

Monday

Introduction to Opera

This is an introduction that approaches opera via the libretto. We will listen to audio cassette tapes of well-known composers' operas in which the story in English precedes each scene, sung in the original language. We will follow up by listening to some of the most famous arias sung by other singers for comparison. Operas are chosen from those being performed in Boston so people will have a chance to see them on stage. The first session on a brief history of opera will be followed by two sessions on Verdi's *Un Ballo in Maschera* (A Masked Ball); three sessions on Mozart's *Le Nozze di Figaro* (The Marriage of Figaro); and two sessions on Bizet's *Les Pêcheurs de Perles* (The Pearl Fishers). Active participation will be fostered.

Facilitator: *Barbara Wagner*

Barbara Wagner started to listen to opera 20 years ago and has been making opera tapes for the last decade. She attends the New York Metropolitan and City Operas each season and possesses a wealth of special knowledge.

Date: 8 Mondays, March 5 to April 30 (No class on April 16)

Time: 10:00-Noon

Location: UMass Boston, specific room will be announced

Opera: Tragedy, Comedy, and Romance

This course will be an overview of an opera through background information, a video with subtitles, and class discussion. Since class sessions last for two hours and operas last for three, each opera will be covered in two sessions. This will allow time for questions and answers. We will consider two separate Italian operas: *Un Ballo in Maschera* (A Masked Ball) and *Turandot*.

Facilitator: *Thomas White*

For 50 years opera has been a part of Thomas White's life. He has attended performances all over America from New York to San Francisco, as well as throughout Europe. He has studied many operas using librettos and recordings, reviewing documentaries and histories and listening to expert lectures on radio and television. Mr. White previously taught elementary school in both California and Arkansas.

Date: 4 Mondays, March 19 to April 9

Time: 1:00-3:00 pm

Location: UMass Boston, specific room will be announced

Best Short Stories (CDP)*

We will discuss fifteen (15) stories selected from the book "*The Best American Short Stories 2006*". Ed. Ann Patchett. This is a new edition this year in this series by Houghton Mifflin.

Order by ISBN – 13: 978-0-618-54352-6 (for paperback). Ann Patchett, this year's editor, published four novels, including *Bel Canto*, and a memoir. We will study three stories per session to be chosen later.

Facilitator: *Ned Martin*

Ned Martin has been a student of literature since at least age four. He has a Master's and Bachelor's degree in English and education (Northwestern University) and a Master's degree in Theology (University of Chicago). As an English teacher and minister, he has over forty-five years experience in teaching.

Date: 5 Mondays, March 19 to April 23 (No class on April 16)

Time: 11:30-1:30 pm

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

**This class is also offered by Ned Martin at UMass Boston (see Wednesday classes)*

What's Good to Eat? (VC)

It seems that not a day goes by that we aren't bombarded by the media with the urgency of avoiding one food or consuming another. Michael Pollan's *Omnivore's Dilemma* and Eric Schlosser's *Fast Food Nation*, which have exposed the soft underbelly of the America food supply, have become best-selling books, confirming that American consumers want to be part of the conversation on this subject. Through assigned readings and discussions, students will be engaged to reexamine their knowledge and beliefs about current food and nutrition topics (organic and natural foods, free-range poultry, trans fats, food safety, food labels, biotechnology, sustainable agriculture, farmer's markets, etc.). This course is designed to help students think critically about food and nutrition issues with the objective of becoming knowledgeable consumers of healthy food that also tastes good. Besides assigned reading, students will be encouraged to bring newspaper and magazine articles, advertisements, food labels, etc. to class as a way of setting our teeth into this topic.

Facilitator: *Joseph M. Carlin*

Joseph M. Carlin has a B.S. in Food Marketing from St. Joseph's University, an M.S. in Food Science and Human Nutrition from UMass Amherst, and an M.A. in Critical and Creative Thinking from UMass Boston. He has over 30 years of professional experience as a public health nutritionist with the U.S. Administration on Aging. In 2002, he received the Kit Clark Award for his contributions in the field of elderly nutrition. Joe was the Associate Editor of the *Oxford Encyclopedia of Food and Drink in America* published in 2004 and is the on-air food historian for the History Channel's program *America East*.

Date: 5 Mondays, March 26 to April 30 (No class on April 16)

Time: 10:00-11:30 am

Locations: UMass Boston and Cordage Park, Plymouth (via video conference), specific room will be announced

Pranayama—Yoga Breathing (CDP)

This course is an introduction to the use of breath control as an aid to relaxation and to meditation. We will do some exercises to improve our posture in order to expand our capacity for prana (breath). Guided meditation will help us focus on stress relief. Rhythmic movement will help us measure our breathing.

Facilitator: *Trish Garnett*

Trish Garnett is an OLLI member. She has studied and practiced yoga and meditation for 30 years. Controlled breathing is the basic component of both: and she considers it a magical elixir for stress and anxiety. Facilitating the class at OLLI has helped me with my own yoga practice.

Date: 4 Mondays, April 2 to April 30 (No class on April 16)

Time: 10:30-11:45 am

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

Working in Water Color

We will continue reviewing information about paints, brushes, watercolor paper, and techniques used in the laying down of a wash, and the creating of distance in a scene. We will be painting in abstract form as well as doing realistic work. Scenery and still life, as well as florals will be done. Participants may bring in their own photos and ideas. Students should be ready to paint in the first class. We will encourage participants to visit various art museums and shows. We will discuss and look at art books. The last class will be for students to work on anything they wish. There will be no lessons taught, but help and encouragement will be given.

Facilitator: *Helena Zubrin*

Helena Zubrin is a retired elementary school teacher who has taken art classes with such people as Sister Veronica Julie and Michael Domina. She is a member of the Weymouth, Braintree, and Canton Art Associations, as well as the Rhode Island Watercolor Society. During the past 10 years she has been showing and selling her work. Helena has received various awards, including a first place award at the 2006 Marina Bay Arts Affair in Quincy, Massachusetts.

Date: 6 Mondays, March 19 to April 30 (No class on April 16)

Time: 10:00-Noon

Location: UMass Boston, specific room will be announced

Ancient Egypt: Medicine & Magic

The ancient Egyptians developed medicine for more than contemporary civilizations. Much of this came from their practice of mummification from which they gained considerable knowledge of internal anatomy. The ancient Greeks held Egyptian medicine in high esteem. On the other hand the ancient Egyptians were avid practitioners and believers in magic. Often the boundary between magic and medicine was very clouded. The presentation will consist of three lectures which explore both magic and medicine, both individually and at the boundaries. The mummification process and update on current activities in Egyptology will be discussed.

Presenter: *Robert Kachinsky*

Robert Kachinsky has lived and worked in Egypt for fourteen years. He has been involved in numerous Egyptological undertakings with several world renown Egyptologists. He currently advises on the preservation of the largest Temples of Ancient

Egypt. He has been an avocational Egyptologist since his early youth and is a close friend and colleague of the current Director of Antiquities in Egypt, Dr. Zahi Hawass.

Date: 3 Mondays April 9 to April 30 (No class on April 16)

Time: 9:30-11:30 am

Location: to be announced

The Land of Morning Calm: Korea

This course is primarily about the political and cultural aspects of Korea. The first session will be an introduction to South and North Korea. A film related to the Korean war will be shown on the second week, which should lead to an interesting discussion about the relationship between South and North Korea. A second film will show the cultural aspects of Korea following by a session on aging issues in Korea. The last session is to focus on Korean food. We will visit a famous Korean restaurant in Cambridge for lunch and have a lively and delicious session (food costs will be shared by those who participate).

Facilitator: *Hannah Lee*

Hannah (SeungAh) Lee is a PhD candidate in UMass Boston Gerontology program. Arrived in the United States in 1999 from South Korea, she has a Master's degree in Gerontology from Concordia University in Chicago. She is currently working as a research assistant for the Gerontology Institute at UMass Boston. Her research interest is intergenerational family issues and racial/ethnic grandparents who are responsible for their grandchildren.

Date: 5 Mondays, April 23 to May 21

Time: 1:00-2:30 pm

Location: UMass Boston, specific room will be announced