

Course Offerings **SPRING 2024**

# ALFA



**Love of Learning Lasts a Lifetime!**

**ALFA** Adult Learning  
IN THE Fitchburg Area

 **FITCHBURG STATE  
UNIVERSITY**  
[fitchburgstate.edu/ALFA](https://fitchburgstate.edu/ALFA)

# What is ALFA?

ALFA (Adult Learning in the Fitchburg Area) is a lifelong learning institute that serves adult learners in Fitchburg and the surrounding communities.

ALFA is sponsored by the School of Graduate, Online and Continuing Education at Fitchburg State University in collaboration with volunteer members of the community.

We offer non-credit daytime classes, trips, special events, and a free speaker series. ALFA students are encouraged to volunteer and participate in program leadership and development as well as social and recreational activities. A limited number of scholarships are available.

► **Mission**

ALFA provides an opportunity for lifelong learners to meet and share interests in an informal setting and pursue learning for enrichment and personal growth.

► **Teach with ALFA!**

Have a specialty that you think others would be interested in? We're always looking for new instructors and new subject areas to offer our ALFA's. Contact us at [alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu) for details about becoming an ALFA instructor.

► **Have a question?**

Call the ALFA Office at 978-665-3706 or email us at [alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu).

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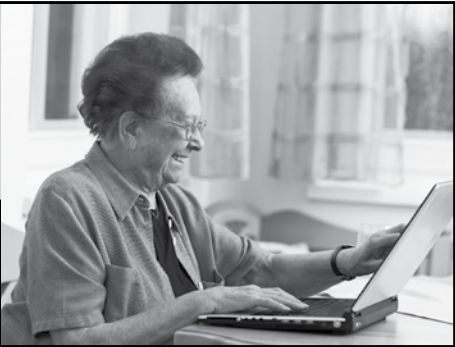
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## EASY online registration

Know INSTANTLY if you got into a course!

REGISTRATION OPENS DEC. 12, 2023 AT:  
[marketplace.fitchburgstate.edu/ALFA](https://marketplace.fitchburgstate.edu/ALFA)





Back in 2003, Fitchburg resident Shirley Pick was inspired to explore whether her local institution of higher education would consider launching a life-long learning program like the ones she and her late husband, Dr. Walter Pick, had so enjoyed.

The idea made its way to the desk of then-Fitchburg State College President Robert V. Antonucci, whose marching orders were simple: "Go for it."

Two decades of history show that was the right call. Adult Learning in the Fitchburg Area launched in 2004, with two courses and just over 50 students. In the ensuing 20 years, it has made an enduring impact on thousands of lives. ALFA has evolved through a continually updated program of more than 60 courses each term, and an ever-expanding roster of instructors (including university faculty) and students. Of course, ALFA's students are not merely passive observers of the instructors in their classrooms. They are engaged and passionate participants whose interactions cultivate a community of learning. That is why so many ALFA students keep coming back for more - more learning, more fun, and more enlightenment from a program that is now an indispensable part of Fitchburg State.

What has not changed in ALFA's remarkable 20 years of existence is its core mission of providing affordable and enriching courses for adults and seniors. That tradition is renewed again this Spring, with the course offerings included in this brochure, and the promise of learning and enrichment that each one contains.

Indeed, Shirley Pick's legacy continues, and the entire Fitchburg State community is richer for it. Happy birthday, ALFA!

A handwritten signature in black ink, reading "Richard S. Lapidus". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Richard S. Lapidus, President  
Fitchburg State University

## BIOGRAPHIES



**Gail Allo** grew up in Brooklyn, NY and obtained her B.A. from Brooklyn College. She began her Master's in English literature at New Paltz College and finished in Cambridge College in Boston. She owned and ran a local flower shop for 20 years before becoming a high school English teacher.



**Sawkat Anwer**, a Tufts University distinguished professor emeritus, came to the United States for higher studies with the intention of returning to Pakistan. Before he could finish studies, war broke out resulting in the creation of Bangladesh. He lost three brothers in the war and their property was heavily damaged. He decided to delay his return. One thing led to another and he is still here. ***Sawkat is teaching as part of a 5-part series course.***



**Bill Ayadi** is a retired electrical engineer born in Tunisia. He was educated in both Tunisia and France. Arabic and French were his first languages, and he grew up immersed in its stories and traditions. He has forty years of experience in electrical power, controls, and automation, and Y2K manager. He worked in Europe, China, and the USA. He is a life-long student of history, literature, and art. ***Bill is the organizer and facilitator for ALFA's 5-part series courses.***



**Laurie Bebeck** grew up in Fitchburg. She is an artist, naturalist, and educator. She primarily works in colored pencil as the slow process, and rhythm of laying down layer after layer of color is symbolic of the peace she finds in nature, while the control over the medium appeals to her training as a natural science illustrator.



**Aldo Bianco** emigrated from Trieste, Italy in 1953 at the age of six. He received his B.A. from Queens College and his Master's degree from Brooklyn College with a concentration in geochemistry. He is a lifelong educator teaching high school and eventually the principal of the Yeshiva Academy of Worcester. After retiring, he accepted a teaching position in the Math and Science Department at Mount Wachusett Community College. ***Aldo is teaching as part of a 5-part series course.***



**Jean Borgatti** has been consulting curator of African and oceanic art at the Fitchburg Art Museum since 2010 when she was asked to help organize and document a growing collection of African and Oceanic art and charged with the responsibility of developing a long-term exhibition of the collection. She has faculty status at Clark University where she taught between 1984 and 2004 in the Visual and Performing Arts Department and at Boston University where she has been a research fellow at the African Studies Center. She received her B.A. in Art History (Modern

Art) from Wellesley College in 1966 and her M.A. and PhD in Art History (Non-Western Art) from UCLA in 1971 and 1976 respectively. She has carried out extensive research in Nigeria in 1971-1974 (doctoral research), 1979 (post-doctoral research) and 2002-2004 as well as 2014-2016 as a Fulbright Scholar. Her exhibition at FAM, *Africa Rising: 21st Century African Photography*, will open in Feb. 2024 at the Fitchburg Art Museum.



**Joe Choiniere** has worked in the conservation field for over 40 years and taught numerous courses in all aspects of nature study. Joe is a lifelong naturalist and has a B.S. in Natural History from UMass/Amherst.



**William Cortezia** is a Brazilian pedagogue and tenured faculty at the School of Education at Fitchburg State University and former Director of the Crocker Center for Civic Engagement. Dr. Cortezia is also the coordinator for the Resident Leadership Institute at Fitchburg State University. He works with higher education institutions, K-12 schools, and non-profit organizations helping them further develop and evolve their work with students and communities. He has extensive experience beyond the classroom including finance, government military service. He is fluent in three languages and shares his love of learning in all of them. ***William is teaching as part of one of the 5-week courses.***



**Martha Crawford** is a retired consultant focusing on customer development in the banking and nonprofit arts in the US and Europe. She has a background in political science and philosophy, and a long-term appreciation of art, culture and making connections. ***Martha is the host, organizer, and facilitator of the free ALFA Salon discussion group.***



**Teresa Fava Thomas** holds a doctorate in history from Clark University, teaches Modern Italian History and Italian American History at Fitchburg State University, and researches Italian history in the archives of Rome and Venice as well as in the USA. She has been traveling and doing research in Italy since 2006 and has taught in Fitchburg State University's Study Abroad in Verona program. Her most recent publication is *The Allied Bombing of Central Italy: The Restoration of the Nile Mosaic and Sanctuary of Fortuna at Palestrina*.



**Nancy Fillip** is a retired high school science and math teacher and currently teaches several academic courses for an international online educational company. Her love of French, music and art is extensive, and she has taught many courses for ALFA, the Fitchburg Art Museum, Acton-Boxborough Community Ed and privately in her studio. Nancy has written and published nine books and continually seeks to learn.



## BIOGRAPHIES



**J. Flynn** is an Assistant Professor for Comm Media at Fitchburg State University and has over 20 years of experience as a professional fine art and commercial photographer.



**Barbara Friedman** is a retired librarian who served as Trustee, then Director of the Forbush Library from 1981 to 2003. During that time she was involved in the appraisals and restorations of the art collection and the movement to build a library addition to properly display the art. Friedman accepted donations of art to the collection and arranged for some art to be sold at auction. She looks forward to sharing her love of the collection with others.



**Brittany Haley** is an area leader in the Financial Education sector and host of the television show "Make Cents." She has over a decade in the banking and education industries. As AVP, Financial Education Manager at Leominster Credit Union, she oversees the high school branch programs and the Financial Education outreach in the community.



**Rebecca Hasselman** is the Manager of LCU's Member Service Center. She has nearly nine years of experience in the financial industry in various roles, where she honed her skills and developed a deep understanding of a variety of financial services. Rebecca's passion for helping others has been a driving force behind her mission to educate members, enabling them to enhance their financial well-being.



**Gail Hoar** is an artist who, after taking her first anthropology class, adopted its concepts of "assume nothing, ask questions, and try to understand the reasons why things are done as they are." She lived this idea during her five years in Nigeria, Chad and the Ivory Coast. Her class is the outcome of her time in Africa combined with her passion for art and art history and believing that one mirror to reading a culture is through its artistic lens. *Gail is teaching as part of a 5-part series course.*



**Robert Jumper** is a seasoned professional in the financial industry, bringing over three decades of expertise to his role as AVP/Member Relationship Manager at the Sterling branch of Leominster Credit Union. With an impressive 20-year dedication to serving credit unions exclusively, Bob embodies the core philosophy of "People Helping People" that lies at the heart of the credit union movement.



**Dr. Patricia Kio** is an Assistant Professor handling the Architecture Concentration in the Engineering Technology Department of The School of Business and Technology at Fitchburg State University. Her teaching and research interests include architectural design, circular economy, building construction systems, and building performance.



**Ann-marie LaBollita** is an artist and teacher who believes in the transformational power of art and yoga. She has a BFA in painting and an MFA in studio teaching. Ann-marie is also a Certified Yoga Instructor and a Let Your Yoga Dance instructor. She happily spends her time teaching, in her studio and on her yoga mat.



**Judith Lindstedt** is a retired dancer/Actors' Equity performer. She has studied with Joseph Pilates, Igor Youskevitch, and Eric Franklin; she has also studied Ideokinesis, and Breathing Coordination with Carl Stough. Judith has degrees from Goddard College, VT., and MEd. & CAGS from Fitchburg State.



**Andy Linscott** earned his PhD from Boston University. His dissertation focused on the intersection of philosophy, religion, and cognitive science. He works as a full-time Academic Coach at Fitchburg State University, where he also teaches as an adjunct instructor. For the past three years he has taught a weekly mindfulness meditation class as a volunteer in his local community.



**Jake Lippman** is a trustworthy Mortgage Loan Originator with an impressive financial background spanning 22 years. Jake's career has been marked by a profound commitment to serving his community and facilitating financial success for individuals across all walks of life. His deep-rooted connection to the community has allowed him to efficiently understand the unique needs of the people he serves. Jake is an advocate for Leominster Credit Union's teachings, programs, seminars, and one-on-one advice, believing that knowledge and education are the cornerstones of financial wellness.



**Richard Logan** earned his PhD in Human Development from the University of Chicago. He was chair of the Human Department of the University of Wisconsin, Green Bay and a professor at the University of Nairobi. Extensive travel and teaching in East and Southern Africa allowed him to pursue a lifelong passion for appreciating the people and culture of the region and creating an environment in which others can do the same with insight, humanity, and joy. *Richard is teaching as part of a 5-part series course.*

## BIOGRAPHIES



**Paul Luria** has been performing and teaching as a musician on guitar, banjo, mandolin, ukulele, and harmonica for fifty years. He is a retired public-school teacher and administrator.



**Jorge Marzuca** is a 39-year-old immigrant farmer from Mexico. Together with his wife Daniela, they own and run a two-acre farm in Lunenburg, MA. Currently, they grow more than forty different kinds of vegetables, microgreens, mushrooms, and flowers. Jorge is passionate about educating people about farming and gardening, and the importance it places in all of our lives.



**Joe Moser** is a former Fitchburg State professor and has taught for ALFA since 2014. He lives in Vermont with his wife and two daughters.



**Richard Ndi** is from Cameroon where he received a PhD in History from the University of Yaounde 1 in Cameroon. He has international training in Peacebuilding and Conflict Management/Resolution. Dr. Ndi's work in this area has taken him to Africa and Europe to mediate community conflicts, advocate for good governance, and promote Human Rights. He also assisted African and European countries to train on conflict management/resolution and mediation in conflicts. He has been honored internationally for this work. Dr. Ndi brings his devotion to community and culture to his work as a trustee of the Fitchburg Art Museum, as part of the Bong Abi New England (an association of local Cameroonians), and within other outreach and educational activities. *Richard is teaching as part of a 5-part series course.*



**Laurie Nehring** is a former science teacher and a former Environmental Science Librarian. She now works as an independent naturalist, who is passionate about getting people outside to become 'naturally curious' about the world around them. She works with MassAudubon, North County Land Trust, Nashua River Watershed Assoc, and The Trustees. One of her favorite programs is leading night walks and searching for barred owls.



**Art Norman** is a retired Fitchburg Public Schools teacher and administrator. He is a strong believer in lifelong learning, loves to read, enjoys travel, history and gardening. Art is a former President of the ALFA Board. *Art is teaching as part of a*

*5-part series course.*



**Alison O'Hare** began birding in 1998. She is a graduate of Mass Audubon's Birder's Certificate Program, has taught programs on Introduction to Birdwatching, Sparrow Identification, and Bird Banding, and has led many bird walks. She enjoys working with participants at all levels of experience, especially new birders or those looking to develop their birding skills. Alison currently leads birding programs at Mass Audubon's Wachusett Meadow Wildlife Sanctuary.



**Anne Polaski** is the Vice President and Education Liaison for Pages for Peace Foundation. Anne, a resident of Groton, is a retired educator who taught in the Groton-Dunstable Regional School District for 25 years. She has been involved with the Pages for Peace Project since its beginning in 2004 and has been a member of its Board of Directors for the past 10 years. Along with her commitment to sharing the story of the scope and impact of the project with the public, she has also developed peace education curricula and professional development opportunities for educators. Through her connection with the Pages for Peace project she continues to promote the "teaching of peace" to people of all ages. *Anne is teaching as part of a 5-part series course.*



**David Svolba** is an Associate Professor in Humanities at Fitchburg State University. He joined Fitchburg State after earning his Ph.D. in Philosophy from the University of Chicago and teaching for several years at the University of Illinois (Chicago). He has wide-ranging philosophical interests and has taught courses on many different topics, including ethics, social and political philosophy, metaphysics, and the philosophy of law. His published work has appeared in the journals *Philosophical Explorations*, *The Southern Journal of Philosophy*, and *Ethical Theory and Moral Practice*. He has also published essays in recent books on philosophy and popular culture, including *Curb Your Enthusiasm and Philosophy* and *The Big Lebowski and Philosophy*. He is currently working on a book titled *The Science and Philosophy of Consciousness: An Introductory Guide*, which is under contract with Broadview Press. *David is teaching as part of a 5-part series course.*

## BIOGRAPHIES



**J.J. Sylvia IV** is an Associate Professor of Communications Media at Fitchburg State University, where he co-founded an undergraduate major in Digital Media Innovation and a master's program in Applied Communication, focusing on Social Media. The core of his research involves the philosophy of communication and the analysis of the impacts of big data, algorithms, and emerging media on processes of subjectivation — the ways we are shaped as subjects. Sylvia's academic training includes an M.A. in Philosophy and a Ph.D. in Communication, Rhetoric, and Digital Media. *J.J. is teaching as part of a 5-part series course.*



**Jim Wilkinson** is a retired historian and educator. He received his BA, Master's, and Doctorate degrees from Harvard University, where he taught French, German, and Italian history and literature for many years. Among his publications are *The Intellectual Resistance in Europe* (1981), which deals with anti-Fascist writers during World War II, and *Contemporary Europe: A History* (10th edition, 2004). Dr. Wilkinson received Harvard's Phi Beta Kappa Teaching Prize in 2003 and is currently president of the non-profit International Conference on Improving University Teaching, now in its 49th year.



**Bridie Wolejko** graduated Summa Cum Laude as a non-traditional student from Fitchburg State University in 2020 with a bachelor's degree in interdisciplinary studies and a minor in studio art. She is currently enrolled in the University's arts education M.Ed. program. Bridie was the winner of the Fitchburg Art Museum's Regional Exhibition of Art & Craft in 2021 and had a subsequent solo show of her mixed media collage work. She has exhibited in galleries both locally and globally and her work has been featured in several art publications.



SUPPORT ALFA PROGRAMMING

YOU CAN SUPPORT ALFA



Dear ALFA students,

ALFA is turning 20 years old this year. A wonderful milestone! Will you join the celebration by making a gift to ALFA today?

ALFA was founded to provide low-cost, lifelong learning opportunities for adults in the Fitchburg area. Twenty years later, our program attracts students from all over North Central Massachusetts and beyond. Some students are even from other states and take our online courses and participate in our chat and Salon discussion groups. This year, we will be hosting multiple celebration events. Please be sure to check them out in this catalog.

Our students say it best ...

"ALFA has not only enabled me to connect with old friends, it has afforded me the opportunity to make many new friends. It has allowed me to take affordable classes in subject areas that are not only fun, but informative and interesting." — Judy

"Many colleges have adult learning at night time. Since I cannot drive at night, ALFA gives me the opportunity to make new connections and try new things during daytime hours and I truly appreciate this." — Aimee

Please join our celebration of 20 years of Adult Learning in the Fitchburg Area and make your gift today. Go to: [alumni.fitchburgstate.edu/g/alfa-gifts](https://alumni.fitchburgstate.edu/g/alfa-gifts) to make your secure, tax deductible donation.

The Shirley Pick ALFA Fund was established in honor of one of ALFA's founding members, Shirley Pick. Your donation to this fund will help ALFA to offer even more innovative and rewarding programming for older adults, expand our intergenerational programming, and continue to offer high quality courses using Fitchburg State faculty and community instructors.

And, our thanks to all of you for being a part of our educational community. Learning does last a lifetime!

Sincerely,

Fitchburg State University  
and the ALFA 20th Anniversary Committee





IN A VARIETY OF WAYS!



## The ALFA Community Needs You!

— VOLUNTEER OPPORTUNITIES —

### ALFA WRITING MENTORS: Intergenerational Interactions

FEBRUARY – MAY, 2024



Volunteers needed for a Fitchburg State undergraduate writing course. You will help students to develop and organize their research project concepts by listening and offering feedback and suggestions.

The total amount of volunteer time will be approximately 20-25 hours. This includes an orientation, training and class meetings. Reading and responding to student work is done online, at your pace.

We're seeking ALFA community members who can listen and give feedback across generational lines. Training and ongoing support for mentors will be provided by current ALFA writing mentors and faculty from the English Studies Department.

**Questions?** Contact ALFA writing mentor the ALFA Office at [alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu).

### ALFA ART SHOWS: A Call for Art Submissions

Painters, pen and ink or graphite artists, jewelers, potters, sculptors, weathers, felters, quilt makers, collagists, multimedia artists, and model builders are all invited to submit their work for two upcoming events. The first is a month-long art exhibit at the **Fitchburg Art Museum Community Gallery, April 29 – May 27**. The second event is the **ALFA 20th Anniversary Celebration on May 22**. Look for details in the January ALFABytes newsletter.

**Questions?** Contact ALFA volunteer, Gail Hoar, at [gchoar@tds.net](mailto:gchoar@tds.net) or the ALFA Office at [alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu).



### LOVE OF LEARNING DAY: ALFA's 20th Anniversary Celebration

FEBRUARY – MAY, 2024

Assist with the Love of Learning Day on May 22, 2024. Volunteers needed for this special event to help with greeting guests, checking in registrants, and setting up the one-day art show.

**Questions?** Contact ALFA volunteer, Carol DeCarolis, at [cardecar1@yahoo.com](mailto:cardecar1@yahoo.com) or the ALFA Office at [alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu).

20TH ANNIVERSARY EVENTS



CELEBRATING  
**20**  
*Years*  
**ALFA**

**Love of  
LEARNING  
Lasts  
a Lifetime!**

## **ALFA 20th Anniversary**

### **LOVE OF LEARNING LASTS A LIFETIME**

Come help ALFA celebrate its 20th anniversary by participating in one of the events below.

#### **Two ALFA Art Shows**

**April 29 – May 27, 2024**

**Fitchburg Art Museum, Community Gallery**

ALFA student, staff, and instructor artwork will be on display in this juried show. Museum admission cost info can be found here:  
[fitchburgartmuseum.org/plan-your-visit](http://fitchburgartmuseum.org/plan-your-visit)

**May 22, 2024**

**Fitchburg State University, Hammond Hall**

This day-long ALFA student art show will be on exhibit during ALFA's 20th Anniversary celebration.

#### **SHIRLEY PICK SPRING SERIES:**

#### **Love of Learning Day ALFA's 20th Anniversary Celebration**

**Wednesday, May 22, 2024 | 11 AM – 3 PM**

**Fitchburg State University**

**Cost: \$20 per person. When registering, note gluten and/or dairy free dietary needs if applicable.**

Tap your toes to the bluesy folk fusion of 5-piece band, Tattoo. Come enjoy lunch, awards, 20th anniversary recognitions, and art display

Micro Class Sampler: Discover something new!

**SEATING IS LIMITED. REGISTER TODAY!**

## SESSION 3 &amp; 8- or 10-WEEK COURSES | AT-A-GLANCE

## Session 3 &amp; 8- or 10-Week Courses | January – February (MARCH SNOW DAYS)

TIMES	MONDAY Jan. 22, 29; Feb. 5, 12, 26 (Snow Days: Mar. 4, 11)	TUESDAY Jan. 23, 30; Feb. 6, 13, 20 (Snow Days: Feb 27; Mar. 5, 12)	WEDNESDAY Jan. 24, 31; Feb. 7, 14, 21 (Snow Days: Feb 28; Mar. 6, 13)	THURSDAY Jan. 25; Feb. 1, 8, 15, 22 (Snow Days: Feb 29; Mar. 7, 14)	FRIDAY Jan. 26; Feb. 2, 9, 16, 23 (Snow Days: Mar. 1, 8, 15)
8:00 – 9:00 AM		Intro to the Practice of Mindfulness Meditation 1 Hour   8 Weeks Andy Linscott Hammond G01			
9:30 - 10 AM					
10:00 – 10:30 AM	Barre Stretch & Tone Judith Lindstedt Rec Center Dance Studio	Not Your Kid's Colored Pencils: Intro Class 2 HOURS Laurie Bebbick CPS Classroom	Work It! Stretch It! Judith Lindstedt Rec Center Dance Studio	Gentle Yoga for Every Body Ann-marie LaBollita ONLINE Zoom 3	Posture Workout Judith Lindstedt Rec Center Dance Studio
10:30 – 11:00 AM	5-Part Series: All About Artificial Intelligence Bill Ayadi ONLINE Zoom 3		ALFA Salon: Cont. the Conversion Martha Crawford ONLINE Zoom 1		5-Part Series: Global Africa 2 HOURS Bill Ayadi ONLINE Zoom 3
11:00 – 11:30 AM					
11:30 AM – 12:00 PM					
12:20 – 1:50 PM		French Conversation Continues Nancy Phillip CPS Classroom	Watercolor Techniques Bridle Wolejko CPS Classroom	Impressionism, Art History Gail Allo ONLINE, Zoom 1	Personal Finance Fundamentals Brittany Haley CPS Classroom
2:30 – 4:00 PM	Sustainable Farming and Gardening Jorge Marzuca CPS Classroom		Japan Then and Now: An Introduction Jim Wilkinson ONLINE Zoom 3	Introduction to Smartphone Photography Jay Flynn McKay 142	



## SESSION 3 &amp; 8- or 10-WEEK COURSES | JANUARY – FEBRUARY

### French Conversation Continues (10-Weeks)

Tuesdays: 12:20 - 1:50 PM      Enrollment Limit: 25  
 Jan. 23, 30; Feb. 6, 13, 20      CPS Classroom  
 (Snow Days: Feb 27; Mar. 5, 12);      Nancy Phillip  
 Mar. 19, 26; April 2, 9, 16  
**10 Weeks: \$90**

For another ten weeks, this class will continue to speak, read, listen and write more French all using a variety of different formats. Variety makes it easier to learn. The main goal is to learn more French and have fun while doing it. The course is designed for those who have at least a basic level of French concepts (even if you took French back in high school), and beginners are welcome if they feel they can catch on fast. The pace of the class will be considered for an advanced beginner or what is known as an A2 class. **REQUIRED MATERIALS:** French/English dictionary (tech device is a better choice), notebook, folder.

### Intro to the Practice of Mindfulness Meditation (8-Weeks)

Tuesdays (1 Hr): 8 - 9 AM      Enrollment Limit: 25  
 Jan. 23, 30; Feb. 6, 13, 20      Hammond G01  
 (Snow Days: Feb 27; Mar. 5, 12);      Andy Linscott  
 Mar. 19, 26; April 2  
**8 Weeks: \$50**

Through in-depth classroom instruction, and guided meditation sessions, students will learn the basic principles, skills, and techniques of the shamatha method of mindfulness meditation. Students will learn about the origins of mindfulness in the ancient religious and philosophical traditions of South Asia, as well as the contemporary scientific study of the various effects and benefits of mindfulness meditation. The course will also provide students with time to ask questions and share about their experience practicing the meditation techniques learned in class. Students will come away from this course with a clear understanding of the psychological and physiological benefits of mindfulness meditation, and an array of mindfulness practices and techniques that can be utilized in daily life. **REQUIRED MATERIALS:** A cushion or pillow to sit on.

### ► Barre Stretch & Tone

Mondays: 10-11:30 AM      Enrollment Limit: 12  
 Jan. 22, 29; Feb. 5, 12, 26      Rec Center Dance Studio  
 (Snow Days: Mar. 4, 11)      Judith Lindstedt

This medium pace workout is composed of chair sitting and barre standing exercises to increase full-body mobility and strength. This class is for people who are starting to exercise after a long sedentary period, recovering from injuries, or suffer from chronic conditions. The barre work allows your spine, hips, quads, and hamstrings to stretch and strengthen. The combination of sitting and standing exercises will tone arms, hips, thighs, and waist leaving you feeling lengthened, strengthened, and energized. **REQUIRED MATERIALS:** Flexible, rubber thin-sole shoes; light hand weights (1 or 2 lbs), water.

### ► Sustainable Farming and Gardening

Mondays: 2:30 - 4 PM      Enrollment Limit: 30  
 Jan. 22, 29; Feb. 5, 12, 26      CPS Classroom  
 (Snow Days: Mar. 4, 11)      Jorge Marzuca

Growing food in a sustainable way is so important, especially in the world we live in today, whether that's on the farm or in your own backyard garden. In this course, you will learn about some of the farming and gardening methods and techniques used throughout the New England area. You will learn about the 40 different vegetables and flowers that we grow on our farm, how we grow them and their ideal growing seasons. We will also explore the importance of soil, what we use, and how we prepare it through all the stages until harvest....Just in time for the upcoming growing season!

### ► Not Your Kid's Colored Pencils: Intro Class

Tuesdays (2 Hrs): 9:30 - 11:30 AM      Enrollment Limit: 15  
 Jan. 23, 30; Feb. 6, 13, 20      CPS Classroom  
 (Snow Days: Feb 27; Mar. 5, 12)      Laurie Bebick  
**Cost: \$60**

In this introductory course you will learn the fundamentals of working with colored pencils. Each class will include a lecture, demo, and class time to apply what you have learned. Topics include: supplies, pencil strokes, changing value, color matching through layering, burnishing, and use of solvent. Note: this is an introductory course for those who have little to no experience with colored pencils. **REQUIRED MATERIALS:** Prismacolor Premier Soft Core Color Set of 12 (minimum), Vinyl eraser with brush; Kneaded eraser; Small brush for removing debris; Good quality hand held colored pencil sharpener (look for brands by Prismacolor or Utrecht; 1 pad of good quality artist paper of your choice and size; Notebook and pen; and scrap paper for testing colors on. **PLEASE NOTE:** If you have a preferred brand of non-watercolor pencils, you are welcome to use those. Stay away from cheap, non-artist grade-colored pencils as they cannot achieve the effects of artist quality colored pencils.



## 5-PART SERIES — All About Artificial Intelligence

**Mondays: 10:30 AM - 12 PM**

**Jan. 22, 29; Feb. 5, 12, 26**

**Bill Ayadi | Enrollment Limit: 20 | ONLINE**

**REQUIRED MATERIALS:** Must have a computer or other smart device to connect with via Zoom.

Artificial Intelligence (AI) is emerging as the most important scientific development of the current moment. This course will go beyond the basics in the news to better understand its impact right now and in the future. Join us for the following presentations in this 5-Part Series.

### Artificial Intelligence General Overview | Bill Ayadi

Artificial Intelligence (AI) is a hot topic in the media. People are faced with an uncertain future, as they witness the fast unregulated rise of artificial intelligence and its impact on our society. A creation of our own, capable of abstract thoughts and scientific undertaking beyond anything we've ever experienced before. Some people wonder if we are creating a new kind of life that could surpass us in intelligence and power. Others hope that it will generate new opportunities to produce a positive outcome for humanity.

### Decoding ChatGPT: AI's Societal Implications | J.J. Sylvia IV

In this session, we'll unravel the multifaceted impacts of generative AI language models like ChatGPT on society. We investigate the revolutionary significance of these technologies in fields like education, business, and even our daily lives, starting with the idea of human-level AI robots. We'll look at how AI has the potential to transform creative industries, customer service, and software development while considering real-life examples of how these transformations are already underway. We'll also consider any potential negative effects of generative AI, such as employment losses and a rise in false information.

### Our Moon | Aldo Bianco

Why go to the moon? What does it have that is important to us? What role will it play in future space exploration? Artificial intelligence and the moon, how are they connected? In this class, we will discuss the origin of the moon, its geology and mineralogy, and its chemical and physical properties. If the human race is determined to explore our solar system and beyond, then our moon has all the needed components to become our home base. Artificial intelligence will play a necessary and vital role in the next chapter of space exploration.

### Opportunities & Challenges of AI-Powered Technology in Healthcare | Sawkat Anwer

AI-powered technology is expected to significantly alter the way healthcare is delivered. AI tools, such as machine learning and deep learning, have shown promise in supporting diagnostic assessments, recommending treatments, guiding surgical care, monitoring patients, supporting population health management, and enhancing drug development research. Challenges surrounding AI tools include data access, bias, scaling and integration, privacy, and uncertainty over liability. Fundamental changes in governmental oversight of health care, industry-hospital communication, the patient-provider relationship, and human-AI cooperation will be necessary to take advantage of the opportunities and overcome the challenges.

### AI Consciousness? | David Svolba

In the summer of 2022, a senior researcher at Google named Blake Lemoine claimed that the company had developed a conscious AI. There was immediate push-back, both from within Google--Mr. Lemoine was subsequently fired--and from the broader AI research community. What the public witnessed that summer in the ensuing controversy is a philosophical debate about AI--what is consciousness, exactly, and how could we tell whether the sophisticated AIs we are racing to develop have achieved it? We'll explore both questions and look at some famous philosophical arguments for and against the eventual emergence of AI consciousness.

**SESSION 3 | JANUARY – FEBRUARY****► Work It! Stretch It!**

Wednesdays: 10 - 11:30 AM  
Jan. 24, 31; Feb. 7, 14, 21  
(Snow Days: Feb 28; Mar. 6, 13)

Enrollment Limit: 12  
Rec Center Dance Studio  
Judith Lindstedt

A stretch routine influenced by the lifetime experience of a professional dancer and instructor. This 3 part workout is suitable for varying levels of stretching capability. The seated warm-up gets the blood circulating and stimulates the muscle-nerve connection. A standing Barre body-toning workout focuses on joint flexibility and mid-body control which helps activate and promote posture control. A floor stretch helps lengthen muscles and optimize mobility and range of motion. This class is taught at a slower pace to emphasize correct form, posture, and alignment. Leave class feeling limber, strong, and revitalized. **REQUIRED MATERIALS:** Flexible, rubber thin-soled shoes, light hand weights (1 or 2 lbs), water, Yoga mat.

**► Watercolor Techniques**

Wednesdays: 12:20 - 1:50 PM  
Jan. 24, 31; Feb. 7, 14, 21  
(Snow Days: Feb 28; Mar. 6, 13)

Enrollment Limit: 15  
CPS Classroom  
Bridie Wolejko

Along with an overview of watercolor fundamentals, students will learn different watercolor painting techniques including wet-on-wet, drybrush, masking, and rubbing alcohol application. Students can work from their own photos, abstractly, and from still life arrangements set up in class. Come have some fun and take your watercolor painting to the next level! **REQUIRED MATERIALS:** Watercolor paint set, watercolor paper, watercolor brushes, masking tape, photos to work from.

**► Japan Then and Now: An Introduction**

Wednesdays: 2:30 - 4 PM  
Jan. 24, 31; Feb. 7, 14, 21  
(Snow Days: Feb 28; Mar. 6, 13)

Enrollment Limit: 30  
ONLINE  
Jim Wilkinson

Over the 1,500 years of its recorded history, Japan has displayed a unique talent for borrowing from other cultures while remaining very much itself. This five-part course will offer a brief introduction to Japanese history and culture, with a focus on what makes Japan, Japan. From the Nara period of Heian court culture to contemporary urban intensity of Tokyo, we will examine key elements of Japanese culture, including religion, language, literature, the visual arts, architecture, gardens, and cuisine. We will also chart Japan's political course through alternating periods of stability and upheaval. Lectures will be followed by class discussion. No prior knowledge of Japan or its history is presumed. **REQUIRED MATERIALS:** Shigesuke Taira, *The Code of the Samurai* (c. 1700), trans. Oscar Ratti & Thomas Cleary; Natsume Soseki, *Kokoro* (1914), trans. Edwin McClennan; Victoria Abbott Riccardi, *Untangling My Chopsticks* (2003); Brett L. Walker, *A Concise History of Japan* (2015)

**► Gentle Yoga for Every Body**

Thursdays: 9:30-11 AM  
Jan. 25; Feb. 1, 8, 15, 22

Enrollment Limit: 20  
ONLINE  
Ann-marie LaBollita

Yoga is a healing practice that combines breath and movement to benefit both the body and mind. Participants will practice simple breathing and meditation exercises to help stimulate relaxation in the muscles and nervous system. Gentle stretches and yoga postures, with longer restorative poses incorporated into each class, will provide all the benefits of deep, passive stretching. **REQUIRED MATERIALS:** Yoga mat, 2 yoga blocks, small towel, pillow or bolster.

**► Impressionism, Art History**

Thursdays: 12:20 - 1:50 PM  
Jan. 25; Feb. 1, 8, 15, 22

Enrollment Limit: 30  
ONLINE  
Gail Allo

In this course, we will discuss the beginnings, the influences, and the artists of one of the most popular schools of Art, Impressionism. What is Impressionism? What was the philosophy behind it? Who were the artists that made it famous? Learn and discuss the answers to these questions as we explore this important time in the history of art.

**► Introduction to Smartphone Photography**

Thursdays: 2:30 - 4 PM  
Jan. 25; Feb. 1, 8, 15, 22  
(Snow Days: Feb 29; Mar. 7, 14)

Enrollment Limit: 15  
McKay 142  
J. Flynn

This course is designed to introduce students to the functions and capabilities of smartphone cameras, including exposure control, image modes, composition, in-phone editing, sequencing techniques, image exporting/sharing, and printing. Students will explore portrait, landscape, still life, and documentary photographic genres as they work to create compelling images. **REQUIRED MATERIALS:** Smartphone camera. **RECOMMENDED MATERIALS:** Desktop photo software, i.e., Apple Photos (iPhoto), Google Images, Microsoft Photos App, etc.



**5-PART SERIES — Global Africa**

Fridays (2 Hrs): 10 AM - 12 PM

Jan. 26; Feb. 2, 9, 16, 23

Bill Ayadi | Enrollment Limit: 20 | ONLINE | Cost: \$60

**REQUIRED MATERIALS:** Must have a computer or other smart device to connect with via Zoom.

Learn why Africa is the mother continent by participating in its unique geography, history, and culture. Join us in this 5-part series to restore Africa to its central place and celebrate its contribution to our world.

### Geography of Africa | Bill Ayadi

Africa is a continent of immense size and diversity, with a population of nearly 1.5 billion people. It ranks second in both area and population among the continents. Africa straddles the equator and is bordered by seas on all sides except for the narrow land bridge of the Suez Canal that connects it to Asia. Africa boasts a variety of geographic features and regions, each with its own unique climate, wildlife, and culture. In this class will learn some basic facts about Africa, such as: Its relative size and population among the continents. Its location and boundaries. Its diversity of geography, climate, wildlife, and culture.

### African Political Institutions before Colonialism: The case of the Mbum people of Nkambe Plateau | Richard Ndi

Black Africa before colonialism had well-established civilizations and this class will use the example of the Mbum people of the Nkambe Plateau, Cameroon to illustrate indigenous socio-political and economic systems that regulated community and inter community life. It will highlight the role of the king in the precolonial African politics. the central place of the land as the economic base and celebrate the resilience and continued relevancy of these institutions in the face of imposition of western colonial forms of government. These traditions are still very functional in Africa.

### A Brief Narrative on Africa-Brazil Relations | William Cortezia

Major historical events have conditioned Africa-Brazil relations since the sixteenth century. Using data retrieved from Gerard Serbert and Paulo Visentini's research on the topic (2019), we will cover the significance shared history of the sociological components of Afro-Descendancy and religion in both regions ranging from its beginnings in slavery, then colonization, and now to the present Global South.

### An Overview of the Cultures of Southern Africa | Richard Logan

This class will look at the different cultures that came to populate Southern Africa, from the early pre-hunting gathering Khoisan people tens of thousands of years ago, to subsistence agricultural Bantu peoples that moved down from the north only centuries ago, and European people coming to colonize in more recent times. The cultural diversity that was created in Southern Africa is shown in dozens of different languages and tribal identities today.

### North Africa's Shared Heritage | Bill Ayadi

North Africa is a region where culture and geography are intertwined. Located on the southern Mediterranean coast, it has been influenced by centuries of trade, conflict and conquest with Europe and the Middle East. These interactions have created a diverse and dynamic ethnic and cultural mosaic. North Africa includes Morocco, Algeria, Tunisia, Libya, Egypt, Western Sahara and some European enclaves. The Sahara Desert isolates it from the rest of Africa, except for some camel caravans' routes that cross the vast sand sea. As a result, the sub-Saharan influence is minimal. In this class, we will explore the commonalities and differences of North African culture, history, and region.

**SESSION 3 | JANUARY – FEBRUARY**

► **Posture Workout**

Fridays: 10 - 11:30 AM  
Jan. 26; Feb. 2, 9, 16, 23  
(Snow Days: Mar. 1, 8, 15)

Enrollment Limit: 12  
Rec Center Dance Studio  
Judith Lindstedt

This workout is designed to reshape and strengthen your entire body and improve your posture. Through a series of sitting and standing barre exercises, you will work through muscle chains by targeting the connecting tissues that surround every muscle. The balance of strength, mobility, and flexibility is key to achieving a strong, toned body. After doing this workout, you can feel a sense of freedom in your body and maybe even a few inches taller. **REQUIRED MATERIALS:** Thin, flexible rubber-soled shoes, light hand weights (1 or 2 lbs), water.

► **Personal Finance Fundamentals**

Fridays: 12:20 - 1:50 PM  
Jan. 26; Feb. 2, 9, 16, 23  
(Snow Days: Mar. 1, 8, 15)

Enrollment Limit: 20  
CPS Classroom  
Brittany Haley & Colleagues

This course, taught by Brittany Haley, Robert Jumper, Jake Lippman, and Rebecca Hasselmann, is designed to empower participants with the essential knowledge and skills to make informed financial decisions, effectively manage their finances, and achieve their short-term and long-term financial goals. Over the span of five weeks, this course will provide a comprehensive understanding of key concepts related to personal finance, budgeting, saving, investing, debt management, and planning for the future. **REQUIRED MATERIALS:** Laptop





## Session 4 Courses

Times	MONDAY Mar. 18, 25: April 1, 8, 22	TUESDAY Mar. 19, 26; April 2, 9, 16	WEDNESDAY Mar. 20, 27: April 3, 10, 17	THURSDAY Mar. 21, 28; April 4, 11, 18	FRIDAY Mar. 22; April 5, 12, 19, 26	SATURDAY Mar 23: April 6, 13, 20, 27
8:00 – 8:30 AM	Spring Birding Alison O'Hare Wachusett Meadow Wildlife Sanctuary, Princeton	Intro to the Practice of Mindfulness Meditation 1 Hour Andy Linscott Hammond G01 (CONTINUED)				
8:30 – 9:00 AM						
9:00 – 9:30 AM						
9:30 – 10:00 AM						
10:00 – 10:30 AM	Barre Stretch & Tone Judith Lindstedt Rec Center Dance Studio	Spring Flowers in Colored Pencils 2 HOURS Laurie Bebick CPS Classroom				
10:30 – 11:00 AM						
11:00 – 11:30 AM						
11:30 AM – 12:00 PM						
12:20 – 1:50 PM	Trees by Their Bark Joe Choihiere Outside & ONLINE Zoom 1	Continuing the Ukulele Journey Paul Luria CPS Classroom	French Conversation Continues Nancy Phillip CPS Classroom (CONTINUED)	Snap Me One! A History of Photography in Africa Jean Borgatti Fitchburg Art Museum	Geometry in Sacred Architecture Patricia Kio CPS Classroom & ONLINE	Contemp. Irish Film 1-2:30 PM Joe Moser ONLINE / Zoom 3
2:30 – 4:00 PM	Let Your Yoga Dance Ann-marie LaBollita Hamm. S08	Modern Italian History Teresa Fava Thomas Mckay 284	Art Studio Buffet 2 Hours   2-4pm Nancy Phillip CPS Classroom			

**SESSION 4 | MARCH – APRIL****► Spring Birding**

Mondays: 8 - 9:30 AM  
 Mar. 18, 25; April 1, 8, 22  
 Alison O'Hare

Enrollment Limit: 15  
 Wachusett Meadow  
 Wildlife Sanctuary, Princeton

Learn how to look at and listen to birds, and how to use what you see and hear to help you identify them. For beginners, this class will be an introduction to birdwatching. For those with birding experience, it will be an opportunity to refresh and strengthen your skills in identification by sight and sound. There will be opportunities to practice what you learn and to ask questions during each class. Whatever your experience level, you are welcome to participate in this class. **REQUIRED MATERIALS:** Binoculars, field guide (hard copy or app) to birds of Eastern US or birds of North America. Loaners binoculars and hard copy field guides will be available. All classes will be outside so students should dress appropriately for the weather, wear sturdy walking shoes or hiking boots, and be prepared to walk over uneven and sometimes slippery terrain..

**► Barre Stretch & Tone**

Mondays: 10 - 11:30 AM  
 Mar. 18, 25; April 1, 8, 22  
 Judith Lindstedt

Enrollment Limit: 12  
 Rec Center Dance Studio

This medium pace workout is composed of chair sitting and barre standing exercises to increase full-body mobility and strength. This class is for people who are starting to exercise after a long sedentary period, recovering from injuries, or suffer from chronic conditions. The barre work allows your spine, hips, quads, and hamstrings to stretch and strengthen. The combination of sitting and standing exercises will tone arms, hips, thighs, and waist leaving you feeling lengthened, strengthened, and energized. **REQUIRED MATERIALS:** Flexible, rubber thin-sole shoes; light hand weights (1 or 2 lbs), and water.

**► Trees by Their Bark**

Mondays: 12:20 - 1:50 PM  
 Mar. 18, 25; April 1, 8, 22  
 Joe Choiniere

Enrollment Limit: 16  
 Hybrid 1: Outside & ONLINE

All of our native trees, and most of our non-native street trees, can be readily identified by their bark alone. Each species of tree builds quite different bark as it responds to both inner and outer forces. Bark is a rather miraculous adaptation of woody plants, affording protection while allowing for yearly growth. Just under the bark lies the most busy life of the tree with cells moving water and nutrients both upward and downward. Late winter is a perfect time to study tree bark. We will explore bark in two online sessions with slides and samples, then meet outdoors for three easy walks in woodlands. **SCHEDULING NOTE:** Classes 1 & 2 will be **ONLINE**, then last 3 classes **in-person**, meeting at Barre Falls Dam in Barre, MA.

**► Continuing the Ukulele Journey**

Mondays: 12:20 - 1:50 PM  
 Mar. 18, 25; April 1, 8, 22  
 Paul Luria

Enrollment Limit: 20  
 CPS Classroom

This course is built on the sessions preceding it. It is open to any and all who have a knowledge of basic ukulele chords. The class will focus on various right hand rhythmic techniques via engaging and interesting song material. **REQUIRED MATERIALS:** A ukulele: soprano, concert or tenor size.

**► Let Your Yoga Dance**

Mondays: 2:30 - 4 PM  
 Mar. 18, 25; April 1, 8, 22  
 Ann-marie LaBollita

Enrollment Limit: 20  
 Hammond S08

Back by popular demand and after a long hiatus! Let Your Yoga Dance is a program designed to lift your spirits and energize your body. Class begins with a half hour yoga warm up and then we dance and play to world music. You do not have to be a dancer to enjoy this class. Join me for a fun and inspirational program. **REQUIRED MATERIALS:** Yoga mat and water.

**► Modern Italian History**

Mondays: 2:30 - 4 PM  
 Mar. 18, 25; April 1, 8, 22  
 Teresa Fava Thomas

Enrollment Limit: 17  
 McKay 284

**FREE Sponsored by the Center for Italian Culture**

The course will begin with a survey of the major cities and geography of the Italian peninsula, then explore the history of Italy from unification in 1870, through the impact of the First World War and rise of Mussolini and fascism, the impact of the Second World War on Italy & Italians, and the postwar economic boom as Italy became a center for the best in food, fashion and film. Lectures will be supplemented with short film clips, handouts, and visual materials.

## SESSION 4 | MARCH – APRIL

### ► Spring Flowers in Colored Pencils

Tuesdays (2 Hrs): 9:30 - 11:30 AM

Enrollment Limit: 15

Mar. 19, 26; April 2, 9, 16

CPS Classroom

Laurie Bebeck

Cost: \$60

Beat the winter doldrums by painting spring flowers. Learn how to capture their structure, color, and texture with colored pencils. Using lectures, demos, and in class practice learn how to accurately depict common spring beauties. This is a beginner level class for those interested in exploring botanical illustration and colored pencils. **REQUIRED MATERIALS:** Prismacolor Premier Soft Core Color Set of 12 (minimum), vinyl eraser with brush; kneaded eraser; small brush for removing debris; good quality hand held colored pencil sharpener (look for brands by Prismacolor or Utrecht); 1 pad of good quality artist paper of your choice and size; notebook and pen; and scrap paper for testing colors on. **PLEASE NOTE:** If you have a preferred brand of non-watercolor pencils, you are welcome to use those. Stay away from cheap, non-artist grade-colored pencils as they cannot achieve the effects of artist quality-colored pencils.

### ► Work It! Stretch It!

Wednesdays: 10 - 11:30 AM

Enrollment Limit: 12

Mar. 20, 27; April 3, 10, 17

Rec Center Dance Studio

Judith Lindstedt

A stretch routine influenced by the lifetime experience of a professional dancer and instructor. This 3 part workout is suitable for varying levels of stretching capability. The seated warm-up gets the blood circulating and stimulates the muscle-nerve connection. A standing Barre body-toning workout focuses on joint flexibility and mid-body control which helps activate and promote posture control. A floor stretch helps lengthen muscles and optimize mobility and range of motion. This class is taught at a slower pace to emphasize correct form, posture, and alignment. Leave class feeling limber, strong, and revitalized. **REQUIRED MATERIALS:** Flexible, rubber thin-soled shoes, light hand weights (1 or 2 lbs), water, and a yoga mat.



### ► Snap Me One!

#### A History of Photography in Africa

Wednesdays: 12:20 - 1:50 PM

Enrollment Limit: 30

Mar. 20, 27; April 3, 10, 17

Fitchburg Art Museum

Jean Borgatti

Join us in the Fitchburg Art Museum's *Africa Rising: 21st Century African Photography* exhibition to explore the history of photography in Africa. As we take a walk through history, we will look at the beginnings of photography in Africa in the late 19th century, including works by the Lisk-Carew brothers from Sierra Leone and Joseph Adagogo Green from the Niger Delta area. We will explore the development through the mid-20th century with an emphasis on such thriving studio photographers as Malick Sidibe and Seydou Keita from Mali, and Joseph Osagie Alonge from Benin City, Nigeria. We will then explore how it flourished through the later 20th century and into the present. The work of selected photographers from this time-frame will be emphasized within major themes that include the reclaiming/reasserting of identity, environmental exploitation and degradation, female empowerment, and Afro-futurism.

### ► Art Studio Buffet

Wednesdays (2 Hrs): 2 - 4 PM

Enrollment Limit: 15

Mar. 20, 27; April 3, 10, 17

CPS Classroom

Nancy Fillip

Cost: \$60

This 2-hour class allows you to try a different form of art each week. Each class offers an opportunity to try something new without being committed for weeks on the same topic. Perhaps you will discover an art skill that can become a life-long hobby for you. The topics are different from Session I and II and no artistic experience is necessary to be successful. Each class consists of a brief history of the art form and then we get busy being creative. All work will be done in your art journal **WHICH WILL BE PROVIDED** along with all the other supplies. Classes for Session IV include: Nine Square and Geo Shapes; Japanese Art; Cubism; Folk Art; and Music & Art Collaboration. **REQUIRED MATERIALS:** Paper towels. **REQUIRED MATERIALS FEE:** \$20 due to the instructor in cash on the first day.



## SESSION 4 | MARCH – APRIL

► **Gentle Yoga for Every Body**

Thursdays: 9:30 - 11 AM  
Mar. 21, 28; April 4, 11, 25  
Ann-marie LaBollita

Enrollment Limit: 20  
Hammond S08

Yoga is a healing practice that combines breath and movement to benefit both the body and mind. Participants will practice simple breathing and meditation exercises to help stimulate relaxation in the muscles and nervous system. Gentle stretches and yoga postures, with longer restorative poses incorporated into each class, will provide all the benefits of deep, passive stretching.

**REQUIRED MATERIALS:** yoga mat, 2 yoga blocks, small towel, pillow or bolster **PLEASE NOTE:** The final class is a week a week later than originally planned due to the Undergraduate Research Conference utilizing all space on campus.

► **Naturally Curious:  
Nature Hikes East of Fitchburg**

Thursdays: (2 Hrs): 9 - 11 AM  
4 Weeks: Mar. 21, 28; April 4, 11  
Laurie Nehring

Enrollment Limit: 16  
Outside

Join us for a refreshing morning hike up hillsides and through forested lands at a different trail each week in Ayer, Groton, Littleton, Lunenburg or Shirley. Together, we will explore new trails with seasonal nature-based themes, oftentimes guided by Mary Holland's amazing book, *Naturally Curious*. Locations will be provided to all registrants by email. **PLEASE NOTE:** Hikes will be moderate (2-3 miles) on uneven terrain, and this session, we will have some short but steep elevation climbs. **ALSO,** note we meet for **FOUR 2-hour sessions** instead of five. **REQUIRED MATERIALS:** Good hiking shoes or boots, water, ability to hike short, steep hills.

► **Geometry in Sacred Architecture**

Thursdays: 12:20 - 1:50 PM  
6 Weeks: Mar. 21, 28;  
April 4, 11, 18, 25  
Patricia Kio  
Cost: \$54

Enrollment Limit: 16  
Hybrid 1: CPS Classroom  
and ONLINE

Measure, harmony, and beauty; are some of the categories used for analyzing sacred architecture. Also, the geometry of existing sacred structures has been influenced by their historical counterparts. This course seeks to study the geometry of three sacred spaces and craft emerging forms. This will be a hybrid class combining in-person 3-dimensional modeling of forms using paper. The online discussions focus on how the geometries are placed to create architectural rhythms; where we see shapes evolve into forms in sacred spaces throughout history; what is important about these forms; and how we build these forms. **REQUIRED MATERIALS:** Paper, scissors, a pencil, a ruler, tape, and a drawing compass.

**PLEASE NOTE:** This course is Hybrid, meaning some class periods are in-person and others are online. Mar. 21; April 4 & 18 will be IN-PERSON in the CPS Classroom; Mar. 28; April 11, 25 will be online via Zoom

► **Posture Workout**

Fridays: 10-11:30 AM  
Mar. 22; April 5, 12, 19, 26  
Judith Lindstedt

Enrollment Limit: 12  
Rec Center Dance Studio

Good posture has a profound effect on how we feel and how we experience the world around us. This workout is designed to reshape and strengthen your entire body and improve your posture. Through a series of sitting and standing barre exercises, you will work through muscle chains by targeting the connecting tissues that surround every muscle. The balance of strength, mobility, and flexibility is key to achieving a strong, toned body. After doing this workout, you can feel a sense of freedom in your body and maybe even a few inches taller. **REQUIRED MATERIALS:** Thin, flexible rubber-soled shoes, light hand weights (1 or 2 lbs), and water.



## 5-PART SERIES — Armchair Adventure & Art

**Fridays: 10:30 AM - 12 PM | Mar. 22; April 5, 12, 19, 26**  
**Bill Ayadi | Enrollment Limit: 20 | Multiple Locations**

Armchair Close to Home! Explore art and adventures from our local area. In this 5 Part Series, experience and understand the richness of our communities. Prepare to be surprised!

**PLEASE NOTE:** Classes will be held at multiple on-site locations.

***Big Book: Pages for Peace* | Anne Polaski**

**Location: The Fitchburg Art Museum**  
**185 Elm St, Fitchburg, MA**

Discover *Big Book: Pages for Peace*, the world's largest book devoted to exploring and promoting a peaceful world. It was created by Groton-Dunstable Middle Schoolers who believed in the power of youth to create that peaceful place. Twelve years in the making, this peace book inspired countless people of all ages and backgrounds to become involved in its successful completion.

**New England 19th Century Art | Barbara Friedman**

**Location: Forbush Memorial Library**  
**118 Main Street Westminister, MA**

The Westminister Forbush Memorial Library houses a fine arts collection with local ties to Westminister but with national significance. Often lost in the libraries of New England are the works of the early painters and sculptors of the nineteenth century. Before the days of photography, these images captured the faces, the furniture, the fashion of the day. Often self-taught or with little training, the painters and sculptors were known as primitive or folk artists. The sculptures are prototypes left behind. The bronzes were cast from these images and left to more prominent museums, but the talent and skill is no less evident in the plasters. The artists may not be household names, but some have been included in major exhibits, both in their time and recently.

**The Unique Historical Consequences of the Empire:  
 Brazil—Five Countries in One | William Cortezia**  
**Location: The Fitchburg Art Museum**  
**185 Elm St, Fitchburg, MA**

Due to its unique colonization, Brazil had quite a different process of independence and consequently, its configuration as a republic. Although difficult, Brazil's independence was not as chaotic as in Latin America's Spanish speaking republics. Its historical uniqueness allowed its five different regions to comprise the Federative Republic of Brazil to become the fifth most populous nation in the world; accounting for one-third of Latin America's population; occupying half of the Latin American continent's landmass.

**Ukrainian & Russian Culture  
 Through Orthodox Iconography | Art Norman**  
**Location: The Icon Museum and Study Center**  
**203 Union Street, Clinton, MA**

(formerly The Museum of Russian Icons)

This armchair adventure segment focuses on the unique role Orthodoxy played and continues to play in Ukrainian and Russian cultures. Expect to learn about the shared, yet distinct, history of Russia and Ukraine; understand Orthodox iconography; and tour the museum's unique collection through the eyes of well-trained docents.

**A Snapshot of the History of Art  
 in Sub-Saharan Africa | Gail Hoar**  
**633 Isaac Frye Highway, Wilton, NH**

In this class, we'll follow the trail of Neolithic Rock Art in the Tibesti and Ennedi Mountains, through the emergence of Nok and Sao pottery to the renowned bronze works of Ife and Benin. From there, we'll examine a few works of the Kotoko people. We'll also look at the cultural significance of art, both historically, as well as more recently. We will view prints and paintings, wooden and bronze sculptures, masks, and embroidered and printed fabrics that draw upon these early traditions, centered mainly in a four-county area.

SESSION 4 | MARCH – APRIL



Belfast (2021)

### ► Contemporary Irish Film

Saturdays: 1 - 2:30 PM  
Mar 23; April 6, 13, 20, 27  
Joe Moser

Enrollment Limit: 25  
ONLINE

Ireland and Northern Ireland have a combined population of only seven million people, but their cultural output is hugely significant, especially their film, theater, literature, and music. In this course, we will study exceptional Irish cinema from the past two decades, with a particular focus on films that illuminate Irish history and culture. We will also become more familiar with common archetypes in Irish film and literature to gain further context and enhance our discussions. We will view seven films for the course. Assigned readings (optional) will include historical background and literature related to the films.

#### These are the seven assigned films:

- CLASS #1: *Belfast* (dir. Kenneth Branagh, 2021) and *Omagh* (dir. Pete Travis, 2004)
- CLASS #2: *One Million Dubliners* (documentary; dir. Aoife Kelleher, 2014)
- CLASS #3: *Róise and Frank* (dir. Rachael Moriarty and Peter Murphy, 2022) and *Six Shooter* (short film; dir. Martin McDonagh, 2004)
- CLASS #4: *The Banshees of Inisherin* (dir. Martin McDonagh, 2022)
- CLASS #5: *The Quiet Girl* (dir. Colm Bairéad, 2022)

**REQUIRED MATERIALS:** You will need access to all assigned films for the course. Readings for the course (which will be optional) will be provided as PDF documents via email.



The Banshees of Inisherin 2022)



## SPECIAL COURSES &amp; PROGRAMMING

► **ALFA Salon: Continuing the Conversation**

Wednesdays: 10:30 AM - 12 PM

Jan 24, Feb 7, Feb 21, Mar 20, Apr 3, Apr 17

Facilitator: Martha Crawford

Enrollment Limit: 30 / ONLINE

**FREE Discussion Group**

ALFA Salon is an informal gathering held every-other-week throughout the ALFA sessions. Host presenters lead engaging discussions on a variety of topics and issues. Salon is a collaborative effort—participants may receive pre-readings and video viewing material for some sessions and/or be asked for their suggestions on works-in-progress for other sessions.

2024 Spring Salon will be hosting Fitchburg State professors and guests from the local community as elsewhere throughout the country. The topics that will be covered will include:

- AI Unleashed: Creative Supercharge or Ethical and Legal Peril?
- Defending the Freedom to Read
- The Great Outdoors: Tackling Structural Racism in National Parks
- Ice: An American Obsession
- Equine Assisted Therapy: What is it and how can it help us cope with daily stress?
- The 2023 Writers' and Actors' Strikes: Why They Struck and What They Achieved



### The following presenters will join us:

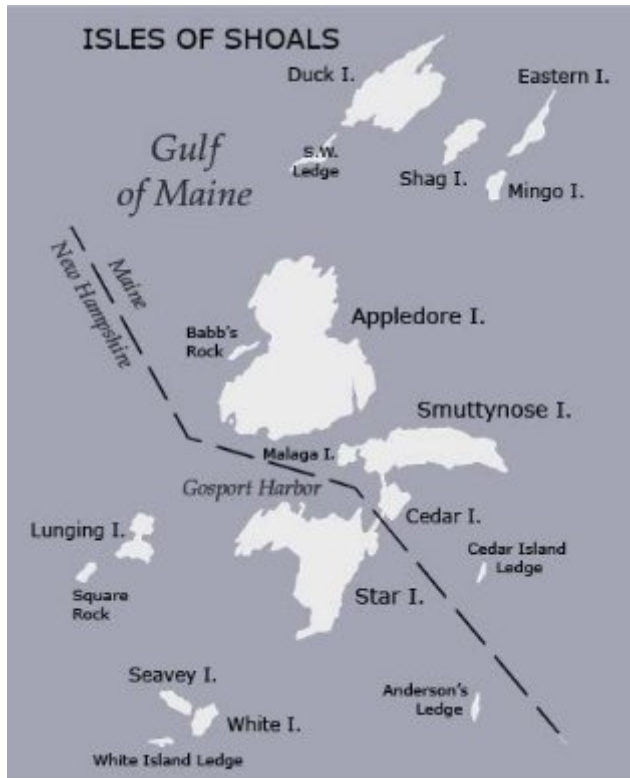
- J.J. Sylvia IV, Ph.D., Assistant Professor  
Fitchburg State University
- Summer Lopez, Chief Program Officer  
for Free Expression, PEN America
- Reginald Chapple, Division Chief  
National Park Service
- Amy Brady, Executive Director  
Orion Magazine, and Author
- Barbara Cudak, Owner  
High Ridge Harmony Farm
- Dr. Joe Moser, Lecturer



If you are interested in any of the topics being covered, sign up. You might be surprised by what you will learn about a topic you have not thought of!



## SPECIAL COURSES & EVENTS



### ALFA GROUP TRIP: Cruise to the Isles of Shoals

Trip Coordinators: Kathleen McGuigan & Merry Kay Cormier

**DATE:** Wednesday, July 10, 2024

**TIME:** 9:15 AM - Pick up will be at BJ's. Park as far away from the store as you can. Go left to the back section upon entering their lot.

**COST:** \$110 Includes transportation, admission, and lunch.

**NOTE:** Limited to 55 people. Must have 40 registered to run. No refunds unless the trip is canceled.

Enjoy a narrated tour of the Isles of Shoals and Portsmouth Harbor with the added bonus of a one hour guided walking tour on Star Island! You'll hear the fascinating history and lore of Portsmouth Harbor as the ferry navigates 10 miles of river and ocean out to Star Island, one of the first footholds for settlement in the New World. In the 1800's, resort hotels were built on Star and Appledore Islands and the Shoals became one of the most popular vacation spots on the New England Coast. You'll see the Oceanic Hotel, which rivaled the grandest hotels of the time and is still in operation today. You may walk through the replica of Gosport Village, a fishing outpost dating back to the 1600's which includes the picturesque Stone Chapel and several cottages. You'll also see the tallest gravestone in the state of New Hampshire, the John Smith Monument, and the Caswell Cemetery.

A box lunch will be provided to each traveler. You will have a choice of a roast beef and Boursin cheese wrap, or a roasted vegetable wrap with homemade hummus. Each box will include chips, a pickle and a cookie.



### SHIRLEY PICK SPRING SERIES

#### Love of Learning Day: ALFA's 20th Anniversary Celebration

May 22, 2024 | 11 AM - 3 PM  
Fitchburg State University

\$20 per person (when registering, note gluten and/or dairy free dietary needs if applicable)

Join us in celebrating 20 years of ALFA! You will tap your toes to the bluesy folk fusion of 5-piece band, Tattoo. Enjoy a delicious lunch buffet while awards and 20th anniversary recognitions are present. After lunch, discover something new during the one-hour demonstrations by ALFA instructors in our Micro-Class Sampler. Don't forget to check out the Art Display! For more information on 20th Anniversary events, please see the schedule page or visit our website [fitchburgstate.edu/ALFA](http://fitchburgstate.edu/ALFA).







## New ALFA Volunteer Opportunity CLASS GREETERS

The ALFA "Meet and Greet" Committee is looking for Class Greeter volunteers for in-person Spring ALFA classes.

### ▶ A Class Greeter will:

- Introduce the instructor
- Greet the class
- Welcome new ALFA students

By indicating your interest through the form or on your course registration form, you are saying that you want to learn more about volunteering to be an ALFA Class Greeter. Someone from the "Meet and Greet" committee will reach out to you, in advance of the fall semester, to answer questions and invite you to a brief "greeter" training. The commitment is "light" and is a great way for you to get to know more ALFAs and make them feel welcomed into our educational community.

### ▶ How do I sign up to become a Class Greeter?

Choose one of the following ways:

1. The easiest and most simple way to become a Greeter is to sign up when you register for your courses! Simply check the box on either your paper or online registration form.

**OR**

2. Email the ALFA Office at [alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu). We will email you an online interest form.

## REGISTRATION INFORMATION

All courses are \$45 a course unless otherwise indicated.

**REGISTRATION OPENS DECEMBER 12, 2023 AT 9:00 AM**

### WAYS TO REGISTER

**ONLINE (PREFERRED):** You can register for ALFA courses online by going to [marketplace.fitchburgstate.edu/alfa](https://marketplace.fitchburgstate.edu/alfa).

- Make sure to **complete your registration** by hitting the final SUBMIT button. You will receive a confirmation email immediately following.
- **IF YOU DO NOT RECEIVE A CONFIRMATION EMAIL**, please contact the ALFA office to ensure you are registered.

**Need help with online registration?**

Visit [fitchburgstate.edu/alfa](https://fitchburgstate.edu/alfa) for a complete step-by-step tutorial.

**BY MAIL:** We will continue to accept paper registrations by mail. However, we are strongly encouraging everyone who can to use the online course registration system.

- Please complete a separate registration form for each person taking classes. DO NOT try to register two or more people on the same form. We will not be able to complete your registration. If you need additional registration forms, please visit our website to download and print one at: [www.fitchburgstate.edu/alfa](https://www.fitchburgstate.edu/alfa).
- Registrations must be **MAILED**. No phone-in or hand-delivered registrations will be accepted.
- Any incomplete component may delay the processing of the registration form.
- All registrations are processed in the order in which they are received.
- Please make a copy of the completed registration form for personal records.

### PAYMENT INSTRUCTIONS

- We accept credit/debit cards (PREFERRED) and E-Checks/ACH Debit payments. Please pay by debit or credit card if you can. It makes both processing and refunding easier for all involved, including you.
- If you choose to pay by E-Check, all check payments (both online and paper) are processed electronically and will appear as "ACH DEBIT" on your checking account statement. Checks that are returned for insufficient funds or incorrect banking information will cause a \$30 fee to be assessed to the student.
- **Refunds** are only issued if a course is canceled or when you register by paper and the course is full when we receive your registration.

- **For Credit/Debit Payments:** Refunds are issued right away and you should see that money back in your account in a few days. If a course is full and you registered by paper, we simply won't register you for that course and will put you on the waiting list.
- **E-Check Payments:** If a course is canceled, we will contact you to fill out an I-9 tax form in order to process the refund.

**Paper Registrations paid with an E-Check:** If a portion of the courses you are registering for are full, we must process the full amount written on the paper check. We will then issue a refund for the amount of the full courses. To be issued a refund, you will be asked to submit an I-9 tax form.

- If you are sending in registration forms for multiple people, please pay by credit/debit or submit a separate check for each person you are registering. If you combine payment for two separate registration in one check, we will not be able to process your payment or registration and will either shred it or return it to you in the mail.
- **Payment** is due upon submission of registration.
- **Course, Trip, and Special Event payments are not refundable or transferable unless canceled.**

***Please note:** Some classes have additional expenses including required materials you will need to purchase prior to the course starting, recommended materials, and sometimes a required materials fee (cash only) that is due to the instructor at the first class. These additional materials and fees are indicated in the course description.*

### GENERAL INFORMATION & POLICIES:

**ENROLLMENT:** Prompt return of forms will facilitate early processing and improve the chances of getting preferred classes. Due to space limitations and instructor requests, class size varies. It is important to list alternatives in the event that your first choices are not available. **If no alternatives are listed it will be assumed that none are desired.**

**CONFIRMATION:** If you register online, you will receive an order number when you complete your registration. Please make sure to write down this order number. If you have an order number, you have successfully registered, Congratulations! You should also receive a confirmation email within a few minutes of registering. If you do not remember seeing an order number and you don't receive a confirmation email, please reach out to the office to make sure your registration was completed successfully. **If you register by paper**, you will receive a confirmation by email if you provided an email address, or by mail, if you did not.

## REGISTRATION INFORMATION

**LOCATION OF COURSES:** ALFA classes will be held in-person on-campus in the CPS classroom, in-person in an outdoor location in the surrounding community, or online, unless otherwise noted.

**PARKING AND TRANSPORTATION:** Parking rules and permits may be different depending on where you are taking courses. The information below will help you obtain the correct parking permit for the on-campus courses you are registered for. For all parking passes, please make sure to put the parking pass on your driver's side dashboard to avoid being ticketed.

- **Center for Professional Studies (CPS) Classroom:** Please fill out your car information on your registration form. The Center for Professional Studies is located at 150B Main Street in Fitchburg (we are located directly across from Dunkin' Donuts, in the Intermodal Station).

- Your parking pass will be emailed to you about a week before class starts. Please print and display on your dashboard.
- Please only park, where it is designated for Fitchburg State University or on the 3rd floor (or as directed if the 3rd floor is still under construction). If you park in other places in the parking garage, you could get a ticket.

- **Other ON-CAMPUS Courses:** Please make sure to fill out your car information on your registration form. Our office will notify you when your campus visitor parking permit is ready for pick up.

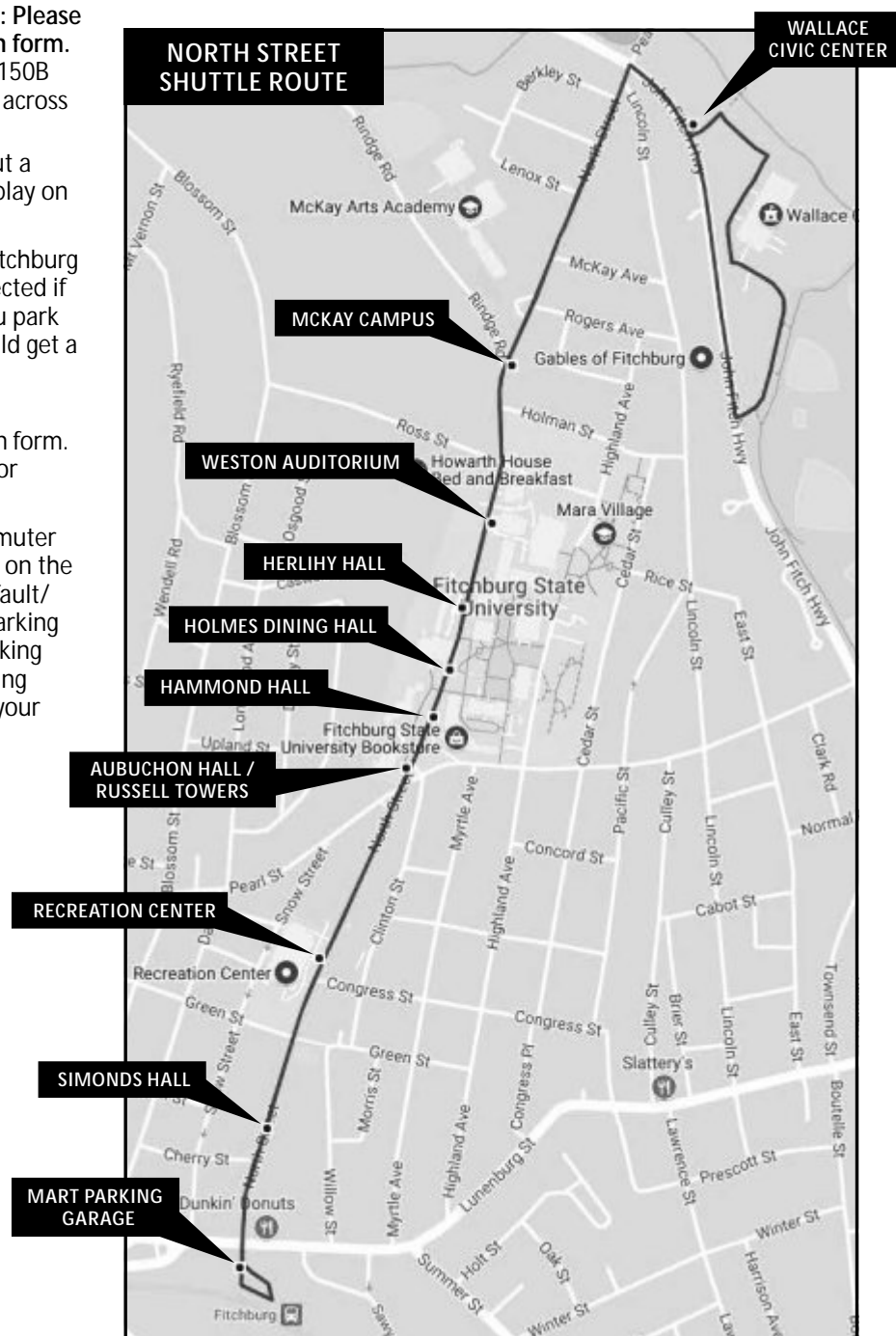
- Please make sure you are parking in the commuter parking lots. These are the lots marked in red on the map found here: [fitchburgstate.edu/sites/default/files/documents/2021-10/LotParkMap.pdf](http://fitchburgstate.edu/sites/default/files/documents/2021-10/LotParkMap.pdf). Parking in any other lots, or in places that are not parking spaces will result in a parking citation. If parking in Commuter lots is unavailable, please park your vehicle at the Civic Center and utilize the free shuttle to get to campus.

- **Shuttle Service:** Parking on campus can be quite difficult, but there is always ample, free parking at the Civic Center. Fitchburg State provides free campus shuttle transportation, serviced by MART. It is easy to use and gets you from your car to your destination without much walking. Two shuttles run on a continuous loop which usually means there is one every 10 minutes.

- **ROUTE:** Civic Center along North Street to Main Street, Fitchburg Intermodal Center and return to Civic Center. The shuttle runs continuously during posted hours.
- **HOW TO RIDE:** Wait at a designated shuttle stop (there will be a sign) OR flag the shuttle to stop at any safe location along the route. Signal the driver by raising your arm as the shuttle approaches. Once on board, let the driver know where you are going on campus.

#### • MART Transportation

- Do you need a ride to class? All seniors who live in Fitchburg can call the Fitchburg Senior Center to register for MART Transportation Services 978-829-1790.
- Once registered, the Senior Center calls in the information to MART. You can then call the MART to schedule transportation.
- Go to the MART website ([www.mrta.us/services/coa-service](http://www.mrta.us/services/coa-service)) for information and about service to other communities beyond Fitchburg.



## REGISTRATION INFORMATION



**ALFA ONLINE:** All of our online courses will be held over Zoom. Please make sure to download the most recent version of Zoom.

**Equipment and Tech Requirements:** You will need some basic equipment to participate. To fully participate in the video based online classroom, you will need:

- Computer (Laptop or Desktop), Tablet, or Smartphone.
- Microphone, Speakers, and webcam. Most laptops, tablets and smartphones have these features already built in.
- If you are using a desktop computer, please make sure you have all of these elements.
- Internet/Wifi access

*Please note: You may also participate with a landline phone (unless indicated otherwise) but you will only be able to hear the audio and will not be able to gain the full benefits of the course.*

**PICTURES:** Please note that the University photographer and/or instructor may be taking photos for use in newsletters, brochures, etc. If you do not want photos taken of you, please tell the photographer.

**COVID INFORMATION:** Because COVID has moved to the endemic stage, there are no specific guidelines regarding vaccination, isolation, or quarantine. If you have COVID, the Centers for Disease Control has a helpful isolation and exposure calculator that will help you determine your next steps.

- **Masking:** We are a "mask friendly" environment. All community members and guests are strongly encouraged to wear masks at any time when it is personally warranted or desired to protect oneself or others.
- **If you are symptomatic:** Do not go to class and test for COVID. If you are positive, please let the ALFA office know as soon as possible.

**ALFA INCLEMENT WEATHER POLICY:** Online courses will NOT be canceled due to inclement weather. **In-person courses** will be canceled if the University is closed or delayed due to inclement weather.

**REFUND POLICY:** Courses, trips, and special events are NOT refundable or transferable (to another course OR another person) unless they are canceled.

Are you  
**90**  
or over?

Then your ALFA classes are **FREE!**  
Please email the ALFA office so that  
we can get you registered free of charge!  
[alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu)





Try our online registration option at:  
[marketplace.fitchburgstate.edu/alfa](https://marketplace.fitchburgstate.edu/alfa)

## MAIL-IN REGISTRATION FORM – SPRING 2024

Please complete ONE registration form for EACH person.  
ALL COURSES ARE \$45 UNLESS OTHERWISE INDICATED.

Please **HIGHLIGHT** in color, or **CIRCLE** the courses below for which you would like to register.

### 10- OR 8-WEEK COURSES: JANUARY – APRIL

#### TUESDAY

☐ French Conversation Continues (10 Weeks:\$90)

#### TUESDAY

☐ Intro to the Practice of Mindfulness Meditation (8 Weeks: \$50)

### SESSION 3: JANUARY – FEBRUARY

#### MONDAY

- ☐ Barre Stretch & Tone
- ☐ 5-Part Series: All About Artificial Intelligence **ONLINE**
- ☐ Sustainable Farming and Gardening

#### TUESDAY

- ☐ Not Your Kid's Colored Pencils: Intro Class (2 Hours: \$60)

#### WEDNESDAY

- ☐ Work It! Stretch It!
- ☐ Watercolor Techniques
- ☐ Japan Then and Now: An Introduction **ONLINE**

#### THURSDAY

- ☐ Gentle Yoga for Every Body **ONLINE**
- ☐ Impressionism, Art History **ONLINE**
- ☐ Introduction to Smartphone Photography

#### FRIDAY

- ☐ 5 Part Series: Global Africa **ONLINE**
- ☐ Posture Workout
- ☐ Personal Finance Fundamentals

### SESSION 4: MARCH – APRIL

#### MONDAY

- ☐ Spring Birding
- ☐ Barre Stretch & Tone
- ☐ Trees by Their Bark **ONLINE - Hybrid 1**
- ☐ Continuing the Ukulele Journey
- ☐ Modern Italian History **FREE**
- ☐ Let Your Yoga Dance

#### TUESDAY

- ☐ Spring Flowers in Colored Pencils 2 Hours: \$60

#### WEDNESDAY

- ☐ Work It! Stretch It!
- ☐ Snap Me One! A History of Photography in Africa
- ☐ Art Studio Buffet 2 Hours: \$60

#### THURSDAY

- ☐ Naturally Curious: Nature Hikes East of Fitchburg
- ☐ Gentle Yoga for Every Body
- ☐ Geometry in Sacred Architecture **ONLINE - Hybrid 1**

#### FRIDAY

- ☐ Posture Workout
- ☐ 5-Part Series: Armchair Adventure and Art

#### SATURDAY

- ☐ Contemporary Irish Film **ONLINE**

### SPECIAL PROGRAMS

#### ☐ ALFA SALON: CONTINUING THE CONVERSATION

Wednesdays: 10:30 AM - 12 PM  
Jan 24, Feb 7, Feb 21,  
Mar 20, Apr 3, Apr 17  
**FREE / ONLINE**

#### ☐ SHIRLEY PICK SPRING SERIES LOVE OF LEARNING DAY: ALFA'S 20TH ANNIVERSARY CELEBRATION

Wednesday, May 22, 2024  
11 AM – 3 PM  
Cost: \$20 per person

#### ☐ ALFA GROUP TRIP: CRUISE TO THE ISLES OF SHOALS

Wednesday, July 10, 2024 / 9:15 AM  
Cost: \$110

Lunch choice of:

- ☐ roast beef & Boursin cheese wrap
- ☐ roasted vegetable wrap with homemade hummus

PLEASE SEE REVERSE SIDE FOR PAYMENT INFORMATION ►

**REGISTRATION OPENS AT 9:00 AM / DEC. 12, 2023 — PLEASE REGISTER ONLINE, if possible!**

Paper registration forms & payment must be **MAILED** to: ALFA Office, Fitchburg State University, 160 Pearl Street, Fitchburg, MA 01420

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

☐ I am **NEW!** This is my first ever ALFA class.

☐ I am interested in being a **Class Greeter** and would like more information.

☐ I am an **Alum** of Fitchburg State

**CAR INFORMATION FOR PARKING PERMIT (This is REQUIRED for On-Campus and CPS Courses)**

Make/Model: \_\_\_\_\_ Color: \_\_\_\_\_ Year: \_\_\_\_\_ Plate #: \_\_\_\_\_ State: \_\_\_\_\_

WANT TO KNOW INSTANTLY IF YOU GOT INTO A COURSE? REGISTER ONLINE AT: [marketplace.fitchburgstate.edu/alfa](https://marketplace.fitchburgstate.edu/alfa)

**I AM SENDING PAYMENT FOR:**

\_\_\_\_\_ **Regular Schedule Course(s) @ \$45/course** = \$ \_\_\_\_\_  
(All courses unless otherwise indicated, for example: FREE, 10-week courses, etc.)

\_\_\_\_\_ **8-Week Course: Intro to Mindfulness Meditation @ \$50/course** = \$ \_\_\_\_\_

\_\_\_\_\_ **6-Week Course: Geometry in Sacred Architecture @ \$54/course** = \$ \_\_\_\_\_

\_\_\_\_\_ **2-Hour / 5-Week Courses @ \$60/course** = \$ \_\_\_\_\_  
(Global Africa; Art Studio Buffet; Colored Pencils)

\_\_\_\_\_ **10-Week Course: French Conversation @ \$90/course(s)** = \$ \_\_\_\_\_

\_\_\_\_\_ **Shirley Pick Spring Series @ \$20/person** = \$ \_\_\_\_\_  
(Love of Learning Day: ALFA's 20th Anniversary Celebration)

List dietary restrictions: \_\_\_\_\_

\_\_\_\_\_ **Modern Italian History (Sponsored by CIC)** = FREE

\_\_\_\_\_ **Discussion Group: ALFA Salon – Continuing the Conversation** = FREE

\_\_\_\_\_ **GROUP TRIP: Cruise to the Isles of Shoals @ \$110/person** = \$ \_\_\_\_\_  
(Meal Choice: ☐ Roast Beef Wrap OR ☐ Roasted Vegetable Wrap)

**PAYMENT INFORMATION:**

**TOTAL = \$** \_\_\_\_\_

☐ **CREDIT CARD (PREFERRED):** ☐ MasterCard ☐ Visa ☐ Discover

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVC (3 digit code): \_\_\_\_\_

Signature: \_\_\_\_\_

☐ **ACH DEBIT** (use a check made payable to Fitchburg State) amount enclosed: \$ \_\_\_\_\_

Please note that we **DO NOT deposit paper checks**. We use your account and routing number to debit the charge from your account. It will show up as an **ACH debit** on your statement. Please see "Payment Instructions" on what we do if the amount on your check does not match the order total (for example: A class is full, etc.). Please note that if you need a **refund** using this option, you will be asked to fill out an I-9 which asks for your social security number. We **HIGHLY** recommend paying by credit or debit card above.

☐ Shirley Pick Scholarship Program (contact the ALFA Office for details: [alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu) or 978-665-3706)



Courses are free for members over 90 years of age. If over 90, please send verification of age with your registration.  
Students may initially register for up to six classes. After **December 12, 2023**, students may select additional courses if seats are still available.



CELEBRATING  
**20**  
*Years*  
**ALFA**

Love of  
**LEARNING**  
Lasts  
a Lifetime!

 **FITCHBURG STATE UNIVERSITY**  
ALFA—ADULT LEARNING IN THE FITCHBURG AREA  
160 Pearl Street ■ Fitchburg, MA 01420-2697

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REGISTER  
ONLINE ►

20 YEARS AND GROWING — JOIN OUR COMMUNITY!  
**[marketplace.fitchburgstate.edu/ALFA](https://marketplace.fitchburgstate.edu/ALFA)**

