



# UNIVERSITY FOR SENIORS PROGRAM

SPRING 2023



AMERICAN  
UNIVERSITY OF BEIRUT  
UNIVERSITY FOR SENIORS  
جامعة الكبار

## I. LECTURE SERIES

UNLIMITED CAPACITY FOR MEMBERS ONLY

Title	Leader
Under the spotlight – تحت المجهر	Ali Baroudy, Hany Hachem, Constantin Salameh, Lama Makarem, Perrine Malaud Wakim
History and Heritage	Najwa Al-Qattan, Nadine Panayot, Charles Al-Hayek, Basem Fleifel, Issam Khalifeh
Health and Wellbeing	Albert Moukheiber, Mona Chaar
Music	Ibrahim Maalouf, Oumeima El Khalil, Issa Ghandour
Arts and Media	Hadi Maktabi, Kassem Istanbuli, Sara Shamma, Zahi Wehbe

## II. STUDY GROUPS

LIMITED CAPACITY FOR MEMBERS ONLY

### A. Special interest groups

Title	Leader
Tricks and Tips	Yola Sowan
Filmmaking Express (The UfS Chapter)	Robin Eid
Rethink Agriculture	Marc Beyrouthy & Elias Ziadeh
Art can heal you: Creative mindfulness activities	Abir Baltagi
Relaxation and guided meditation	Nawal Fleihan
Gentle yoga	Mika Marumoto
How to tap into your heart creativity when feeling under pressure	Jiana Saad

### B. Book Clubs

Title	Leader
English book club	Sawsan Maktabi
منتدى الرواية العربية	Dia Tayyara

## III. UFS VIRTUAL GET TOGETHERS: BI-WEEKLY VIRTUAL GATHERINGS FOR THE UFS COMMUNITY TO DISCUSS, SOCIALIZE AND CATCH-UP!

FOR MEMBERS ONLY

## IV. LECTURES OPEN TO THE PUBLIC

MEMBERS AND NON-MEMBERS OF ALL AGES

Title	Leader
The Science of Lifelong Learning for Wellness	SH Annabel Chen
Rachmaninov, the Last Romantic	George Haddad

# SPRING 2023 PROGRAM

## I. LECTURE SERIES

UNLIMITED CAPACITY | FOR MEMBERS ONLY

### 1. UNDER THE SPOTLIGHT



#### THE GREAT WALLS OF ROUMIEH

##### ALI BAROUDY

Friday, April 28, 2023 | 4:00 – 5:00pm (Beirut Time)

ON-CAMPUS AND ONLINE | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

Chairman & CEO of The ARK Networks, with a BS in International Business and Economics and a degree in surviving prison, Ali Baroudy has taken his life experiences into the world of Business Development and Human Resources. A strong passion for human connection, networking, and innovation, led Ali to co-found a political party called Minteshreen along with other NGOs and private businesses.

The ARK Networks is the most recent project that has taken over 2 years to put together, bringing a vast network of skilled Lebanese freelancers managed by The ARK to execute projects for clients from around the world. To savor joy, one must first experience the bitterness of pain and sorrow. To understand happiness, you must take a walk with sadness and grief. What if I told you that none of that was true? What if I told you that your perception of time, emotion, and thought were so limited that we can only comprehend things relative to one another and not independently by themselves.

In 2012 I started a journey that I have yet to complete, and it all began with the first cuffs that were clapped on my hands on a cold February night. From jail cell to penitentiary, from one cage to another, my story is one of pain, patience, and a deep understanding of the human mind, society, and the ideas of change and “rehabilitation”, or lack thereof.

As I dish out stories from behind the great walls of Roumieh, I will be unraveling the Lebanese prison system, the judiciary, the loopholes, and more importantly the biggest jail cell I have ever been in, Lebanon.

We are all authors of our own book of life, and in this talk I will share some pages from mine.



#### RETURNING TO THE UFS WITH MY THESIS RESULTS!

##### HANY HACHEM

Monday, May 29, 2023 | 11:00 am – 12:00 pm (Beirut Time)

ONLINE

Number of sessions: one | Capacity: Unlimited (Open to members only)

I am a research fellow at the Department of Education, Örebro University, Sweden. I defended my PhD dissertation and published several articles in international journals on older adult education. In addition, I consult for UNESCO and have recently joined the editorial board member of the journal *Aging and Social Change*.

What motivates older people to keep learning? How do they benefit if they do? What is the goal of their education? What is the role of their teachers? These questions were central to my PhD thesis at UfS under the title ‘Educating Older Adults: Theoretical and Empirical Examinations of the Learning philosophies in older age’.

In my thesis, composed of four articles, I recommend and draft a fourth and late modern statement of principles of educational gerontology, which overcomes agency/structure dualisms characterizing the debate surrounding the current later-life learning philosophies.

First, my thesis confirms that leisure and liberal arts education empowers older people. Second, it attributes to the motives for learning in older age a reflexive ontological security nature that may go hand in hand with

that of non-conscious class struggles. Third, it challenges the logic of emancipation embedded in critical educational gerontology and refutes the assumption that older learners are naïve. Finally, it envisages the teachers' role as emancipators from a less coercive departure point. If you want to see how UfS members helped shape a timely perspective in older adult education, join us!



## **SCALING AND FUNDING INNOVATIVE SOCIAL ENTERPRISES IN LEBANON: THE CASE FOR WE4F**

### **CONSTANTIN SALAMEH**

Friday, May 5, 2023 | 5:00 – 6:00 pm (Beirut Time)

ON CAMPUS AND ONLINE

Number of sessions: one | Capacity: Unlimited (Open to members only)

Constantin Salameh has a 35-year track record in funding, developing and transforming corporations and SMEs across the world as the CEO of HP Financial Services in EMEA and Asia Pacific (1984-2003) and as the CEO of global investment groups such as Safinvest, AMS Group and Al-Ghurair Investments (2004-2014). He joined Stanford's Graduate School of Business SEED Program in 2015 and provides advisory services to Stanford SEED social SMEs in both East and West Africa. The mission of Stanford Seed is to help high potential SMEs in emerging economies scale and access equity and debt funding to accelerate their transformation journey and maximize their social impact regionally.

Currently, Constantin is the Head of Investments for the USAID-funded WE4F Program in MENA targeting 35 innovative social enterprises, providing them with TA & Investment Readiness services combined with grants.



### **LAMA MAKAREM**

Lama Makarem has over 15 years of experience in banking, risk management and strategy & management consulting in Lebanon and the GCC.

Currently, Lama is an investment specialist for the WE4F MENA program. She works closely with SMEs on their investment readiness, helping them map growth opportunities, providing support on financial model development and company valuation and advising them on the whole capital raising process from mapping funding sources to capital structure and pitch preparation.

Lama received her MBA from the London Business School (LBS) in 2013 and her BA in Economics from the American University of Beirut (AUB) in 2007. She is also a CFA charterholder and the holder of the FRM (Financial Risk Manager) certification and is a happy and grateful mother of two daughters, Lynne and Yasma.

The objective is to present the different initiatives that are supporting social enterprises in Lebanon, with a focus on cleantech, watertech and agritech and waste management companies, with an update on the Water Energy for Food (WE4F) program following three years of operations.



## **SELF-LEADERSHIP WITH ENNEAGRAM TOOL**

### **PERRINE MALAUD WAKIM**

Tuesday, March 28, 2023 | 4:00 – 5:00pm (Beirut Time)

ONLINE

Number of sessions: one | Capacity: Unlimited (Open to members only)

Graduated from an Executive MBA from ESCP Europe Business Schools and a Master in Coaching from CEE Manager Autrement, Perrine Malaud Wakim has over 20 years of experience in Project Management and Consulting in Europe and Asia and over 15 years in the Healthcare sector in Lebanon.

In 2014, Perrine started reinforcing her skills in Coaching and Non-Violent Communication. She is now a Certified Executive Coach and specialist in Enneagram tools and practices.

Since 2016, Perrine has been doing Group Coaching such as team-building, organizational optimization, decision making flow, creativity and innovation enhancement, conflict resolution and nonviolent communication (for doctors, pharmacists, engineers, National Program of Mental Health in Lebanon...).

She also has coached a variety of profiles, including top managers, on new position taking, leadership, decision making, stress management, work-life balance, performance re-boosting, career orientation and self-leadership. Perrine also conducts seminars in self-development, management, leadership and well-being.

“Most successful leaders share something together: a deep level of self-knowledge. They recognize their own natural qualities which they use purposefully; they are also aware of their weaknesses, and they compensate for these by bringing on board the talents of others” F. D. Roosevelt.

Self-knowledge is a lifelong journey. Nevertheless, there are interesting tools to give keys to understanding and the enneagram is one of them. I will present it and how it helps understanding our behaviors and our deep motivations.

From the Greek “ennea”: the digit 9, and “gramma”: figure. Enneagram means therefore the nine-point figure, in the same way as pentagram means 5-point and hexagram means 6-point. The Enneagram is a system of study of the personality based upon nine dominant profiles. It gives points of reference for better self-knowledge. It also gives keys for better understanding of others, improving communication, and leadership.

## 2. HERITAGE AND HISTORY



### SAFABARLIK: MEMORY AND IDENTITY IN WWI LEBANON

**NAJWA AL-QATTAN**

Wednesday, April 26, 2023 | 11:00 am – 12:00 pm(Beirut Time)  
ON-CAMPUS AND ONLINE

Number of sessions: one | Capacity: Unlimited (Open to members only)

Najwa al-Qattan is emeritus professor of Middle Eastern History, Loyola Marymount University in Los Angeles. She holds a B.A. in Philosophy from the American University of Beirut, a M.A. in Philosophy from Georgetown University, and a Ph.D. in History from Harvard University. She is the recipient of awards and grants from SSRC, NEH, the Middle East Studies Association, and the Turkish Studies Association. She has published on the Ottoman Muslim court in Damascus and Beirut, the Jews and Christians of the Ottoman Empire, and Lebanon in the First World War.

Yes, I spent most of my academic career conducting research on the 19<sup>th</sup> century Ottoman shari'a courts of Damascus and Beirut. But two decades ago, I started doing research on WWI Lebanon (and Syria) when I was struck by the relative scarcity of historical and literary sources on the Ottoman home front (except for the Armenian Genocide), in contrast to whole libraries (including loads of political memoirs) on the Arab Revolt, Syrian/Lebanese nationalist resistance, and Sykes-Picot.

Safarbarlik, the name of WWI in Lebanon, left a lasting impact on the region in the form of political remapping and colonial control; it also decimated the civilians at home, mostly from hunger and disease. The famine was fueled by a perfect storm of causes: natural, political/military, and economic, and led to profound social and moral dislocation. This lecture will tell the civilians' story, beginning with a snapshot of wartime life and death in Lebanon, including how the war got its name. Next, I will ask: What were the causes of the famine? What is/was the identity politics of remembering/forgetting and of blame? What does the language of the Lebanese literature on the war—such as the prevalence of food and animal metaphors (“like cats, mothers ate their children”)—teach us about gender, class, and sectarian/nationalist identities at the time? How does the Lebanese civilian experience of war compare to that of civilians in the region and beyond?



## THE AUB ARCHAEOLOGICAL MUSEUM; A REBIRTH STORY

### NADINE PANAYOT

Wednesday, April 12, 2023 | 11:00 am – 12:00 pm (Beirut Time)  
ONLINE

Number of sessions: one | Capacity: Unlimited (Open to members only)

Nadine Panayot is the Archaeological Museum Curator and an Associate Professor of Practice, at the American University of Beirut (AUB) (Since 09/01/2020). She holds a Doctorate in Archaeology, Classical Mediterranean and Near Eastern Civilizations, from Paris 1 La Sorbonne. Prior to joining AUB, she was the Director of the Archaeology and Museology Research Department at the University of Balamand (UOB) as well as the founder and Chairperson of the Master's Program in Museum Studies and Cultural Heritage Management. She cofounded and curated UOB's Ethnographic Museum (2009-2020).

Since 1992, she has participated in or directed several archaeological excavations in the Near East, and she has been leading an interdisciplinary terrestrial and maritime archaeological and ethnographic project in Anfeh, Lebanon, since 2010, promoting a holistic approach to natural and cultural heritage conservation as inextricably linked to the preservation of human dignity and wellbeing.

The presentation will introduce the American University of Beirut's Archaeological Museum, its mission, and its current aspirations in a contested region since 1868. Despite adversity and multiple wars, it survived, was renovated, and was repeatedly destroyed. Following the devastating loss of the vast number of our precious glass collection in the Beirut explosion on August 4, 2020, the museum hosted several glass restoration and conservation campaigns, and eight broken vessels were carefully packed and shipped to The British Museum in London for restoration, reflecting the story of human commitment, perseverance, and solidarity. "Through Shattered Glass," a museum-hosted international workshop, will also discuss their potential for academic research projects, numerous cross-disciplinary collaborations, and future prospects.



## بيروت: 10 محطات تاريخية صنعت العاصمة

### شارل الحايك

Wednesday, April 19 | 10:00 – 11:00 am (Beirut Time)  
ONLINE | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

شارل الحايك، أستاذ تاريخ وخبير في التراث الثقافي. عمل أستاذ مدرسي منذ عام ٢٠٠٣، ووضع وطور مشاريع تربية عديدة في لبنان والمنطقة ترتبط بالتراث والتاريخ. أسس صفحة "تراث وجذور"، التي تهدف الى ادخال التاريخ والتراث اللبناني، العربي، والشرق اوسطي الى وسائل التواصل الاجتماعية، والى تعزيز وسائل الوصول الى المعلومات التاريخية والتراثية.

كيف ومتى بدأ تحول بيروت الكبير؟ ما هي العوامل التي تقاطعت وصنعت من بيروت عاصمة؟ شهدت بيروت فترة طويلة من التبدلات خلال القرن التاسع عشر، تحولت بفعالها المدينة من مركز ثانوي في السلطنة العثمانية، الى مركز ولاية، ومن ثم عاصمة دولة جديدة. تستكشف المحاضرة العوامل الأبرز التي صنعت هذا التحول، وتشرح تقاطعها، وتعكس التبدلات على صعيد ديناميكية المدينة الاجتماعية، والثقافية، والاقتصادية. تعرض المحاضرة الأبحاث التاريخية الأبرز في هذا المجال، وتعرض على المستمع المسار التاريخي عبر خط زمني يشرح الاحداث، والشخصيات، والمبادرات، والمؤسسات، والمشاريع التي إعادة صياغة المدينة وجعلت من بيروت عاصمة للحداثة في الشرق العربي.



## قيام كنيسة الروم الملكيين الكاثوليك وحماية الدولة العثمانية لها

### باسم فليفل

Wednesday, April 5, 2023 | 11:00 am – 12:00 pm (Beirut Time)  
EXCLUSIVELY ON-CAMPUS | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

مواليد بيروت سنة 1987م. حاصل على ليسانس في الحقوق من جامعة بيروت العربية سنة 2010م، وماجستير (2015م) ودكتوراه (2019م) في التاريخ الحديث والمعاصر من الجامعة نفسها. موضوع الأطروحة: دور الدولة العثمانية في حماية الولايات والمقاطعات اللبنانية 1516 – 1840. نشرت كتابين

حتى هذه الساعة: موقف البيارة من الثورة ضد السلطان عبد الحميد الثاني (2018)، والعثمانيون وحماية لبنان في عصر الأمير فخر الدين الكبير (2019) إضافة إلى بضعة أبحاث في مجلات مُحكَّمة. أنشر بشكل دوري أيضًا في موقع عربي بوست. إداري ومحرر في النسخة العربية من موسوعة ويكيبيديا، ومشروع ويكي بيانات الشقيق. عضو في مجموعة ويكيبيديا بلاد الشام. أعمل في مكتبة يافت بالجامعة الأميركية في بيروت منذ سنة 2013م.

الحديث عن أسباب وظروف قيامة كنيسة الروم الملكيين الكاثوليك خلال أواسط العصر العثماني، نتيجة خلافات داخلية بين رجال الدين الروم الأرثوذكس، الأمر الذي أثار عارمة الروم في الديار الشامية فتخوفوا من تمدد نفوذ الكنيسة الكاثوليكية في بلادهم، وثاروا وقبضوا على من اعتنق المذهب الكاثوليكي واقتادوهم إلى والي حلب العثماني كي يحبسهم أو يقتلهم كونهم صاروا موالين للبابا المعادي للدولة العثمانية والإسلام. لكن الوالي لم يتصرف إلا بعدما استفتى شيخ الإسلام في إستانبول، فأفتى الأخير بعدم جواز التعرض للروم الكاثوليك كونهم مسيحيين من أهل البلاد ورعايا السلطان الآمنين، ولم يرتكبوا جرماً بنظر الشريعة الإسلامية، وأمر بإطلاق سراحهم وعدم التعرض لهم في أنفسهم وأموالهم، فكان أن قامت كنيستهم واستقرت دعائمها.



## حوار حول الحدود البحرية والبرية للدولة اللبنانية

عصام خليفة

Thursday, May 18, 2023 | 11:00 am – 12:00 pm (Beirut Time)

EXCLUSIVELY ON-CAMPUS | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

من مواليد 1948 تعلم في مدرسة القرية وانتقل بعدها إلى معهد سيدة ميفوق فثانوية جبيل الرسمية حيث نال شهادة الفلسفة. التحق بالجامعة اللبنانية عام 1966 بعد ان شارك بمباراة اهله للتحقق في مادة التاريخ فنال الليسانس عام 1970 والكفاءة عام 1971 وكان اول من ترأس اتحاد وطني لطلاب الجامعة اللبنانية. التحق بالتعليم الثانوي الرسمي عام 1972 وانصرف بعدها الى تحقيق دراساته العليا حيث نال شهادة دكتوراه في التاريخ من جامعة السوربون في باريس. وبين عامي 1981 و2012 دَرَسَ مادة التاريخ ترأس خلالها رابطة الاساتذة في الجامعة اللبنانية. هو مؤسس وأمين سر أحد المؤسسات في الحركة الثقافية في انطلياس. كما انه عضو في مجلس الجامعة اللبنانية وعضو دائم في مجلس كلية الآداب الفرنسية. لديه ما يقارب 87 مؤلف ومئات الأبحاث في عدة مجالات. هو عضو الجمعية التاريخية اللبنانية وعضو الجمعية اللبنانية للدراسات العثمانية. شارك في عدة مؤتمرات محلية وعربية ودولية.

تتناول المحاضرة تأسيس الترسيم في الحدود البرية والبحرية والتطورات التاريخية لهذا الترسيم والاتفاقات المرتبطة به مع فلسطين وإسرائيل وسوريا برأ وفلسطين وإسرائيل وسوريا وقبرص بجرأ، مع عرض الوثائق والخرائط المناسبة.

### 3. HEALTH AND WELL-BEING



## DOUBT AS A DECISION MAKING TOOL

ALBERT MOUKHEIBER

Wednesday, June 7 | 3:30 – 4:30 pm (Beirut Time)

ONLINE

Number of sessions: one | Capacity: Unlimited (Open to members only)

Dr. Albert Moukheiber is a neuroscientist and clinical psychologist. He has worked for 10 years in the psychiatry department at the Hôpital Pitié-Salpêtrière, focusing mainly on anxiety disorders and resilience. He now works as a clinician at his practice and teaches at the University Paris 8 in the clinical psychology department. He has also founded Chiasma, a structure that is interested in how our brain reconstructs reality to confirm our prior beliefs and how to promote mental flexibility. Chiasma focuses on how we form opinions and the impact of these mechanisms on our decision making. Albert is also a lecturer and a lead workshop developer for businesses and shares the latest scientific discoveries on behavior and cognition and how they impact our daily lives. He currently works on the factors that impact decision making such as motivated reasoning or cognitive biases.

We do not see the world as it is, rather, we reconstruct it in our mind. This interpretation of the world is highly subjective and various elements influence the way we acquire knowledge and form opinions.

During this talk, we will explore the building blocks of our cognition and behavior that are involved in acquiring knowledge, forming opinions, or taking decisions. We will look at how we reconstruct the world at a perceptual level and confabulate stories to attribute it meaning based on our priors and how these priors impact the decision we take. We will finally try to see what we can do to mitigate the negative effects of these various elements through self-doubt, thinking about thinking, learning to learn and learning to unlearn.



## وهب وزرع الأعضاء والأنسجة

منى جعفر الشعار

Wednesday, May 10, 2023 | 5:00 – 6:00 pm (Beirut Time)

ONLINE | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

منى جعفر الشعار صيدلي، حائزة على دبلوم الدولة الفرنسية في الصيدلة من جامعة القديس يوسف وعلى ماجستير في الصيدلة من الجامعة الأميركية في بيروت. خلال مسيرتها المهنية عملت في مراقبة جودة الأدوية في معمل وطني للأدوية، وترجمة وتحرير ١٢ جزء من موسوعة طبية، وممارسة مهنة الصيدلة في صيدلية عائلية في بيروت، وكأستاذ علم الأحياء في الكلية الإنجيلية الفرنسية، وأستاذ محاضر في الصيدلة والصحة العامة في كلية الصيدلة في جامعة القديس يوسف، وكليني الصيدلة والصحة العامة في الجامعة اللبنانية. عملت أيضاً في منظمة اليونيسف كمسؤولة عن برنامج الأدوية الأساسية والرعاية الصحية الأولية حيث شاركت في تأليف وتحرير العديد من الكتب ومواد التدريب. ساهمت في عدة دراسات ميدانية وطنية وفي تدريب العاملين في القطاع الصحي في كافة المناطق اللبنانية. كما شاركت في العديد من المؤتمرات العلمية المتخصصة وورش العمل والدورات التدريبية في لبنان والخارج. عملت بين ٢٠٠٠ و ٢٠٢٠ كمسؤولة عن الإعلام والتوعية وكمستشارة في بنك العيون التابع لوزارة الصحة العامة، حيث كانت عضواً في الهيئة الوطنية لوهب وزرع الأعضاء والأنسجة.

ما زال وهب وزرع الأعضاء والأنسجة موضوع نقاش رغم أهميته وإنعكاساته الإنسانية والصحية والاجتماعية. ربما يعود ذلك لقلة المعلومات المتوفرة، أو المعتقدات المتوارثة، والمخاوف الدينية، والإشاعات، ومحاولة الإتجار بالأعضاء. لذلك ينقسم المجتمع اللبناني بين الموافق والمعارض وغير المكترث. ورغم الحملات الإعلامية المكثفة على كافة وسائل الإعلام، ما زال الناس يرفضون المشاركة إلا حين يتعرضون للتجربة المريرة مع ما يرافقها من معاناة يومية، وألم، وفقدان للاستقلالية والإنتاجية. وللأسف يبقى عدد المرضى المسجلين على لوائح الإنتظار كبيراً جداً نسبة إلى ضالة عدد الواهبين. سوف نتطرق المحاضرة لمفهوم وأهمية وهب وزرع الأعضاء والأنسجة، مع التعريف بالأعضاء والأنسجة التي يمكن وهبها والشروط المتعلقة بكل منها، والموانع التي تتعارض مع الوهب والزرع. ثم تشرح أهداف وآلية العمل في الهيئة الوطنية لوهب وزرع الأعضاء والأنسجة وفي بنك العيون، مع كيفية التسجيل على لائحة الإنتظار والشروط، وكيفية إقناع عائلة المتوفي بالوهب. وتختتم بالقوانين التي تنظم عملية وهب وزرع الأعضاء والأنسجة في لبنان، وبموقف الأديان السماوية من هذا الموضوع.

## 4. MUSIC



## SKILLFUL IMPROVISATION WITH IBRAHIM MAALOUF

IBRAHIM MAALOUF

Tuesday, May 9, 2023 | 5:15 – 6:15 pm (Beirut Time)

ONLINE

Number of sessions: one | Capacity: Unlimited (Open to members only)

Lebanese-French trumpeter and composer, one of today's most popular jazz musicians. Born into an artistic family; his father a trumpeter who created a trumpet that played Arabic music tones, his mother a pianist, and his uncle a writer – Ibrahim was surrounded with music and creativity. His musical pieces combine Western and Middle Eastern tones and notes allowing them to immediately stand out. He released his first album in 2007 and has performed in over 40 countries around the world. He was the music composer for the "9 days in Raqqa" documentary which was selected in Cannes. In 2017, he became the first jazz performer whose concert was sold out at the largest concert hall in France and in 2022 he became the first Lebanese instrumentalist to be nominated for a Grammy's Award. Today, his work and compositions are produced and used in documentary films, shows, and national occasions.

The session will be an improvised discussion between Maalouf and a member of the UfS community on his musical journey, its link with the Middle Eastern melodies, and his current and future musical ventures. The session will include a melodic and a musical touch.



## الطقطوقة العربية ما بين الامس واليوم

عيسى غندور

Thursday, May 4, 2023 | 4:00 – 5:00 pm (Beirut Time)

EXCLUSIVELY ON-CAMPUS | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

عيسى غندور هو ابن الملحن والموسيقيار اللبناني الراحل حسن غندور. درس الموسيقى الشرقية مذ صغره في المعهد الموسيقي الوطني اللبناني الى جانب دراسته مع المايسترو سليم سحاب تاريخ الموسيقى والموشحات والادوار العربية. اشتهر في منتصف التسعينات في اغنية عيون السود (بحبك من بعد الله) من ثم عدة البومات منها (منسافر) واعاد وجدد عدة اغنيات قديمة بصوته (بتسأل له عليا). ثم اتجه الى اعمال الشيخ سيد درويش وغنى له البوم كامل من تسعة اغاني وموشحات مع فرقة المدينة (زياد سحاب) عنوان درويش له عدة مشاركات في المهرجانات المحلية العربية والعالمية في اوربا واميركا آخرها كان مهرجان بيبولوس الدولي حيث غنى للشيخ سيد درويش مع المايسترو شيريل روحانا.

المحاضرة عن الاغنية الخفيفة والشعبية (طقطوقة) وتأثيرها على المجتمع ما بين الامس واليوم.. والفرق بين فنان الامس وفنان اليوم.



## كلمة وأغنية

أميمة خليل

Tuesday, March 21 2023 | 1:00 – 2:00 pm (Beirut Time)

ON-CAMPUS AND ONLINE | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

فنانة لبنانية عالمية من قرية الفاكهه في بعلبك-البقاع، استطاعت ايصال ثقافتها وعشقها للموسيقى الى قاعدة متنوعة من المعجبين عالمياً. بدأت بالغناء على عمر السبع سنوات وعلى عمر الاثني عشر، شاركت فرقة مارسيل خليفة "الميادين" في حفل ضخم في اليونيسكو حيث ادت أغنية منفردة، وأدهشت صناع الموسيقى بموهبتها واحترافها. ابتدأت أميمة مسيرتها الفنية الفردية عام 1994 عبر ألبومها (خليتي غنيلك) وهي اليوم علامة فارقة وجزء من نسيج الثقافة العربية. غنّت لكبار الشعراء مثل: محمود درويش، بدر شاكر السياب، محمد عبد الله، وغيرهم. لا تزال ناشطة في المجال الموسيقي برفقة زوجها المنتج الموسيقي، هاني سبليتي، حيث تجول العالم لاهياء حفلاتها مع جمهورها العالمي.

لقاء حوارى عن الموسيقى والغناء في زمن الازمات يتخلله مقاطع مغناة. اسئلة و حوار مع الحضور بهذا الشأن.

## 5. ARTS AND MEDIA



## BACKSTAGE PASS: REFLECTIONS OF A SCHOLARLY CAREER BEHIND THE SCENES AT ART MUSEUMS

Hadi Maktabi

Thursday, May 25, 2023 | 11:00 am – 12:00 pm (Beirut Time)

ONLINE

Number of sessions: one | Capacity: Unlimited (Open to members only)

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 and 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 has taught at AUB for several years and has recently set up his own dealership for Islamic art in Tabaris where he showcases carpets and textiles as rare artistic masterpieces.

The lecture will go over Hadi's experience working inside some of the world's leading museums for Islamic Art and Carpets and give an insider's look at how exhibitions, loans and strategies are planned.



## تجربة تيرو للفنون وتأسيس المسرح الوطني اللبناني (مسرح الناس)

قاسم اسطنبولي

Tuesday, April 4, 2023 | 12:00 – 1:00 pm (Beirut Time)

ONLINE | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

ممثل ومخرج لبناني، خريج كلية الفنون الجميلة في الجامعة اللبنانية، مؤسس «المسرح الوطني اللبناني المجاني» في مدينتي صور وطرابلس، قام بإعادة تأهيل وافتتاح عدداً من دور العرض المقفلة في لبنان وأسس العديد من المهرجانات المسرحية والسينمائية والموسيقية وبتنظيم الورش التدريبية والكرنفالات، وساهم في كسر المركزية الثقافية عبر تفعيل الحركة المسرحية والسينمائية خارج بيروت، وفي تعزيز الإنماء الثقافي المتوازي عبر فتح المنصات الثقافية المستقلة.

أسس فرقة «مسرح إسطنبولي» عام 2008 وساهم في تأسيس «جمعية تيرو للفنون» عام 2014 و«شبكة الثقافة والفنون العربية/الكان» عام 2020، واختصت الفرقة بعروض الفضاء المفتوح ومسرح الشارع. وشاركت في مهرجانات محلية، عربية ودولية في أوروبا والبرازيل.

يتناول اللقاء المسرح الوطني اللبناني: أول مسرح وسينما مجاني في لبنان تأسس عام 2018 (من صور الى النبطية وطرابلس) مساحة ثقافية حرة مستقلة مجانية للناس للعروض والورش والمهرجانات (مسرح سينما مكتبة مقهى ثقافي معرض).



## I DON'T UNDERSTAND ART

SARA SHAMMA

Monday, May 22, 2023 | 11:00 am – 12:00 pm (Beirut Time)

ONLINE | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

Sara Shamma (1975) is a UK-based artist whose paintings are figurative in style. The importance of storytelling and narrative is paramount in her work. Shamma has a long-standing interest in the psychology associated with the suffering of individuals and has made work about war, modern slavery, and human trafficking. Her works can be divided into series that reflect prolonged periods of research.

She has been the recipient of various regional and international art awards including Fourth Prize in the 2004 BP Portrait Award at National Portrait Gallery in London, First Prize in Painting, The Waterhouse Natural History Art Prize, Australia in 2008, Fourth prize in painting, and Special Mention, Florence Biennial, Italy 2013.

In 2010 she was selected as the 'Celebrity Partner' artist to the United Nations' World Food Programme.

She had many solo and group exhibitions around the globe and her paintings are in many public and private collections.

When asked about the message behind or the purpose of a certain painting, I've always asserted that it is in the purest sense of the words- the outcome of a state of being that the deliberations of the mind cannot define.

Many people surprise me with this statement: I don't understand art...

Unfortunately, the audience became ashamed of expressing their feelings about a painting, ashamed and afraid of being accused of ignorance, primitive taste, or lack of openness.

I like the shock that the contrast in an artwork creates, art should penetrate the subconscious of the viewer and make him/her raise questions and seek changes, I want the viewer to touch the hidden spaces in his/her core.

My art/my life is an adventure because I don't know its result, because it is full of surprises and is stimulated by the love of exploration. I will walk you through my artistic journey and talk about technique, inspiration and the relation between creation and subconscious.



## الإعلام في زمن الميديا الحديثة

زاهي وهبي

Friday, March 31, 2023 | 11:00 am – 12:00 pm (Beirut Time)

ONLINE | ARABIC

Number of sessions: one | Capacity: Unlimited (Open to members only)

شاعر وإعلامي لبناني. صدر له ٢٣ كتاباً منها ١٢ ديواناً شعرياً آخرها ديوان "ليل يديها". أحياناً أمسيات شعرية في معظم المسارح والمهرجانات، ترجمت قصائده إلى الفرنسية والانكليزية والإسبانية والفارسية. غنّى قصائده عدد كبير من الفنانين العرب وتحولت قصائده إلى لوحات تشكيلية وأزياء ومجوهرات بتصميم كبار التشكيليين والمصممين العرب. نال عشرات الجوائز والتكريمات في معظم العواصم والمدن العربية، وفي جامعة الدول العربية، وهو أول عربي يتم منحه الجنسية الفلسطينية تقديراً لدعمه الدائم لكفاح الشعب الفلسطيني. اختارته مجلتا نيوزويك بطبعتها العربية وآرابيان بزّس واحداً من الشخصيات العربية المؤثرة. يعمل في الصحافة والتلفزيون منذ ٣٨ عاماً، كتب في كبريات الصحف اللبنانية والعربية، قدّم ويُقدّم العديد من البرامج الثقافية التي تستمر لسنوات طويلة، وأشهرها "خليك بالبيت" الذي استمر لمدة خمسة عشر عاماً و"بيت القصيد" الذي استمر لمدة عشرة أعوام و"ست الحبايب" و"قرأتُ لكم" وسواها.

تتناول المحاضرة المتغيرات التي طرأت على الإعلام بفعل التطور التقني والذكاء الاصطناعي، وكيف انعكس ذلك على الشكل والمضمون، ونعرج قليلاً على واقع الإعلام اللبناني بين الأمس واليوم.

## II. STUDY GROUPS

LIMITED CAPACITY | FOR MEMBERS ONLY

### 7. SPECIAL INTEREST GROUPS



## TRICKS AND TIPS

YOLA SOWAN

Wednesdays, May 3, 10, 17, 24, 31, 2023 | 11:00 am – 12:00 pm (Beirut Time)

ONLINE

Number of sessions: five | Capacity: 20 (Open to members only)

Born and raised in Ras Beirut. Holds a B.A in Psychology, and a Teaching Diploma from AUB. Taught Math and Science for 34 years, and headed the Math and Science department for several years; Served as a school-wide Curriculum Committee member and Activities Coordinator.

Had the pleasure to join the AUB University for Seniors as a member in 2013, then was honored to serve as an academic coordinator from August 2017 to February 2019. Currently, I am a member of the Curriculum Committee.

Research has shown that brain training exercises can help keep older adults sharp by enhancing their cognitive abilities for many years longer. This study group may promote your mental math abilities and therefore, your mathematical and logical reasoning may increase automatically.

Participants are encouraged to participate actively throughout 5 cooperative and engaging sessions while enhancing their mental math abilities through:

- Practicing basic facts and rules
- Using strategies to explore relation between operations
- Comparing and visualizing real life examples involving whole numbers, fractions, and geometric figures.



## FILMMAKING EXPRESS (THE UFS CHAPTER)

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### ROBIN F. EID

Tuesdays, March 21, Wednesday March 22, Tuesday March 28 and Wednesdays, March 29, 2023 | 9:00 am – 1:00 pm (Beirut Time)

EXCLUSIVELY ON-CAMPUS

Number of sessions: four | Capacity: 20 (Open to members only)

Robin F. Eid is a multi-award winning writer, director, and Impact Producer. He has worked with the largest media groups and networks in the MENA region (mbc group, DMI...), and collaborated with the major multinational advertising and PR agencies (JWT, FP7, Havas Group...). He founded Fruitree Revolution in 2013, a remote Branding Agency and Production hub he runs from Beirut. He is also a branding coach at Smart ESA and a part time instructor at AZM University. His commitment towards social impact shows in his continuous collaboration as a consultant on different projects for NGOs and INGOs such as ABAAD organization, UfS, HelpAge International, UNDP, UNHCR, and Amaar Foundation. With 20 years of experience, Robin is first and foremost a storyteller.

This workshop aims to produce a 90-120 second documentary (or experimental film), while understanding the basics of filmmaking and production methods. It takes the participants through the full journey of a film: from pre-production to postproduction, stopping at every step, and getting a general overview about it! It mainly explores Screenplay Writing, Directing, and Editing, it also gives an overview about pre-production, production design, camera work, lighting techniques, and sound. The film produced will take part in the “WHO Health for All Film Festival”, an international film competition telling powerful stories from around the world about people and health. A beautiful opportunity to tell personal stories from the UfS...



## RETHINK AGRICULTURE

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### MARC BEYROUTHY

Thursday, March 30, April 6, and 13, 2023 | 4:00 – 5:00 pm (Beirut Time) | ONLINE

Thursday, April 20, 2023 | 9:00 am – 1:00 pm | IN-PERSON at Nature by Marc Beyrouthy

Number of sessions: four | Capacity: 50 (Open to members only)

Marc Beyrouthy is an Agricultural Engineer with two PhDs. Formal Advisor to the Minister of Environment, he participated in developing several policy documents and in many high-level meetings and represented Lebanon many times abroad.

He is the CEO and Chairman of Nature by Marc Beyrouthy a company specialized in agricultural and environmental studies, landscaping and many more. Associate Professor at the Faculty of Agricultural and Food Sciences - Holy Spirit University of Kaslik (USEK) where he occupied several positions: head of Agricultural Sciences Department, Assistant Dean for research and projects, Lab supervisor and Coordinator at the Analysis service. At USEK he is also co-founder of the USEK green committee executing many projects as USEK 0 Waste campus, elected number one green university in Lebanon by green metrics. In addition, he has more than 1800 TV appearances in a daily popularized scientific TV show “Nature” at MTV – Lebanon since 2009.



### ELIAS ZIADEH

Elias Ziadeh is an agriculture engineer, currently serving as the assistant General Manager and the Landscaping Team Manager at Nature by Marc Beyrouthy, where he leads the landscaping and garden maintenances operations and connects the tasks for multiple departments of the company. He graduated from the Holy Spirit University of Kaslik, with a diploma in Agricultural Engineering, speaks three languages (French, English and Spanish) other than his mother tongue. He conducts several training

sessions for all public within the theme of gardening, besides he professionally answers the technical requests throughout the call center and the customer service at the company. Furthermore, he appeared on the air of Lebanese televisions and radios talking and answering questions about agriculture.

Over four sessions, Marc and Elie will discuss:

1. Strategical agricultural thinking: what to plant and when
2. Integrated pest management
3. Agricultural trends: hydroponics, permaculture, IPM, and more.
4. Last session will be conducted at "Nature by Marc Beyrouthy" showroom. Further details will be provided closer to the date. **(In person in Lebanon)**



## ART CAN HEAL YOU: CREATIVE MINDFULNESS ACTIVITIES

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### ABIR BALTAGI

Group 1: Tuesday, May 2, 9 and 16, 2023 | 10:00 – 11:00 am (Beirut Time)

Group 2: Tuesday, May 23, 30 and June 6, 2023 | 10:00 – 11:00 am (Beirut Time)

EXCLUSIVELY IN-PERSON

Number of sessions: three per group | 15 (Open to members only)

Fine artist and art therapy coach, founder of 30x30 creative space: a gallery, an art academy and an art therapy center in Beirut. "Art is one of the shortest ways to our subconscious mind. Art therapy uses it as a medium of expression, to help patients breakdown thinking patterns and understand the psychological and emotional undertones in their art and therefore start their journey in Healing."

This is a 3-session workshop which will introduce you to Art Therapy and all the benefits behind this form of psychotherapy, which uses art as a medium of expression and communication. The **First** session is a stress-release art therapy. The **Second** session is a tune-in and self-discovery art therapy. The **Third** session is a self-esteem and self-value art therapy. Emphasis will be on the creative expression which helps in self-discovery, the release of stress or relief of symptoms of any mental distress. Art therapy does not require any prior artistic skills, just the readiness of the group to engage in this artistic approach which will promote an inner healing.

**Cost of each session range is 5\$ to 7\$ for the art material.**



## RELAXATION AND GUIDED MEDITATION

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### NAWAL FLEIHAN

Relaxation: Monday March 20, Thursday March 23, and Monday March 27, 2023 | 10:00 – 11:00 am (Beirut Time) | ONLINE

Yoga: Thursday May 4 and Mondays May 8 and 15, 2023 | 10:00 – 11:00 am | EXCLUSIVELY ON-CAMPUS

Number of sessions: three per group | Capacity: 30 (Open to members only)

Nawal Fleihan is a certified Reiki and Karuna Master, Meditation instructor, an NLP practitioner, and Laughter Yoga practitioner. Since 2004, Nawal attuned Reiki I, II and Master Levels to thousands of people from around the world. Her private healing sessions, including Reiki, Past Life Regression Therapy, Trauma Healing, and Breath Work, support those suffering from wide-ranging conditions affecting their physical and mental well-being. Healing has led to positive transformation, both in the form of social indicators and through medical diagnosis.

Nawal is part of the AUBMC Health and Wellness Center and works from her home in Beirut. She frequently travels across the Middle East to deliver Reiki workshops, healing consultations, meditation sessions, and leads retreats for individuals, groups, and multinational companies.

Each session will combine relaxing visualizations, breathing techniques, applied exercises, and Q&A time that ultimately lead to awakening the true self, enhancing focus and clarity in thoughts, reducing stress, and achieving an overall balanced well-being.



## GENTLE YOGA

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### MIKA MARUMOTO

Tuesdays, May 2, 9, 16, 30 and June 6, 2023 | 4:00 – 5:00 pm (Beirut Time)  
ONLINE  
Number of sessions: five | Capacity: 15 (Open to members only)

Mika is a yoga practitioner and instructor, trained and certified by the Kripalu School of Yoga at Kripalu Center for Yoga & Health, located in the Berkshire Hills of Massachusetts. Her specialty is teaching Kripalu-style "gentle yoga" to persons in their 50s through 80s. Mika shares her gratitude for yoga by guiding participants to live in the present moment, both on and off the mat, enabling us to become fully aware of our mind's beauty and body's wisdom for healing and a peaceful state of being. Teaching since 2019, her online yoga sessions have expanded to include participants of varied physical types and conditions from many parts of the world such as Beirut, Boston, California, London, Nairobi, Tokyo, and Washington DC. We share a primary goal of practicing yoga: to maintain our health and wellbeing and become the best versions of ourselves.

Kripalu Yoga, also known as "moving meditation," focuses on listening to one's body and mind, and breathing consciously as we move, to cultivate and maintain a balance between body, mind and spirit. Kripalu means "compassion" in Sanskrit, and our approach is centered on self-acceptance without judgement, and self-care with adaptability. Our Kripalu Gentle Yoga course will introduce participants to *pranayama* (breathing exercises) and basic *asanas* (poses), with some variations. Each session will focus on specific parts of our body such as shoulders, lower back and hip joints, which may require increased awareness for natural healing as we age. The course will also explore a relaxation technique to nurture our resilience to life's challenges. No prior yoga experience is necessary. Everyone is welcome, especially those interested in healthy aging with yoga.

**Should you have any ongoing medical conditions, please consult your physician for the permission of your participation before the course.**



## HOW TO TAP INTO YOUR HEART CREATIVITY WHEN FEELING UNDER PRESSURE

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### JIANA SAAD

Mondays, May 15, 22, 29 and June 5, 2023 | 5:00 – 6:30 pm (Beirut Time)  
ONLINE  
Number of sessions: four | Capacity: 20 (Open to members only)

Jiana is a Lebanese-Canadian teacher, well-being consultant, speaker and writer. She obtained her bachelor and master degree at the university of Québec in Montreal. Recently she got certified as a facilitator and well-being coach from Heartmath Institute.

She has been teaching for 16 years in high school, French as a second language. She wrote 2 books: «Je suis Rima analphabète et j'écris mon livre» and BAM Bouge |Apprends|Mange.

Jiana is an educational consultant who works with individuals and organizations to reduce stress, improve performance, and enhance decision making. She offers evidence-based strategies and techniques that have proven to be effective over time as documented in several research-based studies.

How to tap into the creativity of your heart when feeling under pressure? Our understanding of resilience has been evolving. Capacity is a key term that is fundamental to understanding resilience. Every day we wake up with a certain amount of energy to spend. Basically, we are energy systems that expand and renew energy. In order to remain healthy and resilient. Come out. We must manage how we spend our energy.

Objective:

- Explain the four domains of resilience, emphasizing that the emotional domain is the key to building resilience and increasing capacity.
- Illustrate the idea that emotions are primary drivers of our physiology.
- Explain the concept that sustained energy output associated with challenges or stress affect our health, behavior, and performance.
- Introduce some intelligent Energy self-regulation techniques.

You will Learn:

- Skills for building resilience in the face of change and uncertainty.

- Intelligent energy self-regulation techniques to reduce stress and related symptoms of fatigue, burnout, anxiety, frustration, and sleeplessness.
- How to have more control, make better choices, protect your health and energy, and enjoy life overall.

## 8. BOOK CLUBS



### ENGLISH BOOK CLUB

#### Sawsan Maktabi

Ignorance - Monday, April 3, 2023 | 1:00 – 2:30 pm (Beirut time)

The Death of Ivan Ilych – Monday, May 8, 2023 | 1:00 – 2:30 pm (Beirut time)

EXCLUSIVELY ON-CAMPUS

Number of sessions: two | Capacity: 25 (Open to members only)

Sawsan holds BA and MA degrees in English Literature from AUB. She is currently an Instructor of Composition and Rhetoric in the English Department at AUB since 1986.

Sawsan is a member of the University for Seniors Steering and Curriculum Committees; she is also the English book club leader. She is interested in Arabic and English fiction and is an active participant and leader in several book clubs in both Arabic and English languages.

Sawsan plays an active role in several NGOs, social, and academic committees.

#### Ignorance by Milan Kundera

“A man and a woman meet by chance while returning to their homeland, which they had abandoned twenty years earlier when they chose to become exiles. Will they manage to pick up the thread of their strange love story, interrupted almost as soon as it began and then lost in the tides of history? The truth is that after such a long absence "their memories no longer match." We always believe that our memories coincide with those of the person we loved, that we experienced the same thing. But this is just an illusion. Then again, what can we expect of our weak memory?”

#### The Death of Ivan Ilych by Leo Tolstoy

“Hailed as one of the world’s supreme masterpieces on the subject of death and dying, The Death of Ivan Ilych is the story of a worldly careerist, a high court judge who has never given the inevitability of his dying so much as a passing thought. But one day, death announces itself to him, and to his shocked surprise, he is brought face to face with his own mortality. A thoroughly absorbing, and, at times, terrifying glimpse into the abyss of death, it is also a strong testament to the possibility of finding spiritual salvation.”

Please note that, sometimes you will need to preorder these books from bookstores and it can take up to 5 weeks for them to be delivered. **They are also available online for you to download and read.**



### منتدى الرواية العربية

#### ضياء العزاوي الطيارة

بنات الرياض – Written online discussion: April 3 – April 7 | ON-CAMPUS: session Tuesday April 11, 2023 | 11:00 am – 12:30 pm (Beirut time)

على ضفاف بابل – Written online discussion: May 29 – June 2 | ON-CAMPUS: session Wednesday June 7, 2023 | 11:00 am – 12:30 pm (Beirut time)

Number of sessions: two | Capacity: 20 (Open to members only)

حائزة على ماجستير في العلوم السياسية والإدارة من الجامعة الأميركية في بيروت. تستضيف منتدى الرواية العربية - حبر وتبر- في جامعة الكبار منذ عام 2012. تابعت دورات في الكتابة الإبداعية، وكتابة المذكرات في جامعة الكبار. عضو في "نادي الكتاب للسيدات" في بيروت منذ عام 2000. محررة لصفحة "الحياة العامة في بريطانيا" في النشرة الشهرية للنادي العربي في بريطانيا لعدة سنوات. نشر لها العديد من الكتابات والتغطيات لندوات فكرية وبحثية تتعلق بالقضايا العربية.

أعزائي المشاركين والمشاركين في 'حبر وتبر - منتدى الرواية العربية' بعد التحية،

يسعدني لقائكم مجدداً في فصل الربيع لعام ٢٠٢٣. سنستمر بالتواصل كتابياً اونلاين لمدة اسبوع كما فعلنا في مرات سابقة. إذ أظهرت تلك التجربة جدواها من خلال الحيوية التي تجلت في توسع دائرة الحديث التي طالت مختلف جوانب الرواية مثل الموضوع؛ اللغة؛ الأسلوب؛ والشخصيات زائداً الاقتباسات التي تعكس روح الكاتب، وفكره، وأسلوبه. الأمر الجديد الذي يسعدني هو أننا سنختم الحديث بجلسة تجمعنا حضورياً للملحة الخيوط، ولتقييم التجربة ككل....إلى اللقاء.

وقع اختياري على روايتين سنناقشهما تباعاً أولاً بأول:

اسم الرواية: بنات الرياض  
الكاتبة: رجاء عبدالله الصانع  
الناشر: دار الساق  
الصفحات: ٣١٩  
\*صدرت الطبعة الأولى عام ٢٠٠٥

اسم الرواية: على ضفاف بابل  
الكاتب: خالد القشطيني  
الناشر: الكوكب رياض الريس للكتب والنشر  
الصفحات: ٢٢٨  
الطبعة الأولى: آذار ٢٠٠٨

### III. UFS VIRTUAL GET TOGETHERS

#### VIRTUAL GATHERINGS FOR THE UFS COMMUNITY TO DISCUSS, SOCIALIZE AND CATCH-UP! FOR MEMBERS ONLY

Thursdays, March 23, 1:00 – 2:00 pm Beirut time, April 13, 3:00 – 4:00 pm Beirut time, May 18 and June 8, 5:00 – 6:00 pm Beirut time | ONLINE  
Number of sessions: Four | Capacity: Unlimited (Open to members only)

The University for Seniors always aims to keep you both intellectually engaged and socially connected. Over the past three years, the UfS created virtual social spaces to gather members in a relaxed, convivial, and safe space to discuss a variety of topics delivered strictly by UfS members. Although UfS will be planning social gatherings on campus for the Spring 2023 term, we are committed to maintaining social connectivity with our members both in Lebanon and abroad. We therefore hold monthly get togethers, where all members are encouraged to come and share their stories and opinions on specific themes moderated by our dear Curriculum Committee member, Doha Slim. These get togethers will maintain the convivial and safe environment and members will take the lead on what they would like to share.

### IV. LECTURES OPEN TO THE PUBLIC

#### MEMBERS AND NON-MEMBERS OF ALL AGES



## THE SCIENCE OF LIFELONG LEARNING FOR WELLNESS

SH ANNABEL CHEN

TBA  
ONLINE

Number of sessions: one | Capacity: Unlimited (Open to the PUBLIC)

Dr. SH Annabel Chen is a Professor of Psychology at the School of Social Sciences, with joint appointments at LKCMedicine and the National Institute of Education, Nanyang Technological University (NTU), Singapore. She is currently the Director of the Centre for Research and Development in Learning (CRADLE) at NTU, and Co-Director of the Centre for Lifelong Learning and Individualised Cognition (CLIC) a research collaboration with the University of Cambridge.

Trained as a clinical neuropsychologist in the United States, she finished her post-doctoral research in neuroimaging at Stanford University School of Medicine, before returning to Asia. Her lab ([www.clinicalbrain.org](http://www.clinicalbrain.org)) investigates cerebellar contributions to higher cognition, active and healthy aging, and science of learning. Her research aims to develop neuroimaging markers in the cerebro-cerebellar circuitry to further understand the processes of neurodevelopmental and neurodegenerative conditions that would be informative to the science of learning and for developing evidence-based interventions.

The Science of Learning integrates knowledge from Psychology, Neuroscience and Education. It seeks to uncover important mechanisms of learning that can translate into evidence-based intervention for practice to impact learning. Learning is a key component actively happening across all stages of life. Our understanding of neuroplasticity at these various life stages provides the potential to help modulate the brain to enhance learning from early intervention to active aging. Thus, research from neuropsychology and cognitive neuroscience is well positioned to help integrate knowledge about our brain for lifelong learning to maximize human potential for cognitive health and well-being.



## **RACHMANINOV, THE LAST ROMANTIC**

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### **GEORGES HADDAD**

Thursday May 11, 2023 | 5:00 – 6:00 pm (Beirut time)

ONLINE

Number of sessions: one | Capacity: Unlimited (Open to the PUBLIC)

Georges Haddad is a neurosurgeon with a passion for literature, the visual arts and music. He believes that as long as you keep marveling and learning, you will have life and have it more abundantly. Georges has given numerous talks to celebrate this life of inquisitive knowledge. His public talks included: The brain, Guernica, The pandemics in arts, and An introduction to Bach.

Even though this year commemorates the 150<sup>th</sup> anniversary of the birth of the Russian composer Sergei Rachmaninov, his music did not lose any of its appeal to modern audiences. It was and is used extensively in movies and in songs. In this talk Georges Haddad will take you through a musical journey retracing the life of Rachmaninov with numerous excerpts of his compositions.

# REGISTRATION PROCEDURE | SPRING 2023

MARCH 20 – JUNE 9, 2023

**Online registration will be open from Monday, March 6 at 10:00 am to Friday, March 10 at 4:00pm Beirut time. The UfS has an EXCLUSIVELY online registration system, online registration form can be filled by you or anyone else on your behalf.** The Limited Capacity Study Groups are filled on a first to register, first to enroll basis. Those who complete the registration process (i.e. fill in the online application form and settle the registration fee) will be enrolled in these classes. Thus in order to guarantee your place, the registration process should be fully completed.

## **Registration fees**

- Individual registration fees:
  - a. Members residing in Lebanon: **400,000 LBP to be paid only in Lebanese pounds in cash and directly at AUB's Cashier office**
  - b. Members residing outside Lebanon: **\$300 through a bank transfer**
- Couple's registration: there will be no extra charge for couples (husband and wife/partners) i.e. couples can enroll this Spring paying one registration fee of 400,000LBP or \$300 (covering both members)
- Annual membership: we will be freezing our annual membership packages until further notice
- Golden membership: a life membership gratis for every individual **over 85 years of age with 6 consecutive terms at the UfS.**

## **Payment**

Members will receive an invoice by email from the UfS. Members residing in Lebanon should settle the registration fees in person (or through a delegate) at AUB's cashier office (College Hall near Main Gate) in cash strictly in Lebanese Lira. Members living outside of Lebanon need to do a bank transfer in US dollars. For bank transfers, details will be sent by email. Due to logistical reasons, members are asked to share their paid receipts with the team once the process is complete. The registration fees payment entitles you to become a term member and thus to participate in the term activities such as study groups, lectures, specially organized cultural events, and UfS social gatherings. **Registration fees are to be settled no later than the first week of the term.** If the fees are not paid during that period, membership for the term will be canceled unless a compelling reason is presented to the Program Manager.

## **Refund and Deferment**

In line with AUB policies, refund of registration fees is not possible once the term starts. Deferment can be made for one term only when a compelling reason is presented to the Program Manager and no later than the first week of the term. The person whose membership is deferred is automatically considered a member in the following term yet should still fill the online registration form of the following term once it becomes available online.

## **AUB ID card**

UfS will issue an AUB ID card to members who do not have Alumni or other AUB IDs and are **currently residing in Lebanon, if they wish to have one.** To get an ID card, you will need to fill in an application form and bring with you two passport photos a copy of your Lebanese ID or your passport, in addition to your vaccination card. The card costs \$10 payable in **fresh dollars** at AUB's Cashier. Benefits of the ID: Easy campus access, Jafet Library access, discounted rate at Charles Hostler Student Center (AUB gym), and 15% discount at Casper and Gambini – Med Café. **Since registration is online, the UfS team will be assigning a day for you to go to campus and complete your ID process.**



**AMERICAN  
UNIVERSITY  
OF BEIRUT**