

Fall 2020 Online Catalog

Osher Lifelong Learning Institute (OLLI) at UMass Boston

PROVIDING LIFE-ENRICHMENT OPPORTUNITIES FOR OLDER ADULTS



at UMass Boston

GERONTOLOGY INSTITUTE

JOHN W. McCORMACK GRADUATE SCHOOL OF POLICY AND GLOBAL STUDIES



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About OLLI at UMass Boston

The Osher Lifelong Learning Institute (OLLI) at UMass Boston is a membership-based community of older adults who enjoy learning and want to spend time with their peers who have similar interests.

OLLI's mission is to foster accessible lifelong learning, individual growth, and social connection for learners age 50+ by providing opportunities to enrich the intellectual, social, and cultural lives of members. Through a modestly priced membership, OLLI provides non-credit courses, special lectures, social events, theatre outings, and field trips in the United States and abroad. OLLI at UMass Boston values the diversity of its members, staff, facilitators, and volunteers, and we strive to model and promote a welcoming environment by embracing our community, which includes differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and educational background.

No specific background or education level is required to join, just an interest in academic learning, the desire to participate actively with your peers, and an open mind. OLLI offers over 200 learning opportunities every year through our courses, Brown Bag presentations, and special events. These educational programs vary in length. Courses meet once a week (mostly during the day) and might last from 3–10 weeks. The length of most

classes is 90 minutes, but some might only be an hour and a few last up to two hours. Brown Bags and special events are typically one-day programs and generally last for an hour.

OLLI is funded in part by the Bernard Osher Foundation, which supports educational programs, the arts, and integrative medicine centers. OLLI at UMass Boston is one of 124 institutes in all 50 states in the United States funded by the Foundation.



How Do I Join OLLI?

To join or renew and register for classes, submit Membership and Course Request Forms on the last two pages of this catalog with payment by check or credit card (MasterCard, Visa, and Discover only). Membership is valid for one year, expiring in January or June. Contact the OLLI office at 617.287.7312 to find out your renewal date. Online course registration is available at www.oli.umb.edu. Registration is not accepted by phone.

| Membership Level | Membership Benefits | Annual Cost |
|--------------------------|---|---|
| Full Members | <ul style="list-style-type: none"> • Register for OLLI courses each semester, depending upon course availability, at no extra charge. • Register for as many OLLI Brown Bag presentations as you wish at no extra cost. • Attend OLLI social activities and take trips to museums, the theatre, and domestic and international travel at discounted group rates. • Receive OLLI catalogs, notice of Brown Bags and other events, newsletters, and information about lectures and special events on campus. • Obtain student ID, with benefits such as JFK Library and Museum admission, Healey Library access, computer lab access, and no cafeteria meal tax (see details on pg. 2). • Receive free access to Mango Languages Program to learn over 70 languages (see details on pg. 2). • Receive free access to Atomic Learning, an online training resource for over 200 computer programs (see details on pg. 2). | <p>\$225 per person</p> <p>\$425 for two living in same household</p> |
| Associate Members | <ul style="list-style-type: none"> • Register for as many OLLI Brown Bag presentations as you wish at no extra cost. • Attend social activities, special events, and trips. • Receive OLLI catalogs, notice of Brown Bags and other events, newsletters, and information about lectures and special events on campus. • Receive free access to Mango Languages Program to learn over 70 languages (see details on pg. 2). <p>NOTE: Not eligible for UMass Boston student ID card, Atomic Learning, or to take OLLI courses.</p> | \$100 per person |

OLLI Member Benefits

UMass Boston Student ID

Full members of OLLI are eligible to receive a UMass Boston student ID. At the time of catalog printing, we will need to wait until the university offices are open before we can provide directions on how to obtain an OLLI Student ID.

Mango Languages Program

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

Atomic Learning (Hoonuit)

Full OLLI members can take advantage of more online training with Atomic Learning. Get answers to many of your "how do I do that?" questions about 200+ programs, such as Microsoft Office, Adobe Photoshop, Windows and Apple operating systems, and many more! You will need a UMass Boston email account to use this service. Contact the OLLI office for more information.

Archived Lectures

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

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

Special Interest Groups

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



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

The groups currently active are

- ♥ Art History
- ♥ Book Group (waitlist only)
- ♥ Culinary Adventures
- ♥ Knitting
- ♥ Qigong Practice
- ♥ Stonewall at OLLI
- ♥ Walking
- ♥ Women's History
- ♥ Writing

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

OLLI Course Information

Facilitators

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

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

OLLI Scholars

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

Extra Fees for Courses

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

Course Cancellation

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

Attendance Policies

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

Remember to cancel if you cannot attend a course or Brown Bag.

Registration Information

Courses: OLLI Full Members can **request** up to five courses per semester before the Priority Registration Deadline of August 24. After that date, additional course requests will be considered if space remains available. The maximum number of students registered for each course depends on the course topic (some may work best with a smaller class size) and the preference of the facilitator.

Please list your course choices **in order of priority** (*highest priority = 1, and so on*) on the Request Form or when using the online registration system. **Submit your requests by mail or online by August 24, 2020.**

Students who indicate that a course is their first or second priority will have the best chance of being registered for that course. Course requests received after the August 24 deadline will be assigned based on availability on a first-come, first-served basis.

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

Course confirmation: Students are not registered for courses until they receive a final confirmation. Confirmations will be emailed in late August. Please pay close attention to the details of the confirmation correspondence – “**registered**” means a student has been confirmed to attend the class and “**not registered**” means the course was oversubscribed, and the course request could not be accommodated.

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

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

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

Online Learning at OLLI

Zoom

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

Equipment Requirements

Seeing each other enhances online engagement, so OLLI members are encouraged to try to participate via audio AND video. Most computers (laptops and desktops) and mobile devices (smartphones and tablets) will use internal speakers and cameras during a Zoom session. If your device does not have these internally, additional equipment might need to be purchased in order to improve the overall Zoom experience. A simple microphone headset or earbud headphones can help reduce background noise.

It is important to remember that Zoom operates through the internet.

Connection to the internet (whether through a wireless or hard-wired system) should be stable and strong. Dial-up or DSL internet service may not always provide the best connection, which can cause the Zoom experience to be less than ideal. In such cases, members may opt to participate via audio only (through their telephone) for OLLI programs.

Zoom Training

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

Zoom Details for OLLI Courses and Programs

The means by which OLLI members access courses, programs, and meetings hosted on Zoom is through information provided in a **Zoom invite**. These details include a web address and meeting ID number that is specific to each course or event. OLLI only sends this information to those members who are registered and confirmed for a course, Brown Bag, or other event. This Zoom invite is sent out by the OLLI office or course facilitator a few days prior to the start of the course or program. The Zoom invite also includes a phone number to call if the member needs to participate via their phone for audio purposes.

Online Learning Etiquette and Conduct

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

IMPORTANT INFORMATION ABOUT EMAIL

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

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

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

If you do not have an email account, we will help you set one up and learn how to use it. Contact the OLLI office for more information.

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Fall 2020 Courses by Day of the Week

Note: All course information is correct at the time of printing. Any changes to course details will be announced in the OLLI newsletter and reflected in the online information about the course. Unless otherwise noted, all OLLI courses and programs will be held via Zoom (see pg. 4 for more details).

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

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

Monday

S Five Reasons Why the Arctic Matters (Part II)

Humans have always been driven to explore the unknown, discover new territories and sea routes, and to challenge the boundaries of what we know about the world we live in. Despite the harsh climate conditions and remoteness, the Arctic has always attracted people to conquer its vast territories. Although early humans began to develop the land 10,000 years ago, and the exploration of the region has been going on since B.C., the Arctic still contains uncharted mysteries. Is the Arctic the safest place during the COVID-19 pandemic? How clean is the Arctic? What is better, to ride a bike or to drive a car in Arctic cities? Why do Chinese tourists choose the Arctic to spend their vacations? We will answer these and other questions in this course.

Facilitator: OLLI Scholar Nadezhda Filimonova is a PhD Candidate in the Global Governance and Human Security Program at UMass Boston. Her research expertise covers the topics of Arctic governance and geopolitics, Sino-Russia relations in the Arctic, and Arctic urban governance. Nadezhda's current research explores the processes of climate change and environmental policymaking in Arctic cities: Murmansk (Russia), Anchorage (United States), and Tromsø (Norway). She has participated in national and international Arctic research projects and has peer-reviewed publications.

Dates: 5 Mondays, 9/14–10/19 (no class on 10/12)

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

Intermediate French Conversation Through Cinema

Did you once study French? Would you like to improve your ability to understand and speak it now? In this course we will watch French films with English subtitles and discuss the films and their cultural contexts in French. The course will emphasize communication and having fun while learning. "Intermediate French Conversation" has become a cooperative learning situation. People come from a variety of backgrounds and experiences using French. Students encourage others to listen and to learn from each other. Small-group activities help encourage everyone to speak, however haltingly. We will also discuss current events and recent travel or cultural experiences, depending on the people in the class. The first part of each class will be a discussion session, and we will start showing a film at 10:30.

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

Dates: 8 Mondays, 9/14–11/9 (no class on 10/12)

Time: 10:00 a.m.–noon

Format: Discussion

Tai Chi for Beginners

Tai Chi Chuan is an internal Chinese martial art that is extremely beneficial for good health. It is also a method of relaxation and is used to increase focus and concentration. Benefits include the following: stress reduction; improved concentration, flexibility, and strength; and enhancement of the immune system, balance, memory, circulation, and coordination.

Facilitator: William Butts has been a student of martial arts for several years and a student of yang style Tai Chi and Cheng Style Bagua for roughly a year under Master Huan Zhang. He assisted Master Zhang for his Tai Chi and Ba Gua classes in Belmont and Watertown. William completed graduate studies in the exercise and health sciences program at UMass Boston in 2020. As a member of the HELP 2 study (Helping Elders Living with Pain), he assisted in designing protocol of therapeutic value for older adults. In his time away from studying and Tai chi practice, William enjoys spending time with family and friends.

Dates: 10 Mondays, 9/14–11/23 (no class on 10/12)

Time: 10:30–11:30 a.m.

Format: Activity/Exercise

Fiction in a Flash: Reading and Writing the Short Short

This course will explore the art of the short short story—alternatively known as flash fiction. These stories cross genres and are typically just 500–1,500 words in length. Students will read classic short works of authors such as Virginia Woolf and Ernest Hemingway, as well as hand-picked stories by lesser-known contemporary writers. Together, we will discuss what aspects make these stories engaging and effective, and break down the most important parts of a story, focusing on how and where they fit into a powerful work of very short fiction. Students have the option to write a story or two of their own.

Facilitator: OLLI Scholar Alexa Koch is a second-year fiction candidate in the Creative Writing MFA Program at UMass Boston. She self-published her first novel in April 2018, and her freelance features have appeared in several regional magazines. Currently, she is Editor-in-Chief of *The Watermark Journal*, UMass Boston's arts journal, and tutors K–12 students in all subject areas.

Dates: 5 Mondays, 9/14–10/19 (no class on 10/12)

Time: 1:30–3:00 p.m.

Format: Discussion

From Broadway to Hollywood

Find out about the rise of Broadway as the center of the musical theater and Hollywood as the center of the movie industry. Many music and video clips of the “Golden Age” of Broadway and Hollywood musicals will be presented. Topics to be covered in the course

include the following: the rise of New York City as a “world capital” and the center of the American musical and dramatic theater; the origin of the musical theater and early Broadway theaters; the beginning of the modern musical with “Showboat” in 1927 and the “Golden Age” of Broadway musicals; the origins of Hollywood and the Hollywood movie industry; the beginning of “talking pictures” and the early Hollywood movie musicals; and the “Golden Age” of Hollywood musicals.

Facilitator: Sidney Soclof, PhD is Professor Emeritus of the California State University, Los Angeles. He has authored textbooks and numerous ebooks. Dr. Soclof has expertise in history and geography, and extensive travel experience. He has lectured on a wide variety of topics at Road Scholar/Elderhostel, Osher Lifelong Learning Institutes, Senior Summer Schools, Rollins College, and the Chautauqua Institute.

Dates: 6 Mondays, 11/2–12/7

Time: 3:00–4:30 p.m.

Format: Lecture

Online Services during Pandemic Times

Quarantine during this pandemic has been rough, but we are lucky to live during a time with the internet and online services. This course will go over some of today's popular online services that can be accessed through a computer and keep you connected to the outside while staying inside. These services include video chatting, music streaming, digital wallet, and grocery and food deliveries. Join us for this highly interactive course where we'll practice using these services together over Zoom. Course participants will complete a survey beforehand about in which services they are most interested.

Facilitators: OLLI Scholars Cindy Bui and Emily Lim are PhD students in UMass Boston's Gerontology PhD Program. Both scholars use their phones and apps to navigate through everyday life, and are interested in connecting generations through social technology tools. Cindy is from California and Emily is from Singapore, and they enjoy learning more about Boston from OLLI members.

Dates: 5 Mondays, 9/21–10/26 (no class on 10/12)

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

If Laughter Is the Best Medicine, We All Need a Lifelong Prescription

We are born to laugh. We need to laugh. But what exactly are the mechanisms and processes that underlie laughter? We will delve into the science and art of laughter and discuss the psychological and physiological effects of laughter on the body, the neurology of laughter, theories of laughter, why we laugh, and when

we laugh. In addition, we will explore the purpose of laughter as well as the role laughter plays in social interactions. We will discuss what's funny, what's not, and who and what makes you laugh. By the end of the course you will appreciate the role of laughter in improving your health and living your life more fully.

Facilitator: Myrna Finn, with a background as a college professor teaching all aspects of oral communication, has learned that one of the best ways to deal with stress and fear is to laugh. She's quick to find humor in the mundane and the inane, as well as within her own foibles.

Dates: 5 Mondays, 9/21–10/26 (no class on 10/12)

Time: 1:30–3:00 p.m.

Format: Lecture/Discussion

Watercolor Painting

This class is for anyone interested in learning the wonderful medium of watercolor painting! At the beginning of each class, the instructor will present a specific technique with which students can experiment. Students will have the choice of painting a suggested still life (that they will set up) or may choose to paint from a reference photo. This course is driven by student choice where the instructor will assist students based on their needs and interests. All levels are welcome. This course is taught entirely online through the Zoom platform.

Facilitator: Kate Nordstrom is an artist and teacher based in Barrington, RI. Her true love of art started when she was a young child. Kate considers herself a lifelong learner who seeks out opportunities to be a student whenever and wherever she can. Subjects of interest in her own work continue to be the California landscape and architecture, the ruggedness of the New England coastline, and the concepts of light and space. Kate is thrilled to be teaching at OLLI.

Dates: 8 Mondays, 9/21–11/16 (no class on 10/12)

Time: 1:30–3:00 p.m.

Format: Hands-on Activity

Insects: A Closer Look at the Smaller Things!

This class will provide you with good insight into the world of insects! Each week we will cover different orders of insects, and you will be able to learn about them and see them up close (and even under a microscope!). As this course is electronic, you will be presented with photos and videos to showcase each order. This course is designed as an introduction to entomology, and will give you an overview of the magnificent insects that inhabit the Earth.

Facilitator: OLLI Scholar Teá Kesting-Handly is a second-year PhD student at UMass Boston. She currently studies the larval phenotypic color variation within the Spingidae

(Hawk Moths). Being an entomologist, this course allows Teá to share her favorite group of animals with you.

Dates: 7 Mondays, 10/5–11/23 (no class on 10/12)

Time: 1:30–3:00 p.m.

Format: Lecture

War and Peace

Leo Tolstoy's novel *War and Peace* is the quintessential "big" book—evoking the sweep of history and deep insights into the human heart in a style that has been called "more real than reality itself." The course will read the novel in translation and discuss it in its historical context and from the perspective of the 21st century reader. How does Tolstoy's exploration of happiness, success and failure, heroism, and wisdom resonate today? How does his vision of fate and history apply to our own lives? Patricia Suhrcke, PhD in Russian literature and history, leads the course.

Facilitator: Patricia Suhrcke received her doctoral degree in Russian literature from the University of Chicago. She has taught Russian literature in translation in Chicago and Atlanta. The recently retired director of Cambridge Forum, Patricia has more than 20 years' experience leading public dialogues on a wide range of topics. She has facilitated discussions of Russian literature for OLLI since 2016 and thoroughly enjoys the experience.

Dates: 8 Mondays, 10/19–12/7

Time: 1:30–3:00 p.m.

Format: Discussion

Elevating the Ordinary: Finding Poetry in the Everyday

Often people turn to poetry on big occasions: marriage, birth, death. However, most of our lives are lived in-between these moments. This course will explore how to sanctify the details of our lives through poetry. We will read and discuss a variety of poets who do just that. From studying this work, we will use the techniques observed to write our own poems deploying these learned skills. As a class, we will work to take the ordinary moments of our lives and transform them into art.

Facilitator: OLLI Scholar Megan Waring is a poet, playwright, and fiber artist who currently resides in Boston. She is earning her MFA in poetry from UMass Boston. Megan's work is forthcoming or published in *Salamander*, *Nailed Magazine*, *Mortar Magazine*, and *Belle Ombre*, among others. Her second co-authored play, *Archer and the Yeti*, was produced by Greene Room Productions in October 2019.

Dates: 5 Mondays, 10/26–11/23

Time: 1:30–3:00 p.m.

Format: Discussion

War Memories: Theirs and Ours

Seventy-five years have gone by since the end of WWII and along with it much of the living memory about it. How will we remember? And what will we remember? This will not, however, be your typical walk down war memory lane. Through the lens of Japanese war memory specifically and Asian war memory in general, this course will introduce you to events of the Asia-Pacific War—as it sometimes called—that may be unfamiliar to you. Part history lecture, part meditation on memory, this course will invite you to encounter the war memories of a culture literally halfway around the world as well as the ones you experienced or inherited from your own family and culture. The course content derives from Genny Peterson’s master’s thesis on Japanese animation and postwar memory, which she completed in August 2020.

Facilitator: Genny Peterson is the OLLI project coordinator. OLLI members who took Genny’s other courses will be happy to hear she finally finished her master’s degree at long, long last! Although she still hasn’t been to Japan, Genny is hopeful that 2021 will be the year! She has facilitated three OLLI courses, presented many brown bags, and led several walking tours.

Dates: 4 Mondays, 11/2–11/23

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

How Unions in America Created the Middle Class, What’s Next?

The Union Movement in the United States played a major role in creating the middle class. The goal of this class is to explore the history of the Union Movement, the role unions played in the creation of the middle class, and worker benefits we take for granted such as the 40-hour work week, pay for overtime, health and welfare benefits, and paid vacations, just to name a few. We now face a radically different work environment; with stratification of the workforce, what role will unions play in this changed environment? Workforce stratification refers to how factors such as gender, race, and social class play a role in the kinds of work people perform and how occupations reflect class, race, or gender. We look forward to lively class participation.

Facilitators: Joanne Agababian is a sociologist at heart. She is the daughter of parents who belonged to very different types of unions, the United Brotherhood of Carpenters and Joiners of America and the International Ladies’ Garment Workers’ Union. Joanne has examined issues of poverty in the United States in past OLLI courses. Bill Hamilton has a wealth of hands-on knowledge of unions as he was president of one in the state of New York. He also studied unions, earning a BA in labor and a certificate in economics.

Dates: 6 Mondays, 11/2–12/7

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

Unique Presentations from the Cleveland Museum of Art

The Cleveland Museum of Art has long provided OLLI members with presentations to help expand their understanding and appreciation of art in all forms. This series explores unique topics associated with the museum’s varied collections. We begin with looking at bodily adornments used to establish personal and social identity and move on to the history of relief printmaking in Western and Asian cultures. OLLI members are then introduced to the science and art behind photography and capturing those moments that move us. Finally, the last two sessions will look at repatriation (the returning possession and control over artifacts back to their place of origin), and the museum’s connection to the “monuments men” who discovered and rescued art stockpiled by the Nazis.

Facilitator: Arielle Levine of the Cleveland Art Museum teaches students all around the world during video conferences in the museum’s Distance Learning Program. She has a degree in art history from Case Western Reserve University and has been with the museum’s education department for over 15 years.

Dates: 5 Mondays, 11/2–11/30

Time: 1:30–2:30 p.m.

Format: Lecture

Tuesday

The Message Not Spoken but Delivered: Politicians in Action

In this time of “fake” news and misinformation, it can be challenging for us, as consumers of political rhetoric, to discern truth. Politicians spout one thing, yet their body language can convey something entirely different. This apparent incongruence can affect what you attend to, what you believe, how you respond, and how you act. We will explore various aspects of nonverbal communication and apply what we learn to specific examples of politicians in action by watching video clips. The goal is to help you discern truth from deception and decide if this is even possible. Does the body tell all?

Facilitator: Myrna Finn is a professor emerita at Salem State University where she taught courses in all aspects of communication including nonverbal communication. She believes in the wisdom of the body and that the body never lies. Analyzing nonverbal behavior of politicians can yield a treasure trove of information.

Dates: 5 Tuesdays, 9/15–10/13

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

Exploring Library Resources

The state of Massachusetts has several Library Networks. Through this computer-based course we will explore the various networks and how to access the many resources online. By the end of this course, beyond placing a book on hold at your local library, you will be able to stream video for free, download audio and e-books for free, tap into online learning courses for free, gain access to 200+ current and past magazine titles for free, and more, all from wherever you and your device happen to be with an internet connection.

Note: Requires the ability to comfortably search the internet independently and must bring your own device (laptop or iPad) to class.

Facilitator: Diane Kelly has developed a variety of computer-based courses to meet her students' needs and has a wide range of computer skills and experiences to share. She has loved libraries since she was a child: books, information, connections with others, and more. Today, the library has changed in what it offers, and Diane loves to share the wealth of information waiting at your fingertips.

Dates: 6 Tuesdays, 9/15–10/20

Time: 10:00–11:30 a.m.

Format: Lecture/Hands-on Activity

Spanish Vocabulary Building

Do you know Spanish, but never practice? Do you want to expand your Spanish vocabulary? Do you like social interaction and having fun? If your answer is yes, then this class is perfect for you! In this class, participants with intermediate and advanced understanding of the Spanish language will actively develop and expand their vocabulary through group activities. Class time will consist of playing games such as Loteria, Basta, Memorama, Jeopardy, and others. These games are ideal to build up Spanish vocabulary. As we advance in the course, the games will be tailored to meet participants' needs.

Facilitator: OLLI Scholar Nidya Velasco Roldan is a PhD candidate in the Gerontology Department at UMass Boston. Nidya is originally from Xochimilco, Mexico City. She is very proud of her roots and native language. As an active member of the Mexican community in Boston, Nidya has helped first-generation immigrants improve their Spanish language proficiency.

Dates: 5 Tuesdays, 9/15–10/13

Time: 1:30–3:00 p.m.

Format: Discussion

America and World War II

This year marks the 75th anniversary of the end of World War II, the most cataclysmic event of the 20th century. Twenty-thousand people a day died. Join us as we review the events that transformed America from

an isolationist nation to the world's first superpower. Careful attention will be focused on events in Europe during the 1930s and how the Japanese attack on Pearl Harbor globalized the war. As FDR told Americans, "I am no longer Dr. New Deal; but Dr. Win the War."

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

Dates: 6 Tuesdays, 9/22–10/27

Time: 4:00–5:15 p.m.

Format: Lecture

Election 2020

The course will follow this year's electoral politics, with a heavy focus on the presidential campaign. The weekly course content will keep up with events. The tentative list of topics that will be covered include the following: the strategies and tactics of President Trump and former Vice President Biden; how each campaign is getting its message out, which includes the role of the press; how the campaign is affected by major events such as COVID-19 and racial injustice and unrest; other contests, particularly for control of the Senate; efforts to encourage and suppress voting, voting by mail, fraud, and the integrity of the voting process itself; and debriefing the results after the election.

Facilitator: Robert L. Turner is a Research Fellow in the McCormack Graduate School Dean's Office since 2007. Before that, he worked for 42 years at *The Boston Globe*, most of it covering local, state, and presidential politics. Robert was a member of *The Globe* editorial board from 1993–2007, Op-ed political columnist 1979–1993, State House Bureau chief, assistant city editor, copy boy, etc., 1965–1979. His books include *Dukakis: An American Odyssey* with Charles Kenney and *"I'll Never Lie to You": Jimmy Carter in His Own Words*.

Robert also conducted six study groups at the Kennedy School, Harvard University. He received his BA in 1965 from Columbia College and an MPA in 1982 from the Harvard Kennedy School.

Dates: 6 Tuesdays, 9/29–11/10 (no class on 11/3)

Time: 1:30–3:00 p.m.

Format: Lecture/Discussion

Beginner Yoga

Yoga is an excellent way to help build muscle strength, relieve stress, and connect with yourself. It focuses on controlled and meaningful breathing as a way to allow the body to open up and relax. Benefits include increased muscle strength, improved flexibility, better balance, stress reduction, and a stronger sense of

self awareness. Each class begins with a concentrated warm-up, practice, and finishes with shavasana (full-body relaxation lying on the floor). Yoga strives to train both the body and the mind to produce a better sense of self.

Facilitator: OLLI Scholar Natalie Shellito is a certified fitness and Pilates instructor. She has taught group fitness for more than four years. Natalie enjoys helping people achieve their fitness goals while working to improve their body and mind. She has taught OLLI “Beginner Yoga” for six semesters and looks forward to another semester of yoga!

Dates: 5 Tuesdays, 10/13–11/17 (no class on 11/3)

Time: 10:00–11:00 a.m.

Format: Activity/Exercise

Knit Along: Creating a T Using Basic Knitting Skills

This class is designed for beginner knitters and experienced as well. Knitting is the art of using a pair of needles and yarn to create garments. It enhances brain activity because we need to count and use math to calculate amounts, and it promotes social activity. Knitting is an art that can be carried along, while traveling or waiting. It keeps the hands busy. The class will be built around creating a T (*new way to say a pullover*). Everyone will work on their own project while learning knitting techniques. We will attempt to visit a yarn store.

Facilitator: Samia Awad was born in La Paz, Bolivia and has a biology degree from The American University of Lebanon. She is a biochemist by training. Samia also earned an MBA from Suffolk University in Boston. She has been knitting since she was seven years old. Samia learned how to knit from her grandmother. She also learned through classes and sometimes by trial and error.

Dates: 7 Tuesdays, 10/13–12/1 (no class on 11/3)

Time: 10:00–11:30 a.m.

Format: Lecture/Hands-on Activity

Travel Pre- and Post-Pandemic: Reminiscing and Planning

Although travel is on hold right now, leisure-travel will return. When that will happen and how post-pandemic travel will differ from pre-pandemic travel, no one knows just yet. So, while changes are expected, many things, including travel planning, will stay much the same. There will be new questions to ask and new decisions to consider but the anticipation of experiencing new places will return. Let’s anticipate!

Facilitator: Eileen Condon is a retired IT professional. She is a member of the OLLI Curriculum, Technology, and Travel Committees, and is a technology teaching assistant. Eileen has been traveling since the age of 19, both domestically and internationally. She has traveled with groups both large

and small, as well as independently. Eileen has taken trips as short as a weekend in London to as long as 9 weeks in Eastern Europe and Russia. So far, she has visited 31 states, 57 countries, and 5 continents.

Dates: 6 Tuesdays, 10/20–12/1 (no class on 11/3)

Time: 10:00–11:30 a.m.

Format: Discussion

Religion and Myth in the Cleveland Museum of Art Collections

Art has been a popular medium by which the sacred, secular, and mythical aspects of culture are often captured. Join the Cleveland Museum of Art as it guides OLLI members in the first three sessions through the gods and heroes of the Hindu, Buddha, and Mayan cultures. The final two class sessions will examine the stories and religious figures in the Old and New Testaments.

Facilitator: Arielle Levine, see bio on page 10.

Dates: 5 Tuesdays, 10/20–11/24 (no class on 11/3)

Time: 1:30–2:30 p.m.

Format: Lecture

Two Perspectives on the Middle East

This course of four talks on the Middle East includes two looking at history and U.S. diplomacy in two hotspots, and two looking at intimate social life from an anthropological perspective. The two hotspots Bill will cover are Saudi Arabia and Syria where he served in the embassy. Andrea’s two talks are titled “Wintering Over in A Syrian Village”, where she looks at Arab parents raising children, and “Beautiful Communications: The Art of Getting Along”, looking at social customs in Arab Gulf countries.

Facilitators: Bill and Andrea Rugh have lived in the Middle East for 25 years, and both have doctorates in their fields. Bill was a U.S. Foreign Service Officer and, after retirement, taught graduate courses at Northeastern and The Fletcher School. He has published 5 books on diplomacy. As an anthropologist, Andrea worked on development projects in several regions and has written 13 books on Middle Eastern culture.

Dates: 4 Tuesdays, 10/27–11/24 (no class on 11/3)

Time: 10:00–11:30 a.m.

Format: Lecture

Mob Stories, Love Stories, and a Trip to Filene’s Basement: Boston in the Movies

Even though we may cringe when we hear Hollywood actors attempting a Boston accent, it’s always fun to see our hometown on the big screen. We’ll explore some of the best movies filmed in the Boston area over the past 70 years through clips and full-length films shown in class. Full-length films to be shown include

Mystery Street (1950), *The Friends of Eddie Coyle* (1973), and *Next Stop Wonderland* (1998).

Facilitator: Julie Kinchla enjoyed taking several classes in film history and film appreciation while a student at UMass Boston in the '70s. The experience sparked a lifelong love of movies and further attendance at many additional film classes over the years. Julie is a retired librarian with many years of experience developing and presenting programs for the public. She facilitated "American Film Noir" for OLLI in fall 2019.

Dates: 6 Tuesdays, 10/27–12/8 (no class on 11/3)

Time: 1:30–3:00 p.m.

Format: Lecture/Discussion

Wednesday

Cats and Newspaper Comics: Are They Reflections of Us?

The sessions will examine the plethora of comics that have cats playing either a major or minor role in the cartoon. The goal of the course is to look at the age-old issues of our anthropomorphic tendencies through cats. For example: Was there a connection between Garfield and its author Jim Davis? A secondary goal is to have some fun with the topic.

Facilitator: Joanne Agababian has studied comics in a variety of ways: political, their wisdom, and to explore why we have so many cats in so many newspaper comics.

Dates: 3 Wednesdays, 9/16–9/30

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

Evolution and the First U.S. Federal Immigration Acts & Laws: Acts of Government & Society, 1776–1952

It was not until 1875 and 1882 that the *first* Federal laws on immigration were passed. Once in place, there began a series of acts and government appropriations—such as funds to build Ellis Island—from 1882 forward to further restrict immigration. The ensuing reaction of both government and society began a proactive movement to institute restrictions. One of the most notable groups was the Immigration Restriction League of 1894, which was founded in Boston. The Acts of Congress between 1875 and 1952 lay bare both reactive and proactive legislation taken during those years.

Facilitator: Linda Kennedy has already taught an OLLI course on immigration, which included in-depth research and study into the late-19th and early-20th century migration patterns into the United States. As part of graduate school and receiving a master's in history, Linda did extensive research

and study on the Civil War and its causes and effects.

Dates: 4 Wednesdays, 9/16–10/7

Time: 10:00–11:30 a.m.

Format: Discussion

Tai Chi for Intermediates

This is a continuation of the "Tai Chi for Beginners" course. Chuan is an internal Chinese martial art that is extremely beneficial for good health. It is also a method of relaxation and is used to increase focus and concentration. Benefits include the following: stress reduction; improved concentration, flexibility, and strength; and enhancement of the immune system, balance, memory, circulation, and coordination.

Facilitator: Master Huan Zhang is the 6th generation of Yang Style Tai Chi, 12th generation of Chen Style Tai Chi (New Frame), and 4th generation of Five Element Tong Bei. He has 40 years of Chinese martial arts experiences. Huan has learned a lot of forms from many top masters and lineage holders from China, including his late father Grandmaster Zhang Lu Ping and late Great Grandmaster Cai Hong Xiang. He has been interviewed by Channel 5's Chronicle on his Tai Chi teaching. Huan has published more than 20 martial arts articles in both China and the U.S.'s top martial arts magazines. He also wrote a chapter on balancing for a UMass Boston text book. He is the Chief Instructor of the MIT Tai Chi Kung Fu club and Chief Exercise designer for an NIH granted Joint Pain Study for the elderly.

Dates: 10 Wednesdays, 9/16–12/2 (no class on 11/11 and 11/25)

Time: 10:30–11:30 a.m.

Format: Activity/Exercise

Life Story Workshop: Create A Collection of Audio Stories

What did you get in trouble for when you were young? What's the greatest historical event you lived through? In our weekly class sessions, we guide students through sharing and preserving their life stories. The facilitator provides new, engaging prompt-questions every week. Students get to hear the amazing life experiences of their community members while having the opportunity to share some stories of their own. Students will also have the option to audio record their stories during the workshop and create their own collection of audio stories, to save as a keepsake or to gift to loved ones.

Facilitator: Linnea Guerin has a master's degree in creative writing. She taught English composition at Minnesota State University, and over the past four years has run numerous creative writing and storytelling workshops. She currently lives in Brooklyn with her dog, Icarus, where she enjoys park-hopping and getting lost in museums.

Dates: 5 Wednesdays, 9/23–10/21

Time: 10:00–11:30 a.m.

Format: Discussion

Digital Photography: Walking the Talk

We've all bought newer and better digital cameras, tried to learn how to use them, taken photography courses, bought books on the subject, and even looked at numerous YouTube videos. All this knowledge of photography is fine, but in order to advance your skills you need to take photos—lots of photos in lots of different situations. This course is for individuals who want to sharpen their skills in composition, make effective use of light and exposure, and ensure that every shot is “tack sharp.” In order to achieve these goals, we need to get out in the field and start shooting. Three of the six class sessions will take place at mutually agreeable greater Boston outdoor public locations and will introduce a new theme or subject for each session. We will avoid photo locations that are crowded, wear masks, maintain social distancing, and observe national and local guidelines for safe outside activities. The other three class sessions will be online (Zoom or equivalent) to review some photography basics and the amazing photos that you will take during the outside photo shoots. The only prerequisites for the class are enthusiasm for photography, a DSLR or point & shoot camera that has a Manual (M) or at least a Programmed (P) mode, and some good walking shoes.

Facilitator: Jim McEneaney is an accomplished amateur photographer who has, for more than 40 years, pursued his hobby by taking thousands of photographs in North America, Europe, Asia, Central America, and the Caribbean. He has also taken courses at the Nikon School of Photography in both film and digital formats.

Dates: 6 Wednesdays, 9/23–10/28

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion/Hands-on Activity

America and World War II

This year marks the 75th anniversary of the end of World War II, the most cataclysmic event of the 20th century. Twenty-thousand people a day died. Join us as we review the events that transformed America from an isolationist nation to the world's first superpower. Careful attention will be focused on events in Europe during the 1930s and how the Japanese attack on Pearl Harbor globalized the war. As FDR told Americans, “I am no longer Dr. New Deal; but Dr. Win the War.”

Facilitator: Gary L. Hylander, see bio on page 11.

Dates: 6 Wednesdays, 9/23–10/28

Time: 4:00–5:15 p.m.

Format: Lecture

The Best of English Poetry: The Victorians

This course is the eighth in a series that explores poems written in the English language from Geoffrey Chaucer through Robert Frost. Our guidebook is Harold Bloom's anthology *The Best Poems of the English Language* (2004, paperback \$22.00). In this segment, we will study the works of Alfred, Lord Tennyson, Edward Fitzgerald, Robert Browning, Matthew Arnold, and Gerard Manley Hopkins. A brief biography and historical context for each poet will be followed by exploration of selected works. Our comprehension of the beauty and wisdom of the poems will deepen through discussing our insights into what each work expresses and evokes. Newcomers to the class are welcome.

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

Dates: 6 Wednesdays, 10/7–11/18 (no class on 11/11)

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

Climate Change: The Facts and the Future

This course will examine climate change: It will examine the evidence, show what has thus far changed, and look into what is expected to happen in the future under different scenarios. The course will not only delve into the effects around the world but will examine the local effects and plans to deal with the changes.

Facilitator: Jim Manning is a scientist and meteorologist who works for Precision Weather Forecasting and can be heard on WATD radio. He was formerly on WJAR-TV 10 in Providence.

Dates: 4 Wednesdays, 10/21–11/18 (no class on 11/11)

Time: 10:00–11:30 a.m.

Format: Lecture

Ba Gua (Basic Circle Walking) for Beginners

Ba Gua Chang is an internal Chinese martial art that is extremely beneficial for older adults. The Chinese consider root to be the foundation of your body. They exercise their root legs with Ba Gua Circle walking. The practice of circle walking, or “turning the circle” as it is sometimes called, is Baguazhang’s characteristic method of stance and movement training. Practitioners walk around the edge of the circle in various stances, facing the center, and periodically change direction as they execute forms.

Facilitator: Huan Zhang, see bio on page 13.

Dates: 10 Thursdays, 9/17–11/19

Time: 9:30–10:30 a.m.

Format: Activity/Exercise

The Family History Project

Unlike a typical “genealogy” class, this course will cover the basics of researching through databases, online resources, and a brief overview of available webinars. Then, we will take what we have learned and start building a family history using stories, oral histories, questionnaires, and some writing activities that will get you started in building your family narrative. When all is said and done, learning about your family doesn’t need to be all about the facts and figures. Requires ability to comfortably search the internet independently and must bring your own device (laptop or iPad) to class.

Facilitator: Diane Kelly has developed a variety of computer-based courses to meet her students’ needs and has a wide range of computer skills and experiences to share. Diane Kelly is a genealogist and is constantly learning new and easier ways to tackle the information available to dig deeper into family history in a variety of ways. Diane has worked with New England Historic and Genealogical Society to transcribe Boston’s Archdiocese Records and with Family Search to transcribe a variety of records hoping to make searching for your ancestors easier for all.

Dates: 7 Thursdays, 9/17–10/29

Time: 9:30–11:30 a.m.

Format: Lecture/Hands-on Activity

Tong Bei Exercises

Tong Bei is a Tai Chi-like exercise that concentrates on relaxation of the back, and shoulder and arm stretches. It is an ancient Chinese exercise that originated 3,000 years ago during the Warring States Period. Tong Bei is very easy to do compared with Tai Chi. It involves a lot of arm and back stretches and rotation of the joints. It will increase your body flexibility and balance.

Facilitator: Huan Zhang, see bio on page 13.

Dates: 10 Thursdays, 9/17–11/19

Time: 10:45–11:45 a.m.

Format: Activity/Exercise

Writing a “Legacy Letter”

This course is designed to introduce the concept of “legacy letters” and to encourage participants to craft their own legacy document. A legacy letter (also called an “ethical will”) is a written document that allows people to share their life lessons, express their values, and transmit their blessings to future generations. Writing a legacy letter is a rewarding experience that creates an enduring gift for children, grandchildren, and other loved ones. The course includes discussion, brief writing exercises, and a model structure to help participants complete a legacy document that can be shared with family and friends.

Facilitator: Jay Sherwin created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. He has practiced law, given away money for five different charitable foundations, worked as a philanthropy consultant, and served as a hospital chaplain. Read more at www.jaysherwin.com

Dates: 4 Thursdays, 9/17–10/8

Time: 1:30–3:00 p.m.

Format: Discussion

Knowledge from the Borders: An Introduction to Latin American Social Thought

Latin America has been a center of thought even before the foundation of its republics. Social sciences have flourished, trying to understand the colonial conditions of the countries and their projection in an increasing globalized world. Despite the richness of the Latin American scholarly production, most of this important knowledge is often unknown, even in the United States. This course is intended to be an introduction to the rich and vast Latin American social thought from the precolonial times to the contemporary thinkers. The course will explore, in an accessible and didactic manner, Latin American authors and their main ideas.

Facilitator: OLLI Scholar Mario Portugal-Ramirez is pursuing his PhD in the Global Governance and Human Security Program at the McCormack Graduate School of Policy and Global Studies at UMass Boston. Mario studied sociology at the Universidad Autonoma Gabriel René Moreno (Bolivia) and holds a master’s degree from the Facultad Latinoamericana de Ciencias Sociales (Flacso), Ecuador. His current research interests are medical anthropology, global health, medical pluralism, and indigenous people’s political movements. This is Mario’s fifth time facilitating for OLLI.

Dates: 5 Thursdays, 9/17–10/15

Time: 1:30–3:00 p.m.

Format: Lecture

Introduction to Opera

Have you ever heard an opera or a piece of music that you really liked and then learned it was from an opera? Have you seen or heard an opera and then wished you knew more? Maybe you have friends who enjoy opera and you wonder what it's all about. Or, maybe you'd just like to learn about something new. In this class, we will learn a bit about how opera came to be and from where it came. We will also learn about the singers and their roles. We will conclude by viewing a full-length opera.

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

Dates: 7 Thursdays, 9/17–10/29

Time: 1:30–3:00 p.m.

Format: Lecture/Discussion

How to Take and Edit Awesome Photos with Your iPhone!

If you would like to create stunning pictures of children, pets, sunsets, flowers, and vacation spots using only your iPhone, then this course is for you! You will hone your “seeing skills” and learn the artistic elements of a good photo—line, shape, color, texture, composition, and light. You will also learn the hidden features of your iPhone camera, including manual focus and exposure, and its built-in photo editing software. This lively, interactive Zoom class includes sharing homework photos and step-by-step skills practice.

Note: iPhone users only. Android phone cameras not covered in this course.

Facilitator: Ellen Foust is an award-winning visual artist/photographer with a passion for teaching. Her experience with photography spans darkroom to digital, portraiture to landscapes. She holds an MA in art history, an MEd in education, and studied photography at the New England School of Photography. Learn more about Ellen: www.ellenfoust.com and <https://www.instagram.com/ellenfoustphotography/>

Dates: 10 Thursdays, 9/17–11/19

Time: 1:30–3:00 p.m.

Format: Lecture/Discussion/Hands-on Activity

Basic Vocabulary You Should Know If You Travel to France

This course will teach basic French words and sentences that will help you navigate most of the common situations that you may encounter as a tourist.

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

Dates: 5 Thursdays, 9/24–10/22

Time: 10:00–11:30 a.m.

Format: Discussion

The Art of Storytelling - Cancelled

Storytelling is the oldest form of communication and over the last few years it has had a large resurgence in popularity. It teaches ethics, values, and cultural norms. Learning is most effective when it takes place in social/class environments, which provide authentic social clues about how knowledge is to be applied. Storytelling has detailed methodologies that we will explore. This course will give you tools for performing storytelling. In taking this class you will be asked to tell stories from your past and present them to the class. The class will give feedback as to the delivery of the story. You will also be asked to view existing storytellers performing on your computer.

Facilitator: Peter Garcia has taught storytelling for eight years. He also has appeared as a finalist in storytelling a number of times and on WGBH. Peter is one of the founders of Reading Neighbor Network, an organization that sets up programs for the elderly. He also developed the CNAP Alliance, which is a network for aging in place.

Dates: 8 Thursdays, 9/24–11/12

Time: 10:00–11:30 a.m.

Format: Discussion

The Human Face of the Great War, 1914–1918

The unprecedented and shocking human cost of World War I staggered all involved, raised doubts about dominant military strategy, and had a deep impact on culture, art, literature, and geo-political reality. The shock wave of this massive loss of life and collateral suffering still resonates to this day. This course will examine the impact of industrialized warfare, the concept of total war, life in the trenches, shell shock, frontiers of medicine and psychiatry, and the impact of devastating sorrow and grief, then and now, and will trace the battlefield experience of selective soldiers in the 26th Division (Yankee Division).

Facilitator: Dan Leclerc has taught history in the Chelmsford Public Schools, served as Director of Social Studies, K–12,

for the Hingham Public Schools, and retired as Asst. Superintendent of the Ashland Public Schools. He holds a master's degree in history from Northeastern University; has been to France five times, always devoting a portion of each visit to research and visitation of specific battle sites on the Western Front; conducted numerous World War I presentations at a variety of local libraries, historical societies, senior centers, and veteran's groups; and teaches OLLI courses at UMass Boston, and Tufts and Brandeis Universities.

Dates: 8 Thursdays, 9/24–11/12

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

History of Western Architecture

Lavishly illustrated with 400 images, this course covers 200,000 years from prehistoric times to today and beyond, in the Western Hemisphere. Each session begins with the broad historical context leading to the core meanings in architecture through the ages. The evolution of architecture is traced from one period, transitioning to the next over time. The basic theory of architectural design is included with associated disciplines of structural design and a broad palette of applied arts. We will address the question: What are the challenges that all buildings must meet to qualify as architecture? Some notable historical examples of architecture in Massachusetts will be included.

Facilitator: Raymond Stern graduated as an architect from University College London, England. He has practiced architecture and has taught art and architecture in Europe, Singapore, the United States, and Canada where he lives. Raymond has given lifelong learning courses on this topic at McGill University and Carlton University in Canada, and at the Institute Allende in Mexico.

Dates: 5 Thursdays, 10/8–11/5

Time: 1:30–3:30 p.m.

Format: Lecture

Riches of Short Fiction

This class will take a look at a variety of short fiction, paired week to week by an aspect of the writing (use of symbols or objects, for example, or how that story grapples with dialogue) that will help us dig into what the story is doing and why we should read the story. Class will be discussion based, and students will be asked to bring opinions based on details of the stories to the discussion.

Facilitator: OLLI Scholar Andréa Rivard is an MFA candidate in fiction at UMass Boston and has previously taught high school English. She currently works with students in both one-to-one and classroom settings, and taught an OLLI class in the spring. She particularly loves exploring the worlds of short fiction.

Dates: 5 Thursdays, 10/22–11/19

Times: 10:00–11:30 a.m.

Format: Lecture/Discussion

Explore the World of Podcasts

Would you like to learn more about podcasts? Informative, entertaining, and current—no matter what your interest, there's an audio podcast available. They're easy to find on your smartphone and computer, and even easier to listen to as you take a walk, travel in your car, or eat your lunch. We'll start at the beginning with how to find and use podcasts, and search for new topics. Each week we'll explore subject areas, look for what's trending, listen to a few examples, and share our personal favorites.

Facilitator: Cathy Phillips is a former staff member at OLLI and has presented courses on art, documentary film, and museum studies. Her frequent walks in Boston are accompanied by varied voices inside her head supplied by audiobooks and podcasts.

Dates: 4 Thursdays, 10/22–11/12

Time: 1:30–3:00 p.m.

Format: Lecture/Discussion

Discover Documentary Films: Quiet Please!

Libraries play a vital role in society's quest for and dissemination of knowledge. Many times, the library can be a person's first exposure to books and reading. Today, libraries are re-examining their roles in the communities they serve and embracing technology to improve access to resources. The films in this course examine these and other aspects of libraries and librarians. It is expected that OLLI students will watch each film on their own time before the class discussion. Links will be provided prior to each class session to access websites where films can be watched online for free. The class will meet weekly on Zoom to discuss the film and enjoy special guest speakers: local librarians who will share their own personal and professional experiences with the class.

Facilitator: Jim Hermelbracht has been the OLLI director since August 2017. Prior to coming to UMass Boston, Jim was director of student activities at Stonehill College for 10 years. He has had prior experience in strategic planning at both Stonehill and Doane College in Nebraska, and has had a career in higher education for over 20 years.

Dates: 5 Thursdays, 10/22–11/19

Time: 1:30–3:00 p.m.

Format: Discussion

Survival French for Travelers (or for Fun)

Are you going to France or to a French speaking country? If so, you need to be able to communicate at least at a minimum to show that you are making an effort toward the culture of the host country. The people there will greatly appreciate (even if they

answer in English) and may even be friendlier. In this class you will be learning French basic vocabulary and phrases in a conversational setting. The course will integrate the Mango Languages computer program to practice and reinforce your new skills at home. This is part 2 of the course, however it is not necessary to have done part 1 if you already know some French.

Facilitator: H el ene Olken, see bio on page 16.

Dates: 6 Thursdays, 10/29–12/10 (no class on 11/26)

Time: 10:00–11:30 a.m.

Format: Discussion

Travels in Asia, Europe, and Africa

The worldwide pandemic has kept us (temporarily) from exploring and learning about the fascinating landscapes and people beyond our borders. In this course, Barry Pell revisits some of his favorite places as a reminder of what the world has to offer and to rekindle the curiosity and travel spirit in all of us. Included in these three sessions will be the Ancient Silk Road cities of Central Asia, the distinctive culture and history of West Africa, and the unique geology and landscapes of Iceland. The programs will be accompanied by Mr. Pell’s photography

Facilitator: Barry Pell is a world traveler and photojournalist. He has traveled widely over nearly 5 decades, visiting and documenting landscapes and cultures in 167 countries. Mr. Pell has also lived and traveled in China, Eastern Europe, North Africa, and South America. He currently lectures on international cultures at schools, universities, and institutions in the Boston area.

Dates: 3 Thursdays, 11/5–11/19

Time: 1:30–3:00 p.m.

Format: Lecture

Friday

Great Conversations

Thought-provoking readings on a variety of topics lead to engaging discussions among the course participants. “Great Conversations” is an OLLI staple that has been offered every semester for over 10 years. We will discuss readings from one of the *Great Conversations* books published by the Great Books Foundation, typically 20–40 pages a week, that may challenge our assumptions or prompt us to see some aspect of life in a new light. Class discussion is lively and friendly, with participants respecting each other’s points of view. Some classes may be facilitated by OLLI members who have taken previous semesters of the course.

Facilitator: Linda Seale has been a participant in this course for a number of semesters and has been the facilitator for several semesters. She loves the wide-ranging discussions prompted by reading the selections and the rapport that develops among the participants.

Dates: 6 Fridays, 9/25–10/30

Time: 10:00–11:30 a.m.

Format: Discussion

Observational Drawing Using Colored Pencil

This class is for anyone interested in learning how to draw using colored pencil. Students will learn some color theory in order to understand layering techniques. This course will focus on observational drawing in order to capture form and space using simple still life objects for inspiration. Additionally, students may choose to draw from reference photos, particularly if they have had prior drawing experience. All levels are welcome. This course is taught entirely online through the Zoom platform.

Facilitator: Kate Nordstrom, see bio on page 9.

Dates: 8 Fridays, 9/25–11/13

Time: 10:00–11:30 a.m.

Format: Hands-on Activity

Reimagining the Fairytale

Tales as old as time continue to captivate us. But why are they so memorable? And how have the same stories evolved to outlive their original storytellers? By examining the elements of storytelling and craft, we will explore the principles of narrative, setting, perspective, and character in the stories we know and love. We will also read works by contemporary writers such as Angela Carter and Gina Ochsner as models of how well-known tales might be reimagined and transformed. Concurrently throughout the course, each participant will be challenged to closely examine a fairytale of choice with the goal of reworking its elements into a story they can call their own.

Facilitator: Esther Woo, as an undergraduate at Yale, pursued her love of stories by studying Russian literature. She went on to earn an MFA in creative writing at Seattle Pacific University, where she learned that the storyteller is a listener first, writer second. Esther is currently working on a series of short pieces that share the themes of longing, loss, and the search of home.

Dates: 6 Fridays, 11/6–12/18 (no class on 11/27)

Time: 10:00–11:30 a.m.

Format: Discussion

Chair Yoga

Chair Yoga is a great option for Every Body. We use the chair as a support and a prop. Some of us may be interested and able to get down onto the floor, while others may remain in the chair. We use the chair for support while balancing and can do many yoga poses using the chair to increase access. It makes it easier as we don't have to get down onto and up from the floor, and when doing planks and up dogs, we're not supporting our entire weight. Try it. You'll like it.

Facilitator: Lauren McCluskey is a certified yoga instructor. She has been teaching yoga for over a year now. Lauren is certified in teaching yoga to older adults, and as an older adult herself, she has her own physical challenges and limitations, so she can offer modifications.

Dates: 5 Saturdays, 9/26–10/24

Time: 10:30–11:30 a.m.

Format: Activity/Exercise

No Boundaries: The Beauty, Brilliance, and Behavior of Birds

Birds are all around us, but how much do we really know about them? This course will provide an overview of bird biology and behaviors such as song, nest building, flight, and migration. The class will also highlight the symbolism and meaning of birds in various cultures throughout history. In addition to learning about birds and developing a deeper appreciation for them, we will focus on actions of conservation and methods of viewing and identifying them in daily life.

Facilitator: Jennalyn Speer was raised in Jamestown, NY, which is also the hometown of famed ornithologist, educator, and artist Roger Tory Peterson. Like Peterson, Jennalyn was fascinated by birds at an early age and is now a bird artist and art teacher living in Memphis, TN. The science of bird life and the cultural significance of birds were the subjects of her MFA thesis. Jennalyn is looking forward to sharing her love and knowledge of birds with others!

Dates: 6 Saturdays, 9/26–10/31

Time: 10:00–11:30 a.m.

Format: Lecture/Discussion

What the Living Do: Literature of Pandemics

In this course, we will explore a wealth of literature on pandemics: The Bubonic Plague as depicted by Defoe, the Spanish Flu bared by Katherine Anne Porter, the Red Death invented by Edgar Allan Poe, and the HIV pandemic captured by some of the most beautiful poems I've ever read. Through these stories and poems, we will explore the ways in which what we are living through is new and not new, and every bit a plague of poverty and politics as it ever was. Please pick up a copy of *Pale Horse, Pale Rider* by Katherine Anne Porter prior to the first class.

Facilitator: Michele Harris received her BA in English literature from Allegheny College and her MFA in creative writing from UMass Boston. She was awarded the 2011 David A. Kennedy prize in poetry and was a finalist for the 2018 New Millennium Award. Michele's writing has appeared or is forthcoming in *Cicada*, *Cosumnes River Journal*, *New Millennium Writings*, *The Sheepshead Review*, *Anderbo*, *The Prose-Poem Project*, *Eclectica*, *Dirtflask*, *Northridge Review*, *Escarp*, *The Columbia College Literary Review*, *Stirring*, and elsewhere. Her first book of poetry, *Blackdamp*, was released in May 2019 by David Robert Books.

Dates: 5 Saturdays, 9/26–10/24

Time: 10:30 a.m.–noon

Format: Discussion

Virtual Museum Tours for Art Poetry Inspiration

In this course, we will visit (virtually) Boston museums, talk about ekphrastic poetry (poetry about art), and write our own poems inspired by the art of others. No previous experience with art or poetry required!

Facilitator: OLLI Scholar Andria Warren holds an MFA in creative writing from UMass Boston. She has taught "Introduction to Creative Writing" at UMass Boston and taught an OLLI course titled "Walking and Writing Through Nature."

Dates: 5 Saturdays, 10/24–11/21

Time: 10:00–11:30 a.m.

Format: Discussion

How Was That a Hit Record?

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

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

Dates: 5 Saturdays, 10/31–12/5 (no class on 11/28)

Time: 10:30–noon

Format: Lecture

Creative Movement with Abilities Dance Boston

Explore movement through stretching and improvisational exercises with an instructor from Abilities Dance Boston. Each week, find the joy in movement with different stretches and activities adapted to diverse bodies to make dance accessible to all. Abilities Dance Boston has operated in the Greater Boston area since 2017. Look at their website abilitiesdanceboston.org for more information.

Facilitator: Louisa Mann began her training in Brattleboro, VT under the direction of Kathleen Keller where she studied ballet, modern, and jazz. She has a BFA in dance from the University of Missouri, Kansas City and is currently working on her master's in Dance/Movement Therapy at the Pratt Institute in Brooklyn, NY. Louisa has performed with the Albany Berkshire Ballet, Ajkun Ballet Theater, and attended Dance Italia in Lucca, Italy under the direction of Stefanie Nelson. Louisa is a company member with Abilities Dance Boston and Heidi Latsky Dance in NYC.

Dates: 5 Saturdays, 11/7–12/12 (no class on 11/28)

Time: 10:00–11:30 a.m.

Format: Activity/Exercise

Teach for OLLI!

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

Deadlines for Course/Brown Bag Proposals: early April for the fall catalog; early November for the spring catalog

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

Volunteering with OLLI

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

Fall 2020 Brown Bag Presentations

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

- 📖 **A Peek into the Early Life of Eleanor Roosevelt**
by Dot Cole and Camille Mullally
- 📖 **Math and Your Vote** *by Karl-Dieter Crisman*
- 📖 **Recognizing and Redefining Your Purpose**
by Patricia DeVal
- 📖 **Park Street: A Mirror of Boston for Centuries**
by Rose Doherty
- 📖 **A Night in the Amazon** *by Erica Ferencik*
- 📖 **Jackie Robinson: Civil Rights Icon** *by Anthony Guerriero*
- 📖 **The Atomic Bomb and the Curve Ball:
The Incredible Story of the Boston Red Sox's Moe Berg**
by Anthony Guerriero
- 📖 **Boston's Bacchante** *by Diane Kelly*
- 📖 **Why and Who Built Those Monuments in the South
After the Civil War?** *by Linda Kennedy*
- 📖 **Boston's Greatest Generation Women:
From "We Can Do It!" to Home Economics?**
by Polly Kienle
- 📖 **Get on the Resistance Bandwagon** *by Rita La Rosa Loud*
- 📖 **Roni Horn: Questions of Identity** *by Kali Lightfoot*
- 📖 **Use Self-Hypnosis to Relax, Feel Great,
and Sleep Soundly** *by Kathryn McGlynn*
- 📖 **Onward to Mars, 2020 and Beyond** *by Pat Monteith*
- 📖 **The Elder Index:
Economic Security and Aging in Massachusetts**
by Jan Mutchler and Yang Li
- 📖 **Greenland: A Journey into the Land of Ice** *by Barry Pell*
- 📖 **The Seychelles Islands:
Natural Splendor in the Indian Ocean** *by Barry Pell*
- 📖 **A Real Witch Hunt:
The Salem Witch Trials in a Nutshell**
by Marilynne Roach
- 📖 **Getting Wind and Solar Energy from Far Away
to Power Our Electric System** *by Larry Rosenberg*
- 📖 **Nature and Forest Therapy:
Experiencing Nature in a New Way** *by Kirsten Snow*
- 📖 **Consciousness and Prehistoric Art** *by Raymond Stern*
- 📖 **Everything You Always Wanted to Know About
Recycling Plastic but Were Afraid to Ask**
by Laura Thompson
- 📖 **The Brain Under Siege: CTE, The Blight of Contact
Sports Athletes and Combat Veterans** *by Tim Wheelock*
- 📖 **You Traveled Where? Yes, We Traveled to
Newfoundland. Loved It!**
by Nancy White, Jean Hunt, and Katie Kelley
- 📖 **Calling All Poets and Lovers of Poetry:
Share the Story Behind Your Poetry** *by Rita Wolfson*

Fall 2020 Virtual Walking Tours

We are very thankful for OLLI member Nancy White for converting some of her in-person walking tours to an online format. The following virtual walking tours will be held on Zoom. Dates and descriptions will be announced at a later time. Additional virtual tours may be added as they become available.

- 📺 Boston's Financial District
- 📺 The Prudential Center

Notes

**OLLI AT UMASS BOSTON
COURSE REQUEST FORM — FALL 2020**

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

Important Information

A priority system is used to determine who will be admitted to classes that are oversubscribed. We believe it to be the most equitable method of deciding who gets into those classes. In order for you to participate in this system, you must return your request form to us by **August 24**, indicating your order of priority for each course (1st choice = most desired). After the deadline, class assignments will be made on a first-come, first-served basis.

Please indicate courses that you wish to take.

Please print the full course title.

(DO NOT include Brown Bag registration on this form!)

1st Course Choice _____ Day _____

2nd Course Choice _____ Day _____

3rd Course Choice _____ Day _____

4th Course Choice _____ Day _____

5th Course Choice _____ Day _____

It is **IMPERATIVE** that all request forms are received in our office by Monday, **August 24, 2020** in order to be included in the lottery process. Registrations are accepted thereafter, but are subject to course availability.

Course Confirmation

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

Questions about registration?

Call 617.287.7312 or email ollireg@gmail.com

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

OLLI AT UMASS BOSTON MEMBERSHIP FORM FALL 2020

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

MEMBER PROFILE

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

How did you hear about OLLI? _____

Gender Male Female

Year of Birth _____ (required)

College Degree Yes No

UMass Boston Alumnus/a Yes No

Do you consider yourself to be retired? Yes No

Current/Former Occupation _____

Would you be interested in facilitating a course?
 Yes No

What topic(s)? _____

Are you a new member? Yes No

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

ORDER INFORMATION

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

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

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

Tax Deductible Contribution to
 Harry Gloss Scholarship Fund _____

TOTAL _____

For Office Use Only

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

PAYMENT INFORMATION

For Credit Card Payment VISA MasterCard Discover

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

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

*Annual membership dues must be paid in full at the time of course registration and are non-refundable after **October 2, 2020.***

Fall Special Events and Unique Learning Opportunities!

OLLI will be offering special events for members to enhance their learning throughout the fall. This will include a special speaker series titled "Issues in Aging," featuring UMass Boston's Gerontology faculty, as well as a series on Africa. More information on those and other special events will be made available as details are confirmed.

We are grateful to Casa Mia Tours for lining up the fantastic Italian food and wine events below. All special events are open to both full and associate members.

History of Italian Wines (lecture and presentation)

Friday, September 11 at 10:30 a.m.

Why were the Ancient Romans willing to import many products except for grapes? Why did Mussolini tear up vineyards to make way for wheat? Why did people start to go blind from drinking wine in the 1980s? These are some of the questions we will address in a lecture titled: The History of Italian Wine. Together we will discover the stories of Italian wine starting in antiquity and moving all the way to the present. We will even take a quick look at how the current pandemic is influencing the wine industry in Italy.

History of Olive Oil (lecture and presentation)

Friday, September 25 at 12:00 p.m.

We are not sure which Mediterranean culture 'invented' olive oil, but it is clear that it came from the Middle East and spread westward. We should not be under the illusion that ancient Greeks were dressing their salads and cooking their vegetables in olive oil from the word go. It is clear that in the beginning it was used to burn in lamps, to make perfumes, to clean the body, and it was clearly understood to have health benefits. Ancient technology is fascinating, but if you want to make good olive oil, unromantic stainless steel and hygiene are essential.

Wine Wednesdays! Wine and Cheese Pairings (lecture and tastings)*

Wednesday, September 23 at 1:30 p.m.

Wednesday, October 21 at 1:30 p.m.

Wednesday, October 7 at 1:30 p.m.

Wednesday, November 4 at 1:30 p.m.

Join our resident cheese expert, Eleonora, and our natural wine lover, Gina, as they share their knowledge of cheese and wine pairings straight from Rome, Italy. In each segment, Eleonora and Gina will pair three cheeses with three wines from varying regions in Italy, taking you on a full sensory journey as they share their love of cheese and wine, as well as tales of their culinary travels throughout Italy. **Please note that OLLI members will need to purchase their own cheese and wine if they wish to do the tastings along with Gina and Eleonora. Wine and cheese lists will be made available ahead of time. Each program will feature different wines and cheeses. The actual tasting part of the program is not a required element of the program; it simply enhances the experience.*

Cooking Demonstration (presentation and demonstration)

Friday, October 30 at 12:00 p.m.

Program description:

Italian cuisine is defined by the regionality and locality of its ingredients, as well as the seasons. Italians are fiercely loyal to their lands and utilize the finest local ingredients each season. Join Chef Carolyn as she invites you into her kitchen to learn about Italian fall classics. Through both demonstration and lecture, you will leave inspired to create your own Italian menu in the comfort of your own home.



Casa Mia Tours offers exclusive experiences and bespoke itineraries in and around Rome, Naples & the Amalfi Coast, Florence & Tuscany, Bologna & Emilia-Romagna, and Sicily. As trustworthy experts in food and wine, they custom-design eating and wine-tasting adventures, host cooking classes, and much more—making a travel experience in Italy a deliciously unforgettable one.



OLLI
 UNIVERSITY OF MASSACHUSETTS BOSTON
 100 Morrissey Boulevard
 Boston, MA 02125-3393

Zoom 101 Training Brown Bags

UMass Boston and OLLI have been using Zoom (a free video-conference platform) as a way to conduct remote learning and stay in touch with one another. OLLI offers basic Zoom training to its members through live workshops being hosted on Zoom. These Brown Bag sessions will cover the very basics of what Zoom is and what the user should know on the most basic level in order to use the application and participate in conversations, whether that be in an OLLI course/event or chatting live with family and friends.

Summer Training Dates & Times

| | | | |
|--------------------|------------|---------------------|------------|
| Monday, July 13 | 3:00 p.m. | Friday, July 31 | 10:00 a.m. |
| Tuesday, July 14 | 12:00 p.m. | Monday, August 3 | 2:00 p.m. |
| Wednesday, July 22 | 2:00 p.m. | Wednesday, August 5 | 10:00 a.m. |
| Thursday, July 23 | 2:00 p.m. | Monday, August 10 | 10:00 a.m. |
| Tuesday, July 28 | 11:00 a.m. | Tuesday, August 11 | 10:00 a.m. |
| Thursday, July 30 | 3:00 p.m. | Friday, August 14 | 12:00 p.m. |

OLLI members can register for these workshops by logging into their OLLI account. They are listed under the Brown Bag section of our online course catalog.

Questions?

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

