Fall 2023 In-Person + Online Course Catalog
Osher Lifelong Learning Institute (OLLI) at UMass Boston
PROVIDING LIFE-ENRICHMENT OPPORTUNITIES FOR OLDER ADULTS
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Cover photo by OLLI member Joy Guice. Minute Man National Historical Park.

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The Robert and Donna Manning College of Nursing and Health Sciences

A copy of this publication is available in alternative format upon request. Please go to www.ada.umb.edu.
About OLLI at UMass Boston

Learning for the love of it! The Osher Lifelong Learning Institute at UMass Boston is an inclusive member-powered community that offers educational, cultural, and social programs to inspire adult learners ages 50+.

Through a modestly priced membership, OLLI provides non-credit courses, special lectures, social events, theatre outings, and field trips in the United States and abroad. OLLI at UMass Boston values the diversity of its members, staff, facilitators, and volunteers, and we strive to model and promote a welcoming environment by embracing our community, which includes differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and educational background.

No specific background or education level is required to join, just an interest in learning, the desire to participate actively with your peers, and an open mind. OLLI offers over 200 learning opportunities every year through our courses, OLLI Talk presentations, and special events. These educational programs vary in length. Courses meet once a week (mostly during the day) and might last from 3–10 weeks. The length of most classes is 90 minutes, but some might only be an hour and a few last up to two hours. OLLI Talks and special events are typically one-day programs and generally last for an hour.

OLLI is funded in part by the Bernard Osher Foundation, which supports educational programs, the arts, and integrative medicine centers. OLLI at UMass Boston is one of 125 institutes in all 50 states in the United States funded by the Foundation.

How Do I Join OLLI?

To join or renew and register for classes, submit Membership and Course Request Forms on the last two pages of this catalog with payment by check or credit card (MasterCard, Visa, and Discover only). Membership is valid for one year, expiring in January or June. Contact the OLLI office at 617.287.7312 to find out your renewal date. Online course registration is available at www.olli.umb.edu. Registration is not accepted by phone.

Financial Assistance

OLLI at UMass Boston does offer scholarships for those who might need assistance in paying the annual membership fee. For more information, please email the OLLI office (ollireg@gmail.com).

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<th>Membership Level</th>
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| Full Members             | • Register for OLLI courses each semester, depending upon course availability, at no extra charge.  
                          | • Register for as many OLLI Talk presentations as you wish at no extra cost.        | $225 per person |
|                          | • Attend OLLI social activities and take trips to museums, the theatre, and domestic and international travel at discounted group rates. |             |
|                          | • Receive OLLI catalogs, notice of OLLI Talks and other events, newsletters, and information about lectures and special events on campus. |             |
|                          | • Obtain student ID, with benefits such as JFK Library and Museum admission, Healey Library on-campus access, computer lab access, and no cafeteria meal tax (see details on pg. 3). |             |
|                          | • Receive free access to Mango Languages Program to learn over 70 languages (see details on pg. 3). |             |
|                          | • Obtain a UMass Boston email address.                                               |             |
| Associate Members        | • Register for as many OLLI Talk presentations as you wish at no extra cost.        | $100 per person |
|                          | • Attend social activities, special events, and trips.                              |             |
|                          | • Receive OLLI catalogs, notice of OLLI Talks and other events, newsletters, and information about lectures and special events on campus. |             |
|                          | • Receive free access to Mango Languages Program to learn over 70 languages (see details on pg. 3). |             |
|                          | NOTE: Not eligible for UMass Boston student ID card, UMass Boston email, or to take OLLI courses. |             |

*OLLI at UMass Boston does offer scholarships for those who might need assistance in paying the annual membership fee. For more information, please email the OLLI office (ollireg@gmail.com).
OLLI at UMass Boston continues to provide in-person and online programming for its members. We are ever so grateful for the time and effort our facilitators, presenters, and tour guides dedicate to researching, creating, and offering their knowledge and expertise to OLLI students.

Learning Etiquette and Conduct

OLLI encourages rich dialogue and the exchange of ideas, opinions, and information in its courses and programs. This is at the heart of lifelong learning as older adults bring with them individual personal and professional experiences. OLLI and its facilitators/presenters wish to build a learning atmosphere (whether that is in-person or online) that is welcoming and accepting of differences. Members grow by actively listening to one another with respect and dignity. It is the expectation that members help one another in this endeavor, allowing various voices to be heard. We appreciate your cooperation in helping create this inclusive community.

In-Person

Approximately 40% of OLLI fall courses will be offered in-person at the UMass Boston Campus, Hingham Public Library, Mt. Ida Campus in Newton, or the Thayer Public Library in Braintree. **Covid vaccinations and masking are no longer required by the University. OLLI will inform its members if mandatory health policies change. Masks are welcomed at all in-person courses and events.**

Zoom

OLLI at UMass Boston uses Zoom as the main platform to deliver course and program content online. A personal Zoom account is not required in order to participate in OLLI courses and programs. Zoom is a free video-conference platform that allows users to meet online and participate via video and audio. It is an application that can be easily installed or downloaded for free on your mobile device or home computer/laptop. The OLLI Zoom account is hosted through the university and is well secured. OLLI does not publicly promote Zoom details for meetings or courses; they are intended strictly for OLLI members. Members can learn more about Zoom by visiting its website: www.zoom.us

Recording of OLLI Courses and Presentations

OLLI will take several things into account in determining whether or not to record a course or presentation. Where presenters grant permission for their course or program to be recorded, we will clarify whether it will be made available to just those OLLI members who are registered for the specific course or program, or the wider membership and public on the Archived Lectures webpage. Wherever possible we will notify members ahead of time if a course or event will be recorded and how that recording will be distributed. Other aspects OLLI considers include whether recording will hinder member engagement in the course or event, and the availability of staff or assistants if the recording requires more oversight.

Teach for OLLI!

The OLLI Curriculum Committee is always looking for new course facilitators and OLLI Talk presenters. If you (or someone you know) would enjoy sharing knowledge and experience with our members through a course or OLLI Talk, please contact the OLLI office.

**Deadlines for Course/OLLI Talk Proposals:**
- early May for the fall catalog; early November for the spring catalog.

OLLI offers a future-facilitator workshop prior to each of these deadlines, to help members develop their ideas and transform them into actual proposals (workshop details and dates are announced in the OLLI newsletters). Prior to the beginning of each term, an orientation session is offered to all new (as well as returning) facilitators to help them become better acquainted with OLLI and to learn and share best practices for facilitating and presenting in OLLI classrooms. Questions? Contact OLLI Project Coordinator Genny Peterson (617.287.7322 or Genevieve.Peterson@umb.edu)
OLLI Member Benefits

UMass Boston Student ID
Full members of OLLI are eligible to receive a UMass Boston student ID card. To obtain your ID, first go to the OLLI office (3rd floor, McCormack Hall) to get the required form and make your payment. Then, visit the BeaconCard Office (2nd Floor, Quinn Administration Building) to have your photo taken and receive your card. The cost is $25: cash, money order, or check. Checks are made payable to UMass Boston (not OLLI).

Mango Languages Program
A great benefit for all OLLI members is access to the online Mango Languages Program. Learn any of 70+ languages at your own pace on your desktop computer, laptop, tablet, or smartphone. All you need is an internet connection, your email address, and a password, which will be provided by the OLLI office upon request.

Special Interest Groups
An OLLI Special Interest Group (SIG) is a group of OLLI members who share a common interest and like to meet outside the normal OLLI class environment to discuss and enjoy this mutual interest. Each group has a different focus and is self-managed: Members decide when they will meet and plan how the group will function. Most SIGs meet once a month but may meet more or less often if members wish. Some OLLI SIGs continue to meet via Zoom, while others have outings and events in-person.

More information about our Special Interest Groups is available on our website at www.olli.umb.edu To join a SIG, email ollireg@gmail.com with your specific request.

The groups currently active are
- Book Group (waitlist only)
- Culinary Adventures
- Knitting
- Intergenerational Book Club
- Stonewall at OLLI
- Walking
- Writing

Volunteering with OLLI
OLLI is more than just taking classes, listening to lectures, and participating in various trips and activities. The program also provides opportunities for members to become active within the leadership of the organization. Volunteers play a vital role in helping shape and guide the various elements of OLLI through committee work as well as individual commitments such as being a course facilitator or OLLI Talk presenter. Volunteering is a great way to give back to an organization that is making a lasting impact on the lives of its members. For more information on volunteer opportunities, please call the OLLI office at 617.287.7312 or email your inquiry to ollireg@gmail.com.

Volunteering with OLLI

IMPORTANT INFORMATION ABOUT EMAIL
Now more than ever, OLLI uses email to communicate important information about classes and events to its members. We do not give email addresses to any organization outside of UMass Boston OLLI and we do not send unnecessary emails. Since OLLI continues to offer some online programming, it is essential that members have an email address and check it regularly.

Here are some of the ways the office utilizes email communication:
- Class confirmations
- Class schedule changes and emergency cancellations
- OLLI Talk schedules and other free events
- Updates and other information about OLLI and its programs through our regularly scheduled e-newsletter (which members can opt out of)

Members should frequently check their email spam/junk folders as messages from OLLI could end up marked as spam by your email provider. If you do not have an email account, we will help you set one up and learn how to use it. Contact the OLLI office for more information.
Facilitators

OLLI course facilitators and OLLI Talk presenters share their areas of expertise with OLLI students on a volunteer basis. A course evaluation form is provided at the end of each course, and your constructive suggestions are welcomed by our facilitators. If you would like to complete an evaluation before the end of the course, please request a form from the OLLI office.

Please note that the views and opinions expressed are strictly those of the facilitators, presenters, and their guest speakers and may not reflect the philosophical perspective of UMass Boston or OLLI leadership.

OLLI Scholars

This symbol indicates courses that are taught by UMass Boston graduate students under the OLLI Scholar program. The OLLI Curriculum Committee reviews proposals, interviews candidates, and mentors students from various graduate programs on campus. If accepted into the program, OLLI Scholars receive a stipend after successful completion of their courses. This intergenerational experience benefits both UMass graduate students and OLLI members.

Extra Fees for Courses

Additional fees are sometimes required for courses that involve off-campus activities, special events, or a high amount of handout copying or instructional supplies.

Course Cancellation

OLLI reserves the right to cancel a scheduled course because of low registration, non-availability of a facilitator, or any other unavoidable circumstance. Students will be notified as soon as possible.

Attendance Policies

OLLI events have a maximum capacity determined by the course topic or the facilitator’s preference. If requests for a course exceed capacity, the registration priority system is used to determine who will be enrolled, based on the priorities set by each registrant. If you would like to be placed on a waitlist for a course that is full, please contact the OLLI office, and you will be notified if a space becomes available.

Remember to cancel if you cannot attend a course or OLLI Talk.

Courses: OLLI Full Members can request up to five courses per semester before the Priority Registration Deadline of August 22. After that date, additional course requests will be considered if space remains available. The maximum number of students registered for each course depends on the course topic (some may work best with a smaller class size) and the preference of the facilitator.

Please list your course choices in order of priority (highest priority = 1, and so on) on the Course Request Form or when using the online registration system.

Submit your requests by mail or online by August 22, 2023. Students who indicate that a course is their first or second priority will have the best chance of being registered for that course. Course requests received after the August 22 deadline will be assigned based on availability on a first-come, first-served basis.

Online Registration: For instructions about use of our online system, please go to our website at www.umb.edu/olli/courses

Course Confirmation: Students are not registered for courses until they receive a final confirmation. Confirmations will be emailed in late August. Please pay close attention to the details of the confirmation correspondence; “registered” means a student has been confirmed to attend the class; “not registered” means the course was oversubscribed, and the course request could not be accommodated.

OLLI Talks Registration: Dates for OLLI Talk presentations are announced approximately three weeks in advance; registration is not open until the dates are announced. OLLI Talks registration is always on a first-come, first-served basis. Please register responsibly! Sign up for only those presentations you can reasonably attend and remember to cancel if your plans change.

Dropping or Adding Courses: All dropped courses and OLLI Talks are handled by the OLLI office. Please email ollireg@gmail.com or call 617.287.7312 as soon as you determine that you will not be attending a course or OLLI Talk for which you registered.

Use of Email Addresses: OLLI uses email to communicate important information: course confirmation and location; class schedule changes; OLLI Talk dates; and updates and announcements on other special events and programs. We do not send unnecessary emails nor give email addresses to any other organizations. Please contact the OLLI office to learn how to set up an email account.
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The following IN-PERSON courses will be held during the Fall 2023 semester. Each course is listed chronologically under each location. Full course descriptions and facilitator bios can be found starting on page 9. Please check location listings carefully and register for your preferred location on the request form.

Please note that IN-PERSON courses on the UMass Boston campus are held on Mondays and Thursdays only.

**Braintree – Thayer Public Library**

**Fords, Flappers, and Fitzgerald,**
5 Tuesdays, 9/12–10/10, 10:00–11:30 a.m.

**Mahabharata: Great Epic of the Bharata Dynasty,**
5 Tuesdays, 9/12–10/10, 1:30–3:00 p.m.

**History and Consequences of the Vietnam War,**
6 Thursdays, 9/14–10/19, 10:00–11:30 a.m.

**Discovering Documentaries,**
6 Fridays, 9/15–10/27 (no class on 9/29), 10:00 a.m.–12 noon

**Exploring Identity: An Analysis of Internal and External Influences That Impact Identities,**
6 Wednesdays, 9/27–11/14, 10:00–11:30 a.m.

**More Indie Charmers: Independent Films with Heart,**
6 Tuesdays, 10/17–11/21, 1:30–3:30 p.m.

**Snap, Crackle, Pop! What is Happening to Our Aging Bodies?**
5 Tuesdays, 10/17–11/21, 1:30–3:30 p.m.

**Not All Who Wander Are Lost: Some Are Out Seeing the World!**
6 Thursdays, 10/26–12/7 (no class on 11/23), 10:00–11:30 a.m.

**Exploring Longevity (Series Five),**
3 Fridays, 11/3–11/17, 10:00–11:30 a.m.

**Hingham – Hingham Public Library**

**The Inaugural Poets,**
6 Tuesdays, 9/12–10/17, 1:30–3:00 p.m.

**How Color and Garment Proportions Influence First Impressions: Tips from an Expert,**
3 Wednesdays, 9/20–10/4, 1:30–3:00 p.m.

**Chair Yoga for Everyone,**
4 Tuesdays, 10/24–11/14, 1:30–2:30 p.m.

**Dorchester – UMass Boston Campus**

**The Environment and Islam: A Philosophical and Religious Perspective on Sustainability,**
5 Thursdays, 9/7–10/5, 1:30–3:00 p.m.

**What Family Traditions Look Like (And Do They Ever Change?),**
4 Mondays, 9/11–10/16 (no class on 9/25 & 10/9), 10:00–11:30 a.m.

**Insects: A Closer Look at the Smaller Things!**
8 Mondays, 9/11–11/13 (no class on 9/25 & 10/9), 10:00–11:30 a.m.

**Merchants and Medicine: The Archaeology of Seventeenth and Eighteenth Century Marblehead, MA,**
5 Mondays, 9/11–10/23 (no class on 9/25 & 10/9), 1:30–3:00 p.m.
OLLI In-Person Classes (cont.)

Dorchester – UMass Boston Campus (cont.)

Introduction to the Art of the United States,
6 Mondays, 9/11–10/30 (no class on 9/25 & 10/9),
1:30–3:00 p.m.

The Idiot: Dostoevsky’s Optimistic Novel,
6 Mondays, 9/11–10/30 (no class on 9/25 & 10/9),
1:30–3:00 p.m.

Unraveling the Mahabharata: Discovering Timeless Lessons for a Modern World,
5 Thursdays, 9/14–10/12, 10:00–11:30 a.m.

Survival French for Travelers (or for Fun),
8 Thursdays, 9/21–11/16 (no class on 10/26),
10:00–11:30 a.m.

Handel vs. Bach: The Smackdown,
8 Thursdays, 9/21–11/9, 1:30–3:00 p.m.

Creative Knitting,
8 Thursdays, 9/28–11/16, 10:00 a.m.–12:00 noon

The United States in the Middle East: Roots of a Quagmire,
8 Thursdays, 9/28–11/16, 1:30–3:00 p.m.

Sociophysics Approach to the Dynamics of Jewish Communities and Their Resilience,
7 Thursdays, 10/12–11/30 (no class on 11/23),
10:00–11:30 a.m.

Local News in Context,
5 Thursdays, 10/19–11/16, 10:00–11:30 a.m.

Dutch Golden Age: Landscapes, Seascapes, and Still Life (Seventeenth Century),
5 Thursdays, 10/19–11/16, 1:30–3:00 p.m.

Can We Stop Climate Change?,
5 Mondays, 10/23–11/20, 10:00–11:30 a.m.

Improving Cognitive Functions in Late Adulthood,
5 Mondays, 10/30–11/27, 10:00–11:30 a.m.

Exploring the Secrets of Our Oceans,
5 Mondays, 10/30–11/27, 1:30–3:00 p.m.

The Products That Make Us: How Design Shapes Our Lives,
5 Mondays, 11/6–12/4, 1:30–3:00 p.m.

Humorists with Claws: Comparing and Contrasting the Works of Kurt Vonnegut and Mark Twain,
6 Mondays, 11/6–12/11, 1:30–3:00 p.m.

Salon: A Meeting of the Minds,
3 Mondays, 11/27–12/11, 1:30–3:00 p.m.

Newton – Mt. Ida Campus

Great Artists in American Roots Music,
8 Fridays, 9/22–11/17 (no class on 9/29), 9:30–11:30 a.m.

Fall 2023 Courses by Day of the Week

Note: All course information is correct at the time of printing. Any changes to course details will be announced in the OLLI newsletter and reflected in the online information about the course. On the following pages, course descriptions and facilitator bios are listed by day of the week. OLLI is offering both in-person and online courses this semester. Please note the location as you consider and submit your course requests.

Course formats are the ways in which OLLI facilitators anticipate presenting their course information and material. Some courses may use a combination of formats. The various formats include the following:

- **Lecture**—Lecture-based courses primarily present information to students, although they often include some time for comments and questions.

- **Discussion**—Discussion-based courses foster active participation by all students and usually include sharing comments and questions.

- **Hands-on Activity**—These courses are based in hands-on learning. Examples include our knitting, photography, and art courses.

- **Activity/Exercise**—These courses require physical participation. Examples include our yoga and tai chi as well as other movement courses.
Tong Bei Exercises

Tong Bei is one of the oldest martial arts styles in China (500s BC). Tong Bei masters in China followed the Chinese martial art model of keeping their teachings very secretive. Tong Bei exercise involves many back and shoulder exercises, which help you to relax and stretch your back. They are easy to do and easy to remember.

Facilitator: Huan Zhang has 40 plus years of martial arts experience. He is specialized in Tai Chi, Tong Bei and Ba Hua, and Xin Yi. Huan has been interviewed by Chronicle, WCVB, and NECN. He has published many martial arts articles in major magazines in both China and the United States. He is also the chief exercise designer for an NIH grant, the Joint Pain Study for the Elderly at UMass Boston. As the director of the Culture Promotion Committee for the World Fighting Martial Arts Federation (WFMAF), Huan helps to promote martial arts worldwide. He has lectured on Tai Chi and other topics at Harvard University, MIT, Northeastern University, Brandeis University, State University of New York at New Paltz, UMass Boston, UMass Amherst, and his own school, Huan’s Tai Chi in Cambridge, MA.

Dates: 10 Mondays, 9/11–11/27 (no class on 9/25 & 10/9)
Time: 9:30–10:30 a.m.
Location: ONLINE via Zoom
Format: Activity/Exercise

Yang Style Tai Chi

Yang Style Tai Chi is an internal Chinese martial art that embodies Taoist philosophy and, accordingly, is extremely beneficial for good health. It is also a method of relaxation, used for increased focus and concentration. Benefits include stress reduction and better concentration, as well as improved flexibility, strength, immune system, balance, memory, circulation, and coordination.

Facilitator: Huan Zhang, see bio above.

Dates: 10 Mondays, 9/11–11/27 (no class on 9/25 & 10/9)
Time: 10:45–11:45 a.m.
Location: ONLINE via Zoom
Format: Activity/Exercise

We Need to Talk... (in Public!)

When asked what they fear most in life, the first answer many individuals give, even before death or snakes, is speaking in public. We are captivated (even transformed) by good speeches. So why the fear? How to overcome it? Is it possible? This course asserts that the skills to become a good speaker are learned. In this class, students will study the main components of a speech and assemble a memorable presentation. Throughout the course, students will present short speeches in a convivial environment. At the end, students will be ready to deliver a persuasive speech to the class!

Facilitator: OLLI Scholar Rosiane Barcelos de Oliveira was born in Brazil. She is a PhD student studying heritage language maintenance in the UMass Boston Applied Linguistics Program. Rosiane has degrees in journalism, linguistics, and communication. She is an interpreter and a language coach. Rosiane occasionally writes for the Cape Cod Times. She loves studying linguistics.

Dates: 6 Mondays, 9/11—10/30 (no class on 9/25 & 10/9)
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion/Exercises

Insects: A Closer Look at the Smaller Things!

This class will give you an amazing insight (and hopefully newfound appreciation) into the world of insects! Each week we will cover different orders of insects and topics, and you will be able to learn about them and see them up close (even under a microscope!). This course is designed as an introduction to entomology and will give you an overview of the magnificent insects that inhabit the earth.

Facilitator: Tea Montagna is a fifth-year PhD candidate at UMass Boston. She is studying the Sphingidae (Hawk Moths) and specifically is looking at their diversity in urban areas. Being an entomologist, this course allows Tea to share her favorite group of animals with you.
The Art of Breathing

There is nothing more essential to our health and well-being than breathing: We take in air and let it out approximately 25,000 times a day. If breathing is such an important part of our health and well-being, how come many of us never stop and think about it? Katherine will teach us why the breath is so important, especially during a pandemic, and how most of the population is breathing improperly, causing all sorts of negative side effects. You will learn how to breathe in a way to increase your health, decrease anxiety, and prevent the onset of an illness. Come learn about the ancient art of breathing and how to use breath and breathing techniques to enhance your daily life.

Facilitator: Katherine Robinson majored in psychology and anthropology at the University of Vermont. She did graduate training in mental health counseling and is certified by the McLean Meditation Institute (AZ), YOGABODY, and the Alzheimer’s Research and Prevention Foundation. Katherine’s passions: teaching meditation, breathwork, and energy techniques to calm the body; exploring the healing vibrations of sound; and motivating and inspiring others to be the best that they can be.

Dates: 3 Mondays, 9/11–10/2 (no class on 9/25)
Time: 1:30–3:00 p.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion/Exercises

Merchants and Medicine:
The Archaeology of Seventeenth and Eighteenth Century Marblehead, MA

During the 17th and 18th centuries, Marblehead, MA was one of the largest cities in New England, earning a reputation for rebellion during the American Revolution and as a hub of maritime activity. Recent archaeological investigations have explored daily life in Marblehead during the 1690s–1770s by focusing on the homesteads of doctors and merchants. This course will explore how archaeologists use bits of garbage and historical documents to piece together medical knowledge, diet, identity, class, women’s roles, and the physical remains of maritime activity.

Facilitator: OLLI Scholar Cal Mikowski is a graduate student in UMass Boston’s Historical Archaeology Program. Originally from New York, she holds a BA in anthropology and history from Queens College (CUNY). Cal’s research focuses on the examination of diet using faunal remains (animal bones) of 17th and 18th century urban areas in New England.

Facilitator: OLLI Scholar Andrea Molina Palacios is a PhD student at UMass Boston in the School Psychology Program. She loves talking about self-care and learning. Andrea feels passionate about encouraging critical thinking and reflection with her students.

Dates: 5 Mondays, 9/11–10/23 (no class on 9/25 & 10/9)
Time: 1:30–3:00 p.m.
Location: ONLINE via Zoom
Format: Discussion/Activity

Introduction to the Art of the United States

This is a survey course of art (primarily painting) created in the United States between the revolutionary era (mid-to late-1700s) and the mid-20th century.

Facilitator: David Pogue has been teaching for over 30 years. His concentration has been on history, languages, art, and music. David has been a facilitator at OLLI for more than 8 years.

Dates: 6 Mondays, 9/11–10/30 (no class on 9/25 & 10/9)
Time: 1:30–3:00 p.m.
Location: IN-PERSON at UMass Boston Campus
Format: Lecture/Discussion

The Idiot: Dostoevsky’s Optimistic Novel

Facing personal and financial crises and surrounded by philosophical and political unrest, the great Russian writer Dostoevsky created the unforgettable characters of his second novel The Idiot. How did he use his writing to reflect and work through his personal struggles? How successful was his search for an optimistic response to the nihilism and incipient political violence around him? What can we learn from his response to the negative aspects of his time as we face the political, cultural, and personal challenges of our own 21st century?
**Art, Artists, and Their Environments**

Across six sessions focused on Cleveland Art Museum (CMA) collection objects and special exhibitions, participants will learn how environments—natural, manmade, political, and social—and changes within them have influenced artists’ choices, including subject matter, materials, processes, and style. Individual session topics include the following: the symbolic use of nature in European Renaissance art; the archaeological origins of ancient works in the museum’s collection; the artistic use and conservation of natural materials; the natural environment of southern China’s influence on artistic production; the way photography depicted the changing social and political landscape of 20th- and 21st-century China; and the manner in which the urban setting of Paris and its working-class populace inspired the art of Edgar Degas. This course includes visits to CMA special exhibitions “China’s Southern Paradise: Treasures from the Lower Yangzi Delta” and “Degas and the Laundress: Women, Work, and Impressionism,” a special session featuring the Education Art Collection, and guest speakers from the conservation and curatorial departments.

**Facilitator:** Arielle Levine of the Cleveland Art Museum teaches students all around the world during video conferences in the museum’s Distance Learning Program. She has a degree in art history from Case Western Reserve University and has been with the museum’s education department for over 15 years.

**Dates:** 6 Mondays, 10/16–11/20
**Time:** 1:30–2:45 p.m.
**Location:** ONLINE via Zoom
**Format:** Lecture/Discussion

**Can We Stop Climate Change?**

This series of five 90-minute meetings is designed for people interested in learning more about climate change and climate justice, becoming more effective in communicating with others, and taking action to mitigate the impact of climate change on our planet and ourselves. We will cover the problems, basic science, equity issues behind climate change, and a wide range of climate change solutions, including the recent remarkable progress in renewable energy, a powerful simulation tool that lets you see the positive impacts of climate action, and how you can effectively communicate with and join others to act on climate change. **Note:** This course has similar content to the course of the same name offered in previous semesters, but the course is continually updated with new material. If you attended in the past, you are welcome to repeat if you wish.

**Facilitator:** Tom Rawson is a retired 7th- and 8th-grade science teacher who lives near Boston. He works with a team to help lead “Can We Stop Climate Change” courses and works on climate change education and advocacy with Mass Audubon, Third Act, and Elders Climate Action. Tom spends his free time doing carpentry, bicycle riding, and hiking.

**Dates:** 5 Mondays, 10/16–11/13
**Time:** 6:30–8:00 p.m.
**Location:** ONLINE via Zoom
**Format:** Lecture/Discussion


It is likely that you’ve heard about it in news headlines, a magazine tabloid, or from your primary care provider that gut health is important, especially as we age. Faster than you can say microbe, the medical community is learning about the integral role the human microbiome plays in a variety of body processes and overall health. Did you know that your gut is home to 100,000 trillion microorganisms? Why do we have these and why are they inhabiting our gastrointestinal tracts? This evidence-based, interactive course aims to distill the massive influx of current information about gut health, probiotics, and the human microbiome into an easy-to-digest form, geared toward those wanting to improve their overall health and wellbeing.
Facilitator: OLLI Scholar Katherine Boyer is a former registered dietitian, turned registered nurse, and soon to be a nurse practitioner. Her passion is helping others learn about their amazing bodies and improve their physical, mental, and emotional health through food, evidence-based medicine, and balanced lifestyles.

Dates: 5 Mondays, 10/30–11/27  
Time: 10:00–11:30 a.m.  
Location: ONLINE via Zoom  
Format: Lecture/Discussion

Improving Cognitive Functions in Late Adulthood

Late adulthood is a period often accompanied by declining cognitive functions, such as memory and attention. However, there may be activities that can be done within the comfort of one’s own home or nearby community to improve cognition. These activities may involve making changes to one’s lifestyle and/or learning new things, such as certain games, music, or exercise routines. In this course, we will be learning from scientific studies what we can do to improve our cognition using a combination of lecture and discussion. Come prepared to discuss your experiences and build a plan for your future!

Facilitator: OLLI Scholar Quinn Pham is a PhD student in the UMass Boston Developmental and Brain Science Program. She primarily works with children but is interested in lifetime brain development as well. She loves to lead discussions and engage in group brainstorming. Outside of academia, Quinn likes fiction writing, food tours, and board games.

Dates: 5 Mondays, 10/30–11/27  
Time: 10:00–11:30 a.m.  
Location: IN-PERSON at UMass Boston Campus  
Format: Lecture/Discussion

Exploring the Secrets of Our Oceans

Planet Earth is 70% ocean; even though we’ve only explored approximately 5% of it, we’ve managed to uncover a few secrets. This course will be a mix of science and history, “diving in” to our human relationship with the oceans. Throughout five 90-minute sessions, we will explore topics such as deep-sea exploration, oxygen production, the Bermuda Triangle, plastic pollution, historic shipwrecks, coral reefs, and our favorite charismatic megafauna.

Facilitator: OLLI Scholar Katherine Johnson is a master’s student in the UMass Boston Marine Science and Technology Program and holds a BS in marine science from the University of South Carolina. She is also a PADI (Professional Association of Diving Instructors) professional who loves to travel and has been scuba diving since she was 10 years old. Katie’s research focuses on microplastics and their impacts on the environment.

Dates: 5 Mondays, 10/30–11/27  
Time: 1:30–3:00 p.m.  
Location: IN-PERSON at UMass Boston Campus  
Format: Lecture/Discussion/Exercises

Humorists with Claws: Comparing and Contrasting the Works of Kurt Vonnegut and Mark Twain

Kurt Vonnegut and Mark Twain are two of America’s greatest humorists. Their satire was aimed squarely at the hypocrisy they saw in American society. We will read and discuss two books: *Mother Night* and *Pudd’nhead Wilson*. 

Dates: 4 Mondays, 11/6–11/27  
Time: 1:30–3:00 p.m.  
Location: ONLINE via Zoom  
Format: Lecture/Discussion/Exercises

The Products That Make Us: How Design Shapes Our Lives

Have you ever wondered why the objects around you look and function the way they do? Why does your teapot look like that? Why does that door say “pull” instead of “push?” Why isn’t this bathroom accessible? In this engaging and hands-on course, we will explore the world of product design and discover the inspiration behind everyday objects. Through interactive activities, we will take apart and examine products to understand how they are constructed and how their features are determined. Finally, you will apply the learnings of this course to designing or redesigning a product in your life.

Facilitator: OLLI Scholar Lilo Altali is an experienced and award-winning innovator with more than a decade of experience in product design and innovation. He is currently a PhD candidate studying how innovation can be designed to be more inclusive for workers and consumers worldwide. Lilo also serves as an assistant teaching professor at Northeastern University, where he teaches innovation, design thinking, and nonprofit management.

Dates: 5 Mondays, 11/6–12/4  
Time: 1:30–3:00 p.m.  
Location: IN-PERSON at UMass Boston Campus  
Format: Lecture/Discussion/Hands-On Activity

Taming the Monkey Mind

Come take a meditative journey to connect to yourself on a deeper level and stimulate your brain and learn how to tame the monkey mind through a variety of meditative, mindfulness, and breathing techniques. Explore the benefits of meditation and create a practice that fits your lifestyle.

Facilitator: Katherine Robinson, see bio on page 10.

Dates: 4 Mondays, 11/6–11/27  
Time: 1:30–3:00 p.m.  
Location: ONLINE via Zoom  
Format: Lecture/Discussion/Exercises
Salon: A Meeting of the Minds

The Salon provides an opportunity to discuss perspectives, exchange ideas, critique concepts, and share perceptions and thoughts with others in a convivial, collaborative environment. Each class session will focus on a different topic. Writings, videos, and/or audio clips on the topic will be presented in class as a springboard for dialogue and group interactions.

Facilitator: Myrna Finn is a professor emerita at Salem State University where she taught courses in all aspects of oral communication. With her motto “you’re never too old to learn something new,” she has been a life-long learner always looking to expand her horizons, her understanding, and having fun in the process.

Dates: 3 Mondays, 11/27–12/11
Time: 1:30–3:00 p.m.
Location: IN-PERSON at UMass Boston Campus
Format: Discussion

Tuesday

Fords, Flappers, and Fitzgerald

In the 1920s, the sound of radios and phonographs filled the air. Motion pictures offered new vistas for millions of moviegoers. Prosperity was everywhere. Americans began their love affair with the automobile. Women “bobbed” their hair, danced the Charleston, and voted for the first time. “Keep Cool with Coolidge” was the slogan of the times. This course was offered in Fall 2016.

Facilitator: Gary L. Hylander earned his PhD at Boston College. His advisor and dissertation director was the noted Boston historian Thomas H. O’Connor. Hylander is currently an independent scholar who specializes as a presidential historian, pedagogical specialist for the National Endowment for the Humanities (NEH), and professor of history at Framingham State University. He is a frequent presenter at library forums, historical societies, senior living centers, and civic and professional organizations as well as a public affairs commentator on local cable news and radio.

Dates: 5 Tuesdays, 9/12–10/10
Time: 10:00–11:30 a.m.
Location: IN-PERSON at Thayer Public Library, Braintree
Note: This course is NOT offered ONLINE this semester.
Format: Lecture

Mahabharata: Great Epic of the Bharata Dynasty

The Mahabharata is an ancient Indian epic that tells the story of the Kuru dynasty and the great war between the Kauravas and the Pandavas. The main plot revolves around the struggle between these two families for control of the kingdom of Hastinapur. The Mahabharata is known for its vivid characters and complex philosophical themes, including dharma, karma, and moksha, and contains the Bhagavad Gita, one of the most important texts in Hinduism. For those interested in exploring Indian culture and literature, the Mahabharata is an essential text.

Facilitator: OLLI Scholar Itish Pandey developed a love for history during his school years. He is interested in spirituality, so the Mahabharata came as an invaluable source of information about ancient India, providing a glimpse into the customs, traditions, and beliefs of the people who lived in that time.

Dates: 5 Tuesdays, 9/12–10/10
Time: 1:30–3:00 p.m.
Location: IN-PERSON at Thayer Public Library, Braintree
Format: Lecture/Discussion

The Inaugural Poets

When Amanda Gorman read her poem, “The Hill We Climb,” at the inauguration of President Joe Biden on January 20, 2021, she became only the sixth inaugural poet. This course will examine the six poets, their inaugural poems, and the historic context in which they were read. The goal of this course is to gain a better knowledge of and appreciation for the poets and their works. This will partly be achieved by OLLI members sharing their reactions to and interpretations of the inaugural poems. Note: This OLLI course was offered online via Zoom in Fall 2021.

Facilitator: Jim Hermelbracht has been the OLLI director since August 2017. He earned his Bachelor of Arts degree in English and accounting from Doane College in Nebraska. Jim’s senior thesis English course explored the works of Alice Walker and Toni Morrison. Prior to coming to UMass Boston, Jim was director of student activities at Stonehill College for 10 years.

Dates: 6 Tuesdays, 9/12–10/17
Time: 1:30–3:00 p.m.
Location: IN-PERSON at the Hingham Public Library
Format: Discussion

Can We Stop Climate Change?

This series of five 90-minute meetings is designed for people interested in learning more about climate change and climate justice, becoming more effective in communicating with others, and taking action to mitigate the impact of climate change on our planet and ourselves. We will cover the problems, basic science,
equity issues behind climate change, and a wide range of climate change solutions, including the recent remarkable progress in renewable energy, a powerful simulation tool that lets you see the positive impacts of climate action, and how you can effectively communicate with and join others to act on climate change. **Note:** This course has similar content to the course of the same name offered in previous semesters, but the course is continually updated with new material. If you attended in the past, you are welcome to repeat if you wish.

**Facilitator:** Tom Rawson, see bio on page 11.
**Dates:** 5 Tuesdays, 9/19–10/10
**Time:** 6:30–8:00 p.m.
**Location:** ONLINE via Zoom
**Format:** Discussion

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**Do Four American Narratives Shape Our Politics?**

Based on an analysis by George Packer of the four narratives that frame our current politics, we will trace these narratives—which he labels Free, Real, Smart, and Just America—back through our history, compare their goals, see how they align with our political parties, and decide if they or other narratives help us understand our current politics and determine a way forward.

**Facilitator:** Jan Van Zandt is dedicated to understanding the roots of our current political environment. She coordinates a monthly current affairs discussion and previously taught an OLLI course on working-class whites.
**Dates:** 5 Tuesdays, 9/19–10/17
**Time:** 1:30–3:00 p.m.
**Location:** ONLINE via Zoom
**Format:** Discussion/Activity

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**Watercolor Painting**

This class is for anyone interested in learning the wonderful medium of watercolor painting! At the beginning of each class, the instructor will present a specific technique or concept about which students will then practice. Students will gain experience painting a suggested still life (that they will set up) and from reference photos. This course is driven by student choice and is scaffolded so that the instructor can assist all students based on their needs, interests, and prior experience. Students with prior experience will have opportunities for additional challenges. Some prior experience is helpful. This course is taught entirely online through the Zoom platform.

**Facilitator:** Kate Nordstrom is an artist and teacher based in Barrington, Rhode Island. Her true love of art started when she was a young child. Kate considers herself a lifelong learner who seeks out opportunities to be a student whenever and wherever she can. Subjects of interest in her own work continue to be the California landscape and architecture, the ruggedness of the New England coastline, and the concepts of light and space. Kate is thrilled to be teaching at OLLI!
**Dates:** 6 Tuesdays, 9/19–10/31 (no class 10/17)
**Time:** 10:00–11:30 a.m.
**Location:** ONLINE via Zoom
**Format:** Hands-On Activity

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**Real Life Spanish Conversation**

Would you like to work on your ability to communicate with others in Spanish? In this course, you will learn while exploring current events, culture, and life experiences. You will be able to put your language skills into practice and engage in fun and meaningful conversations with others. This cooperative learning experience will help you build confidence in your Spanish skills, so you can communicate effectively in real-life situations. If you have some previous exposure to Spanish, regardless of your level or even if you have not used it in a long time, you are welcome to join.

**Facilitator:** OLLI Scholar Belén de Juan Mora is a native of Spain. She is a second-year graduate student in the UMass Boston Applied Linguistics Program. Belén received her BA in translation and interpretation in Madrid, Spain. She is interested in becoming a Spanish teacher after she graduates.
**Dates:** 5 Tuesdays, 9/19–10/17
**Time:** 1:30–3:00 p.m.
**Location:** ONLINE via Zoom
**Format:** Discussion
More Indie Charmers: Independent Films with Heart

Independent and international films tend to come and go quickly in theaters. Join us and see some of the best you may have missed or may want to see again. In this six-week course we will view and discuss an all-new selection of indie films including *Beginners* (2010), *Truly, Madly, Deeply* (1990), *Lars and the Real Girl* (2008), and *Voices from the Basement* (2010), a documentary and fond farewell to Boston’s Filene’s Basement.

**Facilitator:** Julie Kinchla is a retired librarian who enjoyed taking several classes in film history and film analysis while a student at UMass Boston in the 1970s. The experience sparked a lifelong love of movies and further attendance at many additional film classes over the years. Julie facilitated “American Film Noir” for OLLI in 2019 and 2021.

**Dates:** 6 Tuesdays, 10/17–11/21
**Time:** 1:30–3:30 p.m.  **Note:** These classes are two hours long.
**Location:** IN-PERSON at Thayer Public Library, Braintree
**Format:** Lecture/Discussion

Grief and Loss: Examining Cross-cultural History to Better Understand Ourselves

We experience grief, the human response to loss, throughout life. Grieving happens after all sorts of losses, from the death of a loved one to changes in one’s ability or how we spend our time. Participants in this course will learn about historical and present-day grief practices across the world, how our understanding of loss changes depending on our stage of life, and how to support yourself and your family through loss. Grief, loss, and death are uncomfortable topics shunned from daily conversation. This course offers you the opportunity to openly engage with loss, an experience that impacts us all.

**Facilitator:** OLLI Scholar Lillian Day is a third-year doctoral student studying school psychology. She holds an MS in child life, which included coursework for understanding grief and loss throughout the lifespan. Lilly is passionate about supporting children and families and providing psychoeducation in order to bring research outside of academia.

**Dates:** 5 Tuesdays, 10/24–11/21
**Time:** 10:00–11:30 a.m.
**Location:** ONLINE via Zoom
**Format:** Lecture/Discussion

Snap, Crackle, Pop! What is Happening to Our Aging Bodies?

By viewing diagrams, watching demonstrations, and using their own bodies as reference, participants will consider the following: major muscles, bones, and joints of our bodies; common injuries; conditions associated with aging; and “repairs,” from simple remedies to surgery. A guiding principle throughout the program will be that everything in our bodies is connected.

**Facilitator:** Beverly Rainforth has a BS in physical therapy. She has primarily served children with developmental disabilities but, as a “medical junkie” since childhood, Beverly has kept abreast of adult health, injuries, and rehabilitation as she, family members, and friends have endured the effects of aging.

**Dates:** 5 Tuesdays, 10/24–11/21
**Time:** 10:00–11:30 a.m.
**Location:** IN-PERSON at Thayer Public Library, Braintree
**Format:** Lecture/Discussion

The Impact of Climate Change on Regional Economies in India and the United States: A Case Study of Telangana and Massachusetts

How does the climate change impact the economy in the United States and India? What can we learn from the extreme heat waves in Massachusetts and the suicides of farmers in India? Come and learn about the impact of climate change on the state economies of Massachusetts and Telangana in India as we fight for a better world.

**Facilitator:** OLLI Scholar Mahesh Admankar is a PhD student in public policy at UMass Boston. He earned his bachelor’s degree in social science and master’s in economics from India. Earlier, Mahesh worked as an assistant professor of economics for four years. His research interests are discrimination in the labor market, education, climate justice, and social exclusion.

**Dates:** 5 Tuesdays, 10/24–11/21
**Time:** 10:00–11:30 a.m.
**Location:** ONLINE via Zoom
**Format:** Lecture/Discussion

Chair Yoga for Everyone

Have you ever wondered what chair yoga is and how it benefits people? Chair yoga is yoga done in a chair with some standing movements (optional). The movements increase circulation, stretch and strengthen muscles, and can help you relax by learning better breathing. Everyone can benefit from this practice.

**Facilitator:** Elaine Kerrigan has been teaching yoga for 25 years. Most recently, she has been teaching chair yoga to those people not wanting to do it on a mat. This increases flexibility and strength as well as relaxation. Everyone can do it.

**Dates:** 4 Tuesdays, 10/24–11/14
**Time:** 1:30–2:30 p.m.
**Location:** IN-PERSON at the Hingham Public Library
**Format:** Activity/Exercise
Unsung Classical Composers Worth Hearing

There are tens of thousands of classical music composers from the last few centuries to the present day. We mostly hear about and listen to a relatively small number of them—the one hundred considered the greats. Among the ones we seldom or never hear about are excellent composers who created some wonderful music. In this course we will explore the lives and music of just a few that the facilitator has discovered. His selections are decidedly biased, reflecting his own tastes, but he guarantees you will discover some music you will love as well. A few that come to mind are Théodore Gouvy, Carl Czerny, Louise Farrenc, Felix Weingartner, Ferdinand Ries, JeanFrançois, Walter Braunfels, and Germaine Tailleferre. This is not a complete list, just a sample to give you an idea about the course.

Note: This is a revised version of the course he facilitated in 2018, with some overlap as well as different composers and music we didn’t hear in that course.

Facilitator: Steve Vorenberg earned a minor in music from the University of New Mexico (BS/MA in math), sang in a classical music chorus, and played piano and bassoon. He has a lifetime of attending concerts and recitals. Steve frequently listens to selections from his extensive classical music collection on CD. His special passion is the minor and little-known composers.

Dates: 6 Tuesdays, 10/24–11/28
Time: 1:30–3:00 p.m.
Location: ONLINE via Zoom
Format: Lecture

Why Should Exercise Be Boring? Let’s Dance!

Join the ultimate dance-fitness party that beats a boring exercise workout any day! Zumba® Gold is part of the popular Zumba® dance-based fitness program and is specifically designed for active older adults. It includes the same wide variety of Latin and other international rhythms, but without any high impact moves. However, it is not a dance class, so there are no right or wrong moves in Zumba® Gold. Stand, sit in a chair, or alternate between the two. Just let the music move you! Wear workout clothes and sneakers and have your water bottle handy.

Facilitator: Mary Ellen Reardon is a certified group exercise instructor and has taught Zumba® Gold classes in the Boston area for more than 13 years. Her dance background is primarily tap-dancing and Irish step, which allows her to include “Fake Irish Step Dancing” as one of her “Other International Rhythms”!

Dates: 8 Wednesdays, 9/13–11/1
Time: 1:30–2:30 p.m.
Location: ONLINE via Zoom
Format: Exercise
How Color and Garment Proportions Influence First Impressions: Tips from an Expert

A fun look at ourselves. Once you understand the why and how of color and how it works for you, it becomes easy to add more color to every decision you make. Color is an artistic component so powerful that once you understand the magical power it holds, it is easy to put color to an effective use for you and your wardrobe. Body proportions are used in the creation of basic garments. Knowledge of the norm and your own body proportions will make clothing selection easier and more flattering. Additionally, we will look at how well one’s personality can enhance or distract from overall appearance and effectiveness.

Facilitator: Maralin Manning has had a very expansive career. After earning a BFA from Massachusetts College of Art, she began a career as a fashion director for Jordan Marsh Company. During a 50+ year professional career Ms. Manning held several business executive positions, as well as many academic positions. She served on the faculty and in management positions in several educational institutions, which included faculty and supervisory positions at Chamberlain School of Retailing, Burdett College, and Mount Ida College. In the business arena in urban economic development, Ms. Manning served as a small business advisor and on a downtown development team. In addition, Ms. Manning was a keynote speaker at several career development seminars. The mother of 6, grandmother of 17, and great grandmother of 5, she has had a busy and productive life.

Dates: 3 Wednesdays, 9/20–10/4
Time: 1:30–3:00 p.m.
Location: IN-PERSON at the Hingham Public Library
Format: Lecture/Discussion

Exploring Identity: An Analysis of Internal and External Influences That Impact Identities

How do you describe your identity? How do others define who you are? Do you find yourself in conflict with the duality of identities you may portray to others? For some, identity is merely based on biology and ethnicity. Identity, however, covers many other facets of our lives and how we relate to others. Varying perspectives of religion, ideology, and economic and sociological constructs mold us into who we are and what we believe. Identity is informed through generational ideologies, stereotypes, and individual and collective perspectives. This class will be held in person and will be a weekly discussion of related topics and how identities are formed. We will also discuss how we relate to internal and external factors that impact us. The objective is to obtain a thorough understanding of the complexity of identity, its myriad facets, and how our identities are formed. This process can lead to a better understanding of ourselves and our world.

Facilitator: M. Teresa Mascarenhas is an immigrant who arrived in the United States at the age of five. Identity has always been a most important topic, one very dear to her heart. In all phases of her life, Teresa has analyzed her identity in relation to her realities: being born under a colonized regime, adjusting as an immigrant, learning the nuances of a different culture, and developing as a woman and mother of a special needs child. These experiences, among others, have helped mold her. To further strengthen her interest in the topic, Teresa conducted research as a PhD student on the importance of identity in education. We all experience challenging moments that define us. Acknowledging and analyzing them is an important step to self-preservation and the development of a strong mindset and satisfying identity.

Dates: 6 Wednesdays, 9/27–11/15 (no class on 10/11 & 11/8)
Time: 10:00–11:30 a.m.
Location: IN-PERSON at Thayer Public Library, Braintree
Format: Lecture/Discussion

Hot Hits: Pop Music 1950s–1980s; How Was It a Hit?

Relive and rediscover your 45 collections with this fun class that explores how pop songs from the 1950s through the 1980s became the hits we know and love. Hundreds of songs were released by many independent record labels and while some were natural hits, others found success by accident, luck, or a combination. The charts were determined by airplay and sales calculated by methods over which only a few people had control. Chart fanatic, Gregory was a disc jockey before he became determined to work in Hollywood. For close to five years, he was one of the musicologists who determined the biggest hits that the United States listened to and purchased!

Dates: 7 Wednesdays, 10/4–11/15 (no class on 10/11 & 11/8)
Time: 6:30–8:00 p.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

The Best of English Poetry: Ezra Pound and T.S. Eliot

This course is the 14th in a series that examines poems written in the English language from Geoffrey Chaucer through Hart Crane. Our guidebook is Harold Bloom’s anthology The Best Poems of the English Language ($22.00 or less). In this segment, we will study the works of Ezra Pound, T.S. Eliot, Elinor Wylie, H.D., and Marianne Moore. A brief biography and historical context for each poet will be followed by exploration of selected works. Our comprehension of the beauty and wisdom we
encounter will deepen through discussing our insights into what each work expresses and evokes. Newcomers to the class are welcome.

**Facilitator:** Evelyn Ryan holds a BA in English and mathematics and a master’s in critical and creative thinking from UMass Boston. Throughout her mathematics teaching career, she pursued a lively interest in literature. Evelyn hopes that her teaching experience and love of poetry will help you to increase your knowledge of and appreciation for poetry.

**Dates:** 6 Wednesdays, 10/11–11/15

**Time:** 10:00–11:30 a.m.

**Location:** ONLINE via Zoom

**Format:** Lecture/Discussion

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### Privacy, Security, and Misinformation: Protecting Ourselves from Social Media and Online Platforms

This course is designed to introduce privacy, security, and misinformation in the digital age. Participants will learn about common threats to privacy and security online, and strategies for protecting personal information and avoiding scams. In addition, participants will learn about the difference between misinformation and disinformation, and strategies for identifying and combating them online. The course will also cover the impact of social media on privacy and security, and best practices for managing social media use to minimize negative effects on mental health and well-being.

**Facilitator:** OLLI Scholar Hyein Jeong is a PhD candidate in information systems for data science and management at UMass Boston. Her primary research interests include privacy, misinformation, social media analytics, well-being, and human and computer interaction.

**Dates:** 5 Wednesdays, 10/18–11/15

**Time:** 10:00–11:30 a.m.

**Location:** ONLINE via Zoom

**Format:** Lecture/Discussion

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### Shaolin Qi Gong

Shaolin Qi Gong is a good exercise that focuses on strengthening your Dan Tian (energy field) and connecting the energy inside your whole body through the meridians. With simple movements, you will be able to feel the energy moving. You will also be able to exercise each part of your body.

**Facilitator:** Huan Zhang, see bio on page 9.

**Dates:** 10 Thursdays, 9/14–11/16

**Time:** 9:30–10:30 a.m.

**Location:** ONLINE via Zoom

**Format:** Activity/Exercise

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### Post Standing for Beginners

Post Standing has a history of more than 2,700 years. It started as a basic martial arts exercise to stabilize/root your body into the ground. During current times, Post Standing no longer exists only as a traditional martial arts practice technique, it has also been promoted and researched in the past 100 years, and it has become a popular rehabilitation and healthcare exercise. Post Standing is very beneficial for people who want to strengthen their body inside and out, and to stabilize their body to the ground.

**Facilitator:** Huan Zhang, see bio on page 9.

**Dates:** 10 Thursdays, 9/14–11/16

**Time:** 10:45–11:45 a.m.

**Location:** ONLINE via Zoom

**Format:** Activity/Exercise

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### The Environment and Islam: A Philosophical and Religious Perspective on Sustainability

This enlightening course explores the intersection of Islamic philosophy and environmental sustainability. Discover how the Islamic perspective provides a unique and holistic approach to environmental stewardship, where protecting the environment is an integral part of faith. Throughout the course, you will delve into the rich history of Islamic environmentalism and gain a deep understanding of the theological and philosophical underpinnings in general and that of Islamic sustainability practices in particular. Join us in this enlightening course and learn how Islam encourages us to care for the planet and the environment, and how you can be a part of the solution for a better tomorrow.

**Facilitator:** OLLI Scholar Muhammad Iqbal Uddin Arif is a PhD research fellow at UMass Boston, specializing in climate change and governance. With an interdisciplinary background, he holds degrees in English literature, linguistics, and governance. Iqbal has also taught at the University of Engineering and Technology, Peshawar, Pakistan. He aims to make valuable contributions to climate change, governance, and public policy, promoting sustainable and inclusive practices in Pakistan and globally.

**Dates:** 5 Thursdays, 9/7–10/5

**Time:** 1:30–3:00 p.m.

**Location:** IN-PERSON at UMass Boston Campus

**Format:** Lecture/Discussion

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### Thursday

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Unraveling the *Mahabharata*: Discovering Timeless Lessons for a Modern World

Are you ready to embark on an epic journey through time and space? Unravel the secrets of the *Mahabharata*, one of the world’s greatest epics. Discover the historical and cultural context behind this timeless tale, explore its complex characters and themes, and gain insights into its relevance today. Journey through the conflict between the Pandavas and Kauravas, unravel the mysteries of Lord Krishna’s teachings to Arjuna, and analyze the enigmatic character Karna. Get ready to uncover hidden lessons and gain a new perspective on yourself and the world around you.

**Facilitator:** OLLI Scholar Saket Mangalagiri is an international student pursuing his master’s in business analytics. He has grown up listening to stories of *Mahabharata* (*Bhagavad Gita*) from his dad. These stories have always intrigued Saket on a moral/spiritual level and have changed how he thought/interpreted the various experiences of his life, and he would love to share his insights.

**Dates:** 5 Thursdays, 9/14–10/12
**Time:** 10:00–11:30 a.m.
**Location:** IN-PERSON at UMass Boston Campus
**Format:** Lecture/Discussion

Understanding the Power of Nonviolent Resistance

Is nonviolence just the opposite of violence? Is nonviolent action the same as pacifism? Have great social changes only been achieved through violence? If I engage in nonviolent actions, then I should do nothing in the face of injustice? Come to this course to learn how people effectively wage nonviolent struggles to secure rights, freedom, and democracy. By using case studies, videos, and readings, this course introduces nonviolent resistance and explains its nature, force, underlying dynamics, and effectiveness.

**Facilitator:** OLLI Scholar Pryanka Penafiel-Cevallos is a PhD student in the UMass Boston Global Governance and Human Security Program. She holds a master’s in international relations, a BA in political science, and a Certificate in conflict resolution. Pryanka has worked as a professor and researcher in Ecuadorian universities. She advocates for nonviolent resistance and human rights.

**Dates:** 5 Thursdays, 9/14–10/12
**Time:** 10:00–11:30 a.m.
**Location:** ONLINE via Zoom
**Format:** Lecture/Discussion

Zero Waste: A Catalyst to Achieving Low Carbon Circular Cities

A circular economy ensures a transition to cities that are low carbon and sustainable by encouraging the use of renewable energy and materials instead of the total dependence on the earth finite resources. Zero-waste approach to waste management encapsulates a holistic view of sustainable waste management by preventing waste occurring, conserving resources, and recovering all values from materials. Thus, by adopting a zero waste to landfill approach, cities can achieve low carbon emission, thereby becoming more sustainable and resilient especially in the light of dwindling landfills. In this course, participants are introduced to key notions and concepts evolving in sustainable development relevant to all, independent of one’s work or field of interest. After having completed the course, participants will have a better understanding of the vocabulary used today and should demonstrate the ability to reflect critically to integrate different perspectives of environmental, social, and economic sustainability to their specific area of interest or research.

**Facilitator:** OLLI Scholar Adanna Kalejaye is a PhD student in the UMass Boston Public Policy Program. She is an internationally specialized lawyer in the fields of commercial law, maritime law, environmental law, and energy law. Adanna holds an LLM (Master of Laws) from Swansea University, Wales, UK and an LLB (Bachelor of Laws) from the University of Nigeria. She has also been enrolled as a barrister and solicitor to practice law at the Nigerian Supreme Court since 2010. Adanna’s research interests are in environmental law and policies, climate change, sustainable development, renewable energy, waste management, and policy building and analysis at both the national and international levels.

**Dates:** 5 Thursdays, 9/14–10/12
**Time:** 10:00–11:30 a.m.
**Location:** ONLINE via Zoom
**Format:** Lecture/Discussion

History and Consequences of the Vietnam War

This course will expose the origins of the "American" Vietnam War. We will start with the presence of the French in the 1850s and travel through the years, up to and including our involvement in the fighting. Many commonly held concepts and beliefs will be shattered by the information presented. The role that our leaders, both military and political, played will be examined and critiqued. After taking this course, I think you will learn many previously untold truths about the events that happened so many years ago.

**Facilitator:** Michael Cunningham is a combat Vietnam veteran who has studied the history of Vietnam for many years. He has visited Vietnam on numerous occasions and has conducted countless interviews. Michael’s interest is to find the answers to WHY, in an attempt to prevent any further fiascoes.
A Few More of Our Favorite Reads

There’s always more to read, and we all have so many favorite books! In this follow-up, we will read a few more of my favorites and hear more of yours through more short presentations about our favorite books. We will continue to ponder the question “Why do we read?” by exploring these texts. The book list may include my favorite work in translation, my favorite horror novel, my favorite book from my childhood, my favorite recent read (in the last six months), and a book from one of my favorite new authors, as well as a collection of poetry!

Facilitator: Andréa Kossyrev received her MFA in fiction in spring of 2022. Since then, she has also completed a young adult novel—currently seeking an agent—facilitated two more OLLI classes, continued working on English with middle and high school students, and read a whole heap of books. Andréa loves working with OLLI members, and she especially loves how welcoming they all are as a community.

Dates: 7 Thursdays, 9/21–11/12
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Discussion

Survival French for Travelers (or for Fun)

Are you going to France or to a French-speaking country? If so, you need to be able to communicate at least at a minimum to show that you are making an effort toward the culture of the host country. The people there will greatly appreciate (even if they answer in English) and may even be friendlier. In this class you will be learning French basic vocabulary and phrases in a conversational setting. The course will integrate the Mango Languages computer program to practice and reinforce your new skills at home.

Facilitator: Hélène Olken is a native of France. She graduated in French and psychology from UMass and holds a master’s degree in ESL. Hélène taught in Milton in the Grade 2 French Immersion Program for 25 years.

Dates: 8 Thursdays, 9/21–11/16 (no class on 10/26)
Time: 10:00–11:30 a.m.
Location: IN-PERSON at UMass Boston Campus
Format: Lecture/Discussion

Brain and Memory Activation

Have you been feeling brain fog, fatigue, memory loss, or overwhelmed? Scientists used to think that the brain just naturally deteriorated as we age, but the newest research has coined a wonderful term called “neuroplasticity,” which is the ability of neural networks in the brain to change through growth and reorganization even as we age. In this class, we will utilize brain stimulating exercises with the intention of building an empowered perspective about our brains. Learn about the latest cutting-edge research and techniques that involve blending Western and Eastern philosophy and practices.

Facilitator: Katherine Robinson, see bio on page 10.

Dates: 5 Thursdays, 9/21–10/19
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion/Exercises

Marginalized Histories of American Music in the Twentieth Century

This five-session course will cover different marginalized histories from the indigenous influence of Charley Patton’s Delta blues, the Left’s role in the emergence of jazz as popular music in the United States, gender nonconformity, and Little Richard’s “Tutti Frutti,” and more.

Facilitator: Brendan Hogan is a host and producer at WUMB radio, and a master’s student in the American Studies Department at UMass Boston.

Dates: 5 Thursdays, 9/21–10/19
Time: 6:00–7:30 p.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

Creative Knitting

This class will focus on creating knitted items for gift giving or charity donations: socks, shawls, blankets, or mitts. We will focus on learning how to substitute different materials: acrylic, wool, bamboo, etc., and use math and swatching, which is knitting a sample piece to simulate the fabric of your finished garment, using the same material and needle size. Swatching is an important step in ensuring that your finished product is a success. The first three sessions for beginners; after that, advanced knitters join the class, and in the last five sessions we will learn how to knit with different techniques.
Facilitator: Samia Awad is a biologist and researcher. She has spent a lot of years knitting, which she learned from her mother and grandmother. Samia says that YouTube is a great place to learn and work through the intricate details that some patterns require. And Craftsy, a website where you can learn about all things creative, provides online classes. Samia has taken a few of them, but she feels that in-person teaching is the best way to learn.

Dates: 8 Thursdays, 9/28–11/16
Time: 10:00 a.m.–12 noon  Note: These classes are two hours long.
Location: IN-PERSON at UMass Boston Campus
Format: Hands-on Activity

The United States in the Middle East: Roots of a Quagmire

After decades of failed and costly wars, the United States still maintains a military presence in nearly every Middle East country. This course will examine the roots of U.S. involvement in the region, with a focus on the history of oil and colonialism, the Israel-Palestine issue, and the indigenous struggle for self-determination. Based on the instructor’s extensive first-hand experiences in the region and with relevant readings and sources, we will explore the history that has led to the current quagmire of endless Middle East wars, with rampant militarism at home and abroad.

Facilitator: Jeff Klein is a retired machinist and local trade-union president who is active with the anti-war groups Dorchester People for Peace and Massachusetts Peace Action (MAPA). He has traveled frequently to Palestine/Israel and elsewhere in the Middle East, most recently in the Spring of 2022, visiting Palestine/Israel, Lebanon, and Syria. Jeff has published articles and op-ed pieces in local and international publications.

Dates: 8 Thursdays, 9/28–11/16
Time: 1:30–3:00 p.m.
Location: IN-PERSON at UMass Boston Campus
Format: Lecture/Discussion

Sociophysics Approach to the Dynamics of Jewish Communities and Their Resilience

Socio-physics bridges the gap between sociology and physics. Among others, this curriculum explores questions regarding Jewish communal structures, social complexity, cultural legacy and evolution, public management, justice, etc. The sociologist works out theories by understanding and explaining the meaning of observed social behavior, by examining and cross-examining textual communications, and by philosophical debate regarding social processes. The socio-physicist uses mathematical models to examine the validity of a hypothesis. Typically, the method consists of assuming that the theory is correct and examining the feasibility of the consequential predictions of the mathematical model.

For example, in this course we shall discuss mathematical models proving that the institution of Sabbath is 3,000 years old, that the Israelite culture did not split from Canaanite culture as some archaeologists hypothesize but brought into the Land of Israel by immigration of nomadic pastoralists, and that the resilience of the Jewish culture is due to the federative feature of the Jewish community network. If you would like to see the course syllabus for more information before you register, email Genny, OLLI program coordinator, at proposalolli@gmail.com

Facilitator: Joseph Livni, MSc is an author who had a long career in the field of aerospace engineering. He began a new vocation in socio-physics, examining sociological concepts by applying mathematical models developed and utilized by physicists. In this course the facilitator synthesizes eight published investigations and two books authored, co-authored, or co-edited by him.

Dates: 7 Thursdays, 10/12–11/23
Time: 10:00–11:30 a.m.
Location: IN-PERSON at UMass Boston Campus
Format: Lecture/Discussion

Local News in Context

Each section of this course will focus on a current event happening in the Greater Boston area or in Massachusetts generally. After establishing the details of the current event, we will explore the historical context, how we got “here”, and the potential impacts. This course will cover a variety of topics depending on local happenings, and later sessions can be shaped by the topic interest of OLLI participants.

Facilitator: OLLI Scholar Emma Tynan is a fourth-year PhD student studying higher education policy in the Public Policy Program. Alongside her studies in public policy, she is an avid reader of all things history. Emma is a returning OLLI Scholar, looking forward to exploring the historical roots of current topics.

Dates: 5 Thursdays, 10/19–11/16
Time: 10:00–11:30 a.m.
Location: IN-PERSON at UMass Boston Campus
Format: Lecture/Discussion

Sustainable Development: Sustainable Living in the Twenty-First Century

This course will provide a broad overview of the basics of sustainable development and familiarize participants with some human activities that impact sustainability. The main purpose of this course is to explore how participants can continue to live and develop in a way that is socially and environmentally sustainable. Throughout this course, we will discuss the United Nations Sustainable Development Goals (SDGs) and the implications in our local environment. We will discuss how sustainable development is not just a problem for future generations but a shared global responsibility.
We will learn how more than ever to be thoughtful stewards of the earth by our little everyday activities. The course will focus on the United States with particular emphasis on Massachusetts. Comparative inferences and perspectives will be drawn internationally to give a global appreciation on sustainable development.

Facilitator: OLLI Scholar Adanna Kalejaye, see bio on page 19.
Dates: 5 Thursdays, 10/19–11/16
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

## Exploring Longevity (Series Five)

Today, living over 90 years is no longer rare. At an advanced age, many people remain vital and independent. Knowledge, technology, and artificial intelligence are advancing at an exponential pace. Are we ready to enjoy and embrace the societal evolution? This is the 5th series of “Exploring Longevity”. A key component of this course is to engage OLLI members in sharing their enriched insights into longevity from personal experiences. For this series, participants will explore online AI (Artificial Intelligence) tools and their usage, and their possible benefits and impacts on our daily life. This course continues the dialogue started in the 1st OLLI course series “Is Longevity a Lifelong Effort?” in fall 2021. Each series has been independently designed and delivered. Even if you skipped previous ones, you will still be able to participate in and thoroughly enjoy this one.

Facilitator: OLLI Scholar Hua Chen is a graduate student at UMass Boston. He was once a musician, banker, corporate executive, entrepreneur, and now is studying gerontological nursing. Hua’s goal is to become a gerontological nursing executive, entrepreneur, and now is studying gerontological

Dates: 3 Thursdays, 10/19–11/2
Time: 1:30–3:00 p.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

## Dutch Golden Age: Landscapes, Seascapes, and Still Life (Seventeenth Century)

During the 1600s, landscape painting flourished as an independent genre in the Dutch Golden Age (United Provinces of the Netherlands). Of the many factors that gave rise to secular subjects in art, such as landscape, seascape, and still life, the most fundamental was the urbanization of Dutch society and the desire to decorate one’s home with paintings. We will begin with Pieter Breugel, who broke with iconographic tradition by making the landscape the focus rather than religious or mythical figures, followed by the most innovative landscape artists of the 17th century, Jan van Goyen and Jacob van Ruisdael. Afterwards, we will explore the "School of Delft", which includes city streets and courtyard scenes of Jan Vermeer and Pieter de Hooch and interiors of churches. Finally, we will review the Dutch trompe l’oeil paintings of Hoogstraten and still life of Pieter Claesz and others. There will be an opportunity to view an actual perspective box during the last class. The illusion (produced by a perspective box) is created when the viewer looks into the pentagonal box through a peephole and perceives the painted interior as three-dimensional.

Facilitator: Lucinda Gorry has facilitated several OLLI courses. In 2022, she facilitated a five-week course on the Dutch Golden Age. Due to the size of this topic, Lucinda limited that course to only those paintings that included people, such as portraits, groups, and biblical paintings. This year, she will focus on the genre that she didn’t cover in 2022, such as landscapes, seascapes, and still life.

Dates: 5 Thursdays, 10/19–11/16
Time: 1:30–3:00 p.m.
Location: IN-PERSON at UMass Boston Campus
Format: Lecture

## The Silenced Voice: The Contribution of Women to Latin American History

Historically, official history has made women’s participation invisible, even though they have played a prominent role in shaping Latin American nations. However, Latin America cannot be understood without mentioning women’s invaluable contributions in every area. In this course, we will review the stories of some outstanding women in five fields: politics, philosophical thought, music, literature, and sports.

Facilitator: OLLI Scholar Mario Portugal Ramírez is a current PhD candidate at UMass Boston. He has taught various courses about Latin America and his country, Bolivia, for OLLI.

Dates: 5 Thursdays, 10/19–11/16
Time: 1:30–3:00 p.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

## Not All Who Wander Are Lost: Some Are Out Seeing the World!

Now that the world is opening to travel again, this course will try to address some basic travel questions and provide some travel tips in a post-Covid world. We will discuss group/independent travel, destination/itineraries, traditional/electronic travel resources, and do our best to answer your travel questions such as packing, etc.

Facilitator: Eileen Condon, a retired IT professional, has been traveling since the age of 19, both domestically and internationally. Having traveled with groups both large and
Friday

“Class” Struggle: The State of Schooling in America

What’s the big deal about critical race theory? Why are we still banning books in our schools? Why are teachers burning out in record numbers? In this course, we will seek some answers to these pressing questions and develop an understanding of how they may affect the future of our nation. Through a combination of reading, discussion, and lecture, we will examine some of the prevailing ideologies that have shaped American public education over the years and learn how these overlap with past and present legislation. No prior experience with teaching is necessary to participate.

Facilitator: OLLI Scholar Abigail McCabe is an English teacher and a recent UMass Boston graduate. She received her MA in English in May 2023 and holds an MAT in secondary education, as well as a teaching license. Abbie is passionate about literature, world languages, translation, and education.

Dates: 5 Fridays, 9/15–10/20 (no class on 9/29)
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

Great Artists in American Roots Music

This class is a sequel to the “Tendin’ to the Roots” class offered in the Spring of 2023 and is appropriate for both new and repeat students. From its birth amid the rapid changes in American culture in the first years of the 20th century, country music has continually appealed to people from various backgrounds who feel left behind by a rapidly changing world. Country music, also known as roots music, not only expresses the hardships of modern life, but also purposefully evokes an emotional response. Whether you are stuck in a troubled relationship, unemployed, homeless, spiritually bereft, or just lonesome, there’s a country song for you. “Great Artists in American Roots Music” will move beyond a historical survey of American roots music to focus on the individual stories and artistic developments of roots artists including Bill Monroe, Dolly Parton, and Willie Nelson. By examining their musical output in the context of these long, celebrated careers, new perspectives on famous works can be taken, for example, “Jerusalem Ridge”, “I Will Always Love You”, and “Crazy” emerge. We will also take this opportunity to listen to and learn about some lesser-known works or more-recent works by artists such as John Prine’s “Fair and Square” and Bonnie Raitt’s “Just Like That.”

Facilitators: Taylor Ackley is first and foremost a folk musician. Born into a working-class family with a remarkable musical heritage, his work was influenced by generations of pickers, singers, songwriters, and fiddlers across his family. He holds a
Great Conversations: Immigration Fact and Fiction

Throughout recorded history, we have records of people migrating throughout the world, and the subject is front and center in our news today. Immigration fact and fiction here implies truth and understanding that comes from reading both historical accounts and short stories, which offer us insight into the personal experiences of immigrants. Our readings will provide a springboard for wide-ranging conversation that may challenge our assumptions or give us new perspectives. Class discussion is lively and friendly, with participants respecting one another’s points of view. Some material will be provided online, and some will come from "Migration," the Summer 2022 back issue of Lapham’s Quarterly, available for $26 at https://store.laphamsquarterly.us/back-issues/migration/?ca_key_code=P8LQ15P

Facilitator: Linda Seale loves exploring new ideas with friends and colleagues and feels that “Great Conversations” is a perfect vehicle for doing so. She loves the wide-ranging discussions prompted by the readings and the mutual respect that develops among the participants who continue to enjoy this course, which has been an OLLI tradition for more than 20 years.

Dates: 6 Fridays, 10/13–11/17
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Discussion

Exploring Longevity (Series Five)

Today, living over 90 years is no longer rare. At an advanced age, many people remain vital and independent. Knowledge, technology, and artificial intelligence are advancing at an exponential pace. Are we ready to enjoy and embrace the societal evolution? This is the 5th series of “Exploring Longevity”. A key component of this course is to engage OLLI members in sharing their enriched insights into longevity from personal experiences. For this series, participants will explore online AI (Artificial Intelligence) tools and their usage, and their possible benefits and impacts on our daily life. This course continues the dialogue started in the 1st OLLI course series “Is Longevity a Lifelong Effort?” in fall 2021. Each series has been independently designed and delivered. Even if you skipped previous ones, you will still be able to participate in and thoroughly enjoy this one.

Facilitator: OLLI Scholar Hua Chen, see bio on page 22.

Dates: 4 Saturdays, 9/23–10/21 (no class on 10/7)
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

When History Binds Us: A Journey into the Captivating Massachusetts-Haiti Historical Ties

Did you know that the Boston Public Library features more than 10,000 archive materials pertaining to the Haitian revolution, from rare publications to original letters from Toussaint Louverture? Or, that the USS Constitution Museum acquired a trove of documents showing the connections between John Adams, the USS Constitution, and Haiti? These are some of the recent discoveries that speak to the larger body of evidence showing the strong ties between the vibrant U.S. abolitionist movement in New England and the Haitian Revolution. If you like history and international relations join us, and some surprise guests, for some exciting discoveries!

Facilitator: OLLI Scholar Charlot Lucien is a public health professional who became further interested in the U.S.-Haiti connections after surveying the historiography in the United States. A graduate of the University of Haiti and the University of Massachusetts, he is an OLLI scholar at UMass Boston, where he completed a master’s degree in international relations. He frequently travels internationally to understand Haiti’s historical connections to the world.

Dates: 4 Saturdays, 9/23–10/21 (no class on 10/7)
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

Around the World in Thirty-Five Days

Let’s voyage around the globe, aboard the vessel named Short Story. We will read a curated selection of short fiction (in English), two a week, by marquee...
writers from different parts of the world. The facilitator will handpick one story each by the writers to discuss during class. We will analyze what makes these writers singular, their thematic preoccupations, and if there are regional similarities in style and structure. Our goal is to understand the mechanics of the genre, craft elements, and regional thematic conceits. We will have a discussion-based class once a week. The facilitator will provide the readings in advance.

Facilitator: OLLI Scholar Suchita Nayar is training to become a short story writer. Previously, she worked as a financial journalist and then in finance. Suchita grew up in India and then lived in and around New York for some 23 years. Since 2018, Boston has been her home. Suchita’s hobbies are distance running and cooking.

Dates: 5 Saturdays, 9/23–10/28 (no class on 10/7)
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

Behind the Gunsmoke: Literature of the Soldier

Like language, war has been a part of the human experience from our very beginnings, from the Ancient Sumerians to modern-day Ukraine. But there is so much more to war than what is mentioned in textbooks or projected in movie theaters. In this class, we use stories to brave the trenches, explore the other side of the battlefield, and work to better understand this trying, courageous, terrible human experience of war. Our primary texts are Slaughterhouse Five by Kurt Vonnegut and The Things They Carried by Tim O’Brien. Please pick up copies of these books prior to the first class.

Facilitator: Michele Harris received a BA in English from Allegheny College and an MFA in poetry from UMass Boston. She is the author of the poetry collection Blackdamp (David Robert Books, 2019), a recipient of the 2011 David A. Kennedy prize, and a finalist for the 2018 New Millennium Award. Her writing has appeared in Cicada, New Millennium Writings, The Tishman Review, Anderbo, The Prose-Poem Project, Dirtflask, Escarp, The Columbia College Literary Review, Stirring, and elsewhere. She has been a facilitator with OLLI since 2009.

Dates: 6 Saturdays, 9/23–11/4 (no class on 10/7)
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Discussion

$ Supporting Transgender Children and Grandchildren

Having a child or grandchild who is transgender is NOT required to participate and/or benefit from this class. Come learn relevant transgender terminology and timely topics in a judgment-free space. We will discuss the age and developmental appropriateness of identity exploration for adolescents and emerging adults. We will also talk about why this exploration may look and sound different today compared to even 10–20 years ago. Finally, we will look at ways to prioritize acceptance and relationships to decrease stress and increase joy among family members, friends, and others with whom you may interact.

Facilitator: OLLI Scholar Meghan Chapman is the mother of two neurodivergent and LGBTQIA+ teenagers (one a transgender lad), a former morning radio producer, and a graduate student in the UMass Boston Rehabilitation Counseling Program. She is excited to offer an OLLI program focused on the importance of family acceptance of transgender youth.

Dates: 5 Saturdays, 10/21–11/18
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion

Building Resilience

Faced with the challenges of life, you may wonder about the following: How hard will this hit me? How soon will I recover? And most important, how can I help myself? In this course, the facilitator will teach you about learning how to flow with life’s challenges by synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques to build your inner sense of resilience.

Facilitator: Katherine Robinson, see bio on page 10.

Dates: 4 Saturdays, 11/4–12/2 (no class on 11/25)
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion/Exercises
Fall 2023 OLLI Talk Presentations

OLLI Talk presentations are usually held in-between the morning and afternoon classes; they start at noon. Specific dates and locations (whether ONLINE or IN-PERSON) will be announced approximately three weeks prior to each event. Members will be notified, and they can sign up at that time. Please do not put any of these OLLI Talk presentations on your Course Request Form. The detailed descriptions of the content and the presenters will be listed on the OLLI website. Additional presentations may be announced later.

Henry Slade Harrell: A Boy from Sunflower
by Joseph Balkoski

Marketing Yourself! It’s Never Too Late to Land the Position You Want by Fran Beaumont

Sip and Dip: Create Watercolor Cards and Sip Wine by Kathryn Bender

Water Supply Protection Forestry by Ken Canfield and Maria Beiter-Tucker

POW/MIA Mission to Vietnam by Michael Cunningham

Journey from San Rocco by Rosalind Cuschera

Are You an HSP? The Highly Sensitive Person in Today’s World by Patricia DelVal

Key WOW! Takeaways from the 2023 Space Symposium by Stephen Devaney

Two Months in Umbria: Living Like an Italian by MaryEllen Heike

Think Like a Fact Checker: Evaluating Digital Information with Lateral Reading by Erica Husting

Why is American Healthcare So GDF Complicated? by Jon Kingsdale

Hidden Gems of America’s National Park System by David Kroese

The Invisible Patient: The Emotional, Financial, and Physical Toll on Family Caregivers by Annalee Kruger

Building Blocks of Balance: How the Body Maintains Equilibrium by Marguerite Magri

Retire Your Inner Critic: Hypnosis Seminar by Kathryn McGlynn

Smartphone Security: Protect Your Device and Your Data! by Alison Murray

Micronesia, Melanesia, and Polynesia: Unraveling the Mysteries of the South Pacific by Barry Pell

Travels in the Historic Lands of the Basque People by Barry Pell

Let’s Watch Anime! by Genevieve Peterson

Historiography: The Cure for the Embattled American History Classroom by Genevieve Peterson

Artists of Boston’s South End: Crite, Gibran, and Hassam by Cathy Phillips

Sex, Murder, and the Meaning of Life: An Introduction to Evolutionary Psychology by David Pogue

Nuts About Squirrels by David Pogue

America’s War against the Weak by David Pogue

Alfred Hitchcock’s San Francisco by Jay Sherwin

USS Constitution Museum and Ship Tour by Shannon Skilling

The Renaissance by Raymond Stern

Where in the World is the United States? A Top 10 Summary! by Douglas Stowell

Wild Women of Boston: Mettle and Moxie in the Hub by Dina Vargo

The Mammoth Cheshire Cheese by Julie Winch
Fall 2023 In-Person Walking Tour Presentations

At the time of printing, walking tours are still being secured for the fall semester. Walking tour descriptions and dates will be announced through the OLLI newsletter, Connections.

OLLI members enjoying a bike “walking” tour of Dorchester’s segment of Boston’s Harborwalk this past spring.

Fall 2023 In-Person Day Trips

Additional fall Day Trips will be added as details are confirmed. Please note that sign-ups for the Colonial Newport trip will occur at a later date.

Colonial Newport and Touro Synagogue Tour

Enjoy a day trip to Newport, RI! Our first stop will be the historic Touro Synagogue with a 30-minute presentation about the synagogue’s history and the Colonial-era features of the beautiful sanctuary. Touro Synagogue, located in the heart of Colonial Newport, is the oldest synagogue in the United States and listed as a National Historic site, and is still an active house of worship. After lunch on your own, we will gather together to have a guided walking tour of Colonial Newport. Hear stories of entrepreneurship, African American heritage, and religious diversity during Newport’s colonial period. The walking tour will last approximately 90 minutes and covers about 3/4 of a mile.

Date: Friday, October 13
Cost: TBD
Departure Time: TBD

HARRY GLOSS SCHOLARSHIP FUND

The purpose of the Harry Gloss Scholarship Fund is to provide scholarships (full or partial) to individuals who cannot afford to pay the annual OLLI membership fee due to financial hardship. It was named in memory of the late Harry Gloss, who was a founding member, course facilitator, and member of the OLLI Board of Directors.

Individuals who need financial assistance with the OLLI membership fee should email the OLLI office (ollireg@gmail.com) to inquire about the scholarship forms and process.

Contributions to this scholarship fund can be accepted at any time and are tax deductible. Please send a separate check made out to "Friends of OLLI" with your registration and/or course request forms if you care to make a donation at this time.

Thank you for your generosity!
Huntington Theatre presents

Prayer for the French Republic
September 7–October 8

It’s 2016 Paris and the Salomon family has made a warm and wonderful home there since the 1940s. But when their son comes home beaten up because he was wearing a yarmulke, they are forced to question their safety and sense of belonging in the city they love. Both wickedly funny and deeply profound, this powerful new play spans five generations of a French Jewish family to explore history, what makes a home, and the effects of an ancient hatred and an enduring hope.

Date: Saturday, TBD
Time: 2:00 p.m.
Cost:

SpeakEasy Stage presents

POTUS: Or, Behind Every Great Dumbass are Seven Women Trying to Keep Him Alive
September 15–October 7

It’s The Women meets House of Cards in this riotously funny comedy that celebrates the women who keep things running behind the scenes both in—and out—of the Oval Office. Seven brilliant and beleaguered women in the president’s inner circle take increasing desperate measures to save the country when his sexist and sex-related scandals spark a global crisis.

Date: Saturday, TBD
Time: 2:00 p.m.
Cost:

Boston Lyric Opera presents

Madama Butterfly
September 14, 17, 22, and 24

Amid Puccini’s lush and sweeping score, Madama Butterfly unfolds in 1940s America under the shadow of World War II. In a brand-new production from Boston Lyric Opera, wander through the nightlife of San Francisco on the eve of Pearl Harbor through the story of Butterfly, a nightclub performer contributing to the war effort, and Pinkerton, a young soldier, on the eve of his deployment. This production examines the experience of Japanese Americans during a critical moment in U.S. history.

Date: Sunday, TBD
Time: 3:00 p.m.
Cost:
Huntington Theatre presents

Fat Ham
September 22–October 22

In this deliciously funny, Pulitzer Prize-winning new play, sweet and sensitive Juicy wants to make his own way as a queer Black man growing up in a Southern family, until his father’s ghost turns up at a backyard barbecue and insists that Juicy avenge his murder. Ay, there’s the rub! This smart and sharp reinvention of Shakespeare’s masterpiece takes Broadway by storm this spring before coming to The Huntington this fall!

Date: Saturday, TBD
Time: 2:00 p.m.
Cost:

Boston Lyric Opera presents

La Cenerentola (Cinderella)
November 8, 10, and 12

When young Angelina momentarily escapes her ungrateful stepfamily to attend a royal ball in disguise, she meets Prince Ramiro, who vows to find her after she disappears into the night. Beautiful melodies, sparkling vocals, and Rossini’s energetic score weave this timeless Cinderella story, dispensing with the fairy dust for the wisdom of the human heart. Elegant and heartfelt, this opera is one where goodness triumphs, and patience is rewarded with satisfying joy.

Date: Sunday, TBD
Time: 3:00 p.m.
Cost:

Huntington Theatre and the SpeakEasy Stage present a co-production

The Band’s Visit
November 10–December 10

In this Tony Award-winning, feel-good musical, an Egyptian band of musicians is stranded in a small Israeli town after a transportation mix up, and with no lodgings available, the locals take them in for the night. By morning, surprising connections have been made and friendships forged over moments of shared humanity and love of music. A brief visit can have a lasting impact in this stunning musical adaptation of the acclaimed 2007 film that cast a spell over Broadway.

Date: Saturday, TBD
Time: 2:00 p.m.
Cost:
**Huntington Theatre presents**

**The Heart Sellers**  
November 21–December 23

Jane and Luna run into each other in the grocery store on Thanksgiving in 1973 and find they have much in common: Each are recent Asian immigrants, a bit homesick and lonely with hardworking absentee husbands, and adjusting to a new country filled with new opportunities. Over sips of wine and a questionable frozen turkey, they dream of disco dancing, learning to drive, and even a visit to Disneyland, and share their hopes and challenges for making a new home in a new land with grace and dignity. A funny, moving, and big-hearted new play.

**Date:** Saturday, TBD  
**Time:** 2:00 p.m.  
**Cost:**

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**American Repertory Theater presents**

**Real Women Have Curves**  
December 8–January 14, 2024

It’s the summer of 1987 in Los Angeles’ Boyle Heights, and Ana wants to blaze her own path. The first-generation child of Mexican immigrants, Ana is torn between a future at her family’s garment business and her dreams of college in New York. If she breaks from her parents’ vision for her life, can she still honor the sacrifices that have allowed her to dream? Based on the play by Josefina López that inspired the hit film, this new musical tells an uplifting story for anyone who has experienced the unexpected curves of life.

**Date:** Saturday, TBD  
**Time:** 2:00 p.m.  
**Cost:**

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**Huntington Theatre presents**

**John Proctor is the Villain**  
February 8–March 10, 2024

At a rural high school in Georgia, a group of lively teens explore *The Crucible* while navigating young love, sex ed, and a few school scandals. With a contemporary lens on the American classic, the young women begin to discover their power and agency, finding a way to hold both the classic text and their community to account – with a profound sense of rage, authenticity, and hope. Alternately touching and bitingly funny, this new comedy captures a generation in mid-transformation, running on pop music, optimism, and fury, writing their own coming of age story.

**Date:** Saturday, TBD  
**Time:** 2:00 p.m.  
**Cost:**
OLLI AT UMASS BOSTON
COURSE REQUEST FORM — FALL 2023

Last Name ________________________________ Preferred First Name ________________________________

Note any changes to the below contact information if there have been changes since Spring 2023.

Address ___________________________________________________________________________________________
City, State __________________________________________________________________ Zip ____________________
Primary Phone (______) ________________________ Cell Phone (______) _______________________________
Email ______________________________________________________________________________________________
Emergency Contact _________________________________ Phone (______) _______________________________

Important Information

A priority system is used to determine who will be admitted to classes that are oversubscribed. We believe it to be the most equitable method of deciding who gets into those classes. In order for you to participate in this system, you must return your request form to us by August 22, indicating your order of priority for each course (1st choice = most desired). After the deadline, class assignments will be made on a first-come, first-served basis.

Please indicate which courses you are requesting, including location. For locations, use the following abbreviations: UMB = UMass Boston Campus, HPL = Hingham Public Library, BR = Thayer Public Library, Braintree, or Z = Zoom. Please print the full course title.

(DO NOT include OLLI Talk registrations on this form!)

1st Course Choice ________________________________ Day ____________ Location ________

2nd Course Choice ________________________________ Day ____________ Location ________

3rd Course Choice ________________________________ Day ____________ Location ________

4th Course Choice ________________________________ Day ____________ Location ________

5th Course Choice ________________________________ Day ____________ Location ________

It is IMPERATIVE that all request forms are received in our office by Tuesday, August 22 in order to be included in the lottery process. Registrations are accepted thereafter, but are subject to course availability.

Course Confirmation

You are not registered for courses until you receive a confirmation letter by email in late August.

Questions about registration?
Call 617.287.7312 or email ollireg@gmail.com
Mail to: OLLI, UMass Boston, 100 Morrissey Blvd., Boston, MA 02125-3393
MEMBERSHIP FORM FALL 2023

Last Name ___________________________ Preferred First Name ___________________________

*Please note any changes to any of the contact information since you last renewed your membership. If no changes, you can leave blank.*

Address ____________________________________________________________

City, State ___________________________ Zip ___________________________

Primary Phone (_____) ___________________________ Cell Phone (_____) ___________________________

Email ______________________________________________________________

Emergency Contact ___________________________ Phone (_____) ___________________________

MEMBER PROFILE

We require your responses to the following questions, which will be used for statistical purposes only. This information will help us to better serve our members.

How did you hear about OLLI? ___________________________

Gender  ☐ Male  ☐ Female

Year of Birth ___________________________ (required)

College Degree ☐ Yes  ☐ No

UMass Boston Alumnus/a ☐ Yes  ☐ No

Do you consider yourself to be retired? ☐ Yes  ☐ No

Current/Former Occupation ___________________________

Would you be interested in facilitating a course?  ☐ Yes  ☐ No

What topic(s)? __________________________________________

Are you a new member?  ☐ Yes  ☐ No

Ethnicity  ☐ Black/African/Caribbean  ☐ Caucasian  ☐ Chinese  ☐ Hispanic  ☐ Korean  ☐ Native American  ☐ Vietnamese  ☐ Other ______________________

ORDER INFORMATION

I would like to become an OLLI member.  ☑

(Make a ☑ in the box below.)

☐ Full Membership  ☑

$225 per person

$425 for two living

in the same household

☐ Associate Membership ($100 per person)

(Does not include courses)

TOTAL

For Office Use Only

Date Received: ___________________________

Payment Information: ___________________________

Membership Expiration: ___________________________

Membership ID#: ___________________________

Notes: ___________________________

Please make checks payable to “OLLI/UMass Boston” and return this form to OLLI, McCormack Hall, 3rd Floor, UMass Boston, 100 Morrissey Blvd., Boston, MA 02125-3393.

Annual membership dues must be paid in full at the time of course registration and are non-refundable after September 29, 2023.

PAYMENT INFORMATION

For Credit Card Payment  ☐ VISA  ☐ MasterCard  ☐ Discover

Name on Card ____________________________________________________________

Card Number ____________________________________________________________

Expiration Date ___________________________

Amount to be Charged ___________________________

Signature ____________________________________________________________
Let’s Turn a Page and Get Reading Together

**OLLİ Reads** is an initiative that was created by OLLİ’s Diversity, Equity, and Inclusion Committee in summer 2022. Along the way we will read and discuss various books in the hope of having a better understanding of the world around us. **OLLİ Reads** is open to all OLLİ members and guests and enables us to come together as a community that is reading and discussing the same book. We hope you will be part of our **OLLİ Reads**.

**Book selection.** *There There* by Tommy Orange is the author's debut novel and a Pulitzer Prize finalist. It takes place in his hometown of Oakland, CA and is centered on the Big Oakland Powwow event. The narrative switches between multiple characters and the personal journeys that lead them to attend the BIG event. *There There* challenges the perceptions about Native people by presenting individual stories from perspectives that are often uncomfortable and usually overlooked. The stories weave together to demonstrate a multitude of ways the longstanding mistreatment of indigenous people continues to affect countless lives today from a country that has never welcomed them.

**Note:** This book was selected in Spring 2022 but will be discussed in late summer/early fall.

**Questions?**
Please contact the OLLİ office at 617.287.7312 or ollireg@gmail.com