

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

Boston Pops Dance to the Movies Saturday, June 9, 2018



Top choreographers bring to life classic movie dances of yesterday starring the Boston Pops. The concert will include fresh interpretations of classical musical numbers from such films as *Grease*, *Chicago*, *Hairspray* and more. We'll also have a full course, family-style meal at the popular Maggiano's Restaurant in the prestigious Back Bay area of Boston. For more information, contact **Mary Violette**, 860-648-0223.

Boston-Cambridge Land/Water Adventure Thursday, July 12, 2018



Enjoy a 70 minute, fully-narrated, sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Sights include Beacon Hill, Esplanade Park, the Back Bay, Boston University, MIT, and Harvard. There will also be a guided bus tour of Cambridge and Boston historical landmarks. For more information, contact **Ann Lucente**, 860-916-6047.

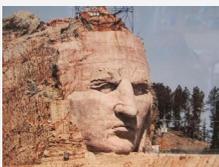
Victorian Cape May, NJ Sunday, May 20 - Wednesday, May 23, 2018 4 Days, 6 Meals

Highlights: Grand Hotel of Cape May on Cape May's boardwalk overlooking the ocean, Victorian Home Tour-Trolley Tour, Emien Physick Estate, Cape May Point Tour, Atlantic City and Smithville Village. For additional information, contact **Ann Lucente**, 860-916-6047.



South Dakota Friday, Sep. 7 - Thursday, Sep. 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 more 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

Letter from Gena Glickman, President, MCC



Dear Members of OAA,

As we move closer to spring and I realize that my 10th MCC commencement is upon me – which also means it's been 10 years that I have been pleased to lead a community that the OAA has put its mark on -- it seems a good time to take stock. MCC has grown, and the campus is a changed place. Your support of our students has helped make it so. Your donations help provide funding for general academic scholarships and for credit-free courses for students with disabilities and special needs.

Obviously the OAA's relationship with MCC goes back much further than 10 years, but since I joined as president, we have seen growth in the college's credit-free programs. Your membership has brought forward requests for lifelong learning that have turned into enduring course programs – in computer technology, fine arts, music, and many others.

Our very popular Noon Institute has its origins in OAA's early "lunch and learn" events. Now a weekly Friday noontime staple at MCC, it covers a broad range of interesting topics suggested by your members.

We are pleased to have OAA on our campus, and I invite you to get even more involved. Many of the events here are open to the public. For example, our newly instituted "Let's Talk" series focuses on conversations about topics important to all of us in today's world and are designed to underscore the importance of diversity on our campus.

The Common Read program is a book group that explores controversial topics such as racism, ethics, and poverty. Everyone in the larger community is invited to join. Our current book is *The Namesake* by Jhumpa Lahiri and is available in our library.

These are just two examples. Our campus events calendar on our website has many more. Please visit www.manchestercc.edu/events. MCC is fortunate to offer a vibrant campus life, and I would love to see your members here every day.

Also, don't forget to save the date of April 27 for our signature fundraising event, *Evening of Fine Wines*, which this year celebrates the 50th anniversary of the MCC Foundation. Thank you for being such an important part of MCC.

Sincerely,
Gena Glickman, President, MCC

Two Important Announcements

1. There will be no program in April
2. Instead of the usual 3rd Friday, the May program will be held on **Wednesday, May 16**. Mark your calendar. This final program for the year is entitled *Music for Piano and Flute: a lecture-recital*.

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/2018-Spring-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 SSC 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.

Exploring the Connecticut Wine Trail

Learn to drink local! The Connecticut wine industry began with a single winery in 1975. In recent years there has been an explosion of new wineries across the Nutmeg State. Join us as we take a tasting journey of ten wineries located around the state, ranging from sparkling and fruit wines to big, dry reds and ice wines. Participants should bring finger foods or munchies. Please note: You must be at least 21 years of age to enroll in the class; IDs will be checked in class. Please register early, as enrollment is limited. Materials fee: \$15, payable to the instructor at the beginning of class.

CRN 11412 | Fee: \$30 | 1 Friday | 4/20 | 6-9 PM | SSC Room L294 (Culinary Arts Center)

Instructor: **Leanne Wheeler, B.S.**

Broadway Goes to Hollywood

We will examine the origins of one of America's most unique cultural contributions: the American musical. We will explore the musical's evolution from Broadway reviews and song spectacles, to the Hollywood "backstage musical", such as 42nd Street, to the "book musical", such as Oklahoma! We will also explore key elements of the musical form and the critical role of dance in the 1950s and beyond.

CRN 11736 | Fee: \$65 | 3 Thursdays | 4/12-4/26 | 6:30-8:30 PM | GPA Room GP155

Instructor: **Jared Day, Ph.D.**

Ancestry: Research Your Family History

Do you wonder about your ancestral heritage? Learn the fascinating and informative process for exploring your family roots. You will gain the research tools you need, so that you continue on your own with the fun and joy of researching your ancestry, while creating and leaving your descendants a wonderful legacy... the gift of your family history.

CRN 11657 | Fee: \$85 | 2 Mondays | 4/2-4/9 | 6-9 PM | GPA Room GP214 |

Instructor: **Carol Whitmer, B.S.**

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 11748 | Fee: \$25 | 1 Thursday | 4/12 | 7-9 PM | GPA Room GP126

Instructor: **Marie Mammone, N.D.**

Testing & Disabilities Services at Manchester Community College

Testing & Disabilities Services at Manchester Community College is looking for caring people to help students with disabilities at the College. **Proctoring** would include reading and/or scribing exams for students, and/or monitoring students while they take exams. As a proctor, your hours are intermittent and flexible and the pay **\$10.10 hourly**. **Notetaking** would include attending a class with a student and writing notes based upon a lecture. Hours are regular and require a commitment to the entire semester (15 weeks) and the pay is **\$10.50 hourly**. Please contact Georgette Hyman, Test Administrator, at 860-512-3596 or ghyman@manchestercc.edu.



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.

NOTICE

The April 13 Board Meeting, originally scheduled to be held at The Arbors, has been cancelled.

REMINDER

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

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

Check the 2018 Spring 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

Luncheons 11:30 a.m. - Sept 15, Dec 8

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

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*

The Bottom Line

Total Members	599
Members Paid Rebates	31
Number of Rebates Paid	44
Rebates Paid to Members	\$702
Credit-Free Course Fees Paid to College	\$4,474

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.