



CLASSICS
AND
HUMANITIES
DEPARTMENT

ADVICE FROM THE ANCIENTS:

A SERIES OF LIFE LESSONS FROM THE ANCIENT WORLD

This series will be held in hybrid format (in person and virtually on Zoom). Those attending in person will have the opportunity to participate in hands-on activities.

Zoom link (for all events): <https://montclair.zoom.us/j/82279421725?pwd=SzJwZmZCWS9wQmZjZ0pzL1h6Y3RCZz09>

FEBRUARY • WEDNESDAY 23rd – 12:00-2:00PM

1145 University Hall (in the ADP Center) - Montclair State University

Opening Remarks: Timothy Renner, PhD. – *Dept. of Classics and Humanities, Montclair State University*

Facilitator: Prudence Jones, PhD. – *Dept. of Classics and Humanities, Montclair State University*

Speaker: **Jean Alvares**, PhD. – *Dept. of Classics and Humanities, Montclair State University*

How to Be Happy: Fostering Well-Being through Ancient Philosophy

[a good way to approach the middle of the semester: try to relax with some ancient games]

MARCH • THURSDAY 17th – 2:00-4:00PM

Cohen Lounge, Dickson Hall (first floor) - Montclair State University

Facilitator: Timothy Renner, PhD. – *Dept. of Classics and Humanities, Montclair State University*

Speaker: **Alan Stahl**, PhD. – *Curator of Numismatics, Princeton University*

How to Handle Money: Ancient Coins and their Designs

[come to look at ancient coin replicas and try to design your own coin]

APRIL • MONDAY 4th – 11:00AM-1:00PM

Cohen Lounge, Dickson Hall (first floor) - Montclair State University

Facilitator: Prudence Jones, PhD. – *Dept. of Classics and Humanities, Montclair State University*

Speaker: **Charles Feldman**, PhD. – *Dept. of Nutrition and Food Studies, Montclair State University*

How to Nourish Your Body: Ancient Food and Drink

[join us to taste some Roman recipes and make your own Roman dessert]

APRIL • 26th TUESDAY – 2:15-4:00PM

1145 University Hall (in the ADP Center) - Montclair State University

Facilitator: Deborah Chatr Aryamontri, PhD. – *Dept. of Classics and Humanities, Montclair State University*

Speaker: **Janet Stephens** – Independent Scholar, Hairstyle Archaeologist

How to Treat Your Body: Togas and Tresses

[try out some outfits and hairdos]