



LifeLong ▼ **Learning**

SPRING 2025 COURSE CATALOG

**SPRINGFIELD
COLLEGE**



LifeLong Learning Spring 2025 Programs



About Us

The Springfield College Institute for LifeLong Learning (LLL) was established in 1989. Membership in LLL will help satisfy your passion for learning. LLL 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 and other local venues. The LifeLong Learning 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. LLL is part of the continuing studies program at Springfield College. One fee includes access to all LLL class sessions. Additional fees apply for some activities as noted.

Spring 2025 sessions feature a wonderful array of offerings from February 12 to May 7 for the discerning person. Some of our most popular instructors return with new topics to share. Our new instructors offer new topics or new perspectives aimed to stimulate your thinking and to expand your knowledge.

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

Membership Fee

- Individual: \$65 per semester

Benefits of Membership

- May enroll in all LLL classes
- Priority registration for all LLL trips
- 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 LLL staff as early as possible 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 LLL staff reserves the right to limit course registration due to classroom space limitations or due to the nature of the course.
- The LLL 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 if a class is cancelled.

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

1. **By mail:** Please complete the registration forms (found at the back of this brochure) and mail them, with a check made out to Springfield College LifeLong Learning, Springfield College, 263 Alden Street, Springfield, MA 01109
2. **Online:** Steps to register:
 - Go to the Continuing Studies Web page: cscourses.springfield.edu/
 - Click on "Discover Courses" in the "LifeLong Learning" box.
 - Click on "Click Here" on that page.
 - At this point you have two options:
 1. Donate to the Marilyn Cohen Scholarship fund and then return to purchase your membership, or
 2. Purchase your membership by clicking "add to cart."
 - Click on the "checkout" box.
 - You will then be asked to create an account using your email address.
 - After creating your account, you can either pay by credit card or select invoice and send a check by mail.
 - **IMPORTANT INFORMATION:** In 24 hours, you will receive an email with a link that will allow you to register for the workshops of your choice. This will occur only one time and not occur with future registrations.
3. **In Person:** Registration forms will be available at the Kick-Off Coffee Hour on Monday, February 10.

Kick-Off Coffee Hour

Please join us for an informal social gathering at our kick-off coffee hour on **Monday, February 10 from 10-11 a.m. at Loomis Lakeside at Reeds Landing.**

During this time, we will be assisting with course enrollment, accepting registration fees, and answering any questions you may have.

Questions or Concerns?

Contact lifelonglearning@springfield.edu or call (413) 748-3455.

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."

Meet Your Instructors



Simone Alter-Muri, EdD, is a professor and director and founder of the undergraduate and graduate art therapy/counseling and art education programs at Springfield College. Alter-Muri exhibits her art in galleries locally and abroad. Her work has been displayed at the Brattleboro Art Museum and at the Boston Biennial. Her research interests include: The Cultural Terrains of Tattoos, Art in Times of War and Gender and Children's Art Development. Alter-Muri has been awarded several grants, and was the 2003 Massachusetts Art Teacher of the Year in Higher Education. She has published numerous articles and chapters, and presented at conferences and symposiums nationally and globally.

Frances Appleby, BA, MBA, is a graduate of Western New England University and Bay Path University. She has run a family business with her brother for 30 years, and has moved from her old home to a new one. Decluttering has been an important part of both her home and professional life. She has been gardening both inside and out for a considerable time. The labor is small, and the benefit is great.



Barbara "Babs" Araoz, MEd, is a graduate student at Springfield College. She specializes in Sport and Performance Psychology and facilitates sport and life skills workshops for a variety of audiences.



Catherine Banks retired from Springfield College after serving for many years as the associate dean of students. After retiring from the College, she served in a leadership role with People to People for the next eight years working both in their Leadership Summit in Washington, D.C., and in their International Program. In the International Program, she traveled all over the world with high school students from Western Massachusetts.



Jim Bates is a 1979 graduate of Springfield College and became interested in the subject matter of President Kennedy while a student at the College after attending an evening seminar on the subject. He has spent the last 40-plus years devouring material on the JFK assassination and on the presidency. This includes books, tapes, seminars, and trips to Dealey Plaza in Dallas, Texas, the site of the assassination. Bates spent 35-plus years in the cable programming business where he worked on the creation and building of cable television networks. He is currently the Director of Major Gifts at the College.



Cheryl A. Coakley-Rivera, Register of Deeds for Hampden County, became the first Hispanic and first female elected (in 2018) to that position. Prior to that, she served as assistant clerk of Hampden County Superior Court, and for five years as a state representative for the Tenth Hampden District (she was the first female Hispanic elected to the Massachusetts Legislature). From 1997-99 she operated her own law practice.



Kevin Courchesne served as a high school chemistry instructor for nearly 24 years before joining Springfield College in 2023 as the Department of Biology/Chemistry lab coordinator and an adjunct lab instructor in chemistry. In addition to his academic role, Courchesne is a nationally licensed independent health insurance agent, specializing in providing personalized health insurance guidance and education within the Medicare market. Drawing on his extensive experience in education, he developed a deep understanding of the complexities involved in transitioning from employer-sponsored group health plans to government and private health insurance options. His unique background equips him to navigate these challenges and assist others in finding tailored solutions.



Joel Dearing coached women's and men's volleyball over a span of 30 years and a total of 40 seasons (Roger Williams University 1981-89), then (Springfield from 1989-2010). During his career, he conducted volleyball clinics in Argentina, Aruba, Bermuda, China, and Ireland. Author of *Volleyball Fundamentals* (1st and 2nd editions) and *The Untold Story of William G. Morgan - Inventor of Volleyball*, "Coach D" also served for more than 25 years on the USA Volleyball CADRE (National Faculty). He owned and operated Dearing Volleyball School, Inc. from 1991-2017, and launched Dearing Leadership, LLC. in 2018. In addition to his coaching career, Dearing served as director of Athletics at Roger Williams University and graduate program director for Athletic Administration at Springfield College.



M. Susan Guyer, DPE, has been invited to speak on the prevention of athletic injuries, concussion, and issues relating to teaching and learning locally, nationally, and internationally. She is actively engaged in her professional organizations, having served on state, regional, and national boards. Guyer currently serves on the National Athletic Trainers' Association (NATA) International Committee. She has received the NATA Service Award, the NATA Most Distinguished Athletic Trainer Award, and the Gail Weldon Award of Excellence for her service. Guyer also has been recognized by the College with the R. William Cheney Award in recognition of her devotion to the Springfield College community and her commitment to the Humanics philosophy. In addition, she received the Springfield College Teaching Excellence Award and was chosen as a Distinguished Springfield Professor of Humanics.



Jenny Krichevsky, PhD, joined the Department of Literature, Writing, and Journalism at Springfield College in 2023. Her academic research looks at the ways in which immigrant families transmit literacy and language values across space and time, through generations and geopolitical boundaries. Outside of work, she loves to spend time with her partner and two children, and picking up tricky hobbies like quilting and growing bulb flowers.



Arlene Lawrence is a Counseling Psychology doctoral candidate and certified yoga instructor who works with people of all levels of experience, including those new to yoga. Her teaching philosophy emphasizes "listening to your body and using your breath to guide you." Her classes combine restorative, gentle poses that incorporate alignment, breath, and movement. She includes elements of guided meditation in a calming and supportive atmosphere. Lawrence's goal is to work together to awaken and vitalize the body by maintaining the flexibility of the joints and muscles. Through her classes, she aims to help students build strength, improve flexibility, and find a sense of inner peace.

By incorporating elements of meditation and focusing on breath, Lawrence strives to create a space where students can connect with themselves and leave feeling rejuvenated. For her, yoga is about the balance between strength, flexibility, and flow.



Verne McArthur is a retired college teacher, and non-retired workshop leader, singer, and song-leader. At Springfield College, he taught adult students for more than 30 years, specializing in human services, community development, and environmentalism. He uses singing to inspire collaboration and hope—and make it fun! He is known for leading singing workshops that are both fun and inspirational.

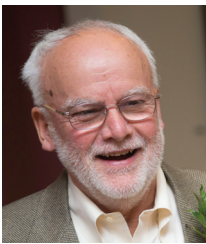


Sue Milstein, PhD, is an assistant professor in the Department of Physical Education and Health Education at Springfield College.



Jamie Pelton, MS, CSCS, CISSN, is an assistant professor of Exercise Science and serves as fieldwork coordinator for the Applied Exercise Science major for the Department of Exercise Science at Springfield College. In addition to her academic duties, she is an exercise physiologist in cardiac rehab where she has worked as a clinician for the last three-plus years. Additionally, Pelton is a National Strength and Conditioning Association certified strength and conditioning specialist and has experience as a strength coach for all ages.

John Olszewski has master's degree in Counseling Psychology, a bachelor's degree in Behavior Science, and an associate's degree in Criminal Justice. He has worked in jails, prisons, mental hospitals, and countless treatment facilities. He has authored two books, *The Long Dark Walk* (2019) and *Serial Shorts* (2022). *The Long Dark Walk* chronicles his personal journey into the mind of a killer. *Serial Shorts* is a collection of seven short stories on real-life serial killers. It contains facts, but creates a story, making it both fiction and nonfiction.



Charlie Redmond graduated from Springfield College in 1968 with a degree in Physical Education and Health. He also earned a Master of Education degree in Physical Education in 1971, and a Master of Science degree in Physical Therapy from Boston University in 1981. He was named dean of the Springfield College School of Health, Physical Education, and Recreation in 2008, a position he held until the start of the 2013-14 school year. He was inducted into the Springfield College Athletic Hall of Fame in 2007, and he was the 2004-05 Distinguished Springfield Professor of Humanics. **Linda Redmond** earned her bachelor's degree in Health and Physical Education in 1970 from Springfield College, and her master's degree from the

then-Westfield State College in Special Education 1993. She subsequently taught physical education in schools in Hartford, Conn., and special education in Springfield, Mass., schools.



Rachel Rubinstein, PhD, has served as dean of the School of Arts and Sciences since 2021. Prior to coming to Springfield College, she served as senior advisor to the deputy commissioner of Academic Affairs and Student Success at the Massachusetts Department of Higher Education, focusing on the state's Equity Agenda; as the inaugural vice president of Academic and Student Affairs at Holyoke Community College; and, for 16 years, as professor of American Literature and Jewish Studies at Hampshire College, where she also served as Dean of Academic Support and Advising for six years. She was a Fulbright fellowship award recipient in 2013-14. The child of immigrants from Mexico, her scholarship focuses on migration,

multilingualism, translation, racial formation and literary nationalism, as well as on pedagogies in the fields of ethnic and race studies.

Murray Watnick, MD, is board certified in diagnostic radiology and nuclear medicine. He graduated from Columbia University and MD State University of New York. His residency was done at Boston City Hospital Diagnostic Radiology and Radiotherapy. He served as a medical officer with Strategic Air Command (SAC) and Third Air Force. For more than two decades, he worked as a diagnostic radiologist at a community hospital in Westfield, Mass., with positions of chief radiologist and president of the medical staff. He also worked as a radiologist at the Veterans Affairs Medical Center in Leeds, Mass., including working with returning combat veterans suffering from post-traumatic stress disorder. He has served as a temporary advisor in radiology for the World Health Organization to promote the World Health Imaging System, including trips to Central America. His teaching clinical appointments include the University of Massachusetts, University of Connecticut, Harvard University, and Boston University, the latter as associate professor.

Spring 2025 Program Descriptions



1. Composing Memory

"At unexpected points in life, everyone gets waylaid by the colossal force of recollection," writes author Mary Karr. The practice of writing out our memories can hold illumination, entertainment, relief, connection to family, and so much more. This course, led by Jenny Krichevsky, PhD, Springfield College assistant professor of Composition and Rhetoric, provides a supportive and creative space to take a leap and write alongside others moved to engage in personal and biographical writing. Participants will read some short common texts, as well as explore writing techniques, memory prompts, and storytelling exercises to craft personal narratives that crack open the stories they want to tell. Participants should be prepared to both share writing they have prepared for our sessions, and to do some low-stakes, prompt-based writing in class. To that end, please bring a laptop with a word processor or a simple notebook.

Note: Enrollment is limited to 10 participants. If you would like to be added to the waitlist, please email lifelonglearning@springfield.edu.

Dates: Session 1: Wednesday, February 12
Getting to Know Each Other and Establishing a Goal
Session 2: Wednesday, February 26
Pulling Out the Chest from the Lake—Childhood
Session 3: Wednesday, March 12
Illuminated Places and Objects
Session 4: Wednesday, March 26
Structure and Revision
Session 5: Wednesday, April 9
Finding Your POV and Truth
Session 6: Wednesday, April 23
More Revisions and Goodbyes

Time: 2:30-3:45 p.m.

Location: TBD

Instructor: Jenny Krichevsky, PhD, Assistant Professor of Composition and Rhetoric

2. Positive Psychology: Stress Reduction Easy Art: Small Objects, Simple Books

During this time of uncertainty and cold, there are many ways we can remember the positive in our lives. This workshop invites individuals to learn how to use techniques from both positive therapy and art therapy for stress reduction. Participants will work with graduate students to create projects to express the positive.

Participants will create small, easy books and cards for themselves and others.

Dates: Session 1: Thursday, February 13
Session 2: Thursday, February 20
Session 3: Thursday, February 27
Session 4: Thursday, March 6

Time: 10-11:30 a.m.

Location: Springfield College, Herbert P. Blake Hall, Second Floor Crafts Room

Instructors: Simone Alter-Muri, EdD, ATR-BC, ATCS, LMHC, and Art Therapy Graduate Students

3. Mind of a Killer

Join us as we look into the history of mass, serial, and spree murder, along with some other equally chilling cases while trying to explain the public obsession with them. We will analyze the instructor's personal collection of artwork and correspondences from the most feared and infamous killers. Instructor John Olszewski, the author of two books on serial killers, will answer the questions of what goes through a crazed killer's mind and what in their background and childhood could be a mitigating factor that may have led them to murder.

Date: Monday, February 17

Time: 2-4 p.m.

Location: Loomis Lakeside at Reeds Landing

Instructor: John Olszewski, Author of Books on Serial Killers

4. Medicare 101—What is it?

The health insurance landscape is continually evolving, often making it complex to navigate. We invite you to attend our comprehensive Medicare 101 course—an educational session designed to provide a clear overview of Medicare, including Parts A, B, C, and D, as well as supplemental insurance options. Participants will gain valuable insights into enrollment periods, eligibility criteria, and strategies for selecting a plan that meets their unique needs. This event is educational and does not involve the promotion or sales of specific plans. It is especially suited for individuals new to Medicare or those seeking a deeper understanding of their coverage options.

Dates: Session 1: Tuesday, February 18
Session 2: Tuesday, March 11
Session 3: Tuesday, April 15
Session 4: Tuesday, May 6

Time: 12:15-1 p.m.

Location: TBD

Instructor: Kevin Courchesne, Springfield College
Department of Biology/Chemistry Lab
Coordinator and Adjunct Lab Instructor
in Chemistry

5. Stay Connected! Technology Essentials for Your Phone

Stay Connected!: Technology Essentials for your Phone is a hands-on workshop designed to help participants navigate the modern world of technology with ease. This workshop will teach and review the essential functions of smartphones, including sending messages, adjusting various settings, taking and sharing pictures, managing passwords, useful apps, and navigating the internet safely, among others. Participants will have the opportunity to gain insights while practicing these fundamentals on their own devices.

Note: This workshop requires participants to bring their personal devices to the session. Please make sure they are charged or that you have the charger with you.

Date: Wednesday, February 19
Time: 10-11 a.m.
Location: Loomis Lakeside at Reeds Landing
Instructors: Frances Appleby, Family Business Owner and Decluttering Expert, and Barbara Araoz, Springfield College Certificate of Advanced Graduate Studies in Physical Education Student

6. Yoga-lates

Yoga-lates is a fusion of yoga and Pilates that combines the best of both practices for a well-rounded workout. This class integrates the mindfulness and flexibility of yoga with the core-strengthening and posture-enhancing elements of Pilates. Designed for participants of all fitness levels, Yoga-lates offers a low-impact yet effective way to improve strength, balance, and overall well-being. Yoga-lates is an excellent choice for those seeking a balanced workout that improves strength, flexibility, and relaxation. Whether you're new to fitness or an experienced practitioner, this hybrid class offers a safe and effective way to move your body and nurture your well-being.

Dates: Session 1: Thursday, February 20
Session 2: Thursday, March 13
Time: 11-11:45 a.m.
Location: TBD
Instructor: Arlene Lawrence, Certified Yoga Instructor

7. Talking Books

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. There will be three sessions.

Please join us to discuss the following books:

- *The Paper Daughters of Chinatown* by Heather Moore
- *When The Jessamine Grows* by Donna Everhart
- *The Book of Lost Names* by Kristin Harmel

Dates: Session 1: Friday, February 21
Session 2: Friday, March 21
Session 3: Friday, April 18
Time: 10:30-11:30 a.m.
Location: TBD
Instructor: Catherine Banks, Retired Associate Dean of Students, Springfield College

8. Stay Connected! Technology Essentials for Your Computer

Stay Connected!: Technology Essentials for Your Computer is a hands-on workshop designed to help participants navigate the modern world of technology with ease. This workshop will teach and review the essential functions of the Microsoft Office programs: Word and Excel, including writing and editing documents, and creating and managing introductory spreadsheets, among others. Participants will gain insights while practicing these fundamentals on their own devices.

Note: This workshop requires participants to bring their personal devices to the session. Please make sure they are charged or that you have the charger with you.

Date: Wednesday, February 26
Time: 9:45-10:45 a.m.
Location: Loomis Lakeside at Reeds Landing
Instructors: Frances Appleby, Family Business Owner and Decluttering Expert, and Barbara Araoz, Springfield College Certificate of Advanced Graduate Studies in Physical Education Student

9. Understanding Israel and its Conflicts: An Introduction

This three-session series aims to provide an introductory overview of Zionism and the founding of Israel (Session 1); Israel's political and cultural history and conflicts (Session 2); and finally an examination of October 7th and its aftermath (Session 3).

Using a balanced approach, our conversations will seek to clarify and understand Israel as a self-described Jewish democratic state, as well as its place in a complex and changing Middle East..

Dates: Session 1: Wednesday, February 26
Session 2: Wednesday, March 5
Session 3: Wednesday, March 12
Time: 1-2:30 p.m.
Location: TBD
Instructor: Rachel Rubinstein, PhD, Springfield College
Dean of the School of Arts and Sciences

10. Exercise is Medicine: Personalized Fitness Program

Exercise is a powerful tool to optimize one's health and well-being. Engaging in regular physical activity can aid in managing chronic health conditions, improve fitness, and support activities of daily living. This course will offer participants an opportunity to learn more about their fitness level and receive custom exercise prescription and personal training.

Attendance at all sessions is required.

**Enrollment is limited to 11 participants.*

If you would like to be added to the "waitlist," please email lifelonglearning@springfield.edu

Dates: Session 1: Thursday, February 27
Session 2: Thursday, March 6
Session 3: Thursday, March 13
Session 4: Thursday, March 27
Session 5: Thursday, April 3
Session 6: Thursday, April 10
Session 7: Thursday, April 17
Session 8: Thursday, April 24
Time: 9:25-10:40 a.m.
Location: Springfield College, Wellness Center
Instructor: Jamie Pelton, MS, CSCS, CISSN,
Springfield College, Assistant Professor of
Exercise Science and Fieldwork Coordinator

11. Chair Yoga

Chair Yoga is a gentle and accessible form of yoga specifically designed for older adults or individuals with mobility challenges. This practice offers the benefits of traditional yoga, such as improved flexibility, balance, and relaxation, while providing the support and stability of a chair. It eliminates the need for getting up and down from the floor, making it ideal for those with joint issues, chronic pain, or other physical limitations.

Note: Chair Yoga is open to all levels of experience, including those new to yoga. Participants are encouraged to listen to their bodies and move at their own pace. This practice is an excellent way to stay active, maintain independence, and nurture overall well-being.

Dates: Session 1: Thursday, February 27
Session 2: Thursday, March 27
Time: 11-11:45 a.m.
Location: TBD
Instructor: Arlene Lawrence, Certified Yoga Instructor

12. Enjoying an Inside Garden

This is a class where we will be exploring how to make an inside garden that could include flowers, herbs, plants, or a combination of different kinds. It's so refreshing to have a beautiful flower or plant garden inside your home year-round. Having an herb garden is a great way to have fresh herbs for cooking as well as a wonderful fragrance in your home. We can tailor the garden to any side that works for your residence.

Dates: Session 1: Monday, March 3
Session 2: Monday, March 10
Time: 10 a.m. to Noon
Location: Loomis Lakeside at Reeds Landing
Instructor: Frances Appleby, Family Business Owner
and Decluttering Expert

13. Hampden County Registry of Deeds: What does the office do?

In this course, attendees will learn about:

- The Registry - Who we are and what we do
- Title Fraud - Various ways homeowners can be proactive in protecting themselves
- Homestead Act - A protection offered for primary residences
- The Consumer Notification System - A free alert service that sends a notification when documents are recorded in a specified name(s)

All attendees are eligible to receive a free certified copy of their deed!

Date: Tuesday, March 11
Time: 10-11 a.m.
Location: TBD
Instructor: Cheryl A. Coakely-Rivera, Esq.,
Hampden County Register of Deeds

14. Environmental Medical Emergencies, Vacation Dangers: Mistakes and Strategies

Topics to be included:

1. High altitude illness
2. Frostbite and hypothermia
3. Rip tides and currents and near-drowning
4. Lightning strikes
5. Heat-related illness
6. Radiation injury (with discussion of the electromagnetic spectrum)

Audience participation sharing personal experiences will be encouraged.

Date: Tuesday, March 25

Time: 11 a.m. to Noon

Location: Loomis Lakeside at Reeds Landing

Instructor: Murray Watnick, MD, Board Certified in Diagnostic Radiology and Nuclear Medicine

15. Integrity Switch: Introduction to A²B² Leadership

Join Joel Dearing to talk about the leadership framework he developed and about his experience writing *Integrity Switch*. He will present an example from the book to explore leadership in your life. What formed the foundation of your life's philosophy? *Integrity Switch* is a leadership training guide targeting aspiring, developing, and emerging leaders. Dearing draws from an entire career, where leadership was required, and shares the lessons learned.

Date: Tuesday, March 25

Time: 2-3 p.m.

Location: TBD

Instructor: Joel Dearing, former Women's and Men's Volleyball Coach at Springfield College and Roger Williams University

16. Injury Prevention Strategies for the Aging Athlete

Do you still want to be physically active but have injury concerns? If so, this presentation is for you! Spend an hour with M. Susan Guyer, DPE, a National Academy of Sports Medicine senior fitness specialist, to find out strategies on how to continue to be active as you age.

Date: Wednesday, March 26

Time: 9:45-10:45 a.m.

Location: Loomis Lakeside at Reeds Landing

Instructor: M. Susan Guyer, DPE, Springfield College
Dean of the School of Physical Education,
Performance, and Sports Leadership;
National Academy of Sports Medicine
Senior Fitness Specialist

17. Singing Our Way to a Better Future

Verne McArthur returns to offer more songs intended to move us toward our better selves and a better world—and have fun in the process! Through both performance and sing-along, Verne will explore songs from the past and present—and from different parts of the world, some well-known, some hidden gems; some serious, some funny but all inspirational. Come celebrate the coming of spring—and nurture your hope and be inspired!

Date: Tuesday, April 1

Time: 10-11:30 a.m.

Location: TBD

Instructor: Verne McArthur, PhD, Retired College Professor, Non-Retired Activist, Workshop Leader, and Song-Leader

18. Spirit, Mind, and Body on Safari

Join Charlie and Linda Redmond as they provide some thoughts on how they decided to go on a safari and the steps they took to plan the trip. They will share stories and photos of their trip, including some close meetings with animals, nature, and the wonderful African people.

Date: Wednesday, April 2

Time: 10-11 a.m.

Location: Loomis Lakeside at Reeds Landing

Instructors: Charlie Redmond, former Dean of the Springfield College School of Health Physical Education and Recreation; Linda Redmond, former Teacher in Massachusetts and Connecticut

19. Swipe Right for Seniors: How to Write a Dating Profile That Shows Your Best Self

Are you ready to elevate your dating game and attract meaningful connections? Whether you're new to online dating, reentering the scene, or simply looking to refresh your approach, this workshop is designed to help you craft a dating profile that truly reflects your best self.

In this interactive session, you'll learn the basics of online dating websites and apps. You'll also learn tips for selecting photos that showcase your personality, common profile pitfalls to avoid, and strategies for creating a profile that highlights all you have to offer.

Date: Monday, April 7
Time: 1-2 p.m.
Location: TBD
Instructor: Sue Milstein, PhD, Assistant Professor in the Department of Physical Education and Health Education at Springfield College

20. Decluttering the Clutter

This course is designed to help us adults to declutter our homes. Papers, clothes, tchotchkes, and whatever is cluttering up your home (the "junk" drawer) and more. We'll take a simple defined way to clean out your spaces through an easy, tried, and true method.

Date: Wednesday, April 16
Time: 1-3 p.m.
Location: TBD
Instructor: Frances Appleby, Family Business Owner and Decluttering Expert

21. Walkabout Yoga

Walkabout Yoga combines the mindful movement of yoga with the energizing benefits of walking in nature or open spaces. This innovative practice takes yoga off the mat and into the outdoors, creating a holistic experience that blends gentle walking, yoga poses, and mindfulness. Walkabout Yoga is ideal for participants of all fitness levels who want to enjoy the benefits of movement while connecting with the natural world.

Walkabout Yoga is perfect for individuals seeking a dynamic yet gentle way to integrate yoga and walking into their wellness routine. It offers a refreshing way to rejuvenate the mind, body, and spirit.

Dates: Session 1: Thursday, April 17*
Session 2: Thursday, April 24*
* weather permitting
Time: 11-11:45 a.m..
Location: TBD
Instructor: Arlene Lawrence, Certified Yoga Instructor

22. The Life and Times of Jacqueline Kennedy Onassis

In this lecture, Jim Bates will explore "all things Jackie." It will cover her early life and background, plus her marriage to John Kennedy and her becoming first lady at the tender age of 31. There will a presentation of her unwitting role in Dallas and the aftermath of JFK's assassination.

In his presentation, Bates will use new material from two separate books: *Ask Not: The Kennedy's and the Women They Destroyed* and *Bobby and Jackie*. A close-up look at her relationship with Bobby Kennedy will be explored as will her marriage to Aristotle Onassis. Lastly, her life after Onassis' death in 1975 as a book editor and the raising of her children.

Date: Tuesday, April 29
Time: 10 a.m. to Noon
Location: TBD
Instructor: Jim Bates, Director of Major Gifts, Springfield College Office of Development

23. Finding Hope in Challenging Times

We live in very challenging times—times of great peril and uncertainty. Yet, these are also times of great hope! A bishop, and elder, in the Choctaw Nation in Alaska tells us we are part of a "great spiritual renewal...that will change the culture of the world by the end of the century...to a strong social conscience of sustainability and justice." Indeed! In this workshop, we will look at what this means. We will use the process and tools of "active hope" to uncover the ideas and practices and strength of spirit to help us participate in this very uplifting renewal. And we will see how we can learn from trees the patience and rootedness to see us through this challenging journey. In this participatory workshop, we will learn to find joy in the moment and hope and courage in facing the future. Prepare to be challenged, have fun, and emerge energized and hopeful.

Date: Wednesday, May 7
Time: 9:30 a.m. to Noon
Location: TBD
Instructor: Verne McArthur, PhD, Retired College Professor, Non-Retired Activist, Workshop Leader, and Song-Leader

Fall Prevention Screening Program

On Friday, February 28 and Friday March 7, Springfield College Physical Therapy and Occupational Therapy students will be collaborating to provide a free Fall Prevention Screening Program. The session will last approximately 90 minutes. Each participant will undergo testing through which students will assess individual risks for falls. Participants will leave with personalized recommendations to lower their risk for falls.

If interested, please contact Maggie Daingerfield, professor of Physical Therapy, at mdaingerfield@springfield.edu or (413) 748-5446.

William Simpson Fine Arts Series at Springfield College



The new season of the William Simpson Fine Arts Series at Springfield College will entertain and inspire. Experience the arts with magnificent work from artists and performers from both inside and outside the Springfield College community. Attendees will be dazzled by dance performances, captivated by art exhibitions, and delighted by concerts and literary events.

All programs are open to the public, and most events are free of charge unless otherwise noted. Visit springfield.edu/simpson to discover the full spring 2025 series schedule of events.

If you would like to receive email reminders before each event, we encourage you to email us at vapa@springfieldcollege.edu.

LifeLong Learning Spring 2025 Membership and Registration Form

Name 1: Last Name _____ First Name _____

Name 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

Membership fee, single: \$65

\$65

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.

TOTAL: \$ _____

Check enclosed payable to Springfield College Yes No

Please fill out this form and both sides of the registration chart on pages 13 and 14 and mail all pages 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 2025 Class Selection

Check the box(es) at the right after each offering for which you want to register. Please register only for those sessions you really intend to attend. **Please fill out both sides of this chart and submit this page and the registration page for email or mail-in registration.**

Your Name _____

Class Session	Location	Date	Time	You	Other
1. Composing Memory					
Session 1	TBD	Wed., February 12	2:30- 3:45 p.m.		
Session 2	TBD	Wed., February 26	2:30- 3:45 p.m.		
Session 3	TBD	Wed., March 12	2:30- 3:45 p.m.		
Session 4	TBD	Wed., March 26	2:30- 3:45 p.m.		
Session 5	TBD	Wed., April 9	2:30- 3:45 p.m.		
Session 6	TBD	Wed., April 23	2:30- 3:45 p.m.		
2. Positive Psychology: Stress Reduction Easy Art					
Session 1	Blake Hall, Crafts Room*	Thu., February 13	10-11:30 a.m.		
Session 2	Blake Hall, Crafts Room*	Thu., February 20	10-11:30 a.m.		
Session 3	Blake Hall, Crafts Room*	Thu., February 27	10-11:30 a.m.		
Session 4	Blake Hall, Crafts Room*	Thu., March 6	10-11:30 a.m.		
3. Mind of a Killer	Loomis Lakeside	Mon., February 17	2-4 p.m.		
4. Medicare 101					
Session 1	TBD	Tue., February 18	12:15-1 p.m.		
Session 2	TBD	Tue., March 11	12:15-1 p.m.		
Session 3	TBD	Tue., April 15	12:15-1 p.m.		
Session 4	TBD	Tue., May 6	12:15-1 p.m.		
5. Stay Connected! Technology For Your Phone	Loomis Lakeside	Wed., Feb. 19	10-11 a.m.		
6. Yoga-lates					
Session 1	TBD	Thu., February 20	11-11:45 a.m.		
Session 2	TBD	Thu., March 13	11-11:45 a.m.		
7. Talking Books					
Session 1	TBD	Fri., February 21	10:30-11:30 a.m.		
Session 2	TBD	Fri., March 21	10:30-11:30 a.m.		
Session 3	TBD	Fri., April 18	10:30-11:30 a.m.		
8. Stay Connected! Technology For Your Computer	Loomis Lakeside	Wed., Feb. 26	9:45-10:45 a.m.		
9. Understanding Israel and its Conflicts					
Session 1	TBD	Wed., February 26	1-2:30 p.m.		
Session 2	TBD	Wed., March 5	1-2:30 p.m.		
Session 3	TBD	Wed., March 12	1-2:30 p.m.		
10. Exercise is Medicine: Personalized Fitness					
Session 1	Wellness Center*	Thu., February 27	9:25-10:40 a.m.		
Session 2	Wellness Center*	Thu., March 6	9:25-10:40 a.m.		
Session 3	Wellness Center*	Thu., March 13	9:25-10:40 a.m.		
Session 4	Wellness Center*	Thu., March 27	9:25-10:40 a.m.		
Session 5	Wellness Center*	Thu., April 3	9:25-10:40 a.m.		
Session 6	Wellness Center*	Thu., April 10	9:25-10:40 a.m.		
Session 7	Wellness Center*	Thu., April 17	9:25-10:40 a.m.		
Session 8	Wellness Center*	Thu., April 24	9:25-10:40 a.m.		

Class Selection continues on the next page.

*Springfield College main campus

LifeLong Learning Spring 2025 Class Selection (continued)

Check the box(es) at the right after each offering for which you want to register. Please register only for those sessions you really intend to attend. **Please fill out both sides of this chart and submit this page and the registration page for email or mail-in registration.**

Your Name _____

Class Session	Location	Date	Time	You	Other
11. Chair Yoga					
Session 1	TBD	Thu., February 27	11-11:45 a.m.		
Session 2	TBD	Thu., March 27	11-11:45 a.m.		
12. Enjoying an Inside Garden					
Session 1	Loomis Lakeside	Mon., March 3	10 a.m. to Noon		
Session 2	Loomis Lakeside	Mon., March 10	10 a.m. to Noon		
13. Hampden County Registry of Deeds	TBD	Tue., March 11	10-11 a.m.		
14. Environmental Medical Emergencies	Loomis Lakeside	Tue., March 25	11 a.m. to Noon		
15. Integrity Switch	TBD	Tue., March 25	2-3 p.m.		
16. Injury Prevention Strategies	Loomis Lakeside	Wed., March 26	9:45-10:45 a.m.		
17. Singing Our Way to a Better Future	TBD	Tue., April 1	10-11:30 a.m.		
18. Spirit, Mind, and Body on Safari	Loomis Lakeside	Wed., April 2	10-11 a.m.		
19. Swipe Right for Seniors	TBD	Mon., April 7	1-2 p.m.		
20. Decluttering the Clutter	TBD	Wed., April 16	1-3 p.m.		
21. Walkabout Yoga					
Session 1**	TBD	Thu., April 17	11-11:45 a.m.		
Session 2**	TBD	Thu., April 24	11-11:45 a.m.		
22. Life and Times of Jacqueline Kennedy Onassis	TBD	Tue., April 29	10 a.m. to Noon		
23. Finding Hope in Challenging Times	TBD	Wed., May 7	9:30 a.m. to Noon		

*Springfield College main campus

**weather permitting

Your LifeLong Learning Spring 2025 Class Summary

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

Class Session	Location	Date	Time	You	Other
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Session 7	Wellness Center*	Thu., April 17	9:25-10:40 a.m.		
Session 8	Wellness Center*	Thu., April 24	9:25-10:40 a.m.		

Class Selection continues on the next page.

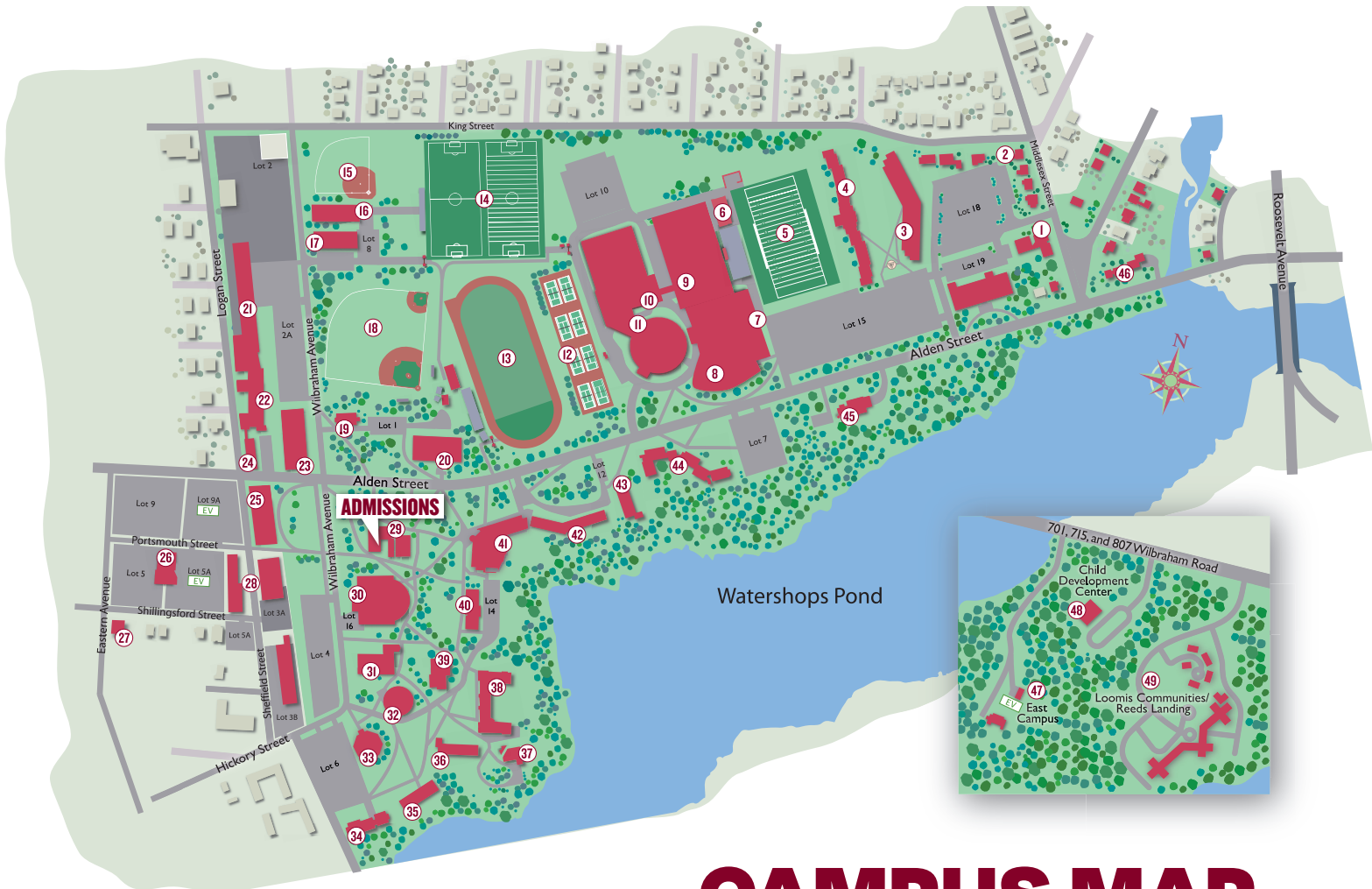
*Springfield College main campus

Your LifeLong Learning Spring 2025 Class Summary (continued)

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**weather permitting



CAMPUS MAP

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> 1. Alumni House 2. Graduate Village 3. Senior Suites 4. Townhouses 5. Stagg Field 6. Bugbee Family Pavilion 7. Art Linkletter Natatorium 8. Wellness Center 9. Field House 10. Athletic Training/Exercise Science Facility 11. Physical Education Complex/
Blake Arena/James Naismith Court 12. Appleton Tennis Courts 13. Blake Track 14. Irv Schmid Sports Complex 15. Potter Softball Field 16. Athletic Annex 17. Towne Student Health Center | <ul style="list-style-type: none"> 18. Archie Allen Baseball Field/
Aschermann Family Ability Field 19. Weiser Hall 20. Harold C. Smith Learning Commons 21. Blake Hall 22. Living Center 23. Locklin Hall 24. Kakley Graduate Annex 25. Brown Cooper Health Sciences Center 26. Public Safety 27. Center for Leadership
and Civic Engagement 28. Facilities Management 29. Stitzer Welcome Center at Judd Gymnasia
(Admissions) 30. Cheney Hall 31. Schoo-Bemis Science Center 32. Hickory Hall 33. Fuller Arts Center/Appleton Auditorium | <ul style="list-style-type: none"> 34. International Hall 35. Reed Hall 36. Massasoit Hall 37. Power Plant 38. Alumni Hall 39. Marsh Memorial 40. Administration Building 41. Richard B. Flynn Campus Union 42. Abbey-Appleton Hall 43. Lakeside Hall 44. Gulick Hall 45. President's Residence 46. Office of Conferences and Special Events 47. East Campus 48. Child Development Center 49. Loomis Communities/Reeds Landing |
|---|---|--|



LifeLong Learning

SPRINGFIELD
COLLEGE


LifeLong Learning
263 ALDEN STREET
SPRINGFIELD, MA 01109-3797
springfield.edu/lifelonglearning