

Celebrating  
**25+ YEARS**  
of Learning



1997-2023



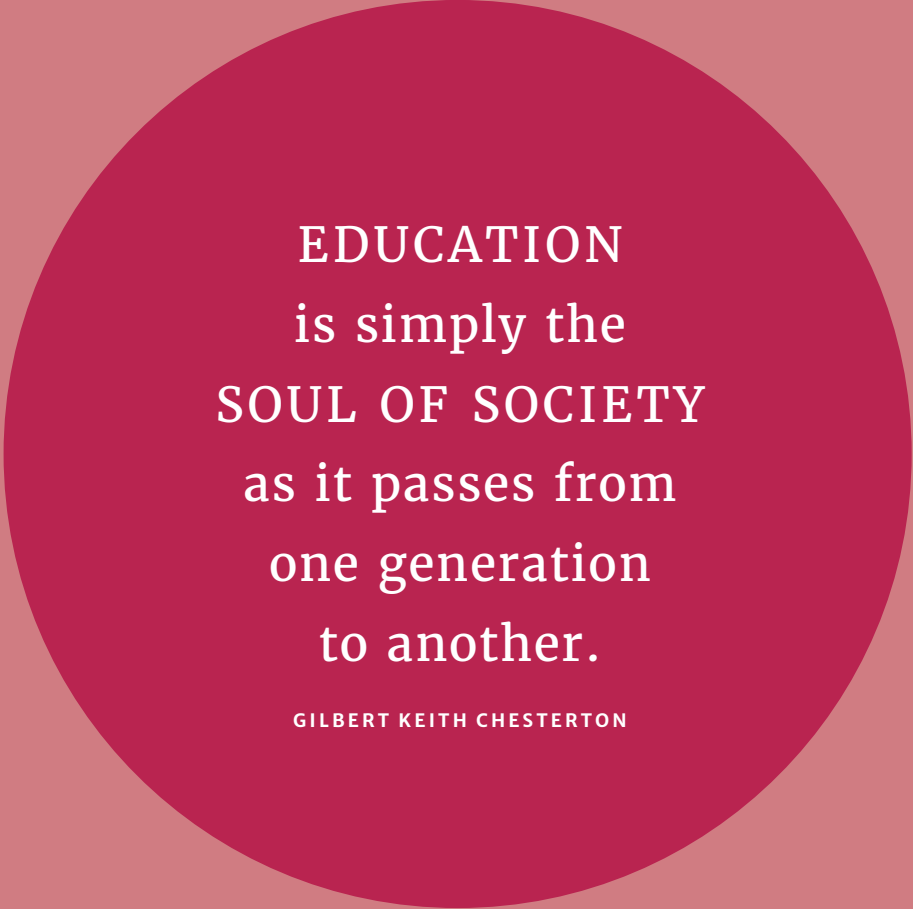
# Course Catalog

SPRING SESSION 2026

MARCH 16 – MAY 8



UNIVERSITY OF  
SOUTHERN MAINE



EDUCATION  
is simply the  
SOUL OF SOCIETY  
as it passes from  
one generation  
to another.

GILBERT KEITH CHESTERTON



## CONTACT US

207-780-4406

[olliatusm@maine.edu](mailto: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.*

## STAFF

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## ADVISORY BOARD (2025-26)

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## DIRECTOR'S MESSAGE



## Expand your world

*"So let's go."* – ROBERT REDFORD

This spring's OLLI catalog has an astonishing range of choices, many taught by instructors new to OLLI. As always, you have the chance to make choices for fun and enlightenment, renewal and challenge. Expanding our world is both an internal and an external adventure; Avery Sawyer captures the sense that many Mainers have in visiting the ocean "... [it] was a giant reset button. You could go to the edge of land and see infinity and feel renewed." So, take a deep breath and consider these new horizons:

Stephen Wylie takes on a pop culture phenomenon in "Star Trek: Original Series and What It Says About Us" ([page 25](#)).

Marianne Hill challenges us to step forward in "The Joyful Activist" ([page 35](#)).

Vicki Field prompts us to expand our world in a different way in "Building on the Bonds of Friendship When You're Not a Kid Anymore" ([page 36](#)).

Learn about the world around us by joining Jack Kennell and Mary Brandes in "Spring in Maine: Phenological Investigations for The Naturally Curious" ([page 38](#)).

Plan ahead by taking a course by Pete Smith and Kimberly McGlaughlin called "Preserve Precious Family Memories for Future Generations" ([page 42](#)).

There are also more writing courses, art and history offerings, film and music, science and nature, and movement options.

Enjoy,

Donna Anderson  
Director

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1997-2023

## IN THIS ISSUE

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## Learning for the love of it!

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, we invite you to join 1,600-plus like-minded learners who are members of the Osher Lifelong Learning Institute (OLLI).

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

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

OLLI at USM is one of 15 active Senior Colleges throughout Maine and participates in the Maine Senior College Network ([maineseniorcollege.org](http://maineseniorcollege.org)). The National Resource Center for all Osher Lifelong Learning Institutes ([osher.net](http://osher.net)) is located at Northwestern University in Chicago. Currently, there are 124 OLLIs throughout the country.

### OLLI: BY THE NUMBERS

<b>124</b>	<b>1,650+</b>	<b>15</b>	<b>199</b>
OLLI BRANCHES IN THE US	OLLI ACTIVE STUDENTS (2024–25)	ACTIVE MAINE SENIOR COLLEGES	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 44](#) for the list of current SIGs.
- Access to courses at the 15 active Maine senior colleges throughout the state. Visit [MaineSeniorCollege.org](http://MaineSeniorCollege.org) for more information.

## Free membership for those over the age of 90!

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

## Apply for a scholarship

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$60 per person per session, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events.

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

*Please note: **It is not possible to register for courses online with a scholarship.** Please email your registration form and scholarship request to OLLI at our general email address: [olliatusm@maine.edu](mailto: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](mailto: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 spring 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](mailto: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](http://usm.ecampus.com) and selecting OLLI as the term. Visit [usm.maine.edu/osher-lifelong-learning-institute/resources](http://usm.maine.edu/osher-lifelong-learning-institute/resources) for instructions and more information.

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

## SESSION SCHEDULE

Spring classes are held once a week, **remotely** on Zoom and **in-person**, Monday – Friday. The term runs for eight weeks, from March 16 through May 8, unless otherwise noted in the course description.

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

Most workshops will take place on Saturdays, **remotely** on Zoom and **in-person** (see [page 13](#)).

## LOCATIONS

OLLI Spring 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](mailto: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](http://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](http://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](mailto: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.**

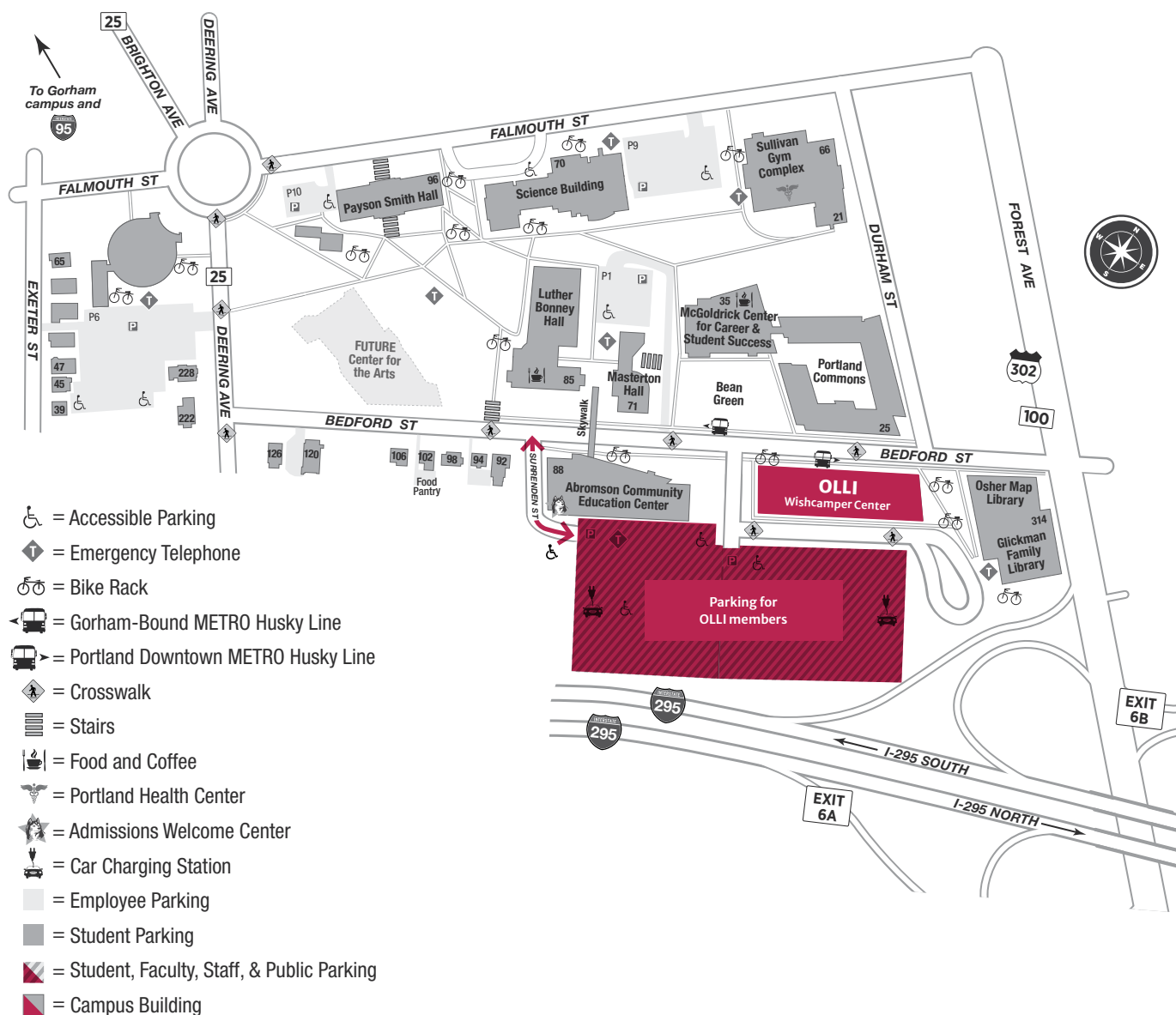
Parking in the USM garage will require a virtual parking permit. Visit [usm.maine.edu/osher-lifelong-learning-institute/location-parking/](https://usm.maine.edu/osher-lifelong-learning-institute/location-parking/) for more information.

*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](https://usm.maine.edu/safezone)





# Important Dates

OLLI SPRING 2026

The spring session will run from March 16 – May 8.  
Mark your calendar for these other important dates.

**FEB 18**

**Registration for Spring offerings will open at 10:00 a.m.**

Students with scholarships, gift certificates, free memberships, or other waivers can contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) **before February 18** so staff can process them promptly when registration opens. Scholarships, gift certificates, free memberships, and other waivers will be accepted **after February 18**, but some classes and workshops may be full. Please submit them as soon as possible. See [page 6](#) for more information on scholarships.

**FEB 23**

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

**FEB 27**

**Course and workshop offerings open to the Maine Senior College Network.**

Please contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) and leave your name and phone number plus the course you are interested in. We will contact you to enroll.

**MAR 16**

**OLLI spring session classes start**

**MAR 27**

**Deadline to receive a refund on dropped courses.**

**APR 11,  
18, 25**

**OLLI spring workshops**

**MAY 8**

**OLLI spring session ends**

**MAY 11–15**

**OLLI spring session make-up week**

The OLLI office is closed **February 16** in observance of President's Day; however, the office will be *open* on **April 20** for Patriot's Day.



## QUESTIONS?

We are here to help you!

Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:







207-780-4406

# Courses by schedule

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

## 4 PATHWAYS TO LEARNING

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

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

Want to search for programs by topic?

See [page 21](#) for our full index.

Want to find a program by instructor?

See [page 15](#) for our instructor index.



### QUESTIONS?

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Call us:

207-780-4406

## MONDAYS






### MORNINGS • 9:30 – 11:30 A.M.

-  **La Place d'Annie Ernaux** (p. 29)  
JACQUELINE BUCAR
-  **Exploring Short Stories** (p. 29)  
ANNE CASS
-  **Decision-Making: Logic & Emotion** (p. 33)  
LANDIS GABEL
-  **Civic Virtue: Can We Save democracy?** (p. 35)  
ROBERT LIBBY
-  **Why We Get Sick with Non-Contagious Diseases** (p. 39)  
HAROLD ZELIGER
-  **The Way It Looks From Here: Four Contemporary Black Voices in 21st Century Fiction** (p. 31)  
SUSAN POWELL

### AFTERNOONS • 12:30 – 1:30 P.M.

-  **IMPROVment — Improvisational Movement for Brain Body Health** (p. 23)  
JESSIE LAURITA-SPANGLET

### AFTERNOONS • 12:45 – 2:45 P.M.


-  **Wellbeing in the Midst of It All** (p. 39)  
CHERYL ANDERSON
-  **Supreme Court Effects** (p. 35)  
ROBERT LIBBY
-  **Artificial Intelligence (AI) in Context** (p. 35)  
PETER REED
-  **What To Do When You're Dead** (p. 37)  
ZAID SMITH
-  **Women's Activism in Conflict Situations: Case Studies of Sudan, Palestine, Eritrea, & Syria** (p. 28)  
KATHLEEN SUTHERLAND

### AFTERNOONS • 12:45 – 3:00 P.M.


-  **Leading Couples of Hollywood's Golden Age** (p. 25)  
ALAN ROBITAILLE

## TUESDAYS


AFTERNOONS • 12:45 – 2:45 P.M.

-  **Left Coast Crime** (p. 29)  
RICHARD CASS


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-  **Breaking Open Our Poetic Selves** (p. 30)  
STEVE CLIFFORD


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-  **Tai Chi — The Yang 24 Form** (p. 24)  
MICHAEL LEACHER


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-  **A Nation Divided — The American Civil War in Eight Movies** (p. 27)  
JIM MENTZER

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-  **Evolutionary & Developmental Biology** (p. 39)  
HAL SCHEINTAUB

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-  **Newman-Redford: Hollywood's Resplendent Role Models** (p. 26)  
EDWARD SOLANO

## WEDNESDAYS

MORNINGS • 9:00 A.M. – 12:00 P.M.

-  **Drawing Trees** (p. 21)  
VICKI FOX


MORNINGS • 9:30 – 11:30 A.M.

-  **From the Crown to the Ground: English History & Seven Literary Greats** (p. 27)  
DONNA ANDERSON


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-  **Spring in Maine: Phenological Investigations for the Naturally Curious** (p. 38)  
JACK KENNEL & MARY BRANDES


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-  **Viewing Art, 2026: Modern American Art, Part 3, 2014–Present** (p. 21)  
NATHANIEL LARRABEE

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-  **The Sixties Through the Great Speeches of the Sixties** (p. 29)  
BUCK BENEDICT


MORNINGS • 9:30 – 11:45 A.M.

-  **Four Late Mozart Operas on Film** (p. 32)  
CAROLYN PAULIN


MORNINGS • 9:30 A.M. – 12:00 P.M.

-  **Getting Old is Not for Sissies** (p. 40)  
MARY KROTH-BRUNET


AFTERNOONS • 12:45 – 2:45 P.M.

-  **Popular Music of the 1970s** (p. 32)  
TERRY FOSTER


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-  **Beginning Bridge** (p. 25)  
BARBARA FREEMAN & ANNE CASS


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-  **Learn About Africa Using Movies** (p. 26)  
MIKE LYNCH


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-  **Modern Physics: How We Know What We Know** (p. 38)  
JONATHAN MATT


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-  **Exploring The Lost City of Deering** (p. 28)  
NANCY ELLENBERGER & ALESSA WYLIE

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-  **Star Trek: The Original Series & What It Says About Us** (p. 25)  
STEPHEN WYLIE

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-  **Writing Life Stories with AI: Enhancing Your Voice** (p. 43)  
JOAN CHADBOURNE

## THURSDAYS

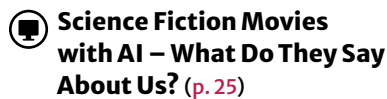
## MORNINGS • 9:30 – 11:30 A.M.



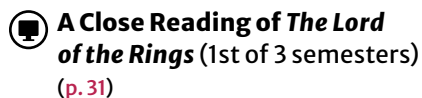
ALICIA HARDING



WILLIAM NATHAN

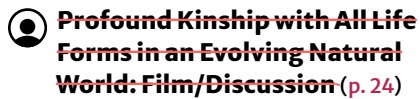


ROB HYSSONG



RICHARD PARKER

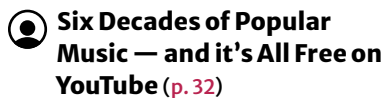
## AFTERNOONS • 12:30 – 3:00 P.M.



JOAN ALDRICH

\*This class has been canceled

## AFTERNOONS • 12:45 – 2:45 P.M.



SCOTT ANDREWS



JOANNA KOHARIAN &amp; CECILIA ZIKO



BOB McCUE



LARRY RICHARDS, JOHN BUBAR &amp; VALARIE LAMONT



RITA RUBIN-LONG &amp; TERRY LANDRY



BRUCE WOOD



DONNA ANDERSON

## AFTERNOONS • 1:30 – 2:30 P.M.



TERRYANN SCRIVEN

## FRIDAYS

## MORNINGS • 9:30 – 11:00 A.M.



DIANA ELLIS

## MORNINGS • 9:30 – 11:30 A.M.



PETE SMITH &amp; KIMBERLY McGLAUGHLIN



MARY TRACY &amp; CRAIG SIPE

## AFTERNOONS • 12:45 – 2:45 P.M.



REGGIE OSBORN &amp; LISA TESSLER



MICHAEL TORLEN

# Workshops by schedule

Workshops mostly run on Saturdays as noted throughout the spring 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)

## MONDAYS

### 2 SESSIONS:

4/20 & 4/27 • 1:30 – 3:00 P.M.



**From Personal to Global:  
The Best of Alfred Hitchcock,  
Part 3** (p. 26)

JAY SHERWIN

## TUESDAYS

### 1 SESSION:

5/19 • 6:30 – 8:30 P.M.



**Discover Voice-Over!** (p. 22)

JUSTINE REISS

## THURSDAYS

### 1 SESSION:

5/14 • 9:30 A.M. – 2:30 P.M.



**Stalking the Spring  
Wildflowers** (p. 39)

DIANNE SINCLAIR

### 5 SESSIONS:

3/19, 3/26, 4/2, 4/9, & 4/16  
1:00 – 2:30 P.M.



**Zentangle 101** (p. 22)

MARTHA BROOKS

### 5 SESSIONS:

4/23, 4/30, 5/7, 5/14, & 5/21  
1:00 – 2:30 P.M.



**Zentangle: A “No Mistakes”  
Journal** (p. 22)

MARTHA BROOKS

Want to search for programs by topic?  
See [page 21](#) for our full index.

Want to find a program by instructor?  
See [page 15](#) for our instructor index.



### QUESTIONS?

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Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:

207-780-4406



## SATURDAYS

### 1 SESSION:


4/11 • 9:30 – 11:00 A.M.

-  **What Do Your Hands Say About You?** (p. 42)  
LUCILLE MELTZ

### 1 SESSION:

4/11 • 9:30 – 11:30 A.M.

-  **Even War Has Rules — An Introduction to International Humanitarian Law** (p. 33)  
JONO ANZALONE


-  **Standing Up for the Rule of Law** (p. 34)  
WILLIAM HARWOOD  
& PETER MURRAY

-  **Guiding Friends & Family Through Financial Hardship Without Using Your Own Money** (p. 41)  
GEORGE MARCUS

-  **The Battle of the Palau Islands in WWII** (p. 28)  
DARREL VANDYKE

### 2 SESSIONS:

4/11 & 4/18 • 9:30 – 11:30 A.M.

-  **From Penny Lane to Willesden Green: English Songs of Love & Dissent** (p. 32)  
TED ANDERSON

-  **The Joyful Activist** (p. 35)  
MARIANNE HILL

-  **Understanding and Navigating Anxiety & Stress** (p. 36)  
LAWRENCE CROUCH

### 3 SESSIONS:

4/11, 4/18, & 4/25 • 9:30 – 11:30 A.M.

-  **Embodied Living: Somatics & Expressive Arts** (p. 23)  
KATHARINE DOUGHTY


-  **Ever Wonder About the Road Taken by That Box of Cereal?** (p. 33)  
MARY LYNN ENGEL

### 1 SESSION:

4/18 • 9:30 – 11:30 A.M.

-  **Maine Electricity Prices — Why Are They So High?** (p. 34)  
WILLIAM HARWOOD

-  **Perfect Lawns — A Thing of the Past?** (p. 38)  
SHIRLEY HELFRICH,  
BETH ADDISON, & KAREN REA


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**QUESTIONS?**

We are here to help you!

Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:

207-780-4406

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Celebrating  
**25+ YEARS**  
of Learning



1997–2023

# Spring SAGE Lecture Series

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

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

## THE BASICS

### WHEN

Tuesday mornings,  
March 17 – May 5, 2026  
9:30 – 11:30 a.m.

### WHERE

**In-person:**  
USM Portland Campus  
133 Wishcamper Center

### Remote:

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



This will be a  
**hybrid program**  
with recordings  
sent to members  
who register.

## COST

### INDIVIDUAL LECTURES

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

### OLLI MEMBERS ONLY

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

## REGISTRATION

### HOW TO REGISTER

There are three easy ways to register:

- **Register online.** Visit our website at [usm.maine.edu/olli](https://usm.maine.edu/olli) beginning February 18 at 10 a.m.
- **Register by phone.** Call the OLLI office at 207-780-4406 beginning February 23.
- **Register by mail.** Complete the registration form located on [page 49](#) (also available online).

## FOR MORE INFO

### CONTACT

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



### THANK YOU TO THE PROGRAM PLANNING COMMITTEE THAT PLANNED THE SPRING 2026 SEASON:

Marcia Weston (Chair), Linda Werner (Vice-Chair), Steve Abromson, Marjorie Ford, Bill Nathan,  
Cathy Renault, & Kathleen Sutherland



**MARCH 17**

## The State of Public Health in Maine

**DR. NIRAV SHAH**

*Former Head, Maine Center for Disease Control*

As head of the Maine CDC, Dr. Shah worked to rebuild the agency, which laid the foundation for swift and comprehensive responses to the COVID pandemic. Nirav will discuss the state of public health in the US and globally, and what you can do to stay safe.



**APRIL 14**

## Protecting the Environmental Health of Casco Bay

**WILL EVERITT**

*Executive Director, Friends of Casco Bay*

Friends of Casco Bay's mission is to improve and protect the environmental health of Casco Bay. We act as the eyes, ears, and voice of the Bay. Our most important work includes reducing pollution and addressing the impacts of climate change.



**MARCH 24**

## WISE Zambia: A Maine Education Nonprofit Making an Outsized Impact in Zambia

**JOANNE BOLLINGER**

*Board Co-Chair, WISE Zambia*

Joanne's presentation will include Zambia's history, current issues, why the mission of WISE Zambia matters, and how the organization works and has grown.



**APRIL 21**

## Why Has Portland Become so Successful with Its Minor League Sports Teams?

**TRAVIS LAZARCZYK**

*Sportswriter & Columnist*

Travis will moderate a panel discussion on this subject with a representative from the Portland Sea Dogs (baseball), Maine Mariners (hockey), the Maine Celtics (basketball), and the Hearts of Pine (soccer).



**MARCH 31**

## Letters of Laughter & Love

**CHERYL WHITE**

*Author*

After her husband died suddenly, Cheryl began emailing friends and family to let them know how she was doing. Over the next five years, a touching chronicle of loss emerged, *Letters of Laughter and Loss* was published in April of 2025. OLLI's Joan Chadbourne will interview Cheryl.



**APRIL 28**

## Finding Your Creative Life Through Words

**JULE SELBO**

*Novelist, playwright, professional screenwriter*

Novelist, playwright and professional screenwriter Jule Selbo will be interviewed by novelist Richard Cass — they'll be sharing all their "secret" approaches to living a creative life through words.



**APRIL 7**

## Building Trust Across Continents: What We Learn from the Peace Corps

**JODY OLSON**

*Former Director, Peace Corps*

Peace Corps' 64 years of service in 142 countries succeeds by asking Americans to integrate into host country communities through trust and respect. This model can be applied here at home to renew connections within our community.



**MAY 5**

## Building a Maine Economy That Works for Everyone

**BETSY BIEMANN**

*Chief Executive Officer, Coastal Enterprises, Inc. (CEI)*

Learn how CEI works to grow a just, vibrant and climate-resilient future for communities in Maine and rural regions nationally, advising entrepreneurs, investing in their small businesses and championing policies that strengthen communities and support inclusive, economic prosperity.



# Full listing of courses & workshops

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

## 4 PATHWAYS TO LEARNING

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



IN-PERSON



REMOTE (ZOOM)



HYBRID



BLENDED

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Looking to fill a specific day or time?  
See [page 10](#) for our schedule-at-a-glance.

## ACTING, ART, & ART HISTORY

### Drawing Trees

VICKI FOX

**COURSE** WED, 4/1 – 5/6 • 9:00 A.M. – 12:00 P.M. • \$60

In this class we will venture outside to study the local trees — their overall structure, trunk, branches, leaves, and bark. We will draw and paint the individual elements. Spring will be a rich time of year to do this as the leaves branch out and we can hold them in our hands as well as see the overall bone structure of the trunks. It will be exciting to experience the varieties and truly get to know them. Think maple, oak, ginko, ilex, and cherry to name a few. I always like to think about how trees love to dance.

**Repeat in-person course.** Format includes hands-on learning.

**MATERIALS:** Pencils (2, 4, 6, B2, 4, and 5), good eraser, good set of watercolors, either pencils and/regular block paints, charcoal, good drawing paper (at least 9 x 12 in. or 14 x 17 in.; Strathmore, for example). Bring a board to lean on and a small table to put your supplies on. Also water, if you want to use paint. I find wearing a hat is helpful for sitting outdoors.

**SUGGESTED READING:** *Dirr's Encyclopedia of Trees and Shrubs*, Michael Dirr, ISBN 9780881929010

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

### Viewing Art, 2026: Modern American Art, Part 3, 2014–Present

NATHANIEL LARRABEE

**COURSE** WED, 3/18 – 5/6 • 9:30 – 11:30 A.M. • \$60

Starting with a review of 20th Century Modernism up to 2026, this course will cover the explosion of Perpetual Contemporary Art to the present. We will use the Metropolitan Museum guided tour format of viewing thematic exhibitions with dialogue between a “facilitator” and participants. This will include worldwide players and explore reactionary movements and attitudes. This is a “shared inquiry” course where knowledge of Art History is not required. It is about viewing art and having a discussion.


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

*Nathaniel “Tan” Larrabee is a retired Professor of Fine Arts at the Columbus College of Art and Design. He has also taught at Wellesley College, Boston University, and Northeastern University and is widely exhibited at the regional, national, and international levels.*

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

## On Cézanne, The Father of Modern Art

MICHAEL TORLEN

 **COURSE** FRI, 3/20 – 5/8 • 12:45 – 2:45 P.M. • \$60


In what ways were Cézanne's paintings "revolutionary," "avant-garde," and even the work of a "genius," the Father of Modern Art? This course will aim to explore that question by using images, lecture, and discussion. We will review Cézanne's paintings and watercolors by looking closely at Cézanne's portraits, still-lives, and landscapes, with an eye on Cézanne's own words: "Painting is Optics." The course will include discussions of Modernism, Cubism, and Abstraction. **New in-person course.** Format includes lecture and discussion.

**SUGGESTED BOOKS:** *Studio Seeing: A Practical Guide to Drawing, Painting, and Perception*, Michael Torlen, ISBN 9781789387896; *Cézanne's Doubt*, Merleau-Ponty, available for free online at [tfreeman.net/resources/Phil-330/Cezanne's-Doubt.pdf](https://tfreeman.net/resources/Phil-330/Cezanne's-Doubt.pdf); *The Moment of Cubism*, John Berger, ISBN 9780297177098

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

## Zentangle 101

MARTHA BROOKS

 **WORKSHOP** THU, 3/19 – 4/16 • 1:00 – 2:30 P.M. • \$30

An introduction to the basics of this fun, relaxing, & easy art method has therapeutic effects as well! During this 5-week class, simple designs are arranged within structured spaces to create beautiful art. Fundamental pen strokes, design elements, embellishment ideas, and shading techniques are covered. If you can write your name, you can do Zentangle! **Repeat remote workshop.** Format includes discussion and hands-on learning.

**REQUIRED MATERIALS:** Course Materials Kit is \$15 + postage and will be mailed directly to the registrants. Payment can be made directly to the facilitator via Venmo or a check.


**Martha Brooks** has been a Certified Zentangle Teacher (CZT) since 2017. It is her great joy to share this fun, relaxing, and easy-to-do art method! She is a retired Speech Pathologist who loves family & friend gatherings, greyhounds, goldendoodles, and the Coast of Maine.

### DID YOU KNOW?

You can order your books through the USM University Store at [usm.ecampus.com](https://usm.ecampus.com).

## Zentangle: A "No Mistakes" Journal

MARTHA BROOKS

 **WORKSHOP** THU, 4/23 – 5/21 • 1:00 – 2:30 P.M. • \$30


One of the basic tenets of the Zentangle Method is "There are no mistakes." It is also one of the most challenging concepts for Tangles to fully embrace! This 5-week course will explore how to expand one's perspective regarding this Zentangle mantra. Classes will use both Zentangle original tangles as well as those designed by fellow CZTs. Visual step-by-step directions on how to draw the tangles will be provided for each class. **New remote workshop.** Format includes discussion and hands-on learning.

**REQUIRED MATERIALS:** Course Materials Kit will include an original Zentangle *No Mistakes Journal*, a variety of colored pens, and several shading tools. The kit is \$15 + postage and will be mailed directly to the registrants. Payment can be made directly to the facilitator via Venmo or a check.

**Martha Brooks** has been a Certified Zentangle Teacher (CZT) since 2017. It is her great joy to share this fun, relaxing, and easy-to-do art method! She is a retired Speech Pathologist who loves family & friend gatherings, greyhounds, goldendoodles, and the Coast of Maine.

## Discover Voice-Over!

JUSTINE REISS

 **WORKSHOP** TUE, 5/19 • 6:30 – 8:30 P.M. • \$20

Use your natural speaking voice for commercials, films, and more. Learn a unique way to break into the lucrative voice-over industry on your own terms. Concludes with a professional voice evaluation with your instructor.


**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 Voiceover Pod by Such a Voice where she shares tips and inspires industry conversations. Justine brings energy, expertise, and heart to every class she teaches.

## DANCE &amp; MOVEMENT

## Embodied Living: Somatics & Expressive Arts

KATHARINE DOUGHTY

 **WORKSHOP** SAT, 4/11 – 4/25 • 9:30 – 11:30 A.M. • \$30

In three stand-alone workshops exploring themes of polarity we will approach self understanding through anatomy, physiology, movement, drawing, writing, and dialogue. Improve mobility, balance, pain management, and emotional well-being. Navigate self and environments with greater ease and awareness. Discover individualized resources via innate creativity. All bodies and abilities encouraged. Optional homework and zoom group for those attending all sessions.

Session 1: stillness/movement

Session 2: internal/external

Session 3: seeing/being seen


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

**REQUIRED MATERIALS:** Available for class use or bring own: 18 x 24 in. newsprint paper, Cray-pas pastels, and journal

*Katharine Doughty has a degree in visual art and somatics, and has practiced massage therapy for 20 years. Earning her graduate certificate from Tamalpa Institute while navigating metastatic breast cancer, she offers expressive arts and somatic therapies to individuals and groups and works on finding the ocean, a 365 piece jewelry journal.*

## Tai Chi I for Health & Balance

DIANA ELLIS

 **COURSE** FRI, 3/20 – 5/29 • 9:30 – 11:00 A.M. • \$60


Diana will be teaching the basic movements for Tai Chi I.

**New in-person course.** Format includes movement.

*Diana Ellis is a retired accountant. She has been volunteering with Southern Maine Agency on Aging and has been doing Tai Chi for health and balance for seven years. She studied under a master instructor and received her instructors certification in 2024.*

## Solo Line Dancing

JOANNA KOHARIAN &amp; CECILIA ZIKO

 **COURSE** THU, 3/19 – 5/7 • 12:45 – 2:45 P.M. • \$60

Solo line dancing keeps us moving, is loads of fun, and doesn't require any previous experience. Join new and returning enthusiasts. We'll learn several dances to various kinds of music (contemporary, rock, latin, waltz, country, etc.) You need to be steady on your feet, know your body and whether you need a rest, and be able to move for two hours (with plenty of water breaks). If you can walk a mile or two comfortably, this class will likely work for you.


**Repeat in-person course.** Format includes movement.

*Joanna Koharian began solo line dancing at OLLI when she retired and continues to line dance at other venues. She enjoys teaching OLLI solo line dancing and keeping the energy alive.*

*Cecilia Ziko has been solo line dancing at OLLI for over ten years. She is happy to be joining Joanna again this spring as co-facilitator.*

## IMPROVment — Improvisational Movement for Brain Body Health

JESSIE LAURITA-SPANGLET

 **COURSE** MON, 3/23 – 4/20 • 12:30 – 1:30 P.M. • \$30

Fun, creative, and lively, this evidence-based movement class helps participants build stamina, strength, and confidence, all while moving to music in a joyful and non-judgmental atmosphere. No prior dance experience is necessary, and attendees are invited to take the class at their own pace and slow down or rest at any time.

**Repeat in-person course.** Format will include movement.

*Note: this class will meet in Corthell Hall on the Gorham Campus.*

*Jessie Laurita-Spanglet is a dance artist, educator, and arts administrator based in Brunswick, Maine. Jessie's work at the intersection of movement and health has led to her current role as Intervention Coordinator on a cross-disciplinary dance and neuroscience research team at Wake Forest University. Jessie has taught courses on the topic of Dance and Health at Colby College and the University of Southern Maine, where she is currently a Lecturer in the Department of Theater.*

Find these icons  
to find the right  
style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID



+ BLENDED

## DANCE &amp; MOVEMENT • continued from previous page

## Tai Chi — The Yang 24 Form

MICHAEL LEACHER

**COURSE** TUE, 3/17 – 5/19 • 12:45 – 2:45 P.M. • \$90

The Yang 24 Form is the most widely practiced Tai Chi routine in the world. It consists of a sequence of slow, flowing movements, each leading gracefully into the next. It is often described as “meditation in motion.” In this course, we will study the basic movements of the 24 Form. Continued, regular practice helps you refine the movements and experience great health benefits including reduced stress, an enhanced sense of well-being, and improved posture and balance. We spend most of the classroom time on our feet and in motion, so please take this into account in deciding whether this class is right for you. **Repeat in-person course.** Format includes movement.

*Michael Leacher has practiced Tai Chi for over 40 years, and has studied the Yang and Sun styles with several teachers. He is certified to teach Tai Chi as well as its close cousin Qigong, and has taught both Tai Chi and Qigong since 2014.*

## Basic Show and Movie Tap Dancing

REGGIE OSBORN &amp; LISA TESSLER

**COURSE** FRI, 3/20 – 5/8 • 12:45 – 2:45 P.M. • \$60

Beginner and beyond basic steps and combinations with terms and music (counting) notation. Simple and longer routines. Lots of movie clips for inspiration. **Repeat in-person course.** Format includes film and movement.

**RECOMMENDED MATERIALS:** Tap shoes, or hard sole and heeled shoes for making rhythmic sounds

*Reggie Osborn is a dance teacher, student, performer, choreographer of a wide variety of genres at various local and regional studios and with many theater and dance groups: in Portland, Boston, New York; London, Texas, and Mexico.*

*Lisa Tessler spent several years tapping as a youth.*

## ENTERTAINMENT & FILM

### ~~Profound Kinship with All Life~~ ~~Forms in an Evolving Natural World:~~ Film/Discussion

JOAN ALDRICH

\*This class has been canceled.

**COURSE** THU, 3/19 – 4/30 • 12:30 – 3:00 P.M. • \$60


This series seeks to expand our awareness of, and appreciation for, all sensate creatures, and the planet that gives us life: an exploration of humanity, empathy, and the importance of connecting with nature and each other in a rapidly changing/modernizing world. Emphasis on animal-related films is intended to reinforce awareness that we're part of the natural world, rather than visitors to it; not an end-product with superiority/“power-over,” but co-creators with all other forms of nature and life. What is our place in the global ecosystem? Can we develop a more intimate, non-commercial perspective? Seven films such as: *My Octopus Teacher*, *Kedi*, *The Loneliest Whale*, *Life of Pi*, *Virunga*, *Mountain*, *Koyaanisqatsi*, *Avatar*, *Wall-E*, *Deep Blue*, *Temple Grandin*, *Black Stallion*, and *Winged Migration*. Background information will be provided about each film. **New in-person course.** Format includes discussion and film.

*Joan Aldrich (M.Div., M.A. Religious Studies), brings an eclectic background and lively interest to many areas of study, and fosters dynamic discussions.*



## Beginning Bridge

BARBARA FREEMAN & ANNE CASS

 **COURSE** WED, 3/18 – 5/6 • 12:45 – 2:45 P.M. • \$60

Do you vaguely remember skipping classes in college to play bridge? Or being the reluctant fourth when your parents needed to fill an empty chair? Have you always wanted to learn bridge but never found the right venue? Consider joining us for a class that invites you to “start at the very beginning.” You’ll learn the basics, and you’ll be playing bridge before you know it. Neither Barbara nor Anne is a bridge master — they simply love the game and enjoy helping others grow to love it as well. **Repeat in-person course.** Format includes discussion and hands-on learning.


**REQUIRED BOOK:** *Bridge at a Glance*, Audrey Grant: ISBN 9780910791625

*Barbara Freeman renewed some very rusty college-era bridge skills thanks to an OLLI class offered several years ago. Along with several classmates, she went on to join the OLLI Bridge SIG where she has played ever since, serving as SIG facilitator for the last few years.*

*Anne Cass is an avid OLLI volunteer who truly enjoys teaching and learning from peers. She played bridge in college, and came back to it at OLLI through the bridge SIG.*

## Leading Couples of Hollywood’s Golden Age

ALAN ROBITAILLE


 **COURSE** MON, 3/16 – 5/1 • 12:45 – 3:00 P.M. • \$60

One of the positive aspects of Hollywood’s Studio System was the ability to pair different performers from opposing studios to create wonderful films. Many of these pairings were extremely positive but sometimes the chemistry was magic! It wasn’t always romantic, but there was definitely something between those two. We’ll look at seven films during this time period and explore what made them so special. Included will be films of Astaire/Rogers, Tracy/Hepburn, and five other couples, some you may guess, and maybe one or two who will surprise you. Class will run long to allow for discussion. **New in-person course.** Format includes film and discussion.

*Alan Robitaille is a retired Program Administrator with the Department of Health and Human Services. He received his B.A. in History from USM in 1983 and that subject has been the focus of his life throughout. Whether it is exploring the causes of the American Civil War, the struggles of the Civil Rights Act or popular culture like old movies and vintage television, he has always asked, “How did we get here?”*

## Star Trek: The Original Series & What It Says About Us

STEPHEN WYLIE


 **COURSE** WED, 3/18 – 5/6 • 12:45 – 2:45 P.M. • \$60

The best science fiction always holds a mirror up to its audience and allows issues to be considered from a safe distance. *Star Trek: The Original Series* was no exception, so let’s take a look at eight of the episodes that had something to say and discuss whatever aspects we see in the mirror. Each week we will watch a complete episode and then spend the rest of the class talking about we’ve seen. **New in-person course.** Format includes discussion and film.

*Steve Wylie is a retired IT professional with a life-long interest in speculative fiction in books, TV, movies, and games.*

## Science Fiction Movies with AI — What Do They Say About Us?

ROB HYSSONG

 **COURSE** THU, 3/19 – 5/7 • 9:30 – 11:00 A.M. • \$60

AI is everywhere. If you watch the news, use the internet, use your smart phone, or use Zoom, etc., you know it to be true. AI has been used in sci-fi movies for decades, with both positive and negative outcomes. So, let’s watch some sci-fi movies related to AI and talk about them! We will watch eight films from the 1960s to the 2010s including *2001: A Space Odyssey*, *Terminator 2*, and *Her* and discuss how they differ and what, if anything, they say about us. We will watch the films before each class and discuss during our time together. **New remote course.** Format includes lecture, discussion, and film.

**REQUIRED FILMS:** (rent, borrow, or buy) *2001: A Space Odyssey* (1968); *Blade Runner* (1982); *Terminator 2: Judgment Day* (1991); *Ghost in the Shell* (1995); *The Matrix* (1999); *A.I. Artificial Intelligence* (2001); *Her* (2013); *Ex Machina* (2014).

*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 all movies, but has a soft spot for science fiction/fantasy movies in particular. Rob lives in South Portland, has been happily married since 1997, and has two wonderful children.*


## DID YOU KNOW?

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## ENTERTAINMENT &amp; FILM • continued from previous page

**Sherlock Holmes: The Devil's Foot**

DEWAYN MARZAGALLI


 **WORKSHOP** SAT, 4/25, • 9:30 – 11:30 A.M. • \$20

Watson convinces Holmes to take a much-needed vacation because of a nervous and exhausted condition. Unfortunately, at the small Cornish cottage they go to for convalescence, Holmes and Watson end up investigating the death of a young woman who is found dead with no apparent injuries and her two brothers have become raving lunatics overnight. **New remote workshop.** Format includes lecture, discussion, and film.

*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 US Navy and is a retired federal agent. He lives in Gorham with his wife of 59 years.*

**From Personal to Global: The Best of Alfred Hitchcock, Part 3**

JAY SHERWIN

 **WORKSHOP** MON, 4/20 & 4/27 • 1:30 – 3:00 P.M. • \$30

As a filmmaker, Alfred Hitchcock was adept at telling stories about intimate personal relationships and the larger geopolitical issues of his time. In this two-week online workshop, the third installment of our “Best of Hitchcock” series, we’ll consider four Hitchcock films from the early 1940s that demonstrate his uncanny ability to portray both domestic drama and international intrigue. Students should watch the films on their own; in class, we’ll look at brief film clips and discuss key themes and motifs. Join us for another lively trip into the fascinating, suspenseful, unsettling world that Hitchcock created on film. **New remote workshop.** Format includes lecture and discussion.

*Jay Sherwin is a writer and consultant who has been watching, studying and enjoying Hitchcock films for decades. He created a walking tour of Alfred Hitchcock’s San Francisco that attracts Hitchcock fans from around the world, and he teaches courses on Hitchcock for adult learning programs nationwide.*

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**Newman-Redford: Hollywood's Resplendent Role Models**

EDWARD SOLANO


 **COURSE** TUE, 3/17 – 5/5 • 12:45 – 2:45 P.M. • \$60

Their lives stand for much more than acting and directing. Let’s appreciate their contributions to American life. Briefly-referenced film schedule we’ll choose eight from: *Africa*; *Condor*; *Candidate*; *Philadelphians*; *Perdition*; *Color*; *Verdict*; *Luke*; *Hud*; *Hustler*; *Summer*; *Cat*; *Fool*; *Sting*; *Butch*. The script for class is to consider emailed questions on each week’s movie and wide-open discussion of aroused concerns — about both movies and life. No need to critique at the level of Ebert’s critical eye. But we’ll have some fun. **New remote course.** Format includes lecture, discussion, and film.

*Ed Solano’s a former reporter, editor, teacher, and marketer who thinks movies often educate us about the history lessons we ignore — contemporary times not excepted.*

**HISTORY & CULTURE****Learn About Africa Using Movies**

MIKE LYNCH

 **COURSE** WED, 3/18 – 5/6 • 12:45 – 2:45 P.M. • \$60


This will NOT be your typical movie course! Yes — you will be asked to watch a different movie each week as preparation. Yes — we will BRIEFLY discuss the movie and your reactions to it. Then we will use specific scenes, or overall themes to learn about African culture, history, politics, current events, and much more. For example, after watching Disney’s *Queen of Katwe*, we will discuss markets, transportation, dress, weather, slums and NGO’s. After watching *Black Hawk Down* we will review the history of the horn of Africa and the current situation in this region. Join us for this interactive, discussion-filled way to learn more about Africa. Instructor will provide online sources where you can view, rent, or buy the movies. **Warning:** some of these movies depict violent incidents. Following is the tentative list of movies you will be asked to watch. **New hybrid course.** Format includes lecture, discussion, and film.

**REQUIRED FILMS:** *Queen of Katwe*, *Blood Diamonds*, *A United Kingdom*, *Invictus*, *Black Hawk Down*, *Blind Ambition*, *Hotel Rwanda*, *King Peggy*

*Mike Lynch has taught many OLLI courses including several on Africa. He worked as a Peace Corps Director in Ghana from 2012–2015. He and his wife, Lynn, currently spend winters in South Africa.*

## A Nation Divided — The American Civil War in Eight Movies

JIM MENTZER


 **COURSE** TUE, 3/17 – 5/5 • 12:45 – 2:45 P.M. • \$60


This eight-week course invites you on a thoughtful journey through the American Civil War, pairing pivotal moments in history with unforgettable films. Together, we'll explore how Americans fought, feared, hoped, and redefined freedom during the nation's greatest trial. In class, we'll watch selected movie clips to spark lively discussion, while those who wish may enjoy the full films on their own. Offered in connection with OLLI's upcoming Civil War Field Trip — but open to all who are drawn to this defining chapter of our past—it's a chance to see how story and history shape a nation divided. **New hybrid course.** Format includes lecture, discussion, and film.

*Jim Mentzer's first passion is history, which explain his college degrees in American and Canadian history. Though his career path took him away from teaching, he is a constant student of history and visits battlefields whenever possible. Having ancestors who survived the American Civil War makes this time period very personal.*

## From The Crown To The Ground: English History & Seven Literary Greats

DONNA ANDERSON

 **COURSE** WED, 4/1 – 5/13 • 9:30 – 11:30 A.M. • \$60


 **COURSE** THU, 4/2 – 5/14 • 12:45 – 2:45 P.M. • \$60

By nature, writing is a solitary enterprise with authors working in quiet spaces with quills and pens. However, outside their workspaces is a world of conflicting politics, cutthroat business, and complex culture. In preparation for OLLI's literary trip to England, we will dive into seven historical periods: Shakespeare in the 1590s, John Milton in the 1650s–60s, Samuel Johnson in the 1750s, Jane Austen in the 1810s, Charles Dickens in the 1850s, Arthur Conan Doyle in the 1880s–90s, and the Inklings and Evelyn Waugh in the 1930s–40s. Our quick exploration will include kings and queens, political rivalries, literary and artistic trends, and a glimpse of everyday life on the farm and in cities. Everyone is welcome; registration for the trip is not a requirement to join the class. **New in-person course** on Wednesdays or a **new remote course** on Thursdays. Format includes lecture, discussion, and film.

*Donna Anderson is the director of OLLI and a lifelong Anglophile and student of European history. Her passion for all things British and clear-eyed view of the triumphs and tragedies of English history inform this class.*

## The Roots of Anti-Semitism, Origins to 1492

ALICIA HARDING


 **COURSE** THU, 3/19 – 4/23 • 9:30 – 11:30 A.M. • \$60

Anti-Semitism has been much in the news and become very controversial. Accusations, punishments, and retribution make news on a regular basis. Where did Anti-Semitism come from and how did it come to become an established part of society? In this course we will look at its beginnings in early Christianity and how it spread in Europe and become an ingrained part of society. **Repeat in-person course.** Format includes lecture.

*Alicia Harding, M.A., is a World History instructor at SMCC, a position she took after retiring from public school teaching. Alicia is a two-time recipient of National Endowment for the Humanity grants to study in England and New York. She is a participant in Holocaust Study Tour sponsored by JLC. Since antisemitism has been so much present in today's world she thought it would be a good time to dust it off and teach it again.*

## The Noble Experiment: The Rise & Fall of Prohibition in America

TOM LAFAVORE

 **WORKSHOP** SAT, 4/25 • 9:00 A.M. – 3:00 P.M. • \$30


This workshop will trace the march towards National Prohibition from colonial drinking habits, the growing temperance movements, and gaining support for a constitutional amendment. The workshop will also investigate the factors that led to repeal of the 18th Amendment, the institution of modern cocktails during this time period, and the positive after effects Prohibition brought on laws and regulations. Prohibition cocktail recipes will be offered throughout the workshop. **Repeat in-person workshop.** Format includes lecture and discussion.

*Tom Lafavore has a doctorate in educational leadership. In his previous life he taught at the high school and middle school levels. Tom has taught OLLI courses on Prohibition, the 1920s, and this history of rum. Tom has a full bar in his basement and loves experimenting with mixing craft cocktails, this hobby led to his interest in the Prohibition era and speakeasies.*

## HISTORY &amp; CULTURE • continued from previous page

## Explore Portland's Historic Neighborhoods – On Foot

BRUCE WOOD

 **COURSE** THU, 3/26 – 4/30 • 12:45 – 2:45 P.M. • \$60

Enjoy six narrated walks through Portland's historic neighborhoods exploring the city's history, architecture, and people since Europeans arrived. Discuss historic structures, immigrant populations, and locally and regionally famous architects and view their works. The longest walk will be two miles in two hours. The greatest elevation change will be between Congress Street and the waterfront. All walks will be on pavement, with optional side trips into two grassy cemeteries. Wheelchair accessible. Rain or shine. The instructor will contact students about the meeting place prior to each class. **Repeat in-person course.**


*Format includes movement.*

**SUGGESTED BOOK:** *A Short History of Portland*, Allan Levinsky, ISBN 9781933212432

**Bruce Wood** moved to Portland after retiring as a computer programmer for Amtrak. He fell in love with the city's history and architecture and served for six years on Portland's Historic Preservation Board. He has led tours of the Old Port for the Maine Historical Society, of the Victoria Mansion, and of the Observatory.

## Exploring The Lost City of Deering

NANCY ELLENBERGER &amp; ALESSA WYLIE

 **COURSE** WED, 3/25 – 4/29 • 12:45 – 2:45 P.M. • \$60


In 1899 the City of Deering became part of Portland. Originally a suburb of Portland, it was created as a town in 1871 from what was originally a part of Westbrook. It contained several prominent villages including Deering Center, Woodfords Corner, and Stroudwater. In this series of six walking tours off the Portland peninsula we will explore the history of these neighborhoods and learn about some of their interesting residents. **Repeat in-person course.** *Format includes movement.*

**Alessa Wylie** recently retired from Greater Portland Landmarks after nine years as Manager of Education Programs. She previously served as director of Old Fort Johnson National Historic Landmark in New York's Mohawk Valley region before moving back to Maine in 2014. Her love of walking and history, plus encouragement from Bruce Wood, inspired her to lead OLLI walking tours.

**Nancy Ellenberger** taught British and world history at the U.S. Naval Academy for 35 years before retiring to Portland in 2017. Now she researches house and neighborhood histories for Greater Portland Landmarks and OLLI.

## Women's Activism in Conflict Situations: Case studies of Sudan, Palestine, Eritrea, & Syria

KATHLEEN SUTHERLAND


 **COURSE** MON, 3/16 – 5/4 • 12:45 – 2:45 P.M. • \$60

Women have participated in the demand for change in patriarchal societies and against authoritarian regimes. What have been their major avenues for participation and what can we learn from their experiences? **New remote course.** *Format includes lecture and discussion.*

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

## The Battle of the Palau islands in WWII

DARREL VANDYKE


 **WORKSHOP** SAT, 4/11, • 9:30 – 11:30 A.M. • \$20

The student will ride along with the Army and Marines as they hit the beaches at Peleliu and Anguar. An estimated two-day battle that turned into 30 was no fun for the U.S. troops who fought there, and the student will understand the battle plans, what went wrong, and the outcomes. Hop aboard. **New remote workshop.** *Format includes lecture.*

**Dr. Darrel VanDyke** is an avid historian who enjoys sharing stories based upon interviews with WWII service members.

## Bombing Tokyo

DARREL VANDYKE


 **WORKSHOP** SAT, 4/18, • 9:30 – 11:30 A.M. • \$20

The story of the Doolittle Raiders as told by a co-pilot who flew the mission. You will experience what it was like to strap into a small bomber, fly over water for five hours, hit your target, and then try to survive. **New remote workshop.** *Format includes lecture.*

**Dr. Darrel VanDyke** is an avid historian who enjoys sharing stories based upon interviews with WWII service members.


Find these icons to find the right style for you:

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## The Sixties Through the Great Speeches of the Sixties

ARTHUR (BUCK) BENEDICT

 **COURSE** WED, 3/18 – 5/6 • 9:30 – 11:30 A.M. • \$60


There's a mist of myth and misunderstanding surrounding the 1960s. One way to poke through that mist is by looking at something tangible, like the speeches of the time. There were lots of significant ones because the times and the conditions demanded them. And there were leaders who moved us with their words. Thanks to television, videotape, and YouTube we have recordings to look at and learn from. Note: This course is an updated edition of an earlier course. New speeches have been added, more events are covered. **Repeat remote course.** Format includes lecture, discussion, and film.

*Buck Benedict used a number of the 60s speeches in his public speaking and speechwriting courses at Penn. After teaching OLLI courses on JFK and the Vietnam War, he realized there was much that should be added to update the earlier course.*

## LANGUAGE

### La Place d'Annie Ernaux

JACQUELINE BUCAR

 **COURSE** MON, 3/16 – 5/4 • 9:30 – 11:30 A.M. • \$60

On va lire ce roman de l'auteur Annie Ernaux et discuter les thèmes de son roman biographique. Vous allez lire le livre en français et les discussions seront toutes en français. **New in-person course.** Format includes discussion.

**REQUIRED BOOK:** *La Place Ernaux*, Annie Ernaux, ISBN-10: 2070377229 / ISBN-13: 978-2070377220

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




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## LITERATURE

### Exploring Short Stories

ANNE CASS

 **COURSE** MON, 3/16 – 5/4 • 9:30 – 11:30 A.M. • \$60


Despite the early tales of Boccaccio and Chaucer, Edgar Allan Poe is widely credited, circa 1840, with defining and establishing the modern short story as a distinct literary genre. Join a group of enthusiastic readers (and talkers) to explore the short story — this term's text is *The Best Short Stories, 2023*, edited by Lauren Groff — also the O. Henry Prize Winners. Don't be misled by the O. Henry — they will not all have twists at their finish. **New in-person course.** Format includes discussion.

**REQUIRED BOOK:** *The Best American Short Stories 2023, The O. Henry Prize Winners*; Lauren Groff, ed.; ISBN 9780593470596

*Anne Cass spent forty-three years as a High School English teacher and Principal — and thus has had her fill of exegesis. She thoroughly enjoys reading and sharing well-written short stories with people who like to think and share their thoughts, while also getting to know each other in a comfortable setting.*

### Left Coast Crime

RICHARD CASS

 **COURSE** TUE, 3/17 – 5/5 • 12:45 – 2:45 P.M. • \$60

The West Coast is the mother lode of much of crime fiction. Think Lew Archer in Long Beach, Philip Marlowe in LA, Sam Spade in San Francisco. The contemporary scene includes many outstanding writers. This discussion course will focus on California and Alaska-based crime fiction, showcasing lesser-known names and characters of the genre. **New in-person course.** Format includes discussion.

**REQUIRED BOOKS:** *The Summer of the Big Bachi*, Naomi Hirahara, ISBN 9780440241546; *The Woman who Married a Bear*, John Straley, ISBN 9780939149643; *The Burglar*, Thomas Perry, ISBN 9780802148391; *Racing the Light*, Robert Crais, ISBN 9780525535744; *Hunter's Moon*, Dana Stabenow, ISBN 9781804549636; *Laguna Heat*, Jefferson Parker, ISBN 9780312902117; *Y is for Yesterday*, Sue Grafton, ISBN 9780525536703; *The Winter of Frankie Machine*, Don Winslow, ISBN 9780307277664

*Richard Cass is the author of the seven-book Elder Darrow jazz mystery series. His new book, Hard as a Headstone, will be published by Islandport Press in 2026. He's taught courses at OLLI for a number of years and always enjoys the lively and informed discussions in his classes.*

## LITERATURE • continued from previous page

## Breaking Open Our Poetic Selves

STEVE CLIFFORD

**COURSE** TUE, 3/17 – 5/5 • 12:45 – 2:45 P.M. • \$60

US Poet Laureate Ada Limón claims, “poetry is the place where we can go to break open.” We’ll explore what she means by reading a variety of mostly contemporary poems and discussing how they work through voice, language, sound effects, imagery, metaphor, and other elements. As we discover the how, we’ll reflect on our encounters with our own poetic selves. Suffer from poetry anxiety? No worries — this is a great class for you. No books required; all of our poetry will be found free and online at the Poetry Foundation and other websites. Bring paper to write on. **New in-person course.** Format includes lecture and discussion.

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



## Ulysses: Second Installment

BOB McCUE

**COURSE** THU, 3/19 – 5/7 • 12:45 – 2:45 P.M. • \$60

This course is the Second Installment of the reading of *Ulysses*. As a reminder, we’re using an annotated, projectable text augmented by audio from Irish RTE. Those who missed the First Installment and wish to join may do so. To catch up a bit, read the first three chapters of Harry Blamires’ book. Also, there’ll be a synopsis of progress-to-date to open the Second Installment. Don’t miss this unique presentation and guided opportunity to experience the most influential novel of the 20th Century! **New in-person course.** Format includes lecture and discussion.

**REQUIRED BOOKS:** *The New Bloomsday Book*, Harry Blamires, ISBN 0415138582; *Ulysses*, James Joyce, Annotated, D. Gifford with R.J. Seidman, ISBN 0520067452

**Bob McCue** is a retired businessman, who has been lecturing on Irish history and literature at OLLI for 16 years.

## Sharing Your Favorite Poems

WILLIAM NATHAN

**COURSE** THU, 3/19 – 5/7 • 9:30 – 11:30 A.M. • \$60

If you find pleasure and beauty and wisdom in poetry and would like to share your experience with like-minded classmates, this class is for you. Each week we will bring a favorite poem, recite it, and discuss it. There’s no one correct interpretation and no one superior type of poem. We will be guided by what our fellow students are most moved by. From Rumi to Pound, from the psalms to Dr. Seuss, your favorites are welcome. No one’s an expert. We’re just sharing what we love. **Repeat in-person course.** Format includes discussion.


**Bill Nathan** moved to Portland 18 months ago and has become ubiquitous 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.

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## The Way It Looks From Here: Four Contemporary Black Voices in 21st Century Fiction

SUSAN POWELL

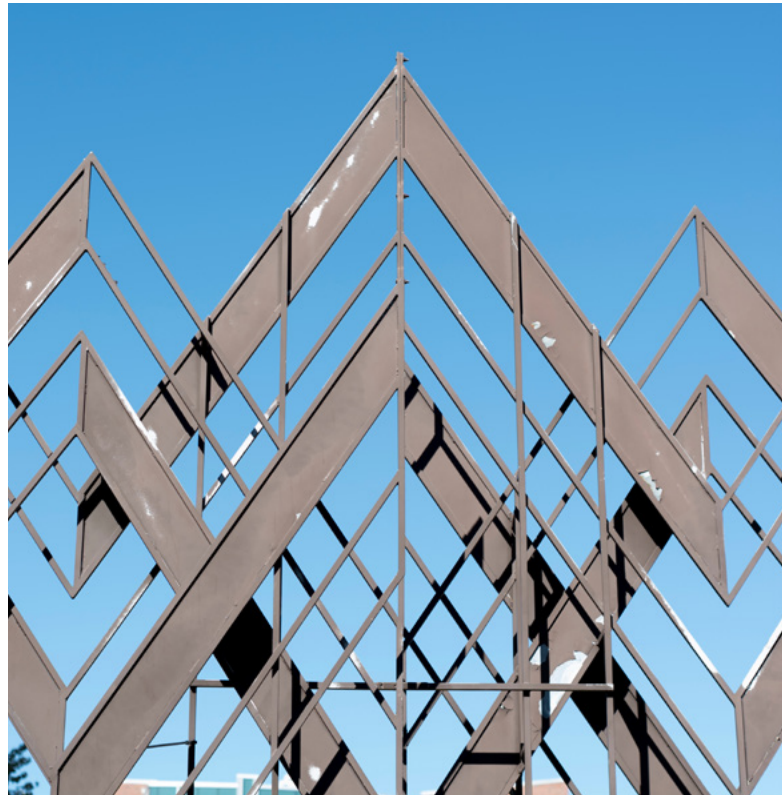
 **COURSE** MON, 3/16 – 5/4 • 9:30 – 11:30 A.M. • \$60

This class will read novels from four renowned Black authors with distinctive narrative styles exploring the complexities of contemporary Black American life. The novels will engage with major themes, including racial identity, systemic and generational trauma, the burdens of Black artistry, poverty, and resilience. Using both humor and pathos, the class will analyze the unique viewpoints of these writers and the profound insights they offer on what it means to be Black in America today. Guided by experienced facilitators from the previous classes, we will read and discuss four novels in eight weeks. The class is highly participatory so come prepared to immerse yourself. Please read the first half of *I Am Not Sidney Poitier* for the first class.

**New remote course.** Format includes discussion.


**REQUIRED BOOKS:** *I Am Not Sidney Poitier*, Percival Everett, ISBN 9781555975272; *Colored Television: A Novel*, Danzy Senna, ISBN 9780593544372; *Salvage the Bones: A Novel*, Jesmyn Ward, ISBN 9781608196265; *Hell of a Book*, Jason Mott, ISBN 9780593330982

*Susan Powell* has immensely enjoyed the 21st Century literature classes at OLLI for more than fifteen years and will coordinate the class. The discussion facilitators will be: **Susan Carter, David Hartley, Robin Ratcliffe, Nancy Scheeler, Susan Schraft, Louise Sullivan, Mark Sundermann, and Karen Winslow.** Using a collaborative model, we will take a deep dive into contemporary fiction.



## A Close Reading of *The Lord of the Rings* (1st of 3 Semesters)

RICHARD PARKER

 **COURSE** THU, 3/19 – 4/30 • 9:30 – 11:30 A.M. • \$60

This will be the first of three courses on Tolkien's novel *The Lord of the Rings* and will focus on Part One, otherwise known as *The Fellowship of the Ring*. Needless to say, this is a masterwork, and Richard is prepared to build this case from a literary perspective and also to share how Tolkien drew from other great myths of the world: Celtic, Norse, Anglo-Saxon, Finnish, Greek, and Indian. His goal was to create a myth for his "northern" people, and he did so borrowing from many other traditions. Frankly, this is not unlike what "Homer" and other great writers of the past did with their great myths. This will be a page by page examination, like you might experience in graduate school. **New remote course.** Format includes lecture and discussion.

**REQUIRED BOOKS:** *The Lord of the Rings*, J.R.R. Tolkien, ISBN 9780547928210 (Mariner Books) **It is essential that students have the same edition as the instructor.**

**Richard Parker** has taught literature, religion, and spirituality since 1977 and holds a Doctorate in Education from the University of Pennsylvania. He has taught "The Lord of the Rings" to adults several times in the last five years.

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## MUSIC

## From Penny Lane to Willesden Green: English Songs of Love & Dissent

TED ANDERSON

**WORKSHOP** 4/11 & 4/18 • 9:30 – 11:30 A.M. • \$30

Were you among the thousands of Americans who watched the Beatles on *The Ed Sullivan Show* in 1964? This was a milestone for many young Americans, with a resulting spark of curiosity about British popular culture and music. This workshop will explore songs from traditional 18th century ballads to contemporary works from Lowkey and PJ Harvey, with lyrics of praise, or words of concern. We'll listen, look, and share thoughts about songwriters who express their feelings for England through music.

**Repeat in-person workshop with new information.**

*Format includes lecture, discussion, and visuals.*

*Ted Anderson's career has been in the museum field, designing interpretive graphics and exhibitions in New York, New Jersey, Pennsylvania, and Maine. A lifelong music fan, his musical interests are wide and include a special passion for British popular music, and the songwriters who create it.*

## Six Decades Of Popular Music — & It's All Free On YouTube

SCOTT ANDREWS

**COURSE** THU, 3/19 – 5/7 • 12:45 – 2:45 P.M. • \$60

The vast extent of popular music available on YouTube is truly awesome, and it's all for free! In this course, we'll spend eight weeks exploring six decades of pop music of multiple genres. Remember *The Ed Sullivan Show*, *Perry Como Show*, *Dick Clark's American Bandstand*, British Broadcasting System's *Top 'o' the Pops*, etc.? We'll tune in. Big bands of the 1930s? Check. Crooners of the 1950s? Yessiree. Girl groups of the early 1960s? Yup. Late 1960s British Invasion? Got 'em, mate. Singer-songwriters of the 1970s? You betcha. We'll cover about six decades of pop music from the 1930s to the 1980s. Special emphasis will be given to the 1960s, with its happy mashup of rock, folk, soul, gimmick songs, and many others. **Repeat in-person course.** *Format includes 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 Maine lifestyle topics.*

## Popular Music of the 1970s

TERRY FOSTER

**COURSE** WED, 3/18 – 5/6 • 12:45 – 2:45 P.M. • \$60

Think “boogie shoes” and “disco” along with solo music from Streisand, Ronstadt, and Manilow and you'll get a glimpse of what we'll cover. The BeeGees, Led Zeppelin, KC and The Sunshine Band and The Eagles represent groups to be heard. Disco stars like Donna Summer, Gloria Gaynor, and Michael Jackson will entertain. We'll pay homage to blues man B.B.King. Via videos, discussion, live piano music, and CDs we'll explore the hits and performers that made it to the top of the charts. We'll cover the top news of the decade too. No text is required. Can you dig it? **Repeat in-person course.** *Format includes lecture, discussion, and film.*

*Terry Foster was classically trained but loves to play popular music. He's played in a dance band, a rock band, accompanied singers, taught music, and performed solo. A retired USM administrator, he co-founded “Senior College,” OLLI's predecessor. He holds two master's degrees plus a doctorate in higher education.*

## Four Late Mozart Operas on Film

CAROLYN PAULIN

**COURSE** WED, 3/18 – 5/6 • 9:30 – 11:45 A.M. • \$60


In this class we will view and discuss four of Wolfgang Amadeus Mozart's late operas: *Così fan tutte*, *Don Giovanni*, *Le nozze di Figaro* (The Marriage of Figaro) — all with libretti by the composer's great collaborator, Lorenzo da Ponte — and his final opera, *Die Zauberflöte* (The Magic Flute). The videos are filmed live in magnificent opera houses with superb conductors, and brilliant singers, and include performances from Teatro alla Scala in Milan, the Salzburg Festival in Austria, and The Royal Opera House Covent Garden and the Glyndebourne Festival in Britain. Each opera is about three hours long and will be viewed over two class sessions. Written material will be provided and discussion topics will include Mozart's life and musical style, the staging, the stories, and more. **Repeat in-person course.** *Format includes lecture, discussion, and film.*

*Carolyn Paulin earned her DMA in Choral Music from the University of Illinois at Urbana Champaign. She had a 40-year career as a choral conductor and singer, as well as working as a classical music producer and program host for Chicago's WFMT Radio and the International Radio Network. She currently serves on several boards of Portland area not-for-profit organizations.*

## POLITICS &amp; CURRENT EVENTS

## Even War Has Rules — An Introduction to International Humanitarian Law

JONO ANZALONE

 **WORKSHOP** SAT, 4/11 • 9:30 – 11:30 A.M. • \$20

Today, armed conflicts are ongoing around the world. At times, it may seem that there are no rules in war. Fortunately, there are rules in war, and they can make a difference. Even War Has Rules is a dynamic discussion of International Humanitarian Law (IHL) and how it governs armed conflict. It will address topics such as:

- The sources of law and rules that apply to armed conflicts
- The fundamental principles of IHL that guide the development of these rules
- How IHL protects people and places during armed conflicts.


By the end of the class, participants will achieve a general understanding of IHL and will be better able to evaluate the actions of parties to armed conflicts. **New in-person course.** Format includes lecture and discussion.

**Jono Anzalone** is an educator, humanitarian leader, and international crisis-response expert whose career spans more than three decades of service, scholarship, and global engagement. He serves as a Lecturer in Social and Behavioral Sciences at the University of Southern Maine.

A passionate global learner, Jono has worked or traveled across more than 30 countries, bringing an international perspective to his teaching and research. His professional interests center on sustainable development, climate economics, behavioral economics, governance, applied analytics, international crisis response, and the intersections of creativity, culture, and socioeconomic systems.

## Ever Wonder About The Road Taken by That Box of Cereal?

MARY LYNN ENGEL


 **WORKSHOP** SAT, 4/11 – 4/25 • 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. Have questions? Send your suggestions at least a week before class to me at [mld@engel.net](mailto:mld@engel.net). **Repeat in-person workshop.** Format include lecture, discussion, and hands-on learning.

**Mary Lynn Engel** enjoyed a successful strategic communications, branding, and public relations career in health care, Fortune 500 corporate, higher education, and agency environments. She teamed communications with project management, strategic planning, and implementation. Her master's degree in marketing communications led to being an Assistant Professor of branding, business ethics and business communications.

## Decision-Making: Logic & Emotion

LANDIS GABEL

 **COURSE** MON, 3/16 – 5/4 • 9:30 – 11:30 A.M. • \$60

This course is about how we should — and how we actually do — make important decisions. It is based on two bodies of economic theory developed recently: game theory and behavioral economics. The former examines rational decision-making: i.e., how we should do it. The latter examines our actual decision-making; our biases and what we might do to mitigate them. With a mix of experiments, mini-lectures, videos, and examples, we will look at how to signal cooperation, how to threaten, how to bid at an auction, how to negotiate. **Repeat in-person course.** Format includes lecture, discussion, film, and hands-on learning.

**Landis Gabel** recently retired after 35 years as a Professor of Economics at INSEAD in France. M.Sc. from L.S.E., Ph.D. from the University of Pennsylvania, and faculty at the University of Virginia preceded that. He taught a course on climate change before the pandemic and this course since.

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## POLITICS &amp; CURRENT EVENTS • continued from previous page

## Maine Electricity Prices — Why Are They So High?

WILLIAM HARWOOD

**WORKSHOP** SAT, 4/18 • 9:30 – 11:30 A.M. • \$20

Electricity prices in Maine are currently among the highest in the nation, approximately twice the national average, creating a serious affordability problem for low-income Mainers and Maine industrial companies trying to compete against those with lower electricity costs. High electricity prices also make it harder for the State to meet its climate goals of switching away from fossil fuels to heat pumps and electric vehicles powered by electricity generated from renewable resources. This workshop will explore the major reasons why Maine electricity prices are so high, including our reliance on natural gas, our subsidies of solar energy, overcharging by unregulated retail electricity marketers, and the rising cost of maintaining and building the transmission and distribution system needed to deliver electricity. **New in-person workshop.** Format includes lecture.

**William Harwood** is a retired Maine attorney who spent 42 years in private practice representing public utilities and energy developers, marketers and consumers. During this time, he frequently lectured and wrote articles on electricity, including authoring a treatise, *Maine Regulation of Public Utilities*. More recently, he served as a Senior Policy Advisor to Governor Mills and as Public Advocate for the State of Maine, representing ratepayers in regulatory proceedings involving Maine electric utilities.

## Standing Up for the Rule of Law

WILLIAM HARWOOD &amp; PETER MURRAY

**WORKSHOP** SAT, 4/11 • 9:30 – 11:30 A.M. • \$20

This workshop, exploring the importance of the rule of law in our democracy, will be led by two veteran Maine attorneys, Peter Murray and William Harwood, who serve on the Steering Committee for Mainer Lawyers for the Rule of Law where they focus on educating the public on the meaning of the rule of law; how the rule of law is under attack; and why we need to uphold it. Murray and Harwood will introduce a highly acclaimed video by Harvard Law School Professor Noah Feldman entitled: *Standing Up for the Rule of Law: How Do We Save It?* After the video, Professors Murray and Harwood will lead a discussion with those attending on origin and antecedents of the rule of law, how it has functioned in the U.S., its present role and the challenges it faces, and what citizens can do to maintain and protect this core element of American democracy and culture. **New in-person workshop.** Format includes lecture and discussion.


**William Harwood**, after 42 years of private practice in Portland, served as a Senior Policy Advisor to Governor Mills and Public Advocate for the State of Maine. He currently teaches at the University of Maine School of Law as an Adjunct Professor of Law.

**Peter Murray** has been an active member of the Maine bar since 1967. From 1978 – 2022 he was a full time (1993–2010) and part time faculty member at Harvard Law School teaching Evidence, Trial Advocacy, Comparative Law, Legal Ethics and the American Legal System. He is the author of several books and many articles on those and related legal subjects.



## The Joyful Activist

MARIANNE HILL


 **WORKSHOP** SAT, 4/11 & 4/18 • 9:30 – 11:30 A.M. • \$30

Clarity, courage and contagious enthusiasm all combine in successful activism. There is much that unites us today but too much that divides us. Music can point the way to a better way of living together. We will share stories, listen to important protest songs, and discuss articles available on my website. My articles look at how the priorities of the 1% hurt us, the points we largely agree on (climate change, a living wage, health care for all...), building coalitions and using the arts and music for a joyful activism. We'll conclude with creating our own tips for joy in activism. **New in-person workshop.** Format includes lecture, discussion, and film.

*Marianne Hill, author of Building A Solidarity Society (Palgrave 2022), began her life-long activism during the 1960s in the D.C. area. Success in civil rights, women's rights, environmental protection and more has fueled the energy that sustains her commitment. She has a Ph.D. in economics from Yale and has served on the boards of the Union for Radical Political Economics and the International Association for Feminist Economics (a founding member of both). She sings with the Royal River Chorus and plays the piano.*

## Civic Virtue: Can We Save democracy?

ROBERT LIBBY


 **COURSE** MON, 3/16 – 5/4 • 9:30 – 11:30 A.M. • \$60

We face an authoritarian attempt to end true participatory democracy. This course examines the threats that are present and the steps that can be taken to strengthen and improve real participatory democracy. The next six months are crucial to this effort. Detailed presentation on gerrymandering, Project 2025, electoral college, partisan politics, sources of campaign finance, and voter suppression efforts, political effects of social media and AI. **New in-person course.** Format includes lecture and discussion.

*Robert Libby has been teaching civics education and constitutional law courses and designing curricular materials for all levels for more than fifty years.*

## Supreme Court Effects

ROBERT LIBBY


 **COURSE** MON, 3/16 – 5/4 • 12:45 – 2:45 P.M. • \$60

Through close study of the U.S. Supreme Court this course investigates the profound effect of the Supreme Court on American Society. We will closely examine landmark cases of the court, and demonstrate the effects of those decisions. Emphasis on the current term of the court, issues like the shadow docket, court doctrines, and proposed reforms for the Supreme Court. **New in-person course.** Format includes lecture and discussion.

*Robert Libby has been teaching constitutional law courses and designing curricular materials for all levels of instruction for more than fifty years.*

## Artificial Intelligence (AI) in Context

PETER REED





 **COURSE** MON, 3/16 – 5/4 • 12:45 – 2:45 P.M. • \$60

An overview of what AI is, how it came to be, and where it may be going. Making sense of the flood of media attention on the topic and trying to put it in perspective. How it might affect us and our grandchildren. The cases for both existential worry and optimism. A little bit about how it works, its strengths and weaknesses, and how it might evolve. **New in-person course.** Format includes lecture, discussion, and film.

**SUGGESTED BOOKS:** *The Singularity is Near: When Humans Transcend Biology* (2005), Ray Kurzweil, ISBN 9780143037880 (broad scope and fairly detailed); *The Singularity is Nearer: When We Merge with AI* (2024), Ray Kurzweil, ISBN 9780399562778 (also broad scope, but more philosophical than earlier work)

*Peter Reed was a Software Engineer for 40 years. He studied AI in graduate school and worked for an AI startup for a short while just before the 'AI Winter' in the mid-1980's when the previous hype cycle ended and funding collapsed. He has worked on the fringes of AI and followed its progress for many years. He retired and moved to Maine in 2018.*


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## POLITICS &amp; CURRENT EVENTS • continued from previous page

## A Resurgence in Nuclear Energy

DAVID VON SEGGERN

 **WORKSHOP** SAT, 4/25, • 9:30 – 11:30 A.M. • \$20


As we struggle to bring more clean, renewable energy to the electrical grids, made more challenging by the current U.S. government, some are proposing that we turn to nuclear power, which does not emit greenhouse gases, to fill the gap of clean energy. On a different path, the U.S. government is listening to many nuclear experts who say we must start testing nuclear weapons again to ensure their viability. In this workshop we will discuss the need and impacts of these two nuclear initiatives. The instructor encourages anyone, no matter how strongly they feel either way about nuclear energy, to come and participate.

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

*David von Seggern, Ph.D., is a retired earth scientist (seismology) whose career touched on nuclear energy in several ways. He continues in retirement to advocate for renewable energy and environmental issues. He enjoys walking the many trails around Portland, Maine and Westport, Ireland.*

## Living on Earth as if We Want to Stay

MIKE NICKERSON

 **WORKSHOP** SAT, 4/25, • 9:30 – 11:30 A.M. • \$20

With human activity pressing against planetary limits, perpetual growth is no longer an appropriate goal. We can choose to create a stable relationship with Earth. This different approach to mutual provision (the economy) requires a change of perspective. Time-tested biological processes provide a foundation for securing long-term well-being as society's economic "metabolism" adapts to our new situation. A glimpse of a future the grandchildren might enjoy can be seen through the precept "More Fun, Less Stuff." "To Be Alive and Well; It's Easier Than You Think." **Repeat remote workshop.** Format includes 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. ([sustainwellbeing.net](http://sustainwellbeing.net))*


### DID YOU KNOW?

You can order your books through the USM University Store at [usm.ecampus.com](http://usm.ecampus.com).

## PSYCHOLOGY

## Building The Bonds of Friendship When You're Not a Kid Anymore

VICKI FIELD


 **WORKSHOP** SAT, 4/25 • 9:30 – 12:00 P.M. • \$20

Friends are the tonic of life. They not only enrich your heart and mind, but also boost your immune system! Making friends when we were younger was almost spontaneous. But now, it may seem challenging, with moves, family shifts, retirement, and other natural life changes. Join us to explode some myths of friendship, and tighten up the "friendship gap." We'll explore a host of fun ways to seed, feed, and even weed friendships. *Building the Bonds of Friendship at Midlife and Beyond* will be available as a free addition to the workshop. **New in-person workshop.** Format includes lecture and discussion.

*Vicki Field, co-author of Building the Bonds of Friendship at Midlife and Beyond, has led workshops on the topic for the past 15 years. She also shares from her experience as a certified life coach, consultant, OLLI member, and director of learning and development for several organizations.*

## Understanding & Navigating Anxiety & Stress

LAWRENCE CROUCH

 **WORKSHOP** SAT, 4/11 & 4/18 • 9:30 – 11:30 A.M. • \$20

Get relief from anxiety and stress through gaining information, skill sets, and techniques taught by a licensed professional therapist. The course will help you define and explore the mental health issues related to anxiety and stress plus you will learn how to manage their symptoms. We will discuss various approaches to resolve these issues and concerns. However, please note the class is not therapeutic and does not replace mental health counseling for those who may be struggling. **New remote workshop.** Format includes lecture.


*Dr. Lawrence Crouch is a licensed mental health therapist, published author and Vice President of KIO Tri-county Psychological Counseling Corporation. He has taught in a mental health curriculum at the college level for over twenty years.*

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## Jung's *The Soul and Death*

STEPHEN KERCEL

 **WORKSHOP** SAT, 4/18 • 9:30 – 11:30 A.M. • \$20


"It does not ordinarily occur to us to conceive of death as a goal and a fulfillment" (Jung's *Collected Works*, Vol. 8, CW 8, ¶ 797). Mainstream materialism suggests that it is pointless to suppose that such a concept should ever occur to us. The orthodox claim is that life is a historic accident devoid of meaning or purpose. As Richard Dawkins says, "Say it with me; no lives matter!" Does Dawkins have a point?" **New remote workshop.** Format includes lecture.

**SUGGESTED READING:** *Collected Works Vol. 8*, Jung, C.G., ISBN 9780691097749

**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 has taught many OLLI courses on Jung.

## Connect With Your Natural Inner Peace: Practices To Support Mindfulness & Awareness In Daily Life

TERRYANN SCRIVEN

 **COURSE** THU, 3/19 – 4/30 • 1:30 – 2:30 P.M. • \$60


Gift yourself some moments of accessing your innate inner peace while longer daylight is just beginning to return. The class will introduce mindfulness and insight meditation practices that can be helpful in developing more awareness of one's habitual inner processes, and wider appreciation of our perception, outlook and action in daily life. Class sessions will include introductions to various techniques, a guided meditation or practice, followed by time for questions and group discussion. Intention of the course: One may find a comfortable way to incorporate an increased awareness, a feeling of greater connection in life, as well as an appreciation of our innate inner peace, between thoughts. Scheduled at a time when it could be beneficial to invite our active minds to wind down. **New remote course.** Format includes lecture, discussion, and hands-on learning.

**TerryAnn Scriven** is a local family physician, a parent, and spouse. She is currently a leader in Portland's Open Door Insight Meditation Community, and a member of an online meditation group as well. She has found that Zoom can be a convenient and powerful way to learn and connect people in meditation.

## RELIGION, PHILOSOPHY, & SPIRITUALITY

### Be a Light in the World

LUCILLE MELTZ

 **WORKSHOP** SAT, 4/25 • 9:30 – 11:30 A.M. • \$20


What is meant by being a light in the world? How do you access this spiritual areligious force of change? Join intuitive empath and spiritual life coach, Lucille, in discussing her free channeled booklet *Being of Light*. Discover the opening to what may be your greatest and simplest gift for making a difference in these turbulent times. The message is oneness and we are all messengers. **New remote workshop.** Format includes lecture and discussion.

**REQUIRED BOOKS:** *Being of Light*, available to download for free on instructor's website

**Lucille Ann Meltz**, M.S.E.D. M.A. a spiritual coach, author and teacher with over 40 years of experience. Her channeled booklet *Being of Light* is available free on her website ([lml-light.com](http://lml-light.com)) to be downloaded for class discussion.

### What To Do When You're Dead

ZAID SMITH

 **COURSE** MON, 3/16 – 5/4 • 12:45 – 2:45 P.M. • \$60


Perhaps the biggest surprise after death is discovering we aren't in fact dead. Now what? In this class we will consider the metaphysics and epistemology of the afterlife (ie, How can we know anything about this at all?) before looking at three sets of instructions: *The Egyptian Book of the Dead*, *The Tibetan Book of the Dead*, and *The Sufi Book of Life After Death*. **New in-person course.** Format includes lecture and discussion.

**Zaid Smith** has been a student of Tibetan Buddhism and Sufism for 40+ years, and has also been a research scientist, technology analyst, and a regulatory writer in the pharmaceutical industry. He brings an unusually practical viewpoint to mysticism and spirituality.

## SCIENCE &amp; NATURAL HISTORY

## Perfect Lawns — A Thing of the Past?

SHIRLEY HELFRICH, BETH ADDISON, &amp; KAREN REA

 **WORKSHOP** SAT, 4/18 • 9:30 – 11:30 A.M. • \$20

Drought, extreme weather, and habitat loss for insects and wildlife are challenging for gardening experts as well as beginners. What about “No Mow May,” native species, ground covers, and the 70% rule? Should we rake leaves or leave them? Why is using Latin names important? Learn about current issues, problems, and possible solutions from members of the Longfellow Garden Club. **New in-person workshop.** Format includes lecture, discussion, and film.


**Shirley Helfrich**, formerly a consultant for the Maine State Library, organized regional and statewide continuing education events for library staff, trustees and city officials for many years. She has helped to produce educational programs for the Longfellow Garden Club and volunteers in the Longfellow Arboretum.

**Beth Addison** is a retired librarian with a Master’s from the University of Rhode Island, specializing in cataloging. She has been a member of the Longfellow Garden Club since 2004 offering monthly horticultural advice. She authored The Gardener’s Guide to Gardening Books, Magazines, and Catalogs.

**Karen Rea** is the immediate Past President of the Garden Club Federation of Maine. Her President’s theme focused on the effects of turf-grass lawns on the environment and ways to apply what we know about pollinators and native plants to the creation of more ecologically sound lawns.

## Spring in Maine: Phenological Investigations for the Naturally Curious

JACK KENNEL &amp; MARY BRANDES

 **COURSE** WED, 3/18 – 4/22 • 9:30 – 11:30 A.M. • \$60


Led by two Maine Master Naturalists, the course will explore selected topics associated with springtime transformations in Maine. Topics will include changing landscapes and human influences, trees and plants, amphibians and vernal pools, birds and migration, and ferns and lichen. The course will involve two field trips and several hands-on activities. Students will maintain a nature journal and report their phenological observations. **New in-person course.** Format includes lecture, discussion, hands-on learning, and movement.

**Jack Kennell** is a professor emeritus at Saint Louis University and has taught biology for over 30 years. He has a degree in plant pathology from the University of Florida.

**Mary Brandes** is a professor emerita at Tufts University School of Medicine and a clinical instructor of pelvic floor surgery at Maine Medical Center.

## Modern Physics: How We Know What We Know

JONATHAN MATT

 **COURSE** WED, 3/18 – 5/6 • 12:45 – 2:45 P.M. • \$60

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

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



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## Stalking the Spring Wildflowers

DIANNE SINCLAIR

 **WORKSHOP** THU, 5/14 • 9:30 A.M. – 2:30 P.M. • \$30


Spring ephemerals are wildflowers that bloom very briefly before the trees leaf out. At the morning classroom session, we will become familiar with the flowers through a PowerPoint presentation. In the afternoon, we will carpool to a nearby location to seek out the flowers. The walk may involve uneven ground but we will be walking slowly. The morning session will be held rain or shine. The afternoon walk will be rescheduled for one week later if it rains. Bring field guides and a hand lens if you have them, bug dope, and good walking shoes.

**Repeat in-person workshop.** *Format includes lecture, hands-on learning, and movement.*

*Dianne Sinclair has been searching for wildflowers in Maine since 1988. She loves the thrill of finding flowers she has never seen before as well as visiting old “friends” year after year. She has lectured and led wildflower walks for OLLI, libraries, and garden clubs.*

## Evolutionary & Developmental Biology

HAL SCHEINTAUB

 **COURSE** TUE, 3/17 – 5/5 • 12:45 – 2:45 P.M. • \$60


Evolution, genetics, and embryology were separate branches of biology. But, now they come together in a 21st century science called Evodevo — evolutionary developmental biology — a discipline that focuses on how changes in embryonic development lead to the evolution of new traits and new species. In this class you will see how the interaction of genes in the embryo explains not only how an individual organism develops, but also how it evolved. Then, by comparing the development of different species, you will see how features like limbs, eyes, and other complex structures evolved over time. **New in-person course.** *Format includes lecture and discussion.*

**REQUIRED BOOK:** *Some Assembly Required*, Neil Shubin, ISBN 9781101972687

*Hal Scheintaub has been making science ideas available and accessible to OLLI students for five years. This spring he is offering a course in evolutionary and developmental biology, tailored to students who are curious about how new DNA technology can help answer some fundamental questions of evolution.*

## Why We Get Sick with Non-Contagious Diseases

HAROLD ZELIGER

 **COURSE** MON, 3/16 – 5/4 • 9:30 – 11:30 A.M. • \$60


Non-contagious disease onset, though influenced by genetics, is primarily due to a combination of environmental exposure, lifestyle and general health status. This course will examine how these interact with the body to promote the onset of cancer, diabetes, Alzheimer’s disease, heart disease and numerous other non-contagious diseases as well as how they contribute to the severity of contagious diseases. **New in-person course.** *Format includes lecture and discussion.*

*Harold Zeliger is a Ph.D. chemist and chemical toxicologist who taught chemistry and environmental science at Sarah Lawrence College and has investigated and given expert testimony regarding many incidents involving disease outbreaks. He is the author of numerous science and medical journal articles and authored four books on the subject.*

## SELF-KNOWLEDGE & ENRICHMENT

### Wellbeing in the Midst of It All

CHERYL ANDERSON

 **COURSE** TUE, 3/31 – 5/19 • 12:45 – 2:45 P.M. • \$60

In this class, we will learn mindfulness practices, including meditation, to help us cultivate a sense of well-being and even happiness in the midst of all the troubling personal, local, national, and world events. Each session will include a talk, discussion, a guided meditation, and additional mindfulness exercises to practice during the week. There is no required reading, but the class will be loosely based on the book *Awakening Joy* by James Baraz and Shoshona Alexander so you may be inspired to read it. **Repeat in-person course.** *Format includes lecture, discussion, and hands-on learning.*

**SUGGESTED BOOK:** *Awakening Joy*, James Baraz & Shoshona Alexander, ISBN 9781937006228

*Rev. Cheryl Anderson is a retired United Church of Christ pastor as well as a certified Mindfulness Meditation teacher. She was trained as a teacher of meditation by Jack Kornfield and Tara Brach in addition to other American Buddhist teachers. She served the First Congregational Church of Washington, CT for 22 years before retiring to Portland with her husband, Scott Tilden, in 2019. She also plays folk guitar, studies nonviolent communication and piano, and loves to sail.*

## SLEF-KNOWLEDGE &amp; ENRICHMENT • continued from previous page

**Getting Old is Not for Sissies**

MARY KROTH-BRUNET

**COURSE** WED, 3/18 – 4/20 • 9:30 A.M. – 12:00 P.M. • \$60

Aging creates gradual physical and mental challenges. We all make both informed and uninformed choices daily that can have a significant impact on our future health. If you are willing to change old habits, accept new challenges and travel outside your comfort zone; this course is for you. Join me in exploring scientifically backed principles of movement, nutrition and habits that can directly impact the effect of many diseases. Practice simple movement and nutritional “hacks” you can use daily to improve your ability to move, increase energy levels, decrease pain, and create better mental health. If you are up for the challenge, you can optimize your health and thrive! Dress comfortably in exercise clothes. **Repeat in-person course.** Format includes lecture, hand on learning, and movement.

**Mary Kroth-Brunet** is a retired physical therapist who has always had a passion for helping others. Her strongest treatment and prevention tool has been educating others about the hidden everyday “root causes” of health problems. Mary enjoys reading the latest research and using the KISS principle to design courses to help others create their best life.

**The Art of Living Well: Peace Education Program**

RITA RUBIN-LONG &amp; TERRY LANDRY

**COURSE** THU, 3/19 – 5/14 • 12:45 – 2:45 P.M. • \$60

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

**Rita Rubin-Long** taught children and adults for over 40 years in public schools and worked as an educational consultant at USM. Being an eyewitness to the violence at Kent State University in 1970 inspired her lifelong passion for peace.

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

**QUESTIONS?**

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Call us:

207-780-4406

## SPECIAL OFFERINGS

## Camping in Maine

MARY ALTENBERN

**WORKSHOP** SAT, 4/25 • 10:00 AM – 12:00 PM • \$20

This class is for the people who just want to get out there and simply camp for a few days. It will give you guidelines, tips, hints, and successful strategies for camping for five days or less. You will learn how to prepare for the trip with detailed organization and get a peek at how to pack for the trip, build a fire, plan meals, where to go, when to go, some old folklore that our forefathers so carefully lived by and ... oh, by the way, tons of camping recipes. **Repeat in-person workshop.** Format includes lecture and discussion.

*Mary Altenbern and her husband have been camping in Maine for over 30 years. This class will give you an inside scoop on how someone else organizes their camp trips to make a memorable experience.*

## Guiding Friends &amp; Family Through Financial Hardship Without Using Your Own Money

GEORGE MARCUS

**WORKSHOP** SAT, 4/11 • 9:30 – 11:30 A.M. • \$20

Many of us have gone through the difficult and unpleasant circumstance where members of our families or friends are experiencing financial difficulties. We all want to help, but providing funds to bail out the distressed family member or friend is very difficult for a variety of reasons, including lack of available funds for such a purpose, and where there are available funds in our possession, they are often joint assets with a spouse, who would likely discourage such use. Notwithstanding these challenges, there are important and effective means to assist the financially troubled friend or family member without use of your own funds. This course will discuss and explore these effective means to help. **New in-person workshop.** Format includes lecture and discussion.

*George Marcus, is an attorney and Portland native who practiced commercial law for 48 years before his recent retirement. One of his areas of expertise was advising and assisting people and their businesses who were experiencing financial difficulties. Mr. Marcus' successful practice in this area enables him to share insights, concepts and ideas to those who want to help family members or friends experiencing financial difficulties — without using their own funds.*

## New Maine Laws for Protection of Bank Accounts of Elders

GEORGE MARCUS

**WORKSHOP** SAT, 4/18 • 9:30 – 11:30 A.M. • \$20

In September 2025, the Maine legislature passed a law regarding protection of bank accounts of individuals over 60, as a means of addressing the dramatic increase of fraudulent activity and bank account hacking. The new law is codified as Title 9B, Section 245 of the Maine Revised Statutes. This law permits a financial institution, such as a bank, at the request of the elder person or a representative of the elder person, to delay withdrawal of funds from the elder person's account for a period of time sufficient to allow the elder person to remove the funds, or seek protection from a court. The course will discuss the terms of this new legislation and the means by which a representative of the elder person can protect that person's bank account from fraudulent withdrawals. **New in-person workshop.** Format includes lecture and discussion.

*George Marcus, is an attorney and Portland native who practiced law for 48 years. New Maine legislation provides a device for the lawful protection of funds of elders contained in bank accounts. Mr. Marcus will share insights on this new legislation to those who want to help elderly friends and family members, who need to protect their assets, including bank accounts.*




Find these icons to find the right style for you:

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

SPECIAL OFFERINGS • continued from previous page

## Everyday Cybernetics: Thinking Differently

JOHN BUBAR, LARRY RICHARDS, &amp; VALARIE LAMONT

 **COURSE** THU, 3/19 – 5/7 • 12:45 – 2:45 P.M. • \$60

A non-technology course that explores the use of the word “cybernetics” as a way of thinking about complex and seemingly intractable situations. Using a conversational approach, special attention is given to the relevance of its concepts (like system, purpose, recursion, process, variety, observing) to decisions, problems, actions, and interactions that arise in our everyday lives. The course is not technical, and no educational background is required or expected. It is for anyone who is interested or curious about what it could mean to think differently.

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

**SUGGESTED BOOKS:** *The Knowledge Illusion: Why We Never Think Alone*, Steven Sloman & Philip Fernbach, ISBN 9781509813070; *WTF?! How am I thinking? A Thinking Tool for Change*, Jane Cull, ISBN 9781539990802

**John Bubar** received advanced degrees in systems management (M.S.), business administration (M.B.A.), and creative writing (M.F.A.). He received specialized training in an approach to organizational development called appreciative inquiry. He continues an interest in the role of the arts in society.

**Larry Richards** first developed an interest in cybernetics and decision-making almost 60 years ago. Over time, his interest expanded to include implications for policy formation, organizational design, societal issues and everyday life. He spent the last 32 years of his professional career in higher education leadership positions.

**Valarie Lamont** received her Ph.D. in political science from the University of Illinois. She is the co-founder of the Forum on Democracy, which is currently active in developing projects for advancing democratic principles through the application of systems and cybernetic thinking.



### QUESTIONS?

We are here to help you!

Email us:


[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:

207-780-4406

## Preserve Precious Family Memories for Future Generations

PETE SMITH &amp; KIMBERLY McGLAUGHLIN

 **COURSE** FRI, 3/20 – 5/8 • 9:30 – 11:30 A.M. • \$60


Sorting decades of photos, videos, and memorabilia can be overwhelming. Don't leave the task to children and grandchildren. In this course, learn practical ways to organize, digitize, and preserve your family's media before it's lost. We'll explore tools for scanning, storing, and sharing memories — from photo albums and slides to VHS tapes and smartphone photos. Participants will learn to create meaningful gifts like digital frames or curated flash drives, and to document family history through basic genealogy practices. Empower yourself to safeguard your legacy and make it easy for future generations to enjoy and cherish for years to come. **New in-person course.** Format includes lecture, discussion, and hands-on learning.

**Pete Smith** is the owner of OneNest Media, a Scarborough-based business specializing in digitizing and organizing family photos, videos, and audio archives. Pete transitioned from a corporate management career to his passion for helping families preserve their memories through practical, hands-on guidance that makes organizing and safeguarding personal history simple and rewarding.

**Kimberly McLaughlin**, founder of Genealogist on Board, is a lifelong family-history enthusiast now pursuing her passion for genealogy after a long career as an operating room nurse in Portland. She helps individuals uncover and document their ancestry through research, ancestor introductions, and gravestone documentation, preserving stories that connect generations.

## What Do Your Hands Say About You?

LUCILLE MELTZ

 **WORKSHOP** SAT, 4/11 • 9:30 – 11:00 A.M. • \$20

Learn the basics of what your hands can reveal in this introduction to the ancient and contemporary esoteric art of hand reading. Aspects of your personality, special gifts, and characteristic behaviors are all contained in your hand shapes, lines, and fingers. And exciting spiritual information in your fingerprints! A fun, fascinating and unique workshop! **Repeat remote workshop.** Format include lecture, discussion, and hands-on learning.

**Lucille Ann Meltz**, M.A., M.S.E.D., owner of Touch the Soul Coaching and Hand Reading, is an experienced professional hand reader trained individually with a master teacher from the International School of Hand Analysis. She has done hundreds of readings across multiple states, providing in-depth insight into an individual's Soul's Agenda in this lifetime. ([Itl-light.com](http://Itl-light.com))

## WRITING

## Writing Life Stories with AI: Enhancing Your Voice

JOAN CHADBOURNE

**COURSE** WED, 3/18 – 5/6 • 12:45 – 2:45 P.M. • \$60

We all have life stories worth sharing — waiting to be written. We want them to invite readers into our life experiences. AI can be our personal editor polishing our writing, so it flows and clearly expresses our experience to readers. In class, you'll learn this approach. You'll gain confidence, new skills, and writing that sounds like you — your best writer self. One benefit of class is sharing with each other and getting supportive feedback. Some writing homework: no prior AI or writing experience needed. **New remote course.** *Format includes lecture and hands-on learning.*

**SUGGESTED BOOK:** *How To Tell A Story*, The Moth, ISBN 9780593900004

*Joan Chadbourne, former professor, coach, and writer, who sought an editor who would help her words flow and express her voice clearly. In 2025, she found AI can be that editor. Her creativity is there, expressed more clearly. She is excited about this new collaboration and wants to share it.*

## Introduction to Life Story Writing

CRAIG SIULINSKI

**WORKSHOP** SAT, 4/18 & 4/25 • 3:00 – 5:00 P.M. • \$30

The workshop will highlight the benefits that life story writing provides to the individual and the impact that life stories offer for current and future generations. Attendees will engage in short writing exercises and participate in related discussions. Memory prompts and writing tips will be provided. **New remote workshop.** *Format includes lecture and discussion.*

*Craig Siulinski is an experienced educator and writer, as well as an avid researcher and genealogist. He holds a Master of Science degree in Education from Cal State University East Bay (CSUEB), and a Bachelor of Science degree from the University of Southern Maine.*

## Return of the Misfit Poets

MARY TRACY &amp; CRAIG SIPE

**COURSE** FRI, 3/20 – 5/8 • 9:30 – 11:30 A.M. • \$60

This course is for everyone who wants to read, discuss, and write poetry, whether you've written before or not. We will select topics and exercises from *The Discovery of Poetry* by Frances Mayes to discuss at the beginning of each class, respond to prompts in class, and share our spontaneous work on a voluntary basis. In the second hour of class, we will read and respond to each other's work. We believe that writers learn best with both praise and friendly questions in a nurturing setting of fellow learners. Requirements: An open mind, a sense of fun and discovery, and a readiness to read and write. **Repeat in-person course.** *Format includes discussion and hands-on learning.*

**REQUIRED BOOK:** *The Discovery of Poetry*, Frances Mayes, ISBN 9780156007627

*Mary Tracy lives and writes in Portland, Maine, at an ordinary table that looks upon her ordinary street, and is inspired by writers who find depth, irony, and pleasure in ordinary things. She is a former educator and published poet.*

*Craig Sipe is the author of two poetry collections: *Lovely Dregs* (2020) and *Here It Comes and It's Gone* (2023). 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 Cafe Review*. He lives on Orr's Island.*



Find these icons to find the right style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID



+ BLENDED

# 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 46). 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.*



## BEREAVEMENT

We all deal with grief and this would be an opportunity for people to gather and discuss various topics regarding bereavement: the challenges of the first year, coping skills, how grief impacts us emotionally, physically, spiritually, etc.

**FMI:** Gisele Biron at [fivemaine@yahoo.com](mailto:fivemaine@yahoo.com)

## 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](mailto: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](mailto:kpwinslow@yahoo.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](mailto: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](mailto:loiswinter54@gmail.com)

*Please note: You will need to provide additional safety/contact information to complete your Downhill Ski Club registration before receiving notice of upcoming ski trips.*

## ECELTIC 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](mailto: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](mailto:lelanddm@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 Cuning at [cunninglk@gmail.com](mailto:cunninglk@gmail.com)

*"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**

**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](mailto:pastor.cheryl0319@gmail.com) or Richard Welsh at [rewelsh@verizon.net](mailto:rewelsh@verizon.net)

**NEW!****MUSIC JAM**

Do you play any instrument? Do you sing? Let's gather together and make some music. For all levels. Bring a song, play a note, or sing a tune. We'll have some music charts to start with and then see where our interests lead us. There is a room with a piano, so that's a start.

**FMI:** Alan Shepard at [ashepard33@yahoo.com](mailto:ashepard33@yahoo.com)

**NEW!****OLLI SENIOR PLAYERS**

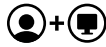
Ever dreamed of yourself on stage? Ever thought it would be fun to play different characters? Come join us at OLLI Senior Players. It is readers' theater, so no memorization is needed. We meet weekly at Falmouth Public Library, each Wednesday from 1:00 – 3:00 p.m.

**FMI:** Steve Squiers at [stevesquiers@gmail.com](mailto:stevesquiers@gmail.com) or Cheryl Squiers at [nenegirl8th@gmail.com](mailto:nenegirl8th@gmail.com)

**OLLI SINGERS**

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

**FMI:** Contact Bob Swerdlow at [OLLISingersAtUSM@gmail.com](mailto: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](mailto: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](mailto: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](mailto:ehousewright@gmail.com) or visit [olliusmsciencediscussion.wordpress.com](http://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 Seggern at [vonsegl1@sbcglobal.net](mailto:vonsegl1@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](mailto: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](mailto: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](mailto:revlynne1@gmail.com)

# How to register

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

## 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](mailto: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/](https://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](mailto: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: You will need to be a current member in order to register.** Please sign in to your Campus CE account and go to *Account* and then *Transcript* to confirm your membership is currently active. If it is not current, please add to your cart and continue.

### Want more helpful tips?

Visit OLLI Online Registration Assistance online at: [usm.maine.edu/osher-lifelong-learning-institute/registration/](https://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

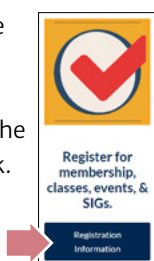
### OLLI is using a new registration system (Campus CE) as of August 2024!

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

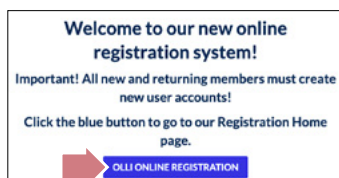
Visual instruction guides for all steps are available at [usm.maine.edu/osher-lifelong-learning-institute/registration](https://usm.maine.edu/osher-lifelong-learning-institute/registration). Still need assistance? Call the OLLI office at 207-780-4406!

#### 1 START REGISTRATION Go to the OLLI website at [usm.maine.edu/olli](https://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)

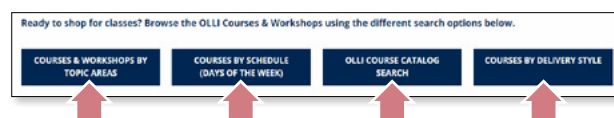
**2a. If you've enrolled in a class or workshop since Fall 2024,** sign in and proceed to **STEP 4**

**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**.

#### 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 49](#).
- **To find the form online**, go to [usm.maine.edu/olli/olli-courses-and-lectures](https://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](https://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](mailto: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](mailto: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](mailto: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:

Last Name:

Mailing Address: Street

City, State, Zip

Phone

Email

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

Is any information above new? Address Phone Email

I'd like an OLLI nametag with this name:

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

## EMERGENCY CONTACT

Name

Phone

## YOUR PAYMENT INFORMATION

Card Type: Visa MasterCard Discover

Card No:

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

Name on Card:

Questions? Please email [olliatism@maine.edu](mailto:olliatism@maine.edu) or call 207-780-4406.

## YOUR PROGRAM SELECTIONS

COURSE / WORKSHOP TITLE

COST

1st Choice:

1 \$

Alt. Choice:

1st Choice:

2 \$

Alt. Choice:

1st Choice:

3 \$

Alt. Choice:

1st Choice:

4 \$

Alt. Choice:

1st Choice:

5 \$

Alt. Choice:

Your Total Course / Workshop Cost \$

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

Annual Membership, if applicable + \$

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

YOUR TOTAL REGISTRATION COST \$

OFFICE USE

CAMPUS CE

DATE PROCESSED

MISC

CC: LAST 4 DIGITS

[illegible]

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.

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 acknowledged 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.



**Email us:**

**Call us:**

**207-780-4406**



# Important Dates

OLLI SPRING 2026

The spring session will run from March 16 – May 8.  
Mark your calendar for these other important dates.

**FEB 18**

**Registration for Spring offerings will open at 10:00 a.m.**

Students with scholarships, gift certificates, free memberships, or other waivers can contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) **before February 18** so staff can process them promptly when registration opens. Scholarships, gift certificates, free memberships, and other waivers will be accepted **after February 18**, but some classes and workshops may be full. Please submit them as soon as possible. See [page 6](#) for more information on scholarships.

**FEB 23**

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

**FEB 27**

**Course and workshop offerings open to the Maine Senior College Network.**

Please contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) and leave your name and phone number plus the course you are interested in. We will contact you to enroll.

**MAR 16**

**OLLI spring session classes start**

**MAR 27**

**Deadline to receive a refund on dropped courses.**

**APR 11,  
18, 25**

**OLLI spring workshops**

**MAY 8**

**OLLI spring session ends**

**MAY 11–15**

**OLLI spring session make-up week**

The OLLI office is closed February 16 in observance of President's Day; however, the office will be *open* on April 20 for Patriot's Day.



## QUESTIONS?

We are here to help you!

Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:

207-780-4406

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