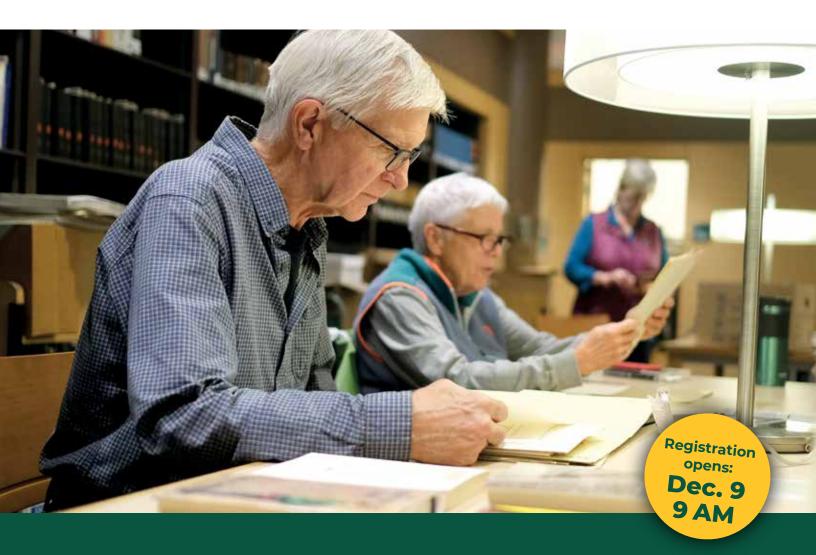
Course Offerings SPRING 2026

Adult Learning IN THE Fitchburg Area FITCHBURG STATE UNIVERSITY



Love of Learning Lasts a Lifetime!

fitchburgstate.edu/ALFA

From the President



When Shirley Pick first imagined a lifelong learning program here in Fitchburg, she believed our university could be a place where curiosity never had to retire. She was right. What began with just a handful of courses in 2004 has become a community of thousands, built on conversation, discovery, and the joy of learning.

As we reintroduce the ALFA course catalog, we do so with gratitude for the generations of faculty, librarians, instructors, and students who have made this program flourish—and with renewed

energy for the future. ALFA is more than a set of classes. It is living proof that education has no age limit, that engagement brings vitality, and that Fitchburg State is at its best when it is open and connected to the community around it.

This year marks a moment of renewal, not only for ALFA but for our university. Across Fitchburg State, we are leaning into our mission: expanding access, deepening partnerships, and building momentum for the years ahead. ALFA belongs at the heart of that vision, reminding us that education is not a transaction but a lifelong invitation.

So, whether you are returning for another course or joining us for the first time, welcome. Thank you for choosing to learn with us, and for reminding us, every semester, what it means to live with curiosity and purpose.

Onward!

Donna Hodge, Ph.D.

Donna Hodge

President





ALFA (Adult Learning in the Fitchburg Area) is a lifelong learning program within the school of Graduate, Online and Continuing Education at Fitchburg State University. ALFA serves older adults in Fitchburg and the surrounding communities.

Mission

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

▶ Teach with ALFA!

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

▶ Have a question?

Call the ALFA Office at **978-665-3706** or email us at **alfa@fitchburgstate.edu**.



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Scan this code with your mobile device to visit our registration page.

Instructor & Facilitator Biographies | SPRING 2026



Peter August is a local writer, musician, former English and history teacher, and higher education administrator. His poetry is currently available in two collections, Hot Tea and the Company of Crows (2023) and Dawn to Dawn in Doubts and Dreams (2024). His writings have also been

published in the 2025 Massachusetts Bards Anthology and Newsweek. More importantly, though: his major influences include E. B. White, Mary Oliver, Jim Harrison, Robin Wall Kimmerer, Kenneth Roxroth, Denise Levertov, and Antonio Machado, as well as Chinese poets throughout the ages. He currently lives with his family in Worcester where he takes long, slow walks whenever possible.



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

training as a natural science illustrator.



DeMisty Bellinger-Delfeld is a writer and Fitchburg State University English professor originally from the Midwest. Her latest book is *All Daughters Are Awesome Everywhere*, published with the University of Nebraska Press.



Rebekah Carmichael has a passion for assisting people to better understand the "ghosts" within them and around them. With her training in end-of-life doula work, as well as her experience as a professional psychic medium, Rebekah has worked with thousands of people to explore

ideas around death and dying and to explore their own understanding of what comes after this life. Her approach to this work is grounded in a deep commitment to ethical spiritual exploration with a focus on mental health. Rebekah holds a BFA in acting from Elon University, and has been a professional producer, playwright, director, stage manager, and performer of the stage and small screen. Since 2019, Rebekah has become a key figure for spiritual exploration and guidance, connecting with "the other side," and telling stories of a ghostly nature as Rebekah The Ghost Guide on social media. Rebekah believes everyone has intuition and excels in opening up dialog into the often taboo topic of death, what things we can expect during end of life, and helping people connect with what may happen after death.



Joe Choiniere is a retired naturalist with over four decades of experience teaching courses in all aspects of nature study, including mammals, birds, snakes, frogs, trees, shrubs, ferns, lichens, mosses, and mushrooms. He is especially interested in helping beginners to learn the most

common species of plants, animals, and fungi in their own backyards. His unique approach using hand drawn handouts blends art and science.



Katharine Covino is a college professor who teaches teachers how to teach. She's been a teacher for almost 20 years. From her experience in classrooms at all levels, she has come to believe in the importance of asking young people to share their voices and their experiences. In

teaching, as in life, it is more important to listen than to lecture. Conscious and intentional listening awakens curiosity, instills knowledge, and deepens empathy. When she's not teaching or writing, Katharine tries to keep up with her kids. Despite her very best efforts, they are all faster swimmers, hikers, and skiers than she is. She also tries to make them laugh—sometimes she is successful.



Sally Cragin is an award-winning journalist whose short plays have been produced in New York City, Provincetown, and area theatre. She is the Chair of Stratton Players, the oldest community theatre in our region, which celebrates 100 years in 2025. She was a professional child actor in New

Hampshire, appearing in dinner theatre and summer stock from age 12. From age 16 through the early oughts she was a theatre critic for area newspapers including the Boston Globe, St. Louis Riverfront Times, and Boston Phoenix newspaper chain. In addition to Sally's theatre experience, she also produces Poetry Podcast with Paula and Sally for FATV, serves as a councilor-at-large for the City of Fitchburg, and is the author of The Astrological Elements, and Astrology on the Cusp. She is the director/founder of Be PAWSitive Therapy Pets and Community Education, an award-winning organization based in north-central Massachusetts which helps develop, mentor, and insure therapy pet teams.



Martha Crawford is a retired consultant focusing on customer development in the banking and nonprofit arts in the US and Europe. She has a background in political science and philosophy, and a long-term appreciation of art, culture, and making connections.

INSTRUCTOR & FACILITATOR BIOGRAPHIES



Tom Gaskill is an award winning retired high school physics and earth sciences teacher with 32 years of experience. He holds a degree in applied physics concentrating in earth sciences, and a Masters in Curriculum and Instruction in Science and is a lifelong learner who isn't finished

sharing his love of science with others. His specialty is taking difficult material and turning it into an accessible, inclusive, and digestible learning experience, a necessity in his extensive career working with students who are not served by traditional learning strategies.



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

in her studio and on her yoga mat.



Laurie Nehring is a former science teacher and a former environmental science librarian. She now works as an independent naturalist, who is passionate about getting people outside to become naturally curious about the world around them. She has worked with MassAudubon, North

County Land Trust, Nashua River Watershed Association, and The Trustees. One of her favorite programs continues to be leading night walks and searching for barred owls.



Alison O'Hare began birding in 1998. She is a graduate of the Mass Audubon Birder's Certificate Program, has taught programs on introduction to birdwatching, sparrow identification, and bird banding, and has led many bird walks. She enjoys working with participants at all levels of experi-

ence, especially new birders or those looking to develop their birding skills. Alison currently leads birding programs at Mass Audubon's Wachusett Meadow Wildlife Sanctuary.



Christopher Picone has taught ecology, environmental science, and conservation biology at Fitchburg State since 2004. He also serves on the Ashburnham Conservation Commission, Ashburnham Pollinator Meadow Committee, and the board of the Nashua River Watershed Assoc.



Hildur Schilling is a professor of psychological science at Fitchburg State University. Hildur is a cognitive psychologist and author of the book Memory Matters: Amnesia, Inattention and Eyewitness Memory.



Thomas Schilling is a longtime professor in the psychological science department and an alumnus of Fitchburg State, with a BS in psychology ('88). He earned his PhD in developmental psychology from UMass Amherst in 1997. As a developmental psychologist, Tom is inter-

ested in perceptual and cognitive development during infancy. Other research areas have focused on syntax changes in people with Parkinson's disease, and the opioid crisis in central Massachusetts. Currently he is working on a philosophical project related to how thoughts can be about something other than what they are (referred to as philosophical intentionality). His favorite courses to teach are statistics/research methods courses, history and systems of psychology, and scientific and philosophical study of consciousness.



Carolyn Todd holds a B.F.A. and M.A. in the fine arts and art education. As an experienced art instructor and artist, she has taught middle, high school, college, and adult students. Her academic discipline has focused on painting (all media), drawing, design, color theory, creativity, and art

history. She truly enjoys designing art learning opportunities that will encourage student interests, awareness, skill building, and exploration of creativity.



Jim Wilkinson is a retired historian and educator. He received his bachelor's, master's, and doctorate degrees from Harvard University, where he taught French, German, and Italian history and literature for many years. Among his publications are The Intellectual Resistance in

Europe (1981), which deals with anti-fascist writers during World War II, and Contemporary Europe: A History (10th edition, 2004). Dr. Wilkinson received Harvard's Phi Beta Kappa Teaching Prize in 2003. He has taught for ALFA since 2019.



Bridie Wolejko graduated summa cum laude as a non-traditional student from Fitchburg State University in 2020 with a degree in interdisciplinary studies and a minor in studio art. She is currently enrolled in the university's Arts Education M.Ed. program. Bridie was the winner

of the Fitchburg Art Museum's 85th Regional Exhibition of Art and Craft and had a subsequent solo show of her mixed media work. She has exhibited in galleries both locally and globally and her work has been featured in several art publications. She is the manager and curator of Gallery Marquee, downtown Fitchburg's newest community-based art gallery.

Spring 2026 Course Descriptions | FEBRUARY - APRIL

▶ Spring Birding

Mondays: 8 - 9:30 AM

SPECIAL SCHEDULE | 5-Weeks: Mar. 23, 30; Apr. 6, 13, 27 Alison O'Hare | Enrollment Limit: 15

Location: Wachusett Meadow Wildlife Sanctuary

Learn how to look at and listen to birds, and how to use what you see and hear to help you identify them. For beginners, this class will be an introduction to birdwatching. For those with birding experience, it will be an opportunity to refresh and strengthen your skills in identification by sight and sound. There will be opportunities to practice what you learn and to ask questions during each class. Whatever your experience level, you are welcome to participate in this class.

REQUIRED MATERIALS: Participants should dress to be comfortable outdoors and while walking over sometimes uneven or slippery terrain. Bring binoculars and a field guide to birds of eastern North America. A limited number of loaner binoculars and field guide books will be available.

RECOMMENDED MATERIALS: Some participants may wish to bring a note pad and pencil, or a camera.

Format: Outdoor Walks | Discussions

Course Outline: Each week's topics will be based on participant requests and questions, and on birds seen.

▶ Our Ecological Footprints: How to Measure and Reduce Them

Mondays: 10:30 AM - 12 PM 5-Weeks: Feb. 2, 9, 23; Mar. 2, 16 Christopher Picone | Enrollment Limit: 20 Location: Antonucci Science 203, Bio Lab

A COMMUNITY READ THEMED COURSE

Ecological footprints are often the area of land required to provide all the resources and waste management that humans require. This course will consider how to measure that footprint for our personal diets and forms of agriculture, while we also assess our water consumption and greenhouse gas emissions from our households. Each class will consider sustainability strategies to reduce our consumption and footprints, both personally and politically.

Format: Lecture | Discussion | Reflection

Course Outline:

Class 1: Introduction to Ecological Footprints and human population

Class 2: Our Water Footprint and sustainability

Class 3: Our Food Footprint and diets

Class 4: Our Energy Footprint and carbon sequestration

Class 5: Synthesis of strategies for food and energy sustainability

▶ Beginner's Botanical Illustration

Mondays: 12 - 2 PM

10-Weeks: Feb. 2, 9, 23; Mar. 2, 16, 23, 30; Apr. 6, 13, 20 Laurie Bebick | Enrollment Limit: 15 Location: CPS Classroom | \$120

From illustrating ancient Egyptian tombs to today, botanical illustration has a long and fascinating history. In this class we will start with pencils and learn basic drawing techniques to render plants in three dimensions. The last half of the course will introduce rendering with ink. Along the way you will learn a bit of botany too!

REQUIRED MATERIALS: Please bring the following to the first class:

- 2H, HB, 3B, and 6B pencils
- kneaded and vinyl erasers
- 8.25" x 11.75" Fabriano Accademia Sketchbook
- A notebook for notes is also helpful

REQUIRED FEE: \$15 in cash for botanical subjects to draw will be collected by the instructor on the first day of class.

Format: Lecture | Discussion | Demonstration

Course Outline:

- Class 1: Ten Cent Tour of Botanical Illustration History Know your materials; drawing exercises
- Class 2: Look before you start; blocking in using structure and shape
- Class 3: Flower symmetry and foreshortening
- Class 4: Mastering cone shaped flowers
- Class 5: Break it down: Drawing complicated flowers
- Class 6: Drawing leaves and branches
- Class 7: Value and how to create three-dimensional drawings
- Class 8: Working with ink; Create bark texture
- Class 9: Putting it all together; Steps to building a masterpiece

Class 10: Wrap-up; drawing fun; class art show



▶ Protest Music: The Message Is in the Song

Mondays: 2:30 - 4 PM | 5-Weeks: Feb. 2, 9, 23; Mar. 2, 16
DeMisty Bellinger-Delfeld | Enrollment Limit: 30
Location: CPS Classroom

In this class, we will look at protest music as poetry. We will contextualize songs from different eras and with different purposes. The overarching question for the course is whether protest music works or meets its goals. Although most of the songs we'll explore are American, we will look at some British and world music, too. On the last day, if participants like, they will be invited to write protest lyrics. **RECOMMENDED MATERIALS:** A notebook and a writing instrument.

Format: Lecture | Discussion | Demonstration

Course Outline:

Class 1: Introductions and the history of protest music

Class 2: Early Music: Ballads and Troubadours in England

Class 3: Political, Campaign, and Abolitionist Songs in the United States

Class 4: Jazz, Rock, and Folk in the United States

Class 5: Modern Protest Songs around the World; Do Protest Songs Work?

▶ Acrylic Painting

Tuesdays: 9 -11 AM | 5-Weeks: Feb. 3, 10, 17, 24; Mar. 3 Bridie Wolejko | Enrollment Limit: 15 Location: CPS Classroom | \$60

Come experience the joy of painting with acrylics. These inexpensive and easy to use paints can provide you with endless opportunities to make art. This course will focus on the fundamentals of painting including color mixing, application of paint to canvas, and composition including perspective, tone, and feeling. Geared toward beginners, more experienced painters can set and focus on their own goals for the class.

REQUIRED MATERIALS:

- Basic set of acrylic paints
- 12 pack of canvas (stretched or board)
- Mixing tray or palette paper
- Basic set of Acrylic paint brushes
- Clean rag
- Photos to work from

RECOMMENDED MATERIALS:

- Smock/wear old clothes
- Paper towels
- Extra water cup
- Ruler
- Pencil
- Eraser
- Newspaper

Format: Hands on Studio

Course Outline:

Class 1: intro to acrylics & fundamentals of painting

Class 2: color mixing

Class 3: keys to composition

Class 4: developing personal style

Class 5: finish work/in-class art show with peer feedback

Rediscovering Dinosaurs: From Fossils to Feathers

Tuesdays: 12:30 - 2 PM 6-Weeks: Feb. 3, 10, 17, 24; Mar. 3 & 10 (Field Trip)

Joe Choiniere | Enrollment Limit: 30 Location: CPS Classroom | \$54

When I received my first plastic dinosaur set in 1964, the few species included-Brontosaurus, Allosaurus, Triceratops, and Stegosaurus- were depicted as solitary, gray-green, lumbering cold-blooded North American behemoths. The dinosaur "Renaissance" of the 1970's brought new energies to the subject. With over 45 new dinosaurs described each year for the past ten years, the number of dinosaurs has more than doubled since 1990 and is now over 1,000! Not only has known diversity changed, our knowledge of the physiology, ecology, and anatomy of dinosaurs has been swelled with new theories, new technologies for studying fossils, and a new interest on the part of the general population kindled by the Jurassic Park movie series. Yes -dinosaurs had feathers, were warm blooded, sported bright coloration, moved in herds, and have been found on every continent including Antarctica. And yes, birds ARE dinosaurs! We now know for sure how the dinosaurs became extinct 66.5 million years ago at the height of their diversity, having at that point existed for at least 175 million years. Come and explore all of the emerging research and information on these fascinating creatures!

Format: Lecture | Discussion | Demonstration

Course Outline:

Class 1: What Are Dinosaurs; Groups; Fossils; Anatomy

Class 2: Modern Study Techniques (CT Scans, Computer Classification, etc.); Dinosaurs through Geologic Time; Size

Class 3: Dinosaur locations; Local Dinosaurs; History of Exploration; Dinosaurs in the Movies

Class 4: Feathers, Physiology, Colors, Behaviors, Dinosaur Eggs and Embryos

Class 5: How Did it All End? The Connection from Dinosaurs to Modern Birds

Class 6: Field Trip to Beneski Museum at Amherst College

▶ West Meets East: Exploring the Silk Roads (Part Two)

Tuesdays: 2:30 - 4 PM 5-Weeks: Feb. 3, 10, 17, 24; Mar. 3 Jim Wilkinson | Enrollment Limit: 30 | **ONLINE**

The 15th century Age of Discovery began the decline of what we know as the "silk roads"—Europe's principal land route to the East for over 1,500 years. But though sea trade slowly diminished the economic importance of the lands between the Pacific and the Black Sea, in the centuries that followed they acquired a new political importance. Great Britain, France, and Russia, followed by the United States, now engaged in a protracted struggle to dominate the Eurasian continent. This five-part course will examine shifting power relations and continued cultural relevance of territories along the former silk roads from the 16th to the 20th centuries. Topics to be covered include imperial expansion and resistance, national identity, and the impact of the two world wars. Online lectures will be followed by class discussion. No prior knowledge of Asian or European history is presumed.

REQUIRED MATERIALS:

- Peter Frankopan, The Silk Roads: A New History of the World (2015)
- Rudyard Kipling, Kim (1901)

RECOMMENDED MATERIALS:

- Peter Hopkirk, The Great Game: The Struggle for Empire in Central Asia (1992)
- Leo Tolstoy, Hadji Murat (1912)
- Ayse Zarakol, Before the West: The Rise and Fall of Eastern World Orders (2022)

Format: Lecture | Discussion

Course Outline:

Class 1: Introduction—Twilight of the Silk Roads Class 2: Imperial clashes—the "Great Game" Class 3: World War I and Its Aftermath Class 4: Resistance and Revolution Class 5: The Silk Roads Today

▶ Naturally Curious: Winter Nature Hikes East of Fitchburg

Wednesdays: 9-11 AM 4-Weeks: Feb. 4, 11, 18, 25 (Snow Day: Mar. 4) Laurie Nehring | Enrollment Limit: 15 Various Outdoor Locations

Put on your warm hat, gloves, snow boots, and bring snowshoes if you have them (and we have enough snow)! Join us for refreshing morning walks along forested trails at different locations each week in Ayer, Groton, Littleton, Lunenburg, or Shirley. Together, we will explore local trails, looking for signs of winter wildlife while following suggestions made by Mary Holland in her wonderful book, "Naturally Curious". PLEASE NOTE: All hikes will be moderate level walking with some uneven terrain and expected elevation. Distances will be about 2-3 miles each week. Participants should be in reasonable shape for winter hiking. We will meet at a different trailhead each week; locations will be provided to all registrants by email.

REQUIRED MATERIALS:

- warm boots
- hat
- gloves
- · winter jacket
- dress in layers
- outer fluorescent hunting safety vest
- water
- light snack

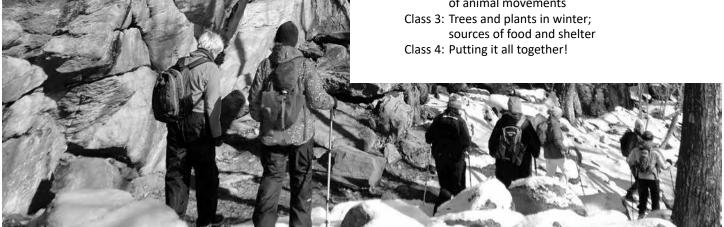
RECOMMENDED MATERIALS:

- Naturally Curious: A Photographic Field Guide by Mary Holland
- a camera or cell phone for taking pictures
- binoculars
- · walking poles

Format: Hiking Course Outline:

Class 1: Introductions; expectations; signs of New England wildlife in winter

Class 2: Tracking identification/interpretation of animal movements





▶ ALFA Salon: Continuing the Conversion

Wednesdays: 10:30 AM - 12 PM | 6-Weeks: Feb. 4, 18; Mar. 4, 18; Apr. 1, 15

Martha Crawford | Enrollment Limit: 30 | ONLINE | FREE

ALFA Salon is held every other week throughout the ALFA session. Guest Lectures from Fitchburg State professors and guests from throughout the country lead engaging discussions on a variety of topics and issues. Salon is a collaborative effort. Participants may receive pre-reading and video viewing material for some sessions and/or be asked for their suggestions on work-in-progress for other sessions.

Sessions are unique presentations from each guest lecturer. Spring 2026 Salon will be hosting the following topics:

ICE Working with Local Police | FEBRUARY 4

In this session, we will discuss the issues that arise if local police are to work with ICE, his firsthand experience working with ICE in the past, and the recent caution by the advisory by the International Association of Chiefs of Police, to local police departments about working with ICE. Ed will explore the issues that confronted him doing this work.

Guest Lecturer: Edward Cronin, Retired Fitchburg Chief of Police, Author, Consultant, United States Department Senior Police Advisor

The Epic Story of Medieval Mental Health | FEBRUARY 18

Contrary to popular misconceptions that tend to focus on an exclusively negative story, the mental health experiences of medieval people are far more complex and vary across circumstances, geographies, and time periods. We will explore communities of care, physical objects, literary representations, treatments, and other evidence from the global Middle Ages to give us a better picture of this aspect of medieval life and the connections to our modern world.

Guest Lecturer: Dr. Kisha G. Tracy, Professor, English Studies, Fitchburg State University

Extracting Profits from the Public: How Utility Ratepayers Are Paying for Big Tech's Power | MARCH 4

Power prices are surging. Ari will discuss why electricity bills are going up and how the pursuit of artificial intelligence is contributing to that problem.

Guest Lecturer: Ari Peskoe, J.D., Director, Electricity Law Initiative, Harvard Law School, Harvard University

The Role of Community Newspapers and the Role You Can Play | MARCH 18

A free press and credible local news sources are vital to our democracy and the health and well-being of a region. A strong community newspaper holds local officials accountable and provides a forum for public dialogue about the issues that shape a region. It creates a sense of community by sharing stories that reflect a region's priorities, its residents' accomplishments and information that encourages participation in the activities that connect us. We will discuss the role of community newspapers and the role you can play in supporting their contributions to your hometown.

Guest Lecturer: Heather McKernan, Publisher, Monadnock Ledger-Transcript, Peterborough, New Hampshire

Everything you always wanted to know about the Voynich Manuscript (but were afraid to ask) | APRIL 1

The Voynich Manuscript has been called the world's most mysterious manuscript, and for good reason. Written entirely in an otherwise-unattested set of symbols and illustrated with unidentifiable plants, uninterpretable astrological diagrams, and astonishing biological drawings, the Voynich has intrigued, mystified, and frustrated linguists and cryptologists worldwide for centuries. Is it a code? A lost language? Does it have meaning at all? Or is it a hoax perpetrated on the world by a fifteenth-century prankster or modern forger? What do we know, and what do we have yet to learn? In this lecture, she will describe the manuscript's history, walk through its contents, and explain current theories and research methodologies.

Guest Lecturer: Lisa Fagin Davis, PhD, Executive Director, Medieval Academy of America, Boston, Massachusetts

Play Development from Performance to Post-Analysis | APRIL 15

In this session, we will discuss how a new play is performed and adjusted during pre-opening night to fine-tune the productions and analyze the performances of the new Fitchburg State University plays The Widow Juliet and When You're a Star. Salon participants are strongly advised to attend at least one of the play sessions before class. Admission will be FREE at McKay Theater (McKay School, Entrance B, 2nd Floor).

Guest Lecturer: Kelly Morgan, Professor, Theater Director,

Communications, Fitchburg State University **Guest Lecturer:** Peter Anderegg, Playwright

Guest Lecturer: Denise Alexander, Producer, Thisbe Theater

Company, Inc.



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

Not Your Kids Colored Pencils: Rendering Textures

Wednesdays: 12 - 2 PM 5-Weeks: Feb. 4, 11, 18, 25; Mar. 4 Laurie Bebick | Enrollment Limit: 15 Location: CPS Classroom

This course is for those who have basic experience working with colored pencils. Learn to render surfaces like glass, metal, wood, and stone. Note: No drawing experience needed. Outlines will be provided by the instructor.

REQUIRED MATERIALS:

- Any kind of artist grade-colored pencils like: Prismacolor, Faber Castell, etc.
- Vinyl eraser
- Kneaded eraser
- Small brush for removing debris
- Good quality pencil sharpener
- Pad of artist paper of choice
- · Notebook and pen
- Scrap paper for testing colors on
- Water color or gauche paints

Format: Lecture | Discussion | Demonstration

Course Outline:

Class 1: Depicting glass

Class 2: Shiny surfaces like metal and ceramic

Class 3: Fabric folds in stone

Class 4: Driftwood Class 5: Plush surfaces

▶ Appreciating Poetry, Appreciating Life

Wednesdays: 2:30 - 4 PM 5-Week: Feb. 4, 11, 18, 25; Mar. 4 Peter August | Enrollment Limit: 20 Location: CPS Classroom

Poetry is the exploration of life through language. Beauty is an inherent quality of poetry, because it is an inherent quality of living. From nursery rhymes to Greek epics to the Beat poets to the musings in the corner of your own journal, poetry is with us our entire lives whether we acknowledge it or not. Have you ever stopped to consider a particular poem in your own life? Spoken it out loud? Rolled its sounds around in your mouth and inhaled its fragrant bouquet? How has poetry factored into your life? How would you like it to?

In Dead Poets Society, Mr. Keating (played by the late great Robin Williams) tells his students, "Medicine, law, business, engineering: these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love—these are what we stay alive for."

In this class, we will explore the different kinds of beauty we can appreciate in poetry. These include, among many others, a poem's sounds, its images, its ideas, and most importantly, its reflection of you. We'll spend our time reading poems, speaking poems, discussing poems, and reflecting on poems. Hopefully, these exercises will heighten your awareness and appreciation for the poetry in your own life, and may even introduce you to a few new poets you didn't realize you were looking for.

REQUIRED MATERIALS: A notebook/journal/paper to record thoughts/observations/feelings and something to write with.

Format: Lecture | Discussion | Demonstration | Reflection Course Outline:

- Class 1: What is Poetry, How to Read Poetry, and Why (intro to different styles/forms of poetry and ways to enjoy them)
- Class 2: What You Hear in a Poem (listening for rhythm, rhyme, meter, and the importance of reading aloud)
- Class 3: What You See in a Poem (focus on sense imagery and poetic form)
- Class 4: What Ideas Come From a Poem (how to analyze and reflect on messages in poetry)
- Class 5: Holistic Poetry: Nature Poetry as a Meditative Mirror (reading poetry as a practice of selfunderstanding and development)

Yoga for Strength

Thursdays: 9 - 10:30 AM 5-Weeks: Feb. 5, 12, 19, 26; Mar. 5 Ann-marie LaBollita | Enrollment Limit: 15 Location: Hammond S08

This class is for individuals with some yoga experience. Class begins with breath exercises and meditation to stimulate the nervous system and engage the relaxation response in the muscles and nervous system. Warm up stretches in a chair or on the floor will be followed by yoga postures for flexibility, balance, strength and relaxation. Weight bearing poses and a long resistance band and small hand weights will be used to build upper body and core strength. If you need extra knee support consider buying yoga knee pads to kneel on.

REQUIRED MATERIALS:

- yoga mat
- 2 yoga blocks
- 1 long resistance band
- · small hand towel
- 1-3 pound hand weights

RECOMMENDED MATERIALS: Knee pads, water, and any additional support for comfort

Format: Demonstration

Course Outline:

- Class 1: Intro to yoga class format, setting up mats and gear
- Class 2: Resistance band for strength and stretching
- Class 3: Hand weights for strength, toning and posture
- Class 4: Holding poses to improve focus and strength
- Class 5: Wall postures for balance

▶ Peace in Transition

Thursdays: 10:30 AM - 12 PM 5-Weeks: Feb. 5, 12, 19, 26; Mar. 5

Rebekah Carmichael | Enrollment Limit: 15 | ONLINE

This course will explore beliefs about death from cultural, societal, and religious perspectives by taking a closer look at why we believe what we believe. Using techniques in mindfulness and understanding the intuitive skills everyone has, this course is designed for everyone looking for their own answers to what comes after this life.

REQUIRED MATERIALS: Notebook and pen or computer/phone for notes.

Format: Lecture | Discussion | Reflection

Course Outline:

Class 1: Society Constructs of the Afterlife

Class 2: Rituals of Life & Death

Class 3: Navigating the Energy of Transition & Grief Class 4: Exploring Constructs of Spiritual Connection

Class 5: Death, Transition, & Moving Forward

▶ Exploring Plays: Top Theatrical Classics

Thursdays: 12:30 - 2 PM 5-Weeks: Feb. 5, 12, 19, 26; Mar. 5 Sally Cragin | Enrollment Limit: 20 Location: CPS Classroom

During our time together, we will read scenes aloud from great plays including those by Tennessee Williams, Arthur Miller, and contemporary playwrights such as Theresa Rebeck and Marsha Norman. What makes a play great? How does a playwright make an audience laugh—or cry? Live theatre is the most enduring of the creative arts. Feel free to read a part when we read work aloud, or just listen and enjoy.

Format: Lecture | Discussion | Demonstration

Course Outline:

Class 1: Introductions/Overview; The Greeks and some basics

Class 2: From Melodrama to real drama; changing tastes

Class 3: Classics we love Class 4: Comedies and short plays

Class 5: Theatre now, and in the future

▶ A History of the Modern Mind

Thursdays: 2:30 - 3:30 PM 8-Weeks: Feb. 5, 12, 19, 26; Mar. 5, 19, 26; Apr. 2 Thomas Schilling | Enrollment Limit: 30 Location: McKay School, Room 142

The great American poet Emily Dickenson, wrote a poem called, "The Brain—is wider than the Sky." In classic plain prose, she describes the endless capabilities of the mind. This poem is thoroughly modern in its view that the brain and mind are inextricably linked. But how? We will attempt to answer this question by studying how major thinkers from antiquity (ancient Greek philosophers) to Renaissance and Enlightenment thinkers (Descartes, Hume, Kant), to our modern scientific era (cognitive science) have attempted to answer this question. Our survey will help to reveal the enormity of the mind and its infinite capacity for meaning making.

RECOMMENDED MATERIALS: A list of readings that will relate to each lecture topic will be provided at the beginning of the course. No required readings are necessary to fully engage in the class discussions or to understand the lecture topics.

Format: Lecture | Discussion | Reflection

Course Outline:

- Class 1: Plato—the mind as the source of true knowledge
- Class 2: Descartes—the modern mind and mind/body dualism
- Class 3: Locke, Berkeley, & Hume—British empiricism and the senses as the sources of true knowledge
- Class 4: Kant—the synthetic a priori and the synthesis of rationalism and empiricism
- Class 5: Existentialism—responsibility and the search for meaning
- Class 6: Freud—intrapsychic conflict and the driving force of the unconscious mind
- Class 7: James, Pierce, & Dewey—the American pragmatists
- Class 8: Cognitivism and today—the mind as computer



Spring 2026: At-a-Glance Schedule | FEBRUARY - APRIL

TIMES	MONDAY February 2, 9, 23; March 2, 16, 23, 30; April 6, 13, 20	TUESDAY February 3, 10, 17, 24; March 3, 17, 24, 31; April 7, 14	WEDNESDAY February 4, 11, 18, 25; March 4, 18, 25; April 1, 8, 15		THURSDAY February 5, 12, 19, 26; March 5, 19, 26; April 2, 9, 16	FRIDAY February 6, 13, 20, 27; March 6, 20, 27; April 3, 10, 17
8 – 8:30 AM	Spring Birding Alison O'Hare					
8:30 – 9 AM	In-Person Wachusett Meadow Wildlife Sanctuary SPECIAL SCHEDULE:					
9 – 9:30 AM	March 23, 30; April 6, 13, 27 5 weeks 1.5 hours			Naturally Curious:	Yoga for Strength	Who Done It?
9:30 – 10 AM		Acrylic Painting Bridie Wolejko		Winter Nature Hikes East of Fitchburg	Ann-marie LaBollita In-Person Hammond S08	Cozy Mysteries - Film Edition Katharine Covino-Poutasse In-Person CPS Classroom
10 – 10:30 AM		In-Person CPS Classroom 5 weeks 2 hours Cost: \$60		Laurie Nehring In-Person Various Outdoors	5 weeks 1.5 hours	5 weeks 1.5 hours
10:30 – 11 AM	Our Ecological Footprints:		ALFA Salon:	4 weeks 2 hours		
11 – 11:30 AM	How to Measure and Reduce Them Christopher Picone In-Person Antonucci Science 203		Continuing the Conversion Martha Crawford ONLINE SPECIAL SCHEDULE:		Peace in Transition Rebekah Carmichael ONLINE Google Meet	Oil Pastels (AKA Cray-pas) Carolyn Todd ONLINE Google Meet
11:30 AM – 12 PM	5 weeks 1.5 hours		Feb. 4, 18; Mar. 4, 18; Apr. 1, 15 6 weeks 1.5 hours FREE		5 weeks 1.5 hours	5 weeks 1.5 hours
12:30 – 2 PM	Beginner's Botanical Illustration Laurie Bebick In-Person CPS Classroom 10 weeks 2 hours 12 - 2 PM Cost: \$120	Rediscovering Dinosaurs: From Fossils to Feathers Joe Choiniere In-Person CPS Classroom 6 weeks 1.5 hours Cost: \$54	Not Your Kids Colored Pencils: Rendering Textures Laurie Bebick In-Person CPS Classroom 5 weeks 2 hours Cost: \$60		Exploring Plays: Top Theatrical Classics Sally Cragin In-Person CPS Classroom 5 weeks 1.5 hours	History of the Development of the Atomic Model Tom Gaskill In-Person CPS Classroom 5 weeks 1.5 hours
2:30 – 4:00 PM	Protest Music: The Message Is in the Song DeMisty Bellinger-Delfeld In-Person CPS Classroom 5 weeks 1.5 hours	West Meets East: Exploring the Silk Roads, Part Two Jim Wilkinson ONLINE GOOGLE MEET 5 weeks 1.5 hours	Appreciating Poetry, Appreciating Life Peter August In-Person CPS Classroom 5 weeks 1.5 hours		A History of the Modern Mind Thomas Schilling In-Person McKay 142 8 weeks 1 hour	Memory Matters: Inattention, Amnesia, and False Memory Hildy Schilling In-Person McKay 163 5 weeks 1.5 hours

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▶ Who Done It? Cozy Mysteries—Film Edition

Fridays: 9 - 10:30 AM 5-Weeks: Feb. 6, 13, 20, 27; Mar. 6 Katharine Covino-Poutasse | Enrollment Limit: 20 Location: CPS Classroom

In this ALFA course, we'll investigate and explore various film and television versions of cozy mysteries. Our selections one per week will include well-loved stories captured on film by world-renowned authors (ex. Sir Arthur Conan Doyle, Agatha Christie) as well as some recent, popular, contemporary selections (ex. Richard Osman, Rian Johnson).

All texts for this course will be films or television shows. We will watch, review, and discuss each of the mysteries together, and share our evolving ideas about the notion of what makes a mystery cozy. For repeat customers who took part in the first cozy mysteries course, we will debate which medium captures the essence of the genre better: books versus films.

REQUIRED MATERIALS:

- Christie, A. (2005). Miss Marple: A Murder is Announced.
 Season 1, Episode 4. [Television series]. United Kingdom: BBC Worldwide Ltd.
- Christie, A. (2012). *Halloween Party*. Season 12, Episode 2. [Television series]. United Kingdom: BBC Worldwide Ltd.
- Johnson, R. (Director). (2019). Knives Out [Film]. Lionsgate.
- Columbus, C. (Director). (2025). The Thursday Murder Club [Film]. Netflix; Amblin Entertainment.

Format: Discussion
Course Outline:

Class 1: The genre of cozy mysteries

Class 2: Miss Marple: A Murder is Announced. Season 1, Episode 4

Class 3: Halloween Party. Season 12, Episode 2

Class 4: Knives Out

Class 5: The Thursday Murder Club

▶ Oil Pastels (AKA Cray-pas)

Fridays: 10:30 AM - 12 PM 5-Weeks: Feb. 6, 13, 20, 27; Mar. 6 Carolyn Todd | Enrollment Limit: 15 | **ONLINE**

Cray-pas or Oil Pastels were first created by Sakura, in Japan in 1925 and called Cray-Pas. Edgar Degas (1834-1917) is generally recognized as having transformed the oil pastel from a sketching tool into a core artistic oil medium in the late 1860s.

Cray-pas are a unique art medium that are uniquely associated with both drawing and painting. They are made of pigment suspended in an oil binder. They are very soft, creamy, highly pigmented, and easy to use. They provide a non-toxic, dustless consistency of highly saturated crayons with the deep rich color of oils and pastels.

The five classes will explore the techniques of oil pastels which include Underpainting, Blending, Layering, Stippling, and Sgraffito. The class will explore the richness, texture, and color of oil pastels through drawing and painting with oil pastels via class exercises and completed oil pastel works. Cray-pas sets will be the focus of the materials needed to discover the joy of working in this vibrant creative medium.

REQUIRED MATERIALS:

- 2-3 still life objects for each class and a small base for viewing
- Oil pastel pad 9"x12"; 140 lb.
- Cray-Pas/Oil pastels: 12 colors (sets are available in 16, 25 and more, if preferred)
- Solvent free safflower oil-based medium 4.2 oz. bottle
- One each: 6H, 3B drawing pencils, kneaded eraser, (Mars) plastic/vinyl white eraser
- Pencil sharpener
- #7 acrylic or sable paint brush
- Brush cleaning: The Master's Brush Cleaner and Preserver, or Speedball Mona Lisa Pink Soap, or The Master's Hand Soap bar for brushes
- Paper stump #3 or smaller/bigger (or Q-tips, by choice)
- 1 set: vinyl synthetic disposable gloves (by choice)
- Krylon, 11 oz., Kamar Varnish aerosol spray for non-yellowing protection, oil art work
- One inch wide, masking tape
- Small rag/cloth
- Box to hold supplies

RECOMMENDED MATERIALS:

- Acocony 11x17 clipboard double clip hardboard and/or an adjustable tabletop drawing board for support.
- Personal hair conditioner for brush protection in a small jar or bag
- A small zip bag for brushes, pencils etc.
- Black portfolio folder for artwork, art portfolio case 18 x 24, waterproof polyester

Format: Lecture | Discussion | Demonstration

Course Outline:

- Class 1: History/intro to Cray-Pas; hand holding of pastels; cloth blending techniques
- Class 2: Pastel marks, layering, stippling, sgraffito and more techniques
- Class 3: Building observation, application, and texture
- Class 4: Shapes and color; stippling and scraping/sgraffito
- Class 5: Final drawings; create glazing and watercolor effects



History of the Development of the Atomic Model

Fridays: 12:30 - 2 PM 5-Weeks: Feb. 6, 13, 20, 27; Mar. 6 Tom Gaskill | Enrollment Limit: 30 Location: CPS Classroom

A fantastic story of human achievement, from speculation of the early Greeks philosophers, industrial revolution natural philosophers, early 20th century researchers, and through to our current quantum mechanical model of the atom, including its nucleus and electron structure. We will look at how this modern model explains and predicts chemical behavior and structure of molecules. We will also explore the advances of technologies that led to the development of our understanding of the atom, and advances that facilitated the discovery of various elements. Also included are curious stories of element behavior, properties, and uses.

Format: Lecture | Discussion | Demonstration

Course Outline:

- Class 1: From the ancient Greek's musings to the Rutherford model of the atom
- Class 2: The Bohr model of the atom to the modern
 Quantum mechanical model of the atom
- Class 3: Element behavior explained by the quantum model; electron cloud structure, the periodic Table element families and groups, and periodic trends of element behavior
- Class 4: Chemical bonding prediction and properties, molecular to crystal structures, bond energy
- Class 5: The nucleus; liquid drop and shell theory models, quantum chromodynamics and quark-boson behavior; radiation and other nuclear properties and behaviors.

Memory Matters: Inattention, Amnesia, and False Memory

Fridays: 2:30 - 4 PM 5-Weeks: Feb. 6, 13, 20, 27; Mar. 6 Hildy Schilling | Enrollment Limit: 30 Location: McKay School, Room 163

While it may seem that memory works like a video camera that accurately stores away details of events, we tend to forget most of the information that we take in. The memories that we do have are malleable and can change each time we access them. This course covers factors (e.g., attention, distraction, sleep-deprivation, dementia) that affect what we remember (including false memory) and what we forget.

Format: Lecture | Discussion | Demonstration

Course Outline:

- Class 1: Explicit and implicit memories
- Class 2: Cases of amnesia and extraordinary memory
- Class 3: Illusion of attention
- Class 4: Cases of eyewitness testimony; how post-event questions can alter one's memory
- Class 5: Strategies for remembering when we are wired to forget

Registration Information | SPRING 2026

REGISTRATION OPENS DECEMBER 9, 2025 AT 9:00 AM

All courses are \$45 a course unless otherwise indicated. 10-Week courses are typically \$90.

REGISTRATION DEADLINE

Please submit your registration by **9 AM on January 23, 2026**. Our online registration store will close at 9AM on this date. If you need assistance, call the ALFA office at 978-665-3706. All registrations **MUST** be completed and received **BEFORE** a course begins. Registrations **AFTER** a course has begun will NOT be accepted.

WAYS TO REGISTER

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

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

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

- Please complete a <u>separate registration form for each person</u> taking classes. DO NOT try to register two or more people on the same form. We will not be able to complete your registration. If you need additional registration forms, please visit our website to download and print one at: www.fitchburgstate.edu/alfa.
- Registrations may be mailed or returned in-person to the Center for Professional Studies.
- Any incomplete component may delay the processing of the registration form.
- All registrations are processed in the order in which they are received.
- Please make a copy of the completed registration form for personal records.

PAYMENT INSTRUCTIONS

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

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

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

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

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

GENERAL INFORMATION & POLICIES

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

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

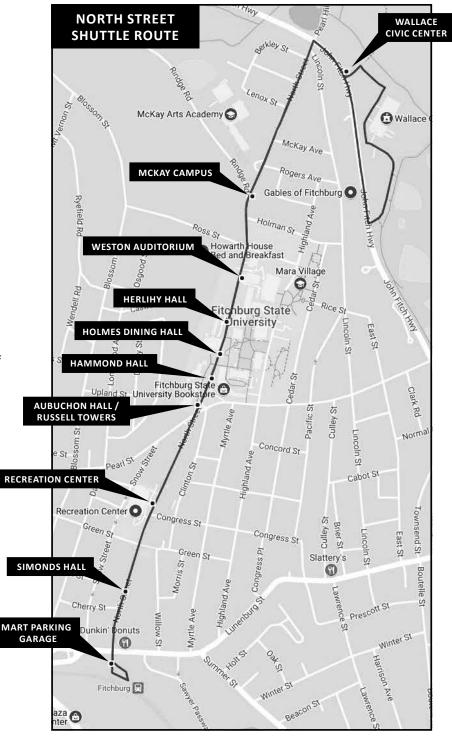
LOCATION OF COURSES: ALFA classes will be held in-person on-campus in the CPS classroom, in-person in an outdoor location in the surrounding community, or online, unless otherwise noted.

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

- Center for Professional Studies (CPS) Classroom:
 Please fill out your car information on your
 registration form. The Center for Professional
 Studies is located at 150B Main Street in Fitchburg
 (we are located directly across from Dunkin'
 Donuts, in the Intermodal Station).
 - Your parking pass will be emailed to you about a week before class starts. Please print and display on your dashboard.
 - Please only park, where it is designated for Fitchburg State University or on the 3rd floor (or as directed if the 3rd floor is still under construction). If you park in other places in the parking garage, you could get a ticket.
- Other ON-CAMPUS Courses: Please make sure to fill out your <u>car information</u> on your registration form. Our office will notify you when your campus visitor parking permit is ready for pick up.
 - Please make sure you are parking in the commuter parking lots. These are the lots marked in red on the Parking Lot Map (PDF) file found here: fitchburgstate.edu/parking. Parking in any other lots, or in places that are not parking spaces will result in a parking citation. If parking in Commuter lots is unavailable, please park your vehicle at the Civic Center and utilize the free shuttle to get to campus.
- Shuttle Service: Parking on campus can be quite difficult, but there is always ample, free parking at the Civic Center. Fitchburg State provides free campus shuttle transportation, serviced by MART. It is easy to use and gets you from your car to your destination without much walking. Two shuttles run on a continuous loop which usually means there is one every 10 minutes.
 - ROUTE: Civic Center along North Street to Main Street, Fitchburg Intermodal Center and return to Civic Center. The shuttle runs continuously during posted hours.
 - HOW TO RIDE: Wait at a designated shuttle stop (there will be a sign) OR flag the shuttle to stop at any safe location along the route. Signal the driver by raising your arm as the shuttle approaches. Once on board, let the driver know where you are going on campus.

MART Transportation

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



<u>ALFA ONLINE:</u> Please check your course confirmation to see if your course is being held via Zoom or Google Meet.

Zoom Courses: Please make sure to download the most recent version of Zoom. Then click the link in the email you receive about a week before classes begin

Google Meet Courses: Just click the link in the email you receive about a week before classes begin. If you don't have a Gmail account, no worries! It will just prompt you to enter your name before joining.

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

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

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

INCLEMENT WEATHER POLICY: ALFA follows Fitchburg State University's severe weather policy regarding canceling classes due to weather.

The ALFA program will close if Fitchburg State is closed, and no on-site or online ALFA classes will be held.

In the rare event that ALFA cancels classes due to weather (or any other extenuating circumstance) and Fitchburg State is open, we will send an email ASAP before the class starts to all participants who will be affected. In either situation, our office will work with the instructors to schedule a makeup class and notify members of that date.

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

REFUND POLICY: All ALFA courses, events, etc. are not refundable unless they are canceled. Registrations are also not transferable to another course OR another person.

Please see the ALFA website for additional policy information. fitchburgstate.edu/alfa





Registration Form | SPRING 2026

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

OR SCAN THIS CODE WITH YOUR PHONE >



Please complete **ONE** registration form for **EACH** person. All courses are \$45 unless otherwise indicated.

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

COURSE OFFERINGS FRIDAY MONDAY TUESDAY WEDNESDAY THURSDAY ☐ Oil Pastels ☐ Spring Birding ☐ Acrylic Painting ☐ Naturally Curious: ☐ Yoga for 2-HR | \$60 Winter Nature Hikes (AKA Cray-pas) Strength ☐ Who Done It? East of Fitchburg ONLINE Cozy Mysteries □ Rediscovering ☐ Peace in ☐ ALFA Salon: ☐ History of the Film Edition Dinosaurs: Transition From Fossils Continuing ONLINE Development ☐ Our Ecological the Conversion of the to Feathers Footprints: ☐ Exploring Plays: Atomic Model ONLINE | FREE 6-WK | \$54 How to Measure Top Theatrical ☐ West Meets East: ☐ Not Your Kids Classics ☐ Memory Matters: and Reduce Them Colored Pencils: Inattention, Exploring the ☐ Beginner's ☐ A History **Rendering Textures** Silk Roads, Amnesia, and **Botanical** of the 2-HR | \$60 False Memory Part Two Illustration (2-HR) Modern Mind ONLINE 10-WK | \$120 ☐ Appreciating Poetry, Appreciating Life ☐ Protest Music: The Message Is in the Song

Please see reverse side for payment information

Registration Opens December 9, 2025 at 9:00 AM - please register ONLINE, if possible!

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

Name:		Ph	none:
Address:			
City:	St	ate:	Zip Code:
E-mail:			Year of Birth:
☐ I am <u>NEW</u> ! This is my first	ever ALFA class. 🛮 🛮 I am an Alum	of Fitchburg Sta	te
CAR INFORMATION F	FOR PARKING PERMIT (This	s is <u>REQUIRED</u> fo	r On-Campus and CPS Courses)
Make/Model:	Color:	Year:	Plate #: State:
WANT TO KNOW INS	TANTLY IF YOU GOT INTO A COURSE	e? REGISTER ONLI	NE AT: marketplace.fitchburgstate.edu/alfa
I AM SENDING PAYM	ENT FOR:		
	ND 8-Week/1 Hour ALFA Course(s) erwise indicated; for example: FREE, 10		= \$
6-Week Course @ \$!	64/Course urs: From Fossils to Feathers)		= \$
5-Week/2 Hour Cou (Acrylic Painting; Not Y	rses @ \$60/Course our Kids Colored Pencils: Rendering Te	xtures)	= \$
10-Week/2 Hour ALF (Beginner's Botanical I	A Course(s) @ \$120/Course		= \$
ALFA Salon: Continui	ng the Conversation		= FREE
			TOTAL = \$
PAYMENT INFORMAT	ION:		
CREDIT CARD (PREFERR	E D) : ☐ MasterCard ☐ Visa ☐	Discover	
Credit Card #:		Exp. Date:	CVC (3 digit code):
Signature:			
☐ ACH DEBIT (use a check n	nade payable to Fitchburg State) ar	mount enclosed:	\$
ACH debit on your statement. Ple	ease see "Payment Instructions" on what that if you need a refund using this opt	we do if the amou	er to debit the charge from your account. It will show upont on your check does not match the order total (for extend to fill out an I-9 which asks for your social security in
□ Chirloy Dick Scholarchin Dr	ogram (contact the ALEA Office for	details: alfa@fi+	hburgstate edu or 978-665-3706)

ALFAs are always welcome and encouraged to join Fitchburg State University's free community events! Check out the upcoming opportunities to connect even more with our community.

Questions? Contact the ALFA office at 978-665-3706 | ALFA@fitchburgstate.edu

FITCHBURG STATE UNIVERSITY SPEAKER SERIES All talks are 12:30-1:45 PM

Revisiting the 1908 Fitchburg Plan of Cooperative Industrial Education

Dec 1, 2025 | Soumitra Basu (Engineering Technology)
ONLINE AT: meet.google.com/wpd-oetk-fqr

Developing Culturally Relevant Literacy Education in Uganda

February 2, 2026 | Peter Hogan (Emeritus, Psychological Sciences)

ONLINE AT:meet.google.com/dcf-rkuy-hrm

Evaluating the Fitchburg State University's Police Program

March 2, 2026 | Eileen Kirk, Zachary Miner, Michael McCutcheon, Katherine Hazen (Behavioral Sciences)

ONLINE AT: meet.google.com/gnb-qkws-nsz

Little Particles, Big Presence: Microplastics in the Nashua River Watershed

April 6, 2026 | Daniel Welsh (Biology & Chemistry) & Liz Gordon (Environmental, Geographic & Public Health Sciences) IN-PERSON LOCATION: Talk will be in-person at the Center for Teaching and Learning

Spectacle in the Early Tudor Court

May 4, 2026 | Kristen Engel (Economics, History & Political Science)

ONLINE AT: meet.google.com/yqx-iudu-bma

FITCHBURG STATE COMMUNITY READ — THE FUTURE OF FOOD

This year, the university will take a deep-dive into what a sustainable, resilient, and healthy food system might look like. We also hope to gather, figuratively and literally, around the table to identify problems and work on community based solutions. This community approach will lead us in exciting directions! Please join us.

Keep an eye on the Fitchburg State Community website for upcoming events and programming: fitchburgcommunityread.com.



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Love of
LEARNING
Lasts
a Lifetime!







REGISTER ONLINE

JOIN OUR COMMUNITY!

marketplace.fitchburgstate.edu/ALFA