

Course Offerings **FALL 2024**

ALFA

**Adult Learning
IN THE Fitchburg Area**



FITCHBURG STATE UNIVERSITY



Love of Learning Lasts a Lifetime!

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 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.



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EASY

online registration

Know INSTANTLY if you got into a course!



Registration opens August 6th

marketplace.fitchburgstate.edu/ALFA

Instructor Biographies | FALL 2024



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 lifelong student of history, literature, and art. ***Bill is the organizer and facilitator for our 5-part series courses.***



Joyce Ayadi Hinckley's doctorate in Counseling Psychology has allowed her to be a practicing psychologist, a university professor, and an organizational executive and consultant. She has a lifetime of study in art, culture, history, and religion across the world. She is passionate about making connections across disciplines and empowering others to do the same.



Laurie Bebeck is an artist, naturalist, and educator. She primarily works in colored pencil as the slow process is symbolic of the peace she finds in nature while the control over the medium appeals to her training as a natural science illustrator. She is the owner of Catalpa House Art Studio located in Fitchburg, MA.



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.***



Vicki Brunelle is a 1974 graduate of Fitchburg State. She has been a yoga practitioner for many years, and after her yoga teacher training in 1999, she opened her first yoga studio and has continued to teach ever since. She's attended numerous training over the years to learn more about all the aspects of yoga, not just the physical postures but also breathwork, anatomy, and the philosophy of yoga.



Eric Budd has taught at Fitchburg State since 1994. He is a full professor in the department of Economics, History, and Political Science with research interests in the 3rd World, conflict resolution, and democratization. His book on the Israeli-Palestinian conflict was published in 2012.



Sara Campbell has been researching her own roots for over 30 years. She is an author, editor and educator. She has taught non-credit classes in genealogy for ALFA for several years, as well as at Greenfield and Holyoke Community Colleges. She presents a variety of topics and case studies to many regional societies and conferences. She has published profiles of her ancestors in *Western Massachusetts Families in 1790* through the NEHGS. Sara uses her engineering training to solve genealogical mysteries. A member of the Erving Historical Commission, Sara is currently researching John Erving and his place in Colonial Massachusetts.



William Cortezia is a Brazilian pedagogue and tenured faculty at the School of Education 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. Dr. Cortezia 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. ***William is teaching as part of one of the 5-week courses.***



Katharine Covino is a college professor who teaches teachers how to teach. She's been a teacher for almost 20 years. From her experience in classrooms at all levels, she has come to believe in the importance of asking young people to share their voices and their experiences. In teaching, as in life, it is more important to listen than to lecture. Conscious and intentional listening awakens curiosity, instills knowledge, and deepens empathy. When she's not teaching or writing, Katharine tries to keep up with her kids. Despite her very best efforts, they are all faster swimmers, hikers, and skiers than she is. She also tries to make them laugh—sometimes she is successful.



Sally Cragin is an award-winning journalist (*Boston Phoenix*, *Boston Globe*) and the author of *The Astrological Elements*, and *Astrology on the Cusp*. She is also the director/founder of Be PAWSitive Therapy Pets and Community Education, an award-winning organization based in north-central Massachusetts, which helps develop, mentor, and insure therapy pet teams.

INSTRUCTOR BIOGRAPHIES



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.*



Jeanne Cuskey is a retired RN and AF nurse. She loves traveling and hiking. When Jeanne is not hiking with her pup, she is actively practicing yoga as it is her passion. She really enjoys meeting new people.



Teresa Fava Thomas teaches courses in Modern Italian History, Italian Immigration History, and World Civilizations at Fitchburg State University and holds a doctorate in History from Clark University. She has written *The Reluctant Migrants Migration from the Italian Veneto to Central Massachusetts*; and *The Allied Bombing of Central Italy: The Restoration of the Nile Mosaic and Sanctuary of Fortuna at Palestrina*. She does research in archives in Venice and Rome, Italy; and has written about Venice and Rome for *World History Encyclopedia*.



J. Flynn is an Assistant Professor in the Communications Media Department at Fitchburg State University and has over 20 years of experience as a professional fine art and commercial photographer.



Barbara Friedman is known to many ALFAs from the Reference Desk at the Fitchburg Public Library. She has been a reference librarian and a library director at university and public libraries since the 1970s, transitioning many libraries into the world of technology. She's enthusiastic about sharing what she knows about technology and learning from class participants through hands-on demonstration and discussion.



Tom Gaskill is an award winning retired high school Physics and Earth Sciences teacher with 32 years of experience. He holds a degree in Applied Physics concentrating in Earth Sciences, and a Masters in Curriculum and Instruction in Science and is a lifelong learner who isn't finished sharing his love of science with others. His specialty is taking difficult material and turning it into an accessible, inclusive, and digestible learning experience, a necessity in his extensive career working with students who are not served by traditional learning strategies.



Anne Gilman is the author of the best-selling book *Doing Work You Love*. Anne led career seminars across the country before she started offering creative writing workshops in New England. She also has over 20 years of experience writing and editing books, local news, publicity stories, marketing & communications materials, proposals, and newsletters. Anne is also a visual artist and enjoys offering intuitive art/abstract drawing/painting courses. Her artwork has been exhibited at the Danforth Museum, Concord Art Assoc., Gardner Art League and the Lunenburg Library.



Sally Hens is a retired teacher and dietitian. Between 2006- 2016, Sally worked as a National Park Ranger in the Grand Canyon, Glacier National Park, Yellowstone National Park and Cape Cod National Seashore. She has led ALFA hikes long enough to have slowed down a bit. Sally and her lab mix, Rusty, enjoy daily trail hikes of 2 to 4 miles in local forests.



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.



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.*



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.

INSTRUCTOR BIOGRAPHIES



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.



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.



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.**



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.



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.**



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.**



Paul Weizer is a Professor of Political Science at Fitchburg State University. During his more than twenty-year tenure at the university, Dr. Weizer has taught courses in American government and politics and most of the university's law classes. In addition, he has coached the university's award winning moot court program. Dr. Weizer also served in a variety of leadership positions at the faculty and administrative level. Dr. Weizer served as president of the American Collegiate Moot Court Association and remains a member of its executive board. Dr. Weizer graduated from Temple University and holds a Master of Science degree in Public Administration and a Ph.D. in Political Science. He has published widely in the area of sexual harassment law, speech rights, and simulated legal education.



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.



At-a-Glance: Session 1 | SEPTEMBER – OCTOBER

TIMES	MONDAY September 16, 23, 30; October 7, 21	TUESDAY September 17, 24; October 1, 8, 15	WEDNESDAY September 18, 25; October 2, 9, 16	THURSDAY September 19, 26; October 10, 17, 24	FRIDAY September 20, 27; October 11, 18, 25
8:00 – 8:30 AM	Fall Birding Alison O'Hare Wach. Meadow Wildlife Sanct. STARTING EARLY Sept. 9, 16, 23, 30; & Oct. 7				
8:30 – 9:00 AM					
9:00 – 9:30 AM	The Banned Books Club: Exploring Book Challenges & Censorship Katharine Covino-Poutasse Hammond G19	Not Your Kid's Colored Pencils: Intro Class Laurie Bebick CPS Classroom (2 HOURS: 9-11 AM)			
9:30 – 10:00 AM					
10:00 – 10:30 AM					
10:30 – 11:00 AM	Barre Stretch & Tone Judith Lindstedt Recreation Center Dance Studio				
11:00 – 11:30 AM					
11:30 AM – 12:00 PM					
12:20 – 1:50 PM	A Review of the 2023-24 United States Supreme Court Term Paul Weizer Hammond G19	Not Your Kid's Colored Pencils: Intermediate Laurie Bebick CPS Classroom (2 HRS: 12-2 PM)	Smartphone Smarts Barbara Friedman CPS Classroom		
2:30 – 4:00 PM	Creative Writing Workshop Anne Gilman ONLINE (2 HOURS: 12-2 PM)		Italian American History: Immigration & Assimilation Theresa Fava Thomas McKay 143 FREE	Smartphone Portrait Photography J. Flynn McKay 143	

Session 1: Course Descriptions | SEPTEMBER – OCTOBER



► Fall Birding

STARTING EARLY: Sept. 9, 16, 23, 30; and Oct. 7

Mondays: 8 - 9:30 AM

Enrollment Limit: 15

Wachusett Meadow Wildlife Sanctuary

Alison O'Hare

If you are one of the many people who have recently started bird-watching and you're now ready to take the next step, then this course is for you. You'll take part in a walk each week to learn about the birds that migrate out of New England in the fall and those that stay through the winter. The leader is an experienced birder who enjoys working with new birders and helping those at an intermediate level improve their skills. The walks will be slow paced, and time will be provided during each session for questions and discussion. At the end of this course, you should feel more confident in your ability to go out birding on your own or with others. **REQUIRED MATERIALS:** Students should dress to be comfortable/dry for the weather on each day of class, and wear comfortable walking shoes or hiking boots for travel over uneven and sometimes slippery terrain. Bring binoculars and a field guide to birds of eastern North America. Loaner binoculars and field guides will be available.

► Barre Stretch & Tone

Mondays: 10:30 AM - 12 PM

Enrollment Limit: 12

Sept. 16, 23, 30; Oct. 7, 21

Judith Lindstedt

Recreation 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), water.

► The Banned Books Club: Exploring Book Challenges and Censorship

Mondays: 9 - 10:30 AM

Enrollment Limit: 15

Sept. 16, 23, 30; Oct. 7, 21

Katharine Covino-Poutasse

Hammond Hall, Room G19

In this ALFA course, we will review, consider, and discuss a number of banned books. We will read these books with three central goals – 1) developing an aesthetic appreciation, 2) developing an evaluative perspective, and 3) developing an informed position to enable us to grapple with questions of audience, theme, and 'appropriateness.' We will also learn more about why book challenges occur and what types of books are challenged most often. Finally, aligned with Banned Books Week at the Fitchburg State University Library, we will participate in an on-campus event designed to empower choice in reading.

REQUIRED MATERIALS:

- *The Hate You Give* (2017) by Angie Thomas
- *The Absolutely True Diary of a Part-Time Indian* (2007) by Sherman Alexie
- *The Chocolate War* Cormier (1974) by Robert Cormier

RECOMMENDED MATERIALS: Students will need to use wifi and devices that connect to the internet during the classes.

► Creative Writing Workshop

Mondays: (2 HOURS) 2 - 4 PM

Enrollment Limit: 12

Sept. 16, 23, 30; Oct. 7, 21

Anne Gilman

ONLINE / Cost: \$60

Whether writing fiction, memoir, essays, or poetry, each person holds many stories. A memoir covers an aspect of a life, a theme, or an adventure. Fiction jumps out from your intuition, interests and curiosity. Here you will jumpstart your creativity using short prompts for those stories that you want to focus on. You will discover a supportive group to help unleash and uncover your imaginative genies. As a professional writer/artist I know the challenges of overcoming blocks and voices that say, "What do you mean you want to write (or paint, or sing, etc.)? Who do you think you are?!" Here's an opportunity for people who have always wanted to write, to have a supportive, safe space in which to create. "You must feel safe in order to create." **REQUIRED MATERIALS:** Notebook and pen, and/or computer.

► A Review of the 2023-24 United States Supreme Court Term

Mondays: 12:20 - 1:50 PM

Enrollment Limit: 30

Sept. 16, 23, 30; Oct. 7, 21

Paul Weizer

Hammond Hall, Room G19

This course will review the role of the Supreme Court in American society and focus on the most significant decisions from the current term.

SESSION 1: COURSE DESCRIPTIONS | SEPTEMBER – OCTOBER

**▶ Not Your Kid's Colored Pencils:
Intro Class**

Tuesdays: | (2 HOURS) 9 - 11 AM Enrollment Limit: 17
 Sept. 17, 24; Oct. 1, 8, 15 Laurie Bebick
 CPS Classroom / **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, 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:** Any brand of professional quality colored pencils (most students use Prismacolor Premier colored pencils), 1 pad good quality artist paper (250 gsm or greater) in your choice of size, kneaded eraser, vinyl eraser (preferably electric), pencil sharpener (battery or rechargeable), scrap paper for testing colors on, and an electronic device to view reference photos on.



**▶ Not Your Kid's Colored Pencils:
Intermediate Class**

Tuesdays: (2 HOURS) 12 - 2 PM Enrollment Limit: 17
 Sept. 17, 24; Oct. 1, 8, 15 Laurie Bebick
 CPS Classroom | \$60

Once you have learned the basics, take your colored pencil paintings to the next level. Learn how to depict various textures, use colored paper, and work on other surfaces. **REQUIRED MATERIALS:** Any brand of professional quality colored pencils (most students use Prismacolor Premier colored pencils), 1 pad good quality artist paper (250 gsm or greater) in your choice of size, kneaded eraser; vinyl eraser (preferably electric), pencil sharpener (battery or rechargeable), scrap paper for testing colors on, and an electronic device to view reference photos on.

▶ Caring For Your Back

Tuesdays: 12:20 - 1:50 PM Enrollment Limit: 15
 Sept. 17, 24; Oct. 1, 8, 15 Vicki Brunelle
 CPS Classroom | Hammond Hall, Room S08

Many people suffer from back problems due to various reasons. Experts now agree that stretching can both prevent and relieve symptoms. This class will include the where/why/when of back issues, plus information on muscle anatomy and spine anatomy. You will be introduced to yoga postures in addition to practicing exercises suggested by Dr. Stuart McGill, author of *Back Mechanics*. Experience what yoga can do for you! **REQUIRED MATERIALS:** Wear comfortable clothes (either gym type or loose), and a yoga mat. **RECOMMENDED MATERIALS:** a cushion to sit on. **PLEASE NOTE:** Though the class does include seated and standing postures, there are also several specific back postures that require one to be on their back. Students will need to be able to get down on the floor/mat.

▶ Work It! Stretch It!

Wednesdays: 10:30 AM -12 PM Enrollment Limit: 12
 Sept. 18, 25; Oct. 2, 9, 16 Judith Lindstedt
 Recreation Center Dance Studio

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.

▶ Smartphone Smarts

Wednesdays: 12:20 - 1:50 PM Enrollment Limit: 15
 Sept. 18, 25; Oct. 2, 9, 16 Barbara Friedman
 CPS Classroom

There are so many apps and so little time. Participants will focus on essential apps and new apps, then go over settings and security. Android and iPhones are different and there are a variety of different versions, so students should have a good working knowledge of how their phone operates as we explore the many ways smartphones can be useful to us in our daily lives. **REQUIRED MATERIALS:** Students must own a smartphone and have access to their ID and passwords.

► Italian American History: Immigration and Assimilation

Wednesdays: 2:30 - 4 PM
Sept. 18, 25; Oct. 2, 9, 16
McKay, Room 143

Enrollment Limit: 20
Teresa Fava Thomas

FREE—Sponsored by the Center for Italian Culture

The course will discuss the reasons for mass migration from Italy beginning in the 1870s and then focus on the specific regions and the scope of migration to America. One of the key questions in immigration history is whether migrants were “pushed” by negative circumstances in Italy or “pulled” attracted by new opportunities in America. Also, the course will examine the American reaction to mass Italian immigration 1880-1920: and the rise of the immigration restriction movement, Sacco & Vanzetti, the Quota Act of 1924, as well as WWII issue of Italians as enemy aliens. Then the appearance of Italian immigrants in American culture: music, sports, and politics. **RECOMMENDED MATERIALS:** suggested, but NOT required, reading: *Five Centuries of Italian American History* by Jerre Mangione, La Storia.

► Walk About

Thursdays: Starts at 9 AM
Sept. 19, 26; Oct. 10, 17, 24
Various Hiking Trails

Enrollment Limit: 15
Sally Hens & Jeanne Cuskey

This class will meet at a variety of trail heads in Leominster State forest, Sholan Farms, and Sterling. Participants will need to be able to walk 3 to 4 miles at a 2 mile per hour pace. Trails may include roots, rocks, small stream crossings and elevation change. Light rain will not cancel the hike, but it may change the location. Please provide an email address for any changes. **REQUIRED MATERIALS:** Broken in hiking shoes or boots, water bottle and walking sticks if balance is an issue for participants. Hunting season begins in October. All participants are required to wear orange vest and hats. During deer shotgun season, hikes may be shorter and in more open areas rather than on woods trails. We will be accompanied by the leader’s dogs, Rusty and Sam. **PLEASE NOTE:** These hikes tend to take approximately 3 hours. Please do not plan any courses immediately following.



► Gentle Yoga for Strength and Flexibility

Thursdays: 9:30-11 AM
Sept. 19, 26; Oct. 10, 17, 24
Hammond Hall, Room S08

Enrollment Limit: 15
Ann-marie LaBollita

A gentle class for beginners and seasoned practitioners that will work on flexibility, balance, relaxation and strength. Breathing and short meditation exercises will help stimulate the relaxation response in the muscles and the nervous system. We will explore gentle yoga postures and longer restorative poses for passive stretching. Weight bearing postures and the use of a long resistance band will target upper body strength building. We will practice balancing poses with and without a partner. **REQUIRED MATERIALS:** 2 yoga blocks, 1 long resistance band, and a towel or small blanket.

► Dilemmas of Peace and War

Thursdays: 10:30 AM -12 PM
Sept. 19, 26; Oct. 10, 17, 24
ONLINE

Enrollment Limit: 30
Eric Budd

For as long as man has waged war, man has also wrestled with a number of questions surrounding war or the use of violence. This course represents an introduction to some of the major ethical dilemmas surrounding war and peace.

► Smartphone Portrait Photography

Thursdays: 2:30 - 4PM
Sept. 19, 26; Oct. 10, 17, 24
McKay, Room 143

Enrollment Limit: 16
J. Flynn

This course builds off of Introduction to Smartphone Photography. Students will further explore the portrait modes in their Smartphone cameras while considering lighting, exposure, composition, and image processing to create engaging portrait photographs. **REQUIRED MATERIALS:** Smartphone Camera

► Posture Workout

Fridays: 10:30 AM -12 PM
Sept. 20, 27; Oct. 11, 18, 25
Recreation Center Dance Studio

Enrollment Limit: 12
Judith Lindstedt

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.

At-a-Glance: Session 2 | NOVEMBER – DECEMBER

TIMES	MONDAY Nov. 4, 18, 25; Dec. 2, 9	TUESDAY Nov. 5, 12, 19, 26; Dec. 3	WEDNESDAY Nov. 6, 13, 20; Dec. 4, 11	THURSDAY Nov. 7, 14, 21; Dec. 5, 12	FRIDAY Nov. 8, 15, 22; Dec. 6, 13	SATURDAY Nov. 9, 16, 23; Dec. 7, 14
9:00 – 9:30 AM						
9:30 – 10:00 AM						
10:00 – 10:30 AM						
10:30 – 11:00 AM	All About Artificial Intelligence Bill Ayadi ONLINE	Seers & Seekers: A Field Guide to New England Notables Sally Cragin CPS Classroom		Gentle Yoga for Strength and Flexibility Ann-Marie LaBollita Hammond S08		
11:00 – 11:30 AM	Barre Stretch & Tone Judith Lindstedt Recreation Center Dance Studio		Work It! Stretch It! Judith Lindstedt Recreation Center Dance Studio		Posture Workout Judith Lindstedt Recreation Center Dance Studio	Global Africa Bill Ayadi ONLINE (2 HRS: 10 AM-12 PM)
11:30 AM – 12:00 PM			ALFA Salon: Continuing the Conversation Martha Crawford ONLINE Across both sessions		Eternal Empire: Persia, Beginnings to Alexander the Great Joyce Ayadi Hinckley ONLINE	
12:20 – 1:50 PM	Smartphone Smarts Barbara Friedman ONLINE	New Sources of Genealogical Research Sara Campbell Leom. Public Library FREE	Hootenanny Paul Luria CPS Classroom	Dressing Up Your Ukulele Playing Paul Luria CPS Classroom	Exploring Mixed Media Art Bridie Wolejko CPS Classroom (2 HRS: 12-2 PM)	The Plays of Annie Baker 1-2:30 PM Joe Moser ONLINE
2:30 – 4:00 PM	Art From Intuition Anne Gilman ONLINE (2 HOURS: 2-4 PM)		Cosmology (NEW!) Tom Gaskill CPS Classroom			

Session 2: Course Descriptions | NOVEMBER – DECEMBER

► 5-PART SERIES: All About Artificial Intelligence

Mondays: 10 - 11:30 AM | November 4, 18, 25; December 2, 9

ONLINE course series facilitated by Bill Ayadi | Enrollment Limit: 20

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. **PLEASE NOTE:** This course is a repeat of spring classes held in Session 3 in Spring 2024.

REQUIRED MATERIALS: This is an online class. Must have a computer or other smart device to connect with via Zoom.

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 2: COURSE DESCRIPTIONS | NOVEMBER – DECEMBER



▶ **Barre Stretch & Tone**

Mondays: 10:30 AM - 12 PM
 Nov. 4, 18, 25; Dec. 2, 9
 Recreation Center Dance Studio

Enrollment Limit: 12
 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.

▶ **SmartPhone Smarts**

Mondays: 12:20 - 1:50 PM
 Nov. 4, 18, 25; Dec. 2, 9
ONLINE

Enrollment Limit: 15
 Barbara Friedman

There are so many apps and so little time. Participants will focus on essential apps and new apps, then go over settings and security. Android and iPhones are different and there are a variety of different versions, so students should have a good working knowledge of how their phone operates as we explore the many ways smartphones can be useful to us in our daily lives. **REQUIRED MATERIALS:** Students must own a smartphone and have access to their ID and passwords.

▶ **Art From Intuition**

Mondays: **(2 HOURS)** 2 - 4 PM
 Nov. 4, 18, 25; Dec. 2, 9
ONLINE / Cost: \$60

Enrollment Limit: 12
 Anne Gilman

This course aims to help you free up your creativity so that you can engage fully in making art, whether you are a seasoned or new art-maker. Creative intuition is an instinct, a kind of ‘sixth sense’ that helps guide an artist’s work. Everyone has their own natural intuition, which is a key asset in creating art. By letting go of preconceived ideas about art-making and tapping into your unique imagination, you can explore new horizons in your work. **REQUIRED MATERIALS:** Materials list will be sent to students prior to first class.

▶ **Seers and Seekers: A Field Guide to New England Notables**

Tuesdays: 10 - 11:30 AM
 Nov. 5, 12, 19, 26 ; Dec. 3
 CPS Classroom

Enrollment Limit: 20
 Sally Cragin

The original Pilgrims arrived in search of religious freedom, but before long, dissent set in—leading to a unique personality: the New England rebel. In the intervening 400 years, dozens of writers and advocates shaped the region, and the nation. Personalities ranging from Anne Rowlandson, who survived captivity; William Lloyd Garrison, who made frequent lecture trips to Fitchburg; Joseph Palmer, “persecuted for wearing the beard”; and home-grown dynamos such as the Rev. George Trask, the “one-man anti-tobacco Apostle”; and his daughter Eliza Trask Hill, women’s rights’ advocate, make the study of New England history a lively pursuit. **REQUIRED MATERIALS:** Notebook, pencil, index cards

▶ **New Sources of Genealogical Research**

Tuesdays: 12:20 - 1:50 PM
 Nov. 5, 12, 19, 26 ; Dec. 3
 Leominster Public Library

Enrollment Limit: 18
 Sara Campbell

FREE—Sponsored by the Leominster Public Library

What is happening in the world of genealogical research? This class will focus on special topics beyond the basics of vital records and census research. Has digitization replaced in-person research? How is Artificial Intelligence (AI) enhancing genealogy? What are the best ways to keep up on the latest developments? Join us to look for new ways to break your brick walls. **RECOMMENDED MATERIALS:** tablet or laptop (optional)

▶ **Work It! Stretch It!**

Wednesdays: 10:30 AM -12 PM
 Nov. 6, 13, 20; Dec. 4, 11
 Recreation Center Dance Studio

Enrollment Limit: 12
 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.

SESSION 2: COURSE DESCRIPTIONS | NOVEMBER – DECEMBER



▶ Hootenanny

Wednesdays: 12:20 - 1:50 PM Enrollment Limit: 30
 Nov. 6, 13, 20; Dec. 4, 11 Paul Luria
 CPS Classroom

This is a participatory singing course with a little background provided about the songs. The class will sing melodies and harmonies of familiar songs. Guitar and/or banjo accompaniment will be provided by the instructor. **RECOMMENDED MATERIALS:** *Rise Up Singing: The Group Singing Songbook*, Edited by Peter Blood and Annie Patterson. This book contains the lyrics to 1200 songs.

▶ Cosmology

Wednesdays: 2:30 - 4 PM Enrollment Limit: 30
 Nov. 6, 13, 20; Dec. 4, 11 Tom Gaskill
 CPS Classroom

How did the universe and all its glorious features like galaxies, nebulas, black holes, stars, and even our solar system come about? Everything you learned about this subject has changed based on observations from new technology, from the Hubble to the newest James Webb Space Telescope. Cosmology explores our current understanding of what we know about the origin and development of these features of space and explains the technology that supplies the data that helps us construct our understanding of the universe.

▶ Gentle Yoga for Strength & Flexibility

Thursdays: 9:30 - 11 AM Enrollment Limit: 20
 Nov. 7, 14, 21; Dec. 5, 12 Ann-marie LaBollita
 Hammond Hall, Room S08

A gentle class for beginners and seasoned practitioners that will work on flexibility, balance, relaxation and strength. Breathing and short meditation exercises will help stimulate the relaxation response in the muscles and the nervous system. We will explore gentle yoga postures and longer restorative poses for passive stretching. Weight bearing postures and the use of a long resistance band will target upper body strength building. We will practice balancing poses with and without a partner. **REQUIRED MATERIALS:** 2 yoga blocks, 1 long resistance band, towel or small blanket

▶ Walk About

Thursdays: **Starting at 9 AM** Enrollment Limit: 15
 Nov. 7, 14, 21; Dec. 5, 12 Sally Hens & Jeanne Cuskey
 Various Hiking Trails

This class will meet at a variety of trail heads in Leominster State forest, Sholan Farms, and Sterling. Participants will need to be able to walk 3 to 4 miles at a 2 mile per hour pace. Trails may include roots, rocks, small stream crossings and elevation change. Light rain will not cancel the hike, but it may change the location. Please provide an email address for any changes. **REQUIRED MATERIALS:** Broken in hiking shoes or boots, water bottle and walking sticks if balance is an issue for participants. Hunting season begins in October. All participants are required to wear orange vest and hats. During deer shotgun season, hikes may be shorter and in more open areas rather than on woods trails. We will be accompanied by the leader's dogs, Rusty and Sam. **PLEASE NOTE:** These hikes tend to take approximately 3 hours. Please do not plan any courses immediately following.

▶ Eternal Empire: Persia, Beginnings to Alexander the Great

Thursdays: 10:30 AM - 12 PM Enrollment Limit: 25
 Nov. 7, 14, 21; Dec. 5, 12 Joyce Ayadi Hinckley
ONLINE

The Persian Empire has 2500 years of history. Much of that has been framed as a battle between East and West. What is the Persian perspective and how does that impact how we see a complex history and its effects on world civilization? We will begin our investigation with pre-history and end with the division of Alexander's Empire. Along the way we will learn a framework for understanding events, meet interesting people, and explore art, culture and religion.

▶ Dressing Up Your Ukulele Playing

Thursdays: 12:20 - 1:50 PM Enrollment Limit: 20
 Nov. 7, 14, 21; Dec. 5, 12 Paul Luria
 CPS Classroom

This class is for those with knowledge of basic ukulele chords and strums. The course will seek to go beyond the basics into augmenting basic chording with embellishments and single-note melodies. We will practice and, hopefully, perform as an ensemble. **REQUIRED MATERIALS:** A soprano, concert, or tenor ukulele.

SESSION 2: COURSE DESCRIPTIONS | NOVEMBER – DECEMBER**► 5-PART SERIES: Global Africa**

Fridays: (2 HOURS) 10 AM - 12 PM | November 8, 15, 22; December 6, 13

ONLINE course series facilitated by Bill Ayadi | Cost: \$60 | Enrollment Limit: 20

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 through the following presentations. **PLEASE NOTE:** This course is a repeat of spring classes held in Session 3 in Spring 2024.

REQUIRED MATERIALS: This is an online class. Must have a computer or other smart device to connect with via Zoom.

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 2: COURSE DESCRIPTIONS | NOVEMBER – DECEMBER

► **Posture Workout**

Fridays: 10:30 AM - 12 PM
 Nov. 8, 15, 22; Dec. 6, 13
 Recreation Center Dance Studio

Enrollment Limit: 12
 Judith Lindstedt

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.

► **Exploring Mixed Media Art**

Fridays: **(2 HOURS)** 12 - 2 PM
 Nov. 8, 15, 22; Dec. 6, 13
 CPS Classroom / **Cost: \$60**

Enrollment Limit: 15
 Bridie Wolejko

No matter your artistic experience, Exploring Mixed Media Art could be the class for you! Through demonstration and hands-on studio time, participants will learn the techniques needed to make meaningful works of art with a variety of materials such as paint, paper, ink prints, fabric and more! As participants work at their own pace and from their own source images, this class emphasizes embracing the student's own personal artistic style over producing photo-realistic artwork. **REQUIRED MATERIALS:** 18 x 24 inch mixed media paper pad, set of acrylic paint brushes, 16Oz jar of Modge Podge, source images (either printed out or on a tablet), scissors **RECOMMENDED MATERIALS:** artist's smock (old clothes to wear), wet wipes, table top easel with 18"x 24" drawing board, portfolio to carry work to and from class, and any paper ephemera students may wish to use in their work

REQUIRED FEE: \$10 paid in cash on the first day of class. This will cover the cost of acrylic paint, rubber gloves, water cups, mixing plates, printing supplies, a variety of paper ephemera, additional materials such as fabric, yarn, etc.



The Flick

► **The Plays of Annie Baker**

Saturdays: 1 - 2:30 PM
 Nov. 9, 16, 23; Dec. 7, 14

Enrollment Limit: 25
 Joe Moser

ONLINE

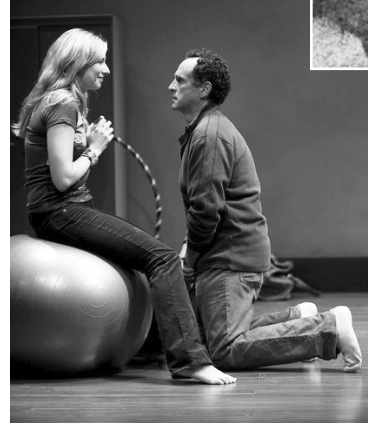
Annie Baker's plays prove that powerful drama can center on the most unremarkable places, including a bed-and-breakfast, a rundown movie theater, and a community center classroom. Baker is known for her realistic dialogue, use of silence, and compassionate portrayals of contemporary lives. Most of her plays are set in New England, including her Pulitzer Prize winner, *The Flick*, which takes place in central Massachusetts.

In this course, we will read and discuss five of Baker's plays: *Circle Mirror Transformation*, *The Aliens*, *The Flick*,



The Aliens

Circle Mirror Transformation



and two of her more recent plays. We will also most likely view and discuss Baker's first film, *Janet Planet*. **REQUIRED MATERIALS:** The texts of Annie Baker's plays *Circle Mirror Transformation*, *The Aliens*, *The Flick*, and two others (TBD).

Special Courses & Programming | FALL 2024



▶ ALFA Salon: Continuing the Conversation

Wednesdays: 10:30 AM - 12 PM / Sept. 18; Oct. 2, 16; Nov. 6, 20; Dec. 4
Facilitator: Martha Crawford / Enrollment Limit: 30 / **ONLINE**
FREE Discussion Group

ALFA Salon is an informal gathering held every-other-week throughout the sessions. Host presenters lead engaging discussions on a variety of topics and issues. The 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 Fall 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:

- Color and Chemistry in the Forbes Pigment Collection
- We're All Plastic People Now
- Podcasting: What It Is & How to Get Started
- What if Louisa May Alcott Wrote Much More than Scholars Previously Knew?
- Where is 'Theater' Taking Us Next?
- Artificial Intelligence (AI) and Virtual Reality (VR):
New Questions About the Future of Learning

The following presenters will join us:

- **Alison Cariens**, Conservation & Ed. Manager Forbes Pigment Collection, Straus Center for Conservation & Technical Studies, Harvard Art Museums, Harvard University
- **Gail Tierney**, Field Rep. for New York Oceana Protecting the World's Oceans
- **Kevin McCarthy**, Ph.D., Associate Professor, Comm. Media, Fitchburg State University
- **Dr. Max Chapnick**, Postdoc. Teaching Assoc. Northeastern University
- **Jared Mezzocchi**, Mezzocchi Design, Theater Artist: Director, Multimedia Designer, Playwright, and Actor
- **J.J. Sylvia IV**, Ph.D., Associate Professor Fitchburg State University

▶ ALFA Community Chat

ONLINE / Thursdays: 9 - 10 AM
Sept. 19; Oct. 17, 31; Nov. 14; Dec. 12.
Cost: **FREE** / Location: Zoom
Facilitator: Art Norman

This free program is designed to promote camaraderie and good conversation. Each session will revolve around an open ended theme in order to generate friendly discussion. If you are interested in meeting fellow ALFA students in a safe and casual environment while sharing, smiling, laughing and reminiscing, register now to join in the conversation.

▶ Food for Thought Event

First Steps: How Upright Walking Made Us Human

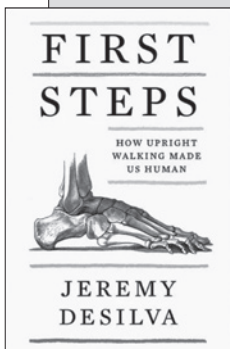
Tuesday, October 1 at 2:30 PM

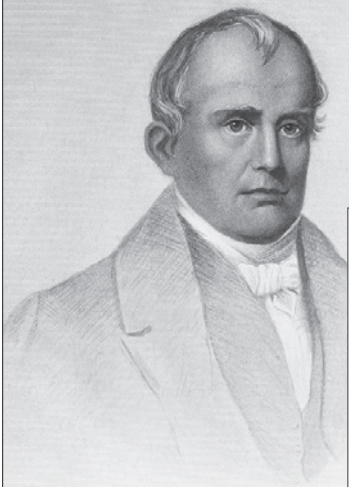
Virtual presentation via Zoom

This event is FREE

Jeremy DeSilva will present a program based on his recent book, *First Steps: How Upright Walking Made Us Human*. DeSilva, a noted paleoanthropologist, explores how unusual and extraordinary this seemingly everyday ability is. A seven-million-year journey to the very origins of the human lineage, *First Steps* describes upright walking as a gateway to many of the other attributes that make us human.

Jeremy DeSilva is an anthropologist at Dartmouth College. He is part of the research team that discovered and described two ancient members of the human family tree—*Australopithecus sediba* and *Homo naledi*. He has studied wild chimpanzees in Western Uganda and early human fossils in museums throughout Eastern and South Africa. From 1998 to 2003, he worked as an educator at the Boston Museum of Science. He continues to be passionate about science education and travels throughout New England, giving lectures on human evolution. He and his wife, Erin, live in Norwich, Vermont, with their twins, Ben and Josie. To learn more about Jeremy DeSilva, you can visit: sites.dartmouth.edu/desilva.





**ALFA GROUP TRIP:
The Samuel Slater Experience Museum,
Samuel Slater Restaurant, and a Cruise on Webster Lake***

Trip Coordinators: Carol Smith & Nick Langhart

Wednesday, October 23

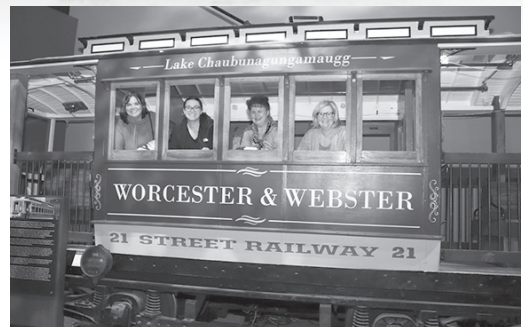
TIME: 9 AM - 5 PM (Bus available for boarding at 8:45 AM)
Pick up will be at BJ's. Park as far away from the store as you can.
Go left to the back section upon entering their lot.
Return at approximately 5 PM.

COST: \$100 Includes transportation, admission, lunch, and cruise

NOTE: Limited to 55 people. Must have 40 registered to run.
No refunds unless the trip is canceled. Ticket is **ONLY** for the person registered. Tickets are **NOT** transferable.



The **Samuel Slater Experience** is more than a museum. We'll take an experiential journey using technology, holograms, and more than twenty unique, immersive exhibits. Having apprenticed in the English textile industry, young Slater brought to America proprietary knowledge of the machinery and the art of cotton spinning. Called, "Father of the American Industrial Revolution," was Slater a traitor to England or an American entrepreneur? Visit their website at: samuel Slater Experience.org.



Lunch in the **Waterfront Room of the Samuel Slater Restaurant** overlooking Webster Lake. Meal includes: salad, rolls, pre-selected entree (see choices below), vegetable, dessert, and coffee, tea, iced tea, or lemonade.

Lastly, we'll **cruise Webster Lake*** on a modern-day replica of a paddle wheel riverboat from the Mississippi River during the late 19th century. Enjoy the autumn foliage on the top deck or inside the comfortable, window-lined lower deck of one of the only remaining authentic paddle-wheel riverboats still in operation in the U.S. today.



Please specify entree choice when registering:

- Baked Cod w/crumb topping
- Steak Tips
- Chicken Piccata
- Chicken Marsala
- Vegetarian

GLUTEN FREE
available upon request for any of the selections.

Nick Langhart, architectural historian, known for leading our recent Groton, and past Worcester tours, will provide local color, enhancing our knowledge of and appreciation for the history of southern Worcester County.

**What is now called Webster Lake is known to the indigenous Nipmuc (Algonquin) people as Lake Chagoggagoggmanchauggaggaggoggchaubunagungamaugg (sometimes shortened to Lake Chaubunagungamaug).*

Registration Information | FALL 2024

REGISTRATION OPENS AUGUST 6, 2024 AT 9:00 AM

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

WAYS TO REGISTER

ONLINE (PREFERRED): You can register for ALFA courses online by going to 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 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.
- 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.

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.

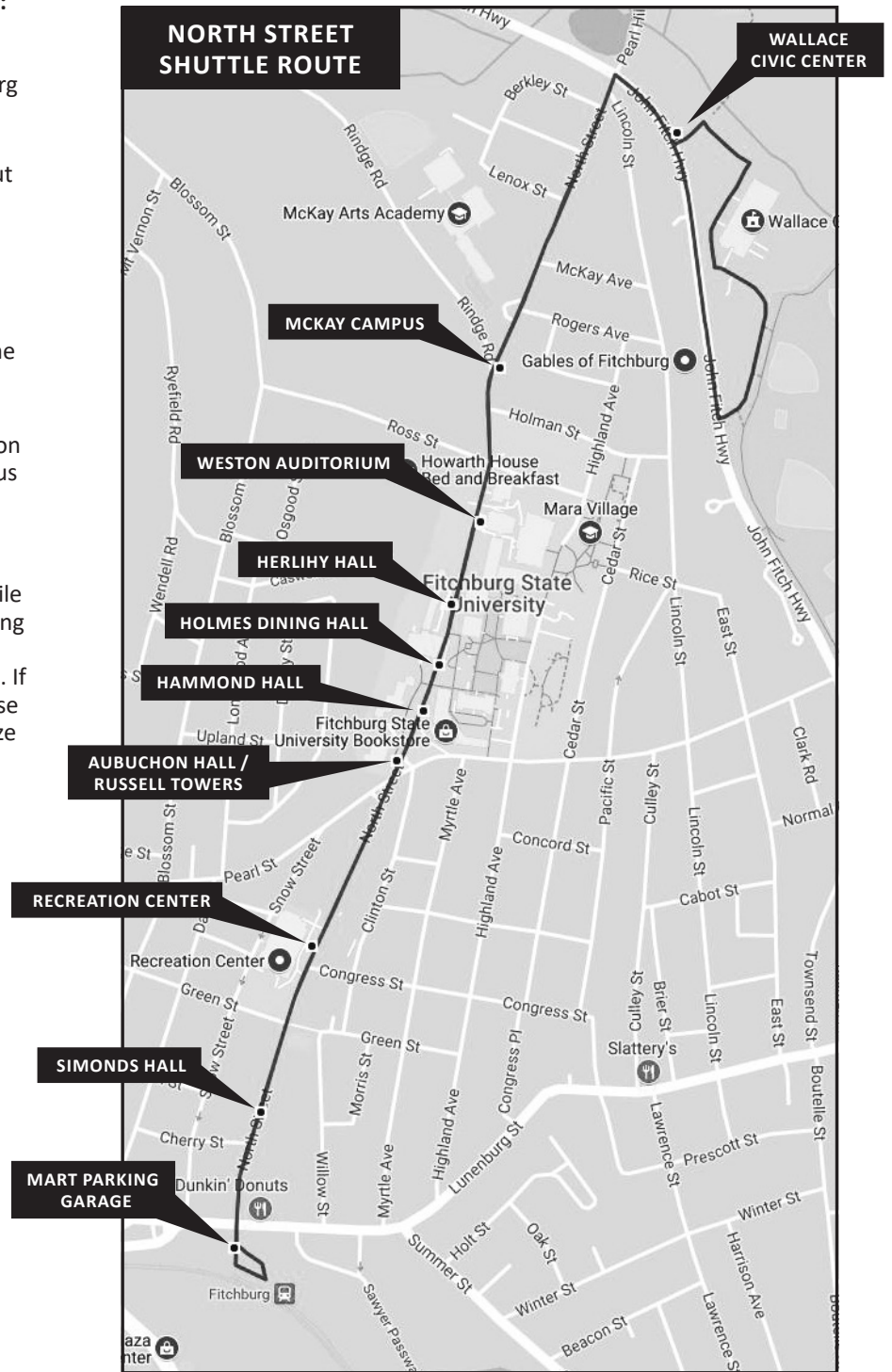
- Please make sure you are parking in the commuter parking lots. These are the lots marked in red on the Parking Lot Map (PDF) file found here: fitchburgstate.edu/parking. Parking in any other lots, or in places that are not parking spaces will result in a parking citation. If parking in Commuter lots 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: mrta.us/services/coa-services for information and about service to other communities beyond Fitchburg.



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.

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.

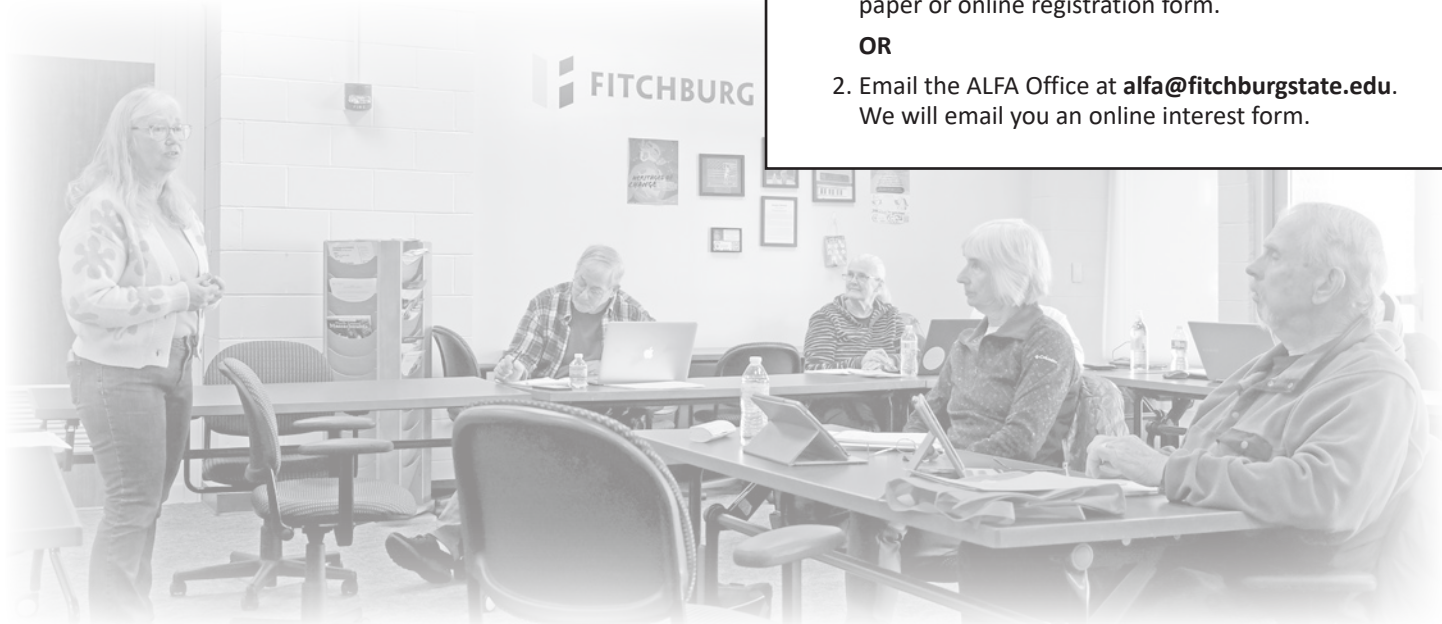
PICTURES: Please note that the University photographer and/or instructor may be taking photos for use for marketing purposes in newsletters, brochures, etc. If you do not want photos taken of you, please tell the photographer.

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



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**. We will email you an online interest form.



Try our online registration option at:
marketplace.fitchburgstate.edu/alfa

Registration Form | FALL 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.

SESSION 1: SEPTEMBER – OCTOBER

MONDAY

- Fall Birding
- The Banned Books Club
- Barre Stretch & Tone
- A Review of the 2023-24 U.S. Supreme Court Term
- Creative Writing Workshop
ONLINE (2 Hours: \$60)

TUESDAY

- Not Your Kid’s Colored Pencils: Intro Class
(2 Hours: \$60)
- Not Your Kid’s Colored Pencils: Intermediate Class
(2 Hours: \$60)
- Caring For Your Back

WEDNESDAY

- Work It! Stretch It!
- Smartphone Smarts
- Italian American History: Immigration and Assimilation
FREE

THURSDAY

- Walkabout
- Gentle Yoga for Strength & Flexibility
- Dilemmas of Peace and War
ONLINE
- Smartphone Portrait Photography

FRIDAY

- Posture Workout

SESSION 2: NOVEMBER – DECEMBER

MONDAY

- 5 Part Series: All About Artificial Intelligence
ONLINE
- Barre Stretch & Tone
- Smartphone Smarts
ONLINE
- Art From Intuition
ONLINE (2 Hours: \$60)

TUESDAY

- Seers and Seekers: A Field Guide to New England Notables
- New Sources of Genealogical Research
FREE

WEDNESDAY

- Work It! Stretch It!
- Hootenanny
- Cosmology

THURSDAY

- Walkabout
- Gentle Yoga for Strength & Flexibility
- Eternal Empire: Persia, Beginnings to Alexander the Great
ONLINE
- Dressing Up Your Ukulele Playing

FRIDAY

- Posture Workout
- 5-Part Series: Global Africa
ONLINE
- Exploring Mixed Media Art
(2 Hours: \$60)

SATURDAY

- The Plays of Annie Baker
ONLINE

SPECIAL PROGRAMS

ALFA SALON: CONTINUING THE CONVERSATION

Wednesdays: 10:30 AM - 12 PM
 Sept. 18; Oct. 2, 16;
 Nov. 6, 20; Dec. 4

ONLINE
FREE Discussion Group

FOOD FOR THOUGHT EVENT: First Steps: How Upright Walking Made Us Human

Tuesday, October 1 at 2:30 PM
FREE EVENT

ALFA COMMUNITY CHAT

Thursdays: 9 - 10 AM
 Sept. 19; Oct. 17, 31; Nov. 14; Dec. 12
ONLINE / FREE

ALFA GROUP TRIP: The Samuel Slater Experience Museum, Samuel Slater Restaurant, and Cruise on Webster Lake

Wednesday, October 23 at 9:00 AM
Cost: \$100

Please specify entree choice* for lunch:

- Baked Cod w/ crumb topping
- Steak Tips
- Chicken Piccata
- Chicken Marsala
- Vegetarian
- Make my selected meal **GLUTEN FREE**

Please see reverse side for payment information

Registration Opens August 6, 2024 at 9:00 AM – 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: _____ Year 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

I AM SENDING PAYMENT FOR:

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

_____ **2-Hour / 5-Week Courses @ \$60/course** = \$ _____
(Creative Writing Workshop, Global Africa, Colored Pencils Intro & Intermediate, Art from Intuition, Exploring Mixed Media Art)

_____ **Italian American History: Immigration & Assimilation** (Sponsored by CIC) = **FREE**

_____ **New Sources of Genealogical Research** (Sponsored by LPL) = **FREE**

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

_____ **ALFA Community Chat** = **FREE**

_____ **ALFA GROUP TRIP: The Samuel Slater Experience Museum, Samuel Slater Restaurant, and Cruise on Webster Lake @ \$100 /person** = \$ _____
 Baked Cod Steak Tips Chicken Piccata Chicken Marsala Vegetarian
 Please make my selected meal choice **GLUTEN FREE**

TOTAL = \$ _____

PAYMENT INFORMATION:

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 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 the first day of registration, 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



REGISTER
ONLINE ▶

20 YEARS AND GROWING — JOIN OUR COMMUNITY!
marketplace.fitchburgstate.edu/ALFA

