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 Graduate and Continuing Education at Fitchburg State University in collaboration with volunteer members of the community.

We offer non-credit daytime classes, trips, special events, and a free speaker series. ALFA students are encouraged to volunteer and participate in program leadership and development, as well as social and recreational activities. A limited number of scholarships are available.

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. Contact us at 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, or stop by the ALFA Office at the McKay Campus School, Room C-154.

Find us on Facebook
Join the conversation at: Facebook.com/FSUALFA
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REGISTRATION OPENS DEC. 5, 2018 AT: www.fitchburgstate.edu/ALFA
BEGINNING PENNY WHISTLE

Mondays: 9:30 – 11:00 a.m.
Jan. 28; Feb. 4, 11, 25; Mar. 4
Limited to 15 students.
Fitchburg Senior Center

Whether you call it a Tin Whistle, Irish Whistle or the Penny Whistle there’s no denying it’s one of the most compact and simple instruments in the realm of Irish music. Long considered the introduction to Traditional Irish Music, you can play basic tunes or enhance the tune with complicated ornamentation. In this introduction, you will learn the basics, work on fingering and breath control, and play simple tunes. Included will be an examination of Traditional Irish Dance music, the basic tunes, and rhythms. **REQUIRED MATERIALS:** *Penny Whistle for Beginners* by Bill Ochs and *Penny Whistle in the key of D*.

**Instructor:** Steve Brown has been playing traditional Irish music for over 30 years. He is a former instructor at the Reynolds/Hanafin/Cooley branch of Comhaltas Ceoltori Eirreann. Primarily a percussionist, he is two-time All-Ireland Bone Playing Champion, and has given workshops around the US, and Ireland.

STRETCH & TONE

Mondays: 10:00 – 11:30 a.m.
Jan. 28; Feb. 4, 11, 25; Mar. 4
Limited to 11 students.
Fitchburg State University Recreation Center Dance Studio

This course offers a low-impact workout, which combines sitting down and toning up with standing up and stretching. We will work with light weights to build your strength and flexibility, while increasing your energy and firing up your muscles. **RECOMMENDED MATERIALS:** Thin rubber soled shoes for flexibility of footwork.

**Instructor:** 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.

WINTER MUSHROOMS

Mondays: 12:20 – 1:50 p.m.
Jan. 28; Feb. 4, 11, 25; Mar. 4
Limited to 16 students.
Wachusett Meadow Wildlife Sanctuary
113 Goodnow Road, Princeton

Winter is the perfect time to look for fungi! Brackets, crust, and other tree-dwelling mushrooms are easier to notice when the leaves are off the trees. And, believe it or not, many winter fungi actually are alive and actively producing spores in winter. We will discuss the ecology and important role of many of these fungi serve in forest ecosystems, and practice mushroom identification in class. We will also go on short woodland walks to seek out these often spectacular organisms. **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. Joe is a lifelong naturalist and has a B.S. in Natural History from UMass/Amherst.
In this ALFA course, we’ll investigate and explore various versions of Sherlock Holmes. Starting with Sir Arthur Conan Doyle’s original masterworks, each week we’ll get a chance to review and discuss different ‘takes’ on the crime-solving hero. The course texts will focus on a number of Doyle’s original short stories, but will also branch out to include radio programs, television episodes, feature length movies, contemporary novellas, and other texts. The culmination of the course will be the last meeting, when we’ll take a trip to a Sherlock Holmes themed Mystery Escape Room (each person will pay their own $30 entrance fee) and match wits against the detective himself! REQUIRED MATERIALS: Cox, M. (Producer) (1986). *The Return of Sherlock Holmes: The Musgrave Ritual* [Television series]. United Kingdom: Granada Television; Doyle, A. C. (1986). *The Complete Sherlock Holmes* (2 Volumes). London, United Kingdom: Wordsworth Editions (There are also free PDFs of this text available); Gaiman, N. (2018). *A Study in Emerald*. Milwaukee, OR: Dark Horse Books; King, L. (1994). *The Beekeeper’s Apprentice or, On the Segregation of the Queen*. New York, NY: Picador; Vertue, S. (Producer), & (Lovering, L) (Director). (2013). *Sherlock–Season Three: The Sign of Three* [Television series]. United Kingdom: BBC Worldwide Ltd.

Instructor: Katharine Covino-Poutasse, Assistant Professor of English Studies, teaches writing, literature, and teacher-preparation classes at Fitchburg State University. Having finished her Ed.D. in Language Arts and Literacy at UMass Lowell in 2015, it is now her honor to teach, mentor, and support the next generation of middle and secondary English teachers. Her research interests include critical literacy, critical pedagogy, gender, (D)iscourse, and identity. At the heart of all these issues is literacy praxis—the place where theory and classroom practice meet. It is never enough to just read something in a book, it is far more important to practice it in a classroom with real, live students!

Mondays: 1:30 – 3:00 p.m.
Jan. 28; Feb. 4, 11, 25; Mar. 4
Limited to 15 students.
Lunenburg Public Library
FREE OF CHARGE

This course offers an introduction to the rich realm of German short fiction from Heinrich von Kleist to the contemporary author Bernhard Schlink. Themes of the course include links between these works and contemporary German history; the persistence of German Romanticism as literary inspiration; archetypical heroes and villains; and coming to terms with World War II. Sessions will begin with a brief introductory lecture, followed by active group discussion. No background in German literature is required. REQUIRED MATERIALS: Heinrich von Kleist’s *The Earthquake in Chile, The Marquise of O*, and *The Betrothal in Santo Domingo* (1807-11); Theodor Storm’s *The Rider on the White Horse (The Dykemaster)* (1888); Thomas Mann’s *Tristan, Death in Venice, The Blood of the Walsungs, Disorder and Early Sorrow* (1903-25); Heinrich Böll’s *And Where Were You, Adam?* (1951); and Bernhar Schlink’s *The Reader* (1995). All texts are available in English translation and in paperback.

Instructor: James Wilkinson is a retired historian and educator. He received his BA, 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.
YOGA FOR PAIN RELIEF PART I: Upper Body

A gentle yoga class geared toward relieving pain by bringing alignment to the body. Through a series of repeated poses we will reduce headache, neck and jaw pain, stiffness and tension in the upper body and improve posture. This program can help participants with chronic pain issues. If you have more serious acute pain, please consult with your doctor. **REQUIRED MATERIAL:** yoga mat, strap, and a towel.

**Instructor:** Ann-marie LaBollita is an artist, studio art teacher, Let Your Yoga Dance instructor and Certified Yoga Instructor. She has been practicing yoga for 20 years and believes in the transformative healing power of yoga and the expressive arts. She happily spends her time teaching, in her studio, and on her yoga mat.

RUSSIAN MOVIES

In this course, we will look at some highlights of Russian/Soviet cinema from the silent beginnings, to the present time. Students will gain an understanding of both the genius of early Russian film and of its place in world cinema.

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

AQUA FITNESS (Section 1)

Aqua Fitness will consist of cardio and muscle toning with water buoys, belts or noodles in the water. It is a gentle workout with no impact on joints. **RECOMMENDED MATERIALS:** Water bottle and water shoes. **PLEASE NOTE:** This class is $20 as it is only 1 hour long.

**Instructor:** Amy LeBlanc is a group fitness instructor who has been leading classes from Aqua Fitness to Zumba for many years. Coaching and caring for every student’s fitness goals and abilities keeps her classes comfortable and challenging.
Immigration is always a hot button issue in our country, but it seems that now more than ever we are questioning which immigrants have the right to the American Dream. In this class, we will explore what the American Dream meant in the past and what it can mean today. We will read novels and short texts from various writers taking on the subject of the American Dream. Hopefully by the end of the class, we will answer some of our questions or open up further inquiry regarding the American Dream. 

**REQUIRED MATERIALS:** Ragtime by E. L. Doctorow, Typical American by Gish Jin, Mr. and Mrs. Doctor by Julie Iromuanya, The Book of Unknown Americans by Cristina Henriquez

Instructor: DeMisty D. Bellinger-Delfeld teaches creative writing and women's studies at Fitchburg State University. As DeMisty D. Bellinger, her writing has appeared in many places, including "The Rumpus" and "Necessary Fiction." Her chapbook, “Rubbing Elbows,” is available from Finishing Line Press. She lives with her husband and twin daughters. DeMisty’s online at demistybellinger.com.

An invitation to explore your unique life story and to experience the power of speaking it out loud. Through writing exercises and group discussion, we will support one another in creating and sharing our stories. This is a workshop for those interested in personal essay, memoir, and self-discovery. 

**REQUIRED MATERIALS:** Pen/pencil and paper or computer.

Instructor: Jennifer Roberts currently leads Writing Your Life groups in Westminster. She has been a WAM writer and has studied under powerful writing teachers, including Ann K. Randolph, an award-winning playwright and performer and nationally recognized educator. She offers you space to write your own unique story in an encouraging and welcoming atmosphere.

A tale of friendship, self-sacrifice, and love in the midst of treachery and hate; this comedy showcases the beauty of Shakespeare’s poetry. Learn how “all’s well that ends well” in this play. A look at Shakespeare’s life and times will frame the study of this comedy.

**REQUIRED MATERIAL:** A copy of Shakespeare’s The Merchant of Venice.

Instructor: Barbara McGuirk is a retired teacher who taught high school English for over forty years. She was Chair of the English Department and a mentor teacher. She has a Master’s Degree in Secondary Education from Fitchburg State University. She and her husband, Thomas, were the recipients of the Elizabeth Ann Seton Award from the Diocese of Worcester for our contributions to Catholic education. They were also both volunteers in ALFA’s Bridges Together Program.
FILMS OF THE SIXTIES

The 1960s opened with an explosion called Psycho and closed with a dirge called Easy Rider. In between, stars ascended (Jack Nicholson and Jane Fonda) and fell (Clark Gable and Judy Garland). Studios rushed to fill the void created by the death of Marilyn Monroe. Biblical epics were replaced by space operas. Also, while the likes of Doris Day and Sandra Dee were giving way to Dennis Hopper and Dustin Hoffman, exotic-sounding names like ‘Fellini’ and ‘Truffaut’ were on the lips of college students everywhere, as the French New Wave began to influence Hollywood film making. We will watch and discuss three films from this tumultuous decade, as well as discuss general trends among the Hollywood studios and directors.

Instructor: Jeff Long has been a movie reviewer for the “Worcester Telegram & Gazette” for ten years. He has also taught film studies courses for Becker College and Assumption College and is the author of the reading guide “Remembered Childhoods: A Guide to Autobiography and Memoirs of Childhood and Youth” (2007), published by Libraries Unlimited.

ZUMBA FITNESS®

Join me for an energetic, fast-paced, cardio fitness workout that feels like a dance party. As we move to the beat of Latin inspired music with an emphasis on having fun, we will burn calories and make some smiles! REQUIRED MATERIALS: Clean shoes, water, and optional yoga mat.

Instructor: Amy LeBlanc
For instructor bio, see Aqua Fitness (Section 1), Tuesdays, Session III, Page 5.

ZENTANGLE

Have you ever wished you could produce a piece of art and call it your own—without having any artistic experience or ability? How about giving someone a lovely card and saying, “I made this.” It’s possible. Come find out that Zentangle art was invented just for you. Experienced or not. With just a fine-tipped marker and a piece of paper, Zentangle is taking those doodles you make on your grocery lists and turning them into amazing artistic creations. It’s been proven that doing Zentangle lowers your blood pressure, reduces stress, enhances your creativity and puts you in a state of mindfulness. Who doesn’t want that? No need to bring anything. All supplies will be provided for you to give this course a try.

Instructor: Nancy Fillip graduated from Norwich University and began a long stretch of teaching high school and middle school science and math. In addition, she has coached Varsity field hockey and gymnastics for 35 years. She has taught several ALFA classes and currently is a professor for an online educational company. At her private home studio, Nancy teaches piano, clarinet, flute and art. Her interests also include writing and she recently just published her ninth novel.
QUILTING

The course is for both the beginning and more advanced quilter. We will focus on a quilting project that can be adapted to either. Instructor will either call or email what fabric is needed for class project before class begins. **REQUIRED MATERIALS:** Sewing machine, grey or tan cotton thread, small scissors, rotary cutter, hand-sewing needles, common pins, 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 has made many different kinds of quilts including lap robes, full bed quilts, jackets and bags.

*Brooks Pond Cottage*
200 Brooks Pond Rd., Leominster

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**Everything I Never Told You: COMMUNITY READ BOOK DISCUSSION**

This year’s Fitchburg State community read selection is, *Everything I Never Told You* by Celeste Ng. Ng writes a profoundly moving story of family, history, and the meaning of home. *Everything I Never Told You* is about a Chinese-American family living in 1970’s small town Ohio. It is both a gripping page-turner and a sensitive family portrait, exploring the divisions between cultures and the rifts within a family, and uncovering the ways in which mothers and daughters, fathers and sons, and husbands and wives struggle, all their lives, to understand one another. Ng’s novel was a *New York Times* National and International Bestseller, as well as Amazon and NPR’s Book of the Year. Come join ALFA, and all Fitchburg State, for our annual community read!

**Instructor: Lisa Moison, Ed. D.** is the Assistant Dean for Graduate 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.

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**AQUA FITNESS (Section 2)**

**PLEASE NOTE:** This class is $20 as it is only 1 hour long.

**Instructor: Amy LeBlanc**
For course description and instructor bio, see Aqua Fitness (Section 1), Tuesdays, Session III, Page 5.
LET YOUR YOGA DANCE®

Let Your Yoga Dance® (LYYD) is a dancing yoga fusion, where “joy and fun meet deep and sacred.” A movement based practice combining yoga, movement and dance to activate the body’s energy centers (The Chakras). The mission of LYYD is to “spread joy and consciousness throughout the world by transmitting body, brain, heart, and soul health to all populations”. This is a practice for everyone and everybody of all ages and abilities and is offered in a safe, caring and compassionate environment. **RECOMMENDED MATERIALS:** Please wear comfortable clothes; bring a yoga mat or blanket, a water bottle and a smile.

**Instructor: Ann-marie LaBollita**

For instructor bio, see Yoga for Pain Relief Part I: Upper Body, Session III, Tuesdays, Page 5.

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GOOGLE SEARCH AND BEYOND

Google is more than a search engine. This class will explore Gmail, Google Hangouts, Google Calendar, Google Docs, Google Maps, Google Sheets, Google Forms, Google Slides and anything the class wants to know more about, from the language translator, to the Google Scholar, with emphasis on what the class wants to know. A more complete list of features offered by Google check out the list here: https://en.wikipedia.org/wiki/List_of_Google_products#Mobile_standalone_applications. **REQUIRED MATERIALS:** Bring a device that is internet ready such as a smartphone, tablet or laptop. Students should have a good grasp of how the internet works and be familiar with their device.

**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 Public 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.
BEGINNING FRENCH (10 Weeks)

This course is designed for people who have no French speaking abilities or are very limited. The goal is to learn enough French in 10 weeks to feel confident enough to be a part of the conversational French Cafe offered by ALFA. We will begin with the basics and then move on to learn plenty of nouns and verbs to begin conversations with each other.

REQUIRED MATERIALS: Notebook, a folder for handouts, pen and a French-English dictionary.

NOTE: This course runs for 10 weeks with a registration cost of $60.

Instructor: Nancy Fillip
For instructor bio, see Zentangle, Wednesdays, Session III, Page 7.

ALFA WALK, SKI, AND SNOWSHOE ABOUT

Spend some time exploring trails by foot, ski or snowshoe. We will again offer at least five sessions to explore local trails. Because winter in New England is not predictable, we may not be able to have our outings weekly. We will ask you to sign up for Session III, but we may have meetings during the Session IV schedule at no additional cost. Dogs are welcome. Participants should be able to walk several miles over uneven trails with a possible small stream crossing. It is best not to schedule an additional class in the same afternoon. There are times when we may extend the time of our hikes/walks due to location or conditions of footing. RECOMMENDED MATERIALS: Water, layers of clothing, including rain gear, walking sticks. Due to winter weather and trail conditions, we will meet only when safe to do so. Classes may run longer than the scheduled time.

Instructors: Sally Hens is a retired teacher and dietician. For eleven years she worked as a National Park Ranger, eight years in Yellowstone, and one year at each Glacier, North Rim of Grand Canyon, and Cape Cod National Seashore. 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.

STRETCH IT!

This full body workout is perfect for everybody, beginners to advanced. Based on the lifetime experience of a professional dancer, you will learn to STRETCH hamstrings, hip flexors, calves, quads, and glutes. SOOTHE neck, spine, lower back. LOOSEN shoulders, wrists, elbows, fingers. As a warm-up, it helps increase performance and endurance in golf and horseback riding. RECOMMENDED MATERIALS: Comfortable clothing. Thin sole shoes for flexibility. 1-2 lb. hand weights.

Instructor: Judith Lindstedt
For instructor bio, see Stretch & Tone, Session III, Mondays, Page 3.
FAMILY TREE BREAKTHROUGHS: Taking The Next Step

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

**Instructor: Sara Campbell** has been researching her own roots for over 25 years. She has taught non-credit classes in genealogy at Greenfield and Holyoke Community Colleges and lectured to many regional societies including Central Mass. Genealogical Society, Mass. Society of Genealogists, Worcester section, Lowell Genealogy Club, Polish Genealogical Society of Mass, Wistariahurst Museum and many libraries. She has been honing her skills and is excited to share the fruits of her research.

Fridays: 10:30 a.m. – 12:00 p.m.
Feb. 1, 8, 15, 22; Mar. 1
Limited to 12 students.
Fitchburg State University
Antonucci Science Center, Room 127

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GREAT NEW SHORT STORIES

This time around, we’ll be using the *Best American Short Stories 2018* anthology to highlight and read some of the wonderful authors helping keep these classic genre alive and well in the 21st century!

**REQUIRED MATERIALS:** *The Best American Short Stories 2018* (comes out in October 2018).

**Instructor: Ben Railton,** Professor of English and Coordinator of American Studies at Fitchburg State University, is committed to producing works of public scholarship. His most recent works include “History and Hope in American Literature: Models of Critical Patriotism” (2016); the daily American Studies blog (americanstudier.blogspot.com); and contributions to sites such as the Huffington Post and We’re History.

Fridays: 10:30 a.m. – 12:00 p.m.
Feb. 1, 8, 15, 22; Mar. 1
Limited to 25 students.
Fitchburg State University
McKay C217

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WRITING YOUR FAMILY HISTORY

Now you have started researching your family genealogy, what is next? How can you organize your research to share with other family members? We will look into how to make easy reports from database software, explore blogging and self-published books. Putting facts into sentences, then paragraphs, can make ancestors seem more real. Writing also drives our research to new levels because missing chapters in their lives become more evident. Citing sources is very important. Let’s get writing!

**RECOMMENDED MATERIALS:** A laptop or tablet, if you have one, or a notebook for writing.

**Instructor: Sara Campbell**

For instructor bio, see Family Tree Breakthroughs: Taking the Next Step, Session III, Fridays, (see above).
### Session IV / At-a-Glance

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Paul Luria | | |
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| 10:00 – 11:30 a.m. | Stretch & Tone  
Judith Lindstedt | Aqua Fitness (Section 1)  
Amy LeBlanc  
SPECIAL SCHEDULE | Zumba  
Amy LeBlanc | Aqua Fitness (Section 2)  
Amy LeBlanc  
SPECIAL SCHEDULE | Stretch It!  
Judith Lindstedt |
| 10:30 a.m. – 12:00 p.m. | Guided Meditation  
Sushmita Basu & Arllen Acevedo | Learn Self-Hypnosis  
Arllen Acevedo | Drawing: Try It Out!  
Carolyn Todd  
SPECIAL SCHEDULE | | |
| 12:20 – 1:50 p.m. | Lichens: Pioneer Organisms  
Joe Choiniere | Films of the Seventies  
Jeff Long | Watercolor: Surprises and Techniques for Beginners and Experienced Painters  
Carolyn Todd  
SPECIAL SCHEDULE | New England Architecture: Settlement to the Civil War  
Nick Langhart | |
| 2:30 – 4:00 p.m. | Cold War Since 1945: A Global History  
Teresa Fava Thomas | Breathe Your Way Into Life Altering Experiences  
Carol P. McConnell  
Five Cities USA Culinary Tour  
Chris Barnacoat;  
Kathy Flynn;  
Odette Harvey; & Walter Kondig  
SPECIAL SCHEDULE | Five Cities USA Culinary Tour  
Chris Barnacoat;  
Kathy Flynn;  
Odette Harvey; & Walter Kondig  
SPECIAL SCHEDULE | | |

REGISTRATION OPENS DEC. 5, 2018 AT: www.fitchburgstate.edu/ALFA
SPRING INTO BIRDING

Spring is on the way! Join us as we venture onto the trails at Wachusett Meadow Wildlife Sanctuary to reacquaint ourselves with our resident birds and to welcome back the spring arrivals. All skill levels are welcome. **RECOMMENDED MATERIALS:** A field guide that includes birds of eastern North America and binoculars.

**Instructor:** Alison O’Hare started birding in 1998 and credits her participation in a program offered by Mass. Audubon as the trigger for her continuing interest in birds. She has been on the part-time staff and a volunteer at Mass Audubon’s Joppa Flats Education Center for several years. She teaches and co-leads Introduction to Birdwatching, Bird Banding Workshop, Sparrows Workshop, and Saturday Morning Birding Walks. Alison is a graduate of Mass. Audubon’s Birder’s Certificate Program, and she particularly enjoys sharing her knowledge with new birders.

**Mondays:** 9:30 – 11:00 a.m.  
Mar. 18, 25; Apr. 1, 8, 22  
Limited to 15 students.  
Wachusett Meadow Wildlife Sanctuary  
113 Goodnow Road, Princeton

PENNY WHISTLE II

Starting where Whistle I left off, learning introductory Irish tunes, and learning basic ornamentation i.e. grace notes, tonguing, and rolls. The goal of this course is to learn one basic tune in each of the following categories: reel, jig, hornpipe, and polka. **REQUIRED MATERIALS:** *Penny Whistle for Beginners* by Bill Ochsa, and a penny whistle in the key of D.

**Instructor:** Steve Brown  
For instructor bio, see Penny Whistle I, Session III on Mondays, Page 3.

**Mondays:** 9:30 – 11:00 a.m.  
Mar. 18, 25; Apr. 1, 8, 22  
Limited to 15 students.  
Fitchburg Senior Center

STRETCH & TONE

**Instructor:** Judith Lindstedt  
For course description and instructor bio, see Stretch & Tone, Session III on Mondays, Page 3.

**Mondays:** 10:00 – 11:30 a.m  
Mar. 18, 25; Apr. 1, 8, 22  
Limited to 11 students.  
Fitchburg State University Recreation Center Dance Studio
LICHENS: Pioneer Organisms

Have you ever wondered what all of those greenish shield-shaped plates of vegetation are on tree trunks and rocks in the forest and around home? They could be lichens, amazing organisms which combine a fungus and an algae into a large number of species. Lichens are capable of colonizing bare soil, rock, and tree bark, and surviving cold dry conditions. They produce growth forms ranging from the long drooping clumps of beard lichen to the bright yellow paint-like spots of many crust lichens. We will learn to recognize some of the more common lichens with specimens indoors, then venture on short walks to look at lichens in their natural habitats.

Instructor: Joe Choiniere
For instructor bio, see Winter Mushrooms, Session III on Mondays, Page 3.

COLD WAR SINCE 1945: A Global History

The course will examine the Cold War from a global perspective: the consequences of the Second World War and how they shaped the Soviet-US conflict over post-war Europe and the developing world. Conflicts over a divided Germany, NATO versus the Warsaw Pact, US containment policy in China, Korea and Vietnam, as well as McCarthyism at home. Also, development of the European Economic Community, the non-aligned movement, and the proliferation of nuclear weapons.

Instructor: Teresa Fava Thomas holds a doctorate in history from Clark University, teaches Italian American History and Modern Italian History at FSU, and researches Italian immigration in archives in northern Italy and the USA. She has been traveling and doing research in Italy since 2006 and has taught in FSU’s Study Abroad in Verona program.

YOGA FOR PAIN RELIEF PART 2: Lower Body

A gentle yoga class geared toward relieving pain by bringing alignment to the body. Through a series of repeated poses we will reduce low back and knee pain and bring the hips into greater alignment. This program can help participants with chronic pain issues. If you have more serious acute pain, please consult with your doctor. REQUIRED MATERIALS: yoga mat, strap, towel.

Instructor: Ann-marie LaBollita
For instructor bio, see Yoga for Pain Relief Part 1: Upper Body, Session III on Tuesdays, Page 5.
HOW TO SURVIVE ANY CONVERSATION IN SPANISH

Tuesdays: 9:30 - 11:00 a.m.
Mar. 19, 26; Apr. 2, 9, 16
Limited to 20 students.
Fitchburg State University
Hammond Hall – S08

If you want to be able to have a basic conversation in Spanish, give this course a try! Every language has certain words and phrases that are used over and over again. You will learn Greetings, Small Talk, Being Polite, Dealing with Problems, Question Words, Common Answers, Exclamations, and Goodbyes. This knowledge will get you started on your path to fluency in Spanish. REQUIRED MATERIALS: Please bring a pack of 100 index cards, some highlighters, and a pen.

Instructor: 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.

AQUA FITNESS (Section 1)

Tuesdays: 10:00 – 11:00 a.m.
Mar. 19, 26; Apr. 2, 9, 16
Limited to 20 students.
SPECIAL SCHEDULE
Fitchburg State University
Recreation Center Pool

PLEASE NOTE: This class is $20 as it is only 1 hour long.

Instructor: Amy LeBlanc
For course description and instructor bio, see Aqua Fitness, Session III, Tuesdays, Page 5.

FILMS OF THE SEVENTIES

Tuesdays: 12:20 – 1:50 p.m.
Mar. 19, 26; Apr. 2, 9, 16
Leominster Public Library

FREE OF CHARGE
Sponsored by the Friends of Leominster Public Library

We will view and analyze three films from this decade of character-driven dramas, as well as discuss other Hollywood film making trends.

Instructor: Jeff Long
For instructor bio, see Films of the Sixties, Session III, Tuesdays, Page 7.
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. REQUIRED MATERIALS: Rise Up Singing: The Group Singing Songbook.

Instructor: Paul Luria has been performing and teaching as a musician on guitar, banjo, mandolin, ukulele, and harmonica for fifty years. He has performed many styles at many venues. He is a retired public school teacher and administrator.

ZUMBA FITNESS

Instructor: Amy LeBlanc

For course description and instructor bio, see Aqua Fitness (Section 1), Session III on Wednesday, Page 5.

MAKING GREAT VIDEOS AND PHOTOGRAPHS

Participants will learn the professional methods of composition, video/photographic image capture, as well as lighting and sound management techniques when producing still and video content. In addition, the two instructors will provide basic instruction on video stability, tri-pod usage, hand-held shots, jump cuts, content, audio quality, framing, screen direction, use of proper settings on camera, pacing, sequencing, use of audio, and storytelling. REQUIRED MATERIALS: Participants are encouraged to have the equipment they intend to work with for classes. If the participant does not have equipment they may inquire as to membership at FATV that will give them access to loaner equipment on an “as available” basis. REQUIRED FEE: A fee of $39.00 (cash only, due at the first class) will be charged to cover materials provided in the class.

Instructors: Glenn Fossa is a career police commander and automobile enthusiast. Through his interests and experience, he has developed skills in communication through media. As a young amateur and then professional photographer, Glenn has over a three decades experience in professional television and film production. His experience as a Press Information Officer and Executive Director of Fitchburg Access Television as well as news producer positions this instructor for a unique opportunity for ALFA participants. David Oster first gained a love for video production in High School where he made extremely mediocre movies. Then as he became a communications student at Fitchburg State University his skills in cinematography and editing began to develop. Through an internship, he gained employment at the local TV station, Fitchburg Access Television.
**GUIDED MEDITATION**

Wednesdays: 10:30 a.m. – 12:00 p.m.  
Mar. 20, 27; Apr. 3, 10, 17  
Limited to 15 students.  
Brooks Pond Cottage  
200 Brooks Pond Rd., Leominster

This meditation class aims to improve health and self-esteem, while exploring the power of positive thinking to live a happier and more successful life. We will also learn about the law of attraction and how it can be used to manifest goals, as well as the importance of living in the ‘Now’. **REQUIRED MATERIALS:** A notebook and something to write with.

**Instructors:**  
**Sushmita Basu** has a Master’s degree in Psychology and taught for many years in Liberal Arts and Management Departments. She has a keen interest in fine arts and has exhibited her work at Fitchburg State University and in the Brooks Pond office in Leominster. From an early age, Sushmita was drawn to the practice of meditation. Over the years, meditation helped her to overcome social and personal difficulties, live fearlessly with dignity, and practice compassion.  

**Arllen Acevedo** studied metaphysics and meditation for 39 years. She is a retired certified art and English teacher and has over 16 years of teaching experience. She obtained her B.A. from the Pontifical Catholic University of P.R. and her M.F.A. in Education from Boston University. She is also a certified hypnotist and has been a member of the National Guild of Hypnotists, Inc. since 2011. Arllen has also been a volunteer teaching directed meditation since 2011 at the Senior Center in Leominster, MA.

**QUILTING**

Wednesdays: 12:20 – 3:20 p.m.  
Mar. 20, 27; Apr. 3, 10, 17  
**SPECIAL SCHEDULE**  
Limited to 12 students.  
Brooks Pond Cottage  
200 Brooks Pond Rd., Leominster  

**Instructor:** Alice Welch  
*For course description and instructor bio, see Quilting, Session III on Wednesday, Page 8.*

**BREATHE YOU WAY INTO LIFE ALTERING EXPERIENCES**

Wednesdays: 2:30 – 4:00 p.m.  
Mar. 20, 27; Apr. 3, 10, 17  
Limited to 20 students.  
Fitchburg State University  
Hammond Hall Room S08

Breathing correctly is your most crucial and immediate source of energy. It dramatically changes how your nervous system works. In this class we will learn how your in-breath, the stress system, the action and inhibition sympathetic part, is counter-balanced by the out-breath, the re-charging, soothing, healing and social bonding, the parasympathetic part. Breathing correctly enables you to regulate all these systems. If you think you are a mouth or chest breather and/or are breathing too fast, (5-8 breathes per minute is the norm) most of your day is lived in stress mode. When you change the breathing, you turn on the re-charging, healing, anti-inflammatory social bonding system. Come, learn how breathing correctly will improve your chances of living healthier, happier longer. **RECOMMENDED MATERIALS:** *The Healing Power of the Breath* by Richard Brown, M.D. and Patricia Gerbarg, M.D.

**Instructor:** Carol P. McConnell is a graduate of Smith College, Northampton, MA. After personal, extensive experimentation and research with conscious breathing and inner sound, she has discovered ways to access and relieve physical pain, as well as change unhealthy thought patterns.
FIVE CITIES USA CULINARY TOUR (Wednesday)

Hop on board the ‘Chow Bus’ and travel with us around the USA sampling gastronomic delights as we go. The ‘bus’ will pull in to Chicago, Providence, Miami, New Orleans, and San Francisco. Each of these iconic locales has a diversity of cultures with rich culinary histories. The recipes we have selected feature this wide variety of delicious food and will definitely tickle your palate. **REQUIRED FEE:** $20 due in cash on the first day of class.

**Instructors:**
- **Chris Barnacoat** is a retired elementary teacher who has taught in England, Australia, and Massachusetts. Along with his many other interests, he finds that retirement gives him the time to stir the culinary cauldron. He loves to learn about the art of healthy eating and the amazing role that certain foods and nutrients play in our healthy lives. He also enjoys gardening, projects around the house, travel, and is currently studying WWI. **Kathy Flynn** is a retired elementary school teacher and ALFA Curriculum Committee member. **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. She loves to organize, cook, and bake foods for cookouts and parties for close friends and family. **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.

AQUA FITNESS (Section 2)

**PLEASE NOTE:** This class is $20 as it is only 1 hour long.

**Instructor:** **Amy LeBlanc**

For course description and instructor bio, see Aqua Fitness, Session III, Tuesdays, Page 5.

LET YOUR YOGA DANCE®

**Instructor:** **Ann-marie LaBolitta**

For course description and instructor bio, see Yoga for Pain Relief Part I: Upper Body, Session III, Tuesdays, Page 5.
**LEARN SELF-HYPNOSIS**

The purpose of this course is to learn how helpful self-hypnosis can be and its various uses. We will use suggestibility tests to see if you can be hypnotized and to introduce the 3-Step Self-hypnosis Technique. We will learn how to perform a self-progressive relaxation induction, how to use the Goal Setting Form to achieve goals, as well as how to write reinforcement scripts to encourage yourself daily. **REQUIRED MATERIALS:** Notebook and pen.

**Instructor: Arllen Acevedo**  
For instructor bio, see Guided Meditation, Session IV on Wednesday, Page 17.

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**WATERCOLOR: Surprises and Techniques for Beginners and Experienced Painters**

Join us as we discover and expand a “relaxing” visual awareness inspired by the challenges and unpredictable nature of watercolor media. The classes will include a presentation and discussion regarding the intensity of color pigment, the ratio between pigment and water, and a brief painting history. The class will experiment and progress as we undertake the following studies: 1. Recommended methods of refining and experimenting with primary and co-primary color triads, which include hue (color temperature), value, and saturation; 2. Watercolor mediums, painting techniques which will include negative and subjective painting inspired by music; 3. Composition studies to engage the viewer’s attention and imagination; 4. Use of the five “S” essences: Setting the stage, Simplicity, Spontaneity, Space, and Symmetry or Asymmetry; 5. The science of brushes, brush care, and brush technique, inspired by calligraphy will be shared and experienced. **REQUIRED MATERIALS:** A watercolor supply list will be available in the ALFA office.

**Instructor: Carolyn Todd** is an experienced art instructor. She has taught adult, middle school, high school students and people with disabilities. She has a BFA and MA in the Fine Arts and Art Education.
NEW ENGLAND’S SACRED ARCHITECTURE

Much of the greatest architectural work in New England has been devoted to religious buildings, many now endangered. This course is an illustrated survey of the historical development of the many types and styles from the earliest meetinghouses to the mid-20th century, with examples drawn from many denominations. We will explore how architectural design has been influenced, not only by religious practice, but also by the contemporary culture. At the last class on April 18th, we will be touring three of Fitchburg’s churches.

Instructor: Nicholas Langhart holds an M.A. in Historic Preservation from Cornell University. He is currently the Director of the Forbush Library in Westminster and docent trainer for Preservation Worcester. Nicholas has been an instructor for the Evolution of New England Architecture and for the History of Worcester’s Architecture at Clark University and Worcester State University. He is also vice president of the Steamship Historical Society of America, Inc. Formerly he was Property Manager for the Society for the Preservation of New England Antiquities.

FIVE CITIES USA CULINARY TOUR (Thursdays)

Instructors: Chris Barnacoat, Kathy Flynn, Odette Harvey, and Walter Kondig

For course description and instructor bios, see Five Cities USA Culinary Tour (Wednesdays) Session IV on Wednesdays, Page 18.

STRETCH IT!

Instructor: Judith Lindstedt

For course description see Stretch It!, Session III on Friday, Page 10. For instructor bio, see Stretch & Tone, Session III on Monday, Page 3.
**DRAWING: Try It Out!**

Fridays: 10:00 a.m. – 1:00 p.m.
Mar. 22, 29; Apr. 5, 12, 26

**SPECIAL SCHEDULE**
Limited to 12 students.
Fitchburg Art Museum

The goal is to have fun and be open to new and sometimes historic drawing methods. The class will discover which side of your brain drives your interest in drawing—the right or left side. We will discuss methods to encourage the brain to relax and learn techniques inspired by the masters and other drawing specialists. The momentum and interest of the class will set the pace for exploring new and different approaches to drawing. Homework assignments will be recommended to build skills and drawing memory. **REQUIRED FEE:** A $5 fee will be due on the first day of class to pay for the live model. **REQUIRED MATERIALS:** Supply list will be provided.

**Instructor: Carolyn Todd**
For instructor bio, see Watercolor – Surprises and Techniques for Beginners and Experienced Painters, Session IV on Thursday, Page 19.

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**DINING TO LEARN: Indian Ocean Curry Cuisine**

Fridays: 12:00 - 1:30 p.m.
Mar. 22, 29; Apr. 5, 12, 26

**SPECIAL SCHEDULE**
Fitchburg State University Center for Professional Studies
150 Main Street, Fitchburg, MA

Curry is found across the Indian Ocean from East Africa to Malaysia and beyond. We will explore why this is the case by discussing what curry is, how it varies from place to place, and how it moved around this part of the world. There will be three restaurant trips: South Indian, East African, and Malaysian. Each restaurant has vegetarian options. Students will pay for their meals. Car pools will be arranged during first meeting.

**Instructors: 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. **Instructor: Joyce Hinkley** 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.
SPECIAL CLASSES

ALFA BIKING GROUP

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 first three 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 to 12 mph pace. If there is enough interest in continuing, other locations may be considered, such as the Nashua River Rail Trail in Ayer, MA. Our 2017 pilot group was a great success and we encourage more riders to join. REQUIRED MATERIALS: A bicycle, a bicycle helmet, and water bottle. RECOMMENDED MATERIALS: A spare bike tire tube.

Instructor: 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. Four years ago they moved to Westminster to downsize and be closer to their daughter. After a few years of looking for a similar biking group in this area and not finding one, Claire decided to start her own through ALFA!

FRENCH CAFÉ

We are a group of French speakers meeting to improve and maintain our language skills. We discuss our everyday lives, news, literature and more. We also use our French reading and writing to reinforce our skills. If you are moderately fluent or more in French, come and join us.

Instructors: Joyce Hinckley and Bill Ayadi
For instructor bios, see Dining to Learn: Indian Ocean Curry Cuisine, Session IV on Friday, Page 21.
**GROUP TRIP**

**BLITHEWOLD ESTATE, NEWPORT TROLLEY TOUR**
and lunch at The Lobster Pot Restaurant

**Wednesday, May 15, 2019**

**TIME:** Depart at 8:15 a.m.
Park in the BJ’s back lot for bus pick up—**NEW LOCATION,** 115 Erdman Way, Leominster.

**RETURN:** Approximately 6:00 p.m.

**COST:** $97.00 per person, includes lunch at the Lobster Pot

**NOTE:** Limited to 55 participants
No refunds unless trip is canceled.

ALFA will bring you to the famous Blithewold Estate and Gardens offering grand views of Narraganset Bay. There will be a 90 minute guided tour of this 33 acre property which is nationally significant in American history. It features a 45 room mansion filled with family heirlooms and is framed by a series of ten lovely gardens An exceptional collection of rare and unusual plants, whimsical stonework, and a garden house project a character that is romantic, fresh and inspiring. We will see the Bamboo Grove, the Summerhouse and our Lord and Burnham greenhouse complex. The mission of the property is to preserve New England finest garden estate through excellence in horticulture and historic preservation.

Then we will travel to The Lobster Pot restaurant in Bristol, RI for lunch. This beautiful venue overlooks Bristol harbor and is famous for great seafood. After lunch we will visit Newport, RI for a 90 minute, fully narrated, trolley tour that covers 90 points of interest, including famous mansions along Bellevue Avenue, Cliff Walk, Fort Adams, Ocean Drive, and much more.

**Please choose one of the following selections for your meal at the Lobster Pot.**

1. Broiled scrod
2. Grilled salmon
3. Chicken piccata

*Dinners include salad, homemade cream puff dessert and beverage.*
SHIRLEY PICK SPRING SERIES PRESENTS:
WINTERLUDE — ALFA’s 4th Annual Film Day
Theme: The Challenges of Peace

This year’s films and discussion, facilitated by Dr. Eric Budd, will explore the challenges of peace. The two films that will be viewed this year include:

• **Tanna**: A true tale of forbidden love and tribal loyalty on a lush South Pacific island.

• **Where Do We Go Now?**: When trouble is brewing among the men of a previously peaceful Muslim/Christian village, the women join forces to teach them a lesson.

FOOD FOR THOUGHT PRESENTS:
Oriental Rugs

Whether calling them woven paintings, commemorative trophies, or floral art works, there is much to know about these common but unusual items that Robert Dermardirosian calls “art under your foot.” Robert Dermardirosian is the third generation’s expert from a knowledgeable family whose life work is the care and feeding of these gems. His grandfather started the Fitchburg store, “Oriental Ispahan”, in 1915.
AN ALFA 2018-2019 GRAND FINALE
Tuesday, April 30 / 11:00 a.m. - 3:00 p.m.
PARKING: Civic Center and shuttle to the Hammond Building
North Street Lots 1 and 2—Carpooling is Encouraged!

THE SHIRLEY PICK SPRING SERIES PRESENTS:
A Program of Russian Art, Icons, and Music

11:00 a.m. / Main Lounge
Hammond Hall
Fitchburg State University

Post-performance
Luncheon at 12:00 p.m.
$11 per person
Luncheon is optional, but you must pre-register by April 16.

The opening event for ALFA’s Grand Finale will include an incredible combination of Russian art, icons, and music featuring a talk on works from the Russian Icon Museum in Clinton combined with Ukrainian songs sung by Olga Lisovskaya.

Olga Lisovskaya, a native of Kiev, Ukraine, has been hailed by critics as a “wonderful coloratura soprano with the flexibility to caress the highest notes.” She is the Director of Talents of the World, an international concert organization, as well as the Executive Director at Commonwealth Lyric Theater, an award-winning opera company. Ms. Lisovskaya performs regularly in opera productions and on concert stages, including Carnegie Hall, with world-renowned colleagues.

The Russian Icon Museum collection includes more than 700 Russian icons and related artifacts, making it one of the largest private collections of Russian icons outside of Russia and the largest in North America.

FOOD FOR THOUGHT PRESENTS:
Author Neville Frankel – On the Sickle’s Edge

1:15 p.m. / Ellis White Lecture Hall
Hammond Hall
Fitchburg State University

Neville Frankel, a native of South Africa, uses his artistic and literary talents, historical research and family stories to create a multi-generational saga set in Russia, Latvia, South Africa and the United States.

On the Sickle’s Edge is a love story, thriller, coming-of-age novel and a page-turning odyssey of a far-flung family. Its sequel Bloodlines takes place in apartheid-era South Africa.

Listen to Frankel describe his writing and research process; hear his family history, and get a taste of the exciting tales packed inside his novels. Frankel’s books will be available for purchase.
EASY online registration

Know INSTANTLY if you got into a course!

REGISTRATION OPENS DECEMBER 5, 2018 AT:
marketplace.fitchburgstate.edu/ALFA
ALFA REGISTRATION INSTRUCTIONS
Registration opens at 8:30 a.m. on December 5, 2018.

WAYS TO REGISTER

ONLINE (PREFERRED): You can register for ALFA courses online by going to marketplace.fitchburgstate.edu/alfa.
- Make sure to complete your registration by hitting the final SUBMIT button. You will receive a confirmation email immediately following.
- **IF YOU DO NOT RECEIVE A CONFIRMATION EMAIL, YOU ARE NOT REGISTERED.**

Need help with online registration? Visit our ALFA website fitchburgstate.edu/alfa for complete a complete-step-by-step tutorial or contact the ALFA office for additional help.

BY MAIL: We will continue to accept paper registrations by mail. However, we **strongly encourage** using the online course registration system.
- Please complete one registration form for each person taking classes. If you need additional registration forms, please visit our website fitchburgstate.edu/alfa to download and print one.
- **Paper 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.

Are you 90 or over? Classes are free for those who are 90 or above. Call the ALFA office so that we can get you registered free of charge!

PAYMENT INSTRUCTIONS

- We accept credit/debit cards (**PREFERRED**) and check payments.
- 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.
- Payment is due upon submission of registration.
- **Course, Trip, and Special Event payments are not refundable or transferable to other classes unless it is canceled.**

**PLEASE NOTE:** Some classes have an additional materials fee (cash only) that is due to the instructor at the first class. These fees are indicated in the course description.
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 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 a confirmation email immediately following your completed submission. (If you do not receive this, you are NOT registered and it probably means that you didn’t check the final submission button.) 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.

ALFA TRIPS: Some trips include a lunch at the venue. Please be sure to indicate your lunch choice on the registration form if lunch is included.

FOOD FOR THOUGHT PRESENTATIONS: Although Food for Thought presentations are free and open to the public, if you are planning on attending, please be sure to check it off on the registration form so that we know how many people to plan for.

LOCATION OF COURSES: ALFA classes are held both on campus and in various locations in our community. Many classes are in the C-Wing of the McKay Campus School at Fitchburg State University, 67 Rindge Road, Fitchburg, MA. More information on course locations can be found on our website: fitchburgstate.edu/alfa.

ALFA INCLEMENT WEATHER POLICY: When Fitchburg State University cancels classes or has a delay, ALFA will not hold classes on that day.

PARKING AND TRANSPORTATION: You will receive a Temporary Parking Permit Application with a parking hang-tag in the mail. Please bring your completed permit application to your first class, and be sure to hang your tag from your rear-view mirror facing out to avoid being ticketed by Campus Police.

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

Shuttle Service
- Parking on campus can be quite difficult, but there is always ample, free parking at the Civic Center! Fitchburg State provides free campus shuttle transportation, serviced by MART. It is easy to use and gets you from your car to your destination without much walking. Two shuttles run on a continuous loop which usually means there is one every 10 minutes.
- ROUTE: Civic Center along North Street to Main Street, Fitchburg Intermodal Center and return to Civic Center. The shuttle runs continuously during posted hours.
• **HOW TO RIDE:** Wait at a designated shuttle stop (look for shuttle sign) OR flag the shuttle to stop at any safe location along the route. Signal the driver by raising your arm as the shuttle approaches. Once on board, let the driver know where you are going on campus.

• **HOURS:**
  - Sunday: 4:30 p.m. - Midnight
  - Monday - Thursday: 6:30 a.m. - Midnight
  - Friday: 6:30 a.m. - 6:30 p.m.
  - Weekday Holidays: 4:30 p.m. - Midnight

  **No service** on Saturdays or any Sunday preceding a Monday holiday or Spring Break. Academic year only, no summer or breaks.