

◆ **CLASS 109: Healthy Habits for Body & Mind: Moving from SURVIVE to THRIVE**

– Christa McAuliffe Branch Library, Community Room

Jane Polley, Nutritionist & Laila Vehvilainen, Certified Fitness Instructor & Trainer

Oct. 3: Your Current Habit Map – Identifying and changing habits through diet, exercise and other lifestyle approaches.

Oct. 10: Healthy Diet Habits – Habits for maintaining healthy body weight, optimizing nutrient content, stabilizing blood sugar and more.

Oct. 17: Healthy Fitness Habits – Fitness habits & strategies for finding time and developing a fitness plan. Come ready to do some exercises!

Oct. 24: Healthy Mental Habits for a Balanced Life – How do you know you are out of balance? Stress reduction through movement, sleep, meditation and more.

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 for classes at the Main Library or at Town Hall. For the Studio Art Class, please park in the lot behind the Maynard building which is located at 14 Vernon Street. For the Healthy Habits class, please park at the McAuliffe Branch Library parking lot.
- ◆ CANCELLATIONS – For inclement weather cancellations, please call 508-532-5570 after 7:30am. If the message says the Library is closed, then classes are cancelled.
- ◆ QUESTIONS – email the Adventures Coordinator, Tricia Paolucci, at fpladventures@gmail.com.

◆ **The John L. Heineman Intersession – The Middle Ages**

– Main Library, Costin Room

Taught by: Dr. Helen Heineman, Dr. Erika Schneider, Dr. Gregory Halfond

Classes take place on **Tuesdays: January 9, 16, and 23** (with a makeup day January 30) from 10am-2pm, with a lunch break 12-1pm. *(Participants should plan to attend all three classes each week.)*

We thank the Framingham Town Hall for the generous use of their facilities.

*Framingham State University
and Framingham Public
Library Proudly Present
Lifelong Learning Classes
Geared to Seniors!*



Framingham
State University



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PUBLIC LIBRARY
Look here first.

Adventures in Lifelong Learning - Fall 2017 -

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

October 3, 10, 17, 24. The makeup date is October 31.

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 - \$60 (Fall session only)

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

PLATINUM* - \$500+

* Includes two sessions, January Intersession, and Fall 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 6.

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

NON-MEMBER REGISTRATION:

Begins Tuesday, 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.*

8:30-8:55am - Coffee and Pastries

9:00-10:30am - CHOOSE ONE: Class 101, 102, or 103

◆ **CLASS 101: Fords, Flappers and Fitzgerald – Main Library, Costin Room**
Dr. Gary Hylander, Ph.D., Boston College

In the 1920s, the sound of radios and phonographs filled the air. Motion pictures offered new vistas for millions of moviegoers. Prosperity was everywhere. Americans began their love affair with the automobile. Women “bobbed” their hair, danced the Charleston and voted for the first time. In 1928, the Republican Party nominated the self-made millionaire, Herbert Hoover, for president. With the nation in the midst of a robust bull market, Hoover promised “a chicken in every pot and two cars in every garage” for every American family. The Great Depression followed.

◆ **CLASS 102: Wuthering Heights: Gothic Romance Made Credible – Town Hall, Ablondi Room**
Dr. Helen Heineman, President Emerita, Framingham State University

At its first publication, *Wuthering Heights* received generally unsympathetic reviews. Critics called it a “disagreeable story,” full of such “repulsive vulgarity” that it could not have been written by a woman. A strange book, “wild, confused, disjointed, and improbable,” it seemed “full of savages,” its attractive hero/villain, “an incarnation of evil qualities.” And while the novel presents a dark and fierce view of the world, today, it is recognized as a remarkable achievement. Totally original, the work conveys the destructive potential of thwarted passion. **Recommended edition:** Barnes and Noble Classics edition. **Readings:** Oct. 3: Chapters 1-9; Oct. 10: Chapters 10-17; Oct. 17: Chapters 18-28; Oct. 24: Chapters 29-end.

◆ **CLASS 103: Conversations with the Earth – Town Hall, Blumer Room**
Dr. Lawrence McKenna, Associate Professor, Framingham State University

Earth’s climate has been changing for our planet’s entire 4.5 billion year history. But over the past 175 years or so—the time by happy coincidence since Framingham State University was founded by Horace Mann—climate change has been rapid, all in one direction, and due largely to human activity. Join us as we examine how Earth’s climate works, how one species’ activities can alter global climate, what additional changes the near future will bring, and why it’s so hard to get people to agree on what to do about it.

10:45am-12:15pm - CHOOSE ONE: Class 104, 105 or 106

◆ **CLASS 104: The Times They Were a-Changin’: Popular Music in the 1960s – Main Library, Costin Room**
Delvyn Case III, Associate Professor of Music, Wheaton College

This four-part lecture series will explore the changing musical landscape of the 1960s. On Day 1 we will consider the Folk Music Revival, Bob Dylan, and new conceptions of lyrics in popular music. On Day 2 we will discuss the British Invasion, the Beatles, and the impact of the blues on American and British rock. On Day 3, we will take a magical mystery tour through psychedelia and learn about the ways it changed rock music. On Day 4 we will consider how rhythm & blues transformed into soul and funk.

◆ **CLASS 105: The Legends of King David – Town Hall, Ablondi Room**
Rabbi Rifat Sonsino, Ph.D., Framingham State University

King David occupies a key position in biblical material as well as in world literature. The Hebrew Bible and rabbinic literature portray him as a mighty soldier, a musician, a poet, and a clever politician. He was not perfect and committed many mistakes, but he was modest enough to acknowledge his short-comings and openly confessed his sins. The four lectures will cover the following topics: Oct. 3: David in the Hebrew Bible; Oct. 10: David in Rabbinic Literature; Oct. 17: David as a messianic figure; Oct. 24: Various legends about David.

◆ **CLASS 106: The Constitution’s Protection of Civil Liberties and Civil Rights - Town Hall, Blumer Room**
Dr. John Ambacher, Professor Emeritus, Framingham State University

Added to the Constitution two years after its ratification, the Bill of Rights were considered essential to the protection of individual rights against not only an overreaching government but an evil-intentioned majority as well. After the American Civil War, Congress passed the 14th Amendment which included the concept of equality. Liberty and equality—are they mutually exclusive or does the fulfillment of one depend upon the fulfillment of the other? We will explore the many dimensions of equality and how they relate to the protection of individual liberty.

12:15-1:15pm - Lunch Period

1:15-3:45pm - CHOOSE ONE: Class 107, 108 or 109

◆ **CLASS 107: Enter Laughter II – Main Library, Costin Room**
Dr. Arthur Nolletti, Jr., Professor Emeritus, Framingham State University

Continuing our study of comedy from this past March, this class will examine the following films:

Oct. 3: Buster Keaton Double Feature: *Steamboat Bill, Jr.* (1928) & *One Week* (1920)

Oct. 10: *Salt of Life* (Gianni Di Gregorio - Director, 2012)
Follow-up to *Mid-August Lunch*. Italian with English subtitles.

Oct. 17: *Election* (Alexander Payne - Director, 1999)
Stars Reese Witherspoon.

Oct. 24: *Love & Friendship* (Whit Stillman – Director, 2016)
Stars Kate Beckinsale. Adapted from Jane Austen’s *Lady Susan*.

◆ **CLASS 108 Studio Art at Danforth Art: Unexpected Art – FSU, Maynard Building**
Leigh Faramarzpour, MFA, Massachusetts College of Art & MA, Framingham State University

Discover how successful you can be at making art in this relaxed series with one of our most experienced teachers. You will have the opportunity to experiment with painting, collage, drawing, printmaking and more in easy-to-try techniques which will help you create beautiful, and perhaps unexpected artwork.

Please see back of brochure for details on Class 109 and the January Intersession course