

Spring 2023 In-Person + Online Course Catalog

Osher Lifelong Learning Institute (OLLI) at UMass Boston

PROVIDING LIFE-ENRICHMENT OPPORTUNITIES FOR OLDER ADULTS



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About OLLI at UMass Boston

Learning for the love of it! The Osher Lifelong Learning Institute at UMass Boston is an inclusive member-powered community that offers educational, cultural, and social programs to inspire adult learners ages 50+.

Through a modestly priced membership, OLLI provides non-credit courses, special lectures, social events, theatre outings, and field trips in the United States and abroad. OLLI at UMass Boston values the diversity of its members, staff, facilitators, and volunteers, and we strive to model and promote a welcoming environment by embracing our community, which includes differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and educational background.

No specific background or education level is required to join, just an interest in academic learning, the desire to participate actively with your peers, and an open mind.

OLLI offers over 200 learning opportunities every year through our courses, OLLI Talk presentations, and special events. These educational programs vary in length. Courses meet once a week (mostly during the day) and might last from 3–10 weeks. The length of most classes is 90 minutes, but some might only be an hour and a few last up to two hours. OLLI Talks and special events are typically one-day programs and generally last for an hour.

OLLI is funded in part by the Bernard Osher Foundation, which supports educational programs, the arts, and integrative medicine centers. OLLI at UMass Boston is one of 125 institutes in all 50 states in the United States funded by the Foundation.

How Do I Join OLLI?

To join or renew and register for classes, submit Membership and Course Request Forms on the last two pages of this catalog with payment by check or credit card (MasterCard, Visa, and Discover only).

Membership is valid for one year, expiring in January or June. Contact the OLLI office at 617.287.7312

to find out your renewal date. Online course registration is available at www.ollli.umb.edu

Registration is not accepted by phone.

Financial Assistance

OLLI at UMass Boston does offer scholarships for those who might need assistance in paying the annual membership fee. For more information, please email the OLLI office (ollireg@gmail.com).

Membership Level	Membership Benefits	Annual Cost
Full Members	<ul style="list-style-type: none"> • Register for OLLI courses each semester, depending upon course availability, at no extra charge. • Register for as many OLLI Talk presentations as you wish at no extra cost. • Attend OLLI social activities and take trips to museums, the theatre, and domestic and international travel at discounted group rates. • Receive OLLI catalogs, notice of OLLI Talks and other events, newsletters, and information about lectures and special events on campus. • Obtain student ID, with benefits such as JFK Library and Museum admission, Healey Library on-campus access, computer lab access, and no cafeteria meal tax (see details on pg. 3). • Receive free access to Mango Languages Program to learn over 70 languages (see details on pg. 3). • Obtain a UMass Boston email address. 	<p>\$225 per person</p> <p>\$425 for two living in same household</p>
Associate Members	<ul style="list-style-type: none"> • Register for as many OLLI Talk presentations as you wish at no extra cost. • Attend social activities, special events, and trips. • Receive OLLI catalogs, notice of OLLI Talks and other events, newsletters, and information about lectures and special events on campus. • Receive free access to Mango Languages Program to learn over 70 languages (see details on pg. 3). <p>NOTE: Not eligible for UMass Boston student ID card, UMass Boston email, or to take OLLI courses.</p>	\$100 per person

Learning at OLLI

At the time of this catalog's printing, OLLI plans to provide both in-person and online opportunities for our members to learn. *In some instances, the same course is being facilitated twice: One section will be in-person; the other section (same material) will be facilitated online.* **Please be mindful of each course location as you prepare your course requests.**

In-Person

Approximately one third of OLLI spring courses will be offered in-person at the UMass Boston Campus, Hingham Public Library, or the Thayer Public Library in Braintree. **Members planning to participate in-person at one of these sites must adhere to the university's safety protocols, including being fully vaccinated and abiding by current mask mandates.** Members must submit proof of vaccination to the office when asked.

Zoom

OLLI at UMass Boston uses Zoom as the main platform to deliver course and program content online. A personal Zoom account is not required in order to participate in OLLI courses and programs. Zoom is a free video-conference platform that allows users to meet online and participate via video and audio. It is an application that can be easily installed or downloaded for free on your mobile device or home computer/laptop. The OLLI Zoom account is hosted through the university and is well secured. OLLI does not publicly promote Zoom details for meetings or courses; they are intended strictly for OLLI members. Members can learn more about Zoom by visiting its website: www.zoom.us.

OLLI offers its members training workshops and refresher sessions on Zoom essentials. These live, interactive presentations are hosted on Zoom and cover the very basics of the Zoom application. The aim is for members to become more confident and comfortable with Zoom in order to use the application and participate in conversations, whether that be in an OLLI course/event or chatting live with family and friends.

Video Conferencing/Hybrid

A few programs will be offered simultaneously in-person and online this spring. OLLI members may participate by either sitting in a classroom or at home via Zoom to enjoy the same course at the same time. When possible, OLLI provides a classroom for folks to watch an online presentation together in-person. For more details, please see information on page 7.

Learning Etiquette and Conduct

OLLI encourages rich dialogue and the exchange of ideas, opinions, and information in its courses and programs. This is at the heart of lifelong learning as older adults bring with them individual personal and professional experiences. OLLI and its facilitators/presenters wish to build a learning atmosphere (whether that is in-person or online) that is welcoming and accepting of differences. Members grow by actively listening to one another with respect and dignity. It is the expectation that members help one another in this endeavor, allowing various voices to be heard. We appreciate your cooperation in helping create this inclusive community.

RECORDING OF OLLI COURSES AND PRESENTATIONS

OLLI will take several things into account in determining whether or not to record a course or presentation. Where presenters grant permission for their course or program to be recorded, we will clarify whether it will be made available to just those OLLI members who are registered for the specific course or program, or the wider membership and public on the Archived Lectures webpage. Wherever possible we will notify members ahead of time if a course or event will be recorded and how that recording will be distributed. Other aspects OLLI considers include whether recording will hinder member engagement in the course or event, and the availability of staff or assistants if the recording requires more oversight.

OLLI Member Benefits

UMass Boston Student ID

Full members of OLLI are eligible to receive a UMass Boston student ID card. To obtain your ID, first go to the OLLI office (3rd floor, McCormack Hall) to get the required form and make your payment. Then, visit the BeaconCard Office (2nd Floor, Quinn Administration Building) to have your photo taken and receive your card. The cost is \$25: cash, money order, or check. Checks are made payable to UMass Boston (not OLLI).

Mango Languages Program

A great benefit for all OLLI members is access to the online Mango Languages Program. Learn any of 70+ languages at your own pace on your desktop computer, laptop, tablet, or smartphone. All you need is an internet connection, your email address, and a password, which will be provided by the OLLI office upon request.

Archived Lectures

Each semester, OLLI operates several video conference courses and OLLI Talks. Most of these courses and OLLI Talks are archived on video and available on our website for two semesters after they have been offered. If you miss a class or want to get an idea what a class is about, here's how to experience this additional learning opportunity:

- Visit www.oli.umb.edu
- Select **About OLLI** from the left sidebar.
- Select **Archived Presentations**.
- Select the class and date of interest.
- When the "Echo" dual screen appears, click on Play or ► symbol in center of screen.

Special Interest Groups

An OLLI Special Interest Group (SIG) is a group of OLLI members who share a common interest and like to meet outside the normal OLLI class environment to discuss and enjoy this mutual interest. Each group has a different focus and is self-managed: Members decide when they will meet and plan how the group will function. Most SIGs meet once a month but may meet more or less often if members wish. *Most OLLI SIGs are meeting via Zoom at this time.*



More information about our Special Interest Groups is available on our website at www.oli.umb.edu To join a SIG, email ollireg@gmail.com with your specific request.

The groups currently active are

- ♥ Book Group (waitlist only)
- ♥ Culinary Adventures
- ♥ Knitting
- ♥ Intergenerational Book Club
- ♥ Stonewall at OLLI
- ♥ Walking
- ♥ Writing

Are you interested in starting a new Special Interest Group? All it takes is a core group of like-minded OLLI members. If you have an idea, seek out a few interested members, come up with a mission statement, meeting schedule, and core leadership group. Contact Jim Hermelbracht at James.hermelbracht@umb.edu for assistance.

IMPORTANT INFORMATION ABOUT EMAIL

Now more than ever, OLLI uses email to communicate important information about classes and events to its members. We do not give email addresses to any organization outside of UMass Boston OLLI and we do not send unnecessary emails. Since OLLI continues to offer some online programming, it is essential that members have an email address and check it regularly.

Here are some of the ways the office utilizes email communication:

- Class confirmations
- Class schedule changes and emergency cancellations
- OLLI Talk schedules and other free events
- Updates and other information about OLLI and its programs through our regularly scheduled e-newsletter (which members can opt out of)

Members should frequently check their email spam/junk folders as messages from OLLI could end up marked as spam by your email provider. If you do not have an email account, we will help you set one up and learn how to use it. Contact the OLLI office for more information.

OLLI Course Information

Facilitators

OLLI course facilitators and OLLI Talk presenters share their areas of expertise with OLLI students on a **volunteer** basis. A course evaluation form is provided at the end of each course, and your constructive suggestions are welcomed by our facilitators. If you would like to complete an evaluation before the end of the course, please request a form from the OLLI office.

Please note that the views and opinions expressed are strictly those of the facilitators, presenters, and their guest speakers and may not reflect the philosophical perspective of UMass Boston or OLLI leadership.



OLLI Scholars

This symbol indicates courses that are taught by UMass Boston graduate students under the OLLI Scholar program. The OLLI Curriculum Committee reviews proposals, interviews candidates, and mentors students from various graduate programs on campus. If accepted into the program, OLLI Scholars receive a stipend after successful completion of their courses. This intergenerational experience benefits both UMass graduate students and OLLI members.

Extra Fees for Courses

Additional fees are sometimes required for courses that involve off-campus activities, special events, or a high amount of handout copying or instructional supplies.

Course Cancellation

OLLI reserves the right to cancel a scheduled course because of low registration, non-availability of a facilitator, or any other unavoidable circumstance. Students will be notified as soon as possible.

Attendance Policies

OLLI events have a maximum capacity determined by the course topic or the facilitator's preference. If requests for a course exceed capacity, the registration priority system is used to determine who will be enrolled, based on the priorities set by each registrant. If you would like to be placed on a waitlist for a course that is full, please contact the OLLI office, and you will be notified if a space becomes available.

If you can no longer attend an OLLI course or OLLI Talk for which you are registered, please contact the OLLI office so you can be dropped from the roster.

Registration Information

Courses: OLLI Full Members can **request** up to five courses per semester before the Priority Registration Deadline of February 22. After that date, additional course requests will be considered if space remains available. *The maximum number of students registered for each course depends on the course topic (some may work best with a smaller class size) and the preference of the facilitator.*

Please list your course choices **in order of priority** (*highest priority = 1, and so on*) on the Course Request Form or when using the online registration system.

Submit your requests by mail or online by February 22, 2023. Students who indicate that a course is their first or second priority will have the best chance of being registered for that course. Course requests received after the February 22 deadline will be assigned based on availability on a first-come, first-served basis.

Online Registration: For instructions about use of our online system, please go to our website at www.umb.edu/olli/courses

Course Confirmation: Students are not registered for courses until they receive a final confirmation.

Confirmations will be emailed in early March. Please pay close attention to the details of the confirmation correspondence; **“registered”** means a student has been confirmed to attend the class; **“not registered”** means the course was oversubscribed, and the course request could not be accommodated.

OLLI Talks Registration: Dates for OLLI Talk presentations are announced approximately three weeks in advance; registration is not open until the dates are announced. OLLI Talks registration is always on a first-come, first-served basis. Please register responsibly! Sign up for only those presentations you can reasonably attend and remember to cancel if your plans change.


















Dropping or Adding Courses: All dropped courses and OLLI Talks are handled by the OLLI office. Please email ollireg@gmail.com or call 617.287.7312 as soon as you determine that you will not be attending a course or OLLI Talk for which you registered.

Use of Email Addresses: OLLI uses email to communicate important information: course confirmation and location; class schedule changes; OLLI Talk dates; and updates and announcements on other special events and programs. We do not send unnecessary emails nor give email addresses to any other organizations. Please contact the OLLI office to learn how to set up an email account.

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OLLI Offsite In-Person and Video Conference Classes

The following in-person courses will be held at **offsite** locations at the Hingham Public Library, Thayer Public Library in Braintree, and the Mount Ida Campus in Newton. Full course descriptions and facilitator bios can be found starting on page 9. Please check location listings carefully and register for your preferred location on the request form. **"Video conference viewing"** means that OLLI members can watch a live course that is being offered simultaneously at another location. Participants from separate locations can ask questions and have discussions with the facilitator and other students in real time.

Please note that we are also holding many in-person classes on the UMass Boston Campus during the spring semester on Tuesdays and Thursdays.

Monday

Eisenhower's America

*(offered at Hingham),
5 Mondays, 3/13–4/10, 10:15–11:45 a.m.*

Style and Self-Presentation

*(video conference viewing at Braintree and on Zoom),
6 Mondays, 3/27–5/8 (no class on 4/17), 1:30–2:30 p.m.*

An Up-Close Look at America's First Ladies

*(offered at Hingham),
5 Mondays, 4/24–5/22, 10:15–11:45 a.m.*

Tuesday

Eisenhower's America

*(Facilitator in-person at Braintree, video conference viewing at UMass Boston and on Zoom),
5 Tuesdays, 3/14–4/11, 10:00–11:30 a.m.*

TED Talks (and Other Videos) Discussion Group

*(offered at Braintree),
5 Tuesdays, 3/14–4/11, 1:30–3:00 p.m.*

Chair Yoga for Everyone

*(offered at Hingham),
4 Tuesdays, 4/4–4/25, 1:30–2:30 p.m.*

Indie Charmers: Independent Films with Heart

*(offered at Braintree),
6 Tuesdays, 4/18–5/23, 1:30–3:30 p.m.*

OLLI Offsite In-Person and Video Conference Classes (cont.)

Thursday

Introduction to Opera

(offered at Braintree),

7 Thursdays, 3/16–5/4 (no class on 4/6), 1:30–3:00 p.m.

The Holocaust: Perspectives on How It Happened

(offered at Braintree),

6 Thursdays, 4/13–5/18, 10:00 a.m.–12:00 noon

Friday

“Tendin’ to the Roots”: A History of Country, Folk, and Bluegrass Music

(offered at the Mount Ida Campus in Newton),

8 Fridays, 3/10–5/5 (no class on 4/7), 10:00 a.m.–12:00 noon

Discovering Documentaries

(offered at Braintree),

6 Fridays, 3/17–4/28 (no class on 4/7), 10:00 a.m.–12:00 noon

The Trend of Increasing Life Expectancy and Our Preparation

(offered at Braintree),

3 Fridays, 5/5–5/19, 10:00–11:30 a.m.

Spring 2023 Courses by Day of the Week

Note: All course information is correct at the time of printing. Any changes to course details will be announced in the OLLI newsletter and reflected in the online information about the course. On the following pages, course descriptions and facilitator bios are listed by day of the week. **OLLI is offering both in-person and online courses this semester. Please note the location as you consider and submit your course requests.**

Course formats are the ways in which OLLI facilitators anticipate presenting their course information and material. Some courses may use a combination of formats. The various formats include the following:

- **Lecture**—Lecture-based courses primarily present information to students, although they often include some time for comments and questions.
- **Discussion**—Discussion-based courses foster active participation by all students and usually include sharing comments and questions.
- **Hands-on Activity**—These courses are based in hands-on learning. Examples include our knitting, photography, and art courses.
- **Activity/Exercise**—These courses require physical participation. Examples include our yoga and tai chi as well as other movement courses.

Monday

Tong Bei Exercises

Tong Bei is one of the oldest martial arts styles in China (500s BC). Tong Bei masters in China followed the Chinese martial art model of keeping their teachings very secretive. Tong Bei exercises involve many back and shoulder exercises, which help you to relax and stretch your back. They are easy to do and easy to remember.

Facilitator: Huan Zhang has 40 plus years of Chinese martial arts experiences. He is the 4th generation of Five Element Tong Bei Quan, 5th generation of Wu Style Tai Chi and Xing Yi Quan, 6th generation of Yang Style Tai Chi, 7th Generation of Qi style Tong Bei Quan, and holds an 8th Duan on Chinese martial arts. Huan has studied a variety of martial arts from many top masters and lineage holders from China, including his father Grandmaster Zhang Lu Ping, Grandmaster Li Tai Liang, and Great Grandmaster Cai Hong Xiang. He is the 5th lineage holder of Cheng Style Ba Gua. The originator is Tong Hai Chuan, founder of Ba Gua's top student Cheng Ting Hua. Huan is specialized on Chen and Yang Style Tai Chi, Tong Bei Quan, Ba Gua Zhang, Xing Yi, and Chin Woo Kung Fu. He has been interviewed by WCVB and NECN and has published many martial arts articles in major magazines in both China and the United States. Huan is the chief exercise designer for an NIH grant, the Joint Pain Study for the Elderly at UMass Boston. He is the formal Chief Instructor for MIT's Tai Chi and Kung Fu club and is also the director of the Culture Promotion Committee for the World Fighting Martial Arts Federation (WFMAF), which helps promote martial arts worldwide.

Dates: 10 Mondays, 3/13–5/22 (no class on 4/17)

Time: 9:30–10:30 a.m.

Location: ONLINE via Zoom

Format: Activity/Exercise

Tai Chi for Beginners

Yang Style Tai Chi is an internal Chinese martial art that embodies Taoist philosophy and, accordingly, is extremely beneficial for good health. It is also a method of relaxation, used for increased focus and concentration. Benefits include stress reduction and better concentration, as well as improved flexibility, strength, immune system, balance, memory, circulation, and coordination.

Facilitator: Huan Zhang, see bio above.

Dates: 10 Mondays, 3/13–5/22 (no class on 4/17)

Time: 10:45–11:45 a.m.

Location: ONLINE via Zoom

Format: Activity/Exercise

Lysistrata: Greek Comedy and Its Contexts

In Aristophanes' comedy *Lysistrata* (produced in 411 BCE), the women of Greece successfully stage a sex strike to stop their husbands from making war with each other. In this discussion-based class, we will read the play and consider its social and historical context. Together, we'll explore how themes connected to war, politics, and gender intersect in *Lysistrata* and how the play reflects broader Greek values. All readings will be done in English and in class, and members don't need to have previous knowledge of Greek history or comedy.

Facilitator: OLLI Scholar Gray Alexander is finishing up his master's degree this semester in Latin and Greek at UMass Boston. Gray has done extensive work on Aristophanes and is particularly interested in the intersection of comedy and cultural identity. When he's not doing schoolwork, Gray enjoys bowling and playing the tuba.

Dates: 5 Mondays, 3/13–4/10

Time: 11:30 a.m.–1:00 p.m.

Location: ONLINE via Zoom

Format: Discussion

Eisenhower's America

Dwight D. Eisenhower, Supreme Commander of the Allied Forces, emerged from World War Two as a national hero. As president, he balanced the budget, settled the Korean War, and sent federal troops to Little Rock, Arkansas to protect Black students. In his farewell address, he warned the nation against the looming threat of the "military-industrial complex."

Facilitator: Gary L. Hylander earned his PhD at Boston College. His advisor and dissertation director was the noted Boston historian Thomas H. O'Connor. Hylander is currently an independent scholar who specializes as a presidential historian, pedagogical specialist for the National Endowment for the Humanities (NEH), and professor of history at Framingham State University. He is a frequent presenter at library forums, historical societies, senior living centers, and civic and professional organizations, as well as a public affairs commentator on local cable news and radio.

Dates: 5 Mondays, 3/13–4/10

Time: 10:15–11:45 a.m.

Note: These classes begin at 10:15 a.m.

Location: IN-PERSON at at Hingham Public Library

Format: Lecture

Contemporary Economic Policy Issues

Economics plays a central role in the functioning of every aspect of society. This course will address a set of prominent policy issues where economics is at their core. We will explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Lectures will be standalone, taught by a subject matter expert, all of whom have a PhD in economics. Potential topics include climate change, healthcare economics, economic inequality, and many more. The topics presented will be determined by what is most topical at the time of the course.

Facilitator: Jon Haveman, PhD is the executive director of the National Economic Education Delegation (NEED). He is an expert on economic policy. Dr. Haveman holds a PhD in economics from the University of Michigan.

Dates: 6 Mondays, 3/13–4/24 (no class on 4/17)

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture

Pulp Fiction and Hard-Boiled Detectives

American detective fiction in the 1920s and 1930s developed as a counterpoint to the “cozy” mysteries prevalent in Europe at the time (Agatha Christie being the prime example). This course will begin with an overview of the beginning of the detective in fiction in the 19th century. Then, using the writings of James Cain, Raymond Chandler, and Dashiell Hammett, we will discuss how the uniquely American hard-boiled detective came about: first through pulp fiction magazines and eventually into full-length novels. The final class will discuss modern authors that continue this tradition, including Robert Parker’s Boston-based “Spenser” series.

Facilitators: Cary Frederick has been a mystery buff since reading Hardy Boys mysteries (and his sister’s Nancy Drew series). As he began film studies in college, Cary became especially interested in film noir and the so-called “hard boiled” detective fiction and films. He would like to share his knowledge of this somewhat misunderstood genre.

Dates: 6 Mondays, 3/20–5/1 (no class on 4/17)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Intermediate French Conversation through Cinema

Did you once study French? Would you like to improve your ability to understand and speak it now? In this course we will watch French Films with English subtitles and discuss the films and their cultural contexts in French. The course will emphasize communication

and having fun while learning. “Intermediate French Conversation...” has become a cooperative learning situation. People come from a variety of backgrounds and experiences using French. Students encourage others to listen and to learn from each other. We will also discuss current events and recent travel or cultural experiences, depending on the people in the class. The first part of each class will be a discussion session, short presentations in French followed by small group readings. These small group activities help encourage everyone to speak, however haltingly. Generally, we will start showing a film at 11:00 or later.

Facilitators: Judy Planchon earned her BA from Carleton College and master’s from Middlebury College. She taught French in elementary schools in Princeton, NJ and in high school in East Brunswick, NJ. Judy taught French at Brookline HS for 33 years, spending many summers in France. Stephen Demers earned his BA from UMass Boston in English and music and an MM from SUNY Fredonia. For most of his professional life he was a Suzuki piano teacher. For 12 years, Stephen has been a member of this course and inspired weekly French speaking meetings. He is the group’s technology coordinator, running Zoom classes and breakout groups, showing films, etc. Mostly self-taught on computers, Stephen uses available tools to learn language and make music.

Dates: 8 Mondays, 3/20–5/22 (no class on 4/17; one additional skip date TBD)

Time: 10:00 a.m.–12:00 noon

Note: These classes are two hours long.

Location: ONLINE via Zoom

Format: Discussion

Style and Self-Presentation

This six-session course will unpack the term “style”—the distinctive way in which something is made or how something appears—and frame it as a central characteristic of all art and culture. Specific styles emerge in different parts of the world during certain time periods because of changing tastes and new inspirations. At the same time, style is a way of describing personal taste, from codes of dress and home décor to the kinds of objects one might collect. Individual session topics include the following: garments, textiles, and other forms of adornment from the museum’s Japanese, Native American, and Education Art collections; the taste for gold in 17th century France; the connection between self-presentation and royal power in Renaissance England; and the ongoing American and European fascination with Egyptian culture and style. The course also includes visits to CMA special exhibitions: *The Tudors: Art and Majesty in Renaissance England* and *Egyptomania: Fashion’s Conflicted Obsession*.

Facilitator: Arielle Levine of the Cleveland Art Museum teaches students all around the world during video conferences in the museum’s Distance Learning Program. She has a degree in art

history from Case Western Reserve University and has been with the museum's education department for over 15 years.

Dates: 6 Mondays, 3/27–5/8 (no class on 4/17)

Time: 1:30–2:30 p.m.

Location: ONLINE via Zoom and
IN-PERSON at Thayer Public Library, Braintree

Format: Lecture

Sharing Your Life through Photos

In this course you will carefully select images from throughout your life to represent your “life force” — your vitality and strength—with the goal of ultimately choosing three images that are most representative of you. Students will bring three photographs to each class and share about the images. If you do not have photographs, please be prepared to take three photographs a week. Ideally, in each class students will send images of the photographs to the facilitator; this can be done by taking a picture of the photograph using a smartphone. These images can be a wonderful complement to any family album, family tree, journal, or legacy letter. This is a creative course and an opportunity to be heard. You will be able to share with others what makes you, well...you.

Facilitator: OLLI Scholar Adriana Weathersby is a graduate student in the Gerontology Program at UMass Boston. She has a career background in business, nursing, and care management. Currently, Adriana is a caregiver for her terminally ill mother. She is looking forward to sharing and learning with OLLI members about our life force through the lens of photography.

Dates: 5 Mondays, 4/24–5/22

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Discussion/Activity

An Up-Close Look at America's First Ladies

From Martha Washington to Jill Biden, all first ladies have many similarities as well as many unique differences. In this completely nonpolitical but rather personal look at each lady, we will discover things that are of special interest to each one. This is a lecture-based course with time for questions and answers, as well as discussion, at the end of each session.

Facilitator: Maralin Manning has fondly enjoyed a variety of careers: fashion merchandising (advertising and promotion), post-secondary education (administrator and educator), and business development (small business and urban development). Having had these experiences, she can more fully understand how, sometimes even in the smallest way, a woman's talent and personality influence her ambitions. The women who were America's First Ladies were no exception. Each one's individual talents contributed, in her own special

way, to the prominent position she held. There are strong similarities among the group, many not well known until you get to know each one as an individual. Ever so much more startling and surprising is the fact that hundreds of years separate them, from the first to the last first lady. Maralin has also held the roles of director of business development at the Quincy Chamber of Commerce and executive director of the Quincy Business Association.

Dates: 5 Mondays, 4/24–5/22

Time: 10:15–11:45 a.m.

Note: These classes begin at 10:15 a.m.

Location: IN-PERSON at the Hingham Public Library

Format: Lecture/Discussion

Brain and Memory Enhancement

Have you been feeling brain fog, fatigue, memory loss, or overwhelm? Scientists used to think that the brain just naturally deteriorated as we age, but the newest research has coined a wonderful term called “neuroplasticity,” which is the ability of neural networks in the brain to change through growth and reorganization even as we age. In this class, we will utilize brain stimulating exercises with the intention of building an empowered perspective about our brains. Learn about the latest cutting-edge research and techniques that involve blending Western and Eastern philosophy and practices.

Facilitator: Katherine Robinson, see bio on page 18.

Dates: 4 Mondays, 5/1–5/22

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion/Exercises

Tuesday

Imagine Directing *Macbeth* and *Measure for Measure*

This course will focus on the kinds of choices you would make in order to stage an effective production of *Macbeth* and *Measure for Measure*. On its surface the staging of *Macbeth* would seem to be straightforward. In the end, the protagonist is killed and before that many others are also killed. But, what to do about the witches and Lady MacBeth's first appearance, the drunken porter, Banquo's ghost, Lady M's sleepwalking, and all the rest. *Measure for Measure* is often categorized as a problem play in part because the final scene is ambiguous and completely open-ended. It depends entirely on the director's choice: Is the Duke's marriage proposal realistic? Sincere? Is it accepted or rejected? And how then to shape the entire play to suit your choice? *Macbeth* will be the 27th annual

Free Shakespeare on the Boston Common production of 2023. *Measure for Measure* remains a lesser-known Shakespeare treasure.

Facilitator: John Galton is a retired teacher with extensive experience at different levels: elementary school, high school, and college. In 1968 (shortly after the invention of the printing press) he earned a PhD in English with his dissertation on Virginia Woolf. John has always liked teaching and loves teaching Shakespeare. He played a few roles in a professional production of *Hamlet* and directed a high school production of *Twelfth Night*. John and his wife Dori moved to Boston to be closer to their daughter, a teacher, and their two (of six) youngest grandchildren.

Dates: 4 Tuesdays, 3/14–4/4

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Discussion

Eisenhower's America

Dwight D. Eisenhower, Supreme Commander of the Allied Forces, emerged from World War Two as a national hero. As president, he balanced the budget, settled the Korean War, and sent federal troops to Little Rock, Arkansas to protect Black students. In his farewell address, he warned the nation against the looming threat of the “military-industrial complex.”

Facilitator: Gary Hylander, see bio on page 9.

Dates: 5 Tuesdays, 3/14–4/11

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom; Facilitator IN-PERSON at Thayer Public Library, Braintree; Video conference viewing at UMass Boston Campus

Migration and Human Rights: Yesterday and Today

Since the Universal Declaration of Human Rights in 1948 by the United Nations General Assembly, many international agreements have been passed to address human rights compliance in various areas. This is the case with migration. However, treaties stipulating migrants’ rights often create contentions among the signatory countries. Why are these commitments controversial for some countries and not for others? Why has migration become a hot topic for the application of human rights? This course explores the history and evolution of migration and human rights in the world. It positions migration and human rights conventions and treaties within the global context that influenced their adoption. Throughout this course, we will engage with these texts, learn more about their backgrounds, the challenges related to their applications, and the stories that shaped their enactment.

Facilitator: OLLI Scholar Balkissa Daouda Diallo is a PhD candidate in the Global Governance and Human Security Program at UMass Boston where she studies African informal migration to Europe and its governance. Balkissa is a returning OLLI Scholar, having previously taught the following courses for OLLI: “Another Migration Story: Leaving Home for Europe” and “Zooming in on Smugglers' Networks: The Informal Economy of Migration in West Africa.”

Dates: 6 Tuesdays, 3/14–4/18

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

A Great Migration Town: The Village of Robbins, IL

This course provides an opportunity to explore the push and pull factors that caused formerly enslaved African Americans (and their descendants) to settle in one of the oldest all-Black administered towns in the country. Founded in 1891 and Incorporated in 1917, it became a major hub of Black life in Metro Chicago throughout much of the 20th century, contributing to what is considered the second Black renaissance, a period of art, political awakening, and innovation that resulted in the integration of the field of aviation and the NASA space program. While chronologically reviewing the history and experience of this great migration town, the course provides an opportunity to explore how this town came to be, notable residents, and the impact of its contributions being overlooked in schools and history books. The goal is to offer a more complete history and to provide a space to reflect on any shifts in perceptions about the realities of migrants/immigrants, Black towns and settlements, and school curricula that tends to omit the experiences and contributions of Black, Indigenous, People of Color (BIPOC) experiences and contributions.

Facilitator: OLLI Scholar Dawn Anderson is a PhD candidate in the School for Global Inclusion and Social Development at UMass Boston. She works at the Institute for New England Native American Studies on substance misuse and prevention in tribal communities and with the Collaborative of Asian American, Native American, Latino and African American Institutes’ Directors at UMass Boston on an ethnic studies program with Boston Public Schools. Dawn’s dissertation research looks at the implications of using local history to strengthen culturally responsive teaching K–12 classrooms. Robbins, IL is her hometown.

Dates: 5 Tuesdays, 3/14–4/11

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

TED Talks (and Other Videos) Discussion Group

TED Talks consist of videos from expert and engaging speakers whose talks expose new ideas and concepts to help us think about and live our lives differently. The topics are far-ranging, from education, business, and science to emerging technologies, international concerns, and creativity. Informative videos from other sources that augment, support, or refute *TED Talks* will also be viewed to provide additional perspectives where appropriate. Each week we will watch 2–4 curated videos together in class. Background information about the speakers and questions derived from the talk will be presented for you to discuss in groups. This will enable you to delve more deeply into the topic, examine the merits of the talk and topic, and how it relates to and affects you. The goal is to awaken your curiosity, solidify your own thinking and feelings, and learn something new.

Facilitator: Myrna Finn is a professor emerita at Salem State University where she taught courses in all aspects of oral communication. With her motto “you’re never too old to learn something new,” she is a life-long learner seeking to expand her horizons by engaging with others and learning from people with diverse perspectives and backgrounds.

Dates: 5 Tuesdays, 3/14–4/11

Time: 1:30–3:00 p.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Discussion

Degenerate Art of the Nazi Era

The Nazi regime was as much an aesthetic movement as a political one. We will learn about the art the Nazis most hated and why they spent inordinate resources to confiscate and denigrate the works of Kandinsky, Klee, Kirchner, Chagall and even Van Gogh.

Facilitator: David Pogue has taught at many different levels over the last 35 years. He holds degrees in marketing, German, and secondary education and has been an instructor at OLLI for eight years.

Dates: 6 Tuesdays, 3/14–4/18

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Pulp Fiction and Hard-Boiled Detectives

American detective fiction in the 1920s and 1930s developed as a counterpoint to the “cozy” mysteries prevalent in Europe at the time (Agatha Christie being the prime example). This course will begin with an overview of the beginning of the detective in fiction in the 19th century. Then, using the writings of James Cain, Raymond Chandler, and Dashiell Hammett, we will discuss how the uniquely American hard-boiled

detective came about: first through pulp fiction magazines and eventually into full-length novels. The final class will discuss modern authors that continue this tradition, including Robert Parker’s Boston-based “Spenser” series.

Facilitator: Cary Frederick, see bio on page 10.

Dates: 6 Tuesdays, 3/21–5/2 (no class on 4/18)

Time: 6:30–8:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

California from the Gold Rush to Hollywood

Did you know that California almost became its own country? California was the 31st state; it became a free labor state under the Compromise of 1850. This course will cover a brief history of its ascension as a state and will explore both the ecological and cultural differences of the state from Disney Land and Hollywood in the south to the San Joaquin Valley in the middle and San Francisco in the north. Don’t forget wine country!

Facilitator: Joanne Agababian spent two years as a VISTA volunteer in East Los Angeles. This gave her the opportunity to learn about southern CA. She has since traveled from south to north. Joanne’s dad was from the San Joaquin Valley, and she had the opportunity to meet cousins from the valley. One of her favorite parts of California is wine country.

Dates: 4 Tuesdays, 3/28–4/18

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture



Listen to Our Voices: Religious Freedom and Egregious Repression of Religious Minorities in Asia

Religious freedom is a fundamental human right. While religious oppression against minorities in Muslim-majority countries draws the world’s attention, little has been known about egregious religious oppression in Asia, even though this is closely connected with global peace and security. Do you know that numerous religious minorities are killed in China for the purpose of organ harvesting? And what does the assassination of Japan’s former Prime Minister by a man angry with the Unification Church indicate to religious minorities? This class examines overlooked religious freedom issues in Asia and its potential impact on global peace and security.

Facilitator: OLLI Scholar Shino Yokotsuka is a doctoral student in the Department of Global Governance and Human Security. Shino is an active member of the International Religious Freedom Roundtable based in DC where there are non-governmental organizations (NGOs), individuals, and

government officials from all faiths who work together for freedom of religion and belief globally.

Dates: 5 Tuesdays, 3/28–4/25

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Adventures in Knitting

This class has two parts: The first three sessions are dedicated to newer knitters; we also always welcome the input of the most experienced knitters. The next five sessions are dedicated to exploring different stitches and new techniques, such as steeking, color works, and adding yarn.

Facilitator: Samia Awad was born in La Paz, Bolivia. Her mother taught her how to knit, and she has been knitting ever since. Samia has taken knitting classes and learned by doing. She earned her bachelor's degree in biology from the American University of Beirut in Lebanon. Samia's work life has been dedicated to scientific endeavors.

Dates: 8 Tuesdays, 4/4–5/23

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Activity/Hands-on

Chair Yoga for Everyone

Have you ever wondered what chair yoga is? Come and find out. The movements will increase circulation, stretch and strengthen muscles, and help you relax by learning better breathing. It can be done in a chair and with some standing movements (optional). Everyone can benefit from this practice.

Facilitator: Elaine Kerrigan has been teaching Yoga for 25 years. Most recently she was teaching chair yoga for those who are not able to do mat yoga. This increases flexibility and strength as well as relaxation. Everyone can do it.

Dates: 4 Tuesdays, 4/4–4/25

Time: 1:30–2:30 p.m.

Location: IN-PERSON at the Hingham Public Library

Format: Activity/Exercise

For the Love of Invertebrates: An Introduction to Invertebrate Zoology

Invertebrates (organisms without a backbone) represent most of the animal kingdom. Many groups are well-known, such as the insects, but others are under-studied even though they live right under our noses. This course is designed to familiarize you with the invertebrates and to learn about each different group in some detail. Throughout the eight weeks, you will get to see many organisms up close, learn unique facts about them, and gain a solid understanding of invertebrates.

Facilitator: OLLI Scholar Teá Montagna (formerly Kesting-Handly) has been studying insects for 14 years. She is most interested in butterflies and moths but has worked with most invertebrate groups. Teá's hobby is marine biology and studying the marine invertebrates. She is a 4th year PhD candidate at UMass Boston.

Dates: 8 Tuesdays, 4/11–5/30

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Hands-on

How to Achieve Goals: Building New Habits

Did you ever have New Year's resolutions that were never achieved? Do you have a personal goal that you would like to achieve? This course will bring you evidence-based information on how we create new habits and achieve our goals. The facilitator will take you through the different stages of building habits so that you can start applying them to your own goals. This is a workshop-based course where participants can interact and engage with materials that will help them find and achieve new habits.

Facilitator: OLLI Scholar Andrea Molina Palacios is a PhD student in the UMass Boston School Psychology Program. She loves talking about self-care and learning. Andrea feels passionate about mindfulness and supporting students' overall wellbeing.

Dates: 5 Tuesdays, 4/11–5/9

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Hands-on

Motion, Gravity, and a Few Particles

This course will consist of discussions about motion, both straight line and non-straight line, gravity, both local and way-out-there, and some additional discussions about a few particles. There will be reference to some formulas, but as much as possible words will be used with symbols just to make it look more scientific. The intention is to deal with what you are mostly familiar with but hopefully there will be connections made that lead to a new understanding and appreciation.

Facilitator: Walt Hagenbuch taught high school physics in the Philadelphia area for 41 years. He has led 5 other OLLI physics courses.

Dates: 5 Tuesdays, 4/18–5/16

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Indie Charmers: Independent Films with Heart

Note: This course will cover four out of six of the same films that were shown when this course was taught in Fall 2022. Independent and international films tend to come and go quickly in theaters. Come and see some of the best that you may have missed or may want to see again. We'll view and discuss a selection of six indie films from the past few decades including *The Grey Fox*, *The Mole Agent*, and one of the best American films set in the world of country music, *Tender Mercies*.

Facilitator: Julie Kinchla enjoyed taking several classes in film history and film appreciation while a student at UMass Boston in the 1970s. The experience sparked a lifelong love of movies and further attendance at many additional film classes over the years. Julie is a retired librarian with many years of experience developing and presenting programs for the public. She has facilitated several film classes for OLLI since 2019.

Dates: 6 Tuesdays, 4/18–5/23

Time: 1:30–3:30 p.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Russian Prison Writing

Two giants of Russian literature—Fyodor Dostoevsky and Alexander Solzhenitsyn—lived through long sentences in Russian prisons. Both authors found their literary lives shaped by their prison experiences and both wrote about their own mental journeys, their physical and psychological suffering, and their fellow prisoners. What was the Russian system of prison and exile like? What social purposes did it serve? How did it change from the tsarist system of the 19th century to Stalin's 20th century gulag? We will address these questions by reading and comparing Dostoevsky's *Notes from the House of the Dead* with Solzhenitsyn's *The Gulag Archipelago*. Patricia Suhrcke, PhD in Russian literature and history, leads the course.

Facilitator: Patricia Suhrcke received her PhD in Russian literature from the University of Chicago. She previously taught Russian literature in translation in Chicago and Atlanta. Dr. Suhrcke has been facilitating courses for OLLI since 2016 and enjoys using her experience leading public dialogues to discuss the great Russian novels with interested readers.

Dates: 8 Tuesdays, 4/18–6/13 (no class on 5/9)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Environmental Ethics

This class will focus on our ethical connection to the natural environment. We will discuss complex philosophical questions that do not have a simple or single answer. This will be a discussion-based class. Topics will include the following: What is our relationship with the natural world? Does nature have rights? How are values influencing our decision making as individuals and collectively? When and how is human intervention in nature justified ethically? What is the most ethical response to climate change? What is environmental racism?

Facilitator: OLLI Scholar Tania Ploumi is a PhD candidate in the School for the Environment at UMass Boston. Her research focuses on the mental health benefits people obtain from nature. Tania has been the instructor of undergraduate classes at UMass Boston since 2018. Her previous professional experience includes environmental management and communication roles in Scotland and Greece.

Dates: 5 Tuesdays, 4/25–5/23

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Gershwin's Opera *Porgy and Bess*

George Gershwin was an American composer of classical, popular, and film music who lived during the early part of the 20th century and died in his late 30s. He is and was arguably the most popular composer of the time. He composed one opera near the end of his short life, *Porgy and Bess*. It is a masterpiece. The first performance of *Porgy and Bess* was at the Colonial Theater in Boston! We'll listen to the entire opera over the four weeks of our course, a section of it each week. The facilitators will lead discussions about its history, the story, the music, the cast of the production we're watching, and more. Questions are welcome.

Facilitator: Steve Vorenberg earned a minor in music from the University of New Mexico (BS/MA in math), sang low bass in a classical music chorus, played bassoon in a wind quintet, and took piano lessons through college. He has a lifetime of attending concerts and recitals. Steve frequently listens to selections from his extensive classical music collection. His special passion is discovering good minor and little-known composers. Collaborator Mary Doller, a retired educator and opera "superfan," has been teaching opera classes at OLLI for the past four years.

Dates: 4 Tuesdays, 5/2–5/23

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Thinking Critically about Whiteness

This participatory course runs as a series of dialogues around understanding Whiteness. Each week, participants will engage with compelling materials or current media that present various ideas about aspects of Whiteness, and we will use critical thinking activities to examine the assumptions driving those ideas. The main part of each session will involve a facilitated dialogue where we create new understanding as co-learners and actions for standing in solidarity with current racial justice movements. The themes to be explored will be on thinking critically about the following: 1) white identity and ancestry, 2) privilege, 3) white supremacy, 4) allyship, and 5) antiracism.

Facilitator: Jeremy Szteiter, Assistant Director of the UMass Boston Critical and Creative Thinking Graduate Program, has worked in adult and community education with a focus on critical thinking, reflective practice, and antiracism in adult education. He is also currently a doctoral student in the Global Inclusion and Social Development Program.

Dates: 5 Wednesdays, 3/15–4/19 (no class on 4/5)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Discussion

Artificial Intelligence (AI) and Us

Artificial Intelligence (AI) is rapidly changing our lives. Ranging from agriculture to health to warfare and so on, AI is now everywhere in our lives, whether we are trying to connect with our friends using "Hey Siri," get driving directions, music, or movie recommendations. This course therefore helps us to navigate how much we (the humans) are relying on AI from morning till night. What impacts, positive or negative, is this technology generating for us? How can we make this technology all-inclusive, i.e., the global north and south can equally benefit from it, or shall the digital divide continue?

Facilitator: OLLI Scholar Leena Maqsood is a global governance and human security practitioner; she recognizes how AI is facilitating us in our lives. Yet, as a citizen of the global south, Leena is concerned how the global community is going to address challenges that this technology is posing for human civilization.

Dates: 5 Wednesdays, 3/15–4/19 (no class on 4/5)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

The Best of English Poetry: Edwin Arlington Robinson to Wallace Stevens

This course is the thirteenth in a series that examines poems written in the English language from Geoffrey Chaucer through Robert Frost and beyond. Our guidebook is Harold Bloom's anthology *The Best Poems of the English Language* (2004, paperback \$22.00). In this segment, we will study the works of Edwin Arlington Robinson, Stephen Crane, William Carlos Williams, and Wallace Stevens. A brief biography and historical context for each poet will be followed by exploration of selected works. Our comprehension of the beauty and wisdom we encounter will deepen through discussing our insights into what each work expresses and evokes. Newcomers to the class are welcome.

Facilitator: Evelyn Ryan holds a BA in English and mathematics and a master's in critical and creative thinking from UMass Boston. Throughout her mathematics teaching career, Evelyn pursued a lively interest in literature. She hopes that her teaching experience and love of poetry will help you to increase your knowledge of and appreciation for poetry.

Dates: 6 Wednesdays, 3/15–4/26 (no class on 4/5)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Introduction to Opera

Have you ever heard a piece of music that you really liked and then find out that it came from an opera? Have you seen or heard operatic music and found yourself wishing that you knew more? Maybe you have friends who enjoy opera, and you wonder what it's all about. Or maybe you'd just like to learn about something new. In this class, we will learn about how opera came to be as an art form and from where it originated. We will learn about the development of opera through time and about the singers and their roles. We will see highlights from operas ranging from Handel's 1709 *Agrippina* through Terence Blanchard's 2019 *Fire Shut Up in My Bones*.

Facilitator: Mary Doller became aware of opera as a child, listening to the Saturday afternoon Metropolitan Opera broadcasts and watching opera singers perform on the *The Ed Sullivan Show*. She enjoys attending both live performances of local opera companies and the *Metropolitan Opera Live in HD* series of live opera performances. Mary is a retired educator.

Dates: 7 Wednesdays, 3/15–5/3 (no class on 4/5)

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Can We Stop Climate Change?

Note: This course has similar content to the course of the same name that was offered in Spring 2022. The course is continually updated with new material; if you attended last year, you are welcome to repeat if you wish. This series of four 90-minute meetings is designed for people interested in learning more about climate change and climate justice; becoming more effective in communicating with others; and taking action to mitigate the impact of climate change on our planet and ourselves. We will cover the following: the problems, basic science, and equity issues behind climate change; a wide range of climate change solutions, including the recent remarkable progress in renewable energy; a powerful simulation tool that lets you see the positive impacts of climate action; and how you can effectively communicate with and join others to act on climate change.

Facilitator: Tom Rawson is a recently retired 7th- and 8th-grade science teacher who lives near Boston. He works with a team to help lead “Can We Stop Climate Change” courses and works on climate change education with Mass Audubon. Tom spends his free time doing carpentry, bicycle riding, and hiking.

Dates: 5 Wednesdays, 3/15–4/19 (no class on 4/5)

Time: 6:30–8:00 p.m.

Location: ONLINE via Zoom

Format: Discussion

How Was That a Hit Song?

This class discusses and illustrates how pop music of the 1960s through the 1980s became hits. The charts were determined by airplay and sales calculated by methods over which only a few people had control. Hundreds of songs were released by many independent record labels seeking the opportunity to snag a hit. Some were natural fits; others were by accident or luck or both! *Cash Box* was one of the prominent music publications that *Dick Clark*, *Solid Gold* and *Rick Dees’ Weekly Top 40* used to count down the hits. Relive and rediscover your 45 collections with this fun class!

Facilitator: Greg Leschishin was born in the city where Rock and Roll was discovered: Cleveland! Besides being a chart fanatic, Greg was a disc jockey before he became determined to work in Hollywood. For close to five years, he was one of the musicologists who determined the biggest hits that the United States listened to and bought!

Dates: 6 Wednesdays, 4/26–5/31

Time: 6:30–8:00 p.m.

Location: ONLINE via Zoom

Format: Lecture

Heroes and Inspirational Stories in America’s National Park System

In this course we will visit parks across the National Park Service’s 28 designations—from parks to preserves, from military parks to other historic sites, and more—to tell stories of courage, determination, perseverance, and brotherly love.

Facilitator: David Kroese is one of fewer than 100 people known to have visited all 400+ National Park Service (NPS) units. Over the past decade, David has logged over 1,300 visits and hiked thousands of trail miles in NPS sites across the country.

Dates: 3 Wednesdays, 5/3–5/17

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture



Tolstoy, the Moral Life, and Death: Reflections on Our Own Lives and Futures

In this course, students will read one of Tolstoy’s masterworks, *The Death of Ivan Ilyich*, a (short) novella about what we pursue in life, why we pursue it, and what those decisions mean in the end. The main character in the novella ruminates and reflects on his existence as he suffers from a terminal illness. Reconsidering the values by which he led his life, Ivan Ilyich’s understanding of what is important and what is not in the world is transformed. Every week, a writing assignment (as short or long as you wish) will take an element of the novella and ask you to think about it in terms of your own life. In class every week, we will share our writing and our thoughts with one another, examining the decisions we have made and asking ourselves if we must make any decisions differently with the time that lies ahead.

Facilitator: OLLI Scholar Josef Kijewski is a PhD student in the UMass Boston Gerontology Program. He is originally from Montana and currently resides in Portland, Maine.

Dates: 5 Wednesdays, 5/3–5/31

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Writing a Legacy Letter

A legacy letter (also called an ethical will) is a written document that allows you to share your life lessons, express your values, and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family and friends. This four-session online course includes discussion and brief writing exercises to help you examine your life history, explore your values, and capture important insights. It offers advice, encouragement, and a model structure to help you draft and complete your own legacy letter.

Facilitator: Jay Sherwin has practiced law, given away money for five charitable foundations, and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy writing. Jay has extensive experience facilitating adult learning programs and has taught this course for OLLI programs nationwide.

Dates: 4 Wednesdays, 5/3–5/24

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Thursday

Shao Lin Qi Gong

Shaolin Qi Kung is a good exercise that focuses on strengthening your Dan Tian (energy field) and connecting the energy inside your whole body through the meridians. With simple movements, you will be able to feel the energy moving. You will also be able to exercise each part of your body.

Facilitator: Huan Zhang, see bio on page 9.

Dates: 10 Thursdays, 3/16–5/25 (no class on 4/6)

Time: 9:30–10:30 a.m.

Location: ONLINE via Zoom

Format: Activity/Exercise

Ba Gua Walking for Beginners

Baguazhang is an internal Chinese martial art, which embodies Taoist philosophy, and accordingly is extremely beneficial for good health. Bagua is known for its circle walking, which is very beneficial as a cardio exercise. The circle walking could be used to develop Qi, meditation, to train physical strength, and is a very effective martial art. This is a basic course for Baguazhang and is a Cheng Style Ba Gua basic form.

Facilitator: Huan Zhang, see bio on page 9.

Dates: 10 Thursdays, 3/16–5/25 (no class on 4/6)

Time: 10:45–11:45 a.m.

Location: ONLINE via Zoom

Format: Activity/Exercise

The Art of Breathing

There is nothing more essential to our health and wellbeing than breathing: We take in air and let it out about 25,000 times a day. If breathing is such an important part of our health and wellbeing, why is it that many of us never stop and think about it? How come breathing classes are not an essential part of our education as young children into adulthood? The facilitator will teach us why breath is so important and how most of the population is breathing improperly, causing all sorts of negative side effects. You will learn how to breathe in a way to increase your health, decrease anxiety, and prevent the onset of an illness. Come learn about the ancient art of breathing and how to use breath and breathing techniques to enhance your daily life.

Facilitator: Katherine Robinson majored in psychology and anthropology at the University of Vermont. She has also done graduate training in mental health counseling and is certified by the McLean Meditation Institute, which has allowed her to deepen her studies in the art of meditation and relaxation. Katherine recently became a certified breath coach through YogaBody. Her passions are teaching meditation, breathwork, and energy techniques to calm the body, exploring the healing vibrations of sound, and motivating and inspiring others to be the best that they can be.

Dates: 3 Thursdays, 3/16–3/30

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion /Exercises



Pivotal Moments in American Education

This course will explore key moments in the development of the American education system, from the colonial founding of Harvard to modern education reforms. Each class session will be dedicated to one moment in history. When did America first guarantee education as a right to all children? How did “No Child Left Behind” work, and why was it passed? Join this course to learn about the history of American education and draw insight into today’s educational landscape.

Facilitator: OLLI Scholar Emma Tynan is a graduate student at UMass Boston studying education policy. She has a BA from Hamilton College with a major in public policy and a minor in history. In this course, Emma combines her research interest in education with the joy she finds in studying history.

Dates: 5 Thursdays, 3/16–4/20 (no class on 4/6)

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Sustainable Development; Sustainable Living in the 21st Century

This course will provide a broad overview of the basics of sustainable development and will familiarize participants with some human activities that impact sustainability.

The main purpose of this course is to explore how participants can continue to live and develop in a way that is socially and environmentally sustainable. Throughout this course, we will discuss the United Nations Sustainable Development Goals (SDGs) and the implications in our local environment. We will discuss how sustainable development is not just a problem for future generations but a shared global responsibility. We will learn how more than ever to be thoughtful stewards of the earth by our little everyday activities.

Facilitator: OLLI Scholar Adanna Kalejaye is an internationally specialized lawyer in the fields of commercial law, maritime law, environmental law, and energy law. She holds an LL.M. (Master of Law) from Swansea University, UK. Adanna was a member of the Working Group on Governance and Legal Issues at the International Solid Waste Association. Her professional experience spans work in a United Nations agency (International Maritime Organization), litigation, alternative dispute resolution, environmental advocacy and sensitization, regulatory compliance, and policy advocacy. Adanna is from Nigeria. She currently lives in Dorchester with her husband and three children.

Dates: 5 Thursdays, 3/16–4/20 (no class on 4/6)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

A Few of Our Favorite Reads

As our main discussion texts, we'll read a few of my favorite books, including Markus Zusak's *The Book Thief*. In addition to reading and discussing a few novels, each member will be asked to do a short presentation about one of their favorite books. One of our goals is to explore the question "Why do we read?", and this is one way we'll look at this very question.

Facilitator: Andrea Kossyrev has facilitated six previous courses for OLLI. Teaching these courses brings her so much joy. Before receiving her MFA at UMass Boston, Andrea taught high school English for four years. She's working on a novel and teaching in all the ways she can.

Dates: 7 Thursdays, 3/16–5/4 (no class on 4/6)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Discussion

Xing Yi Quan Basics

Xing Yi Quan is classified as one of the three top internal styles of Chinese martial arts. The other two are Tai Chi and Ba Gua. We will focus on Xing Yi Quan's five elements. The five elements are five internal movements that will improve the five organs of your body.

Facilitator: Huan Zhang, see bio on page 9.

Dates: 10 Thursdays, 3/16–5/25 (no class on 4/6)

Time: 1:20–2:20 p.m.

Location: ONLINE via Zoom

Format: Activity/Exercise

What Was Happiest about Your Twenties?

Starting a family? Landing a first job? Discussion prompts during this four-week course will invite you to revisit turning points in your life and find your words for them. In each session you will hear people share stories about their twenties. What are the places you lived in your twenties? Which people from your twenties are still part of your life? Are there things you did in your twenties that you have never really stopped doing? What are places you saw in your twenties that you never thought you'd see? Would you have guessed when turning 20 where, and who, you would be at 30?

Facilitator: John Reine, during his twenties, found an apartment in Boston and lived on his own for the first time. He completed a masters in English, saw Paris, buried a best friend, made a 30-day silent retreat, and fell in love. John interviewed for a job from which he would retire 36 years later.

Dates: 4 Thursdays, 3/16–4/13 (no class on 4/6)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Discussion

Backyard or Good Neighbors? The United States and Latin America's Relationships

Since the independence of the colonial empires of Spain, Portugal, and England, the sociopolitical and economic histories of Latin America and the United States have been closely linked. But are the relationships in the region ones of cordiality or confrontational? Is the United States the "good neighbor" or, on the contrary, is Latin America the "backyard" of the United States? In this course, we will review the history of relations between the United States and Latin American countries from the perspective of Latin America and its intellectuals. Our journey will take us from the formation of the republics and the Monroe Doctrine to the present, passing through milestones such as the Cold War, the Cuban revolution, the war on drugs, and the Latin American dictatorships.

Facilitator: OLLI Scholar Mario Portugal Ramírez is originally from Bolivia. He is currently a PhD candidate at UMass Boston. He has taught several OLLI courses about Bolivia and Latin America.

Dates: 5 Thursdays, 3/16–4/20 (no class on 4/6)

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

More Dancing the Pandemic Away!

Join the ultimate dance-fitness party that beats a boring exercise workout any day. Zumba® Gold is part of the popular Zumba® dance-based fitness program, specifically designed for active older adults. It includes the same wide variety of Latin and other international rhythms, but without any high impact moves. It's not a dance class, though, so there are no right or wrong moves in Zumba® Gold...just let the music move you! Wear workout clothes and sneakers and bring a water bottle.

Facilitator: Mary Ellen Reardon is a certified group exercise instructor and has taught Zumba® Gold classes in the Boston area for over 12 years. Her dance background is primarily tap-dancing and Irish step, which allows her to include "Fake Irish Step Dancing" as one of her "Other International Rhythms"!

Dates: 6 Thursdays, 3/16–4/27 (no class on 4/6)

Time: 1:30–2:30 p.m.

Location: ONLINE via Zoom

Format: Activity/Exercise

Painters of the American Revolution

We are all familiar with the pictures of the American Revolution that appear in history books and film documentaries. What most people don't know is who painted them and under what circumstances. We will concentrate on the following painters: Benjamin West, John Singleton Copley, Charles Willson Peale, John Trumbull, and Gilbert Stuart.

Facilitator: David Pogue, see bio on page 13.

Dates: 6 Thursdays, 3/16–4/27 (no class on 4/6)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Introduction to Opera

Have you ever heard a piece of music that you really liked and then find out that it came from an opera? Have you seen or heard operatic music and found yourself wishing that you knew more? Maybe you have friends who enjoy opera, and you wonder what it's all about. Or maybe you'd just like to learn about something new. In this class, we will learn about how opera came to be as an art form and from where it originated. We will learn

about the development of opera through time and about the singers and their roles. We will see highlights from operas ranging from Handel's 1709 *Agrippina* through Terence Blanchard's 2019 *Fire Shut Up in My Bones*.

Facilitator: Mary Doller, see bio on page 16.

Dates: 7 Thursdays, 3/16–5/4 (no class on 4/6)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Bathed in Light: A Film Appreciation Course

Movies radiate light in many ways. Some literally shine with sunlight. Some are so airily light that they float off the screen. Some illuminate hidden or shaded corners of existence. Participants will view, analyze, report on, and discuss a variety of films that reward close viewing by shedding new light on our views of life, of the world, and of cinema itself. Bring your sunglasses—and your spyglass! Requirements: (1) Commit to 2 weekly online movie-viewings at home: on TV, pc, or tablet/laptop. (2) access to YouTube, Amazon Prime, and Kanopy video streaming service (via Boston Public Library card). Helpful: access to Criterion Channel, IMDB. Most films free, some rentals (less than \$30). Note: This course is listed for a 10-week time span, but there will be a two-week pause roughly midway through (dates to be determined). Thus, during those 10 weeks there will be only 8 class meetings.

Facilitator: Bernard F. Swain, PhD is a Boston-area native. He began studying film at the Cinémathèque française in Paris at age 20, and spent the next 50 years (in Cambridge, Washington, DC, Chicago, back to Boston, and to Paris again) pursuing his passion to really see the beauty only cinema offers.

Dates: 8 Thursdays, 3/16–5/25 (no class on 4/6; two additional skip dates TBD)

Time: 1:30–3:30 p.m.

Location: ONLINE via Zoom

Format: Discussion

The Chitlin' Circuit: Racial Segregation and the Rise of R&B

The Chitlin' Circuit was a Black entertainment syndicate that coalesced in the shadow of racial segregation from 1930 to 1960 among working-class Black communities across the United States. This course will explore the figures and conditions involved in the creation of a style of music that came to be known as R&B, and how its working-class African American cultural production thrived despite racial segregationist policies in the United States.

Facilitator: Brendan Hogan, *Morning Show* host/producer on WUMB radio, musician, and American studies graduate student at UMass Boston.

Dates: 5 Thursdays, 3/16–4/20 (no class on 4/6)
Time: 6:00–7:30 p.m.
Location: ONLINE via Zoom
Format: Lecture

Pub Grub: The Archaeology of Food and Drink in Taverns

Historical taverns in New England and New York served many purposes, including spaces for community gathering, the spread of information, political negotiations, and, most importantly, the consumption of food and drink. But what exactly was being served at historic taverns? This course will explore the remains of food and drink at taverns and how archaeologists interpret these remains to contribute to our understandings of historic food and drink.

Facilitator: OLLI Scholar Cal Mikowski is a master's student in UMass Boston's Historical Archaeology Program. Originally from NY, she holds a bachelor's degree in anthropology and history from Queens College (CUNY). Cal's research focuses on Wellfleet Tavern, a supposed illegal tavern site on Cape Cod, and historic contexts in Plymouth and Marblehead, MA.

Dates: 6 Thursdays, 3/23–5/4 (no class on 4/6)

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture

Survival French for Travelers (or for Fun)

Are you going to France or to a French-speaking country? If so, you need to be able to communicate at least at a minimum to show that you are making an effort toward the culture of the host country. The people there will greatly appreciate (even if they answer in English) and may even be friendlier. In this class you will be learning French basic vocabulary and phrases in a conversational setting. The course will integrate the Mango Languages computer program to practice and reinforce your new skills at home.

Facilitator: H el ene Olken is a native of France. She graduated in French and psychology from UMass and holds a master's degree in ESL. H el ene taught in Milton in the Grade 2 French Immersion Program for 25 years.

Dates: 7 Thursdays, 3/30–5/18 (no class on 4/6)

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

The Holocaust: Perspectives on How It Happened

The Holocaust, the systematic murder of 6 million Jewish people, was the most heinous crime of the 20th century, if not all human history. This course consists of lectures, discussion, and Q&As that include the following: how

the years leading up to the Holocaust and centuries of religious prejudice and political discrimination against Jews set the stage for the Nazis' deeds; why America and Europe were slow to act on evidence of atrocities; how the Nazis organized and carried out the Holocaust; personal experiences of survivors and rescuers; and how the Holocaust is viewed and taught today.

Facilitator: Thomas Burke is a freelance writer, writing tutor, and history enthusiast. He is author of *Evil Must Not Have the Last Word: The Life of Mary Wygodski, Holocaust Survivor, Mother, Teacher, and Witness*. He developed this course in order to share his research with those interested in The Holocaust.

Dates: 6 Thursdays, 4/13–5/18

Time: 10:00–12:00 noon

Note: These classes are two hours long.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Romance Languages in the World

In this course, we will investigate the origins, structures, literatures, and usage of the languages in the Romance family. We will track their development from dialects of Vulgar Latin to fully formed languages, as well as how these languages were spread from Europe to the rest of the world through colonial action. Languages covered include Spanish, French, Italian, Portuguese, Catalan, and others. No prior study of these languages is necessary to enjoy the class, though sharing of knowledge is encouraged!

Facilitator: OLLI Scholar Abigail McCabe is a second-year graduate student in English at UMass Boston. She holds an MA in teaching and is a licensed secondary educator. Abigail's primary academic interests are global anglophone literatures, translation, and language politics.

Dates: 5 Thursdays, 4/20–5/18

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Discussion

Taming the Monkey Mind: An Introduction to Meditation, Mindfulness, and Breathwork

Come take a meditative journey to connect to yourself on a deeper level, stimulate your brain and learn how to tame the monkey mind through a variety of meditative, mindfulness, and breathing techniques. Explore the benefits of meditation and create a practice that fits your lifestyle.

Facilitators: Katherine Robinson, see bio on page 18.

Dates: 4 Thursdays, 4/27–5/18

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion/Exercises

Environmental Ethics

This class will focus on our ethical connection to the natural environment. We will discuss complex philosophical questions that do not have a simple or single answer. This will be a discussion-based class. Topics will include the following: What is our relationship with the natural world? Does nature have rights? How are values influencing our decision making as individuals and collectively? When and how is human intervention in nature justified ethically? What is the most ethical response to climate change? What is environmental racism?

Facilitator: OLLI Scholar Tania Ploumi, see bio on page 15.

Dates: 5 Thursdays, 4/27–5/25

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Perception: An Introduction to the Sensory Experience of the World

In our everyday lives, we are bombarded with physical stimuli, but have you ever wondered how our eyes, ears, and other sensory organs transform the physical properties of stimuli and cause us to perceive shapes, colors, movement, music, speech, tastes, and many other complex experiences? Through the two main processes of sensation and perception, our fascinating brains create a mental model of the outside world, such that we do not have direct experience of the reality, but only the subjective experience of it. Some of the questions we will address and discuss in this course include the following: How does the visual system create a percept of the external world? Do our eyes work like a camera, or is there something remarkable about vision? How do senses work in relation to each other? Do our senses ever fail us, and why does that occur? The case of illusions. This course offers an introduction to the science of perception and does not require any previous experience in the field. Come with a curious open mind and by the end of the course you will gain some insights on how your brain creates the subjective experience of reality.

Facilitator: OLLI Scholar Erinda Morina is a fifth year PhD candidate in the Developmental and Brain Science Program at UMass Boston. She holds a BS in psychology from UMass Boston, and a second BS in public health from the University of Medicine, Tirana, Albania. Erinda's research interest focuses on how cognitive and neural mechanisms shape our perception of the world, specifically the perception of social and emotional information. In addition, she is also interested in the developmental trajectory of such cognitive and neural mechanisms.

Dates: 5 Thursdays, 4/27–5/25

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Can We Stop Climate Change?

Note: This course has similar content to the course of the same name that was offered in Spring 2022. The course is continually updated with new material; if you attended last year, you are welcome to repeat if you wish. This series of four 90-minute meetings is designed for people interested in learning more about climate change and climate justice; becoming more effective in communicating with others; and taking action to mitigate the impact of climate change on our planet and ourselves. We will cover the following: the problems, basic science, and equity issues behind climate change; a wide range of climate change solutions, including the recent remarkable progress in renewable energy; a powerful simulation tool that lets you see the positive impacts of climate action; and how you can effectively communicate with and join others to act on climate change.

Facilitator: Tom Rawson, see bio on page 17.

Dates: 5 Thursdays, 4/27–5/25

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Discussion

Economic Inequality in India and the United States: Impact of Caste, Gender, and Race

Is caste in India the same as race in the United States? What can we learn from the experiences of the 260 million caste-oppressed people, such as Dalits, as we struggle for racial justice in the United States? Come to this course and learn about the social inequality in India due to caste, gender, and race-based discrimination. The social institutions severely impact the outcomes of marginalized individuals in education, employment, housing, health care, and the criminal justice system. This course offers a brief survey of the discrimination based on caste and gender in India with a comparative approach towards understanding racial inequality in the United States.

Facilitator: OLLI Scholar Mahesh Admankar is a PhD student in public policy at UMass Boston. He earned his bachelor's in social science and master's in economics from India. Earlier, Mahesh worked as an assistant professor of economics for four years. His research interests are discrimination in labor market, education, climate justice, and social exclusion.

Dates: 5 Thursdays, 4/27–5/25

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

The Life and Times of Johann Sebastian Bach

This course is for all and does not require any previous musical training. We will learn about some of Bach's greatest works, including the *B Minor Mass*, the *St Matthew Passion*, *The Well-Tempered Clavier*, and his myriad cantatas.

Facilitator: David Pogue, see bio on page 13.

Dates: 6 Thursdays, 5/4–6/8

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Friday

“Tendin’ to the Roots”: A History of Country, Folk, and Bluegrass Music

“I’m a great nostalgist. That’s kind of my department, tendin’ to the roots of country music. I’m doing everything I can to preserve what I know.” - Merle Haggard

From its birth amid the rapid changes in American culture in the first years of the 20th century, country music has offered listeners a respite from their modernist woes. Since then, this music, which bills itself as coming from a purer, simpler (and often imagined) time, has continually appealed to people from various backgrounds who feel left behind by an ever-changing world. Country music goes beyond describing and discussing these changes to engender an emotional response to the hardships of modern life. Whether you got laid off from your job, are stuck in a troubled relationship, had to leave home behind, are seeking connection to the divine, or are just plain old lonesome, there’s a country song for you. Maintaining country music’s nostalgia has required constant innovation. Each era of this music’s history and its various offshoot genres (folk, bluegrass, and Americana to name a few) is characterized by new responses to cultural, political, and economic developments. Country music is rarely a passive participant. Rather, while looking to the past for inspiration and authenticity, this music has played a central role in shaping many Americans’ views of the present and hopes for the future. Text to be used: *Country Music USA: 50th Anniversary Edition* (2018) by Bill C. Malone.

Facilitator: Taylor Ackley is first and foremost a folk musician. Born into a working-class family with a remarkable musical heritage, his work grows out of a rich expression cultivated across generations of pickers, singers, songwriters, and fiddlers who populate his family tree. He holds a master’s degree and PhD in composition as well as a master’s degree in ethnomusicology from Stony Brook University, reflecting an intellectual and creative practice that explores American folk and popular music through analysis, composition, historical research, performance, and ethnography. Taylor is a professor at Brandeis University and is currently working on a book titled *Hearing Class*.

Dates: 8 Fridays, 3/10–5/5 (no class on 4/7)

Note: This course starts prior to the normal start of the OLLI spring semester.

Time: 10:00 a.m.–noon

Note: These classes are two hours long.

Location: IN-PERSON at Mount Ida Campus in Newton

Format: Lecture

Note: This course is a collaboration with OLLI at Brandeis University.

Great Conversations

Immigration has been a controversial subject in this country for several decades. *Immigrant Voices: 21st Century Stories*, a collection of readings from the Great Books Foundations, highlights the complex relationships of immigrants today with their families, friends, new surroundings, and home countries. Each week’s readings will provide us with a springboard for wide-ranging conversation that may challenge our assumptions or prompt us to see some aspect of this subject in a new light. Class discussion is lively and friendly, with participants respecting one another’s points of view. *Immigrant Voices* is available at <https://store.greatbooks.org/immigrant-voices-21st-century-stories/> for \$19.95.

Facilitator: Linda Seale has been a participant in this course for 5 years. She loves it so much that when the previous facilitator moved away several years ago, she stepped up to ensure that the course, which OLLI has offered for over 20 years, could continue. She loves the wide-ranging discussions prompted by the readings and the mutual respect that develops among the participants.

Dates: 6 Fridays, 3/17–4/28 (no class on 4/7)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Discussion

Discovering Documentaries

We will watch six very different films and then we will talk about your observations, thoughts, and feelings. This isn’t so much a class as it is a sharing of views. We grow as we discover the value or purpose of what we watched. How well was it put together? Did you enjoy watching it? Why or why not? A full list of films will be provided at the first class. “Discovering Documentaries”

has been presented many times before; however, the documentaries shown in this class have not been previously viewed.

Facilitator: Lee Colello is an OLLI offsite facilitator who has been facilitating “Discover Documentary Films” courses in Braintree and other classes in Hingham. She is a graduate of UMass Boston and has had various instructor/facilitator roles in her church, Parents Helping Parents, and the IRS.

Dates: 6 Fridays, 3/17–4/28 (no class on 4/7)

Time: 10:00–12:00 noon

Note: These classes are two hours long.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

§ The Trend of Increasing Life Expectancy and Our Preparation

This is the 4th in a series of exploring longevity. In this course, participants will learn about the latest trend of increased life expectancy and will examine the newest theories and practices on how people sustain their quality of life and become centenarians. A key component of this course is engaging OLLI members in sharing their insights into longevity from personal experiences. Specifically, participants will explore how we may become healthier by aligning our body posture with the environment of gravitational force. This course continues the dialogue started from the first OLLI course series “Is Longevity a Lifelong Effort?” in fall 2021. Each series has been independently designed and delivered. Even if you missed the previous courses, you are invited to participate in this one and will thoroughly enjoy it.

Facilitator: OLLI Scholar Hua Chen is a graduate student in the UMass Boston College of Nursing and Health Sciences. He has been a musician, banker, corporate executive, entrepreneur, and now is pursuing his goal to become a gerontological nurse practitioner. Hua feels humbled to explore, share with, and learn from OLLI members the art and science of longevity.

Dates: 3 Fridays, 5/5–5/19

Time: 10:00–11:30 a.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Saturday

§ Fascinating and Mysterious: Haitian Leader Toussaint Louverture in U.S. History

Haitian leader Toussaint Louverture (1743–1803) set in motion the abolitionist movement in Haiti, emerging as a complex and pivotal figure on the Atlantic stage. His troops fought three European armies while facing the triple threats of slavery, colonialism, and racism. Most United States and European-era leaders dealt with Toussaint’s complex maneuvers to preserve Black freedom. John Adams’s famous 1799 “Toussaint Clause” is just one outcome of such maneuvers. The U.S. abolitionist movement, through its leaders from Douglas to Sumner, leaned on his legacy. The ever-growing historiography of Louverture’s life, vision, and impact makes him more relevant than ever in today’s age of racial empowerment.

Facilitator: OLLI Scholar Charlot Lucien is a public health professional who became further interested in the U.S.-Haiti connections after surveying the historiography in the United States. A graduate of the University of Haiti and a former teacher, he is presently completing a master’s degree in international relations. Charlot frequently travels internationally to understand Haiti’s historical connections to the world.

Dates: 5 Saturdays, 3/18–4/22 (no class on 4/8)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Still I Rise: Women’s Voices in Contemporary Poetry

Audre Lorde contends that “for women...poetry is not a luxury. It is a vital necessity of our existence. It forms the quality of the light within which we predicate our hopes and dreams toward survival and change, first made into language, then into idea, then into more tangible action. Poetry is the way we help give name to

the nameless so it can be thought.” Such is the core of this course: We will explore courageous, dazzling poetry by women from the 20th and 21st centuries. Specifically, we’ll be examining work by Patricia Smith, Sharon Olds, Elizabeth Bishop, Rita Dove, Maggie Smith, Lucille Clifton, Brigit Pegeen Kelly, Adrienne Rich, Lucille Clifton, and much more. All course readings will be distributed electronically in advance of the class.

Facilitator: Michele Harris received a BA in English from Allegheny College and an MFA in poetry from UMass Boston. She is the author of the poetry collection *Blackdamp* (David Robert Books, 2019), a recipient of the 2011 David A. Kennedy prize, and a finalist for the 2018 New Millennium Award. Her writing has appeared in *Cicada*, *New Millennium Writings*, *The Tishman Review*, *Anderbo*, *The Prose-Poem Project*, *Dirtflask*, *Escarp*, *The Columbia College Literary Review*, *Stirring*, and elsewhere. Michele has been a facilitator with OLLI since 2009.

Dates: 6 Saturdays, 3/18–4/29 (no class on 4/8)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Discussion

Genealogy: The Linear Connection

Students who take this course will learn how to conduct research and gain an understanding of the methodology used by genealogists. Five topics meant to introduce the students to genealogy provide the students with some of the best learning practices and how to follow research standards. The topics over the five weeks include separating genealogical fact from fiction, census, vital records, gravestones, and evidence in military records.

Facilitator: OLLI Scholar Michael Strauss is an accredited genealogist and is employed at Ancestry ProGenealogists in Lehi, Utah. He is a published author and a frequent lecturer at national and regional conferences and institutes. Michael was the film historian for the documentary *Finding Vivian Maier* and supporting crew on two episodes of *Roots Less Traveled*.

Dates: 5 Saturdays, 4/15–5/20 (no class on 5/6)

Time: 11 a.m.–12:30 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

The Trend of Increasing Life Expectancy and Our Preparation

This is the 4th in a series of exploring longevity. In this course, participants will learn about the latest trend of increased life expectancy and will examine the newest theories and practices on how people sustain their quality of life and become centenarians. A key component of this course is engaging OLLI members in sharing their insights into longevity from personal experiences. Specifically, participants will explore how we may become healthier by aligning our body posture with the environment of

gravitational force. This course continues the dialogue started from the first OLLI course series “Is Longevity a Lifelong Effort?” in fall 2021. Each series has been independently designed and delivered. Even if you missed the previous courses, you are invited to participate in this one and will thoroughly enjoy it.

Facilitator: OLLI Scholar Hua Chen, see bio on page 24.

Dates: 3 Saturdays, 5/6–5/20

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Alice Munro's Story Art

Alice Munro is the undisputed queen of short stories. Among her honors, the 2013 Nobel Prize in literature; the first and only short story writer to ever get one. This diminutive, unassuming woman from rural Canada has single-handedly made the short story a literary artform. She counts nearly 25 story collections, and perhaps as many awards, to her name. What’s more: She writes about plain Jane and Joe, and the complexities of their everyday relationships and lives. This course will cover 5 famous stories (20–30 pages each) and discuss what makes them everlasting. The stories will be emailed to participants ahead of time. No book purchase necessary.

Facilitator: OLLI Scholar Suchita Nayar is training to become a short story writer. Previously, she worked as a financial journalist and then in finance. Suchita grew up in India and then lived in and around New York for some 23 years. Since 2018, Boston has been her home. Suchita’s hobbies are distance running and cooking.

Dates: 5 Saturdays, 5/6–6/10 (no class on 5/27)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Spring 2023 OLLI Talk Presentations

OLLI Talk presentations are usually held in-between the morning and afternoon classes; they start at noon. Specific dates and locations (whether ONLINE or IN-PERSON) will be announced approximately three weeks prior to each event. Members will be notified, and they can sign up at that time. **Please do not put any of these OLLI Talk presentations on your Course Request Form.** The detailed descriptions of the content and the presenters will be listed on the OLLI website. Additional presentations may be announced later.

The Holocaust: A Memory that Won't—and Should Not—Die by *Thomas Burke*

Travels to Guatemala by *Jeffrey Calish*

Current Trends in Smart Mobility by *Stephen Devaney*

Untold Stories of the Public Garden by *Rose Doherty*

From Stage to Screen: Live from the Met to Our Local Theaters by *Mary Doller*

A Journey through America's National Park System by *David Kroese*

The Family Caregiver Crisis by *Annalee Kruger*

The Knee: Things You Knee(d) to Know by *Marguerite Magri*

Fear Busters for Troubled Times by *Kathryn McGlynn*

The Theology of Ha! by *David Misch*

Christo and Jeanne-Claude's Utterly Improbable Successful Marriage and Art Installations by *Mary-Anne Morrison*

Understanding Multi-Factor Authentication (MFA) by *Alison Murray*

From Healthcare CEO Changemaker to Thriller Author by *Tim Norbeck*

How to Buy Great Shoes that Fit by *Scott Norman*

Namibia: Africa's Hidden Gem by *Barry Pell*

The Timeless Landscape of the Channel Islands by *Barry Pell*

Lions, Tigers, and...Bulldogs? Oh My! by *Matt Robinson*

Consciousness and Prehistoric Art by *Raymond Stern*

Spring 2023 In-Person Walking Tour Presentations

At the time of printing, walking tours are still being secured for the spring semester. Walking tour descriptions and dates will be announced through the OLLI newsletter, *Connections*.

HARRY GLOSS SCHOLARSHIP FUND

The purpose of the Harry Gloss Scholarship Fund is to provide scholarships (full or partial) to individuals who cannot afford to pay the annual OLLI membership fee due to financial hardship. It was named in memory of the late Harry Gloss, who was a founding member, course facilitator, and member of the OLLI Board of Directors.

Individuals who need financial assistance with the OLLI membership fee should email the OLLI office (ollireg@gmail.com) to inquire about the scholarship forms and process.

Contributions to this scholarship fund can be accepted at any time and are tax deductible. Please send a separate check made out to "Friends of OLLI" with your registration and/or course request forms if you care to make a donation at this time.

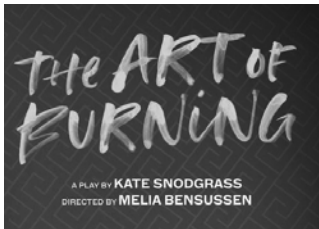
Thank you for your generosity!

Let's Go to the Theatre

OLLI at UMass Boston is excited to offer the following theatre performances for spring and summer at a very low discounted price. All tickets are available on a first-come, first-served basis. Limit two per member. At the time of printing, all specific performance dates for OLLI had yet to be determined. The months listed under "Date: TBD" represent the run dates of the production. The OLLI attendance date will fall sometime within that range. Dates and ticket ordering information will be announced later via the OLLI newsletter *Connections* as well as on the OLLI website.

Huntington Theatre presents

The Art of Burning



Mid-negotiation, modernist painter Patricia changes the terms of her "conscious uncoupling" with Jason. She wants full custody of their 15-year-old daughter Beth. Jason demands that

their daughter decide, but mysteriously Beth didn't show up for school. Has Patricia hidden her away to protect her, or is there something more sinister afoot? Crafted with humor and insight by acclaimed Boston playwright Kate Snodgrass and director Melia Bensussen, *The Art of Burning* explores the love, rage, and responsibility that come with marriage and parenting in America.

Date: Saturday, February 4

Time: 2:00 p.m.

Cost: \$22

Run time: Approx. 90 minutes with no intermission

SpeakEasy Stage Company presents

Fairview



Grandma's birthday at the Frasier household has all the makings of your standard family comedy: drinking, squabbles, hijinks with the silverware; and that's before Tyrone has even arrived! But in *Fairview*, there's nothing that playwright Jackie Sibblies

Drury leaves unchallenged—character, genre, and even the audience experience. Expect the unexpected from this bold new drama that will leave you thinking about race, power, and maybe theatre itself, in a whole new light. Winner: 2019 Pulitzer Prize for Drama!

Date: Saturday, February 18

Time: 2:00 p.m.

Cost: \$32

Run time: Approx. one hour and forty-five minutes with no intermission

SpeakEasy Stage Company presents

Wild Goose Dreams



New England Premiere! In an age where technology offers easy connection, Nanhee and Minsung are alone in Seoul, South Korea. Nanhee is a North Korean defector with no way to contact her family; Minsung is a gireogi appa or "goose

father," working in Seoul to send money to his family in Texas. But, after a chance encounter on the internet, the pair strike up an unlikely romance and discover a quiet intimacy within the noise of the 21st century. Filled with poetic dialogue and powered by boundless imagination, *Wild Goose Dreams* is a charming love story for the modern age.

Date: Saturday, March 18

Time: 2:00 p.m.

Cost: \$32

Run time: Approx. one hour and forty minutes with no intermission

Let's Go to the Theatre

Huntington Theatre presents

K-I-S-S-I-N-G



Lala makes fine art on the back of pizza boxes. A sweet and sticky summer inspires her to romance Dani, a budding feminist, and Albert, his smooth-talking twin. What's good? Love or lust? Either way, she'll find her muse. Playwright

and poet Lenelle Moïse returns to her hometown with a heart-opening story for fans of David Bowie, bell hooks, and fireworks by the Charles. The Front Porch Arts Collective hooks up with the Huntington for this highly anticipated co-production, directed by Dawn M. Simmons.

Date: Saturday, April 1

Time: 2:00 p.m.

Cost: \$22

Huntington Theatre presents

Clyde's



Playwright Lynn Nottage (*Sweat, Ruined*) returns to Boston with her most recent Broadway hit. A truck-stop sandwich shop offers its formerly incarcerated kitchen staff a shot at reclaiming their lives. Even as the shop's callous owner

tries to keep them under her thumb, the staff members are given purpose and permission to dream by the enigmatic, Zen-like chef and his belief in the possibility of the perfect sandwich. Funny, moving, and urgent, *Clyde's* shows Lynn Nottage's "genius for bringing politically charged themes to life by embodying them in ordinary characters living ordinary lives" (*The Wall Street Journal*).

Date: Saturday, April 22

Time: 2:00 p.m.

Cost: \$22

SpeakEasy Stage Company presents

The Prom



Winner: 2019 Drama Desk Award for Outstanding Musical! Emma didn't want to be a newspaper headline or the face of a movement; she just wanted to take her girlfriend Alyssa to their high school prom. But just when it seems like she might

persuade the hesitant PTA, four bumbling Broadway has-beens in search of relevance barge into Edgewater, Indiana to put a spotlight on the issue—and themselves. As the worlds of Broadway and Main Street hilariously collide, the courage of one girl reminds us all of the power of love to bring us together. With non-stop laughs and show-stopping dance numbers, *The Prom* is a feel-good musical with a message that is even more relevant today.

Date: Saturday, May 6

Time: 2:00 p.m.

Cost: \$32

Run time: Approx. two hours and twenty-five minutes, including a 15-minute intermission

Huntington Theatre presents

Joy and Pandemic



Joy and Pandemic questions how our passions regarding family, art, and war impact the very meaning of our lives. As Joy finds her Philadelphia children's art school at risk in a burgeoning public health crisis, she hopes to keep her dream of the

school alive. When her unyielding faith runs up against another mother's beliefs, an afternoon in the early 20th century transforms the world for both of their daughters for decades to come. With infinite humor and insight, MacArthur Fellow Taylor Mac and the Huntington's artistic director Loretta Greco explore the complex and ever-evolving relationships between science and faith, art and tradition, and parents and children.

Date: Saturday, May 20

Time: 2:00 p.m.

Cost: \$22

Let's Go to the Theatre

American Repertory Theater presents

Evita



Sammi Cannold (*Endlings*, *Violet*, Forbes 30 Under 30: Hollywood & Entertainment, and the youngest female director in the American Repertory Theater's history) helms this groundbreaking revival of Andrew Lloyd Webber and Tim Rice's Tony

Award-winning rock opera, which follows the adored and reviled Eva Perón's meteoric rise to first lady of Argentina before her death at 33. Inspired by Hal Prince's original staging, Cannold evolves her acclaimed concert version that was staged at New York City Center in 2019.

Date: TBD (May–July)

Time: 2:00 p.m.

Cost: TBD

Teach for OLLI!

The OLLI Curriculum Committee is always looking for new course facilitators and OLLI Talk presenters. If you (or someone you know) would enjoy sharing their knowledge and experience with our members through a course or OLLI Talk, please contact the OLLI office.

Deadlines for Course/OLLI Talk Proposals: early May for the fall catalog; early November for the spring catalog.

OLLI offers a future-facilitator workshop prior to each of these deadlines, to help members develop their ideas and transform them into actual proposals (workshop details and dates are announced in the OLLI newsletters). Prior to the beginning of each term, an orientation session is offered to all new (as well as returning) facilitators to help them become better acquainted with OLLI and to learn and share best practices for facilitating and presenting in OLLI classrooms. Questions? Contact OLLI Project Coordinator Genny Peterson (Genevieve.Peterson@umb.edu or 617.287.7322)

Volunteering with OLLI

OLLI is more than just taking classes, listening to lectures, and participating in various trips and activities. The program also provides opportunities for members to become active within the leadership of the organization. Volunteers play a vital role in helping shape and guide the various elements of OLLI through committee work as well as individual commitments such as being a course facilitator or OLLI Talk presenter. Volunteering is a great way to give back to an organization that is making a lasting impact on the lives of its members. For more information on volunteer opportunities, please email your inquiry to ollireg@gmail.com or call the OLLI office at 617.287.7312.

NOTES

**OLLI AT UMASS BOSTON
COURSE REQUEST FORM — SPRING 2023**

Last Name _____ First Name _____
Address _____
City, State _____ Zip _____
Primary Phone (_____) _____ Cell Phone (_____) _____
Email _____
Emergency Contact _____ Phone (_____) _____

Important Information

A priority system is used to determine who will be admitted to classes that are oversubscribed. We believe it to be the most equitable method of deciding who gets into those classes. In order for you to participate in this system, you must return your request form to us by **February 22**, indicating your order of priority for each course (1st choice = most desired). After the deadline, class assignments will be made on a first-come, first-served basis.

Please indicate which courses you are requesting, including location. For locations, use the following abbreviations: **UMB** = UMass Boston Campus, **HPL** = Hingham Public Library, **BR** = Thayer Public Library, Braintree, or **Z** = Zoom. Please print the full course title.

(DO NOT include OLLI Talk registrations on this form!)

1st Course Choice _____ Day _____ Location _____
2nd Course Choice _____ Day _____ Location _____
3rd Course Choice _____ Day _____ Location _____
4th Course Choice _____ Day _____ Location _____
5th Course Choice _____ Day _____ Location _____

It is **IMPERATIVE** that all request forms are received in our office by Wednesday, **February 22** in order to be included in the lottery process. Registrations are accepted thereafter, but are subject to course availability.

Course Confirmation

You are not registered for courses until you receive a confirmation letter by email in early March.

Questions about registration?

Call 617.287.7312, fax 617.287.7076 or email ollireg@gmail.com

Mail to: OLLI, UMass Boston, 100 Morrissey Blvd., Boston, MA 02125-3393

OLLI AT UMASS BOSTON MEMBERSHIP FORM SPRING 2023

Last Name _____ First Name _____
 Address _____
 City, State _____ Zip _____
 Primary Phone (_____) _____ Cell Phone (_____) _____
 Email _____
 Emergency Contact _____ Phone (_____) _____

MEMBER PROFILE

We **require** your responses to the following questions, which will be used for statistical purposes only. This information will help us to better serve our members.

How did you hear about OLLI? _____

Gender Male Female

Year of Birth _____ (required)

College Degree Yes No

UMass Boston Alumnus/a Yes No

Do you consider yourself to be retired? Yes No

Current/Former Occupation _____

Would you be interested in facilitating a course?
 Yes No

What topic(s)? _____

Are you a new member? Yes No

Ethnicity Black/African/Caribbean
 Caucasian Chinese
 Hispanic Korean
 Native American Vietnamese
 Other _____

ORDER INFORMATION

I would like to become an OLLI member. AMOUNT
 (Make a in the box below.)

Full Membership { \$225 per person
 \$425 for two living
 in the same household _____

Associate Membership (\$100 per person) _____
 (does not include courses)

TOTAL _____

**Membership is valid for one year
and expires January 2024.**

For Office Use Only

Date Received: _____
 Payment Information: _____
 Membership Expiration: _____
 Membership ID#: _____
 Notes: _____

PAYMENT INFORMATION

For Credit Card Payment VISA MasterCard Discover

Name on Card _____
 Card Number _____
 Expiration Date _____
 Amount to be Charged _____
 Signature _____

Please make checks payable to
 "OLLI/UMass Boston" and return this form to
**OLLI, McCormack Hall, 3rd Floor, UMass Boston,
 100 Morrissey Blvd., Boston, MA 02125-3393.**

*Annual membership dues must be paid in full
at the time of course registration and are
non-refundable after **March 31, 2023.***



Land Acknowledgement

We wish to acknowledge that the University of Massachusetts Boston is situated upon the traditional, ancestral, and unceded land of the Pawtucket and Massachusett First Nations. We pay respect to the elders, both past and present, as well as future generations. This acknowledgement demonstrates our commitment to working to dismantle the systems of oppression that have displaced Indigenous Peoples and the ongoing legacies of settler colonialism.

OLLI
UNIVERSITY OF MASSACHUSETTS BOSTON

100 Morrissey Boulevard
Boston, MA 02125-3393

FREE Online Winter Programs

During the months of January and February, OLLI will be offering free programs for OLLI members, their guests, and nonmembers. We know it can be challenging to get outside in the winter months, so we are continuing to provide opportunities for members and nonmembers to connect and engage over Zoom.

To see a full listing of our current winter offerings, please go to our Upcoming Events page (<https://www.umb.edu/olli/events>). Programs range from OLLI's annual winter film series to a presentation on Black homesteaders to presentations on our national parks. Virtual Boston walking tours, weekly coffee chats, book recommendations, and much more will be offered online during the first two months of 2023.

Registration is now open for all OLLI winter events!
All events are filled on a first-come, first-served basis.

To register:

- OLLI members can register for these winter programs by logging into their OLLI account. These events are listed under the Special Events section of our online course catalog.
- Nonmembers can simply email the OLLI office (ollireg@gmail.com) and request to be registered for the programs in which they are interested.

Questions?

Please contact the OLLI office at 617.287.7312 or ollireg@gmail.com

