

Celebrating
25+ YEARS
of Learning



1997–2023



Course Catalog

WINTER SESSION 2026

JANUARY 13 – FEBRUARY 19



CURIOSITY is
one of the permanent
and certain
characteristics of a
vigorous
INTELLECT.

SAMUEL JOHNSON
THE RAMBLER



CONTACT US

207-780-4406
olliatusm@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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(2025–26)

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DIRECTOR'S MESSAGE



Embrace new challenges

“So let’s go.” – ROBERT REDFORD

With the loss of Jane Goodall and Robert Redford, we are reminded of the great richness single lives can bring to communities and culture. Robert said “When you get older, you learn certain life lessons. You apply that wisdom, and suddenly you say, ‘Hey, I’ve got a new lease on this thing. So let’s go.’”

This winter catalog has more seasonal offerings than ever! Here are some unique choices:

Brian Cohen teaches “History and Language of Art,” where the instructor will “guide you to respond more deeply and insightfully to visual art.” ([page 17](#)).

Alicia Harding tackles a challenging historical subject: “State Sponsored Violence” ([page 21](#)).

Karen Winslow and Susan Carter celebrate a big anniversary in “Jane Austen is 250 Years Old!” ([page 25](#)).

Stephen Kercel moves beyond misinformation in his class “Living with Adult Autism,” ([page 28](#)).

Mary Lynn Engel challenges us to think about our environmental impact in “Ever Wonder About the Road Taken by that Box of Cereal?” ([page 26](#)).

These are just a few of the courses and workshops offered in the winter that can engage, challenge, and inspire. Happy choosing!

Stay warm,

Donna Anderson
Director

IN THIS ISSUE

- [4 About us](#)
- [6 General information](#)
- [9 Important dates](#)
- [10 Schedule-at-a-glance](#)
- [14 Instructor index](#)
- [17 Courses & workshops](#)
- [36 Special Interest Groups](#)
- [38 Registration](#)

Celebrating
25+ YEARS
of Learning



1997–2023



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

1,650+

OLLI ACTIVE STUDENTS
(2024-25)

17

ACTIVE MAINE
SENIOR COLLEGES

199

OLLI VOLUNTEERS
(2024-25)

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**. The fee is *not* pro-rated. 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 36](#) for the list of current SIGs.
- 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/oshers-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!

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 2025–2026 member to enroll in winter courses and workshops. Membership costs \$35 per fiscal year and runs from July 1 – June 30.

As of Spring 2025, OLLI is no longer accepting cash or checks as a form of payment.

We can process only the following credit cards: Visa, Discover, and Mastercard.

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.

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/oshier-lifelong-learning-institute/resources for instructions and more information.

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

SESSION SCHEDULE

Winter classes are held once a week, **remotely** on Zoom and **in-person**, Tuesday – Thursday. The term runs for six weeks, from January 13 through February 19, unless otherwise noted in the course description.

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

Most workshops will take place on Fridays, **remotely** on Zoom and **in-person** (see [page 12](#)).

LOCATIONS

OLLI Winter 2026 courses and workshops will be held both remotely and in-person:

Remote

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

In-person

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

Hybrid

Hybrid classes meet online and in-person at the same time. The sessions may be recorded at the instructor's discretion.

Blended

Blended classes meet online and in-person at different times. The online sessions may be recorded at the instructor's discretion.

PARKING

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

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.

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 & 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).

As of Spring 2025, OLLI is no longer accepting cash or checks as a form of payment.

We can process only the following credit cards: Visa, Discover, and Mastercard.

ACCESSIBILITY & SPECIAL ACCOMMODATIONS

OLLI at USM is committed to making our classes, lectures, workshops, seminars, and activities accessible for all members. Please notify OLLI staff as soon as you register at 207-780-4406 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

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

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).

CONTACT INFORMATION

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

REFUND POLICY

Please note that for in-person offerings, we can plan for only ONE make-up class.

Should the weather require the cancellation of more than one class, we will not be able to schedule additional in-person sessions, and we will not offer refunds for classes cut short due to weather events.



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 may park in either parking garage 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/oshier-lifelong-learning-institute/location-parking/ for more information.

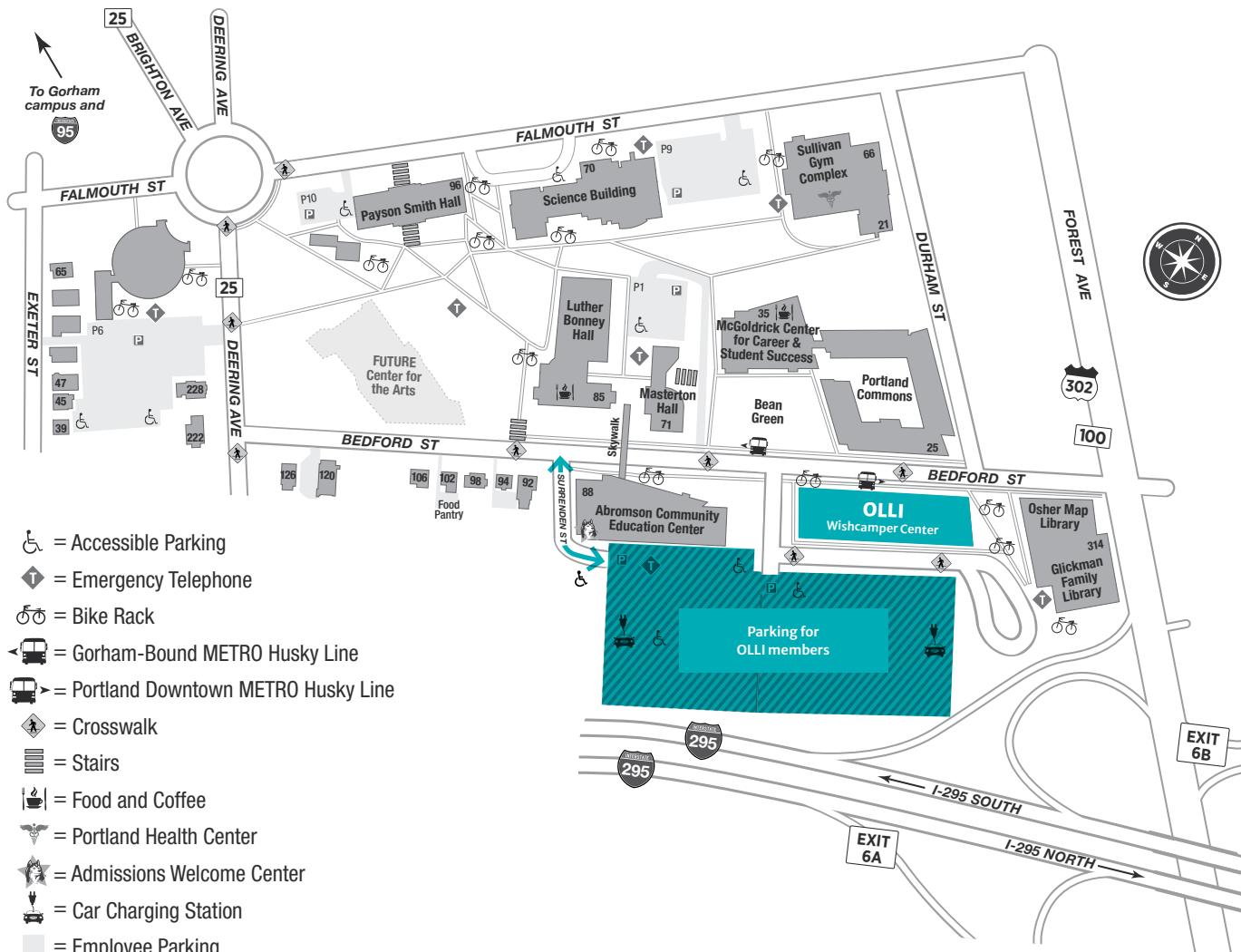
Please note: when purchasing a permit, auto-renew is enabled by default.

Please login to edit this setting.



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

usm.maine.edu/safezone



Important Dates

OLLI WINTER 2026

The winter session will run from January 13 – February 19.

Mark your calendar for these other important dates.

DEC 17

Online registration for OLLI 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 **December 17**, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted **after December 17**, but some classes and workshops may be full, so please turn them in as soon as possible.

DEC 19

OLLI staff begins taking phone registrations, and processing mail-in and drop-off registrations.

DEC 19

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.

JAN 13

OLLI winter session classes start

JAN 23

Deadline to receive a refund on dropped courses.

**JAN 23, 30,
FEB 6**

OLLI winter workshops

FEB 19

OLLI winter session ends

FEB 24–26

OLLI winter session make-up week

The OLLI Staff will be working remotely December 22 – January 2.

Additionally, the OLLI office observes the holidays on January 19 and February 16.

The OLLI office and USM will be closed on these dates. If you have an in-person class scheduled in Wishcamper on these dates, your class will not meet. If you have a remote class scheduled on these 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, Tuesday – Thursday, starting January 13, 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 17](#) for our full index.

Want to find a program by instructor?

See [page 14](#) for our instructor index.



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406

TUESDAYS

MORNINGS • 9:30 – 11:30 A.M.

 **Charles Aznavour: une légende en chansons** (p. 23)
JACQUELINE BUCAR

AFTERNOONS • 12:45 – 2:45 P.M.

 **Miracles & Wonder: The Historical Mystery of Jesus** (p. 29)
TOM McGOVERN

 **A Glimpse into Quantum Mechanics through a Double Slit** (p. 30)
HAL SCHEINTAUB

 **FUN 2.0** (p. 33)
DONI TAMBLYN & MERYL LEVIN

 **Return of the Misfit Poets** (p. 35)
MARY TRACY & CRAIG SIPE

 **Exploring Short Stories — Remotely!** (p. 24)
ANNE CASS

 **Sportswriting — A Lens to Culture** (p. 20)
RICHARD CASS

 **Cultivating Personal Growth** (p. 31)
CAROLE CENTER

 **Civic Virtue: Can We Save Democracy?** (p. 26)
ROBERT LIBBY

AFTERNOONS • 12:45 – 3:00 P.M.

 **Filmmaking in the West: Two Johns in Monument Valley** (p. 19)
IRWIN NOVAK

AFTERNOONS • 2:00 – 4:00 P.M.

 **Origin of the Middle East Conflict** (p. 22)
CHARLES MAMANE

EVENINGS • 7:00 – 9:00 P.M.

 **History & Language of Art** (p. 17)
BRIAN COHEN

WEDNESDAYS

MORNINGS • 9:30 – 11:30 A.M.

 **Reading Relationships & Self-Discovery in the Novella (p. 24)**
STEVE CLIFFORD

 **Sharing More of Your Favorite Poems (p. 25)**

BILL NATHAN

 **From Artificial Intelligence & Generative AI to Artificial General Intelligence (p. 30)**
WALTER ALLAN

 **Our Thirty Years' War: America in Vietnam — 1945-1975 (p. 22)**
ARTHUR (BUCK) BENEDICT

MORNINGS • 10:00 A.M. – 12:00 P.M.

 **Dancing Through Time — Dance & Music at the Start of 20th Century (p. 18)**
REGGIE OSBORN

 **Surviving & Thriving as an Elder Widow (p. 33)**
LUCILLE MELTZ

AFTERNOONS • 12:30 – 3:30 P.M.

 **Animated & Stop Motion Films: Where Imagination Rules (p. 19)**
GAIL WORSTER

AFTERNOONS • 12:45 – 2:45 P.M.

 **Everyday Zen (p. 31)**
TIM BAEHR

 **Antisemitism: Ancient Roots, Recent Events, the Left, Right, & College Campuses (p. 21)**
MATTHEW GOLDFARB

 **Social Ballroom Dancing for Everyone (p. 18)**
LARRY RICCI

 **Improving Beginner Bridge Skills II (p. 19)**
DON BOUWEN

 **Writing & Exploring Life Stories: A Deeper Dive (p. 35)**
JOAN CHADBOURNE

 **Supreme Court Effects (p. 26)**
ROBERT LIBBY

 **The Current U.S. — China Relationship (p. 27)**
JOHN WILLSON

 **Humans & Nature: How We Are Reshaping the Earth (p. 31)**
DAVID VON SEGGERN

THURSDAYS

MORNINGS • 9:30 – 11:30 A.M.

 **Exploring Short Stories (p. 24)**
ANNE CASS

 **State Sponsored Violence (p. 21)**
ALICIA HARDING

 **Buddhism In The U.S. (p. 29)**
STEVE PIKER

 **Living with Adult Autism (p. 28)**
STEPHEN KERCEL

 **Jane Austen is 250 Years Old! (p. 25)**
KAREN WINSLOW & SUSAN CARTER

AFTERNOONS • 12:45 – 2:45 P.M.

 **Folk Music Revival of the 1960s: Its Antecedents, Its Apex & Its Aftermath (p. 25)**
SCOTT ANDREWS

 **Flash! (p. 34)**
TIM BAEHR

 **Playing Handchimes with OLLI Friends (p. 26)**
TERRY FOSTER

 **Ken Wilber's *Theory of Everything: A Practical Guide to Life's Patterns* (p. 27)**
WHEATON GRIFFIN

 **James Joyce's *Ulysses, from A to Z* (p. 24)**
BOB McCUE

 **The Practice of Swedish Death Cleaning (p. 34)**
BARBARA RICH

 **Movie Mysteries IMDb Rates Highly (p. 20)**
EDWARD SOLANO

AFTERNOONS • 2:00 – 4:00 P.M.

 **Origin of the Middle East Conflict (p. 22)**
CHARLES MAMANE

Workshops by schedule

Workshops mostly run on Fridays as noted throughout the winter 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 17](#) for our full index.

Want to find a program by instructor?

See [page 14](#) for our instructor index.

TUESDAYS

1 SESSION:
2/3 • 6:30 – 8:30 P.M.

 **Discover Voice-Over:
Learn How to Make Money
Using Your Voice!** ([p. 17](#))

JUSTINE REISS

FRIDAYS

1 SESSION:

1/23 • 9:30 – 11:30 A.M.

 **Write a Delight** ([p. 35](#))
ELLEN WHITE ROOK

 **Practically Happy:
Simple Habits for Boosting
Well-Being** ([p. 33](#))
HEATHER EDGERLY

 **Writing a Legacy Letter** ([p. 35](#))
JAY SHERWIN

1 SESSION:

1/30 • 9:30 – 11:30 A.M.

 **Sherlock Holmes: The Bruce
Partington Plans** ([p. 20](#))
DEWAYN MARZAGALLI

1 SESSION:

1/30 • 9:30 A.M. – 3:30 P.M.

 **The Many Faces of
Mary Magdalene** ([p. 29](#))
LEAH CHYDEN

1 SESSION:

2/6 • 9:30 – 11:30 A.M.

 **Book Exchange — In Person!**
([p. 24](#))
ANNE CASS

 **Best of John Williams** ([p. 26](#))
ROB HYSSONG

 **The Stunning Economics &
Growth of College Sports** ([p. 22](#))
MURRAY SHERMAN

 **Living on Earth as if We Want
to Stay** ([p. 27](#))
MIKE NICKERSON

 **Crypto Currencies —
Unmasking How It Works** ([p. 34](#))
DARREL VANDYKE

2 SESSIONS:

1/23 & 1/30 • 9:30 – 11:30 A.M.

 **A Close Look at the Bayeux
Tapestry — a Record of the
Norman Conquest, 1066**
([p. 21](#))
DONNA ANDERSON

 **The North Pond Hermit of
Maine & Social Isolation** ([p. 28](#))
DAVID VON SEGGERN
& LINDA WERNER

 **The Spanish in the Americas**
([p. 23](#))
DARREL VANDYKE

3 SESSIONS:

1/23, 1/30, & 2/6 • 9:30 – 11:30 A.M.

 **Ever Wonder About the Road
Taken by that Box of Cereal?**
([p. 26](#))
MARY LYNN ENGEL

 **Qigong & Related Energy
Practices** ([p. 18](#))
MICHAEL LEACHER

4 SESSIONS:

1/23, 1/30, 2/6, & 2/13
9:30 – 11:30 A.M.

 **The Kingfish: One of the
Most Extraordinary Figures in
American Political History**
([p. 22](#))
DAN POSSUMATO



This is a
NEW YEAR.
A new beginning.
And things
WILL CHANGE.

TAYLOR SWIFT

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 17](#) for our full index.

Looking to fill a specific day or time?

See [page 10](#) for our schedule-at-a-glance.



A B C

WALTER ALLAN

From Artificial Intelligence & Generative
AI to Artificial General Intelligence [30](#)

DONNA ANDERSON

A Close Look at the Bayeux Tapestry —
a Record of the Norman Conquest, 1066 [21](#)

SCOTT ANDREWS

Folk Music Revival of the 1960s:
Its Antecedents, its Apex & its Aftermath [25](#)

TIM BAEHR

Everyday Zen [31](#)
Flash! [34](#)

BUCK BENEDICT

Our Thirty Years' War:
America in Vietnam — 1945–1975 [22](#)

DON BOUWENS

Improving Beginner Bridge Skills II [19](#)

JACQUELINE BUCAR

Charles Aznavour: une légende en chansons [23](#)

SUSAN CARTER

Jane Austen is 250 Years Old! [25](#)

ANNE CASS

Book Exchange – In Person! [24](#)
Exploring Short Stories [24](#)
Exploring Short Stories — Remotely! [24](#)

RICHARD CASS

Sportswriting — A Lens to Culture [20](#)

CAROLE CENTER

Cultivating Personal Growth [31](#)

JOAN CHADBOURNE

Writing & Exploring Life Stories: A Deeper Dive [35](#)

LEAH CHYTN

The Many Faces of Mary Magdalene [29](#)

BRIAN COHEN

History & Language of Art [17](#)

STEVE CLIFFORD

Reading Relationships & Self-Discovery
in the Novella [24](#)

D E F

HEATHER EDGERLY

Practically Happy: Simple Habits
for Boosting Well-Being 33

MARY LYNN ENGEL

Ever Wonder About the Road Taken
by that Box of Cereal? 26

TERRY FOSTER

Playing Handchimes with OLLI Friends 26

G H I

MATTHEW GOLDFARB

Antisemitism: Ancient Roots, Recent Events,
the Left, Right, & College Campuses 21

WHEATON GRIFFIN

Ken Wilber's *Theory of Everything*:
A Practical Guide to Life's Patterns 27

ALICIA HARDING

State Sponsored Violence 21

ROB HYSSONG

Best of John Williams 26

J K L

STEPHEN KERCEL

Living with Adult Autism 28

MICHAEL LEACHER

Qigong & Related Energy Practices 18

MERYL LEVIN

FUN 2.0 33

ROBERT LIBBY

Civic Virtue: Can We Save Democracy? 26
Supreme Court Effects 26

M N O

CHARLES MAMANE

Origin of the Middle East Conflict 22

DEWAYN MARZAGALLI

Sherlock Holmes: The Bruce Partington Plans 20

ROBERT MCCUE

James Joyce's *Ulysses*, from A to Z 24

TOM McGOVERN

Miracles & Wonder: The Historical Mystery of Jesus 29

LUCILLE MELTZ

Surviving & Thriving as an Elder Widow 33

BILL NATHAN

Sharing More of Your Favorite Poems 25

MIKE NICKERSON

Living on Earth as if We Want to Stay 27

IRWIN NOVAK

Filmmaking in the West:
Two Johns in Monument Valley 19

REGGIE OSBORN

Dancing Through Time — Dance and Music
at the Start of 20th Century 18

P Q R S

STEVEN PIKER

Buddhism In The U.S. 29

DAN POSSUMATO

The Kingfish: One of the Most Extraordinary
Figures in American Political History 22

JUSTINE REISS

Discover Voice-Over: Learn How to
Make Money Using Your Voice! 17

LARRY RICCI

Social Ballroom Dancing for Everyone 18

BARBARA RICH

The Practice of Swedish Death Cleaning 34

HAL SCHEINTAUB

A Glimpse into Quantum Mechanics
Through a Double Slit 30

MURRAY SHERMAN

The Stunning Economics & Growth
of College Sports 22

JAY SHERWIN

Writing a Legacy Letter 35

CRAIG Sipe

Return of the Misfit Poets 35

EDWARD SOLANO

Movie Mysteries IMDb Rates Highly 20

INSTRUCTOR INDEX

T U V

DONI TAMBLYN

FUN 2.0 33

MARY TRACY

Return of the Misfit Poets 35

DARREL VANDYKE

Crypto Currencies — Unmasking How It Works 34

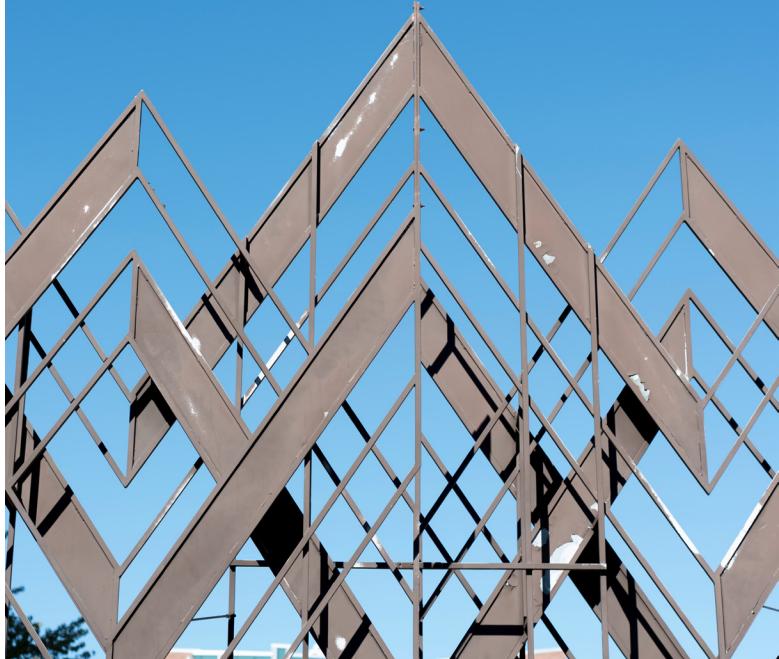
The Spanish in the Americas 23

DAVID VON SEGGERN

Humans & Nature: How We Are

Reshaping the Earth 31

The North Pond Hermit of Maine & Social Isolation 28



W X Y Z

LINA WERNER

The North Pond Hermit of Maine & Social Isolation 28

ELLEN WHITE ROOK

Write a Delight 35

JOHN WILLSON

The Current U.S. — China Relationship 27

KAREN WINSLOW

Jane Austen is 250 Years Old! 25

GAIL WORSTER

Animated & Stop Motion Films:

Where Imagination Rules 19



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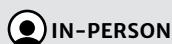
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Full listing of courses & workshops

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:



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PROGRAM TOPICS

- 17 Acting, art, & art history
- 18 Dance & movement
- 19 Entertainment & film
- 21 History & culture
- 23 Language
- 24 Literature
- 25 Music
- 26 Politics & current events
- 27 Psychology
- 29 Religion & philosophy
- 30 Science & natural history
- 31 Self-knowledge & enrichment
- 33 Special offering
- 34 Writing

Want to find a program by instructor?

See [page 14](#) for our instructor index.

Looking to fill a specific day or time?

See [page 10](#) for our schedule-at-a-glance.

ACTING, ART, & ART HISTORY

History & Language of Art

BRIAN COHEN

COURSE TUE, 1/20 – 2/24 • 7:00 – 9:00 P.M. • \$60

This course will guide you to respond more deeply and insightfully to visual art. We will look at the basic elements of the visual language of painting (primarily) and at signal themes of Western art through examples that are both representative of the times and beliefs that produced them and the highest enduring expressions of human thought and feeling. We will consider Western painting from the early Renaissance to the present primarily, with a nod to the many non-Western traditions that flow into our collective psychic image base **New remote course.** Format includes lecture and discussion.

Brian D. Cohen, a painter, printmaker, educator and founder of Bridge Press, publisher of limited edition artist's books and etchings, has shown in many exhibitions. His work is held by major private and public collections. His writing on art and arts education has appeared in the Huffington Post, Art in Print, Parenthesis, The International Journal of Art and Art History, and other print and online journals and magazines.

Discover Voice-Over: Learn How to Make Money Using Your Voice!

JUSTINE REISS

WORKSHOP TUE, 2/3 • 6:30 – 8:30 P.M. • \$20

In what could be the most enlightening webinar you've ever taken, a professional voice coach will show you how you can begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. **Repeat remote workshop.** Format includes lecture, discussion, and hands-on learning.

Justine Reiss is a seasoned voice-over artist, casting director, and coach with over 25 years in the business. Her voice has been featured in national campaigns for Starbucks, Mitsubishi, Toshiba, and Walgreens. Justine is also a bestselling audiobook narrator and host of The Such A Voice Pod, where she shares tips and inspires industry conversations. Justine brings energy, expertise, and heart to every class she teaches.

DANCE & MOVEMENT

Dancing through Time — Dance & Music at the Start of 20th Century

REGGIE OSBORN

 **COURSE** WED, 1/14 – 2/18 • 10:00 A.M. – 12:00 P.M. • \$60

Learn step and style combinations to wonderful old melodies (and even march/two steps). 19th century, ragtime, early 20th century social dancing. We will learn waltz, mazurka, galope, one step, two step, early foxtrot, and other animal dances. Fun, fascinating, historical dances to many treasures of musical history. Singles and couples are welcome. **New in-person course.** Format includes movement.

Reggie Osborn is a teacher, performer, and choreographer in Portland, Boston, New York, and Texas of many dance styles – modern, stage, tap, contra, disco, ballroom, Latin, historical dance. Also a media (video, animation) producer and teacher, hatter, puppeteer, multicrafter.

Social Ballroom Dancing for Everyone

LARRY RICCI

 **COURSE** WED, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

If you can walk you can dance! This course will teach social ballroom dancing suitable for weddings, social events, and even the ballroom. We will learn the basics of foxtrot, rumba, swing, maybe even mambo, cha cha, and tango. All these dances will be taught so that you can feel comfortable dancing at any event where people of all ages are dancing no matter the type of music. Singles and couples are welcome. Absolute beginners and more advanced dancers are equally welcome! **Repeat in-person course.** Format includes movement.

Larry Ricci started ballroom dancing almost 30 years ago. He and his wife Laurel have competed throughout New England in International 10 dance (waltz, foxtrot, tango, Viennese waltz, quickstep, rumba, cha cha, samba, jive, and Paso doble). He has taught ballroom and club dancing for the past 20 years in many venues in New England. He loves to teach social ballroom dance to all levels of dancers.

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Qigong & Related Energy Practices

MICHAEL LEACHER

 **WORKSHOP** FRI, 1/23 – 2/6 • 9:30 – 11:30 A.M. • \$30

Qigong is often presented as a cousin of Tai Chi, with Qigong exercises being performed by Tai Chi practitioners as warmup exercises. But there is much more to be experienced and gained through a deeper, more internally focused practice of Qigong. We will begin each session of this workshop by practicing a basic Qigong routine. Later in the session, we will take a deeper dive into one or more types of practice that are closely related to Qigong such as breath work, acupressure, or Reiki-style self-healing using the energy of our hands **New in-person workshop.** Format includes lecture, hands on learning, and movement.

Michael Leacher, M.A., has practiced Qigong, Tai Chi, Hatha Yoga, and Vipassana meditation for various lengths of time beginning in the late 1970s. He is certified to teach Qigong, Tai Chi, and Hatha Yoga. He is also a Reiki Master.

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ENTERTAINMENT & FILM

Filmmaking in the West: Two Johns in Monument Valley

IRWIN NOVAK

 COURSE TUE, 1/13 – 2/17 • 12:45 – 3:00 P.M. • \$60

Many of us grew up watching Westerns, those cowboy movies that awed us with scenes of wide-open territories. What is the history behind some of those iconic filming locations? In addition to viewing movies made in Monument Valley, we'll consider the geology and local history that inspired John Ford to direct, and John Wayne to star in, many films there. How were the Gouldings involved? The Navajo? **New in-person course.** Format includes discussion and film.

Irwin Novak is a Professor Emeritus of Geology at the University of Southern Maine. His teaching focused on Oceanography, Geomorphology, and Glacial Geology. His research focused on the geology of Maine and of Greece as viewed from space using satellite imagery. An avid film buff, he coordinates the annual Greek film series for the Hellenic Society of Maine of which he is a board member

Animated & Stop Motion Films: Where Imagination Rules

GAIL WORSTER

 COURSE WED, 1/14 – 2/18 • 12:30 – 3:30 P.M. • \$60

The best animated filmmakers ignore conventional formulas for success—instead they follow inspiration letting their vivid imaginations guide them. We will view six of these films from different countries and sensibilities, beginning with Hayao Miyazaki's stunning masterpiece *Spirited Away* — a young girl's odyssey through a supernatural realm where she learns to navigate strange and threatening characters in order to reunite with her family. Dreamlike, rich in detail and meaning, these films offer much to reflect on and discuss. We will look at the ideas that inspired them and the techniques that brought them to life. This is a 3-hour course.

New in-person course. Format includes discussion and film.

Gail Worster is a retired video producer and writer who worked for L.L.Bean for over 30 years. She produced and directed the 1999 documentary *Giant Horses* which aired on Maine PBS — and co-hosted the WMPG radio show *Cinema Hits & Misses* for 20 years.

Improving Beginner Bridge Skills II

DON BOUWENS

 COURSE WED, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

This class continues our friendly, non-judgmental approach for students who completed "Improving Beginner Bridge Skills I," or who are somewhat advanced as beginners. We will learn some simple bidding conventions, improve our declarer play techniques and explore how to defend more effectively. Students will be encouraged and enabled to play on-line and in face to face games. Students may not have mastered, but should already be familiar with, the following terms and point requirements: "opener," "responder," "overcaller." As responder, they should be able to determine if game is certain, impossible, or possible and what to bid accordingly. **Repeat remote course.** Format includes hands on learning.

Don Bouwens came to Maine to cut pulpwood and later retired from a sales career. He and his wife enjoy their 1880s French Empire house in Deering near Woodfords Corner. He now enjoys kids and grand-kids, duplicate bridge, golf, home improvement, fishing, writing, and teaching beginner bridge.



ENTERTAINMENT & FILM • *continued from previous page*

Movie Mysteries IMDb Rates Highly

EDWARD SOLANO

 COURSE THU, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

If you think solving a mystery in two hours is time well-spent, join us. Let's view at home (I'll send you questions & topics to consider) and discuss in class films IMDb rated 7.7/10 up to 8.6. We'll also share our thoughts on the societal, psychological, and directorial issues raised while having some fun. We'll choose from *The Residence*, *Wind River*, *The Prisoners*, *Old Boy*, *Incendies*, *Charade*, *Blade Runner (2049)*, *Seven*, *Memento*, *Green Mile* and *Prestige*. We're not experts, but our opinions count. **New remote course.** Format includes lecture, discussion, and film.

Ed Solano is a former reporter, editor and high school teacher who wonders if America should be included the next time he teaches a course on "Lost Civilizations."



Sportswriting — A Lens to Culture

RICHARD CASS

 COURSE TUE, 1/13 – 2/17 • 12:45 – 2:45 P.M. • \$60

One interesting perspective on culture comes from athletics and sport, how we treat heroes, what we believe about fairness and the challenges of maximum effort. Sports writing has a long and honorable history and has evolved from the scores-and-highlights reporting to a deep inspection of characters, motives, and the place of sports in cultures across the world. This course involves readings and discussion of pieces from *The Best Sports Writing of 2023*, an anthology of featured sports writers. We will read about a famous women's basketball coach, a New Yorker writer who epitomizes the best of sports history, the importance of the Porta-Potty to athletic events, and the story of an Afghan girl who wanted nothing more than to be a soccer goalkeeper. **New remote course.** Format includes discussion.

REQUIRED BOOK: *The Year's Best Sportswriting, 2023*, Ed. Richard Deitsch; ISBN 9781637274453

Richard Cass is a prizewinning crime writer and a curious soul, with a passion for baseball, fly fishing, and college basketball. He enjoys teaching at OLLI because it offers him the chance to pursue his own questions and to hear what his always-interesting peers have to say on a topic.

Sherlock Holmes: The Bruce Partington Plans

DEWAYN MARZAGALLI

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

Sherlock Holmes (Jeremy Brett) with the help of his brother Mycroft and Dr. Watson investigates the murder of a young man involving strange plans for a secret submarine. **New remote workshop.** Format includes film and discussion.

DeWayn C. 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 59 years.

DID YOU KNOW?

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

HISTORY & CULTURE

A Close Look at the Bayeux Tapestry —a Record of the Norman Conquest, 1066

DONNA ANDERSON

 **WORKSHOP** FRI, 1/23 & 1/30 • 9:30 – 11:30 A.M. • \$30

In 2026, for the first time in 900 years, the Bayeux Tapestry will be shown in England (at the British Museum). Variously described as a propaganda tool, the first comic strip, or a subversive Anglo Saxon narrative, the tapestry remains the most comprehensive “document” about the Norman conquest of England in 1066. In this workshop, we will take a look at what we know about the conquest from various sources and what the completely unique Bayeux Tapestry can tell us about this significant historic event. Travelers on the literary trip to England may have the chance to see the tapestry in person, while the subject is of interest to a wide swath of people interested in history, art, and needlework. **New hybrid workshop.** Format includes lecture and discussion.

Donna Anderson is the director of OLLI at USM and a passionate Anglophile. Her interest in medieval Europe is based on numerous undergraduate and graduate courses. As a former museum professional, she is particularly fascinated how artwork and objects from the past help us to connect with the human history and creativity.

Antisemitism: Ancient Roots, Recent Events, the Left, Right, & College Campuses

MATTHEW GOLDFARB

 **COURSE** WED, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

We will begin with ancient roots of antisemitism: early civilizations through foundational Christian writings, church architecture, blood libels, stereotypes, tropes and canards, Shakespeare’s *Merchant of Venice* (film), the Dreyfus Affair, Leo Frank case, and the odyssey of the S.S. St. Louis. Then we will cover modern times: the Holocaust, foundation of Israel and Zionism, the “Left” and the “Right,” turmoil at college campuses, and Jew-hatred. We will discuss in class the effect of newspapers, books, and films dealing with antisemitism and listen to book reports on relevant subjects. Class discussion is encouraged; an open mind is all you need. **Repeat in-person course.** Format includes lecture, discussion, and film.

Matthew Goldfarb has been an OLLI participant for 15 years; he has taught for ten years. A retired attorney after 50 years of practice, he enjoys golf, reading, and good conversation. He also enjoys the cultural and arts venues of Portland.

State Sponsored Violence

ALICIA HARDING

 **COURSE** THU, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

Violence, wars, attacks, revolutions, and mayhem have been part of the human story since the very beginning. In this course we will look at some of the most significant acts of state violence in history. Why and how did they happen and what was the outcome? We will also be looking at some of the art (no battle scenes or gore) surrounding these events. **New in-person course.** Format includes lecture.

Alicia Harding is currently an instructor in World History at Southern Maine Community College. She retired from Deering High School in 2000. She has a master’s degree in European Intellectual History, has attended workshops at The Metropolitan Museum of Art and has twice been a recipient of National Endowment for the Humanities grants for advanced study.

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HISTORY & CULTURE • *continued from previous page*

Origin of the Middle East Conflict

CHARLES MAMANE

 **COURSE** TUE & THU, 2/3 – 2/26 • 2:00 – 4:00 P.M. • \$60

We will explore the state of the Middle East and trace its history from the end of the First World War to the present. Many people do not realize that the ongoing conflicts in the Middle East originated during World War I with The Balfour Declaration, which is regarded as one of the most controversial and contested documents in the modern history of the Arab world and has puzzled historians for decades. With this declaration, Britain publicly pledged to establish “a national home for the Jewish people,” but for the Palestinians, it resulted in what they call the Nakba — the Catastrophe. **Repeat remote course with new content.** Format includes lecture, discussion, and film.

Charles Mamane is an engineer by training, but the history of the Middle East conflict has been his interest and passion for most of his adult life. Born in Morocco, having lived in France, Israel, and most recently the United States for the last 50 years, he brings a unique perspective to the history of the Middle East conflict. As a young man, he served in the Israeli Defense Force for 3 years, participating in the Six Day War in 1967 and the Yom Kippur War of 1973. He has a B.A. in Electrical Engineering from Georgia Tech, a MS in Electrical Engineering from Carnegie Mellon, and an MBA.

The Kingfish: One of the Most Extraordinary Figures in American Political History

DAN POSSUMATO

 **WORKSHOP** FRI, 1/23 – 2/13 • 9:30 – 11:30 A.M. • \$30

Huey Long was a populist, a flamboyant governor and, later, a U.S. Senator from Louisiana. His legacy has been debated for over 90 years, with one biographer stating that, “He did more harm — and more good — than any other governor in American history.” Franklin Roosevelt considered him a rival, calling him, “one of the two most dangerous men in the country (the other was General MacArthur).” His tactics were undemocratic and shamelessly corrupt, but they nonetheless brought unprecedented change to Louisiana. He wanted to bring similar reforms to the nation and was preparing to run for president when he was assassinated in 1935. **New in-person workshop.** Format includes lecture.

Dan Possumato is a former professor at the U.S. Army Management Staff College in Virginia. He has an M.S. degree from Johns Hopkins University and a diploma from the U.S. Army War College. He has ties to Louisiana and has studied Huey Long’s career for over a decade.

The Stunning Economics & Growth of College Sports

MURRAY SHERMAN

 **WORKSHOP** FRI, 2/6 • 9:30 – 11:30 A.M. • \$20

From a modest beginning in 1852, college athletics has become a significant element of American life. With participation of over 500,000 students in 24 sports, annual revenues of over \$12 billion, 2024 attendance of 294 million, payments to “student”-athletes, virtually constant recruiting, and legal and moral complications, a constant review of where we are is most appropriate. We will describe a brief history of the landscape, economics, and ethics that have arisen only in the recent past and facilitate a discussion with the attendees. **New in-person workshop.** Format includes lecture and discussion.

Murray Sherman was educated in chemical engineering; he is an industry veteran with experience in senior management, and has been involved in manufacturing facilities and research. He lives in South Portland and enjoys OLLI.

Our Thirty Years’ War: America in Vietnam — 1945–1975

ARTHUR (BUCK) BENEDICT

 **COURSE** WED, 1/14 – 2/18 • 9:30 – 11:30 A.M. • \$60

Granted, we didn’t fight in Vietnam for 30 years. But we were certainly involved ever since World War II. We even had an ally by the name of Ho Chi Minh in opposing the Japanese. But when the hot war ended and the Cold War began, we turned a deaf ear on his pleas for our support in uniting Vietnam. Instead, we helped the French reclaim their colony. This course examines our country’s involvement in Vietnam, the toll it took on our youth, but also on our psyche, our sense of ourselves, and our place in the world. **Repeat remote course.** Format includes lecture and discussion.

Buck Benedict taught public speaking at the University of Pennsylvania for 16 years. He served with the Navy in Vietnam and has taught three previous OLLI courses. Vietnam has been an abiding interest ever since he studied the country prior to serving.



The Spanish in the Americas

DARREL VANDYKE

 **WORKSHOP** FRI, 1/23 & 1/30 • 9:30 – 11:30 A.M. • \$30

From the time Columbus set foot in the Bahamas until the 1900s, this lecture covers how the Spanish ruled most of the world and their lingering impact in our present day.

New remote workshop. Format includes lecture.

Darrel VanDyke has taught OLLI courses for over ten years on various topics – with a passion for history



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LANGUAGE

Charles Aznavour: une légende en chansons

JACQUELINE BUCAR

 **COURSE** TUE, 1/13 – 2/17 • 9:30 – 11:30 A.M. • \$60

A look at one of the most popular French singers, his life, his music and his influence. Reading and discussion are in French. I will provide you with written material and links to songs. **New remote 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 litigation and immigration attorney.

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LITERATURE

Book Exchange — In Person!

ANNE CASS

 **WORKSHOP** FRI, 2/6 • 9:30 A.M. – 11:30 A.M. • \$20

This workshop mirrors OLLI's Virtual Book Exchange Special Interest Group (SIG) — come with books you've read and enjoyed or hated (or memories of books you've enjoyed or hated) and spend a couple of hours sharing memories, titles, and ideas with like-minded readers. **Repeat in-person workshop.** Format includes discussion.

Anne Cass has been facilitating discussions at OLLI since 2017, enjoying every moment. A retired school administrator / educator who enjoys hanging out with her husband, walking, reading, and playing bridge. She is a dedicated OLLI volunteer.

Exploring Short Stories

ANNE CASS

 **COURSE** TUE, 1/13 – 2/17 • 12:45 – 2:45 P.M. • \$60 **COURSE** THU, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

Short stories are designed to be read in one sitting — at least according to one of its masters, Edgar Allan Poe. In this class, we'll explore eleven selections from the required anthology. Discussion is lively, contributions are encouraged but not required, and we'll spend some time at the beginning getting to know each other's interests. Join the fun! **New remote course on Tuesdays and a repeat in-person course on Thursdays.** Format includes discussion.

REQUIRED BOOK: *The Best American Short Stories 2024*, Lauren Groff, ISBN 9780063275959

Anne Cass has been facilitating discussions at OLLI since 2017, enjoying every moment. A retired school administrator / educator who enjoys hanging out with her husband, walking, reading, and playing bridge, she is a dedicated OLLI volunteer.

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Reading Relationships & Self-Discovery in the Novella

STEVE CLIFFORD

 **COURSE** WED, 1/14 – 2/18 • 9:30 – 11:30 A.M. • \$60

Novellas are longer than short stories but less fully developed than novels, engaging us through rich, layered narratives about the challenges faced by women and men, and their attempts to understand and find meaning. Typically shorter than 200 pages, a good novella creates a space to consider the relationships, conflicts, and moral questions in our own lives. We'll discuss those discoveries in three novellas:

Weeks 1 & 2: Claire Keegan,
Small Things Like These (read before class 1!)

Weeks 3 & 4: Toni Morrison, *Home*

Weeks 5 & 6: Ian McEwan, *On Chesil Beach*

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

REQUIRED BOOKS: Claire Keegan, *Small Things Like These*, ISBN 9780802158741; Toni Morrison, *Home*, ISBN 9780307740915; Ian McEwan, *On Chesil Beach*, ISBN 9780307386175

Steve Clifford grew up in Brewer, completing his doctoral degree in English at the University of Washington in 1992. After teaching at Saint Joseph's College of Maine, he spent 22 years at Cerritos College in California as a full-time English professor. Retired, he's thrilled to be back home in Maine.

James Joyce's *Ulysses*, from A to Z

BOB MCCUE

 **COURSE** THU, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

This course will encompass four contiguous semesters. We will use an annotated, projected text (accompanied by an audio reading), to study *Ulysses*, from Buck Mulligan's blessing of the scrotum-tightening sea to Molly Bloom's "yes" after her sleepless night. **New in-person course.** Format includes lecture and discussion.

Bob McCue has lectured at the University of Southern Connecticut (business), Quinnipiac University (business) and here at OLLI (Irish Literature and History) for 22 years. He has a B.S.E.E. and an M.B.A.. Before retirement, he ran a division of Black&Decker.

Sharing More of Your Favorite Poems

BILL NATHAN

 COURSE WED, 1/14 – 2/18 • 9:30 – 11:30 A.M. • \$60

You probably have a favorite poem or two or twelve that have stayed with you like a loyal friend over the years. Would you like to share these with like-minded classmates? Read them out loud? Discuss what they meant and still mean to you? Hear what others have for favorite poems and what they mean to them? We will loosely divide our favorites into subgroups such as: poems that entrance, poems that teach, poems that protest, poems that intoxicate, poems that soothe broken hearts, and poems that delight. No one's a poetry expert! We're just sharing what we love. **New in-person course.** Format includes discussion.

Bill Nathan recently moved to Portland from New Jersey and has "found a home" at OLLI. He's a lifelong collector of favorite poems which have guided him on his path towards deeper wisdom and compassion. He often annoys his family and friends by quoting some of his favorite lines.

Jane Austen is 250 Years Old!

KAREN WINSLOW & SUSAN CARTER

 COURSE THU, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

Join us in celebrating the delightful Miss Austen. Find out why she is still so beloved and esteemed to this day. Jane is known for her social observation, satire, and wit. Her work explores the themes of love and marriage within the complexities of social class, wealth, and moral expectations. In this class we will continue to delve into our enchantment with Austen as we read and discuss *Northanger Abbey*, *Emma*, and *Pride and Prejudice*. **New remote course.** Format includes discussion.

REQUIRED BOOKS: *Northanger Abbey*, Jane Austen, ISBN 9780141439792; *Emma*, Jane Austen; ISBN 9780141439587; *Pride and Prejudice*, Jane Austen, ISBN 9780141439518

Karen Winslow is a life-long lover of literature. She enjoys 18th century British literature, and particularly the works of Jane Austen.

Susan Carter enjoys literature about 18th century lives and in particular, those characterizations found in Jane Austen novels. She looks forward to examining the grace and foibles of Austen's characters with the class.

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MUSIC

Folk Music Revival of the 1960s: Its Antecedents, its Apex & its Aftermath

SCOTT ANDREWS

 COURSE THU, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

The folk music revival of the 1960s marked a turning point in American popular culture. It's worth revisiting, but it should not be considered in isolation. The revival was preceded by decades of folk music and artists that have largely been forgotten. And its lingering effects remained a force in music decades later. We'll watch YouTube videos of the revival itself, its antecedents and its long-running aftermath. Of course we'll have Joan Baez, Bob Dylan, and their many cohorts. Plus Jimmy Rodgers and the Carter Family. Plus Lovin' Spoonful and the Grateful Dead. And many, many more. **New in-person course.** Format includes lecture and discussion.

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 lifestyle topics.



MUSIC • *continued from previous page***Playing Handchimes with OLLI Friends**

TERRY FOSTER

 **COURSE** THU, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

This course will engage OLLI students playing in a handchime ensemble. A handchime is a musical instrument — a metal tube with a clapper that strikes it to produce a soft, mellow sound. They are easy to play. You do not have to have a musical background. You just need to identify your note(s) on the music and then count the beats to where you play the chime. It's fun. You can play two chimes, or just one. Many of the songs we will play are familiar tunes. See the following videos: <https://youtu.be/J9ZPxtWJdk8> and <https://youtu.be/p2tlyH36Tnk>. A small fee will be charged for the rental of the handchimes. **Repeat in-person course.** Format includes hands-on learning.

Terry Foster has played music since age five when he began piano lessons. He plays piano, organ, accordion, guitar, handchimes, and handbells. He holds a doctorate in higher education administration. As a USM administrator he cofounded "Senior College", OLLI predecessor. He's taught in OLLI for 28 years.

Best of John Williams

ROB HYSSONG

 **WORKSHOP** FRI, 2/6 • 9:30 – 11:30 A.M. • \$20

John Williams is one of the most beloved and celebrated film score composers of all time. From *Jaws* to *Superman*, *Harry Potter* to *Indiana Jones*, *Jurassic Park* to *Star Wars*, Williams has written some of the most iconic and recognizable themes and scores in movie history. With a total of 54 Academy Award nominations, he is the second-most nominated person in the award's history, after Walt Disney. Come learn a little of his life, his musical journey and enjoy some of his most popular music in a fun-filled workshop. **New in-person workshop.** Format includes film and discussion.

Rob Hyssong has been the Program Coordinator for OLLI at USM since 2005 and still loves it after all this time. He has a passion for movies and music but has a soft spot for science fiction/fantasy movies and soundtracks in particular. Rob lives in South Portland, has been happily married since 1997, and has two wonderful adult children.

POLITICS & CURRENT EVENTS**Ever Wonder About the Road Taken by that Box of Cereal?**

MARY LYNN ENGEL

 **WORKSHOP** FRI, 1/23 – 2/6 • 9:30 – 11:30 A.M. • \$30

Why does a box of Kellogg's corn flakes cost \$5.00 when the farmer earns \$0.05 per ear? Which is more eco-friendly: cow's milk or almond milk? How do people view their role as "human capital?" This class explores the Triple Bottom Line: Profit, Planet, and People. You'll learn what commerce entails without politics, just insights that make you think, "Ah, I never thought of that." You'll gain tools to evaluate the environmental impact, worker conditions, and reasonable profits of products. **New in-person workshop.** Format includes lecture, discussion, and hands-on learning.

Mary Lynn Engel enjoyed a successful strategic communications, branding, and public relations career in health care, Fortune 50 corporate, higher education, and agency environments. She teamed communications with project management, strategic planning, and implementation. Her master's degree in marketing communications lead to Assistant Professor of branding, business ethics, and business communications.

Civic Virtue: Can We Save Democracy?

ROBERT LIBBY

 **COURSE** TUE, 1/13 – 2/17 • 12:45 – 2:45 P.M. • \$60

Study of the current state of participatory democracy and what we should do about it. Suggested reading list provided. **Repeat remote course.** Format includes lecture and discussion.

Robert Libby has been designing civics education and constitutional law courses for 55 years.

Supreme Court Effects

ROBERT LIBBY

 **COURSE** WED, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

Analysis of the effects of the Supreme Court on our lives. Emphasis on efforts to reform the Supreme Court. **Repeat remote course.** Format includes lecture and discussion.

Robert Libby has been designing civics education and constitutional law courses for 55 years.

Living on Earth as if We Want to Stay

MIKE NICKERSON

 **WORKSHOP** FRI, 2/6 • 9:30 – 11:30 A.M. • \$20

As humanity pushes against planetary limits, the perpetual growth model no longer works. We can do better. Join Mike Nickerson, author of *Life, Money & Illusion*, for an eye-opening discussion on how rethinking the economy through the lens of nature's time-tested systems can unlock a path to long-term well-being. Humanity's transition from growth to maturity offers opportunity along with responsibility. A change in focus can solve some pressing challenges — while improving quality of life. Discover how a shift toward More Fun, Less Stuff can create a brighter, more sustainable future. Don't miss this chance to reimagine what's possible! **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 being *Life, Money and Illusion; Living on Earth as if We Want to Stay*. www.sustainwellbeing.net

The Current U.S.-China Relationship

JOHN WILLSON

 **COURSE** WED, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

The goal is a comprehensive understanding of the current state of America's single-most important bilateral relationship, that with China, one which combines key elements of competition, cooperation, and conflict. Starting with Deng Xiaopeng's post-1979 reforms and continuing up through the most recent developments under Xi Jinping, we will look at the significant economic, military, technological, geopolitical, diplomatic, and soft power challenges presented by a rising China, the various U.S. policy responses to them, and prospects for avoiding a potential military conflict in the future. No assigned text; all required readings will be available electronically from the instructor. **New remote course.** Format includes lecture and discussion.

John Willson majored in International Relations at Harvard College and has had a longstanding interest in American diplomatic history and foreign policy. He has led three previous courses at OLLI on the political mind of Abraham Lincoln, American national myths, and the intersection of ancient history with modern archeology.

PSYCHOLOGY

Ken Wilber's *Theory of Everything*: A Practical Guide to Life's Patterns

WHEATON GRIFFIN

 **COURSE** THU, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

In this OLLI class, we'll translate Ken Wilber's celebrated *Theory of Everything* — used today in business, education, healthcare, coaching, religion, and even city planning — into plain English and real-life explorations you can actually use. His integral roadmap illuminates our past, offers fresh insights into our present, and points toward future development. Through your own experiences, small-group conversations, and gentle exploration, we'll gain clarity about ourselves and practical tools for bridging differences with others — whether in family, community, or the wider world. We'll use everyday language, plenty of humor, and real-life explorations. No memorization required — just curiosity and openness. For our age group, the greatest surprise will be that his concepts of human development are never ending. Let's explore together what Wilber has in mind. **New in-person course.** Format includes lecture, discussion, and film.

SUGGESTED BOOKS: *The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything*, Ken Wilber, ISBN 9781590304755; *A Brief History of Everything*, Ken Wilber, ISBN 9781570627408; *A Theory of Everything: An Integral Vision for Business, Politics, Science, and Spirituality*, Ken Wilber, ISBN 9781570628559

Wheaton Griffin, Ph.D., is a psychologist with over 30 years of experience guiding people in personal growth and self-understanding through practical, real-world learning. He has directed summer camps, environmental education programs, and adult learning experiences, helping participants explore life experiences, reflect deeply, and integrate insights in ways that make sense for their own lives. Wheaton is known for making complex ideas clear, accessible, and relevant, using storytelling, small-group dialogue, and humor to engage learners.

POLITICS & CURRENT EVENTS • *continued from previous page*

The North Pond Hermit of Maine & Social Isolation

DAVID VON SEGGERN & LINDA WERNER

 **WORKSHOP** FRI, 1/23 & 1/30 • 9:30 – 11:30 A.M. • \$30

Have you ever been alone? For most of society today, a long period of aloneness may be measured in hours or days, but what about weeks, months or even years? Reflecting on the book, *The Stranger in the Woods* by Michael Finkle, we will use this remarkable story of Maine's North Pond Hermit as a touchstone to explore how people seek and cope with isolation, or alternatively, avoid it. Class discussion will focus on the hermit's extreme behavior and how it relates to our own lives. Participants are encouraged to be open about their experiences, opinions, and feelings. **Repeat in-person workshop.** Format includes lecture and discussion.

REQUIRED BOOK: *The Stranger in the Woods*, Michael Finkle, ISBN 9781101911532

David von Seggern retired from an earth science career (seismology) and has devoted much of his retirement time to environmental and conservation issues, especially related to energy. He has taught OLLI classes here and previously in Reno, Nevada. He enjoys the outdoors, gardening, and woodworking.

Linda Werner moved to Maine after living in Colorado and Cape Cod. Her career took a meandering course from being a psychologist to gifted/classroom teacher to working as a technology integration specialist in a school district in Massachusetts. She loves to hike and explore new trails, and enjoys her garden and home improvement projects

Find these icons to find the right style for you:

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

Living with Adult Autism

STEPHEN KERCEL

 **COURSE** THU, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

Autism is typically regarded as a childhood disturbance whose remedy is brutal interventions to reduce unruly students to docility. In reality, it is a lifelong anomaly characterized by sensory distortion and a neurological structure that differs from that of the neurotypical. Autistic adults, including the instructor, tend to see their autism as a superpower, and not a disease. **Repeat remote course.** Format includes lecture, discussion, and film.

REQUIRED BOOK: *Neurotribes: The Legacy of Autism and the Future of Neurodiversity*, Steve Silberman, ISBN 9780399185618

Stephen W. Kercel, Ph.D. in Electrical Engineering (A.I.), has published many technical papers on the limits of machine intelligence, wet cognition, and human-machine interaction. He was an associate editor for the Journal of Integrative Neuroscience, and coordinated various IEEE conference sessions on cybernetics. He is a Yogi and meditator. He is autistic.



RELIGION & PHILOSOPHY

The Many Faces of Mary Magdalene

LEAH CHYTEM

 **WORKSHOP** FRI, 1/30 • 9:30 A.M. – 3:30 P.M. • \$30

Stories and legends about Mary Magdalene abound. And no wonder! Our world is aching for the return of divine feminine wisdom. We will explore the many faces of Mary by performing a staged reading of a short original play. Following the reading we will discuss how these archetypes are relevant to our lives. **New in-person workshop.** Format includes discussion and movement.

Leah Chyten is a spiritual teacher, therapist, writer, and grandmother. She lives in South Portland.

**Miracles & Wonder:
The Historical Mystery of Jesus**

TOM MCGOVERN

 **COURSE** TUE, 1/13 – 2/17 • 12:45 – 2:45 P.M. • \$60

Elaine Pagels is an historian of early Christianity. Known for a lifetime of scholarly work on scriptural texts including Gnostic Gospels (1979), Gospel of Thomas (2003), Miracles & Wonder (2025) now described as a “luminous and profound meditation” and a “deeply researched history of his life and significance.” Our course will be an in-depth discussion of her chapters on his birth, life, and death, gospels, his humanity and divinity, and contemporary meanings. Every participant’s perspective is encouraged. Enhancing personal food for thought will be the primary goal for each week’s conversations. **New in-person course.** Format includes lecture and discussion.

REQUIRED BOOKS: *Miracles & Wonder: The Historical Mystery of Jesus*, Elaine Pagels, ISBN 9780385547468

Tom McGovern, OLLI faculty member at USM and Arizona State University West, is an author of several books on these topics, most recently, *Jesus Stories: Positive Psychology and Virtuous Spirituality* (2025). He received an A.B. in Theology and a Ph.D. in Counseling Psychology.

 **DID YOU KNOW?**

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

Buddhism In The U.S.

STEVE PIKER

 **COURSE** THU, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

Buddhism has come to the U.S. in a significant way. By what processes has this religious diffusion occurred? What IS Buddhism in the U.S.? What might it become? How does this newbie play with centuries-old cultural pluralism in the U.S.? In addressing these issues, case materials are our game. It is suggested that students consult one of the volumes below treating Theravada Buddhism in the U.S. and your teacher, who has done research with Theravada Buddhism in Thailand, will contribute also. **New in-person course.** Format includes lecture and discussion.

SUGGESTED BOOKS: *Heartwood: The First Generation of Theravada Buddhism In America*, Wendy Cadge, ISBN 9780226089003; *Creating A Buddhist Community: A Thai Temple In Silicon Valley*, Jeimin Bao, ISBN 978143990560

Steve Piker is an anthropologist by career, 44 years of which spent at Swarthmore College, has offered 35 or so courses at four of Maine’s senior colleges. Religion is a career long main interest, student experiences a main part of his courses, where discussion prized.

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SCIENCE & NATURAL HISTORY

A Glimpse into Quantum Mechanics Through a Double Slit

HAL SCHEINTAUB

 COURSE TUE, 1/13 – 2/17 • 12:45 – 2:45 P.M. • \$60

The Feynman double slit is a thought experiment. I shine a light through two slits and you see bands of light and dark on the screen. You are seeing an experiment that lies at the heart of quantum mechanics. In class you will get the experience and the framework that you need to appreciate what is revealed by the simple pattern you see. You will become comfortable knowing that “In reality the experiment contains only mystery.” We cannot make the mystery go away. But we will use it to reveal some of the wonders of the quantum world. **Repeat in-person course.** Format includes lecture, discussion, and hands on learning.

SUGGESTED BOOK: *Six Easy Pieces*, Richard Feynman, ISBN 0201408252

Hal Scheintaub believes that good classes inform, empower, and connect. He leverages his experience teaching science at all levels to create classes that bring meaningful science experiences to OLLI students of all backgrounds. If you wonder about the mysteries of modern physics, this is the class for you.

From Artificial Intelligence & Generative AI to Artificial General Intelligence

WALTER ALLAN

 COURSE WED, 1/14 – 2/18 • 9:30 – 11:30 A.M. • \$60

We will read two books as we learn what underlies all of AI: machine learning based on vector math and curated data. *The Alignment Problem* by Brian Christian will provide the framework for discussion of the ethical issues. However, the main thrust of class videos will be the computational science behind generative AI — the AI we all deal with currently. In order to discuss the future we will read a work of fiction by Kazuo Ishiguro: *Klara and the Sun*. *Klara* is Ishiguro’s imagined humanoid artificial general intelligence. *Klara* presents interesting aspects of machine vision, theory of mind, and a world view. All important aspects of artificial general intelligence. **New remote course.** Format includes lecture and discussion.

REQUIRED BOOK: *The Alignment Problem: Machine Learning and Human Values*, Brian Christian, ISBN 0393868338; *Klara and the Sun*, Kazuo Ishiguro, ISBN 0593311299

Walter Allan is a retired neurologist with an interest in the math of science. He has taught several OLLI courses in this vein. The courses always include videos that increase the understanding of important points in the course books.



Humans & Nature: How We Are Reshaping the Earth

DAVID VON SEGGERN

 COURSE WED, 1/14 – 2/18 • 9:30 – 11:30 A.M. • \$60

Natural phenomena have long shaped the Earth. But now we have a new agent of visible change: humans are now considered the dominant force in changing our planet. We examine various authors, starting with George Perkins Marsh, who have highlighted the capability of humans to affect both the living and inert Earth in new and powerful ways. Our capability has become so potent and changes so evident and long-lasting that geologists were poised to declare a new geologic epoch called the Anthropocene. Students are expected to examine their own experiences for changes wrought by humans. **Repeat remote course.** Format includes lecture and discussion.

SUGGESTED BOOK: *Man and Nature*, George Perkins Marsh, ISBN 9780486847283

David Von Seggern, Ph.D., enjoyed a career in seismology. After his retirement, he continued his seismological studies as emeritus at the Nevada Seismological Laboratory and then pursued environmental and conservation interests. He most recently relocated to Portland, Maine where he continues his outdoor activities and his interest in OLLI.

SELF-KNOWLEDGE & ENRICHMENT

Everyday Zen

TIM BAEHR

 COURSE WED, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

What does a 2,500-year-old practice have to teach us about everyday life? Buddhism, and especially Soto Zen Buddhism, is based on some very simple principles that we can apply to everyday life, including our perceptions, our sense of self, our relationships, our daily activities, and our sense of time and place, including aging. After a brief introduction, we'll discuss topics such as the Eightfold Path, the Four Truths, and some simple methods to keep us centered. Each class includes a short period of meditation. A short e-book is provided free. **New in-person course.** Format includes lecture and discussion.

Tim Baehr has practiced Buddhism for 25 years or so. He has taught Zen Buddhism at OLLI, in various formats, since about 2010.

Cultivating Personal Growth

CAROLE CENTER

 COURSE TUE, 1/13 – 2/17 • 12:45 – 2:45 P.M. • \$60

How can we continue to grow as we face the challenges of retirement and aging? In this class we will discuss scientific research on attitudes and behaviors that promote or inhibit growth coupled with Julia Cameron's insights on life-long growth in her book *It's Never Too Late to Begin Again*. To nurture a growth mindset, a mindset that encourages persistent effort to develop our interests and appreciations, we will take up a selection of Cameron's invitations for fostering enchantment, curiosity, creativity, and meaningful accomplishment. We are not done yet!

Repeat remote course. Format includes discussion.

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

Carole Center is a retired English professor, who specialized in teaching college writing skills to first-year students. Her interest in cultivating growth mindsets comes from her teaching and from her investment in her own personal growth.

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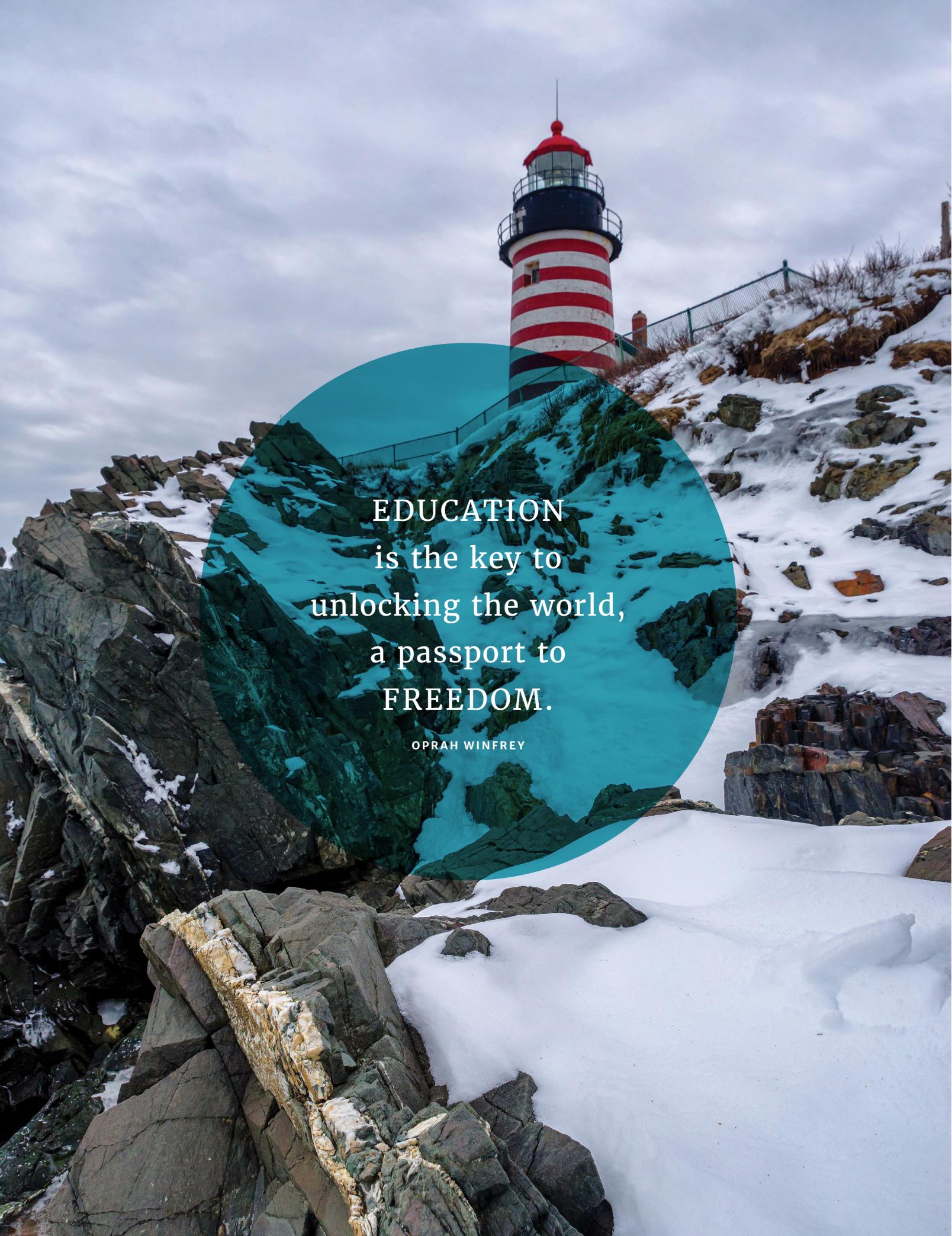
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is the key to
unlocking the world,
a passport to
FREEDOM.

OPRAH WINFREY

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

Practically Happy: Simple Habits for Boosting Well-Being

HEATHER EDGERLY

 **WORKSHOP** FRI, 1/23 • 9:30 – 11:30 A.M. • \$20

Happiness isn't something you chase — it's something you cultivate. Rooted in the science of happiness and positive psychology, you'll discover how simple practices like mindfulness, gratitude, and kindness can boost your resilience and help you find greater contentment in your daily life. **Repeat remote workshop.** Format includes lecture and discussion.

Heather Edgerly is an integrative health coach, yoga instructor, and wellness educator with a passion for promoting habits that enhance both physical and mental well-being. Drawing on her expertise in holistic wellness, Heather empowers individuals to explore practical approaches to cultivating a balanced and joyful life.

Surviving & Thriving as an Elder Widow

LUCILLE MELTZ

 **COURSE** WED, 1/21 – 2/18, 10:00 A.M. – 12:00 P.M. • \$60

Are you one of the over 11 million elder widows in the U.S. facing exceptional daily challenges while dealing with your own aging process, yet still grieving the loss of your beloved life companion? Although handling losses unlike those of any other age, this unique population remains largely forgotten in our society. Whether newly widowed or years after the loss of your husband, this interactive class provides opportunity to both share and learn helpful emotional, practical, and spiritual self-renewal practices. Meet other elder widows, open your pathway to a time of greater healing, wisdom, and expanded thriving at this time of life. **Repeat remote course.** Format includes lecture, discussion, and hands-on.

REQUIRED BOOK: *The Elder Widow's Walk*, Lucille Ann Meltz
ISBN 9781984233400

Lucille Ann Meltz, M.S.E.D., M.A. is a highly experienced spiritual teacher, workshop leader, life coach, public speaker, and published writer. Widowed at age 70, Lucille is the author of *The Elder Widow's Walk*, and has led numerous coaching groups and workshops on the unique challenges of elder widowhood. www.lucilleannmeltz.com

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SPECIAL OFFERINGS

FUN 2.0

DONI TAMBLYN & MERYL LEVIN

 **COURSE** TUE, 1/13 – 2/17 • 12:45 – 2:45 P.M. • \$60

In stressful times, it's of utmost importance to create opportunities for happiness and pleasure. PLAY is an excellent way to do this. We are wired to play, and with good reason: play substantially reduces stress, enhances brain function, and builds social bonds. In this class, we will engage in "play for intelligent adults" with group games drawn from the world of improv. No, we won't try to be actors or comedians, and no one is "put on the spot." Most of the games are played with the whole group, and it's perfectly fine — actually a lot of fun — to simply watch and applaud your classmates. Laughter and loads of surprise are absolutely guaranteed. If you're a former child, you're a born expert at play. **Repeat in-person course.** Format includes lecture, discussion, film, hands on learning, and movement.

Doni Tamblyn is the former president of HumorRULES 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.

Dr. Meryl Levin has 25 years of experience as a Licensed Psychologist, working both as a college instructor and clinician. In support of her interest in having fun, Dr. Levin has participated in numerous Improv training courses, including those at Improv Boston in Cambridge, Mass., True Story Theater in Arlington, Artistic New Directions NYC and Second City in Chicago.



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SPECIAL OFFERINGS • *continued from previous page*

Crypto Currencies — Unmasking How It Works

DARREL VANDYKE

 **WORKSHOP** FRI, 2/6 • 9:30 – 11:30 A.M. • \$20

This workshop describes the world of crypto currencies and how it all works — and the hype behind it all.

New remote workshop. Format includes lecture.

Darrel VanDyke has a love of history and a doctorate in Computer Science.

The Practice of Swedish Death Cleaning

BARBARA RICH

 **COURSE** THU, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

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

Barbara Rich is a retired tenured faculty member and faculty emerita in the School of Social Work at U.S.M at OLLI, she has taught courses on fabric and fiber jewelry making, and how to sell on Etsy for fun and profit.

Find these icons
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 **IN-PERSON**  **REMOTE (ZOOM)**
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WRITING

Flash!

TIM BAEHR

 **COURSE** THU, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

The internet and social media have collapsed many people's attention span to what they can read in a couple minutes, or even one or two screenfuls. The challenge is to give the reader useful information in the fewest words. Flash fiction provides a clue. It tells a complete story in 1,000 words or fewer — sometimes as few as 50. Can this be applied to other forms of writing? Let's explore memoir, personal essay, op-ed essay, history, science, and other forms — and yes, fiction. Students can choose whatever genre they like. **New in-person course.** Format includes lecture, discussion, and hands-on learning.

Tim Baehr has edited, written, or taught in several areas: textbooks, dictionaries, newsletters, personal essays, business writing, technical documentation, and fiction. At OLLI he has taught flash fiction writing for many years, using various formats, with the goal of making them all fun. He is interested in expanding short-form writing beyond fiction to other areas.



Return of the Misfit Poets

MARY TRACY & CRAIG SIPE

 COURSE TUE, 1/13 – 2/17 • 12:45 – 2:45 P.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 between discussing craft tips and examples of poems from *The Art of Voice* by Tony Hoagland and workshopping poems from participants. We believe writers learn best with both praise and friendly honesty in a safe setting of fellow learners. Bring paper, pen, *The Art of Voice*, an open mind, a sense of fun and discovery, and a readiness to read and write during the classes and in between. **Repeat in-person course.** Format includes discussion.

REQUIRED BOOKS: *The Art of Voice*, Tony Hoagland, ISBN 9781324002680

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

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

Write a Delight

ELLEN WHITE ROOK

 WORKSHOP FRI, 1/23 • 9:30 – 11:30 A.M. • \$20

Discover how writing and mindfulness can open the door to joy. Inspired by Ross Gay's invitation to "write a delight," this workshop helps you recognize everyday wonders and transform them into creative expression. Through optional prompts, sitting meditation, and mindful movement, you'll cultivate gratitude, presence, and a deeper connection to body, speech, and mind. No writing or meditation experience is required — just curiosity and openness. Leave with fresh words, renewed awareness, and practical tools for weaving delight into daily life. **New in-person workshop.** Format includes hands-on learning.

Ellen White Rook is a poet, writer, and contemplative arts teacher based in South Portland, Maine. Her work is inspired by mindfulness, nature, and the arts. When not writing or teaching, she enjoys hiking coastal trails and practicing Sogetsu-style Japanese flower arranging, blending creativity with contemplative presence.

Writing & Exploring Life Stories: A Deeper Dive

JOAN CHADBOURNE

 COURSE WED, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

Winter invites us to capture the stories we treasure — those we retell, enjoy, and want to preserve. In writing my late-life love story, I discovered surprising insights, and you may too. Together we'll bring stories alive by sharing them, offering appreciative feedback, and asking clarifying questions that reveal deeper meaning. I'll introduce an editing tool if you choose to use it. Stories will be emailed before class, then read aloud. Class size is limited. This is a repeat offering — with fresh discoveries ahead. **Repeat remote course.** Format includes discussion and hands-on learning.

Joan Chadbourne, Ed.D., is a former professor and coach, published author, and seasoned facilitator, is writing her late-life love story and uncovering fresh insights with each draft. She delights in helping others do the same — bringing their stories to life, discovering deeper meaning, and creating writing that engages both writer and reader.

Writing a Legacy Letter

JAY SHERWIN

 WORKSHOP FRI, 1/23 • 9:30 – 11:30 A.M. • \$20

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

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

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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 (See page 38). 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.

BICYCLE & NOSH

We enjoy bicycling together (utilizing both 'acoustic' and e-bikes), usually 10–30 miles per outing, on roads and trails. We usually stop during the ride for a light lunch or snack. *This group does not meet in the winter months.*

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

BOOK CLUB

Members meet each month, September through June, to discuss readings from various genres, including contemporary novels, classics, biographies, memoirs, short stories, etc.

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

BRIDGE CLUB

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

FMI: Contact Barbara Freeman at bhfreewoman@gmail.com

DOWNHILL SKI CLUB

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

FMI: Contact Lois Winter at loiswinter54@gmail.com

Please note: You will need to provide additional safety/contact information before receiving notice of upcoming ski trips.

ECLECTIC DIALOGUE JUNCTION: A TAPESTRY OF CONVERSATIONS

Embark on a stimulating journey of diverse discussions with our special interest group. Join us monthly from September to June 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.

FMI: Contact Elizabeth Housewright at ehousewright@gmail.com

HISTORY BOOK CLUB

One book each month, Sept. – June. Here are a few '25–26 choices: *American Midnight: The Great War...; The Doctors Blackwell: Sisters...; Genius of Place...; Frederick Law Olmsted; Marco Polo...; Reckless Decade: America in the 1890s; A Woman of No Importance...*

FMI: Contact Dawn Leland at lelanddm@gmail.com or Karen Day at kday0718@gmail.com

LET'S KNIT!

We are a group of dedicated knitters who meet at the Wishcamper Center during the Fall, Winter, and Spring terms. No instruction is provided, but all experience levels are represented. Knitting together builds community.

FMI: Contact Linda Cunning at cunninglk@gmail.com

MINDFULNESS MEDITATION

We meet for guided and/or silent meditation, some learning and discussion. All levels of experience are welcome.

FMI: Contact Cheryl Anderson at pastor.cheryl0319@gmail.com or Richard Welsh at rewelsh@verizon.net

"The Trail Steppers get outdoors for exercise and good conversation all year long. I love walking trails I've been on many times, as well as exploring those I've never walked before with this great group of people!"

LIBBY DEMILLE, OLLI MEMBER SINCE 2018

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

PHOTOGRAPHY CLUB

We get together to share our knowledge of photography and our work. We meet monthly either in person or on Zoom. From time to time we go on group photo shoots or other field trips of interest to the group.

FMI: Contact Sharon Roberts at
sroberts4664@gmail.com

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

Every month, we will meet via Zoom to discuss *Scientific American*.

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

TRAIL STEPPERS

Weekly, we walk the paths and trails in and around Portland. We aim to choose beginner-friendly paths and trails, and we walk about 2-3 miles at a moderate pace for one to two hours. Occasionally we enlist experts to talk about natural or historical matters relating to particular locations. Carpooling is encouraged.

FMI: Contact David von Seggen 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 provide your own snacks and beverages. We provide the questions! You are one click away from an evening of good company and laughter. Register once and you will remain on the email list until July 2026 and will receive all relevant communications. All sessions will be via zoom, one or two Monday evenings a month September – June at 7:00 p.m.

FMI: Contact Elizabeth Housewright at
ehousewright@gmail.com

VIRTUAL BOOK EXCHANGE

Join us on Zoom on the fourth Wednesday of each month from 7:00 – 8:00 p.m. Bring a book (or books) you've read to share what you liked (or didn't) about the book(s). You'll get a list of titles and authors after the meeting, so you needn't take any notes.

FMI: Contact Anne Cass at
annebcass@gmail.com

WRITING FOR HUNGRY SPIRITS

Are you hungry for more than food? Are you hungry for spiritual nourishment? Are you ready to write your way to a deeper connection with your spiritual self? Come write and grow with us as we explore creative writing techniques and prompts in a positive and supportive environment.

FMI: Contact Lynne Mentzer at
revlynne1@gmail.com



QUESTIONS?

We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406

How to register

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

Online registration

Online registration is a fast, convenient way to sign up for OLLI courses. We encourage all members to give it a try!

BENEFITS

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.

PAYMENT OPTIONS

As of Spring 2025, OLLI is no longer accepting cash or checks as a form of payment. Please contact the office to use scholarships, course certificates, or if you are a member at another Maine Senior College at olliatusm@maine.edu.

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.

VISUAL INSTRUCTIONS

Would you rather have visual step-by-step instructions? Visual instruction guides are available at usm.maine.edu/osher-lifelong-learning-institute/registration/. Simply click on the Guidesheet links, shown below:

Visual Guides for our new online registration system

Guidesheet 1: Visual guide to Step 1 & 2 Creating a new account & purchasing membership

Guidesheet 2: Visual guide to registration for current OLLI members

Guidesheet 3: How to Register and Pay for OLLI Courses & Workshops

Guidesheet 4: How to find your OLLI class online (for registration)

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 class registration day. We will share directions and be available for questions. If you run into a problem, email the OLLI Office at olliatusm@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.**

IMPORTANT: Membership for 2024-2025 elapsed on June 30, 2025, so you will need to renew your membership for 2025-2026.

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-lifelong-learning-institute/registration/.

Still need assistance?

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

HOW TO REGISTER ONLINE

OLLI is using a new registration system as of August 2024!

You may need to create a brand new account even if you were a previous OLLI member. See the steps, below.

Visual instruction guides for all steps are available at usm.maine.edu/oshier-lifelong-learning-institute/registration. Still need assistance? Call the OLLI office at 207-780-4406!

1 START REGISTRATION

Go to the OLLI website at usm.maine.edu/olli, then follow the three steps shown below:

First, select the **Registration Information** button below the red check mark.



Then, click the blue **OLLI Online Registration** button.



Finally, proceed to the **Sign In or Create Account** button.



2 SIGN IN (2a) OR CREATE YOUR ACCOUNT (2b)

2a. If you've enrolled in a class or workshop since Fall 2024, sign in and proceed to **STEP 4**

Sign In to Existing Account

Username:

Password:

Sign In

[Find My Username](#) [Reset My Password](#)

2b. If you haven't enrolled since Fall 2024, complete the **Create New Account** section.

TIP! We strongly recommend that everyone create their account and verify information **prior to** registration day.

Create New Account

Username:

Password:

Retype password:

Email:

Retype email:

Create Account

3 IMPORTANT! Membership years run the fiscal year, from July 1 – June 30, not a calendar year. Please make sure your membership is current before registering for classes. Once the annual membership is in your shopping cart, you can continue to the registration homepage or check out.

4 BROWSE OLLI OFFERINGS in the **Courses & Workshops** area organized by topic/subject areas, day of the week/time of day, and instructor.



5 SELECT DESIRED OFFERING(S) by clicking the **Add to Cart** button.

Don't see an Add to Cart button when browsing the catalog? This could mean registration is not open yet, you are not signed in, or you need to renew or add your annual membership to your shopping cart.

6 COMPLETE ORDER by selecting the **Check Out** button.

- **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.

Manual registration

We recommend that all students complete registration online. Online registrations are processed first, in the order in which they are received, and manual registrations are delayed. However, we also offer a traditional form that can be filled out and submitted via email, regular mail, or in-person drop off.

HOW TO REGISTER MANUALLY

1 LOCATE THE REGISTRATION FORM.

- **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 41.
- **To find the form online**, go to usm.maine.edu/olli/olli-courses-and-lectures. Click on **Print Registration Form**. The form will open in a new window. To download, click the down arrow icon in the top right corner. To print, click the printer icon in the top right corner.

2 FILL OUT FORM by hand or digitally.

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

3 SUBMIT COMPLETED FORM WITH PAYMENT INFORMATION

by email (preferred) or via mail.

Please note: OLLI is no longer accepting cash or checks as a form of payment.

- **To email a hand-written form**, take a photo of the form with your phone or scan it, then email it to olliatusm@maine.edu.
- **To email a digital form**, re-save the file with your full name in the file name, then email it to olliatusm@maine.edu.
- **To drop off form in-person**, bring your printed form to the OLLI office and a staff member or office volunteer can take your registration or help you sign-up. OLLI is housed in 210 Wishcamper Center on the Portland Campus of USM. The GPS address is 44 Bedford Street, Portland, Maine, 04101.

4 THAT'S IT!

We will be in touch with you the week after registration opens if we have any questions.

Tips for a smooth manual registration

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

• Please use only ONE form per registrant.

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

• Fill out the top section of the form completely.

Leaving sections blank can slow registration.

• Rank courses by importance to you.

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

• Provide alternative choices.

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

• Record prices accurately.

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

• Double check payment info.

Provide credit card information in full to avoid possible delays. **Cash and checks are no longer accepted as forms of payment.**

Want more helpful tips?

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



Course Registration 2026

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: _____

COURSE / WORKSHOP TITLE _____ COST _____

Last Name: _____
1st Choice: _____ \$ _____

Alt. Choice: _____

Mailing Address: Street _____
1st Choice: _____ \$ _____

Alt. Choice: _____

City, State, Zip _____
1st Choice: _____ \$ _____

Alt. Choice: _____

Phone _____
1st Choice: _____ \$ _____

Alt. Choice: _____

Email _____
1st Choice: _____ \$ _____

Alt. Choice: _____

Date of Birth: (MM/DD/YYYY) / /
1st Choice: _____ \$ _____

Alt. Choice: _____

Is any information above new? Address Phone Email
1st Choice: _____ \$ _____

Alt. Choice: _____

I'd like an OLLI nametag with this name: _____
1st Choice: _____ \$ _____

Alt. Choice: _____

I grant photo permission. OLLI may reproduce my image for
educational/promotional purposes if I appear in photos of programs.
Yes _____ No _____
1st Choice: _____ \$ _____

Alt. Choice: _____

EMERGENCY CONTACT
Name _____
Phone _____
Your Total Course / Workshop Cost \$ _____

Alt. Choice: _____

Check box if you're over 90 – it's free!
Annual Membership, if applicable + \$ _____
1st Choice: _____ \$ _____

Alt. Choice: _____

Name _____
Phone _____
Your tax deductible contribution to OLLI (Optional) + \$ _____
1st Choice: _____ \$ _____

Alt. Choice: _____

YOUR PAYMENT INFORMATION
Card Type: Visa MasterCard Discover
Card No: _____ / _____ Code: (on back of card) _____

Exp. Date: (MM/YY) / _____

Name on Card: _____

YOUR TOTAL REGISTRATION COST \$ _____
1st Choice: _____ \$ _____

Alt. Choice: _____

1st Choice: _____ \$ _____
Alt. Choice: _____

1st Choice: _____ \$ _____

1st Choice: _____ \$ _____
Alt. Choice: _____

1st Choice: _____ \$ _____

1st Choice: _____ \$ _____
Alt. Choice: _____

1st Choice: _____ \$ _____

1st Choice: _____ \$ _____
Alt. Choice: _____

1st Choice: _____ \$ _____

1st Choice: _____ \$ _____
Alt. Choice: _____

1st Choice: _____ \$ _____

1st Choice: _____ \$ _____
Alt. Choice: _____

1st Choice: _____ \$ _____

1st Choice: _____ \$ _____
Alt. Choice: _____

1st Choice: _____ \$ _____

CC: LAST 4 DIGITS _____

OFFICE USE _____

CAMPUS CE _____ MIS/C _____ DATE PROCESSED _____

OFFICE USE _____

CC: LAST 4 DIGITS _____

Questions? Please email olliatutm@maine.edu or call 207-780-4406.

NOTES

LAND ACKNOWLEDGMENT

We wish to acknowledge the land and water that the University of Southern Maine (USM) campuses occupy, as well as the ancestral and contemporary peoples indigenous to these places in the Dawnland.

Our campus lands were the ancestral fishing, hunting, and agricultural grounds inhabited by the Abenaki and Wabanaki people for thousands of years.

We recognize that we are on indigenous land. In addition to the Abenaki, the broader place we now call Maine is home to the sovereign people of the Wabanaki Confederacy: the Penobscot, Passamaquoddy, Maliseet, and Mi'kmaq peoples. We exist on their unceded homelands.

We also acknowledge the uncomfortable truths of settler colonialism, among them that the peoples indigenous to this place were often forcibly removed from it. Harm from the physical and cultural genocide of Native people here and throughout the land we now call Maine continues and is felt by members of the Wabanaki Confederacy who live here today, including our own Wabanaki students, staff, and faculty.



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406

Important Dates

OLLI WINTER 2026

The winter session will run from January 13 – February 19.

Mark your calendar for these other important dates.

DEC 17

Online registration for OLLI 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 **December 17**, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted **after December 17**, but some classes and workshops may be full, so please turn them in as soon as possible.

DEC 19

OLLI staff begins taking phone registrations, and processing mail-in and drop-off registrations.

DEC 19

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.

JAN 13

OLLI winter session classes start

JAN 23

Deadline to receive a refund on dropped courses.

**JAN 23, 30,
FEB 6**

OLLI winter workshops

FEB 19

OLLI winter session ends

FEB 24–26

OLLI winter session make-up week

The OLLI Staff will be working remotely December 22 – January 2.

Additionally, the OLLI office observes the holidays on January 19 and February 16.

The OLLI office and USM will be closed on these dates. If you have an in-person class scheduled in Wishcamper on these dates, your class will not meet. If you have a remote class scheduled on these 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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