



UNIVERSITY FOR SENIORS PROGRAM

SPRING 2026



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

HELP US UNDERSTAND AGING!

Join the 3LC Study (Late Life Learning, Cognition & Aging)

The University for Seniors (UfS) at AUB is part of a pioneering research study, “**The Late Life Learning, Cognition and Aging (3LC) study**”. This study aims to understand how late life learning may influence cognitive health and the overall well-being of older adults.

This collaborative project is led by AUB and Columbia University (USA), under the supervision of Dr. Abba Mehio Sibai (Dean, Faculty of Health Sciences & Co-founder of UfS) and Dr. Martine Elbejjani (Faculty of Medicine).



Participation includes:

1. Face-to-face interview.
2. Physical assessments (blood pressure, hearing, and vision checks). (optional)
3. Blood test performed by specialized AUBMC phlebotomists. (optional)

Participants will receive 50\$ token of appreciation and their blood and physical assessment results.

Over 500 UfS members have already participated, and the study team is excited to welcome more!

If you are interested in participating or would like to learn more about the study, please contact the UfS team.

Participation is **voluntary, confidential, and approved by the AUB Institutional Review Board**. For more information, visit: <http://www.aub.edu.lb/3LC>

ساعدونا على فهم التقدّم في العمر!
انضمّوا إلى دراسة التعلّم في الكبر والصحة الذهنية

إن جامعة الكبار في الجامعة الأميركية في بيروت هي جزء من دراسة بحثية رائدة بعنوان “**دراسة التعلّم في الكبر والصحة الذهنية**”. تهدف هذه الدراسة إلى فهم كيف يمكن أن يؤثر التعلّم في مراحل متقدّمة من العمر على الصحة الذهنية والصحة العامة لكبار السن.

هذه الدراسة هي مشروع تعاون بين الجامعة الأميركية في بيروت وجامعة كولومبيا (الولايات المتحدة الأميركية)، تحت إشراف الدكتورة عبلة محيو السباعي (عميد كلية العلوم الصحية وأحد مؤسسي جامعة الكبار) والدكتورة مارتين البيجاني (كلية الطب).

تشمل المشاركة ما يلي:

١. مقابلة وجهاً لوجه.
 ٢. فحوصات جسدية (قياس ضغط الدم وفحوصات السمع والنظر). (اختياري)
 ٣. فحص دم يجريه أخصائيون في سحب الدم من المركز الطبي في الجامعة الأميركية في بيروت. (اختياري)
- سيحصل المشاركون على عربون تقدير بقيمة 50 دولاراً أميركياً، بالإضافة إلى نتائج الفحوصات الدم والجسدية.



شارك في الدراسة حتى الآن أكثر من 500 عضو من جامعة الكبار، ويتطلّع فريق الدراسة إلى انضمام المزيد من الأعضاء!

إذا كنتم مهتمين بالمشاركة أو ترغبون في معرفة المزيد عن الدراسة، يرجى التواصل مع فريق جامعة الكبار.

أن المشاركة طوعية، وجميع المعلومات سرية، وهذه الدراسة موافق عليها من قبل لجنة الأخلاقيات، لمزيد من المعلومات:

<http://www.aub.edu.lb/3LC>

I. LECTURE SERIES

OPEN TO ALL TERM MEMBERS: NO SIGN-UP REQUIRED

Title	Lecturer
Under the Spotlight	Adele Khodr, Margaret Shore, Zeina Kamareddine Badran
Health and Ageing	Dinah Ayna, Chucri Hamasni, Zeinab Maktabi, Rayyane Tabet, Nuha El Noueiri Salti, Angala Massouh
Lebanon	Younna Ziadé Karam, Elias Abi Saber
Ambassador's Series	Ambassador Francisco Romero

II. IN COLLABORATION WITH AUB ARCHEOLOGICAL MUSEUM

Title	Lecturer
Legendary Statues Through The Ages	Nouhad Schoucair

III. WELLNESS STUDY GROUPS

OPEN TO ALL TERM MEMBERS: NO SIGN-UP REQUIRED

Title	Leader
Relaxation & guided meditation	Nawal Fleihan
Gentle Yoga	Mika Marumoto
يوغا على الكرسي	Lina Itani

IV. UFS VIRTUAL GET TOGETHERS: WEEKLY VIRTUAL GATHERINGS FOR THE UFS COMMUNITY TO CONNECT DURING THESE DIFFICULT TIMES

OPEN TO ALL TERM MEMBERS: NO SIGN-UP REQUIRED

V. 3LC HEALTH AND AGEING SERIES

OPEN TO THE PUBLIC: NO SIGN-UP REQUIRED

Title	Leader
Public Health Perspectives on Hearing and Aging	Nicholas S. Reed & Sahar Assi
AI-Driven Biomarkers for Neurological Diseases	Dina Katabi
Aging in the Anthropocene: Aging Populations, Climate Change and Crisis Thinking in Asia	Kavita Sivaramakrishnan
Re-envisioning Resilience: What Gender and Aging Can Teach Us about Positive Adaptability	Soraya Chemaly

SPRING 2026 PROGRAM

I. LECTURE SERIES

NO SIGN-UP REQUIRED | OPEN TO ALL TERM MEMBERS

1. UNDER THE SPOTLIGHT



TRANSITIONAL JUSTICE IN THE ARAB WORLD

ADELE KHODR

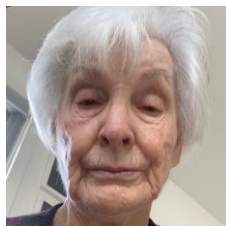
Monday, May 11 | 10:00 – 11:30am (Beirut Time)

Online

Number of sessions: one | Capacity: Open to Spring 2026 term members only

Senior UN official retired from UNICEF in December 2024. Adele is currently teaching Sociology at Haigazian University. Adele obtained her Bachelor's degree in Public Administration and her Masters Degree in Social Anthropology at AUB. Adele worked with the United Nations Children's Fund (UNICEF) since 1989, championing and advocating for child rights and well-being. Her most recent position was Regional Director for the Middle East and North Africa, based in Amman, Jordan. Before that, Adele had worked as head of UNICEF offices in Ethiopia, Afghanistan, Cote d'Ivoire. Her experience spans over strategic management, leadership and a sharp understanding of UNICEF's role in both development and humanitarian contexts across several of the regions covered by UNICEF including also Sudan, Sierra Leone, Nepal and India. Before joining UNICEF, Adèle was a lecturer in Sociology, Rural Sociology, Social Work and Anthropology at AUB and LAU from 1987 to 1994, overlapping her activities with UNICEF.

I am drawn to talk about transitional justice in the Arab world precisely because of what we have not done in this region—the conversations we haven't had, the accounts we haven't settled, the truths we haven't confronted. Most of us have lived through cycles where conflicts end not with resolution but with imposed amnesia. We have normalized moving forward without looking back, without asking the hard questions about who did what to whom, and why. This matters deeply to me because I believe in accountability—not as punishment, but as a prerequisite for genuine peace. When we deny victims their right to truth, when we simply accept the atrocities that happened, we don't achieve stability. I will discuss what transitional justice means, its relevance to us as a region, the major forms of transitional justice, and the challenges and recommendations for overcoming them.



FROM ENGLISH COUNTRY LIVING TO AN INCLUSIVE EARLY EDUCATION AND STRAINING CENTRE IN JAVA, INDONESIA: BY DESIGN OR CHANCE?

MARGARET SHORE

Wednesday, June 3 | 10:00 – 11:00am (Beirut Time)

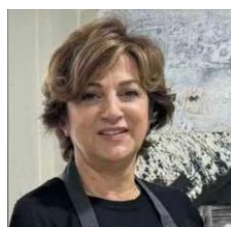
Online

Number of sessions: one | Capacity: Open to Spring 2026 term members only

At 64 years of age Margaret gained her PhD in the Philosophy of Education at the University of Queensland, Australia. She is a Consultant and Board Member at Yayasan Tunas Cerdas Gemilang in Yogyakarta, Indonesia, and a founder of Sekolahku-MySchool in Sleman, Yogyakarta, 2005-present. Transitioning from bank accountant in Toronto, Canada, to motherhood at 30 years of age, Margaret attended College in Australia, graduating at age 40, as an Early Childhood Educator. She became Director of an Early Childhood Centre at 42 and College lecturer in Queensland at 53 years. At 55, Margaret developed and managed training for Social Services: Aged Care, Children with Disabilities and Social Work. At 66, Margaret volunteered as an Early Childhood Gender Specialist

in Indonesia; at 76, she was runner-up for Australian of the Year, and, at the age of 83, was awarded the Order of Australia membership for "Educational Services to Indonesia".

Philosophical questions loom larger the older I get. Looking back in time, I will trace a trajectory of events occurring during my life, that appear significant in driving me towards assisting the development of an Early Childhood Education Care (ECEC) Centre, that now educates and cares for 250 children, 16 months to 13 years of age in Yogyakarta, Java, Indonesia. I was 63 years old when I first flew to Indonesia with no knowledge of the country, land, people, language or customs beyond the fact, learned in school that the capital city, Jakarta, used to be spelt "Djakarta". Now twenty-six (26) years later I am not quite so ignorant, and certainly still learning. Was this the design for my life: *Educating parents, teachers and young children in a South-East Asian country*, or did this happen by chance.



THE ART OF THE IMPRESSION: A JOURNEY IN PRINTMAKING

ZEINA KAMAREDDINE BADRAN

Monday, May 18 | 10:00 - 11:00am (Beirut Time)

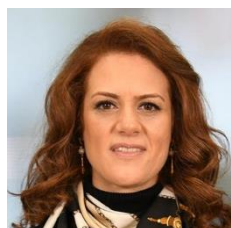
Online | English and Arabic

Number of sessions: one | Capacity: Open to Spring 2026 term members only

An artist-printmaker and educator dedicated to the technical mastery and conceptual evolution of printmaking. She currently serves as a printmaking instructor at the American University of Beirut and a printmaking consultant at ISDAR studios in Riyadh. She holds certificates in Lithography, Etching and Silkscreen from ALBA, later furthered her mastery in London and Casablanca. Her prolific exhibition history includes solo shows at Aida Cherfan and Art on 56th gallery and participation in prestigious events like 20th International Biennale of Engraving in France and ART15 London. A regular figure at the Nicolas Sursock Museum and Beirut Art Fair, her work has been showcased across the Middle East, from Athr gallery to venues in Venice. Awarded the Ministry of Culture's first prize for painting, her work is held in esteemed collections including SNB's corporate collection – Jeddah and the Armenian Parliament.

An immersive journey into the tactile and historic world of Printmaking. In this lecture I will share the 'magic of the multiple', beginning with whirlwind history of the craft and its revolutionary role in democratizing art and knowledge. I will guide you through the four primary methods of printmaking: Intaglio, Relief, Lithography, and screen-printing using physical tools and plates to show how an image moves from block to paper. I will also share my personal story as an artist, reflecting on the technical discoveries that shaped my career and pushing the boundaries of the rules. Whether you are an art lover or simply curious about the process I invite you to discover why the Press remains one of the most soulful and surprising mediums in the art world.

2. HEALTH & WELLBEING



COMING TOGETHER IN TIMES OF CRISES

DINAH AYNA

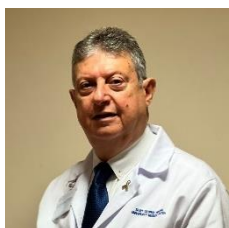
Monday, March 30 | 1:00 – 2:30pm (Beirut Time)

Online

Number of sessions: one | Capacity: Open to Spring 2026 term members only

Dinah Ayna is a clinical psychologist and instructor of clinical specialty at the AUBMC Department of Psychiatry and Adjunct Faculty at the Department of Psychiatry and Behavioral Neurosciences at Emory University School of Medicine in Georgia, USA. Clinically, Ayna specializes in treating trauma, suicidality, self-harm, and -personality disorders. In addition, she specializes in promoting community and staff wellbeing and burnout prevention.

This session will offer a space to process and come together as a community in the face of the ongoing war and its ramifications. The session will offer mental health support and techniques to help cope and begin the process of growth and healing.



OBSTRUCTIVE SLEEP APNEA

CHUCRI HAMASNI

Monday, April 20 | 4:00 – 5:00pm (Beirut Time)

Online

Number of sessions: one | Capacity: Open to Spring 2026 term members only

I am an ENT consultant at Saint George University Hospital, where I have been practicing since August 2023. Prior to this, I spent nearly 23 years in Riyadh, Saudi Arabia, serving as Head of the ENT Department at Dr. Sulaiman Alhabib Hospital, an institution accredited by The Joint Commission International (JCI). I specialize in ear, nose, and throat surgery, including snoring disorders, rhinoplasty, endoscopic sinus and nasal surgery, head and neck tumor excision, endoscopic surgery for hyperlacrimation, and a wide range of major and minor ENT procedures. I am a Fellow of the American College of Surgeons, the American Academy of Otolaryngology–Head and Neck Surgery, and the European International Rhinology Society, and a member of both the Lebanese Order of Physicians and the Lebanese ORL Society.

The lecture will be discussing the pathophysiology of obstructive sleep apnea, which is very common in our community due to obesity and older age groups. As such, this talk will highlight all the tests that should be performed to reach a diagnosis and discuss different and appropriate treatments.



ADDING MORE LIFE TO YOUR YEARS: THE FUNCTIONAL NUTRITION APPROACH

ZEINAB MAKTABI

Thursday, April 23 | 4:00 – 5:00pm (Beirut Time)

Online

Number of sessions: one | Capacity: Open to Spring 2026 term members only

Zeinab is a Registered Dietitian and Functional Nutritionist with over 20 years of experience in nutrition, public health and health promotion. She holds a Bachelor's degree in Nutrition & Dietetics from the American University of Beirut and a Master's degree in Public health and Health Promotion from the London School of Hygiene and Tropical Medicine (UK). She is a certified Functional Medicine practitioner and certified Perimenopause/Menopause health coach. Zeinab's professional background spans clinical practice, nutrition research, health communication, and product and recipe development. Throughout her career, she has worked with multinational food companies, leading nutrition communication initiatives, product enhancement projects, and large-scale nutrition marketing campaigns – bridging science with real-world impact. Zeinab is the founder of UpcloseandHealthy LLC, her private practice where she provides nutrition consultations. In addition to her nutrition expertise, Zeinab is also a trained Pilates instructor.

Functional nutrition, integrative medicine, naturopathy, longevity medicine are rapidly gaining attention in modern healthcare. But what do these approaches really mean and how do they complement conventional medicine? This talk introduces the core principles of functional nutrition, a science-based root cause that focuses on understanding how diet, lifestyle, genetics, and environment interact to influence health. Participants will learn how functional nutrition supports disease prevention, healthy aging, and long-term vitality. The session will also explore how targeted nutrition strategies, lifestyle habits, and evidence-based nutraceuticals can be used to optimize energy, metabolic health, cognitive function, and physical resilience. The goal is to equip participants with simple and practical tools that support long-term health and wellbeing. Aging is natural but decline does not have to be inevitable.



WHAT CAN WE LEARN FROM FORGETTING?

RAYYANE TABET

Wednesday, April 1 | 11:00am – 12:00pm (Beirut Time)

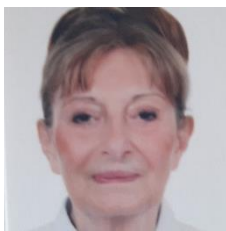
Online

Number of sessions: one | Capacity: Open to Spring 2026 term members only

Rayyane Tabet (b. 1983, Achkout, Lebanon) is an artist whose research-based practice explores how objects, archives, and individual stories can offer alternative perspectives on major historical and political events. Trained in architecture and sculpture, his work investigates the ways history is constructed, remembered, and transmitted

through installations, performances, and publications. Tabet has presented solo exhibitions at institutions including the Walker Art Center, MUDAM Luxembourg, Sharjah Art Foundation, Storefront for Art and Architecture, The Metropolitan Museum of Art, Musée du Louvre, Carré d'Art Nîmes, and Kunstverein Hamburg. His work has also appeared in international exhibitions including the Whitney Biennial, Sydney Biennale, Istanbul Biennial, São Paulo Biennial, and Sharjah Biennial. He holds a Bachelor of Architecture from The Cooper Union and a Master of Fine Arts from University of California San Diego.

We usually think of memory as something precious that we must protect, and forgetting as something unfortunate that happens with age. But what if forgetting also plays an important role in how individuals and societies cope with difficult experiences? In this talk, artist Rayyane Tabet explores the surprising ways forgetting shapes our lives. Drawing on his current research as the inaugural artist-in-residence at the Program of Medical History, Ethics and Politics at the American University of Beirut, he looks at forgetting from three unexpected perspectives: the human brain, political history, and archaeology. Why do our minds sometimes protect us by letting memories fade? Why do societies sometimes decide to "forget" painful conflicts through laws of amnesty? And how do archaeologists recover stories from objects that have been buried or broken for centuries? Through these questions, the talk invites us to rethink forgetting; not simply as loss, but as a complex and revealing part of how we understand the past.



THE IMMUNE SYSTEM AFTER THE AGE OF 60

NUHA EL NOUEIRI SALTI

Wednesday, April 15 | 11:00am – 12:00pm (Beirut Time)

Online | English AND Arabic

Number of sessions: one | Capacity: Open to Spring 2026 term members only

Bsc. faculty of Medicine in 1962, MD AUBMC 1967, 1967-69 Sick Children's Hospital Toronto Canada, 1969-1971 Research fellow Ontario Cancer Institute Immunology, tissue culture and HLA typing. Appointed AUBMC in 1972. Taught microscopic and ultramicroscopic anatomy. Established "Immunology laboratory (Research, tissue typing for transplantation)" from 1973 -2012 year. The first at AUB to obtain NIH Grant (1993) 250,000:00 USD. Wrote and taught "Problem Based Medicine". Some publications were the most cited articles for the year of publication. Several students (in Med School, Public Health, Arts and Sciences) assisted in starting a clinic in Sabra and Chatila camps. We provided free medical care laboratory testing, and radiology. Many donors supported us. I became a member of "alpha omega alpha" honor society. I submitted my resignation in 2012. Served as a volunteer clinician at the Hariri Medical Center, (4 years). I volunteered at the chronic care center, but then stopped in 2019 (outbreak of Corona).

The immune system differentiates between self and foreign. Bone marrow and thymus primary lymphatic organs house mother cells. Both send progeny through circulation to populate secondary lymphatic organs: the spleen and lymph nodes. A network of lymphatic vessels run parallel to veins. Starting in organs as open ducts parallel to veins, to empty eventually in the right heart. Leucocytes circulate in both vascular systems. Increase in number implies an infection or some threat. One of the daughter cells remains as reservoir cell and the other multiplies to eliminate the invader eg cancer, or any foreign tissue? With aging both defenses dwindle with mistakes during replication, producing cells with defective function. This applies to all cells in the body except neurons. Hence defective lymphatic cells fail to get rid of cancer cells, of bacteria, of viruses etc.... This is why in senior citizens any infection is hard to control; a sore throat may become a pneumonia etc....?



حين يبطل القلب إيقاعه: العيش مع قصور القلب، الإصغاء إلى رسائل الجسد، والرعاية معًا

أنجيلا مستوح

Thursday, May 7 | 4:00 – 5:00pm (Beirut Time)

Online | ARABIC

Number of sessions: one | Capacity: Open to Spring 2026 term members only

أنجيلا مستوح هي أستاذة مساعدة في كلية التمريض بالجامعة الأمريكية في بيروت. عملت في مجال أمراض القلب وخاصة في رعاية مرضى قصور عضلة القلب. من خلال دورها كممرضة متخصصة، تساعد الدكتورة مستوح المرضى الذين يعانون من قصور عضلة القلب في كيفية إدارة العلاج، التعامل مع المرض، والتعرف على العوارض. تتمحور أبحاثها عن العلاقات بين المرضى الذين يعانون من أمراض مزمنة ومقدمي الرعاية الصحية المنزلية وتأثير هذه العلاقة على مسار المرض ونتائجه.

قصور القلب ليس مجرد تشخيص طبي؛ بل هو مرحلة من مراحل الحياة تُعيد تشكيل إيقاع الجسد، ونمط الأيام، والتوازن الهادئ بين شخصين سارا معًا لسنوات طويلة. فهو لا يؤثر فقط في من يعيش معه، بل يمتد أثره إلى من يقف إلى جانبه — بحب، وصبر، ومشاركة عميقة. تتناول هذه المحاضرة معنى العيش مع قصور القلب من منظور المريض ومن منظور الشريك الذي يرافقه. سنأمل في إشارات الجسد الدقيقة التي تسبق الأزمات، وكيف نشعر بالأعراض ونفسرها، وكيف تؤثر مشاعر القلق والطمأنينة والأمل في تجربتنا مع المرض. كما سنولي اهتمامًا خاصًا لتجربة الرعاية داخل العلاقات الممتدة، حيث قد تتبدل الأدوار ويصبح الدعم متبادلًا؛ يومًا نميل، ويومًا نسند. سنتحدث عن كيفية تحقيق التوازن بين العناية والحفاظ على الكرامة والاستقلالية، وكيف نحمي مقدم الرعاية من الإرهاق الصامت الذي قد لا يُقال، ونحول الرعاية إلى شراكة قائمة على الاحترام والمحبة. سيغادر المشاركون بفهم أعمق لإشارات الجسد وبارشادات عملية تساعد على الحفاظ على نوعية الحياة وتعزيز القدرة على التكيف والصمود—لكل من يعيش مع قصور القلب ولكل من يشاركه الطريق.

3. LEBANON



A JOURNEY THROUGH HERITAGE PRESERVATION

YOUNMA ZIADE KARAM

Monday, May 4 | 10:00 – 11:00am (Beirut time)

Online

Number of sessions: one | Capacity: Open to Spring 2026 term members only

Member of the Board of the National Heritage Foundation and represents the Foundation within Beirut Heritage Initiative campaign and on the Nuhad Es-Said pavilion for Culture, the new annex of Beirut National Museum.

This lecture explores the role of the National Heritage Foundation in safeguarding Lebanon's cultural heritage through diverse and complementary approaches. It highlights the Beirut Heritage Initiative campaign as a model for emergency response and long-term conservation of built heritage following the Beirut port blast, emphasizing advocacy, documentation, and restoration. The lecture also examines the restoration of the Beit el Dine oriel and hammam as a case of careful architectural conservation that respects historical integrity and traditional craftsmanship. Finally, it presents the Nuhad Es-Said Pavilion for Culture as a platform for living heritage, showcasing exhibitions and public programs that promote cultural awareness, education, and contemporary engagement with heritage.



دور المصارف المركزية - مصرف لبنان

إلياس أبي صابر

Monday, June 8 | 11:00am – 12:00pm (Beirut Time)

Online | ARABIC

Number of sessions: one | Capacity: Open to Spring 2026 term members only

مواليد رشما حائز على ماجستير من Ecole Supérieure Des Affaires. مدير تنفيذي للمشتريات بخبرة تزيد عن 20 عامًا على المستوى الدولي، متخصص في المشتريات الاستراتيجية، إدارة الموردين، وتحقيق كفاءة التكاليف. يتمتع بسجل مثبت في التفاوض على عقود عالية القيمة، قيادة فرق متعددة التخصصات، وتحقيق وفر مالي كبير للشركات من خلال حلول مبتكرة واستراتيجيات فعالة. عمل لمدة 10 سنوات في مديرية التفتيش والتدقيق حيث قاد الاتجاه الاستراتيجي لمصرف لبنان في تأسيس عمليات التدقيق والفحص القائمة على المخاطر للبنية التحتية التقنية وأمن المعلومات، والتي شملت منهجية إعداد التقارير وتصميم الهيكل التنظيمي بما يتماشى مع الأهداف الاستراتيجية لمصرف لبنان.

تتطرق المحاضرة إلى دور مصرف لبنان أعلى سلطة نقدية في البلاد، موضحة أنه المسؤول عن تنظيم المصارف، إصدار النقد، والحفاظ على استقرار العملة. تركز على الأزمة المالية التي شهدتها لبنان عام 2019، توضح أن ليس كل مصرف يمكن إنقاذه، لأن ذلك يعتمد على قدرة الدولة والموارد المتاحة. كما تناقش المحاضرة أهمية إصلاح الدولة من خلال تعزيز الشفافية، مكافحة الفساد، وتطوير القوانين لضمان كفاءة المؤسسات. وتؤكد على ضرورة بناء اقتصاد منتج يعتمد على الصناعة والزراعة والطاقة، بدل الاعتماد فقط على القطاع المالي. في الختام، تشدد على دور القضاء في حماية الحقوق وتحقيق العدالة، موضحة أن الإصلاح المالي والمؤسسي لا يمكن أن ينجح دون قضاء فعال ونزيه.

4. AMBASSADOR'S SERIES



MEXICO: BETWEEN TRADITION AND MODERNITY

AMBASSADOR FRANCISCO ERNESTO ROMERO BOCK

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

Online

Number of sessions: one | Capacity: Open to Spring 2026 term members only

Ambassador of Mexico to the Lebanese Republic. Born in Campeche, Mexico, he holds degrees in Political Science and History from Juniata College (USA), International Relations from the Universidad de las Américas Puebla, and a Master's degree in Public Relations from the University of León. He received diplomatic training in Mexico, Spain, and Austria, and joined the Mexican Foreign Service in 1990. Over a distinguished career, Ambassador Romero Bock has served in senior roles at the Ministry of Foreign Affairs and in multiple diplomatic postings, including Germany, Ireland, Azerbaijan, Kenya—where he also served as Alternate Representative to UNEP and UN-Habitat—and Lebanon. He assumed duties as Head of Mission in Lebanon in December 2024 and presented his Letters of Credence in September 2025. He has pursued advanced studies in international affairs and human rights, completed language training in Europe and Russia, and received several honors, including the Order of Merit of the Italian Republic and recognition for 25 years of service in the Mexican Foreign Service.

Mexico is a country in which ancestral traditions and modern life coexist in a constant and enriching dialogue. This lecture will examine how indigenous heritage, colonial history, and deeply rooted popular customs continue to shape Mexican identity in the contemporary era. Particular attention will be given to emblematic traditions such as Día de los Muertos, which expresses Mexico's distinctive approach to honoring life and collective memory; El Grito de Independencia, a central civic ritual that embodies national history, unity, and shared values; and Las Posadas navideñas, which reflect community, solidarity, and cultural continuity. These traditions will be presented as living practices that continue to evolve and find new forms of expression within modern society, art, and urban life. The lecture will also address Mexico's modern dimension, including cultural innovation, social transformation, and its active engagement with the international community. Through these perspectives, the lecture aims to demonstrate how tradition and modernity in Mexico function as complementary forces shaping a dynamic and resilient national identity.

II. IN COLLABORATION WITH AUB ARCHEOLOGICAL MUSEUM

NO SIGN-UP REQUIRED | OPEN TO ALL TERM MEMBERS

To strengthen partnerships between the University for Seniors and the various centers and programs at AUB in the aim of promoting education, preserving cultural heritage, and enriching intellectual engagement, we are pleased to launch a collaborative lecture with the AUB Archaeological Museum titled **"Legendary Statues Through The Ages,"** presented by Nouhad Schoucair, President of the Society of the Friends of the Museum. This talk is scheduled on **Wednesday, April 8 from 5:00 – 6:00pm Beirut time, online. Further details will be announced in due time**

III. WELLNESS STUDY GROUPS

NO SIGN-UP REQUIRED | OPEN TO ALL TERM MEMBERS



RELAXATION AND GUIDED MEDITATION

NAWAL FLEIHAN

Thursdays April 2, 9, 16, 23 and 30 | 10:00 – 11:00am (Beirut time)

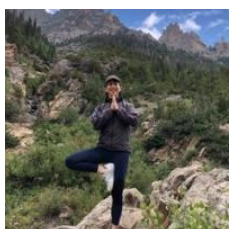
Online

Number of sessions: five | Capacity: Open to Spring 2026 term 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

Tuesdays, April 14, 21, 28, and May 5

Wednesdays April 22 and 29

4:00 – 5:00pm (Beirut Time)

Online

Number of sessions: six | Capacity: Open to Spring 2026 term 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 and a 300-hour Holistic Ayurveda Coach certification from the Kerala Ayurveda Academy. Specializing in "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 six-session gentle yoga study group 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, knees, and hip joints, which may require increased awareness for healing as we age. We will also explore relaxation techniques to nurture mental resilience and help us 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.**



يوغا على الكرسي

لينا عيتاني

Wednesdays, April 29, May 6, 13, and 20 | 10:00 – 11:00am (Beirut time)

Online | ARABIC

Number of sessions: four | Capacity: Open to Spring 2026 term members only

بدأت لينا عيتاني بوديسو رحلة اليوغا عام 1998، وما زالت تهوى ممارستها والتعلم عنها. تخرّجت لينا من الجامعة الأميركية في بيروت بشهادة هندسة معمارية، وعملت في مجال الهندسة طوال 19 عامًا. حصلت على شهادة مدربة يوغا عام 2019. تقدّم صفوف يوغا لطيفة، يوغا على الكرسي، يوغا الضحك، واليوغا نيدرا (تقنية استرخاء). هي متزوجة وأمّ لشابين.

اليوغا على الكرسي هي شكل لطيف من تمارين اليوغا التقليدية، تُمارَس أثناء الجلوس على الكرسي أو الوقوف مع الاستعانة به كوسيلة دعم. في هذه الممارسة، يحرك الفرد الجزء العلوي والسفلي من جسده وهو جالس على الكرسي، من خلال وضعيات معتلة، ودون الحاجة إلى تمارين أرضية. كما تتضمن الجلسة تمارين تنفّس واسترخاء. من منافع اليوغا على الكرسي:

- تحسّن المرونة
- تقوّي العضلات بلطف
- تنشّط الدورة الدموية
- تعمل على تحسين صحة المفاصل
- تعزّز التوازن

IV. UFS VIRTUAL GET TOGETHERS

NO SIGN-UP REQUIRED | OPEN TO ALL TERM MEMBERS

VIRTUAL GATHERINGS FOR THE UFS COMMUNITY TO CONNECT DURING THESE DIFFICULT TIMES

Tuesdays, March 24, 31, April 7, 14, 21, 28, May 5, 12, 19, 26, June 2 and 9 | 10:00 – 11:00am Beirut time

The University for Seniors always aims to keep 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 amongst them. These get-togethers have proved to be especially important in times of crisis such as COVID-19 and the 2024 war on Lebanon. With the same purpose, and during these difficult times, the virtual get togethers will be a space for members to be divided into small groups online and have candid and heartfelt discussions promoting social connections, support and solidarity.

V. OPEN TO THE PUBLIC LECTURES 3LC HEALTH AND AGEING SERIES

NO SIGN-UP REQUIRED | OPEN TO THE PUBLIC

PUBLIC HEALTH PERSPECTIVES ON HEARING AND AGING

NICOLAS S. REED & SAHAR ASSI

Thursday, April 30 | 5:00 – 6:00pm (Beirut Time)

Online

Number of sessions: one | Capacity: Open to the Public



Nicholas S. Reed is Vice President of Audiology and Health Innovation at Amplifon and holds academic appointments at the Johns Hopkins Bloomberg School of Public Health and NYU Grossman School of Medicine. His research examines the relationships between hearing loss, health outcomes, and aging, with particular emphasis on the benefits of hearing care and hearing health policy for older adults.



Sahar Assi is a graduate of the American University of Beirut and a second-year resident in Otolaryngology–Head and Neck Surgery at Johns Hopkins University. Her research focuses on age-related hearing loss and its impact on physical function, including frailty, falls, and physical activity.

A description for this talk will be shared at a later stage.



AI-DRIVEN BIOMARKERS FOR NEUROLOGICAL DISEASES

DINA KATABI

Thursday, April 16 | 5:00 – 6:00pm (Beirut Time)

Online

Number of sessions: one | Capacity: Open to the Public

Dr. Dina Katabi is the Thuan and Nicole Pham Professor of Electrical Engineering and Computer Science at MIT and Director of the Center for Wireless Networks and Mobile Computing. She is President and Co-Founder of Emerald Innovations, advancing digital health through wireless biosensing and machine learning. A MacArthur Fellow, she is a member of the National Academies of Engineering, Sciences, and Medicine. Dr. Katabi earned her B.S. from Damascus University and her M.S. and Ph.D. from MIT.

A description for this talk will be shared at a later stage.



AGING IN THE ANTHROPOCENE: AGING POPULATIONS, CLIMATE CHANGE AND CRISIS THINKING IN ASIA

KAVITA SIVARAMAKRISHNAN

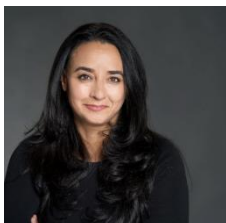
Thursday, May 14 | 5:00 – 6:00pm (Beirut time)

Online

Number of sessions: one | Capacity: Open to the Public

Kavita Sivaramakrishnan is Ronald H. Lauterstein Associate Professor at Columbia University, Co-Director of the Center for the History of Public Health, and faculty member of the Columbia Aging Center. Her research focuses on the history of medicine and public health in South Asia, global health, and the politics of expertise, chronic disease, and demographic change. She is the author of *As the World Ages* (Harvard University Press, 2018) and *Old Potions, New Bottles* (2006), with additional books forthcoming on cardiology, chronic disease, and health risk in modern India.

A description for this talk will be shared at a later stage.



REENVISIONING RESILIENCE: WHAT GENDER AND AGING CAN TEACH US ABOUT POSITIVE ADAPTABILITY

SORAYA CHEMALY

Tuesday, June 2 | 5:00 – 6:00pm (Beirut time)

Online

Number of sessions: one | Capacity: Open to the Public

Soraya Chemaly is an award-winning author, activist, and cultural critic whose work examines gender, power, resilience, and social justice. She is the author of *Rage Becomes Her*, *The Resilience Myth*, and *All We Want Is Everything*. Formerly Executive Director of The Representation Project and co-founder of the Women's Media

Center Speech Project, Chemaly has led global initiatives addressing online harassment, censorship, and institutional bias. Her writing appears widely across media, academic research, and public discourse.

A description for this talk will be shared at a later stage.

REGISTRATION PROCEDURE | SPRING 2026

MARCH 23 – JUNE 12, 2026

Online registration will be open from Monday, March 16 at 10:00 am to Friday, March 20 at 4:00pm Beirut time. The UfS has an EXCLUSIVELY online registration system whereby the online registration form can be filled by you or anyone else on your behalf. Once you fill out the online registration form AND pay the registration fee, you will have access to ALL the lectures, 3 wellness study groups, and weekly virtual get togethers.

Registration fees

- Individual registration fee:
 - a. Members residing in Lebanon have the option to choose the fee that suits their means most:
 - i. \$70 (minimum) per term payable in fresh dollars at AUB Cashier or **online**, this fee is currently subsidized by AUB
 - ii. \$100 per term payable in fresh dollars at AUB Cashier or **online**, this fee is currently subsidized by AUB
 - iii. \$150 per term payable in fresh dollars at AUB Cashier or **online**, this 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 fee: there will be no extra charge for couples (husband and wife/partners) i.e. couples can enroll this Spring by paying one registration fee of \$70, \$100, \$150, or \$200 for those residing in Lebanon and \$300 for those residing abroad - covering both members
- **Friendship registration fee**: In celebration of our 15th anniversary, the UfS is delighted to offer a one-time "Friendship Membership" whereby a current or former UfS member may invite a friend, who has never joined the Program to register in the Spring 2026 term, they pay together one registration fee of \$70, \$100, \$150, or \$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 are **currently residing in Lebanon**, if they wish to have one. To get an ID card, the UfS team will ask you for a digital copy of your passport photos and a copy of your Lebanese ID or your passport. The card costs \$10 payable in Fresh US Dollars online or at AUB's Cashier. Benefits of the ID: Easy campus access, Jafet Library access, discounted rate for "Zaki Nassif Musical program" concerts, discounted rate at Charles Hostler Student Center (AUB gym).

Further details on ID processing will be shared in due time.

Reach Out to Us:

In light of the current circumstances in the country and in line with the decision to operate online, the UfS team will support you remotely by contacting us on:

- Phone: +961 1 35 00 00 ext. 4647
- Email: ufs@aub.edu.lb

For more info about the Program you can check our social media (Facebook and Instagram) pages @aub.universityforseniors or our website: www.aub.edu.lb/seniors



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