



LIVE  
LEARN  
CONNECT



SPRING  
2017  
CATALOG

The Second Half: Lifelong Learning Institute is a community-based membership organization whose programs provide intellectual stimulation and social interaction for members. Membership is open to adults who wish to learn in a non-traditional, relaxed environment. There are no admission requirements, no exams, no grades, and no age requirements. All are welcome to participate

## INTRODUCTION TO THE SECOND HALF: LIFELONG LEARNING INSTITUTE

### ***We are a community—our strength is in our membership.***

Our goal is to continue to provide the highest level of intellectually stimulating courses. To that end we have recruited an incredible faculty of group leaders and instructors. Their educational backgrounds are impressive. Their altruistic desire to share their knowledge and expertise with you is undeniable.

Join us for an exciting and thought-provoking adventure. You will meet new friends, reconnect with old friends, and perhaps travel New England and the world with these friends.

You will have all the fun of learning, growing, and bonding without the pressure of grades—an ideal way to feed your brain. We hope that you will take the step to be part of The Second Half this semester. Let this Spring be the season that you do something good for yourself—Grow!

Feed your curiosity, inspire life-long learning, and then go and share the knowledge with the world.



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## SPRING 2017 PLEASE SAVE THESE DATES

Tuesday, January 17, 2017 at 1:00 p.m.

Bristol Community College

G Building, Atrium, 777 Elsbree Street Fall River, MA

Registration Begins: Tuesday, January 17, 2017

Registration Deadline: Friday, February 3, 2017

Study Groups Begin: Monday, February 13, 2017

SOME CLASSES BEGIN EARLIER OR LATER. PLEASE CHECK CLASS DESCRIPTIONS FOR DATES

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## STUDY GROUP DESCRIPTIONS, SPRING 2017 - MONDAY



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## 1301–Green Thumbs and White Pages

Monday 1:00 p.m. – 3:00 p.m. (8 weeks)  
February 27 through April 24, 2017  
(No class on April 17)

John Adams experimented with composting. George Washington wanted only native species at Mount Vernon as a political statement. Alexander von Humboldt scientifically proved that plant zones are alike all over the globe. Johnny Appleseed had a most unorthodox way of sharing seeds and saplings. Frederick Law Olmsted, by many considered the “father of American landscaping,” planted a field of dandelions in Central Park. If you like reading about plants, gardens, and gardeners, join us for a reading and discussion group. We will compile a list of our long-time favorite or newly discovered plant/garden books, read excerpts, and discuss how they may influence what we do or how we think about our own gardens. We hope to take one or two field trips to gardens of historical significance or related to the books we’ve read. The final reading list will be determined by the participants; we may consider the following: The Botany of Desire and Second Nature by Michael Pollan; Founding Gardeners and The Invention of Nature by Andrea Wulf; Braiding Sweetgrass by Robin Wall; The Language of Flowers by Vanessa Diffenbaugh; Genius of Place, The Life of Frederick Law Olmsted by Justin Martin; Cultivating Delight by Diane Ackerman.

Study Group Size: Minimum 4; Maximum 10  
Location: We will meet at our own homes/gardens in the area and carpool for field trips on March 20th and April 24th.

### GROUP LEADERS:

Lisa Mellgard, gardener and beekeeper, and Renate Oliver, Master Gardener, have together facilitated a couple of previous Second Half gardening groups.

## 1302–Writing From the Heart

Monday 2:00 p.m. – 4:00 p.m. (6 weeks)  
March 20 through April 24, 2017

This course offers a place to celebrate who you are without judgement, evaluation, or editing. We write in class, spontaneously, drawing small stories from our lives that illuminate and (sometimes) astonish us. Our writing may not be polished, but it is honest and true. When we share our work out loud (if we wish), members listen, not as critics or editors, but as people who truly hear you-- your language, your voice, your story. You cannot be wrong! We are constantly amazed at the sensitive, profoundly moving work that results from this process.

Study Group Size: Minimum: 10; Maximum: 14

Location: Autumn Glen, 239 Cross Road, North Dartmouth, MA

### GROUP LEADERS:

Marsha McCabe is a writer and editor at Spinner Publications, a New Bedford-based publishing company that specializes in local history. She is a former award-winning columnist for The Standard Times. Barbara Wackowski-Faria is a published poet, researcher, and editor of articles appearing in Arts & Antiques Magazine and other publications and newspapers.

## 1303–William Morris: His Work, Life, and Legacy

Monday noon – 2:00 p.m. (6 weeks)  
March 27 through May 8, 2017 (no class on April 17)

Today William Morris is best known as the 19th-century English designer and manufacturer of intricately patterned printed wallpapers and fabrics that are still produced and popular. In his own time his widest fame was as a poet. This study group will explore his work and life, including his lifelong interest in the Middle Ages, especially Arthurian legend, his friendships with the painter Edward Burne-Jones and painter and poet D.G. Rossetti who “discovered” Jane Burden, the woman both men loved, and Morris married. His decorative work includes a wide range of printed and woven textiles, wallpapers, carpets, tapestries, furniture, ceramic tiles, and stained glass for churches and grand houses. His writings range from lyric and narrative poetry to lectures on art, architecture, and society, to translations of Icelandic sagas, fantasy novels, radical political polemic

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and the revival of fine printing associated with his founding of the Kelmscott Press. Because the group will consider his work as both a designer and writer, the course will feature many images, and participants will be encouraged to read selected excerpts from his writings.

Study Group Size: Minimum 6; Maximum 10  
Location: Classroom B, the Second Half, 205 Bedford Street, Fall River, MA

## GROUP LEADER:

Linda Zieper was art and humanities librarian at UMass Dartmouth for 26 years. Her interest in William Morris goes back much farther, to a college course in Victorian literature. She joined the William Morris Society as soon as she learned of its existence when she was in library school. She has traveled with the Canadian Morris Society to Iceland, Normandy, and Britain and presented papers at two Morris conferences.

## 1304—History and Art of Ancient Rome and Sicily

Monday noon – 2:00 p.m. (6 weeks)  
May 1 through June 12, 2017  
(No class on May 29)

The History and Art of Ancient Rome and Sicily will focus on the extraordinary history and artistic legacy of Sicily. The course will commence with an examination of Rome's origin (The Aeneid and Romulus, Remus Legend), the birth of the Republic in 509 BC, unification of Italy under Roman rule, the Punic Wars with Carthage and Sicily becoming Rome's first colony in 241 BC. Sicily suffered under a corrupt and exploitative Roman administration during the Republic, reaching a crescendo in the famous trial of Verres by Cicero in 70 BC. The extraordinary artistic history of Sicily from 8th Century BC Greek Colonization through the Roman, Arab, and Norman occupations will receive special consideration. Cogent examples like Greek Temples (Agrigento and Segesta), Roman Art (Piazza Armerina), Byzantine Mosaics (Capella Palatina and Monreale), and Norman Cathedrals (Cefalu and Monreale) will receive special attention. THERE WILL BE AN OPTIONAL TOUR TO SICILY IN THE FALL OF 2017.

Study Group Size: Minimum 15  
Location: Southworth Library, 732 Dartmouth Street, Dartmouth, MA

## GROUP LEADERS:

Benjamin Taggie, Ph.D history, Professor Emeritus, UMASS Dartmouth, has taught Roman history for 30 years. Anthony Miraglia, MFA, well known artist and Professor of Fine Arts, UMASS Dartmouth. Ben and Tony also taught in the UMASS Dartmouth Summer Sicily Program for 12 years.



## 1305—“A Midsummer Night’s Dream” at Trinity Rep

Monday 9:30 a.m. – 11:30 a.m. (5 weeks and play)  
February 13 through March 13, 2017 (play on March 12)

“A Midsummer Night’s Dream” is one of Shakespeare’s best known and most beloved plays. It is an excellent way to

# STUDY GROUP DESCRIPTIONS, SPRING 2017 - MONDAY

become acquainted (or re-acquainted!) with the Bard. It is also the subject of a presentation early in 2017 at Providence's Trinity Repertory. In this class we will learn about Shakespeare and the Elizabethans, read the play, and watch film, all in preparation for a trip to see the production in Providence. Trinity's web site says about this play: "...four fantastic stories are woven together in a single fanciful night: the wedding of an Athenian Duke to his Queen; the comic misadventures of four lovers lost in the forest; an uproarious throw-down between the King and the Queen of the Fairies; and the hilarious antics of a group of amateur actors. Magical and fun, *A Midsummer Night's Dream* is a celebration of love, innocence, and imagination perfect for audiences of all ages." Join us for this magical class and event!

Study Group Size: Minimum 8; Maximum 20

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

## GROUP LEADER:

Susan Richard is a retired English teacher and Department Head who spent 35 years working with high school students. Although she loved her job, working with adults is a joy and a pleasure! She is also the president of the Governing Board of Your Theatre, Inc., and an avid theatre patron.

## 1306—China 101

Monday 2:30 – 4:30 p.m. (6 weeks)

April 10 through April 24; May 8 through May 22, 2017  
(No class on May 1)

Enjoy an introduction to the past, present, and future of China, including the ethnic diversity of its people; the topography and tourist sites in the land; its cultural heritage; traditional thoughts; and customs, language, and dialects. The study group will include a brief look back at Sino-American relations.

Study Group Size: Minimum 6; Maximum 12

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

## GROUP LEADER:

Chancellor Professor Emeritus Chang Ning Wu of the University of Massachusetts Dartmouth is an immigrant from China and a founding faculty member of the University. He survived two wars in China, WWII and the Civil War in China following WWII, before coming to the U.S. from Taiwan in 1952 as a college student. He received his B.A. degree from Hartwick College, and his Masters and Ph.D. degrees from the University of Iowa.

## 1307—An Appreciation of the French Language Through the Songs and Times of Edith Piaf

Monday noon – 2:00 p.m. (8 weeks)

February 27 through April 17, 2017

Many of the world-famous songs of France's "little sparrow" will serve as a stimulus to the study of French grammar, and to the development of the four language skills: listening, speaking, reading, and writing. An examination of the construction of the songs, the choice of words and their pronunciation will lead to an increased comprehension of the French language. To improve reading skills, students may volunteer to translate key passages from her biography. We'll view and discuss the film, *La Vie en Rose*, along with prepared comprehension questions. The use of other short videos will complement the film biography of this living legend. Recommended reading for the course: *Piaf* by Monique Lange [in French or in its English translation (or both)].

Study Group Size: Minimum 15; Maximum 25

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

## GROUP LEADER:

Lorraine Carey cannot remember when she was not in love with the French language. She holds an M.A. in French language and literature from Boston College. She taught for one year in Limerick, Ireland, and for thirty-four years at Ashland High School, Metro West, where she was Foreign Language Department Chair.

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## 1308—Exploring Dartmouth's Hidden Gems

Tuesday 10:00 a.m. – noon (6 weeks)  
April 11 through May 16, 2017

This six-week course will explore some of Dartmouth's special places, including DNRT'S (Dartmouth Natural Resources Trust's) Destruction Brook Woods, Paskamansett Woods, Smith Farm, Wernick Farm, and other local properties. Participants in the course will study the natural history, geology, archaeology, and botany of various DNRT Reserves (properties). The course will offer participants hands-on opportunities to experience nature at several locations in Dartmouth, while simultaneously imparting knowledge about DNRT's Reserves through a classroom component. Participants will need to wear sturdy shoes and bring snacks and drinks to keep themselves nourished and hydrated. A pair of binoculars, backpack, and field notebook might be additional items to bring along for the exploration of some of Dartmouth's special places. "Exploring Dartmouth's Hidden Gems" will give participants an opportunity to explore the diverse physical landscapes that make Dartmouth a special place to visit on the South Coast. The course will offer an academic learning component and hands-on experiences allowing participants to fully immerse themselves in learning more about the natural world in this area.

Study Group Size: Minimum 8; Maximum 12  
Location: DNRT Center at Helfand Farm, 318 Chase Road, Dartmouth, and in the field

### GROUP LEADER:

Jim Bride is the Development and Outreach coordinator for the Dartmouth Natural Resources Trust.

## 1309—Michelangelo – The Genius!

Tuesday 9:30 a.m. – 11:30 a.m. (6 weeks)  
April 25 through May 30, 2017

In this class we will study and learn about the genius of Michelangelo as a sculptor, artist, and architect. We will study the creation of the Pietá, David, Bacchus, and other sculp-

tures. We will study his art work and painting, especially the Sistine Chapel, and view the DVD of The Agony and the Ecstasy. We also will study how he created the Dome of St. Peter's Basilica in Rome. I will share with the class pictures of my personal trips to Rome and hidden treasures created by Michelangelo!

Study Group Size: Maximum 25

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

### GROUP LEADER:

James McNamee is a former Superintendent of Schools (Diocese of Fall River), Academic Principal at Bishop Stang HS, Principal at Bishop Connolly HS, and former President of The Second Half. He has taught many classes for The Second Half: Michelangelo, Silent Movies, Agatha Christie, Alfred Hitchcock, Movies with Morals, Sherlock Holmes, and more.



# STUDY GROUP DESCRIPTIONS, SPRING 2017 - TUESDAY



## 1310–Stay Within the Lines? – From Abstract Art to Coloring Books

Tuesday noon – 2:00 p.m. (6 weeks)  
May 2 through June 6, 2017

In a seminar format, we will combine coloring, pastels, watercolor, and/or drawing while watching audio/visual presentations. These will include projected photos, YouTube interviews, movies. Discussion will be similar to that of a book club and will follow the interests and experiences of the participants. There will be one or two museum visits. No right or wrong answers, no judgment of the work produced in the group.

Study Group Size: Minimum 5; Maximum 8  
Location: Southworth Library, 732 Dartmouth Street, Dartmouth, MA

### GROUP LEADER:

Jo Walters has a B.A., M.A., and M.F.A. in art and printmaking with a minor in English from UC Berkeley. She has taught classes and seminars in design, color theory, drawing, painting, and printmaking at junior college and university levels. She also owned and operated a Marketing Communications agency which specialized in medical marketing and in illustration.

## 1311–The Art of the Short Story: The Stories of Anton Chekhov

Tuesday 2:30 p.m. – 4:30 p.m. (6 weeks)  
April 18 through May 30, 2017  
(No class on May 2, 2017)

In this course we will study Chekhov, one of the greatest literary artists of the nineteenth century, and his considerable influence on the art of the short story, examining both content and style. We will use as a text Stories, Anton Chekhov, translated by Richard Pevear and Larissa Volokhonsky, with an introduction by Richard Pevear (A Bantam Book). This new translation, first published in 2000 (ISBN number 0-553-38100-8), is especially faithful to the meaning of Chekhov's prose and the unique rhythms of his writing.

Study Group Size: Minimum 8; Maximum 24

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

### GROUP LEADERS:

James Cronin is a retired judge with an undergraduate degree in English from Harvard University and recent continuing education courses in literature and creative writing from Brown University, Harvard Extension School, and Frequency Writers. Margot Green is an adjunct professor at Bristol Community College in the English Department. She has a B.A. and an M.A. in English from Simmons University.

## 1312–Survey of the American Civil War

Tuesday 9:30 a.m. – 11:30 a.m. (6 weeks)  
March 7 through April 11, 2017

Over 150 years ago, our nation was torn apart by war. This war proved to be the bloodiest and most traumatic in our nation's history. By war's end, there were over 700,000 casualties, more than all other U.S. wars combined, and the nation still needed decades to heal the deep wounds left by the war. However, a nation that was divided eventually became more united. This road was not easy, but it was necessary.

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Our focus will be on the battles, major events, and lives of those on the home-front. The outcomes of this journey will ideally make the participant critically think about historical events and issues, empathize with those individuals who lived through the war, and evaluate the importance of the war within U.S. history. Together we will see whether, as President Lincoln poetically put it, “that nation ... can long endure,” and whether or not those men “have died in vain.”

Study Group Size: Minimum 8; Maximum 25

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

## GROUP LEADER:

Mark Mello is an avid historian who has been studying the American Civil War for well over ten years. He has given presentations to many different groups, including Civil War Round Tables and Historical Societies, and he has taught classes for Massasoit Community College. He is currently studying history at Bridgewater State University. He is also employed by the National Park Service, working at New Bedford Whaling Historical Park.

## 1313–Spanish 1: An Introduction to the Language

Tuesday 9:30 a.m. – 11:30 a.m. (8 weeks)

March 7 through April 25, 2017

This class will be an introduction to Spanish with the purpose of giving all participants a solid foundation for speaking, writing, and understanding the language. Cultural aspects also will be included in each session. No prior knowledge is needed. Students must purchase *¡Avancemos!* Level 1 textbook, which is available through Amazon. The accompanying workbook would be helpful as well.

Study Group Size: Minimum 5; Maximum 8

Location: To be decided by the group; Fairhaven area

## GROUP LEADER:

Michele Zingara-Crotty is retired from the Dartmouth Middle School where she taught Spanish 1 for over twenty wonderful years. She loves sharing “tricks of the trade” with her students so that learning is fun, relaxing, and productive.

## 1314–Intermediate Bridge

Tuesday 9:30 a.m. – 11:30 a.m. (10 weeks)

February 14 through April 18, 2017

The focus of Intermediate Bridge is to improve the skill level of those of you already comfortable with the basics of bridge, including evaluating and bidding your hand using current guidelines. During this 10-week course, we will use *Bridge Basics 3: Popular Conventions* by Audrey Grant as our guide and will cover the Stayman Convention, Jacoby transfers, and strong opening bids. Intermediate Bridge provides a supportive, friendly environment for class members to interact with one another, stay mentally fit, and just possibly improve their bridge skills along the way. Come join us for this exciting adventure!

Study Group Size: Minimum 12; Maximum 24

Location: Bay View, 4338 North Main Street, Fall River, MA

## GROUP LEADERS:

Brenda Stone is a retired teacher and school psychologist and is accredited by the American Contract Bridge League (ACBL) to teach bridge. She plays bridge two or three times a week and enjoys helping others learn this exciting game. Catherine Williams is one of the founders of The Second Half. She believes the on-going challenges of bridge are good brain exercise.

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## 1315–Journey to the History, Art and Culture of Central Spain

Tuesday noon – 2:00 p.m. (6 weeks)

April 25 through May 30, 2017

Madrid, with its famous museums and rich culture, is a magnet for tourists from all over the world. Surrounding Madrid are the iconic cities of Toledo, Segovia, Avila, and Salamanca. Toledo was the seat of Visigothic culture in Spain and the center of interfaith scholarship among Muslims, Jews, and Christians who transmitted Greek and Muslim knowledge to the rest of Europe. Segovia is known for its famous Roman aqueduct, whimsical Alcazar, and other medieval monuments. Avila, referred to as “the land of stones and saints,” has the most complete medieval walls surrounding the city, beautiful medieval architecture, and is also known as the home of medieval mystics (St. Theresa). Salamanca’s university was one of the leading centers of knowledge in medieval Europe, and with its immense Plaza Mayor is one of the most attractive and beloved cities in Spain.

In this study group we will look at the history, culture, and art of the above-named cities. An optional trip to these cities will be offered for the end of September 2017.

Study Group Size: Minimum 10; Maximum 25

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

### GROUP LEADERS:

Ben Taggie is a UMass Dartmouth retired Professor Emeritus. He specializes in Medieval History. He has conducted multiple tours to Europe. Mariano Merino is a native of Spain. He has traveled extensively through Spain and has co-led groups to Spain.

## 1316–Conversations on Aging

Tuesday 2:30 p.m. – 4:30 p.m. (9 weeks)

April 4 to May 30, 2017

If we think of a lifetime as a year, most of us are in the fall with its bountiful harvest, or the winter with the warmth and quiet of the season settled upon us. This study group will offer older adults strategies for maintaining the best quality of life and the opportunity to draw on their lifetimes of wisdom to think about, talk about, and savor the fullness and changes that do and will affect us in the next phase of our lives.

### April 4, 2017

Nutrition for Older Adults

This session will focus on understanding the benefits of nutrition and will describe its relationship to our health and wellbeing. Paulette Howarth will describe the functions of nutrients, carbohydrates, fiber, fats, proteins, and vitamins for older adults.

• **Presenter:**

Paulette Howarth is a retired professor of Medical Laboratory Science from Bristol Community College. She currently teaches part time in the Biology Department at BCC. She has B.S. and M.S. degrees in Medical Laboratory Science, with healthcare experience in the Clinical Microbiology laboratory.

### April 11, 2017

Yoga and Meditation for Graceful Living

Yoga and meditation will be experiential and practical as we practice Chair Yoga and discuss how yoga, breathing, and meditation help us experience more graceful, fulfilling living as our years move along.

• **Presenter:**

Pam Smith Paquette, ERYT, is a registered yoga instructor with over four years teaching experience with people of all abilities.

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## April 18, 2017

Your Mind and Memory: Know the 10 Signs

If you or someone you know is experiencing changes in memory, it is time to learn the facts. Knowing the warning signs of dementia and Alzheimer's Disease can help you determine if you should speak to a doctor. Early detection matters!

• **Presenter:**

Jennifer Hoadley is the Regional Manager of Southeastern Massachusetts for the Alzheimer's Association, Massachusetts/New Hampshire Chapter. In addition to her many roles in the Association, Jennifer facilitates a variety of educational programs about Alzheimer's Disease for the general public, professionals, people living with Alzheimer's Disease or related dementia, and their care partners. Jennifer also answers calls on the 24/7 Helpline which is an information and referral call center and works closely with people living with the disease and their care partners.

## April 25, 2017

The Amazing Ear and Why I Can't Hear

Loss of hearing affects physical and mental health, happiness, and quality of life. Using slides and handouts, this session will explore the inner workings of the human auditory and vestibular systems. You will be introduced to the structure and function of the outer, middle, and inner ear. Listening and hearing aids may be discussed.

• **Presenter:**

Rena Jacobson has a Master's Degree in Audiology from UMass Amherst and a clinical doctorate in audiology from the Pennsylvania College of Optometry's School of Audiology. She has been a clinical audiologist in Massachusetts for 21 years and has a private practice in Dartmouth and Somerset.

## May 2

Downsizing: Strategies to Get Organized and

Make it Happen

Learn how to create a system for downsizing that works for your needs. You will learn to identify your team, use local resources, and experience satisfaction as you master your

"stuff."

• **Presenter:**

Claudia Peat. After more than 20 years as a real estate agent, Claudia joined a company that specialized in Senior Move Management. To share the process with folks in their homes brings her personal satisfaction.

## May 9

One Step Forward

Hey! How many of you out there hate to exercise?

Maybe you think it is boring. Maybe it feels like exercise is impossible to do the "correct" way. This presentation will reframe exercise for you—to give you another way to think about it. Exercise is just movement, and our bodies are designed to move. In fact, it is more difficult to stand for long periods of time than it is to walk. Sitting in a chair is relatively new to us humans. Until about 150 years ago, chairs were common only for the wealthy. Most people sat for short periods on a stool or a stump, or they squatted. Movement ruled the day and kept us from being idle. We need to reclaim movement, walk more, pace more. Learn how to expand your world and recover the things that you love to do.

• **Presenter:**

Mary Derbyshire has been teaching fitness and movement for the past 35 years. She specializes in working with older adults and understands the challenges of getting older. She uses the Alexander Technique which teaches us how to move more easily and with less muscular tension so that we

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can be active again.

## May 16

### Finding Meaning in a Smaller Life

As we approach older age, we all experience a host of natural and necessary losses, from declining health and beauty, retirement from an active career, and loss of status, to the death of our loved ones. Change is never easy, and many of us end up feeling vulnerable, marginalized, powerless, and lonely. At the same time, we all know people who are able to maintain their zest for life, curiosity, gratitude, and sense of wonder. Age may call forth new strengths and capabilities, greater wisdom, and more self-honesty. We will explore these issues in our conversation together, and we will identify ways to find renewed meaning, joy, and purpose in our later years.

#### • Presenter:

Elizabeth ("Bet") Giddings is a life-long learner who has experienced many seasons in her career: teacher of English as a Second Language, technical editor, mother, breastfeeding counselor, post-partum doula, caregiver for her father in his declining years, returning graduate student at mid-life, mental health counselor, bereavement specialist, musician, and teacher of dance and chair-yoga. As Manager of Bereavement and Volunteer Services at Southcoast Health VNA Hospice in Fairhaven, MA, she serves as a resource on grief and loss, and she leads grief support groups in the community.

## May 23

### Dying Well

This will be an interactive presentation on healthcare options and advanced care planning at the end of life. We will discuss Palliative Care and Hospice in the home, nursing homes, and hospitals. There will also be a presentation on "Five Wishes," a living will that takes into account personal, emotional, and spiritual needs and wishes as well as medical choices.

#### • Presenter:

Gwen Hofmann, M.A., is a Board Certified Chaplain with over 20 years of experience in Hospice Care. She is a frequent speaker on "End of Life Issues and Decision Making," "Death and Dying," "Grief and Loss," and "Spirituality,

Death, and Grief."

## May 30

### What Was the Point? The Examined Life

One of the most recognizable statements in philosophy is "The unexamined life is not worth living." Philosophy is thinking that seeks rational clarity and ethical consistency. From that definition is born philosophical psychology that focuses on thinking and behavior studied from the past and applicable to the present. In that light it is life examined from many perspectives.

#### • Presenter:

Ray Loranger received his Master's Degree in Human Development and Holistic Counseling in 1992 and earned a Ph.D. in Humanities in 1999 from Salve Regina College in Newport, RI. He is a licensed mental health counselor in the state of MA and has worked as a counselor, director, and teacher in the prison system, mental health agencies, and Bristol Community College's re-entry program for criminal offenders.

Study Group Size: Maximum 30

Location: To be determined

## GROUP COORDINATOR:

Eileen Sorrentino



## STUDY GROUP DESCRIPTIONS, SPRING 2017 - WEDNESDAY



## STUDY GROUP DESCRIPTIONS, SPRING 2017 - WEDNESDAY

### **1317–Too Soon Old, Too Late Smart: Thirty True Things You Need to Know by Gordon Livingston, M.D. A Book Discussion Group**

Wednesday, 9:30 a.m. – 11:30 a.m. (10 weeks)  
March 29 through May 31, 2017

“Gordon Livingston has been through many kinds of hell and come back with wisdom and kindness that are to be revered. To read him is to trust him and to learn, for his life has been touched by fire, and his motives are absolutely pure.” - Mark Helprin. “It is a book for which we can all reach when we need that thoughtful voice.” - Elizabeth Edwards. This relatively short book is comprised of 30 short chapters that focus on how to live the best life that you can--not a self-help book, but one that will gently inspire you to tell yourself the truth and to live a brave, authentic life. The author talks about individual and group choices we make and how they affect how we will live our lives. This is a powerful and informative book that can change your life. Each session will cover three chapters of the book.

Study Group Size: Maximum 20.

Group members will be encouraged to take on specific chapters to present to the group for discussion.

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

#### **GROUP LEADER:**

Joan Fye, retired Mental Health Therapist for the VA, attended the University of Arizona. Her husband was a career Army officer, during which time they lived in 18 different places. She has a bachelor's degree with a double major in Elementary Education and Psychology, and a Master's degree in Human Services with a focus on adult mental health. She worked for 32 years with the Veterans Administration and has also worked for the Department of Defense and the men's prison in Concord, New Hampshire.

### **1318–Twentieth-Century Existentialism**

Wednesday noon – 2:00 p.m. (6 weeks)  
April 5 through May 10, 2017

In a century marked by world wars, political tensions among Fascism, Communism, and Democracy, and growing pessimism about the future of mankind, existential philosophy offered a positive response through its search for meaning in human existence. Secular thinkers such as Heidegger, Sartre, Camus, and de Beauvoir shaped the intellectual climate of the century with their exploration of human freedom and authenticity. In the religious realm, existentialists such as Marcel, Buber, and Levinas revealed the ethical and interpersonal dynamics at work in human existence in ways that still influence Western thought. This course will look at major existentialist themes and thinkers in a lecture and discussion format. The recommended reading is Existentialism: An Introduction by Kevin Aho (Polity Press, 2014).

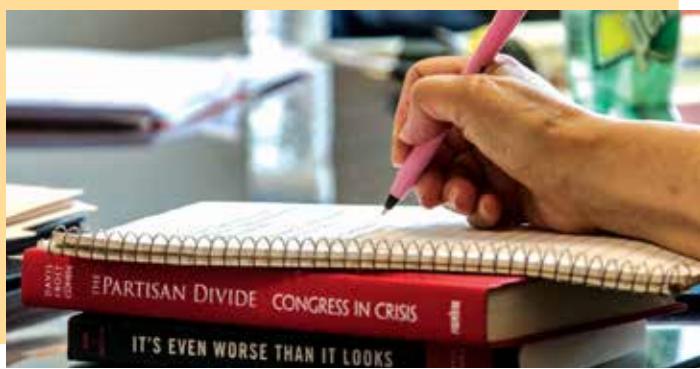
Study Group Size: Minimum 12; Maximum 50

Location: Church Home, Pilgrim United Church of Christ, 634 Purchase Street, New Bedford, MA  
(across the street from the church)

#### **GROUP LEADER:**

The Rev. Dr. Douglas Cederberg has served in church ministry for the past twenty-five years, presently servicing Pilgrim United Church of Christ in New Bedford. He earned a Master of Divinity degree with high honors from North Park Theological Seminary in Chicago and a Doctor of Ministry degree from Ashland Theological Seminary in Ohio. His areas of expertise are systematic theology, existentialism, and spirituality.

# STUDY GROUP DESCRIPTIONS, SPRING 2017 - WEDNESDAY



## 1319—Book Club for the Mind and Soul

Wednesday noon – 2:00 p.m. (10 weeks)

Group A: February 22, March 15, April 5, 26, May 17, 2017

Group B: March 1, 22, April 12, May 3, 24, 2017

A book is a ticket to everywhere. Come travel with us to exotic places. Meet diverse and interesting people who may help us make connections to our own life experiences. Explore with us and share your thoughts and feelings in a small intimate setting. We have a chair waiting for you! (The class will be divided into two groups. Each group will meet every third week.) The books we will read for Spring, 2017 are:

1. Truly, Madly, Guilty by Liane Moriarty
2. LaRose by Louise Erdrich
3. A Man Called Ove by Fredrik Backman
4. The Scarlet Letter by Nathaniel Hawthorne
5. The Midwife's Revolt by Jodi Daynard

*(Truly, Madly, Guilty should be read before the first meeting.)*

Study Group Size: Minimum: 5; Maximum 12 per group

Location: Westport Council on Aging, 75 Reed Road,

Westport, MA

### GROUP LEADER:

Elaine Oliveira majored in English and taught English as a second language in local elementary schools and at Bristol Community College. She has been leading this book group since 2001.

## 1320—Armchair Travel

Wednesday noon – 2:00 p.m. (8 weeks)

March 1 through April 19, 2017

A number of different presenters, each with a focus on travel to various parts of the world, will share their personal experiences.

### March 1

Tony Cabral has enjoyed numerous trips to the Azores, the European continent (mostly France), and Japan. Tony kicked off last year's Armchair Travel series with a program on Adventures and Misadventures in Unguided Travel, followed by his impressions from travels in Japan. He will reprise Adventures and Misadventures in Unguided Travel and follow with Guided and Unguided Adventures in the Azores.

### March 8

Gerard and Sheila Koot, who have visited the Netherlands many times since 1970, will share their love of Dutch culture, history, and tourist attractions. While they will, of course, discuss Amsterdam and its famous museums, they will also feature lesser-known large and small towns, museums, and sites less visited by American tourists. Sheila is a retired math teacher and Gerard, a Dutch native, is a retired UMass Dartmouth European historian.

### March 15

Sue Richard, like many people who love to travel, really enjoys visiting and exploring Great Britain. She has visited England and Wales many times, driving to many unusual locations; during the first half of this class, she will share her ideas for visiting London and unusual spots off the beaten track. During the second half of the class she will switch gears and parts of the world completely. Donna Bisconti has recently returned from a wonderful trip to Alaska. She will share her experiences and suggestions with us.

# STUDY GROUP DESCRIPTIONS, SPRING 2017 - WEDNESDAY

## March 22

John Brindisi will take us on two exciting adventures. First, we will take a tour of the North African country of Morocco with a recounting of a visit to the home of an Iman. After the break, we will visit the Italian island of Sicily with highlights of Agritourism experiences.

## March 29

Russ Carey holds an M.B.A. in Finance and has always enjoyed an abiding passion for history and travel. During the 2009-2010 Christmas and New Year Holiday season, the Careys spent fifteen wonderful days in Italy touring the Adriatic coast from Venice to Ravenna, and the Mediterranean coast from Naples to Salerno. Russ was especially impressed with their visit to Pompeii. Join him as he examines the amazing force of nature that preserved ancient Pompeii and shares with you his tour of that lost city--a truly remarkable journey into Italy's Roman past.

## April 5

Jennifer Brindisi will take us on a tour of the Himalayan mountain states of Bhutan, Nepal, and Tibet, exploring their culture, practices of Buddhism and Hinduism, as well as their history. We will begin in Bhutan with its "Gross National Product of Happiness" and strong government and commitment to the environment and the Buddha. From there we will fly to Nepal and see the pre-earthquake chaos of Nepal without a functioning government and its strong Hindu ties. From Kathmandu we fly to Lhasa Tibet to see how the Chinese government has inserted itself into the culture and religion of the Tibetan people.

## April 12

Mariano Merino will present "The Splendor of Granada." This presentation will explore Muslim Granada. Special attention will be given to the Moorish palace of the Alhambra.

## April 19

Roger Menard, this group leader and avid traveler, will conclude this series with a presentation on the pleasure of cruising and touring the beautiful islands of Hawaii.

Study Group Size: Minimum 10; Maximum 25

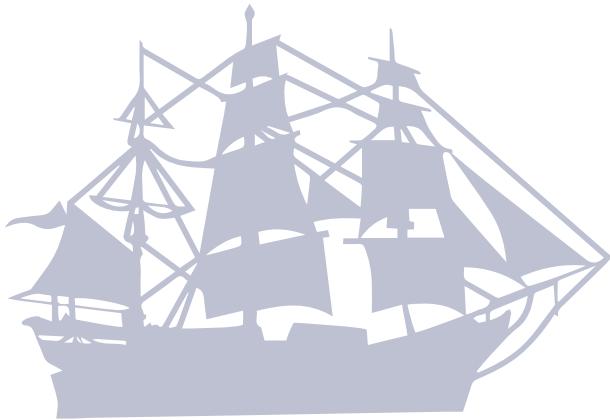
Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

## GROUP COORDINATOR:

Lois Spirlet



# STUDY GROUP DESCRIPTIONS, SPRING 2017 - WEDNESDAY



## 1321—Master and Commander: The Novels of Patrick O'Brian, Books 15 and 16

Wednesday 1:30 p.m. – 3:30 p.m.

(8 weeks)

March 15 through May 3, 2017

The True Love and The Wine Dark Sea (First W.W. Norton editions, early 1990's, paperback or hardcover) You could not have better sea voyages with better company than Jack Aubrey and Stephen Maturin, nor better explorations ashore. The one is the consummate seaman, the other intimately in touch with the natural world and a student of mankind. We are privileged to travel the world with these two and their wonderful sailors, through beautiful calm nights and raging seas, sometimes in battle, at other times in intriguing diplomacy and intelligence work, as they serve the English Navy in the time of Napoleon. We are treated to an array of colorful new characters at every turn. The tales are faithfully dressed in the vernacular of the period--there are no dull moments for the reader.

Now bound eastward from Sydney, New South Wales, through the South Pacific, to the troubled island of Maohu, not far from Hawaii; then on to Peru and Chile and including a harrowing escape south through the Andes.

High adventure, thoughtful reflections, exquisite scenery are all presented in the finest prose on a written page. We hope you will join us for one of the greatest experiences

in reading. (The definitive review on the author and these novels may be seen by searching "O'Brian, Richard Snow, NYT")

Study Group Size: Minimum 6; Maximum 10

Location: Conference Room, The Second Half, 205 Bedford Street, Fall River, MA

### GROUP LEADER:

Harris Gruber has worked and lived on the waterfront since he was a boy. He "discovered" the works of Patrick O'Brian but a few years ago. He has delighted in their reading and more in the sharing.

## 1322—Conversational Spanish: Intermediate Level

Wednesday noon – 2:00 p.m. (9 weeks)

April 5 through May 31, 2017

This ongoing, progressive learning study group focuses on developing the participants' increased familiarity with the language and the ability to express oneself both orally and with the written word. Class discussion and group exercises are major components. Spanish is Fun, book 2, is used as a reference text. Spanish music is also used as a learning tool. For new members, some basic prior knowledge of Spanish is required.

Study Group Size: Maximum 10

Location: Classroom B, The Second Half, 205 Bedford Street, Fall River, MA

### GROUP LEADER:

Mariano Merino is a native of Spain. He did graduate studies in Madrid and also at Boston University and Rhode Island College. He has worked in the field of mental health and has lead many study groups for The Second Half.

## STUDY GROUP DESCRIPTIONS, SPRING 2017 - THURSDAY



# STUDY GROUP DESCRIPTIONS, SPRING 2017 - THURSDAY



## 1323–Marvels of the Night Sky

Thursday 9:30 a.m. – 11:30 a.m. (7 weeks)

March 16 through April 27, 2017

Investigate the marvels of the night sky in seven sessions: Session 1. Historical perspective: how our understanding of the universe and of the size and scale of outwardly objects evolved. Session 2. Primer on everything visible in the night sky from satellites to galaxies. Session 3. An introduction to observation, including how to observe with the naked eye, through binoculars, and small telescopes. Session 4. Astrophysical basics and how to use iPhone, iPad, and computers to assist in finding constellations, planets, and other deep-sky objects. Sessions 5-7. How to find constellations, planets, meteor showers, and major deep sky objects at different times of the year. You will also have an opportunity (weather permitting) to observe objects we are studying through my telescope.

Study Group Size: Minimum 6; Maximum 25

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

### GROUP LEADER:

Roger Menard is an amateur astronomer and a member of the Astronomical Society of New England (ASSNE). He has his own small observatory and spends most clear nights observing the skies. He tries to keep current on most aspects of astronomy and astrophysics.

## 1324–Beginner Bridge

Thursday 9:30 a.m. – 11:30 a.m. (10 weeks)

February 16 through April 6; April 27 through May 4, 2017

This study group offers a basic introduction to the game of bridge using Audrey Grant's *Bridge Basics 1: An Introduction* as a guide. During the ten-week course we will discuss bridge terminology as well as evaluating, bidding, and play of the hand. Recent articles in publications from The New York Times to the AARP Bulletin have pointed out how effective bridge is at keeping us mentally fit and socially active--two important components in the healthy aging of our brains. That fact certainly inspires me to keep playing

and teaching bridge. So please join the group and enjoy interacting with others as you learn the rudiments of this captivating card game.

Study Group Size: Minimum 8; Maximum 16

Location: Bay View, 4380 North Main Street, Fall River, MA

### GROUP LEADER:

Doris Carvalho is a retired engineer who joined The Second Half four years ago. She enjoys the intellectual and social stimulation of the game of bridge.

## 1325–Exploring Poetry as Readers and Writers

Thursday 10:30 a.m. – 12:30 p.m. (7 weeks)

March 16 through May 4, 2017 (no class on April 6)

This small group meets in the Mattapoisett Library to share favorite poems, to present our own work each week, and to improve our writing by carefully listening to one another. We examine the work of published poets to expand our knowledge of the craft and to aid in our conversation. We become acquainted through our voices, our chosen words, and our stories. As each class member is an active participant, we keep the class size small so that everyone can be heard in this supportive environment. This class is a great way to explore your creativity! New members are always welcome to join us ... you do not need experience in writing poetry, but you should enjoy the work that comes with it! There is homework each week.

Study Group Size: Minimum 7; Maximum 10

Location: Mattapoisett Library, 7 Barstow Street, Mattapoisett, MA

### GROUP LEADER:

Betty Jeanne (BJ) Nooth is a long-time member of The Second Half who has been writing poetry since 2003. She enjoys life in retirement, spending time walking, relaxing at the beach, knitting, reading, and exploring all that the South Coast offers. Poetry has opened up a world of learning and camaraderie that is hard to beat!

## STUDY GROUP DESCRIPTIONS, SPRING 2017 - THURSDAY

### 1326–Art and Society of the Netherlands, ca. 1400-1750: From the Art of the Court and the Church to the Art of the Bourgeoisie

Thursday 9:30 a.m. – 11:30 a.m. (8 weeks)  
February 23 through April 13, 2017

The study group will offer a thematic discussion of Netherlandish art and how the Protestant Reformation and political, social, and economic changes divided it into what today we call Flemish and Dutch art. We will discuss the late Medieval art of the Burgundian Netherlands and its focus on traditions of Courtly Love and Religious Piety. For the Renaissance period we will emphasize the work of such Flemish and Brabant painters as Jan van Eyck, Pieter Brueghel the Elder, and Hieronymus Bosch. The division of the Netherlands into a predominantly Catholic state in the South and Protestant state in the North was reflected in the work of the two most important painters of the period, Peter Paul Rubens and Rembrandt van Rijn, as well as in the work of many other Flemish and Dutch artists. We also will focus on the development of a secular and genre art tradition through such painters as Jan Steen and Johannes Vermeer; new traditions of urban and rural landscape painting; and the depiction of the exotic landscapes, products, and peoples of European trade with the rest of the world. The material discussed will be substantially different from the material in the 2015 study group.

Study Group Size: Minimum 12; Maximum 30  
Location: Southworth Library, 732 Dartmouth Street,  
Dartmouth, MA

#### GROUP LEADER:

Gerard Koot is a Professor of History Emeritus at the University of Massachusetts Dartmouth, where he taught modern European history with a focus on Western Europe and Britain. He is a native of the Netherlands.

### 1327–Inside View of South Korea's Miraculous Development

Thursday noon – 2:00 p.m. (5 weeks)  
April 6 through May 4, 2017

Last year the Korea Broadcasting System produced a four-part, four-hour, documentary on South Korea's development since independence in 1945. I was invited to be the "presenter," the "David Attenborough" for their documentary based on my involvement in the country's economy from the Korean War through the 1970s. My wife, Betty Slade, and I spent a month in Korea making the documentary. The course will consist of our one-hour documentary on the making of their program, followed by the four one-hour episodes of the KBS documentary. Each class will consist of a showing of the documentary followed by a discussion. The objective of the course will be to impart an in-depth understanding of South Korea's amazing transformation from a mid-19th century to a mid-21st century economy and society in only 70 years.

Study Group Size: Minimum 8; Maximum 25

Location: Classroom A, The Second Half, 205 Bedford Street,  
Fall River, MA

#### GROUP LEADER:

After 1 ½ years in Korea in the US Army during the Korean War, David Cole earned a Ph.D. in Economics (Michigan), and taught economics at Vanderbilt and Harvard for many years. He also was senior economist in the US AID Mission in Korea and advisor to the Korean Government on economic policy and planning in the 1960s and 1970s. The Korea Broadcasting System sought him out to play this role in their documentary and flew him all around Korea as well as to Germany and Washington, D.C., to film episodes for it.

### 1328–New England Forests Through Time

Thursday noon – 2:00+ p.m. (5 weeks)  
May 11 through June 8, 2017

The group will study the history of New England forests, both in the classroom and in the field. We will examine

# STUDY GROUP DESCRIPTIONS, SPRING 2017 - THURSDAY

trees as plants and as part of the regional biome, beginning with the pre-colonial “forests primeval,” and continuing through European settlement to the secondary forests of today. We will identify our common native trees and learn their niches in forest ecosystems. Environmental issues will be discussed, such as the appropriate balance between economic exploitation and environmental preservation of forest resources. After three classroom sessions, we will get outdoors to visit local woodlands to review Southern New England trees and forest communities.

Study Group Size: Minimum 8; Maximum 20

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, and the field

## GROUP LEADER:

Garry Plunkett has studied forest ecology since childhood. He has an Advanced Certificate in Native Plant Studies from the New England Wildflower Society in Framingham, MA, and teaches for NEWFS and the RI Wild Plant Society. He is the stewardship advisor for wild lands conserved by the Tiverton Land Trust and the Tiverton Open Space Commission, and he consults widely on creating and managing natural habitats.

## 1329—Concert Masterworks, Part 4

Thursday 2:30 p.m. – 4:30 p.m. (8 weeks)

February 16 through April 6, 2017

Parts 1, 2 and 3 are NOT a pre-requisite to taking Part 4. The plan will be to cover Mendelssohn's Incidental Music and Overture to A Midsummer Night's Dream and Franz Liszt's Totentanz, both in depth, in four segments each. Each segment will have a 45-minute DVD presentation supplemented with information from Grove's Dictionary of Music and Musicians; CD performances; YouTube performances; handouts; and discussion about form, composition technique, and instrumentation. The main thrust will be on listening and better enjoyment and understanding of music.

Study Group Size: Minimum 5; Maximum 20+

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

## GROUP LEADER:

Thom Sargent is Parish Music Director and Organist at St. Anthony of Padua Church in New Bedford. He retired in 2000 from the Providence, RI, school department as Music Director at Classical High School. His formal education includes degrees in church music, music education, and choral conducting.



## 1330—The Schumanns, Robert and Clara

Thursday 2:30 p.m. – 4:30 p.m. (8 weeks)

April 20 through June 8, 2017

The plan is to cover the lives of Robert and Clara Schumann and their music in depth, in eight segments. Each segment will have a 45 minute DVD presentation supplemented with information from Grove's Dictionary of Music and Musicians; CD performances; YouTube performances; handouts; and discussion about form, composition technique, and instrumentation. The main thrust will be on listening and better enjoyment and understanding of music.

Study Group Size: Minimum 5; Maximum 20+

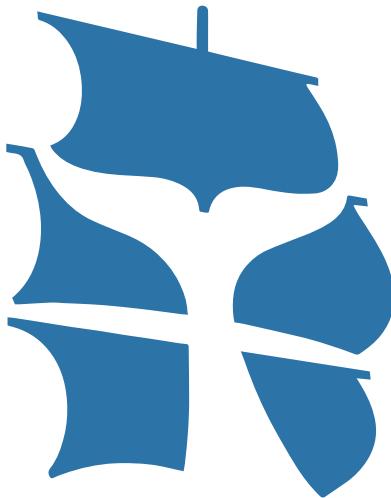
Location: Classroom A, The Second Half, 205 Bedford St., Fall River, MA

## GROUP LEADER:

Thom Sargent is Parish Music Director and Organist at St. Anthony of Padua Church in New Bedford. He retired in 2000 from the Providence, RI, school department as Music Director at Classical High School. His formal education includes degrees in church music, music education, and choral conducting.



## STUDY GROUP DESCRIPTIONS, SPRING 2017 - THURSDAY



### NEW BEDFORD WHALING MUSEUM

#### 1331—New Bedford Whaling Museum: Influential Women of the South Coast

Thursday 2:30 p.m. – 4:30 p.m.  
April 20 through May 25, 2017

Massachusetts has been home to many fascinating women, most of them little known. They have made contributions in history, finance, art, education, and many other areas. This series will give you the opportunity to meet some of them.

**April 20, 2017**

Women of New Bedford

Women have contributed in significant ways to shaping New Bedford's history. Join Peggi to view the city through the lens of many hometown heroines: philanthropists, financiers, educators, artists, and so many more!

• **Lecturer:**

Peggi Medeiros, Historian and Author

**April 27, 2017**

Women in Public Art in Boston (and Beyond)

Six women are honored with statues in Boston: Abigail Adams, Mary Dyer, Anne Hutchinson, Lucy Stone, Harriet Tubman, and Phillis Wheatley. Mary will share these women's stories and a few New Bedford women's stories as well.

• **Lecturer:**

By Mary Howland Smoyer, Boston Women's Heritage Trail ([bwht.org](http://bwht.org))

**May 4, 2017**

The Stories of Two Women

The Elusive Miss Waite: New Bedford's Inconspicuous Benefactor She lived in the same house her whole life. She never married. She valued privacy and was rarely photographed. Yet Florence Louise Waite (1861-1946) did much to improve her hometown, quietly. Hear the interesting story of her life and times, which have been only recently uncovered. She was a founding member of the New Bedford Whaling Museum and one of the city's great but forgotten benefactors.

• **Lecturer:**

Arthur Motta, Curator of Old Dartmouth History

A New and Lasting Trail of Light: Emily Bourne

Emily Bourne's life is something of a mystery, although her gift to the city has left an indelible mark. Join Mike as he explores the Bourne legacy.

• **Lecturer:**

Michael Dyer, Senior Maritime Historian

# STUDY GROUP DESCRIPTIONS, SPRING 2017 - THURSDAY

**May 11, 2017**

The African American Experience

New Bedford was a safe harbor for many African Americans and home to the Underground Railway. Janine will share the courageous stories of abolitionist women who risked their personal safety to help improve the lives of many others.

• **Lecturer:**

Janine DeSilva, National Park Service

**May 18, 2017**

New Bedford Child and Family Services

The Women of the City of New Bedford founded one of the earliest orphanages in the country in 1839, which over the years developed into the organization that exists today. Mary Jean explains how New Bedford Child and Family Services has cared for children and families in need in this city for the last 177 years.

• **Lecturer:**

Mary Jean Blasdale, Curator Emeritus, New Bedford Whaling Museum

**May 25, 2017**

Women in New Bedford Today

What are the issues facing women in New Bedford today, and what stands in their path to economic independence? Learn what really matters to contemporary, diverse women in our region as they play an increasing role as leaders while still struggling with inequalities.

• **Lecturer:**

Valerie Bassett, Executive Director, Women's Fund of Southeastern MA

Location: New Bedford Whaling Museum, 18 Johnny Cake Hill, New Bedford, MA

## GROUP COORDINATORS:

Sarah Rose, Curator of Education, New Bedford Whaling Museum, and Eileen Sorrentino

## Outwitting Your Aging Brain

### **Special Event \$25.00**

Thursday, June 1 and 8, 2017

1:00 – 3:00 p.m.

Aging is inevitable, but current research shows that not only can you put a dent in the aging of your brain, you actually can improve your thinking skills. Session 1 of Outwitting Your Aging Brain will focus on the ability to remember information and will provide strategies and activities that can strengthen your skills in this area. Session 2 will focus on abilities that are important to memory, such as perception, attention, and processing speed. We're all young at heart, but this two-session workshop can help you be young at brain as well.

Workshop Size: Maximum 20

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

### **WORKSHOP LEADER:**

Brenda Stone has a Ph.D. in psychology and is a retired teacher and school psychologist. She has been interested in cognitive functioning for several decades.

# STUDY GROUP DESCRIPTIONS, SPRING 2017 - FRIDAY



(I have been to Newburyport TWICE and to the turf fields of Southern RI looking for this old-world visitor and have missed him all three times.)"

## 1333—Slightly More Advanced Bridge

Friday noon - 4:00 p.m. (10 weeks)

February 17 through April 28, 2017 (No class on Good Friday, April 14)

This bridge study group is for those who have been playing bridge and know the basic conventions and rules of play (Rule #1 --have fun) and wish to advance. The afternoon starts with a half-hour discussion of the week's topic followed by the play of a set of duplicate bridge boards. Usually these boards are set up to practice the topic of the day. The study group decides the topics to be presented during the semester. Choices include: Defensive Signals, Michaels Cuebid, Various Doubles, Slam Bidding, Overcalls, Opening Leads; or other conventions, such as, Puppet Stayman, Texas Transfer, Sprinter Bids, Jacoby 2NT, etc. It is helpful, but not necessary, to have a steady partner (interpret that as you will). There is always someone present needing a partner. During the study group's duplicate bridge play, we will practice duplicate scoring, bidding with the score in mind, and envisioning the shape of the opponents' and your partner's hands.

Study Group Size: Maximum 28

Location: Westport Council on Aging, 75 Reed Road, Westport, MA

## GROUP LEADER:

Mary Martha Murphy started birding during a vacation to the Allegash in northern Maine in 1970. A fellow traveler introduced her to the Little Golden Book of Bird Identification, and he pointed out that the "duck" they had been chasing in their canoe was none other than a Common Loon. She has since graduated to more sophisticated field guides! Birding trips include forays with RI Audubon to outer Cape Cod, Cox's Ledge (for ocean birds), Cape Ann, Monhegan Island, the Bay of Fundy (for the Atlantic Puffin), and with Mass Audubon to Southern Texas and the prairies of Montana. She says, "I am no expert. My Life List tops off at 466 without the elusive Pink-footed Goose!"

## GROUP LEADER:

Al Humphrey is retired from a career in computers. He has revived his interest in bridge and has been leading this study group for many years. He plays bridge two or three times a week. He is an accredited ACBL Bridge Instructor.

# STUDY GROUP DESCRIPTIONS, SPRING 2017 - FRIDAY

## First Degree Reiki Workshop

### Special Event \$25.00

Friday, May 5, 2017, 9:30 a.m. – 3:30 p.m.

Saturday, May 6, 2017, 10:00 a.m. – noon

Participants in this workshop will be led in a series of experiential exercises to prepare for the four Reiki attunements they will receive. There will be a discussion of Reiki principles and the importance of self-treatments. On the second day the class will have an opportunity to practice Reiki with each other. It is recommended that participants read *Reiki for Life* by Penelope Quest, or another Reiki book of their choice prior to the class.

Workshop Size: Minimum 3; Maximum 5

Location: Day 1: Classroom B, The Second Half, 205 Bedford Street, Fall River, MA

Location: Day 2: At the home of the group leader, 40 Stoneledge Road, Dartmouth, MA

### GROUP LEADER:

Lorraine Stewart, M.A., is a Reiki Master Teacher and a retired Licensed Mental Health Counselor. Lorraine has presented Reiki workshops for clients, professionals in the fields of mental health and substance abuse, and for a variety of individuals who chose to expand their spiritual experience through the practice of Reiki.

## 1334–Intermediate Handbells

Friday 9:30 a.m. – 11:30 a.m. (15 weeks)

February 17 through May 26, 2017

The Second Half Handbell Choir is an ongoing group of members who enjoy playing music together ringing handbells. New members with handbell ringing experience are always welcome.

Study Group Size: Maximum: 15

Location: Bay View, 4380 North Main Street, Fall River, MA

### GROUP LEADERS:

Diane Ennis is an experienced teacher, coach, and handbell ringer and has facilitated Handbells for Fun—Intermediate Level--for many years. Co-leader Marilyn Potter has been playing handbells with The Second Half program for more than ten years, first with Julie Cleare as director and then with Diane as director. She has also played in Diane's bell choir at her church for ten years. Formal piano lessons started at age seven and continued to age 23. She has been a pianist, accompanist, and church organist for many years.

## 1335–Writing Your Family History

Friday 9:30 a.m. – 1:30 a.m. (6 weeks)

March 20 through April 24, 2017

Learn how to organize and write your family history and create a printable book. Starting with each person's genealogy, participants will learn how to organize their material, put their family in the proper historical context, and blend facts with family history. We will begin by putting together biographies of relatives, then create a timeline, read certain books as examples, talk about format options, and discuss costs. This will be the beginning of a legacy that you will leave your family and future genealogists and researchers. Everyone's story is important. Consider starting your book.

Study Group Size: Minimum 5; Maximum 12

Location: Classroom A, The Second Half, 205 Bedford Street, Fall River, MA

### GROUP LEADER:

Carol Gafford is currently the Youth Services/Outreach Librarian at the Swansea Public Library. She also does adult programming. She runs the Tuesday Club at the Library, a gathering of family history buffs, along with being a member of MSOG and the Rhode Island Genealogical Society. She continues to work on her own family history.

# REGISTRATION INFORMATION

Registration for study groups is on a first-come, first-served basis. Registration for spring study groups begins on January 17, 2017, the date of the Open House. You may submit your registration prior to that date, but early registrations will be date stamped January 17, 2017 and will be processed with the other registrations received on that date.

## MEMBERSHIP/ REGISTRATION FORM

If you are a new member, please fill out both sides of the Membership/Registration Form.

### ALTERNATIVE STUDY GROUPS

If there are more registrations than available spaces in a study group, spaces are filled by lottery. We maintain waiting lists for over-enrolled study groups.

If you do not get your first choice, you may be placed in an alternate study group that you indicate on the Registration Form. You will also be placed on the waiting list for your first choice.

### PRIORITY REGISTRATION

Sometimes members are shut out of an over-enrolled study group. If that happens to you, you will be given priority for the same study group in the next semester.

If you were shut out of an over-enrolled study group, please indicate your request for priority on the Registration Form. You must submit your request for priority by the first day of registration.

### REGISTRATION CONFIRMATION

The office will send out enrollment confirmations by regular mail after registration has closed on February 3.

### WITHDRAWAL FROM A STUDY GROUP

If you withdraw from a study group before the end of the first week of classes, you will receive a full refund less a

\$15.00 processing fee. The membership fee will not be refunded.

### TRANSFERRING BETWEEN STUDY GROUPS

If you wish to transfer from one study group to another, you may submit your request to the Director by the end of the first week of classes. Changes are dependent on available space. We will do our best to satisfy your requests.

### CANCELLING STUDY GROUPS

Study groups are cancelled if fewer than five or the minimum number of members indicated in the catalog, have enrolled;

### CANCELLING STUDY GROUP MEETINGS

Study group meetings are cancelled:

- *When Fall River public schools close because of weather*
- *When the group leader is unavailable*
- *The group leader will notify study group members of cancellations*

# THE SECOND HALF LIFELONG LEARNING INSTITUTE MEMBERSHIP FORM 2016-2017

Members new to The Second Half: Please complete this form.

We'd like to get to know you better and ask that you respond to the following questions.

This information will allow us to better serve all our members.

Name \_\_\_\_\_ Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

How did you hear about The Second Half? \_\_\_\_\_

Age? Under 50 \_\_\_\_\_ 50-55 \_\_\_\_\_ 56-60 \_\_\_\_\_ 61-65 \_\_\_\_\_ 66-70 \_\_\_\_\_ 71-75 \_\_\_\_\_  
76-80 \_\_\_\_\_ 81-85 \_\_\_\_\_ 86+ \_\_\_\_\_

College Degree? Yes \_\_\_\_\_ No \_\_\_\_\_ Major? \_\_\_\_\_

Work Experience? \_\_\_\_\_

Are you retired? \_\_\_\_\_ Work part time? \_\_\_\_\_

Please describe any volunteer activities/hobbies/interests. \_\_\_\_\_

If you have any teaching or group leadership experience, please describe \_\_\_\_\_

Are you interested in participating in any of the following activities?

Lead a study group Yes \_\_\_\_\_ No \_\_\_\_\_

Assist a group leader in a study group Yes \_\_\_\_\_ No \_\_\_\_\_

Serve on The Second Half Board of Directors Yes \_\_\_\_\_ No \_\_\_\_\_

Serve on a TSH committee (Curriculum, Communications, Membership, Special Events, Newsletter, Volunteer Coordinator, Fundraising)

Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, please circle which one.

Help with mailing and other office tasks Yes \_\_\_\_\_ No \_\_\_\_\_

Help with fund raising Yes \_\_\_\_\_ No \_\_\_\_\_ Help with grant writing Yes \_\_\_\_\_ No \_\_\_\_\_

Assist with TSH website Yes \_\_\_\_\_ No \_\_\_\_\_

Membership is \$35.00 per year, September 1, 2016-August 31, 2017

Please make check payable to The Second Half and mail to 205 Bedford St., Fall River, MA 02720

# THE SECOND HALF: LIFELONG LEARNING INSTITUTE REGISTRATION FORM – SPRING 2017

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Street Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

ARE YOU NEW TO THE SECOND HALF? \_\_\_\_ YES \_\_\_\_ NO.

IF YES, PLEASE COMPLETE THE MEMBERSHIP FORM ON THE REVERSE SIDE.

## STUDY GROUP SELECTIONS.

Please use the number of the study group, not the name, in completing your registration.

(1)# \_\_\_\_\_

(2)# \_\_\_\_\_

(3)# \_\_\_\_\_

(4)# \_\_\_\_\_

(5)# \_\_\_\_\_

(6)# \_\_\_\_\_

### **REGISTRATIONS ARE FIRST COME/FIRST SERVED.**

If you registered for a study group in Fall 2016 and did not get in because of over-enrollment, and if the SAME study group is being offered this semester, please register as a priority for that study group this semester.

\_\_\_\_\_ I request priority for study group # \_\_\_\_\_. Requests for priority must be made by January 17, 2017.

In case you do not get into one of the study groups listed above, please indicate an alternate choice: # \_\_\_\_\_

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## AMOUNT DUE

\_\_\_\_\_ \$35.00 Membership dues

\_\_\_\_\_ \$150.00 Tuition for up to two study groups

\_\_\_\_\_ \$ \_\_\_\_\_ Tuition for additional study groups (\$30.00 per study group)

\_\_\_\_\_ I am a Group Leader. My tuition is waived.

\_\_\_\_\_ \$ \_\_\_\_\_ Donation

\$ \_\_\_\_\_ TOTAL

Please make checks payable to The Second Half and mail to The Second Half, 205 Bedford Street, Fall River, MA 02720.

## Driving Directions to the Parking Lots from 205 Bedford Street, Fall River (There are two parking lots next to each other that are open to TSH members.)

### From the East: Wareham/Marion

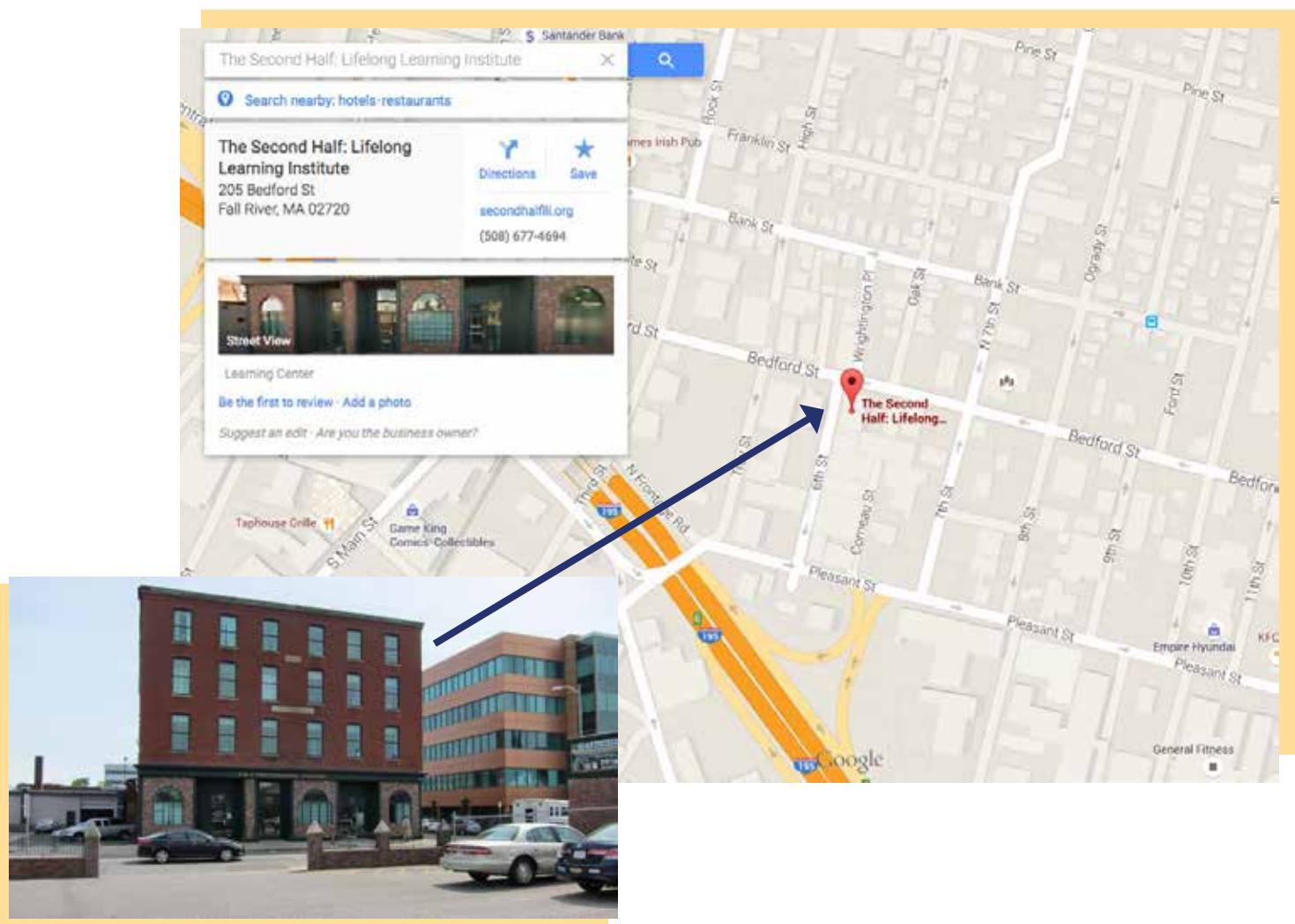
Take Route I-195 West  
Take Exit 6-7 toward MA-81 S/Plymouth Ave/Pleasant Street  
Keep left at the fork (the Pleasant St. Exit 6)  
Turn right onto Pleasant Street  
Take your immediate 1st left onto 7th Street  
Take your 1st left onto Bedford Street  
205 Bedford Street is on your left just before 6th Street  
The parking lots are on the right directly across the street from 205 Bedford Street

### From the West: Somerset/Providence

Take Route I-195 East  
Take the MA-81/Plymouth Ave Exit 6-7 toward Downtown Fall River  
Merge  
Turn right onto Hartwell Street  
Turn right onto 4th Street  
Take the 1st right onto Pleasant Street  
Turn left onto 7th Street  
Take the 1st left onto Bedford Street  
205 Bedford St. is on your left just before 6th Street  
The parking lots are on the right directly across from 205 Bedford Street

### From the North: Taunton/Lakeville

Take 24 S to Route I-195 West  
Take Exit 6-7 toward MA-81 S/Plymouth Ave/Pleasant Street  
Keep left at fork (the Pleasant Street Exit 6)  
Turn right onto Pleasant Street  
Take your immediate 1st left onto 7th Street  
Take the 1st left onto Bedford Street  
205 Bedford Street is on your left just before 6th Street  
The parking lots are on the right directly across from 205 Bedford Street



## THE SECOND HALF: LIFELONG LEARNING INSTITUE

205 Bedford Street  
Fall River, MA 02723

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NONPROFIT  
ORGANIZATION  
US POSTAGE PAID  
TAUNTON, MA  
PERMIT NO. 85

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Or Current Resident



### SPRING 2017 OPEN HOUSE

Tuesday, January 17, 2017, 1:00 p.m.  
Bristol Community College  
777 Elsbree Street, Fall River, MA

Learn more about the study groups we offer and get the chance to meet the group leaders.

No tests or grades - just stimulating learning in a relaxed atmosphere.



### THE SECOND HALF: LIFELONG LEARNING INSTITUE

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