### Study groups/Mini Study groups

<table>
<thead>
<tr>
<th>Title</th>
<th>Leader</th>
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<tbody>
<tr>
<td>Say no to rugs: an addict’s apology</td>
<td>Hadi Maktabi</td>
</tr>
<tr>
<td>نصيحة مريحة حول تلاشي الأفكار</td>
<td>Nidal Al Achkar</td>
</tr>
<tr>
<td>Plant Identification Walk at AUB</td>
<td>Monika Fabian, George Batikha</td>
</tr>
<tr>
<td>Olive and oil production and Management</td>
<td>Musa Nimah</td>
</tr>
<tr>
<td>Heart Attack Prevention</td>
<td>AUBMC’s Vascular Medicine Program</td>
</tr>
<tr>
<td>Smoking Cessation Therapy</td>
<td>AUB Wellness program</td>
</tr>
<tr>
<td>Introduction to Digital Photography</td>
<td>Jinja Bachir</td>
</tr>
<tr>
<td>Master Class – Digital Photography</td>
<td>Mary McKone</td>
</tr>
<tr>
<td>The iPad</td>
<td>Ayman Jalloul – Online Collaborative</td>
</tr>
<tr>
<td>Social Media for Beginners</td>
<td>Nour El Rifaii and Lynn Tabbara – Online Collaborative</td>
</tr>
<tr>
<td>Computer literacy</td>
<td>Ziad Yehia</td>
</tr>
<tr>
<td>Smart Phones</td>
<td>Amani Zaidan</td>
</tr>
</tbody>
</table>

### Cultural travel program

<table>
<thead>
<tr>
<th>Title</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Architecture of Rajasthan, India</td>
<td>Sylvia Shorto</td>
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</tbody>
</table>

### Book Club (Arabic)

<table>
<thead>
<tr>
<th>Title</th>
<th>Leader</th>
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<tbody>
<tr>
<td>حبر وتبر منتدى الروائي العربي</td>
<td>Dia Tayara</td>
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### Special interest group

<table>
<thead>
<tr>
<th>Title</th>
<th>Leader</th>
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<tbody>
<tr>
<td>Exotic Mediterranean Cuisine</td>
<td>Hanan Haddad</td>
</tr>
<tr>
<td>Health and fitness for Seniors</td>
<td>Azmi Imad</td>
</tr>
</tbody>
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### Campus life

<table>
<thead>
<tr>
<th>Title</th>
<th>Leader</th>
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<tbody>
<tr>
<td>Jafet Library tour and book exchange</td>
<td>Jafet Library team</td>
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</table>

### FOR MEMBERS ONLY – NO REGISTRATION REQUIRED

### Lecture Series

<table>
<thead>
<tr>
<th>Title</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Politics and History</td>
<td>Mahmoud Chreih, Boutros Labaki, Ghassan Slaiby</td>
</tr>
<tr>
<td>Our Earth and Environment</td>
<td>Ata Elias, Farouk Merhebi</td>
</tr>
<tr>
<td>Music appreciation</td>
<td>Joelle Khoury, Lama Tyan</td>
</tr>
<tr>
<td>Healthy Aging</td>
<td>Rima Nakkash, Iman Tabbara Itani</td>
</tr>
</tbody>
</table>

### ACTIVITIES OPEN TO THE PUBLIC (members and non-members of all ages)

### Lecture Series

<table>
<thead>
<tr>
<th>Title</th>
<th>Leader</th>
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<tbody>
<tr>
<td>Baroque monsters</td>
<td>Matteo</td>
</tr>
<tr>
<td>Fayrouz</td>
<td>Elias Sahhab</td>
</tr>
<tr>
<td>كيف تندوك الأدب شعرًا ونثرًا؟</td>
<td>Henri Zogheib</td>
</tr>
</tbody>
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### Reading Evenings

<table>
<thead>
<tr>
<th>Title</th>
<th>Leader</th>
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<tbody>
<tr>
<td>Open Mike</td>
<td>Mishka Mojabber Mourani</td>
</tr>
<tr>
<td>Meet the Author</td>
<td>Mishka Mojabber Mourani</td>
</tr>
</tbody>
</table>
1)  Say no to rugs: an addict's apology

<table>
<thead>
<tr>
<th>Hadi Maktabi</th>
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<tbody>
<tr>
<td>Coming from a family with an old tradition of carpet dealing, Hadi graduated from AUB with a B.S. in Mathematics and then completed a Masters in Number Theory at Oxford. Having taken a year off, he rediscovered his original calling and his passion for Islamic art (and carpets) in London's galleries and museums. Hadi then read for a PhD in Islamic Art &amp; Carpet Studies (still the only graduate to obtain the degree) at Christ Church, Oxford. He has done active research in leading museums and realized that every rug tells a different story: a story of a centuries-long migration from a woman's loom to a stranger's house in a foreign country. He currently teaches at AUB, and is setting up his own dealership for Oriental art where he hopes to showcase carpets and textiles as artistic masterpieces rather than mere furnishing items.</td>
</tr>
<tr>
<td>Making a comeback to his original passion of carpets and their stories, Hadi will speak from the heart this upcoming semester. Carpets will NOT be discussed from a historical nor from an artistic perspective; information on their production, designs and materials most probably won't even be mentioned. Instead, myth and magic will be called upon to showcase all the intangible qualities that make carpet collecting so inherently addictive, rewarding and ... costly. In a seemingly oblique and meandering path, Hadi's month-long defense of why hunting for and owning rugs is ultimately such a thrill justifies the method behind the madness-- in turn revealing so much about carpets, their weavers, their homes ... and us. Why do tribal weddings get such big publicity in weaving? Is it true that every minor motif symbolizes a grand cosmic truth? What's a running dog to do with a wine glass? What explains the phallic appeal of prayer rugs? If roses are red then why isn't turquoise actually Turkish? Are the best Kashan rugs really made in Manchester? Where can I park my flying carpet? Stay tuned for answers to these riveting questions which will all be expounded in Hadi's apology-- used here in its earlier meaning of speaking in defense of a cause or of one's beliefs or actions. There are strictly no regrets.</td>
</tr>
<tr>
<td>Number of sessions: four Dates: Wednesdays, October 30 &amp; November 6, 20, 27 Time: 5:30 – 7:00 pm Capacity: Unlimited</td>
</tr>
</tbody>
</table>
### This activity is in Arabic

**Amsiya fi al-Masrahih mu' al-Talib al-Ashqer**

An activity in Arabic, Amsiya is a celebration and an event for students, a celebration of the arts. Narrated and directed by Nassar Al-Shqer.

Nassar Al-Asgher is a Lebanese artist who received her Master's degree in acting and directing from the Royal Academy in London in 1964.

She established with a group of artists "Professional Beirut for Theater" a period of cultural theatre that was known in Lebanon, and she presented many theatre shows that contributed to the advancement of Lebanese theatre to the stage, in addition to the character and adventure that was renewed.

She participated in many theatre shows and in many of the most prominent Egyptian and Arab television series. She participated as an actress and as a director in local and international festivals, including the Geras Festival, Carthage, Morocco, Naples, and others.

She founded the City Theater (1994) and then the Association of City Theater for Culture and Arts (2005) - which is a theatre and exhibition space that provides all cultural and artistic activities and introduced theatre to the city's culture and the world.

She has won and received several awards from many festivals in the Arab world and the French Order of Art and Letters.

Amsiya is a celebration and an event for students, a celebration of the arts. Narrated and directed by Nassar Al-Shqer.

Number of sessions: one evening

**Date & time:** December 2013 (date & time will be specified at a later stage)

**Ticket price:** around 30,000LL

**Capacity:** Unlimited

### Plant identification walk at AUB

**Monika Fabian**

Holds a Master of Science in Horticulture from the Corvinus University of Hungary. She is an instructor at the Department of Landscape Design and Ecosystem Management at the American University of Beirut. Fabian is working with Dr. Salma Talhouk to promote the use of native and Mediterranean plant species, through the production of a native and Mediterranean plant database, and through the development of prototypes to promote the use of native species by communities as landscape plants, on green roofs, and on vertical walls.

**George Battikha**

Holds a Master of Science in Landscape Horticulture. He was the Director of Beirut Landscaping Projects and later Director of Beirut Public Parks and Gardens. He was involved in execution as a contractor or consultant and in design of many

This mini study group will introduce participants to landscape plants focusing on AUB trees and shrubs. It will introduce AUB from the point of view of its plants.

- In the first session the participants will learn about the native and naturalized plants on the AUB campus. The members will have an easy (1.5 hr.) walking tour of the campus where they will be introduced to live specimens. The tour will be given by Monika Fabian.

- During the second session members will learn about plants used in landscape and about plants with an economical importance. An easy (1-1.5 hr.) walking tour will introduce members to the plants in nature. The tour will be given by George Battikha.

Number of sessions: two

**Dates:** Fridays October 18 & 25

**Time:** 10:30 am – 12:30 noon

**Capacity:** 20
4) Olive and oil production and Management

Musa Nimah

Dr. Nimah was born in a region known for its production of olives and olive oil. He graduated from AUB with a B.Sc degree in 1963, majoring in Agricultural Engineering; in 1968 he finished his M.Sc degree majoring in Irrigation and got his Ph.D from Utah State University in 1972. Since then he was involved in Agricultural development in Lebanon and the Middle East. He joined AUB as a professor in 1973 and is still on board. Besides teaching and research he was active in consulting on many agricultural projects with AUB. He also served as a consultant to most Arab countries and international organization for instance: FAO, UNDP, World Bank, and IFAD and many NGOs.

This study group will cover the olive tree management from planting to harvest (including transplanting, grafting, cultural practices and harvesting). The participants will attend a two-hour lecture at AUB on November 1st and then will visit the beautiful traditional village of Douma (in North Lebanon) to explore olive harvest and pressing for oil production on November 8. During the trip the quality of oil and factors affecting its quality will be discussed. Participants will get the chance to visit olive fields in Douma in addition to a modern olive press. They will also have some leisure time to have lunch and explore the town.

It is preferable that participants in this study group be fluent in Arabic as this is the language that will be used during the day in Douma.

Number of sessions: two

**Session 1: Lecture:**
Date: Friday, November 1
Time: 10:00 am – 12:00 noon
Capacity: 20

**Session 2: Educational travel program to Douma**
Date: Friday, November 8
Time: 7:30 am – 5:30pm
Capacity: 20

5) Heart Attack Prevention – Back again due to popular demand

Cardiovascular diseases are on the rise and are currently the number one cause of death worldwide. Heart disease prevention is at the core of combating this worldwide increase. It is believed that working with individuals to raise their awareness about modifiable risk factors and improve their adoption of preventive tactics can lead to important drops in sudden death and first myocardial infarction incidences. In particular, strong evidence indicates that excessive salt intake...
Since 2011, the Vascular Medicine Program (VMP) has been bringing together the efforts of faculty members from various departments at AUB to combat the rise in cardiovascular disease through research, education, training, and public health initiatives. In promoting preventive efforts, the VMP is raising awareness about heart attacks and the need to lower salt intake.

is correlated with increased incidence of hypertension, stroke, myocardial infarction, heart failure and death. In Lebanon, data show that more than 50% of the adult population exceeds the upper limits of salt intake recommended by the World Health Organization. These findings show a need for salt reduction initiatives.

**Objectives of the workshop:**
- Raise the level of awareness of individuals about methods of preventing heart attacks
- Inform individuals about salt intake hazards and sources
- Introduce to individuals tools specifically designed to reduce salt intake

Number of sessions: one  
Date: Wednesday, November 27  
Time: 10:00 am – 1:00 pm (3 hours)  
Capacity: 25

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### 6) Smoking Cessation Therapy

The AUB Wellness Program was initiated in 2006, in response to several important AUB community health needs and issues, thus being the first university wellness program in Lebanon and the region.

The Program is intended to create a healthier study and work environment by providing the AUB community with programs, facilities, services, and incentives that promote and support healthy lifestyle choices. It generally involves yearly activities and takes action whenever needed with regards to university health concerns and topics.

The committee’s initiatives have been generally delivered under program clusters whose scope covered:

- Health Awareness Programs (Media, Exhibits, etc...)
- Health Maintenance Programs (Medical checks, screening etc...)
- Social lifestyle Modification Programs, Nutrition (Diet management, Smoking cessation, Exercises and physical fitness etc...)

The Rafic Hariri School of Nursing and the AUB Wellness Program launched the first ever Lebanese university sponsored smoking cessation program for campus smokers.

The program consists of eight sessions, 45 minutes each, facilitated by Dr. Chris Abbyad, Clinical Assistant Professor, from the Rafic Hariri School of Nursing. Sessions rely mainly on behavior modification and use an evidence based approach promoted by both the American Lung Association and National Cancer Institute in the USA.

The purpose of this program is to offer smokers a smoking cessation program. The sessions will include behavior modification tips, group support, and, if needed, use of nicotine replacement products. The goal is to provide smokers with help for their physical addiction to nicotine as well as the psycho-social behaviors and habits associated with tobacco use.

**Cost of enrollment in this program:**

- For HIP members (HIP is AUB’s Health Insurance Plan): free of charge
- For non-HIP members:
  1. 200,000LL for the therapy sessions
  2. **300,000LL** for the medication - **if needed**
- Workplace lifestyle Modification Programs
  (Office ergonomics, work habits, etc...)  
The success and continuity of this program is perceived to be substantial for the University because it targets the health and the well-being of the AUB community, the most valuable asset of the University.

| Number of sessions: eight (45 minutes each) |
| Dates: Mondays, October 7, 14, 21, 28 & November 11, 18, 25 & December 2 |
| Time: 3:30 - 4:15 pm |
| Capacity: 5 |

7) **Introduction to Digital Photography**

<table>
<thead>
<tr>
<th>Jirji Bachir</th>
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<tbody>
<tr>
<td>Amateur photographer for more than 40 years. Graduated with a B.A. in Mass Communications from AUB in 1974 where he was Photography Club President for 2 years and winner of the “most photogenic girl contest.” Worked as student reporter/photographer for An-Nahar for 3 years then went into a lifelong career in the oil industry in Abu Dhabi from Officer to Executive Director. Retired in 2010 and now living in Beirut. Photography was, and still is, his hobby and passion. Always remembered as carrying a camera on all occasions.</td>
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</table>

The ease and low cost of Digital Photography have led all generations to try their hands and eyes to record lovely moments, occasions and scenery all over the world. Mobile phones with cameras (some with good resolution) have made a photographer of every person at any time. This study group will concentrate on basic functions of the Camera (film and digital), proper use of Cameras, Light, Composition, Events Photography...etc.

- Introduction: Camera functions, SLR and DSLR, Lenses
- Shutter and Time
- Exposure and ISO speed
- Aperture, Focusing, Depth of Field
- Lens function, Sensors, Lighting
- Composition: Basic Rules, Balance, Lines, Curves

To confirm your place in the study group, you must have a digital camera that has the following minimum specifications: scene shooting, and the ability to control shutter speed and aperture. Digital SLR cameras are a plus.

| Number of sessions: six |
| Dates: Tuesdays, October 8, 22, 29 & November 5, 12, 19 |
| Time: 10:00 am – 12:00 noon |
| Capacity: 12 |

8) **Master Class – Digital Photography**

<table>
<thead>
<tr>
<th>Mary McKone</th>
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<tr>
<td>Mary McKone has been teaching internationally for the past 27 years. She is currently teaching IB Art and Digital Photography at the American Community School at Beirut. Mary introduced digital photography into the arts program at ACS</td>
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</table>

Master Class: Creative Images.  
This Master Class is offered to participants who already have experience taking photos with Digital SLR cameras or the equivalent; the camera should have the capability of adjusting shutter speed, aperture and shooting in manual mode. Some people think that taking a photograph is
several years ago, and it has become one of the most popular art courses offered at the High School level. Digital photography allows one to access current technologies to promote personal expression and creativity. It is this combination of technical skill, artistic expression and immediacy that Mary feels has made photography such a popular medium today. Mary was originally trained as a ceramicist but has worked in a variety of artistic media including photography, papermaking and more recently encaustic.

<table>
<thead>
<tr>
<th>9) Introduction to the iPad</th>
<th>In this study group, we will be tackling the basic usage of the iPad. Each session will take the format of a demo followed by direct application. Participants in this study group don’t necessarily need to have any familiarity with using a computer or using an iPad.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ayman Jalloul</strong></td>
<td><strong>Requirements – participants should:</strong></td>
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<tr>
<td>AUB’s Online Collaborative (AUBOC)</td>
<td>- Bring their own iPads to class each session</td>
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<td></td>
<td>- Have an active email account with the password</td>
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<td></td>
<td>- Have an active Apple ID account with the password</td>
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<td></td>
<td>- Have a Skype application installed</td>
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<td></td>
<td><strong>The program is as follows:</strong></td>
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<td></td>
<td>- Week 01: What is an iPad? What are Apps?</td>
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<td></td>
<td>- Week 02: Writing Notes. Internet and YouTube</td>
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<td>- Week 03: Camera and Photos</td>
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<td></td>
<td>- Week 04: Mail and Skype</td>
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PLEASE NOTE: To confirm your place in the study group, you must have a digital camera that has the following minimum specifications: scene shooting, and the ability to control shutter speed and aperture. (If you have questions, please contact ufs@aub.edu.lb). Participants will also be expected to have a comfortable working knowledge of computers (logging on, working with files, creating folders, opening programs, and regular use of e-mail).

Number of sessions: one
Dates: Saturday October 26
Time: 9:30 am – 1:30 pm
Capacity: 10
and several twitter meet-ups, as well as a series of workshops to promote social media literacy.

<table>
<thead>
<tr>
<th>10) Social media for beginners</th>
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<tr>
<td>Nour El Rifaii and Lynn Tabbara</td>
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</table>

**Nour El Rifaii**
Nour is an Agribusiness student and has a strong passion for music, food marketing, and Social Media. She is also the Vice-President of AUB’s Online Collaborative and this is her second term with the UFS.

**Lynn Tabbara**
As a senior Business student at AUB, Lynn is interested in Social Media, Fashion and Numbers. She’s AUB’s Online Collaborative treasurer and this is her first term with the UFS.

**AUB’s Online Collaborative (AUBOC)**

This study group will offer University for Seniors members an introduction to the new social media. It will begin with a lecture, followed by five hands-on sessions. Participants in this study group must have moderate computer skills: they must have a working knowledge of word processing, using e-mail and surfing the internet.

The six sessions will cover the following:
- General introduction to social media
- Facebook
- Twitter
- Facebook & Twitter

Number of sessions: six
Date: Thursdays, October 3, 10, 17, 24, 31 & November 7
Time: 5:00 – 7:00 pm
Capacity: 10

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<tr>
<th>11) Computer literacy</th>
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<tr>
<td>Ziad Yehia</td>
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</table>

**Ziad Yehia**
Being a graduate of Management Information Systems and having spent most of my career using computer applications, the idea of the course is relevant to my skills and expertise. Moreover my interest is mostly derived from being able to contribute to the advancement of members of the seniors community and to support the UFS program as I am motivated by its mission.

The purpose of this study group is to explain computers and their basic usage as an introductory subject for new computer-users. Although the course will offer theoretical information to learn about the virtual world, however the essential aspect will be more oriented as a practical experience through hands on application of using the computer.

The program is as follows:
- Week 01: Introduction (History and background about when, why and how was the first computer invented and how it developed to the current days and its impact on our world). Introduce computer components (hardware, software, input devices, output devices...) and initial
exercise of how to move around in a computer

- Week 02: Basic use of computer (typing and mouse control, navigation, creating and managing files, using programs and applications)
- Week 03: Internet 1 (basics about using the internet)
- Week 04: Internet 2 (how to further utilize the internet such as email, surfing, browsing, searching...)
- Week 05: Useful applications (introduce online and offline applications that can be useful to members such as Skype, social media and communication platforms, entertainment applications and others)
- Week 06: General guidelines and capacity building on how can the group further self-develop their computer skills

| Number of sessions: six |
| Date: Mondays, September 30 & October 7, 14, 21, 28 & November 11 |
| Time: 3:30 – 5:30 pm |
| Capacity: 11 |

### 12) Smart phones

_Amani Zaidan_

A Member in the University for Seniors team since its start in 2009, Amani holds a degree in environmental sciences from AUB. Technology has always been her passion and a big part of her every-day life. She spends her free time exploring and if possible experimenting with the small gadgets that are changing our world.

Nowadays smart phones are an important communication and multimedia tool because of their user friendly features. They serve as a regular phone that you can use to call and text, but with built-in features and installed applications, that can be used to send live images or video call people who are away. It also helps you stay updated about news, weather, traffic alerts...

This study group will be divided to two groups: one for **iPhone** users and another for **Samsung** users. The members will be introduced to the basic functions of a smart phone to make the best use of it. Each group will cover:

- **Settings:** ringtones and notification sounds, internet connection, configuring emails and privacy settings
- **Utilities:** calendar, notes, reminders and alarms
- **Downloads:** Downloading applications from application stores and modifying their settings
- **Images:** Camera and sharing of photos and videos
Applications: weather, news, social (what’s app, Skype and facebook)

To confirm your place in this study group, you must bring your own fully functional smart phone with you to each session along with your ID and password used for downloads. If you have any questions, please send an email to az25@aub.edu.lb.

Group 1: iPhone users
Number of sessions: three
Dates: Thursdays, October 3, 10 & 17
Time: 10:30 am – 12:30 noon
Capacity: 10

Group 2: Samsung users
Number of sessions: three
Dates: Mondays, November 11, 18 & 25
Time: 10:30 am – 12:30 noon
Capacity: 10

Cultural travel program

13) The Architecture of Rajasthan, India

Sylvia Shorto

Sylvia comes from Bermuda and has lived in Lebanon since 2002. She teaches the history of art and architecture in AUB’s Department of Architecture and Design. Sylvia has a Ph.D. from the Institute of Fine Arts, New York University and has also worked for the Brooklyn Museum and the National Trust for Historic Preservation. She is an advocate for understanding and re-using old buildings, and researches and writes on the ways domestic life changed as a result of European colonization in the 19th and early 20th centuries.

Experience the best of India on this ten-day tour that explores the country's rich cultural diversity. We start in the capital, New Delhi, and then visit splendid secular and religious monuments including the Taj Mahal in Agra, the City Palace in Jaipur, the shrine of Khwaja Moinuddin Chishti in Ajmer, the Sri Vaikunthanatha Swami Temple in Pushkar, the forts and painted havelis of Mandawa, Bikaner and Jaisalmer, the Lake Palace at Udaipur, and the Gandhi Ashram at Ahmadabad. On our tour we will travel by bus and by train, and stay in heritage hotels and in luxury tent encampments.

Date: 18-28 January 2014
Estimated cost: around $3,000 (double occupancy)
Capacity: Minimum participation 12 people and maximum 20
**Book Club (in Arabic)**

<table>
<thead>
<tr>
<th>This activity is in Arabic</th>
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| كانت تجربة "حبر وتبر" خلال الدورات الفائتة ممتعة، وإيجابية.
- تتميز المشاركون بالحماس، والحس النفيسي، والقدرة على تنوق العبارة الأدبية.
- هو منتدى أدبية لقراءة تحليلية لروايات باللغة العربية.
- تناقش الروايات التي ذُكِر عليها الاختيار كل على حدة خلال لقاء بعد موعد مسبقاً لفسح المجال أمام المشاركين لقراءة الكتاب.
- تكون مشاركونا قد أعد سؤالاً أو مناقشة ملائمة.
- يحل خبيرون أو عرب اثاثيون من النص لقراءتها خلال الاجتماع كنموذج لأسلوب الكاتب وطريقة، وفكره، وواقعه.
- لا تقتصر المشاركة في الحلقات على استفادة بقراءة نصوص أدبية باللغة العربية.

| الروايات المذكورة في فصل الخريف القادم هي:
- الموضع: قصة أزمة وحودية نسخة باللغة العربية، من القرن الماضي. رواية عن الرغبة في التمرد، والبحث عن الفضاء، تطرح من خلالها الكاتبة أسئلة ومشكلات في حالة أزمة واحدة من النص العربي، وفناً، وفكره،...
- يضيف المنتدي الكاتبة والناقدة الدكتورة منى العد
- الموضع: كتاب يعيد تصور أنحاء الماضي، ويسمى بسياق للنهاية نحو المجهول. وتمسك المعتادة من فلسفة مجهرة حركات اليوم، مثيراً للإعجاب حول춤ات، والمسائل، وبين القرب، والأيام، عبر الضياع الذي تلقاه المجتمع العربي في تاريخه الحديث، بعيد منه، والقرب.

| **Number of sessions:** two |
| **Date:** Wednesday October 9 & Monday October 28 |
| **Time:** 11:00 am – 1:00 pm |
| **Capacity:** 25 |
15) Exotic Mediterranean Cuisine

Hanan Haddad

I have a BA in Sociology from AUB and have worked several years in Development in the USA and the Ivory Coast. I also worked 5 years as a Nursery Teacher at the Washington International School (WIS).

Since my childhood I had a passion for cooking. I have lived in many countries, Lebanon, the US, the Ivory Coast, Morocco and Egypt and have travelled extensively. This has enabled me to acquire a diversity of tastes and an appreciation for international cuisine.

While in Washington DC I gave cooking classes for adults with a French friend of mine. The classes were entitled: Culinary Art in France and Lebanon. I was also happy to do, from time to time, side catering, baking cakes for certain occasions like Birthdays or showers. However what I had enjoyed most was giving cooking classes for children. It was an interesting and unique experience.

Hanan will explore in three sessions some of the origins and flavors of Mediterranean cuisine. She will focus on a few exotic ingredients which are considered to be antioxidant, healthy and at the same time delicious. Each class will include an interactive cooking demonstration using those ingredients to make some unusual dishes around the following themes:

- Session 1: Variations on the theme of Pomegranates
- Session 2: Culinary tastes of herbs and spices
- Session 3: Sweet tooth medley

At the end of each class the participants will sample the food prepared by Hanan who will share the recipes with them.

Number of sessions: Three
Dates: Thursdays, October 31 & November 7, 14
Time: 10:00 am – 12:00 noon
Capacity: 15

16) Health and fitness for Seniors

Azmi Philip Imad

Azmi Imad was the president of the National Campus Safety Association in the United States in 1988 and 1989. He founded and directed the first environmental health and safety departments at both the University of Colorado Boulder and the American University of Beirut. Azmi received many honors and awards for safety leadership and outstanding safety services in the US and was a safety consultant to the National Institute of Health. He is certified by the American College of Sports Medicine.

Studies have shown that regular physical exercising provides many health benefits and this is particularly true for seniors. It can help them stay strong and fit enough to keep doing the things they like/need to do as they get older. Making physical exercising a regular part of their life can improve their health and help them maintain their independence as they age. In this study group, Azmi will be teaching the participants how to exercise SAFELY on campus.

- Session 1: orientation and health evaluation of the participants (some members might need medical approval)
- Session 2: actual exercising around AUB’s campus. Here the members will be divided to two groups depending on their fitness level – based on the results of the health evaluation of session 1

Please bring to the 1st session any recent medical tests done in the last 3 months to aide in the health evaluation.
| Group 1 | Number of sessions: two  
Dates: Wednesdays, October 2 & 23  
Time: 10:00 am – 12:00 noon  
Capacity: 20 |
| Group 2 | Number of sessions: two  
Dates: Wednesdays, October 2 & 30  
Time: 10:00 am – 12:00 noon  
Capacity: 20 |

**Campus life**

**17) Jafet Library tour and book exchange**

<table>
<thead>
<tr>
<th>AUB University Libraries</th>
<th>Join a tour of Jafet Library for two hours and discover the gems of its vast and special collections, varied spaces and services. The tour will start with a library class where you will learn how to use the online catalog to look up different material types and locate them in the library. You will also visit the Book Exchange Corner where you can pick up any used book in return for another you would like to offer. Feel free to give or read a sneak peek of your book on the spot. In the second half of the tour, you will visit the Archives and Special Collections Department to get acquainted with some of our Library’s rare archival collections. Your visit will also acquaint you with some basic principles of long term preservation of archival collections, and will include a stop at the conservation lab where you can watch our staff execute some primary conservation work. We hope that you will walk away from the visit with some basic preservation tips, which you can then apply to your own personal archival collections of photographs and other special material, so you can better preserve them for your grand-children!</th>
</tr>
</thead>
</table>
| University Libraries | Number of sessions: one  
Date: Friday, October 11  
Time: 9:00 – 11:00 am  
Capacity: Unlimited capacity |

Middle East. AUB Libraries have extensive print and electronic collections that are regularly updated and heavily used by AUB students, faculty, doctors, and medical personnel as well as by scholars and researchers from around the world. The Libraries accommodate monographs, books, periodicals, and electronic journals, primarily in English and Arabic, in addition to invaluable archives and special collections. Although many library resources are accessible remotely from both off and on campus, the libraries are equipped with e-classrooms, computer labs, and wireless connectivity. Trained and experienced library staff conducts information literacy classes and workshops throughout the year to link users with information resources and to encourage them to take advantage of the libraries’ rich collections.
Lecture Series

Politics and history

18) The Fragmentation and Dismantling of the Modern Arab East 1967-2011

Mahmoud Chreih

Born in Beirut on June 16, 1952.


His publications in Arabic and English include commentaries on Hegel, Kant, Marx, Khalil Hawi, Antoun Saadeh and modern Arabic poetry.

Taught many years at AUB, Saint Joseph University, Balamand University and LAU.

Since the creation of the State of Israel, the Modern Arab East has been subject to a series of radically transforming upheavals that finally led to the collapse of both the social and ethical orders.

In the lectures of November 14 and 21, Mahmoud will present his point of view attempting to unveil the real dynamics that paved the way for fundamentalist sectarian forces that will destruct the very basis of the Modern Arab East and take the form of a neo-nakba at large.

Number of sessions: two
Date: Thursdays, November 14 & 21
Time: 5:30 – 7:00 pm
Capacity: Unlimited capacity (Open to members only)

This lecture is in Arabic

الأبطرس ليكي

موالد في بيروت في لبنان سنة 1942 ، مهندس مدني ومدرب في الأيرلندا والإقتصاد من جامعة بانثيون- باريس، ودكتوراه في الاقتصاد من جامعة باريس- سوربون ، ودكتوراه في التاريخ من جامعة باريس- سوربون.


لديه مؤلفات وانتاجات عديدة.

خسر لبنان بين 150 و 170000 الف شخص توفوا بسبب الحرب، وتم نهج حوالي 830 الف شخص. كما هاجر من لبنان 895 الف شخص بين 1975 و 1990. وجرى تدمير منازل العدوان الحدودي ما يعادل 4 أو 5 سنوات دراسية. كما حرفت ونهبت العديد من المكتبات العامة والخاصة والأكاديمية. وتطورت أكبر من 200 مبنى تاريخي ونحية المواقع الأثرية، وتضررت منازل دور العادة من جميع الطبقات. وعلى الصعيد الاقتصادي كان لبنان قبل الحرب يحتوي دور بسالي دخل كيرويا والبرتغال ومالطا واليونان. فتأثروا أكثر كثيراً في مجال التطور الاقتصادي.

كلاهة الحروب بين 1975-1990 في لبنان

Number of sessions: one
Date: Wednesday, October 23
Time: 5:30 – 7:00 pm
Capacity: Unlimited capacity (Open to members only)
Ata Elias

Ata joined AUB in 2008 and is a full time Assistant Professor at the Faculty of Arts and Sciences - Geology Department. A researcher with a PhD in Geophysics from the "Institut de Physique du Globe a Paris" earned in 2006. Since, he worked at the National Council of Scientific Research of Lebanon and as a consultant to the Office of the Prime Minister of Lebanon on issues related to geophysical exploration offshore Lebanon. He is actively involved in earthquake research and in studies of the geology of offshore Lebanon, of the old climate of the region and other topics as well. He was an adviser to the Lebanese Parliament and Government on issues related to Earthquakes and Natural Hazards in the past years. He dedicates time to spread awareness on issues related to Earth (and Geology) – these common heritages for mankind that we all need to better understand, appreciate and preserve.

Number of sessions: one
Date: Tuesday, November 5
Time: 5:30 – 7:30 pm
Capacity: Unlimited capacity (Open to members only)

Lebanon and its garbage – “Carbon footprint: what is it?”

Farouk Merhebi


Lecture 1: Lebanon and its garbage
1. Legal and Institutional Framework for Solid Waste Management in Lebanon
2. Quantities and Characteristics of Municipal...
Farouk joined AUB as the Director of the Environmental Health, Safety and Risk Management Department (EHSRM) in August 2012 coming with 18 years of solid experience in environmental management (solid, medical, hazardous and industrial waste management, water supply and wastewater management, environmental impact assessment, auditing, risk and safety assessment, etc) and in implementing complex projects and programs. Farouk has an excellent network of contacts in the environmental fields with the Public and the Private sector and with major funding agencies in Lebanon and the region.
Farouk likes all kind of sports and he practices either swimming or goes to the Gym 3-4 time a week. He enjoys food, eating out and travelling to new destinations around the world.

Solid Waste in Lebanon
3. Solid Waste Management Initiatives in Lebanon
4. Evolution of Solid Waste Management Strategies in Lebanon
5. Master plan for the rehabilitation and closure of waste dumps in Lebanon
6. Discussion

Number of sessions: one
Date: Monday, November 18
Time: 4:00 – 5:30 pm
Capacity: Unlimited capacity (Open to members only)

Lecture 2: Carbon footprint: what is it?
1. What are green institutions?
2. What is a carbon footprint?
3. Why it is important to calculate it?
4. Case study of Carbon footprint computations at AUB
5. Results
6. Recommendations for future actions
7. Discussion

Number of sessions: one
Date: Monday, November 25
Time: 4:00 – 5:30 pm
Capacity: Unlimited capacity (Open to members only)

20) Music appreciation
Classical music

Joelle Khoury
BA in economics and musicology from George Mason University. Masters in Philosophy from USJ, theses titled: Being and Music. Piano diploma form Lebanese National Conservatory. Composer (contemporary music and jazz)/pianist.
Created the jazz quintet IN-Version, the Joelle Khoury Quintet. 4 CDs: Tumbling Up and Is It So (jazz albums), Music and Poetry (chamber music and voice, based on German romantic poetry-Goethe, Rilke, Heine, Novalis), Dream She Is, monodrama in Arabic, vocalist Fadia Tomb El Hage, conductor Harout Fazlian.
Piano and composition teacher at Lebanese National Conservatory. Music appreciation course

Joelle will offer two lectures on:

Beethoven: this session will cover Thematism (1st and 3rd) movements of the 5th symphony and German romanticism (9th symphony and Schiller’s poem Ode to Joy).

Bach and polyphony: an attempt to analyze Bach’s polyphony (the fugue), by putting him in relation with some scientific discoveries, the philosopher and mathematician Leibniz and the graphist Escher.

Number of sessions: two
Date: Tuesdays, October 1 & 29
Time: 5:30 – 7:00 pm
Capacity: Unlimited capacity (Open to members only)
Articles: Time Goes One Way (Al Raida); Of Arab Composers Today (AFAC website).

**Opera Appreciation: Carmen**

Lama Tyan

Lama is an interior designer (graduate of the Académie Charpentier in Paris) who came to opera out of passion. Lama has been a history of opera teacher at the Italian Cultural Center, Espace SD Art Center, Jamhour Cultural Workshop for Adults, Mouawad Museum and in other private institutions.

Lama travels all year round for “pilgrimage weeks” in the great opera houses: Vienna, New York, Zürich, Paris, London, Berlin... She is a chorister in the National Symphony Orchestra.

She has been offering opera appreciation sessions for the past 11 years, sharing her passion for culture, languages and her love for the human voice.

Opera in four acts by French composer Georges Bizet, Carmen was considered as immoral and vulgar and was condemned by the earliest critics. It rapidly became one of the most popular operas of all time. It is the source of many memorable and widely recognized songs, notably those known by the popular names “Toréador Song” and “Habanera”.

Number of sessions: one
Date: Tuesday, November 26
Time: 5:00 – 7:00 pm
Capacity: Unlimited capacity (Open to members only)

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**Healthy aging**

**To breathe or what we breathe: that is the issue**

Rima Nakkash

Rima Nakkash is Assistant Professor at the Health Promotion and Community Health Department, Faculty of Health Sciences at the American University of Beirut. She holds a doctorate in Public Health Policy from the London School of Hygiene and Tropical Medicine, UK and a Masters in Public Health from the American University of Beirut.

She has been working in tobacco control research since 1998 including projects in tobacco control prevention and policy. She is the coordinator of the AUB Tobacco Control research group, a multidisciplinary group of researchers from different faculties across AUB. She is actively involved in tobacco control policy advocacy at national and international levels, bringing civil society together to advocate for tobacco control

The lecture will review the status of tobacco control policy in Lebanon and worldwide. It will touch on successes and failures in moving forward in Lebanon and will engage attendees to discuss challenges and facilitator to progress on this front. It does not matter if you smoke or not, this lecture is of concern to you because at the end of the day you might chose to smoke or not but you don’t chose to breathe. You must breathe and thus you are concerned.

Number of sessions: one
Date: Wednesday, October 9
Time: 5:30 – 7:00 pm
Capacity: Unlimited capacity (Open to members only)
policy. In partnership with civil society she had a major role in the passage of the most comprehensive tobacco control law in Lebanon in 2011.

**Natural Health**

**Iman Tabbara Itani**

Born 1952 in Beirut. Holder of a BS in Nursing from AUB in 1975. Mastered in Holotherapy in Bordeaux, France in 1993 and opened the first center in Beirut in 1994. This made me delve deeper into complimentary medicine and took different courses in different practices including Homeopathy, Su-jok, traditional floral remedies and most recently NAET an allergy testing and eliminating technique which is gaining ground at the moment around the world due to its simplicity. I got interested in helping people restore their normal health by eliminating rather than taking medicine, and spreading awareness of the elements we consume blindly.

Iman will deliver two lectures that will touch on the:

1. General well-being through the promotion of a natural healthy lifestyle.
2. People’s negative eating habits which may be influenced by societal elements such as advertising and publicity.
3. Negative effects of man-made substances and chemical products that are found in everyday common foods and how to find healthy, natural alternate substitutes.

Number of sessions: two
Date: Tuesdays, November 12 & 19
Time: 5:30 – 7:00 pm
Capacity: Unlimited capacity (Open to members only)
**ACTIVITIES OPEN TO THE PUBLIC** (members and non-members of all ages)

### Lectures

<table>
<thead>
<tr>
<th>22) Baroque monsters</th>
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<tr>
<td><strong>Matteo</strong></td>
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Matteo is one of the youngest and most active countertenors in the world, and the only one in the Middle-East.

Born in Beirut in 1985, Matteo El Khodr graduated with degrees and diplomas as a concertist and licensee in early and baroque music from the “Ecole Normale Superieure de Musique de Paris”. He did further studies with famous Agnes Mellon and training at the “Académie Baroque de Sablé” and “Académie baroque de la Chaise-Dieu”. He won the prestigious baroque singing prize in the Best Baroque Singer competition – Froville, 2012.

Has worked with the biggest European ensembles and singers including Philippe Jaroussky, Max Emanuel Cencic, Franco Fagioli and conductors Diego Fasolis, Ton Koopman, Paavo Jarvi.

When not working, you can catch Matteo in Paris Fashion week’s first rows, on many fashion blogs as a fashionista or model or traveling in many European cities to discover design, architecture, art and concept stores.

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Castratos have always fascinated people: rock stars? divas? monsters? Men? Women? Who are they? The musical baroque era of the 17th and 18th century is full of mysterious voices, costumes, stories to tell! The lecture will touch stories around the baroque musical period, the stories of famous castratos and their descendants, the countertenors, these men with women voices who are capable of recreating centuries gone through art, costumes, hysterical stories and extravagant repertoire.

Number of sessions: one  
Date: Tuesday, October 22  
Time: 5:30 – 7:00 pm  
Capacity: **Open to the public**

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This lecture is in Arabic

<table>
<thead>
<tr>
<th>23</th>
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<tbody>
<tr>
<td><strong>Elias Sahhab</strong></td>
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فيروز هي واحد من ابرز الاصوات الكبيرة التي حملت على اكتشافها النهضة الموسيقية العربّة في الشرق العربي. سنحاول من خلال عرض بعض نماذجها الغنائية، استعراض مختلف التجارب الهامة التي مرّت بها من الرحابنة الكبار إلى فلمون وهبي إلى زيد رحباني إلى محمد عبد الوهاب إلى زكي ناصيف.

Number of sessions: one  
Date: Friday, November 15  
Time: 5:30 – 7:00 pm  
Capacity: **Open to the public**
كيف نتذوق الأدب شعراً ونثراً؟

هنري زغيب
شاعرٌ لبناني وكاتبٌ ناشط على الساحة الأدبية اللبنانية والكردية منذ 40 سنة. رئٌس تحرّر مجلة "الجريدة الأدبية" من 1995. في الأدب العربي، كان له قراءة متميزة واعتقادار بهيجة على نضارة تأليفه.

ستعالج المحاضرة المباحث التالية:
- دور الكلمة في التعبير، مقابل الرسالة والفنون والآداب، والإبداع والنوافذ للنشر، والفنون والبوح.
- ما دور الأدب في عصر تغيير أساليب التكنولوجيا؟
- هل كل شاعر جاهز لينشأ في عصر تغيير أساليب التكنولوجيا؟
- كيف يتعذر الأدب العالي في زمن الحياة الفردية ومسار الوطن؟
- في التاريخ ملحات كتب الأدب وبيانات نثرها روايات أدبياً وشخصية أدبياً.
- كيف نقرأ نصاً أدبياً وما العناصر التي يجب أن نلاحظ عليها في تجاويفه، نثر؟ أو شعر؟
- هل كلّ نص نثر يحتوي على موضوعات؟ ما المعايير التي ن.waitKey لها؟
- هل كل قصيدة جيدة أن تكون شعرً؟ كيف ن섭ع الشعر من النظم في القواعد؟ ما المعايير التي نتوقعها؟
- تتذوق الأدب، قياس لاحتمال الفاعل على قضايا الأدب.

Number of sessions: one
Date: Wednesday, November 6
Time: 11:00 am – 1:00 pm
Capacity: Open to the public

Reading Evenings

25) Reading Evenings

Mishka Mojabber Mourani

Mishka started writing poetry while still a student at AUB. She is currently the Senior Vice President of the International College. She has published two books of poetry, Lest We Forget: Lebanon 1975-1990 and Alone, Together, with Aida Haddad. She has translated the poetry of Antoine Boulad from French in Maker of Realities. She is also the author of Balconies: A Mediterranean Memoir and of several short stories that appeared in the anthologies Hikayat: Short Stories by Lebanese Women, and Lebanon Through Writers' Eyes.

Open Mike

Wednesday October 2

This is an evening for anyone who loves to listen or read out loud their own work or others' (poetry, fiction, short story...). We encourage you to read your own work! Members are welcome to read in any language for five minutes. The moderator will keep strict time and those who wish to read may sign up at the door.

Meet the Author

Tuesday October 8

Mishka Mojabber Mourani hosts the daughter of Anbara Salam Khalidi, Dr. Randa Khalidi, who will read from and discuss her mother’s "Memoirs of an Early Arab Feminist: The Life and Activism of Anbara Salam Khalidi", which was recently translated by Dr. Tarif Khalidi.
REGISTRATION PROCEDURE

FALL 2013

- **Registration will be open for one week.** It begins at 9am on Monday 16 September and will close at 5pm on Friday 20 September. The offerings will be filled on a first to register, first to enroll basis beginning at 9am on 16 September. Please do not send your registration form before that time; it will not be counted. You may either register online beginning at 9am on September 16th, or register in person at the University for Seniors Office, Room 411, Regional External Programs (REP) Building, near the AUB Medical Gate (between 9am and 5pm). Please note that those who complete the registration process (i.e. fill in the application form and settle the membership fee) will be given priority in registering for the classes. Thus in order to guarantee your place, the registration process should be fully completed.

- **Membership fee:** the UfS is offering the following membership fees and packages:
  - Term membership fees: $150/individual per term, allowing you to participate in as many activities as capacity allows
  - Annual membership fees: $250/individual per year (for two terms)
  - Couple’s term membership fees (husband and wife): $250/couple per term
  - Couple’s annual membership fees (husband and wife): $450/couple per year (for two terms)
  - Golden membership fees: this is a life membership gratis for every individual over 75 years of age who has been a paying member for four consecutive terms.

- **Payment:** is to be made cash or cheque at the UfS Office. You can bring it with you if you register in person. If you are registering online, we suggest you pay by passing by the University for Seniors office during registration week. You will be given a receipt. The membership fees payment entitles you to participate in study groups, lectures, specially organized cultural events, and UfS social gatherings. Your place in study groups will be guaranteed only after we receive your payment.

- **AUB ID card:** valid for six months, issued to members who would like it. Benefits of the ID:
  - Easy campus access
  - Jafet Library access
  - Charles Hostler center access:
    - Gym and pool access: 20,000 L.L/visit
    - Pool only: 15,000 L.L/visit
    - Beach only: 15,000 L.L/visit
  - Casper and Gambini – Med Café: 15% discount

If you wish to have an ID, we will ask you to fill in an application and to please bring with you two passport photos and a copy of your Lebanese ID or passport.

- **Guest policy:** Term members will be allowed to invite as many guests as they wish (even if they are not seniors) to the offerings classified as “Public Events”. Kindly inform the Coordinator in advance of the person’s name and e-mail contact; and if they are seniors, membership information will be sent to them.