

◆ Coming in January! - Intersession on Ancient Rome

Tuesdays, January 17, 24 and 31, 2017

Dr. John Heineman, Dr. Erika Schneider and Dr. Helen Heineman

We will be offering a special course on Ancient Rome. This course will involve a separate registration and membership fee. More details to follow.

Important Information for Students

Visit www.framinghamlibrary.org/adventures for information on the program.

- ◆ REGISTRATION CONFIRMATIONS will be emailed or mailed before classes begin.
- ◆ MEMBERS are encouraged to register as soon as possible.
- ◆ CLASS size is limited by the size of the classroom.
- ◆ LUNCH – 12:15-1:15pm
The Costin Room and internet café tables in the lobby are available if you bring a brown bag lunch.
- ◆ PARKING – Please plan to park at the Main Library parking lot or on the streets around the Library. If you sign up for Adventures classes that take place at Amazing Things Arts Center, there is a parking lot there.
- ◆ SUPPORTER LUNCHEON – If you join at either the Supporter or Platinum level, it covers two sessions plus the Intersession. Another benefit of joining at these levels is the Supporter Luncheon taking place on Friday November 4, 12:00-2:00pm. The Luncheon is a great gathering of conversation, food and entertainment, as well as an opportunity to connect with professors and other students.
Don't miss out – join at the Supporter or Platinum level today!
- ◆ CANCELLATIONS – For inclement weather cancellations, please call 508-532-5570 after 7:30am.
- ◆ QUESTIONS: email the Adventures Coordinator, Karen Woo, at fpladventures@gmail.com.

We thank the Framingham Town Hall and Amazing Things Arts Center for the generous use of their facilities.

- Fall 2016 -

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and Framingham Public
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Lifelong Learning Classes
Geared to Seniors!



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Adventures in Lifelong Learning - Fall 2016 -

Make Tuesdays your day to explore, discover
and make new friends!

October 11, 18, 25 and November 1.

The makeup date is November 8

REGISTRATION IS OPEN TO ALL

Membership fees are optional, but are critical to sustain the program. Members are given priority registration for classes.

MEMBERSHIP LEVELS:

BASIC LEVEL - \$50 (Fall session only)

SUPPORTER* - \$150 per person or \$250 per couple

PLATINUM* - \$500+ (Includes two sessions and the Intersession course)

*Includes two sessions, the January Intersession course, and the Supporter Luncheon.

Register for classes and pay online at: www.framinghamlibrary.org/adventures.

If you are using a paper registration form, please mail it and your check (**payable to FSU Foundation**) to: Adventures, Framingham Public Library, 49 Lexington Street, Framingham, MA 01702. CASH WILL NOT BE ACCEPTED.

MEMBER REGISTRATION BEGINS ON WEDNESDAY, SEPTEMBER 7

ADVENTURES REGISTRATION OPEN HOUSES

Wednesday September 7, 9:00-11:30am – Framingham Public Library lobby

Thursday September 8, 1:00-3:00pm – Framingham Public Library lobby

We encourage members to pay and register online by September 18.

NON-MEMBER REGISTRATION:

Begins Monday, September 19; and can only be done online at the link above.

*Adventures in Lifelong Learning is generously supported
in part by supporters and membership fees.*

9:00-10:30am - CHOOSE Class 101 OR 102

◆ **CLASS 101: The American Dream? How Growing Economic Inequality is turning the Dream into a Nightmare – Amazing Things Arts Center, 160 Hollis Street**

Dr. John Ambacher, Professor Emeritus, Framingham State University

The focus of these lectures is to get at the underlying causes for growing economic inequality and what the consequences are in both a social and moral sense. Topics include growing wealth and income inequality, and the threats that growing inequality poses to the democratic way of life.

◆ **CLASS 102: Middlemarch: George Eliot's Masterpiece – Main Library, Costin Room**

Dr. Helen Heineman, President Emerita, Framingham State University

In *Middlemarch*, Eliot reveals the interaction between inner psychological concerns and the social environment through focusing on four marriages and the various issues of youth, middle, and old age. **Recommended edition:** Barnes & Noble Classics edition and plan to read Book I and Book II for the first class. *(Participants are advised to treat the Introduction as an Afterword, and not read it until the end).*

10:45am-12:15pm - CHOOSE Class 103 OR 104 OR 105

◆ **CLASS 103: Ethical Dilemmas Today - Amazing Things Arts Center, 160 Hollis Street**

Dr. Rifat Sonsino, Visiting Professor, Framingham State University

This course will cover various ethical dilemmas of our time, dealing with:

Oct. 11th: Business ethics

Oct. 18th: Legal ethics

Oct. 25th: Medical ethics

Nov. 1st: Sexual ethics

After an introduction to the topic by the instructor, participants will be asked to express their opinion on individual cases presented to them in written form.

◆ **CLASS 104: Darwin, Marx, Wagner, and Freud: The Intellectual Legacy – Main Library, Costin Room**

Dr. John Heineman, Professor Emeritus, Boston College

Enthralled by recent scientific discoveries (such as the germ theory and inoculation) the 19th century rapidly embraced four “Systematizers” who offered a comprehensive and “scientific” analysis of the human condition:

Oct. 11th: Charles Darwin (1809-1882)

Oct. 18th: Karl Marx (1818-1893)

Oct. 25th: Friedrich Nietzsche (1844-1900)

Nov. 1st: Sigmund Freud (1856-1939)

This series of discussions will examine their similarities and influence.

◆ **CLASS 105: Popular Music - from Elvis to Eminem – Town Hall, Ablondi Room**

Dr. Delvyn Case, Asst. Professor of Music, Wheaton College

Oct. 11th: The Birth of Rock'n'Roll

Oct. 18th: Rock in the 60's: The Beatles, Bob Dylan, and The British Invasion

Oct. 25th: Forty Years of Rock: Punk, Metal, Alternative, and Indie

Nov. 1st: Soul Funk and Hip-Hop - 1965 to Today

12:15-1:15pm - Lunch Period

1:15-2:30pm - Class 106

◆ **CLASS 106: Diet & Exercise Strategies for Maintaining Muscle, Bone Density and Healthy Joints in Midlife and Beyond – Town Hall, Ablondi Room.**

Jane Polley, MS, RD, LDN, and Laila Vehvilainen, MS-Gerontology, MPH and Certified Fitness Instructor

Oct. 11th: Maintaining muscle, bone and joint health for healthy aging: An overview of role of nutrition and exercise.

Oct. 18th: Protein basics, ideal body weight and exercises for maintaining muscle and bone density.

Oct. 25th: Role of anti-inflammatory diet for muscle, bone and joint health. Exercises for healthy joints.

Nov. 1st: Diet/exercise take home recommendations.

Please wear comfortable clothing and tennis shoes.

1:15-3:45pm - Class 107

◆ **CLASS 107: Film Series: Rainer Werner Fassbinder: A German Master – Main Library, Costin Room**

Dr. Arthur Nolletti, Jr., Professor Emeritus, Framingham State University

The foremost director of the New German Cinema, Fassbinder (1946-82) made an astonishing 44 feature films in his brief 14-year career, which began in 1969. Employing a wide range of visual and narrative styles, he explored the connection between postwar Germany's rampant materialism and his own personal demons. In this class we will examine four of his most celebrated and provocative works. *All films are in German with English subtitles.*

Oct. 11th: *The Merchant of Four Seasons (Der Händler der vier Jahreszeiten, 1971)*
Fassbinder's first major commercial success is an understated melodrama that deals with a fruit peddler whose dreams of finding meaning in life are thwarted by social circumstances and his own flawed nature. *89 min.*

Oct. 18th: *Fox and his Friends (Faustrecht der Freiheit, lit., Fist-Right of Freedom, 1974)*
Fassbinder delivers a stunning performance in this powerful tragicomedy as a naive, gay carnival worker who wins the lottery and is taken up, manipulated, and ultimately abandoned by a wealthy group of “friends.” *123 min.*

Oct. 25th: *Mother Kusters Goes to Heaven (Mutter Küsters Fahrt zum Himmel, 1975)*
After a disgruntled factory worker kills his boss and commits suicide, his wife (the marvelous Brigitte Mira) find herself hounded by the media, deserted by family and friends, and exploited by the political Left. *108 min.*

Nov. 1st: *The Marriage of Maria Braun (Die Ehe der Maria Braun, 1978)*
Fassbinder's greatest critical and commercial success deals with an ambitious, strong-willed business woman (Hanna Schygulla), who gains wealth and position against all odds. A satire of West Germany's economic miracle, it pays homage to Mildred Pierce and American director Douglas Sirk. *119 min.*

Please see the back cover for an exciting new course we are offering in January.