



UNIVERSITY FOR SENIORS PROGRAM

FALL 2025



**AMERICAN
UNIVERSITY OF BEIRUT**
UNIVERSITY FOR SENIORS
جامعة الكبار

HELP US UNDERSTAND AGING!

The University for Seniors (UfS) at the American University of Beirut (AUB) is part of an innovative research study, “**The Late Life Learning, Cognition and Aging (3LC) study**”, to answer questions about the role that late life learning may play in influencing cognitive health and general well-being of older adults. It is one of the first studies of its kind in the world and it specifically addresses the unique experiences of older Lebanese adults.



The study is a collaborative project between the American University of Beirut and Columbia University in the USA. **Dr. Abla Mehio Sibai**, Dean of Faculty of Health Sciences and cofounder of UfS, and Dr. Martine Bejjani, from the Faculty of Medicine, are the leading researchers in this study.

The Research team invites you, as a UfS member, to take part!

Participation entails a face-to-face interview with blood pressure and hearing and vision assessments (and a blood test (optional) performed by specialized phlebotomists) in the comfort of your home. Participants will receive their blood test results and \$50 as a token of appreciation for their time. **Over 430 UfS members have already participated,**

and the study team is excited to welcome more! This is a unique opportunity to contribute to research efforts aiming to promote the well-being and health of older adults.

Interested in learning more about the study?

If you agree to be contacted by the research team, a team member will reach out to share more details about the study and formally invite you to participate.

Please note that your participation is **completely voluntary and your choice to participate or not will not affect your relationship with the UfS and with AUB or AUBMC**. Your consent to share your contact information will not be used for any other purpose beyond the invitation call to the research study. This research is approved by the AUB Institutional Review Board (IRB) and all information provided will be confidential and protected. The study will select participants randomly so you may not be contacted by the research team. In the meantime, you can check more information about the study here: www.aub.edu.lb/3LC



ساعدونا على فهم التقدم في العمر!

إن جامعة الكبار في الجامعة الأميركية في بيروت هي حاليًا منصّة لإجراء دراسة بحثية فريدة من نوعها بعنوان **"دراسة التعلّم في الكبر والصحة الذهنية"** للإجابة عن أسئلة حول تأثير التعلّم في الكبر على الصّحة الذهنية والصّحة العامة لكبار السنّ. تُعدّ هذه الدراسة الأولى من نوعها في لبنان، لتسليط الضوء على التجارب الفريدة لكبار السنّ في لبنان.

هذه الدراسة هي مشروع تعاون بين الجامعة الأميركية في بيروت وجامعة كولومبيا في الولايات المتحدة الأميركية. **الدكتورة عبلة محيو السباعي**، عميد كلية العلوم الصحية وأحد مؤسسي جامعة الكبار، هي من الباحثين الأساسيين في هذه الدراسة.

يدعوكم فريق البحث، بصفتكم أعضاء في جامعة الكبار (UfS)، للمشاركة!

تتضمّن مشاركتكم إجراءً مقابلةً وجهاً لوجه (وفحص دم اختياري) من قِبَل أخصائيين في سحب الدم) في منزل المشارك. سيحصل المشاركون على نتائج فحوصات الدم والسمع والنظر وعربون بقيمة خمسون دولارًا أميركيًا تقديرًا لوقتكم.

أكثر من 430 عضوًا سابقًا أو حاليًا قد شاركوا في الدراسة، ويتطلّع فريق الدراسة إلى انضمام المزيد من الأعضاء! هذه فرصة فريدة للمساهمة في الأبحاث والجهود التي تهدف إلى تعزيز صحة كبار السن.

مهتمون بمعرفة المزيد عن الدراسة؟

إذا وافقت على الاتصال بك من قبل فريق البحث، سيتواصل معك أحد أعضاء الفريق لاطلاّعك على المزيد من التفاصيل حول الدراسة ودعوتك رسميًا للمشاركة.

يرجى الملاحظة أن مشاركتكم طوعية تمامًا وأن اختياريكم للمشاركة أو امتناعكم عن ذلك لن يؤثر على علاقتكم ببرنامج جامعة الكبار وبالجامعة الأميركية في بيروت أو بالمركز الطبي في الجامعة الأميركية في بيروت. لن يتم استخدام موافقتكم على مشاركة معلومات الاتصال الخاصة بكم لأي غرض آخر يتجاوز الدعوة للدراسة البحثية. إن هذا البحث موافق عليه من قبل لجنة الأخلاقيات Institutional Review Board (IRB) في الجامعة الأميركية في بيروت ومعلوماتكم سوف تبقى سرية ومحمية تمامًا. سوف تقوم الدراسة باختيار المشاركين بطريقة عشوائية لذلك قد لا يتّصل فريق البحث بكم. يمكنكم الحصول على مزيد من المعلومات حول الدراسة هنا:

[www.aub.edu.lb/3LC]

I. LECTURE SERIES

UNLIMITED CAPACITY FOR MEMBERS ONLY

Title	Leader
Under the Spotlight	Hassan Dhaini, Lina Tannir Fawaz, Sofia Shwayri, Fatima Sharafeddine
Health and Wellbeing	Georges Assaf, Frank Behrens, Hauda Najem & Flavia Valgiusti Assaad Eid, Carla Habib Mourad, Rita Khoury, Mona Jaafar Chaar
Women	Pierre Anhoury & Ambassador Aleksandra Bukowska-McCabe, Liliane Korban Akl
Heritage	Younma Ziadé Karam, Tarek Kawa
Ambassador's Series	Franziska Honsowitz
Arts and Music	Georges Haddad, Hanan Hajj Ali, Ango Rihane, Mohamed Soueid, Hady Zaccak

II. IN COLLABORATION: SHEIKH ZAYED BIN SULTAN AL-NAHYAN CHAIR FOR ARABIC & ISLAMIC STUDIES

Title	Leader
مختبر الحكايات: دورة في الكتابة الإبداعية مع الأدبية د. هدى بركات	Hoda Barakat
الذاكرة في مواجهة الزمن: حوار مع نجوى بركات	Najwa Barakat

III. STUDY GROUPS

LIMITED CAPACITY FOR MEMBERS ONLY

A. Special interest groups

Title	Leader
Move that Weigh	Maan Nasreddine
Relaxation & guided meditation	Nawal Fleihan
Gentle Yoga	Mika Marumoto
Art Can Heal You: Creative Mindfulness Techniques	Abir Baltagi
Raising Awareness on Collective Trauma and Its Impact In Our Societies	Frank Behrens, Hauda Najem & Flavia Valgiusti
Botanical Gardens & Native Plants	Marc Beyrouthy & Elias Ziadeh
Lebanese Forests & Wildlife	Aya Khouzami & Vitaly Aoun
الحياة بالكروشييه	Mona Al Wazzan
تريكو: مساحة تتنفس فيها روجي (Tricot)	Maha Dalal
Plastic Modelling For Beginners	Emad Tabsh
English as a second language: Part II	Mona Agha Maktabi
Personal Financing	Rana Mehio

B. Book Clubs

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

IV. EDUCATIONAL VISITS

LIMITED CAPACITY FOR MEMBERS ONLY

Title	Leader
Exploring Botanical Gardens & Native Plants	Marc Beyrouthy and Elias Ziadeh
Discovering the Neurobehavioral Laboratories	Assaad Eid

V. UFS VIRTUAL GET TOGETHERS: MONTHLY VIRTUAL GATHERINGS FOR THE UFS COMMUNITY TO DISCUSS, SOCIALIZE AND CATCH-UP!

FOR MEMBERS ONLY

FALL 2025 PROGRAM

I. LECTURE SERIES

UNLIMITED CAPACITY | FOR MEMBERS ONLY

1. UNDER THE SPOTLIGHT



AIR POLLUTION HEALTH RISKS & ABATEMENT STRATEGIES FOR LEBANON

HASSAN DHAINI

Tuesday November 18, 2025 | 11:00am – 12:00pm (Beirut Time)

Online | English & Arabic

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

With over 20 years of experience in toxicology, health risk assessment, and environmental health, he has led numerous research studies published in leading peer-reviewed journals, with a focus on environmental chemical exposures and their links to health risks, particularly bladder cancer. He has served as Senior Advisor to Lebanon's Minister of Environment, Green Transition Advisor for the World Bank, and Associate Editor for *Exposure & Health* (Springer Nature). His consultancy work spans international organizations, and he has chaired national taskforces addressing environmental pollution and health. Currently, he is a Tenured Associate Professor in AUB's Department of Environmental Health, Associate in the Department of Pharmacology & Toxicology, and Lebanon's National Coordinator for UNIDO's mercury phase-out. A Fellow of the US Academy of Toxicological Sciences (FATS), he is certified in Health Risk Assessment by Harvard T.H. Chan School of Public Health and the Karolinska Institute, and holds a PhD in Toxicology from the University of Michigan Ann Arbor.

Air pollution remains one of Lebanon's most pressing environmental and public health challenges, driven by traffic congestion, industrial emissions, open waste burning, and diesel generators. This talk will highlight the growing body of evidence linking air pollution to various diseases and epidemics in the country. We will explore findings from our latest research on health risks associated with ambient air pollution in Lebanon. The session will also present practical evidence-based abatement strategies tailored to Lebanon's context and adopted by the previous cabinet. Attendees will gain insights into what could be done to fight air pollution and put the country on a green recovery track.



MANAGING MONEY STRESS

LINA TANNIR FAWAZ

Tuesday November 25, 2025 | 11:00am – 12:00pm (Beirut Time)

Online

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

Lina Tannir Fawaz a Senior Lecturer in Finance at AUB's Suliman S. Olayan School of Business, and the Director of Business Development at AUB. Her expertise is corporate finance with a focus on family business. She holds a CFA and an MBA and is currently pursuing her Doctorate at the prestigious SDA Bocconi School of management. She has over 20 years of experience in the private and public sector, working in various fields of which public sector reform programs. Lina held the role of the Director of MBA program at OSB and founded the first online MBA program in the Middle East, attracting more diverse student body and expanding opportunities for professionals from varied backgrounds. Beyond academia, Lina is a business leader who scaled a retail franchise to six locations while navigating global management and economic crisis challenges. She serves on several NGO boards of which Dar El Ajaza and Beiteddine Art Festival, has chaired a leading cultural and educational NGO, and consults across sectors.

Financial stress is often one of the biggest sources of stress in our daily lives, especially in times of uncertainty. In this talk, Lina Tannir Fawaz will share practical strategies to better understand our relationship with money, manage financial pressures, and promote financial well-being through budgeting, financial planning and debt management. This session will highlight the importance of building a secure financial plan.



LIVING SMART IN BEIRUT: WHAT'S CHANGING AROUND US?

SOFIA SHWAYRI

Tuesday November 11, 2025 | 4:00 – 5:00pm (Beirut Time)

Online

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

The speaker is a founding member and advisor at the Ecocity World organization and an independent scholar. She recently completed a two-year visiting faculty appointment at Tulane University, jointly affiliated with the School of Liberal Arts and the School of Architecture. During her tenure, she played a pivotal role in establishing the Sustainable Urbanism program within the Architecture department and contributed to a task force aimed at reimagining the Urban Studies curriculum in the Liberal Arts, integrating it with Environmental Studies. Driven by a deep interest in the Middle East, she has also been affiliated with New York University Abu Dhabi, where she has taught a J-Term course since 2024 titled “Greening of Arabian Gulf Cities: Analyzing Interventions for Sustainable Development.” Her academic journey began at the University of California, Berkeley, and includes appointments at UC Berkeley, New York University (NY), Oxford University, and Seoul National University.

Beirut is changing, though not always in ways we immediately notice. From solar-lit balconies and WhatsApp pharmacies to ride-hailing apps and broken sidewalks, technology is quietly reshaping how we move, connect, and care for ourselves. This session introduces the idea of the “smart city” through everyday life, focusing on transport, health services, and public space. But this isn't just a lecture, it's a conversation. Far from passive, seniors bring expert lived experience to the course. Through guided discussions, storytelling, and collaborative activities, participants will share daily challenges and help imagine practical, locally grounded solutions. Navigating shifting streets, seeking care, and feeling estranged from familiar places, these experiences lie at the heart of the course. This lecture previews the **six-session study group that will be organized in the Spring 2026 term and will be titled *Beirut Reimagined: Everyday Life in a Smart City***, where the participants actively explore, question, and co-design the future of urban life. No technical skills required; your voice is what matters.



سيرة ومسيرة مع أدب الأطفال

فاطمة شرف الدين

Wednesday October 8, 2025 | 11:00am – 12:00pm (Beirut Time)

Hybrid | ARABIC

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

كاتبة ومحاضرة ومترجمة متخصصة في أدب الأطفال والنواشئ، تعمل مع عدة دور نشر في لبنان والإمارات العربية المتحدة ومصر وبلجيكا؛ نُشر لها حتى اليوم 163 كتابًا، تُرجم عدد كبير منها إلى لغات مختلفة، بما فيها الإنكليزية والهولندية والألمانية والدانيماركية والفرنسية والإسبانية والإيرلندية والتركية والسويدية والكورية والصينية والروسية والهندية. حائزة عدة جوائز ولوائح شرف عربية وعالمية، آخرها القائمة القصيرة لجائزة 2022 Hans Christian Andersen. فازت روايتها “فاتن” في اللغة الإيطالية بجائزة 2022 Gramsci، وروايتها “كابوتشينو” بجائزة اتصالات عن فئة كتاب العام لليافعين 2017، وكتابتها “السانك حصانك” بجائزة New Horizon Ragazzi Bologna في 2016. رشّحت لجائزة أستريد لندغر التذكارية (ALMA) سبع مرّات، آخرها في عام 2023. تقدّم فاطمة ورش عمل في الكتابة الإبداعية في لبنان والعالم العربي، كما تدرّج المدرّسين والمكتبيين على مشاركة الكتاب مع الطفل وطريقة تحضير نشاطات حولها لتعميق الفهم وتحفيز الخيال والإبداع عند الطفل. تساعد فاطمة الكتاب المبتدئين في تحرير نصوصهم ونشرها، كما تشارك في عدد من معارض الكتب والمؤتمرات الدولية.

لمزيد من المعلومات الرجاء زيارة صفحتها:

www.fatimasharafeddine.com

في خلال اللقاء سوف أتحدث عن أدب الأطفال في العالم العربي بصورة عامة، وأشارك الحضور بداياتي في هذا المجال، ومسيرتي عبر عشرين سنة، بما فيها من تحديات وإيجابيات. كيف أكتب وعما أكتب ولماذا، هي نقاط سوف أتطرق إليها خلال الحديث، كما سأشير أيضًا إلى أهمية الكتاب في حياة الطفل، وإلى دور الكبار في تحفيز حب القراءة وحب اللغة العربية لدى الأطفال. ما هي ميزات الكتاب الجيد، وكيف نختار الكتب التي نشاركها مع الأطفال أو نضعها بين أيديهم؟

2. HEALTH & WELLBEING



IMPACT OF DISTURBED SLEEP ON BRAIN HEALTH

GEORGES ASSAF

Monday December 1, 2025 | 11:00am – 12:00pm (Beirut Time)

Online

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

Georges Assaf is a geriatrician and sleep specialist at the Department of Family Medicine at AUB. Dr. Assaf takes a person-centered approach to treatment and specializes in working with older adults with multiple chronic diseases to help maintain their quality of life and independence. He has experience counseling seniors on nutrition, healthy sleep habits, and exercise, as well as recognizing the signs of depression and dementia common among older adults. His research interests include early cognitive decline and non-pharmacological interventions in patients with cognitive impairment. Dr. Assaf is involved in the clinical, teaching and research activities at the Department of Family Medicine.

This talk will:

- Explain how poor sleep affects cognition.
- Identify common sleep disorders and their impact on brain health.
- Recognize the link between sleep problems, stroke, and dementia.
- Understand why sleep quality is important for overall brain function.

RAISING AWARENESS ON COLLECTIVE TRAUMA AND ITS IMPACT IN OUR SOCIETIES

Monday October 13, 2025 | 5:00 – 6:30pm (Beirut Time)

Online

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



FRANK BEHRENS

I became a trained process engineer. I was magically attracted by the process feature in transformation processes, deeply inspired and often excited about the way technical processes can be designed. More recently, as a freelance sales engineer in international sales, I have been experiencing the call to change direction for more than 10 years. Rich in insights into the structures of society, industries and cultures, this time has been invaluable to me to this day. Now this change of direction has been accomplished to the point that I am sharing, communicating, and evolving in the process. Given that my calling today is to raise awareness around the impact of collective trauma in our societal structures and development, I became “certified” as a Collective Trauma Facilitator with the Pocket Project.



FLAVIA VALGIUSTI

Flavia Valgiusti is a Lawyer, Social Psychologist, and former Juvenile Court Judge who envisions the law not merely as a system of rules, but as a living force for care, healing, and restoration. As Director of the Institute of Neurosciences and Law, Consultant for UNICEF, Professor of Criminology, and international speaker, she integrates trauma awareness into legal practice, acknowledging the wounds carried by individuals and communities. Through her work across Latin America and international networks, she explores how collective trauma shapes our societies — and how the law, when attuned to collective trauma, can contribute to rebuilding the social fabric of our communities. To restore the Law of Life is to remember who we are — and who we are together, in the most essential way.



HAUDA NAJEM

Hauda is a seasoned expert in organizational development and education, with over 25 years of experience, including more than a decade specializing in sustainable change management, program design, and evaluation. She has worked closely with senior decision-makers at ministerial and donor levels, contributing to high-impact initiatives across diverse international contexts, including Lebanon, France, Abu Dhabi, Saudi Arabia, and with regions in Africa. In addition to her technical expertise, Hauda is an integral practitioner dedicated to personal and professional growth in the fields of trauma healing and Nonviolent Communication (NVC). Her deep commitment to meaningful, sustainable change has led her to co-found four social and environmental initiatives: *Save Abu Ali Beach*, *KAM Kollektive*, *pub•op*, and *Commune* كميون. Hauda's long-term vision is to co-create a nature-based retreat center that hosts year-round programs for youth and individuals from all walks of life. Through this space, she hopes to foster empathy, healing, and a sense of shared humanity—ultimately helping to reduce judgment, division, and othering in society.

Personal, ancestral, and collective trauma have a significant impact on our daily life. Trauma is widely discussed nowadays and raises all sorts of questions. Simply put, trauma affects the ways we perceive our life and mostly, the ways we deal with and react to challenging situations. We aim to raise awareness around the existence of trauma in its discernible forms and give participants a brief theoretical and experiential overview of this field of exploration. This session will be an introductory session for participants to get background information on trauma in general and collective trauma in particular. **This session will be followed by a two-session study group (more details available on page 17).** This will be a first touch on a wide and complex field we are just about to explore and understand.



BRAIN ON FIRE: HOW METABOLIC HEALTH SHAPES COGNITIVE FUNCTION

ASSAAD EID

Tuesday September 30, 2025 | 11:00am – 12:00pm (Beirut Time)

Online

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

Assaad A. Eid is a pioneering academic leader and biomedical innovator, serving as Associate Dean for Research and Graduate Education, Chair of the Department of Anatomy, Cell Biology, and Physiological Sciences, and Director of AUB Diabetes at the American University of Beirut. His internationally recognized research unravels the cellular and molecular drivers of diabetic complications—ranging from nephropathy and neuropathy to cardiomyopathy and Type 3 diabetes—identifying key pathways such as mTOR, NADPH oxidase, NETosis, GLP-1 RAs, and SGLT-2 inhibitors. Committed to translating discovery into impact, Eid co-developed *eDiamond*, a non-invasive glucose-monitoring device, and co-founded two U.S.-based biotech startups. A recipient of prestigious national and international honors, including the Lebanese National Order of Merit, he is equally dedicated to mentorship, having mentored hundreds of graduate and postdoctoral researchers. His vision is to advance precision medicine and transformative healthcare solutions that change the future of diabetes management.

In this presentation, I will explore the critical connection between metabolic health—such as diabetes—and cognitive function, “*Brain on Fire: How Metabolic Health Shapes Cognitive Function*.” Drawing on my research, I will explain how metabolic disturbances can impact memory and thinking skills and contribute to neurodegenerative conditions. I will highlight key molecular pathways that drive cognitive decline and, using clear examples and the latest findings, discuss emerging therapeutic strategies and biomedical innovations that underscore the importance of metabolic control for maintaining brain health. My goal is to provide practical insights to help you preserve cognitive function and reduce the risk of cognitive decline through improved metabolic health.



GUT-BRAIN CONNECTION: HOW NUTRITION SHAPES BRAIN HEALTH

CARLA HABIB MOURAD

Tuesday October 28, 2025 | 3:30 – 4:30pm (Beirut Time)

Online

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

Carla Habib Mourad, PhD, LD, is a Licensed Dietitian Nutritionist with extensive experience in clinical and community nutrition. She holds a PhD from Durham University, UK, and a Master's and Bachelor's in Nutrition and

Dietetics from the American University of Beirut (AUB). In 1997, she pioneered the first television program in the Arab world dedicated to nutrition. A public figure, she frequently speaks at conferences, webinars, and workshops across Lebanon and the Arab region. She is also the founder of Carla's Good Food, a healthy food concept. Currently, she serves as an Assistant Research Professor at AUB's Department of Nutrition and as the scientific director of the "Healthier Kids - Ajyal Salima" initiative in the Middle East. She actively promotes nutrition awareness through campaigns and social media. In 2007, she received AUB's Award for Outstanding Achievements in Nutrition Awareness and Education. She has published research articles and several books in Arabic.

Recent studies show that a healthy brain starts with a healthy gut. The gut and brain are closely connected through what's called the gut-brain axis. In this lecture you will learn how nutrition influences this axis and affects the composition and activity of gut microbes. During the presentation we will discuss how this link is especially important for older adults, who are at higher risk for cognitive decline. You will also explore the negative or positive effects of several dietary patterns on gut bacteria and how good nutrition may be a simple and natural way to support brain health as we age.



UNDERSTANDING DEPRESSION IN OLDER ADULTS: BREAKING THE SILENCE

RITA KHOURY

Tuesday December 9, 2025 | 10:00 – 11:00am (Beirut Time)

Online

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

Rita Khoury is an adult and geriatric Psychiatrist, and a fellow of the European Board of Psychiatry. She earned her medical degree at Saint Joseph University of Beirut in 2012, then completed her residency training in Psychiatry at Saint Joseph University, Lebanon in 2017. She earned a Geriatric Psychiatry diploma from Paris-Descartes University, France then completed a 2-year Neuropsychiatry/Geriatric Psychiatry fellowship at St. Louis University School of Medicine, USA, in 2019. Khoury joined the department of Psychiatry at the American University of Beirut as an Assistant Professor of Clinical Psychiatry in September 2022. She has been appointed as the medical director of the Psychiatry Inpatient Unit in August 2023 and launched the Geriatric Engagement for Memory Stimulation "GEMS" program in March 2025 at the American University of Beirut Medical Center. Khoury has more than 50 publications in peer-reviewed journals. Her interests and expertise include diagnosis and management of late-life depression and anxiety disorders, delirium, minor and major neurocognitive disorders or dementias, and their comorbid neuropsychiatric symptoms.

Depression is not a normal part of aging and is often unrecognized or untreated. In this talk, we will explore what depression looks like in later life, its common signs and symptoms, risk factors, and the impact depression can have on physical health, independence, and quality of life. We will also discuss how depression in older adults is treatable, and how early recognition and treatment can make a difference.



ترشيد استهلاك الأدوية عند كبار السن

منى جعفر الشعار

Wednesday October 29, 2025 | 4:00 – 5:00pm (Beirut Time)

Online | ARABIC

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

مواليد بيروت. 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، وشاركت في ترجمة وتحرير ١٢ جزء من موسوعة طبية، ومارست مهنة الصيدلة في صيدلية عائلية في بيروت. أستاذة علم الأحياء في الكلية الإنجيلية الفرنسية، وأستاذة محاضرة في الصيدلة والصحة العامة في كلية الصيدلة في جامعة القديس يوسف، وكلية الصيدلة والصحة العامة في الجامعة اللبنانية. كما عملت 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. شاركت في العديد من المؤتمرات العلمية المتخصصة وورش العمل والدورات التدريبية في لبنان والخارج. عملت أيضاً كمسؤولة عن الإعلام والتوعية وكمستشارة في بنك العيون التابع لوزارة الصحة العامة، حيث كانت عضواً في الهيئة الوطنية لوهب وزرع الأعضاء والأنسجة.

يعاني كبار السن من أمراض مزمنة مثل أمراض القلب والشرابين والسكري والروماتيزم والأمراض النفسية أو المستعصية كما يعانون من الإصابات الجرثومية الحادة أو الحساسية... وتشير الدراسات العلمية إلى أن فئات واسعة تستهلك ما يفوق إحتياجاتها من الأدوية بسبب ظنهم أن الأدوية قادرة على حل كل المشاكل الصحية، وبسبب اللجوء إلى التداوي الذاتي، وضغط وسائل التواصل الاجتماعي التي تسعى لترويج كريمات أو منتجات طبيعية أو مكملات غذائية، أو توفر الأدوية التي تصرف بدون وصفة طبية. يؤدي ذلك إلى مشاكل صحية واقتصادية واجتماعية. تتطرق المحاضرة إلى الأفكار والممارسات الخاطئة والمخاطر المتعلقة بالإستهلاك غير العقلاني للأدوية مع التركيز على تصنيف الأدوية، والتعريف بالمصطلحات العلمية، وطريقة عمل الأدوية وتفاعلها واستقلابها في الجسم، والجرعات، ونواحي الإستعمال، والتأثيرات الجانبية والمعاكسة، والتأثرات، وموانع الإستعمال، وطريقة الحفظ. أخيراً تؤكد على أهمية الوقاية، والغذاء المتنوع والمتوازن، وإعتماد أسلوب حياة صحي، وممارسة الرياضة.

3. WOMEN

MARIE CURIE: THE LIGHT IN THE SHADOWS

Friday November 7, 2025 | 4:00 – 5:30pm (Beirut time)

Hybrid

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



PIERRE ANHOURY

Pierre Anhoury, MD, is a specialist in public health. He completed his training in clinical oncology, palliative care and geriatrics. After 27 years as a health management consultant in international organizations, he headed international relations at the Institut Curie in Paris. This is the world's leading cancer research and care center, founded by Marie Curie over 100 years ago. Today, he has been appointed by the French Ministry of Foreign Affairs as advisor to the Lebanese Minister of Health for a renewable 2-year term.

He teaches at the ESA business school in Beirut and is the co-author of "Gérer la qualité et les risques à l'hôpital" (ESF éditeur - 1994) and "Les Clés du Bien Vieillir" (Edition du Dauphin - 2017).



Ambassador Aleksandra Bukowska-McCabe

Dr. Aleksandra Bukowska-McCabe, born in Warsaw in 1977, is the Ambassador of the Republic of Poland to Beirut, a post she assumed in November 2024. A graduate of the Faculty of Oriental Studies at the University of Warsaw and the Diplomatic Academy (2004), she has extensive experience in Middle Eastern policy. For many years she has been dealing with the Middle East peace process, relations with MENA countries and Polish and EU policy towards the Middle East region. She previously served as deputy director of the Department of Africa and the Middle East at Poland's Ministry of Foreign Affairs, also representing Poland in Ramallah (2014–2019). From 2021 to 2023, she was political advisor to the EU Special Representative for the Middle East Peace Process in Jerusalem. In 2023, she joined a NATO expert team preparing a report on the southern neighbourhood. She defended her doctoral thesis on Ethiopian Jews in 2008 and speaks English, French, Hebrew, and basic Arabic.

When Marie Curie's great-grandson and the ambassador of the Curie Institute recount the extraordinary life of Maria Skłodowska Curie, they take us on a journey through Poland, France, her husband, her children, her research, her dedication, her risk-taking, her rewards, and above all, her character, which enabled her to assert herself in hostile environments. A woman of science unmatched in the history of humanity.



"المرأة في النهضة العربية المعاصرة"

ليليان الحاج قربان

Wednesday November 5, 2025 | 4:00 – 5:00pm (Beirut Time)

Online | ARABIC

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

مواليد ضهور الشوير، متأهلة من الدكتور جهاد عقل ولها ولدان دكتور جاد ولين. كاتبة وصحافية وباحثة. حائزة على الدكتوراه اللبنانية في علوم الاعلام والإتصال بدرجة جيد جداً من الجامعة اللبنانية - المعهد العالي للدكتوراه في العلوم الاجتماعية والإنسانية. أستاذة محاضرة في الجامعة اليسوعية في بيروت وفي كلية الاعلام في الجامعة اللبنانية. عضو في تجمع الباحثات اللبنانيات، وفي نادي الصحافة اللبناني. شاركت في ورش عمل ومؤتمرات حول قضايا المرأة والشؤون الإغترابية وعلوم الاعلام والإتصال في العالم العربي، حرية التعبير وحقوق الإنسان المنظمة من قبل هيئة الأمم المتحدة والمؤسسات الإعلامية العلمية والعربية واللبنانية وإشكاليات علوم الاعلام في المجتمعات العربية. شاركت في العديد من الندوات والأوراق البحثية. لها أربع كتب: التضليل الإعلامي في الشغور الرئاسي اللبناني عام 2016، مغتربة في وطنين عام 2021، لبنان الكبير في الصحافة المهجريّة (1908 – 1926) عام 2023، المرأة في النهضة العربية المعاصرة، رائدات من لبنان والمشرق عام 2025.

تتناول المحاضرة موضوع كتابي "المرأة في النهضة العربية المعاصرة – رائدات من لبنان والمشرق"، الذي صدر عن دار سائر المشرق في مناسبة يوم المرأة العالمي في 8 آذار، 2025 بفصوله الخمسة التي تناولت المرأة العربية والتحويلات التاريخية، قضايا المرأة في الصحافة العربية، نشأة الصحافة النسوية العربية، المؤتمر النسائي في بيروت عام 1928 ونبذة عن نساء عربيات رائدات. يستلطف المحاضرة الضوء على نضال المرأة الفكري الذي بدأ قبل نحو 150 سنة، إذ خاضت المرأة العربية خلال هذه السنوات نضالاً جدياً وممنهجاً مكثها من الحصول على حريتها ومكانتها المتقدمة في عدد من الدول العربية. هذه المحاضرة تضيء على ما قدمته رائدات عربيات في مطلع القرن العشرين خصوصاً في الصحافة التي واكبت الحركة النسوية من مؤتمرات وصالونات أدبية وإبداعات عززت طروحات المرأة الفكرية التحررية.

4. HERITAGE



BEIRUT OLD DOORS ... LIFE BEHIND THEM...

TAREK KAWA

Wednesday September 17, 2025 | 11:00am – 12:30pm (Beirut Time)

Hybrid | Arabic AND English

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

Tarek Kawa has emerged as a captivating modern-day Hakawati, reviving the traditional role of the Middle Eastern storyteller. Deeply connected to the history and soul of Beirut, Kawa created Beirut's Collective Memory (Zikrayat Beirut), a podcast series that preserves personal and communal stories. His work honors the cultural roots of oral storytelling in Lebanon, a tradition that passes down values, history, and social insights. Through modern media, Kawa brings this art form to new audiences. Beyond Beirut, he has expanded his storytelling to include Zikrayat Ahl Bhamdoun, about the town where he currently lives, and Zikrayat Saydawiyyeh, based on the memoirs of Mohammad Raji Bisat. He also adapted Rihla fi Dhākirati, the memoirs of Adnan Kabbani. In a recent creative collaboration with painter Hassan Turk, Kawa adds narrative depth to visual art by writing and narrating stories inspired by Turk's paintings, blending two art forms into one compelling experience.

It is a journey back in time to different eras of the walled city of Beirut. It will start with uncovering Riad El Solh Square, then moves through Bab Yaqoub, other city gates and old souks like Mounajdeen and Kharrateen; while also linking past landmarks to their present-day sites. A narrated, descriptive "visit" with old and new images from the gates to the souks and beyond.

5. AMBASSADOR'S SERIES



THE ART OF DIPLOMACY: A GLIMPSE INTO THE WORK OF THE AUSTRIAN AMBASSADOR TO LEBANON

AMBASSADOR FRANZISKA HONSOWITZ

Tuesday December 2, 2025 | 10:00 – 11:00am (Beirut Time)

Hybrid

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

Ambassador Honsowitz is an Austrian diplomat with over four decades of experience in international relations. Since joining the Austrian Federal Ministry for European and International Affairs in 1984, she has held numerous senior positions. Since September 2024 she serves as the Austrian Ambassador to Lebanon. Before she was Director for International Scientific Cooperation and Dialogue in the Austrian Foreign Office in Vienna (2022-2024). She served as Austrian Ambassador to the Holy See (2018–2022) and to Algeria (2014–2018). Previous roles include the Head of Department for Latin America and the Caribbean in the Foreign Office, and diplomatic postings in the Austrian Embassy in Bonn, and the Austrian Mission to the United Nations in New York. Throughout her diplomatic career, she has worked on political, economic, cultural, and multilateral issues. Ambassador Honsowitz holds a doctorate in law and speaks five languages: German (mother tongue), English, French, Italian, and Spanish.

What does it mean to be a diplomat? What are the responsibilities, the skills required, and how does one become an ambassador? This lecture explores the art of diplomacy and provides insight into the professional path of a diplomat, including the academic qualifications needed and the personal qualities that define success in this field. We will also take a closer look at the daily life and work of the Austrian Ambassador in Lebanon, offering a real-world perspective on diplomacy in action. In addition, we will discover more about Austria—its landscapes, cities, and people—and the country's longstanding relationship with Lebanon. From historical ties to modern-day cooperation, we will examine cultural exchange, economic partnerships, student programs, and Austria's social system. This session offers not only a deeper understanding of diplomacy but also a unique opportunity to learn about Austria and its connections with the Lebanese people on multiple levels.

6. ARTS AND MUSIC



LISZT

GEORGES HADDAD

Tuesday October 14, 2025 | 5:00 – 6:30pm (Beirut Time)

Hybrid

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

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.

Liszt was the musician in which all contradictions coexisted, this perpetual tension fueled his life and career and infused all his music. In his time, he was equally adulated and abhorred, but no one in Europe could stay indifferent to him. In the span of 90 minutes, we will explore the life and music of this amazing troublemaker who famously quipped "In life, one must decide whether to conjugate the verb to have or the verb to be."



من الملاجئ إلى الخشبة: رحلة كسر السقف الزجاجي المجتمعي

HANAN HAJJ ALI

TBA

Hybrid | ARABIC

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

فنانة مسرحية وناشطة وباحثة ومستشارة ومدربة، بدأت مسيرتها في التمثيل والكتابة والإخراج منذ عام (1978) حاصلة على بكالوريوس في علم الأحياء من الجامعة اللبنانية ودبلوم في التمثيل، وماستر في الدراسات المسرحية من – IESAV جامعة القديس يوسف (2008). تدرس حالياً في برنامج ماجستير الدراسات المسرحية بمعهد IESAV منذ عام 2012، كما كانت أستاذة في الجامعة اللبنانية – الفرع الثاني منذ 2017. هي المؤسسة والرئيسة الفنية لـ «المورد الثقافي» (Culture Resource) منذ 2004-2009، وعضوة مؤسسة في جمعية «شمس للتعاون الثقافي للشباب» منذ 1999، وعضو في مجلس خبراء «اتجاهات ثقافية مستقلة»، و«العمل للأمل» وغيرها. مؤلفة ومحاضرة كتب مرجعية مثل «السياسات الثقافية في الدول العربية» و«مسرح بيروت» ودليل لإدارة الثقافة. حصلت عام 2017 على وسام «فارس» من وزارة الثقافة الفرنسية تكريماً لإنجازاتها في الفنون والآداب.

محاضرة عن رحلتي الطويلة التي بدأت من مسار في العلوم إلى مسيرة في الفن والمسرح. أشارككم لحظة عن بداياتي في التمثيل من الملاجئ، حين كنّا نختبئ خلال الحرب الأهلية، وكيف انطلقت من هناك لأشقّ طريقي في عالم المسرح. تجربة تمكّنت من خلالها من كسر السقف الزجاجي المجتمعي الذي كان يقيد النساء الممثلات، وأسهمت في تغيير الصورة النمطية للممثلة، وفتح الطريق أمام أخريات ليتقدّمن في هذا المسار ويصنعن أثرهن الخاص.



الإناء ينضح بما فيه

انجو ريحان

Thursday November 27, 2025 | 11:00am – 12:00pm (Beirut Time)

Hybrid | ARABIC

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

انجو ريحان حائزة على دبلوم دراسات عليا في التمثيل من معهد الفنون الجميلة في الجامعة اللبنانية. منذ عام ٢٠٠٥ بدأت مسيرتها الفنية كممثلة محترفة، لعبت في عدة أعمال أبرزها، في التلفزيون المسلسلات: «تشيلو» و «شبابيك» إخراج سامر برقاي، «انتي مين» إخراج إيلي حبيب، «ظل» إخراج محمود كمال، «وأخيراً» إخراج أسامة ناصر، مسلسل «كريستال» إخراج هالكان أرسلان. في السينما أفلام أبرزها: «هلق لوين» إخراج نادين لبكي، «بيروت هولدم» إخراج ميشال كمون، في المسرح: «حكي نسوان» إخراج لينا خوري عام ٢٠١٠، «اسمي جوليا» عام ٢٠١٦ و«مجذرة حمرا» عام ٢٠١٨ و«شو منلبس» عام إخراج وكتابة يحيى جابر، ٢٠٢٤. وما زالت آخر مسرحيتين تعرضا حتى الآن. وقد نالت عن مسرحية «مجذرة حمرا» جائزة أفضل ممثلة مسرح في مهرجان المسرح في لبنان سنة ٢٠٢٠.

من طفلة في الضيعة تحمل حلم التمثيل، إلى شابة في بيروت وجدت في المسرح مرآة لنفسها وللعالم، ظلّ الشغف هويتي والطريق. المسرح علمني أن نفهم الآخر لا بما يقوله فحسب، بل لماذا يقوله، وأن نتقبّل اختلافه كجزء من إنسانيتنا. في بلد يزرع فينا الخوف ويقسمنا الطوائف، اكتشفت أن ما نملا به قلوبنا هو ما يفيض على العالم: فإذا أخذنا حباً وأعطينا حباً صار المسرح مساحة للحرية واللقاء. وهذه رحلتي التي أشارككم إياها اليوم، شهادة حياة عن التفاوض، عن التعلّم، وعن لبنان الممكن.



زياد وزيا: تحية لزياد الرحباني

محمد سويد

TBA

Hybrid | ARABIC

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

محمد سويد، كاتب وناقد ومخرج سينمائي لبناني. مواليد بيروت 1959. كتب في صحف لبنانية وعربية عدة، حيث تفرغ لكتابة النقد السينمائي وتحرير صفحاتي الثقافة في جريدة "السفير" (1982 – 1992) و"الملحق الثقافي" الأسبوعي لجريدة "النهار" (بين 1992 و2002)، فضلاً عن نشر مقالات نقدية في مجلة "الكفاح العربي" وصحيفة "الحياة". نشر ثلاثة كتب هي على التوالي: "السينما المؤجلة – أفلام الحرب الأهلية اللبنانية" (عن مؤسسة الأبحاث العربية، عام 1986)، "يا فؤادي – سيرة سينمائية عن صالات بيروت الراحلة" (دار النهار، عام 1996) ورواية "كباريه سعد" (دار الآداب، عام 2004). شارك في كتابة سيناريو الفيلم الطويل "باب الشمس" للمخرج المصري يسري نصر الله نقلاً عن رواية "باب الشمس" للكاتب اللبناني الياس خوري. أقام محاضرات وأحيا عروض إلقاء فردية أبرزها في متحف "موما"، نيويورك، ومدرسة الفنون الجميلة، باريس، والعديد من المحافل الفنية في لبنان وعواصم عربية ومدن أوروبية عدة.

هي استعادة لتجربة زياد الرحباني الفريدة، ذاك الصوت الأيقوني الذي غيّر وجه الموسيقى والمسرح والإذاعة والفيديو منذ سبعينات القرن الماضي. زياد الذي جمع بين النغم والفكرة، بين السخرية والجرأة، بين الهمّ الفردي والوجع الجماعي، فصار مرآة لزمان يكامله وصوتاً لا يغيب. في هذه المحاضرة، نسعى إلى تكريم إرثه الحي، والوقوف عند محطاته الفنية والفكرية، تقديرًا لذاكرته ما زالت تنبض في وجدان أجيال متعاقبة، واستحضاراً لحضوره الذي لم ولن يبهت.



مقاربة التاريخ اللبناني من خلال السينما الوثائقية

هادي زكّاك

TBA

Online | ARABIC

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

هادي زكّاك مخرج سينمائي لبناني حائز على جوائز عدة وأستاذ-باحث في معهد السينما IESAV- جامعة القديس يوسف- بيروت. أخرج أكثر من 20 فيلماً وثائقياً حول مواضيع سياسية واجتماعية تتعلق بلبنان والعالم العربي ومن أبرزها: "سليماً" (2024) (جائزة أفضل إخراج في مهرجان الإبداع العربي، القاهرة 2024)، "يا عمري" (2017) (جائزة لجنة التحكيم في مهرجان مالمو للفيلم العربي، السويد 2017)، "كمال جنبلاط، الشاهد والشهادة" (2015) (جائزة الفرنكفونية لأفضل فيلم وثائقي 2016)، "مارسيدس" (2011) (جائزة إتحاد النقاد الدوليين في مهرجان دبي السينمائي 2011)، "درس في التاريخ" (2009) (الجائزة الأولى في مهرجان الفيلم العربي، روتردام، هولندا 2010)، "حرب السلام" (2007)، "لاجئون مدى الحياة" (2006). ألف زكّاك كتابين عن السينما: "العرض الأخير، سيرة سليمان طرابلس" (2021) و"السينما اللبنانية، مسار سينما نحو المجهول (1929-1996)" (1997). قدّم معرض: "في هذا المكان: شرائط لوسط بيروت" في مركز مينا للصورة في بيروت في العام 2022. كما أسس شركة زكّاك فيلمز في العام 2012 مع أعضاء فريق عمله بهدف إنتاج الأفلام الوثائقية.

منذ طفولتي خلال الحرب الأهلية في لبنان، كنت مهتماً بالتاريخ، وحاولت لاحقاً التعمق فيه من خلال عملي، واخترتُ السينما الوثائقية تحديداً كإداة لحفظ الذاكرة ومحاربة الموت. ولعدم وجود اتفاق على تاريخ وطني مشترك، مكنتني العمل في مجال البحث والأفلام الوثائقية من خلق حوار دائم بين الحاضر والماضي، واختيار أدوات متنوعة لسرد القصص. كيف يمكن تناول التاريخ من خلال سيرة مدينة، سيارة، قائد سياسي، فرد من عائلتي؟ كيف أتعامل مع البحث والأرشيف؟ كيف أتفاعل مع الواقع؟ كيف ألاحظ وأحلل من خلال استخدام جميع الأدوات السينمائية المتاحة؟ كيف يحافظ الفيلم الوثائقي على ذاكرتنا الجماعية؟ رحلة مشاركة تستند على مجموعة مشاهد من الأفلام التي أنجزتها.

II. تعاون بين جامعة الكبار وكرسيّ الشيخ زايد بن سلطان آل نهيان للدراسات العربية والإسلامية



بهدف توطيد الشراكة بين جامعة الكبار ومختلف المراكز والبرامج في الجامعة الأميركية في بيروت، يسرنا إطلاق أول تعاون مع كرسيّ الشيخ زايد بن سلطان آل نهيان للدراسات العربية والإسلامية، الذي يهدف إلى دعم البحث والتعليم وإحياء التراث الفكري العربي والإسلامي عبر المنح والأنشطة العلمية والثقافية. سيتضمن التعاون نشاطين مفصلين فيما يلي.

الذاكرة في مواجهة الزمن: حوار مع نجوى بركات

TBA

Hybrid | ARABIC

Number Of Sessions: One | Capacity: Unlimited (Open to the Public)



نجوى بركات

هي روائية وصحفية لبنانية من مواليد بيروت. درست الفنون المسرحية قبل انتقالها إلى باريس عام 1985 لمتابعة دراستها في معهد السينما. عملت في الصحافة المكتوبة والإذاعية والتلفزيونية وقدمت برامج ثقافية. بدأت مسيرتها الأدبية عام 1986 برواية "المحول"، تلتها أعمال بارزة عن دار الآداب منها: حياة وآلام حمد ابن سيلانه (1995)، باص الأوامر (1996)، يا سلام (1999)، لغة السر (2004)، مستر نون (2019)، وغيبية مي (2025). حازت أعمالها اهتماماً نقدياً واسعاً، ترجمت إلى لغات عدة، وبلغت القوائم القصيرة لجوائز عالمية مثل: جائزة فيمينيا (فرنسا)، جائزة الأدب العربي (لاغاردير/معهد العالم العربي)، جائزة إبيرد البريطانية (لندن)، وجائزة المنتدى اللبناني في باريس. أسست "محترف كيف تكتب رواية؟" الذي أصدر حتى اليوم 23 رواية عن أهم الدور العربية. وهي حالياً تعد وتقدم البرنامج الأدبي الأسبوعي "مطالعات" على قناة العربي 2، إضافة إلى عمود أسبوعي في صحيفة العربي الجديد.



رنا روكز

رنا روكز باحثة ومدرسة. نالت الإجازة في اللغة العربية وآدابها من الجامعة الأميركية في بيروت. تتركز رسالتها على الأدب النهضوي الشيخ إبراهيم الأحب الطرابلسي، ولا سيما مقاماته النسائية وصلتها بالتراث الأدبي وسياقاتها الاجتماعية والسياسية. تشارك رنا أيضاً في استضافة "الصالون الأدبي" في الجامعة الأميركية في بيروت إلى جانب الدكتور بلال الأرفه لي. وفي عام 2022، حصلت على جائزة نادر للتميز في اللغة العربية وآدابها. عملت كذلك باحثة ومحاضرة في المركز العربي للأبحاث ودراسة السياسات (ACRPS) عام 2024. وعلى الصعيد التربوي، تدرس اللغة العربية لغير الناطقين بها في الإنترناشونال كولدج (IC) وفي البرنامج الصيفي في مركز الدراسات العربية ودراسات الشرق الأوسط (CAMES) في الجامعة الأميركية في بيروت.

تدعوكم جامعة الكبار بالتعاون مع كرسي الشيخ زايد بن سلطان آل نهيان للدراسات العربية والإسلامية في الجامعة الأميركية في بيروت إلى لقاء مع الروائية اللبنانية نجوى بركات للحديث عن روايتها الأخيرة «غيبية مي»، في حوار تديره رنا روكز. يتفحص الرواية الذاكرة وتعقيداتها، وما تنتج من أسئلة حول الغياب والبحث عن الذات. وفي هذا اللقاء، نرافق الكاتبة في قراءة لتجربتها الأدبية التي غدت مساحة لفهم ما نعيشه ونخزّنه في ذاكرتنا، حيث تكشف «غيبية مي» عن تحول الغياب إلى شكل آخر من الحضور، وانفتاح الذاكرة على معانٍ معقدة تتجاوز مجرد الاسترجاع لتصير سؤالاً عن الوجود نفسه. كما يتناول الحوار قضايا العمر، والكبر في السن، وما يرافقهما من هشاشة في الجسد والذاكرة، بوصفها جزءاً من تجربة الإنسان في مواجهة ذاته والعالم.



مختبر الحكايات: دورة في الكتابة الإبداعية مع الأدبية د. هدى بركات

هدى بركات

Tuesdays October 7, 14, 21, 28, November 4, 11
Thursdays October 9, 16, 23, 30, November 6 and 13
11:00am – 12:30pm (Beirut time)

In-person | ARABIC

NUMBER OF SESSIONS: TWELVE | Capacity: 15 (Open to members only)

هدى بركات روائية لبنانية وُلدت عام 1952، تُعد من أبرز الكاتبات في الأدب العربي المعاصر. اشتهرت برواياتها التي تتناول قضايا الهجرة، الحرب، والمنفى، ومن أبرز أعمالها حجر الضحك وبريد الليل، التي فازت بالجائزة العالمية للرواية العربية عام 2019. تعيش في فرنسا منذ الثمانينات وتُعرف بأسلوبها الأدبي العميق والمكثف.

يسرّ جامعة الكبار أن تستضيف الروائية اللبنانية المرموقة هدى بركات في دورة مميزة حول الكتابة الإبداعية. على مدى اثنتي عشرة جلسة، سيتعرّف المشاركون إلى تقنيات السرد وبناء الحكاية وفن ابتكار الشخصيات المؤثرة. تهدف الدورة إلى تشجيع التعبير الشخصي وصقل المهارات الأدبية ضمن بيئة داعمة وتفاعلية. وستشارك بركات مع الحاضرين خبراتها وإضاءاتها المستمدة من مسيرتها الروائية المميزة. إنها فرصة نادرة للتعلم من إحدى أبرز الأصوات الأدبية في العالم العربي.

III. STUDY GROUPS

LIMITED CAPACITY | FOR MEMBERS ONLY

6. SPECIAL INTEREST GROUPS



MOVE THAT WEIGH

MAAN NASREDDINE

Group 1: Tuesday September 16, Thursday September 18, Tuesday September 23 and Thursday October 2, 2025

Group 2: Tuesday October 7, Thursday October 9, Tuesday 14 and Thursday October 16, 2025

4:00 – 5:00pm (Beirut Time) | In-person | ARABIC

Number of sessions: 4 sessions per group | Capacity: 20 (Open to members only)

A fitness journey enthusiast with a passion in making a true difference and transformation in people's physical and mental wellness. Eager to highlight the importance of physical exercising as much as possible in order to inspire people to embrace a healthy lifestyle and therefore attain a healthier and fitter community. I strongly believe that at no matter what stage in life a person is, it is never too late to get engaged even at a moderate pace, improvements will be tangible. Maan has given study groups at the UfS over two terms in Spring 2024 and Spring 2025.

The "Move That Weigh" study group is a beginner resistance training class designed to help you maintain mobility, build strength, and support everyday movements — like standing up from a chair, carrying groceries, or climbing stairs. Using simple resistance bands, we'll focus on gentle, guided exercises that improve balance, flexibility, and muscle tone. Whether you're just getting started or looking for a gentle routine to stay active, this class will help you move with more ease and confidence in your daily life.



RELAXATION AND GUIDED MEDITATION

NAWAL FLEIHAN

Wednesdays November 12, 19, 26 & December 3, 2025

10:00 – 11:00am (Beirut time)

Online

Number of sessions: four | 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

MIKA MARUMOTO

Wednesdays October 8, 15, & 22 and Mondays November 3 and 10, 2025

4:00 – 5:00pm (Beirut Time)

Online

Number of sessions: five | Capacity: 15 (Open to members only)

Mika is an experienced yoga practitioner and part-time instructor, holding a 500-hour Kripalu Ayurvedic Yoga teacher certification from the Kripalu Schools of Yoga and Ayurveda. She currently teaches yoga, pranayama, and meditation, focusing primarily on local communities in Washington, D.C. Her specialty is "gentle yoga," tailored for individuals aged 50 and older. Mika expresses her deep gratitude for yoga and Ayurveda by guiding participants to recognize the beauty of their minds for cultivating inner peace and unlocking their bodies' wisdom and healing potential. Her primary goal in practicing yoga with UfS participants is to promote health and well-being, foster resilience during challenging times, and inspire individuals to become their best selves. Beyond yoga, Mika is also a business and nonprofit executive dedicated to advancing causes related to sustainability and healthy aging.

Our five-session gentle yoga course will introduce UfS members to pranayama (breathing exercises), basic asanas (postures) with variations, and simple sequences of asanas as meditation in motion. Primarily using the Kripalu yoga approach, our collective intention is to expand self-awareness of the body and mind while breathing consciously. As Kripalu means “compassion” in Sanskrit, our approach emphasizes self-acceptance without judgment and self-care with adaptability, fostering a balance between the body, mind, and spirit. Each session will include movements to support spinal health, as well as exercises for specific areas such as the neck, shoulders, lower back, and hip joints, which may require increased awareness for healing as we age. We will also explore relaxation techniques to nurture mental resilience and cope with life’s challenges. No prior yoga experience is necessary. Everyone is welcome, especially those interested in healthy aging through yoga. **If you have any ongoing medical conditions, please consult your physician for permission to participate before enrolling in the course.**



ART CAN HEAL YOU: CREATIVE MINDFULNESS ACTIVITIES

Group 1: Wednesday October 15 & Friday October 17, 2025

Group 2: Wednesday November 5 & Friday November 7, 2025

11:00am – 1:00pm (Beirut time) | In-person

Number of sessions: two sessions per group | Capacity: 15 (Open to members

only)

Professional artist and certified art therapist, founder of « 30x30 Creative Space » an art academy and therapy center in Beirut. Art therapy is a « therapeutic practice that blends art and psychology » using creative expression to help individuals explore emotions, thoughts, and experiences in a non-verbal way. Providing a « safe, supportive space » where artistic skill is not required—only a willingness to express and reflect. Benefits include « stress reduction, emotional healing, enhanced self-awareness, and deeper personal insight », particularly for those who find verbal communication challenging.

Join this « two-session workshop » to explore the transformative power of art therapy. Session 1: Introduction to Art Therapy & Psychotherapy. Session 2: A self-discovery session, using creative expression to deepen personal insight. This workshop is perfect for anyone seeking emotional clarity, stress relief, or a new way to explore their inner world. No prior art experience is needed. **This study group was offered in the Spring 2025 term and due to its success will be given in the Fall 2025 term.**

RAISING AWARENESS ON COLLECTIVE TRAUMA AND ITS IMPACT IN OUR SOCIETIES

IN PERSON session: Thursday October 30, 2025 | 3:30 – 5:45pm (Beirut time)

ONLINE session: Thursday November 13, 2025 | 4:00 – 5:30pm (Beirut time)

In-person and online sessions

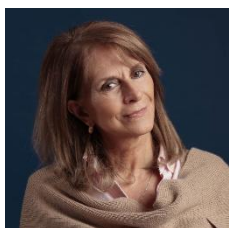
Number of sessions: two | Capacity: 40



FRANK BEHRENS

I became a trained process engineer. I was magically attracted by the process feature in transformation processes, deeply inspired and often excited about the way technical processes can be designed. More recently, as a freelance sales engineer in international sales, I have been experiencing the call to change direction for more than 10 years. Rich in insights into the structures of society, industries and cultures, this time has been invaluable to me to this day. Now this change of direction has been accomplished to the point that I am sharing, communicating, and evolving in the process. Given that my calling

today is to raise awareness around the impact of collective trauma in our societal structures and development, I became “certified” as a Collective Trauma Facilitator with the Pocket Project.



FLAVIA VALGIUSTI

Flavia Valgiusti is a Lawyer, Social Psychologist, and former Juvenile Court Judge who envisions the law not merely as a system of rules, but as a living force for care, healing, and restoration. As Director of the Institute of Neurosciences and Law, Consultant for UNICEF, Professor of Criminology, and international speaker, she integrates trauma awareness into legal practice, acknowledging the wounds carried by individuals and communities. Through her work across Latin America and international networks, she explores how collective trauma shapes our societies — and how the law, when attuned to

collective trauma, can contribute to rebuilding the social fabric of our communities. To restore the Law of Life is to remember who we are — and who we are together, in the most essential way.



HAUDA NAJEM

Hauda is a seasoned expert in organizational development and education, with over 25 years of experience, including more than a decade specializing in sustainable change management, program design, and evaluation. She has worked closely with senior decision-makers at ministerial and donor levels, contributing to high-impact initiatives across diverse international contexts, including Lebanon, France, Abu Dhabi, Saudi Arabia, and with regions in Africa. In addition to her technical expertise, Hauda is an integral practitioner dedicated to personal and professional growth in the fields of trauma healing and Nonviolent Communication (NVC). Her deep commitment to meaningful, sustainable change has led her to co-found four social and environmental initiatives: *Save Abu Ali Beach*, *KAM Kollektive*, *pub•op*, and *Commune* كمتون. Hauda's long-term vision is to co-create a nature-based retreat center that hosts year-round programs for youth and individuals from all walks of life. Through this space, she hopes to foster empathy, healing, and a sense of shared humanity—ultimately helping to reduce judgment, division, and othering in society.

Personal, ancestral, and collective trauma have a significant impact on our daily life. Trauma is widely discussed nowadays and raises all sorts of questions. Simply put, trauma affects the ways we perceive our life and mostly, the ways we deal with and react to challenging situations. We aim to raise awareness around the existence of trauma in its discernible forms and give participants a brief theoretical and experiential overview of this field of exploration. Therefore, our three-step offering invites participants to:

1. Get background information on trauma in general and collective trauma in particular, via an introductory online presentation + Q&A. **This session is a lecture that is open to all UfS members, check details on page 8.**
2. Benefit from an in-person experience and exchange
3. Harvest via an integration online session

This will be a first touch on a wide and complex field we are just about to explore and understand.

BOTANICAL GARDENS & NATIVE PLANTS

Mondays October 6, 13, 20, 2025 | 4:00 – 5:00pm Beirut time

Online | ARABIC

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



MARC BEYROUTHY

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.

This study group consists of three virtual sessions, followed by an educational trip:

1. **Botanical Gardens:** This session will delve into what botanical gardens are and botanical gardens in Lebanon.
2. **Native Plants:** This session will showcase native plants in Lebanon and will provide guidance on how to take care of our native plants.

3. Frequently Asked Agricultural Questions: This session will answer frequently asked questions about botanical gardens and native plans.

LEBANESE FORESTS & WILDLIFE

TBA

Online

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



AYA KHOUZAMI

A first-year veterinary medicine student in Budapest, Hungary, with a biology and wildlife rescue background from Lebanon. She was previously a Research Assistant at AUBotanic. Her part of the lectures will explore the interaction between humans and native animals, with an emphasis on raising awareness and concern. The syllabus will cover endemic and invasive animal species, traditional and modern hunting methods, and common myths about local fauna. Through interactive sessions, participants will learn how human actions influence the survival of wildlife in the region. Her lectures are built around real-life examples drawn from her hands-on experience caring for injured and orphaned animals.

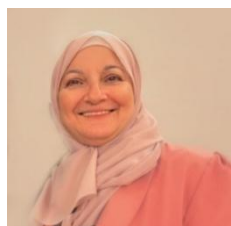


VITALY AOUN

An environmental engineer and project manager with a strong background in sustainability and biodiversity conservation. He recently completed his MBA in Paris and is currently working on a new project with international partners. As the former coordinator of AUBotanic, he brings extensive knowledge of Lebanon's native plant life and ecosystems. His part of the lectures will delve into the variety of Lebanese forests, endemic plant species, and the threats they face from urbanization, climate change, and invasive species. Participants will also learn about traditional uses of local flora, conservation efforts, and the role of vegetation in supporting overall ecosystem health.

Together, Aya and Vitaly, having both worked previously at AUBotanic, will guide participants through the fascinating relationships between Lebanon's plants, animals, and people. The course aims to spark curiosity, encourage critical thinking, and promote meaningful discussions around conservation in Lebanon, offering engaging content grounded in science and lived experience.

Lebanese Forests & Wildlife is a four-part course investigating the rich biodiversity in Lebanon in both animals and plants. Vitaly Aoun (plants) and Aya Khouzami (wildlife) will lead the sessions on invasive species, endemic species, hunting awareness, and an interactive de-mystification discussion. The course is made to teach participants how native species — flora and fauna — respond to the environment and are impacted by human presence. Scientific knowledge is balanced with practical examples in every session in order to actively involve the participants and facilitate critical thinking. No prior knowledge is required. Observations may be contributed by students at any time and questions will be encouraged. Active engagement is invited. The intention is to generate appreciation, responsibility, and curiosity towards the forests in Lebanon and the species the forests harbor.



الحياكة بالكروشيه

منى الوزان

Mondays September 22, October 6, 13, & 20, 2025

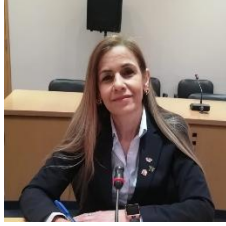
11:00am – 1:00pm (Beirut Time)

In-person | **ARABIC**

Number of sessions: four | Capacity: 15 (Open to members only)

اكتشفت منى الوزان شغفها بحياكة الصوف والكروشيه كهواية عندما علمت نفسها بنفسها منذ سن مبكر. وإصرارًا منها على تطوير مهاراتها، التحقت بتدريبات متقدمة في الكروشيه عبر برامج قُدمتها وزارة الشؤون الاجتماعية وجمعية محلية متخصصة في المهارات المهنية. لاحقًا، تعاونت منى مع مصممين لبنانيين، مثل "أوريانثالز باي زينة"، حيث عرضت أعمالها اليدوية في معارض، بعضها لتحقيق فائدة مادية وأخرى لدعم قضايا إنسانية. بدافع حبها للعطاء، قامت مؤخرًا بحياكة أطقم من الصوف للأطفال الذين هجّروا بسبب الحرب، ما يعكس التزامها بالخدمة المجتمعية. وهي شغوفة بتمكين الآخرين، لا سيما النساء، من خلال تعليمهم فن الكروشيه والحياكة، لما لهذه المهارات من فوائد نفسية واجتماعية واقتصادية عميقة. بالنسبة لمنى، لا تقتصر دروسها على تعليم حرفة فحسب، بل تهدف أيضًا إلى تعزيز الإبداع، وبناء الروابط، وخلق فرص للنمو والاستقلالية.

اكتشفوا متعة وفوائد الكروشيه العلاجية في هذه الدورة! سواء كنتم مبتدئين أو لديكم معرفة أساسية بالكروشيه، ستأخذكم هذه الدورة خطوة بخطوة لتعلم فن الكروشيه بسهولة. ستتعلمون الغرز الأساسية، وتتعرفون على أنواع الإبر، والقواعد الأساسية، وكيفية اختيار الأنواع المناسبة من الإبر والخيط لكل غرزة. الحياكة بالكروشيه ليست مجرد حرفة، بل هي نشاط يبعث على الهدوء ويخفف من التوتر، كما يعزز الحركة اليدوية ويبقي العقل نشطًا. بالإضافة إلى ذلك، تمنح العملية الإبداعية شعورًا كبيرًا بالفخر والإنجاز، وسيقدّر أحباؤكم الهدايا المصنوعة يدويًا بكل حب واهتمام. يمكن أن تصبح هذه المهارة فرصة لخلق مصدر دخل جانبي يدعمكم ماليًا. انضموا إلينا لتجربة سحر الكروشيه.



TRICOT - تريكو: مساحة تتنفس فيها روعي

مها دلال

Tuesday October 21, Thursday October 23, Tuesday October 28 and Thursday October 30, 2025 | 11:00am – 12:30pm (Beirut Time)

In-Person | **ARABIC**

Number of sessions: four | Capacity: 15 (Open to members only)

مها دلال ناشطة اجتماعية وثقافية سفيرة سلام وسفيرة الشبكة العربية حاصلة على 15 دكتوراه فخرية وعلى 148 شهادة عملية وتقديرية دولية وعربية. منذ الصغر اهوى الكروشيه والتريكو وأبدعت بهما. درست سيدات عدة بهدف تمكين المرأة كما العديد من الأطفال خاصة الذين نزحوا في العدوان. حائزة على دروع وتكريمات عديدة ونالت جائزة الأم المثالية وعدة اوسمة لدعمها للجيش اللبناني. تم تكريمها من المنتدى الرقمي ومن قبل أرز الباروك وأرز بشري. عملت على انشاء مطبخ لدعم السيدات كما انشأت مكتبة ومستوصف خيري مع العديد من المساعدات للمحتاجين.

الحياكة أكثر من مجرد هواية، إنها مساحة هادئة تتيح للذهن أن يسترخي ولليدين أن تبتكرا. الحياكة تساعد على التركيز، وتمنح شعورًا بالإنجاز، كما أنها وسيلة فعالة للتعبير والراحة النفسية. هذا الصف موجه لكل من يرغب في تعلم فن الحياكة. سنتدرّب معًا على الأساسيات، وننتقدّم تدريجيًا بحسب مستوى كل مشارك/ة، وسنصنع قطعًا يدوية فريدة، لا تشبه إلا من نسجها. الحياكة تساعد على التركيز، وتمنح شعورًا بالإنجاز، كما أنها وسيلة فعالة للتعبير والراحة النفسية.



PLASTIC MODELING FOR BEGINNERS: LEARN TO ASSEMBLE YOUR FAVORITE VEHICLES

EMAD TABSH

Monday November 3, Tuesday November 4, Monday November 10, Tuesday November 11, Friday November 14 and Monday November 17 | 12:00 - 1:00pm

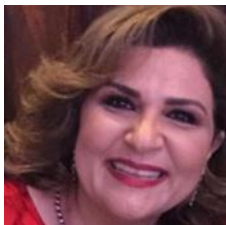
Beirut time

In-person

Number of sessions: six | Capacity: 15

Emad F. Tabsh, born in Beirut in 1957, is a retired gasoline station owner and manager. He earned his BA in Public Administration from the American University of Beirut (AUB) in 1982. He later pursued extension courses at AUB and LAU in car mechanics, public relations, marketing, finance, and management. From 1982 to 1988, he served as a Field Officer with the International Committee of the Red Cross, coordinating detainee affairs and liaising with various factions during the Lebanese civil war especially during the Sabra and Shatila massacres and wars of the camps. Emad is also an aviation enthusiast, ex-private pilot, founding member of the Lebanese Private Pilots Association, and founder of the Tabsh Family Society. A dedicated squash player and model aircraft hobbyist, he joined the University for Seniors in 2024 and begins his Master's degree at CAMES in Fall 2025.

Plastic modeling is a hobby where miniature replicas of objects, like vehicles, aircraft and ships are assembled from plastic parts. This class is a beginner-friendly plastic modeling class where you'll learn the basics of assembling, detailing, and painting of the models. This class is perfect for hobbyists looking to start their creative journey. There is an additional cost of \$22 for material to be used throughout the sessions.



ENGLISH AS A SECOND LANGUAGE: PART II

MONA AGHA MAKTABI

Tuesday November 18, Thursday November 20, Tuesday November 25, Thursday November 27, 2025 | 3:30 – 5:00pm (Beirut time)

Tuesday December 2 and Thursday December 4, 2025 | 2:30 – 4:00pm (Beirut time)

In-person

Number of sessions: six | Capacity: **Open to members of Spring 2025**

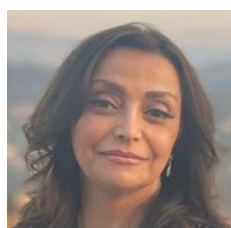
"English as a second language" study group

Mona holds a Bachelor of Engineer Agricole and a Diploma in Food Technology and Nutrition from the American University of Beirut. Her teaching career began at Rawdah High School, where she taught Science and English for five years. She then joined the AUB Hariri Program to teach English as a second language. After moving to Saudi Arabia, Mona volunteered as an ASL and ESL teacher at the American International School of Riyadh. In 2010, she returned to Beirut, teaching English at the University of Balamand and later became a substitute teacher at the American Community School of Beirut, where she also headed the Parents' Committee and contributed to strategic

planning. Currently, she is the Director of the Next Step Program at AUB's Continuing Education Center, an academic and career guidance program supporting youth and adults with intellectual disabilities. Passionate about teaching, Mona advocates for inclusion and continuous learning in education.

This class is **open to the members who took "English as a second language" in Spring 2025**

This is a continuation course for "English as a Second Language - part I" given during the Spring 2025 Semester. It will offer members basic survival skills in English through active involvement in authentic situations through reading, writing, speaking, and listening. Role-play, games, videos, and discussions will be some of the tools used in this interactive course. Those who took "English as a Second Language - part I" were able to express themselves and learn how to incorporate all they learned into their daily lives. By the end of this course, members will be able to understand the lectures and courses given in English at the University for Seniors, as well as learn how to communicate on a regular basis with others.



PERSONAL FINANCING

RANA MEHIO MOHARAM

Wednesdays November 12 & 19, 2025 | 4:00 – 5:00pm (Beirut time)

In-person

Number of sessions: two | Capacity: 20

Rana is a seasoned banking professional with over 30 years of experience in the Lebanese banking sector. She currently serves as a branch manager at one of Lebanon's leading banks, where she oversees operations and provides financial guidance to a wide range of clients. Her deep understanding of personal finance, savings, lending, and central banking policies makes her uniquely positioned to educate others on financial literacy and current banking challenges in Lebanon. Rana is passionate about sharing her knowledge to empower individuals—especially older adults—to make informed financial decisions. Through her sessions at the University for Seniors, she hopes to simplify complex topics and offer practical tools that participants can apply in their everyday lives.

Session 1: Personal Financing

Learn how to take control of your finances through budgeting, saving, debt management, and goal setting. This session introduces key tools, such as the 50/30/20 budgeting rule, emergency fund strategies, and the basics of investing.

Session 2: Understanding Central Bank Circulars and Bank Deposits

This session breaks down how Lebanese Central Bank circulars affect personal bank deposits and withdrawals. Participants will gain a clearer understanding of how these policies work, their rights as depositors, and how to navigate today's banking restrictions.

8. BOOK CLUBS



ENGLISH BOOK CLUB

Sawsan Maktabi

White Noise: Wednesday October 15, 2025 | 2:00 – 3:30pm (Beirut time)

The Notebook: Wednesday November 19, 2025 | 2:00 – 3:30pm (Beirut time)

In-person

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.

White Noise by Don DeLillo

Tells the story of Jack Gladney, his fourth wife, Babette, and four ultramodern offspring as they navigate the rocky passages of family life to the background babble of brand-name consumerism. When an industrial accident unleashes an "airborne toxic event," a lethal black chemical cloud floats over their lives. The menacing cloud is a

more urgent and visible version of the "white noise" engulfing the Gladneys—radio transmissions, sirens, microwaves, ultrasonic appliances, and TV murmurings—pulsing with life, yet suggesting something ominous.

The Notebook by Nicholas Sparks

An achingly tender story about the enduring power of love. It is the story of Noah returning home from World War II, and is haunted by images of the beautiful girl, Allie, he met fourteen years earlier. Unable to find her, yet unwilling to forget the summer they spent together, Noah is content to live with only memories. . . until Allie unexpectedly returns to his town but is now engaged to another man. The obstacles that once ended their previous relationship remain, and the gulf between their worlds is too vast to ignore. Like a puzzle within a puzzle, the story of Noah and Allie unfolds, and the result is a deeply moving portrait of love itself.

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

Written online discussion: September 22 – 29 | **ON-CAMPUS session:** Monday September 29, 2025 | 11:00am – 12:30pm (Beirut time)

Written online discussion: October 20 – 27 | **ON-CAMPUS session:** Monday October 27, 2025 | 11:00am – 12:30pm (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 المشاركون والمشاركات في 'حبر و تبر - منتدى الرواية العربية' بعد التحية،

يسعدني لقائكم مجدداً في فصل الخريف لعام 2025. سنستمر بالتواصل كتابيا 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 زاندا الاقتباسات التي تعكس روح الكاتب، وفكره، وأسلوبه. الأمر الذي يسعدني هو أننا سنختم الحديث بجلسة تجمعنا حضورياً للملحة الخيوط، ولتقييم التجربة ككل....إلى اللقاء.

وقع اختياري على روايتين سنناقشهما تباعاً أولاً بأول:

الرواية: أصبحت أنت

الكاتبة: أحلام مستغانمي

الناشر: هاشيت أنطوان / نوفل

الطبعة الأولى 2023

الصفحات 304

صدرت رواية "أصبحت أنت" للكاتبة أحلام مستغانمي عام ٢٠٢٤. سيرة ذاتية يلتزم فيها وهج تجارب الحب الأولى والنجاح الأكاديمي والمهني متقاطعا مع صورة اجتماعية سياسية لبلدها الجزائر منذ فوزها بالاستقلال عام ١٩٦٢. سيرة تطرح خلالها مستغانمي قضايا عدة وتلفت إلى عبثية الانجرار وراء الشعارات الثورية قبل تحقيق ثورة العقل. رواية ممتعة للفكر تنتمي إلى الأدب السياسي كتبت بلغة شفافه ترقى للشعر وحس أدبي رفيع لا يخلو من السخرية.

الرواية: الأشجار تمشي في الإسكندرية

الكاتب: علاء أسواني

الناشر: هاشيت أنطوان / نوفل

الطبعة الأولى 2024

الصفحات 374

يقدم الروائي علاء أسواني في روايته الأخيرة هذه صورة عن التغيرات التي طرأت على الحياة في مصر من جميع الجوانب السياسية والاقتصادية والاجتماعية إثر ثورة يوليو ١٩٥٢. اختار أسواني الحديث عن الاسكندرية بالذات كما يبدو لعراقة تاريخها ووجود مجتمع كوزموبوليتاني تعددي ضاربا جذوره في أرضها كالأشجار مستعيرا لها رمزية حكاية "زرقاء اليمامة" التي حذرت قومها من رؤية الأشجار تمشي. فإذا كانت الأشجار رمزا للحياة والاستمرار والخير والنبات فإن تحركها لا ينيء بالخير. رواية واقعية بأسلوب الكاتب السهل والممتع سواء كان القارئ يشاركه الرأي أم لا...

IV. EDUCATIONAL VISITS

LIMITED CAPACITY FOR MEMBERS ONLY

EXPLORING BOTANICAL GARDENS & NATIVE PLANTS

Friday October 10, 2025 | 9:00am – 4:00pm (Beirut time)

In-person | ARABIC

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



MARC BEYROUTHY

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.

This educational travel program will be led by Marc Beyrouthy and Elias Ziadeh. It will take us on a journey through three beautiful Lebanese sites to discover the richness of our native plants. We will start with a morning walk in the forest of Anfeh, followed by a stop in Kaftoun along a riverside trail in order to explore native plants in two different landscapes. We will then explore a botanical garden in Antelias that showcases the country's diverse flora. This is a wonderful opportunity to learn about Lebanon's natural heritage.

The cost will not exceed \$45 (including transportation and lunch), but the exact amount will be shared with you closer to the date.

- 9:00am SHARP: Departure from AUB campus to Anfeh
- 10:30am: Arrival at Anfeh and introduction to the day's agenda and key concepts
- 10:30am - 10:45am: Explore native plants through a walk in a forest
- 10:45am - 11:15am: Departure from Anfeh and arrival at Kaftoun
- 11:15am - 12:30pm: Explore native plants through a walk near a river
- 12:30pm - 1:00pm: Lunch
- 1:00pm - 2:30pm: Departure from Kaftoun to Nature Antelias
- 2:30pm - 3:30pm: Explore a botanical garden
- 3:30pm - 4:00pm: Departure back to AUB campus

DISCOVER THE NEUROBEHAVIORAL LABORATORIES

NEUROSCIENCE LABS AT AUBMC

Tuesday October 30, 2025 | 2:00 – 3:00pm (Beirut time)

In-person

Number of sessions: one tour | Capacity: 10 per group (4 groups)

The Neuroscience Labs aim at establishing a comprehensive understanding of the behavioral and genetic aspects of neurological diseases. Research projects are diversified and involves clinical and animal projects that would help understand the basis of congenital and adult neurological diseases.

Step inside our state-of-the-art neurobehavioral laboratories, where science meets discovery. During the tour, visitors will explore our specialized behavioral testing facilities for laboratory animal models and get a first-hand look at the tools researchers use to unlock the mysteries of the brain. The experience begins with demonstrations of the beam walking test and grip strength assessment, designed to evaluate coordination, balance, and muscle strength. Visitors will then see the test in action, measuring mechanical sensitivity to assess peripheral nerve injury. From there, the focus shifts to the mind, exploring cognitive and social behavior assays, including the sociability and social novelty tests to study patterns of social interaction. The tour culminates with one of the most widely recognized methods for measuring spatial learning and memory. Throughout the visit, guides will explain how these powerful tools are used in neuroscience and biomedical research, turning data into breakthroughs. The duration of each tour is 15 minutes.

V. UFS VIRTUAL GET TOGETHERS

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

FOR MEMBERS ONLY

Wednesday September 24, 2025 | 4:00 – 5:00pm Beirut time

TBA

Wednesday December 3, 2025 | 4:00 – 5:00pm Beirut time

The University for Seniors always aims at keeping members both intellectually engaged and socially connected. Over the past four 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. In addition to the in person social gatherings that the UfS Social Committee leads under the UfS umbrella, we are committed to maintaining online social connectivity with our members both in Lebanon and abroad. We will therefore hold three **online** get togethers, where all members are encouraged to come and share their stories and opinions on specific themes moderated by the UfS team and UfS Committees. These get togethers will maintain the convivial and safe environment and members will take the lead on what they would like to share.

REGISTRATION PROCEDURE | FALL 2025

SEPTEMBER 15 – DECEMBER 12, 2025

Online registration will be open from Monday, September 1, 2025 at 10:00 am to Friday, September 5 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 have the option to choose the fee that suits her/his means most
 - i. \$70 (minimum) per term payable in fresh dollars at AUB Cashier or **online** (fee is currently subsidized by AUB)
 - ii. \$200 per term payable in fresh dollars at AUB Cashier or **online**. We encourage those who can afford this fee to opt for it as this will help the program maintain the option of having subsidized fees
 - b. Members residing outside Lebanon: \$300 **online** or 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 Fall paying one registration fee of \$70 - \$200 for those residing in Lebanon and \$300 for those residing abroad - covering both members
- 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 email from the UfS once they complete the registration form.

- Members residing in Lebanon should settle the registration fees either online or in person (or through a delegate) at AUB's cashier office (College Hall near Main Gate) in cash strictly in fresh US Dollars. Further details will be sent by email after the registration form is completed.
- Members living outside Lebanon should settle the registration fees online or through a bank transfer in US dollars. Further details will be sent by email after the registration form is completed. Due to logistical reasons, members paying through a bank transfer are asked to share their paid receipts with the team once the process is complete.

If you choose to pay **ONLINE, then please note that you will be charged 3.9% + 30¢ per payment, for example, for a payment of \$100, it will become \$104.36.**

The registration fees payment entitles you to become a term member and thus to participate in the term activities such as lectures, study groups, educational travel programs, and UfS cultural and social activities. **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 and a copy of your Lebanese ID or your passport. The card costs \$10 payable in **fresh dollars** at AUB's Cashier or online.

Benefits of the ID: Easy campus access, Jafet Library access, and discounted rate at Charles Hostler Student Center (AUB gym).

Since registration is online, the UfS team will be assigning a day for you to go to campus and complete your ID process.

To learn more, you can:

- Call us on: +961 1 35 00 00 ext. 4647
- Email us on: ufs@aub.edu.lb
- Check our website: www.aub.edu.lb/seniors



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