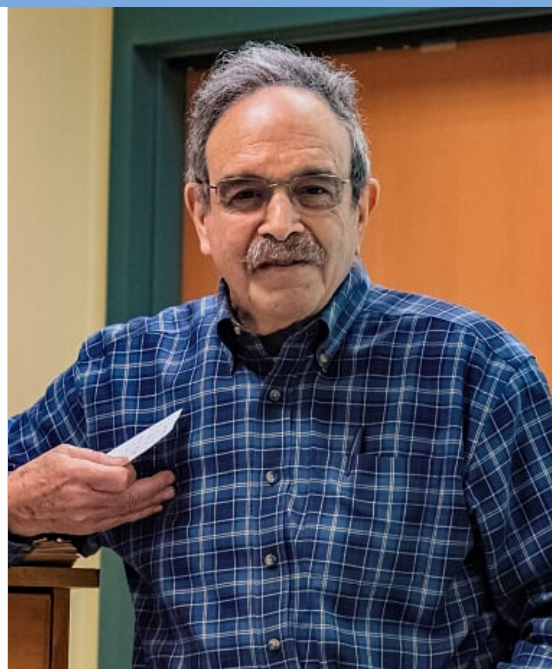
AS-002

**Foundations of Intuitive Animal
Communication**

Kim Tallcouch

4 meetings | 9:00 AM - 10:00 AM
1/9 - 1/30 | \$23

This course will examine some of the basic elements and techniques of intuitive animal communication. When one becomes more deeply connected with their pet, they can help improve and strengthen the bonds they have with them, as well as increase their own awareness of the pet's physical and emotional well being. Intuitive animal communication can help us to better understand our pet's methods of coping with fear, pain, anxiety and past trauma and what we can do to help them.



FRIDAYS

VA-467 In Case You've Missed Joseph Gambini

4 meetings | 10:15 AM - 12:15 PM
1/10 - 1/31 | \$30

Have you missed any of the films shown in Joe's previous courses? In this "re-run" course, get another chance at viewing and discussing the following films: *A Man Called Ove*, *Philomena*, *Doubt* and *Babette's Feast*.

CL-460 Korean Pop Films on the Rise: Part 2 Deirdre Wright

4 meetings | 1:45 PM - 3:45 PM
1/10 - 1/31 | \$30

K-Pop is rising. Come spend four weeks with new contemporary films from the new K-Pop category. Learn where they can be found and meet some of the world's most talented and beautiful actors on the planet. Last year we introduced the K-Drama series. This winter, view and critique four films in four categories. Learn how to find and stream free and paid for films through online apps.

VA-457 Creative Photography: Advanced Cell Phones & Compact Cameras Timothy Padgett

4 meetings | 10:15 AM - 11:45 AM
1/10 - 1/31 | \$23

Join us for a photography course on how to create works of art with the camera you always have with you.

VA-458 Creative Photography: Advanced SLR & Mirrorless Cameras Timothy Padgett

4 meetings | 12:00 PM - 1:30 PM
1/10 - 1/31 | \$23

Get more out of your camera by taking control and stopping your use of automatic settings. Continue to learn how to create great compositions of any subject.

HW-461 Mental Health & Aging Deirdre Wright

4 meetings | 10:15 AM - 11:45 AM
1/10 - 1/31 | \$23

Mental Health and Aging returns. We will look at the latest information from government, private universities and research institutions in addition introducing the new age/new interventions such as wellness coaching, Asian healing arts, and chronic illness programs for managing aging.

PA-435 Exciting Adventures for the Novice in Acting, Improv, Writing, and Standup Comedy Jack Levine

4 meetings | 1:45 PM - 3:15 PM
1/10 - 1/31 | \$23

This course is for the novice who has never (or hardly ever) performed on stage or written a fiction or non-fiction book, comedy sketch or jokes. The students will actively participate in exciting activities in a totally welcoming, non-pressure environment. Get ready to have the time of your life doing improv, standup comedy, writing and acting, all with the intention of having FUN.



What do I do if I would like to utilize OLLI at UConn's Parking Options?

Apply for a parking permit online at the following link:

<https://park.uconn.edu/olli-parking-information/>

WHERE TO PARK:

FRIDAYS ONLY: Levels 2 & 3 of UConn's attached garage (Entrance on North Elm St.)

MONDAY-FRIDAY: Levels 5 & 6 of the Scovill St. Garage (33 Scovill St.); Attached UConn garage AFTER 5pm ONLY.

You MUST apply for parking on your own initiative. If you do not wish to utilize the parking garages above, there are other downtown parking options at reasonable rates. Visit <http://www.waterburyparking.com/> for more information.

Please direct any questions or issues directly to Parking Services (park.uconn.edu or 860-486-4930). The OLLI office does not distribute parking permits.





OLLI AT UCONN WINTER REGISTRATION FORM

Name _____

Date of Birth (MM/DD/YYYY) _____

Address _____ City _____

State _____ Zip _____ Phone (____) _____ - _____

Email _____

Indicate your membership status by checking **ONE** of the boxes below:

☐ NEW to OLLI (\$65 due now) ☐ Current (my membership is paid) ☐ Renewing (\$65 due now)

Unsure? Call the OLLI Office @ 203-236-9924

Course Selections - Winter 2020 (Refer to catalog for course # and fee)				
Membership Fee (For new and renewing members only)		\$65		
	1st Choice	Course Fee	2nd Choice	3rd Choice
Course #1		\$		
Course #2		\$		
Course #3		\$		
Course #4		\$		
TOTAL		\$	(If registering via paper registration, check or money order ONLY - payable to: OLLI at UConn)	

Mail check or money order to OLLI at UConn, 99 East Main Street, Waterbury, CT, 06702

Where did you hear about OLLI at UConn?

☐ Radio ☐ Newspaper ☐ Word of Mouth ☐ Other (please specify) _____

I acknowledge that pictures and/or videos taken during OLLI Café, in the classroom setting, or on a trip may be used to promote OLLI at UConn.

MEMBER SIGNATURE (required) _____