

OSHER LIFELONG LEARNING INSTITUTE
AT THE UNIVERSITY OF SOUTHERN MAINE



Course Catalog

WINTER SESSION 2023
JANUARY 10 – FEBRUARY 16



Learning is a
TREASURE
that follows its owner
EVERYWHERE.

CHINESE PROVERB



We are thankful for our many talented board members, volunteers, and staff who make OLLI programming possible.

STAFF

Donna Anderson, Director
207-228-8181
donna.anderson@maine.edu

Rob Hyssong,
OLLI Program Coordinator
207-228-8336
robert.hyssong@maine.edu

Kalianna Pawless,
Administrative Assistant
207-228-8482
kalianna.pawless@maine.edu

Anne Cardale, Program Director,
Maine Senior College Network
207-780-4128
acardale@maine.edu

ADVISORY BOARD (2022-23)

Anne Cass, *Chair*
Paula Johnson, *Vice-Chair*
Karen Day, *Secretary*

Membership & Nominations
Pamela Delphenich, *Chair*

External Relations
Marcia Weston, *Chair*

Teaching & Learning
Louise Sullivan, *Chair*

Social Relations
Elizabeth Housewright, *Chair*

SAGE Programming
Claire Smith, *Chair*

Board Members

Lynn Bailets
Peter Curry
Sheldon Kaye
Georgia Koch
Tom Lafavore
Steve Piker
John Roediger



Find something lively,
provocative, or just plain
fun for the winter

“Laughter is the sun that drives winter from the human face.” VICTOR HUGO

With the holidays past, winter can seem long, dark, and bleak. The remedy? Finding something special at OLLI to fill your days with companionship. You can take a deep dive into important economic or social issues or you can find ways of laughing, singing, writing, and untangling mysteries on film or in novels.

Here are a few highlights for this winter:

DeWayn Marzagalli will take a lighthearted look at *The Music of Disney, Part 1* ([page 15](#))

Sandra Garson will take us back to 1972-84: *The Tumultuous Years that Totally Transformed Maine* ([page 16](#))

Joan Chadbourne has created a new Writers Workshop focused on *Sharing Life Stories* ([page 25](#))

Steve Urkowitz takes us to fair Verona in *Shakespeare's Romeo & Juliet on Page & Stage & Film* ([page 19](#))

But these examples are just the tip of the iceberg! You can learn to play bridge, understand Maine's human geography, sing, or play the ukulele. Dive into this catalog and you will undoubtedly find great ways to while away the winter.

Warmly,

Donna Anderson
Director

IN THIS ISSUE

- [4 About us](#)
- [6 General information](#)
- [8 Important dates](#)
- [9 Schedule-at-a-glance](#)
- [12 Instructor index](#)
- [14 Courses & workshops](#)
- [28 Special Interest Groups](#)
- [30 Registration](#)



Learning for the love of it!

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, we invite you to join 1,300+ like-minded learners who are members of the Osher Lifelong Learning Institute (OLLI).

OLLI is located on the Portland campus of the University of Southern Maine (USM). OLLI at USM is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

As an OLLI member at USM, you'll choose from an extensive array of peer-taught courses in the liberal arts and sciences. There are no entrance requirements, grades, or tests. Your experience and love of learning are what count. Some OLLI at USM classes involve homework — usually reading or honing skills taught in class. Assignments are not mandatory but can enhance your learning experience.

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network (maineseniorcollege.org). The National Resource Center for all Osher Lifelong Learning Institutes (osher.net) is located at Northwestern University in Chicago. Currently, there are 124 OLLIs throughout the country.

OLLI: BY THE NUMBERS

125
OLLI BRANCHES
IN THE US

1,350+
OLLI ACTIVE STUDENTS
(2021-22)

16
ACTIVE MAINE
SENIOR COLLEGES

164
OLLI VOLUNTEERS
(2021-22)

MISSION

OLLI at USM is committed to providing, for its members, a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

VISION

OLLI will be driven by the creative and innovative spirit of its founding mission, will maintain its strong sense of community and inclusiveness, expand its abundant opportunities for members to exchange ideas and experiences, and maintain a standard of excellence.

CORE ORGANIZATIONAL VALUES

These are the fundamental beliefs of OLLI at USM that guide our planning and decision-making. These core values support our vision, shape our culture, and reflect what we value.

Joy of Learning. We believe that continuing to grow and learn new things is a deeply fulfilling lifelong priority.

Community. We recognize the importance of interaction with other members to share knowledge and experiences, to expand our perspectives, and to make new friends, in an atmosphere of inclusiveness, respect, and openness.

Accessibility. We strive to make classes, lectures, workshops, seminars, and activities affordable and accessible for all members.

Excellence. We strive for excellence by committing our intelligence, creativity and energy to achieving quality in our curriculum, faculty, facilities, operations, and relationships within our community.

Volunteerism. We recognize the crucial importance of volunteers to the success of our programs.



Join us

There are several ways to join the OLLI community of lifelong learners.

Become a member

OLLI at USM is an autonomous, self-governing organization supported through an annual membership fee of \$25. The membership fee covers the fiscal year from July 1 – June 30. Our monthly online newsletter and Facebook page outline upcoming programs and events open to you.

Member benefits include:

- Access to sign up for OLLI courses and workshops online.
- Access to OLLI Special Interest Groups (SIGs) at no additional cost. See [page 28](#) for the list of current SIGs.
- Access to OLLI Special Events, some at no additional cost, including topical pop-up discussions, game nights, and more.
- Access to courses at the 16 active Maine senior colleges throughout the state. Visit MaineSeniorCollege.org for more information.

Apply for a scholarship

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$50 per person per session, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events.

Scholarship applications can be completed online or downloaded from the OLLI website: usm.maine.edu/olli/olli-scholarships. **The form must be completed, signed (if downloaded), and submitted with each of your course registration forms.**

Please note: It is not possible to register for courses online with a scholarship. Please email your registration form and scholarship request to OLLI at our general email address: olliatusm@maine.edu before registration day to ensure timely enrollment in your class. Scholarships, gift certificates, free memberships, or other waivers will be accepted after online registration opens. However, classes and workshops may be filled, so please turn them in as soon as possible. If you have any questions, please email olliatusm@maine.edu, and we will contact you as soon as we can.



MEMBER SPOTLIGHT

Matthew Goldfarb

CUMBERLAND FORESIDE, MAINE

What is your history at OLLI? I think I first enrolled in OLLI in January 2011. My initial class was *Great Books* with Mary Collins as the instructor. The class discussions were engaging, and the friendships developed in this new community of fellow students became a sustaining force in my life.

How did your experience as a student lead into being an instructor? I have taken about 35 courses and ventured to begin co-teaching a class with Kathleen Sutherland on *The Ethnic Fabric of Portland*; then, with John Sutherland and later, solo, *Huckleberry Finn and Mark Twain and His Era* and currently, *Antisemitism, White Supremacy & the Rise of Hatred in America*.

Is there a class that stood out as exceptional at OLLI? My most memorable class was Janet Gunn's three semester exploration of Marcel Proust's *In Search of Lost Time*. My classmates bonded from the very first class through the death of one of our beloved classmates and the guiding hand of Janet. Our class discussions reflected our unfiltered, personal thoughts. It was one of my most enduring academic memories of sharing.

What are you most looking forward to in the Winter Session 2023? I'm most looking forward to teaching again after a bereavement leave of a year. The world has changed in the past 15 months; how has it affected us, my teaching, and OLLI?

"The class discussions were engaging, and the friendships developed in this new community of fellow students became a sustaining force in my life."

MATTHEW GOLDFARB, OLLI MEMBER SINCE 2011

What to expect

We cannot describe all you will experience at OLLI in just a few paragraphs. Still, this page contains important information for OLLI Students from registration to student conduct. So make sure to read carefully!

A NOTE ABOUT WINTER PROGRAMMING

Our winter session is a Zoom-fest! Most of our faculty will be managing the Zoom sessions themselves, sending links to you directly. But if you have any problems, we're here to help; you can call or email the office with questions.

BOOKS & MATERIALS

Acquiring books and materials is the student's responsibility. Books and materials will be listed as:

- **Required:** the class (i.e., a literature course) cannot function without the book.
- **Suggested:** it would enhance the class but is not necessary.
- If no books or materials are listed in a course description, none are needed.

Students may purchase books from the USM University Store by going to usm.ecampus.com and selecting *OLLI* as the term.

Visit usm.maine.edu/olli/books-ecampus-instructions for more information.

Students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.

ENROLLMENT

Register online early to ensure adequate enrollment in your favorite class!

All OLLI at USM classes must have a minimum of **4 registered students** to run.

Enrollments are determined a few weeks before the first class or at the discretion of the OLLI staff. Under-enrolled classes will be canceled. If a course or workshop is canceled, students will be notified and given a full refund or the opportunity to register for an alternate offering.

TUITION

Tuition is \$50 per course for regular OLLI at USM courses. Workshops cost \$15 for single sessions and \$25 for two or three sessions or a full day. Exceptions to the usual pricing structure are clearly noted.

You must be an OLLI 2022–2023 member to enroll in fall courses and workshops. Membership costs \$25 per fiscal year and runs from July 1 – June 30.

SESSION SCHEDULE

Winter classes are held once a week, Tuesday – Thursday. The term runs for six weeks, from January 10 through February 16, unless otherwise noted.

Morning classes run from 9:30 to 11:30 a.m.; afternoon classes run from 12:45 to 2:45 p.m. (see [page 9](#)). Any exceptions to usual times are noted.

There also are winter workshops, mostly held on Fridays (see [page 10](#)).

LOCATIONS

OLLI Winter 2023 classes are online unless otherwise stated.

Most classes will be taught via distance learning, often using Zoom.

Not familiar with Zoom? We will offer training sessions for all participants who want or need it. Watch your email for training session announcements.

NEWS & UPDATES

For news and updates on OLLI activities, read your OLLI Newsletter, go to the OLLI at USM website (usm.maine.edu/olli), or follow us on Facebook (@OsherLifelongLearningInstituteAtUSM).



WAIVERS

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at olliatusm@maine.edu before December 12 for timely processing. Waivers will be accepted after that deadline, but we cannot guarantee your selected classes will be available.

REFUND POLICY

You will receive a 100% refund for classes dropped by Friday, January 20, 2022, the end of the second week of winter classes. **No refunds will be made after that point.** You cannot receive a refund for OLLI at USM annual membership fees. To transfer to a different class or drop a class, email olliatusm@maine.edu or call 207-780-4406.

CONTACT

The OLLI office is currently open to the public, with some staff working from home occasionally.

We recommend that you call or email staff in advance of your planned visit: olliatusm@maine.edu or 207-780-4406.

OLLI STUDENT HANDBOOK

Whether you're a new member or a returning "regular," there is much to learn about OLLI. In the OLLI Student Handbook, you can find information about the OLLI organization, membership, classes, other educational offerings, parking, registration, the arts at OLLI, tips on staying informed, and much more.

You can find the Student Handbook on the OLLI website under *Resources*: usm.maine.edu/olli/olli-student-handbook.

ACCESSIBILITY & SPECIAL ACCOMMODATIONS

OLLI at USM is committed to making our programming accessible for all members. Please notify OLLI at 207-780-4406 as soon as you register to discuss your options.

Hearing assistance for remote learning: Zoom allows members to have complete control over the volume of your classroom. Additional auto-captioning services can be set up upon request. Please contact Rob Hyssong at least two weeks prior to class start at robert.hyssong@maine.edu or 207-228-8336.



Creating community and identifying safer places for students, staff, and faculty of diverse sexualities, romantic orientations, and genders since 1996.

usm.maine.edu/safezone



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406

Important Dates

OLLI WINTER SESSION 2023

Winter session will run from January 10 – February 16.
Mark your calendar for these other important dates.

DEC 14	Online registration for OLLI fall courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m. (Tuesday night into Wednesday morning). Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatism@maine.edu before December 12, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted after December 12, but some classes and workshops may be full, so please turn them in as soon as possible.
DEC 16	OLLI staff begins processing mail-in, drop-off, and phone registrations.
DEC 21	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatism@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
JAN 10	OLLI winter session classes start
JAN 20	OLLI winter workshops Deadline to receive a refund on dropped courses.
JAN 27	OLLI winter workshops
FEB 3	OLLI winter workshops
FEB 16	OLLI winter session ends
FEB 21–22	OLLI winter session make-up week



QUESTIONS?

We are here to help you!

Email us:
olliatism@maine.edu

Call us:
207-780-4406

The OLLI staff will be on holiday December 26, January 2 & 16, and February 20. The OLLI office will be closed on these dates. If you have a class scheduled on those dates, please get in touch with your instructor to see if they plan to observe the holiday.

Most workshops meet on Fridays. Check each workshop for exceptions.

Courses by schedule

Courses run once a week, Tuesday – Thursday starting the week of January 10 unless otherwise stated. Full course descriptions, costs, and materials can be found on the page listed next to each course title.

Want to search for programs by topic?
See page 14 for our full index.

Want to find a program by instructor?
See page 12 for our instructor index.

TUESDAYS

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Improving Beginner Bridge Skills II** (15)
DON BOUWENS

-  **Contemporary Economic Policy Issues** (14)
JON HAVEMAN
& THE NATIONAL ECONOMIC
EDUCATION DELEGATION

-  **A Future with Hope: Visions from Around the World** (21)
MARIANNE HILL

-  **Return of the Misfit Poets** (26)
MARY TRACY & CRAIG SIPE

-  **The Journey from Climate Doom to Active Hope** (23)
THOMAS WHITE

WEDNESDAYS

MORNINGS • 9:30 – 11:30 A.M.

-  **The Sixties through the Great Speeches of the Sixties** (16)
BUCK BENEDICT

-  **Antisemitism, White Supremacy & the Rise of Hatred in America** (17)
MATT GOLDFARB

-  **Four Artistic Forerunners of 20th Century Modernism: Titian, Rembrandt, Goya, & Rodin** (14)
NATHANIEL LARRABEE

-  **America the Beautiful** (22)
STEVEN PIKER

AFTERNOONS • 12:45 – 2:45 P.M.

-  **The Crime Writing MacDonalds** (18)
RICHARD CASS

-  **Writers' Workshop: Sharing Life Stories** (25)
JOAN CHADBOURNE

-  **The Role of the Supreme Court in American Society** (21)
ROBERT LIBBY

-  **The Moonstone** (18)
SUSAN RANSOM &
MARGARET CREIGHTON

-  **How to Sell on Etsy for**
CANCELLED
BARBARA RICH

-  **From Fort Kent to Kittery — The Human Geography of Maine** (17)
DAVID SUITOR

THURSDAYS

MORNINGS • 9:30 – 11:30 A.M.

-  **Your Favorite Popular Songs & Mine** (19)
TERRY FOSTER

-  **1972–1984: The Tumultuous Years That Totally Transformed Maine** (16)
SANDRA GARSON

-  **Changing the Way We Think About Dying** (24)
BILL JOSE & BILL KNIGHT

-  **Decoding Schopenhauer's Metaphysics** (20)
STEPHEN KERCEL

-  **Shakespeare's Romeo & Juliet on Page & Stage & Film** (19)
STEVEN URKOWITZ

AFTERNOONS • 12:45 – 2:45 P.M.

-  **How the Left Can Get it Right** (21)
MIKE BERKOWITZ

-  **Exploring Short Stories** (18)
ANNE CASS

-  **There is Something More Going On Here** (24)
JOAN CHADBOURNE

-  **Black Americans & American Indians: What Now? Our Future?** (22)
STEVEN PIKER

-  **A (Mostly) Cultural History of Numbers & Counting** (23)
STEPHEN SCHIFFMAN

-  **Murder Movies Most Mysterious** (15)
ED SOLANO

This winter session will be 100% remote. Look for the icons below to find the right program style for you in the future:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

Workshops by schedule

Workshops run on Tuesdays, Fridays, and Saturdays throughout the winter session. Full workshop descriptions, costs, and materials can be found on the page listed next to each course title.

Want to search for programs by topic?
See [page 14](#) for our full index.

Want to find a program by instructor?
See [page 12](#) for our instructor index.

TUESDAY

1 SESSION: 1/10 • 6:30 – 8:00 P.M.

-  **Find Your Inner Music-Maker with the Ukulele** (19)
CLAIRE INNES

FRIDAYS

1 SESSION: 1/20 • 9:30 – 11:30 A.M.

-  **Writing a Legacy Letter** (26)
JAY SHERWIN

-  **Retirement Income Planning** (20)
DEREK THARP

1 SESSION: 1/27 • 9:30 – 11:30 A.M.

-  **The Music of Disney – Part 1** (15)
DEWAYN MARZAGALLI

-  **George Perkins Marsh: Kickstarter of the American Conservation Movement** (17)
DAVID VON SEGGERN

-  **Social Security Planning** (20)
DEREK THARP

1 SESSION: 2/3 • 9:30 – 11:30 A.M.

-  **Living on Earth as if We Want to Stay** (22)
MIKE NICKERSON

-  **Tax Planning in Retirement** (20)
DEREK THARP

1 SESSION: 2/3 • 10:00 – 11:30 A.M.

-  **File, Pile, Sort, Shred: How to Easily Organize Paperwork** (24)
JAMIE NOVAK

3 SESSIONS:
1/20, 1/27, & 2/3 • 9:30 – 11:30 A.M.

-  **What's Your Story?** (26)
CHARLENE VINCENT

SATURDAY

1 SESSION: 1/21 • 10:00 – 11:30 A.M.

-  **Yoga for Arthritis** (25)
LYN LILAVATI SIROTA

This winter session will be 100% remote. Look for the icons below to find the right program style for you in the future:

-  IN-PERSON
-  REMOTE (ZOOM)
-  HYBRID



QUESTIONS?

We are here to help you!

Email us:

olliatism@maine.edu

Call us:

207-780-4406



Try to learn
SOMETHING
about everything and
EVERYTHING
about something.

THOMAS HUXLEY

Courses & workshops by instructor

Instructors are listed here in alphabetical order for both courses and workshops. For full descriptions, please go to the page listed next to the course or workshop title.

Want to search for programs by topic? See page 14 for our full index.

Looking to fill a specific day or time? See page 9 for our schedule-at-a-glance.

A B C

BUCK BENEDICT
The Sixties through the Great Speeches of the Sixties16

MIKE BERKOWITZ
How the Left Can Get it Right 21

DON BOUWENS
Improving Beginner Bridge Skills II 15

ANNE CASS
Exploring Short Stories18

RICHARD CASS
The Crime Writing MacDonalds18

JOAN CHADBOURNE
There is Something More Going on Here 24
Writer’s Workshop: Sharing Life Stories 25

MARGARET CREIGHTON
The Moonstone.....18



QUESTIONS?

We are here to help you!

Email us:
olliatism@maine.edu

Call us:
207-780-4406

D E F

TERRY FOSTER
Your Favorite Popular Songs & Mine19

G H I

SANDRA GARSON
1972-1984: The Tumultuous Years That Totally Transformed Maine.....16

MATTHEW GOLDFARB
Antisemitism, White Supremacy, & the Rise of Hatred in America..... 17

JON HAVEMAN
Contemporary Economic Policy Issues.....14

MARIANNE HILL
A Future with Hope: Visions from Around the World21

CLAIRE INNES
Find Your Inner Music-Maker with the Ukulele19

J K L

BILL JOSE
Changing the Way We Think About Dying 24

STEVE KERCEL
Decoding Schopenhauer’s *Metaphysics*20

BILL KNIGHT
Changing the Way We Think About Dying 24

NATHANIEL LARRABEE
Four Artistic Forerunners of 20th Century Modernism: Titian, Rembrandt, Goya, & Rodin.....14

ROBERT LIBBY
The Role of the Supreme Court in American Society21

M N O

DEWAYN MARZAGALLI
The Music of Disney — Part 1 15

MIKE NICKERSON
Living on Earth as if We Want to Stay 22

JAMIE NOVAK
File, Pile, Sort, Shred: How to Easily Organize Paperwork 24

P Q R S

STEVEN PIKER
 America The Beautiful 22
 Black Americans & American Indians:
 What Now? Our Future? 22

SUSAN RANSOM
The Moonstone.....18

BARBARA RICH
 How to Sell **CANCELLED** Plan & Profit 25

STEPHEN SCHIFFMAN
 A (Mostly) Cultural History of
 Numbers & Counting 23

JAY SHERWIN
 Writing a *Legacy Letter*..... 26

CRAIG SIPE
 Return of the Misfit Poets 26

LYN LILAVATI SIROTA
 Yoga for Arthritis 25

ED SOLANO
 Murder Movies Most Mysterious 15

DAVID SUITOR
 From Fort Kent to Kittery —
 The Human Geography of Maine..... 17

T U V

DEREK THARP
 Retirement Income Planning..... 20
 Social Security Planning..... 20
 Tax Planning in Retirement 20

MARY TRACY
 Return of the Misfit Poets 26

STEVEN URKOWITZ
 Shakespeare's *Romeo & Juliet* on
 Page & Stage & Film19

CHARLENE VINCENT
 What's Your Story? 26

DAVID VON SEGGERN
 George Perkins Marsh: Kickstarter of
 the American Conservation Movement 17

W X Y Z

THOMAS WHITE
 The Journey from Climate Doom to Active Hope 23



Full listing of courses & workshops

Courses and workshops are listed by subject. Details including books and materials are listed here.

PROGRAM TOPICS

- 14 Art & art history
- 14 Economics
- 15 Entertainment & film
- 16 History
- 18 Literature
- 19 Music
- 20 Philosophy & religion
- 20 Personal finance
- 21 Politics & current events
- 23 Science & mathematics
- 24 Self-knowledge & care
- 25 Writing

Want to find a program by instructor?
See [page 12](#) for our instructor index.

Looking to fill a specific day or time?
See [page 9](#) for our schedule—at-a-glance.

ART & ART HISTORY

Four Artistic Forerunners of 20th Century Modernism: Titian, Rembrandt, Goya, & Rodin

TAN LARRABEE

 **COURSE** WED, 1/11 – 2/15 • 9:30 – 11:30 A.M. • \$50

This course will explore the creations of four unique artists whose work has defied categorization while laying the poetic foundation for the twentieth-century Modernist Revolution in fine art. We will examine the interrelationship of these artists commencing with Titian's *Poesie* almost four centuries before Cezanne and Modernism. We will see what these artists share, how they differ, and what makes each unique relative to Modernism. Finally, we will explore how each imagined a vision unifying disparate poetic achievements in art from East to West. This is a "shared inquiry" course where all are welcome. **Repeat course.** Course format will include **online** lectures and discussion.

Nathaniel "Tan" Larrabee is a retired professor of fine arts at the Columbus College of Art and Design. He has also taught at Wellesley College and Boston University and is widely exhibited at the national, international, and regional levels.

ECONOMICS

Contemporary Economic Policy Issues

JON HAVEMAN
& THE NATIONAL ECONOMIC EDUCATION DELEGATION

 **COURSE** TUE, 1/10 – 2/14 • 12:45 – 2:45 P.M. • \$50

Economics plays a central role in the functioning of every aspect of society. This course will address a set of prominent policy issues with economics at their core. We will explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Each lecture will be taught by a different subject matter expert. **Repeat course.** Course format will include **online** lectures.

Jon Haveman is the executive director of the National Economic Education Delegation (NEED). Dr. Haveman is an expert on economic policy, and holds a Ph.D. in Economics from the University of Michigan.

ENTERTAINMENT & FILM

Improving Beginner Bridge Skills II

DON BOUWENS

COURSE TUE, 1/10 – 2/14, 12:45 – 2:45 P.M. • \$50

This is still a beginner's class, but one intended to help you learn some bidding conventions; every serious bridge player should know important basics of playing defense, an elementary strategy for declarer play. If you participated in the Fall beginner bridge course, or a previous course, or if you just want to pick up a few new skills and have never taken our OLLI *Beginner Bridge Skills* course, this is the place to go a step farther than the basics. No prior class requirement. *Course format will include online discussion and hands-on practice.*

SUGGESTED MATERIALS: BridgeBase.com (free) is highly recommended.

Don Bouwens grew up in Michigan and learned the game from his bridge playing parents. Club and more recently online games have become an always available and challenging pastime. He has always been a teacher at heart and is eager to help beginners with this endlessly fascinating game.

The Music of Disney, Part 1

DEWAYN MARZAGALLI

WORKSHOP FRI, 1/27, 9:30 – 11:30 A.M. • \$15

This course will be a three-part workshop featuring the endearing music from Walt Disney's animated movies. Part 1 will begin with *Steamboat Willie*, the very first appearance of Mickey Mouse, and will continue with a few of Disney's *Merrie Melodies*. Then we will listen to songs from Disney's first full-length animated film, *Snow White*. We will continue with *Pinocchio*, *Bambi*, *Dumbo*, and then listen to most of the music from Disney's classical music masterpiece *Fantasia*. *Workshop format will include online lecture, discussion, and film.*

DeWayn Marzagalli was born in New York City; he married his childhood sweetheart; served in the U.S. Navy and was employed as a Federal Agent for over 25 years. Retired, he devotes his time to volunteering for his church, at the Maine Medical Center, and with OLLI.

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

Murder Movies Most Mysterious

ED SOLANO

COURSE THU, 1/12 – 2/16, 12:45 – 2:45 P.M. • \$50

A winter night by the fire with a mystery to solve. We will explore six films, with Anthony Hopkins, Morgan Freeman, Helen Mirren, Brad Pitt, Robert Downey, Jr., Ryan Gosling, Maggie Smith, and some new blood. We'll pick from *Fracture*, *Kiss Kiss Bang Bang*, *Gosford Park*, *Seven*, *A Good Woman is Hard to Find*, *The Kid Detective*, and *Memento*. You'll watch them mostly on Amazon at home, answer some questions on plot, and we'll discuss bios, reviews, actors' quotes, fine points of film-making, and some tricks of the trade. Should be laughs. *Course format will include online lectures, discussion, and film.*

REQUIRED MATERIALS: Films will need to be obtained and watched outside of class.

Ed Solano is offering his 13th course as "discussion leader" for history and film classes. But he's learned the best classes are sometimes led by the participants, so that participation is welcomed for those so inclined. Ed's a former high school teacher and was a student in 11 grad programs.



This winter session will be 100% remote. Look for the icons below to find the right program style for you in the future:

IN-PERSON **REMOTE (ZOOM)** **HYBRID**

HISTORY

The Sixties through the Great Speeches of the Sixties

BUCK BENEDICT

COURSE WED, 1/11 – 2/15, 9:30 – 11:30 A.M. • \$50

Many of us came of age in the 60s. And the speeches of the 60s and the leaders who gave them are worth revisiting because they were instrumental in bringing about needed changes. Since some of the issues we thought had been addressed then are back on the table, it's helpful to revisit that seminal decade and see what we can learn. In addition to looking at and analyzing the speeches, the small, interactive class size allows us to share our experiences from these tragic, but often triumphant times. **Repeat course.**

Course format will include **online** lectures, discussion, and film.

Buck Benedict is a former lecturer at the University of Pennsylvania where he taught public speaking and speechwriting. He is still helping people improve their public speaking. He has been teaching at OLLI since 2020 and lives on Peaks Island.

1972–1984: The Tumultuous Years That Totally Transformed Maine

SANDRA GARSON

COURSE THU, 1/12 – 2/16, 9:30 – 11:30 A.M. • \$50

With one damned thing after another for a dozen years, Maine was yanked into modernity. Much of what actually happened — the Indian Land Claims Case, the infamous school funding formula, Bath's total makeover, the Artists Estate Tax Law, Portland's brutalist architecture, opening The Golden Road, the first aquaculture, Russian fishing — has been forgotten, but the effects of the upheaval still echo loudly. To understand today's news, let's look back at those years that reshaped our state and how it all went down. *Course format will include **online** lectures and discussion.*

Sandra Garson was a reporter for publications in and out of Maine during this course's relevant years, covering significant events. She was on the Commission for Maine's Future, an advisory board member to the fledgling Portland Museum of Art, a board member of the new H.O.M.E. co-op, and PR person for Citizens for Historic Preservation.



Antisemitism, White Supremacy, & the Rise of Hatred in America

MATTHEW GOLDFARB

 **COURSE** WED, 1/11 – 2/15, 9:30 – 11:30 A.M. • \$50

Why is antisemitism a clear and present danger in America? Where and when did it begin? We will examine ancient origins, religious texts, literature, architecture, art, plays, film, forgeries, myths, canards, and terrorist activities, but our focus will be on recent books such as *The Protocols of the Elders of Zion*, *The Camp of the Saints*, *The Turner Diaries*, *Mother Goose* (yes!), and *The Brothers Grimm*. Class discussion is encouraged. **Repeat course.** Course format will include **online** lectures, discussion, and film.

Matthew Goldfarb retired as an attorney after a fifty-year career. Recently widowed, he has participated in OLLI for 14 years and has served on the Advisory Board and as Chair of the SAGE Committee. He spends his time enjoying Portland's variety of cultural events, playing golf, and reading.

From Fort Kent to Kittery — The Human Geography of Maine

DAVID SUITOR

 **COURSE** WED, 1/11 – 2/15, 12:45 – 2:45 P.M. • \$50

This class will take a topical approach to exploring the many facets of the cultural geography of Maine. Topics will include population, migration, folk and popular culture, language and ethnicity, agriculture and industry, resources, economics, et. al. As in his other classes, David will call on his background in geography and history using charts, statistics, maps, articles, videos, and voluntary student input for a lively and entertaining analysis of the many unique aspects of the State of Maine. Course format will include **online** lectures, discussion, and film.

David Sutor had a 30-year career teaching AP History and AP Geography at St. Mark's School outside Boston. His undergraduate degree was in history at U.V.M. where he did his graduate work in geography. This will be his 5th unique OLLI course.

George Perkins Marsh: Kickstarter of the American Conservation Movement

DAVID VON SEGGERN

 **WORKSHOP** FRI, 1/27 9:30 – 11:30 A.M. • \$15

George Perkins Marsh (1801–82) came from pioneer Vermont stock of colonial time and ended up as the dean of the American diplomatic corps in Europe. During his life, he touched on so many fields of endeavor and study that the 600-page biography of him by David Lowenthal hardly does justice to the scope and influence of his work. In 1864 Marsh published *Man and Nature Or, Physical Geography As Modified by Human Action*, a book so novel but compelling that it gained wide attention in his time and led to the conservation movement in the United States, with followers such as Powell, Muir, Pinchot, Leopold, and Udall. The workshop will treat the life of G.P. Marsh and his magnum opus, *Man and Nature*. We will draw on contemporary examples to underline his thesis that humankind has a huge impact on the Earth. Course format will include **online** lecture and discussion.

REQUIRED BOOK: *Man and Nature* (1864), G.P. Marsh, available free at gutenberg.org/ebooks/37957

SUGGESTED BOOK: *George Perkins Marsh: Profit of Conservation*, David Lowenthal, ISBN 0295983159

David von Seggern is a retired earth scientist (seismology) and emeritus at the University of Nevada, Reno, having moved to Portland in 2021. In retirement he has worked on many conservation and environment issues and brings his background to bear on understanding the impacts humankind is having on the planet.



QUESTIONS?

We are here to help you!

Email us:

olliatism@maine.edu

Call us:

207-780-4406

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

LITERATURE

Exploring Short Stories

ANNE CASS

COURSE THU, 1/12 – 2/16, 12:45 – 2:45 P.M. • \$50

This repeat course invites OLLI members who like short stories as well as OLLI members who have never read them, don't like them, or don't know, to meet other readers who enjoy discussing literature (and meeting new people). The structure remains the same as that of previous courses while the content differs. We'll take a look at a particular region this term — the west coast. Join us! **Repeat course.** Course format will include **online** discussion-based explorations of stories.

REQUIRED BOOK: *Contemporary West Coast Stories*, Edited by C. Michael Curtis, Senior Editor, The Atlantic, ISBN 1564402452 (USM \$24.20)

Anne Cass is an avid OLLI volunteer who enjoys facilitating lively conversations among fellow readers. She lives in Cape Elizabeth with her crime fiction writing husband, Richard, and their rescue Maine Coon, Tinker. (And she was able to purchase this text, published in 1993, through various discount websites.)

The Crime Writing MacDonalds

RICHARD CASS

COURSE WED, 1/11 – 2/15, 12:45 – 2:45 P.M. • \$50

Two of America's finest crime writers share a surname and not much more. Join us to discuss the lives and times of John D. and Ross MacDonald. We'll read and talk about the first and last book in each author's detective series (Travis McGee and Lew Archer, respectively) and spend time discussing the culture and milieu of the time and the places they wrote about, South Florida and Southern California. Course format will include **online** lectures and discussion.

REQUIRED BOOKS: *The Deep Blue Goodbye*, John D. MacDonald, ISBN 9780449223833 (USM \$5.75); *The Lonely Silver Rain*, John D. MacDonald, ISBN 9780812984125 (USM \$15.52); *The Moving Target*, Ross MacDonald, ISBN 9780375701467 (USM \$14.55); *The Blue Hammer*, Ross MacDonald, ISBN 9780274804344 (USM \$15.52)

Richard Cass is the author of six crime novels in the Elder Darrow jazz mystery series. Books in the series have won the Maine Literary Award for Crime Fiction and the Nancy Pearl Librarians' Prize for Genre Fiction. *Kirkus Reviews* called Book 4: Last Call at the Esposito "an immersive and satisfying addition to Boston crime fiction." He lives in Cape Elizabeth, Maine. Visit @DickCass on Twitter.



The Moonstone

SUSAN RANSOM & MARGARET CREIGHTON

COURSE WED, 1/11 – 2/15, 12:45 – 2:45 P.M. • \$50

The Moonstone, by Wilkie Collins, published in 1868, is believed to be the first novel-length British detective story. Mirroring Britain's unease with the very idea of a detective, it's a long and twisting tale with multiple narrators and much political and social comment. Comic, tragic, and eminently readable, it combines the aristocratic country house mystery with scenes set in London and India. Course format will include **online** discussion.

REQUIRED BOOK: *The Moonstone*, Wilkie Collins, ISBN 9780140434088 (USM \$9.70)

Susan Ransom has been reading and studying British mysteries and Victorian novels since she was a teenager. She has two degrees in English literature and is a retired architectural marketer. This is her sixth class for OLLI.

Margaret Creighton is professor emerita of American history at Bates College.

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

Shakespeare's *Romeo & Juliet* on Page & Stage & Film

STEVEN URKOWITZ

 **COURSE** THU, 1/12 – 2/16, 9:30 – 11:30 A.M. • \$50

Shakespeare's *Romeo and Juliet* changed while he wrote and revised his script. Each version differently shapes our experience of the play's tough beauty, emotional impact, and hard-won wisdom. We will read scripts, watch available YouTube videos, and discuss the play "live" on Zoom and in written e-mail "chat" exchanges. We will also try out (and possibly share) acting exercises to hear the words in our own voices. This old story and our shared experiences will warm the long Maine winter. *Course format will include online lectures, discussion, film, hands-on practice, and movement.*

REQUIRED BOOKS: *Romeo and Juliet*, Cambridge School Shakespeare 4th edition, William Shakespeare (Author), Robert Smith (Editor), Rex Gibson (Editor), Vicki Weinard (Editor), Richard Andrews (editor), ISBN 9781107615403 (USM \$14.81)

Steve Urkowitz loves Shakespeare, teaching, and cooking. A working-class kid from the Bronx, he has a University of Chicago Ph.D., fifty-five years of teaching, and a Grammy nomination for coaching professional singers in early music. His most recent OLLI course ended with a Homeric feast, smoke of burnt offerings going up to the gods on Mount Olympus (or maybe Katahdin).



QUESTIONS?

We are here to help you!

Email us:
olliatum@maine.edu

Call us:
207-780-4406

MUSIC

Your Favorite Popular Songs & Mine

TERRY FOSTER

 **COURSE** THU, 1/19 – 2/23, 9:30 – 11:30 A.M. • \$50

This new Zoom course is for popular music lovers to showcase songs they love. Class members will be encouraged to name a favorite song and share research about its origin and the musician(s) who made it popular. Those participating in this manner will be assigned a session to make brief presentations. Assistance will be given to find accompanying videos. Members not wishing to make a presentation can name a song and the instructor will do the research. He'll share his favorite songs. Piano music and videos will bring the subject to life. No text required. *Course format will include online lectures, discussion, and film.*

Terry Foster played popular music on piano since age five and has played in dance bands and rock and folk groups. He is a retired USM administrator and co-founder of "Senior College," OLLI's predecessor. He has taught for the former Senior College and OLLI for over 24 years.

Find Your Inner Music Maker with the Ukulele

CLARE INNES

 **WORKSHOP** TUE, 1/10, 6:30 – 8:00 P.M. • \$15

Let's make some music! If you've always wanted to play an instrument, this lighthearted class will be a great start. You'll learn the basics of how to play the ukulele so you can accompany yourself on your favorite songs or play along with others. We'll cover strumming, making chords, reading a song sheet, and good practice habits that will have you playing a song by the end of the first class.

Note: We don't cover baritone ukulele chords in this class.

Repeat workshop. *Workshop format will include online lecture, discussion, and hands-on practice.*

REQUIRED MATERIALS: A ukulele! If you don't have a ukulele yet, here are some tips for shopping for one: [ukuleleclare.com/post/how-to-choose-a-ukulele](https://olliatum.com/post/how-to-choose-a-ukulele)

"Ukulele Clare" Innes has shared the joy of making music with hundreds of students. Her knack for untangling the knottiest chords, strums, and concepts helps even those who consider themselves nonmusical venture forth as confident ukulele players.

PERSONAL FINANCE

Retirement Income Planning

DEREK THARP

 **WORKSHOP** FRI, 1/20 9:30 – 11:30 A.M. • \$15

This workshop will cover how to build a sustainable investment portfolio. We will explore how environmental and other socially-conscious considerations can be built into a retirement portfolio. Additionally, we will examine some of the leading research on how individuals can manage portfolios leading into and during retirement to ensure they can maintain their standard of living in retirement. **Repeat workshop.** *Workshop format will include online lecture.*

Derek Tharp, PhD, CFP®, CLU®, RICP®, is a finance professor at USM. Derek is the founder of Conscious Capital, Inc, a Maine-registered investment advisor. He blogs regularly at the Wall Street Journal's Experts Blog, and he has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.

Social Security Planning

DEREK THARP

 **WORKSHOP** FRI, 1/27 • 9:30 – 11:30 A.M. • \$15

This workshop will cover key considerations for how to get the most from your Social Security benefit. We will cover topics such as the long-term health of the Social Security program, how to figure out how much you can expect to receive in retirement, when you should apply for Social Security benefits, how to coordinate claiming strategies with a spouse, ways to minimize taxes on Social Security benefits, and other important considerations for maximizing your Social Security benefit. **Repeat workshop.** *Workshop format will include online lecture.*

Derek Tharp, PhD, CFP®, CLU®, RICP®, is a finance professor at USM. Derek is the founder of Conscious Capital, Inc, a Maine-registered investment advisor. He blogs regularly at the Wall Street Journal's Experts Blog, and he has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.

 DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

Tax Planning in Retirement

DEREK THARP

 **WORKSHOP** FRI, 2/3 • 9:30 – 11:30 A.M. • \$15

This workshop will cover key considerations for planning for taxes in retirement. We will cover topics such as how various types of income are taxed in retirement, how to avoid Social Security and Medicare tax traps, how to take distributions from retirement accounts in a tax-efficient manner, and charitable giving in retirement. We will consider tax planning strategies from the perspectives of both those who are already in retirement and those who are still working toward retirement. **Repeat workshop.** *Workshop format will include online lecture.*

Derek Tharp, PhD, CFP®, CLU®, RICP®, is a finance professor at USM. Derek is the founder of Conscious Capital, Inc, a Maine-registered investment advisor. He blogs regularly at the Wall Street Journal's Experts Blog, and he has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.

PHILOSOPHY & RELIGION

Decoding Schopenhauer's Metaphysics

STEPHEN KERCEL

 **COURSE** THU, 1/12 – 2/16, 9:30 – 11:30 A.M. • \$50

Per Kastrup, Schopenhauer “has been consistently misunderstood ... even at the hands of experts.” Hoping to change this, *Decoding Schopenhauer's Metaphysics* offers a decoding key for unlocking the sense of Schopenhauer's metaphysical contentions in a way that renders them mutually consistent. Even those who earlier dismissed Schopenhauer's metaphysics should be able to return to it with fresh eyes and at last grasp its meaning. And for those as yet unacquainted with Schopenhauerian thought, this volume offers a succinct and accessible entry path. *Course format will include online lectures and discussion.*

REQUIRED BOOK: *Decoding Schopenhauer's Metaphysics*, Bernardo Kastrup, ISBN 9781789044263 (USM \$14.50)

Steve Kercel has a Ph.D. in Artificial Intelligence and has published extensively on the distinction between computation and cognition. He recently taught an OLLI sequence titled *Brief Peaks Beyond* spanning four terms, and exploring Kastrup's idealist philosophy of consciousness.

POLITICS & CURRENT EVENTS

How the Left Can Get it Right

MIKE BERKOWITZ

COURSE THU, 1/12 – 2/16, 12:45 – 2:45 P.M. • \$50

Many liberal goals are good steps in the right direction. Yet, we can do better. Affirmative Action, fixing our judicial system, and welfare are all good goals. But how can the need for them be reduced or eliminated? Likewise, gun control, pro-choice, taxing the rich more, and feminism are also good goals. But how can better approaches improve things more? Mini-lectures and film clips will set up discussions. **Repeat and expansion of the fall workshop into a full course.** Course format will include **online** lectures discussion, and film.

Mike Berkowitz taught in daycare centers, elementary schools, and colleges before finding his niche at OLLI. He enjoys challenging folks to think in new ways.

**A Future with Hope: Visions from Around the World**

MARIANNE HILL

COURSE TUE, 1/10 – 2/14, 12:45 – 2:45 P.M. • \$50

Let's explore together the visions and work of activists around the world. Environmentalists envision a democratic, equitable transition from fossil fuels. Feminists want people to be placed over profit-making. Labor looks to solidarity-based human relationships. And, in most countries, there has been progress. We will consider: how strong are the motivations that drive these activists? What do you think unites or divides these groups? What can we learn from what's happening in Europe and elsewhere? Online guests will participate from Sweden, the U.K., and other countries. Course format will include **online** lectures, discussion, and film.

SUGGESTED BOOK: *Building a Solidarity Society*, Marianne T. Hill, ISBN 9783031073502

Marianne Hill has a Ph.D. in economics from Yale and has lived in England, Bangladesh, and Puerto Rico in connection with her work as an economist. She has studied in depth the problems involved in creating a better society from a radical, feminist perspective.

The Role of the Supreme Court in American Society

ROBERT LIBBY

COURSE WED, 1/11 – 2/15, 12:45 – 2:45 P.M. • \$50

In this course, we will study closely cases and their effects on American culture from *Marbury v. Madison* to *Dobbs v. Jackson Women's Health Organization*. Course format will include **online** lectures and discussion.

Robert Libby has 50+ years of teaching jurisprudence and civic issues.

**QUESTIONS?**

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406

POLITICS & CURRENT EVENTS • *continued from previous page*

Living on Earth as If We Want to Stay

MIKE NICKERSON

 **WORKSHOP** FRI, 2/3, 9:30 – 11:30 A.M. • \$15

With human activity pressing against planetary limits, perpetual growth is no longer an appropriate goal. But we can choose to create a stable relationship with Earth. This different approach to mutual provision (the economy) requires a change of perspective. Time-tested biological processes provide a foundation for securing long-term well-being as society’s economic “metabolism” adapts to our new situation. A glimpse of a future the grandchildren might enjoy can be seen through the precept “More Fun, Less Stuff.” **Repeat workshop.** *Workshop format will include online lecture and discussion.*

Mike Nickerson founded the Institute for the Study of Cultural Evolution in 1971. He has since written and spoken extensively on sustainability and how we might achieve it. sustainwellbeing.net

America the Beautiful

STEVEN PIKER

 **COURSE** WED, 1/11 – 2/15, 9:30 – 11:30 A.M. • \$50

Our nation is in awful trouble. No bones about it. Even so, there is a lot of wholesome goodness out there, especially on the local level. Of what does it consist? Might it comprise a useful resource for a national renaissance? We will take up these questions using the suggested reading, as well as reports from classmates of their own knowledge of/ experience with goodness in our lives. **Repeat course.** *Course format will include online lectures and discussion.*

SUGGESTED BOOK: *Our Towns: A 100,000 Mile Journey into the Heart of America*, James Fallows and Deborah Fallows, ISBN 9781101871843

Steve Piker is an anthropologist who has done field work in Thailand and the U.S., taught 44 years at Swarthmore College, offered 25 or so courses at three Maine senior colleges, and resides in Yarmouth two blocks from two of three grandchildren.

Black Americans & American Indians: What Now? Our Future?

STEVEN PIKER

 **COURSE** THU, 1/12 – 2/16, 12:45 – 2:45 P.M. • \$50

American Indians and Black Americans have been cruelly treated by American history. Today, both groups bear the burden of this heritage. From here and now... Where to? What is desirable for each group and all Americans? What is realistically possible? We will explore and propose answers to these questions. Two authors will guide us, one an American Indian and one a Black American. *Course format will include online lectures and discussion.*

SUGGESTED BOOKS: *The Heartbeat of Wounded Knee: Native America from 1890 to the Present*, David Treuer, ISBN 9781594633157; *How to be an Anti-Racist*, Ibram X. Kendi, ISBN 9780525509295

Steve Piker is an anthropologist who has done field work in Thailand and the U.S., taught 44 years at Swarthmore College, offered 25 or so courses at three Maine senior colleges, and resides in Yarmouth two blocks from two of three grandchildren.



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406



SCIENCE & MATHEMATICS

A (Mostly) Cultural History of Numbers & Counting

STEPHEN SCHIFFMAN

 **COURSE** THU, 1/12 – 2/16, 12:45 – 2:45 P.M. • \$50

Why is November the eleventh month of the year if *novem* means nine in Latin? What and why are the Ides of March? What and why are ‘pieces of eight’? Mathematics is a human activity. The urge to count is universal, but systems used for counting vary from civilization to civilization. The intent of the course is to be entertaining as well as illuminative: mathematics and mathematicians need not be dull. Students will be provided a PDF of a little book on the topic written by the instructor. *Course format will include online discussion.*

Stephen Schiffman received a Ph.D. in mathematics from Dartmouth College in 1974. Although his career wandered into other areas of business and higher education, he always maintained a love for the beauty of math.

The Journey from Climate Doom to Active Hope

THOMAS WHITE

 **COURSE** TUE, 1/10 – 2/14, 12:45 – 2:45 P.M. • \$50

When you think about climate change and ecosystems destruction, do you experience feelings of despair or helplessness? Do you want to leave these negative thoughts and feelings behind and take a thought-provoking journey to “active hope”? In this small, discussion-oriented class, you will explore the ideas of scientists, social scientists, and philosophers who have shown us how we could create a more hopeful story for ourselves. We will consider this question: How can I become more active — and hopeful — in protecting the Earth and ensuring the well-being of future generations? **Repeat course.** *Course format will include online lectures and discussion.*

Thomas G. White has a Ph.D. in developmental psychology. He taught at Gettysburg College, OLLI at the College of William and Mary, and OLLI USM. He recently moved to Brunswick after spending many summers in East Boothbay, Maine.

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

SELF-KNOWLEDGE & CARE

There is Something More Going on Here

JOAN CHADBOURNE

 **COURSE** THU, 1/12 – 2/16, 12:45 – 2:45 P.M. • \$50

Relationships are a mystery. Many dynamics that impact their quality are invisible unless we train ourselves to be present, aware, focus on the connection and relate from beyond ego. This class is experiential. We will focus on innovative ways of perceiving and creating more satisfying interactions. This class is based on Quantum theory of connection. We will play with ideas and skills which make lives and relationships more peaceful, caring, and connected. *Course format will include online discussion, film, and hands-on practice.*

SUGGESTED BOOK: *The Honeymoon Effect: The Science of Creating Heaven on Earth*, Bruce Lipton, Ph.D., ISBN 9781401923891

As a professor of counseling psychology, Joan Chadbourne has spent her life focused on creating more satisfying relationships; she's lived what she's taught and discovered skills and perspectives that contributed to her perspective. She loves facilitating interactive learning groups. She published Healing Conversations Now.

Changing the Way We Think About Dying

BILL JOSE & BILL KNIGHT

 **COURSE** THU, 1/12 – 2/2, 9:30 – 11:30 A.M. • \$50

This discussion-based four-session course will challenge participants to probe end-of-life issues and decision making. Most people express a desire to die at home with loved ones in attendance. However, increasingly people die at the end of a long terminal illness, hospitalized, in the ICU, often unresponsive and unable to communicate with loved ones. It need not be this way. We will explore what a good death might mean for each us, and our loved ones, and steps we might take to maximize our chances of having a good death. We will discuss ethical, moral, and legal issues, and end-of-life options: refusing medical treatments, Medical Aid in Dying (MAID), and Voluntarily Stopping Eating and Drinking (VSED). *Course format will include online lectures, discussion, and film.*

REQUIRED BOOK: *Hard Choices for Loving People*, Hank Dunn, ISBN 9780997261202 (USM \$9.28)

SUGGESTED BOOK: *Finish Strong — Putting Your Priorities First at Life's End*, Barbara Coombs Lee, ISBN 9781732774414

Dr. William S. Jose earned a Ph.D. in Sociology from Stanford University. He has taught at OLLI and other centers of higher learning. His current focus is on end-of-life planning and decision making, and preparing to have a good death.

Dr. G. William Knight holds a D.D.S. from the University of Michigan, a M.S. in Dentistry, and an M.S. in Health Education. He has published extensively on Instructional Design and Evaluation, and presented nationally and internationally.

File, Pile, Sort, Shred: How to Easily Organize Paperwork

JAMIE NOVAK

 **WORKSHOP** FRI, 2/3, 10:00 – 11:30 A.M. • \$15

If your tabletops are covered with stacks of paper and your filing cabinets are overflowing, then join this class where Jamie Novak will share which papers to keep, how to file them once and for all! Plus, she'll share what you can shred, regret-free. You'll make your own retention schedule for future reference and organize papers with her during class. *Course format will include online lecture.*

Jamie Novak is a graduate of Union College in N.J. and for the past 25 years she has been teaching adults how to simplify their lives by decluttering. She is the author of multiple bestselling books on the topic and teaches classes where she shares the steps to simplify in her humorous, non-judgmental style.



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406

How to Sell On Etsy for Fun & Profit

BARBARA RICH

 **COURSE** WED, 1/11 – 2/15, 12:45 – 2:45 P.M. • \$50

Etsy is a website for selling handmade pieces, vintage items, and supplies for making things. Would you like to make some extra income? Do you want to downsize but aren't sure what to do with your vintage possessions? Have you run out of people to give your handmade pieces to? Do you have craft projects or many finished crafts that you are not interested in? If so, selling these things on Etsy may be your answer. **Repeat course.** This course covers everything you need to know in order to set up an Etsy shop. You will need basic email and computer skills. *Course format will include **online** lectures and discussion.*

Barbara Rich is a retired faculty member and Faculty Emerita in the School of Social Work at USM. In addition to teaching fiber and fabric jewelry-making courses at OLLI and working for the Red Cross as a Community Outreach Disaster Preparation Specialist, she runs two online Etsy Shops.

Yoga for Arthritis

LYN LILAVATI SIROTA

 **WORKSHOP** SAT, 1/21, 10:00 – 11:30 A.M. • \$15

Yoga for Arthritis (YFA) is a class that takes the student through a series of gentle, breath-infused movements that flow throughout all the joints in every direction they naturally move. This practice can be done seated or on a mat with options to stand as well. The movement of the joints creates space in the body and moves prana or the life force in such a way that motion may become more easeful and fluid. Stiffness, sensation, and/or pain may be lessened or relieved to prompt a deeper journey into healing. *Course format will include **online** guidance for exercise.*

Lyn Lilavati Sirota is a certified Yoga Instructor through Integral Yoga, Princeton, N.J. She specializes in gentle, anatomy-informed yoga instruction with a focus on range of movement and therapeutic practices, Lyn completed a Therapeutic Yoga Teacher Training program, a Yin Yoga Teacher Training program, as well as a program in Mindfulness Based Stress Reduction. In addition, Lyn certified in Yoga for Arthritis and Yoga for Low Back Pain through Dr. Loren Fishman.

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

WRITING

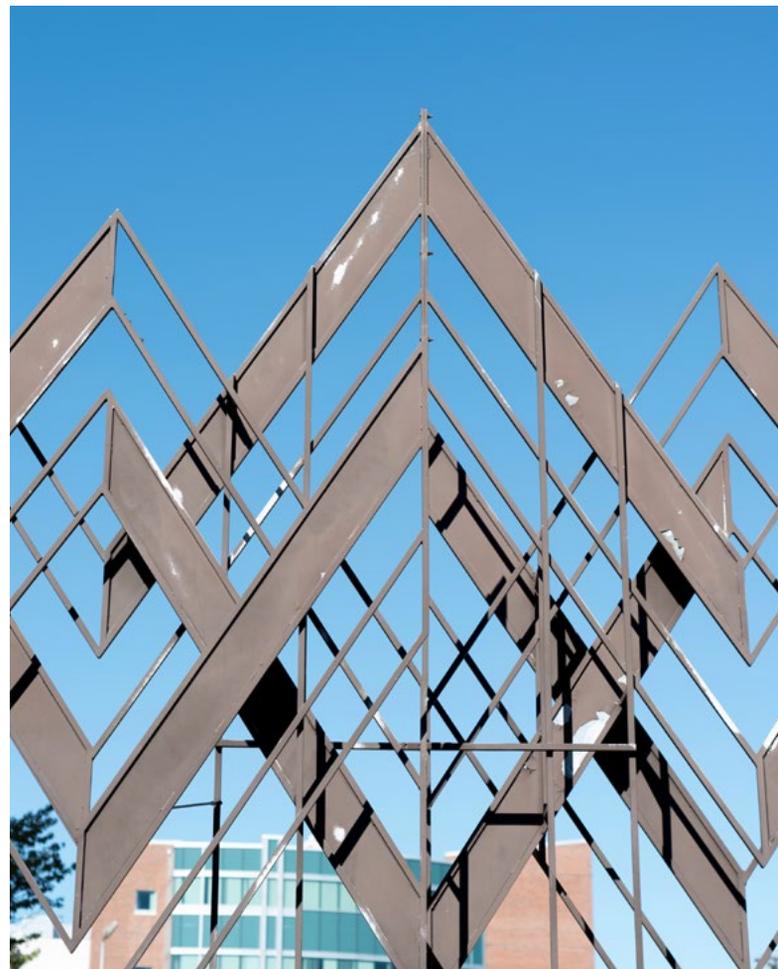
Writer's Workshop: Sharing Life Stories

JOAN CHADBOUNE

 **COURSE** WED, 1/11 – 2/15, 12:45 – 2:45 P.M. • \$50

Do you have life experiences you want to explore, preserve and share? In this supportive peer group, we will write those stories. We will give and receive supportive feedback; exchange writing before class and read excerpts in the group. We'll begin with a list of possible subjects, although each will choose topics which call to them. *Course format will include **online** discussion.*

*As a college professor Joan Chadbourne published numerous articles in her field. She later published *Healing Conversations Now*, a book of stories about enhanced relationships with elders through storytelling and listening. Currently she's writing about her atypical late-life loving marriage.*



WRITING • continued from previous page

Writing a Legacy Letter

JAY SHERWIN

 **WORKSHOP** FRI, 1/20, 9:30 – 11:30 A.M. • \$15

A legacy letter is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family and friends. This workshop includes discussion and brief writing exercises to help you examine your life history and explore your values. It offers advice, encouragement, and a model structure to help you draft and complete your own legacy letter. **Repeat workshop.** Workshop format will include **online** lecture and discussion.

Jay Sherwin has practiced law, given away money to charitable foundations, and served as a hospital chaplain. He created the Life Reflections Project to educate people about legacy letters and he has taught this workshop for adult learning programs nationwide.

Return of the Misfit Poets

MARY TRACY & CRAIG SIPE

 **COURSE** TUE, 1/10 – 2/14, 12:45 – 2:45 P.M. • \$50

This is a 6-week class for everyone who wants to read, discuss and write poetry, whether you've written before or not. We'll select topics and examples from *The Poet's Companion* for discussion during the first part of each class, then spend the second part in two groups, reading and responding to each other's work. We believe that writers learn best with both praise and friendly honesty in a safe setting of fellow learners. Bring paper, pen, *The Poet's Companion*, an open mind, and a sense of fun to class, and plan to read and write during the week between classes. **Repeat course.** Course format will include **online** discussion and hands-on practice.

REQUIRED BOOK: *The Poet's Companion*, Kim Addonizio & Dorianne Laux, ISBN 9780393316544 (USM \$19.05)

Craig Sipe is the author of the poetry collection Lovely Dregs. His work has appeared in journals including The Maine Arts Journal, Right Hand Pointing, and Iconoclast. He is a poetry editor, and audio editor for the quarterly art and poetry journal The Café Review. He lives on Orr's Island.

Mary Tracy lives and writes in Portland, Maine, inspired by writers who find depth, irony, and pleasure in ordinary things. She was a teacher and school administrator whose poetry has been published in Balancing Act 2 (Littoral Books), and the journals Frost Meadow Review, Poems From Here, and Reflections.

What's Your Story?

CHARLENE VINCENT

 **WORKSHOP** FRI, 1/20, 1/27 & 2/3, 9:30 – 11:30 A.M. • \$25

There is a thread running through your life that connects all the stories. If you have felt a need to share your precious story in writing, this brief workshop will help you to get started. You will learn to make an historical timeline that fits into your own on week one. Weeks two and three you will write from a series of prompts and share your written story with the group in confidentiality without critique. It's your story, nobody else can tell it. For those who want more, part two will be offered according to the instructor's schedule. **Repeat workshop.** Workshop format will include **online** lecture, discussion and hands-on practice.

SUGGESTED BOOK: *Return from Exile, Revelations from an Anchoress in St. Augustine*, Marie Laure, ISBN 9781666707632

Charlene Marie Laure Vincent has taught story writing in many places from Maine to Florida. She has two books published in her Serendipity Series. Both are available on Amazon under the author's pen name, Marie Laure: Chances Are... (2016); Return from Exile, Revelations from an Anchoress in St. Augustine (2021). She holds master's degrees from Episcopal Divinity School and Boston University School of Theology.



QUESTIONS?

We are here to help you!

Email us:

olliatum@maine.edu

Call us:

207-780-4406

A winter scene with a snow-covered path and trees. A large, dark blue circular graphic is overlaid on the center of the image, containing the text. The path is covered in snow and leads into the distance, flanked by snow-laden trees. The sky is a pale blue with some clouds.

The more
YOU LEARN
the more places
YOU'LL GO.

DR. SUESS

Special Interest Groups

OLLI at USM offers many diverse activities beyond the classroom. Open exclusively to current OLLI members, our Special Interest Groups provide great opportunities to connect socially with people with similar interests.

To participate in any Special Interest Group (SIG), you must be a current OLLI member. Special Interest Groups are not intended as instructional events. Groups may meet on campus at Wishcamper or via Zoom. Please contact the SIG leader to find out more. Many programs run year-round, except for July and August.

ARTS & CRAFTS

Try your hand at a new skill on the third Thursday of each month at 3:15 p.m. A member of the group will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.). *This group will meet via Zoom until further notice.*

FMI: Contact Sue Jennings at jensusa10@gmail.com



WATCH NOW: Learn more about this SIG at tinyurl.com/olliArtsCrafts

BICYCLE & NOSH

If you like to bike, how about joining a group of OLLI members for a ride every couple of weeks with a delicious treat along the way? *This group does not meet in the winter months.*

FMI: Contact Mark Love at mlove196@maine.rr.com

BOOK CLUB

Members meet monthly to discuss readings from various genres, including contemporary novels, classics, biographies, memoirs, short stories, etc.

FMI: Karen Winslow at kpwinslow@yahoo.com, or Anna Messmer at aemessmer@maine.rr.com

BRIDGE CLUB

Those who enjoy playing bridge for fun are welcome to join this group, which meets weekly.

FMI: Contact Barbara Freeman at bhfreewoman@gmail.com

DOWNHILL SKI CLUB

A seasonal outlet for downhill skiing enthusiasts, the club welcomes new and returning members. Skiers plan trips to area mountains when snow conditions are good, and driving conditions permit.

FMI: Contact Lois Winter at loiswinter54@gmail.com to join the email list for notice of upcoming ski trips.

HISTORY BOOK CLUB

Members read and discuss one work of history each month. Works include social, political, economic, and foreign-policy history as well as biography, autobiography, memoir, and historical fiction.

FMI: Contact Sue Gesing at susangesing@gmail.com, or Dawn Leland at lelanddm@gmail.com

OLLI SINGERS

This group, directed by an experienced leader and supported by a skilled accompanist, meets weekly to have fun with vocal music and prepare for several performances each year. All are welcome.

FMI: Contact Vicki Swerdlow at vicki@maine.rr.com

OUTDOOR/WALKING CLUB

Outdoor enthusiasts gather twice a month for invigorating walks in interesting places.

FMI: Contact Rae Garcelon at raegarcelon@gmail.com

PHOTOGRAPHY CLUB

Shutterbugs at OLLI at USM meet and learn from each other while sharing their love of photography.

FMI: Contact Sharon Roberts at sharonlh@awi.net

“Being a member of Trail Steppers has given me three essential experiences: Exercise at a level that I can maintain; Weekly connections with acquaintances and new faces; and, experiencing Maine trails that I never knew existed.”

MARCIA WESTON, OLLI MEMBER SINCE 2020

RECORDER ENSEMBLE

In addition to having fun making music together, the Recorder Ensemble also may perform at OLLI at USM events and venues.

FMI: Contact Karen Simpson at ksimpson1953@gmail.com

SCIENCE READING CLUB

Each month, this group reads and discusses articles from the latest issue of *Scientific American*.

FMI: Contact Elizabeth Housewright at ehousewright@gmail.com or visit olliusmsciencediscussion.wordpress.com

SENIOR PLAYERS

Thespians perform staged readings twice a year at USM and off-campus on several occasions. Senior Players is open to all OLLI at USM members.

FMI: Contact Cheryl Squiers at nenegirl8th@gmail.com, or Sidney Lincoln at linck7s@maine.rr.com

TRAIL STEPPERS

This new walking group strives to get OLLI members outdoors in the Portland area on easy to moderate walks that promote good health, social mixing, and understanding of our natural environment and our cultural heritage.

FMI: Contact David von Seggern at vonseg1@sbcglobal.net

WINE-TASTING CLUB

The OLLI Wine Club meets on the 3rd Monday of each month at 6:00 p.m. During the fall and spring months, it meets at the Ridgewood Clubhouse in Falmouth for in-person tastings, while in the winter months (January, February, and March), it meets virtually via Zoom.

FMI: Contact Joel Kalich at joelkalich@gmail.com if you would like additional information regarding participation.




QUESTIONS?
 We are here to help you!
Email us:
olliusm@maine.edu
Call us:
 207-780-4406

How to register

So you've decided to register for a course (or two!) at OLLI — great! Now what? This section will walk you through the steps to register.

HOW TO REGISTER ONLINE

Online registration allows you to sign up for classes in real time, which increases the likelihood you will secure your first choice! You can tell how many spaces are available in your chosen class and add your name to a waitlist if a course is full. After you pay for your classes, you will receive an email confirmation of your registration. It is fast and secure.

If you have shopped online, you should find online OLLI registration familiar. But if you are not comfortable doing your online registration, we are here to help you. Please call the OLLI office at 207-780-4406. We will get back to you as soon as possible.

Credit card is the only form of payment you can use for online registration. For other payment form (scholarship, gift certificate, or members of another Maine senior college), you must contact us at olliatusm@maine.edu.

For checks or cash payment, please use the manual registration form — see page 33. Please note: We cannot guarantee your class will be available when we register you on or after December 16. Manual registrations will be processed in the order in which they are received.



QUESTIONS?
We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406

- 1 **GO TO THE OLLI WEBSITE** at usm.maine.edu/olli. Click on **Online Registration Website** then **Get Started**.
- 2 **SIGN IN OR CREATE A PROFILE** by clicking the **Sign In** button at the top of the page.



In the gray box on the next page, select the following:

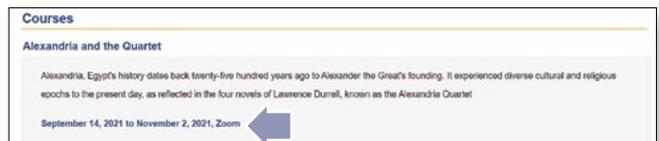
- **If you have a log-in or have been a member at least once since 2017**, click **Sign In**.
- **If you are new to OLLI**, click **Create Profile** to be brought to a page for you to fill in a few details to create an account with us. Click **Submit** when you have finished. (You will only need to do this once.)

- 3 **NAVIGATE TO OLLI PROGRAMS.**

Select **Continue Shopping** to be directed to the main registration page. In the shaded blue boxes on the left, click on **Osher Lifelong Learning Institute**, revealing a drop down menu of options.



- 4 **BECOME A MEMBER.** If you aren't an OLLI member (from July 1 – June 30) yet, first select **Annual Membership** followed by **Add to Cart**. If you aren't registering for any additional programs, skip to step 7.
- 5 **BROWSE PROGRAMS.** Click the appropriate heading in the shaded blue boxes (Courses, SAGE, etc.) to view a list of all available options within that category.



- **Click on the program date (not the title)** to view complete program details.
- **Search for specific class title keywords or instructors** by using the search box in the upper right corner.

- 6 SELECT PROGRAM(S).** Click the yellow **Add to cart** button at the bottom of the program detail page.

Course Detail: O_ALEX4 - Alexandria and the Quartet

Alexandria, Egypt's history dates back twenty-five hundred years ago to Alexander the Great's founding. It experienced diverse cultural and religious epochs to the present day, as reflected in the four novels of Lawrence Durrell, known as the Alexandria Quartet. These novels centered on the period of World War Two. Kathleen has visited Alexandria from that period up to 2010 as a docent for the OLLI trip to Egypt. This course briefly covers the history of Alexandria and the city's multicultural character as portrayed by Durrell in the four novels.

Course Prerequisites
(required) OLLI Membership 2921-2922

Session Detail: OPF21ALEX4 (8 seats (27%) remaining)

Schedule: Every week on Tuesday, starting on 09/14/21 and ending on 11/02/21
Times: 12:45pm - 02:45pm
[View Full Schedule](#) | [Add to my Calendar](#)

Price: OLLI Course : \$50.00

Instructors

Name	Additional Resources
Kathleen Sutherland	
Star Peluse	

Facility Detail

Zoom
 Your Street
 Your Town, ME 00000

[Add to Cart](#)

- **Don't see Add to cart button?** If you see **Available Session** with a date below, click the date, then the **Add to Cart** button should appear at the bottom of the page.
- **To continue browsing**, hit the back browser button or navigate back to the shaded blue boxes at left.

- 7 COMPLETE YOUR ORDER.** Select **Checkout** to get started with the checkout process.

- **Add required information**, as follows:
 - Enter your date of birth (mm/dd/yyyy) for new memberships,
 - answer any required yes/no questions,
 - share how you heard about us, and
 - leave the Promotional Mailing Code field blank.
- Finally, click **Next**.
- **Review and approve summary** then click **Submit Order**. Click only **once** or you may be charged multiple times.
- **Provide payment** via **Touchnet**, USM's secure payment site. Select **Credit Card**, then **Continue**. Fill in credit card information carefully (no dashes or spaces). Click **Continue**.

- 8 THAT'S IT!** A **Thank You** message means your order has been completed! Look in your email for a registration receipt and please remember to log out at the top of the page.

Tips for making online registration a breeze

Here are some tips to keep in mind to help your online registration be a successful, positive experience:

- **Log in early to test it out.**
Try logging into the online registration system a few business days *before* registration begins to be sure you can. Sign in with your email and password. If you run into a problem, email the OLLI Office at olliatism@maine.edu.
- **Try OLLI123.**
If you cannot remember your password, try OLLI123.
- **Sign in first, then browse.**
When you are ready to register (after midnight Wednesday morning), sign in first, then look for classes.
- **Make sure you're a member before you start.**
A current 2022–2023 membership is needed to register for a fall course. Memberships may be purchased at any time. See [page 5](#) for more information about membership.
- **Click the date, not the title.**
When you find the course you want to register for, click on the *date* below the title (not on the title itself) and then scroll down to find the *Add to the Cart* button.

Want more helpful tips?

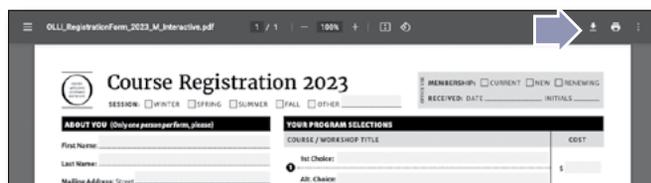
Visit OLLI Online Registration Assistance online at: usm.maine.edu/olli/online-registration-assistance.

HOW TO REGISTER MANUALLY

We recommend that all students complete their registration online; however, if that is not possible, we also offer a traditional registration form that can be filled out and submitted via email or regular mail.

1 LOCATE THE REGISTRATION FORM. There are several ways to do this:

- **To use the form in this book (printed),** tear out the page and/or make a copy of it.
- **To use the form in this book (digital PDF),** print out just page 33.
- **To find the form online,** go to usm.maine.edu/olli/olli-courses-and-lectures. Click on **Print Registration Form**. The form will open in a new window. To download, click the down arrow icon in the top right corner. To print, click the printer icon in the top right corner.



2 FILL OUT FORM by hand or digitally.

- **To fill out by hand,** print clearly using a printed sheet.
- **To fill out digitally,** open a fresh downloaded form in Adobe Acrobat Reader. Save as a new file, type into the highlighted fields, and re-save. (Don't have Adobe Reader? Download at get.adobe.com/reader)

3 SUBMIT COMPLETED FORM WITH PAYMENT.

This can be done by email (preferred) or via mail.

- **To email a hand-written form,** take a photo of the form with your phone or scan it, then email it to olliatusm@maine.edu.
- **To email a digital form,** re-save the file with your full name in the file name, then email it to olliatusm@maine.edu.
- **To mail a physical form with cash or check,** enclose cash or check (made payable to Osher Lifelong Learning Institute) with your printed registration form, to: Osher Lifelong Learning Institute, P.O. Box 9300, Portland, ME, 04104. *Please note: manual registrations will be processed in the order in which they are received.*

4 THAT'S IT! We will be in touch with you on or after December 19 if we have questions.

Tips for a smooth manual registration

Here are some tips to keep in mind to assure your form is processed without delay:

- **Please use only ONE form per registrant.**

For example, if you and your partner are both registering, each of you will need to complete your own form, even if you are registering for the same class(es).

- **Fill out the top section of the form completely.**

Leaving sections blank can slow registration.

- **Rank courses by importance to you.**

Write the course name for your first choice selection in the *1st Course* column, your second choice in the *2nd Course* column, and so on.

- **Provide alternative choices.**

We highly recommend adding alternative courses in case your top choices fill before we can register you. These should be written in the *Alternative 1st Course*, *Alternative 2nd Course*, etc. columns next to your primary choices.

- **Record prices accurately.**

Record itemized fees in the *Cost* column next to each entry, then add up the total fees for all courses and workshops (and membership, if applicable). Note the amount in the space marked *Total Registration Cost*.

- **Double check payment info.**

Provide credit card information in full to avoid possible delays. Cash or checks are also accepted — see step 3.

Want more helpful tips?

Email the OLLI staff at olliatusm@maine.edu or call 207-780-4406.



Course Registration 2023

SESSION: WINTER SPRING SUMMER FALL OTHER

MEMBERSHIP: CURRENT NEW RENEWING
RECEIVED: DATE _____ INITIALS _____
OFFICE USE

ABOUT YOU (Only one person per form, please)

First Name: _____

Last Name: _____

Mailing Address: Street _____

City, State, Zip _____

Phone _____

Email _____

Date of Birth: (MM/DD/YYYY) _____ / _____ / _____

Is any information above new? Address Phone Email

I'd like an OLLI nametag with this name: _____

I grant photo permission. OLLI may reproduce my image for Yes
educational/promotional purposes if I appear in photos of programs. No

CHECK NO. _____ CC LAST 4 _____

CASH _____ MISC _____

ENROLL (Init) _____ DATE PROCESSED _____

OFFICE USE

YOUR PAYMENT INFORMATION

Payment Method: Cash Check Credit Card (See below)

Card Type: Visa MasterCard Discover

Card No: _____

Exp. Date: (MM/YY) _____ / _____ Code: (on back of card) _____

Name on Card: _____

YOUR PROGRAM SELECTIONS

COURSE / WORKSHOP TITLE

COST

1 1st Choice: _____ \$

Alt. Choice: _____

2 1st Choice: _____ \$

Alt. Choice: _____

3 1st Choice: _____ \$

Alt. Choice: _____

4 1st Choice: _____ \$

Alt. Choice: _____

5 1st Choice: _____ \$

Alt. Choice: _____

6 1st Choice: _____ \$

Alt. Choice: _____

Your Total Course / Workshop Cost \$

Check box if you're over 90 — it's free!

Annual Membership, if applicable + \$

Your tax deductible contribution to OLLI (Optional) + \$

YOUR TOTAL REGISTRATION COST \$

Important Dates

OLLI WINTER SESSION 2023

Winter session will run from January 10 – February 16.
Mark your calendar for these other important dates.

DEC 14	Online registration for OLLI fall courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m. (Tuesday night into Wednesday morning). Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatism@maine.edu before December 12, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted after December 12, but some classes and workshops may be full, so please turn them in as soon as possible.
DEC 16	OLLI staff begins processing mail-in, drop-off, and phone registrations.
DEC 21	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatism@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
JAN 10	OLLI winter session classes start
JAN 20	OLLI winter workshops Deadline to receive a refund on dropped courses.
JAN 27	OLLI winter workshops
FEB 3	OLLI winter workshops
FEB 16	OLLI winter session ends
FEB 21–22	OLLI winter session make-up week

QUESTIONS?
We are here to help you!
Email us:
olliatism@maine.edu
Call us:
207-780-4406

The OLLI staff will be on holiday December 26, January 2 & 16, and February 20. The OLLI office will be closed on these dates. If you have a class scheduled on those dates, please get in touch with your instructor to see if they plan to observe the holiday.

Most workshops meet on Fridays. Check each workshop for exceptions.



UNIVERSITY OF
SOUTHERN MAINE

OSHER LIFELONG LEARNING INSTITUTE
P.O. BOX 9300
PORTLAND, ME 04101-9300

NONPROFIT ORG
US POSTAGE

PAID

PORTLAND, ME 04101
PERMIT NO. 370



Stay Curious.