

Celebrating
25+ YEARS
of Learning



1997-2023



Course Catalog

FALL SESSION 2024

SEPTEMBER 16 – NOVEMBER 8



UNIVERSITY OF
SOUTHERN MAINE

That is what
LEARNING IS.
You suddenly understand
something you have
understood all your life,
BUT IN A NEW WAY.

DORIS LESSING



CONTACT US

207-780-4406
olliatism@maine.edu

Portland Campus
Wishcamper Center, Room 210
44 Bedford Street
Portland, Maine 04101

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

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**ADVISORY BOARD
(2024-25)**

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DIRECTOR'S MESSAGE



A new beginning — from registration to the classroom

“A bird sitting in a tree is never afraid of the branch breaking, because her trust is not in the branch but in her wings.” – UNKNOWN

We invite you leap into fall by taking one of over eighty offerings in virtually any topic. We hope that our new registration system will make the process of signing up for classes and workshops easier than ever — be sure to take a look at our “How to register” instructions on [page 50](#) so you have a clear idea of how to use the new system.

Here are a few highlights for the fall:

Artist Michael Torlen’s “Studio Seeing” offers a view of the world as an artist perceives it and how the visual is translated into two or three dimensions in their artwork ([page 25](#)).

Joan Aldrich’s course “Embracing the Muse: Movies in which Art, Music, and Writing Feature Prominently” will explore the creative process in many fields ([page 27](#)).

Buck Benedict is focusing on one compelling orator in “JFK: The Public Man through His Public Statements” ([page 30](#)).

Middlemarch fans will want to take a literary and cultural journey with instructors Susan Ransom and Margaret Creighton ([page 33](#)).

Jim Mentzer is helping us to revisit our infant nation in “The Birth of Independence — The American Revolution (1770-76): A Novel Approach” ([page 29](#)).

There are many other offerings to tempt you, including a wide range of science and natural history classes. Be sure to choose one, or two, or ...

Sincerely,

Donna Anderson
Director

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25+ YEARS
of Learning



1997-2023

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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 1,600-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 124 OLLIs throughout the country.

OLLI: BY THE NUMBERS

124
OLLI BRANCHES
IN THE US

1,600+
OLLI ACTIVE STUDENTS
(2023-24)

17
ACTIVE MAINE
SENIOR COLLEGES

190
OLLI VOLUNTEERS
(2023-24)

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 \$35. 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 48](#) 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 \$60 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.*



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 \$60 per course for regular OLLI at USM courses. Workshops cost \$20 for single sessions and \$30 for two or three sessions or a full day. Exceptions to the usual pricing structure are clearly noted.

You must be an OLLI 2024–2025 member to enroll in summer courses and workshops. Membership costs \$35 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 through USM's online bookstore 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

Fall classes are held once a week, **remotely** on Zoom and **in-person**, Monday – Friday. The term runs for eight weeks, from September 16 – November 8, 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 Saturdays either **remotely** on Zoom or **in-person** (see [page 14–15](#)).

LOCATIONS

OLLI Fall 2024 courses and workshops will be held both remotely and in-person:

Remote (Monday – Friday).

Classes will be taught online via distance learning, using Zoom, unless otherwise noted.

In-person (Monday – Friday).

Courses and workshops take place in Wishcamper Center. We will notify you in advance of the class about the exact location.

PARKING

Parking in the USM garage attached to the Abramson Center will require a virtual 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).



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. Come into the OLLI office, Wishcamper 210, to sign out an assisted listening device.

Remote: Zoom allows members to have complete control over the volume of your classroom. Additional auto-captioning services can be set up upon request.

ACCESSIBLE PARKING

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

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 the end of the second week of 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 events 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

Please call or email if you need to get in touch with us at 207-780-4406 or at olliatusm@maine.edu.

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.

Wishcamper Center has an elevator located in the lobby on the west side of the building.

ON-CAMPUS PARKING

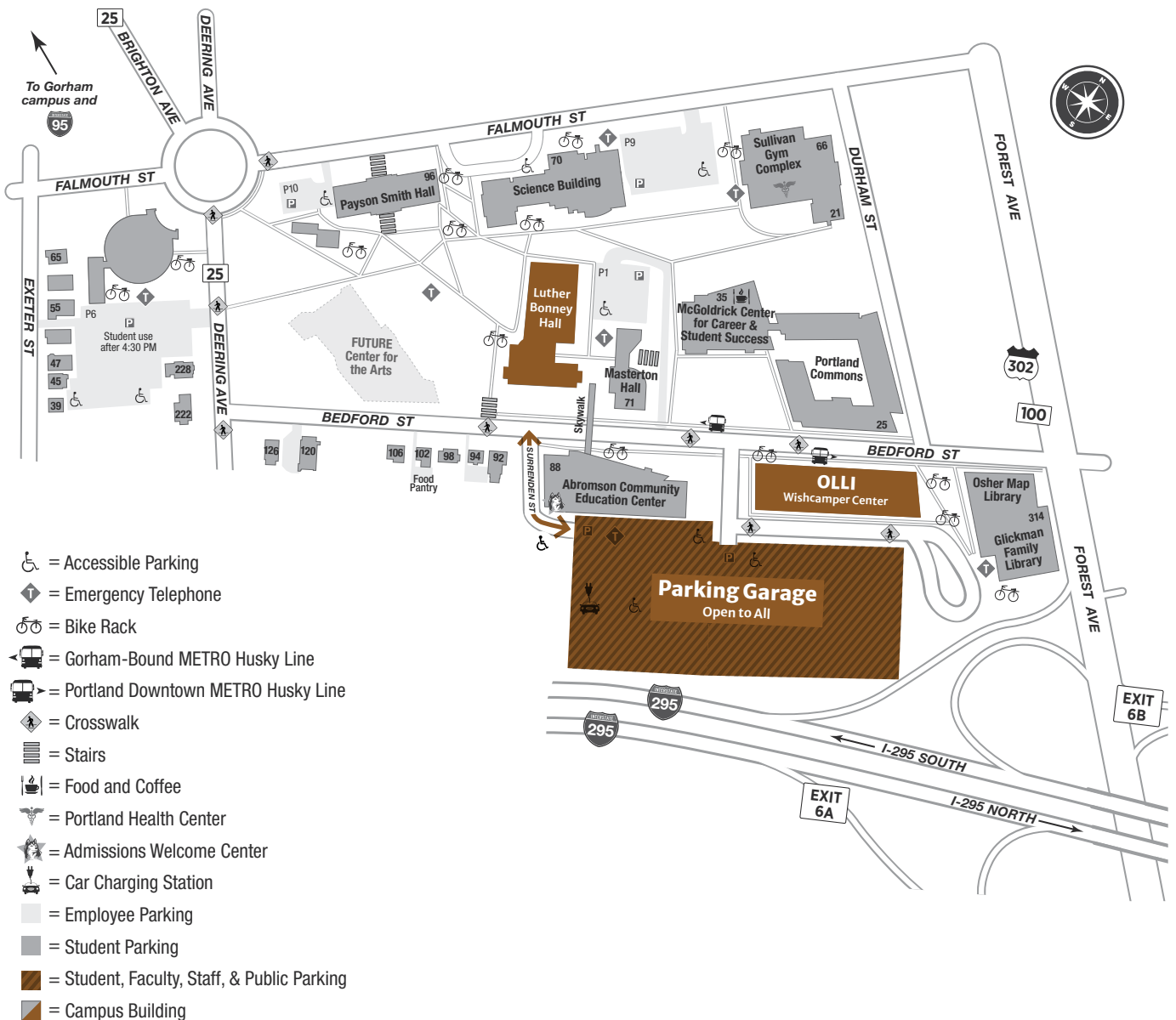
OLLI Students must park in the USM garage attached to the Abromson Community Education Center, located on Bedford Street. **There are 27 handicapped spaces available between the two parking garages.**

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 FALL 2024

Fall session will run from September 18 – November 8.
Mark your calendar for these other important dates.

AUG 21	Online registration for OLLI fall courses begins. The registration system will automatically turn on at 10:00 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu before August 21 , 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 August 21 , but some classes and workshops may be full, so please turn them in as soon as possible.
AUG 26	OLLI staff begins processing mail-in, drop-off, and taking phone registrations.
SEP 3	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatusm@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
SEP 16	OLLI fall session classes start
SEP 27	Deadline to receive a refund on dropped courses.
SEP 21, 28, OCT 5	OLLI fall workshops
NOV 8	OLLI fall session ends
NOV 12–18	OLLI fall session make-up dates

The OLLI Staff is on holiday September 2, October 14, and November 11. The OLLI office and USM will be closed on those dates. If you have an in-person class scheduled in Wishcamper on those dates, your class will not meet. 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.



QUESTIONS?

We are here to help you!

Email us:
olliatusm@maine.edu





Call us:
207-780-4406

Courses by schedule

Courses run once a week, Monday – Friday, starting the week of September 16 unless otherwise stated. Full course descriptions, costs, and materials can be found on the page listed next to each course title.

4 PATHWAYS TO LEARNING

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

-  IN-PERSON
-  REMOTE (ZOOM)
-  HYBRID
(BOTH IN-PERSON & REMOTE CONCURRENTLY)
-  BLENDED
(SOME CLASSES IN-PERSON, SOME CLASSES REMOTE)

Want to search for programs by topic?
See [page 22](#) for our full index.

Want to find a program by instructor?
See [page 16](#) for our instructor index.



QUESTIONS?

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207-780-4406

MONDAYS

MORNINGS • 9:30 – 11:00 A.M.

-  **Remembering the '50s** (p. 31)
LORRAINE MASURE



MORNINGS • 9:30 – 11:30 A.M.

-  **Intermediate French** (p. 32)
JACQUELINE BUCAR
-  **A Geologist Goes to the Movies** (p. 41)
IRWIN NOVAK
-  **Die Well: Death Education** (p. 43)
LEONA OCEANIA
-  **The Social Gospel of Jesus: Deep Human History** (p. 29)
STEVEN PIKER
-  **Come Away to the Emerald Isle: Ireland in Contemporary Fiction** (p. 34)
SUSAN POWELL

AFTERNOONS • 12:45 – 2:45 P.M.


-  **Nature Tells a Story — Do We Hear It?** (p. 33)
RICHARD CASS


AFTERNOONS • 12:45 – 2:45 P.M.


-  **How You Became You** (p. 43)
WHEATON GRIFFIN
-  **Line Dancing** (p. 26)
ANNE B CASS & JOANNA KOHARIAN
-  **Intentional Intuition & the Elder Wise Woman** (p. 43)
LUCILLE MELTZER
-  **Writing to Feed Your Hungry Spirit** (p. 37)
LYNNE MENTZER
-  **The Ins & Outs of Cyber Scams: How to Stay Safe in an Increasingly Digital World** (p. 44)
URI PEARL
-  **Carl Jung: First Person Singular** (p. 38)
DENNIS REDFIELD
-  **Immigration to the U.S. in the Post World War II Period** (p. 32)
KATHLEEN SUTHERLAND
-  **Science, Humanity, & 21st Century Worldviews** (p. 42)
ERIC SZENDREI
-  **Pull Up a Chair — Let's Eat Together** (p. 45)
LINDA WERNER & MARCIA WESTON
-  **Exploring Portland's Historic Neighborhoods on Foot** (p. 30)
ALESSA WYLIE


TUESDAYS


AFTERNOONS • 12:45 – 2:45 P.M.


-  **Un Tour de France** (p. 32)
ROBERTA MUSE

-  **Text Analysis: From Page to Stage** (p. 23)
DEREK CAMPBELL

-  **Exploring Short Stories** (p. 33)
ANNE CASS


-  **Cultivating Personal Growth** (p. 40)
CAROLE CENTER


-  **Classical Forms & the Chamber Music of Mozart** (p. 35)
PETER GRIFFIN


-  **Origins of Human Evolution, 2nd Semester** (p. 41)
BILL PORTELA


WEDNESDAYS


MORNINGS • 9:30 – 11:30 A.M.


-  **Meditation in Motion & the Aging Process** (p. 37)
FRED BRANCATO


-  **Who is Yeshua? Jesus's New & Consistent Message on Our Divinity** (p. 36)
JENNIFER DONALDSON
& ROB LOVELAND

-  **People & Places** (p. 23)
VICKI FOX

-  **American Art from Early 20th Century** (p. 24)
NATHANIEL LARRABEE

-  **Great Choral Music in Great Spaces** (p. 35)
CAROLYN PAULIN


-  **Looking Back to Jacob Bronowski's *Ascent of Man*** (p. 29)
GALE RHODES


-  **Women Sharing Stories** (p. 45)
PAT TAUB


MORNINGS • 9:45 – 11:15 A.M.


-  **World Dance Sampler: Travel the World Through Dance** (p. 26)
KATHLEEN CARROLL


AFTERNOONS • 12:45 – 2:45 P.M.


-  **Cooking for One or Many** (p. 45)
VIVEK BANDHU


-  **Emotional Intelligence: A Tool for Living a More Positive Life** (p. 46)
LAWRENCE CROUCH

-  **The Birth of Independence: The American Revolution (1770–76): A Novel Approach** (p. 29)
JIM MENTZER

-  **Middlemarch** (p. 33)
SUSAN RANSOM
& MARGARET CREIGHTON


-  **Science for Non-Majors** (p. 42)
HAL SCHEINTAUB


-  **A Cabinet of Mathematical Curiosities** (p. 42)
STEPHEN SCHIFFMAN


-  **FUN 2.0** (p. 25)
DONI TAMBLYN


THURSDAYS


MORNINGS • 9:30 – 11:30 A.M.


-  **JFK: Public Man Through His Public Statements** (p. 30)
ARTHUR C. (BUCK) BENEDICT


-  **Writing & Exploring Life Stories** (p. 46)
JOAN CHADBOURNE


-  **Getting Along with Visual Art** (p. 25)
MAGGIE FEHR & DAVID HINGSTON

-  **The Overlooked Heroism & Meaning of the Fight Against Nazism Outside Germany** (p. 31)
SANDY GARSON


-  **The Good, Bad & Really, REALLY Ugly Parasites for All Seasons!** (p. 40)
ANDREA GELDER

-  **Journey of Souls** (p. 38)
STEPHEN KERCEL

-  **You Should Care About Africa — Here's Why!** (p. 28)
MIKE LYNCH

-  **Homer's *Odyssey* & Sophocles' *Oedipus Tyrannos*: Back Then is Now** (p. 22)
STEVEN URKOWITZ

AFTERNOONS • 12:30 – 3:00 P.M.

-  **Embracing the Muse: Movies in Which Art, Music & Writing Feature Prominently** (p. 27)
JOAN ALDRICH

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Exploring and Experiencing Maine's Rich History & Culture** (p. 30)
SCOTT ANDREWS

-  **Popular Music & Culture of the 1960s** (p. 35)
TERRY FOSTER

-  **The Art of Living Well: Peace Education Program** (p. 44)
RITA RUBIN-LONG
TERRY LANDRY

-  **Movie Portrayals of Journalism Issues** (p. 26)
EDWARD SOLANO

-  **The Big Four: Inventions That Changed the World** (p. 30)
DAVID SUITOR

-  **Women in American History: Americans Who Made a Difference** (p. 31)
JOHN SUTHERLAND

AFTERNOONS • 1:00 – 2:30 P.M.

-  **Zentangle 101** (p. 25)
MARTHA BROOKS

FRIDAYS

MORNINGS • 9:30 – 11:30 A.M.


-  **The Heart of Compassion** (p. 38)
JOAN ELIZABETH


-  **Civic Virtue: Can We Save (small d) democracy** (p. 36)
ROBERT LIBBY


-  **Parables & Gospel of John: Spiritual Virtues** (p. 37)
TOM MCGOVERN


-  **Return of the Misfit Poets** (p. 34)
ANNE CYR & MARY TRACEY


AFTERNOONS • 12:45 – 2:45 P.M.

-  **Natural History of Greater Portland** (p. 40)
SUSAN GILPEN

-  **Supreme Court Effects of American Society** (p. 28)
ROBERT LIBBY

-  **Modern Physics — How We Know What We Know** (p. 41)
JONATHAN MATT

-  **Got a Plan??** (p. 43)
JANE STEIN

-  **Studio Seeing** (p. 25)
MICHAEL TORLEN




QUESTIONS?

We are here to help you!

Email us:
olliatism@maine.edu

Call us:
207-780-4406



Where there is an
OPEN MIND.
there will always be a
FRONTIER.






CHARLES KETTERING

Workshops by schedule

Workshops mostly run on Saturdays as noted throughout the Fall session. Full workshop descriptions, costs, and materials can be found on the page listed next to each course title.

4 PATHWAYS TO LEARNING

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

-  IN-PERSON
-  REMOTE (ZOOM)
-  HYBRID
(BOTH IN-PERSON & REMOTE CONCURRENTLY)
-  BLENDED
+ (SOME CLASSES IN-PERSON,
 SOME CLASSES REMOTE)

Want to search for programs by topic?
See [page 22](#) for our full index.


Want to find a program by instructor?
See [page 16](#) for our instructor index.

TUESDAYS

1 SESSION:
9/17 • 9:30 A.M. – 11:30 A.M

-  **Caring for a National Treasure**
(p. 23)
STACIA HANSCOM

1 SESSION:
11/12 • 9:30 A.M. – 11:30 A.M

-  **Samfordiacaulis densifolia:
A 350-million-year-old Fossil
Offers Key to an Evolutionary
Puzzle** (p. 40)
ROBERT GASTALDO

WEDNESDAYS

1 SESSION:
10/16 • 6:30 P.M. – 8:30 P.M.

-  **Voice Overs...Now Is Your
Time!** (p. 27)
LISA FOSTER




SATURDAYS

1 SESSION:
9/21 • 9:30 A.M. – 11:30 A.M.


-  **Let's Get Comfortable with Infinity** (p. 37)
DAVID VON SEGGERN

-  **Sherlock Holmes: "The Redheaded League"** (p. 28)
DEWAYN MARZAGALLI

1 SESSION:
9/21 • 9:30 A.M. – 3:30 P.M.

-  **Autumn Equinox Performing Maine Poetry: Oral Tradition** (p. 33)
ROBERT LIBBY

1 SESSION:
9/21 • 10:00 A.M. – NOON

-  **Bartending & Entertaining at Home** (p. 27)
MARY ALTENBERN

1 SESSION:
9/21 • 12:45 P.M. – 2:45 P.M.


-  **Lessons from the Vietnam War** (p. 31)
ED LINZ

1 SESSION:
9/28 • 9:30 A.M. – 11:30 A.M.


-  **Sustainability, Social Change, & Fun** (p. 36)
MIKE NICKERSON

-  **The WWII Battle of Peleiu** (p. 32)
DARREL VAN DYKE

1 SESSION:
9/28 • 9:30 A.M. – NOON

-  **A History of Western Movies, Part 4 (the 70s)** (p. 27)
DEWAYN MARZAGALLI


1 SESSION:
9/28 • 9:30 A.M. – 2:30 P.M.

-  **Lights, Camera, Action ... Looking, Sounding & Feeling Like a Pro** (p. 24)
JANE STEIN

1 SESSION:
9/28 • 9:30 A.M. – 3:30 P.M.

-  **Paper in 3 Dimensions** (p. 24)
DIANNE SINCLAIR

1 SESSION:
10/5 • 9:30 A.M. – 11:30 A.M.

-  **Understanding the Second Amendment Right to Bear Arms** (p. 28)
MARGARET GROBEN
& WILLIAM HARWOOD

-  **The Spanish Search for Gold & Souls in the Americas** (p. 32)
DARREL VAN DYKE

2 SESSIONS:
9/28 & 10/5 • 9:00 A.M. – 1:00 P.M.

-  **Intro to iPhone Photography** (p. 23)
WILLIAM CARITO

Writer's workshops

Our writer's workshops are held monthly throughout the academic year. Full descriptions, costs, and materials can be found on the page listed next to each workshop title.


1ST WEDNESDAYS

8 SESSIONS:
OCT – MAY • 12:45 – 3:00 P.M.

-   **Writer's Workshop: Shiny Day Poets** (p. 47)
PATRICIA ELLEN
& IRV WILLIAMS


3RD FRIDAYS

9 SESSIONS:
OCT – JUN • 12:15 – 3:00 P.M.

-  **Writer's Workshop: Fiction** (p. 47)
LARRY DYHRBERG
& TANA LEONHART

2ND WEDNESDAYS

8 SESSIONS:
OCT – MAY • 12:45 – 2:45 P.M.

-  **Writer's Workshop: Memoir Writing** (p. 47)
BILL GOUSSE
& TOBY HOLLANDER

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 22 for our full index.

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

A B C

JOAN ALDRICH
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1997–2023

Fall SAGE Lecture Series

**Join us as we explore new
dimensions in life!**

*An eight-week lecture series presented by OLLI,
SAGE offers a dynamic approach to learning
in history, science, the arts, and current events.*

THE BASICS

WHEN

Tuesday mornings,
September 17 – November 5, 2024
9:30 – 11:30 a.m.

WHERE

In-person:
USM Portland Campus
102 Wishcamper Center

Remote:

Available online via Zoom
*Link will be emailed the Monday
before each lecture.*



**This will
be a hybrid
program!**

COST

INDIVIDUAL LECTURES

Members of the public may attend individual lectures for \$15 each.

OLLI MEMBERS ONLY

OLLI members can pre-register for the entire series for just \$60 each.
(That's eight lectures for the price of five!)

REGISTRATION

HOW TO REGISTER

There are three easy ways to register beginning August 21, 2024:

- **Register online.** Visit our website at usm.maine.edu/olli.
- **Register by phone.** Call the OLLI office at 207-780-4406.
- **Register by mail.** Complete the registration form located on [page 53](#) (also available online).

FOR MORE INFO

CONTACT

We are here to help you! Please contact the OLLI Office.
We are open Monday – Friday from 8:00 a.m. – 4:00 p.m.
Call 207-780-4406 or email olliatusm@maine.edu.



THANK YOU TO THE PROGRAM PLANNING COMMITTEE THAT PLANNED THE FALL 2024 SEASON:

Claire Smith (Chair), Steve Abramson (Vice-Chair), Lynda Allshouse, Eileen Griffin, John Sutherland, & Kathleen Sutherland



SEPTEMBER 17

The Practice of Freedom: What Clowns Can Teach Us About Change

DAVID BRUIN
Executive Artistic Director, Celebration Barn

A presentation about theater, democracy, and a small theater in an old horse barn.



OCTOBER 15

Pine Tree Murders: How Crime Fiction Flourishes in the State of Maine

RICHARD (DICK) CASS
Author

Dick will moderate a panel with three prizewinning Maine crime writers who will discuss how they write and publish their books as well as how living in Maine supports their work.



SEPTEMBER 24

What is the Future of Our Local Newspapers in Maine?

LISA DESISTO
CEO, Maine Trust for Local News

As the CEO of Maine's largest non-profit news organization, Lisa will discuss the critical role the Maine Trust for Local News serves in keeping Maine's communities vibrant.



OCTOBER 22

Maine's Changing Climate: Exploring the Data & History

SEAN BIRKEL
Assistant Professor & Maine State Climatologist, University of Maine Climate Change Institute & Cooperative Extension

Learn about Maine's historical climate trends and future projections, then step back and explore photographs and stories of bygone winters that provide context for the changes we are seeing.



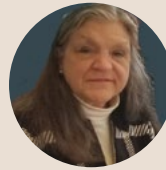
OCTOBER 1

The Memory Box

MICHAEL TOBIN **JACKIE OLIVERI**
Executive Artistic Director, Footlights Theater *Actress*



This special presentation about Alzheimer's brings heart and humor to the disease, unexpected revelations, and a journey — individually and collectively — that will change lives forever.



OCTOBER 29

What is the Medicare Hospice Benefit & How Can It Help Me?

DONNA TEAGUE **JESSICA DUFFY, BSN, RN**
National Care Coordinator Specialist, Affinity Health Management *Executive Director, Affinity Care of Maine*
Volunteer Coordinator, Affinity Care of Maine, LLC



Learn about the Medicare Hospice Benefit, what makes someone eligible for hospice, and how hospice can help you be in control of writing your final chapter. Attention will be paid to common myths and misconceptions.



OCTOBER 8

Insider on the Outside: Decoding Police Danger from South Africa to Seattle

GRÁINNE PERKINS
Criminologist and Chief of Police, University of Southern Maine

Drawing from her extensive research experience in South Africa, Ireland, and the U.S., Dr. Perkins offers unique insights into the foundational beliefs that shape law enforcement response, particularly concerning perceived danger.



NOVEMBER 5

The History of Child Welfare in the United States & Its Current Functioning in Maine

LARRY R. RICCI, MD
Child Abuse Pediatrician

Dr. Ricci will review how and why child welfare evolved in the United States, recent controversies in Maine, and how the newest specialty of child abuse pediatrics addresses these issues.





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OPPORTUNITIES
to learn and celebrate
the diversity of
KNOWLEDGE
that surrounds you.

JOHN GELDHOF

Full listing of courses & workshops

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

4 PATHWAYS TO LEARNING

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



IN-PERSON



REMOTE (ZOOM)



HYBRID



BLENDED

PROGRAM TOPICS

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Want to find a program by instructor?

See [page 10](#) for our instructor index.

Looking to fill a specific day or time?

See [page 16](#) for our schedule-at-a-glance.

ACTING, ART, & ART HISTORY

Homer's *Odyssey* & Sophocles' *Oedipus Tyrannos*: Back Then is Now Again

STEVE URKOWITZ

COURSE THU, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

Homer's *Odyssey* joins heroic adventure, laughter, and beauty into a single entertaining epic story. Exhilarating fun to read and to talk about: "Top of the Charts" for 2,600 years! And in a more modern society, much like our own, Sophocles wrote *Oedipus Tyrannos* as tough theater, responding to traumas of a nation at war for decades. Athens then and the world now reflect this play's wisdom. **Repeat hybrid course.** Format includes lecture and discussion.

REQUIRED BOOKS: (Please acquire only these specific translations.) *The Odyssey*, Homer, tr. Robert Fitzgerald, ISBN 9780374525743; *Three Theban Plays*, Sophocles, tr. Robert Fagles, ISBN 9780140444254

Steve Urkowitz approaches teaching as a combined form of "stand-up," "Facebook," and "talk-back." Based on old traditions and current brain science on learning, everyone takes part. He retired to Maine after decades teaching world literature and theater in New York City. This summer he directs Shakespeare's *Romeo and Juliet* in Whitefield, Maine.

Find these icons to find the right style for you:



IN-PERSON



REMOTE (ZOOM)




HYBRID



BLENDED

Text Analysis: From Page to Stage

DEREK CAMPBELL

 **COURSE** TUE, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60


This class is for anyone interested in reading plays and gaining insight into the relationship between a playwright and the creative team required to translate a play from page to stage. We begin with a breakdown of the relationship among writer, director, design team, and the actors. Particular attention will be given to the director's management of key transitions from personal text analysis into work with the actors and on to performance. The instructor will lead in depth discussions and table readings of two plays: *All My Sons* by Arthur Miller and *Major Barbara* by Bernard Shaw. Class members are expected to participate in table readings. **New in-person course.** *Format includes discussion.*

REQUIRED BOOKS: *All My Sons*, Arthur Miller, ISBN 9780143115816; *Major Barbara*, Bernard Shaw, ISBN 97985660952457

Derek Campbell's 50-year theatrical odyssey began as an amateur actor/director in Belfast, Northern Ireland. He went on to attend drama school in London. There he founded The Phoenix Festival Company. That company's 1975 production of A Midsummer Night's Dream at the Edinburgh Festival brought him to America as a teaching assistant at Penn State University. He has held academic positions at various U.S. colleges and universities. Prior to retirement he was Associate Director at the Irish Classical Theatre Company.

Intro to iPhone Photography

WILLIAM CARITO

 **WORKSHOP** SAT, 9/28 – 10/5 • 9:00 A.M. – 1:00 P.M. • \$30


“The best camera is the one that’s with you.” — Chase Jarvis. For many of us, that camera is the iPhone we carry in our pocket every day. This course will cover setting up your iPhone for shooting better photos, focusing and composition techniques, editing on your iPhone (or iPad if you have fat fingers like me), and how to find your way to shooting in black & white on the streets of Maine. Join the international iPhone photography community. **Repeat in-person workshop.** *Format includes lecture, discussion, and hands-on.*

REQUIRED MATERIALS: A relatively up-to-date iPhone and the Snapseed app (Free in Apple App Store)

William Carito started taking iPhone photos in 2015 after a one-day workshop. Since then he absorbed as much as he can from additional workshops and online classes. His work has been selected for juried shows and achieved multiple honorable mentions in international photography contests. (billcaritophotography.com, @billcarito)

People & Places

VICKI FOX

 **COURSE** WED, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60


We will draw a model from life and “place” them in a room setting. The room may also be an exterior space like a garden. We will draw the architectural details of the room including windows, furniture, paintings, plants, trees, flowers, and shrubs to create a complete image of a character and story. There will be a model and lots of reference material for the setting details. The medium can be watercolor, pencils, pen, and ink. **New in-person course.** *Format includes hands-on.*

REQUIRED MATERIALS: An additional fee paid to the instructor may be required for payment for the models.

Vicki Fox has been drawing since she was three. She graduated from Philadelphia College of Art with a degree in illustration and since has illustrated several books, all detailed with interiors. She worked professionally as an interior designer in conjunction with her landscape design work. She has taught an art course at OLLI for several years.

Caring for a National Treasure

STACI HANSCOM

 **WORKSHOP** TUE, 9/17 • 9:30 – 11:30 A.M. • \$20

The story of Victoria Mansion is not exclusive to its history as a home; the care and attention it receives as a museum are history-making as well. Join Mansion staff to talk about all the ways we work to conserve the original structure, wall paintings, and furniture for today’s visitors and future generations. A tour of the Mansion will be included, where visitors can see the over 90% original furnishings and decorative arts in their original settings. **New in-person workshop.** *Format includes lecture and discussion.*

Staci Hanscom is the Director of Education & Public Programs at Victoria Mansion. She started as a volunteer at Victoria Mansion in 2012 and was hired as Curriculum Development Specialist to develop the “A Century of Change” educational curriculum. She had previously served as the Curator of Education at the William Trent House in Trenton, New Jersey; Coordinator of School Programs, Adult Tours and Family Programs at the Albany Institute of History and Art in Albany, N.Y.; and as an Historic Preservation Specialist with New York State Office of Parks, Recreation, and Historic Preservation. A native of North Carolina and a graduate of Wake Forest University and the University of South Carolina, Staci moved up to Maine in 2011 and has enjoyed learning about her new home state.

DID YOU KNOW?

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

ACTING, ART, & ART HISTORY • continued from previous page

American Art from Early 20th-Century Artists to the Present: A Series of Guided Visits to Museum Exhibitions

TAN LARRABEE

COURSE WED, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

American culture defined the character of 20th-century Modernism breaking through 19th-century Pre-Raphaelite traditions to build the foundation of Modern Art. Thomas Eakins, along with professional women artists Mary Cassatt and Cecelia Beaux, shaped the modern 20th-Century vision in painting and sculpture while dissolving exclusionist barriers in race, gender, language, and religion. Replicating The Metropolitan Museum Guided Tours viewing thematic exhibitions and dialogue between a “facilitator” and participants, we will cover the major players in modern art from America and abroad viewing changes that occurred along with reactionary movements and attitudes. This is a “shared inquiry” course where knowledge of art history is not required. **New in-person course.** *Format includes lecture 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.

QUESTIONS?
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Call us:
207-780-4406

Paper in Three Dimensions

DIANNE SINCLAIR

WORKSHOP SAT, 9/28 • 9:30 A.M. – 3:30 P.M. • \$30

In the morning, we will make several different hinged cards. In the afternoon, we will make tunnel books using a theme of your choosing. If you can fold, cut, and paste you are qualified for this class! **New in-person workshop.** *Format is hands-on.*

SUGGESTED MATERIALS: Scissors, a metal ruler, a craft knife, cutting mat, glue or paste, glue brush, pencil, eraser, and a bone folder. (The instructor will have these as well so there’s no need to buy anything if you don’t already own it.)

Dianne Sinclair has taught several hands-on art classes at OLLI including “Hand-Making Books,” “Paper Arts Camp,” “Color Wheel Dyeing,” “Snail Mail,” and “Transforming Paper.” She is an untrained artist who loves inspiring and being inspired by participants in her classes, both beginners and experienced artists.

Lights, Camera, Action ... Looking, Sounding, & Feeling Like a Pro

JANE STEIN

WORKSHOP SAT, 9/28 • 9:30 A.M. – 2:30 P.M. • \$30

It is a known fact that fear of speaking in public is one of the five greatest fears known to man! This class has one goal — making sure that all participants not only are unafraid as they approach the microphone, but that they cannot wait for the opportunity! The class will cover the *before* (preparation), the *three parts* to every presentation, and *some hints for success*. I promise that no one will be put on the spot to present to the class ... unless of course you want to! **New in-person workshop.** *Format includes lecture and discussion.*

Jane Stein founded and raised all funds to maintain The Child Abuse Center of Hampton Roads, major gifts for American Cancer Society, and Campaign Training for United Jewish Appeal. She provided consultative services, facilitated board and staff retreats, given keynote addresses, motivational speeches, training workshops to dozens of organizations including the American Cancer Society, the United Jewish Appeal, Susan G. Komen for the Cure, the Foodbank, Habitat for Humanity, the Special Olympics.

Find these icons to find the right style for you:

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

FUN 2.0

DONI TAMBLYN

COURSE WED, 9/18 – 11/6, 12:45 – 2:45 P.M., \$60

This is an invitation to everyone who's played a few improv games (at OLLI or elsewhere) and wants to play more. I call improv "play for intelligent adults." And play deserves a lot of respect! Humans (and loads of other critters) are biologically wired to play. And like all other universally held biological characteristics, the urge to play exists to increase our chances of survival. Having said all that, the objective of this class will not be to discuss fun, but to *make it*. Please join us if this sounds like your cup of tea!

Repeat in-person course. *Format includes lecture, discussion, film, hands-on, movement.*

Doni Tamblyn is the former president of Humor RULES LLC, a corporate training company that taught supposedly "unteachable" skills (creative thinking, listening and flexibility, trust) for clients like Chevron, the Federal Reserve Bank, and Bristol-Myers Squibb. Her two books on using play in teaching have been translated into several languages.

Studio Seeing

MICHAEL TORLEN

COURSE FRI, 9/20 – 11/8 • 12:45 – 2:45 P.M. • \$60

Do artists see the world differently than the average viewer? In what ways do artists see, interpret, and translate visual information into artwork? This course gives a unique view into the difference between an artist's "aesthetic" vision and an ordinary person's "customary" way of seeing the world. The course will use a new book written after years of teaching called *Studio Seeing: A Practical Guide to Drawing, Painting, and Perception*. The course will not only change your perception of "seeing" but will also take you on a fascinating journey through centuries of art demonstrating key concepts. The first part of the course will be grounded in the book/classroom and there will also be a few sessions where we will visit the Portland Museum of Art, Cove Street Arts, and Greenhut Galleries, among others — perhaps even the instructor's studio. **New in-person course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *Studio Seeing: A Practical Guide to Drawing, Painting, and Perception*, Michael Torlen, ISBN 9781789387896

Michael Torlen is a visual artist, writer, and professor Emeritus of Purchase College, State University of New York, where he taught painting and drawing in the School of Art Design and received a Chancellor's Award for Excellence in Teaching.

Zentangle 101

MARTHA BROOKS

WORKSHOP THU, 9/19 – 10/17 • 1:00 – 2:30 P.M. • \$30

This five-week introductory course teaches the basics of the Zentangle pen & ink drawing method of art. It is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing patterns within structured spaces. Zentangle has proven to have beneficial health effects as well! This course will provide instruction in fundamental pen strokes, multiple tangle patterns, and simple shading techniques. Each class focuses on learning a specific design style while learning a variety of "tangles" that employ this type of design specific. We will also explore basic components of design and ideas for embellishment. **New remote workshop.** *Format includes discussion and hands-on.*

REQUIRED MATERIALS: Materials Kit for Zentangle 101, (\$15; purchased from facilitator)

Martha Brooks is a Certified Zentangle Teacher (CZT); one of her great joys to share this fun, relaxing, and easy-to-do art method! She is a retired Speech Pathologist & Adjunct Professor who relishes family/friend gatherings. She loves being a mom, an out-of-the-box thinker, living on the mid-coast of Maine, and creating art using a variety of media!

Getting Along with Visual Art

MAGGIE FEHR & DAVID HINGSTON

COURSE THU, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

Are you mystified in museums and art galleries? In this class, we will guide participants in viewing, discussing, and understanding works in the visual arts. Participants are encouraged to submit images of art of their choosing, in any medium pieces that they like or dislike, are fascinated or confused by, or are otherwise interested in understanding better. We'll add more pieces and select a few around a theme or idea for each class. Then we'll talk about what we see, recognizing that everyone "sees" differently, and that each person's perceptions and interpretations are valid. We won't be judging your tastes or teaching you about "good" art — our goal is to help you experience whatever art you enjoy in a fuller, richer way. **Repeat remote course.** *Format includes lecture and discussion.*

Maggie Fehr is a lifelong artist with a major in ceramics and additional study at MECA&D and R&F Handmade Paints. Her practice has included realistic and abstract images in both two and three dimensions, in a variety of media. She is currently exploring nonfigurative forms in two- and three-dimensional mixed media.

David Hingston ran a longtime architectural practice and worked in a wide range of graphic arts, including silkscreen, cyanotype, letterpress, bookmaking, and photography.

ACTING, ART, & ART HISTORY • continued from previous page

Movie Portrayals of Journalism Issues

EDWARD SOLANO

COURSE THU, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

Which movies would you say most effectively portray journalism's influence or worth vis-à-vis American life? Let's have some fun as non-experts discussing that after viewing one of the following flicks at home (via Netflix, Prime, Tubi, etc.) and considering questions I send out each week on the film and related societal issues. We'll choose eight flicks from: *Absence of Malice*, *Network*, *Wag the Dog*, *Salvador* or *Under Fire*, *Spotlight*, *-30-*, *The Insider*, *Shattered Glass*, *All the President's Men*, and *Broadcast News*. Everyone's opinions are welcome. Controversial commentary is invited. (It's a ZOOM class, after all. N.B.: All movies from my summer course are excluded.)

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

Ed Solano is a former reporter, editor, marketer, and high school history, English and journalism teacher. He thinks we can learn from movies how to live a useful, enjoyable life. And in the final analysis, Frank Capra and Mr. Rogers will be proven the wise ones.



DANCE & MOVEMENT

World Dance Sampler: Travel the World Through Dance

KATHEEN CARROLL

COURSE WED, 9/18 – 11/6 • 9:45 – 11:15 A.M. • \$60

Let's move; let's laugh; let's sweat; let's experience varied cultures by learning traditional community dances from different countries. You'll be exposed to unique rhythms, engaging music, and a wide mix of dance styles. Dance tempos range from calming to energetic. Formations include circles, snaking lines, pairs, opposing lines, etc. Each week you'll learn new dances, step-by-step, and review dances we've been working on. I'll also revive some "dance favorites" from past classes. Partners not needed. Previous dance experience is helpful. This course will be taught off campus at Portland New Church (302 Stevens Ave., Portland). **Repeat in-person course.** Format includes movement.

REQUIRED MATERIALS: Dress comfortably, wear non-street, smooth-soled shoes, and bring a water bottle.

In the 1980s, Kathleen Carroll performed with "Borovcani," a Maine-based international folk-dance group. She's taught World Dance at various venues. Each summer at Maine Woods Dance Camp, Kathleen enjoys dancing and coordinating cultural festivities. Kathleen's dance/cultural travels have led her to Bulgaria, Romania, Georgia, Turkey, Armenia and more.

Line Dancing

JOHANNA KOHARIAN & ANNE CASS

COURSE MON, 9/16 – 11/18 • 12:45 – 2:45 P.M. • \$60


Line dancing keep us moving and is loads of fun. Join returning and new dancers to learn several dances in various modes (cha cha, samba, country, easy listening, rock, etc.). Participants need to be steady on their feet and able to move for two hours (with breaks for water). If you can walk a mile or two comfortably this will likely work for you. Beginners welcome. **Repeat in-person course.** Format includes movement.

Anne Cass is an avid OLLI volunteer who loves dancing and laughing.

Joanna Koharian started line dancing through the OLLI when she retired, and continued line dancing at other venues. She enjoyed teaching OLLI line dancing in the fall of 2023 and would like to help keep the class going.

Voice Overs ... Now Is Your Time!

LISA FOSTER

 **WORKSHOP** WED, 10/16 • 6:30 – 8:30 P.M. • \$20


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? **Repeat remote workshop.** *Format includes lecture and discussion.*

Lisa Foster, with 18 years of experience in voice-overs and broadcasting, has one of the most versatile voices in the industry. She has written and voiced live and recorded commercials for dozens of businesses and corporations including Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train. Foster has done numerous local and national spots, from website narratives and computer games to commercials and even comedy bits!

ENTERTAINMENT & FILM

Embracing the Muse: Movies in Which Art, Music, & Writing Feature Prominently

JOAN ALDRICH


 **COURSE** THU, 9/19 – 10/31 • 12:30 – 3:00 P.M. • \$60

This seven-week series of 2.5-hour film discussions showcases “the cultivation of the muse,” with art, music, or creative writing woven into each storyline, showcasing irrepressible human creativity and innovation. Film choices may change; likely possibilities include *My Left Foot* (cultivating artistic talent in spite of significantly disabling condition); *A Sunday in the Country* (sets presented as a series of Rembrandt paintings); *Timbuktu* (religionists strive to outlaw music); *Mali Blues* (documentary related to Timbuktu); *American Fiction* (black author changes his writing style); *As It Is in Heaven* (conductor resolves childhood trauma and achieves lifetime goal through teaching others); *White Oleander* (child of incarcerated artist survives foster care by cultivating her own artistic expression); *What's Love Got To Do With It?* (true life story of Tina Turner). Respectful listening is fostered through shared inquiry. **New in-person course.** *Format includes discussion and film.*

Joan Aldrich provides background information and serves as dialogue facilitator following *Great Books & Values Clarification Discussion Guidelines*.

Bartending & Entertaining at Home

MARY ALTERBERN


 **WORKSHOP** SAT, 9/21 • 10:00 A.M. – 12:00 P.M. • \$20

Want to improve your drink skills for your next event? This Home Bartending Class will help give you the know-how to make your next party a success. Join this workshop to get the confidence and knowledge to make drinks and impress your guests. You will learn about glassware, what liquors to buy, and over 70 recipes to choose from. You will learn about garnishes, laws, beer, and wine, and how to stock a bar at home for five, ten, or 15 guests, including all the tools to make you successful. **Repeat in-person workshop.** *Format includes lecture and discussion.*

Mary Alterbern has been a bartender for over 50 years. She had her own Bartending School for 27 years and was the bartending instructor at SMCC hospitality program for three years. For many years Mary also worked with the State of New Hampshire Liquor intervention programs to prevent overserving of customers. She then developed her own intervention programs to speak about ensuring all safe bartending procedures. Mary is now retired and living in Buxton, Maine

A History of Western Movies, Part 4 (the 70s)

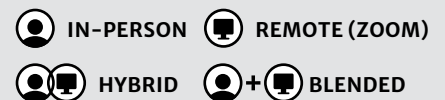
DEWAYN MARZAGALLI

 **WORKSHOP** SAT, 9/28 • 9:30 A.M. – 12:00 P.M. • \$20

We will continue to watch and discuss western movie clips from the 1970s including: *Monte Walsh*, *The Outlaw Josey Wales*, *Tom Horn*, *The Long Riders*, *Silverado*, *Glory*, and *Lonesome Dove*, et al. **New remote workshop.** *Format includes 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.


Find these icons to find the right style for you:



ENTERTAINMENT & FILM • continued from previous page

Sherlock Holmes: “The Redheaded League”

DEWAYN MARZAGALLI

 **WORKSHOP** SAT, 9/21 • 9:30 – 11:30 A.M. • \$20


We will watch a one-hour version of the movie starring Jeremy Brett as Holmes which will be followed by a discussion of this short story and of other Holmesian material. **New remote workshop.** *Format includes 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.

HISTORY & CULTURE

You Should Care About Africa — Here’s Why!

MIKE LYNCH


 **COURSE** THU, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

Africa is quickly becoming a key player in geopolitics, climate, demographics, and global trade. But most Americans have little knowledge or understanding of this second-largest continent, and the impact it may have in this century. Come find out why you should care! This is a repeat of the Spring class with updates. Here are comments from Spring attendees: “A really great course and truly eye-opening for most of us,” “I leave each class informed and wanting MORE!,” “A fast-paced, stimulating, thought-provoking course,” “Thanks for one of the best — or the best OLLI class I have had.” You will be asked to spend an hour or more preparing for each class. **Repeat hybrid course.** *Format includes lecture, discussion, and film.*

Mike Lynch has traveled to more than eight African countries, learning by talking with locals. He has taught several OLLI classes including one focusing on Ghana, DRC, and South Africa. He lived in Ghana for three years as a Peace Corps Director and a member of the Embassy leadership Team. He and his wife spend winters in South Africa.

Understanding the Second Amendment Right to Bear Arms

MARGARET GROBAN & WILLIAM HARWOOD

 **WORKSHOP** SAT, 10/5 • 9:30 – 11:30 A.M. • \$20


This workshop will discuss the history of the Second Amendment. In addition, we will discuss recent Supreme Court interpretations of the Second Amendment and the ongoing litigation to apply these interpretations to modern day gun regulations. The ability/inability of states to address gun violence based on recent judicial rulings will be a part of the workshop discussion. **Repeat in-person workshop.** *Formats include lecture.*

Margaret Groban is a former federal prosecutor who specialized on domestic violence and firearms and the intersection between the two. She currently consults for national domestic violence organizations. She co-teaches at the University of Maine School of Law.

During the past 25 years, William Harwood has written and lectured extensively on issues related to gun violence and the Second Amendment. He has chaired the ABA’s Special Committee on Gun Violence, the Brady Center to Prevent Gun Violence, and the Maine Gun Safety Coalition. He is an adjunct professor at the University of Maine School of Law.

Supreme Court Effects on American Society

ROBERT LIBBY

 **COURSE** FRI, 9/20 – 11/8 • 12:45 – 2:45 P.M. • \$60

This course focuses on the history and evolution of Supreme Court examined through plantation of landmark cases and an emphasis on recent developments and understanding current term. We will explore explanations of judicial review, judicial restraint, judicial activism, originalism, textualism, shadow docket, close reading of majority and dissenting opinions, respect for precedent, and common law. We will consider the logical development of key precedents and social effect. We will discuss the current term’s cases and their effects on society and conduct a close examination of the Presidential Commission’s report on reform of the Supreme Court and the current Congressional act to reform Supreme Court ethics. Extensive suggested reading list and handouts will be provided. **Repeat in-person course.** *Format includes lecture and discussion.*

Robert Libby has been studying and designing civics education materials for more than fifty years.

Find these icons to find the right style for you:



The Birth of Independence — The American Revolution (1770–76): A Novel Approach

JIM MENTZER

COURSE WED, 9/18 – 10/23 • 12:45 – 2:45 P.M. • \$60

Independence from Great Britain — a saga that began 250 years ago. This is not just a conversation about great battles, but a study of the power of a people to decide their future. Come explore these revolutionary events through the unique lens of a novel — *Rise to Rebellion* by bestseller author Jeff Shaara. We will explore the events that led to the outbreak of war on the village green of Lexington, meet the key personalities who issued a declaration of independence in Philadelphia, and conclude with a field trip to Boston where we will visit the Boston Tea Party Museum. (There will be an additional fee to participate in the field trip.) **New in-person course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *Rise to Rebellion*, Jeff Sharra (any edition).

Jim Mentzer's first passion is history, which explains his college degrees in American and Canadian history. Though his career path took him in a different direction, he visits battlefields whenever possible. Having ancestors who survived the American Revolution makes this period of American history very personal.

The Social Gospel of Jesus: Deep Human History

STEVE PIKER

COURSE MON, 9/16 – 11/18 • 9:30 – 11:30 A.M. • \$60

The Social Gospel of Jesus is a noble ideal. Can it also be, has it ever been, the foundation for everyday life? Yes, it has been. We will look at two examples that are far apart culturally: One, a young girl — could be the granddaughter of one of us — determined to live as Jesus wished her to do. The other, a hunting and gathering band whose life-ways much resembled those of our early human ancestors. With each, by what processes did the Social Gospel arise and remain stage center? **New in-person course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *Boiling Energy*, Richard Katz, ISBN 0674077360; *Ms. Sarah's Story. A Case Study of Religious Conversion*, Steven Piker (shared online by the author).

Steve Piker is an anthropologist by career, having done field work in Thailand and the U.S. He spent 44 years at Swarthmore College, and has offered 25 courses at four of Maine's senior college.

Looking Back to Jacob Bronowski's Ascent of Man

GALE RHODES

COURSE WED, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

In 1974, BBC-TV presented mathematician/poet/philosopher Jacob Bronowski's *The Ascent of Man*, a 13-part series tracking Western civilization's progress from wandering tribes to astronauts on the moon. This accessible, wide-ranging, and award-winning series dealt with human activities across science, the humanities, and human values. A 2007 DVD re-release claimed, "The series 'withstands the test of time.'" Does it still, now 50 years after its first release? Let's see by watching and discussing the series together, in person. Whatever your interests or background, Bronowski will get you thinking about connections that cross the full range of human activities. **Repeat in-person course.** *Format includes discussion and film.*

Gale Rhodes's website, One Culture (oneculture-olli.blogspot.com), connects science with other kinds of knowledge. He has taught a variety of OLLI courses, after a career of teaching college biochemistry, structural biology, and interdisciplinary courses. His website includes resources for all his OLLI courses.



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HISTORY & CULTURE • continued from previous page

Exploring & Experiencing Maine's Rich History & Culture

SCOTT ANDREWS


 **COURSE** THU, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

Explore the history and culture of Maine. Several non-political topics will be examined in a fashion that emphasizes hands-on experiences and off-campus activities. At least one class session will be devoted to exploring several fascinating online databases pertaining to Maine history. Several classes will feature guest experts and/or artists. Several classes will be scheduled for local museums and historical societies. Students will independently explore a topic of their choice and report to the class. **Repeat in-person course.** Format includes lecture, discussion, and hands-on.

Scott Andrews earned a B.A. and an M.B.A. from the University of Chicago and an M.Sc. from the London School of Economics. He is a longtime journalist specializing in Maine lifestyle topics.

The Big Four: Inventions that Changed the World

DAVID SUITOR

 **COURSE** THU, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

Society has advanced on the back of four inventions that have changed all aspects of civilization. This class will examine the things that helped create our modern world and how each invention and/or innovation affected the social, economic, political, and demographic composition of society. Like all of David's courses, pictures, videos, charts and active discussion help create an informative learning experience for all students. This is a repeat class but with new information and supporting material.

Repeat in-person course. Format includes lecture, discussion, and film.


David Sutor is an experienced OLLI instructor having taught seven different classes over the past few years. After degrees in history and geography at UVM, he spent 30 years teaching at St. Mark's School while running Camp Timanous, a summer boy's camp in Raymond.

DID YOU KNOW?

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

Exploring Portland's Historic Neighborhoods — On Foot

ALESSA WYLIE


 **COURSE** MON, 9/16 – 10/28 • 12:45 – 2:45 P.M. • \$60

Enjoy six narrated walks through Portland's historic neighborhoods exploring the city's history, architecture, and people since Europeans arrived. Discuss historic structures, immigrant populations, and locally and regionally famous architects and view their works. All walks will be on pavement, with side trips to two grassy cemeteries. Rain or shine. Instructor will contact students about the meeting place prior to class. **Repeat in-person course.** Format includes movement.

Alessa Wylie is the manager of education programs for Greater Portland Landmarks. She previously served as director of Old Fort Johnson National Historic Landmark in the Mohawk Valley region of New York before moving back to Maine in 2014. She is also a confirmed taphophile and can often be found exploring old cemeteries.

JFK: Public Man Through His Public Statements

BUCK BENEDICT

 **COURSE** THU, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

President Kennedy made some great speeches. But he wasn't always a great speaker. Nor, in my opinion, a great leader until halfway through his term in the White House. We'll examine press conferences, media interviews, and speeches to gain a better appreciation of his development as both a speaker and a leader — from his time in Congress until his untimely death. We will also examine the role speeches played in his leadership, review the speech-writing process, and talk about the special bond between a speech-writer and the person he/she writes for. We will watch YouTube links to speeches and other things to watch. **New remote course.** Format includes lecture, discussion, and film.


Buck Benedict has taught courses on the 60s and the 50s at OLLI. Before retiring to Peaks Island, he taught public speaking and speechwriting at the University of Pennsylvania. He still coaches' people on their speaking and their speeches.

Find these icons
to find the right
style for you:



The Overlooked Heroism & Meaning of the Fight Against Nazism Outside Germany

SANDY GARSON


 **COURSE** THU, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

What characterized all resistance to Nazism inside or outside Germany was as one survivor said: “the inability to remain indifferent.” Despite Hitler’s insistence on the unlikeliness of people, thousands of men and women of all ages and backgrounds united in one fight against the divisive depravity and brutality of Nazism (fascism) — even American civilians whose lives were not threatened. Country by country from the U.S.A. to Poland, we’ll look at who rose to meet this moral emergency, their heroic efforts to stop Hitler’s decimation of humanity, and their legacy to us. **New remote course.** *Format includes lecture and discussion.*

*Former journalist **Sandy Garson** has taught the untold story of Germans’ resistance to Hitler based on meeting survivors, but also researched other stories across Europe that amplify it. She shares all this material to help others understand what’s happening today. Otherwise, she is a food historian.*

Lessons from the Vietnam War

ED LINZ


 **WORKSHOP** SAT, 9/21 • 12:45 – 2:45 P.M. • \$20

The course will focus on events leading up to U.S. involvement in Vietnam culminating in an avoidable war with casualties over two million, including 58,000 Americans. There will be a discussion of the French colonial era, the rise of Ho Chi Minh and the Viet Minh, South Vietnamese politics, and U.S. policy decisions. There will also be a detailed examination of the conduct of the war, with an emphasis on the tactical decisions leading to heavy casualties among Americans and their communist opponents. It will be an interactive session soliciting questions and comments. **New remote workshop.** *Format includes lecture and discussion.*

***Ed Linz**, a 1965 graduate of the Naval Academy, served in nuclear submarines for 20 years and was Commanding Officer, of the USS KAMEHAMEHA (SSBN-642). He is the author of five books and holds advanced degrees from Oxford and George Mason Universities. He lives in Maine and Virginia and was the recipient of a heart transplant in 1994.*

Remembering the '50s

LORRAINE MASURE


 **COURSE** MON, 9/16 – 11/18 • 9:30 – 11:00 A.M. • \$60

One part history, one-part personal recollections, one part music: a return to a simpler time — the golden age of capitalism versus the encroaching concern of communism. At home, *Happy Days*, *I Like Ike* and *I Love Lucy*, *The King and I* (no; not Elvis). And, of course, that ever-pesky, sinful rock and roll parental barter: “Take out the papers and the trash. Or you don’t get no spendin’ cash. Yakety, yak, don’t talk back.” And, yikes, here come the ’60s! **Repeat remote course.** *Format includes lecture, discussion, and film.*

***Lorraine Dutile Masure** has led senior college courses across four venues for over a dozen years. Course content is presented historically with enhancement by course-related student / instructor discussions and serendipity.*

Women in American History: Americans Who Made a Difference

JOHN SUTHERLAND

 **COURSE** THU, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

Harvard’s Laurel Ulrich coined the phrase, “Well-behaved women rarely make history.” In this repeat course, we shall examine the evolution of women’s status and roles from the colonial era through the Civil War, as well as the lives of many “ill-behaved women” who thought outside the box (or invented new boxes!) to advance women’s rights. This is part one of a two-session course. **Repeat remote course.** *Format includes lecture and discussion.*


REQUIRED BOOK: *America’s Women: 400 Years of Dolls, Drudges, Helpmates, and Heroines*, Gail Collins, ISBN 9780061227226

***John Sutherland** graduated from the University of Maine and received his Ph.D. in History from Temple University. He is Emeritus Professor of History at Manchester (Connecticut) Community College, and he also taught at the University of Connecticut and Central Connecticut State Universities. He has published articles about women active in late 19th-century urban reform. John has taught at OLLI for 21 years.*

HISTORY & CULTURE • *continued from previous page*

Immigration to the U.S. in the Post World War II Period

KATHLEEN SUTHERLAND

 **COURSE** MON, 9/16 – 11/18 • 12:45 – 2:45 P.M. • \$60


Immigration to the U.S. post World War II resembled reopening the gates. We will focus on the dramatic influx of immigrants and the reforms of the immigration act of 1965, which refined the process. We will trace the first wave of immigrants from Europe but consider the increase in new Americans from Latin America, Asia, Africa, as growing U.S. economic prosperity was a major force that impacted the U.S. nationally and Maine locally. **Repeat remote course.** *Format includes lecture, discussion, film.*

REQUIRED BOOK: *Coming to America*, Roger Daniels, ISBN 9780060505776

Kathleen Sutherland is Associate Professor of Political Science and Women's Studies Emerita at Bowling Green State University. She was born and spent 35 years in Egypt researching and teaching there at the American University at Cairo. She has taught courses on the Middle East and Africa at OLLI since 2005.

The Spanish Search for Gold & Souls in the Americas

DARREL VAN DYKE


 **WORKSHOP** SAT, 10/5 • 9:30 – 11:30 A.M. • \$20

This course takes the student on a journey from a literally washed-up seaman on the Portuguese coast to a Spanish empire controlling a majority of the world. You will hear about the Spanish having their way across all of South America and most of North America — only to lose it all. **New remote workshop.** *Format includes lecture and discussion.*

Darrel Van Dyke, Ph.D., has taught OLLI classes for over six years. His work and education were in computer sciences, but his other love is in history.

The WWII Battle of Peleliu

DARREL VAN DYKE

 **WORKSHOP** SAT, 9/28 • 9:30 – 11:30 A.M. • \$20


From interviews with soldiers who fought on this coral island, the student will understand what it was like to hit the beaches and fight for survival for 30 days in 1944. **New remote workshop.** *Format includes lecture and discussion.*

Darrel Van Dyke, Ph.D., has a passion for history and his research is always comprehensive.

LANGUAGE

Intermediate French

JACQUELINE BUCAR


 **COURSE** MON, 9/16 – 11/18 • 9:30 – 11:30 A.M. • \$60

Continuation of a conversation class conducted entirely in French. This course is intended for those who have a good command of the French language and will continue to emphasize increasing vocabulary and learning principles of grammar. Some reading of literary passages and writing will also be incorporated. **Repeat in-person course.** *Format includes discussion.*

Jacqueline Bucar taught high school French in Connecticut for 16 years before pursuing a career in law. She is a retired employment and immigration attorney.

Un Tour de France

ROBERTA MUSE

 **COURSE** TUE, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

Join us for a virtual Tour de France, which will begin and end in Paris in this year of the Olympics and reopening of Notre Dame. Along the way, we will reawaken dormant French skills; learn some useful vocabulary, constructions, culture and history; and share new horizons. This course is not for the complete beginner, but welcomes anyone wishing to revive their French, however rusty. **New in-person course.** *Format includes lecture, discussion, film, and hands-on.*

Bobbie Muse taught French for over 25 years, mostly at Fryeburg Academy. In retirement, she has kept her beloved second language alive through travel, tutoring, translation, and teaching in the Senior College. She is so pleased to be back in the live classroom at OLLI!

LITERATURE

Exploring Short Stories

ANNE CASS

COURSE TUE, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

Short stories provide us with a “one sitting” reading experience along with multiple opportunities to engage in discussion about who, what, where, when, and why these characters exist. This class is informal and participatory — and lots of fun, especially when initial reactions range from “best story ever” to “I hated it.” See you soon! **New in-person course.** *Format includes discussion.*

REQUIRED BOOK: *Small Odysseys: Selected Shorts Presents 35 New Stories*, Hannah Tinti, Editor, ISBN 9781643751993

Anne Cass is an avid OLLI volunteer who loves putting people and stories together in lively discussion.

Nature Tells a Story — Do We Hear It?

DICK CASS

COURSE MON, 9/16 – 11/18 • 12:45 – 2:45 P.M. • \$60

Science doesn't seem to be convincing people that the planet is in trouble. Can stories do a better job? Story can touch us more deeply than fact, impel us to empathy, and possibly to action. Let's read the stories and essays of philosophers and nature writers and one cranky novelist and see what they tell us. We will discuss philosophical questions around what we owe to the planet, different perspectives on the natural world, and the personal stories of writers touched by human and environmental loss.

New in-person course. *Format includes lecture and discussion.*

REQUIRED BOOKS: *Braiding Sweetgrass*, Robin Wall Kimmerer, ISBN 9781571313560; *Desert Solitaire*, Edward Abbey, ISBN 9780345326492; *Great Tide Rising*, Kathleen Dean Moore, ISBN 9781619029064; *Refuge: An Unnatural History of Family and Place*, Terry Tempest Williams, ISBN 9780679740247

Richard Cass graduated from Colby College in Maine, where he wrote and studied poetry and was a Senior Scholar. He is a fisher, an outdoor person, and a published writer concerned with topics at the intersection of story, nature, and culture.

Find these icons to find the right style for you:

**Autumn Equinox Performing Maine Poetry: Oral Tradition**

ROBERT LIBBY

WORKSHOP SAT, 9/21 • 9:30 A.M. – 3:30 P.M. • \$30

The course includes a public reading by Maine poets. We will experience both live readings and audio-visual presentation of poets of Maine. Some time allotted for an open mic. **New in-person workshop.** *Format includes lecture, discussion, and hands-on.*

Robert Libby has been writing and publicly performing poetry for more than sixty years.

Middlemarch

MARGARET CREIGHTON & SUSAN RANSOM

COURSE WED, 9/25 – 10/30 • 12:45 – 2:45 P.M. • \$60

Middlemarch is a huge, warm, and often funny novel that combines politics, romance, crime, and feminism with the everyday life of an English provincial town of the early 1830s. Largely seen through the eyes of two acquaintances, a young woman and a young man, the novel centers their ambitions and moral choices as they learn the consequences of their own shortsightedness and the constrictions of their world. It's perfect for OLLI: Virginia Woolf called it “one of the few English novels written for grown-up people.” **New in-person course.** *Format includes lecture, discussion, and film.*

REQUIRED BOOK: *Middlemarch*, George Eliot, ISBN 0141439548

Margaret Creighton is an emeritus professor of history at Bates College. She has published on a wide variety of topics, including the American Civil War, the whaling and seafaring industries, the 1901 World's Fair, and the cultural history of the Red Sox.

Susan Ransom wrote her master's thesis on Middlemarch in 1978. She often teaches OLLI classes on murder mysteries.

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LITERATURE • continued from previous page

Return of the Misfit Poets

ANNE CYR & MARY TRACY

COURSE FRI, 9/20 – 11/8 • 9:30 – 11:30 A.M. • \$60

This course is for everyone who wants to read, discuss, and write poetry, whether you've written before, or not. Each class will be divided among workshoping participant poems, discussing the topic of the week from *The Poetry Home Repair Manual*, and examples of poetry. Writing prompts will be offered for in-class writing and optional sharing. We believe that writers learn best with both praise and friendly honesty in a nurturing setting of fellow learners. Requirements: An open mind, a sense of fun and discovery, and a readiness to read and write during and in-between the classes. **Repeat in-person course.** Format includes discussion and hands-on.

REQUIRED BOOK: *The Poetry Home Repair Manual*, Ted Kooser, ISBN 0803259786

Anne Cyr is a retired elementary school teacher. She is an avid gardener, birder, and coastal rambler, and her love of the natural world is often reflected in her poems. Cyr has had several poems, short stories, and essays published in local magazines, newspapers, and anthologies.

Mary Tracy lives and writes in Portland, Maine, at an ordinary kitchen table that looks out upon her ordinary street, and is inspired by writers who find depth, irony, and pleasure in ordinary things. She was a teacher and school administrator who loved getting to know her students through their writing. Her work has been published in *Balancing Act 2* (Littoral Books), *Frost Meadow Review*, *Poems from Here*, and *Reflections*.

Come Away to the Emerald Isle: Ireland in Contemporary Fiction

SUSAN POWELL

COURSE MON, 9/16 – 11/18 • 9:30 – 11:30 A.M. • \$60

Images of Irish struggle and suffering from the Potato Famine years to “The Troubles” contend with leprechauns, pots of gold, and fairies in the imagination of many but the story of Ireland is much more than any of these. It is a story of fierce loyalty to family, of a mythic past that stays present. Ireland is also known as the land of song and story. We will read four notable novels by 21st Century Irish writers that span important moments in Irish history. Come prepared to immerse yourself. Please read the first half of *Grace* for the first class. **New remote course.** Format includes discussion.

REQUIRED BOOKS: *Grace*, Paul Lynch, ISBN: 9780316316309; *The Story of Lucy Gault*, William Trevor, ISBN: 9780142003312; *Trespasses*, Louise Kennedy, ISBN 9780593540909; *The Queen of Dirt Island*, Donal Ryan, ISBN 9780593652930

Susan Powell has immensely enjoyed the 21st Century literature classes at OLLI for more than thirteen years and will coordinate the class. The discussion facilitators will be **Donna Anderson, Anna Messmer, Robin Ratcliffe, Mary Schendel, Louise Sullivan, Mark Sundermann, and Karen Winslow.** Using a collaborative model, we will take a deep dive into contemporary fiction.



MUSIC

Popular Music & Culture of the 1960s

TERRY FOSTER

COURSE THU, 9/19 – 11/7 • 12:45 – 2:45 P.M. • \$60

This repeat course will explore the popular music (rock, folk, etc.) of the 1960s, plus the stars who performed the music. We'll examine what it meant to be "groovy" or "far out" and what it was like to be a "hippie." We'll touch on Civil Rights, war, and general topics in American society, but music will be the main focus. Through lecture, discussion, videos, and live music we'll delve deep into the life of the decade. There is no textbook. Handouts will be shared. Can you dig it? **Repeat in-person course.** *Format includes lecture, discussion, film, and movement.*

Terry Foster was involved in the 60s music scene, in the peace movement, etc. He played piano and organ in the 1960s — folk, rock, and church music. He taught dancing too. He has a deep respect for how social issues brought out the best in us during the decade.

Classical Forms & the Chamber Music of Mozart

PETER GRIFFIN

COURSE TUE, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

An in-depth study of Classical era musical forms: theme and variations, minuet and trio, rondo, and sonata form and its variants. Each form is analyzed in terms of its Baroque era antecedents and its sectional, thematic, and harmonic structures. All musical examples are from Mozart's chamber music composed in Vienna 1781–91 during the final ten years of his short life. The class includes a 100-page take-home text, a slide show format with video clips of musical examples, and teaching help from a keyboard. An appropriate course for the serious symphony orchestra and chamber music concert attender. **New in-person course.** *Format is lecture.*

Peter Griffin has previously taught classes at Mid-Coast Senior College and OLLI. He serves on the boards of Holbrook Community Foundation in Cundys Harbor, Bowdoin International Music Festival in Brunswick, and Classical Uprising in Portland.

DID YOU KNOW?

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

Great Choral Music in Great Spaces

CAROLYN PAULIN

COURSE WED, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

This course will be comprised of recordings, on DVD, of eight masterworks of choral music: J. S. Bach's *Mass in B Minor*, and *St. John Passion*; W.A. Mozart's *Mass in C Minor*; Beethoven's *Missa Solemnis*; Verdi's *Requiem*; and Brahms' *German Requiem*. All are performances given in magnificent churches or concert halls, conducted by great maestros. There will be lectures and time for discussion, as well as viewing each great work in its entirety. **New in-person course.** *Format includes lecture, discussion, and film.*

Carolyn Paulin earned her D.M.A. in Choral Music from the University of Illinois at Urbana-Champaign. She was a choral conductor and singer for over 40 years, and a classical music radio producer and program host for the WFMT Radio Network in Chicago for 13 years.

Find these icons to find the right style for you:



POLITICS & CURRENT EVENTS

Civic Virtue: Can We Save (small d) democracy?

ROBERT LIBBY

COURSE FRI, 9/20 – 11/8 • 9:30 – 11:30 A.M. • \$60

This seminar-style class will examine the present condition of democratic governance in the United States. We will explore anti-democratic forces and efforts to reform and improve democratic principles and practices. **Repeat in-person course.** *Format includes lecture and discussion.*

Robert Libby has been designing and presenting civic education and Constitutional Law instruction for more than fifty years. He has created materials for every level of instruction.

Sustainability, Social Change, & Fun

MIKE NICKERSON

WORKSHOP SAT, 9/28 • 9:30 – 11:30 A.M. • \$20

With human activity pressing against planetary limits, perpetual growth is no longer an appropriate goal. 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 remote workshop.** *Format includes lecture and discussion.*

Mike Nickerson co-founded the Institute for the Study of Cultural Evolution in 1971. Along with numerous articles, pamphlets, and speaking engagements, he has written three books on the topic. The most inclusive is *Life, Money and Illusion; Living on Earth as if We Want to Stay.* (sustainwellbeing.net)

DID YOU KNOW?

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RELIGION & PHILOSOPHY

**Who Is Yeshua?
Jesus's New & Consistent Message
on Our Own Divinity**

JENNIFER DONALDSON & ROB LOVELAND

COURSE WED, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

If Jesus could speak directly to us today, what would he say — and how would he say it? This class will survey channeled writings from *Edgar Cayce* and *A Course in Miracles* to the present time. We'll discover the wisdom of Yeshua and his sacred partner, Mary Magdalene, firsthand, exploring personal encounters with them and their teachings. What would it be like to talk with the Ascended Masters, a group of the world's greatest spiritual teachers? This class includes suggested readings, discussion, intuitive communication, and small-group exercises to experience their consistent message for our own lives, now. **New hybrid course.** *Format includes lecture, discussion, and hands-on.*

Jennifer Donaldson is an interfaith minister, with an art background. She has taught several classes on spiritual creativity at OLLI.

Rob Loveland is a new OLLI teacher and a semi-retired government employee, who has recently published his first book, *The Infinity Keys, A Guide to Finding Heaven Within.*

Jennifer (in-person at OLLI) and Rob (online from Maryland) are co-teaching this hybrid class. Previously they have collaborated on presenting a series of webinars, including "The Ascended Masters." Rob and Jennifer are both spiritual channels, and share a blog on "A Lighthouse for the Soul."

**QUESTIONS?**

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Meditation in Motion & the Aging Process

FRED BRANCATO

 **COURSE** WED, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60


In this course we will explore the potential Tai Chi and Qigong have for self-healing and identity changes that may occur in the aging process. These ancient Chinese breathing and movement practices are known to support body health and enhanced consciousness. Classes will be a harmonious mix of physical movement, discussion of readings related to aging and identity, shared experiences of the aging process, and reflections on the relevance of Taoist, Zen Buddhist, Native American, and Sufi world views for the aging process. **New in-person course.**

Format includes discussion and movement.

Fred Brancato has a Ph.D. from New York University and an M.A. from Fordham University in religious studies. He has practiced Tai Chi and Qigong for 35 years and studied the world's diverse spiritual traditions for over 60. He is the author of *Mystery and Manifestation and Ancient Wisdom and the Measure of Our Days*.

Parables & Gospel of John: Spiritual Virtues Psychology

TOM MCGOVERN

 **COURSE** FRI, 9/20 – 11/8 • 9:30 – 11:30 A.M. • \$60


Biblical scholars judge Christianity's New Testament parables as being closest to an authentic voiceprint of Jesus of Nazareth. We explore these stories using 21st-century psychology of spirituality and literary studies. The Gospel of John, often called a "spiritual gospel," will be discussed as an anthology of virtuous character stories from a 1st-century faith community living according to his prophetic witness. Diverse beliefs welcomed in an open discussion format. The required book includes newly discovered gospels and sacred writings with excellent historical/critical commentaries; used previously for a different Spring 2023 course. **New in-person course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *New New Testament: A Bible for the 21st Century*, Hal Taussig, (2013), ISBN 9780544570108 (pbk)

Tom McGovern has an A.B. Theology & Philosophy and Ph.D. Counseling Psychology. He has been an OLLI faculty member for 20 years at ASU and USM. He is the author of spiritual psychology books that integrate scholars' and students' perspectives.

Writing to Feed Your Hungry Spirit

LYNNE MENTZER


 **COURSE** MON, 9/16 – 10/28 • 12:45 – 2:45 P.M. • \$60

At least three times a day we get hungry. But what's it like when our spirit gets hungry? Perhaps we feel that something's missing from our daily diet even though our plate is full, or we're curious to try a new spiritual practice but the menu looks daunting. Is this you? Is your spirit hungry? "Writing to Feed Your Hungry Spirit" is a six-week banquet of writing techniques designed to explore your spiritual story, listen for inner wisdom, write for healing and inspiration, and more. **New in-person course.** *Format includes presentation, discussion, and writing exercises. (Sharing is always optional.)*

Lynne Mentzer is a USM graduate and recently retired United Methodist minister. Writing has been her passion since she sat in the front row of Miss Ryan's fifth grade English class. Writing as a spiritual practice continues to deepen her faith and inspires her to teach a variety of classes through Gorham Adult Education, an assisted living facility, and church. Lynne and her husband Jim live in Gorham.

Let's Get Comfortable with Infinity

DAVID VON SEGGERN

 **WORKSHOP** SAT, 9/21 • 9:30 – 11:30 A.M. • \$20

In our everyday life, we deal with finiteness because that is all we can sense. Yet some go beyond finiteness to postulate infinity, such as mathematicians, cosmologists, philosophers, and religious thinkers. This workshop will study the aspects of Infinity — and its evil twin Zero. Participants are encouraged to bring an infinitely open mind to this workshop. Can we get comfortable with the notion of infinity while still living very finite lives? The instructor draws on work from people in the above-mentioned fields to present concepts of the infinite. **New in-person workshop.** *Format includes lecture and discussion.*

David von Seggern is a retired earth scientist, recently transplanted to Maine, with a keen interest in mathematics and the impact of humans on the Earth. He is an avid hiker and now a leader for OLLI's Trail Steppers walking group.

Find these icons
to find the right
style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID




BLENDED

RELIGION & PHILOSOPHY • continued from previous page

The Heart of Compassion

JOAN ELIZABETH

 **COURSE** FRI, 9/20 – 11/8 • 9:30 – 11:30 A.M. • \$60

A great follow up course from the “*Tibetan Book of Living and Dying*” course and the “Cultivating Compassion” course. But also wonderful for beginners. Learn how to practice Lovingkindness, beginning with oneself. Helping us to restore our love and confidence and healing unresolved emotional wounds we may carry. Recognize your own fundamental Goodness through listening, contemplation, and meditation. Especially guided meditation. There will be a second (part B) five-week course in the spring.

New remote course. *Format includes lecture, discussion, film, and hands-on.*

REQUIRED BOOKS: *Tibetan Book of Living and Dying*, Sogyal Rinpoche, ISBN 9780062508348; *Lovingkindness: The Revolutionary Art of Happiness*, Sharon Salzberg & Jon Kabat-Zinn, ISBN 978157062937; *When Things Fall Apart: Heart Advice for Difficult Times*, Pema Chödrön, ISBN 9781611803433

Joan Elizabeth has been a Tibetan Buddhist practitioner for more than 30 years. She has received teachings and empowerments from many extraordinary Masters in this tradition, including the Dalai Lama, Dilgo Khyentse Rinpoche, Penor Rinpoche, Sakya Trizin, Tsoknyi Rinpoche, Mingyur Rinpoche, and Sharon Salzberg. She has been authorized as an instructor of meditation since 1992.




Find these icons to find the right style for you:

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

Journey of Souls

STEPHEN KERCEL

 **COURSE** THU, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

We examine 29 case studies in hypnotherapy, performed by Michael Newton. In each case the subject recalls the last moments of a previous life, the passage into death, and the experience of “life between lives” in an alternative dimension of reality. The course is not a debate on whether these stories recount objectively “real” events. The cases are first-person accounts of “my experience of death.”


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

REQUIRED BOOK: *Journey of Souls*, Michael Newton, ISBN 9781567184853

Stephen 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 critical rational examination of the question of “the afterlife.” He is a Registered Professional Engineer in Maine.

Carl Jung: First Person Singular

DENNIS REDFIELD

 **COURSE** MON, 9/16 – 11/18 • 12:45 – 2:45 P.M. • \$60


The focus of this class is Jung’s thoughts on the nature of the Self, the theory of the collective unconscious and its expression in archetypal images, myths, dreams and active imagination. We will read primarily selections from Jung. I will provide supplemental readings from related thinkers, such as Joseph Campbell and Marion Woodman. Used copies of the required text are readily available online. **New remote course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *The Portable Jung*, Joseph Campbell, Editor, ISBN 9780140150704

Dennis Redfield has a graduate degree in Sociology with a strong interest in Anthropology. He worked as a software architect for over thirty year and is deliriously retired.

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LEARN
after you
KNOW IT ALL
that counts.

JOHN WOODEN

SCIENCE & NATURAL HISTORY

Cultivating Personal Growth

CAROLE CENTER

COURSE TUE, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

How can we change for the better as we face the challenges of retirement and aging? In this class we will discuss scientific research on the growth mindset and opportunities for life-long growth coupled with Julia Cameron's insights in her book *It's Never Too Late to Begin Again*. We will examine ways to promote a growth mindset that encourages practice and persistence to achieve change along with ways to amend a fixed mindset that blocks our motivation to grow. And we will take up a selection of Cameron's invitations for fostering curiosity, creativity, and change. We are not done yet! **New in-person course.** *Format includes lecture, discussion, film, and movement.*

REQUIRED BOOK: *It's Never Too Late to Begin Again*, Julia Cameron, ISBN 9780399174216

Carole Center is an English Professor who lives in Portland. She teaches first-year writing courses that invite students to explore how humans treat other humans.

***Sanfordiacaulis densifolia:* A 350-million-year-old Fossil Offers Key to an Evolutionary Puzzle**

ROBERT GASTALDO

WORKSHOP TUE, 11/12 • 9:30 – 11:30 A.M. • \$20

This past year, a fossil in Canada became quite the celebrity in geological and paleontological circles. The 10-foot "tree" lived an astounding 350 million years ago — a scant, few millennia after pioneering vertebrates (amphibians) adapted to land. The fossil preserved the entire plant allowing experts a rare look at a whole-plant architecture. It bore a crown of dense, compound leaves — and, unlike woody plants of the time, its trunk was a spongy, soft tissue. Paleontologist Robert Gastaldo, principal author of the study, will share how this unique fossil has helped fill in a missing piece of an evolutionary puzzle. **New in-person workshop.** *Format includes lecture and discussion.*

Robert A. Gastaldo is the Whipple-Coddington Professor of Geology, Emeritus, at Maine's own Colby College. As a renowned paleontologist, sedimentologist, and teacher, his primary focus is terrestrial ecosystems ranging back to the earliest colonization of land by plants.

The Good, Bad, & Really, REALLY Ugly Parasites for All Seasons!

ANDREA GELDER

COURSE THU, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

Parasites come in all shapes and sizes and unless one lives in a hermetically sealed environment, an encounter with parasites is inevitable. Their involvement in our lives occurs via the food we eat, water we drink or swim in, soil we trod on, or through a variety of invertebrate hosts that transmit the little beasties to us. We will explore what it means to be a parasite; the remarkable history of discovery regarding the various stages of their life cycles; how parasites are transmitted and knowing that — how best to avoid them, common diseases they cause, their effect on host behavior, impact on history, and the possible origins of some dietary taboos. **New in-person course.** *Format includes lecture, discussion, and hands-on.*

Andrea Gelder received her B.A. in Biology from Northeastern University and Ph.D. in Zoology from the University of Leeds, England. In 2011 she retired after having taught science at the University of Maine at Presque Isle for almost 30 years. While there, her research interest was the flatworm parasites of the mink frog.

Natural History of Greater Portland

SUSAN GILPIN

WORKSHOP FRI, 9/20 – 10/11 • 12:45 – 2:45 P.M. • \$30

Do you love the beauty of Maine? Want to get outside to experience and understand it? Come explore four ecosystems: salt marsh, ocean, river, and fields and forests via four field trips, the first one beginning at Maine Audubon's Gilsland Farm in Falmouth. Trips will include illustrated presentations on indigenous Abenaki history, colonial and recent history, the Sebago Lake watershed, natural communities, and the effects of climate change on Casco Bay. We will walk about a mile round trip each time. We will visit the Presumpscot River in Portland and/or Westbrook, the Willard Beach area in South Portland, and a saltmarsh in Falmouth, weather permitting. **Repeat in-person workshop.** *Format is hands-on and movement.*

Susan Gilpin is a Maine Master Naturalist with a special interest in Casco Bay. She leads monthly field trips for the Falmouth Land Trust with Clifford Gilpin.

Find these icons to find the right style for you:



Modern Physics — How We Know What We Know

JONATHAN MATT

COURSE FRI, 9/20 – 11/8 • 12:45 – 2:45 P.M. • \$60

This course will examine how we know the facts of the universe, from the unimaginably distant and old to the incredibly small and strange. No math unless requested! No books required. **New in-person course.** *Format includes lecture and discussion.*

Jonathan Matt has an undergraduate degree in Physics from Rutgers College and a lifelong interest in current developments in the field.

A Geologist Goes to the Movies

IRWIN NOVAK

COURSE MON, 9/16 – 11/18 • 9:30 – 11:30 A.M. • \$60

How are catastrophic geological events depicted in the movies? Which films are the closest to real-world events? How much has Hollywood sensationalized these occurrences? If so, to what extent? We will use lectures, feature films, and film clips to examine the types of earth materials and the processes that lead to earthquakes, volcanic eruptions, tsunamis, landslides, and avalanches, and the resulting destructiveness. No prior geology is required.

Repeat in-person course. (Previously offered in 2020.) *Format includes lecture, discussion, and film.*

Irwin Novak is Professor Emeritus of Geology at the University of Southern Maine. His teaching focused on Oceanography, Geomorphology, and Glacial Geology. He was at one time the Associate Dean of the College of Arts and Sciences and a member of the Russell Scholars Faculty. His research focused on the geology of Maine and of Greece as viewed from space using satellite imagery. He taught summer courses for many at Cornell's Shoals Marine Laboratory on Appledore Island, Maine as well as a variety of courses offered by USM on Lesbos Island, Greece. An avid film buff, he coordinates the annual Greek film series for the Hellenic Society of Maine of which he is a board member.



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Origins of Human Evolution, 2nd Semester

BILL PORTELA

COURSE TUE, 9/17 – 11/5 • 12:45 – 2:45 P.M. • \$60

This two-semester course is based on Bill Portela's book, *The Eleventh Layer – Origins of Human Evolution*. The second semester of this course continues exploring the pathways of Darwin's natural selection and sexual selection of species. This course picks up after the extra-ordinary fusion between two bacterial domains catapulted life into the protists, fungi, plants, and animals. We examine the nature of instinctual behaviors for applicability to our own culture. Lively discussions will include gender differences in behavior, as observed in mammals, primates, and hominids, including humans. The course also reviews patterns involving the self-organization and emergence of new capabilities, as seen in nature and living systems. **New in-person course.** *Format includes lecture, discussion, and film.*

Bill Portela has been a wildlife rehabilitator and breeder/trainer of workhorses for thirty-five years. He has taught subjects, including biology, for over forty years in most settings such as elementary, middle, high school, university, service, and private sector.

SCIENCE & NATURAL HISTORY • *continued from previous page*

Science for Non-Majors

HAL SCHEINTAUB

COURSE WED, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60

Was your last science class a long, long time ago in a school far, far away? Are you both fascinated and a bit intimidated by science? Do you believe that some science knowledge could help you understand things better? If yes, then, this is the class for you. Hal Scheintaub has prepared this class for adult learners who might otherwise be reluctant to take a science class. A well-written book, hands-on experiences, games, simulations, and engaging discussions will help you contextualize and personalize a few big ideas in science. **Repeat in-person course.** *Format includes discussion and hands-on.*

REQUIRED BOOK: *Six Easy Pieces*, Richard P. Feynman, available at your library or as a PDF

Hal Scheintaub enjoyed a career as a researcher, teacher, and consultant for science curriculum development. His OLLI classes are built around activities that are matched to the individual and the classroom culture. Hal believes that good classes inform, empower, and connect.

A Cabinet of Mathematical Curiosities

STEPHEN SCHIFFMAN

COURSE WED, 9/18 – 11/6 • 12:45 – 2:45 P.M. • \$60

Can you take an object, break it apart into five pieces, and reassemble them to get two objects each identical to the original? Join us as we look at this and other mathematical wonders, oddities, mysteries, and conundrums. Mathematics proceeds by way of imagination and rules of logic and produces results that at times may be strange or paradoxical. Mathematicians are akin to explorers who discover exotic beasts in alien landscapes. In Victorian times, collectors built cabinets to arrange and house collections of rare objects. This course exhibits a collection of mathematical curiosities rarely encountered in our ordinary world.

New in-person course. *Format includes lecture and discussion.*

Stephen Schiffman received a Ph.D. in mathematics from Dartmouth College. Although his career wandered into other areas of business and higher education, he always maintained a love for the beauty of math and has taught about math at OLLI since 2015.

Find these icons to find the right style for you:



Science, Humanity, & 21st-Century Worldviews

ERIC SZENDREI

COURSE MON, 9/16 – 11/18 • 12:45 – 2:45 P.M. • \$60

This course is an overview and discussion of varied 21st-century worldviews and their historical origins, referencing recent books and ongoing issues from science and philosophy. The focus is on the relation of worldview to our common concerns. No previous special knowledge is assumed. My goal is an adventure for the curious: accessible, relevant, and encouraging mental effort! Ideas from recent works other than the two required texts will also be presented for discussion. **Repeat in-person course.** *Format will include lecture and discussion.*

REQUIRED BOOK: *Guide to Philosophy*, C.E.M Joad, ISBN 1844652723; *Aping Mankind: Neuromania, Darwinitis and the Misrepresentation of Humanity*, Raymond Tallis, ISBN 0486202976

Eric Szendrei previously taught Philosophy at Western Carolina University. He has a Ph.D. from Emory University and worked a career as professional engineer for over 20 years. He is now retired and living in Falmouth, Maine.



SELF-KNOWLEDGE & ENRICHMENT

Got a Plan??

JANE STEIN

COURSE FRI, 9/20 – 11/8 • 12:45 – 2:45 P.M. • \$60

How can you get where you're goin' if you don't have a great road map? This session is designed to help the fundraising nonprofit professional and volunteer at the beginning and intermediate level of their career to organize all of their fundraising goals, activities, and resources into one document. Areas covered will be: The importance of having a PLAN, how to set realistic fundraising goals, integrating reality into those goals, putting everything into a calendar that makes sense and creating an Annual Campaign Planning worksheet individualized just for you! **Repeat in-person course.** Format includes lecture, discussion, hands-on.

Jane Stein Founded and raised all funds to maintain The Child Abuse Center of Hampton Roads and raised funds for the American Cancer Society as National Chairman. She conducted campaign training for United Jewish Appeal for 3 years. She provided consultative services, facilitated board and staff retreats, gave keynote addresses, motivational speeches, training workshops to dozens of organizations including the American Cancer Society, the United Jewish Appeal, Susan G. Komen for the Cure, the Foodbank, Habitat for Humanity, the Special Olympics.

**How You Became You
(And Where Your Continued
Development May Yet Lead)**

WHEATON GRIFFIN

COURSE MON, 9/16 – 11/18 • 12:45 – 2:45 P.M. • \$60

Most of us took psychology courses at some point in our lives. Usually, the course would present theories and research without helping us understand how the theories work in our lives or the lives of those we cared about. This course will flip that approach. Your life will be the focus of your study with meaningful theories serving as an underlayment to support your understanding of events of your choosing. Your understanding and appreciation for your younger self's choices will enhance your adult wisdom and your empathy for others and yourself. **New in-person course.** Format lecture, discussion, and movement.

Wheaton Griffin is a Ph.D. psychologist whose career in private practice, for-profit and non-profit organizations, schools and summer camps allowed him an intimate relationship with human beings in all stages of their developmental journey. Today he enjoys sharing his intimate understanding and appreciation for individuals looking at their own amazing life stories.

Die Well Death Education

LEONA OCEANIA

COURSE MON, 9/16 – 11/18 • 9:30 – 11:30 A.M. • \$60

This course covers all aspects of preparing for end of life, dying, death, and after death care. Topics include: creating an end-of-life plan, legacy work, obituary writing, hospice, funeral and body disposition options, MAID (Medical Aid in Dying), VSED (Voluntary Stopping of Eating and Drinking), and home funerals. Sessions alternate between topic driven presentations and EOL-related films. Information and materials are provided as part of each topic presentation.

Repeat in-person course. Format includes lecture, discussion, and film.

Leona Oceania has always been fascinated with death and baffled by the fact that we don't talk about the one thing that is going to happen to all of us. Leona decided to do what she could to encourage that conversation with the conviction and motivation that the sooner we engage with our mortality the better or death (and life!) can be. She has trained to become an End-of-Life Doula, a Home Funeral Guide, a Life Legacy Facilitator, and a Death Educator. She also serves on the board of the Funeral Consumers Alliance of Maine, is the facilitator of several Death Cafés in Southern Maine and is a volunteer with a local hospice organization. She has built a bookcase coffin with the prodigious Chuck Lakin, which is currently in use as a bookcase in her living room until it is needed otherwise. She loves to nap.

**Intentional Intuition & the
Elder Wise Woman, Continued**

LUCILLE MELTZ

COURSE MON, 9/16 – 10/21 • 12:45 – 2:45 P.M. • \$60

The practice of intentional intuition allows us into a world of expanding women's wisdom and conscious ageing. Learn to better address the issues of elder womanhood by activating intuition instead of simply acknowledging its presence. Through group and interactive exercises, learn how to increase the positive influence of intuition in your life. This class is a follow up to "Intuition and the Elder Wise Woman" and participation in the prior class is recommended highly. **Repeat remote course.** Format includes lecture, discussion, and hands-on.

Lucille Meltz, M.A., M.S.ED., is a life coach, author, and hand analyst. Lucille has taught intuition at senior colleges, OLLI, and community education programs for decades in several states. She is the originator of the concept of intentional intuition. (lucilleannmeltz.com)

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SELF-KNOWLEDGE & ENRICHMENT • *continued from previous page*

The Ins & Outs of Cyber Scams: How to Stay Safe in an Increasingly Digital World

URI PEARL

COURSE MON, 9/16 – 11/18 • 12:45 – 2:45 P.M. • \$60

Last year Americans lost a staggering \$12.5 billion to cyber scams, a big jump from the previous year. The cyber scammers are becoming smarter and more sophisticated and that means we need to as well! This presentation aims to equip you with essential knowledge on the world of cyber scams. We'll delve into the workings of cyber scams, uncovering who the scammers are, their methods, and their objectives. By identifying common scams and learning the signs of being targeted, you can confidently navigate the digital world. Join us to transform from potential targets to empowered, scam-savvy internet users. **Repeat remote course.** *Format includes lecture.*

Uri Pearl is the Co-Founder of Catch, a personal cyber security company. He has always had one major passion — protecting people. He sought fulfillment for that passion through a military service specializing in counterterrorism. Upon completion of his service and a degree in Economics from the University of Maryland, a family scam experience caused Uri to dive into the world of scams and embark on a mission to educate and protect people.

The Art of Living Well: Peace Education Program

TERRY LANDRY & RITA RUBIN LONG

COURSE THU, 9/19 – 11/14 • 12:45 – 2:45 P.M. • \$60

How can we experience peace in such turbulent times? “Happiness is your own treasure because it lies within you.” — Prem Rawat. This nine-week course features empowering videos of author Prem Rawat’s talks on ten themes: peace, appreciation, inner-strength, self-awareness, clarity, understanding, dignity, hope, and contentment. You will have the opportunity to discover, focus, and reflect on your own humanity and inner resources. The facilitators will involve participants with videos, activities, and meaningful interactions that explore the themes of personal peace and the art of living well. **Repeat in-person course.** *Format includes lecture, discussion, and film.*


REQUIRED BOOK: *Hear Yourself: How To Find Peace In A Noisy World*, Prem Rawat, ISBN 9780063070745

Terry Landry’s career is distinguished by a commitment to multi-cultural understanding. Terry retired from Colby College, where he created a much-lauded vegan-vegetarian program in his role as manager of Foss Dining Hall.

Rita Rubin-Long taught children and adults for over 40 years in public schools and worked as an educational consultant at USM. Being an eyewitness to the violence at Kent State University inspired her lifelong passion for peace.

Women Sharing Stories

PAT TAUB


 **COURSE** WED, 9/18 – 11/6 • 9:30 – 11:30 A.M. • \$60

Women have always thrived in community, sharing their stories and supporting one another in resolving difficult stories. In this class we will return to the power of women's community as we share stories that cover the life span, starting with childhood and concluding with the writing of a new story: the legacy we hope to leave. Written prompts will be offered to guide participants in developing their stories. Guidelines will be offered for those who want to write a memoir based on their stories. **Repeat in-person course.** *Format includes lecture and discussion.*

Pat Taub has a B.A. from Dickinson College, an M.S.W from Catholic University and postgraduate studies in Women's Spirituality at the California Institute for Integral Studies. A former newspaper journalist and NPR host for the Syracuse affiliate, she writes the weekly blog, *WOW (Women's Older Wisdom)*.

Cooking for One or Many

VIVEK BANDHU

 **WORKSHOP** WED, 9/18 – 10/9 • 12:45 – 2:45 P.M. • \$30

This is not a cooking course; it's a journey of self-discovery. We will have discussions of essential cooking techniques and through watching YouTube videos, learn time-saving tips, and creative ingredient substitutions, to make cooking a delightful and fulfilling experience. These discussions are designed to empower you in the kitchen. Join me on this culinary adventure as you become more confident about your cooking abilities. Whether you're cooking just for yourself or preparing a meal to share with friends, this course should leave you feeling inspired and empowered.


New in person workshop. *Format includes lecture, discussion, film, and hands-on.*

REQUIRED BOOK: *Salt Fat Acid Heat: Mastering the Elements of Good Cooking*, Samin Nosrat, ISBN 9781476753836

Vivek Bandhu owned and operated two French restaurants in New York City for 33 years and was the chef as well.

Pull Up a Chair — Let's Eat Together

LINDA WERNER & MARCIA WESTON

 **COURSE** MON, 9/16 – 11/18 • 12:45 – 2:45 P.M. • \$60

This course will create a vibrant community by coming together to plan menus, prepare meals, and share our meals together for four of the eight classes. Every other week (four weeks), we will prepare a meal and share our creations as a group with guest food preparers from various cultures. On opposite weeks (four weeks), invited speakers will lead us on creating purpose and building community. Participants will bring to the first class a dish that is meaningful currently or in memory. Participants will be asked to bring one ingredient and help prep for our meals. Participants may invite a guest to weeks four and eight. This class will meet off campus. **New in-person course.** *Format includes discussion, film, hands-on.*

Linda Werner moved to Maine after living in Colorado and Cape Cod. She received her Ph.D. from the University of Florida and her professional career included working as a psychotherapist, gifted teacher, classroom teacher, and finally working as a district-wide technology integration specialist in Wareham, MA.

Marcia Weston recently returned to Maine following retirement. She received her Ph.D. at age 67 through the University of North Carolina at Greensboro. Her career and interests center around humanistic practices that promote social justice for all people. She loves to laugh, sing, and learn from others.



QUESTIONS?

We are here to help you!

Email us:

olliatum@maine.edu

Call us:

207-780-4406

Find these icons to find the right style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID




BLENDED

SELF-KNOWLEDGE & ENRICHMENT • *continued from previous page*

Emotional Intelligence: A Tool for Living a More Positive Life

LAWRENCE CROUCH

 **WORKSHOP** WED, 9/18 – 10/2 • 12:45 – 2:45 P.M. • \$30

Emotional Intelligence can be a valuable tool for improving interpersonal communication and enhancing positive relationships. It is relevant at most all stages of life. This three-session workshop will identify the personal and social competencies of emotional intelligence and will demonstrate how we can apply them as practical guides for thought and behavior in order to achieve personal growth in our daily lives. This course will incorporate emotional skill sets that can be taught and cultivated.

New remote workshop. *Format includes lecture, discussion.*

Lawrence Crouch is a licensed therapist and an adjunct professor of clinical mental health. He holds a Ph. D. In Psychology from Southern Illinois University. He has taught units on Emotional Intelligence in several of his graduate classes and in numerous.




Find these icons to find the right style for you:



WRITING

Writing & Exploring Life Stories

JOAN CHADBOURNE

 **COURSE** THU, 9/19 – 11/7 • 9:30 – 11:30 A.M. • \$60

Some believe our stories create who we are. We've heard stories about ourselves, families, and other lives. Writing them is an exploration of their meaning and influence on who we've become. Telling them can be a way of finding new perspectives and appreciating who we are and may become. 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. Sharing them brings them to life. Students appreciate the structure to finally get those stories in writing. **Repeat remote course.** *Format is hands-on.*

SUGGESTED BOOK: *How to Tell a Story: The Essential Guide to Memorable Storytelling from The Moth*, Meg Bowles, Catherine Burns, Jenifer Hixson, Sarah Susten Jenness, and Kate Tellers, ISBN 97805939004

Joan Chadbourne was a college professor who published counseling psychology articles. 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 marriage.



QUESTIONS?

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olliatusm@maine.edu

Call us:

207-780-4406

WRITER'S WORKSHOPS

Shiny Day Poets

PATRICIA ELLEN & IRV WILLIAMS

1ST WEDNESDAYS, 10/2 – 5/7
12:45 – 3:00 P.M. • \$60

This ongoing poetry writing workshop is limited to ten members. The Sunday before each monthly workshop, members will email a copy of their poem to all other members, print out all poems, and write comments on hard copies for discussion on workshop days.

Repeat hybrid course.

Format includes reading, reflection and discussion.

Patricia Ellen retired from a career working at the Center for Grieving Children and the Chaplaincy Institute of Maine. One of the things she started focusing on in retirement is the expression in poetry amongst a supportive group of diverse poets. She has taught a course before in OLLI, “Soul Collage — Combining Image and Writing.”

Irv Williams retired from a career that spanned four decades of teaching from pre-kindergarten to college. In addition to writing poetry, he is a frequent op-ed contributor to the Portland Press Herald. He currently lives on Peaks Island and volunteers in both hospital and school programs for young children.

Fiction

LARRY DYHRBERG & TANA LEOHART

3RD FRIDAYS, 9/20 – 5/16
12:15 – 3:00 P.M. • \$60

This in-person monthly workshop is a supportive group of 12 writers focusing on the elements of fiction writing. Members' projects range from short stories and vignettes to segments of full-length novels. Pieces to be critiqued are shared via email prior to the meeting. During the meeting, the author reads a short excerpt of the work, and members give constructive feedback, during the discussion and in written comments. With our wide range of styles and experience, we learn from each other! **Repeat in-person course.** *Format includes discussion and hands-on.*

Larry Dyhrberg taught history for 30 years at Westbrook High School. Now, as an *homme du foyer* for his wife and *Bisou le Chien*, writing is his passion. His projects: a novella tracing a boy's coming of age in the 1950s, and a story of a mid-1900 Franco American woman in Maine.

Tana Leonhart shared writing skills with students for thirty years before retiring to the mountains of Colorado. Now in Maine, she enjoys life along the coast. Her first novel, *The Tobin Tree*, was published in 2020, and she has had numerous pieces included in the OLLI Reflections magazine.

Memoir Writing

BILL GOUSSE & TOBY HOLLANDER

2ND WEDNESDAYS, 10/9 – 5/14
12:45 – 2:45 P.M. • \$30

This is a class for writers actively working on memoir. The class meets monthly on Zoom and each classmate has an opportunity to read a 1,000-word essay (chapter) aloud to the rest of the class and to receive feedback on their essay. We occasionally gather socially for a meal. New writing is due a week before our Zoom class so that everyone has an opportunity to read before critiquing. **Repeat remote course.** *Format is discussion.*

Bill Gousse is a co-coordinator of the group, a Vietnam War Veteran, serving at *Walson Army Hospital*, and a semi-retired pharmacist. He graduated from the University of Connecticut. He is an active volunteer at the *Tate House Museum* and at *Greater Portland Landmarks*. Bill is continually writing his memoir.

Toby Hollander is a co-coordinator of the group, a Vietnam Veteran, a retired lawyer, and guardian ad litem, and is actively writing a memoir. He graduated from the U.S. Naval Academy and Washington University School of Law in St. Louis. He is a survivor of New Mexico's foster care system.

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 and register online. Special Interest Groups are not intended as instructional events. Some groups meet in-person, some via Zoom, and some blended. 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 the OLLI office at olliatasm@maine.edu

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

NEW! CIVIL WAR ROUNDTABLE

This group is intended for participants who are interested in hearing about and discussing the period 1861–65 during the time of the American Civil War. For some meetings, there will be speakers, and/or discussion and/or films. The meetings will be planned through suggestions by the roundtable members. There is possibility of field trips to various historic locations related to the American Civil War.

FMI: Contact Dee Dee Wacksman at dswacks@hotmail.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.

ECELECTIC DIALOGUE JUNCTION: A TAPESTRY OF CONVERSATIONS

Embark on a stimulating journey of diverse discussions with our special interest group. Join us for engaging conversations sparked by thought-provoking articles, intriguing podcasts, or captivating topics that resonate with the curious mind. Each month will be a different topic: attend those that interest you. Once a month via Zoom.

FMI: Contact Elizabeth Housewright at ehousewright@gmail.com, or Star Pelsue at srpelsue@gmail.com

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; a basic level of knitting skill is desirable.

FMI: Contact Louise Sullivan at lrsullivan72@gmail.com

OLLI SINGERS

Singing is fun and good for you, too: mind, body, and soul. Rehearsals Friday afternoons and concerts fall and spring. Four-part choral music: spirituals, folk, pops, Broadway, and more. We keep it upbeat and fun — join us!

FMI: Contact Bob Swerdlow at
OLLISingersAtUSM@gmail.com

OLLI WOMEN'S LUNCH GATHERING

Informal weekly lunch gathering for OLLI women interested in making new friends and discussing cultural and political topics. The group will meet at noon in the student union where participants can buy lunch or bring their own. Each gathering will have a topic ranging from popular fiction and films to discussion of life style concerns of older women along with current political topics like global warming. Participants' feedback will be instrumental in selecting discussion topics. In-person but off-site.

FMI: Contact Pat Taub at
pparee2011@gmail.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@zwi.net

PICTIONARY GAME NIGHT

Come join the fun! Stick figures are our specialty and sometimes they look like the word we are trying to draw. No art ability required. Meets twice monthly on Thursday afternoons via the easy-to-use Zoom whiteboard.

FMI: Contact Steve Dorneman at
stephendorneman@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 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

TRIVIA GAME NIGHT

Join us for some laughs and interesting questions that will have your brain scanning your mental files for what some may call trivial information. You are one click away from an evening of good company and laughter. Meets two Mondays a month on Zoom.

FMI: Contact Elizabeth Housewright at
ehousewright@gmail.com, or
Star Pelsue at
srpelsue@gmail.com

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
annebcass@gmail.com

WINE-TASTING CLUB

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

FMI: Lynn Underwood at
luwood@gmail.com or
Susan Kepes at
grisen@aol.com

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 and debit cards are the only forms 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 olliatism@maine.edu.

For checks or cash payment, please use the manual registration form — see page 53. 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:
olliatism@maine.edu

Call us:
207-780-4406

OLLI is using a brand-new registration system!

Everyone will need to create a brand new account *even if you were a previous OLLI member*. Please note which option applies to you:

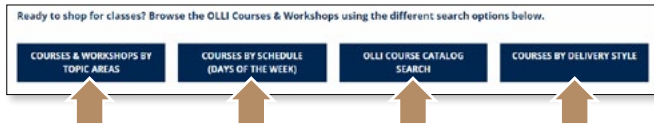
- **You renewed your membership by the end of July.**
We will send information on how to access your new account and verify your details.
- **You are a new or returning member.**
You will need to open a new account on this system and we will provide information about how to create your account by the middle of August.

TIP!

We strongly recommend that everyone create their account and verify information **prior to fall class registration day, August 21**. We will share directions and be available for questions.

- 1 **GO TO THE OLLI WEBSITE** at usm.maine.edu/olli, then select the **Registration Information** page. A button linking to our new online Registration Homepage *will be placed on that page!*
- 2 **CREATE YOUR NEW USER ACCOUNT** once the new online Registration Homepage is open and available by clicking the **Sign In or Create Account** button and following the prompts.
- 3 **IMPORTANT! ADD ANNUAL MEMBERSHIP TO YOUR CART** *before* registering for classes. Once the annual membership is in your shopping cart, you can go to checkout. Alternatively, with membership safely stowed in your cart, you can return to the Registration Homepage and register for classes before finally checking out.

- 4 BROWSE OLLI PROGRAMS** in the new *Courses & Workshops* area. You will find options organized by topic/subject areas, day of the week/time of day, and a search option to find a specific instructor.



- 5 SELECT PROGRAM(S)** by clicking the **Add to Cart** button by your desired course(s) as you browse.

Don't see an Add to Cart button when browsing the catalog? This means:

- Registration is not open yet
- You are not signed in!
- You need to renew or add your annual membership to your shopping cart.

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

- **Verify or add required information** in required fields as indicated by an asterisk (*), and select **Next**.



- **Verify billing information** then select **Next**.
 - **Continue at check out** by selecting **Purchase**.
 - **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**.
- 7 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 in the new system 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.** We strongly recommend that everyone create their account and verify information *prior* to fall class registration day, August 21. We will share directions and be available for questions. If you run into a problem, email the OLLI Office at olliatism@maine.edu.
- **Sign in first, then browse.** When you are ready to register (at 10:00 a.m. Wednesday morning), sign in first, then look for classes.
- **Make sure you're a member before you start.** A current 2024–2025 membership is needed to register for a course. Memberships may be purchased at any time. See [page 5](#) for more information about membership.

Want more helpful tips?

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

Still need assistance?

Call the OLLI office at 207-780-4406, Monday – Friday, 8:00 a.m. – 4:30 p.m.

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 53](#).
- **To find the form online**, go to usm.maine.edu/osher-lifelong-learning-institute/classes-programs/. 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. To complete the form digitally, see instructions below.



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 olliatasm@maine.edu.
- **To email a digital form**, re-save the file with your full name in the file name, then email it to olliatasm@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 August 26 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 olliatasm@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 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 FALL 2024

Fall session will run from September 18 – November 8.
Mark your calendar for these other important dates.

AUG 21	Online registration for OLLI fall courses begins. The registration system will automatically turn on at 10:00 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu before August 21 , 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 August 21 , but some classes and workshops may be full, so please turn them in as soon as possible.
AUG 26	OLLI staff begins processing mail-in, drop-off, and taking phone registrations.
SEP 3	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatusm@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
SEP 16	OLLI fall session classes start
SEP 27	Deadline to receive a refund on dropped courses.
SEP 21, 28, OCT 5	OLLI fall workshops
NOV 8	OLLI fall session ends
NOV 12–18	OLLI fall session make-up dates

The OLLI Staff is on holiday September 2, October 14, and November 11. The OLLI office and USM will be closed on those dates. If you have an in-person class scheduled in Wishcamper on those dates, your class will not meet. 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.



QUESTIONS?

We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406

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