



LifeLong  Learning

# FALL 2021 COURSE CATALOG



**SPRINGFIELD**  
COLLEGE



# LifeLong Learning Fall 2021 Programs



## About Us

The **Springfield College Institute for LifeLong Learning** was established in 1989. Membership in the Institute will help satisfy your passion for learning. The Institute offers spring and fall semester classes on current affairs, film, books, and a variety of other subjects of interest to an inquiring mind. Classes are held on the Springfield College campus, virtually, and other local venues. The LifeLong Learning (LLL) program also offers occasional receptions, field trips, and travel to encourage an atmosphere of camaraderie and companionship while learning about topics of interest to those who are 55 and older. The Institute is part of the Regional and Online Programs at Springfield College. One fee includes access to all LifeLong Learning class sessions. Additional fees apply for some activities as noted.

**Fall 2021** features a wonderful array of offerings from Sept. 15 through Nov. 23 for the discerning person. Some of our most popular instructors return with new offerings to share, and our new instructors offer other topics or perspectives aimed to stimulate your thinking and expand your knowledge. The **spring 2022** program is still being finalized and will be shared with members once completed.

It is with **gratitude** that the Institute staff thanks all instructors in the LifeLong Learning program who generously volunteer their time and expertise to present these classes and sessions to our members.

## Membership Fee

- Individual: \$65 per semester
- Couples: \$100 per semester

## Benefits of Membership

- Enrollment in all LLL classes
- Priority registration for all LLL trips
- Access to the Harold C. Smith Learning Commons
- Free campus parking

## Registration Protocol

**Registration for all classes and events is required.**

- You may register for as many classes as you plan to attend, but please do not “over” register. If you sign up for a class with limited enrollment and find that you cannot attend, please notify the Institute staff as early as possible by emailing LifeLong Learning at [lifelonglearning@springfield.edu](mailto:lifelonglearning@springfield.edu). *There is almost always a waiting list, and we can give the next person in line an opportunity to attend.*
- The Institute staff reserves the right to limit course registration due to classroom space limitations or due to the nature of the course.
- The Institute staff reserves the right to cancel classes if circumstances require.
  - Illness of the instructor
  - Poor weather
- Every attempt will be made to notify members by email or telephone if a class is cancelled.

**There are three ways you can register for classes this semester:**

- 1. By mail:** Please complete the registration form (the last two pages of this brochure) and mail it with a check made out to Springfield College to Learning in Later Life, Springfield College, 263 Alden Street, Springfield, MA 01109
- 2. By email:** [lifelonglearning@springfield.edu](mailto:lifelonglearning@springfield.edu)
- 3. Attend the kickoff breakfast Monday, Sept. 13 at 10 a.m.**  
Location: Loomis Lakeside at Reeds Landing, 807 Wilbraham Road, Springfield, MA 01109

# Fall 2021 Program Descriptions



## I. Positive Psychology: Containers and Cards

During this time of uncertainty, there are many beautiful as well as stressful things. This workshop invites individuals to learn how to use techniques from both positive therapy and art therapy to cope with the uncertainty. Participants will work with graduate students to create special containers to keep things safe as well as making special collaged cards for themselves and others.

Instructor: Simone Alter-Muri, PhD, Professor of Art Therapy/Counseling, Springfield College  
Date: Tuesday, Sept. 14  
Time: 4:15-5:30 p.m.  
Location: Springfield College, Brennan Center, Room No. 8

## II. Mindfall Meditation Session

Poor sleep is a common problem that can affect one's health and quality of life. This 90-minute training session will present evidence-based practices that can be readily applied to improve sleep. First, it will provide sleep hygiene recommendations for making easy behavioral and environmental changes. Second, it will provide training in a simple 15-minute meditation that incorporates deep breathing and visualization while participants have eyes closed and sit comfortably. Sleep hygiene and meditation together can significantly improve sleep quality.

Instructor: Alicia Dugan, PhD, Assistant Professor of Medicine, UConn Health  
Date: Monday, Sept. 20  
Time: 9-10:30 a.m.  
Location: Loomis Lakeside at Reeds Landing

## III. Around the World with Anush

Fast and furious all within a week. Due to Anush's travels in the fall, she will share her travel adventures just about every other day. Anush has traveled to all 193 United Nations countries, and to 301 of the 329 Travelers Century Club Countries and principal islands of the world. Most recently, she traveled to all 63 U.S. National Parks!

Instructor: Anush Dawidjan  
Dates: Wednesday, Sept. 29 and Friday, Oct. 1 (Session 1: Prison Wall Stories)  
Monday, Oct. 4 (Session 2: Volunteer Super Bowl)  
Wednesday, Oct. 6 and Friday, Oct. 8 (Session 3: Travel to Socota)  
Time: 1-3 p.m.  
Location: Springfield College, Brennan Center, Room No. 8

## IV. How Should We Assess the Biden Presidency?

In one of the most unusual presidential transitions ever, Biden is sailing in uncharted waters. How successful has he been in achieving his agenda? We will consider the party composition of Congress, the fractured body politic, and the intransigent nature of the problems facing him.

Instructor: Daniel Russell, Professor of Political Science, Springfield College  
Date: Tuesday, Oct. 12  
Time: 9:30-11 a.m.  
Location: Loomis Lakeside at Reeds Landing

## V. Fall Nature Walk at the Fort River Nature Trail

**(Limit 25 participants)**

Fall marks the period when animals and plants begin preparations to deal with the demands of winter. The most noticeable sign of this is the changing color of leaves on plants, and especially deciduous trees. This magic captures what fall is about for most New Englanders.

Our field trip to Fort River, with environmental historian **Dietrich Schlobohm** will focus on the how and why of these changes. Participants will enjoy the feast which nature presents to their senses at this beautiful time of year. The Fort River Trail in Hadley, Mass., is about 35-40 minutes from Springfield College. It is a beautiful trail about 1.2 miles long, very level and very easy to walk on. It meanders through a variety of habitats: grassland, old field, young forest, flood plain forest,

wetlands, and the Fort River. Much of the walk is on a board walk. It is also an excellent place for birding.

Instructor: Dietrich Schlobohm, PhD, Emeritus Professor of History, Springfield College

Date: Monday, Oct. 18

Time: 10 a.m. to Noon

Location: Fort River Nature Trail in Hadley, Mass.

*General Directions:* Take Interstate 91 to Northampton to the Coolidge Bridge and then onto Route 9 east for a short while. Turn right on to Bay Road, and then later, make a left turn on to Moody Bridge Road and continue to the nature trail, which will be on your left. For more specific directions, consult Google or your GPS.

## VI. American Poets

**Ed Dibble** will return to the classroom this fall to continue his series on American poets, with readings from Billy Collins, Poet Laureate in 2001. If time permits, some of Langston Hughes' poems will also take the stage. Come share Ed's love of the written word as he once again takes us on a journey of hope and aspiration.

Instructor: Edward Dibble

Date: Thursday, Oct. 28

Time: 10:30 a.m. to Noon

Location: Reed's Landing at Loomis Lakeside

## VII. Colonial American History—Part 5

Part 5 of our course will begin with a brief review of the main themes covered in Parts 1 to 4: First human settlers in North America, Native American cultures and civilizations before the Contact Period, the Contact Period, the Columbian Exchange, early colonization of America, and the Plymouth and Jamestown mindset or bias. We will go on to explore the religious-based Massachusetts Bay Colony and the economic-based Virginia Colony. If time allows, we will examine the institution of slavery.

Instructor: Dietrich Schlobohm, PhD, Emeritus Professor of History, Springfield College

Dates: Tuesdays, Nov. 9, 16, and 23

Time: 10-11:30 a.m.

Location: Springfield College, Brennan Center, Room 125

## VIII. Film Classics Fall 2021

After a year and a half of worry and confinement, it will be a joy to see old friends, and hopefully many new friends, as we view three films: two film noirs and one romantic drama.

Instructor: Jane Landon

Dates: Thursdays, Nov. 4, 11, and 18

Time: 1-3:30 p.m.

Location: Springfield College, Brennan Center, Room No. 8

### Film 1 (Nov. 4): *The Postman Always Rings Twice*.

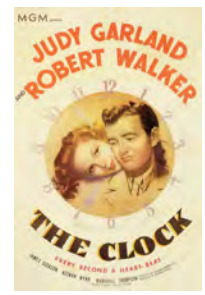
One of the best of the film noirs, this one stars Lana Turner and John Garfield and a wonderful supporting cast. It's the story of a drifter who finds a job at a garage/diner owned by an older man and his very young wife. The drifter and the wife quickly fall in love and they plan all sorts of schemes to rid the wife of her husband. This film is based on the 1934 James Cain novel, and for a long time wasn't filmed due to the strict moral codes for movies.

### Film 2 (Nov. 11): *Rope*.

It's a psychological crime thriller directed by Alfred Hitchcock based on the 1929 play by Patrick Hamilton. It stars James Stewart, John Dall, and Farley Granger. The original play was inspired by the real-life murder of 14-year-old Bobby Franks in 1924 by University of Chicago students Nathan Leopold and Richard Loeb.

### Film 3 (Nov. 18): *The Clock*.

This is a romantic World War II drama starring Judy Garland and Robert Walker and directed by Vincente Minnelli. This was Garland's first dramatic role as well as her first starring vehicle in which she did not sing. Robert Walker plays a small-town soldier on a 48-hour leave who meets Garland's character in crowded Penn Station. She asks where he is going, and he asks to accompany her home on a double-decker bus and they make stops at landmarks she points out along the way. He asks her to meet him that evening under the clock at the Astor Hotel.



## IX. Wellness Workshop Series

The undergraduate art therapy pre-practicum class will be offering a series of four wellness, art-based workshops to the LifeLong Learning community. We are excited to think about and explore our individual wellness through creative mediums together. As a classroom community, we will explore how simple art practices can enhance our daily wellbeing. We will be approaching our creative endeavors through a strength-based lens, and we will adhere to the motto, "There are no wrong answers in art!" Participants do not need to have prior art experience and should come prepared to experiment with art materials and ready to create art.

Leader: Kaye Shaddock, Adjunct Faculty  
Art Therapy/Counseling Program,  
Springfield College

Dates: Four-day Workshop: Mondays,  
Nov. 1, 8, 15, and 22

Time: 1:30-3 pm.

Location: Springfield College, Brennan Center,  
Room No. 8

## X. Talking Books

**(Limit 20 participants)**

**Catherine Banks** returns to lead a group of avid readers to discuss books that they have read and recommend and to discuss the book assigned to that session by sharing their opinions, their likes, and dislikes. Please note that the first book assigned is *The Line Becomes A River: Dispatches from the Border* by Francisco Cantú.

Instructor: Catherine Banks, Retired Associate Dean  
of Students, Springfield College

Time: 10-11:30 a.m.

### Session 1: Monday, Oct. 11

Springfield College, Brennan Center,  
Room No. 1  
*The Line Becomes A River: Dispatches  
from the Border* by Francisco Cantú

### Session 2: Monday, Oct. 25

Springfield College, Brennan Center,  
Room No. 1  
*The Alice Network* by Kate Quinn

### Session 3: Wednesday, Nov. 17

Springfield College, Brennan Center,  
Room No. 8  
*Home Fires* by Kamila Shamsie

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## Questions or Concerns?

Contact [lifelonglearning@springfield.edu](mailto:lifelonglearning@springfield.edu).

### Notes:

1. You will notice that there are several sessions with size limits. The size of the class is limited by space in the classroom or request of the instructor, based on the activity.
2. You will receive a LifeLong Learning identification card upon registration. It is a non-picture card for internal purposes. You will still need your license or state picture ID in some cases, such as accessing the Harold C. Smith Learning Commons.
3. With your registration, you will receive two guest passes to be used at your discretion for any class that does not have limits.
4. A parking permit is available upon registration.
5. Please take note of the fees associated with the art-related classes, but do not pay until you are notified that you are registered.
6. Loomis Lakeside at Reeds Landing parking now includes spaces in the front marked "Visitor." Loomis staff is generously offering valet parking at this location for the larger classes. Please be sure to register for any classes held at this location so that the staff can adequately provide parking/valet for our members.

# LifeLong Learning Fall 2021 Membership and Registration Form

Member 1: Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Member 2: Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

New member  Yes

Returning member  Yes

I am 55 years old or older.  Yes  No

## Registration for programs

Annual membership fee, single: \$65 \$65

Annual membership fee, couple: \$100 \$100

**Fees:** Art Promoting Wellness: \$5, Art Making: \$5, Watercolor: \$5 Defer Payment

Donation to the Marilyn Cohen Spirit Award for Physician Assistant (optional) \$ \_\_\_\_\_



*This award was established by the LLL Advisory Committee in memory of founding member Marilyn Cohen, who was instrumental in the establishment of the LifeLong Learning program. She also was supportive of the health sciences programs at Springfield College. The Marilyn Cohen Scholarship is awarded to a student in the physician assistant program.*

*Shown at left: Springfield College physician assistant student Christopher Brodeur receiving the Marilyn Cohen Spirit Award from LifeLong Learning Advisory Committee member Catherine Banks.*

Donation to support the LifeLong Learning program. (optional) \$ \_\_\_\_\_

**TOTAL:** \$ \_\_\_\_\_

Check enclosed payable to Springfield College  Yes  No

**Please fill out both sides of this form and mail it with your check (payable to Springfield College), to Springfield College, LifeLong Learning, 263 Alden St., Springfield, MA 01109, or bring it and your check with you to register in person.**

**Keep a copy of this registration for your reference during the semester.**



# LifeLong Learning Fall 2021 Class Selection

Check the box at the right after each offering for which you want to register. Please register only for those sessions you really intend to attend. **Submit this page for in-person or mail-in registration.**

Your Name \_\_\_\_\_

Class Session	Location	Date	Time	Check
<b>Registration Breakfast</b>	Loomis Lakeside	Mon., Sept. 13	10-11:30 a.m.	
I. Positive Psychology	Brennan, Room 8	Tues., Sept. 15	4:15-5:30 p.m.	
II. Mindfall Meditation	Loomis Lakeside	Mon., Sept. 20	9-10:30 a.m.	
III. Around the World with Anush				
Session 1: Prison Walls	Brennan, Room 8	Wed., Sept. 29, Fri., Oct. 1	1-3 p.m.	
Session 2: Volunteer	Brennan, Room 8	Mon., Oct. 4	1-3 p.m.	
Session 3: Travel	Brennan, Room 8	Wed., Oct. 6, Fri., Oct. 8	1-3 p.m.	
IV. Biden Presidency	Loomis Lakeside	Tues., Oct. 12	9:30-11 a.m.	
V. Fall Nature Walk	Hadley, Mass.*	Mon., Oct. 18	10 a.m. to Noon	
VI. American Poets	Loomis Lakeside	Thu., Oct. 28	9-11:30 a.m.	
VII. Colonial American History	Brennan Center, Room 125	Tues., Nov 9, 16, and 23	10-11:30 a.m.	
VIII. Film Classics	Brennan, Room 8	Thu., Nov 4, 11, and 18	1-3:30 p.m.	
IX. Wellness Workshop Series	Brennan, Room 8	Nov 1, 8, 15, and 22	1:30-3:30 p.m.	
X. Talking Books				
Session 1	Brennan, Room 1	Mon., Oct. 11	10-11:30 a.m.	
Session 2	Brennan, Room 1	Mon., Oct. 25	10-11:30 a.m.	
Session 3	Brennan, Room 8	Wed., Nov. 17	10-11:30 a.m.	

\* Fort River Nature Trail



# Your LifeLong Learning Fall 2021 Class Summary

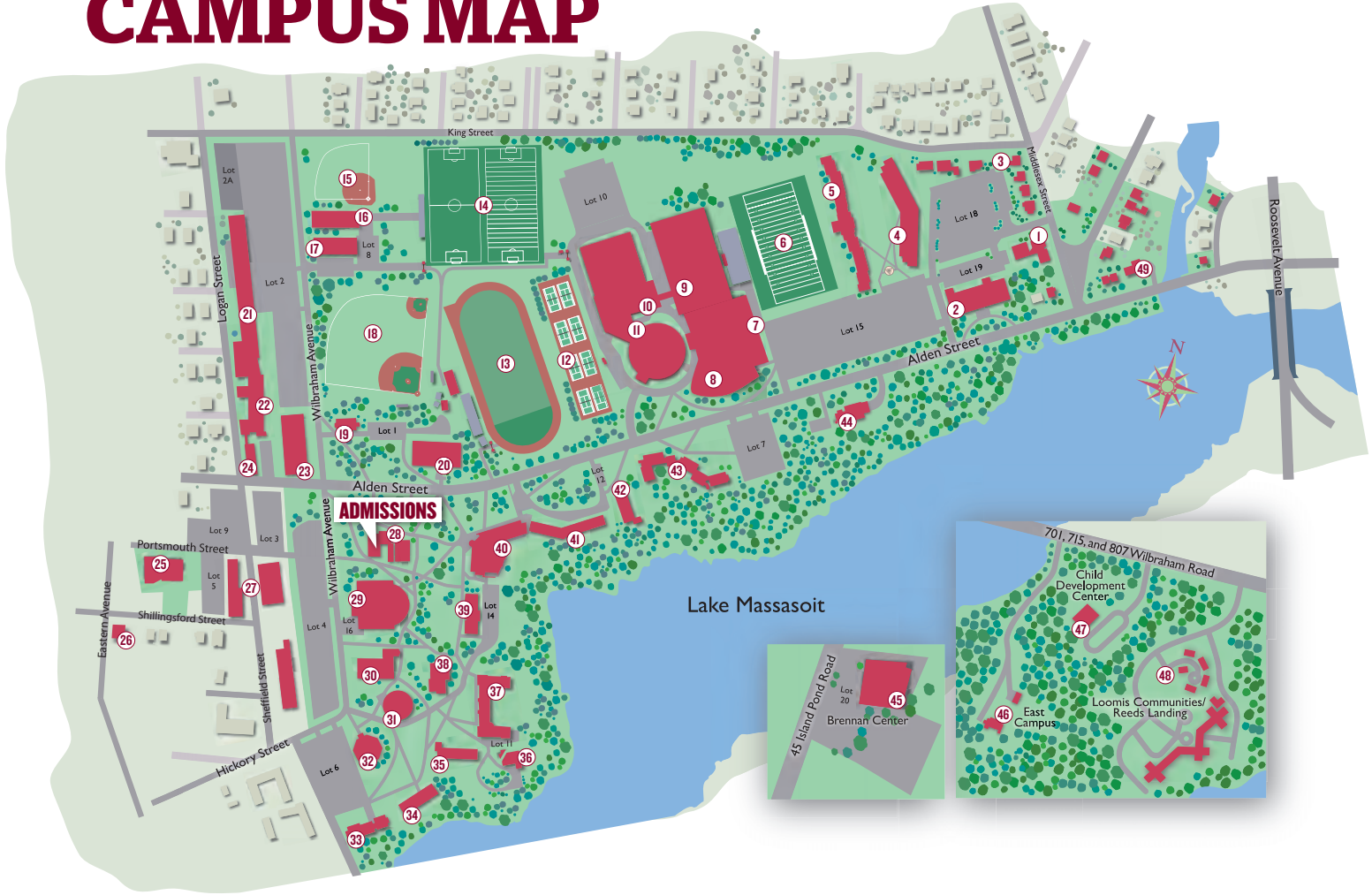
Check the sessions you've chosen to attend and **keep this page** for your records.

Class Session	Location	Date	Time	Check
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\* Fort River Nature Trail, Hadley, Mass.

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# CAMPUS MAP



- |   |   |   |
|---|---|---|
| 1. Alumni House   | 18. Archie Allen Baseball Field/<br>Aschermann Family Ability Field | 33. International Hall                          |
| 2. Health Sciences Center   | 19. Weiser Hall   | 34. Reed Hall                                   |
| 3. Graduate Village   | 20. Harold C. Smith Learning Commons                                | 35. Massasoit Hall                              |
| 4. Senior Suites  | 21. Blake Hall  | 36. Power Plant                                 |
| 5. Townhouses   | 22. Living Center   | 37. Alumni Hall                                 |
| 6. Stagg Field  | 23. Locklin Hall  | 38. Marsh Memorial                              |
| 7. Art Linkletter Natatorium  | 24. Kakley Graduate Annex   | 39. Administration Building                     |
| 8. Wellness Center  | 25. Public Safety   | 40. Richard B. Flynn Campus Union               |
| 9. Field House  | 26. Center for Leadership<br>and Civic Engagement                   | 41. Abbey-Appleton Hall                         |
| 10. Athletic Training/<br>Exercise Science Facility                 | 27. Facilities Management   | 42. Lakeside Hall                               |
| 11. Physical Education Complex/<br>Blake Arena/James Naismith Court | 28. Stitzer Welcome Center<br>at Judd Gymnasia (Admissions)         | 43. Gulick Hall                                 |
| 12. Appleton Tennis Courts  | 29. Cheney Hall   | 44. President's Residence                       |
| 13. Blake Track   | 30. Schoo-Bemis Science Center                                      | 45. Brennan Center                              |
| 14. Irv Schmid Sports Complex                                       | 31. Hickory Hall  | 46. East Campus/Pueblo                          |
| 15. Potter Softball Field   | 32. Fuller Arts Center/<br>Appleton Auditorium                      | 47. Child Development Center                    |
| 16. Athletic Annex  |   | 48. Loomis Communities/<br>Reeds Landing        |
| 17. Towne Student Health Center                                     |   | 49. Office of Conferences<br>and Special Events |



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263 ALDEN STREET  
SPRINGFIELD, MA 01109-3797

[springfield.edu/lifelonglearning](http://springfield.edu/lifelonglearning)  
(413) 748-3985