



LifeLong ▼ Learning

SPRING 2022 COURSE CATALOG

**SPRINGFIELD
COLLEGE**



LifeLong Learning

Spring 2022 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.

Spring 2022 features a wonderful array of offerings from Feb. 20-May 28 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.

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

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. *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 our online portal at cscourses.springfield.edu
2. **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 LifeLong Learning, Springfield College, 263 Alden Street, Springfield, MA 01109
3. **By email:** lifelonglearning@springfield.edu

Spring 2022 Program Descriptions

I. Introduction to Guitar Playing

Outline of the course:

- **Session 1 - Sunday, Feb. 20:**
Guitar basic skills, including performance posture (how to hold the guitar), notes and tuning, and introduction to basic chords using songs (selected by students through a survey) as examples.
- **Session 2 - Sunday, Feb. 27:**
Deeper dive into notes, scales, chords, and introductory music theory. We also will continue applying these ideas to student-selected songs.
- **Session 3 - Sunday, March 6:**
We dissect and learn how to play through the entirety of student-selected songs (chords only).

Dates: Sunday, Feb. 20, 27, and March 6

Time: 1-2 p.m.

Location: Springfield College, Brennan Center,
Room No. 7

Instructor: Richard Soriano, MS

Instructor biography: Richard Soriano is a mechanical engineer who teaches high school math at the John J. Duggan Academy in Springfield, Mass., and a musician playing many different types of string instruments. Soriano attended the College of the Holy Cross, Boston University, and Berklee College of Music. He will be teaching guitar for beginners.

II. Out On A Limb and Other Stories

Robert Loesch will read a few of the stories from his book, *Out on a Limb and Other Stories*, and lead a discussion about their content. These nine stories all end within 2010-19 in the local Massachusetts communities of Agawam, Springfield, Westfield, and Wilbraham. Although all of the settings are real places, all of the characters are fictional. These stories share the individual personal experiences of ordinary people living in our contemporary period and representing a diversity of faith communities, racial or ethnic backgrounds, socio-economic levels, ages, occupations, and education. Seven of the stories are told in the first person by one of the main characters.

The stories: "Out On A Limb;" "Seeing Red;" "The Clown and the Acrobat;" "A Second Chance: Ellen's Story;" "Tony Gandolfo's Story;" "James Paterson: My Life and Art;" "Alexander's Odyssey;" "The Gardener in the Rose Garden;" and "Tia Santiago's Senior Year of High School."

Dates: Session 1: Monday, Feb. 28

Session 2: Monday, March 7

Time: 12:30-2 p.m.

Location: Loomis Lakeside at Reeds Landing

Instructor: Robert Loesch

Instructor biography: Robert Loesch has presented seven LLL programs since 2017: "Interfaith Religious Heritage of Springfield- 1636-2019;" "The Day the Drum Stopped" and Other Stories; "Seventeen Women for Peace: Women Laureates of the Nobel Peace Prize;" "Edith Wharton (1862-1937);" "Road Trip to Edith Wharton's The Mount, World War II and My Family;" "Dr. Albert Schweitzer (1875-1965);" "Books and My Life." Loesch, a retired United Church of Christ clergy, is a graduate of Oberlin College, Yale Divinity School, and Hartford Seminary. He has been a Springfield resident for 28 years.

III. Environmental Medical Emergencies and the ABCs of Radiation

The environment is now an important part of our national conversation. The subject has become more important because of the extreme changes encountered almost daily. Medical emergencies can be encountered unexpectedly due to rapid environmental changes. Basic knowledge of effective response is of definite value. The following topics will be considered:

- Heat illness and heat stroke,
- Cold injury and frostbite,
- High altitude illness,
- Lightning strike,
- Rip tides and near drowning, and
- Radiation: The Bad and the Good-- a radiologist's perspective.

Date: Tuesday, March 1
Time: 10:30 a.m. to noon
Location: Springfield College, Brennan Center,
Room No. 125
Instructor: Murray Watnick, MD

Instructor biography: Dr. Murray Watnick earned his bachelor's degree from Columbia University and his Doctor of Medicine at the State University of New York. He is also board certified in diagnostic radiology and radiotherapy. He has served as an associate professor at the Boston University School of Medicine and as an instructor at Harvard University Medical School. In addition, Dr. Watnick served as an advisor to the World Health Organization.

IV. Memoir Writing

If you are interested in learning how to write a memoir, this two-day (one hour per class) workshop is for you. Through short lectures and hands-on exercises, you will gain valuable insight into what a memoir is and what is required in order to write one.

Dates: Session 1: Saturday, March 5
Session 2: Saturday, March 12
Time: 9-10 a.m.
Location: Springfield College, Brennan Center,
Room No. 8
Instructor: Haven Williams

Instructor biography: Haven Williams has a master's degree in education and accounting and taxation and a bachelor's degree in accounting and management. His interest in writing and teaching writing workshops, such as memoir writing, and how to write a book, all led to his collaboration with his brother to author *A Call to Arms*. The book is about police reform.

V. Tai Chi—What it is and what do we know about its health benefits?

Tai chi is an exercise that is suitable for older adults because it is low impact and safe; in addition, it is enjoyable to practice by yourself or in a group. However, it is still underutilized in the U.S. Less than 3 percent of all U.S. adults have experience with tai chi practice. In this session, we will: 1) introduce the history of tai chi and the modern form of tai chi; 2) practice

some tai chi forms together and talk about the three key elements, including movement principles, mental concentration/meditation, and breathing; and 3) overview the health benefits of tai chi that is supported by scientific research studies.

Dates: Session 1: Tuesday, March 8
Session 2: Thursday, March 10
Time: 1-3 p.m.
Location: Springfield College, Brennan Center,
Room No. 8
Instructor: Yin Wu, PhD

Instructor biography: Yin Wu has a Master of Arts in gerontology and a PhD in exercise science. He is currently a postdoctoral research associate at the University of Connecticut. His research focuses on evidence-based exercise prescription for older adults.

VI. How to Write a Book

Are you interested in writing a book but do not know where to begin? Then this two-day (one hour per class) workshop is for you. The self-published author will take you through a five-step process that will remove the mystery of self-publishing and will give the participant firsthand knowledge of what is required in order to write a book and get it published.

Dates: Session 1: Saturday, March 19
Session 2: Saturday, March 26
Time: 9-10 a.m.
Location: Springfield College, Brennan Center,
Room No. 8
Instructor: Haven Williams

Instructor biography: Haven Williams has a master's degree in education and accounting and taxation and a bachelor's degree in accounting and management. His interest in writing and teaching writing workshops, such as memoir writing, and how to write a book, all led to his collaboration with his brother to author *A Call to Arms*. The book is about police reform.

VII. Trends in Politics in Fraught Times: How is the U.S. Political System Faring under the Biden Administration?

We will look at developments in public opinion, electoral politics, the courts, news media, and the relationship between President Biden and Congress. We'll examine those factors in light of increasing political extremism and looming threats to our democracy.

Date: Wednesday, March 23

Time: 10:30 a.m. to Noon

Location: Springfield College, Brennan Center,
Room No. 125

Instructor: Daniel Russell, PhD, Springfield College
Professor Emeritus of Social Sciences

Instructor biography: Daniel Russell received his PhD in political science from the University of Massachusetts, and taught at Springfield College in the Social Science Department, presenting classes in world history, U.S. history, African American history, American politics, and research seminars in sociology. His research focus was on grassroots political organizations, especially ACORN, the national group of low-to-moderate income Americans. Aside from teaching, he has been very active in nature education and conservation with Mass Audubon, which grew out of his lifelong interest in birding. Additionally, he has been an activist for gay rights issues at Springfield College and in the community, and helped organize groups on campus for gender equality, racial justice, and the rights of people with disabilities. Currently, he is a co-emcee of the weekly Luthier's Co-op Wednesday night open mic in Easthampton, a high-quality music event for performers at all levels.

VIII. From Check to Checkmate: Learn How to Play Chess

Are you interested in learning how to play chess? If the answer is yes, then this 10-day (one hour per class) workshop is for you. Through a series of structured hands-on exercises, you will learn the basics of how to play chess. All equipment and materials will be provided. The class is limited to six participants, so sign up early to reserve a seat.

Dates: March 28 to April 8; 10-day workshop
(no weekends)

Time: 6-7 p.m.

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

Instructor: Haven Williams

Instructor biography: Haven Williams has a master's degree in education and accounting and taxation and a bachelor's degree in accounting and management. Williams has enjoyed chess from a very young age, and teaching chess was a natural outgrowth of earning his degree in education.

IX. Police Reform

Are you interested in an open dialogue concerning police reform? Through a short overview of the history of slavery and small breakout group exercises, this two-day (one hour per class) workshop will look at the history of policing in America and offer suggestions to address racial inequality.

Haven Williams will use his book (originally titled *The Good, the Bad, and the Blue* and now retitled *A Call to Arms*) to look at how slavery, racism, and occupational power have manifested in society and become the underlying causes of today's issues between civilians and law enforcement. *A Call to Arms* identifies those areas where action can be taken to address some of the issues surrounding civilians and law enforcement. (Note: Haven Williams wrote *A Call to Arms* under the pseudonym H. Triplett.)

Required reading: *A Call to Arms*. The book will be available for sale at the first class or can be ordered in advance from the author. The book can be purchased through Amazon. It can also be obtained through loan from the following Springfield Libraries: Central Library, Mason Square Library, or East Forest Park Library.

Dates: Session 1: Saturday, April 2

Session 2: Saturday, April 9

Time: 9-10 a.m.

Location: Springfield College, Brennan Center,
Room No. 125

Instructor: Haven Williams

Instructor biography: Haven Williams has a master's degree in education and accounting and taxation and a bachelor's degree in accounting and management. His interest in writing and teaching writing workshops, such as memoir writing, and how to write a book, all led to his writing *A Call to Arms*.

X. Colonial American History-Part 6

Part 6 of our course will examine the early colonization of America by England in the 17th century with a focus on Massachusetts and Virginia. These two areas present a divergent story which had significant consequences for the future of the country.

Dates: Session 1: Tuesday, April 5
Session 2: Wednesday, April 13
Session 3: Wednesday, April 20
Time: 10-11:30 a.m.
Location: Springfield College, Brennan Center,
Room No. 125
Instructor: Dietrich Schlobohm, PhD, Professor of
History Emeritus, Springfield College

Instructor biography: Dietrich Schlobohm is a professor emeritus from Springfield College where he taught for 36 years. He holds a PhD in American history from Michigan State University. Schlobohm's area of specialization is the environmental history of America. He also is a nature educator with a lot of experience working with children at Arcadia Wildlife Sanctuary and leading nature walks in West Springfield.

XI. Beauty and Adventure Awaits in Norway

Transport yourself to Norway, where Pamela Higgins, associate professor at Springfield College, spent three months living in the town of Moss while teaching at the American College of Norway. Hear about Scandinavian culture and egalitarian society while viewing breath-taking photos of Oslo, the capital of Norway, which sits on the country's southern coast at the head of the Oslofjord and Tromsø, a major cultural hub above the Arctic Circle.

Date: Monday, April 4
Time: 1-2 p.m.
Location: Springfield College, Brennan Center,
Room No. 125
Instructor: Pamela Higgins, Associate Professor,
Springfield College

Instructor biography: Pamela Higgins is an associate professor in the Health Science Department at Springfield College. Higgins' professional focus includes public health research, program development,

implementation, and evaluation. She has been involved in national and local primary care evidenced-based practice implementation efforts for screening and brief intervention studies and pediatric asthma management at the University of Connecticut School of Medicine, and recently worked with the Center on Aging to evaluate health policy. Her current research includes a children's behavioral health prevention system in Middletown, Conn., called iCARE (Identifying Children and Responding Early). She incorporates this direct experience in conjunction with pedagogy, which offers students a platform to learn how public health, medical, and community-based collaborations function. In 2019-20, Higgins taught in a Norway/Springfield College partner school.

XII. Songs of Celebration and Encouragement

We hope by now that we're finding our way to a new normal after the incredible disruption of the pandemic, but so much of the future is still uncertain. Verne McArthur, PhD, will help us sing our way through it! He will offer songs of celebration for our emergence from the pandemic and songs that will help gird us for whatever comes. Songs that are both fun and uplifting, and also help build fortitude for changing times.

Date: Tuesday, April 12
Time: 10:30 a.m. to Noon
Location: Springfield College, Brennan Center,
Room No. 125
Instructor: Verne McArthur, PhD

Instructor biography: Verne McArthur is a retired Springfield College professor, non-retired activist, workshop leader, and song leader. He taught adult students for more than 30 years, specializing in community development, critical thinking, and environmentalism. He uses participatory activities and singing to inspire collaboration and energize activism--and make it fun.

XIII. Fueling Your Life: "Always bring snacks"

A healthy fueling plan is important, no matter what your age. Food provides energy and nutrients for

your body to function, help reduce the risk of some diseases, and increase longevity. By the end of the presentation participants will:

- 1) Identify the fundamentals of a healthy diet;
- 2) Understand the role of carbohydrates, protein, and fat in the body;
- 3) Build meals and snacks with important vitamins and minerals; and
- 4) Interpret the nutrition facts label and U.S. government's *Dietary Guidelines for Americans*.

Date: Friday, April 22

Time: 10-11:30 a.m.

Location: Springfield College, Brennan Center,
Room No. 125

Instructor: Carolyn Stocker, MS, LD, Registered Dietician
and Certified Strength and Conditioning
Specialist

Instructor biography: Carolyn Stocker earned a Master of Science from Springfield College. Currently, she teaches nutrition at the University of Massachusetts and Worcester State University while also coaching with the Chaski Endurance Collective and her own business, Carolyn Stocker Performance.

XIV. The Russellers (Live Music)

The Russellers is a quartet of Maggie Haddad on guitar and vocals; Tony Rousseau on bass; Bruce King on guitar, banjo, and vocals; and Dan Russell on guitar, harmonica, and vocals. They play a mix of folk, country, bluegrass, blues, and singer/songwriter and swing music. It's been their pleasure to perform for Lifelong Learning several times, the best possible audience!

Date: Monday, April 25

Time: 11:30 a.m. to 1:30 p.m.

Location: Loomis Lakeside at Reeds Landing

XV. Active Hope: Learning to Live With the Reality of Climate Change

As the reality of climate change and its deepening impact on our lives becomes more obvious, we need ways of dealing with the scary uncertainty the future holds and the feelings this engenders. Using the

process described in the book *Active Hope*, this two-session participatory workshop will explore practical tools and new understandings that open our hearts and minds to letting go of the "old normal" and engaging creatively in helping shape a new and better future. We will learn how to find joy in the moment and hope and courage in facing the future. Prepare to be challenged, have fun, and emerge energized.

Dates: Session 1: Tuesday, May 3

Session 2: Tuesday, May 10

Time: 10 a.m. to Noon

Location: Loomis Lakeside at Reeds Landing

Instructor: Verne McArthur, PhD

Instructor biography: Verne McArthur is a retired Springfield College professor, non-retired activist, workshop leader, and song leader. He taught adult students for more than 30 years, specializing in community development, critical thinking, and environmentalism. He uses participatory activities and singing to inspire collaboration and energize activism--and make it fun.

XVI. Around the World with Anush

Class 1 - Preserving Travel Memories

Learn how Anush Dawidjan maintains her special travel memories from her travel-related collections, which include masks, national parks, seashells, carpets, clothes, Christmas cards, tea pots, and her special African room.

Class 2 - Train Adventures Around the World

Dawidjan has traveled extensively by train all over the world and this class will cover train journeys she has taken in the U.S., Mexico, Peru, Africa, Asia, New Zealand, Europe, and on the Trans-Siberian Railroad. She will also share her wish list of trains she hopes to take in the future.

Dates: **Class 1** (3 sessions): Monday, May 2,
Wednesday, May 4, and Friday, May 6

Class 2 (3 sessions): Monday, May 9,
Wednesday, May 11, and Friday, May 13

Time: 1-3 p.m.

Location: Springfield College, Brennan Center,
Room No. 125

Instructor: Anush Dawidjan

Instructor biography: Anush Dawidjan is retired (in 2010) from the U.S. government after a successful 35-year career with eight different federal agencies. She is a world traveler who has visited all 193 countries. She has been teaching classes for LLL for the past 10 years, and also teaches classes at the University of Miami and Florida International University.

XVII. Nature Walk

Celebrate the arrival of spring by observing and enjoying the debut of returning birds, blooming wildflowers, leafing trees, insects, and amphibians coming out of hibernation. Good footwear and comfortable clothing are recommended for this nature walk at Bray Lake at the Mount Tom Reservation in Holyoke. The lake has a loop trail with nice views and most of the terrain is relatively flat. Most of the trail is in the forest and a great place for a spring outing. Consider bringing water and a snack.

Date: Thursday, May 5 (rain date: Thursday, May 12)

Time: 10 a.m. to Noon

Location: 86-84 Reservation Road (Route 5)
in Holyoke

Directions: *Take I-91 north from Springfield. Take Exit 17A and go down to the first light and turn left on Northampton St. (also Route 5). Go several miles and turn left on Reservation Road and look for signs reading "Bray Lake" and park in the parking lot. Also, consider using your GPS.*

Instructors: Dietrich Schlobohm, PhD, Professor of History Emeritus, Springfield College
and Daniel Russell, PhD, Professor Emeritus of Social Sciences, Springfield College

Instructor biography: Dietrich Schlobohm is a professor emeritus from Springfield College where he has taught for 36 years. He holds a PhD in American history from Michigan State University. Schlobohm's area of specialization is the environmental history of America. He is also a nature educator with a lot of experience working with children at Arcadia Wildlife Sanctuary and leading nature walks in West Springfield.

Instructor biography: Daniel Russell received his PhD in political science from the University of Massachusetts, and taught at Springfield College in the Social Science Department, presenting classes in world history, U.S. history, African American history,

American politics, and research seminars in sociology. His research focus was on grassroots political organizations, especially ACORN, the national group of low-to-moderate income Americans. Aside from teaching, he has been very active in nature education and conservation with Mass Audubon, which grew out of his lifelong interest in birding. Additionally, he has been an activist for gay rights issues at Springfield College and in the community, and helped organize groups on campus for gender equality, racial justice and the rights of people with disabilities. Currently, he is a co-emcee of the weekly Luthier's Co-op Wednesday night open mic in Easthampton, a high-quality music event for performers at all levels.

XVIII. Why are Frontline Correctional Workers Dying so Young and What are the Workers and Their Unions Doing About It: A Connecticut Experience

Much has been written, and many health interventions have been implemented, regarding the health and well-being of first responders like police and firefighters, but little has been done for frontline correctional workers. It has been reported that the life expectancy of a frontline correctional worker is 58 years. In Connecticut, the average age of death of a frontline correctional worker is 66. These Connecticut workers die 15 year earlier than a typical Connecticut resident. What has the collaboration between the University of Connecticut Health Center and the workers and their unions shown, and does it have applicability for other high-risk professions or the general public? How do you build a bottom-up approach to health and wellness as opposed to the typical top-down approach of many health care plans? How do you sustain a program over time and change the culture of the workforce? How does collective bargaining play an important role for the time and resources necessary to implement health interventions?

Date: Monday, May 16

Time: 10-11:30 a.m.

Location: Springfield College, Brennan Center,
Room No. 125

Instructor: Robert Rinker, PhD, Executive Director Emeritus, Connecticut State Employee Association, SEIU Local 2001 (CSEA)

Instructor biography: Robert Rinker has 31 years of experience as the executive director of the CSEA and chief negotiator. He also has a Bachelor of Arts in sociology from William Paterson University in New Jersey and a Master of Science in labor relations from the University of Massachusetts. As an executive director of CSEA, Rinker helped organize the correctional supervisors in the Connecticut Department of Correction. He also negotiated the provision for a yearly training of correctional supervisors in health and wellness.

XIX. Talking Books

No class limit

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, 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 Francis Cantu.

Session 1 - March 18: *Have you seen Luis Velez?*
By Catherine Ryan Hyde

Session 2 - April 29: *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid

Session 3 - May 27: *Before the Poison*
by Peter Robinson

Dates: Session 1: Friday, March 18
Session 2: Friday, April 29
Session 3: Friday, May 27

Time: 10:30-11:30 a.m.

Location: Springfield College, Brennan Center,
Room No. 1

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

Instructor biography: Catherine Banks is a retired associate dean of students for Springfield College.

XX. Introduction to Ukulele

Limit 25 Learners

This course is suited for beginners of all ages, with no experience required. Learn basic ukulele chords and strum patterns and to play traditional folk

and popular songs alike. Practice ergonomic principles to prevent injury, including holding the instrument, grip, fretting, and strumming. Bring your own ukulele (senior learners tend to like the concert and tenor sized ukuleles). Playlist includes easy songs selected by the instructor and learners. Weekly repetition of a playlist, with songs rotated in and out, will build mastery and an expanded repertoire.

Dates: **Session 1:** Tuesdays, March 15, 22, and 29
Session 2: Tuesdays, April 5, 12, 19, and 26
Session 3: Tuesdays, May 3 and 10

Time: 1-2 p.m.

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

Instructor: Carmen Perez

Instructor biography: Carmen Perez is a retired adult education instructor of English for Speakers of Other Languages (ESOL). She started playing guitar as an adolescent, then picked up the ukulele in 2011. She graduated from Boston University with an MEd degree in developmental studies. She taught summer ukulele lessons to elementary students in Chelsea before COVID. Currently, she participates in two Zoom ukulele sessions in Massachusetts and Florida, and community volunteer singalongs. Her newest hobbies are learning to play the mandolin and the five-string banjo.

Note: New students are welcome each month.

XXI. Jewelry Making and Swedish Coffee with Friends

This course is for anyone interested in jewelry making and connecting with old and new friends. There is a saying that "jewelry making has the power to heal and connect." Jewelry making can transport us to other memories--especially when certain pieces remind us of a person, object, or event that means a lot to us. It can help connect us to people around us and conjure love and support--and it can also make us feel renewed and empowered. Sara Namazi frequently travels back to Sweden and Guam to visit her family and friends. For class, bring a blanket, a favorite mug, and comfortable clothing, and let's spend some time together creating beautiful pieces of jewelry and memories. We will also indulge in Swedish coffee and cookies.

Date: Saturday, May 28
Time: 1-3 p.m.
Location: Springfield College, Brennan Center,
Room No. 8
Instructor: Sara Namazi, Assistant Professor of
Gerontology and Health Sciences

Instructor biography: Sara Namazi is new to the western Massachusetts area and currently resides in the town of Wilbraham. Her family were refugees from Iran who lived in Sweden for 12 years and moved to Guam at the age of 12. In Guam, Namazi grew up with her uncle who was the only gerontologist on the island. This inspired her to pursue a degree in higher education that focused on the topic of aging. Namazi earned her PhD in public health at the University of Connecticut and her dissertation work focused on occupational health, work and caregiving responsibilities for an older adult, and mental health.

XXII. Beginner Crochet

Limit 25 Learners

This course teaches students how to crochet (both beginners and advanced). Students need to have a crochet hook that is the letter "H" or letter "I." Yarn will be provided, but you can also bring your own yarn. Copied instructions will be provided for class.

Dates: **Session 1:** Tuesday, May 17
Session 2: Tuesday, May 31
Time: 1-2:30 p.m.
Location: Springfield College, Brennan Center,
Room No. 8
Instructor: Mina Hivon (co-teacher Debra Beam)

Instructor biography: Mina Hivon is a retired music teacher from the Chicopee school system. She worked for the Chicopee Public Schools for 30 years. Hivon crochets as a hobby and enjoys teaching it to peers and friends.

Questions or Concerns?

Contact 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. Loomis Lakeside at Reeds Landing parking now includes spaces in the front marked as "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 Spring 2022 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

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



This award was established by Learning in Later Life (now called LifeLong Learning) in memory of founding member Marilyn Cohen, who was instrumental in the establishment of the Learning in Later Life 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.

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 Spring 2022 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 email or mail-in registration.**

Your Name _____

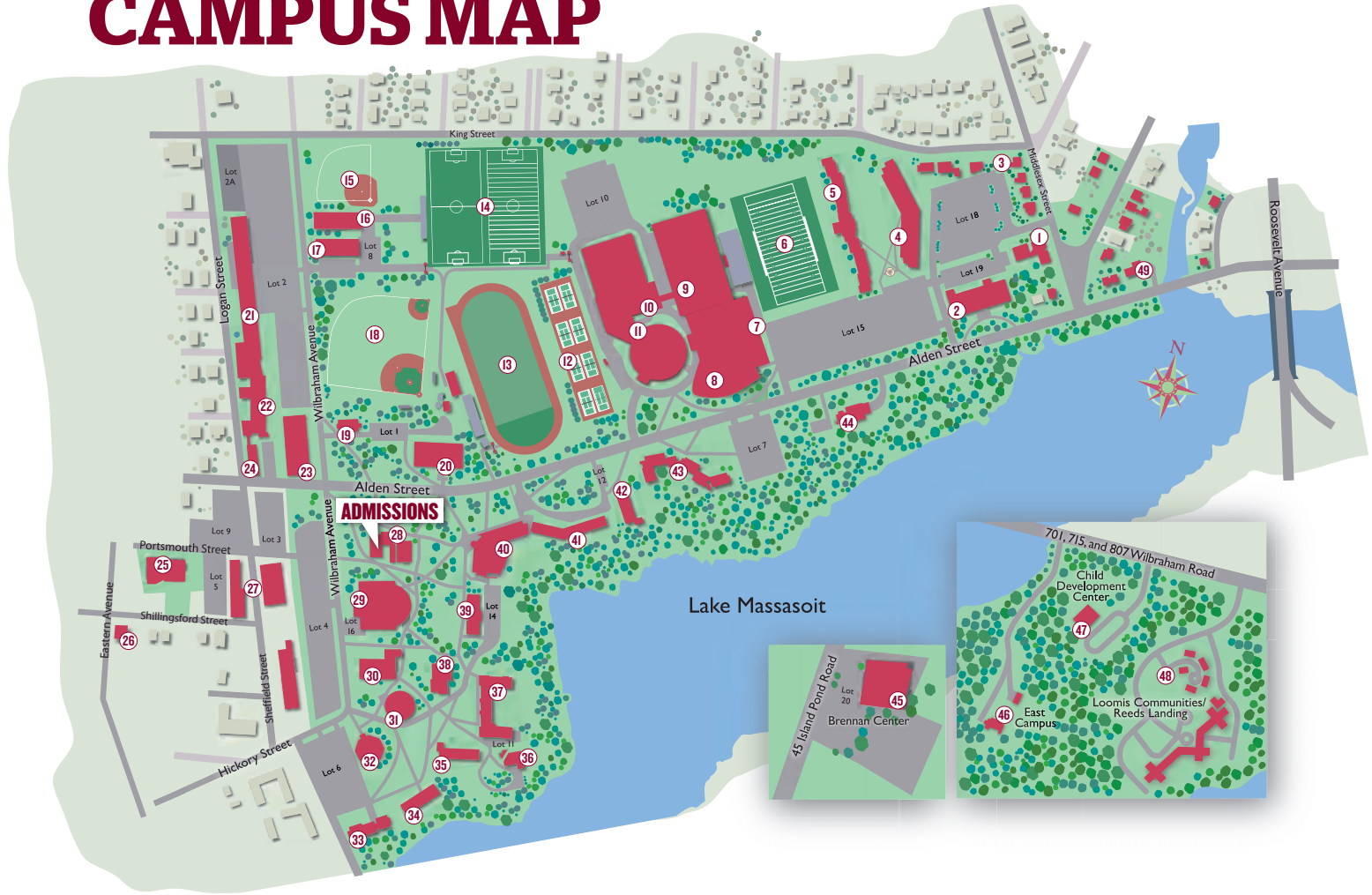
Class Session	Location	Date	Time	Check
I. Introduction to Guitar Playing Session 1	Brennan, Room 7	Sun., Feb. 20	1-2 p.m.	
Session 2	Brennan, Room 7	Sun., Feb. 27	1-2 p.m.	
Session 3	Brennan, Room 7	Sun., March 6	1-2 p.m.	
II. Out on a Limb Session 1	Loomis Lakeside	Mon., Feb. 28	12:30-2 p.m.	
Session 2	Loomis Lakeside	Mon., March 7	12:30-2 p.m.	
III. Environmental Medical	Brennan, Room 125	Tue., March 1	10:30 a.m. to noon	
IV. Memoir Writing Session 1	Brennan, Room 8	Sat., March 5	9-10 a.m.	
Session 2	Brennan, Room 8	Sat., March 12	9-10 a.m.	
V. Tai Chi Session 1	Brennan, Room 8	Tue., March 8	1-3 p.m.	
Session 2	Brennan, Room 8	Thu., March 10	1-3 p.m.	
VI. How to Write a Book Session 1	Brennan, Room 8	Sat., March 19	9-10 a.m.	
Session 2	Brennan, Room 8	Sat., March 26	9-10 a.m.	
VII. Trends in Politics	Brennan, Room 125	Wed., March 23	10:30 a.m. to noon	
VIII. Learn to Play Chess	Brennan, Room 8	March 28 to April 8 (no weekends)	6-7 p.m.	
IX. Police Reform Session 1	Brennan, Room 125	Sat., April 2	9-10 a.m.	
Session 2	Brennan, Room 125	Sat., April 9	9-10 a.m.	
X. Colonial American History-Part 6 Session 1	Brennan, Room 125	Tue., April 5	10-11:30 a.m.	
Session 2	Brennan, Room 125	Wed., April 13	10-11:30 a.m.	
Session 3	Brennan, Room 125	Wed., April 20	10-11:30 a.m.	
XI. Norway	Brennan, Room 125	Mon., April 4	1-2 p.m.	
XII. Songs of Celebration	Brennan, Room 125	Tue., April 12	10:30 a.m. to noon	
XIII. Fueling Your Life	Brennan, Room 125	Fri., April 22	10-11:30 a.m.	
XIV. The Russellers (Live Music)	Loomis Lakeside	Mon., April 25	11:30 a.m. to 1:30 p.m.	
XV. Active Hope Session 1	Loomis Lakeside	Tue., May 3	10 a.m. to noon	
Session 2	Loomis Lakeside	Tue., May 10	10 a.m. to noon	
XVI. Around the World with Anush Class 1	Brennan, Room 125	Mon., May 2; Wed., May 4; Fri., May 6	1-3 p.m.	
Class 2	Brennan, Room 125	Mon., May 9; Wed., May 11; Fri., May 13	1-3 p.m.	
XVII. Nature Walk	Mt. Tom Reservation	Thu., May 5 (rain date: Thu., May 12)	10 a.m. to noon	
XVIII. Frontline Correctional Workers	Brennan, Room 125	Mon., May 16	10-11:30 a.m.	
XIX. Talking Books Session 1	Brennan, Room 1	Fri., March 18	10:30-11:30 a.m.	
Session 2	Brennan, Room 1	Fri., April 29	10:30-11:30 a.m.	
Session 3	Brennan, Room 1	Fri., May 27	10:30-11:30 a.m.	
XX. Introduction to Ukelele Session 1 (March)	Brennan, Room 8	March 15, 22, and 29	1-2 p.m.	
Session 2 (April)	Brennan, Room 8	April 5, 12, 19, and 26	1-2 p.m.	
Session 3 (May)	Brennan, Room 8	May 3 and 10	1-2 p.m.	
XXI. Jewelry Making	Brennan, Room 8	Sat., May 28	1-3 p.m.	
XXII. Beginner Crochet Session 1	Brennan, Room 8	Tue., May 17	1-2:30 p.m.	
Session 2	Brennan, Room 8	Tue., May 31	1-2:30 p.m.	

Your LifeLong Learning Spring 2022 Class Summary

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

Class Session	Location	Date	Time	Check
I. Introduction to Guitar Playing Session 1	Brennan, Room 7	Sun., Feb. 20	1-2 p.m.	
Session 2	Brennan, Room 7	Sun., Feb. 27	1-2 p.m.	
Session 3	Brennan, Room 7	Sun., March 6	1-2 p.m.	
II. Out on a Limb Session 1	Loomis Lakeside	Mon., Feb. 28	12:30-2 p.m.	
Session 2	Loomis Lakeside	Mon., March 7	12:30-2 p.m.	
III. Environmental Medical	Brennan, Room 125	Tue., March 1	10:30 a.m. to noon	
IV. Memoir Writing Session 1	Brennan, Room 8	Sat., March 5	9-10 a.m.	
Session 2	Brennan, Room 8	Sat., March 12	9-10 a.m.	
V. Tai Chi Session 1	Brennan, Room 8	Tue., March 8	1-3 p.m.	
Session 2	Brennan, Room 8	Thu., March 10	1-3 p.m.	
VI. How to Write a Book Session 1	Brennan, Room 8	Sat., March 19	9-10 a.m.	
Session 2	Brennan, Room 8	Sat., March 26	9-10 a.m.	
VII. Trends in Politics	Brennan, Room 125	Wed., March 23	10:30 a.m. to noon	
VIII. Learn to Play Chess	Brennan, Room 8	March 28 to April 8 (no weekends)	6-7 p.m.	
IX. Police Reform Session 1	Brennan, Room 125	Sat., April 2	9-10 a.m.	
Session 2	Brennan, Room 125	Sat., April 9	9-10 a.m.	
X. Colonial American History-Part 6 Session 1	Brennan, Room 125	Tue., April 5	10-11:30 a.m.	
Session 2	Brennan, Room 125	Wed., April 13	10-11:30 a.m.	
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XV. <i>Active Hope</i> Session 1	Loomis Lakeside	Tue., May 3	10 a.m. to noon	
Session 2	Loomis Lakeside	Tue., May 10	10 a.m. to noon	
XVI. Around the World with Anush Class 1	Brennan, Room 125	Mon., May 2; Wed., May 4; Fri., May 6	1-3 p.m.	
Class 2	Brennan, Room 125	Mon., May 9; Wed., May 11; Fri., May 13	1-3 p.m.	
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XXII. Beginner Crochet				
Session 1	Brennan, Room 8	Tue., May 17	1-2:30 p.m.	
Session 2	Brennan, Room 8	Tue., May 31	1-2:30 p.m.	

CAMPUS MAP



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|---|---|---|
| 1. Alumni House | 18. Archie Allen Baseball Field/
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
and Civic Engagement | 41. Abbey-Appleton Hall |
| 10. Athletic Training/
Exercise Science Facility | 27. Facilities Management | 42. Lakeside Hall |
| 11. Physical Education Complex/
Blake Arena/James Naismith Court | 28. Stitzer Welcome Center
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/
Appleton Auditorium | 47. Child Development Center |
| 16. Athletic Annex | | 48. Loomis Communities/
Reeds Landing |
| 17. Towne Student Health Center | | 49. Office of Conferences
and Special Events |



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