

Lifetime Learning Winter/Spring 2023

We are pleased to offer several Lifetime Learning classes. Please note - Some classes are in person, some are hybrid, and others are on ZOOM. We will send the ZOOM link weekly.



The Science of Music

Mondays, January 23, 30, February 6, 13 & 27 @ 11:00 am - 12:15 pm

On ZOOM / Cost: \$50

A Greek philosopher's discovery of a scientific relationship between mathematics and musical harmony was the first human experience that the mysticism of an art form had a logical explanation. It was the beginning of modern science. In more modern times, from Bach to the Beach Boys, the western musical scale, based on physics and mathematics, evolved to make possible the wide range of musical composition we enjoy today. We'll discuss the physical reasons why tones sound good together, how modern instruments create their unique sounds, and why the acoustical properties of our own Boston Symphony Hall makes it one of a small handful of top musical venues in the world. This course is on Zoom, with an optional 6th session, which will be a live demonstration of a pipe organ.

Presenter: Frank Villa has a lifelong interest in natural science and finds great joy in explaining complex principles and process to lifetime learners. In addition to his degrees in the sciences, he has a Masters in Religion and Theology from Andover Newton Theological School.

A Little Shakespeare Never Hurt Anybody: A Pretty Painless Introduction to The Bard

Mondays, January 23, 30 & February 6 @ 3:30 pm - 5:00 pm

On ZOOM / Cost: \$30

When was the last time, if any, you encountered William Shakespeare? Celebrate his 458th year with a lively and fun presentation, filled with background on his life and theater, his best insults, and some of his greatest hits which are still relevant today. Join popular presenter Roz Kubek in an entertaining escape. Some readings will be provided prior to the session. No prior knowledge needed.

Presenter: Roz Kubek is a retired Pembroke English Department Head whose favorite hobby is teaching. She's a poet and dabbler whose webinars for the Pembroke Public Library and the Sherborn COA have been a popular attraction and distraction. Roz's workshops are relaxed and entertaining blends of media, presentation, and lively (completely optional) discussion.

From Paint to Pen

Mondays, February 13 @ 3:30 pm - 5:00 pm

On ZOOM / Cost: \$10

Sometimes great art inspires more great art! This webinar will explore how poets and lyricists interpret, respond to, and transform spectacular art into words (and sometimes music)! Each session we will get an overview of the artist, look at one or two amazing paintings, then read and discuss some poems and lyrics they inspired. Join Roz Kubek in an entertaining escape. Links to the paintings, poems and lyrics will be provided prior to each session. No prior knowledge needed.

Presenter: Roz Kubek (see above)

Writing the Stories of Your Life: Leaving a Legacy

Thursdays, February 2, 9, 16, March 2, 9, 16 @ 2:00 pm - 4:00 pm

Pilgrim Church / Cost: \$50

We all have stories which have shaped our lives and memories. For us, these words are the fabric which weave together our family history and deserve to be preserved. Whether you are brand new to writing or want to improve your skills, join us for journaling, discussion, and creative inspiration in a safe and supportive environment. Using journal prompts, motivational exercises, discussion, and optional sharing of our writing, we will investigate how to preserve our memories for future generations or even just for ourselves. We will explore various ways to put your story on paper through reflection, what to share and what to let go of, and how to keep your writing practice fresh.

Presenter: Cindy Stewart (Ruth Stewart's daughter) has been keeping a journal since a college counselor recommended it in 1982 as a tool to begin healing after the death of a close friend. She has been writing ever since. Cindy is in her last semester at Bay Path University as a graduate student in their MFA in Creative Non-Fiction Writing program. Inspiring others to preserve their life stories is a passion of hers.

Opera for Everyone

Tuesdays, February 28, March 7, 14, 21 & 28 @ 1:30 pm – 3:00 pm

Sherborn Town Hall, Room 204A and on Zoom / Cost: \$50

The Life of Giuseppe Verdi and the Thrills of His Early Operas: In the first years of his operatic career, Verdi could create the most ravishing melodies imaginable. His early operas offer non-stop excitement, both musically and dramatically. The Life of Giuseppe Verdi, Nabucco, Ernani, Attila, and Macbeth will be featured.

Presenter: Erika Reitshamer, a passionate and lifelong fan of opera, continues to enlighten, inspire and entertain while passing along her vast knowledge of opera and opera lore. She teaches Lifelong Learning Programs at Regis College as well as at various libraries, senior centers and retirement communities. She was active in the formation of the Boston Lyric Opera Company and served as Vice President of the Boston Wagner Society, where she presented lectures, helped organize concerts and promoted visiting scholars.

Native Wildflowers

Mondays, March 6 & 13 @ 10:30 am - 12:00 pm

Pilgrim Church, Fellowship Hall / Cost: \$20

This two-part program will focus on many of the native wildflowers and ferns in woods, meadows, and wetlands in the region. We will discuss the identification features, habitats, time of emergence, blooming, and other topics of both common and rare wildflower and fern species that grow in the Sherborn area and elsewhere in Massachusetts. We will also talk about good places to see many of these plants in the local area. At the time the program runs, the first flowers of spring will be just stirring from their long winter dormancy, an ideal time to start exploring.

Presenter: Ted Elliman was a Staff Botanist and Invasive Species Program Manager at the Native Plant Trust in Framingham. Now retired, he continues to teach Botany and Ecology classes for the Native Plant Trust, Massachusetts Audubon Society, Berkshire Botanical Garden, and other organizations. Ted has a Master's degree from Yale School of Forestry and Environmental Studies.

Lifetime Learning Information

- *Class enrollment is on a first-come, first-serve basis.*
- *Some classes may be canceled due to lack of participation so please register early.*
- *Classroom locations are subject to change.*
- *Classes must be paid for prior to the first class. No refunds two weeks prior to class and once class begins.*
- *Scholarships are available for Sherborn residents 60 and over.*

Armchair Travel with Barry Pell

Wednesdays, March 8, 15 & 22 @ 2:00 pm - 3:30 pm

Sherborn Town Hall, Room 204A and on Zoom / Cost: \$30

During the first class, you will travel to the “Galápagos - Enchanted Islands of the Pacific,” which inspired Charles Darwin’s theory of evolution and is a nearly pristine showcase of biodiversity. The next stop will be “Antarctica - Travels at the End of the World.” This is the last continent to be understood; it is a harsh and unforgiving environment that challenged and took the lives of many early explorers. Travel concludes with “A Year in Morocco,” where you will journey through the country’s walled cities and their ancient markets, across the rugged Atlas Mountains with traditional Berber villages, and into the desolate and dune-covered Sahara Desert.

Presenter: Barry Pell is a world traveler and National Geographic photojournalist. He has traveled widely over the past 40 years, visiting and documenting landscapes and cultures in over 153 countries. He currently lectures on international cultures at schools, universities, and institutions in the Boston area.

Poets in the Garden

Mondays, March 20, 27, April 3 & 10 @ 1:30 - 3:00 pm

Pilgrim Church, 1 st Floor Conference Room/ Cost: \$40

Gardens have always captured the attention of poets, whether they are praising gardens’ inherent beauty in fresh ways or using gardens metaphorically to reflect upon destiny, life’s transience, our relationship to the land, and other heavy matters. These poetic musings extend to other sites - mazes, parks, and meadows whose cultural meanings are inseparable from our notions of gardens and open up a rich variety of poetic perspectives for us to explore. We will engage these poems by discussing the link between their themes and the poetic techniques that make them poetry, as well as our own experiences of the poems. Class begins the first day of spring!

Presenter: Barton Kunstler, Ph.D., has written and studied poetry all his life. He holds an undergraduate degree in English literature and a doctorate in Classical Studies from BU. His poems have been published in various venues and he has run writing and communication programs.

Lifetime Learning Registration Form

Please Print

Name: _____ **Street:** _____

City: _____ **Phone:** _____

*** Email:** _____ *(*must be filled out to receive class communication and handouts).*

Course:	Fee
<input type="checkbox"/> The Science of Music	\$50
<input type="checkbox"/> A Little Shakespeare	\$30
<input type="checkbox"/> From Paint to Pen	\$10
<input type="checkbox"/> Opera for Everyone	\$50
<input type="checkbox"/> Native Wildflowers	\$20
<input type="checkbox"/> Armchair Travel with Barry Pell	\$30
<input type="checkbox"/> Poets in the Garden	\$40
<input type="checkbox"/> Creative Writing	\$40

Total Enclosed: _____

You can mail your registration and payment to the Town Collector, 19 Washington Street, Sherborn, MA 01770 or register online at: <https://sherborncoa.org/lifetime-learning/> Please make checks payable to the Town of Sherborn.