

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

**Edward M. Kennedy Museum
Boston, MA
Saturday, January 20, 2018**

Features include: a representation of the **United States State Senate Chamber**, interactive exhibits, and a reproduction of Senator Kennedy's office.



Two programs will allow you to be part of a mock debate and participate in a live Floor debate on an active piece of legislation being considered by the real Senate in Washington!

Prior to the visit, enjoy a full course all you can eat family style banquet at the popular **Maggiano's Restaurant!** For additional information, contact **Ann Kehl** 860-646-0696.

**Isabella Stewart Gardner Museum
Boston, MA
Wednesday, March 21, 2018**



The Isabella Stewart Gardner Museum is a world renowned institution, evocative of a 15th century Venetian Palace. It includes not just art but also flowers and plants, textiles, furniture, and architecture.

Lunch will be included at the **Venezia Restaurant** on Boston's waterfront followed by a visit to the Boston Winery. For additional information, contact **Jeannette Lesperance** 860-643-8130.

**Victorian Cape May, NJ
Sunday, May 20, 2018 - Wednesday, May 23, 2018
4 Days 6 Meals**



Day 1: Arrive at Cape May mid-afternoon, check in at the **Grand Hotel of Cape May** on Cape May's boardwalk and overlooking the ocean. This evening an open bar, dinner and entertainment are included.

Day 2: Victorian Home Tour-Trolley Tour, Emien Physick Estate. Enjoy lunch at the beautiful Cape May mall, In the evening, enjoy dinner at the Washington Inn.

Day 3: Cape May Point Tour and Atlantic City.

Day 4: Smithville Village. Lunch included at the Inn before heading home.

For additional information, contact **Ann Lucente** 860-916-6047.

**South Dakota
September 7 – 13, 2018
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.

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, January 19, 2018
SBM Charitable Auditorium
1:30 PM
"In Search of the South Pole"**



The history and characteristics of the Antarctic Continent, some of the men who explored it, and what it's like to spend a winter at the South Pole.

ANTARCTICA, 70% larger than the entire "lower 48", is home to 90% of the earth's ice and three-quarters of its fresh water. **Richard Wolak** has lived there for more than 3-1/2 years working at all of the American stations on the continent, aboard several polar vessels, and in the Mars-like Dry Valleys region. He wintered in Antarctica as leader of the U.S. Amundson-Scott South Pole Station. His contributions to the U.S. Antarctic Program were honored by the naming of **Wolak Peak** in the Transarctic Mountains.



Mr. Wolak has earned degrees from West Point and MIT where his graduate degree focused on the effects of extreme polar behavior isolation on group. He will discuss the era of heroic exploration, polar science, climate change and politics.

**Friday, February 16, 2018
SBM Charitable Auditorium
1:30 PM
Albert Einstein: Relatively Speaking**

The 100th anniversary of Albert Einstein's General Theory of Relativity, which he presented to the Prussian Academy of Sciences in Berlin, was celebrated in 2015. **George Capaccis's** one-person performance as Albert Einstein will be a great way for us to learn about this extraordinary man and the ideas that have forever changed how we understand space, time and gravity.



To everyone who brought baked goods for last month's refreshment table.

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 2018!

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-Winter-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.

Spa Cuisine: Learn to Eat Healthy!

Healthy and delicious go hand-in-hand in this exciting class! Focusing on fresh ingredients, natural flavors, and healthy cooking techniques, the chef will show you just how tasty "health food" can be. We will prepare and enjoy Oyster Mushroom Rockefeller, Grilled Portobello Tacos with Salsa Verde, Marinated Pork Tenderloin, and Citrus-Glazed Swordfish with Sweet Potato Gnocchi, followed by Apple Cinnamon Crepes for dessert! We'll have you ready to start the new year in a healthy style.

Materials fee: \$15, payable to instructor at the beginning of class.

CRN 11253 | Fee: \$55 | 1 Thursday | 1/4 | 6-9 PM | GPA Room GP213

Instructor: **Joshua Ogradowski, M.A.T.**

Victorian Social Class: Where Would You Fit?

America's understanding of social class has been largely inherited from 19th century Victorian England. Economic forces there led to complex social changes that influenced other countries like our own. We will look at specific aspects of socio-economic structure in Victorian England as it morphed from an agrarian society to an industrial one. Where did people live, what did they eat, wear, what jobs and education were available, what status symbols defined them? Charles Dickens, statistics of labor and class divisions, visual arts and more will illustrate their transformation. Not unlike our own time in history?

CRN 11217 | Fee: \$6 | 1 Friday | 1/5 | noon-1:30 PM | AST Room E202

Instructor: **Stephanie Loughran, M.L.A.**

Reflect & Recollect: Techniques to Improve Memory

What makes us retain the knowledge of how to tie our shoes or drive a car? What makes us forget where we left our car keys or that new acquaintance's name? During this presentation, we'll answer these questions and more. We'll first learn how our memories store and recall information. From there, we'll look at ways we can improve our memories, including skills to remember people's names, through learning and applying memory techniques during an interactive workshop.

CRN 11218 | Fee: \$6 | 1 Friday | 1/12 | noon-1:30 PM | AST Room E202

Instructor: **Philip Burnham, M.S.**

Two Soups and a Stew

Stay warm this winter with tasty soups and stew! We will begin with the soup loved by all cultures—the traditional homemade Chicken Noodle Soup. Next, we will make a Hearty Beef Stew with a Tomato Base. And then we'll finish with our second soup, the healthy Vegetarian Minestrone Soup that we'll enjoy with a crusty baguette. You will then have the skills to make these soups at home to enjoy with family and friends all winter long—and throughout the year. Students should bring three containers to take home leftovers of each soup and stew. Materials fee: \$15, payable to instructor at the beginning of class.

CRN 11213 | Fee: \$70 | 1 Saturday | 1/13 | 10 AM-2 PM | GPA Room GP213

Instructor: **Anita Ferron, B.S.**

The Quest for The Glass Castle – a Reflection on Jeannette Walls & Her Memoir

Jeannette Walls graduated from Barnard College and was a successful journalist in New York. Her memoir, *The Glass Castle*, has been a New York Times bestseller for more than six years. She is also the author of instant New York Times bestsellers, *The Silver Star* and *Half-Broke Horses*. In addition, she is widely known as a gossip columnist for MSNBC.com. This lecture will highlight her memoir, *The Glass Castle*, and discuss Walls' escape from abject poverty and her dysfunctional parents. Video clips from the movie, *The Glass Castle* will be included in this lecture.

CRN 11219 | Fee: \$6 | 1 Friday | 1/19 | noon-1:30 PM | AST Room E202

Instructor: **Heather Styckiewicz, M.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).



AUDITOR NEEDED

A volunteer to audit the OAA financial records.

Contact Geoff Naab
860-573-4124

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

Check the 2017 Winter 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 23, (no program in April), May 18

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

Luncheons 11:30 a.m. — Sept 15, Dec 8

2017-2018 Officers

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

Committee Chairs

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

The Bottom Line

Total Members	563
Members Paid Rebates	25
Number of Rebates Paid	35
Rebates Paid to Members	\$587
Credit-Free Course Fees Paid to College	\$3,629

Continuing Notice of Nondiscrimination: Manchester Community College does not discriminate on the basis of race; color; religious creed; age; gender; gender identity or expression; national origin; marital status; ancestry; present or past history of intellectual disability, learning disability or physical disability; veteran status; sexual orientation; genetic information or criminal record. The following person has been designated to respond to inquiries regarding the non-discrimination policies: Debra Freund, Chief Diversity Officer (Title IX and Section 504/ADA Coordinator), Manchester Community College, Great Path, MS #9, P.O. Box 1046, Manchester, CT 06045-1046, SSC L277. Manchester Community College is an Affirmative Action/Equal Opportunity Employer and strongly encourages the applications of women, minorities, persons with disabilities, and veterans.