



News For Members of the Osher Lifelong Learning Institute at UAH

February 2017

Wilson Hall Room 113 Huntsville, AL 35899 256-824-6183 olli@uah.edu Osher.uah.edu

Your OLLI President's Message



Bob Darnall
President

Greetings! Welcome back to OLLI's 2017 winter term. That two-plus month break gave me an opportunity to catch up on a lot of stuff I had to do, but it is time to get back to see everyone and enjoy learning. Once again, I have managed to fill three complete days with interesting classes. And there were many more I just could not schedule! Ah, the joy of choice! Thank you, Gratia Mahony and the Curriculum Committee, for another exciting palette.

Keep in mind the limitations of on-campus parking with the return of UAH students. In addition to the lot near Wilson Hall, parking is available in the areas near the Conference Training Center, Spragins Hall, and Frank Franz Hall. Each of these lots is located off Ben Graves Drive to the east and north of Wilson Hall. There are many spaces available before 9:00 am. Consider an early class, breakfast on campus, or a volunteer activity.

As we start the winter term, it is time to start selecting members of the Board of Directors to help guide OLLI at UAH to bigger and better things. A five-person Nomination Task Force chaired by Jerri McLain has been assembled to review nominations and develop a ballot for member voting to occur during the spring term. If you would be interested in serving or would like to suggest a member for the Board, please submit a nomination. Information on nomination procedures will be available shortly. Please ask your nominee about willingness to serve before submitting a name.

Members of the Board must be OLLI members and be willing to serve on at least two committees and attend meetings. Committee Chairs must be Board members. Terms are three years, with an option to serve a second three-year term. A one-year interval is required before a member may serve again after two terms. OLLI membership is required for the entire term of service.

This year we initiated a new program to further support the College of Professional and Continuing Studies (CPCS) in all they do to help our program run smoothly. OLLI Ambassadors volunteer to help the staff with administrative office support. Thank you OLLI Ambassadors, Dori Anthony, Wilson Coats, Linda and John Dimmock, and Linda Lowe, for your support as OLLI Ambassadors. If you would be interested in serving in this capacity, please contact Maxine, Jessica, or Alice at (256) 824-6183.

PR Committee



Jennifer Brewer
Chair

The PR team is selling polo shirts with the logo "I'm in OLLI. Are You?" for \$20.00. If you would like a shirt, the order sheet is in the OLLI Volunteer Office, Wilson Hall 151. You pay when you order by putting your money (or check made payable to OLLI) in an envelope, which is provided in the office, and taking it to the OLLI Registration Office, Wilson Hall 103, where there is an OLLI drop box. Money will not be handled in our OLLI office.

Also, contact our PR Chair Jennifer Brewer, jenniferbrewer1956@gmail.com if you know a group seeking a speaker. We can provide one from OLLI.

A Calendar of Upcoming Events will be published in each edition. Committee Chairs should contact Nancy Darnall at nbd51@icloud.com or Maxine Doherty at maxine.doherty@uah.edu to add items. Check your Weekly E-news for updates and details.

Month	Time	Event
Registration is ongoing!		
January 21	11:55 am	Metropolitan Opera simulcast of <i>Romeo et Juliette</i> , Hollywood 18, 3312 South Memorial Parkway. No reservation necessary. Admission charged. Open to the Public. Consider meeting afterwards for discussion. TBD.
January 23		OLLI Classes Resume!
January 27	12:30 pm	OLLI Back-to-School Luncheon, TUMC
January 28	7 pm	OLLI Night at UAH Charger Hockey , VBC Propst Arena. \$5. Contact Janet Reville @jrev1988@gmail.com
February 7-9	7-10 pm	American Shakespeare Center on Tour . Conference Training Center Exhibit Hall. 2/7: <i>Romeo and Juliet</i> , 2/8: <i>Two Gentlemen of Verona</i> , 2/9: <i>Our Town</i> (Thornton Wilder). Admission Charge.
February 11	3 pm and 7 pm	Huntsville Master Chorale, <i>All You Need is Love</i> , Fellowship Hall at Faith Presbyterian Church. Admission charge.
February 24	1 pm	Popcorn and a Movie. <i>Sully: Miracle on the Hudson</i> , WH 152.

Our First "Inside OLLI" Seminar

2/17/17 | Friday | 10:30 am—2:30 pm | Wilson Hall

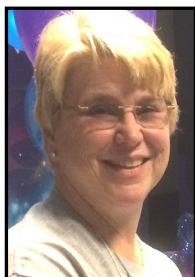
Learn about OLLI from the "inside" while you have fun, enjoy a delightful lunch, and laugh and learn. We'll cover what we do, why people are key, and how you can become more involved in OLLI!



Join your OLLI friends at these events scheduled by the Events (E), Curriculum (CR), and/or Social (S) Committees; PCS; and UAH. Remember to check your Weekly E-news for the latest information on these and other activities. OLLI membership is required for OLLI activities. More details are available in the Committee Sections of this *OLLI Insider*.

"The afternoon knows what the morning never suspected."

— **Robert Frost**



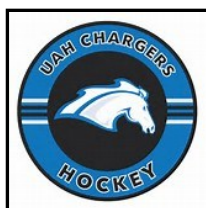
Nancy Darnall
Chair

We're off to the winter session with activities to complement and supplement your OLLI experiences.

Wednesday, January 18, 10 AM, **What's Up, Doc? The Animation Art of Chuck Jones**, Huntsville Museum of Art, 300 Church Street. Join our docent-led tour of the eye-opening exhibit. Meet in the lobby. Admission. Contact Pat Tumminello at mkstars@gmail.com for reservations. Stay for a bite at Pan e Vino, if you'd like.

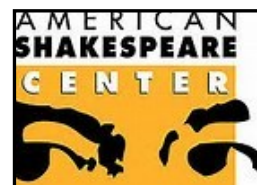


Saturday, January 21, 11:55 AM, **Metropolitan Opera simulcast of Romeo et Juliette** at the Hollywood 18. Diana Damrau and Vittoria Grigolo recreate their smoldering stage chemistry in Gounod's finest work based on Will Shakespeare's classic romance. Reservations are not necessary. Meet in the lobby. Consider meeting afterwards for discussion (Place TBD). Tickets at the theatre, \$23.98 for seniors.



Saturday, January 28, 7 PM, **OLLI Night at UAH Charger Hockey**, VBC Propst Arena, Limited number of ice suite tickets at \$5. Join us for an exciting evening of Division II collegiate hockey and refreshments (included). UAH faces off against Michigan Tech. Contact Janet Reville at jrev1988@gmail.com. Dress warmly. If you have season tickets, come visit during the breaks.

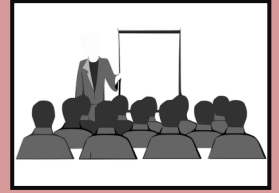
Tuesday-Thursday, February 7-9, 7 PM, **American Shakespeare Center on Tour (in order of presentation): Romeo and Juliet, Two Gentlemen of Verona, and Thornton Wilder's Our Town**. Tickets available from Nancy Darnall at nbd51@icloud.com or from Huntsville Literary Association online at <http://hlahsv.org/Programs/american-shakespeare-center-on-tour/buy-tickets>. Lecture prior to event. Watch your Weekly Enews for additional details.



Saturday, February 11, 3 PM and 7 PM, **All You Need is Love, the Huntsville Master Chorale Valentine's Program with desserts**, at Faith Presbyterian Church, SE corner of Whitesburg Drive and Carl T. Jones. Join us for this perennial favorite musical event. Dr. Patricia Hacker directs Huntsville's premier chorale in music we love—the love songs of the Beatles. Dessert with tea or coffee precede the musical stylings. Tickets are \$20 each and are available from Nancy Darnall at nbd51@icloud.com for tickets for OLLI tables. Your non-member guest may attend with us. This event always sells out early. Also tickets may be purchased online at the Huntsville Master Chorale website

Friday, February 24, 1 PM, Wilson Hall 152, **Popcorn and a Movie: Sully: Miracle on the Hudson**. Tom Hanks stars as Capt. Chesley "Sully" Sullenberger who glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard.





The Weekly Bonuses for the Winter Session 2017 will be on Wednesdays in Wilson Hall 001 (the Auditorium) from 10:30 am till noon. These programs are offered as one of the OLLI member benefits and are open to members only. Purchase memberships on the day of the bonus in Wilson Hall 103.

Jan 25 – A Brief Overview of the Court System – Susan T. Moquin

Fascinated by Alabama Law and the court system? Here's your chance to learn the structure and differing jurisdictions of the Federal and Alabama courts and what types of cases are decided in each court. To enhance your knowledge of the Court System, join retired Madison County District Judge Susan T. Moquin as she shares years of experience on the court.

Feb 1 – All Aboard! The OLLI Trip to Canada – Linda and Bill McAllister

Relive the memorable OLLI trip to Eastern Canada last July through a media presentation featuring photography and stories. Thirty-eight OLLI members enjoyed beautiful scenery of fertile farmlands, picturesque fishing villages, historic cities, museums and churches, and a unique tidal walk in the Bay of Fundy. Explore and appreciate the history of diverse cultures as you travel with us through three Eastern Canadian Provinces.

Feb 8 – Brain Health – Stephanie Holt

The human brain is incredible. Unfortunately, all too often, it's incredibly neglected. Don't let this happen to you. Join us for an informative, interactive and fun event that teaches lifelong lessons for brain-healthy living. It just makes sense to take care of your grey matter and here's the good news: It's never too late to start brain-healthy living. We can change our brains at any age!

Feb 15 – Boxing and Parkinson's disease – Carolyn Rhodes

Would you believe 10 years of medical research have shown that boxing helps reduce and reverse symptoms of Parkinson's disease? It's true—join OLLI member Bruce Machamer and fitness coach Carolyn Rhodes as they demonstrate a series of exercises that have been proven to build power, strength, flexibility, speed and hope! Learn how exercises are helping people with Parkinson's disease.

Feb 22 – In the Labyrinth of Binge Eating – Dr. Hilda Lee

Food soothed an ache she couldn't name, a pain she couldn't describe. Dr. Hilda Lee openly discusses her secret struggle with binge eating disorder, explains what frequently brings it on, and offers strategies for recovery. Discover the human as well as the scientific side of this eating disorder, which is more common than anorexia and bulimia combined!

Mar 1 – Your Privacy on the Internet – James Bleier

What is a realistic expectation of privacy on the internet today? What information are you unknowingly giving away? Learn how data is collected from you and what you can do to mitigate the risks on your personal devices, and what to do if your data has been compromised. Join expert James Bleier as he shares up-to-date information on security, auditing, and ethical hacking.

Mar 8 – Music of Spain – Dr. Dan Hornstein

Did you know there is a wealth of music that comes from Spain, from the flamenco tradition of the Romany people to the classical music composed by Spanish Composers? There is also a substantial body of music that is about Spain, composed by non-Spaniards. Indeed, probably the most famous "Spanish" work, the opera Carmen, was composed by a Frenchman! We will look at pieces composed by native and non-native composers alike, from the folk traditions to the bullring to the concert hall! Empecimos!

Come to the OLLI Lounge afterwards with your lunch for conversation and treats.

2017 OLLI Photo Contest

Theme: Shadows & Silhouettes – It's All About Light!

Entry Deadline: April 1, 2017 – Submit up to 3 entries!

Guidelines

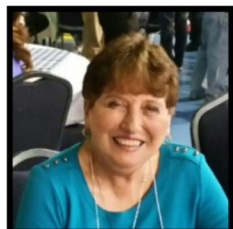
- Gentle photo editing is permitted, but keep the original
- Photos must follow the theme "Shadows & Silhouettes"
- Photos must not have identifying/copyright marks
- Photos must be named and emailed in digital jpg/jpeg format
- Recommend at least 2 Megapixels (MP) final pixel size
- Photos must be taken between May 2016 and April 1, 2017

Submit to: olliphotocontest@outlook.com

Include where and when each photo was taken, along with your name, phone number, and email address.

Questions? Please contact
Debbie Tromblee at
olliphotocontest@outlook.com





Leah Black
Chair

Starting new classes is always something exciting. To make it even more fun, be sure to come to OLLI's Annual Back to School Pot Luck lunch at Trinity United Methodist Church on Friday January 27th at 12:30. It's a great time to renew friendships and meet new people. Bring something to share like a salad, casserole, side dish, or yummy dessert. OLLI will provide a main dish or two, beverages, and paper goods. Everyone really enjoys the event, and it is a good way to start the winter term. So, save the date and we will see you there.



If you would like to be a part of the Social Committee and help with the fun, please contact Leah Black at leahblack01@comcast.net.

OLLI Member Interest Groups

Hiking: Hikes on Thursday and Friday mornings.

Bob Goodwin, OLLIHiking26@yahoo.com.

International Dining: Try new foods and revisit favorites.

Nancy Darnall, nbd51@icloud.com.

Knitting: Share your enjoyment and increase your skills. All levels welcome.

Barbara Ward, bward@hiwaay.net.

Stock Study Club: Study and report on stocks to explore the world of investing. J. Phillip, the_p_patch@knology.net

Tennis: Court time and pro tournament gatherings.

Sue Chatham, chatham@knology.net.





Only two rooms left!

Almost sold out!

Capitals of Spain, Spring Break 2017

Time is running out if you haven't made your reservation. Consider traveling to Madrid, Valencia, and Barcelona, Spain, in March of 2017. The departure date will be March 20; including two travel days and twelve nights in Spain. See cultural and historic sites, visit museums, taste Spanish specialties, and travel with your OLLI friends. Our trip is booked through Grand Circle Travel. Grand Circle Travel coordinated the 2015 trip to the United Kingdom. Go to www/gct.com/csp17 for information about the trip. This trip has space for up to 41 participants. Brochures are available in the OLLI office or contact Nancy Darnall at nbd51@icloud.com to receive one in your email. (This can be a slow process due to the size of the brochure file).

- Call Grand Circle Travel Reservations (1-877-220-2540), Option 2.
- Advise the travel counselor that you want to register for the Capitals of Spain in March 2017.
- Mention Group Code G7-26157 (This assures you that you are with our OLLI tour.)

Grand Circle offers a "Good Buy Discount" which is calculated by using the date of your deposit. Land and air cost for the trip is \$3515, leaving from Huntsville. Land only is \$2395. There are three optional tours within the trip and options to Bilbao and San Sebastian before and Malaga after.

Thanks to Our 2016-2017 Sponsor

THE LODGE™ *at Johns Road*

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A revolutionary active senior living complex in Huntsville is now pre-leasing! Located just off Research Park Boulevard, the Lodge at Johns Road is an apartment community designed for adults who are ready to enjoy the independence of hassle-free living. Our apartments feature several floorplans to fit your lifestyle, and detached garages and storage spaces are also available. The homes feature full kitchens, washer/dryer hook ups, valet trash service, and patios or balconies. Pets are welcome (fees apply).

Additional fee-based services are available to make your life easier, such as housekeeping and meals. This unique community offers convenient features, including

**Theater ♦ Library ♦ Business
Center ♦ Community areas ♦ Arts
and Crafts room ♦ Hair Salon and
Barber Shop ♦ Fitness Room**



YOU ARE OLLI!

Would you like to be more involved at OLLI? Numerous volunteer opportunities exist within our organization. You may take a shift in the Volunteer Office, serve on a committee, teach a course, become an OLLI Ambassador, facilitate a class or provide AV support. Or you may see a need not clearly identified. There are volunteers forms in the OLLI Office or contact Bob Darnall in the hallways or at darnall45@aol.com. Your efforts strengthen our program.



Course Choice Guidance

Do you find that you choose the same style of OLLI courses each session? Many of us lean heavily into history, art, and current events. Others pursue languages and music offerings. Still others like the sciences and math. There is no right or wrong choice, as long as you are enjoying your courses and learning. Our Curriculum Committee is skilled at offering us seventy or so classes each session in a wide range of disciplines. If you would like to take a different approach to stimulate your brain and expand your range, we have some suggestions to transport you outside your comfort level. Small steps are perfectly fine. You may

even want to ponder your course of action for a session or two before you make your move. This is courageous stuff!

Most of us have heard about right/left brain function. The research of this has come a long way and the theories have evolved. No longer is there such a clear definition of left brain function versus right brain function, but clearly some areas of the brain are more involved in some kinds of learning than others. Typically, the left side is devoted to logical processes including analytical/logic/math/science, language, and motor skills. The right side is considered the creative side and includes art/music, sensory, and mindfulness subjects. Within this framework, your OLLI curriculum may be separated into the following samples of course choices (from past and future OLLI offerings):

Analytical/Logic: Brain, Consciousness, Thinking Machines, Socrates Café'/Rumble Strips, computer classes, Game Theory, Bridge, and Great Books Discussion.

Language: French, German, Spanish, sign language, etc.

Motor Skills: Pickleball, swimming, Move It or Lose It.

Self Improvement: Finding Equilibrium In Life

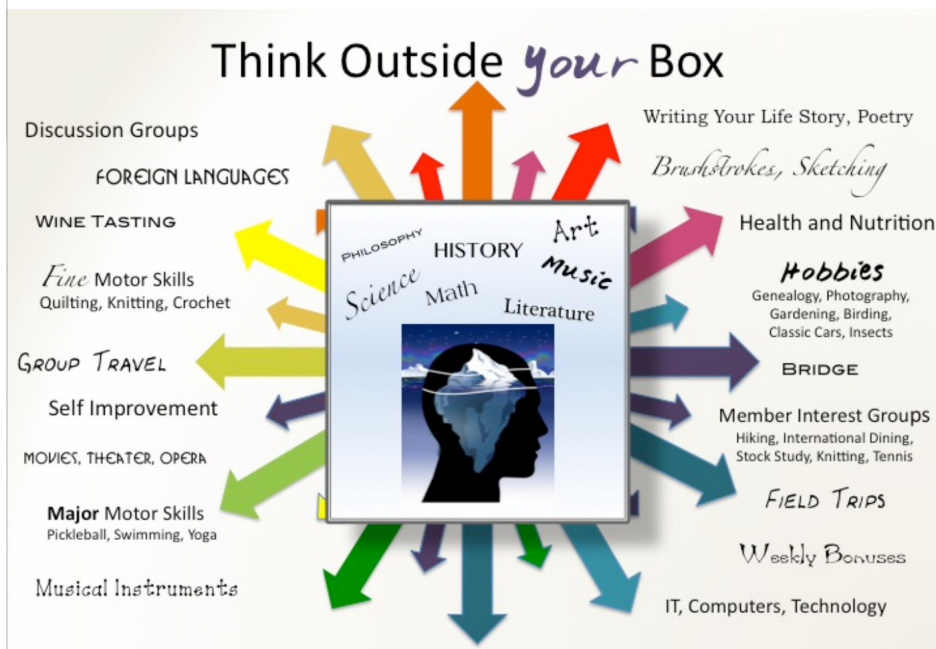
Creativity: Writing Your Life Story, Brushstrokes, Photography

Sensory: Understanding Great Art, Great Solo Piano Works, World of Wine, Psychology of Music

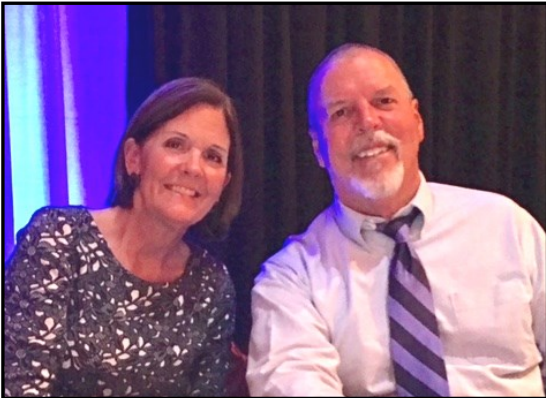
Mindfulness: Breath-Centered Yoga, Music for Wellness

Musical Instruments: Musical Keyboarding, Playing Ukulele

Think Outside YOUR Box — reach beyond your comfort zone and take a course to challenge yourself. It could change your world.



Thanks to Jerry Pang for the research and art.



Photographs courtesy of Linda McAllister and the OLLI Facebook page. Thanks to the photographer who posted them.

OLLI members laughed through the Burritt on the Mountain/Renaissance Theatre production of A Sanders Family Christmas. It was a frightfully cold evening, but warmth surrounded us as we were entertained by local performers singing, strumming, and joking through this holiday tradition. Thanks to Pat Tumminello for coordinating this event!



Photographs courtesy of Nancy Darnall.

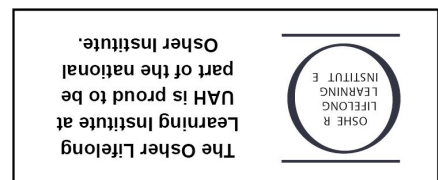
Calling OLLI Bridge Players



Are you interested in an OLLI Bridge Member Interest Group? OLLI needs a coordinator or team to head this MIG. Suggestions include meeting on Friday afternoons in the OLLI lounge. Contact Bob Darnall at darnall45@aol.com if you would like to be a part of this.

You do not need to take the OLLI bridge classes to qualify.

The OLLI Insider March issue submission deadline is Sunday, February 12. (Early is better!) Please submit your articles to Nancy Darnall at nbd51@icloud.com. Any OLLI photos are welcome; just send them to the newsletter. As always, please include the photographer's name, the names of those in the photo, and the event shown. Thank you.



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