FROM THE PRESIDENT

When I was approached early in my presidency about starting a lifelong learning institute at Fitchburg State, I knew immediately that the idea was a winner. ALFA services the continuing vision for this institution as a community resource, bringing new people and new energy to our campus each semester.

ALFA is a winning program for this university and I am proud of its demonstrated record of success. Access and affordability are two of this institution's core values, and the novel work being done in the ALFA program is grounded in that philosophy. Hundreds of adults enroll in ALFA courses each semester, studying an array of topics from geology to film under the guidance of talented educators, including tenured members of the university faculty. Many ALFA students venture off-campus for day trips that create additional opportunities for experiential learning. And all of this is accomplished at minimal cost to students.

While there is no doubt that ALFA has provided great benefit to its students, the program has enriched Fitchburg State University as a whole. The joy of lifelong learning embodied in our ALFA students is infectious.

Robert V. Antonucci
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 Office of Academic Affairs and the Office of Graduate and Continuing Education at Fitchburg State University in collaboration with volunteer members of the community.

ALFA offers non-credit daytime classes and special events. Members 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.

Have you always wanted to teach?

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. If you are interested in learning more about becoming an ALFA instructor e-mail us at alfa@fitchburgstate.edu.

Where are classes held?

Unless otherwise specified in the course description, ALFA classes are held in the C-Wing of the McKay Campus School, at Fitchburg State University, 67 Rindge Road, Fitchburg, MA.

Call the ALFA office at 978-665-3706
www.fitchburgstate.edu/alfa
Aldo Bianco .................................................. page 15
Alice Welch ........................................ pages 6 and 14
Alma Bella Solis ........................................ page 16
Amy Leblanc ............................................. pages 8, 13, and 14
Barbara Friedman ...................................... page 13
Barbara Reynolds ....................................... page 5
Ben Railton ................................................. page 16
Billy Ayadi................................................ pages 12 and 15
Bob Champlin ............................................. page 11
Brian Kelly ................................................ page 10
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Carol Pedigree ........................................... page 7
Chris Barnacoat ........................................ pages 8 and 9
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Eric Budd ................................................... page 10
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Joyce Hinckley ........................................... page 12
Judith Lindstedt ......................................... pages 3, 10, 11, and 16
Julie Dunlop LePoer .................................... page 14
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Lisa Regopoulos ......................................... page 7
Nancy Fillip ............................................... pages 5 and 13
Nicholas Langhart ...................................... page 9
Odette Harvey .......................................... pages 8 and 9
Paul Luria .................................................. page 12
Peder Pedersen .......................................... page 15
Sally Hens ............................................... pages 9 and 15
Sandra Whittemore .................................... page 6
Shirley Wagner .......................................... pages 4 and 11
Walter Kondig ............................................ pages 8 and 9
STRETCH & TONE

Mondays: 10:00 – 11:30 a.m.
Sept. 14, 21, 28; Oct. 5, 19
Limited to 10 students.
Fitchburg State University
Recreation Center Dance Studio

Sit down & tone up with light weights. Stand up & stretch. A low-impact workout which works on your strength and flexibility, increases your energy, and fires up the muscles.

Instructor: Judith Lindstedt is a retired dancer, choreographer, director, TV producer, Actors’ Equity performer, and holds M. Ed. & CAGS degrees from Fitchburg State.

FALL MUSHROOMS

Mondays: 12:20 – 1:50 p.m.
Sept. 14, 21, 28; Oct. 5, 19
Limited to 20 students
Wachusett Meadow Wildlife Sanctuary, Princeton, MA

Autumn often brings spectacular displays of mushrooms. These fungal fruiting bodies are replete with color, shape, texture and other treats for the artistic eye. Fungi are also important components of forest ecosystems, intricately connected with trees and other plants. This is a course for learning to recognize and identify the many mushrooms of fall. Edibility of mushrooms is not covered in the class.

Instructor: Joe Choiniere is Mass Audubon’s Central Sanctuaries Property Manager, dividing time between Worcester’s Broad Meadow Brook Education Center and Wildlife Sanctuary and Princeton’s Wachusett Meadow Wildlife Sanctuary. He has worked for Mass Audubon since 1975 at various sites and in different capacities, serving as Property Manager at Laughing Brook in Hampden, MA and Sanctuary Director at Wachusett Meadow. Joe is a lifelong naturalist and has a BS in Natural History from UMass/Amherst.

BASIC FLOWER DESIGN

Mondays: 12:20 – 1:50 p.m.
Sept. 14, 21, 28; Oct. 5, 19
Limited to 15 students.
Fitchburg State University

Learn how to fill your home with fresh flowers from your own garden, create a focal point on your table for your next dinner party, or bring the beauty of flowers into your holiday decorating. You don’t need any previous experience and you will have fun learning. A material fee of $25 (cash) is due at the first class. Please bring a cutting implement.

Instructor: Gail Allo owned and ran a local flower shop for twenty years before becoming a high school English Teacher.
BRIDGE FOR BEGINNERS I

Bridge helps keep the mind active and requires cooperation between partners and intended for those who want to learn the basics of bidding, playing and defending. The text will be the ACBL’s Bidding in the 21st Century, which also can be downloaded by lesson. It is recommended that students sign up for Bridge for Beginners II.

Instructor: Dr. Shirley Wagner is a professor emerita at Fitchburg State University. She also is a certified American Contract Bridge League (ACBL) teacher and manager of the Twin City Bridge Club which holds weekly Duplicate bridge games on Wednesday mornings.

GODS, MALADIES, AND MEDICINE

An introduction to the impact of maladies on human societies (in Egypt, Greece, India, China and the Middle East), this course offers a historical overview of different medical traditions that existed in these regions. It will explore the medical theories pertaining to the etiology of diseases or their cure which the professional or self-styled, priestly-physicians or philosophers of these regions had promoted. Each week, the participants will have the opportunity to read a substantial article and discuss it in class.

Instructor: John J. Paul is a professor of history at Fitchburg State University and holds a Master of Arts and doctorate from the University of Wisconsin, and a master of arts from the Trinity Evangelical Divinity School.

STAYING CONNECTED:
Social Media, Technology, and Modern Communication

How have we changed our communication with each other and with the world? Social media, computer technologies like email and video chat, and smart mobile devices have drastically redefined what it means to be connected and communicative in today’s world. How did we get here? What can we learn from these technologies? How can we use them to better connect with our family, friends, communities, and with unknown audiences? This class offers a broad introduction to these topics and a hands-on experience with connecting users to the modern world of 21st century communication. It provides a hybrid learning environment that reacts to the world and its changing shape, while also asking students to offer their input about how social media is affecting them.

Instructor: Kyle Moody is an assistant professor of Professional Communication and Theory in the Communications Media Department at Fitchburg State University.
In this poetry writing class, we will examine and discuss how poets from other cultures (Greek, Italian, Spanish, Arabic, French, German, Irish) have used forms to express their admiration and interest in this season. Their ghazals and villanelles in translation will guide us in writing our poems in English and provide understanding as to the function of forms. Intellectually challenging and fun, also we may gain insight into another culture through its celebration of autumn in words.

**Instructor:** Dona Luongo Stein, a former Stegner Fellow in Poetry at Stanford University and graduate of Fitchburg High School, is the author of “Heavenly Bodies,” “Entering the Labyrinth,” and “Alice in Dutschland.”

This course is designed for the non-speaking French student who would like to learn basic conversational French. Students will gain a solid foundation on vocabulary and phrases by using them repeatedly in class and interacting with each other. Come learn a little bit about French speaking countries as well. **Materials recommended:** laptop or notebook and pen.

**Instructor:** Nancy Fillip is a retired high school and middle school science and math instructor. She currently teaches a variety of classes at ALFA, at the Fitchburg Art Museum, and teaches classes online for an educational company. Nancy also teaches art, piano, flute, and clarinet at her home studio in Pepperell. She has published four books and is a member of The National Poetry Society.

Mah Jongg, the fascinating rummy-like game played with tiles instead of cards, originating in China. Mah Jongg remains the most popular game in the Asia. A certain amount of time and effort is required to master the elementary principles of the game. This will be repaid many times by the enjoyment derived from the game. **Books or materials:** Students are required to purchase National Mah Jongg League, Inc. cards ($9.00 at first class). Cards will be provided at the first class meeting.

**Instructor:** Barbara Reynolds, of Lunenburg, is a retired Senior Center Director for the Town of Tyngsborough. She has played Mah Jongg for over four years in both Chelmsford, Westford, Fitchburg, and Lunenburg. She has volunteered as an assistant for ALFA’s Mah Jongg classes for the past year.
CHLILD DEVELOPMENT THEORY FOR THE ADULT LEARNER

Tuesdays: 12:20 – 1:50 p.m.
Sept. 15, 29; Oct. 6, 13, 20
Leominster Public Library

Sponsored by Friends of the Leominster Library. FREE of charge.

Through this course you will learn about the cognitive, social, and moral development of children at various ages. We will combine theory with lots of case studies, video examples, and activities to engage the adult learner. This exciting subject will be of interest to anyone who has children, grandchildren, young neighbors or is interested in human growth and development, psychology, or how our brain develops from youth to adulthood. Come join us for stimulating discussions and fun activities.

Instructor: Sandra Whittemore has a M.Ed. in Counseling Psychology from Springfield College. She has taught at Westford Academy for many years and is certified to teach AP Psychology and Secondary Education. She has presented workshops on bullying prevention, multicultural awareness, prejudice reduction, and psychology.

ZUMBA FITNESS®

Wednesdays: 10:00 – 11:30 a.m.
Sept. 16, 23, 30; Oct. 7, 14
Fitchburg State University
Recreation Center Dance Studio

This fast-paced, cardio fitness workout that feels like a dance party. Move to the beat of Latin inspired music with an emphasis on having fun. Burn calories and make some smiles! Bring an exercise/yoga mat for floor work and stretching at the end of class (optional).

Instructor: Amy Leblanc is a group fitness instructor who has been leading classes from Aqua Aerobics to Zumba Fitness for many years. Coaching and caring for every student's fitness goals and abilities keeps her classes comfortable and challenging.

QUILTING

Wednesdays: 12:20 – 1:50 p.m.
Sept. 16, 23, 30; Oct. 7, 14
Limited to 15 students.
Brooks Pond Cottage
200 Brooks Pond Rd., Leominster

Will focus on a project that can be completed within class. Book will be suggested for purchase and project will be for either the beginning or more advance quilter. A $10 fee (cash) will be collected at the first class for quilting book. Equipment needed: Sewing machine, gray or tan cotton thread, basic sewing kit, (small scissors, rotary cutter, seam ripper, extra needles, pins, etc.), fabric for individual project.

Instructor: Alice Welch is a retired librarian who started quilting when she retired in 2002. She has taken many quilting classes and made many different kinds of quilts from lap robes, full bed quilts, jackets and bags.
ABSTRACT REALISM IN PASTEL

The goal of this class will be to use abstract pastel painting techniques to slightly distort a real object. Have fun creating a painting that is recognizable but somewhat blurred and distorted. New techniques learned at the International Pastel Convention demonstrated.

Materials recommended: Any Soft pastels you may have, no oil pastels (Nupastel, Rembrandt, Dick Blick, Unison, Terry Ludwig, Girault, Diane Townsend). Uart 400 Grit sanded paper or any pastel paper capable of getting wet with alcohol or water. The website www.dakotapastels.com has many different kinds of pastels and paper to choose from. Paint brush, table easel (if you have one), newspapers to aid in clean-up, and gloves.

Instructor: Lisa Regopoulos is a Massachusetts artists who captures the beauty of the natural world with her award winning landscape paintings featuring waterfalls, seascapes, and florals. Lisa’s paintings are inspired by simply taking a walk, woodland hike or while travelling. Her pastel paintings have won many awards in juried national shows, international exhibitions for pastels only, and multi-media shows.

BREATHE YOUR WAY TO LIFE ALTERING EXPERIENCES

Are you breathing too fast? Are you a chest breather? Do you breathe from the mouth? If so, you might suffer from anxiety. This class will change your life. The way you breathe is connected to your nervous system as well as the way you think. We will learn to breathe from the diaphragm. In addition, we will learn to slow down the breath bringing an abundance of oxygen into the cells/blood. You will learn how a calm, slow breath nourishes your body/mind and nervous system. If you suffer from high blood pressure, fibromyalgia, asthma, diabetes, arthritis, heart disease, migraine headaches, snoring, sleep apnea, fatigue, sleeplessness, depression etc., this class will teach you the power of your own latent energy. The students will also experience the value of inner sound, as a technique to stimulate the fluid system, relaxing and eliminating painful, knotted up areas in the body including back pain. Your physical and emotional health will improve dramatically. Chanting appropriate to breath work will be facilitated. Books recommended: Molecules of Emotion by Candice Pert; Toning: The Creative Power of the Voice by Laurel E. Keyes; Life on Land by Emilie Conrad; Strong and Fearless by Phil Nuernberger, Ph.D.

Instructor: Carol Pedigree is a graduate of Smith College, Northampton, MA. After personal and extensive experimentation and research with conscious breathing and inner sound, she has discovered ways to access and heal physical pain and change unhealthy thought patterns.
Farm Stand Cooking will feature recipes utilizing fresh vegetables and fruits and will be accompanied by seasoned advice on prepping and cooking. Fresh herbs will be used to flavor dishes and methods of growing and preserving them will be discussed. Demonstrations featuring the cooking of soups, salads, entrees, and desserts will be followed by samples. Join us in cleaning out our gardens and viewing pictures of local farm stands. Note: A material fee of $20 (cash only) is due at the first class.

Instructors: Bruce Goyette earned his B.S. and M.Ed. at Fitchburg State. In retirement he pursues his passions for journalism (Editor of ALFA’s newsletter, ALFA-BITS), reading, music, gardening, and cooking. Kathy Flynn is a retired elementary school teacher and ALFA Curriculum Committee member. Chris Barnacoat has taught for 40 years in England, Australia, and Townsend, MA. Now retirement gives him time, among many other interests, to stir the culinary cauldron and learn about the art of healthy eating and the amazing role that certain foods and nutrients play in our healthy lives. Walter Kondig is a 1965 graduate of Fitchburg State. He worked for 20 years for Foster Grant (R&D) and 20 years in the human service field. He retired in 2008. He has always loved to cook and bake. Odette Harvey has taken several cooking classes including one taught by a chef from The Old Mill. While living in Canada, she was food service supervisor at a general hospital for ten years. As an active ALFA, she has also completed several courses in the Cooking Classes. She loves to organize, cook, and bake foods for cookouts and parties for close friends and family.

Aqua Aerobics will consist of cardio and muscle toning with water buoys, belts or noodles in the water. It is a different kind of workout with no impact on joints.

Instructor: Amy Leblanc is a group fitness instructor who has been leading classes from Aqua Aerobics to Zumba Fitness for many years. Coaching and caring for every students fitness goals and abilities keeps her classes comfortable and challenging.
The evolution of architecture in New England will be presented in five slide-illustrated lectures and a field trip. 1) Charles Bulfinch and His Legacy; 2) A.J. Davis & A.J. Downing: Gothic Revival & Rediscovery of Nature; 3) H.H. Richardson & His Work; 4) Ralph Adams Cram and the Academic Revivals; 5) Walter Gropius and the Modernist Movement. While the topics are national, the focus is on contributions to and examples of work built in New England. **Books recommended:** *Images of American Living*, Alan Gowens; *Identifying American Architecture*, McAlester.


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Get out this fall for some exercise on beautiful walking trails. This course will meet at Sholan Farm on Pleasant Street in Leominster. Provide an email address so that last minute communication can occur in case of inclement weather. We will attempt to venture beyond the local area for some hikes, so there is no guarantee of getting back in time for a second class on hike days. Materials recommended: Broken in hiking boots, water bottle and orange vests.

**Instructors:** Sally Hens is a retired teacher and dietician. She is currently a seasonal ranger at Yellowstone National Park in Wyoming. Karen McNall is a retired elementary school teacher and a volunteer for the Leominster Recreation Department. Karen has a strong interest in the environment and the benefits of nature’s gifts.

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See description and instructor bios in Session I on Wednesdays, page 8.

**Instructors:** Bruce Goyette, Kathy Flynn, Chris Barnacoat, Walter Kondig, and Odette Harvey
CONTEMPORARY AMERICAN ISSUES IN FILM

Through film, this class will explore some of the major political, economic, and social issues that face our nation. The issues explored will range from inequality, to racial tensions, to hunger, the American educational system, etc. Each class will begin with a brief lecture followed by the screening of a documentary or feature film, and then a class discussion.

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

ANIMAL BEHAVIOR AND COGNITION

This course will introduce the topic of animal behavior and cognition through discussions of classical and current research exploring the mechanisms and evolution of animal behavior.

Instructor: Dr. Brian Kelly is an Assistant Professor of Psychological Science at Fitchburg State. His research has focused on cognitive development in children and the onset and treatment of behavioral pathologies in nonhuman primates.
STRETCH & TONE

Mondays: 10:00 – 11:30 a.m.
Nov. 2, 9, 16, 23, 30
Limited to 10 students.
Fitchburg State University
Recreation Center-Dance Studio

See description in Session I, page 3.
Instructor: Judith Lindstedt is a retired dancer, choreographer, director, TV producer, and Actors’ Equity performer, and holds M.Ed. & CAGS degrees from Fitchburg State.

CLIMATE CHANGE: IS IT REAL?

Mondays: 12:20 – 1:50 p.m.
Nov. 2, 9, 16, 23, 30
Fitchburg State University

Questions abound about the controversial issue of climate change. This course seeks to answer those questions by examining the data that were collected and examined by scientists from all over the globe. Books recommended: High Tide on Main Street: Rising Sea Level and theComing Coastal Crisis, 2nd edition, 2013, by John Englander.

Instructor: Bob Champlin is Professor Emeritus at Fitchburg State University where he taught Geology for 30 years. For 17 years, he has led or participated in fossil expeditions in Colorado, Wyoming, and Mexico. In 1997, he received the V. J. Mara Award for excellence in college teaching.

BRIDGE FOR BEGINNERS II

Mondays: 2:30 – 4:00 p.m.
Nov. 2, 9, 16, 23, 30
Fitchburg State University

This course is open to all students from Bridge for Beginners I, as well as students who have played some bridge but are seeking a better understanding of bidding, no trump contracts, using Stayman and Jacoby transfers, and using doubles for competitive bidding.

Instructor: Dr. Shirley Wagner is a professor emerita at Fitchburg State University. She also is a certified American Contract Bridge League (ACBL) teacher and manager of the Twin City Bridge Club which holds weekly Duplicate bridge games on Wednesday mornings.
THE REFORMATION AND ITS LEGACY

The religious revolt that Martin Luther had spearheaded in 1517 against the Catholic Church spread across Europe where separate national Protestant churches subsequently came into existence. In response, the Pope implemented the tenets of the Council of Trent, convened between 1545 and 1563, in a desperate effort to stem the tide of inexorable Protestant attack. These major episodes within the Western Christendom precipitated the mutual animosity, violence, and bloodshed that would last for decades. The course will explore a number of themes—such as the Northern Renaissance, Martin Luther’s revolt, Reforms in Switzerland and England, and the Catholic Response—that defined breadth and scope of the Reformation.

**Instructor:** John Paul is a professor of history at Fitchburg State University and holds a Master of Arts and doctorate from the University of Wisconsin, and a master of arts from the Trinity Evangelical Divinity School.

AL ANDULUS: ISLAMIC SPAIN

Al Andulus is the Arabic name for the Islamic kingdoms that existed in Spain from 711-1492. Discover the history, science, art, and culture of a world where Muslims, Jews, and Christians usually lived in harmony and how its influences linger in our world today. We will use PowerPoint, discussion, and hands-on teaching.

**Instructors:** Bill Ayadi is a retired engineer born in Tunisia and educated there and in 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. Joyce Hinckley is a retired psychologist and educator. She is also a life-long student of history, religion, art, and culture and making connections across disciplines is a passion.

HOOTENANNY: SING-A-LONG

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

**Instructor:** Paul Luria is a performer and instructor of guitar, ukulele, banjo, mandolin, and harmonica. He is currently teaching at several locations and performing with four groups.
WRITING YOUR AUTOBIOGRAPHY

This course will instruct people on how to organize and prepare to write their autobiography. No writing experience necessary. Come learn how to take all your memories and consolidate them into a book for yourself, for your family, or for publication. **Materials recommended:** notebook, folder and pen.

**Instructor:** Nancy Fillip is a retired science and math teacher of 35 years. She is currently teaching music and art. She has published four books and an autobiography.

GETTING THE MOST OUT OF YOUR iPad

Learn to use and download apps on your iPad that are useful to you. This course will cover the basics of iPad use and concentrate on apps that the class wants to use. **Students must bring an iPad with them and must have access to their devices IDs and passwords.**

**Instructor:** Barbara Friedman, MLIS, has worked in libraries for more than forty years, receiving her Master’s degree in Library and Information Science from the University of Wisconsin-Madison. She served as Reference Librarian at Marquette University, Hofstra University, and the Fitchburg Library. She was assistant director of the Lunenburg Library, Director of the Westminster Library, and is presently the part-time Director of the Erving Library.

MAH JONGG

See description in Session 1, page 5.

**Instructor:** Barbara Reynolds, of Lunenburg, is a retired Senior Center Director for the Town of Tyngsborough. She has played Mah Jongg for over four years in both Chelmsford, Westford, Fitchburg, and Lunenburg. She has volunteered as an assistant for ALFA’s Mah Jongg classes for the past year.

ZUMBA FITNESS®


**Instructor:** Amy Leblanc is a group fitness instructor who has been leading classes from Aqua Aerobics to Zumba Fitness for many years. Coaching and caring for every student’s fitness goals and abilities keeps her classes comfortable and challenging.
MICROSOFT OFFICE

This hands-on course will provide an introduction to some of the programs in the Microsoft Office suite.

Instructor: Julie Dunlap LePoer has been a member of the Technology staff at Fitchburg State University and currently serves as the Mobile Webmaster. She holds an M.S. in Computer Science from Fitchburg State University and a B.M. from Berklee College of Music.

Wednesdays: 2:30 – 4:00 p.m.
Oct. 28; Nov. 4, 18; Dec. 2, 9
Limited to 12 students.
Fitchburg State University

PLATO'S REPUBLIC

This course introduces students to one of the great masterpieces of Western philosophy, Plato's Republic. Each session will focus on a different philosophical theme addressed in this incredibly rich and influential work.

Instructors: David Svolba joined Fitchburg State University after earning his Ph.D. in Philosophy from the University of Chicago and teaching for several years at the University of Illinois (Chicago). He has wide-ranging philosophical interests and has taught courses on many different topics, including ethics, social and political philosophy, metaphysics, and the philosophy of law. His published work has appeared in the journal Philosophical Explorations and in recent books on philosophy and popular culture, including “Curb Your Enthusiasm and Philosophy” and “The Big Lebowski and Philosophy.”

Wednesdays: 2:30 – 4:00 p.m.
Oct. 28; Nov. 4, 18; Dec. 2, 9
Fitchburg State University

AQUA AEROBICS

See description in Session I, page 8.

Instructor: Amy LeBlanc is a group fitness instructor who has been leading classes from Aqua Aerobics to Zumba Fitness for many years. Coaching and caring for every students fitness goals and abilities keeps her classes comfortable and challenging.

Thursdays: 9:30-11:00 a.m.
Oct. 29; Nov. 5, 12, 19; Dec. 3
Fitchburg State University
Recreation Center Pool

QUILTING


Instructor: Alice Welch is a retired librarian who started quilting when she retired in 2002. She has taken many quilting classes and made many different kinds of quilts from lap robes, full bed quilts, jackets and bags.

Wednesdays: 12:20 – 1:50 p.m.
Oct. 28; Nov. 4, 18; Dec. 2, 9
Limited to 15 students.
Brooks Pond Cottage
200 Brooks Pond Rd., Leominster
WINTER WONDERS IN POETRY

This poetry writing class introduces and discusses how Japanese, Chinese, and African poets express their perceptions of winter in particular forms. This is not a critique class; it introduces poetic forms such as haiku, haibun, senrenu, and bantu in translation. With a spirit of adventure, challenge, and fun we will try writing these forms in English as we determine how form and function work together. No prior experience required. All are welcome.

Instructor: Dona Luongo Stein, a former Stegner Fellow in Poetry at Stanford University and graduate of Fitchburg High School, is the author of “Heavenly Bodies,” “Entering the Labyrinth,” and “Alice in Dutschland.”

ALFA WALKABOUT

See description from Session I, page 9.

Instructors: Sally Hens is a retired teacher and dietician. She is currently a seasonal ranger at Yellowstone National Park in Wyoming. Karen McNall is a retired elementary school teacher and a volunteer for the Leominster Recreation Department. Karen has a strong interest in the environment and the benefits of nature’s gifts.

ARMCHAIR TRAVEL—ENCORE!

Travel with us to Tanzania, Chad, Tunisia, Slovenia, Croatia, Northern Italy, and India. Share personal accounts of culture and history through stories, photos, and artifacts. Learn about culture and history through personal stories and memorabilia.

Instructors: Peder Pedersen is coordinating Worcester Polytechnic Institute’s Denmark program in the fall. He will be climbing Mt. Kilimanjaro in December. Gail Hoar has traveled to Chad. Bill Ayadi is a retired engineer born in Tunisia and educated there and in Europe. Arabic was his first language and he grew up immersed in its stories and traditions. Gail Allo owned and ran a local flower shop for twenty years before becoming a high school English teacher. Aldo Bianco has traveled to Slovenia, Croatia, and Northern Italy.
BEGINNERS JAZZ STRETCH FOR EXERCISE AND MOVEMENT

Fridays: 10:00-11:30 a.m.  
Oct. 30; Nov. 6, 13, 20; Dec. 4  
Limited to 10 students.  
Fitchburg State University  
Recreation Center-Dance Studio

This class is for the beginner who wants to learn how to condition and align the body to improve posture, and to learn over-all body control. PRE-WARMUP STRETCH ROUTINE: you will learn to put the body in the right place to enjoy the feeling of every part of the body working together. CENTERWORK: introduces the technique and vocabulary of jazz isolations and across-the-floor jazz walks (no floor work or leaps). **Materials needed:** Proper shoes, no heavy sneakers.

**Instructor:** Judith Lindstedt is a retired dancer, choreographer, director, TV producer, and Actors’ Equity performer, and holds M.Ed. & CAGS degrees from Fitchburg State.

NEW VOICES IN AMERICAN FICTION

Fridays: 10:30 a.m. – 12:00 p.m.  
Oct. 30; Nov. 6, 13, 20; Dec. 4  
Fitchburg State University

Impressive new American writers seemingly emerge every day, and it can feel hard to keep up with all the great work being produced. In this course we’ll try: reading short stories by five talented young writers, and discussing the stories, their authors, and other relevant contemporary contexts and connections. Writers may include: Chimamanda Ngozi Adichie, Cristina Henriquez, Yelena Akhtiorskaya, Daniel Alarcon, and Phil Klay.

**Instructor:** Ben Railton, Associate Professor of English and Coordinator of American Studies at Fitchburg State University, is committed to producing works of public scholarship: in his books, such as the most recent, “The Chinese Exclusion Act: What It Can Teach Us about America (2013);” in his daily American Studies blog (http://americanstudier.blogspot.com); in his contributions to sites such as “We’re History” and “The Conversation;” and in many other ways.

CALLIGRAPHY

Fridays: 12:20 – 1:50 p.m.  
SPECIAL SCHEDULING  
Oct. 23, 30; Nov. 6, 13, 20; Dec. 4  
Limited to 10 students.  
Fitchburg State University

Students will learn writing the Uncial-Foundational Hand script of Western Calligraphy in this 7.5 hour course. They will be introduced to the other known 8 scripts i.e. Versals, Italics, Foundational, Uncial, Carolingian, Batarde, Gothic, Roman Capitals, and Copperplate.

**Instructor:** Alma Bella Solis was the artist, shop designer, and calligrapher during her time at the New England Quilt Museum. She founded the Art Gallery of Kingwood in Houston, Texas in 2003, a fine arts gallery showcasing the works of thirty-one national artists, and an art school for children and adults. She absolutely admires and learned from the great master artists: Michelangelo, Raphael, Leonardo, and Rembrandt. View Alma’s artwork at: www.fineartamerica.com/profiles/alma-bella-solis.html.
Monday, October 12, 2015

**TIME:** Depart at 8:00 a.m. from the Mall at Whitney Field, Leominster (park near Sack Entertainment Cinemas). Return about 4:45 p.m.

**COST:** $60.00 per person (lunch included)

**NOTE:** Seating limited to 44 registrants. No refunds unless trip is canceled.

Trip to Magic Wings (Butterfly Conservatory) and Restaurant and the Northfield Mountain, Scenic Cruise on the Connecticut River, South Deerfield and Northfield, Mass.

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Thursday, January 7, 2016

**TIME:** Depart 8:15 a.m. from the Mall at Whitney Field, Leominster (park near Sack Entertainment Cinemas). Return about 5:00 p.m.

**COST:** $58.00 per person (lunch included)

Choose selection, include with payment:

1. **Harvard Classic Hamburger**
   - choose thick cut fries or greens.

2. **Grilled Cheese Sandwich**
   - with spinach and tomato
   - choose thick cut fries or greens.

3. **Pulled Pork Sandwich**
   - with crispy onion strings, side of coleslaw;
   - choose thick cut fries or greens.

4. **Large Garden Salad**
   - choose grilled chicken or fried tofu

**NOTE:** Limited to 45 registrations. No refunds unless trip is canceled.

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**FIRST STOP:**
**The Harvard Art Museum**
Harvard University has brought their three museums under one roof in a spectacular, award winning building. The Fogg Museum, The Busch/Reisinger Museum, and The Arthur M. Sackler Museum have all retained their distinct identities in this new facility.

**LUNCH:** **John Harvard’s Brewery & Ale House**

**AFTERNOON:**
**Historic Longfellow House**
This beautiful Colonial Revival Style house was the home of General George Washington during the siege of Boston, 1775–1776. Later it became the home of Henry Wadsworth Longfellow, one of the world’s foremost 19th century poets. It is rich in history and filled with furnishings and decorative arts from the late 18th to early 20th century.
FOOD FOR THOUGHT PRESENTATIONS

These events are FREE and open to the public!

CHANGES AT THE FITCHBURG ART MUSEUM
Nick Capasso, speaker

Tuesday, Sept. 29 at 2:30 p.m.
Fitchburg Art Museum
185 Elm Street, Fitchburg, MA
Enrollment limited to 25 people.

Fitchburg Art Museum’s new director, Nick Capasso, will share his plans for the museum that include strengthening its ties with the community, collaborating with Fitchburg State, and creating new art exhibits. Nick will also give us a behind-the-scenes tour of the museum.

Nicholas Capasso, Ph.D. has worked extensively with contemporary public art as an art historian, guest curator, critic, lecturer, private consultant and design selection panelist. He spent 22 years at the de Cordova Sculpture Park and Museum. He also served as the Board Chair of Boston’s Urban Arts Institute. He is currently Chair of the Public Art Curatorial Committee at the Rose Kennedy Greenway Conservancy.

STORIES FROM THE GRAVEYARD:
Notable ‘Residents’ of Fitchburg’s Cemeteries

Tuesday, October 27 at 2:30 p.m.
Fitchburg Historical Society,
Phoenix Building
781 Main Street, Fitchburg, MA

Learn about cemeteries in the Fitchburg area, some of their most notable residents, and the mysteries they left behind. Speakers will include locals who have researched the graveyards and the stories of interesting characters buried there. A collaboration of ALFA and the Fitchburg Historical Society.
Fall 2015 Registration
Please complete one registration form for each person taking classes.

NOTE: Beginning fall of 2015, ALFA courses are $30.

I would like to register for the following courses:

**Session I: September – October**
- Stretch & Tone ............................................. 11902
- Fall Mushrooms .......................................... 11903
- Basic Flower Design ..................................... 11904
- Bridge for Beginners I .................................. 11906
- Gods, Maladies, and Medicine ....................... 11907
- Social Media & Modern Comm ....................... 11908
- Intro to Conversational French ...................... 11909
- Autumn Splendors in Poetry .......................... 11910
- Mah Jongg .................................................. 11911
- Child Development (FREE) ......................... 11947
- ZUMBA Fitness* ......................................... 11912
- Quilting-Session I ....................................... 11913
- Abstract Realism in Pastel ............................ 11914
- Breathe Your Way ........................................ 11915
- Farm Stand Cooking (Weds.) ....................... 11916
- Aqua Aerobics-Session I ............................. 11917
- ALFA Walkabout-Session I ............................ 11918
- Historical Architecture in New England ......... 11919
- Farm Stand Cooking (Thurs.) ....................... 11920
- Beginner Ballet for Exercise & Movement ........ 11921
- Contemporary American Issues in Film .......... 11922
- Animal Behavior and Cognition ................... 11923

**Session II: October – December**
- Stretch & Tone ............................................. 11924
- Climate Change: Is it Real? ........................... 11925
- Bridge for Beginners II ............................... 11926
- The Reformation and Its Legacy .................... 11927
- Al Andulus: Islamic Spain ............................. 11928
- Hootenanny: Sing-a-Long ............................. 11929
- Getting the Most out of Your iPad ................. 11930
- Writing Your Autobiography ....................... 11931
- Mah Jongg .................................................. 11948
- ZUMBA Fitness* ......................................... 11932
- Quilting-Session II ..................................... 11933
- Microsoft Office .......................................... 11934
- Plato’s Republic ......................................... 11935
- Aqua Aerobics ............................................ 11936
- Winter Wonders in Poetry ............................ 11937
- ALFA Walkabout-Session II ......................... 11938
- Armchair Travel—Encore! ............................ 11939
- Beginner Jazz Stretch .................................. 11940
- New Voices in American Fiction ................... 11941
- Calligraphy .................................................. 11942

I would like to register for the following events:

- GROUP TRIP 1: Magic Wings Butterfly Conservatory / Northfield Mountain, Scenic Cruise — Oct. 12, 2015 ............................ 11943

FOOD FOR THOUGHT:
- Changes at the Fitchburg Art Museum — Sept. 29, 2015 (FREE) ........... 11945
- Stories from the Graveyard — Oct. 27, 2015 (FREE) .............................. 11946

Course payments are not refundable or transferable to other classes unless a class is cancelled. Classes are free for those who are 90 or above. If over 90, please send verification of age with registration form.
All registration forms and payment must be MAILED. Deadline is Sept. 7, 2015.

**Academic Affairs – ALFA**
Fitchburg State University, 160 Pearl Street, Fitchburg, MA 01420
(NOTE: ALFA courses beginning in the fall of 2015 are $30)

Name: ______________________________________________________________
Phone: ______________________________________________________________
Address: ______________________________________________________________________
City: __________________________ State: _______ Zip Code: __________
E-mail: ______________________________________________________________________

Date of Birth: ____________________ Are you new to ALFA? □ Yes □ No

I am sending payment for:

_____ Course(s) @ $30/course* (Limit 6** per semester) = $ ___________

_____ Group Trip 1 (Magic Wings Conservatory) @ $60/pp = $ ___________

_____ Group Trip 2 (Harvard Art Museums) @ $58/pp = $ ___________

( Lunch: □ Hamburger □ Grilled Cheese □ Pork Sandwich □ Large Salad)

TOTAL = $ ______________

Payment Information:

□ Check (made payable to Fitchburg State) amount enclosed: $ ______________

Credit Card: □ MasterCard □ Visa □ Discover

Credit Card #: ______________________________________________________________

Exp. Date: ____________________ CVC (3 digit code): ___________________

Signature: ____________________________

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

*Unless indicated as FREE. Additionally, courses are free for members over 90 years of age.
If over 90, please send verification of age with registration.

**Students may initially register for up to 5 classes. After September 7, students may select additional courses if seats are still available. Check www.fitchburgstate.edu/alfa for course availability.