

COURSE OFFERINGS **FALL 2023**

ALFA



ALFA Adult Learning
IN THE Fitchburg Area

 **FITCHBURG STATE
UNIVERSITY**
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.

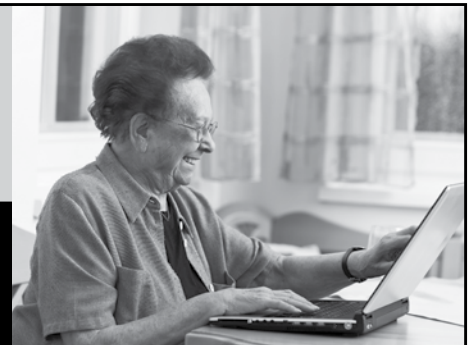
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EASY online registration

Know INSTANTLY if you got into a course!

REGISTRATION OPENS AUG. 1, 2023 AT:
marketplace.fitchburgstate.edu/ALFA





Sawkat Anwer 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-week course.**



Ursula Anwer is a retired Neurologist and sleep specialist from UMass Memorial Hospital in Worcester. **Ursula is teaching as part of a 5-week course.**



Bill Ayadi is a retired engineer born in Tunisia. He was educated in both Tunisia and Europe. Arabic was his first language and he grew up immersed in its stories and traditions. He is a life-long student of history, literature, and art. **Bill is the organizer and facilitator for our 5-week courses.**



Joyce Ayadi Hinkley'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 Bebick grew up in Fitchburg. She is an artist, naturalist, and educator. Having taken a hiatus from life as she cared for her parents, she is now eager to return to her art and teach others about the joy of creating. 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.



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 lecturer. She has taught non-credit classes in genealogy at Greenfield and Holyoke Community Colleges and lectured to many regional societies including Central Mass. Genealogical Society, Mass. Society of Genealogists, Lowell Genealogy Club, Polish Genealogical Society of Mass, Wistariahurst Museum and many

libraries. 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. She is an educator, author, editor and researcher. A member of the Erving Historical Commission, Sara is a frequent speaker at regional libraries and events.



Peter Capodagli is a retired Middle School Science teacher who enjoyed 35 years in the Shirley School System. He is currently the owner of the Boulder Art Gallery located in Fitchburg's Historic Upper Common, and the originator and driving force behind Fitchburg's proposed "Rock Walk" Trail.

Peter is also a local historian who has presented programs on local topics of interest throughout the community. **Peter is the organizer and facilitator of the free Rock Walk experience.**



Paula Cookson Luria is a retired ESL and bilingual teacher of Kindergarten through graduate-level students. She loves to travel and frequently uses her Spanish skills while exploring the world.



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* (Llewellyn Worldwide). Both books have been translated and sold in many countries including India, Russia, Canada, British Virgin Islands, the Czech Republic and Estonia. 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.



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 organizer and facilitator of the free ALFA Salon discussion group.**

BIOGRAPHIES



Bob Cronin is a retired professor of English and Film Studies at Mount Wachusett Community College. He taught film for over thirty years and presented numerous film series, including both Russian and French movies.



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 holds a doctorate in history from Clark University, teaches Modern Italian History and Italian American History at Fitchburg State, 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 FSU's Study Abroad in Verona program.



Nancy Phillip 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 Education and privately in her studio. Nancy has written and published nine books and continually seeks to learn.



Barbara Friedman is a retired librarian who has been teaching tech skills at area libraries (Lunenburg, Fitchburg, Westminster, and Erving) since the 1990's and through the ALFA program since 2015. She is a library consultant for construction and strategic planning.



Dr. Rachel Graddy currently works as the Associate Director for Student Accessibility Services at Worcester State University. Prior to beginning at WSU in June 2023, she served as the Director of Disability Services at Fitchburg State University for two and a half years. She has a doctorate in occupational therapy and has worked professionally in the field of disability access and higher education since 2014. Previous to coming to Massachusetts in November 2020, Dr. Graddy lived and worked in central Illinois at the University of Illinois. She is passionate about access and inclusion for people with disabilities and enjoys baking and exploring nature near her New England home.



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.



Catherine Hunter, a retired museum curator, has developed courses for ALFA since 2019. With a degree in History of Art from Cornell University, she began her career in the Department of Textiles at the Museum of Fine Arts, Boston. In retirement Catherine has cultivated lifelong interests in art history, science, and culture. She is a member of the New Bedford Whaling Museum where she attends the annual Moby Dick Marathon.



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.



Nick Langhart holds an MA in Historic Preservation from Cornell University. He is currently the Director of the Forbush Library in Westminster and docent trainer for Preservation Worcester. Nicholas has been an instructor for the Evolution of New England Architecture and for the History of Worcester's Architecture at Clark University and Worcester State University. He is also vice president of the Steamship Historical Society of America, Inc. Formerly he was Property Manager for the Society for the Preservation of New England Antiquities. **Nick is teaching as part of a 5-week course.**



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, and MEd and 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.

BIOGRAPHIES



Richard D. 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-week 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.



Kyle Moody 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. He is currently the chair of the MS in Applied Communication program. Dr. Moody has a variety of research interests, including online communities, misinformation and information literacy, video games, social media communities, and media history. He recently co-authored a piece titled *Consumption, Identity, and Surveillance During COVID-19 as a Crisis of Pleasure*, which focused on how the COVID-19 pandemic changed how social media users viewed and reacted to content posted in public places by others. His most recent book is *Hannibal for Dinner: Essays on America's Favorite Cannibal on TV*, co-edited with Dr. Nicholas Yanes.



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.



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 Mass Audubon, 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.



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.



Veda Ross was born in Maine and retired in South Carolina. She has held positions from Adjunct Faculty at Georgetown University to Senior Executive within the healthcare industry, in a career spanning the United States, the United Kingdom, and Australia. Veda is an avid lifelong learner and has a passion for learning about the history and culture of people from around the world. As an instructor in the ALFA program, Veda enjoys sharing her unique life experiences as well as the knowledge she has gained. **Veda is teaching as part of a 5-week 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 MA in Philosophy and a PhD in Communication, Rhetoric, and Digital Media.



Elise Takehana teaches writing and digital storytelling in the English Studies department at Fitchburg State University. She also co-founded the Digital Media Innovation program at Fitchburg State University, and worked with colleagues to create digital archive exhibits from the Robert E. Cormier collection. Her own research focuses on the impact of the medium on storytelling and style.

BIOGRAPHIES



Kisha G. Tracy is a Professor of English Studies and Chair of the General Education Program Area at Fitchburg State. She teaches courses in ancient to medieval literature and heritage as well as freshmen composition. Her main research interests include medieval (particularly mental) disabilities, cultural heritage, and the scholarship of teaching and learning.



Wafa Unus is an assistant professor of journalism at Fitchburg State University in Fitchburg, Massachusetts, where she also advises FSU's student-run newspaper, *The Point*. Dr. Unus is the author of *A Newsmen in the Nixon White House: The Enduring Conflict between Journalistic Truth and Presidential Image*. Her current research focuses on local journalism, news deserts, and their impact on civic engagement. She has developed a political journalism minor alongside a colleague at Fitchburg State. Dr. Unus is actively engaged in developing partnerships between local and regional news publications in Central Mass and the university's student newspaper. These collaborations aim to address the gaps within emerging and existing news deserts, ensuring communities can access reliable and relevant information.



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 PhD 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 MEd program. Bridie was the winner of the Fitchburg Art Museum's Regional Exhibition of Art & Craft last year 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.



SESSION 1 COURSES & 10- or 8-WEEK COURSES | SEPTEMBER – OCTOBER

SESSION 1 & 10- or 8-WEEK COURSES | AT-A-GLANCE

Times	MONDAY September 11, 18; October 2, 16, 23	TUESDAY September 19, 26; October 3, 10, 17	WEDNESDAY September 20, 27; October 4, 11, 18	THURSDAY September 21, 28; October 5, 12, 19	FRIDAY September 22, 29; October 6, 13, 20	SATURDAY Sept. 23, 30; Oct. 7, 14, 21
9:00 – 9:30 AM	Fall Birding Alison O'Hare In-Person Wachusett Meadow Wildlife Sanctuary	Conversational Spanish for Beginners and Advanced Beginners Paula Cookson Luria In-Person 10-Weeks CPS Classroom	Naturally Curious: Nature Walks East of Fitchburg Laurie Nehring 9-11 In-Person Various Outdoor Locations & CPS Classroom	Gentle Yoga for Arthritis Relief Ann-marie LaBollita In-Person Hammond S08	Walk About Sally Hens & Jeanne Cuskey Various Outdoor Locations	Posture Workout Judith Lindstedt In-Person Rec Center Dance Studio
9:30 – 10:00 AM						
10:00 – 10:30 AM						
10:30 – 11:00 AM	Barre Stretch & Tone Judith Lindstedt In-Person Rec Center Dance Studio	Disability: Past, Present, and Local Kisha Tracy & Rachel Graddy ONLINE Zoom 1	Work It! Stretch It! Judith Lindstedt In-Person Rec Center Dance Studio	ALFA Salon: Continuing the Conversation Martha Crawford Sept 20: Oct 4, 18; Nov 1, 15; Dec 6 ONLINE Zoom 1	Not Your Kid's Colored Pencils: Intro. Class Laurie Bebbick 10-12 In-Person CPS Classroom	Rollstone Hill Historic Rock Walk Pete Capodagli October 14 10 - 1
11:00 – 11:30 AM						
11:30 AM – 12:00 PM						
12:20 – 1:50 PM	A Review of the 2022 - 2023 Supreme Court Term Paul Weizer IN-PERSON CPS Classroom	Ancient Lore for Modern Times 2023 Sally Cragin In-Person 10-Weeks CPS Classroom	Robert Cormier: Journalist and Storyteller Elisabet Takehana Leominster Public Library	Art Studio Buffet: Session 1 Nancy Phillip In-Person 12 - 2 CPS Classroom \$20 Materials Fee	Media Archaeology J.J. Sylvia, Elise Takehana, & Kyle Moody In-Person McKay 142	
2:30 – 4:00 PM	Five Best Italian Travel Cities: Rome, Venice, Milan, Verona Teresa Fava Thomas In-Person McKay 145	Decorative Papers and Collage Ann-marie LaBollita In-Person CPS Classroom	Hootenanny Paul Luria In-Person CPS Classroom	Four Dives and a Voyage Catherine Hunter HYBRID 1 Zoom 1 IN-Person CPS Classroom		

10- or 8-WEEK COURSES | SEPTEMBER – DECEMBER

► **Conversational Spanish for Beginners & Advanced Beginners (10-Weeks)**

Tuesdays: 9-10:30 AM Enrollment Limit: 15
 Sept. 19, 26; Oct. 3, 10, 17; CPS Classroom
 Nov. 7, 14, 21, 28; Dec. 5 Paula Cookson Luria
10 Weeks: \$90

Are you ready to speak Spanish? If so, this class is for you. It will probably be different than anything you have already tried. You won't be memorizing dialogues, but you will be learning useful words and phrases in context that you would actually use in real life conversations. You will be learning in a very relaxed, low pressure, and natural way. **REQUIRED MATERIALS:** *101 Conversations in Simple Spanish* by Olly Richards; *Easy Spanish Step-By-Step* by Barbara Bregstein; cell phone with Google Translate App. **RECOMMENDED MATERIALS:** You might want to get a head start with a language learning app such as Duolingo (free with ads) or Babbel (about \$10.00/month).

► **Ancient Lore for Modern Times 2023 (10-Weeks)**

Tuesdays: 12:20-1:50 PM Enrollment Limit: 15
 Sept. 19, 26; Oct. 3, 10, 17; CPS Classroom
 Nov. 7, 14, 21, 28; Dec. 5 Sally Cragin
10 Weeks: \$90

Folk practices are pan-cultural, and in this entertaining and informative workshop, you'll learn about a global variety of customs, with a special focus on Astrology, Tarot, far Eastern traditions such as I Ching. This 10-week course will enlighten you to the early history of folk practices, interpretation of the stars and planets, and other forms of divination. Western astrology derived from ancient Greek mythology, which undergirds western culture. Learn how to read and understand natal charts, experiment and explore Tarot cards and enjoy hands-on experience during every class. Beginning and returning students welcome! Yes, it is the 21st century, but ancient lore is all around us! **REQUIRED MATERIALS:** *The Astrological Elements* by Sally Cragin (available in class, \$15). Please bring a notebook, pen and colored pencils or markers. If you have the Ryder-Waite Tarot deck, feel free to bring. **RECOMMENDED MATERIALS:** *Moon Sign Almanac, 2023* (Llewellyn Worldwide). Available in class, \$14.

► **French Level II: Beyond the Basics (10-Weeks)**

Tuesdays: 12:20 - 1:50 PM Enrollment Limit: 20
 Sept. 19, 26; Oct. 3, 10, 17; Hammond G19
 Nov. 7, 14, 21, 28; Dec. 5 Nancy Phillip
10 Weeks: \$90

Level II conversational French is a class for those who have a "solid beginner foundation" of the French language. Not perfection! However, you should be comfortable with concepts such as greetings, articles, numbers, colors, dates, weather, adjectives, pronouns, common nouns and verbs such as avoir and etre and how to conjugate ER verbs. Level II will continue to expand past the basics and increase your knowledge of French by learning different forms of verbs and using past and future tense. Your vocabulary list will grow as well as your skills in speaking, reading, listening and writing. There will be many opportunities for French conversation with your instructor and with your peers. After ten weeks you will find yourself more fluent and confident with this beautiful language. **REQUIRED MATERIALS:** English/French dictionary is essential. Technology forms are the best choices. Spiral notebook for taking notes. A folder for handouts.

► **Introduction to the Practice of Mindfulness Meditation (8-Weeks)**

Thursdays: 12:30 - 1:30 PM Enrollment Limit: 25
 Sept. 21, 28; Oct. 5, 12, 19; ONLINE
 Nov. 2, 9, 16 Andy Lindscott
8 Weeks, 1 Hour: \$50

This 8 week online course will provide an introduction to the practice of mindfulness meditation. Through in-depth classroom instruction, and guided meditation sessions, students will learn the basic principles, skills, and techniques 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 the course with a set of mindfulness practices and techniques that can be utilized in daily life.



► Fall Birding

Monday: 9-10:30 AM
Sept. 11, 18; Oct. 2, 16, 23
Alison O'Hare

Enrollment Limit: 15
Wachusett Meadow
Wildlife Sanctuary

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:** Binoculars (loaner binoculars will be available), field guide to birds of North America. Classes will be held outdoors. Participants should dress for cool/cold fall weather and wear comfortable walking shoes suitable for traversing uneven, sometimes rocky, sometimes wet or slippery terrain.

► Barre Stretch & Tone

Monday: 10-11:30 AM
Sept. 11, 18; Oct. 2, 16, 23
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), water.

► YouTube: What is it? How can I use it?

Monday: 10-11:30 AM
Sept. 11, 18; Oct. 2, 16, 23
Barbara Friedman

Enrollment Limit: 15
ONLINE

YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos. Each class will cover one of the five topics: How and where can I watch YouTube videos? Should I subscribe to YouTube videos? How can I share with others? How can I create my own video? And, how to load your videos onto YouTube. **REQUIRED MATERIALS:** An internet enabled device to view Zoom. Students may want to use an additional device to try examples.

► Google: Beyond the Basics

Monday: 12:20-1:50 PM
Sept. 11, 18; Oct. 2, 16, 23
Barbara Friedman

Enrollment Limit: 15
ONLINE

Google is more than a search engine. Learn the many functions of Google: Gmail, Docs, Sheets, Maps, Drive, Calendar, Meet, YouTube, and more. **REQUIRED MATERIALS:** An internet enabled device or two. Having a smartphone and a PC, MAC or iPad to follow along allows for the best experience, but only one device is required. **RECOMMENDED MATERIALS:** Books on Google are available at your local library. Reserve them from your library at: www.cwmars.org/search Look for the latest editions!

► A Review of the 2022–2023 Supreme Court Term

Monday: 12:20-1:50 PM
Sept. 11, 18; Oct. 2, 16, 23
Paul Weizer

Enrollment Limit: 30
CPS Classroom

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

► Five Best Italian Travel Cities: Rome, Venice, Florence, Milan, & Verona

Monday: 2:30-4 PM
Sept. 11, 18; Oct. 2, 16, 23
Teresa Fava Thomas

Enrollment Limit: 17
McKay 145

FREE—Sponsored by the Center for Italian Culture

Planning to travel to Italy: Rome, Venice, Florence, Milan and Verona? Have you always wanted to visit Italy but didn't know where to begin? This course will introduce you to five major cities and the regions around them. Travel to the best sites with a lecture and discussion about what to see, where to eat and what to do. Lots of images, video clips, and advice on regional travel around Italy. Whether you want to backpack your way around or just be an armchair traveler, here is a chance to explore some of Europe's most beautiful cities. **RECOMMENDED MATERIALS:** Any good guidebook to these places, for example Rick Steves guidebooks to Venice, Rome, and Italy.

► Decorative Papers and Collage

Monday: 2:30-4 PM
Sept. 11, 18; Oct. 2, 16, 23
Ann-marie LaBollita

Enrollment Limit: 15
CPS Classroom

Explore various methods of making unique patterns on paper, including painted and printed papers. The first two classes will be devoted to learning decorative paper painting techniques and creating a stockpile of interesting papers. Next they will view and discuss various approaches to collage and begin designing their own. **REQUIRED MATERIALS:** Materials list will be supplied at the time of registration.

SESSION 1 | SEPTEMBER – OCTOBER

▶ **Disability—Past, Present, and Local**

Tuesdays: 11 AM-12:30 PM Enrollment Limit: 20
 Sept. 19, 26; Oct. 3, 10, 17 ONLINE
 Kisha Tracy & Rachel Graddy

This course will provide an overview of disability history in the United States, as well as current issues in disability studies. The aim of the course is to use history and heritage as guides for the conversation as well as discuss how disability, past and present, impacts our current local culture and climate. We will explore the heritage of disability from the ancient and medieval to that which is a part of our local, Fitchburg (city and university).

▶ **Naturally Curious: Nature Walks East of Fitchburg**

Wednesdays: 9-11 AM Enrollment Limit: 16
 Sept. 20, 27; Oct. 4, 11, 18 Various Outdoor Locations
 Laurie Nehring (CPS Classroom for rain days)
2 Hours: \$60

Put on your hiking boots and join us for a refreshing morning walk along a forested trail at a different location each week in Ayer, Groton, Lunenburg or Shirley. Together, we will explore new trails with a nature-based theme that will follow the season and suggestions made by Mary Holland in her wonderful book, *Naturally Curious*. **PLEASE NOTE:** All hikes will be moderate level walking with some uneven terrain and some elevation. Distances will be about 2-3 miles each week. We will meet at the trailheads each week; locations will be provided to all registrants by email. **NEW THIS SESSION:** For inclement weather days, we may choose to meet in a classroom for nature-related movies and explorations. **RECOMMENDED MATERIALS:** Good walking shoes, dress for the weather, water, light snack, camera, binoculars, walking poles, ID books.

▶ **Work It! Stretch It!**

Wednesdays: 10 - 11:30 AM Enrollment Limit: 12
 Sept. 20, 27; Oct. 4, 11, 18 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.

▶ **Robert Cormier: Journalist and Storyteller**

Wednesdays: 2:30 - 4 PM Enrollment Limit: 20
 Sept. 20, 27; Oct. 4, 11, 18 Leominster Public Library
 Elise Takehana

FREE—Sponsored by the Friends of Leominster Public Library

Robert Cormier was a Leominster native and pivotal YA literary figure in the realistic fiction movement of the 1970s. His novels both helped teens explore some of the darker corners of human behavior and built on his work as a journalist for the *Worcester Telegram* and *Fitchburg Sentinel*. Together we will read parts of his award-winning human interest column *John Fitch IV*, a handful of his early short stories such as “The Moustache,” and excerpts from two of his novels. We will also look at personal letters and drafts from the Robert E. Cormier archive to get an intimate look at the author and his work.

▶ **Hootenanny**

Wednesdays: 2:30 - 4 PM Enrollment Limit: 30
 Sept. 20, 27; Oct. 4, 11, 18 CPS Classroom
 Paul Luria

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.

▶ **Gentle Yoga for Arthritis Relief**

Thursdays: 9:00-10:30 AM Enrollment Limit: 20
 Sept. 21, 28; Oct. 5, 12, 19 Hammond S08
 Ann-marie LaBollita

This is a gentle class for beginners or experienced practitioners. We begin with chair exercises specifically for arthritis, then continue with yoga poses and stretches on the floor and standing. Each class begins and ends with a meditation or reading. **REQUIRED MATERIALS:** Yoga mat, 2 blocks and a strap.

▶ **Walk About**

Thursdays: 9:30-11 AM Enrollment Limit: 15
 Sept. 21, 28; Oct. 5, 12, 19 Various Hiking Trails
 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.

► Art Studio Buffet: Session 1 "Tasting" Menu

Thursdays: 12-2PM
Sept. 21, 28; Oct. 5, 12, 19
Nancy Phillip
2 Hours: \$60

Enrollment Limit: 12
CPS Classroom

Art Studio Buffet allows you to try a new and different form of art each week. This 2-hour class will begin with the origins of the art form and then we will spend the remainder of the class being creative in your art journal. This is a wonderful opportunity to try something new without being committed for weeks on the same topic. The five different forms of creativity for this session will be:

- Lettering and Calligraphy
- Abstract Art
- Color Coded Emotional Art
- Zentangle
- Science and Art Collaboration

There are no expectations regarding your art skills. Any level is accepted and welcome. Come discover a new form of art for yourself. ALL SUPPLIES will be provided including your own personal art journal. **REQUIRED MATERIALS:** A roll of paper towels. **MATERIALS FEE:** \$20 due in cash to the instructor on the first day of class.

► Four Dives and a Voyage

Thursdays: 2:30-4PM
Sept. 21, 28; Oct. 5, 12, 19
Catherine Hunter

Enrollment Limit: 15
Hybrid 1: CPS Classroom,
Online, and Field Trip

Moby-Dick or, *The Whale* by Herman Melville achieved epic stature in the 20th century but failed when published in 1851. Today the plot is secure in the imagination of readers and non-readers alike. Dive into Melville's life to learn why this book was radical in the 19th century. Follow the twists and turns of tropes. Swim with whales. Dive into the tradition of *Moby-Dick* visual arts starting with illustrator Rockwell Kent.

IMPORTANT SCHEDULE INFORMATION: This course will meet in-person, online, and concludes with a field trip. Please read and follow the following schedule:

- Class 1 – Sept. 21: ONLINE
- Class 2 – Sept. 28: In-Person in the CPS Classroom
- Class 3 – Oct. 5: In-Person in the CPS Classroom
- Class 4 – Oct. 12: ONLINE
- Class 5 – Oct. 19: The final meeting will be a voyage to the New Bedford Whaling Museum. Transportation, museum admission and lunch are the responsibility of each participant.

REQUIRED MATERIALS: *Moby-Dick* or, *The Whale* (1851) by Herman Melville. Any unabridged edition is fine; however, the Modern Classic Library Edition illustrated by Rockwell Kent is recommended. **REQUIRED PRE-READING:** Before the first class, read *Etymology and Extracts*. Before the second class, read Chapters 1-16, 64-65. Before the third class, read Chapters 32, 41-42, 87. In addition, students are urged to listen to the assigned chapters online at www.mobydickbigread.com This spoken version works well because the reader is the audience for narration, speeches, sermons, and soliloquies. Finally, Melville is humorous! There is no laugh track; trust your inner urge to laugh.

► Not Your Kid's Colored Pencils: Intro Class

Fridays: 10AM-12PM
Sept. 22, 29; Oct. 6, 13, 20
Laurie Bebick
2 Hours: \$60

Enrollment Limit: 15
CPS Classroom

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.



SESSION 1 | SEPTEMBER – OCTOBER

▶ **Posture Workout**

Fridays: 10-11:30 AM
 Sept. 22, 29; Oct. 6, 13, 20
 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.

▶ **Political and Social Issues Book Club**

Fridays: 10:30 AM - 12 PM
 Sept. 22, 29; Oct. 6, 13, 20
 Eric Budd

Enrollment Limit: 25
 ONLINE

In this class we will read short excerpts from different books or journal articles dealing with some of the big political and social issues of our time. Each class will begin with a brief (promise) lecture on the issue, followed by class discussion. Some of the potential issues include the following:

- Implicit bias and racism in medicine
- The origins of civil wars and could the US experience another one?
- White nationalism/extremism in the US
- The US and endless wars
- Other—join us and find out!

▶ **Media Archaeology**

Fridays: 12:20 - 1:50 PM
 Sept. 22, 29; Oct. 6, 13, 20
 J.J. Sylvia, Elise Takehana, and Kyle Moody

Enrollment Limit: 16
 McKay 142

In this class, we will delve into the profound impact of technology on human thought and communication by not only discussing but also experiencing these innovations firsthand. Drawing from the wisdom of philosopher Friedrich Nietzsche, who believed that our writing tools shape our thoughts, we will examine how various media technologies have transformed our understanding of the world and our place in it. Together, we will investigate five key media that have revolutionized the way we perceive and interact with our surroundings. These five hands-on technologies are the typewriter, the phonograph, the telegraph, the Polaroid camera, and GPS. During the course, students will have the opportunity to work with each of these technologies in a hands-on manner. This tactile learning experience will enable participants to not only understand the history of these innovations but also appreciate their impact on a personal level. As a culminating project, students will produce an oral history or short video, incorporating the various technologies explored throughout the course. Join us on this fascinating journey through the milestones of media innovation, as we uncover the intricate relationship between human cognition and the tools we create. Embrace the opportunity to experience these transformative technologies firsthand, and discover how they have shaped the way we think, communicate, and create. **REQUIRED MATERIALS:** Participants will need some way to record audio. A cell phone or computer will work fine for this. All other course materials will be provided by instructors.



SESSION 2 | AT-A-GLANCE

SESSION 2 | NOVEMBER – DECEMBER

Times	MONDAY November 6, 13, 20, 27; December 4	TUESDAY November 7, 14, 21, 28; December 5	WEDNESDAY November 8, 15, 29; December 6	THURSDAY November 9, 16, 30; December 7	FRIDAY November 10, 17; December 1, 8, 15	SATURDAY Nov. 11, 18; Dec. 2, 9, 16
9:00 – 9:30 AM						
9:30 – 10 AM	Who Done it? Cozy Mysteries for Armchair Sleuths Katharine Covino -Poutasse Zoom 1	Conversational Spanish - CONTINUED - Paula Cookson Luria In-Person CPS Classroom 10-Weeks	Naturally Curious: Nature Walks Laurie Nehring 9-11 In-Person Various Outdoor Locations & CPS Classroom	Gentle Yoga for Arthritis Relief Ann-marie LaBollita Hammond S08	From the Fez to the Hat: Creating Modern Turkey Joyce Ayadi Hinckley ONLINE Zoom 3	
10:00 – 10:30 AM	Barre Stretch & Tone Judith Lindstedt In-Person Rec Center Dance Studio	Getting Involved in Community Journalism Wafia Unus ONLINE Zoom 3	Work It! Stretch It! Judith Lindstedt In-Person Rec Center Dance Studio	Walk About Sally Hens & Jeanne Cuskey In-Person	Posture Workout Judith Lindstedt In-Person Rec Center Dance Studio	
10:30 – 11 AM				(5-Part Series) Things To Know About History Bill Ayadi ONLINE Zoom 3	Not Your Kid's Colored Pencils: Special Techniques Laurie Bebbick In-Person 10 - 12 CPS Classroom	
11:00 – 11:30 AM						
11:30 AM – 12:00 PM						
12:20 – 1:50 PM	Decluttering and Organizing Your Digital Photographs Barbara Friedman In-Person CPS Classroom	French Level II: Beyond the Basics - CONTINUED - Nancy Filip In-Person Hammond Hall	Torn Collage: Painting with Paper Bridie Wolejko In-Person CPS Classroom \$10 Materials fee	Art Studio Buffet: Session 2 "Tasting" Menu Nancy Filip In-Person 12 - 2 CPS Classroom \$20 Materials fee	The Struggles of War: Who is Right and Who Remains? Art Norman ONLINE Zoom 1	Great Contemp. Adaptations: Fiction to Film Joe Moser 1-2-30 ONLINE Zoom Room 3
2:30 – 4:00 PM	Let Your Yoga Dance Ann-marie LaBollita In-Person Hammond S08	Ancient Lore for Modern Times 2023 - CONTINUED - Sally Cragin In-Person CPS Classroom	More Harmonica Paul Luria In-Person CPS Classroom	The Poetry of Stanley Kunitz Bob Cronin In-Person CPS Classroom	Special Topics in Genealogy Sara Campbell In-Person CPS Classroom	

SESSION 2 | NOVEMBER – DECEMBER

► Who Done it? Cozy Mysteries for Armchair Sleuths

Monday: 9:30-11 AM
Nov. 6, 13, 20, 27; Dec. 4
Katharine Covino

Enrollment Limit: 15
ONLINE

In this ALFA course, we'll investigate and explore various cozy mysteries. Our selections—one per week—will include well-loved stories by world-renowned authors (ex. Sir Arthur Conan Doyle, Agatha Christie) as well as some recent, popular, contemporary selections (ex. Kate Racculia, Richard Osman). Course texts will be in the form of short stories, crime thrillers, audio books, and movies. We will read, review, and discuss each of the mysteries together, and share our evolving ideas about the notion of what makes a mystery 'cozy.' **REQUIRED MATERIALS:** Here is the list of reading/listening/viewing materials:

- Christie, A. (2011). *Miss Marple: The Complete Short Stories: A Miss Marple Collection*. New York, NY: Harper.
- Christie, A. (2012). *Death on the Nile – Audiobook*. Agatha Christie (Author), David Suchet (Narrator). [Audiobook]. New York, NY: Harper Audio.
- Osman, R. (2020). *The Thursday Murder Club*. New York, NY: Penguin Random House LLC.
- Racculia, K. (2019). *Tuesday Mooney Talk to Ghosts*. Boston, MA: Houghton Mifflin Harcourt.
- Vertue, S. (Producer), & (Lovering, L) (Director). (2013). *Sherlock—Season Three: The Sign of Three* [Television series]. United Kingdom: BBC Worldwide Ltd.

RECOMMENDED MATERIALS: Some students may want to take notes. If so, a notebook and writing implement may be helpful.

► Barre Stretch & Tone

Monday: 10-11:30 AM
Nov. 6, 13, 20, 27; Dec. 4
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.

► Decluttering and Organizing Your Digital Photographs

Monday: 12:20 - 1:50 PM
Nov. 6, 13, 20, 27; Dec. 4
Barbara Friedman

Enrollment Limit: 15
CPS Classroom

With cell phones, photography has become a daily habit for many of us. This class will explore the many places that we store our photos: shoeboxes, albums, CDs, computer hard drives, Dropbox, iCloud, Google Photos, OneDrive, etc. Students will explore how to organize digital photos and how to digitize printed photos to share with family and friends for preservation and gifting. **REQUIRED MATERIALS:** An internet enabled device is required. Students should have either taken the Google Beyond the Basics class prior to this one or have a good working knowledge of Google. This class requires basic photography skills using a smartphone. Prior to class, students should make a list of where their photos are kept. **RECOMMENDED MATERIALS:** *Mrs. Geek's Guide to Google Photos: Your Lifetime of Memories Effortless and Free*. 2nd edition or other books by Chris Guld.

► Let Your Yoga Dance

Monday: 2:30 - 4 PM
Nov. 6, 13, 20, 27; Dec. 4
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.

► Ukulele: Further Adventures

Monday: 2:30 - 4 PM
Nov. 6, 13, 20, 27; Dec. 4
Paul Luria

Enrollment Limit: 15
CPS Classroom

This course is a continuation of an ongoing ukulele class and is suitable for anyone with a knowledge of basic uke chords. Strums and other techniques will be explored via engaging selections.

Come strum. Have fun. **REQUIRED MATERIALS:** A soprano, concert, or tenor ukulele. **RECOMMENDED MATERIALS:** Ukulele chord chart

► Getting Involved in Community Journalism

Tuesdays: 9:30-11 AM
Nov. 7, 14, 21, 28; Dec. 5
Wafa Unus

Enrollment Limit: 20
ONLINE

This course is designed for adult learners who are interested in getting involved in community journalism and contributing to their local newspapers. It will cover the basics of community journalism, the skills required to produce engaging original content relevant to their local communities, and practical tips for getting involved with their local and hyperlocal news outlets. Special guests will include editors and reporters from local papers in Central Massachusetts.

► Naturally Curious: Nature Walks East of Fitchburg

Wednesdays: 9-11 AM (2 Hours)
Nov. 1, 8, 15, 29; Dec. 6
Laurie Nehring

Enrollment Limit: 16
Various Outdoor Locations
(CPS Classroom for rain days)

2 Hours: \$60

Put on your hiking boots and join us for a refreshing morning walk along a forested trail at a different location each week in Ayer, Groton, Lunenburg or Shirley. Together, we will explore new trails with a nature-based theme that will follow the season and suggestions made by Mary Holland in her wonderful book, *Naturally Curious*. **PLEASE NOTE:** All hikes will be moderate level walking with some uneven terrain and some elevation. Distances will be about 2-3 miles each week. We will meet at the trailheads each week; locations will be provided to all registrants by email. **NEW THIS SESSION:** For inclement weather days, we may choose to meet in a classroom for nature-related movies & explorations. **RECOMMENDED MATERIALS:** Good walking shoes, dress for the weather, water, light snack, camera, binoculars, walking poles, ID books.

► Work It! Stretch It!

Wednesdays: 10 - 11:30 AM
Nov. 1, 8, 15, 29; Dec. 6
Judith Lindstedt

Enrollment Limit: 12
Rec 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, and yoga mat.

► Torn Collage: Painting with Paper

Wednesdays: 12:20 - 1:50 PM
Nov. 1, 8, 15, 29; Dec. 6
Bridie Wolejko

Enrollment Limit: 15
CPS Classroom

Learn the art of torn paper collage! Through lecture, demonstration, and studio work, students will learn the techniques needed to “paint” with paper. A variety of applications will be explored ranging from collage based on color and value, to abstract approaches, to students’ own subject matter that interests them most. We will work primarily with paper, but other materials such as paint, fabric, etc., can be utilized to give students’ work a mixed media quality. All skill levels are welcome. **REQUIRED MATERIALS:** Large (18x24) heavy mixed-media paper pad; Inspirational photos or tablet to work from. **REQUIRED MATERIALS FEE:** \$10 due in cash to the instructor on the first day of class. This fee includes extra collage paper, glue, brushes, acrylic paint, and rubber gloves. **RECOMMENDED MATERIALS:** Additional books and/or magazines to tear up and use in collage; assorted printed papers (Note: Instructor will have additional old magazines and paper available to students); materials such as: string, fabric, water-color paint, oil or soft pastels, ink, objects from nature, etc. to incorporate into your work; table top or standing easel; drawing board; stretched canvas or canvas panels; portfolio big enough to transport 18”x24” work; apron/smock/old clothes to wear during studio time.

► More Harmonica

Wednesdays: 2:30 - 4 PM
Nov. 1, 8, 15, 29; Dec. 6
Paul Luria

Enrollment Limit: 20
CPS Classroom

This course is for those who have some basic experience with the Diatonic Harmonica. **REQUIRED MATERIALS:** A ten hole diatonic harmonica in the key of C.



SESSION 2 | NOVEMBER – DECEMBER

► **Gentle Yoga for Arthritis Relief**

Thursdays: 9-10:30 AM
Nov. 2, 9, 16, 30; Dec. 7
Ann-marie LaBollita

Enrollment Limit: 20
Hammond S08

This is a gentle class for beginners or experienced practitioners. We begin with chair exercises specifically for arthritis, then continue with yoga poses and stretches on the floor and standing. Each class begins and ends with a meditation or reading.
REQUIRED MATERIALS: Yoga mat, 2 blocks and a strap.

► **Walk About**

Thursdays: 9:30-11 AM
Nov. 2, 9, 16, 30; Dec. 7
Sally Hens & Jeanne Cuskey

Enrollment Limit: 15
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.



5-Part Series: Things To Know About History

Thursdays: 10-11:30 AM | Nov. 2, 9, 16, 30; Dec. 7
Bill Ayadi | Enrollment Limit: 20 | ONLINE

- **Veda Ross** — *Reconstruction in America: What We Know, What We Think We Know, What We May Not Know.* The time is 1863-1877. In this class, Veda will guide us through a look at US History in the 14 years following Emancipation. We will look at actions taken to redress the inequities of slavery and readmit the 11 states that seceded from the union. Who were the Republicans, and Who were the Democrats, and why does that matter today? What was Wartime Reconstruction, Presidential Reconstruction, and Congressional Reconstruction? Why is the legacy of reconstruction critical in today’s political, social, and economic setting? “It was the best of times, and the worst of times”– come along and explore why this is so.
- **Ursula Anwer** — *The Weimar Republic in German History (1918-1933).* Ursula will lead us through a discussion on how this great democratic period in German history was created, its time in history, and why it unfortunately failed and helped Hitler come to power.
- **Sawkat Anwer** — *Events leading to Bangladesh Independence.* Sawkat will discuss the events that led to the Bangladesh independence. Bangladesh (formerly East Pakistan), located in south Asia, became an independent country in 1971. The independence movement started shortly after the 1947 partition of British India. Assigning Hindu Majority to India and Muslim majority to Pakistan. We will explore how this led to a geographically, culturally, and economically divided Pakistan leading to the 1970s Bangladesh Liberation war for independence from Pakistan.
- **Nick Langhart** — *Architecture of the public library in Massachusetts, 1865-2000.* This class will be an illustrated look at how public libraries have evolved with the growth of cities, immigrant literacy needs, and changing public taste. Nick will guide us through the history of the great library architecture of H.H. Richardson and, at the turn of the last century, the philanthropy of Andrew Carnegie and how they influenced public library design and function ending with the recent expansion of many area libraries supported by the Massachusetts Public Library Construction Program.
- **Richard Logan** — *South African Singer-Songwriter-Activist Johnny Clegg.* Richard will introduce us to Johnny Clegg, a South African superstar singer-songwriter with millions of fans in South Africa and many more millions worldwide, known for his crossover that included Zulu dance in his concerts, and for his years-long courageous opposition to apartheid. This class will explore his anti-apartheid stance both in the lyrics of his songs and in his performing in multi-racial bands. Many say of Johnny that he did not just write popular songs; he wrote anthems that helped tear down apartheid.

► Art Studio Buffet: Session 2 “Tasting” Menu

Thursdays: 12-2 PM
Nov. 2, 9, 16, 30; Dec. 7
Nancy Phillip
2 Hours: \$60

Enrollment Limit: 12
CPS Classroom

Art Studio Buffet allows you to try new and different forms of art each week. Session 2 will have different selections than session 1. There is no need to have attended Session 1 to participate in Session 2. This 2-hour class will begin with the origins of the art form and then we will spend the remainder of the class being creative in your art journal. This is a wonderful opportunity to try something new without being committed for weeks on the same topic. The five different forms of creativity for this session will be:

- Soul Collage
- POP Art
- Rosemaling
- Neurograhia
- Sacred Geometry

There are no expectations regarding your art skills. Any level is accepted and welcome. Come discover a new form of art for yourself. ALL SUPPLIES will be provided including your own personal art journal. **REQUIRED MATERIALS:** A roll of paper towels. **MATERIALS FEE:** \$20 due in cash to the instructor on the first day of class.

► The Poetry of Stanley Kunitz

Thursdays: 2:30 - 4 PM
Nov. 2, 9, 16, 30; Dec. 7
Bob Cronin

Enrollment Limit: 25
CPS Classroom

During this ALFA course we will be looking at the work of one of America’s most honored poets, Stanley Kunitz (1905-2006), winner of the Pulitzer Prize, the Guggenheim, and many others. He was twice appointed as America’s Poet Laureate: 1974-1976 and 2000-2001. Stanley Kunitz was born and raised in Worcester, graduated from Harvard in 1926, and never lost touch with his Worcester origins. (His childhood home was designated as a literary landmark by the American Library Association.) Late in his life Worcester’s Clark University conferred upon Kunitz the degree of Doctor of Letters. As part of the citation at Clark, Kunitz was quoted in response to a critic who questioned his need to confront the modern world:

“Observe that tears are bullets when they harden;
The triggered poem’s no water—pistol toy,
But shoots its cause, and is a source of joy.”

No need to purchase a text. Samples of Kunitz poetry will be distributed a week ahead. **REQUIRED MATERIALS:** A notebook.

► From the Fez to the Hat: Creating Modern Turkey

Fridays: 10-11:30 AM
Nov. 3, 17; Dec. 1, 8, 15
Joyce Ayadi Hinckley

Enrollment Limit: 20
ONLINE

In this course we will explore how the Ottoman Empire became the modern Turkey we know today. The power of the Ottoman Sultan effectively ended in 1908. The Ottoman Empire formally ended in 1923. From the dismemberment of the Empire, the modern state of Turkey emerged under the leadership of Kamal Atatürk. When he died in 1938, Turkey was a unified and thriving state. Throughout this course, we will discover the who, how, and why this was possible.

► Not Your Kid’s Colored Pencils: Special Techniques

Fridays: 10 AM-12 PM
Nov. 3, 17; Dec. 1, 8, 15
Laurie Bebick
2 Hours: \$60

Enrollment Limit: 15
CPS Classroom

Once you’ve learned the basics take your colored pencil paintings to the next level. Through the use of lectures, demos, and in class practice, explore advanced methods for using colored pencils. Topics such as rendering backgrounds, establishing a value foundation layer, and creating textures such as glass, fabric, and high gloss surfaces will be covered. **REQUIRED MATERIALS:** Artist grade-colored pencils and paper of your choice. Kneaded eraser, good quality pencil sharpener, drawing pencil, notebook.

► Posture Workout

Fridays: 10-11:30 AM
Nov. 3, 17; Dec. 1, 8, 15
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.

SESSION 2 | NOVEMBER – DECEMBER

► **The Struggles of War: Who is Right and Who Remains?**

Fridays: 12:20 - 1:50 PM
Nov. 3, 17; Dec. 1, 8, 15
Art Norman

Enrollment Limit: 20
ONLINE

“War doesn’t determine who is right. War determines who remains.” This quote by *The Poppy War* author RF Huang defines war as a struggle for survival. In this discussion course, we will focus on three books and two movies about how war affects individuals, families and communities. Each historical fiction book and film talks about struggle, hope, and despair, including the insurmountable odds that the characters must face in order to survive and live. For an unfortunate many, the memories of war haunt them in their dreams. For others, war opens up new possibilities. Join us as we explore five compelling stories of war and meet characters whose inner strength and courage defy limits.

The first class will discuss the Civil War American classic, *The Red Badge of Courage* by Stephen Crane. During week two, we will talk about the movie, *Enemy at the Gates* (2001). Week three will focus on the novel, *The Last Green Valley*, by Mark Sullivan, “inspired by one family’s incredible story of daring, survival, and triumph.” During the fourth class we will discourse about the story of good, innocent people who happened to be in the wrong place at the wrong time through the lens of the 2010 Australian movie, *Sisters of War*. The class ends deliberating about the book, *The Mountains Sing* by Nguyen Phan Que Mai, “a moving account of the spirit of resilience among the women and children left behind by the Vietnam War.” **REQUIRED MATERIALS:** Books - *The Red Badge of Courage* by Stephen Crane; *The Last Green Valley* by Mark Sullivan; and *The Mountains Sing* by Nguyen Phan Que Mai. Films available free on Amazon Prime: *Enemy at the Gates* (2001); *Sisters of War* (2010)

► **Special Topics in Genealogy**

Fridays: 12:20 - 1:50 PM
Nov. 3, 17; Dec. 1, 8, 15
Sara Campbell

Enrollment Limit: 15
CPS Classroom

Take the next step in your genealogical research. Let’s go beyond the basics and make some family tree breakthroughs together. Is it time for you to start blogging? Is DNA testing for you? How can you stay on top of the latest databases that are being released? Is going to a regional or national conference worth the price? We will have time to work on computers every week to advance your research. Students should have experience in researching their family history. **RECOMMENDED MATERIALS:** Students may bring a personal laptop or tablet.



► **Great Contemporary Adaptations: Fiction to Film**

Saturdays: 1-2:30 PM
Nov. 4, 18; Dec. 2, 9, 16
Joe Moser

Enrollment Limit: 25
ONLINE

Studying film adaptations deepens our appreciation of both movies and literature and generates friendly discussion and debate. What could be better? In this course, we will explore three Oscar-nominated twenty-first-century film adaptations and their literary sources:

- *The Curious Case of Benjamin Button* (dir. David Fincher, 2008), based on a 1922 short story of the same name by F. Scott Fitzgerald
- *True Grit* (dir. Joel and Ethan Coen, 2010), based on the 1968 novel of the same name by Charles Portis
- *Women Talking* (dir. Sarah Polley, 2022), based on the 2018 novel of the same name by Miriam Toews

In addition to analyzing these works, we will talk about the perils and rewards of adapting short stories and novels into movies.

REQUIRED MATERIALS: Access to these three films and three texts is required:

- *The Curious Case of Benjamin Button* (dir. David Fincher, 2008)
- *True Grit* (dir. Joel and Ethan Coen, 2010)
- *Women Talking* (dir. Sarah Polley, 2022)
- “The Curious Case of Benjamin Button” (short story) by F. Scott Fitzgerald; available for free (www.gutenberg.org)
- *True Grit* (novel) by Charles Portis
- *Women Talking* (novel) by Miriam Toews



► ALFA Salon: Continuing the Conversation

Wednesdays: 10:30 AM - 12:00 PM

Sept 20: Oct 4, 18; Nov 1, 15; Dec 6

Facilitator: Martha Crawford

Enrollment Limit: 30 / ONLINE

FREE - Participant-Led 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.

2023 Fall Salon will host both Fitchburg State professors and guests from the local community, as well as elsewhere throughout the country covering topics including:

- Fitchburg Abolitionist Park: Local Abolitionist History
- Is There Any Future for a US Labor Movement?
- What the Nose Knows: The Science of Smell and How Scent, Emotion, and Memory are Intertwined and Exploited.
- The Need to Rethink and Reimagine Police Training
- Revival of the Fitchburg Theater: The Fitchburg State University Performing Arts Center
- King Tut, Einstein, and the Sinking of the Titanic: The Little Known Story of the Journalist, and New York Times Editor, Carr V. Van Anda



THE FOLLOWING PRESENTERS WILL JOIN US:

- Dr. Danette Day, Associate Professor, School of Education, Fitchburg State University & Bethany Blake, Director of Philanthropy and Marketing, Harborlight Homes
- Edward Cronin, Chief of Police (Retired), Author, United States State Department Senior Police Advisor, Consultant
- Dr. Suresh Naidu, Associate Professor of International and Public Affairs and Economics Columbia University
- Dr. Venkatesh Murthy, Professor and chair of the Department of Molecular and Cellular Biology, Harvard University
- Dr. Richard S. Lapidus, President Fitchburg State University & Nicole Benjamin-Ma, Senior Preservation Planner, VHB®, Vanasse Hangen Brustlin
- Dr. Wafa Unus, Assistant Professor, English Studies, Journalism, School of Arts and Sciences, Fitchburg State University

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



**Rollstone Hill Historic
"Rock Walk" Trail**

Saturday, October 14: 10 AM - 1 PM
Boulder Art Gallery | Enrollment Limit: 30
Pete Capodagli

Join us for a slow and easy, comfortable, and extraordinarily scenic, two mile walk to the summit of Rollstone Hill. The story and history of the Rollstone Boulder, the quarries, and several other interesting sites along the way will be explored, and the historical and cultural influence they had on our city will be discussed.

REQUIRED MATERIALS: Comfortable walking shoes, water, and your phone to take pics! **LOCATION NOTES:** Meet at the Boulder Art Gallery, 960 Main Street, Fitchburg. Call 978-345-0345 with any questions and parking tips.



ALFA Group Trip: Groton History Tour

Trip Coordinators: Nick Langhart & Carol Smith

DATE: Thursday, October 19, 2023

TIME: 9 - 4:30 PM - 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: includes bus transportation and will depend on your lunch choice (please specify your choice when registering): lobster ravioli - \$55.00; chicken piccata - \$50.00; eggplant parmigiana - \$48.00.

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

We will be traveling to Groton, MA, an historic and well-preserved New England town, where we will tour the recently restored 1851 Gov. Boutwell House and Gardens, and then enjoy a narrated walk to see the many handsome 18th and 19th century homes and churches that line Main Street, led by Nick Langhart, tour leader of our recent ALFA trip to Worcester.

We'll have a tasty lunch at Il Forno in Littleton (see selections below). Then we'll return to the picturesque Groton School for guided tours of the Olmstead-designed campus, visit the venerable 1889 Schoolhouse and the majestic Episcopal Chapel. We'll also see several striking new architectural designs that have been added in recent years. The luncheon at Il Forno offers 3 main menu choices plus garlic bread and coffee or tea. Other beverages are available for individual purchase. The total trip cost includes bus transportation and will depend on your lunch choice. Please specify your choice when registering:

- lobster ravioli - \$55.00
- chicken piccata - \$50.00
- eggplant parmigiana - \$48.00



**ALFA
Community
Chat**

ONLINE / Thursdays: 9 - 10 AM
 Every other week
 Cost: FREE / Location: Zoom
 Host and Facilitator: Art Norman

This free, biweekly program is designed to promote camaraderie and good conversation. Each session will revolve around an open ended theme in order to generate friendly discussion. Interested in joining the conversations? Meeting fellow ALFA members in a safe and casual environment? And, most of all, share, smile, laugh and reminisce?

Sign up on our website at fitchburgstate.edu/alfa.
 Questions? Contact Art Norman at t2wildflower@aol.com.



New ALFA Volunteer Opportunity CLASS GREETERS

The ALFA “Meet and Greet” Committee is looking for Class Greeter volunteers for in-person Fall 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.

REGISTRATION INFORMATION

All courses are \$45 a course unless otherwise indicated. We do have a number of \$90, 10-Week courses this semester.

REGISTRATION OPENS AUGUST 1, 2023 AT 9:00 AM

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.
- **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.

REGISTRATION INFORMATION

PARKING AND TRANSPORTATION: You may have noticed that the parking passes have changed! 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:** 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. 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 then be in touch with next steps on obtaining your Fitchburg State Visitor Parking Pass.

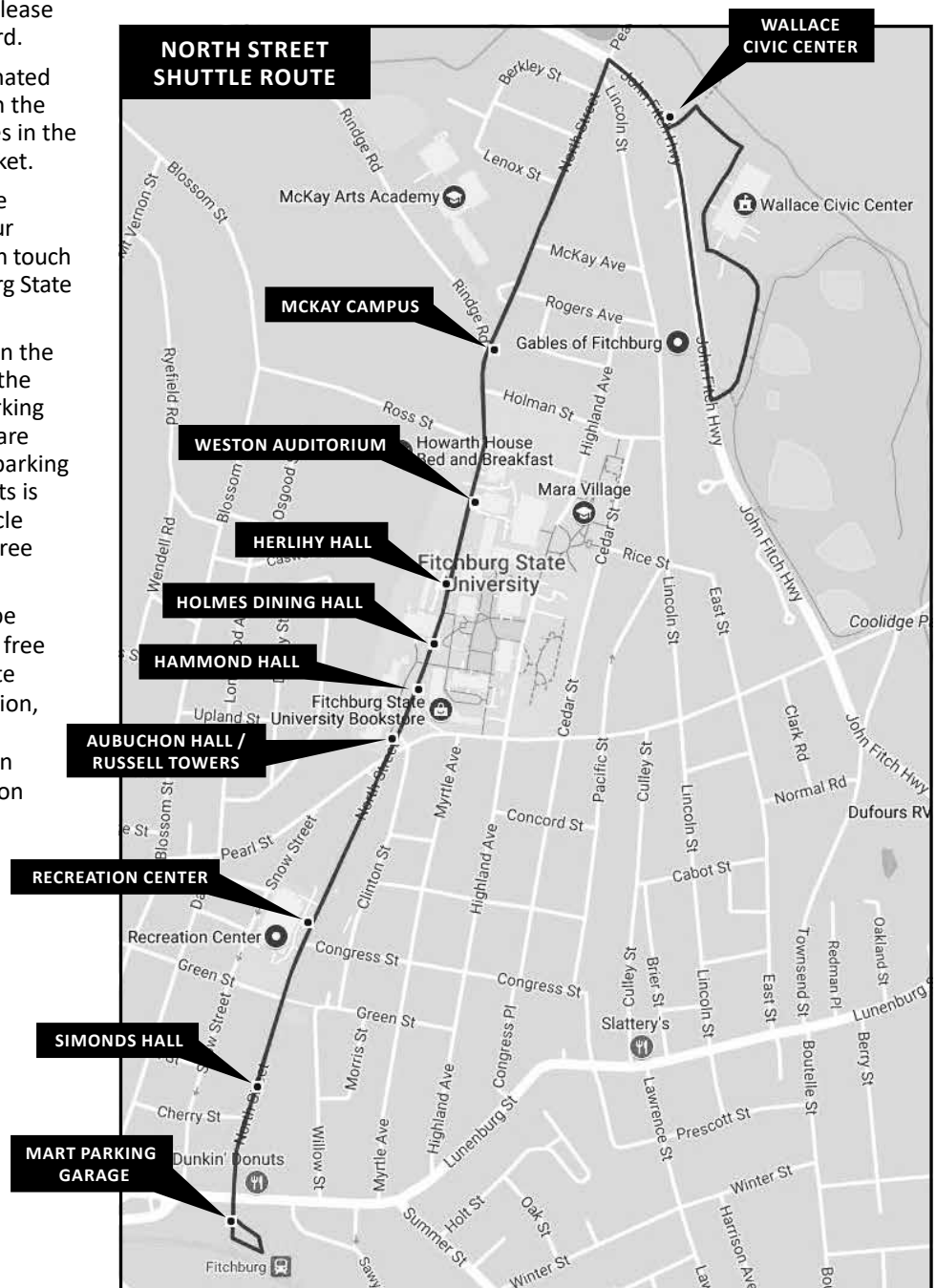
- Please make sure you are parking in the commuter parking lots. These are the lots marked in red on the map. Parking in any other lots, or in places that are not parking spaces will result in a parking citation. If parking in Commuter lots is unavailable, please park your vehicle at the Civic Center 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 Massachusetts 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) 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.



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

ALFA IN-PERSON: If you are taking an in-person course, please know that we are adhering to all state and federal guidance around efforts to minimize the spread of Covid-19. At the time of this publication, these are the guidelines that we ask you to follow. Please note that these are subject to change in accordance with campus, state, and federal guidelines.

- **Vaccination:** If you are taking an in-person course through ALFA, we expect that you are fully vaccinated. We are not currently asking for proof of vaccination.
- **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. Employees may require guests to their individual offices to don a mask at their discretion. Please continue to carry a mask with you while on campus to be able to accommodate requests. If you have forgotten yours, you may pick one up in the Center for Professional Studies.
- **Attestation:** No longer required
- **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.



CELEBRATING
20
Years
ALFA

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

