

Friday

You Haven't Seen a Film Until You've Seen It More Than Once

We can say the same thing about books, those we really WANT to reread. We've shown quite a few films in these classes. Hopefully though we have different tastes, the films have been challenging, interesting, thought-provoking, moving, and some even exceptional. Many DVDs now incorporate excellent commentaries with insights, revelations, and background data which are essential to a better appreciation of the film. My intent in this class will be to make use of these commentaries. The films might include some we have seen previously, but never viewed with the commentary. There will be new films (or new discoveries of mine), which we will view twice. Probably, this would take two sessions. There will always be time for discussions -- your comments and criticisms. So, come and enjoy. (For those who have never taken this class, many films will be in a foreign language, subtitled of course.)

Facilitator: *Richard Rancatore*

Richard Rancatore has lived, studied, and played music all of his professional life. He still performs, knows people in the business, and loves it, as he loves teaching, which he has done in public and private secondary schools since 1955. He has taught math, economics, history and chemistry, as well as music. He has facilitated many film courses for OLLI.

Date: 10 Fridays, March 2 to May 4

Time: Noon-2:30 pm

Location: UMass Boston, specific room will be announced

Great American Poets: An Introduction and Reacquaintance

Classic American poets such as *Walt Whitman*, *Emily Dickinson*, and *Wallace Stevens* left us not only great verse, but powerful myths about their lives and their creative process. In this course, we will sort out myth and reality, while also being introduced to (or in some cases reacquainting ourselves with) examples of memorable verse from the early period of the American republic to the present day. Participants will discuss the life and work of one or two poets per meeting. These poets will include *Whitman*, *Dickinson*, *Stevens*, *Robert Frost*, *Langston Hughes*, *William Carlos Williams* and *Elizabeth Bishop*, as well as a few lesser-known figures from the nineteenth and early twentieth centuries. We will not presume any prior knowledge of poetry or of American literature, only the willingness to engage deeply with this beautiful work.

Facilitator: *Len Von Morze*

Len Von Morze is an assistant professor in the Department of English at UMass Boston. He received his bachelor's degree and doctorate from the University of California, Berkeley, where he specialized in eighteenth- and nineteenth-century American literature. He frequently teaches courses on U. S. literary history, and has published work on the poetry of the early republic in early American Studies. Participants need to purchase a book *Six American Poets: An Anthology*, Joel Conarroe (editor), paperback, \$10.17 (new), \$5.75 (used)

Date: 6 Fridays, March 16 to April 20

Time: 1:00-2:30 pm

Location: UMass Boston, specific room will be announced

Chinese Diet and Exercise for Your Health (CDP)

In collaboration with the Confucius Institute located at UMass Boston, this course will introduce the traditional Chinese exercise and diet that are practiced by millions of Chinese every day. The class will emphasize how Chinese see the value of Tai Chi Chuan; how they use the medicinal value of food in their daily lives; and how these practices have an effect on good health. Live demonstration of Tai Chi and self-massage will be shown in class. Participants will be assigned to do online research on the discussed topics and bring the results for class discussion. A trip to a local Chinese market will be incorporated into this class.

Presenter: *Ming Owen*

Ming Owen was born in China and taught at a Chinese elementary school for ten years before coming to the United States. After receiving her B.A in History from the State University of New York in 1988, she then worked at an international academic publishing company (Springer) for the past 17 years. She is currently a graduate student at Stonehill College.

Date: 5 Fridays, March 23 to April 20

Time: 1:00-2:30 pm

Location: Cordage Park, Plymouth, UMass Boston suite 201, Building 3

Intermediate Internet (CDP)

Do you ever wonder how people upload their digital pictures and order prints online? Do you ever wonder how other people download audio books from their local library? And how do people build distribution lists in their small system and easily send attachments? This course will cover the tools you need – downloads, plugging, and how to install them. Finally, we'll discuss internet music, news, and radio and how to listen now or "take it with you" for later.

This is a course for people who want to learn more about the internet and want to understand how very portable some internet media really are.

Facilitator: *Geri Carter*

Geri Carter holds an undergraduate degree in Business and a Master's in Management from Lesley University. She is a former IT manager with over 30 years in the consumer packaged-goods industry. Currently, she works part-time as a Web developer and office manager for small businesses.

Date: 5 Fridays, April 20 to May 18

Time: 10:00-11:30 am

Location: Computer Lab, Cordage Park, Plymouth, UMass Boston suite 201, Building 3