

SPRING  
2022

ALEFA

Adult Learning  
IN THE Fitchburg Area



FITCHBURG STATE  
UNIVERSITY





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# What is ALFA?

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

ALFA is sponsored by the Center for Professional Studies at Fitchburg State University in collaboration with volunteer members of the community.

We offer non-credit daytime course, free discussion groups, and intergenerational opportunities to participate across campus. ALFA students are encouraged to volunteer and participate in program leadership and development, as well as social and recreational activities. A limited number of scholarships are available.

► Our Mission

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

► Teach with ALFA!

Have a specialty that you think others would be interested in? We’re always looking for new instructors and new subject areas to offer our ALFA’s.

Contact us at [alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu) for details about becoming an ALFA instructor.

► Have a question?

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

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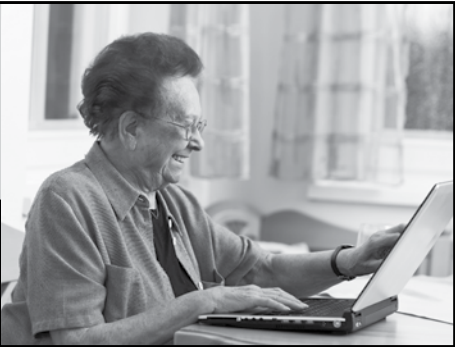
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## EASY online registration

Know INSTANTLY if you got into a course!

REGISTRATION OPENS DEC. 9, 2021 AT:  
[marketplace.fitchburgstate.edu/ALFA](https://marketplace.fitchburgstate.edu/ALFA)



## INSTRUCTORS &amp; FACILITATORS



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



**Sally Cragin** is an award-winning journalist (Boston Phoenix, Boston Globe) and the author of *The Astrological Elements*, and *Astrology on the Cusp* (Llewellyn Worldwide). Both books have been translated and sold in many countries including India, Russia, Canada, British Virgin Islands, the Czech Republic and Estonia.



**Aldo Bianco** emigrated from Trieste, Italy in April of 1953 at the age of 6. He received his BA from Queens College in Geology and his Master's Degree from Brooklyn College, with a concentration in geochemistry. Aldo taught high school and then became principal of the Yeshiva Academy in Worcester, for 28 years. After retiring, he accepted a position in the



**Martha Crawford** is a retired consultant focused on customer development 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.



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



Retired librarian **Barbara Friedman** worked at Reference and Information Desks at public, special, and university libraries in Wisconsin, New York, and Massachusetts—including Fitchburg and Westminster—during a fifty-year career. She has taught tech skills since the 90s and has taught both in-person and by Zoom for ALFA for the past 7 years.



**Katharine Covino-Poutasse**, Assoc. Professor of English Studies, teaches writing, literature, and teacher-prep courses at Fitchburg State University. Her research interests include critical pedagogy, gender, and identity. Prior to teaching at the university level, she taught middle and high school in Austin, Texas.



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

In addition to her work as a teacher, researcher, and mentor, she is also a children's book author. Her latest book, *The Insanely Awesome Pandemic Playbook: A Humorous Mental Health Guide For Kids*, seeks to support children (and their families) in understanding, processing, and addressing the challenges they are facing due to the pandemic in a funny, accessible, kid-friendly way.

In time spent away from academic life, she is also a poet, an activist, a wife, and a mother. Her three children are in 9th grade, 7th grade, and 4th grade.



**Claire Gingras** and her husband, Ed, lived in Belchertown, MA for 50 years and belonged to the Springfield Cyclonauts. They led bike rides with them in the summer and hikes in the winter. Since moving to Westminster, Claire has led several ALFA bike classes and now has a group of cyclists who ride on various rail trails every week. She has AMC leadership training and enjoys maintaining health and fitness in retirement years.

## INSTRUCTORS & FACILITATORS



**Joyce Ayadi Hinckley** is a retired psychologist and educator. She is also a life-long student of history, religion, art, and culture. She is truly passionate about making connections across disciplines.



**Sau-Mei Leung** enjoys teaching and sharing her love of science, nature, and art. She has a Ph.D. in Biochemistry from UCONN and is a graduate from the Natural Science Illustration Certificate from RISD CE. Mei is a scientific consultant and is currently studying Graphic Design at RISD CE. When she is not busy solving scientific problems and creating art,

Mei enjoys running mountains, cooking, and traveling.



**Katherine Jewell** is Associate Professor of History at Fitchburg State University. She is currently working on a book on the history of college radio for University of North Carolina Press. Her research focuses on the business and politics of culture in the 20th century United States.



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



**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.



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



**Dani Langdon** (they/she) is the Assistant Director and an Instructor for the Center for Professional Studies at Fitchburg State University, and also serves as the ALFA Liaison to the University. They currently teach a graduate level course at Fitchburg State entitled Supporting LGBTQIA and Gender Diverse Students in the K-12 Environment. Dani holds

a B.S. in Elem. Education with concentrations in Art, Theater, and Women's Studies from Green Mountain College, and an M.S. in Educational Leadership and Policy Analysis from the University of Wisconsin-Madison. Additionally, they have been accepted into a PhD program in Education & Social Justice at Lancaster University and plan to begin in Oct. 2022. Dani has also taught other courses for ALFA on gender identity, storytelling, and the Women of WWII.



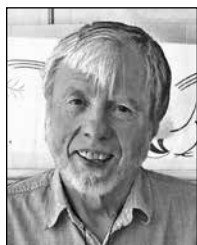
**Paula Cookson Luria** is a retired ESL & Bilingual teacher of Kindergarten through graduate-level students. She loves to travel and frequently uses her Spanish skills while exploring the world.



**Carol P. McConnell** is a graduate of Smith College, Northampton, MA. She has been studying and practicing breathwork for 15 years and has extensive experience and knowledge of the autonomic nervous system, its intimate connection to our breath, and the impacts on both physical and emotional health. Carol holds a certification in Breath-

Body-Mind and has completed training with Richard Brown MD and Patricia Gerbarg MD.

## INSTRUCTORS &amp; FACILITATORS



**Terry McConnell** spent 40 years in public education in secondary schools. He was a social studies and video production teacher, as well as a school librarian and special education liaison officer. After retiring from the public schools, he was trained in the Breath-Body-Mind program of Richard P. Brown MD and Patricia Gerbarg MD. He now teaches breathing techniques. Terry is currently pursuing a masters degree to become a certified clinical exercise physiologist at Springfield College.



**Lisa Moison** is the Associate Dean for Graduate, Online, and Continuing Education at Fitchburg State University. She has a B.S. in English/Secondary Education from Fitchburg State University, a Master's in English from Mercy College, and a Doctorate in Education from Fielding University.



**Joe Moser** was a professor of English and Film Studies at Fitchburg State from 2008 to 2018. He now lives with his family in Vermont.



**Art Norman** is a retired Fitchburg Public Schools teacher and administrator. He is a strong believer in life-long learning, loves to read, enjoys travel, history and gardening. Art is currently the President of the ALFA Board. "Education is not preparation for life; education is life itself." - John Dewey



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



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



**Ben Railton** is a Professor of English Studies and Coordinator of American Studies at Fitchburg State University. He is the author of six books, most recently *Of Thee I Sing: The Contested History of American Patriotism* (2020). He writes the daily AmericanStudies blog, contributes the monthly Considering History column to the *Saturday Evening Post*, and is a Boston Chapter leader for the Scholars Strategy Network.



**Carolyn Todd's** academic training includes 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 was fortunate to be selected as the Artist in Residence for the National Park Service, Amistad National Recreation Area in west Texas.



**Jim Wilkinson** is a retired historian and educator. He received his B.A., Master's, and Doctorate degrees from Harvard University, where he taught French and German history and literature for many years. He is the author of *The Intellectual Resistance in Europe*, which deals with anti-Fascist writers during World War II, and received Harvard's Phi Beta Kappa Teaching Prize in 2003.

## SESSION 3 | AT-A-GLANCE

## Session 3: January – February 2022

Times	Monday		Tuesday		Wednesday		Thursday		Friday	
9 - 9:30 am								ALFA Community Chat Art Norman		
9:30 – 10 am										
10 – 10:30 am	Barre Stretch & Tone Judith Lindstedt	Creative Garden Design Paula Luria	Seers and Seekers: A Field Guide to New England Visionaries Sally Cragin	It's All Greek to Me: Exploring the Myths, Stories, and Epic Poems of Ancient Greece Katherine Covino- Poutasse		Google Beyond the Basics Barbara Friedman	Gentle Yoga for Beginners Ann-marie Labollita		Posture Workout Judith Lindstedt	Origins of Hip Hop Kate Jewell
10:30 – 11 am										
11 – 11:30 am										
11:30 am – 12 pm					ALFA Salon: Continue the Conversation Martha Crawford					
12:20 – 1:50 pm	Beginner Geology for Naturalists and Hikers (10 Weeks) Joe Choiniere		Italian Cafe' Aldo Bianco		Breath-Body-Mind, Life-Altering Experience Carol and Terry McConnell	History of the Blues Paul Luria		Great Film Adaptations Joe Moser		
				Prehistoric Art in Europe and the Americas (1 - 1:45 PM) Carolyn Todd						
2:30 – 4:00 pm	Masterpieces of South American Fiction Jim Wilkinson				Art from Intuition Anne Gilman	Creative Writing & Memoir Workshop <small>(2 Hours: 2:30 - 4:30)</small> Anne Gilman	Things to Know About Science Bill Ayadi			

Are you  
**90**  
or over?

ALFA classes are **FREE** for those who are 90 or above.  
Please email the ALFA office so that  
we can get you registered free of charge!  
[alfa@fitchburgstate.edu](mailto:alfa@fitchburgstate.edu)

## SESSION 3 | COURSE DESCRIPTIONS

► **Creative Garden Design**

Mondays: 9:30 - 11 AM  
 Jan. 24, 31; Feb. 7, 14, 28  
 Instructor: Paula Luria

ONLINE  
 Enrollment Limit: 15

During this time of year, we begin to think about all the amazing plants that will come up in our gardens and how much we long for the warmth of spring, and the joy that renewed growth brings. In this class, you will learn some gardening basics such as: selecting the right plants and their placement in your garden design, deciding where to place your garden, how to prepare your bed, starting a compost pile, and fertilizing your plants. You will learn how to use the information on a seed packet and start seedlings indoors. Be on the lookout for designs that catch your eye. Maybe even request a few catalogs be sent to you. **REQUIRED MATERIALS:** Please bring a graph paper notebook, a ruler, pencil, eraser, and a copy of *Crockett's Victory Garden* by James Underwood Crockett. You can buy this used on Thrift Books or eBay (under \$10.00 when last checked) or borrow it from the library.

► **Barre Stretch & Tone**

Mondays: 10 -11:30 AM  
 Jan. 24, 31; Feb. 7, 14, 28  
 Instructor: Judith Lindstedt

IN-PERSON  
 FSU Rec Center Dance Studio  
 Enrollment Limit: 11

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

► **Beginner Geology for Naturalists and Hikers**

**SPECIAL SCHEDULE:** 10 Week Course | \$80  
 Mondays: 12:20 - 1:50 PM  
 Jan. 24, 31; Feb. 7, 14, 28;  
 Mar. 21, 28; Apr. 4, 11, 25  
 Instructor: Joe Choiniere

HYBRID  
 Enrollment Limit: 25  
 Special Schedule:

This is a class about place. If you have ever wondered why our landscape has hills, flat areas, and rock outcrops and why different types of plant communities grow in different places, this class is for you. This course will hopefully awaken and support your interest in our local landscapes and the basic geological principles that support their existence. We will cover some broader geologic topics including the movement of continents and its imprint on our local geology; the history of the earth and geologic time; and the elegant three dimensional thinking that has led geologists to unfold this story over time. We will divide our time between bedrock geology, which looks back hundreds of millions of years; and glacial geology, which has left its mark over only the past

25 thousand years. We will explore various landforms, including drumlins, eskers, and monadnocks, using both geologic maps and hopefully outdoor excursions. Finally, we will explore how local geological history leads to landforms and landscapes which support soils, plant communities and ultimately all of nature, including us! **SPECIAL SCHEDULE NOTE:** This course consists of 8 Zoom sessions then 2 outdoor sessions.

► **Masterpieces of South American Fiction**

Mondays: 2:30 - 4 PM  
 Jan. 24, 31; Feb. 7, 14, 28  
 Instructor: Jim Wilkinson

ONLINE  
 Enrollment Limit: 20

The literature of South America is rich and varied. This course will focus on five 20th-century works by authors from Argentina, Brazil, Colombia, Peru, and Chile. Themes of the course will include "magic realism," fiction as a force for social reform, and novelists as chroniclers of the region's troubled past. Sessions will begin with a brief introductory lecture, followed by active group discussion. No background in South American literature or history is required. All texts are available in English translation and in paperback. **REQUIRED MATERIALS:** The following five texts: *Fictions* (1944) by José Luis Borges (Argentina); *Dona Flor and Her Two Husbands* (1966) by Jorge Amado (Brazil); *One Hundred Years of Solitude* (1967) by Gabriel Garcia Márquez (Colombia); *Captain Pantoja and the Special Service* (1973) by Mario Vargas Llosa (Peru); *The House of the Spirits* (1982) by Isabel Allende (Chile). The instructor will send participants a list of suggested supplementary readings before class begins.

► **It's All Greek to Me: Exploring the Myths, Stories, and Epic Poems of Ancient Greece**

Tuesdays: 9:30 -11 AM  
 Jan. 25; Feb. 1, 8, 15, 22  
 Instructor: Katherine Covino-Poutasse

ONLINE  
 Enrollment Limit: 12

In this AFLA course, we will review, consider, and discuss a number of prominent myths, stories, and selections from the epic poems from Ancient Greece. Additionally, we will talk about heroic paradigms, evaluate ancient heroes, and compare them to our post-modern views on heroism today. We will challenge our more creative sides, by crafting, sharing, and reflecting on our own artistic products that capture and convey the central characters, themes, and struggles of the classic myths and stories. We will also trace the lasting legacy that Greek myths have had (and continue to have) on our popular culture. **REQUIRED MATERIALS:** *The Iliad* by Homer (Author), Bernard Knox (Editor), Robert Fagles (Translator); *Greek Myths* by Olivia E. Coolidge (Author); *The Song of Achilles* by Madeline Miller (Author).

## SESSION 3 | COURSE DESCRIPTIONS

### ► Seers and Seekers: A Field Guide to New England Visionaries

Tuesdays: 10 -11:30 AM IN-PERSON  
Jan. 25; Feb. 1, 8, 15, 22 Enrollment Limit: 15  
Instructor: Sally Cragin

New England is percolating with inventive, persuasive, and innovative individuals from our Colonial period forward. The categories that our cast of characters occupies includes: writers, poets, printers, artists, philosophers, Abolitionists, and those with a dedication to spirituality. Come meet a wide variety of folks who were ahead of their time, and whose lives and work exemplify Yankee ingenuity. **RECOMMENDED MATERIALS:** Sense of humor, notebook and pen!

### ► Italian Cafe'

Tuesdays: 12:20 - 1:50 PM IN-PERSON  
Jan. 25; Feb. 1, 8, 15, 22 Enrollment Limit: 12  
Instructor: Aldo Bianco  
**FREE:** Sponsored by the Center for Italian Culture

This is a participatory group discussion class that will incorporate general everyday conversations, including discussions on Italian culture, Italian literature, and current topics in the Italian news. Participants should have at least a modest fluency in conversational Italian and basic reading comprehension. Our goal is to improve one's fluency in the Italian language, both verbal and reading as well as safeguarding the Italian tradition in our community. **RECOMMENDED MATERIALS:** Italian Dictionary.

### ► Prehistoric Art in Europe and the Americas

**SPECIAL SCHEDULE:** Tuesdays: 1 - 1:45 PM ONLINE  
Jan. 25; Feb. 1, 8, 15, 22 Enrollment Limit: 15  
Instructor: Carolyn Todd **\$20 Mini-Course**

This virtual art history course will present the locations, iconography, and drawing/painting methods of prehistoric art dating to 35,000+ years ago, as well as their influence on contemporary art in images, colors, and spirit. In addition to the images themselves, examples of the materials and tools used for the paintings and other uses will be shared with the class.

### ► Google Beyond the Basics

Wednesdays: 10 -11:30 AM Online  
Jan. 26; Feb. 2, 9, 16, 23 Enrollment Limit: 15  
Instructor: Barbara Friedman

Google is more than a search engine and Gmail. Learn the many facets of Google: Docs, Drive, Calendar, Translate, Meet, News, YouTube, Arts & Culture and more. **REQUIRED MATERIALS:** A Gmail account set up before the class begins would be helpful. This class requires a device with internet access. **RECOMMENDED—NOT REQUIRED:** The following suggested reference books are available at local libraries and are: *Google Drive, Docs and Sheets for Beginners 2021*; and *Google Apps for Seniors*.

### ► Breath-Body-Mind, Life-Altering Experience

Wednesdays: 12:20 - 1:50 PM ONLINE  
Jan. 26; Feb. 2, 9, 16, 23 Enrollment Limit: 10  
Instructors: Carol & Terry McConnell

Learn simple techniques to reduce stress and anxiety, enhance concentration and balance your emotions. Breath-Body-Mind practices will reacquaint your nervous system with a balance acuity unrealized before this class. Allow yourself a more focused life, generating energy, enhancing coping skills, and good health. You will learn awareness of how your breath can agitate or comfort you. Learn how to properly breathe, keeping the body and mind operating optimally. You will learn how trauma and emotional stress are maintained when breathing is not done properly. The way you breathe has been linked to how one feels and copes with chronic conditions such as chronic pain, panic attacks, asthma, sinus issues, depression, heart disease, high blood pressure, headaches, COPD, PTSD, etc. You will learn how improper breathing can cause a "fight or flight" response to stressful situations. We will also explore strategies on how to stay calm when under stress through proper breath. **REQUIRED MATERIALS:** *The Healing Power of the Breath* by Richard Brown MD and Patricia Gerbarg MD. Please note that it is important to have the CD which comes with the book.

### ► Art from Intuition

Wednesdays: 2:30 - 4 PM ONLINE  
Jan. 26; Feb. 2, 9, 16, 23 Enrollment Limit: 10  
Instructor: Anne Gilman

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



## SESSION 3 | COURSE DESCRIPTIONS

► **Gentle Yoga for Beginners**

Thursdays: 9:30 - 11 AM

ONLINE

Jan. 27; Feb. 3, 10, 17, 24

Enrollment Limit: 20

Instructor: Ann-marie LaBollita

This introductory yoga course is geared towards individuals who have never tried yoga, or for those who have some experience and want a slow, safe, and gentle yoga class. We will begin with a short breathing meditation and gentle stretches to wake up the muscles and then move into easy yoga postures on the mat and while standing. We may use a chair on occasion as well. Class ends with an extended restorative pose for deep relaxation.

**REQUIRED MATERIALS:** Yoga mat, strap, 2 yoga blocks, pillow.

**RECOMMENDED MATERIALS:** water, blanket.

► **History of the Blues**

Thursdays: 12:20 - 1:50 PM

ONLINE

Jan. 27; Feb. 3, 10, 17, 24

Enrollment Limit: 25

Instructor: Paul Luria

This course will present a history of the blues from the mid-1800's to the present. Through recordings, videos and participation, we will examine the structure, emotions, and poetry of the blues and its influence on numerous genres of American—and world-wide—music.

► **Things to Know About Science**

Thursdays: 2:30 - 4:00 PM

ONLINE

Jan. 27; Feb. 3, 10, 17, 24

Enrollment Limit: 20

Instructors: Bill Ayadi

Science ranges from the theoretical to the practical and this session has both. This course will feature 5 different presenters as follows:

**What is There to Know About Drugs and Zoonosis?** Researcher and Veterinarian, Sawkat Anwer responds to students' requests with a presentation on the modern drug discovery process plus a short introduction of diseases transmitted from animals to humans.

**Dream, the Alternate Reality?** Neurologist and sleep specialist, Ursula Anwer's presentation on the purpose of dreaming, dream interpretation from an historical perspective is also a response to students' requests.

**Terra Formation—A Possibility?** Geologist, Aldo Bianco will discuss the possibilities and challenges of Terra formation. To transform a celestial body (planet, moon, asteroid) with a hostile environment so as to resemble the earth, especially so that it can support human life.

**Better Living Through the Human-Animal Bond:** Veterinarian, Michelle Bianco will explore the science of the positive physiological and psychological effects of the human-animal bond. The effective emotional and psychological stimulation of HAB has been shown to help humans solve important psychosomatic problems.

**What is Being Done About Climate Warming?** Engineer and educator, Ross Hunter will examine promising technologies for the reversal of climate warming.

► **Creative Writing & Memoir Workshop**

SPECIAL SCHEDULE / Thursdays: 2:30 - 4:30 PM

ONLINE

Jan. 27; Feb. 3, 10, 17, 24

Enrollment Limit: 10

Instructor: Anne Gilman

Every life holds many stories. Whether your life is wildly unconventional or relatively normal, there is bound to be something fascinating about it. That is why the contemporary memoir—everyday people telling their stories—has become such a popular phenomenon. A memoir covers an aspect of a life, a theme, or an adventure. Whether it's a short piece about, say a bicycle ride with a friend, a book about your entire childhood, a marriage, growing older, spiritual beliefs, etc., you will jumpstart your creativity using short prompts for those stories that you want to focus on. You will discover a supportive group to help unleash and uncover your imaginative genres whether for memoir, fiction, poetry, non-fiction and/or essays. As a professional writer/author, the instructor of this course knows the challenges of overcoming blocks and voices that say, "What do you mean you want to write (or paint, or sing, etc.) Who do you think you are?!" Here's an opportunity for people who have always wanted to write, to have a supportive, safe space in which to do so. You must feel safe in order to create. **REQUIRED MATERIALS:** Pen/pencil and notebook; and/or computer.

► **Posture Workout**

Fridays: 10 -11:30 AM

IN-PERSON

Jan. 28; Feb. 4, 11, 18, 25

FSU Rec Center Dance Studio

Instructor: Judith Lindstedt

Enrollment Limit: 11

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

► **Origins of Hip Hop**

Fridays: 10 -11:30 AM

IN-PERSON

Jan. 28; Feb. 4, 11, 18, 25

Enrollment Limit: 15

Instructor: Katherine Jewell

This course will explore the origins and development of hip hop, from communities of the African diaspora and Latinx people, the urban crisis of the 1970s, and how hip hop artists engaged with and redirected popular music and interacted with political conversations.

## SESSION 3 | COURSE DESCRIPTIONS

## ► Great Film Adaptations

Fridays: 12:20 - 1:50 PM  
 Jan. 28; Feb. 4, 11, 18, 25  
 Instructor: Joe Moser

ONLINE  
 Enrollment Limit: 25

Which is better, the book or the movie? Perhaps this question is irrelevant when we are assessing film versions of literary works because the two media are so vastly different. In this course, we will study five great films based on literature: one film adaptation of a play, a few adaptations of short stories, and one adaptation of a non-fiction book. We will also read and discuss the original literary works themselves. A subsequent course—or two or three—could focus on film adaptations of novels.

## Films and literature that have been selected for this course:

- *The Little Foxes* (1941) William Wyler film based on a play by Lillian Hellman.
- *Rear Window* (1954) Alfred Hitchcock film based on the short story *It Had to Be Murder* by Cornell Woolrich.
- *3:10 to Yuma* (1957) Delmer Daves film based on a short story by Elmore Leonard.
- *Arrival* (2016) Denis Villeneuve film based on the short story *Story of Your Life* by Ted Chiang.
- *Nomadland* (2020) Chloé Zhao film based on a book by Jessica Bruder.

**REQUIRED MATERIALS:** You will need access to the five assigned course films (listed above) and two assigned literary texts:

- *The Little Foxes* (play) by Lillian Hellman
- *Nomadland* (non-fiction book) by Jessica Bruder

The other literary texts and readings will be provided via email as PDF documents.

**ALFA  
 Community  
 Chat**

**ONLINE / Thursdays: 9:00 - 10:00 AM**

Every other week starting in January.

Cost: FREE / Location: Zoom

Host and Facilitator: Art Norman

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

Please sign up on our website: [fitchburgstate.edu/alfa](https://fitchburgstate.edu/alfa)

Questions? Email Art Norman at  
[t2wildflower@aol.com](mailto:t2wildflower@aol.com)



## SESSION 4 | AT-A-GLANCE

## Session 4: March – April 2022

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9 - 9:30 am		Spring Birding at Wachusett Meadow Wildlife Sanctuary Alison O'Hare		ALFA Community Chat CONTINUED	
9:30 – 10 am					
10 – 10:30 am	Barre Stretch & Tone Judith Lindstedt		Naturally Curious: Weekly Nature Walks East of Fitchburg Laurie Nehring	Energize, Restore and Renew with Yoga and More Ann-marie LaBollita	Posture Workout Judith Lindstedt
10:30 – 11 am			ALFA Salon: Continue the Conversation CONTINUED	ALFA Biking Group Claire Gingras (Dates in May)	Two Sandlots: Baseball, Bigotry, and the Battle for America Ben Railton
11– 11:30 am					
11:30 am – 12 pm					
				Dining To Learn: Spring Celebrations Joyce Hinckley Special Schedule 11:30-1:30 - 1st 2 Classes 11:30-2:00 for dining experiences	Chinese Brush Painting: Orchid and Chrysanthemum Sau-Mei Leung
12:20 – 1:50 pm	Beginner Geology for Naturalists and Hikers (10 Weeks) CONTINUED	Practice of Creativity in Drawing I Carolyn Todd	Spring Paint/Draw Out Ann-marie LaBollita (SS: 2 hours 12-2)	Fine Tuning your Ukulele Paul Luria	
				Creative Writing & Memoir Workshop (2 Hours: 2:30 - 4:30 PM) Anne Gilman	
2:30 – 4:00 pm	All About Italy Bill Ayadi		Before and After Stonewall: An Intro to LGBTQ+ History Dani Langdon		

## ALFA is part of the Fitchburg State Community

As an ALFA participant, you are welcome to participate in many campus events. Check out the event calendar at [fitchburgstate.edu/campus-life/events](https://fitchburgstate.edu/campus-life/events)



## SESSION 4 | COURSE DESCRIPTIONS

### ► Spring Birding at Wachusett Meadow Wildlife Sanctuary

Mondays: 9 - 10:30 AM IN-PERSON  
 Mar. 21, 28; Apr. 4, 11, 25 Enrollment Limit: 15  
 Instructor: Alison O'Hare

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's an opportunity to refresh and strengthen your skills with identification by sight and sound. There will be opportunities to practice what you learn, and to ask questions during each session. Whatever your experience level, all are welcome. **REQUIRED MATERIALS:** Binoculars, field guide to birds of Eastern US or birds of North America. As all classes will be outside, students should dress appropriately for the weather, wear sturdy walking shoes or hiking boots, and be prepared to walk over uneven and sometimes slippery terrain.

### ► Barre Stretch & Tone

Mondays: 10 -11:30 AM IN-PERSON  
 Mar. 21, 28; Apr. 4, 11, 25 FSU Rec Center Dance Studio  
 Instructor: Judith Lindstedt Enrollment Limit: 11

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

### ► Practice of Creativity in Drawing I

Mondays: 12:20 - 1:50 PM ONLINE  
 Mar. 21, 28; Apr. 4, 11, 25 Enrollment Limit: 10  
 Instructor: Carolyn Todd

One's artistic expression can be a lifelong journey of discovery and experimenting with a wide-spectrum of activities focused on new or existing interests. The discovery of one's personal creativity can be challenging but through practice and a little discipline one can achieve the imaginative results one seeks.

Drawing is not only a fine art in itself; it is also the foundation of fine arts techniques in all media, including painting. To observe and connect with the world of things that we rarely notice, the class will study drawing techniques from the masters and others. Students will call upon the five senses to explore randomness, composition, texture, and expression through line quality. Beginners and experienced students are welcome. **REQUIRED MATERIALS:** A supply list will be provided.

### ► All About Italy

Mondays: 2:30 - 4 PM ONLINE  
 Mar. 21, 28; Apr. 4, 11, 25 Enrollment Limit: 20  
 Instructors: Bill Ayadi  
**FREE:** Sponsored by the Center for Italian Culture

Join us as we expand our knowledge of Italy and Italian places, history, music, and diaspora. Come and hear from our fantastic presenters:

**Little Italys:** Joyce Ayadi Hinckley helps us think about what there was, what has been lost, and what remains of "Little Italys" in Fitchburg, Lawrence, and Providence, RI.

**Trieste Sotto 1943-1954:** Aldo Bianco explains the history of the city of Trieste from 1945 to 1954 and relates the tragic episodes in the lives of its people under the different forces that occupied the country, and reveals the complex relationship between Slovenes and Italians.

**Tunisian Italian Legacy:** Bill Ayadi will speak to Tunisia and Italy's long history going back to the time of Carthage and Rome as well as the first half of the 19th century when its economic and social weight became critical in many fields of the social life of the country.

**Milan and the Lakes of Lombardy:** Jim Wilkinson explores the Gens of the Lombardy region of Italy from Milan's art scene, to the La Scala Opera, to the Alpine scenery and the splendid villas of Lake Como.

**Italy and Opera:** Gail Allo helps us to understand where and how Opera developed in Italy, and why it became so important in Italian life.

### ► Ideas Worth Spreading: Five Inspirational TED Talks

Tuesdays: 10:30 AM - 12 PM IN-PERSON  
 Mar. 29; Apr. 5, 12, 19, 26 Enrollment Limit: 15  
 Instructor: Lisa Moison

Come join ALFA as we watch five inspirational Technology, Education and Design (TED) Talks. TED Talks, a non-profit organization, promotes finding and sharing "ideas that change the world". Each week we will watch a TED Talks video that focuses on inspirational technology, education, science, political or social issues/advancement. This course will bring together ALFA students who are curious, interested in lively discussions, and want to have thought provoking conversations. Come be part of these short powerful talks and enjoy listening to some of the world's most inspired thinkers. **PLEASE NOTE:** This course starts a week later than the other Tuesday courses.



## SESSION 4 | COURSE DESCRIPTIONS

► **Spring Paint / Draw Out****SPECIAL SCHEDULE:** 2 hours/4 classes

IN-PERSON

Tuesdays: 12:00 - 2:00 PM

Enrollment Limit: 12

Mar. 22, 29; Apr. 5, 12

Instructor: Ann-marie LaBollita

Early spring is a great time to draw and paint outdoors (not so much green)! If you have never worked outdoors from nature here is your chance to try it out with a group. Work in the medium of your choice and have all the necessary equipment and supplies. Quick warm up sketches and loosening up exercises are recommended and the instructor will offer individual support and encouragement. Various sites to visit will be decided at a later date. **REQUIRED MATERIALS:** All necessary equipment and ability to carry alone. **RECOMMENDED MATERIALS:** Umbrella for shade, sunscreen, bug repellent, water, travel chair if wanted. Contact instructor with questions.

► **Naturally Curious: Weekly Nature Walks East of Fitchburg**

Wednesdays: 9:30 - 11 AM

IN-PERSON

Mar. 23, 30; Apr. 6, 13, 20

Enrollment Limit: 15

Instructor: Laurie Nehring

Put on your hiking boots and join us for a refreshing morning walk along a forested trail at a different location each week in Ayer, Shirley, Groton, Lancaster or Lunenburg. Together, we will explore new trails with nature-based themes that will often-times be based on Mary Holland's amazing nature journal titled *Naturally Curious*. We will strive to notice and learn about what is going on around us, as the season changes. Logistics: All hikes will be moderate level walking with some uneven terrain and may include some elevation. Distance will be around 3-4 miles. We will meet at the trailheads each week; locations will be provided to all registrants. **REQUIRED MATERIALS:** Water, sturdy walking shoes or boots, dress in layers for the weather (including light rain), hat, gloves, tick prevention clothing or spray. **RECOMMENDED MATERIALS:** A light snack, camera, binoculars, walking poles, ID books. Any nature books by David Stokes or Mary Holland, and more specifically, *Curious Naturalist* by Mary Holland.

► **Fine Tuning your Ukulele**

Wednesdays: 12:20 - 1:50 PM

IN-PERSON

Mar. 23, 30; Apr. 6, 13, 20

Enrollment Limit: 12

Instructor: Paul Luria

This is a class for people who already play the ukulele with a basic knowledge of chords and strums. This workshop will hone and advance these skills. Ensemble performance included in the class. **REQUIRED MATERIALS:** A soprano, concert, or tenor ukulele.

► **Before & After Stonewall: An Intro to LGBTQ+ History**

Wednesdays: 2:30 - 4 PM

IN-PERSON

Mar. 23, 30; Apr. 6, 13, 20

Enrollment Limit: 15

Instructor: Dani Langdon

In this course, we will begin to learn about the history of LGBTQ+ identities, experiences, and activism. We will use the Stonewall Riots that exploded in New York City over several nights in late June 1969 (and believed to mark the beginning of the modern gay rights movement) as the touchstone for exploring the lived experiences of LGBTQ+ folks around the world before and after this moment in history.

► **Energize, Restore and Renew with Yoga and More**

Thursdays: 9:30 - 11 AM

ONLINE

Mar. 24, 31; Apr. 7, 14, 21

Enrollment Limit: 20

Instructor: Ann-marie LaBollita

It's winter! Let's have fun and exercise too! This course will have a little bit of everything: meditation, yoga, aerobics and dance. Each class will start with a centering meditation, warm up stretches, movement and not too intense aerobics, cool down gentle yoga, a silly dance and relaxation. Even though we are still online, rest assured that we will have fun and feel great afterwards! **REQUIRED MATERIALS:** Yoga mat, 2 yoga blocks, strap, 2 hand weights (1-3 pounds). **RECOMMENDED MATERIALS:** Water

► **Dining to Learn: Spring Celebrations****SPECIAL SCHEDULE:** Thursdays: 11:30 AM - 2 PM

Mar. 31; Apr. 7, 14, 21, 28

IN-PERSON

Instructor: Joyce Hinckley

Enrollment Limit: 12

Spring is celebrated in many ways and always with special dishes. We will learn about the food and customs of: Nowruz in Central Asia, Nabi Musa (the only Islamic festival tied to the Christian calendar) in Israel/Palestine, and Easter in Portugal. We will then visit three restaurants to sample food connected to these cultures and celebrations. Participants pay for their meals and carpools will be organized. Be prepared to be flexible as selected restaurants may be influenced by public health circumstances. **SPECIAL SCHEDULE NOTES:** 11:30 AM - 1:30 PM for first two classes, then 11:30 AM - 2 PM for dining experiences. Please don't plan to take a 2:30 course this day as you may not make it back in time. Please also note that this course starts a week later than other Thursday courses.

## SESSION 4 | COURSE DESCRIPTIONS

► **Creative Writing & Memoir Workshop**

SPECIAL SCHEDULE: 2hrs: 2:30 - 4:30 PM

Mar. 24, 31; Apr. 7, 14, 21

ONLINE

Instructor: Anne Gilman

Enrollment Limit: 10

Every life holds many stories. Whether your life is wildly unconventional or relatively normal, there is bound to be something fascinating about it. That is why the contemporary memoir—everyday people telling their stories—has become such a popular phenomenon. A memoir covers an aspect of a life, a theme, or an adventure. Whether it's a short piece about, say a bicycle ride with a friend, a book about your entire childhood, a marriage, growing older, spiritual beliefs, etc., you will jumpstart your creativity using short prompts for those stories that you want to focus on. You will discover a supportive group to help unleash and uncover your imaginative genies whether for memoir, fiction, poetry, non-fiction and/or essays. As a professional writer/author, the instructor of this course knows the challenges of overcoming blocks and voices that say, "What do you mean you want to write (or paint, or sing, etc.)" "Who do you think you are?!" Here's an opportunity for people who have always wanted to write, to have a supportive, safe space in which to do so. You must feel safe in order to create. **REQUIRED MATERIALS:** Pen/pencil and notebook; and/or computer.

► **Posture Workout**

Fridays: 10 -11:30 AM

Mar. 25; Apr. 1, 8, 22, 29

IN-PERSON

Enrollment Limit: 11

Instructor: Judith Lindstedt

FSU Rec Center Dance Studio

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

► **Two Sandlots: Baseball, Bigotry, and the Battle for America**

Fridays: 10:30 AM - 12 PM

Mar. 25; Apr. 1, 8, 22, 29

IN-PERSON

Enrollment Limit: 15

Instructor: Ben Railton

In the late 1870s, two San Francisco sandlots featured and embodied two central strains of American history and identity. In one, Irish immigrant turned businessman and labor leader Denis Kearney gave demagogic speeches to angry mobs, helping make anti-Chinese fears and narratives truly national in the lead-up to the Chinese Exclusion Act. In the other, the Celestials, the baseball team featuring students from the Hartford Chinese Educational Mission, played a triumphant but tragic final game against an Oakland team. In this course we'll discuss these two interconnected moments and stories, as well as the many American contexts to which they connect.

► **Chinese Brush Painting: Orchid and Chrysanthemum**

Fridays: 12:20 - 1:50 PM

Mar. 25; Apr. 1, 8, 22, 29

ONLINE

Enrollment Limit: 30

Instructor: Sau-Mei Leung

This course introduces students to the Four Seasons Chinese Brush Painting: Orchid for spring, and Chrysanthemum for autumn. The Four Seasons have been used in Chinese painting since the Song dynasty (960-1279). This course introduces students to the fundamentals of Chinese Brush techniques. No experience required. Feel free to bring all the Chinese painting materials you have. **REQUIRED MATERIALS:** Chinese painting/sumi ink (not india ink), Chinese brush, Shuan Papers (aka rice papers), 2 water buckets (one for washing the brush and one for clean water for painting). Students can purchase the Chinese painting starter kit (include one small bottle of Chinese painting ink, one Chinese brush and one mature (sized) and one raw (unsized) Shuan Papers (size approximately 30 inch x50 inch) for \$12. The kit is available to pick up at the ALFA office or via shipping (plus shipping cost). Students can also purchase individual items from the instructor.

## SESSION 4 | SPECIAL COURSES &amp; PROGRAMMING

### ► ALFA Salon: Continuing the Conversation

**FREE:** Participant-Led Discussion Group

Wednesdays: 10:30 AM - 12:00 PM

Jan 26; Feb 9, 23; Mar 23; Apr 6, 20

Instructor: Martha Crawford

ONLINE

Enrollment Limit: 30

ALFA Salon is an informal gathering held every-other-week throughout the ALFA sessions. Host presenters lead engaging discussions of 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 we asked for their suggestions on works-in-progress.

2022 Spring Salon will host both Fitchburg State professors and community guest lecturers covering topics including:

**Are you watching what the world is?** You might be surprised. Turkish “Soaps” engage fans across age groups, cultures and classes plus promote Turkey’s soft power across the globe.

**Explore how a restored film document** of Fitchburg’s landscape and its inhabitants, at the threshold of WWII, can be both totally alien and yet instantly recognizable. (including some of the technical processes and challenges involved in the restoration).

**Reexamine Shakespeare’s Hamlet** to show how the Bard got it wrong about Claudius & Gertrude.

**Explore healing-related knowledge of cultures**, the boundaries between food, medicine, agriculture, and spirituality with colleagues at UCLA World Arts and Cultures.

**Making great tasting beer at home** without spending a lot of money on equipment is not so hard to do.

The following presenters will join us: Professors Charles Roberts & Kevin McCarthy, Fitchburg State University; Dr. David Shorter, UCLA - World Arts and Cultures; Professor Kelly Morgan, Fitchburg State University, Communications Media; Steve Pincott, Retired Engineer and Amateur Brewmeister; Dr. Joyce Ayadi Hinckley, Retired Psychologist and Educator.

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 about.

### ► ALFA Biking Group

**FREE:** Participant-Led Meet Up Group

Thursdays: 10 -11:30 AM

Special Schedule: May 5, 12, 26

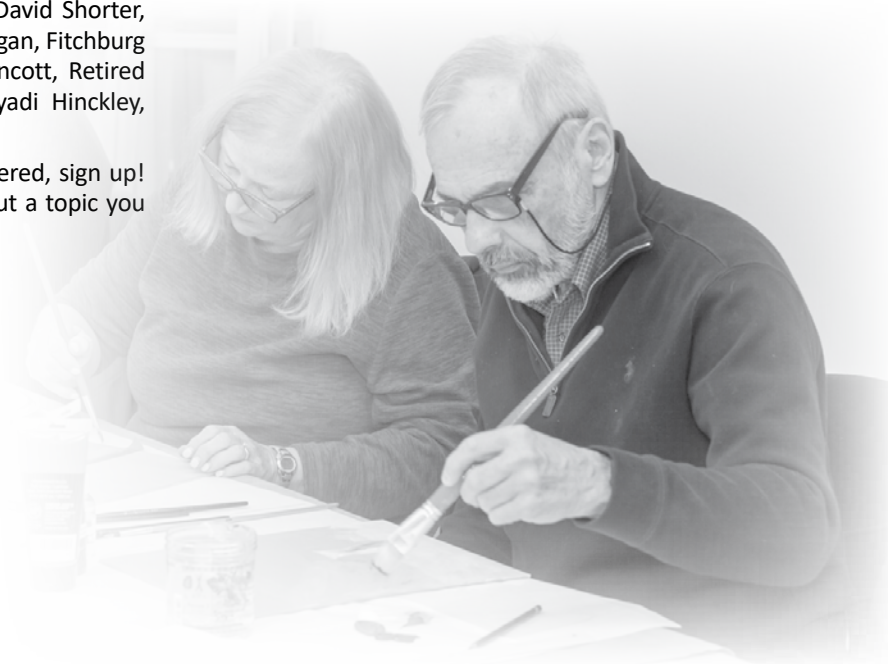
Instructor: Claire Gingras

IN-PERSON

Enrollment Limit: 15

This is a bicycle group for ALFAs who have experience riding a bike, but may not have been on a bicycle for a while, and/or folks who would like to ride at a slower pace. The rides for this group will be on the asphalt section of the North Central Pathway in Winchendon, MA. This section is about six miles long, for a total ride of about 12 miles at a 10-12 mph pace. Any appropriate mask protocols for this activity will be followed. Past participants have continued to cycle by joining a local group that rides once a week all season.

**REQUIRED MATERIALS:** A bicycle, a bicycle helmet, and a water bottle. **RECOMMENDED MATERIALS:** A spare bike tire tube.



## REGISTRATION OPENS DECEMBER 9, 2021 AT 8:30 AM

All ALFA courses are \$40 a course unless otherwise indicated.

### WAYS TO REGISTER

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

- Make sure to **complete your registration** by hitting the final SUBMIT button. When you have successfully completed registering, you will see an order number on the final screen. **Please make sure to write this order number down!** Soon after, you should also receive a confirmation email.
- **IF YOU DO NOT RECEIVE A CONFIRMATION EMAIL**, please contact us with your order number to confirm that you are registered.

**Need help with online registration?** Visit [fitchburgstate.edu/alfa](https://fitchburgstate.edu/alfa) for a complete-step-by-step tutorial

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

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

### PAYMENT INSTRUCTIONS

- We accept credit/debit cards (PREFERRED) and check payments.
- If you choose to pay by check, all check payments (both online and paper) are processed electronically as E-Checks and will appear as "ACH DEBIT" on your checking account statement.
- If you submit a PAPER REGISTRATION and pay with a CHECK, but are WAITLISTED for a **portion of your order**, we will process the full payment in the amount entered on the check. We will then issue a refund for the surplus amount.
- If you are sending in registration forms for multiple people, please submit a separate check for each person you are registering. If you combine payment for two separate registration in one check, we will not be able to process your payment or registration and will either shred it or return it to you in the mail.
- Payment is due upon submission of registration.
- **Course, Trip, and Special Event payments are not refundable or transferable unless canceled.**

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

**Are you 90 or over?** Then your classes are free!  
Please email the ALFA office to get registered free of charge.

### 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.

**ALFA ONLINE:** All of our online courses will be held over Zoom.

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

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

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

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

- **Vaccination:** If you are taking an in-person course through ALFA, we expect that you are fully vaccinated. We are not currently asking for proof of vaccination.
- **Masking:** You must wear a mask that covers your nose and mouth at all times while on campus, regardless of your vaccination status.
- **Attestation:** Before every class, you will be required to fill out an attestation each week. This attestation form. This attestation form is part of the University's ongoing efforts to protect the health and safety of our campus community and visitors. To view the questions on this form, visit [fitchburgstate.edu/alfa](https://fitchburgstate.edu/alfa).

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





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

## MAIL-IN REGISTRATION FORM – SPRING 2022

Please complete **ONE** registration form  
for **EACH** person taking classes.

**ALL COURSES ARE \$40 UNLESS OTHERWISE INDICATED.**

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

### SESSION 3: JANUARY – FEBRUARY

#### MONDAY

Creative  
Garden Design  
ONLINE

Barre Stretch & Tone  
IN-PERSON

Beginner Geology for  
Naturalists and Hikers  
(10 WKS | \$80)  
HYBRID

Masterpieces  
of South  
American Fiction  
ONLINE

#### TUESDAY

It's All Greek to Me:  
Exploring the Myths,  
Stories, & Epic Poems  
of Ancient Greece  
ONLINE

Seers & Seekers:  
A Field Guide to New  
England Visionaries  
IN-PERSON

Italian Cafe' **FREE**  
IN-PERSON

Prehistoric Art in  
Europe & the Americas  
(\$20 | mini-course)  
ONLINE

#### WEDNESDAY

Google  
Beyond  
the Basics  
ONLINE

Breath-Body-Mind,  
Life-Altering  
Experience  
ONLINE

Art from  
Intuition  
ONLINE

#### THURSDAY

Gentle Yoga  
for Beginners  
ONLINE

History of  
the Blues  
ONLINE

Things to Know  
About Science  
ONLINE

Creative Writing  
& Memoir  
Workshop  
ONLINE

#### FRIDAY

Posture  
Workout  
IN-PERSON

Origins of  
Hip Hop  
IN-PERSON

Great Film  
Adaptations  
ONLINE

### SESSION 4: MARCH – APRIL

#### MONDAY

Spring Birding at  
Wachusett Meadow  
Wildlife Sanctuary  
IN-PERSON

Barre Stretch & Tone  
IN-PERSON

Practice of Creativity  
in Drawing I  
ONLINE

All About Italy **FREE**  
ONLINE

#### TUESDAY

Ideas Worth  
Spreading:  
Five Inspirational  
TEDtalks  
IN-PERSON

Spring  
Paint/Draw Out  
IN-PERSON

#### WEDNESDAY

Naturally Curious:  
Weekly Nature Walks  
East of Fitchburg  
IN-PERSON

Fine Tuning  
Your Ukulele  
IN-PERSON

Before & After  
Stonewall: An Intro  
to LGBTQ+ History  
in America  
IN-PERSON

#### THURSDAY

Energize, Restore  
and Renew with  
Yoga & More  
ONLINE

Dining To Learn:  
Spring Celebrations  
IN-PERSON

Creative Writing  
& Memoir  
Workshop  
ONLINE

#### FRIDAY

Posture Workout  
IN-PERSON

Two Sandlots:  
Baseball, Bigotry,  
and the Battle  
for America  
IN-PERSON

Chinese Brush  
Painting: Orchid  
& Chrysanthemum  
ONLINE

### SPECIAL PROGRAMS

#### ALFA SALON: CONTINUING THE CONVERSATION

**FREE** Participant-Led Discussion Group

Wednesdays: 10:30 AM – 12:00 PM | ONLINE

#### ALFA BIKING GROUP

**FREE** Participant-Led, Meet-Up Group

Thursdays: 10 – 11:30 AM | IN-PERSON

**PLEASE SEE REVERSE SIDE FOR PAYMENT INFORMATION ►**

**REGISTRATION OPENS DECEMBER 9, 2021 — PLEASE REGISTER ONLINE, if possible!**

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

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

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

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

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

Have you taken ALFA classes before? ☐ Yes ☐ No Are you an Alum of Fitchburg State? ☐ Yes ☐ No

How do you get your ALFA Brochure? ☐ Mail ☐ Email ☐ Website ☐ I pick it up at: \_\_\_\_\_ ☐ Other: \_\_\_\_\_

How did hear about ALFA? \_\_\_\_\_

**ALTERNATE CHOICES** — Due to space limitations and instructor requests, class size varies. It is important to list alternatives in the event your first choice classes are unavailable. **If no alternatives are listed, it will be assumed that none are desired.**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Want to know instantly if you got into a course? Register online at: **marketplace.fitchburgstate.edu/alfa**

**I AM SENDING PAYMENT FOR:**

\_\_\_\_\_ **Course(s) @ \$40/course\*** unless otherwise indicated

(Example: FREE, \$60 10-week courses, etc.) Limit 6 courses per SEMESTER\*\*

= \$ \_\_\_\_\_

☐ Beginner Geology for Naturalists and Hikers / 10 Week Course

= **\$80**

☐ Prehistoric Art in Europe and the Americas / 45 Minute Mini-Course

= **\$20**

☐ Discussion Group - ALFA Salon: Continuing the Conversation

= **FREE**

☐ ALFA Biking Group

= **FREE**

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

**PAYMENT INFORMATION:**

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

Credit Card #: \_\_\_\_\_

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

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

☐ **CHECK** (made payable to Fitchburg State) amount enclosed: \$ \_\_\_\_\_

Please note—**We do not process as a paper check.** We use your account and routing number to debit the charge from your account. It will show up as an **ACH debit** on your statement. Please see "Payment Instructions" on what we do if the amount on your check does not match the order total (for example: A class is full, etc.).

☐ Shirley Pick Scholarship Program (call the ALFA Office for details at 978-665-3706)

\* Courses are free for members over 90 years of age. If over 90, please send verification of age with your registration.

\*\* Students may initially register for up to six classes. After **December 11, 2021**, students may select additional courses if seats are still available.





**REGISTER ONLINE AT:**  
**[marketplace.fitchburgstate.edu/ALFA](https://marketplace.fitchburgstate.edu/ALFA)**