

COURSE CATALOG 2026



Spring 2026 Lasell Village Course Catalog

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For assistance with any part of the course selection process contact

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Jenna Messina, Education Facilitator at (617) 663-114 or jmessina@lasell.edu

Village Intranet:

Throughout this booklet, you will see reference to our intranet, www.community.cubigo.com, abbreviated as Cubigo.

Policy on Course Materials

Residents are responsible for acquiring their own books and materials unless otherwise noted. Please contact the Education Office if you need assistance.

Handouts for courses are emailed to the students. If your vision or computer skills make it difficult for you to view or print the emailed handouts, you can pick up printed handouts in the Education Office.

If you have difficulty viewing slides displayed in class, contact the instructor to request that the slides be emailed to you before class. If you have difficulty reading handouts or slides, contact the Care and Connections Committee to provide further assistance.

Lasell Village Academic Calendar

This calendar includes the upcoming semester dates and *projected* dates for the next 2 semesters. Dates are subject to change.

Spring 2026

Dec 19	Course booklet distribution
Jan 4	Course Selection forms due
Jan 16	Course confirmation distribution
Jan 26	First day of semester
April 24	Last day of semester

Summer 2026

Apr 24	Course booklet distribution
May 1	Course Selection forms due
May 8	Course confirmation distribution
May 26	First day of semester
Aug 15	Expected last day of semester

Fall 2026

Aug 14	Course booklet distribution
Aug 21	Course Selection forms due
Aug 28	Course confirmation distribution
Sept 28	First day of semester
Dec 18	Expected last day of semester

Course Selection Process

Course Selection Form: The link to the online form will be emailed to all residents and posted on Cubigo. Paper forms may be picked up and returned to the Education Office.

Due Date: Complete and submit your form by 5pm on **Sunday, January 4, 2026.**

When completing the form:

- List your choices in **ranked order** of preference. *For best results, prioritize classes in smaller classrooms over classes in the ballroom or 918.*
- Indicate the **total number of courses** you wish to take.
- If you anticipate missing a quarter or more of a course's meeting dates, choose a different course to make room for neighbors who can attend all the sessions.
- Remember to list the courses you take regularly, such as *Voices of Experience*.

Please note:

- Classes fill up, so listing at least one “extra” choice is recommended.
- Your course choices are reviewed in the order in which you list them, e.g. your second choice will not bump you from your first choice, and so forth.
- This registration is for **Lasell Village numbered courses and Intergenerational courses at Lasell University only**. Do not register for fitness classes or intersession workshops on the form.
- If you choose an in-person or Zoom class that has no seats available, and there is a Ch. 918 section for that class, you will be added to the Ch. 918 section automatically. **Please inform the Education Department if you would prefer to drop the course in this case.**
- Residents may not attend classes for which they are not registered.

Notification of Enrollment: Residents who submit forms by January 5 will be notified of their courses no later than January 16. You may not receive all your requested classes due to limited class capacity. Enrollment follows an algorithm that incorporates random lottery numbers, the order of each registrant’s ranked choices, and priority status (new residents, centenarians, faculty, prior semester waitlist).

Lasell House Registration Policy: Residents of Lasell House who are not under a Residency and Care Agreement may submit the same registration forms as other residents. They will be enrolled after other registrations have been completed.

Add/Drop Procedure:

Dropping a Course:

If you are dropping a course, please inform the Education Department. This helps us keep accurate records and allows residents on waitlists to take empty seats.

Adding a Course:

If you would like to add a course after the course registration period has passed, contact the Education Office to complete a late registration. All courses are subject to availability. The Education Office will also post open courses after January 16.

Zoom Class Etiquette

Please treat a Zoom class as you would an in-person class.

- Come prepared with what you need so that you can participate.
- Be punctual: ensure your device is ready for each meeting ahead of time.
- Ensure that your surroundings reflect a neat environment.
- Turn off all distractions on your computer prior to the meeting's start to eliminate the urge to multi-task during the meeting.

During the class:

- Turn the sound off for other devices you may have; smartphone, Ch. 918, etc.
- Limit movement in the background. This is distracting to others in the meeting. If you need to get up or move, simply "stop video." This will allow you to see and hear, but others will not see you moving. Do not walk around with your phone/tablet.
- If you need to eat or receive an important call, please turn off your video and audio.
- Please mute yourself once the class starts; unmute when you wish to speak.

If you would like additional instruction on Zoom, please contact the Education Department for training.

Class Requirements Key

These icons will appear in course listings to help you understand what each class may require. Use them to choose courses that best match your learning style and needs.

Icon	Meaning
	Homework: You'll need to complete assignments outside of class time.
	Heavy Reading: Expect to read more than 20 pages each week.
	Writing Required: You'll need to write or type assignments before or during class.
	Visual Content: The course includes important images or visual materials.
	Film Viewing: You'll need to watch films outside of class time.
	Emailing: You should be able to read and respond to emails.
	Online Navigation: You'll need to click on links to articles, videos, or other online resources.
	Zoom Proficiency: You'll need to use Zoom independently.
	Group Work: Expect to participate in small group activities during or between classes.

Fitness Facility Information

Pool Hours	Monday - Friday	7 am – 1 pm
	Saturday & Sunday	7:45 am – 11:30 am
	Weekend Guest	11:30 am – 12:30 pm

Fitness Center: Staffed Hours The Fitness Centers are open 24/7 except for daily cleaning from 6:30-7:15 AM	Monday	8:30 am – 2:30 pm
	Tuesday	8:30 am – 2:30 pm
	Friday	8:30 am – 2:30 pm
	Saturday	10 am - 3 pm

Reservations

Reservations are required for a resident to use the pool or the Fitness Centers only during staffed hours. Make your reservations on [Cubigo](#).

- Swim reservations, select the “Pool Calendar”
- Fitness Center with Paul, select “Fitness Calendar”
- Zumba, select “Fitness Calendar” or “Resident Calendar”

Unsupervised Fitness Center Guidelines

Each resident takes the responsibility to sanitize the equipment and follow hygiene protocols.

Pickleball Equipment

The pickleball equipment is available for checkout at the Welcome Desk.

Weekly Exercise Classes

This schedule is subject to change.
Changes will be announced in *News & Notes* and on Cubigo.

Monday	9 – 9:45	Zumba* Cathy A	Ballroom
	10 – 10:45	Zumba* Cathy A	Ballroom
	11:30 – 12:30	Chair Yoga Ruth L	Ballroom/Ch. 918
Tuesday	10:30 - 11	30-Minute Easy Strength Lasell House Rehab	Ballroom/Ch. 918
	11:30 – 12:15	Water Volleyball * Lulu Y	Pool
	11:30 – 12:15	Balance At Home Physical Therapy	Ballroom/Ch. 918
Wednesday	10:30 - 11	30-Minute Basic Stretch Lasell House Rehab	Ballroom/Ch. 918
	10 – 10:45	Water Aerobics* Claire K	Pool
	11:45 – 12:30	Exercise with Khrystyna Khrystyna H	Ballroom/Ch.918
Thursday	9 – 9:30	Pre-recorded Improving Mobility Paul C	Ch. 918
Friday	9 - 10	Pre-recorded Chair Yoga Ruth L	Ch. 918
	10 – 10:45	Water Aerobics* Lulu Y	Pool
	11:45 – 12:30	Exercise with Khrystyna Khrystyna H	Ballroom/Ch.918
	12:45 – 1:30	Mat Pilates Khrystyna H	Ballroom
Saturday	11:30 – 12:15	Strength, Core, and Balance Paul C	Zoom/Ch. 918

* Sign-ups required for these classes

Village Morning Sessions

Village Morning Sessions (formerly Village Club) serve as vibrant hubs created to ignite the art of discovery and belonging for every resident by supporting social connection, lifelong learning, and fulfillment. Through inspiring sessions, meaningful social experiences, and wellness-focused offerings, we invite you to explore new interests, share your talents, and build friendships within a welcoming community. **Sessions will meet Tuesday through Friday from 10:00 am to 12:30 pm and are open to all residents at no additional charge!** Participation is flexible, so you can join for the full morning or attend just the sessions that interest you. Be sure to keep an eye on *News & Notes* for details about the starting dates and specific sessions being offered.

Daily Schedule:

10-10:20	Coffee and Tea
10:30-11:15	Session #1
11:30-12:15	Session #2

Resident Groups

This list includes groups which are open to everyone. Committees with limited membership are not listed here. For more information about meeting times, please reach out to the resident contact listed below.

Group	Date, Time and Location	Resident Contact
V.I.P.s (Visually Impaired People)	Mondays at 8am in Margaret's Café	Jeff H
Flower Arranging	Mondays at 9am in the Art Studio	Group Members
Knit Wits	Mondays at 10:15am in the Great Room	Group Members
Chess Club	Mondays at 1pm in the Bar	Perry N
Play Readers	Two Mondays per month at 3pm in the Ballroom	Barbara H
Book Group	3 rd Monday of the month at 4pm in Dewey	Pat S
Movie Club Discussion	Some Mondays at 7:30pm in the Ballroom	Chris M
Immigrant Club	Last Wednesday of every other month at 3pm in Froebel	AnnaMaria A
German Conversation Group	Every other Wednesday for lunch in the Dining Room	Peter S
Cribbage Club	Fridays at 1:30pm in the Bar	Michael Z
Shabbat Service	Fridays at 4:30pm in Dewey	Michael Z
Health and Science Group	2 nd Saturday of the month at 10am in the Ballroom	Judith T
International Relations Discussion Group	1 st Saturday of the month at 9:45am on Zoom	Betsy C
Sketching Group	4 th Saturday of the month at 10am in the Art Studio	Dora and Bob H
The Friends of Haskell/Lasell Pond	Every few months in Froebel	Jean S
Ping Pong Club	Date and Time variable, Basement of Building 125A	Paul C

Spring Intercession Lectures and Workshops

Breakfast University

Dive into the American story with the nation's greatest history professors

First Monday of the month: January 5, February 2, March 2, April 13

9 - 10:30AM, Great Room

Honor the United States of America's 250th anniversary in 2026 with a unique, engaging learning opportunity that will enrich your understanding of the American story. The New York Historical and Thoughtful Productions present Breakfast University, a monthly lecture series featuring some of the greatest history professors in the nation, who will present an original, provocative one-hour talk beginning at 9 am. Professors will be chosen based on their popularity and acclaim as determined by each college and university's students and faculty.

The talks will take place live in The New York Historical's Robert H. Smith Auditorium and will be livestreamed at Lasell Village. Residents will then have the opportunity to discuss the talk after the presentation.

More information can be found here: <https://www.nyhistory.org/breakfast-university>

Monday, Jan. 5, *Are We Rome? Are We Repeating Their Rise and Decline?*

Caroline W, Stanford University

At its peak, one in five people lived under Roman rule. For Americans, Rome's rise and fall spark enduring questions: Is the U.S. an empire? Are empires good or bad? Why do great civilizations decline—and how can we avoid that fate? This talk explores the big question: "Are we Rome?"

Monday, Feb. 2, *Hamilton vs Jefferson: The Rivalry that Shaped America*

Louis M, Rutgers University

Alexander Hamilton has enjoyed a revival for good reason. He championed the Constitution, founded the Federalist Party, and shaped America's economic future. His vision of a strong, dynamic government clashed with Thomas Jefferson's agrarian ideal, an "empire of liberty" built on expansion. This talk explores their fierce rivalry and how it defined the nation's early direction.

Monday, March 2, The President's Library: Books that Shaped Washington, Jefferson, Lincoln, FDR and More

Joseph L, Bard College

“Presidents’ Library” explores books that shaped America’s leaders. Why was Washington drawn to a play about a Roman hero? How did Jefferson amass the nation’s largest personal library? What made Lincoln obsessed with Shakespeare—and which play was his favorite? Discover the poet Roosevelt memorized as a child and why JFK loved a spy novelist whose work inspired a blockbuster film franchise.

Monday, April 13, The Shifting Lens of History: How We Reimagine the Past

Stephanie Y, College of the Holy Cross

From the Times Square kiss to “Rosie the Riveter,” Americans often recall WWII as “the best war ever.” Vietnam, by contrast, evokes protests and films like Born on the Fourth of July. Why do two wars, only 20 years apart, inspire such different memories? This talk examines how societies remember these conflicts, and what those memories reveal about national values, generational change, and even military decisions.

Sign up on Cubigo or in the Education Office.

Understanding Poetry: "The Method"

Judy P

Mondays, January 5 & 12 **OR** Thursdays, January 8 & 15

10AM - 11AM, Dewey

Reading poetry can be daunting if you do not have a “method” that provides a key to understanding. In the first class we will consider an approach to the text that will help us grasp the poet’s intention and use of language to create meaning. We will review the poem’s feeling (for example, sadness), tone (such as ironic), and figures of speech such as metaphor and simile, imagery, symbols, allusions, form, sound and rhythm. The purpose of the course is not to undermine your enjoyment of poetry but to deepen your appreciation of the poet’s imagination and purpose.

In the second session we will use the “method” to analyze and discuss selected works including “The Love Song of J. Alfred Prufrock.” Together, we will explore how poets make extraordinary the commonplace objects and events we encounter in our daily lives.

Sign up on Cubigo for either Mondays or Thursdays, or in the Education Office.

Workshop: Flyer-Making with Canva

Jenna M

Mondays, January 5 and January 12

11AM – 12PM, Froebel

In this engaging two-part class, you'll learn how to design eye-catching flyers that promote your club meetings, lectures, and special events with style and clarity. This workshop will guide you step-by-step through the process of creating flyers that both inform and inspire. Using Canva, an online design tool, you'll explore layout techniques and color choices that create stunning and clear communication. No prior experience is needed—just bring your creativity, enthusiasm, and laptop!

Jenna M works in the Education Office at Lasell Village and leads the Village Morning Sessions, where she brings energy, creativity, and a strong sense of community to residents. A proud graduate of Lasell University's Class of 2024, Jenna has extensive experience using online design platforms like Canva throughout her academic journey. Her talent for visual communication is reflected in many of the vibrant flyers you've seen around the Village—materials that have helped promote events, spark interest, and bring people together.

Sign up on Cubigo or in the Education Office.

Synchrony

The Magic of Poetry with Piano

Lois S and Cathy M

Rehearsal January 5 at 1:30pm

Performance January 6 at 2pm

Ballroom

Lois S and Lasell poets will perform together for the second year. Lois will improvise as each poet reads one of their own poems, creating a single voice. A preparation workshop for the poets will be held on Monday January 5. Please join them at 2pm on Tuesday, January 6 in the Ballroom to enjoy this SYNCHRONY of piano and poetry.

Poets, please sign up on Cubigo or in the Education Office for the rehearsal.

Registration is not required to attend the performance.

Cubigo Training

Aileen M, facilitator

Wednesday, January 7

10 – 11AM, Froebel

Join Senior Manager of Resident Experience Aileen M for a training session on Cubigo, Lasell Village's internal website. You'll learn how to sign up for events, fitness classes, and pool times in the Calendars cube. You'll also learn how to create requests for Transportation, Maintenance, Housekeeping, and Wellness with ease. We'll also show you how to navigate the site, locate key information, and access important documents like Residents Managers Meeting slides, RAC meeting notes, and construction updates. Whether you're exploring Cubigo for the first time or looking to sharpen your skills, this training is for you.

Sign up on Cubigo or in the Education Office.

Auracast Drop-In Session

John D

Tuesdays, January 13 & 20 (or by appointment)

10AM – 11AM, Mead

Experience Auracast™ in Action! Join us for an informal drop-in session and discover the future of audio technology. Auracast™ lets you stream high-quality sound directly to your own compatible device or to a receiver in the classroom, which enhances accessibility and creates a personalized amplified listening experience without the need for microphones.

What to Expect:

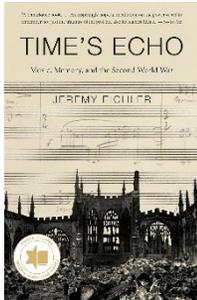
- Try out Auracast™ with your own headphones or borrow a pair from us.
- Learn how this technology works and how it can help you hear better during classes, programs, and meetings.
- Ask questions and share feedback with the Education team so we can decide where else to implement Auracast™.

Registration is not required to attend.

January 2026 Book Talks

Thursdays, January 8, 22 & 29 and Monday, January 12
2 – 3 PM, Ballroom and Ch.918

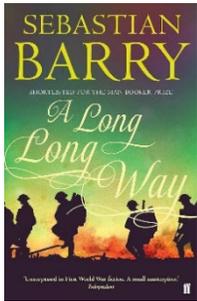
Join us for this annual four-part winter program that features book reviews by members of our living and learning community of residents and staff. Our thanks to past residents Mary Black, Chris Wood, and current resident Dave Willis for founding this program, and to Louise Freedman and Joan Rosenson for finding this year's speakers.



Thursday, January 8th

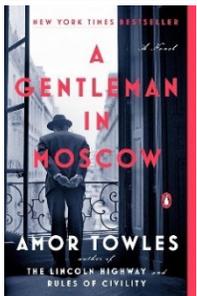
Frank B

Time's Echo by Jeremy Eichler



Naomi W

A Long Long Way by Sebastian Barry



Thursday, January 22nd

Jon B

A Gentleman in Moscow by Amor Towles



Thursday, January 29th

Megan S G

Eurydice by Sarah Ruhl

Registration is not required to attend or watch on channel 918.

Film Workshop: Deep in the Heart

A Viewing and Discussion of a Film About Family History, Texas Culture, and the Challenge of Moviemaking

Grady M

Friday, January 23

10:30AM - 12PM, Froebel

Twenty seven years ago, resident Grady M journeyed with his 9-year-old daughter to his Texas boyhood home. In a carefully-crafted 45-minute video, chock-full of Texas music, Grady captures his daughter's introduction to Texas, his life with an absent father, the sparse Texas landscape of his mother's home, and the surprising story of the song *The Yellow Rose of Texas*. At the showing you will have an opportunity to view and discuss this movie with Grady and his daughter, now 36, focusing not only on the rich content but also on the craft of movie-making. Grady will describe the use of Adobe Premiere to make the movie. The class will be of particular interest to people considering documenting their family history.

Sign up on Cubigo or in the Education Office.

Récipes with Elena

Elena C

Thursdays, January 29 – April 23

3 – 4:00 PM, Zoom and Ch. 918

What could be better than preparing a delicious meal and enjoying it? Preparing it with Elena, Lasell Studios Manager, and the entire Village! Join Elena every week for a culinary delight on Zoom or virtually participate on Ch. 918. Learn to prepare simple meals rich in flavor and nutrients. Please email her at eceban@lasell.edu to ask what ingredients will be used so that you can cook it together! Residents are welcome to join the workshop via Zoom (see Cubigo for the Zoom link) so that they may ask Elena questions or contribute comments. If you would like to help Elena one week or have a recipe of your own to share, please reach out to her by email or by phone at (617)663-7123.

Elena C, Lasell Studios Manager, has shared her love of cooking with presentations at the Village over many semesters. Elena was born in Moldova and has been in the USA for almost 10 years. Her background is in teaching English with a Master's in Educational Management. She recently received an MBA from Lasell University.

Registration is not required to watch on Ch.918 via Zoom.

Lasell Village Courses

1. Ukulele Jam

Shayla M

Sundays, February 1 – April 19 (no class March 8, March 29, and April 12)

9 weeks

4PM - 5 PM, Great Room (Building 120)



This class is a low stress community experience for varying musical interests and abilities to share in the joy of shared music-making or 'jamming.' Join in by singing along, drumming, playing ukulele, bringing an instrument of your own (such as guitar), or attending as a regular listener. Please register for the class if you plan on attending in any of these capacities.

Course Materials: If playing ukulele: Please provide your own ukulele either a Soprano, Concert or Tenor, Not Baritone. A good sounding ukulele is typically between \$50-\$150. Consider a solid wood top and not plastic or laminate; avoid buying ukuleles that are listed as toys. Some common brands include: Lanikai, Donner, Cordoba, and Kala. If you are unable to purchase a ukulele, Newton Free Library loans ukuleles. Please also purchase a Music Tuner or an app on your phone: Highly Recommended – Snark Clip-on Tuner that can be purchased on Amazon. The course leader will provide sheet music and several sets of drums.

Please do not let the material requirements hinder you from taking the class, please contact me or Lasell with any concerns.

Recommended Course Materials:

- 3-ring binder to hold sheet music
- [*The Daily Ukulele Songbook: 365 Songs for Better Living by Lizz and Jim Beloff*](#), ISBN 9781423477754
- [*Ukulele for Seniors by Joe Carr*](#), ISBN 978-0786691975

Course Leader: Shayla M, MT-BC, is a board-certified music therapist with a BA in Music Therapy from Eastern Michigan University and recently earned her Masters in Social Work at Boston University with a specialization in aging. She is the Music Therapy Program Coordinator at Winchester Community Music School providing individual and group music therapy for children and adults. Shayla sings and plays guitar, ukulele, and piano. She is most interested in music's ability to create community.

2. Lessons Learned from Medical Maladies

Frank B

Mondays, February 23 – March 30

6 weeks

9:45AM – 11:15AM, Rogers (Building 85A)



This course will focus on a selection of human illnesses which have a very rich history and, during the past two centuries, have stimulated fruitful scientific investigation. Clinical research is a force multiplier, of benefit not only to patients with specific maladies, but also to our growing understanding of fundamental molecular and genetic processes that we share with other organisms.

The course will consist of six semi-formal lectures, in which active student participation is strongly encouraged, supplemented by relevant non-technical reading assignments. We will cover:

- Inherited disorders caused by single human gene mutations (sickle cell anemia, hemophilia) as well as multiple mutations (Alzheimer's disease, diabetes)
- Acquired disorders caused by cancer (chronic myelogenous leukemia) and by infectious agents: viruses, bacteria (cholera, helicobacter pylori) and parasites (malaria).

Each session will begin with initial historical descriptions of the malady along with subsequent detours of epidemiologic, clinical and laboratory inquiry, eventually leading to incremental advances that have resulted in both effective targeted therapy and greatly enhanced understanding of the underlying molecular biology and genetics.

Course Materials: Handouts will be provided by the course leader.

Course Leader: Frank B was a hematologist at Brigham and Women's Hospital and Professor of Medicine at Harvard Medical School, where he led a program to introduce graduate (PhD) students to human biology and clinical disorders.

3. Writing About Your Life

Cathy M

Mondays, January 26 – March 23 (no class February 16)

8 weeks

11:30AM - 1PM, Washington Art Studio (Building 80B)



In this continuing writing group, our theme this spring will be —*Reaching Out*. At times of social unrest and personal change, we may step back and avoid the fray. Get comfortable. When have you *unsettled* yourself? Reached out to someone who is different or intrigues you or you have wronged. Taken a new, even risky step?

Personal narrative writing can bring our memories alive, give others pleasure, and lead to unexpected insights. In sharing our writing within a supportive group, we hear different perspectives and histories. We build a community of writers who care about one another's experiences and progress.

Whether you are currently writing a memoir or stepping into autobiographical writing for the first time, you are welcome to join this group. *Residents who have previously taken this course are welcome to enroll again and enjoy new prompts and strategies.*

We will draw on these resources for writing about past and current experiences—

- Conversations with people whose skills differ from yours
- Philosophies with tools for repairing harm you received or committed
- Images in paintings, photography and sculpture
- Prompts to stimulate memories of choices, guides, and discoveries
- Writing tools such as metaphor, dialogue, plot setting, internal monologue

Course Leader: Catherine M has been teaching and publishing personal narrative writing for many years. Since retiring from a career in studying and writing about inclusive schools, she has written personal stories in prose and poetry. Her books explore growing up in a leftist family in South Dakota and recovering from brain injury. Her manuscript about dementia in a family is forthcoming with *Adrich Press*. She has taught at Clark University and the Harvard Graduate School of Education and holds a doctorate in Language and Literature.

4. Voices of Experience sing *Brigadoon*

Jonathan K

Mondays, January 26 – April 13 (no class Feb 16)

11 weeks

1:15PM – 2:45PM, Ballroom (Building 120)

Performances: Tuesday, April 14 at 7:30PM and Wednesday, April 15 at 2PM



Join The Voices of Experience this spring for *Brigadoon*! A hit on Broadway (1947) and on film (1954), *Brigadoon* features lyrics by Alan Jay Lerner and music by Frederick Loewe. In

the show, two American tourists stumble upon Brigadoon, a mysterious Scottish village which appears for only one day every one hundred years. While there, Tommy falls in love with Fiona, a young woman from the village, and then must choose between returning to the modern world or staying in the enchanted, timeless world of Brigadoon!

Course Materials: Please bring a black 3-ring binder and a pencil.

Course Leader: Jonathan K has been writing, playing, and teaching music for much of his life. Starting at a very young age at the piano, he went on to study film scoring and contemporary composition at Berklee College of Music in Boston. He has worked with and directed choirs, orchestras, marching bands, drum corps, and various other ensembles for many years. He now teaches private music lessons, writes and arranges music, and plays in orchestra pits full time.

5. Public Health Approaches in Selected Countries

Chris W

Mondays, January 26 – March 9 (no class Feb 16)

6 weeks

3 – 4:30PM, Froebel (Building 130C)



In this class we will learn about the basics of public health, but the bulk of the class will focus on how to go from theory to practice, using examples from Chris' career. We will discuss the differences between emergency response / humanitarian work and development work, health systems interventions vs. activity support, health issues of importance, and several fascinating countries. Each week we will focus on one country that Chris worked in, so you can expect to hear about and discuss - at least - Afghanistan, Bangladesh, Ethiopia, Indonesia, and Malawi.

Course Materials: handouts will be provided by the course leader.

Course Leader: Christopher (Chris) W worked for a Boston-based nonprofit, Management Sciences for Health, from shortly after getting his BA in math and astrophysics in 1994 until May 2025. MSH's mission is to improve the life of the world's poorest and most vulnerable by building strong, resilient, sustainable health systems since its founding in 1971. Most of this work has historically been funded by the US Agency for International Development (USAID). Chris ended his time with MSH as a Portfolio Director overseeing health projects in Bangladesh, Ethiopia, Guatemala, and Indonesia, and worked in about 20 countries over the years.

6. Literary Adventures in the Arctic with American author Jack London and Others

Jennifer H

Tuesdays, January 27 – March 3

6 weeks

9:45AM – 11:15AM, Froebel (Building 130C)



Jack London (1876–1916) grew up in San Francisco and learned to read thanks to a kindly librarian who let this homeless child take shelter in the public library. She introduced him to tales of heroes and adventures in far-off lands, including stories of Alaska. At 19, London entered the University of California but left after a year to join the Klondike Gold Rush, 1896-9. He earned little money, but his experiences inspired his writings about the Arctic and the struggle of humans and animals against extreme weather. His novels and short stories became classics of 20th century American frontier life and cautionary tales about its dangers.

Our class will read and discuss his best-known short story *To Build a Fire* and his famous book *The Call of the Wild*, both of which earned him international praise. We will examine how London's life experiences shaped his writing, and discuss his style and themes, including the complex relationship between man and nature. We will also read short works by other authors, including Native Alaskans, about Arctic life. Finally, although London never won awards, we will debate whether he deserves a place among admired American authors of the 20th century.

Bring a warm jacket and join this literary adventure into the frigid Arctic, as we read about adventures in the bitter cold, and what it takes to survive - or not!

Course Materials:

[*The Call of the Wild, Jack London*](#), Booklovers Library Classics 1903 edition

[*Two Old Women by Velma Wallis*](#)

To Build a Fire and other materials will be provided in class

Course Leader: Jennifer H has visited Alaska many times, where her son Henry has lived and worked for over 30 years. She once traveled by dogsled to Barrow in midwinter but left quickly after spotting polar bear tracks! A lifelong lover of the outdoors, Jennifer is interested in how people and animals adapt to their environment. She has taught courses at Lasell on topics including Myanmar; Ireland; War Poetry, *The Grapes of Wrath*; Four Strong Medieval Queens; and African Women Writing Resistance.

7. Managing Your Digital Footprint: Privacy and Security Essentials

Varshitha M

Tuesdays, January 27 – March 3

6 weeks

1:15 – 2:45PM PM, Zoom



This course introduces the concept of a digital footprint and the importance of digital privacy and security. It explores how online activities create data trails that can be tracked by companies, advertisers, and others. Students will learn practical strategies to protect personal information by managing privacy settings, recognizing tracking methods, and using security tools like multi-factor authentication. The course covers current privacy laws and the impact of digital footprints on everyday life as well as common online scams, phishing, and practical tips to stay safe. Through real-world examples and guided discussions, students develop skills to control their online presence and enhance their security awareness. No prior technical experience is necessary. While demonstrations may use a mix of platforms, the concepts and best practices will apply universally, whether residents use Mac, iPad, or PC.

Course Materials: Short articles and handouts will be provided by the instructor.

Optional: Free online resources and videos (links will be shared; no paid subscriptions required).

Course Leader: Varshitha M is a skilled Data Scientist who has enhanced threat detection and developed ETL processes at Cleveland Clinic, mentored students and designed impactful projects at Clark University, and optimized data workflows as a Software Engineer at Mphasis. As an instructor at EdTech start-up WhiteHat Jr, she taught coding to students globally for over 5000 hours. Her community service dedication is highlighted by the Dr. Laura Myers Community Service Award 2024 and her active participation in disaster relief efforts and weekly service at Mustard Seed, addressing local food insecurity. She also won the "Business Simulation Competition" by MAPFRE Group on Management and Decision-Making in Insurance Companies, 2022. Currently, Varshitha is an Assistant Professor and Chair of Cybersecurity at Lasell University, where she continues to inspire and lead in the field of Cybersecurity and AI.

8. Hands-on AI Exploration for Lifelong Learners

Agi S

Tuesdays, January 27 – March 24 (no class Feb 24)

8 weeks

3 – 4:30PM, Mead (Building 70)



Curious about Artificial Intelligence (AI) and what Chatbots have to do with your existence now and in the future? Dive into this supportive and encouraging course where learning meets creativity. We will kick things off with readings, discussions and presentations that demystify the basics of AI. We will then progress to learning how to use practical online tools for prompting, image generation, and music to discover how AI can be a tool for self-expression and productivity.

The course is project-based, with interspersed labs, encouraging real-world application and community sharing. No prior coding is needed. Course participants will apply their knowledge in areas of interest to their own lives with an opportunity to share their accomplishments in the sessions thereby enhancing insights through community learning.

Course Materials: All students will need to bring a laptop to class, either an Apple or PC is fine (iPads and smart phones may not be sufficient for the entire course - but you can start with them if you choose.) If you would like to borrow a laptop, please contact the Education Office.

All required reading and course material will be provided through links online by the Course Leader. Applications are browser-based or downloadable on smartphones for free.

Course Leader: Agi S is a Budapest-born computer engineer and the founder of [Agi AI Academy](#). She holds degrees in Biochemistry, Computer Science, Computer Engineering and Global Technology Management. As the head of Raytheon's Advanced Technology Laboratory, she integrated advanced technologies for Air Traffic Control, Space Station Development, Theater Battle Management, and Environmental Monitoring Systems. Transitioning to academia, she taught at MIT, Brandeis and developed Northeastern's Adult Ed Web Production Certificate. Agi practiced Capoeira and Afro-Brazilian dance for 30 years in Brazil and the USA and is an avid sculptor, painter and chess player. Today, she merges her expertise in AI with her love of the arts, guiding lifelong learners in exploring the power of integrating AI into their daily lives.

9. Your Art Journey

Susan K

Tuesdays, January 27 – March 17

8 weeks

3 PM – 4:30 PM, Washington Art Studio (Building 80B)



Making art means different things to different people. Together students will explore many possibilities for making art -- drawing, painting and picture making. Our focus will be on learning to see objects so that we can represent them better, that is through seeing, and comparing relationships of shapes , values and color and using your eyes to make the decisions. The teacher will work individually with students on the use of color, planning and executing from a photo or from real life, and learning to use the art style that speaks to them as individuals.

Course Materials: Returning students can continue a previous project or start something new. New students to the class can bring a sketch book, pencil, eraser, and any pictures or photos you would like to work from.

Course Leader: Inspired by working from life in oil, pastel, and charcoal, Susan K paints landscapes, portraits, and still life. She is an active plein air painter throughout New England including the North Shore / Cape Ann, Rhode Island, and Maine. In 2005 she began teaching classes for educational institutions and organizations, including Rockport Art Association and Museum, North Shore Art Association, JCC Newton and private instruction. She has painted with passion and a commitment to executing works each better than the last. Susan studied six years with three noted teachers of the Boston School tradition: Master Landscape Painter David Curtis, Master Portrait Artist Robert Cormier and Master Boston Painter Thomas Dunlay. She currently maintains a resident studio in Franklin and works and teaches in the Thomas Dunlay studios/Atelier, continuing the Boston school tradition. For more information on Susan: www.susankelleyartist.com.

10. Six Great Supreme Court Justices: Their Times, Lives, and Influence on American Law and Society

Ed R

Wednesdays, January 28 – March 4

6 weeks

9:45AM – 11:15AM, Froebel (Building 130C)

This course will discuss John Marshall, John Marshall Harlan, Oliver Wendell Holmes, Jr., Louis Brandeis, Earl Warren, and Ruth Bader Ginsburg. Although these Justices had varied backgrounds, they all helped to make American society more just, humane, and free. Today, when the Court has come under attack, it is important to remember how it has been a source of protection and progress to all the residents of the United States. The Justices covered in this course may or may not be the “greatest” Justices in the history of the Court, but they have captured the interest and admiration of the course leader, and he hopes that they will be equally inspiring to those who enroll as students.

Course Materials: Course materials will mainly consist of court opinions, as brutally abridged by the course leader. Each assignment will be about 10 or 15 pages.

Course Leader: Ed R taught property law at the law school of the University of California at Davis for most of his professional life. He has also taught (mainly as a visiting professor) at eleven other American law schools and at The Hebrew University of Jerusalem

11. Welcome to Hell (as envisioned by Dante in *The Inferno*)

Hank B

Wednesdays, January 28 – March 18

8 weeks

9:45AM – 11:15AM, Dewey (Building 130D)



In his great poem Dante assigned sinners to specific levels of hell according to his theory of sinful behavior. Although fewer people believe in hell these days, his theory provides a template against which we can measure our own concept of immoral behavior.

Put another way, would we assign a particular sinner to the same circle of hell as Dante assigned that sinner, or put him/her in a higher or lower circle, or remove him/her from hell altogether? Since Dante included many public figures in his hell, course members can bring up contemporary public figures and discuss whether or where they belong in hell. Discussion should flow from our inevitable disagreements.

We will begin by developing a basic understanding of Dante’s vision and the religious/moral framework which informs it.

Course meetings will consist of discussion of the assigned reading with occasional short lectures and interpretive comments by the instructor.

Course Materials: [Dante, *The Inferno*. Translator Musa Penguin Classic.](#)

ISBN 978-0-14-243722-3

Course Leader: Hank B, a Village resident since August 2018, holds degrees from Princeton and Harvard. He has taught on every level from seventh grade English to graduate psycholinguistics. He taught college English and linguistics for 38 years. His upper-level course subjects included English Romantics, History of English, Chaucer, and American Poetry. This is his twenty-first Village course.

12. Small Moments, Big Lives Playwriting Project

Megan S G

Wednesdays, February 4 – March 25, with a performance during the last class

8 weeks

11:30AM – 1PM, Mead (Building 70)



Using participants' own life experiences as well as creative prompts and exercises given in class, we will develop short, original one to ten-minute plays in a creative process that is engagingly collaborative. Participants read and discuss professionally written plays and will be supported in learning basic guidelines for writing their own short plays. Character development, use of dialogue, stage directions and script formats will be included; participants work together by reading one another's plays and providing feedback in a supportive environment. The culmination of this project will be staged readings for an invited audience. No experience or memorization is needed, just a willingness to explore storytelling through the art and craft of playwriting.

Course Materials: resources will be provided by the instructor.

Course Leader: Megan S G is a social work intern for Lasell Village this year while she pursues her Masters in Social Work from Boston College. Prior to BC she had significant experience teaching and directing theater, with special interest in creating original work. Directing credits for developing new plays include Boston Playwrights' Theatre, Alley Cat Theater, Tide Taken Studios, the OMP Festival and Lesley University's Stage & Screen MFA Program. She was awarded several residencies for developing new work, including the International Michael Chekhov Festival, Vermont Arts Exchange and for Hale House in conjunction with the Boston Children's Theatre. She has workshopped new plays for Central Square Theater's *That's What She Said* series, Hub Theatre, New Repertory Theatre Festival

of New Voices and for the Manhattan Theatre Club. She was a contributing writer for Sleeping Weazel's play *The Audacity: Women Speak*. Megan holds an MFA, Tisch School of the Arts, New York University.

13. The Science Behind Your Nervous System & Well-Being

Rita T

Wednesdays, February 11 – March 18

6 weeks

11:30AM – 1PM, Dewey (Building 130D)



This course explores the science behind how the nervous system works and how it can impact physical, mental, and emotional health. We will examine the biological foundations of the fight-or-flight and rest-and-digest responses, the role of the vagus nerve, and how your body maintains balance through regulation. You'll also discover how everyday habits including sleep, movement, breath, and social connection all impact nervous system health.

By the end of this class, you will understand the key mechanisms behind your body's stress responses and learn practical, evidence-informed strategies to support resilience, emotional balance, and quality of life.

Course Materials: resources will be provided by the instructor.

Course Leader: Rita T, NBC-HWC is a National Board and Mayo Clinic–Certified Wellness Coach who supports individuals seeking to enhance their overall health and well-being through Lifestyle Medicine–based education. With a compassionate, client-centered approach, she applies evidence-based strategies grounded in Positive Psychology and Motivational Interviewing to help clients create meaningful and sustainable lifestyle changes.

14. Great Vocalists in Jazz

Tim R

Wednesdays, February 4 - March 25

8 weeks

1:15PM – 2:45PM, Ballroom (Building 120)



In this course we will examine and discuss the most important and influential vocalists in jazz history/herstory, including Louis Armstrong, Bessie Smith, Billie Holiday, Ella Fitzgerald, Sarah Vaughn, Carmen McRae, Frank Sinatra, Tony Bennett many others.

Course Materials: handouts will be provided by the instructor.

Course Leader: Pianist Tim R is perhaps best known as Tony Bennett's most recent pianist and musical director, appearing in concerts with him until his retirement from singing in 2020. Featured on over 100 recordings to date (including 7 released under his own name), Tim has performed in concert with an extensive list of leading figures in the jazz and pop world - notably Aretha Franklin, Lyle Lovett, Gary Burton, Esperanza Spalding, Phil Woods, Terri Lyne Carrington, Scott Hamilton, John Patitucci, Brian Blade, Lewis Nash and Rufus Reid. A popular guest performer at Lasell Village for many years, Tim earned his Master of Music degree from the New England Conservatory and is a long-time professor at the Berklee College of Music in Boston.

15. Heart to Heart: The Circulation of the Blood and how the Circulatory System Works

Gillian G

Wednesdays, March 4 – April 22 (no class April 1 and April 15)

6 weeks

1:15PM – 2:45PM, Dewey (Building 130D)

This course will be an introductory overview of how our heart and blood circulation system work. The circulating blood carries oxygen, nutrients and chemical messengers to some thirty trillion cells we each have and removes waste from them. Your amazing heart has probably beaten over three billion times already, pumping out some 10 pints of blood each minute and maybe five times as much during exercise.

We'll look at how the heart and circulation adapt to the body's needs in health and when stressed or diseased, also at special circulations in different parts of the body, in the fetus, and at the changes that occur in the baby's circulation shortly after birth. We'll also look at the body's control of blood pressure over a few minutes and long-term, and how some medicines to help the heart and to control blood pressure work, and also briefly at how a physician examines your heart, and we'll discuss keeping the heart and blood vessels healthy.

Course Materials: Optional non-technical articles or videos will be provided by the instructor.

Course Leader: After obtaining degrees in physiology and medicine from the University of London and a year interning in medicine and surgery, Gillian worked in research and taught medical and dental students at a London University medical school. She and husband Bennie

plus two toddlers came to the USA in 1965 "for just one year" and when their —by then— three children were in school here, she returned to research at the M.G.H., also teaching research fellows and Harvard medical students. Gillian has greatly enjoyed taking courses with lifelong learning groups and teaching at Lasell Village and other institutions. Gillian has taught courses on science and technology with her husband, genetics, and contributed to other science courses. She also developed and taught a course titled “Lifespan, Past, Present and Future: Forever Young” at various locations, including twice in 2024 at Lasell Village.

16. Voting in America - Its History, Evolution and Current Challenges

Diana G

Thursdays, January 29 – March 5

6 weeks

9:45AM – 11:15AM, Dewey (Building 130D)



History is a candid appraisal of how we got to the current condition and helps to define what kind of society we want to be. With upcoming midterm elections and the 250th anniversary of the republic, voting issues have become paramount in the news. Looking back on U.S. history, this course will examine how voting rights began, evolved and still remain a contentious and political subject. We will approach the topic of voting by century and try to discern the mood of the country by significant events occurring in the U.S and by the legislative actions of the states. Topics include what our colonial documents provide, an overview of each century’s events, what laws have been enacted, significant Supreme Court decisions past and pending, and current political machinations.

Course Materials: handouts will be provided by the course leader.

Course Leader: Village resident Diana G’s primary career was in the law. She served as a law clerk to federal judge Thomas Meskill (U.S. Court of Appeals for the Second Circuit) and an Assistant U.S. Attorney (District of Connecticut) before going into private practice with a labor/employment specialty. She also has a Master’s degree in social work, was a writer for the Minnesota Historical Society and conducted harassment training for Connecticut judges and employees of the judicial department. Although she has taken many courses at BOLLI since her retirement, this is her first venture teaching one.

17. Loved the Book, Can't Wait for the Movie

Chris M and Judy P

Thursdays, March 5 – April 9

6 weeks

9:45AM – 11:15AM, Froebel (Building 130C)



What is the difference between a book and its film adaptation? What should the difference be? What are the key challenges facing filmmakers? We will explore these questions by reading three literary classics and then viewing their movie versions. We will read the short story “Where are you going, Where have you been?” by Joyce Carol Oates, *The Great Gatsby* by F. Scott Fitzgerald, and *Brokeback Mountain* by Annie Proulx. We will discuss the different approaches taken by each director to translate these stories from page to screen. The course consists of 6 sessions, alternating literary analysis with presentation and discussion of film adaptations. Films will be shown on weekends.

Course Materials:

“Where Are Going, Where Have You Been” will be available as a handout, to be read before the first class. Please purchase the following editions of the books:

- [Brokeback Mountain](#) by Annie Proulx, Scribner 2005, paperback
- [The Great Gatsby](#) by F. Scott Fitzgerald, Scribner 2004, paperback

Course Leaders:

Judy P earned her BA in English from Smith College and a Master of Library Science from Simmons. She taught high school English for 22 years including Advanced Placement course at Longmeadow High School and the Academy of the Holy Name. She is a Reader for the Educational Testing Service: English Literature Exam, and was a professional book reviewer to book clubs in Palm Beach County for 10 years, along with tutoring SAT/ACT for 20 years

Chris M fell in love with foreign films at Smith College, where she majored in romance languages. Throughout multiple careers—ESL teaching, technical translating, book publishing and medical communications—in Milan, Italy, New Jersey, and Massachusetts, she saw as many films as possible. After moving to Lasell Village in 2019, she joined the Lasell Village Movie Club where she spent four years (2021-2025) as chairman. In that role, she helped club members finalize film choices and themes, formalized presenter guidelines and procedures, and helped launch the ever-popular annual Lasell Village Red Carpet Oscar Gala.

18. Ocean Quest

Catherine H

Thursdays, March 5 – April

2 5 weeks

11:30AM – 1PM, Zoom 



Seventy percent of the Earth's surface is ocean. This planet could be re-named "Ocean"; we are citizens of an ocean planet with islands the size of continents. The ocean is the most important resource on Earth because it controls weather, provides food, and creates 50% of the world's oxygen. Awesome life forms are constantly being discovered at all depths of the ocean. Remarkable life forms inhabit the deepest ocean where there is no light! As scientists pursue all types of marine research, they consistently advocate for caution because exploration and exploitation of the ocean's resources have a history of positive and negative consequences. One might say that the romantic ship-narrative has sailed, replaced with a heightened appreciation for the human impact on marine health and the human pressure on beings who live in or depend on the sea.

Education is the key to understanding the ocean of the past, present, and future. The ocean is a complex and ambitious topic of study; however, a short course is a place to start. This quest to learn more will highlight the following:

1. Maps: What You See and What You Don't See
2. Marine Specimens
3. Ocean Voyagers: Seafarers and Refugees
4. Innovative Marine Museums
5. Stories Told by Artists and Scientists

Course Materials: Links to resources will be provided by the course leader.

Course Leader: Catherine H was a museum curator, educator, and consultant for over twenty years. She received her Bachelor of Arts in History of Art from Cornell University and began her career in the Department of Textiles at the Museum of Fine Arts in Boston. Since 2019, Hunter has developed and taught courses for adult learning communities. Her courses reflect a lifelong interest in the intersection of art, art history, science, and culture. Hunter is an active member of the New Bedford Whaling Museum and the International Congress of Maritime Museums.

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

Izzi and Howie A

Thursdays, March 5 – April 9 (no class April 2)

5 weeks

11:30AM - 1PM, Froebel (Building 130C)



This five-week course will focus on a number of great European museums and how they prepared for war. The class will explore private collections that were systematically stolen in order to create a Nazi museum or were destroyed as "degenerate art". Artists whose works were targeted include Picasso, Chagall, van Gogh, and the German Expressionists. Lectures will be enhanced with audio visual presentations.

We will follow the work of the "Monuments Men" who helped rescue and return much of the looted art. The bravery of Rose Valland of the Jeu de Paume Museum and the persistence of Maria Altman to recover her family's collection will also be discussed.

Course Materials: Handouts will be provided by the course leaders.

Course Leaders: Israella A received her B.A. from Clark University and her M.Ed. from Wheelock College. The niece of former Village resident Sis Kazis, she is a librarian at Swampscott Public Library. Ms. Abrams facilitates and moderates book groups on the North Shore as "The Reading Woman."

Howard A, MD is a psychiatrist trained at Clark University (BA), Tufts University School of Medicine (MD) and Harvard University Medical School at Massachusetts Mental Health Center (Psychiatry), going on to obtain subspecialty certification in geriatric psychiatry. He has helped his wife, Israella, in multiple prior Lasell Village courses, providing AV support and occasional guest speaking. He shares her passion for the arts and love of teaching.

20. Creative Writing: Poetry Workshop

Sara L

(Mostly) Alternate Thursdays, Feb 5, Feb 12, Feb 26, Mar 12, Mar 26, and Apr 9.

Symposium reading on Apr. 23

6 weeks

1:15PM – 3PM, Dewey (Building 130D)



The Creative Writing Poetry Workshop is designed for intermediate and advanced writers and provides students with an opportunity to compose and revise original poems in a supportive environment. We will choose a book of poetry to read with selections due each week. The course leader will also provide students with a prompt for each class session. Students will submit poems for peer review each class and provide feedback on their peers' poems. Participants will submit a portfolio of revised poems at the end of the course for a published booklet. We will also hold a reading of original work at the end of the semester.

Course Materials: A book of poems by a single author, TBA via email before the course starts.

Course Leader: Sara L has a PhD in Rhetoric & Writing Studies and an MFA in Creative Writing, Poetry. Dr. Large is Associate Professor of Writing at Lasell University, where she teaches courses in the Writing Program and Core Curriculum, facilitates professional development for new adjunct faculty, and serves as the Director of the Writing Across the Curriculum Program. Dr. Large frequently presents on panels at local and national conferences on writing and teaching. She has taught English and Writing at many institutions across the U.S. and even spent one year teaching in Ulaanbaatar, Mongolia. She has published poems in *New South* and *Redactions*.

21. Intro to Improv Comedy

Christina C

**Thursdays, February 12 – March 12, with an optional showcase at the last class
1:15PM – 2:45PM, Rogers (Building 85A)**

This course requires no prior experience in Improv Comedy. Participants will engage in simple, enjoyable word games specifically designed to expand creativity and imagination, while ensuring a joyful atmosphere. Improv Comedy, akin to acting without a script, allows limitless possibilities. Under the expert guidance of our instructor, you will create imaginative scenes and foster connections with fellow participants. A short showcase for those who would like to participate will be held during the last class session and isn't mandatory to join the class.

Course Leader: Christina began her performing journey at the age of 10. She holds a bachelor's degree in musical theater and discovered Improv Comedy in New York in 2017, dedicating 4 years to work-study at the PIT, a renowned Improv school. Ever since, Christina has been passionate about Improv Comedy. In 2024, she started a program at Off Cabot and now collaborates with another instructor to teach three classes, fostering a vibrant community.

22. Contemporary African American Historical Fiction

C Dale G

Thursdays, January 29 – March 26 (no class March 12)

8 weeks

3PM – 4:30PM, Froebel (Building 120C)

This course explores contemporary African American historical fiction, examining how modern authors portray African American experiences through the lens of history. We will read a selection of novels that delve into the complexities of identity, social justice, resistance, and survival within African American communities. Each week will focus on a specific work that brings forward historical narratives, from the civil rights era to the present day, revealing how these stories shape collective memory and engage with the past's ongoing impact on the present.

Course Materials:

- [Take My Hand by Dolen Perkins-Valdez](#)
- [Midnight by Beverly Jenkins](#)
- [The Personal Librarian by Victoria Christopher Murray](#)
- [The Underground Railroad by Colson Whitehead](#) or [Memphis by Tara M. Stringfellow](#) (tentative: choices to be discussed in first class meeting)

Course Leader: C Dale G is an Americanist specializing in intellectual history, religion, culture, race and African American Studies. She holds a master's degree in theological studies from Harvard Divinity School and a master's degree in history from Harvard University. Prior to graduate school, she worked in the corporate and nonprofit sectors.

23. Forged in Fire and Ice: The Geology of the Boston Area

Mark G

Thursdays, March 5 – April 9

6 weeks

3:30PM - 5PM, Mead (Building 70)



The rocks and landforms in the Boston area tell a fascinating story. It's a story full of fire: ancient volcanoes, colliding continents and mass extinctions! But it's also the story of ice: how giant sheets of ice blanketed this region, carving out much of the landscape we see today. And the story is not over - humans have had an enormous impact on the physical

landscape in ways that no other creature on the planet has ever had, and this impact is now being seen in the ways we are changing our climate through global warming.

In this course we will learn about these stories, starting with some basic geology concepts. These will include learning about plate tectonics, the rock cycle, volcanoes and earthquakes. In the second half of the course, we will dive deep into glacial geology. Since observing the geology is not always obvious, especially in a landscape as influenced by human activities and structures as the Boston area, we will explore modern tools and methods used to understand how we know what we know about these geologic stories. Finally, we will explore how the tools used to study ancient geologic processes are being used to inform us of the consequences of global climate change.

Course Materials: No required readings, but recommended is the title [*Written in Stone*](#) by Chet and Maureen Raymo. Black Dome Press; 2nd edition (February 10, 2001)

Course Leader: Mark G (BS in Physics and History, MS in Electrical Engineering) has been a science educator since 1992, teaching physics, chemistry, and Earth science at the secondary level while also engaging in various research projects. His passion for authentic science inquiry and climate change education has led him to participate in several polar research expeditions and adapt field techniques for middle school students. He has co-taught numerous workshops and courses to help educators integrate field science and literacy into their teaching, including collaborations with geologists and climate scientists. Mark is the co-author of the book *The Stories of Science* (2017) and was a recipient of the 2023 Ed Roy Jr. National Award for Excellence in K-8 Earth Science Teaching from the American Geosciences Institute.

24. The Ancient Maya: Their History, Art, Accomplishments and Downfall

Michael S

Fridays, January 30 - February 27

5 weeks

9:45AM – 11:15AM, Froebel (Building 130C)



The Maya were among the most extraordinary ancient peoples of the Americas, yet most Americans know little about this accomplished civilization that rivaled other great empires. Who were these Mesoamerican people? Through readings, lectures, and discussion, we will explore this question.

Their writing, art, and monumental architecture were highly sophisticated, as were their advances in mathematics and astronomy, surpassing early Western systems. How did they build massive pyramids without metal tools? (One is likely the largest ancient structure in the world, bigger than any Egyptian pyramid.) What explains their human sacrifices, blood rituals, and ritual ball games? How did they develop rubber a millennium before Charles Goodyear? Why did Spaniards destroy their written works? And why did this remarkably advanced civilization of millions suddenly collapse in the 8th or 9th century, long before Europeans arrived? What were their relationships with the Aztecs, Olmecs, and Toltecs?

This course, through readings and illustrated lectures, will survey Maya geography, key cities, and the mystery of why great centers like Tikal, Chichén Itzá, and Palenque became abandoned ruins within a century - many hidden in jungles for centuries, and perhaps some still undiscovered.

Course Materials: Readings will be provided by the instructor.

Course Leader: Michael S has been exposed to various ancient civilizations -- through degree work, through travel and through research and reading, driven by curiosity. He has taught high school, undergraduate and graduate students--and loved every minute of it. He believes that learning about ancient cultures, their rise and fall, their accomplishments and conflicts, provided crucial insights into our current human trials, dilemmas and experiences.

25. Community Dialogue Seminar: Human Connection in an Automated Age

James W L

Fridays, March 20 – April 17

5 weeks

1:15PM – 2:45PM, Froebel (Building 130C)



What happens to our sense of community when we automate connection? How does a hospital's culture change when it replaces nurses with monitoring algorithms? When therapy apps stand in for human counselors? When AI tutors teach our children? What becomes of our world when the everyday activity of connecting with others is mediated through automated systems? What do we gain or lose?

Through case-based discussions of real-life examples drawn from Allison Pugh's *The Last Human Job: The Work of Connecting in a Disconnected World (2024)*, this seminar examines how automation technologies—including artificial intelligence—are changing how we connect, see each other as people, and maintain the cohesion of our social fabric. During

each session, your instructor will guide the class through a structured case-study discussion designed to challenge our ethical assumptions about efficiency, care, mutual recognition, and social responsibility. The central learning goals of this course include: (1) developing collaborative dialogue skills, (2) enriching our perspective on the connection between automation and care work, and (3) developing connections with each other and Lasell's Undergraduate Students.

Offered in collaboration with Lasell University's Ethics Program as part of a National Endowment for the Humanities "Spotlight on the Humanities" grant, this course also offers opportunities to build relationships with Lasell undergraduate students. There will be 7 required meetings: 5 guided discussions with philosopher James William Lincoln on Fridays, plus 2 case-based intergenerational dialogues hosted in the Village libraries and classrooms in conjunction with Lasell's Ethics Program. ***This semester, all book club meetings will take place in Froebel classroom and Freire Library (Buildings 130 B & C).***

1st Intergenerational Dialogue Sessions - course participants will be asked to Pick One of the meetings below during our first class:

Mon, 4/6/2026	Tues, 4/7/2026
<p>(1) 9:30 - 10:45am (2) 11 - 12:15pm</p>	<p>(3) 12:30-1:45pm (4) 3:30-4:45pm</p>

2nd Intergenerational Dialogues Sessions - course participants will be asked to Pick One of the meetings below during our first class:

Mon, 4/13/2026	Tues, 4/14/2026
<p>(5) 9:30 - 10:45am (6) 11 - 12:15am</p>	<p>(7) 12:30-1:45pm (8) 3:30-4:45pm</p>

Course Materials: Allison Pugh's [The Last Human Job: The Work of Connecting in a Disconnected World \(2024\)](https://research.ebsco.com/c/sgso3j/search/details/vc2dedlrbf?q=the%20last%20human%20job). A digital version is available free of charge via the Brennan Library with your Lasell account. Link to digital book:
<https://research.ebsco.com/c/sgso3j/search/details/vc2dedlrbf?q=the%20last%20human%20job>

Course Leader: Dr. Lincoln, an Assistant Professor of Philosophy at Lasell University, holds a Ph.D. in Philosophy from the University of Kentucky with specializations in Social Theory and Ethics. They also serve as Lasell's Nancy Lawson Donahue '49 Professor of Ethics. In this role, his research focuses on Moral Perception, Social Ethics, and Marcusean Social Theory. He also leads the Junior Ethics Experience Program, which offers a cohort-style experience for all Juniors at Lasell to study ethical reasoning, values, and values conflicts.

Lasell University Intergenerational Learning

The University's spring semester will run from January 21 to May 4, 2026. The list of designated intergenerational courses for the fall semester is below. University courses run for approximately 15 weeks (see table below for weekdays and times).

If you would like to register for these courses, **please make your selections on the online or paper Spring Semester Course Selection Form.** University courses are first come, first served.

Course	TITLE	Time	Bldg	Room
SMGT202	Ethics in Sports	M&W 12:30 - 1:45PM	STC	111
COM101	Understanding Mass Media	M&W 2:00 - 3:15PM	STC	310
HIST223	Technology and Social Disruption	M 3:30 – 6PM	WIN	CAM
HIST123	American Civilization I	T 3:30 – 6PM	STC	211
CJ103	Principles of Human Rights	T 3:30 – 6PM	WIN	HOL
BUSS331	Money and Capital Markets	T & Th 8 – 9:15AM	BREN	BTL
POLS302	The Conspiracy in American Politics	T & Th 11 – 12:15PM	WIN	SAR
ARTS111	Ceramics I	W 12:30 – 3PM	YAM	109
ARTS225X	Documenting History with Photography	W 2 – 4:30PM	DON	214
ARTS211	Ceramics II	W 4 – 6:30PM	YAM	109
MATH219X	What are the Odds? The Math of Gambling	W 5:15 – 7PM	STC	206

Intergenerational Course Descriptions:

SMGT202: Ethics in Sports

Professor: S Mobar

This course examines theories of ethics as well as personal moral development as applied to sports. It explores the importance of personal ethics and organizational responsibility and the role of professional ethics in sport management.

COM101: Understanding Mass Media

Professor: K Wirth

This course surveys the theories, history, economics, audience, and regulations of the major forms of mass media, including newspapers, magazines, motion pictures, radio, television, and new electronic communication. Students develop a basic understanding of the roles of mass media and their effects on society and the individual. The course focuses on the relationship between mass media and society, so students can identify current trends that are changing the nature and function of traditional mass communication. Students examine and debate many current controversial issues concerning the mass media and their effects on our society and culture. Students discuss significant aspects of mass communication, including ethics and policy formulation that are playing key roles in the materialization of a new global communication era.

HIST223: Technology and Social Disruption

Professor: D Osborn

In the course of human events, developments in tools and technology have transformed the world. From stone tools to general artificial intelligence, innovations have fundamentally altered how humans interact with the natural world, form and participate in societies, perform labor, and define the nature of "self." Yet, inventions meant to solve one problem have had profound and, often, unanticipated consequences that have disrupted and upended life, time and again. Tools and technology have changed the pace of daily life while managing to shrink and flatten the world. In this course, we will adopt a case study approach to the history of technology and social change. We'll adopt a global perspective and consider the costs of technology across time and place.

HIST123: American Civilization I

Professor: R Michaud

This course examines the chief political, social, and cultural features of American society as they have developed through the period of Reconstruction. Emphasis is on Colonial America, the War of Independence, the Constitution, and the emergence of the Republic through the Civil War.

CJ103: Principles of Human Rights

Professor: A Khasnabish

This course takes a global perspective defining human rights, reflecting on violations of these rights, considering arguments in support of human rights, and examining various new initiatives designed to protect human rights in different countries in all parts of the world. This course focuses on issues pertaining to the Universal Declaration of Human Rights such

as slavery, personal security and equality before the law, freedom of marriage, freedom of assembly, and freedom of movement.

BUSS331: Money and Capital Markets

Professor: R Zuar

The course offers an extensive examination of the money and capital markets and their importance to the US and global economy. This course will provide students with analytic tools to assess risks faced by investors and savers interacting through financial institutions and financial markets, as well as strategies for assessing and controlling these risks. The course places a heavy emphasis on the study of interest rates due to its importance in all capital markets and as one of the key determinants of the price of any financial asset.

POLS302: The Conspiracy in American Politics

Professor: P Debole

This basis of this course will be an in-depth examination of various conspiracies in American Politics and Culture, beginning with the Salem Witch trials through the Lincoln Assassination Conspiracy, the Sacco & Vanzetti case and to the present day. More recent conspiracies include an examination of the JFK and RFK Assassinations, the Pentagon Papers case, the Watergate Conspiracy, the Iran/Contra scandal, Whitewater, the "Vast Right Wing Conspiracy," the World Trade Center bombing, the Oklahoma City Bombing, Bush/Gore 2000, Global Warming, and the 9/11 Investigation. The "Obama Birther" controversy will also be covered.

ARTS111: Ceramics I

Professor: D Baldizar

This course is an introduction to the fundamentals of working with clay. Basic methods of hand-building and wheel throwing will be covered. Students will gain an understanding of the transformative nature of clay from a plastic to permanent state. Techniques will include pinching, slab forming, coil building, carving, glazing and firing. Image and video presentations, lecture, and hands-on demonstrations will expose students to the history of ceramics and contemporary techniques used by contemporary ceramic artists.

ARTS225X: Documenting History with Photography

Professor: O Slaughter

Students will examine how photography allows us to visually document aspects and events of contemporary life that shape the public record and provide contours to history. Students will take their own photos in a variety of settings in a deliberate and artful effort to capture life as we now live it. No technical skills are needed to participate. Learn more about Olivia as

artist-in-residence at the Isabella Stewart Gardner Museum here:

<https://www.gardnermuseum.org/experience/contemporary-art/artists/olivia-slaughter>

ARTS211: Ceramics II

Professor: D Baldizar

This course will expand on the fundamentals of working with clay. Emphasis is placed on further developing skills and creating a cohesive body of work focusing on wheel throwing and hand building techniques. Study and experimental use of clay and glazes are explored in depth. Image and video presentations and hands-on demonstrations will expose students to the history of ceramics and contemporary techniques. *Pre-Requisite: ARTS111 or permission of the Instructor.

MATH219X: What are the Odds? The Math of Gambling

Professor: R Morrison

Uncertainty and coincidence are facts of life. Bad luck, good luck, or no luck - we are all subject to the whims of chance. Humans have devised numerous games to explore and enjoy this common experience. In this course you will study the mathematical field of probability that is the basis of all forms of betting and survey popular wagering models, considering elements common to any system of gambling.

Other Options for University Courses

Village residents are also able to register for undergraduate courses without the intergenerational designation. To browse the University course catalog, follow these easy steps:

1. Log into <https://my.lasell.edu/> using your Lasell Village email, password and authentication.
2. On the large blue menu bar, click on Self-Service.
3. Ignore the "Sign-in" box that appears. Instead, in the upper left, click on the search button and choose "course offerings."
4. On the right-hand side, click on Period and choose "Sprin 2026".
5. Now enter a search term (e.g. ceramics, Spanish or psychology) and select enter.
6. For more information on any of the courses click on the title, and a pop-up box will display a course description.

To register for any University course, contact the Education Department.

SPRING 2026 SUMMARY OF LASELL VILLAGE COURSES

	<u>CSE#</u>	<u>Course & Instructor</u>	<u>Dates</u>	<u>Time & Location</u>
Sun	1	Ukulele Jam <i>Shayla M</i>	2/1 - 4/19 skip 3/8, 3/29 & 4/12	4 - 5:00 PM Great Room
Monday	Fit.	Zumba <i>Cathy A</i>	weekly	9 - 9:45 AM Ballroom
	2	Lessons Learned from Medical Maladies <i>Frank B</i>	2/23 - 3/30	9:45 - 11:15 AM Rogers
	Fit.	Zumba <i>Cathy A</i>	weekly	10 - 10:45M Ballroom
	Fit.	Chair Yoga <i>Ruth L</i>	weekly	11:30 AM – 12:30 PM Ballroom & Ch. 918
	3	Writing About Your Life <i>Cathy M</i>	1/26 - 3/23 skip 2/16	11:30 AM - 1 PM Art Studio
	4	Voices of Experience sing <i>Brigadoon</i> <i>Jonathan K</i> Performances 4/14 at 7:30pm & 4/15 at 2pm	1/26 - 4/13 skip 2/16	1:15 - 2:45 PM Ballroom
	5	Public Health Approaches in Selected Countries <i>Chris W</i>	1/26 - 3/9 skip 2/16	3 - 4:30 PM Froebel
Tuesday	6	Literary Adventures in the Arctic with American author Jack London and others <i>Jennifer H</i>	1/27 - 3/3	9:45 - 11:15 AM Froebel
	Fit.	30-Minute Easy Strength <i>Lasell House Rehab</i>	weekly	10 - 10:30 AM Ballroom & Ch. 918
	Fit.	Water Volleyball <i>Lulu Y</i>	weekly	11 - 11:45 AM Pool
	Fit.	Balance with At Home Physical Therapy <i>Derek M</i>	weekly	11:30 AM - 12:15 PM Ballroom & Ch. 918
	7	Managing Your Digital Footprint: Privacy and Security Essentials <i>Varshitha M</i>	1/27 - 3/3	1:15 - 2:45 PM Zoom
	8	Hands-on AI Exploration for Lifelong Learners <i>Agi S</i>	1/26 - 3/24 skip 2/24	3 - 4:30 PM Mead
	9	Your Art Journey <i>Susan K</i>	1/26 - 3/17	3 - 4:30 PM Art Studio
Wednesday	10	Six Great Supreme Court Justices: Their Times, Lives, and Influence on American Law and Society <i>Ed R</i>	1/28 - 3/4	9:45 - 11:15 AM Froebel
	11	Welcome to Hell (as envisioned by Dante in <i>The Inferno</i>) <i>Hank B</i>	1/28 - 3/18	9:45 - 11:15 AM Dewey
	Fit.	30-Minute Basic Stretch <i>Lasell House Rehab</i>	weekly	10 - 10:30 AM Ballroom & Ch. 918
	Fit.	Water Aerobics <i>Lulu Y</i>	weekly	10 - 10:45 AM Pool
	12	Small Moments, Big Lives Playwriting Project <i>Megan S G</i>	2/4 - 3/25	11:30 AM - 1 PM Mead

	CSE#	Course & Instructor	Dates	Time & Location
Wednesday cont'd	13	The Science Behind Your Nervous System & Well-Being <i>Rita T</i>	2/11 - 3/18	11:30 AM - 1 PM Dewey
	Fit.	Exercise with Khrystyna <i>Khrystyna H</i>	weekly	11:45 AM - 12:30 PM Ballroom & Ch. 918
	14	Great Vocalists in Jazz <i>Tim R</i>	2/4 - 3/25	1:15 - 2:45 PM Ballroom
	15	Heart to Heart: the Circulation of the Blood and how the Circulatory System Works <i>Gillian G</i>	3/4 - 4/22 skip 4/1 & 4/15	1:15 - 2:45 PM Dewey
Thursday	Fit.	Pre-recorded Improving Mobility <i>Paul C</i>	weekly	9:00 - 9:30 AM Zoom & Ch. 918
	16	Voting in America - Its History, Evolution and Current <i>Diana G</i>	1/29 - 3/5	9:45 - 11:15 AM Dewey
	17	Loved the Book, Can't Wait for the Movie <i>Chris M and Judy P</i>	3/5 - 4/9	9:45 - 11:15 AM Froebel
	18	Ocean Quest <i>Catherine H</i>	3/5 - 4/2	11:30 AM - 1 PM Zoom
	19	The Art of War: The Impact of World War II on Europe's Greatest Artistic Treasures <i>Izzi and Howie A</i>	3/5 - 4/9 skip 4/2	11:30 AM - 1 PM Froebel
	20	Creative Writing: Poetry Workshop <i>Sara L</i> 2/5 and 2/12, 2/26, 3/12, 3/26, 4/9 & reading on 4/23	2/5 - 4/9	1:15 - 3 PM Dewey
	21	Intro to Improv Comedy <i>Christina C</i>	2/12 - 3/12	1:15 - 2:45 PM Rogers
	22	Contemporary African American Historical Fiction <i>C Dale G</i>	1/29 - 3/26 skip 3/12	3 - 4:30PM Froebel
	23	Forged in Fire and Ice: The Geology of the Boston Area <i>Mark G</i>	3/5 - 4/9	3:30 - 5 PM Mead
Friday	Fit.	Pre-recorded Chair Yoga <i>Ruth L</i>	weekly	9 - 10 AM Channel 918
	24	The Ancient Maya: Their History, Art, Accomplishments and Downfall <i>Michael St C</i>	1/30 - 2/27	9:45 - 11:15 AM Froebel
	Fit.	Water Aerobics <i>Lulu Y</i>	weekly	10 - 10:45 AM Pool
	Fit.	Exercise with Khrystyna <i>Khrystyna H</i>	weekly	11:30 AM - 12:15 PM Ballroom & Ch. 918
	Fit.	Mat Pilates <i>Khrystyna H</i>	weekly	12:45 - 1:30 PM Ballroom
	25	Community Dialogue Seminar: Human Connection in an Automated Age <i>James L</i>	3/20 - 4/17	1:15 - 2:45 PM Froebel
Sat.	Fit.	Strength, Core, and Balance <i>Paul C</i>	weekly	11:30 AM - 12:15 PM Zoom & Ch. 918