

Celebrating
25+ YEARS
of Learning



1997-2023



Course Catalog

WINTER SESSION 2024

JANUARY 8 – FEBRUARY 15



UNIVERSITY OF
SOUTHERN MAINE

Anyone who
KEEPS LEARNING
stays
YOUNG.

HENRY FORD



DIRECTOR'S MESSAGE

Celebrating
25+ YEARS
of Learning



1997-2023

CONTACT US

207-780-4406
olliatusm@maine.edu
Portland Campus
Wishcamper Center, Room 210
34 Bedford Street
Portland, Maine 04101

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 Specialist
207-228-8482
kalianna.pawless@maine.edu

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

ADVISORY BOARD (2023-24)

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Embracing the joy of winter!

“All the world is a laboratory to the inquiring mind.” – MARTIN FISHER

I’ve lived in cold and snowy places all my adult life, including Toronto for graduate school, Central New York when I was a museum professional, and here in Maine for 9 years this January. Winter can be a time for hibernation and a tendency to look inward and to reflect. But it is also true that joyful moments are amplified and passions become keener during this darker and colder time.

So it is with joy and excitement that we share this winter catalog, full of entertainment, new perspectives, and deeper dives into fascinating topics. All of our offerings are remote, sparing you the anxiety of travel in bad weather. Among the highlights are:

DeWayn Marzagalli is offering a number of workshops, including “Perfection: The Best of Fred & Ginger” (page 17), “A History of Western Movies, Part 2” (page 17), “The Film Music of Ennio Morricone” (page 20), and “Sherlock Holmes: ‘A Study in Scarlet’” (page 19).

Bob Greene is back, offering his important class on the “Black History of Maine” (page 18).

Buck Benedict is shifting timeframes, looking at the 1950s in “A Surprising Dynamic Decade” (page 18).

Brittany Cook will take us on a visual and literary adventure in “Mythology in the Mansion: Classical Mythology & Victorian Culture” (page 18).

Of course, there are many more options this winter, and we hope you enjoy making choices for joyful learning.

Sincerely,

Donna Anderson
Director

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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 1,400-plus 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) and 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 at USM member, you'll choose from an extensive array of peer-taught courses in a variety of subjects. 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 active 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 125 OLLIs throughout the country.

OLLI: BY THE NUMBERS

125
OLLI BRANCHES
IN THE US

1,430+
OLLI ACTIVE STUDENTS
(2022-23)

17
ACTIVE MAINE
SENIOR COLLEGES

180
OLLI VOLUNTEERS
(2022-23)

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 17 active Maine senior colleges throughout the state. Visit MaineSeniorCollege.org for more information.

Free membership for those over the age of 90!

Call the OLLI office at 207-780-4406 in order to process your free membership if you are over the age of 90!

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/osher-lifelong-learning-institute/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

DeWayn Marzagalli

GORHAM, MAINE

What is your favorite thing about teaching at OLLI? My favorite thing is that I am able to share with others subjects that I am very fond of, such as comedy, music, great movies, and crime. Additionally, I have made some really great friends at OLLI.

Describe one of your winter 2024 workshops. One of the courses I will be teaching this winter is a repeat course at the request of Paula Johnson and Barbara Bardack entitled: "Perfection: The Best of Fred & Ginger." It will be a compilation of their greatest dance numbers and vocals to the great composers of *The American Songbook*: Irving Berlin, Cole Porter, Jerome Kern, and the Gershwin Brothers. Since Donna requested it, I will also be doing a series on Arthur Conan Doyle's greatest character, Sherlock Holmes.



"My favorite thing [about teaching at OLLI] is that I am able to share with others subjects that I am very fond of."

DEWAYN MARAGALLI,
OLLI MEMBER SINCE 2009

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!

COVID-19 PRECAUTIONS

Face coverings: Face masks are optional in all indoor and outdoor spaces with three exceptions. Face mask may be required:

1. At the discretion of instructors
2. At the discretion of a primary office occupant or meeting host
3. When required by the CDC

Vaccination requirements:

Effective with the May 2023 term and going forward, the University of Maine System has lifted the COVID-19 vaccination requirement but strongly encourages all students, employees, and visitors to obtain a COVID-19 vaccination and booster shots when eligible. COVID-19 vaccinations and boosters are recommended as a way to prevent severe cases of COVID-19.

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 2023–2024 member to enroll in Winter courses and workshops. Membership costs \$25 per fiscal year and runs from July 1 – June 30.

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 can purchase books at USM's University Store by going to usm.ecampus.com and selecting OLLI as the term. Visit usm.maine.edu/osher-lifelong-learning-institute/resources for instructions and more information.

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

SESSION SCHEDULE

Winter classes are held once a week, **remotely** on Zoom Monday – Thursday. The term runs for six weeks, from January 9 – February 15, unless otherwise noted in the course description.

Morning classes run from 9:30 – 11:30 a.m.; afternoon classes run from 12:45 – 2:45 p.m. Any exceptions to usual times are noted.

Most workshops will take place on Fridays **remotely**, on Zoom (see [page 16](#)).

LOCATIONS

All OLLI Winter 2024 classes will be taught via distance learning, using Zoom, unless otherwise noted.

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

PARKING

Parking in the USM garage attached to the Abramson Center will require a permit. See [page 8](#) for more details.

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 registration begins 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 19, 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.

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.

A new OLLI student Handbook is being developed, and as soon as it is ready, we will alert members about where to find it.

WEATHER CLOSURES & DELAYS

Campus Closures

If USM at Portland is closed, the OLLI office and in-person events will be canceled. Remote classes and events will be held at the discretion of the instructor or organizers.

Delayed Openings and Early Closures

If the USM Portland campus opens late or closes early, the OLLI office and in-person events will be canceled accordingly.

For example, if USM opens after OLLI's regular start time (e.g., USM delays opening until 10 a.m.), all OLLI classes starting earlier than 10 a.m. will be canceled. If USM announces an early closure (e.g., campus closes at 2:00 p.m.), OLLI classes beginning after 2:00 p.m. will be automatically canceled.

To confirm USM Campus weather closures or delays

Call the USM Storm Line at 207-780-4800 or look for a yellow notice at the top of the USM Homepage (usm.maine.edu).

CONTACT INFORMATION

We can be reached by email at olliatusm@maine.edu and by phone at 207-780-4406. We are located in 210 Wishcamper Center on the Portland campus of USM. Our address is 44 Bedford Street, Portland, ME 04101.

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

In-Person: Portable assisted-listening devices are available for use in any Wishcamper classroom. Please contact Rob Hyssong at least two weeks prior to class start at robert.hyssong@maine.edu or 207-228-8336.

Remote: 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.

ACCESSIBLE PARKING

USM campus: The USM Parking Garage is open to OLLI members Monday through Saturday. Handicapped parking and elevator access are available on all levels of the parking garage.

GENERAL INFORMATION

THE USM CAMPUS

The Osher Lifelong Learning Institute (OLLI) is located on the University of Southern Maine (USM) Portland Campus in Wishcamper Center (44 Bedford Street, Portland, Maine).

Classrooms are located on the 1st and 2nd floors. The OLLI office is located on the 2nd floor in Room 210.

All buildings are equipped with elevators.

ON-CAMPUS PARKING

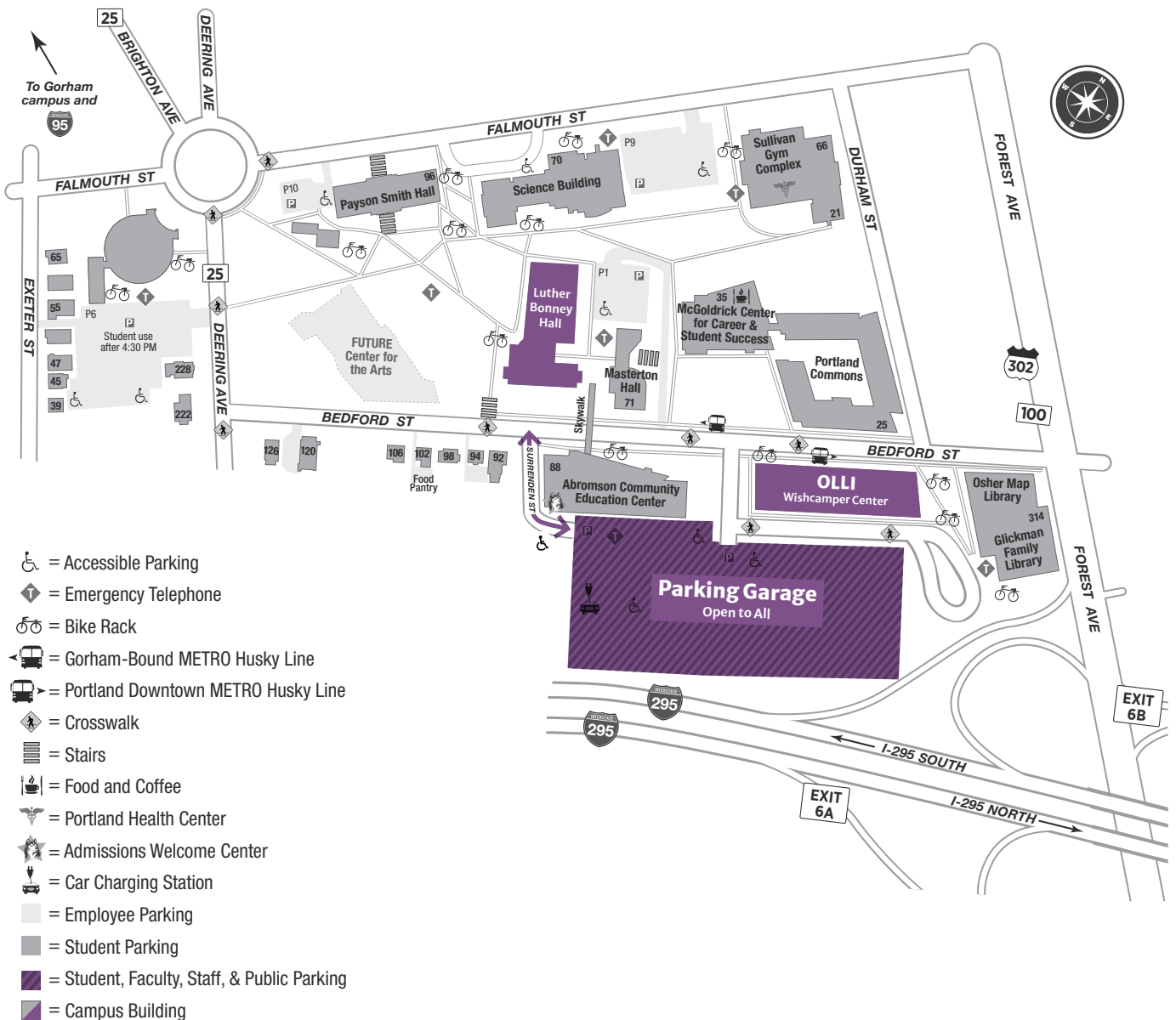
OLLI Students must park in the USM garage, located on Bedford Street.

Parking in the USM garage will require a virtual parking permit. Visit usm.maine.edu/osher-lifelong-learning-institute/location-parking/ for more information.



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

usm.maine.edu/safezone



Important Dates

OLLI WINTER 2024

Winter session will run from January 8 – February 15.
Mark your calendar for these other important dates.

DEC 13	Online registration for OLLI winter 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 olliatasm@maine.edu before December 11, 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 13, but some classes and workshops may be full, so please turn them in as soon as possible.
DEC 20	OLLI staff begins processing mail-in, drop-off, and phone registrations.
DEC 28	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatasm@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
JAN 8	OLLI winter session classes start
JAN 20	Deadline to receive a refund on dropped courses.
JAN 12, 19, 24, 26	OLLI winter workshops
FEB 2, 12	OLLI winter workshops
FEB 15	OLLI winter session ends
FEB 20–26	OLLI winter session make-up dates



QUESTIONS?

We are here to help you!

Email us:

olliatasm@maine.edu

Call us:

207-780-4406





The OLLI staff will be on holiday Dec. 25, Jan. 1, Jan 15, and Feb. 19. The OLLI office and USM will be closed on those dates. If you have a remote class scheduled on those dates, please get in touch with your instructor to see if they plan to observe the holiday.

Courses by schedule

Courses run once a week, Monday – Thursday, starting the week of January 8 unless otherwise stated. Full course descriptions, costs, and materials can be found on the page listed next to each course title.

3 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:

-  IN-PERSON
-  REMOTE (ZOOM)
-  HYBRID
-  (BOTH IN-PERSON & REMOTE)

Want to search for programs by topic?
See [page 16](#) for our full index.

Want to find a program by instructor?
See [page 14](#) for our instructor index.

MONDAYS

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Exploring Short Stories** (p. 19)
ANNE CASS

TUESDAYS


MORNINGS • 9:30 – 11:30 A.M.

-  **History of Hawaii & the Music of the Islands** (p. 20)
TERRY FOSTER

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Beginner Bridge, Session II** (p. 17)
DON BOUWENS

-  **Antisemitism, White Supremacy, & the Clear & Present Danger to American Democracy** (p. 21)
MATT GOLDFARB

-  **Contemporary Economic Policy Issues** (p. 21)
JON HAVEMAN &
GEOFFREY WOGLOM

-  **Science for Non-Majors** (p. 23)
HAL SCHEINTAUB

-  **Great Faces, Great Places: How the Rest of the World Lives** (p. 19)
DAVID SUITOR



QUESTIONS?

We are here to help you!

Email us:


olliatism@maine.edu

Call us:


207-780-4406

WEDNESDAYS

MORNINGS • 9:30 – 11:30 A.M.

 **1972–1984: The Dozen Years That Radically Changed Maine** (p.18)
SANDY GARSON

 **Seeing for Life – Clear Vision to Age 88 and Beyond** (p.25)
ROBERT KERSHNER

 **What Happened to You?** (p.25)
LINDA MACDOUGALL

 **Well-Being: What Is It?** (p.25)
STEVEN PIKER

 **What Is Energy, & How Do We Use It?** (p.24)
DAVID VON SEGGERN

AFTERNOONS • 12:45 – 2:45 P.M.

 **The Fifties: A Surprisingly Dynamic Decade** (p.18)
BUCK BENEDICT

 **Voice of the Heart** (p.24)
JENNIFER DONALDSON

 **Black History of Maine** (p.18)
BOB GREENE

 **Supreme Court Effect on American Society** (p.21)
ROBERT LIBBY


 **Chemistry by Candlelight** (p.23)
GALES RHODES

 **Understanding Child Abuse & the Societal Response** (p.26)
LARRY RICCI


 **The Journey from Climate Doom to Active Hope** (p.24)
THOMAS WHITE

THURSDAYS

MORNINGS • 9:30 – 11:00 A.M.

 **The Golden Age of Broadway: Tony Award Winners of the '50s (Musicals)** (p.20)
LORRAINE MASURE


MORNINGS • 9:30 – 11:30 A.M.


 **Decoding Jung's Metaphysics, Part 2** (p.22)
STEPHEN KERCEL

 **The Sufis** (p.22)
ZAID SMITH

AFTERNOONS • 12:45 – 2:45 P.M.

 **Cultivating a Growth Mindset** (p.24)
CAROLE CENTER

 **Explore Life Stories Through Writing** (p.27)
JOAN CHADBOURNE

 **The Practice of Swedish Death Cleaning** (p.26)
BARBARA RICH

 **TV Crime / Mysteries, European Style** (p.17)
EDWARD SOLANO

 **India as Portrayed by Indian Women's Fiction Writing** (p.19)
KATHLEEN SUTHERLAND & BETSY MAYBERRY



Workshops by schedule

Workshops run on Fridays as noted throughout the Winter session with two exceptions. Full workshop descriptions, costs, and materials can be found on the page listed next to each course title.

3 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID

Want to search for programs by topic?
See page 16 for our full index.

Want to find a program by instructor?
See page 14 for our instructor index.

MONDAY

1 SESSION: 2/12 • 2:00 – 3:00 P.M.



Yoga for Healthy Bones (p.27)
LYN SIROTA

WEDNESDAY

1 SESSION: 1/24 • 6:30 – 8:30 P.M.



Voice Overs ... Now is Your Time (p.16)
WILL KAMP

FRIDAY

1 SESSION: 1/19 • 9:30 – 11:30 A.M.



The Film Music of Ennio Morricone (p.20)
DEWAYN MARZAGALLI



Mythology in the Mansion: Classical Mythology & Victorian Culture (p.18)
BRITTANY COOK



Introduction to Buddhism (p.21)
HEATHER EDGERLY

1 SESSION: 1/19 • 12:00 – 3:00 P.M.



History of the Western Movies, Part 2 (the '50s) (p.17)
DEWAYN MARZAGALLI

1 SESSION: 1/26 • 9:30 – 11:30 A.M.



Viva Verdi! (p.17)
CALIEN LEWIS

1 SESSION: 1/26 • 9:30 – 12:00 P.M.



Writing a Legacy Letter (p.27)
JAY SHERWIN



Perfection: The Best of Fred & Ginger (p.17)
DEWAYN MARZAGALLI

1 SESSION: 2/2 • 9:30 – 11:30 A.M.



Sherlock Holmes: "A Study in Scarlet" (p.19)
DEWAYN MARZAGALLI

3 SESSIONS:
1/19, 1/26 & 2/2 • 9:30 – 11:30 A.M.




Is Consciousness a Quantum Effect? (p.22)
STEPHEN KERCEL

4 SESSIONS
1/12, 1/19, 1/26 & 2/2
10:30 A.M. – 12:30 P.M.



Guided Autobiography (p.27)
KATIE MURPHY



CONTINUAL
LEARNING
is the key to
CONTINUAL
LIVING.

DAN MILLER

Courses & workshops by instructor

Instructors are listed here in alphabetical order for both courses and workshops. For full descriptions and presentation style (in-person, remote, or hybrid), please go to the page listed next to the course or workshop title.

Want to search for programs by topic?
See page 16 for our full index.

Looking to fill a specific day or time?
See page 10 for our schedule-at-a-glance.



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BRITTANY COOK
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Classical Mythology & Victorian Culture 18

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SANDY GARSON
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That Radically Changed Maine..... 18

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JON HAVEMAN
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Full listing of courses & workshops

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

3 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID

PROGRAM TOPICS

- 16 Acting, art, & art history
- 17 Entertainment & film
- 18 History & culture
- 19 Literature
- 20 Music
- 21 Politics & current events
- 21 Religion & philosophy
- 23 Science & natural history
- 24 Self-knowledge & care
- 27 Writing

Want to find a program by instructor?
See page 14 for our instructor index.

Looking to fill a specific day or time?
See page 10 for our schedule-at-a-glance.

ACTING, ART, & ART HISTORY

Voice Overs ... Now Is Your Time!

WILL KAMP

WORKSHOP WED, 1/24 • 6:30 – 8:30 P.M. • \$15

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside-the-box way to break into this creative, fulfilling, and potentially lucrative industry. **Repeat remote workshop.** *Format includes lecture and discussion.*

Will Kamp combines his skills as a comedy improv performer, actor, musician, and voice-over artist to deliver a class that you won't forget. Born and raised in San Diego, CA, Will's journey has taken him on many exciting routes. He has been an on-air and on-camera talent for nationally recognized radio and TV stations.



ENTERTAINMENT & FILM

Beginner Bridge, Session II

DON BOUWENS

COURSE TUE, 1/9 – 2/13 • 12:45 – 2:45 P.M. • \$50

Now that you have the basics regarding hand evaluation, standard bidding practices, and declarer strategy, let's learn some essential bidding conventions, defense basics, handling of certain card combinations...and play lots of hands! If you have taken "Improving Beginner Bridge Skills" or already have bridge experience and want to improve, this may be the course for you. **Repeat remote course.** Format includes hands-on practices.

SUGGESTED BOOK: *Modern Bridge Conventions*, William Root & Richard Pavlicek, ISBN 9780517884294

Don Bouwens grew up in Michigan, moved to Maine in '72, and learned the game from his bridge-playing parents. Club duplicate games 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.

Viva Verdi!

CALIEN LEWIS

WORKSHOP FRI, 1/26 • 9:30 – 11:30 A.M. • \$15

Anticipating Opera Maine's summer '24 production of *Aida*, this workshop will survey the life, times, and works of Giuseppe Verdi, with an emphasis on his development as a composer. **New remote workshop.** Format includes lecture.

Calien Lewis has formal and informal studies in music, theatre and history. She has served as dramaturg for Opera Maine for over a decade.

A History of Western Movies, Part 2 (the 50s)

DEWAYN MARZAGALLI

WORKSHOP FRI, 1/19 • 12:00 – 3:00 P.M. • \$15

We will continue watching and discussing clips of western movies made during the 1950s, such as *Shane*, *High Noon*, *The Gunfight at the OK Corral*, *The Searchers*, *A Big Country*, and many other great westerns. Please note: some of the scenes can be very violent and may not be considered suitable for some viewers. **New remote workshop.** Format includes lecture, discussion, and film.

DeWayn Marzagalli has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the US Navy and is a retired Federal Agent. He lives in Gorham with his wife of 56 years.

Perfection: The Best of Fred & Ginger

DEWAYN MARZAGALLI

WORKSHOP FRI, 1/26 • 9:30 A.M. – 12:00 P.M. • \$15

We will enjoy clips of the ten movies that starred Fred Astaire and Ginger Rogers, arguably the greatest dance team in the history of Hollywood. The music composed for these musicals are all part of the American Song Book with composers such as Irving Berlin, Jerome Kern, Cole Porter, and the Gershwin Brothers. **Repeat remote workshop.** Format includes lecture, discussion, and film.

DeWayn Marzagalli has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the US Navy and is a retired Federal Agent. He lives in Gorham with his wife of 56 years.

TV Crime / Mysteries, European Style

EDWARD SOLANO

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

It's perhaps surprising that one of the most revealing and entertaining ways to sample French or Italian culture is through their TV crime shows. In them you see the frustrations and expectations of ordinary citizens as they struggle through legal and/or life-changing adversity. But film directors cut to the scenic beauty as well. We'll explore six TV shows that were chosen with engaging, quirky, or amusing lead characters. The line-up: *Balthazar*, *Blood of the Vine*, *Professor T*, *Murder In...*, *Inspector Ricciardi & Ice Cold Murders*. Shows are sub-titled. All available via brief enrollment with Prime, PBS or MHz. Objective: fun. **New remote course.** Format includes lecture, discussion, and film.

Ed Solano rarely enjoyed high school, college, and graduate classes — suffering through 122 credits of mostly lectures in the latter case. Sharing the thoughts, reactions, and, yes, even the peculiarities of others is what he has come to believe is a more enjoyable way to spend time together, or to learn.


DID YOU KNOW?

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HISTORY & CULTURE

The Fifties: A Surprisingly Dynamic Decade

BUCK BENEDICT


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

Whenever I thought about the 1950s, I recalled a staid, peaceful, maybe even dull time. Certainly, compared to the Sixties. But behind that blah facade was suffering, fear, and anxiety. The Korean War. The Cold War. Even CIA-led covert operations. The fear of Communist domination and threat of nuclear war. Thanks to network television showing violence against peaceful demonstrators, it was the beginning of the end of Jim Crow's hold on the South. The emergence of television changed our lives. It became the major source of entertainment and news, but it also led to the packaging and selling of presidential candidates. There was a lot going on in the Fifties. This course will dive beneath the placid surface to give the decade the attention it deserves. **Repeat remote course.** *Format includes lecture, discussion, and film.*

Buck Benedict is a former communications director, consultant, and speechwriter. He taught public speaking at the University of Pennsylvania for 16 years. He is still enamored with the well-spoken word and loves to share that passion.

Mythology in the Mansion: Classical Mythology & Victorian Culture

BRITTANY COOK


 **WORKSHOP** FRI, 1/19 • 9:30 – 11:30 A.M. • \$15

The interior design of Victoria Mansion (built 1858–60) includes several depictions of figures from ancient Greek and Roman mythology. What was the 19th-century fascination with Greek and Roman myths? In this workshop, we'll place the Mansion in context with other visual, literary, and theatrical arts of the 19th century, and gain an understanding of how these myths and allegories permeated Victorian culture and endured into our own time. No prior reading or knowledge of either classical mythology or Victoria Mansion required. **New remote workshop.** *Format includes lecture and discussion.*

Brittany Cook is a staff member at Victoria Mansion, and holds a B.A. in Theatre Studies from Guilford College and an M.A. in Museum Education from Tufts University. She has lectured for the Mansion on various topics including mythology, Spiritualism, and 19th-century New Orleans.

1972–1984: The Dozen Years That Radically Changed Maine

SANDY GARSON

 **COURSE** WED, 1/10 – 2/14 • 9:30 – 11:30 A.M. • \$50


In 12 years Maine morphed from a forgotten rural backwater to the dynamic state you now know. What happened? The Golden Road, Franklin Arterial, Bath's renovation, MOGFA, school funding fights, the Portland Art Museum, fighting to remove dams, and Maine Yankee, nuclear power plant, Maine Coast Heritage Trust, and much more that underlies our current state.

Repeat remote course. *Format includes lecture and discussion.*

Sandy Garson was a reporter and an active participant in the events of those years. Sorry to see how many Maine residents don't know the backstory, she decided to share her experiences and reporting to set the record straight.

Black History of Maine

BOB GREENE

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

Despite being considered one of the whitest states in the nation, Maine has a long and deep connection with people of African ancestry. While this course is a repeat, it has been updated considerably with new research. **Repeat remote course.** *Format includes lecture.*

SUGGESTED BOOK: *Maine's Visible Black History*, H.H. Price & Gerald E. Talbot, ISBN 139780884482758

Bob Greene, a Portland native, is a retired journalist, genealogist, and historian. During his 36 years with The Associated Press, Bob covered the Rev. Dr. Martin Luther King Jr.'s funeral, riots, plane crashes, and floods on the Mississippi River. In 1980, he was named The AP Tennis Writer, a post that saw him travel to Europe, Africa, and China.

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID

Great Faces, Great Places: How the Rest of the World Lives

DAVID SUITOR

COURSE TUE, 1/9 – 2/13 • 12:45 – 2:45 P.M. • \$50

Explore some fascinating places and people around the world, and how they live, work, move, play, govern, and interact with their environment. We will take a wide-ranging look at our own and other societies from both the developed and developing world. Class will be highly visual and interactive with maps, pictures, charts, and videos to document the themes. We will also provide reading material as voluntary homework. **New remote course.** *Format includes lecture, discussion, and film.*

David Sutor graduated from the University of Vermont with a degree in history where he also did his graduate work in geography. He had a long teaching career at St. Mark's School in Southborough, MA, while running a boy's summer camp in Raymond. This will be David's 7th unique OLLI class.

LITERATURE

Exploring Short Stories

ANNE CASS

COURSE MON, 1/8 – 2/12 • 12:45 – 2:45 P.M. • \$50

Short Stories can be read in one sitting — supposedly! In this course, we read and discuss short stories, this term from the best of the O. Henry Prize Winners. Join a lively group of readers and perhaps meet some new people — yes, it's possible on Zoom! **Repeat remote course.** *Format includes discussion.*

REQUIRED BOOK: *The Best Short Stories 2022: The O. Henry Prize Winners*, edited by Valeria Luiselli, ISBN 9780593467541

Anne Cass is an avid OLLI volunteer who deeply enjoys facilitating discussion about short stories.



QUESTIONS?

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olliatusm@maine.edu

Call us:

207-780-4406

Sherlock Holmes: “A Study in Scarlet”

DEWAYN MARZAGALLI

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

It is with great pleasure that I am returning to one of my favorite subjects: Sherlock Holmes. We will begin with Arthur Conan Doyle's very first Holmes novel, *A Study in Scarlet*. We will watch a full-length movie version of the novel starring Peter Cushing as Holmes and Nigel Stock as Dr. Watson. Following the movie, we will discuss the author's inspiration for Holmes and the character's enduring popularity. I am hoping for this to be the very first of many of Holmes adventures at OLLI. **New remote workshop.** *Format includes lecture, discussion, and film.*

DeWayn Marzagalli has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the U.S. Navy and is a retired Federal Agent. He lives in Gorham with his wife of 56 years.

India as Portrayed by Indian Women's Fiction Writing

KATHLEEN SUTHERLAND & BETSY MAYBERRY

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

Indian women novelists have proliferated in the past thirty or forty years and offer the reader a rich perspective of the variety of cultures and regional histories, the struggles of women against patriarchy, their search for identity, and their successful rebellion against oppressive tradition. We explore selected works on these themes through three works, including Kiran Desai's work *The Inheritance of Loss*. Students are welcome to discuss other Indian women's works, time permitting in this six-week course. **New remote course.** *Format includes lecture and discussion.*

Kathleen Sutherland is Associate Professor Emerita of Political Science at BGSU In Ohio. She received her Ph.D. from Indiana University in Political Science/Middle East Studies. Kathleen has visited India among many other countries in the Middle East and Asia. She has taught at OLLI since 2005.

Betsy Mayberry administered family and children's service agencies in New York City until her retirement in 2011. She is a graduate of Cornell and Columbia and serves on the boards of Ladder to the Moon Network, the Portland Conservatory of Music, and the Advisory Committee of the Camden Conference.

DID YOU KNOW?

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MUSIC

History of Hawaii & the Music of the Islands

TERRY FOSTER

COURSE TUE, 1/9 – 2/13 • 9:30 – 11:30 A.M. • \$50

This repeat course will trace the history of the islands of Hawaii with emphasis on traditional Hawaiian music including Hawaiian chants, but greater attention to the pop and folk music associated with Hawaiian culture. We'll learn via lecture, videos, piano music, and discussion. Escape Maine vicariously this winter by delving into a study of a tropical place often referred to as a paradise.




Repeat remote course. Format includes lecture, discussion, and film.

SUGGESTED BOOK: *A Concise History of the Hawaiian Islands*, Phil Barnes, ISBN 9780912180700

Terry Foster has been infatuated with Hawaii and its traditional music since childhood. He started piano at age five and has played music professionally since his teen years. He is co-founder of "Senior College," OLLI predecessor, and has taught in the two programs for over 25 years.



Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

The Film Music of Ennio Morricone

DEWAYN MARZAGALLI

WORKSHOP FRI, 1/19 • 9:30 – 11:30 A.M. • \$15

We will watch and enjoy the fabulous movie music of Ennio Morricone. We will watch a film clip from one of the movies he composed for and then follow that up with Ennio conducting the same music with a symphonic orchestra. He composed the incredible scores for the "Spaghetti" westerns such as *Once Upon a Time in the West*. Additionally, we will enjoy *The Untouchables*, *The Mission*, *Cinema Paradiso*, and other brilliant compositions.

New remote workshop. Format includes lecture, discussion, and film.

DeWayn Marzagalli has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the US Navy and is a retired Federal Agent. He lives in Gorham with his wife of 56 years.

The Golden Age of Broadway: Tony Award Winners of the '50s (Musicals)

LORRAINE MASURE

COURSE THU, 1/11 – 2/29 • 9:30 – 11:00 A.M. • \$50


It was the best of times, it was the best of times. Today, time is the prism that refracts the historic content and context of these classic Broadway shows, providing a spectrum of stories and music that dazzle the memory. *Guys and Dolls*, *It's Not Kismet* or some dream that's part of a *Pajama Game* (even should the damn Yankees win the pennant) to visit the south pacific where you may meet a fair lady or even a music man. So say the king and I. **New remote course.** Format includes lecture, discussion, and film.

Lorraine Masure has led senior college courses across four venues over the past dozen years: Remembering the '40s, '50s, and even '60s decades, Ethics, and mostly Broadway musicals. Classes include history, music, discussion, serendipity, and student/instructor show-related recollections.

POLITICS & CURRENT EVENTS

Contemporary Economic Policy Issues

JON HAVEMAN & GEOFFREY WOGLOM


 **COURSE** TUE, 1/9 – 2/13 • 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. Lectures will be standalone, taught by a subject matter expert — all of whom have a Ph.D. in Economics. Potential topics include Climate Change, Healthcare Economics, Economic Inequality, and many more. The topics presented will be determined by what is most topical at the time of the course. **Repeat remote course.** *Format includes lecture.*

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.

Supreme Court Effect on American Society

ROBERT LIBBY

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

The history and evolution of the Supreme Court are examined through explanation of landmark cases emphasizing on recent developments and understanding the current term. We will explore topics such as judicial review, judicial activism, judicial restraint, originalism, textualism, Shadow Docket, close reading of majority decisions and key dissents, respect for precedents, and common law. Logical development of key precedent principles and their social effect. Discussion of current landmark cases and the current term. We will closely examine the Presidential Commission's report on reform of the Supreme Court and the current act to reform Supreme Court ethics. **Repeat remote course.** *Format includes lecture and discussion.*


SUGGESTED READING: At the start of class, a well-developed reading list will be provided with a list of Supreme Court cases to be considered and available online.

Robert Libby has been studying and designing courses in civics and Constitutional understanding for more than fifty years.

RELIGION & PHILOSOPHY

Introduction to Buddhism

HEATHER EDGERLY


 **WORKSHOP** FRI, 1/19 • 9:30 – 11:30 A.M. • \$15

This course will be an introduction to the family of religions we call Buddhism. We will discuss the development of Buddhism in India by focusing on the life and teachings of its founder and will then briefly follow its spread across time and space through Asia and the West. **Repeat remote workshop.** *Format includes lecture and discussion.*

Heather Edgerly began studying Eastern Religions twenty years ago and has subsequently received degrees in Religion from the University of Hawaii and Harvard University. She has taught Buddhism and Eastern Religions at the University of North Carolina and currently leads classes in the theory and practice of meditation.

Antisemitism, White Supremacy, & the Clear & Present Danger to American Democracy

MATTHEW GOLDFARB

 **COURSE** TUE, 1/9 – 2/13 • 12:45 – 2:45 P.M. • \$50

We will examine Anti-Judaism from the ancient civilizations of Egypt, Hellenism, and Rome; the impact of Christianity and Church fathers expulsions (England and Spain), blood libels, the iconography of stereotypes, myths from the Brothers Grimm to Mother Goose; literature including *Ivanhoe*, *The Merchant of Venice* (film), *Oliver Twist*, and *A Tree Grows in Brooklyn*. We will also consider other expressions of defamation in architecture, art, folk songs and current popular personalities. Other titles include the Dreyfus case, the rise of Zionism, creation of the State of Israel; the Leo Frank case; the Protocols of the Elders of Zion, the International Jew, Holocaust denial, and the current state of things. **Repeat remote course.** *Format includes lecture, discussion, and film.*

Matthew Goldfarb, now 85, has been active at OLLI for 14 years as a student, teacher, past chair of SAGE, and member of the advisory board. Retired after a 50-year career in the law, he was widowed in 2021 and continues to struggle with golf, while excelling at participating in Portland's arts and culture.


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RELIGION & PHILOSOPHY • *continued from previous page*

Decoding Jung’s Metaphysics, Part 2

STEPHEN KERCEL

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


Follow-on to and continuation from Fall 2023 class. Why is Jung so despised in contemporary psychology? As noted in the promotional material of Kastrup’s *Decoding Jung’s Metaphysics*, “Jung was the twentieth century’s greatest articulator of the primacy of mind in nature, a view whose origins vanish behind the mists of time.” **New remote course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *Decoding Jung’s Metaphysics*, Bernardo Kastrup, ISBN 9781789045659

Steve Kercel has a Ph.D. in artificial intelligence and has published extensively on the distinction between computation and cognition. He has taught numerous OLLI courses exploring many facets of cognition, including Kastrup’s idealist metaphysics.

Is Consciousness a Quantum Effect?

STEPHEN KERCEL


 **WORKSHOP** FRI, 1/12, 1/19, 1/26 & 2/2
9:30 A.M. – 12:00 P.M. • \$25

Most definitely not! Quantum mechanics is a straightforward algorithm for investigating the smallest of observable physical events and estimating the degree to which we can believe what we see. Schrodinger’s equation is a comment on the reliability of measurement and not on the role of consciousness. Heisenberg stresses the point that quantum mechanics is pure description, and has no connection with underlying causation. **Repeat remote workshop.** *Format includes lecture and discussion.*

Steve Kercel has a Ph.D. in Artificial Intelligence and has published extensively on the distinction between computation and cognition. He has taught several OLLI courses exploring Kastrup’s and Schopenhauer’s idealist philosophies of consciousness. His background includes recent training in quantum mechanics.

The Sufis




ZAID SMITH

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

It is said that Sufism is the mystical branch of Islam — the world of Rumi and of Whirling Dervishes. This is true, but only half the story. In this course we’ll look at Sufi history and Sufism’s adaptation to the West. We’ll also look at Sufi objectives and practices, the centrality of heart and love in the Sufi point of view, how you can have an “ism” that’s without fixed doctrines or beliefs, or a God-oriented activity that doesn’t mind if you’re an atheist. There will be many stories, and the class will choose their directions of interest as well. **New remote course.** *Format includes lecture and discussion.*

Zaid Smith has been a practitioner in the Inayati Order of Sufism for over 40 years, and teacher for over ten in Sarasota, Florida.

Refer to these icons to find the right program style for you:

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



QUESTIONS?

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You're invited... to be a part of our team!

Teach at OLLI

OLLI is always looking for new course facilitators and SAGE presenters. If you (or someone you know) would enjoy sharing your knowledge and experience with our members through a course or SAGE lecture, please contact the OLLI office.

New teacher workshop: Each spring session, OLLI offers a Teacher Forum that is free and open to any member wishing to know more about teaching at OLLI. We will now offer a workshop for potential instructors prior to each session's proposal deadline, to help members develop their ideas and transform them into actual proposals.

Deadlines for course / workshop proposals: Proposals for the Summer session are due in early-February.

Orientation session: Prior to the beginning of each term, an orientation session is offered to all new and returning instructors to help them become better acquainted with OLLI and to learn the logistics of presenting a class both via Zoom and in person.

Questions? Contact Donna Anderson at donna.anderson@maine.edu.

Volunteer at OLLI

OLLI is more than just taking classes, listening to lectures, and participating in social events and activities. OLLI also provides opportunities for members to become active within the leadership of the organization. Volunteers play a vital role in helping shape and guide the various elements of OLLI through committee work, helping to welcome members, and making our office run smoothly. Volunteering is a great way to give back to an organization that is making a lasting impact on the lives of its members.

For more information: Please email olliatum@maine.edu to express your interest.




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SCIENCE & NATURAL HISTORY

Chemistry by Candlelight

GALE RHODES

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


By closely studying a simple candle flame, how much can we learn about basic chemistry and science? At Christmas-time in 1848, the great scientist Michael Faraday gave five lectures entitled *The Chemical History of a Candle*. It was aimed at young people, and replete with memorable demonstrations. We will use video reenactments of these lectures to reveal hidden aspects of the natural world, and to provide deeper insights into chemistry, as well as science: how it is practiced, and how society can nurture it. Scientific background not required. **New remote course.** Format includes discussion and film.

MATERIALS: Provided online at chemistrybycandlelight.blogspot.com

Gale Rhodes loves chemistry. His college teaching included biochemistry, general chemistry, and interdisciplinary courses. He published on biochemical research, interdisciplinary education, natural history, and structural biology. His website, One Culture, (oneculture-olli.blogspot.com), connects science with other ways of knowing, and provides resources for all his OLLI courses.

Science for Non-Majors

HAL SCHEINTAUB

 **COURSE** TUE, 1/9 – 2/13 • 12:45 – 2:45 P.M. • \$50

Was your last science class a long, long time ago in a school far, far away? Do you feel as if a little modern science knowledge could help you understand things better? This is the class for you. Hal Scheintaub, biophysicist and teacher of non-majors, has prepared this class for adult learners who might otherwise be reluctant to take a science class. Great books, hands-on experiences, games, simulations, and engaging discussions will help you contextualize and personalize big ideas. **New remote course.** Format includes lecture, discussion, and hands-on practices.


REQUIRED BOOKS: *Serengeti Rules*, Sean B. Carroll, ISBN 9780691167428; *Six Easy Pieces*, Richard P. Feynman, ISBN 9780465025275; *Your Inner Fish*, Neil Shubin, ISBN 9780307277453

Hal Scheintaub, biophysicist, was a research scientist, science teacher, and a consultant for curriculum development at MIT. He has taught at OLLI for four years. He believes that good classes inform, empower, and connect.

SCIENCE & NATURAL HISTORY • *continued from previous page*

What Is Energy, & How Do We Use It?

DAVID VON SEGGERN

 **COURSE** WED, 1/10 – 2/14 • 9:30 – 11:30 A.M. • \$50

As the public discourse grows on whether to apply the name *Anthropocene* to our current geologic time, the role of energy should be highlighted. Because of the clever ways that humans have found to make energy more usable and then more abundant, we are impacting the Earth in very serious ways. But what is energy, and how do we use it? This class will cover the science and history of energy up through current times. By understanding energy in its many forms, we can make better decisions about using it.


Repeat remote course. *Format includes lecture and discussion.*

SUGGESTED BOOK: *Energy: A Beginner's Guide*, Vaclav Smil, ISBN 9781786071330

David von Seggern is a retired earth scientist whose career in seismology involved detecting underground nuclear explosions, characterizing oil and gas deposits, and studying earthquakes. He is retired, moved to Maine recently, loves the outdoors, and volunteers in conservation and environment efforts.

The Journey from Climate Doom to Active Hope

THOMAS WHITE

 **COURSE** WED, 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. You 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 remote course.** *Format includes lecture and discussion.*


SUGGESTED BOOK: *Great Tide Rising*, Kathleen Dean Moore, ISBN 9781619026995

Thomas G. White has a Ph.D. in developmental psychology. He has taught at Gettysburg College, OLLI at the College of William and Mary, OLLI USM, and Midcoast Senior College.

SELF-KNOWLEDGE & CARE

Cultivating a Growth Mindset

CAROLE CENTER


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

How can we change for the better as we age? Looking for ways to boost academic achievement, Carol Dweck and her Stanford colleagues tested a growth mindset intervention by teaching students about neuroplasticity — the ability of the brain to develop and enhance neural pathways — and found that a growth mindset encourages practice and persistence. In contrast, a fixed mindset, the belief that one's abilities are unchangeable, blocks our motivation to improve. A growth mindset has value for people of all ages. Let's explore strategies for opening ourselves to growth, using online readings that spark discussion. **New remote course.** *Format includes discussion*

Carole Center is a retired English professor and writing specialist. Her interest in cultivating growth mindsets comes from her years of teaching freshman English and her investment in her own personal growth.

Voice Of The Heart

JENNIFER DONALDSON

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

How do you communicate with your essence, your spirit? How do you guide yourself in making choices? This class will explore some of the ways to hear the voice of your heart, such as meditation, inner conversation, automatic writing, and channeling. What if you had access to clearer guidance from within to free the creative part of yourself, through whatever you enjoy: chanting, drawing with color, writing a poem, or arranging materials found on a winter beach? Each week will be a new adventure of listening to your heart in this supportive and creative format. **New remote course.** *Format includes discussion and hands-on practices.*

Jennifer Donaldson is an interfaith minister and former art educator with a passion for spiritual creativity. She journals, blogs, channels, and makes visionary art from any materials at hand.

DID YOU KNOW?

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Seeing for Life — Clear Vision to Age 88 and Beyond

ROBERT KERSHNER

COURSE WED, 1/10 – 2/7 • 9:30 – 11:30 A.M. • \$50

If you are one of the 77,702,865 million aging baby boomers born between the years of 1946 and 1964, you are about to find out that taking your sight for granted can leave you permanently in the dark. How do you know if you are at risk for the aging eye diseases of cataract, glaucoma, age-related macular degeneration, and diabetes? Do everything you can right now to protect your eyesight. In this six-week course, you will learn everything you need to know about your eyes, your vision, and how to keep seeing clearly for the rest of your life. **Repeat remote course.** Format includes lecture, discussion, and film.

REQUIRED BOOK: *Seeing for Life — Clear Vision to Age 88 and Beyond*, Robert M. Kershner. M.D., M.S., F.A.C.S., ISBN 10: 1092175547, ISBN-13: 978-1092175548

Dr. Robert Kershner is an internationally recognized eye physician and surgeon who encourages his audience to explore innovative approaches to improving their health. *Seeing for Life — Clear Vision to Age 88 and Beyond* is sure to captivate, delight, and educate you with an adventure in learning that you will not soon forget.

What Happened to You

LINDA MACDOUGALL

COURSE WED, 1/10 – 2/14 • 9:30 – 11:30 A.M. • \$50

In this course, discussions will be based on book written by Oprah Winfrey and Bruce D. Perry M.D., Ph.D. Those authors have worked together at Oprah's Girls School in Africa for 20 plus years. In their book they discuss various types of trauma and its lifelong effects. Dr. Perry presents his info from an academic/scientific perspective. Oprah shares her point of view largely based on life experience and listening to stories. You will learn about impact of early childhood trauma, resilience, and the value of story telling. **Repeat remote course.** Format includes lecture and discussion.

REQUIRED BOOK: *What Happened to You*, Oprah Winfrey & Dr. Bruce Perry, ISBN 978125022318

SUGGESTED BOOK: *Workbook For What Happened To You*, Oprah Winfrey & Dr. Bruce Perry, ISBN 9798773641247

Linda MacDougall, Psych N.P., retired in 2020 after working in many areas of healthcare. Her most recent position was providing med management and therapy through Maine Health. A large portion of her practice has included children and families. Listening to stories was an essential part of her job.

Well-Being: What Is It?

STEVE PIKER

COURSE WED, 1/10 – 2/14 • 9:30 – 11:30 A.M. • \$50

The Buddha taught that everyone is born, ages, sickens, and dies. No exceptions. Does well-being have a place among these inevitabilities? This course explores two yes answers: one finding wellbeing in dying, and one in what we see as abject poverty. Bottom line: wholesome sociality is a vital part of wellbeing. Privileged as we are with the miracles of modern biomedicine, are there lessons here for us?




New remote course. Format includes lecture and discussion.

SUGGESTED BOOKS: *Boiling Energy: Community Healing Among The Kalihari Kung*, Richard Katz, ISBN 0674077369; *Being Mortal: What Matters In The End*, Atul Gawande, ISBN 9780808095159

Steve Piker is an anthropologist by career, has done medicine and field work in Thailand and the U.S., taught 44 years at Swarthmore College, has offered courses at four of Maine's senior colleges, and relishes the spirit of participation and sharing the senior colleges embody.



Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID



STUDENT SPOTLIGHT

Jim Tait

YARMOUTH, MAINE

What is your history with OLLI?

I heard about OLLI from my mother who had taken a few classes about 10 years ago. When I retired 5 years ago I started taking classes and continue to expand my involvement with a great organization.

What is a particularly memorable class or workshop you have taken?

Every class has been memorable but, “Great Speeches of the Sixties” with Buck Benedict was very special. Buck is very engaging and welcoming and we had many interesting conversations.


“Every class has been memorable.”

JIM TAIT,
OLLI MEMBER SINCE 2021

SELF-KNOWLEDGE & CARE • continued from previous page

Understanding Child Abuse & the Societal Response

LARRY RICCI


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

This course will explore various topics in child abuse identification, treatment, and prevention. Lectures and discussions will include the history of child abuse, definitions, descriptions of different categories of abuse, the effects of abuse, and our response. The format will include presentations, readings, discussions, and guest lecturers when possible. Optional reading material will be provided before each class from *What Happened in the Woodshed: The Secret Lives of Battered Children* by Larry Ricci, *The APSAC Handbook on Child Maltreatment*, and other sources. This course is for anyone who is interested in learning about child abuse and the child welfare system in the United States. **New remote course.** *Format includes lecture and discussion.*

Larry Ricci is a retired child abuse pediatrician who has specialized in the evaluation and care of abused children over a thirty-five-year career. He has lectured extensively throughout the United States on various child abuse topics to both professional and nonprofessional audiences.

The Practice of Swedish Death Cleaning

BARBARA RICH

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

Responsible Swedes commence death cleaning around the age of 65 by examining their lifetime accumulation of belongings and weighing the burden of sorting and disposing that their families must deal with after they are gone. Through lecture, discussion, and action assignments, we will consider the philosophy, methods, and practice of death cleaning in order to support each other through what is sometimes an emotional process. The instructor, who has been doing her own death cleaning, and the class will reflect on ways to sustain this process after the class is over. **New remote course.** *Format includes discussion and film.*

SUGGESTED BOOK: *The Gentle Art of Swedish Death Cleaning*, Margareta Magnusson, ISBN 9781501173240


Barbara Rich is a retired tenured professor of Social Work and Professor Emerita at USM. She runs two shops on Etsy and has taught OLLI courses in “Textile and Fiber Jewelry Making” and “Selling on Etsy for Fun & Profit.”

DID YOU KNOW?

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

Yoga for Healthy Bones

LYN SIROTA

 **WORKSHOP** MON, 2/12 • 2:00 – 3:00 P.M. • \$15


Most women over 50 have some degree of Osteopenia (no matter their diet and physical practice). With Osteoporosis (which is advanced Osteopenia), certain movements are contraindicated. “Yoga for Healthy Bones” will be a 45-minute presentation and accessible (optional) short practice (both standing and seated). The last 15 minutes will be a Q&A. We’ll focus on bone density by practicing some asana (poses) and doing some work with balance. Learn what movements are contraindicated if you have osteoporosis, how to adapt them, and some of the poses from the Dr. Loren Fishman study on Osteoporosis. Have a chair and a mat available and wear comfortable clothing. **New remote workshop.** *Format includes lecture and movement.*

Lyn Sirota is a certified Yoga Instructor specializing in therapeutic, anatomy-informed yoga instruction with a focus on range of movement and therapeutic practices. This subtle style of yoga is beneficial for injury rehabilitation, arthritis, trauma, anxiety, chronic pain, and over-stimulated nervous systems. Furthering her knowledge, Lyn completed a Therapeutic Yoga Teacher Training program, a Yin Yoga Teacher Training program, as well as a program in Mindfulness Based Stress Reduction.

WRITING

Explore Life Stories Through Writing

JOAN CHADBOURNE

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


Some believe stories create who we are. We’ve heard stories about ourselves, family, and lives. Writing them is an exercise in exploring their meaning and influencing who we become. Telling them can be a way of finding new perspectives and appreciating who we are.

What life experiences do you want to explore, preserve, and share? In this peer group, we will write those stories. We will give and receive supportive feedback. We’ll learn a process to engage our Muse to guide our story choice and how to write it. **Repeat remote course.** *Format includes lecture and hands-on practices.*

Joan Chadbourne enjoys writing to better understand herself and communicate with others. Choosing, shaping and clarifying life experiences is energizing. She 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 marriage.

Guided Autobiography

KATIE MURPHY


 **WORKSHOP** FRI, 1/12 – 2/2 • 10:30 A.M. – 12:30 P.M. • \$25

Guided Autobiography (GAB) is fun, fascinating, and surprising. In this workshop, three life themes are introduced; priming questions are asked. Memories of events emerge, and we write in response. You’ll get some writing tips, but it’s not a creative writing class — it’s about revisiting and responding to episodes in your life. **Repeat remote workshop.** *Format includes discussion.*

Katie Murphy of Unvoiced History has been a personal historian for over twenty years, helping clients record and preserve their family stories and histories. She is an editor, designer, and author. Katie trained as a Guided Autobiography instructor with the Birren Center for Autobiographical Studies.

Writing a Legacy Letter

JAY SHERWIN

 **WORKSHOP** FRI, 1/26 • 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. It 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 remote workshop.** *Format includes lecture and discussion.*

Jay Sherwin has practiced law, given away money for 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.

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID

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, 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 Tuesday 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.).

FMI: Contact Sue Jennings at jensusa10@gmail.com

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 on Wednesday afternoons.

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 Dawn Leland at lelanddm@gmail.com

LET'S KNIT!

Are you a knitter in search of a knitting group? Here's an opportunity to meet and chat with fellow knitting enthusiasts every week in the Wishcamper Center during the USM OLLI Fall, Winter and Spring terms. This is not an instructional group; knitters a basic level of knitting skill is desirable.

FMI: Contact Louise Sullivan at lrsullivan72@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

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

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

Thesians 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 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

VIRTUAL BOOK EXCHANGE

Bibliophile? Looking for the next book to read? Join in and share a title or two. Leave with the title of the next book to add to the stack! We meet on Zoom on the fourth Wednesday of each month from 7:00 – 8:00 p.m.

FMI: Contact Anne Cass at anne.cass@maine.edu

WINE-TASTING CLUB

On the 3rd Monday of the month, at 6:00 p.m., the club meets at the Ridgewood Clubhouse in Falmouth to taste 4 wines paired with appetizers. Price ranges from \$30 to \$35 per person. RSVP required.

FMI: Contact Joel Kallich at joelkallich@gmail.com

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QUESTIONS?
We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406

“Knitting has produced many useful and beautiful items and garments but one of the most beautiful things it produces is a sense of community.”

*LOUISE SULLIVAN,
OLLI MEMBER SINCE 2010*



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.


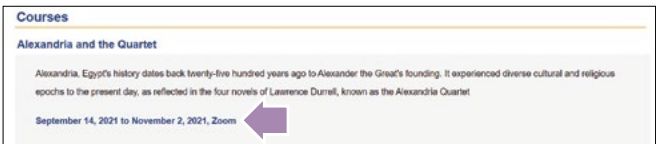
For checks or cash payment, please use the manual registration form — see page 33. Please note: We cannot guarantee your class will be available when we register you after online registration opens. Manual registrations will be processed in the order in which they are received.



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 **Registration Information**.
- 2 **CHOOSE CUSTOMER TYPE** by scrolling down and selecting appropriate button. Choose **Returning OLLI Customer** or **New OLLI Customer**.
- 3 **SIGN IN OR CREATE AN ACCOUNT**
 - **Returning OLLI Customers** will be brought to a sign in page: **Sign in**.
 - **New OLLI Customers** will 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 dark 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 8.
- 5 **BROWSE PROGRAMS.** Click the appropriate heading in the shaded dark 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 2021-2022

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

Schedule: Every week on Tuesday, starting on 08/14/21 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 Peltus	

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 dark 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 phone numbers). 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 olliatasm@maine.edu.
- **Try OLLI123.**
If you cannot remember your password, please do not create a new account. Try OLLI123 or call the OLLI office at 207-780-4406.
- **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 2023-2024 membership is needed to register for a 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?

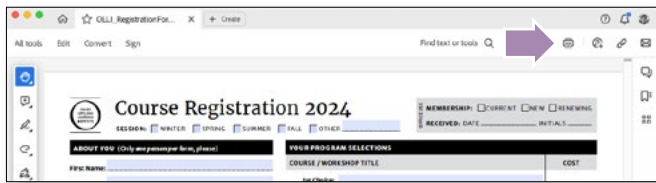
Visit **OLLI Online Registration Assistance online** at: usm.maine.edu/osher-life-long-learning-institute/registration-guides-tips.

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 20 if we have questions.

Tips for a smooth manual registration

Here are some tips to keep in mind to assure you 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 2024

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 \$

Alt. Choice:

2 \$

Alt. Choice:

3 \$

Alt. Choice:

4 \$

Alt. Choice:

5 \$

Alt. Choice:

6 \$

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 2024

Winter session will run from January 8 – February 15.
Mark your calendar for these other important dates.

DEC 13	Online registration for OLLI winter 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 olliatasm@maine.edu before December 11, 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 13, but some classes and workshops may be full, so please turn them in as soon as possible.
DEC 20	OLLI staff begins processing mail-in, drop-off, and phone registrations.
DEC 28	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatasm@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
JAN 8	OLLI winter session classes start
JAN 20	Deadline to receive a refund on dropped courses.
JAN 12, 19, 24, 26	OLLI winter workshops
FEB 2, 12	OLLI winter workshops
FEB 15	OLLI winter session ends
FEB 20–26	OLLI winter session make-up dates



QUESTIONS?

We are here to help you!

Email us:

olliatasm@maine.edu

Call us:

207-780-4406

The OLLI staff will be on holiday Dec. 25, Jan. 1, Jan 15, and Feb. 19. The OLLI office and USM will be closed on those dates. If you have a remote class scheduled on those dates, please get in touch with your instructor to see if they plan to observe the holiday.

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