



LASELL VILLAGE

Education Program

Spring 2018 Lecture and Course Descriptions

Lectures Sponsored by the Education Department

**No pre-registration required unless specified.
All lectures take place in the Lasell Village Ballroom
unless otherwise specified.**

Changes in the lecture schedule will be announced in News and Notes and posted on the bulletin board at the Resident Services Desk.

Book Talks

Join us for this annual four-part winter program that features book reviews by members of our living and learning community of residents, staff and Village course leaders. Our thanks to residents Mary B., Chris W., and Dave W. for organizing this program.

Wednesday, January 3, 2018 **Warner S.** **2:00 – 3:00 PM**
The Machine Stops by E. M. Forster.

Wednesday, January 10, 2018 **Elena C.** **2:00 – 3:00 PM**
Managing Your Memory by Andrew E. Budson and Maureen O'Connor

Wednesday, January 17, 2018 **Louise F.** **2:00 – 3:00 PM**
Just Mercy: A Story of Justice and Redemption by Bryan Stevenson
A non-fiction account of one man's fight for criminal justice reform in the U.S. from 1980 to the present time.

Wednesday, January 24, 2018 **Stan B.** **2:00 – 3:00 PM**
The Choice: Embrace the Possible by Edith Eva Eger

Exploring the Musical World of Frederic Chopin – Part 5

Friday, December 22, 2017 **2:00 – 3:30 PM**
One of the most beloved composers of the early 19th century, Chopin wrote piano music of extraordinary grace and poignancy. Join our instructor and pianist as she continues to delve into a sampling of his works in order to more fully appreciate the sophistication of his craft and to perhaps reveal the elements that contribute to the resultant musical magic!

New Literary Excursions

Thursday, December 28, 2017 **2:00 – 3:30 PM**
Please join me for a seminar-style discussion of excerpts (provided in handouts) from a handful of beloved writers. As we take these literary excursions, we will explore how writers use words to construct worlds out of language and create different kinds of experiences for readers. Along the way, we will gather impressions of how writing works and discover how close reading opens up the space for meaning. No prerequisites are required. Readers from all fields are welcome. Discussion will be encouraged.

Here's to Good Health: Tools for Well-being **A Series of Five Lectures**

Here's to Good Health: Tools for Well-Being is a series of educational programs at Lasell Village that focus on the multiple dimensions of health care and wellness in later life. Its lectures and educational workshops explore lifestyle issues and decision-making with an emphasis on maintaining a healthy lifestyle, an active mind and independent living for as long as possible.



How to Better Use Your Vision

Friday, January 5, 2018

2:00 – 3:00 PM

Join a representative of The Carroll Center for a seminar on the common causes of vision loss, latest low vision devices and techniques for improved use of vision.

Trip to The Carroll Center Store

Friday, January 12, 2018

12:45 PM

A trip has been arranged to visit the Carroll Center Store. The Carroll Store specializes in providing low vision products, adaptive devices, and technology for the blind. You may purchase products on-line, over the phone or in person. If you do not see an item you are looking for, let us know. Items not kept in stock may be special ordered if prepaid. Please sign up in section **5** of the Events book for transportation via the Lasell Village Bus.

Seven Steps to Managing your Memory

Friday, January 19, 2018

2:00 – 3:00 PM

As you age, you may find yourself worrying about your memory. Where did I put those car keys? What time was my appointment? What was her name again? With more than 41 million Americans over the age of 65 in the United States, the question becomes how much or what type of memory loss is to be expected as one gets older and what should trigger a visit to the doctor.

Seven Steps to Managing Your Memory addresses these key concerns and more, such as, What are the signs that suggest your memory problems are more than just part of normal aging? Is it normal to have concerns about your memory? What are the markers of mild cognitive impairment, dementia, Alzheimer's, and other neurodegenerative diseases? How should you convey your memory concerns to your doctor? What medicines, alternative therapies, diets, and exercises are available to improve your memory?

Advance Directives and Documenting “What Matters Most” in Our Lives

Monday, January 22, 2018

2:00 – 3:00 PM

The decisions we make regarding our care (in the event of an accident or serious illness) reflect our individual, family, religious and cultural values. Attending to these values in our financial, legal and medical decisions can enrich the way we live our lives, and increase quality of life for us and those we love.

In this interactive workshop, we will unravel the jumble of end-of-life planning terminology, including: Advanced Directive, Living Will, Health Care Proxy, Power of Attorney, MOLST and DNR. We will also point to the kinds of decisions we and/or our family members might be asked to make. Our goal is to aid us in the thoughtful consideration of options and possibilities as we attend to “what matters most” in our lives.

Lasell House: What to Expect When you require Skilled Nursing Care

Friday, March 2, 2018

2:00 – 3:00 PM

Join John B., Lasell House Administrator, and Senada B., Director of Nursing for Lasell House, for an overview of skilled nursing care. With services ranging from rehabilitation to pharmacy and medication access, Lasell House meets the needs of residents and non-residents alike. John and Senada will explain the logistics of skilled nursing care for long-term and short-term stays, including transportation, insurance, and the Lasell Village benefit. They will also describe how you can continue to participate in Village programming while receiving care from nurses and doctors at Lasell House.

Weekly Exercise Classes

No pre-registration required

Changes in the on-going weekly exercise class schedule will be announced in News and Notes and posted on the bulletin board at the Resident Services Desk.



Water Exercise with Lis D.

Monday at 10:00 – 10:45 AM

Class will not be held on days when the pool is closed.

Chair Yoga with Ruth L.

Monday at 11:30 AM – 12:30 PM in the Ballroom

Balance/Core Strengthening with Derek M.

**Tuesday and Thursday at 8:30 – 9:15 AM and 2:00 – 2:45 PM
in the Pestalozzi Community Room**

CHECK NEWS & NOTES FOR CONFIRMATION OF DEREK'S SCHEDULE

Group Exercise with Britta Z.

**Wednesday at 11:30 AM – 12:15 PM and Friday at 11:45 AM – 12:30 PM
in the Ballroom**

Chair Yoga II with Ruth L.

**Thursday at 3:30 – 4:30 PM
in the Pestalozzi Community Room**

Tai Chi with James T.

Thursday at 11:15 AM – 12 noon in the Pestalozzi Community Room

Aqua Stretch with Bernice G.

Friday at 10:00 – 10:40 AM

Class will not be held on days when the pool is closed.

Fitness Room with Paul C.

**Check weekly schedule in News & Notes or on the bulletin board
at the Resident Services Desk.**

Lasell Village Courses

Choose One:

1. *As You Like It* by William Shakespeare

Monday, March 12 – April 23, 2018

10:00 – 11:30 AM

No class on April 16.

Or

2. *As You Like It* by William Shakespeare

Monday, March 12 – April 23, 2018

1:00 – 2:30 PM

No class on April 16.

In 1896 George Bernard Shaw identified three reasons for Rosalind's popularity in *As You Like It*: she speaks in blank verse only for a few minutes; she wears a skirt only for a few more minutes; and third, "she makes love to the man instead of waiting for the man to make love to her." In *As You Like It* we have a character as sane, quick, and subtle as Jane Austen's Elizabeth Bennet in *Pride and Prejudice*, Rosalind's undoubted successor. With this comedy, we can put aside the winter of our discontent and find the tongues in trees, books in the running brooks, and good in everything the play so pleasingly promises. This is a six-week course.

Required reading: *As You Like It* by William Shakespeare, ISBN-13: 978-0743484862

Folger Shakespeare Library.

3. How to Navigate Your iPhone (Advanced Beginner)

Monday, February 26 – April 2, 2018

1:00 – 2:00 PM

This course is for the advanced beginner iPhone user who wants to learn more about their phone and its capabilities. Adjust your iPhone setting for contacts, email, photos, apps, FaceTime and more. Learn about sending and saving pictures. Explore the world of apps and customize your phone with apps that are most useful to you. Learn quick and easy shortcuts to make your life easier! This is a six-week course.

Required materials: Bring your iPhone. Handouts will be provided by the instructor.

4. Voices of Experience: *Our Favorite Folk Songs*

Monday, January 29 – March 26, 2018

2:00 – 3:30 PM

No class on February 19.

Dress Rehearsal: Monday, April 2

2:00 – 3:30 PM

Performance: Tuesday, April 3

2:00 – 3:00 PM

Performance: Wednesday, April 4, 2018

2:00 – 3:00 PM

This semester, join the Voices of Experience as they perform folk songs from multiple traditions. Some are American favorites by people like Woody Guthrie, Pete Seeger, and Joan Baez. Other songs are very old and have no known composers! Our program will also include songs out of the Jewish, Eastern European, and Welsh folk traditions of our members.

Course requirements: The only requirement for joining this choral group is that you should be able to carry a tune. New members meet briefly with the conductor for a private meeting. The quality of your voice is not important, neither is your ability to read music. We are open to all! Join the Voices and let music lighten your life!

Course materials: You will need a black three ring binder and a pencil.

5. Reel History: A History of the Space Age Through Film

Monday, January 29 – March 12, 2018

3:30 – 5:00 PM

No class on February 19.

This course will examine the United States Space Age with an emphasis on the development of rocket technology, the space race between the United States and the Soviet Union, the United States shuttle program, and current space exploration programs. Residents will view the following films on channel 918: *October Sky* (1999), *The Right Stuff* (1983), *Hidden Figures* (2016) *Apollo 13* (1995), and *The Martian* (2015). In addition to film viewings and class discussion, residents are encouraged to research and share a discussion topic related to current events in the space industry. This is a six-week course.

Required reading: The course leader will provide Handouts.

6. The Manhattan Project and the Decision to Drop the Bomb

Tuesday, February 20 – March 27, 2018

10:00 – 11:30 AM

The existence of nuclear weapons played a dominant role in the history of the second half of the twentieth century. This course focuses on the early part of the story: the development of the atomic bomb in the United States and the decision by President Harry Truman to use the bomb against Japan in 1945. We begin with the discovery of nuclear fission in 1938 and the decision by FDR to pursue a nuclear weapon. We next describe the Manhattan Project, which successfully developed the atomic bomb. This was an impressive technical feat, carried out under the scientific leadership of J. Robert Oppenheimer and the administrative control of General Leslie Groves.

The bomb was developed for possible use against Germany. However, by the time it was ready in July 1945 the German war had been won. Truman's decision to drop the bomb on two Japanese cities was widely supported at the time, but in subsequent years many critics argued that it had been unnecessary because Japan would have surrendered without an Allied invasion. We shall analyze the ensuing controversy, which continues to the present day. Participants in the course will have an opportunity to present their views. This is a six-week course.

Required reading:

The Making of the Atomic Bomb by Richard Rhodes, ISBN-13: 9781451677614 and *The Decision to Use the Atomic Bomb* by Gar Alperovitz, ISBN-13: 978-0679762850. For the controversy over the use of the bomb, the course leader will distribute an article with many references.

7. Awakening Through Meditation

Tuesday, January 30 – March 20, 2018

10:30 AM – 12:00 noon

Mindfulness meditation allows us to deeply look at ourselves and be with whatever we see without changing anything. We come to understand that although the circumstances of our life change and we never really know what will happen, we have the wisdom to choose how to respond to those life circumstances. In the process, we receive feelings of openness and peace. In this course, we will learn to use meditation as a tool to help us be mindful and meet whatever arises with acceptance, compassion and without judgement. While focusing on our breath, our physical sensations, our feelings and our thoughts, we become more familiar with how our habitual reactions to life circumstances can cause us to suffer. Meditation can help cultivate positive qualities that lead to our own healing. Together we will experience the powerful energy of group meditation. Please join us! All levels of experience are welcome. This is an eight-week course.

Required reading: The course leader will provide Handouts.

8. Current Events

Tuesday, February 6 – March 13, 2018

11:00 AM – 12 noon

Who doesn't have an opinion on what is going on in the United States and the world? Come and share your thoughts on a variety of subjects.

Suggested reading: Participants may use any news source, including newspaper(s), news magazines, radio and/or TV news broadcasts or other mediums as resources.

9. Toni Morrison: *The Bluest Eye and Beloved*

Tuesday, February 6 – March 13, 2018

1:30 – 3:00 PM

Toni Morrison was awarded the Nobel Prize in Literature in 1993 for "novels characterized by visionary force and poetic import which give life to an essential aspect of American reality." We will read and discuss two of those novels: *The Bluest Eye*, her debut book, and *Beloved*, her masterpiece. This course is being repeated and will be offered first to people on the fall 2017 wait list. Remaining seats will be available on registration day. This is a six-week course.

Required Reading: *The Bluest Eye*, ISBN-13: 978-0307278449 and *Beloved* by Toni Morrison, ISBN-13: 978-1400033416; both books are Vintage International paperbacks.

10. Abraham, Sarah and Hagar: Empathy and Relationship

Tuesday, February 6 – March 20, 2018

3:30 – 5:00 PM

No class on March 13.

In this course, we will explore the Biblical family of Abraham, Sarah, Hagar and their children as they chart new paths throughout their lifetimes, respond to life's hopes and disappointments, and deal with relational ruptures and possible repairs. Join us as we connect their stories with our own. We will interactively examine the ideas of "journey", empathic lapses, and the development of empathy that are central to familial and societal well-being. Bring your interest and your ideas. No previous knowledge of the Hebrew Bible (Torah) is required. This is a six-week course.

Required reading: The course leader will provide handouts of the text we are studying.

11. Public Policy Issues in Light of Economic Theory

10:00 – 11:30 AM

Wednesday, February 7 – March 28, 2018

No class on February 14, 2018

Sadly, the media rarely discuss economic policy issues in the light of economic theory. Instead, we learn which parties favor passage of a particular bill; how a bill changes as it passes through Congress; and which member of Congress might change sides.

In this course, we will examine issues like the impact of minimum wage hikes; social costs of auto emissions; and the measurement of income inequality. We will study the impacts of deficit spending, and when deficits do more good than harm. These issues and others will be discussed with the aid of the "law" of supply and demand; Keynesian economics; theories of the behavior of consumers and savers. Sometimes we will not be able to reach firm conclusions, but we will always be able to shed more light on a policy problem. This is a seven-week course.

Required reading: The course leader will provide handouts.

Choose one:

12. The Art of War: The Impact of World War II on Europe's Greatest Artistic Treasures

Wednesday, March 7 – April 11, 2018

10:30 AM – 12 noon

Or

13. The Art of War: The Impact of World War II on Europe's Greatest Artistic Treasures

Wednesday, March 7 – April 11, 2018

1:00 – 2:30 PM

This six-week course will focus on a number of great European museums such as the Louvre, the Hermitage and the Uffizi and how they prepared for war. We will also focus on the private collections that were systematically stolen in order to create a Nazi museum or were destroyed by the Third Reich. Time will be spent discussing what Hitler felt was "degenerate art"-- the works of such artists as Picasso, Chagall, Van Gogh, and the German Expressionists and how he tried to rid the world of these great artists. This course will also highlight the work of the Monuments Men who helped to rescue and return much of the art through their work during the last years of World War II and later. In the final session, we will look at families and museums who are still trying to recover lost art, art conservators who are trying to repair damaged art, and countries who are still fighting over the spoils of war. Source material will include the books, *The Rape of Europa* by Lynn H. Nicholas and *The Monuments Men* by Robert M. Edsel. The course will be enhanced by audio-visual materials as well as class discussion.

Required reading: Handouts will be provided by the course leader.

Choose One:

14. President Trump: Yes, It Has Been One Year

Wednesday, January 31, February 7, 21, 28, March 7, 28, 2018

1:00 – 2:30 PM

Or

15. President Trump: Yes, It Has Been One Year

Wednesday, January 31, February 7, 21, 28, March 7, 28, 2018

3:00 – 4:30 PM

Ever since Franklin Roosevelt's pundits, political leaders and the public demand an evaluation of the president's performance at the 100-day marker. Barack Obama strongly (and in my opinion, rightly) argued the 100 day measurement was too short and invalidated by the complexities of the modern presidency. He affirmatively pointed out "evaluate my performance at the one year point." Well, here we are at the one-year point of the presidency of Donald Trump. With significantly more information, we can evaluate how he won the 2016 election. More importantly, we can now ask the all-important question: "Can an outsider govern?" During this six-week course, we go beyond campaigning to governing looking at the outsider in the Oval Office by evaluating his relationships with the executive branch, the Congress, the Courts, in both domestic and foreign policy, ending with a predictive assessment of his actions for the 2018 midterm elections.

Required reading: The course leader will provide Handouts.

16. Explore the Beauty of Pastels and Painting (Beginner to Advanced)

Wednesday, February 7 – March 28, 2018

1:30 – 3:00 PM

Working from your photos and reference materials, this course will cover working with pastels, color mixing, composition, drawing, and application of both soft and hard pastels. It includes breaking down the creative process with a common sense approach by learning to see relationships in the painting process, concentrating on shapes, values and edges, applying and mixing of color starting from the biggest shapes within the subject to the smallest shapes. New

students of all levels are welcome and returning students will continue where we left off last semester. You may also prefer to work with other mediums including watercolor, charcoal or pencil. This is an eight-week course.

Course materials: For the first class, please bring a sketchbook and pencil and any materials you already have and would like to work with. Various subjects are encouraged. Bring some photos to class. Please note that materials are not included. During the first class, we will talk about pastel sets and papers, paints and other supplies to get you started.

17. Facing Turmoil and Conflict in Modern Literature

Thursday, February 1 – March 29, 2018

9:30 – 11:00 AM

No class on February 15.

Few writers have been able to effectively capture man's inhumanity to man. Two 20th century novels and selected poetry depict conflict, devastation, the spirit, and ultimate humanity in our lives. This is an eight-week course.

Required reading: *All Quiet on the Western Front* by Erich Maria Remarque, ISBN-13: 978-0449213940; *The Things They Carried* by Tim O'Brien, ISBN-13: 978-0544309760.

18. The Critical Insurgencies of the American Revolution

Thursday, February 1 – March 8, 2018

10:00 – 11:30 AM

This course will involve four areas in which the understanding of what an insurgency is or becomes plays a significant role in the political and military outcomes of a revolutionary movement. The first of these insurgencies is known as the Activities of the Committee on Correspondence that evolved and became established in Boston, Massachusetts. It was their work that caused the British to install themselves in the Massachusetts Bay Colony and then to attack at Lexington and Concord on April 19, 1775. The course will tell the story of this insurgency.

The second critical insurgency involved that mythological group known as the Green Mountain Boys and the leadership of Ethan Allen. Their insurgency resulted in the capture of Ticonderoga and Crown Point during the Christmas Season of 1775. As a consequence of the capture of Ticonderoga and Crown Point, George Washington's forces around Boston were able to evict the British on March 17, 1776 and this day is known as Evacuation Day. The course will provide the story of this insurgency and the resultant of Washington's forces being provided with artillery.

The third critical insurgency was that association with the defeat of the British at the Battle of Saratoga. There were several insurgency activities that occurred prior to and during the official Battle of Saratoga that were critical to the American victory. One activity included the Battle of Oriskany. There was a time when the United States Navy had an aircraft carrier named for that battle. A second critical circumstance surrounding the Battle of Saratoga was the espionage and spy network provided to the American commander, Benedict Arnold. The information obtained by that spy network created the situation that allowed for the defeat of the British troops. Among those featured in the spy network was Johnny Appleseed. This insurgency and the victory at Saratoga created the circumstance whereby France began to provide the American Revolution with substantial military and financial support. The course will tell this story.

The final critical insurgency is that of the Swamp Fox, whose name was Francis Marion, and their efforts in South and North Carolina from 1779-1781. The Swamp Fox and his men wore Cornwallis out. It was these four insurgencies, which made a critical contribution to the final American victory at Yorktown in the summer of 1781. This is a six-week course.

Required reading: The course leader will provide handouts.

19. Creating Personal Memories: Writing from your heart

Thursday, February 1 – March 29, 2018

12:30 – 2:00 PM

No class on February 15.

Nobody knows you better than YOU and what better way to share your journey and legacy than with a group of devoted fellow writers at Lasell Village. It is an opportunity for you to capture and select highlights of your unique journey. This is an eight-week course.

Required reading: *Growing Up* by Russell Baker, ISBN-13: 978-0451168382

One Writer's Beginnings by Eudora Welty, ISBN-13: 978-067-4639270

Suggested reading: *A Small Place* by Jamaica Kincaid, ISBN-13: 978-0374527075

20. Wise Aging

Thursday, February 1 – March 8, 2018

1:00 – 2:30 PM

This is a new, groundbreaking program specifically designed to meet the social, emotional and spiritual needs of seekers in their second adulthood! In Wise Aging, you will be guided through reflective work that enables you to come to new understandings about your life, self, and values. Learning modes include text study, active listening, mindfulness meditation, exercises, reflection, and journaling. We will meet regularly to learn, share experiences and acquire skills for making changes in our lives that will lead to a deeper sense of well-being. Sessions are based on resources developed for the Institute for Jewish Spirituality by Rabbi Rachel Cowan and Dr. Linda Thal, primarily *Wise Aging: Living with Joy, Resilience, and Spirit*. Topics include: what is special about this life stage, the value of life review, our relationship to our bodies, cultivating qualities of soul, practicing forgiveness and revitalizing and nourishing healthy relationships. This is a six-week course.

Required reading: *Wise Aging: Living with Joy, Resilience, and Spirit* by Rabbi Rachel Cowan and Dr. Linda Thal, ISBN-10: 0874419212. Please read Chapter 1 in preparation for the first class.

21. Charles Ives: An American Iconoclast

Thursday, February 1 – March 8, 2018

4:00 – 5:30 PM

One of the most innovative and influential composers in American history, Charles Ives is best known for creating sonic textures of extreme complexity and dissonance. His most famous works include *The Unanswered Question*, which features three separate groups of instruments playing in different keys and tempi, the *Fourth Symphony*, which famously requires two conductors conducting simultaneously in different meters, and the *Concord Sonata*, which is considered literally unplayable. Ives himself summed up the extreme dissonance of his music by saying, "all the wrong notes are right." Yet there is much more to Ives than meets the ear. His highly complex, even impossible music was part of a lifelong quest to cultivate a uniquely American oeuvre bridging literary and musical expression. In this course, we will explore Ives's life and music through the lens of his own voluminous writings, which cover subjects ranging from musical dissonance to politics with irreverence and penetrating insight.

We will also study Ives's major musical compositions, as we follow the course of his career from small-town church organist to a successful life insurance executive and closet composer. Along the way, we will be exposed to giants of American philosophy and literature such as Emerson, Thoreau, and Whitman, and consider Ives's influence on the next generation of American composers, including Aaron Copland, Henry Cowell, Elliot Carter, and John Cage. This is a six-week course.

Required reading: The course leader will provide handouts.

22. Finding the Light in the Darkness

Friday, March 9, 16, 23 & 30, 2018

9:30 – 11:00 AM

Day 1 of Creation begins with darkness and then God says “Let there be light.” We will explore this theme of darkness and light as it moves through Scripture and our lives. We will also focus on what it means to discern the light in the darkness.

Required reading: The course instructor will provide information for the readings at the first class.

23. What Poems Are Made Of

Friday, February 9 – March 23, 2018

10:00 – 11:30 AM

Friday, April 6, Poetry Reading

2:00 – 3:00 PM

Poem-making is a mysterious process engaging memory, observation, imagination, and the words that conceive them. In this course, we will read poetry and study the mechanics of writing poems, which derive from the poems we study weekly, and which students read aloud at each subsequent class. Students will have the opportunity to advance and revise their poems and understand the ways of craft. A student might compose eight poems during the fall term. The course is not a poetry workshop; however, students are encouraged to meet together in groups for close reading of their poems, and to prepare work for publication. Poets of all levels are welcome. This is an eight-week course.

Required reading: *Poetry Home Repair Manual* by Ted Kooser, ISBN-13: 9780803259782; *A Poet’s Companion: A Guide to the Pleasures of Writing Poetry* by Kim Addonizio and Dorianne Laux, ISBN: 9780393316544.

Suggested reading: If you do not already have one, you may need another good book on prosody, any poetry handbook of your choice. Please bring the two texts, a notebook, and pencil/pen to class. Bring a brief new poem of yours to each class. We will read these aloud weekly.

HAVE YOU SEEN THE SPRING 2018 INTERGENERATIONAL LASELL COLLEGE COURSE OFFERINGS?



Here is the listing. Please refer to your Lasell College Intergenerational Course Booklet for full descriptions and schedules and come to the Education Office for sign-up information.

Intergenerational Courses

CJ206A	Drugs and Society	Wednesday	3:30 – 6:00 PM
ENG222A	Lyric Poetry	Wed. and Fri.	12:30 – 1:45 PM
HIST218A	Global History of Childhood	Tue. and Fri.	12:30 – 1:45 PM
SVL102XA	Doing Democracy	Wednesday	6:30 – 9:00 PM