

MCCOAA Update

Manchester Community College Organization of Active Adults

Great Path MS #16, PO Box 1046, Manchester CT 06045-1046 • 860-512-2840

Read the *Update* in color on the MCC Web Site at www.manchestercc.edu/continuing/oa.

OAA ON THE GO

SCHEDULED TRIPS

**Special Travel Presentation
Spotlight on South Dakota
Friday, November 3, 2017
MCC Room A-108
10:00 a.m.**

Spotlight on South Dakota is scheduled for September 7- 13, 2018. The trip includes: 7 Days, 9 Meals: 6 Breakfasts, 3 Dinners.



Highlights: Mount Rushmore, Deadwood, Pine Ridge Indian Reservation, Black Hills Gold, Badlands National Park, Wall Drug, Needles Highway, Custer State Park, Crazy Horse Memorial.

For additional information, contact **Jeannette Lesperance** 860-643-8130.

**Holiday Tea Musicale at Caramoor
Katonah, New York
Thursday, December 7, 2017
Sign-up deadline is December 3, 2017**



Your cultural exploration begins with a docent-led tour of the historical **Rosen House** (which will be decorated for the holidays). Then sit back and relax in the majestic **Music Room** for a concert of holiday music. Before heading home, enjoy a relaxing holiday tea. The menu will consist of: a variety of tea sandwiches, scones with clotted cream and preserves, deserts, and a selection of teas.

For additional information, contact **Ann Kehl**, 860-646-0696.

**Shades of Ireland
April 16 - 28, 2018**

13 Days, 17 Meals: 11 Breakfasts, 6 Dinners

Highlights:

- Day 1: Overnight flight
- Day 2: **Dublin, Ireland** – Tonight, enjoy a traditional entertainment during a fun-filled Irish evening including regional cuisine.
- Day 3: **Dublin**
- Day 4: **Kilkenny, Waterford Crystal Factory**
- Day 5: **Blarney Castle**
- Day 6: **Killarney**
- Day 7: **Cliffs of Moher**
- Day 8: **Galway, Ireland's 'City of Tribes'**
- Day 9: **Donegal Town**
- Day 10: **Inishowen Peninsula and Marlin Head**
- Day 11: **Giant's Causeway**
- Day 12: **Belfast**
- Day 13: Tour ends in Kingscourt



For more information, contact **Mary Violette** 860-648-0223.

ATTENTION

Please report any special needs, physical, medical or dietary, at the time your reservation is made, to the trip coordinator for your trip. Persons requiring assistance need to be accompanied by a companion who is capable of and totally responsible for providing the assistance. MCCOAA cannot provide special individual assistance to tour members with special needs.

OAA ON THE GO

by Jim Reuter

COMING ATTRACTIONS

**Friday, November 17, 2017
SBM Auditorium
1:30 p.m.**

“Dashing Through the Snow: The Real History of Christmas in New England”

Do you sometimes wish Christmas was "like it used to be"?

Be careful what you wish for!!



The reality of Christmas in early New England may be disappointing to some and unbelievable to many, but the historical actuality of that celebration – or lack of celebration – of Christmas is a very interesting tale and one that blends the heritage and spirit of many cultures and many lands.

In his presentation "*Dashing Through the Snow: The Real History of Christmas in New England*," **Dennis Picard** uses stories and pictures to describe how it actually "used to be." Mr. Picard has been a museum professional in the "Living History" field for 40 years. With a background in sociology and museum experience, he has authored many articles on the lifestyles and folkways of New England, and has also served as a consultant for many historical societies and museums.

**Friday December 8, 2017
Holiday Luncheon 11:30 Adams's Mill**

Sign-up flyer attached. Contact **Joan Perrone** 860-568-6229

Needed

Volunteer to fill 2017-2018 unexpired term of OAA Trustee
Call **Geoff Naab** 860-573-4124

Reminder

All OAA members are welcome at all OAA Board meetings. Meeting dates and times are listed on page 2 of the UPDATE.

MCC COUGAR PANTRY

Please bring non-perishable items and toiletries to OAA events. Your donations benefit students, staff and the entire MCC community. A collection box will be in the lobby for your convenience.



For more information, call **Gordon Plouffe** at 860-512-2285.

Non-luncheon programs are open to the public free of charge. Most programs begin at 1:30 in the SBM Charitable Foundation Auditorium (AST Bldg.) and are followed by refreshments. We encourage members to invite friends to become OAA members for additional benefits. Please use the West Parking Lot (formerly Lot C), which includes handicapped parking.

Upcoming Continuing Education Courses in 2017!

HOW TO REGISTER FOR COURSES: There are many easy ways to register for MCC courses. Call **860-512-3232** to register by phone. Be sure to have your credit card ready. Or, if you have access to the Internet, you can download a registration form at www.manchestercc.edu/wp-content/uploads/2017-Fall-Credit-Free-catalog.pdf and send in your completed form with a check or money order. You can also find a registration form in any printed MCC Credit-Free catalog. The easiest way is to register in person the next time you are on campus for a monthly OAA meeting! The Registrar's Office is in the main lobby of the Lowe Building and is open from 8:30 a.m. to 4:30 p.m.

Pre-registration allows the instructor and course schedulers to prepare materials for the course and to contact students in the event of a scheduling change or cancellation.

Cholesterol: Friend or Enemy? The most common drugs currently prescribed for "high cholesterol" are called statins, and they represent a \$29 billion business worldwide. The medical claim that lowering LDL is beneficial in fighting cardiovascular disease (CVD) is contradictory to the research and results that we have seen for the past 10 years. It may not be in your best interest to lower your cholesterol levels! Many studies show that people with high cholesterol live longer and have fewer heart conditions than those with low cholesterol and that high cholesterol does not predict all causes of mortality. More to the point, to prevent potential cardiovascular disease, it is essential to lower your exposure to oxidation and inflammation. Learn the facts about cholesterol, heart health and how to stay healthy. CRN 31664 | Fee: \$25 | Register here 1 Thursday | 10/26 7-9 PM | GPA Room GP137
Instructor: **Marie Mammone, N.D.**

(Credit-Free Director Ann Bonney says, "If you're not very familiar with Pablo Neruda, you have to take this class!") **How to Read Pablo Neruda** We'll discuss and consider commentaries on the poetry of the eminent Chilean poet, Pablo Neruda. Reading strategies on how to best appreciate his work will include understanding Neruda's life, themes and style. Each of his poems creates a miniature poetic universe, and we will learn how to navigate and decipher clues from within the work in order to enrich our understanding of a poet who is certainly worth the effort! CRN 31690 | Fee: \$40 | 1 Thursday | 11/2 | 6-9 PM | GPA Room GP143 |
Instructor: **Raul Moeremans, M.A.**

Helping an Adult Family Member or Friend with Addiction How do you support someone you care about when they are struggling with addiction? We will discuss issues, such as codependency, enabling, and boundaries. Learn how you can help support an adult you care about, while maintaining your own healthy boundaries. Additionally, we will help you to understand terms used in addiction, such as "trigger" and "relapse." Support groups and other resources for help will also be shared. CRN 31678 | Fee: \$30 | 1 Saturday | 11/4 | 9:30 AM-noon | GPA Room GP155
Instructor: **Vanessa Parker, M.A., C.A.C.**

Decorative Centerpiece for Thanksgiving Complete your holiday table with a special Thanksgiving-themed floral centerpiece, while applying your own creative touch and design. Please note: Students must bring floral scissors or a knife to class. Materials fee: \$25, payable to instructor at the beginning of class. CRN 31450 | Fee: \$20 | Register here 1 Monday | 11/20 7-9 PM | GPA Room GP215
Instructor: **Robert Buettner, B.S.**

Custom-Made Greeting Cards Learn to use rubber stamping, embossing, and paper crafting techniques to create your own greeting cards and gift items. Participants will learn the basic and advanced stamping techniques, as well as how to customize gift tags, bags and boxes. The instructor will demonstrate all projects. Students will take home 20 cards with envelopes, plus a few gift items, and have the skills to create at home. Materials fee: \$10, payable to instructor at the beginning of the first class. CRN 31445 | Fee: \$65 | Register here 3 Wednesdays | 11/1-11/15 6:15-8:45 PM | AST Room D110
Instructor: **Lisa Korstanje-Lee, A.S.**

Thanksgiving Pies Just in time for that special holiday celebration! Learn how to make from scratch your Thanksgiving favorites: Apple Pie and Pumpkin Pie. For an extra bonus, we will also make Orange Cranberry Biscotti. Each participant will take home an Apple and a Pumpkin pie and some biscotti. Materials fee: \$18, payable to instructor at the beginning of class. CRN 31484 | Fee: \$70 | Register here 1 Saturday | 11/18 10 AM-2 PM | GPA Room GP213
Instructor: **Anita Ferron, B.S.**

Volunteers Needed

If you would like to help with the work of any committee or the Board, please call or email President Geoff Naab, 860-649-1942 or gnaab@sbcglobal.net.

WE REALLY, REALLY NEED HELP WITH HOSPITALITY (refreshments and luncheons).



Many thanks to **Margaret Mirante** and the **Hospitality Committee** for a great job with our September luncheon at A Villa Louisa.

Save the date for the holiday luncheon at Adams Mill on December 8.

If you're not sure of a room location, find campus maps at <https://www.manchestercc.edu/about/maps-directions>

Check the 2017 Fall credit-free catalog for many interesting courses. Register with a friend!
Remember, as OAA members, you could each qualify for a 20% rebate (up to \$50 per membership year) on credit-free courses costing over \$10. There should be a form for each class. Please do not put multiple classes on one rebate form.

The **UPDATE** is published each month except July and August, for and by OAA, and is edited with the assistance of MCC's Credit-Free Programs Office. Information on OAA activities and other items of interest to OAA members will be considered for publication.

Please submit articles and suggestions to the editors via email to oaa@manchestercc.edu.

Board Meetings 10 a.m. - **Room A108** (by Library in LRC Building): Oct 13, Nov 10, Dec 1, Jan 12, Feb 9, Mar 9, Apr 13, May 11

Program Events 1:30 or 2:00 p.m. — **SBM Auditorium (AST Building)**: Oct 20, Nov 17, Jan 19, Feb 16, Mar 16, May 18

PLEASE USE WEST PARKING LOT (formerly Lot C) for all campus events.

Luncheons 11:30 a.m. — Sept 15, Dec 8

2016-2017 Officers

President: *Geoffrey Naab*
Vice President: *Jim Reuter*
Secretary: *Marilyn Steele*
Treasurer: *Dan Miller*
Trustee (2020): *Irma Hart*
Trustee (2019): *Darlene Sutton*
Trustee (2018): *Vacant*

Committee Chairs

Hospitality: *Margaret Mirante*
Membership: *Karen Rosano*
Program: *Sheila Springsteen*
Publicity: *Rosemarie Mazzotta*
Travel & Mail: *Mary Violette*
Tuition Rebate: *Theresa Ebenhoe*
Auditor: *Dana O'Neal*

The Bottom Line

Total Members	742
Members Paid Rebates	53
Rebates Paid to Members	\$1,509
Credit-Free Course Fees Paid to College	\$8,933