

*Framingham State University
& Framingham Public Library
proudly offer FREE lifelong
learning classes geared
to seniors!*



ADVENTURES IN LIFELONG LEARNING:

**Make Tuesdays at the Library
Your Day to Explore, Discover
and Make New Friends!**

Tuesdays: March 6, 13, 20 & 27

REGISTRATION OPEN HOUSE:

*Be sure to get the FREE classes you want
by signing up at this event. Refreshments served.*

Thursday, February 9, 9:00–11:00am

Framingham Public Library ♦ Costin Room ♦ 49 Lexington Street

REGISTRATION for those who miss the Open House event begins **Friday, February 10**, either online at www.framinghamlibrary.org or at the Main or McAuliffe Branch Libraries. You must **SIGN UP** for each class that you are taking!

*Support for this project
generously provided in part by
the MetroWest Health Foundation.*



◆ **8:30am:** JOIN US for refreshments and socializing before classes begin each week.

◆ **9:00–10:30am:** Choose Class 101 or 102.

CLASS 101: *Great Expectations* by Charles Dickens.

Dr. Helen Heineman, President Emerita, Framingham State University.

March 6, 13 & 20: Dr. Heineman will lead a 3-part discussion of Dickens' most compactly perfect novel focusing on childhood, ambition, money and social class.

March 27: Film Scholar Dr. Arthur Nolletti, Jr., will show film clips of David Lean's adaptation of *Great Expectations* (1946) and lead a discussion.

CLASS 102: *American Music from Vaudeville to 1940's Broadway.*

Cabaret Performers Ben Sears and Brad Conner will present the history of this period in song, piano and video clips, and lead sing-a-longs. (This program is offered in partnership with Sage Educational Services.)

March 6: *Vaudeville, Tin Pan Alley, and Early Broadway – Songs from the Ziegfeld, Jerome Kern, Irving Berlin and others.*

March 13: *Early Broadway – Kern's Princess Theater, Rodgers & Hart and more.*

March 20: *The Movies Get a Voice – Early Hollywood Musicals.*

March 27: *Broadway and Hollywood in the '30s and '40s.*

◆ **9:00am–12:00noon:** Class 103 only. (Limited registration.)

CLASS 103: *Beginning Watercolor.* (Location: Danforth Museum of Art)

Susan Parker, Senior Education Consultant & Teacher,
Danforth Museum of Art.

Have you always wanted to try watercolor? If so, this class is designed for students with little or no art experience. Practice basic painting techniques and color mixing while creating still life and landscapes.

◆ **10:45am–12:15pm:** Choose Class 104 or 105.

CLASS 104: *Cold War America: 1945–1990.*

Dr. Gary Hylander, Visiting Professor, Framingham State University
& Guest Speaker Dr. Joseph Harrington, Professor Emeritus,
Framingham State University.

In 1945, a new era began in America as the United States emerged as the world's first superpower, while at the same time tensions between the US and the Soviet Union created a dangerous rivalry called the Cold War.

CLASS 105: *Adventures in Yoga.* (Please note: this class is not appropriate for anyone who has undergone an organ transplant.)

Adeline Alex, a Leading Certified Svaroopa® Yoga Teacher, and owner of *Light of the Heart Yoga Studio* in Holliston.

March 6: Learn yoga breathing practice and accessible yoga chair poses for releasing stress and tension.

March 13: This session will review the four chair poses learned the first week, and focus on additional poses to expand the breath, as well as breathing to full capacity.

March 20: This class includes: guided awareness, the breathing practice, the four basic poses and additional poses.

March 27: Principles of yoga are applied to everyday activities. Participants will review guided awareness, the breathing practice, the four basic poses and will learn standing poses.

◆ **12:15–1:30pm: Lunch Break.**

◆ **1:30–3:30pm: Class 106 only.**

CLASS 106: *Four Films: Wit, Wisdom, and the Comic Muse.*
Dr. Arthur Nolletti, Jr., Professor Emeritus of English & Film Studies, Framingham State University.

March 6: *Since Otar Left (Depuis qu'Otar est Parti)*
- France/Belgium (2003) 102 min.

Set in post-Soviet Tbilisi, this bittersweet comedy-drama focuses on the relationship between a matriarch, her middle-aged daughter and her granddaughter, and the role that Otar (who never appears in the film) plays in their lives. (In French, Russian and Georgian with English subtitles.)

March 13: *After Life* - Japan (1998) 118 min.

This fantasy is set in what looks like a run-down school, with a group of newly deceased individuals who are asked to choose their fondest memory from life, so that it can be re-created on film and taken with them to the hereafter. (In Japanese with English subtitles.)

March 20: *Desire* - U.S. (1936) 96 min.

A sophisticated romantic comedy starring Gary Cooper as an American innocent abroad, who falls head over heels in love for an incredibly beautiful jewel thief played by Marlene Dietrich.

March 27: *Nelly and Monsieur Arnaud* - France (1996) 106 min.

This exquisitely acted film looks at the bond that develops between a young temporary worker (Emmanelle Bearte) and her middle-aged employer, who is writing his memoirs. (In French with English subtitles.)

This is the second semester of
Adventures in Lifelong Learning,
an exciting new program that offers
FREE lifelong learning classes
to senior citizens.

Guest Lecturers for this semester are
affiliated with the following institutions:

- ◆ Framingham State University
 - ◆ Danforth Museum of Art
 - ◆ Light of the Heart Yoga Studio
 - ◆ Sage Educational Services
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**This is an opportunity to attend classes
with old friends and to make new ones!**

Helpful Information

◆ **Locations will be:**

- Framingham Public Library / Costin Room;
- the Danforth Museum of Art; and the
- Boys & Girls Clubs of Metrowest / Pearl Street Clubhouse, (all located in the same block.)

◆ **Nearby, there are restaurants for lunch.**

If you bring a brown bag lunch, you may eat in the Internet Café in the library's lobby or in the Costin Room.

- ◆ **A limited number of local taxi vouchers are available,** if you are unable to provide your own transportation. For vouchers and general inquiries, please contact Michelle at the library at 508-532-6347.

Danforth
Museum of Art

(March 2012)

*Adventures classes are offered in partnership with the **Danforth Museum of Art**. We thank the **Boys & Girls Clubs of Metrowest / Pearl Street Clubhouse** for the generous use of their facility.*