

Celebrating
25+ YEARS
of Learning



1997-2023



Course Catalog

SPRING SESSION 2025

MARCH 17 – MAY 9



Never stop
LEARNING, because
life never stops
TEACHING.

UNKNOWN



CONTACT US

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

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

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**ADVISORY BOARD
(2024-25)**

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DIRECTOR'S MESSAGE



Emerge from winter's cocoon this spring

“Spring is far more than a changing of seasons; it’s a rebirth of the spirit.” – TORI SORENSON

Feeling a bit tired after the winter? Regenerate by taking an OLLI class that will offer new outlook on familiar or completely new topics. Fun takes different forms, so find something that will chase away the doldrums.

Explore new perspectives on Van Gogh in Michael Torlen’s “Van Gogh in New Light” (page 23).

Cocktails anyone? Register for Tom LaFavore’s “Origins of the Spirits: A Historical Perspective on the Most Popular Libations” (page 28).

OLLI will host an April 26 day trip to Lexington, Concord, and Boston. Prepare by taking part one “Rise to Rebellion” (page 29) or part 2 “Glorious Cause” by Jim Mentzer (page 28).

Richard Cass will offer an intriguing focus on Boston in “Crime and Punishment in the Hub of the Universe” (page 31).

Traveling with a suitcase or from your armchair? You will love taking “An Irish Sampler: Exploring Irish Culture” in collaboration with Portland’s Irish Heritage Center (page 27).

In fact, there’s so much more to explore in music, a wide swath of literature, historical curiosities, Freud, physics, and even a writing boot camp! We have many offerings so you can find your passion.

Be well,

Donna Anderson
Director

Celebrating
25+ YEARS
of Learning



1997-2023

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Learning for the love of it!

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

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

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

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

OLLI: BY THE NUMBERS



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

Free membership for those over the age of 90!

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

Apply for a scholarship

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

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

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



What to expect

We cannot describe all you will experience at OLLI in just a few paragraphs.

Still, this page contains important information for OLLI students from registration to student conduct. So make sure to read carefully!

TUITION

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

You must be an OLLI 2024–2025 member to enroll in spring courses and workshops. Membership costs \$35 per fiscal year and runs from July 1 – June 30.

As of Spring 2025, OLLI at USM is no longer accepting cash or checks as a form of payment. We can only process the following credit cards: Visa, Discover, and Mastercard.

REFUND POLICY

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

BOOKS & MATERIALS

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

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

Students can purchase books through USM's online bookstore by going to usm.ecampus.com and selecting OLLI as the term. Visit usm.maine.edu/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 17 through May 9, 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 14](#)).

LOCATIONS

OLLI Spring 2025 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.

PARKING

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

WAIVERS

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

WEATHER CLOSURES & DELAYS

Campus Closures

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

Delayed Openings & Early Closures

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

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

To confirm USM Campus weather closures or delays

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

ACCESSIBILITY & SPECIAL ACCOMMODATIONS

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

Hearing Assistance

- **In-Person:** Portable assisted-listening devices are available for use in any Wishcamper classroom. Come into the OLLI office, Wishcamper 210, to sign out an assisted listening device.
- **Remote:** Zoom allows members to have complete control over the volume of your classroom. Additional auto-captioning services can be set up upon request.

Accessible Parking

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

NEWS & UPDATES

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

CONTACT INFORMATION

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

COVID-19 PRECAUTIONS

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

Face mask may be required:

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

Vaccination requirements:

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



GENERAL INFORMATION

THE USM CAMPUS

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

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

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

ON-CAMPUS PARKING

OLLI Students must park in the USM garage attached to the Abromson Community Education Center, located on Bedford Street.

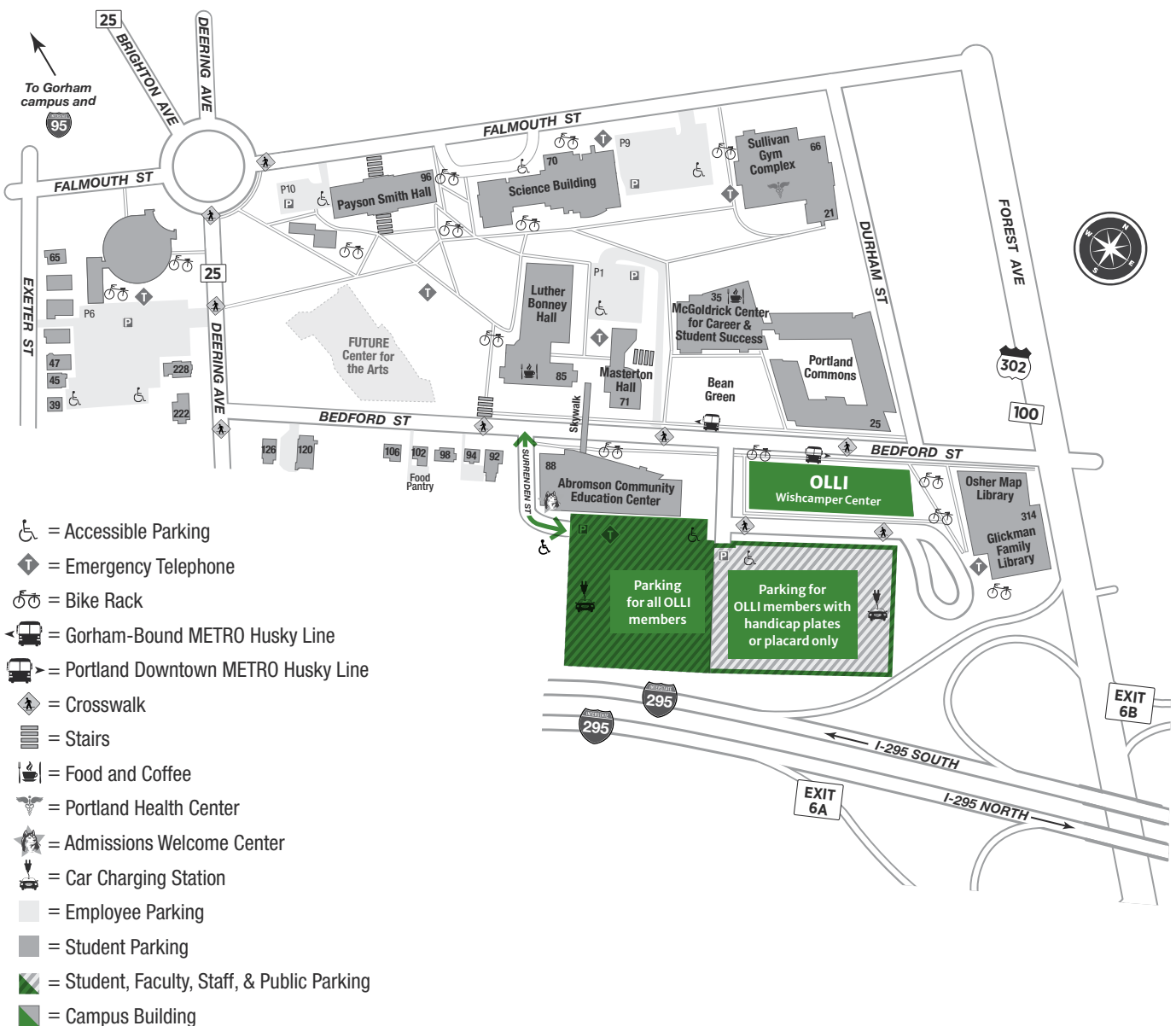
There are 27 handicapped spaces available between the two parking garages.

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



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

usm.maine.edu/safezone



Important Dates

OLLI SPRING 2025

The spring session will run from March 17 – May 9.
Mark your calendar for these other important dates.

FEB 19

Online registration for OLLI spring courses begins.

The registration system will automatically turn on at 10:00 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu **before February 19**, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted **after February 19**, but some classes and workshops may be full, so please turn them in as soon as possible.

FEB 24

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

MAR 3

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

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

MAR 17

OLLI spring session classes start

MAR 28

Deadline to receive a refund on dropped courses.

**MAR 22, 29,
APR 5**

OLLI spring workshops

MAY 9

OLLI spring session ends

MAY 12–16

OLLI spring session make-up week

The OLLI Staff is on holiday February 17. The OLLI office and USM will be closed on this date. If you have an in-person class scheduled in Wishcamper on this date, your class will not meet. If you have a remote class scheduled on this date, please get in touch with your instructor to see if they plan to observe the holiday.



QUESTIONS?

We are here to help you!

Email us:
olliatusm@maine.edu





Call us:
207-780-4406

Courses by schedule

Courses run once a week, Monday – Friday, starting March 17 unless otherwise stated. Full course descriptions, costs, and materials can be found on the page listed next to each course title.

4 PATHWAYS TO LEARNING

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




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

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


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

MONDAYS

MORNINGS • 9:30 A.M. – 11:30 A.M.







-  **Beginner Bridge** (p. 25)
ANNE CASS & BARBARA FREEMAN
-  **Looking at Prints** (p. 23)
BRIAN COHEN
-  **Close to Home: Maine by Mainers — Four 21st Century Novels by Maine Writers** (p. 32)
SUSAN POWELL

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Crime & Punishment in the Hub of the Universe** (p. 31)
RICHARD CASS
-  **Line Dancing** (p. 24)
ANNE CASS & JOANNA KOHARIAN
-  **Carl Jung: First Person Singular** (p. 36)
DENNIS REDFIELD

TUESDAYS

AFTERNOONS • 12:45 – 2:45 P.M.

-  **The Introduction to African Politics** (p. 36)
CRISPIN BOLESE
-  **Intermediate French** (p. 31)
JACQUELINE BUCAR
-  **Healing** (p. 39)
STEVE PIKER
-  **Murder After the War** (p. 32)
SUSAN RANSOM
-  **Lab Science for Seniors** (p. 40)
HAL SCHEINTAUB
-  **Middle East Through Film, IV** (p. 30)
KATHLEEN SUTHERLAND



QUESTIONS?

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Email us:

olliatism@maine.edu

Call us:

207-780-4406


WEDNESDAYS

MORNINGS • 9:00 A.M. – 12:00 P.M.

 **Draw & Paint Fruit** (p. 22)
VICKI FOX

MORNINGS • 9:30 – 11:30 A.M.


 **Sea-Change: Shakespeare, Capt. John Smith, & the New-World Republic** (p. 27)
RICHARD WELSH

 **Viewing Art, 2024: Modern American Art, Part 3 2014 – Present** (p. 22)
NATHANIEL LARRABEE

 **Let's Talk** (p. 41)
MIKE LYNCH


 **Brahms, Bernstein, & the Vienna Philharmonic** (p. 34)
CAROLYN PAULIN

 **JFK: Public Man Through His Public Statements** (p. 36)
BUCK BENEDICT

 **Bhagavadgita: A Historical & Modern Examination** (p. 38)
RICHARD PARKER

AFTERNOONS • 12:45 – 2:45 P.M.

 **An Irish Sampler: Exploring Irish Culture** (p. 27)
DONNA ANDERSON & ERIC BROWN

 **Six Decades of Popular Music — and It's All Free on YouTube** (p. 34)
SCOTT ANDREWS

 **Modern Physics: How We Know What We Know** (p. 39)
JONATHAN MATT

 **“Glorious Cause” — The American Revolution Continued: A Novel Approach** (p. 28)
JIM MENTZER

 **FUN 2.0** (p. 41)
DONI TAMBLYN

 **Walking Portland's Historic Neighborhoods** (p. 30)
ALESSA WYLIE

 **America Explaining Itself to Itself: Six Narrative Meta-Myths** (p. 37)
JOHN WILLSON



THURSDAYS

MORNINGS • 9:30 – 11:30 A.M.

-  **History Art** (p. 28)
ALICIA HARDING

-  **One Culture: Connecting Science with Other Ways of Knowing** (p. 39)
GALE RHODES


-  **Studio Art** (p. 23)
DEBORAH ULLMAN


-  **Explore Portland’s Historic Neighborhoods — On Foot** (p. 29)
BRUCE WOOD


AFTERNOONS • 12:30 – 3:00 P.M.


-  **Coming of Age in America; Liminality & Transition: A Film & Discussion Series** (p. 25)
JOAN ALDRICH


AFTERNOONS • 12:45 – 2:45 P.M.


-  **Exploring Folk Music** (p. 34)
TERRY FOSTER


-  **Huckleberry Finn & Mark Twain, Two Missouri Boys Who Changed the World** (p. 32)
MATTHEW GOLDFARB

-  **The Art of Living Well: Peace Education Program** (p. 40)
TERRY LANDRY
& RITA RUBIN-LONG

-  **Creating Islands of Sanity** (p. 38)
PAT BARTKE & JOAN CHADBOURNE


-  **Getting Along with the Visual Arts** (p. 24)
MAGGIE FEHR & DAVID HINGSTON


-  **8.0-IMDb-Rated Movies That Shine** (p. 26)
EDWARD SOLANO


-  **Women in American History, Part 2 (Since 1877)** (p. 30)
JOHN SUTHERLAND


FRIDAYS

MORNINGS • 9:30 – 11:30 A.M.

-  **Choosing Peace: Mindfulness Practices for Nonviolent Communication** (p. 37)
CHERYL ANDERSON

-  **Art Practice** (p. 23)
MADELAINE PAULA STEFFEN

-  **Return of the Misfit Poets** (p. 43)
CRAIG SIPE & MARY TRACY

-  **Jung’s Answer to Job, Part 2** (p. 36)
STEPHEN KERCEL

AFTERNOONS • 12:45 – 2:45 P.M.

-  **“Rise to Rebellion” — The American Revolution (1770 – 76): A Novel Approach** (p. 29)
JIM MENTZER

-  **Van Gogh in New Light** (p. 23)
MICHAEL TORLEN



QUESTIONS?

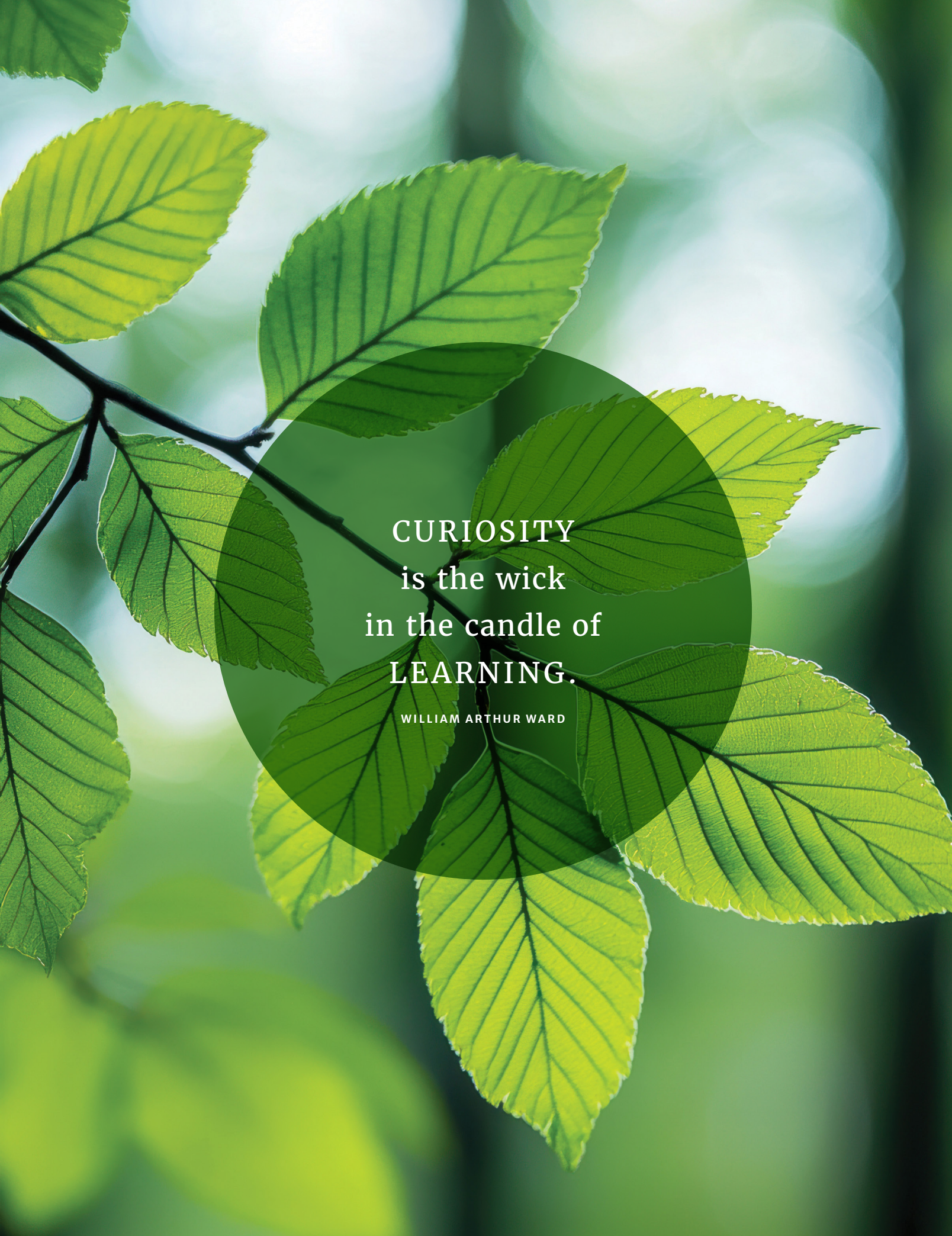
We are here to help you!

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olliatism@maine.edu

Call us:

207-780-4406



CURIOSITY
is the wick
in the candle of
LEARNING.






WILLIAM ARTHUR WARD

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

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


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

TUESDAY

2 SESSIONS:
3/18, 3/25 • 12:45 – 2:45 P.M.


-  **Sigmund Freud & the Theory of Psychoanalysis & Subsequent Theories** (p. 35)
LAWRENCE CROUCH

3 SESSIONS:
4/1, 4/8, 4/15 • 12:45 – 2:45 P.M.

-  **Emotional Intelligence: A Tool for Living a More Positive Life** (p. 35)
LAWRENCE CROUCH

WEDNESDAY

4 SESSIONS:
3/19, 3/26, 4/2, 4/9
12:45 – 2:45 P.M.

-  **Cooking for One or Many** (p. 42)
VIVEK BANDHU & CAROLYN JACOBS

2 SESSIONS:
4/9, 4/16 • 1:00 – 2:30 P.M.

-  **Here's Looking at You: Best of Hitchcock, Part 2** (p. 26)
JAY SHERWIN

THURSDAY

3 SESSIONS:
3/27, 4/3, 4/10 • 1:00 – 3:00 P.M.

-  **Writing Boot Camp** (p. 43)
MARGAET CREIGHTON
& LETA SERAFIM



SATURDAY

1 SESSION:
3/22 • 9:30 – 11:30 A.M.

Spiritualism through the Lens of Technology & Social Spaces in Victoria Mansion (p. 38)
BRITTANY COOK & STACIA HANSCOM

The Five Building Blocks of Medicare (p. 42)
BARBARA HOPKINS

Sherlock Holmes: “The Adventure of the Speckled Band” (p. 26)
DEWAYN MARZAGALLI

1 SESSION:
3/22 • 9:30 A.M. – 12:30 P.M.

Joyces’s Dear Dirty Dublin (p. 32)
ROBERT McCUE

1 SESSION:
3/22 • 9:30 A.M. – 3:30 P.M.

Origins of the Spirits: A Historical Perspective on the Most Popular Libations (p. 28)
TOM LAFAVORE

1 SESSION:
3/22 • 10:00 A.M. – 12:00 P.M.

Camping in Maine (All My Secrets for Successful Camping) (p. 41)
MARY ALTENBERN

1 SESSION:
3/29 • 9:30 – 10:30 A.M.

Therapeutic Yoga & Meditation for the Brain & Nervous System (p. 24)
LYN SIROTA

1 SESSION:
3/29 • 9:30 – 11:30 A.M.

The North Pond Hermit of Maine & Living in Isolation (p. 35)
DAVID VON SEGGERN
& LINDA WERNER

1 SESSION:
3/29 • 9:30 A.M. – 12:30 P.M.

A Special Presentation: Sherlock Holmes: “Murder by Decree” (p. 26)
DEWAYN MARZAGALLI

1 SESSION:
3/29 • 10:00 A.M. – 12:00 P.M.

Home Bartending & Entertaining (p. 25)
MARY ALTENBERN

1 SESSION:
4/5 • 9:30 – 11:30 A.M.

Recognizing & Addressing Personal Financial Issues for Seniors (p. 42)
GEORGE MARCUS

A Tale of Two Italys, the North-South Divide (p. 29)
DANIEL POSSUMATO



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Email us:
olliatusm@maine.edu
Call us:
207-780-4406

Courses & workshops by instructor

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

Want to search for programs by topic?
See page 22 for our full index.

Looking to fill a specific day or time?
See page 14 for our schedule-at-a-glance.

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QUESTIONS?

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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 18 – May 6, 2025
9:30 – 11:30 a.m.

WHERE

In-person:
USM Portland Campus
102 Wishcamper Center

Remote:

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



**This will be a
hybrid program
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 beginning February 19 at 10 a.m.
- **Register by phone.** Call the OLLI office at 207-780-4406 beginning February 24.
- **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.



THANK YOU TO THE PROGRAM PLANNING COMMITTEE THAT PLANNED THE SPRING 2025 SEASON:

Marcia Weston (Chair), Linda Werner (Vice-Chair), Steve Abromson, Marjorie Ford, John Sutherland,
Kathleen Sutherland, & Gail Worster



MARCH 18

Portland Symphony Celebrates 100 Years!

CAROLYN NISHON

Executive Director, Portland Symphony Orchestra

Carolyn shares the history and evolution of the PSO, how it's celebrating one hundred years, and what's in store for the future. She'll then be joined by one of the orchestra's professional musicians who discuss their career and perform.



APRIL 15

Maine Seaweed Council

BONNIE TOBEY

President, Maine Seaweed Council

With the growing demand for nutrient-rich seaweed, the Mtaine Seaweed Council brings oversight and a wealth of experience to the table — from sharing best harvesting practices to protecting ecosystems to educating the public on the great potential of seaweed.



MARCH 25

Sustainability in Portland, Maine: Current Efforts for the Future

KATIE TIMS

*Sustainability Associate,
City of Portland Sustainability Office*

Portland's Sustainability Office works to advance energy conservation, waste reduction & recycling, while preserving natural resources.



APRIL 22

Maine Port Authority

CHELSEA E. PETTENGILL

Interim Executive Director, Maine Port Authority

Managing and overseeing Maine ports to promote North Atlantic trade and distribute freight is a complex juggling act that depends on many collaborations. Learn how the MPA works diligently to keep Maine competitive and vital within the international trade industry.



APRIL 1

7,400 Miles on Foot: Tackling the Triple Crown of Hiking

CAREY KISH

Author, Writer, Adventurer, Hiker

Experience the highs and lows of long-distance hiking with Carey, whose words, pictures, and footsteps will take you over America's Appalachian Trail, Pacific Crest Trail, and Continental Divide: The "Triple Crown" of hiking.



APRIL 29

What's It Take to Become a News Reporter?

JENNIFER ROOKS

*Reporter, Anchor & Executive Producer,
Maine Public Radio*

Jennifer has done it all — local news and general assignment reporter, weekend news anchor, and currently host of Maine Public Radio's current talk program, *Maine Calling*. She has also served as host, reporter and executive producer of *Maine Watch with Jennifer Rooks*.



APRIL 8

Center for Grieving Children

GRETCHEN JOHNSON

Executive Director, Center for Grieving Children

Since 1987 the Center for Grieving Children has played a vital community service — leading vulnerable children and their families through the difficult process of grieving and loss. Learn about the program's scope, and the in-depth, enriching training program.



MAY 6

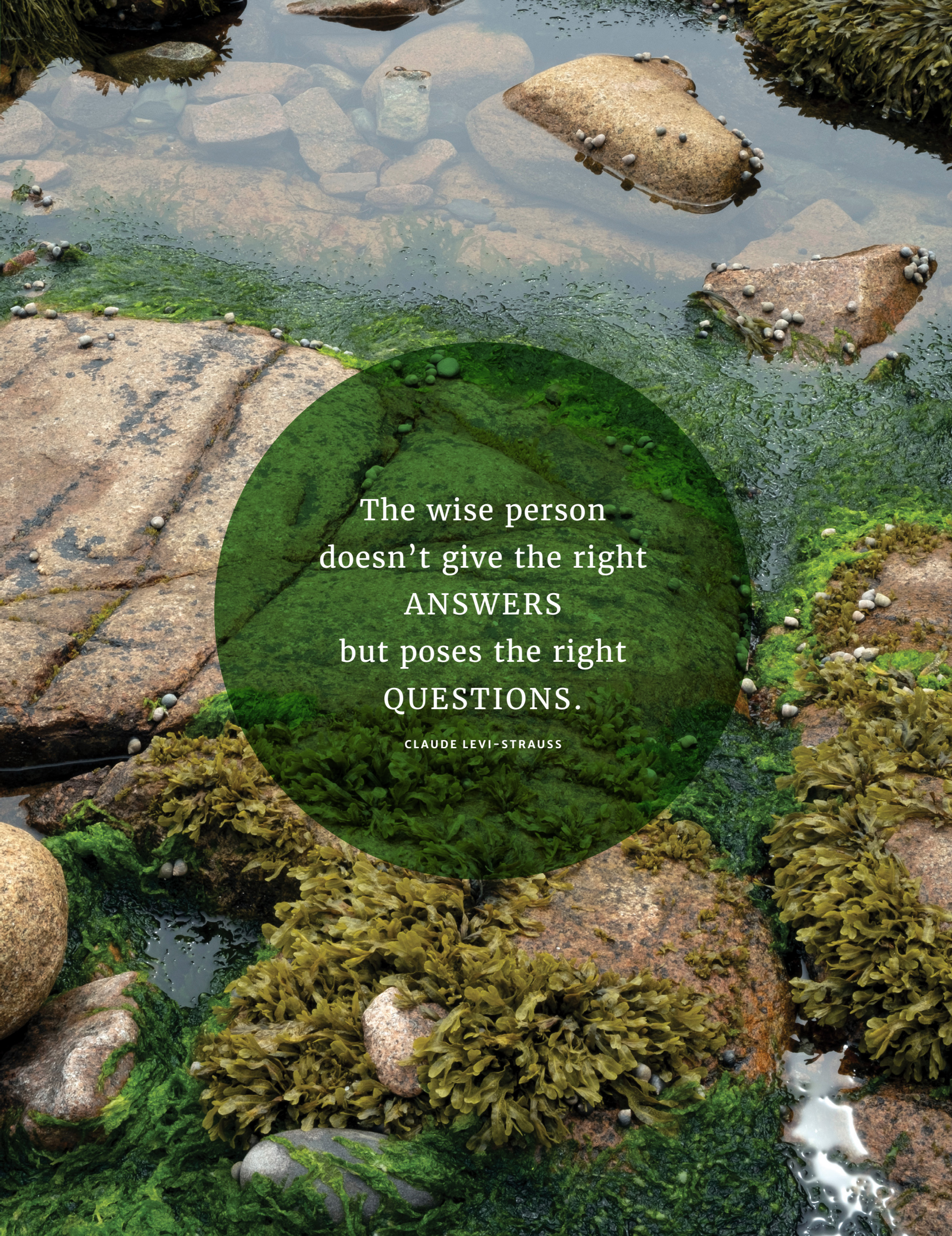
Portland Ovarations

KATELYN MANFRE

Director, PO Community Programs & Partnerships

Portland Ovarations is dedicated to connecting artists and audiences, making the arts and live performance an integral and compelling part of community wellbeing. Learn how performances for both public and school audiences are curated to delight, inspire and educate.



A photograph of a rocky coastline with seaweed and a circular green overlay containing text. The background shows a rocky shore with various sizes of brown and grey rocks, some covered in green and yellowish seaweed. The water is shallow and clear, reflecting the sky. A large, semi-transparent green circle is centered over the image, containing white text.

The wise person
doesn't give the right
ANSWERS
but poses the right
QUESTIONS.


CLAUDE LEVI-STRAUSS


Full listing of courses & workshops

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

4 PATHWAYS TO LEARNING

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

 IN-PERSON

 REMOTE (ZOOM)

 HYBRID

 BLENDED

PROGRAM TOPICS

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- 24 Dance & movement
- 25 Entertainment & film
- 27 History & culture
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- 36 Politics & current events
- 37 Religion & philosophy
- 39 Science & natural history
- 40 Self-knowledge & enrichment
- 41 Special Offering
- 43 Writing


Want to find a program by instructor?
See page 16 for our instructor index.

Looking to fill a specific day or time?
See page 14 for our schedule-at-a-glance.

ACTING, ART, & ART HISTORY

Draw & Paint Fruit

VICKI FOX

 COURSE WED, 3/19 – 4/23 • 9:00 A.M. – 12:00 P.M. • \$60


This class will focus on fruits and vegetables! Each week, we will have one or more pieces of fruit and/or veggie to draw, eventually building up to a full still life set on a handsome cloth. Look at the works of Cezanne and Bonnard! **New in-person course.** Format includes hands on learning.

REQUIRED MATERIALS: Medium can be your choice such as pastel, watercolor, pencil, acrylics, or oils. Suggested size not larger than 12 x 16 inches. Paper quality is important... think Arches, Bristol, Strathmore, or Yupo. Artists and Craftsmen in Portland has a wonderful selection, they are very helpful and will give a discount if you mention my class at OLLI. For an online option, try Blick Art Materials.

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, 2024: Modern American Art, Part 3 2014 – Present

NATHANIEL LARRABEE


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

Starting with a review of 20th Century Modernism up to 2023, 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. **Repeat in-person course.** Format includes lecture and discussion.

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

Art Practice

MADELAINE PAULA STEFFEN


 **COURSE** FRI, 3/21 – 5/9, 9:30 – 11:30 A.M. • \$60

This is a course for practicing artists to paint together in a great open space, sharing ideas and receiving instruction when requested. **Repeat in-person course.** *Format includes discussion and hands on learning.*

Paula Steffen has an M.A. in Fine Art from the University of California at Berkeley and Santa Barbara. She has been a painter all her life.

Van Gogh in New Light

MICHAEL TORLEN

 **COURSE** FRI, 3/21 – 5/9, 12:45 – 2:45 P.M. • \$60


This course challenges the commonplace view of Van Gogh as a consummate painter of nature. In Michael Lobel's book, *Van Gogh and the End of Nature*, the author argues Van Gogh was engaged in the transformation of the environment wrought by the industrial revolution, pollution, and modern technologies. Following Lobel's chapter organization — Introduction, Air, Earth, Fire, Water, and Color — the class will examine Van Gogh's work in the context of the elements, environmental conditions, and motifs. Art History, as well as stylistic development, are subtexts. **New in-person course.** *Format includes lecture and discussion.*

REQUIRED MATERIALS: *Van Gogh and The End of Nature*, Michael Lobel, ISBN 9780300274363

Michael Torlen is a visual artist, writer, and professor emeritus of Purchase College, State University of New York, where he taught painting and drawing and received a Chancellor's Award for Excellence in Teaching. He is the author of Studio Seeing: A Practical Guide to Drawing, Painting, and Perception, 2023.

Studio Art

DEBORAH ULLMAN


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

Studio Art is an opportunity for artists to work in the company of other artists for two hours of uninterrupted creative time. All levels of experience and media are welcome (with the exception of oil paints.) You may share your work for a 15-minute period at the end of the session for those wanting to participate. New techniques and ideas are welcome and can be shared with interested fellow artists. **New in-person course.** *Format will include hands on learning.*

Deborah Ullman is a retired librarian. She is a witness to life; she uses writing, photography, and painting to interpret and process what she sees. Having grown up in New York City, she had access to museums and galleries. She can't imagine a world without the creative arts and subscribes to the concept that "earth" without art is eh.

Looking at Prints

BRIAN COHEN

 **COURSE** MON, 3/17 – 5/5 • 9:30 – 11:30 A.M. • \$60

"The printing of pictures...brought a completely new thing into existence... It is hardly too much to say that since the invention of writing there has been no more important invention than that of the exactly repeatable pictorial statement (i.e., the print)" — William Ivins, *Prints and Visual Communication*. We will examine the history and technique of prints from 1440 to the present. We will discuss the political and social impact prints have had on culture, learn to identify specific printmaking techniques, and explore landmarks in artistic expression in printmaking through readings, lectures, and group discussions, including a discussion of the definitions of an "original print." **New remote course.** *Format includes lecture.*

SUGGESTED MATERIALS: *Prints and Printmaking: An Introduction to the History and Techniques*, Antony Griffiths, ISBN 9780394326733

Brian Cohen is a painter, printmaker, and founder of Bridge Press, publisher of limited edition artist's books and etchings. Cohen has shown in many individual and group exhibitions, and his work is held by major private and public collections. Brian lives and works in Kennebunk, Maine.

Find these icons to find the right style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID



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

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

Getting Along with the Visual Arts

MAGGIE FEHR & DAVID HINGSTON

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

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

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

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



QUESTIONS?

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olliatusm@maine.edu


Call us:

207-780-4406

DANCE & MOVEMENT

Line Dancing

ANNE CASS & JOANNA KOHARIAN

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


Line dancing keeps us moving and is loads of fun. You don't need to know how to do it already! Join returning and new enthusiasts to learn several dances in various modes and kinds of music (rock, cha cha, samba, country, easy listening, etc). You need to be steady on your feet, know your body and whether you need a rest, and able to move for two hours (with plenty of water breaks). If you can walk a mile or two comfortably this will likely work for you. **Repeat in-person course.** *Format includes movement.*

Anne Cass has been line dancing since she learned at OLLI, and willingly took on the adventure of keeping the class going after the COVID hiatus.

Joanna Koharian started line dancing through OLLI when she retired, and continued line dancing at other venues. She enjoys teaching OLLI line dancing and keeping the energy alive.

Therapeutic Yoga & Meditation for the Brain & Nervous System

LYN SIROTA

 **WORKSHOP** SAT, 3/29 • 9:30 – 10:30 A.M. • \$20

In this mat-based movement and yoga class, we'll practice poses that benefit the brain and down-regulate the nervous system. Movements will benefit range of motion and healthy joints. There will also be some standing balancing poses. In addition, students will enjoy deep relaxation (mindfulness practice), pranayama (breathwork), and meditation. This spiritual class is designed for those new to yoga as well as experienced practitioners. **New remote workshop.** *Format includes movement.*

Lyn Lilavati Sirota, certified Yoga teacher, specializes in therapeutic, anatomy-informed yoga with a focus on the brain and nervous system. Lyn completed programs in Therapeutics, Yin Yoga, and Mindfulness Based Stress Reduction. She certified in Yoga for Arthritis, Yoga for Low Back Pain with Dr. Loren Fishman. Lyn takes regular anatomy classes.




DID YOU KNOW?

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ENTERTAINMENT & FILM

Coming of Age in America; Liminality & Transition: A Film & Discussion Series

JOAN ALDRICH


 **COURSE** THU, 3/20 – 5/01 • 12:30 – 3:00 P.M. • \$60

Selected with a range of time periods and geographical settings in mind, this series of films explores diverse experiences of people during that liminal life-stage between childhood/adolescence and young adulthood, where old identities are shed and new ones not yet fully formed. We'll discuss a broad sampling of "the American experience" in different cultures and eras, with one film addressing the immigrant experience: *Carousel* (Maine, 1888); *The Man in the Moon* (rural Louisiana, 1950s), *Dead Poets Society* (Vermont, 1959), *Stand by Me* (Oregon, 1959), *The Namesake* (Kolkata/N.Y., 1970s–90s), *8 Mile* (Detroit, 1995), *A Walk to Remember* (Beaufort NC, 1990s–2000s). **New in-person course.** Format includes films and discussion. Two class meetings will be from 12:30–3:30 p.m., to accommodate longer-running films.

Joan Aldrich brings an eclectic background and lively interest to many areas of study, with an M.Div. and an M.A. in Religious Studies, as well as an M.S. Counseling degree. She teaches across a broad spectrum of topics.

Home Bartending & Entertaining

MARY ALTENBERN


 **WORKSHOP** SAT, 3/29 • 10:00 A.M. – 12:00 P.M. • \$20

Want to improve your drink skills for your next event? This home bartending class will help give you the know-how to make your next party a success. Join this workshop to get the confidence and knowledge to make drinks and impress your guests. Learn about glassware, garnishes, laws, beer, wine, what liquors to buy, how to stock a bar at home, what tools to have, and choose from over 70 recipes. **Repeat in-person workshop.** Format will include lecture, demonstration, and discussion.

Mary Altenbern has been a bartender for over 50 years. She had her own Bartending School for 27 years and taught at the S.M.C.C. hospitality program for three years. She also developed intervention programs covering safe bartending procedures. Mary is now retired and living in Buxton, Maine.

Beginner Bridge

ANNE CASS & BARBARA FREEMAN

 **COURSE** MON, 3/17 – 5/5 • 9:30 – 11:30 A.M. • \$60

If you've watched your parents or your college classmates play or if you've always wanted to learn but haven't had the opportunity or time, or if you know some basics but don't feel ready to play, join us. However, if you've been playing and want to practice, please join the OLLI Bridge SIG or take a more advanced class when it is offered. This class is for enthusiastic and possibly leery neophytes. After these eight weeks you will be playing bridge! **Repeat in-person course.** Format includes discussion and hands-on.

SUGGESTED MATERIALS: *Bridge at a Glance*, Audrey Grant, ISBN 9781944201401

Anne Cass learned to play bridge as a college student in self-defense when she didn't want to keep being assigned the beer run. She played a lot in college, some during her teaching career, and more now that she is ensconced in OLLI.

Barbara Freeman, the facilitator for OLLI's Bridge Special Interest Group (SIG), often receives requests from members seeking beginning bridge skills. Having not played bridge for decades, she was grateful when OLLI offered a refresher class several years ago, which then led her to join the SIG, where she's been an enthusiastic participant ever since.

Find these icons
to find the right
style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID




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ENTERTAINMENT & FILM • continued from previous page

Sherlock Holmes: The Adventure of the Speckled Band

DEWAYN MARZAGALLI

 **WORKSHOP** SAT, 3/22 • 9:30 – 11:30 A.M. • \$20


We will watch a one-hour version of this short story, starring Jeremy Brett, which will be followed by a discussion of the film and other Holmesian material.

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

DeWayn Marzagalli has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the U.S. Navy and is a retired federal agent. He lives in Gorham with his wife of 58 years.

A Special Presentation: Sherlock Holmes: Murder by Decree

DEWAYN MARZAGALLI


 **WORKSHOP** SAT, 3/29 • 9:30 A.M. – 12:30 P.M. • \$20

This will be a special presentation of a brilliant 1979 movie starring Christopher Plummer as Sherlock Holmes and James Mason as Doctor John Watson. It is not part of the Sherlockian Canon; rather, it is a well-written, directed, and acted version of Sherlock Holmes versus Jack the Ripper. Filmed in 1979, it also stars Donald Sutherland, David Hemmings, Anthony Quayle, Frank Finley, Sir John Gielgud, and Genevieve Bujold as Annie Crook and Susan Clark as Mary Kelley. It is a two-hour movie with a ten-minute break. This will be followed by an additional hour of discussion on Sherlockian and Ripperology studies. Warning: There are scenes of extreme violence which may be offensive to some viewers. **New remote workshop.** Format includes lecture, discussion, and film.

DeWayn Marzagalli has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the U.S. Navy and is a retired federal agent. He lives in Gorham with his wife of 58 years.

Here's Looking at You: Best of Hitchcock, Part 2

JAY SHERWIN


 **WORKSHOP** WED, 4/9 & 4/16 • 1:00 – 2:30 P.M. • \$20

Alfred Hitchcock was always fascinated with voyeurism and the interplay among voyeurism, filmmaking, and film watching. In this online workshop, a follow-up to last year's popular "Best of Hitchcock" workshop, we'll consider four Hitchcock films and explore his obsession with people watching other people. Students should watch the films on their own; in class, we'll look at brief film clips and discuss key themes. Expect another lively trip into the mind of a brilliant, complicated man and the strange, disturbing world he created on film. (If you didn't attend Part 1, no worries! That's not required for this course.) **New remote workshop.** Format includes lecture, discussion, and film.

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.

8.0-IMDb-Rated Movies That Shine

EDWARD SOLANO

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

Internet Movie Database (IMDb) is the gold standard for many critics. Who are we to argue? BUT ARGUE WE MUST! We know what we like and we'll discuss our views of eight movies freely, while considering the social/cultural/historical issues the films raise — plus actors' views, off-camera developments, critics' reviews, etc. Watch these films at home, consider some questions sent to you, and we're off: *Power of the Dog* (8.9/10); *The Best of Youth* (Italian) first 2 1/2 hours (8.5); *Parasite* (8.5); *City of God* (8.6); *American Beauty* (8.3); *Clockwork Orange* (8.2); *Amadeus* (8.1); *Once Upon a time in the West* (8.5); *Whiplash* (8.5); *Gladiator* (8.5). Netflix, Prime, etc. availability decides which eight. Fun. Fun. Fun. **New remote course.** Format includes lecture, discussion, and film.

Ed Solano has been a H.S. teacher, reporter, editor, and marketer. Teaching philosophy: learning means understanding both sides of the issues and forming your own opinion based on facts. Our education system is desperate for this, as is our nation. And when we watch the same movie before a class, it's easy to agree on what the facts are. What a relief, eh?

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to find the right
style for you:



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REMOTE (ZOOM)



HYBRID




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HISTORY & CULTURE

An Irish Sampler: Exploring Irish Culture

DONNA ANDERSON & ERIC BROWN

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

In partnership with Portland's Irish Heritage Center, this course will lead us on a journey through Ireland's rich literary, historical, and musical legacy. We will explore highlights in poetry, read James Joyce's *The Dubliners*, consider key elements in Irish history as they relate to Portland, learn about musical and dance traditions, hear and speak Irish phrases, and be introduced to genealogical resources for personal enrichment. Designed for participants in the OLLI trip to Ireland in May 2025, this course is open to anyone interested in the vibrant heritage of Ireland. **New hybrid course.** *Format includes lecture, discussion, film, and movement.*

REQUIRED MATERIALS: *Dubliners*, James Joyce, ed. Terrance Brown, ISBN 9780140186475


Donna Anderson is the director of OLLI at USM and will serve as facilitator for the course.

Susan Powell will serve as facilitator of sessions related to *The Dubliners*.

Eric Brown is the director of the Irish Heritage Center in Portland, Maine. He was formerly Provost and Professor of English at the University of Maine in Farmington. He will lead sessions on poetry and will link OLLI with programmatic resources from the Irish Heritage Center.

Sea-Change: Shakespeare, Captain John Smith, & the New-World Republic

RICHARD WELSH

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

By challenging Europe's dehumanizing aristocratic values, Shakespeare's "tragicomedies" pose conceptions of humanity that seek the common good, dignify productive labor, and evoke emotions of awe and discovery. These plays converge, in surprising detail, with republican currents among Puritan activists (who also embraced the revolutionary new sciences), and similar impulses embedded in England's American colonial projects, where Captain John Smith led in the sharpening cultural clash. With equal parts history and drama, Europe and America, we explore Shakespeare's *The Tempest*, Smith's popular writings, and contemporary Puritan texts, revealing their common, America-focused hopes for a truly "New World." **New hybrid course.** *Format includes lecture, discussion, and film.*

REQUIRED MATERIALS: *The Tempest*, William Shakespeare, any edition.

Richard Welsh, after almost launching a career in something later called *Evolutionary Psychology* (M.A., Cornell), he turned to issues—advocacy and politics, moonlighting in feature journalism. This course originates in a 25-year research effort, enriched by amateur acting, long love of Shakespeare, and lifelong fascination with big-picture origins and transformations.


 DID YOU KNOW?

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HISTORY & CULTURE • continued from previous page

History Art

ALICIA HARDING

COURSE THU, 3/20 – 4/24 • 9:30 – 11:30 A.M. • \$60

This course is not Art History but rather the reverse, how the arts of the period reflect the events and ideas of the time in which it was created. We will be studying the tragic (war, disease, famine) as well as some of the more prosaic events. The course will include different forms of art involving different dimensions and appealing to different senses. This is a new course format for me and I look forward to sharing the journey with you. **New in-person course.** Format includes lecture.

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

Origins of the Spirits: A Historical Perspective on the Most Popular Libations

TOM LAFAVORE

WORKSHOP SAT, 3/22 • 9:30 A.M. – 3:30 P.M. • \$30

This workshop will examine the historical origins of some of the most popular alcoholic beverages used in cocktails today. Along with the origins of such spirits, anecdotes, either true or false, will be offered on how the libations impacted past or present historical events. Recipes associated with each beverage will be offered in traditional and modern craft cocktail form. **New in-person workshop.** Format includes lecture and discussion.

Tom LaFavore Ed.D. was a classroom educator and school administrator for over thirty years, and holds his doctorate in educational leadership. He currently serves as secretary of the OLLI Advisory Board and on the OLLI Teaching and Learning Committee. He also volunteers as a docent at the Victoria Mansion and a member of their Board of Trustees and the Victoria Mansion Education Committee. His hobby is mixing craft cocktails.

“Glorious Cause” — The American Revolution Continued: A Novel Approach

JIM MENTZER

COURSE WED, 3/19 – 4/30, 12:45 – 2:45 P.M. • \$60

Independence from Great Britain may have first been proclaimed in Philadelphia in 1776, but it was not won there! “Glorious Cause,” part two of our course on the American Revolution, explores these events through the unique lens of a novel — *The Glorious Cause* by bestselling author Jeff Shaara. It’s a saga of how thirteen colonies became a nation — a conflict that ranged from the British Parliament to the Palace of Versailles to the colonial battlefields of North America. The outcome was never obvious; the colonists were outmanned and outfought by the British army yet managed to triumph in the end. **New in-person course.** Format includes lecture, discussion, and film.

REQUIRED MATERIALS: *The Glorious Cause: A Novel of the American Revolution*, Jeff Shaara, ISBN 9780345427588

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



“Rise to Rebellion” — The American Revolution (1770 – 76): A Novel Approach

JIM MENTZER

COURSE FRI, 3/21 – 5/2 • 12:45 – 2:45 P.M. • \$60

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

REQUIRED MATERIALS: *Rise to Rebellion*, Jeff Shaara, ISBN 0345452062

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



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A Tale of Two Italys, the North-South Divide

DANIEL POSSUMATO

WORKSHOP SAT, 4/5 • 9:30 – 11:30 A.M. • \$20

Italy's economy is more geographically divided than any other country in Europe. The north has a GDP per capita equal to 127% of the EU average, while the south is only 56%. There is a pronounced social, cultural, and political divide as well. The well-worn stereotypes about the north and south persist, both within the country and abroad. People are rich and reserved in the industrial north, while the south is friendly but impoverished, chaotic, and crime-ridden. We will examine how true these statements are, the historical differences between the two regions, and ponder the reasons why all efforts to eliminate the disparity since the 19th century have failed. **New in-person workshop.** Format includes lecture.

Dan Possumato is a retired senior civilian employee of the U.S. Army. He has a master's degree from Johns Hopkins University and a diploma from the U.S. Army War College. He is a dual U.S.-Italian citizen and enjoys sharing his knowledge of Italy with others.

Explore Portland's Historic Neighborhoods – On Foot

BRUCE WOOD

COURSE THU, 3/27 – 5/1 • 9:30 – 11:30 A.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 side trips into two grassy cemeteries. Wheelchair accessible. Rain or Shine. Instructor will contact students about the meeting place prior to each class. **Repeat in-person course.** Format includes movement.

SUGGESTED MATERIALS: *Portland, A Short History*, Allan Levinsky, ISBN 9781933212432; *Portland Maine: Connections Across Time*, Paul J. Ledman, ISBN 97809728587.

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 on Portland's Historic Preservation Board. He has led tours for the Maine Historical Society, at the Observatory, and at the Victoria Mansion.

HISTORY & CULTURE • continued from previous page

Walking Portland's Historic Neighborhoods

ALESSA WYLIE

COURSE WED, 3/19 – 4/23 • 12:45 – 2:45 P.M. • \$60

Enjoy guided walks of six of Portland's historic neighborhoods: Stroudwater, Western Prom, High/Park/State Streets, Old Port, India Street and Munjoy Hill. We'll walk and talk about each neighborhood's history, architecture and inhabitants since Europeans arrived. All walks will be on pavement, with visits to two grassy cemeteries. Rain or shine. The instructor will contact students about meeting place prior to each class. **Repeat in-person course.** Format includes movement.

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

Middle East Through Film, IV

KATHLEEN SUTHERLAND

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

The Middle East has a richly-developed film industry that delves into social and political issues from the early twentieth century to the present. We will view films touching upon themes of social class, gender, and politics in diverse settings from Morocco to Iran. Some are documentaries and some are commercially made. Discussion will follow the showing of the films. This course may be taken without having taken "Middle East on Film I" (Spring 2014) and "Middle East on Film II" (Fall 2014) and there will be no repetition of the films in I and II courses. **Repeat remote course.** Format includes lecture, discussion, and watching films.

Kathleen Sutherland is associate professor emerita at Bowling Green State University in Ohio. Her Ph.D. from Indiana University is in Middle East Studies and Political Science. She served as President of the World Affairs Council of Maine from 2016–19. She has published her work with Sudanese refugees in Cairo, Egypt.

DID YOU KNOW?

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Women in American History, Part 2 (Since 1877)

JOHN SUTHERLAND

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

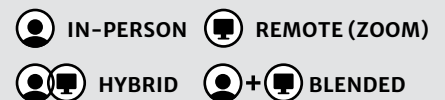
This is the second part of a two-semester course. It runs from the Civil War to the present, and the first semester is not a requirement for the second. Topics will include: women in industrial America, immigrant women, urban social reformers, family life, suffrage, women at war, the Great Depression, gender, and race. **Repeat remote course.** Format includes lecture, discussion, and film.

SUGGESTED MATERIALS: *America's Women: 400 Years of Dolls, Helpmates, and Heroines*, Gail Collins, ISBN 9780061227226

John Sutherland is Professor of History Emeritus at Manchester (CT) Community College. He graduated from the University of Maine and received his Ph.D. from Temple University. He has published several articles and is co-author with Professor Bruce Stave of From the Old Country: An Oral History Of European Migration to America.



Find these icons to find the right style for you:



LANGUAGE

Intermediate French

JACQUELINE BUCAR

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

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

Format includes discussion.

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

LITERATURE

Crime & Punishment in the Hub of the Universe

RICHARD CASS

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

Boston has always been a fertile ground for crime fiction. Think Whitey Bulger, sure, but what can you say about a city that reelects its mayor from Federal prison? A city with a history of petty and major crime, corrupt politicians, cheating law enforcement types, and a long list of bad actors with respect to race? In this course, we will read and discuss eight crime novels set in and around Boston, including such classic authors as George V. Higgins and Dennis Lehane. **New in-person course.** *Format includes lecture and discussion.*

REQUIRED MATERIALS: *Small Mercies*, Dennis Lehane, ISBN 9780062129499; *The Friends of Eddie Coyle*, George V. Higgins, ISBN 9780312429690; *The Surgeon*, Tess Gerritsen, ISBN 9781101887424; *A Trouble of Fools*, Linda Barnes, ISBN 9780312359430; *In Solo Time*, Richard Cass, ISBN 9781893035676; *The Art Forger*, B. A. Shapiro, ISBN 9781616203160; *Jane Darrowfield, Professional Busybody*, Barbara Ross, ISBN 9781496724496; *Prince of Thieves*, Chuck Hogan, ISBN 9781416554905

Richard Cass is the author of the Elder Darrow jazz mystery series. The first book in the series won the 2018 Maine Literary Award for Crime Fiction. The fifth, Sweetie Bogan's Sorrow, won the Nancy Pearl Librarians' Prize for Genre Fiction. The seventh book in the series, Closing Time, was published in October, 2024. He holds a graduate degree in writing from the University of New Hampshire, where he studied with Thomas Williams, Jr. and Joseph Monninger. His short fiction and nonfiction have appeared in *Playboy*, *Gray's Sporting Journal*, *ZZYZVA*, *Tough*, *Shotgun Honey*, and *Best Short Stories of the American West*.

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LITERATURE • continued from previous page

Huckleberry Finn & Mark Twain, Two Missouri Boys Who Changed the World

MATTHEW GOLDFARB

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


The aim of this repeat course is to enjoy Huck's odyssey on the Mississippi River for the story itself. We look beneath the surface, focus on the vernacular (all dialects) and the literary devices, such as irony, humor, and satire, to criticize the staid, hypocritical mores and religious views of 19th century America. Who was Mark Twain and how did he differ from Samuel Clemens? Was Huck's refusal to turn in Jim as a runaway slave the greatest act of moral courage in American literature? Who is truly noble? What has been Twain's effect upon American and world literature? **Repeat in-person course.** *Format includes lecture and discussion.*

REQUIRED MATERIAL: *The Adventures of Huckleberry Finn*, Mark Twain, ISBN 9780486280615

Matthew Goldfarb, a retired attorney, holds degrees from Boston University, College of Liberal Arts and School of Law. He joined OLLI in 2012, and resides in Cumberland Foreside.

Joyce's Dear Dirty Dublin

ROBERT McCUE

 **WORKSHOP** SAT, 3/22 • 9:30 A.M. – 12:30 P.M. • \$20

"If Dublin were destroyed, you could rebuild it from my books." Although self-exiled, James Joyce tapped "The Second City of the Empire" and used sites, structures, and environs throughout his works. We'll travel to early the 19th century and pick our way through examples of Joyce's works, and see if they still exist in modern Dublin. Along the way, there'll be anecdotal info which should add color and perhaps humor. **New in-person workshop.** *Format includes lecture and discussion.*


Bob McCue is a retired businessman who has frequently lectured at OLLI at USM on Irish Literature and History over the last 15 years. He has also lectured at the University of Arizona and Coastal Carolina University. He has a B.S.E.E. and an M.B.A.

DID YOU KNOW?

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Close to Home: Maine by Mainers — Four 21st Century Novels by Maine Writers

SUSAN POWELL

 **COURSE** MON, 3/17 – 5/5 • 9:30 – 11:30 A.M. • \$60

Small town life, blue sea summers, and harsh dark winters characterize the Maine landscape that we cherish. We will see our state through the eyes and imaginations of iconic Maine authors as we read four novels in eight weeks. The class is highly participatory with the discussion facilitated by four teams of two presenters. Come prepared to immerse yourself. Please read the first half of *How to Read a Book* for the first class. **New remote course.** *Format includes discussion.*


REQUIRED MATERIALS: *How to Read a Book*, Monica Wood, ISBN 9780063243675; *Billy Summers*, Stephen King, ISBN 9781982173623; *This Other Eden*, Paul Harding, ISBN 9781324074526; *Tell Me Everything*, Elizabeth Strout, ISBN 9780593446096

Susan Powell has immensely enjoyed the 21st Century literature classes at OLLI for more than fourteen years and will coordinate the class.

The discussion facilitators will be Susan Carter, Matt Ellenberger, David Hartley, Paula Johnson, Anna Messmer, Mark Sundermann, and Karen Winslow. Using a collaborative model, we will take a deep dive into contemporary fiction.

Murder After the War


SUSAN RANSOM

 **COURSE** TUE, 3/18 – 05/06 • 12:45 – 2:45 P.M. • \$60

Four great mystery writers — three British and one American — examine crimes committed in the aftermath of the two World Wars, revealing the lingering presence of war long after the fighting has stopped. We will read Dorothy Sayers's *The Unpleasantness at the Bellona Club* (1928), Margery Allingham's *The Tiger in the Smoke* (1952), Peter Dickinson's *The Glass-Sided Ants' Nest* (1968), and Donna Leon's *Willful Behavior* (2002). **New in-person course.** *Format includes discussion.*

REQUIRED MATERIALS: *The Unpleasantness at the Bellona Club*, Dorothy Sayers, ISBN1473621313; *The Tiger in the Smoke*, Margery Allingham, ISBN1911295217; *The Glass-Sided Ants' Nest*, Peter Dickinson, ISBN0140058648; *Willful Behavior*, Donna Leon, ISBN 9780802128515

Susan Ransom, a retired architectural marketer and editor, has been reading and thinking about British mysteries since high school. She's been teaching courses on Golden Age mysteries and Victorian novels at OLLI since 2019.

A vibrant field of daisies in white and yellow under a blue sky with a butterfly. The image is a full-page background featuring a field of daisies in various colors (white, yellow, orange) under a bright blue sky with soft white clouds. A single butterfly with white and orange wings is flying in the upper right corner. A large, semi-transparent green circle is centered on the page, containing the text.


A bird doesn't
sing because it has
AN ANSWER,
it sings because it has
A SONG.

MAYA ANGELOU

MUSIC

Six Decades of Popular Music — & It's All Free on YouTube

SCOTT ANDREWS


 **COURSE** WED, 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 lecture and discussion.

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

Exploring Folk Music

TERRY FOSTER

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


Did you experience folk music at an early age? This instructor's Mom sang lullabies like "Tura, Lura, Lura," to him. Such a song comes from folk tradition and is passed down from generation to generation. This course will explore folk music via lecture, discussion, videos of performers, live music, and singing. Special attention will be given to American folk music, but world folk songs will be heard too. We'll delve into the 1960s folk music craze. The course will end with a folk music party. **Repeat in-person course.** Format includes lecture, discussion, and watching film.

REQUIRED MATERIALS: *Introducing American Folk Music*, Christopher and Kip Lornell, ISBN 0697133834

Terry Foster has played folk music since age five. In the 1960s he learned guitar and joined the folk music fun of that decade. He studied music in college and has played in bands and accompanied singers. He holds a masters and a doctorate in education. He co-founded "Senior College," OLLI's forerunner.

Write Your Opera — A Season of Off-the-Charts Imagination & Productivity

MONA LETOURNEAU


 **COURSE** FRI, 3/21 – 5/9 • 9:30 – 11:30 A.M. • \$60

You know that idea for a musical opera you keep hidden inside? Join us! Twenty brave new writers of opera will have a grand time tinkering, writing, composing, viewing classics and moderns, hits and misses. This class is for anyone who's believed, mistakenly, that training in a conservatory is necessary. We will complete any of the following: a twenty-page story idea, libretto, bits of music, storyboard of scenes, mask workshop, and synthetic orchestration. Write social satire. Write folk opera. Write high art. Homework: Imagine character and story arcs from Elon Musk to Baba Yaga, from climate change to Santa Claus. **New remote course.** Format includes lecture, discussion, hands-on learning, and film.

Mona Letourneau is a member of the International Alliance of Women Composers and the Alliance for Women Film Composers and Founder of Garage Opera, a hands-on opera workshop. She has taught creative writing, theater, and music, and has composed music, fiction, vaudeville and film orchestration, receiving a smattering of awards.

Brahms, Bernstein, & the Vienna Philharmonic

CAROLYN PAULIN

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

In 1983 American conductor Leonard Bernstein led the Vienna Philharmonic in performances and recordings of nearly all of the orchestral works of Johannes Brahms, to commemorate the 150th anniversary of the composer's birth. Considered a landmark in the interpretation of the composer's music, this new class will include videos of the four Symphonies, the two Piano Concertos, the Violin Concerto and Double Concerto, Serenade No. 3, the Tragic Overture, Academic Festival Overture, and the Haydn Variations. **New in-person course.** Format includes lecture, discussion, and film.

Carolyn Paulin earned her D.M.A. in choral music from the University of Illinois at Urbana-Champaign. She was a professional singer and choral conductor for over 40 years and concluded her working life as a producer and program host at Chicago's WFMT Radio Network for 13 years.

PSYCHOLOGY

The North Pond Hermit of Maine & Living in Isolation

DAVID VON SEGGERN & LINDA WERNER

WORKSHOP SAT, 3/29 • 9:30 – 11:30 A.M. • \$20

Have you ever been alone? For most of society today, a long period of aloneness may be measured in hours or days. But what about weeks, months, or even years? How might we react to long periods without human contact? In this workshop we use the remarkable story of Maine's North Pond Hermit as a touchstone to explore how people seek and cope with isolation or, alternatively, avoid it. This story is narrated in *The Stranger in the Woods* (2017). The North Pond Hermit survived in Maine's woods for 27 years having only two very brief encounters with other humans. Class discussion will focus on how this extreme behavior is possible, how it compares to that of other hermits, how it fits into today's spectrum of behavior, and how it relates to our own personal experiences. Let's share our experiences, thoughts, and opinions. **New in-person workshop.** Format includes lecture, discussion, and film.

SUGGESTED BOOK: *The Stranger in the Woods*, Michael Finkel, ISBN 9781101875681

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

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



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Emotional Intelligence: A Tool for Living a More Positive Life

LAWRENCE CROUCH

WORKSHOP TUE, 4/1 – 4/15 • 12:45 – 2:45 P.M. • \$30

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

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

Sigmund Freud & the Theory of Psychoanalysis & Subsequent Theories

LAWRENCE CROUCH

WORKSHOP TUE, 3/18 – 3/25 • 12:45 – 2:45 P.M. • \$30

Through lecture and class discussion we will review and explore the origins, development, and extensive influences that Sigmund Freud's efforts have had on psychology, anthropology, medicine, and psychotherapy in general as well as his influences on subsequent theoretical approaches to counseling and psychotherapy. **New remote workshop.** Format includes lecture and discussion.

Lawrence Crouch is a licensed therapist and adjunct professor of clinical mental health. He holds a Ph.D. in Psychology from Southern Illinois University.




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PSYCHOLOGY • continued from previous page

Jung's Answer to Job, Part 2

STEPHEN KERCEL

 **COURSE** FRI, 3/21 – 5/9 • 9:30 – 11:30 A.M. • \$60


This is a continuation of a course of the same title given in Winter 2025. *Answer to Job* was Jung's last and greatest work. It addresses the "problem of evil," or more specifically, the question of why bad things happen to good people. Part 1 is not a required prerequisite for Part 2. **New remote course.** *Format includes lecture and discussion.*

REQUIRED MATERIALS: *Answer to Job*, Carl G. Jung, ISBN 9780691150475

Steve Kercel is a researcher in both artificial and biological intelligence. He has taught classes on the nature of consciousness in USM-OLLI for the past five years, including a three-term course on Kastrup's Decoding Jung's Metaphysics last year.

Carl Jung: First Person Singular

DENNIS REDFIELD

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

The focus of this class is Jung's thoughts on the nature of the Self, the theory of the collective unconscious and its expression in archetypal images, myths, dreams, and active imagination. We will read selections from Jung. I will provide essays by Jung and supplemental readings from related thinkers, such as Joseph Campbell and Eric Fromm. **New remote course.** *Format includes lecture and discussion.*

SUGGESTED MATERIAL: *The Portable Jung*, Joseph Campbell, ISBN 9780140150704

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


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POLITICS & CURRENT EVENTS

The Introduction to African Politics

CRISPIN BOLESE


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

The course will introduce the basics of African history and contemporary African politics. We will consider non-political variable to help explain African politics. In addition, the course will use case studies to illustrate political struggles in some African countries. **Repeat in-person course.** *Format includes lecture and discussion.*

Crispin Bolese is a Comparative Political scientist with a Master's in Political Sciences from Western Michigan University and a Master's in Public Policy and Management from the University of Southern Maine. His current research focuses on the durability of authoritarian rulers in Africa as well as the democratization process in Africa. He has more than 20 years of teaching experience.

JFK: Public Man Through His Public Statements

BUCK BENEDICT

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

This is an updated version of the recently offered JFK course. We will use Kennedy's words — in writing, in speeches, press conferences, and media interviews to try to get a more complete picture of this complicated man. And do what we can to find the reality that's obscured by the mythology. **Repeat remote course.** *Format includes lecture, discussion, and film.*

Buck Benedict taught public speaking and speechwriting at the University of Pennsylvania's Fels Institute of Government. He also wrote and helped executives deliver their speeches.

Find these icons to find the right style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID



BLENDED

America Explaining Itself to Itself: Six Narrative Meta-Myths

JOHN WILLSON

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

We'll look at six collective narratives we Americans tell ourselves regarding who we are as a country, examining in each case its origins, proponents, political and cultural uses, behavioral implications, and eventual fate. We will consider John Winthrop's "City Upon a Hill," Thomas Jefferson's Preamble to the Declaration of Independence, "Manifest Destiny," Theodore Roosevelt's "Large Policy," American "Exceptionalism," and America the "Indispensable" Nation. Selected readings provided electronically. **New remote course.** *Format includes lecture and discussion.*

John Willson, with an A.B. from Harvard College and MBA from the University of Chicago, has led nine different courses on history-related topics since 2009 at Harvard's Institute for Learning in Retirement, and recently led one at USM OLLI on the political thought of Abraham Lincoln.

RELIGION & PHILOSOPHY

Choosing Peace: Mindfulness Practices for Nonviolent Communication

CHERYL ANDERSON

COURSE FRI, 3/21 – 5/9 • 9:30 – 11:30 A.M. • \$60

Conflict is inherent in all relationships, including the one you have with yourself. Through awareness and our choice of language, we can overcome our habitual stress response patterns and turn our daily conflicts into opportunities for connection. In this class, we will learn and practice the four steps of nonviolent, or compassionate, communication as well as mindfulness meditation practices that support the awareness necessary to turn conflict into connection. **New in-person course.** *Format includes discussion, lecture, hands-on learning.*

REQUIRED BOOKS: *Choosing Peace: New Ways to Communicate to Reduce Stress, Create Connection, and Resolve Conflict*, Ike Lasater, John Kinyon, et al., ISBN 0989972003


Rev. Cheryl Anderson, a retired United Church of Christ pastor, is a certified mindfulness meditation teacher. She has taught mindfulness, meditation, and nonviolent communication at OLLI since 2020. She also co-facilitates the meditation SIG on Wednesday afternoons at OLLI.



RELIGION & PHILOSOPHY • *continued from previous page*

Spiritualism Through the Lens of Technology & Social Spaces in Victoria Mansion

BRITTANY COOK & STACIA HANSCOM

 **WORKSHOP** SAT, 3/22 • 9:30 – 11:30 A.M. • \$20

People in the Victorian and Edwardian eras were desperate to make contact with deceased loved ones, and otherwise prove the existence of an afterlife. A perfect storm of new technological advancements like photography and the telegraph, instances of mass death like Yellow Fever epidemics and the Civil War, and new medical and biological research in academic spaces all combined to fuel the growing Spiritualist movement. In this one-day workshop, explore some of the technological and social underpinnings of Victorian Spiritualism within the walls of Victoria Mansion, built between 1858–60.

Victoria Mansion is a much-loved Portland landmark, but its significance extends far beyond Maine. Distinguished for its architecture and its extraordinary original interiors, it is among the most important historic homes of the nineteenth century anywhere in the nation. As an organization, our mission is to conserve, maintain, and restore this one-of-a-kind property and share its history with the public. **New in-person workshop.** *Format includes discussion.*

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


Stacia Hanscom is the Director of Education & Public Programs at Victoria Mansion. She had previously served as the curator of education at the William Trent House in Trenton, N.J.; coordinator of school programs, adult tours, and family programs at the Albany Institute of History & Art in Albany, N.Y.; and as an historic preservation specialist with New York State Office of Parks, Recreation, and Historic Preservation. A native of North Carolina and a graduate of Wake Forest University and the University of South Carolina, Staci moved up to Maine in 2011 and has enjoyed learning about her new home state.

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Creating Islands of Sanity

PAT BARTKE & JOAN CHADBOURNE

 **COURSE** THU, 3/20 – 5/08 • 12:45 – 2:45 P.M. • \$60

If we can't change the world, we can create local Islands of Sanity. Meg Wheatley suggests that in this time of alienation, despair, and anger these will be oases which restore our generosity, creativity, and kindness; awaken the human spirit and enrich our capacity to work well together. She provides a practical manual. Our class will learn and practice as we create our own Island of Sanity. Are you ready to explore and experiment? **New remote course.** *Format includes lecture and discussion.*


SUGGESTED MATERIALS: *Restoring Sanity: Practices to Awaken Generosity, Creativity and Kindness in Ourselves and Our Organizations*, Meg Wheatley, ISBN 1523006269

Pat Bartke, a life-long learner and traveler has studied at various institutions and has volunteered as she moved around the U.S. & Europe. She was an exchange student to Finland, integrated a Japanese neighborhood in Hawaii, taught English as a second language, coached Arabic women for citizenship tests, and coaches immigrant neighbors.

Joan Chadbourne resonates with Meg Wheatley's ideas and practices. Joan has been creating groups of safety and connection (Islands of Sanity) that bring out our best in her roles as professor, coach, organization consultant and in her late-life love.

Bhagavadgita: A Historical & Modern Examination

RICHARD PARKER

 **COURSE** WED, 3/19 – 05/7 • 9:30 – 11:30 A.M. • \$60


The “Gita” offers a “new” synthesis of the Vedic ritualists, Sankhya Yoga, and “karma yoga.” In a liminal space before a battle, Krishna draws the facts of the world, how it feels to be engaged in it, and offers methodologies that enable us to connect with the facts of existence. Arjuna is on a journey home to his true self, and this can also be our journey. The parallels with modern times are striking. Professor Douglas Brooks’ brilliant translation will be used, and Richard will lead an essentially line by line examination of the text. There will be time for questions and discussion. **New remote course.** *Format will include lecture and discussion.*

REQUIRED MATERIALS: *The Bhagavadgita*, Translated by Douglas R. Brooks, ISBN 9781700157935

Richard Parker holds a doctorate from the University of Pennsylvania and has been teaching literature since 1977. He spent over 200 hours studying this text with the translator, which makes this “Sanskrit encounter” unique.

Healing

STEVE PIKER

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

Say “healing” and most think “biomedicine,” which mainly targets disease and injury. Bad stuff. Social healing provides another way to heal. We look at two such practices: Atul Gawande’s rejoinders to ravages of aging; and Theater Of Witness’ rejoinders to myriad ravages of our world. Each complements — does not bid to replace — biomedicine. Each *does* heal. How so? **New in-person course.** *Format includes lecture and discussion.*


SUGGESTED BOOKS: *Being Mortal: Medicine and What Matters in the End*, Atul Gawande, ISBN 9780805095159; *Theatre of Witness: Finding the Medicine in Stories of Suffering, Transformation, and Peace*, Teya Sepinuck, ISBN 9781849053822

Steve Piker is an anthropologist with field work in Thailand and the U.S. He taught for 44 years at Swarthmore College, and has offered over 30 courses at 4 senior colleges in Maine. Healing has been a career-long interest.

SCIENCE & NATURAL HISTORY

Modern Physics: How We Know What We Know

JONATHAN MATT


 **COURSE** WED, 3/19 – 5/7 • 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 and discussion.*

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

One Culture: Connecting Science with Other Ways of Knowing

GALE RHODES

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

Gale Rhodes is on a lifetime mission to see things whole — to find connections between his interests in science, and other ways of knowing, including poetry, art, and music. The fruits of his quest comprise the website “One Culture: Science and the Humanities.” Join him to learn more about how physical and life scientists think and work together to make new knowledge. Then we will seek out connections between science and other ways of knowing by reading and discussing selected materials at One Culture. Is this course for you? Find out by exploring the website. **New in-person course.** *Format includes lecture, discussion, and film.*

Gale Rhodes has taught a variety of OLLI courses over the past twelve years, after a career of teaching university biochemistry, structural biology, and interdisciplinary courses. His website, One Culture, connects science with other kinds of knowledge. The site also contains resources for this and all the OLLI courses he has taught.



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406

Find these icons
to find the right
style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID



BLENDED

SCIENCE & NATURAL HISTORY • continued from previous page

Lab Science for Seniors

HAL SCHEINTAUB

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

Do you wonder what it would be like to do real science? If yes, come with a science educator and a group of motivated classmates to a beautiful USM science lab. There, you will set up and run experiments, collect and analyze data, state results and draw conclusions. Experience how hands-on learning becomes deep learning through the discussion of ideas with colleagues. **New in-person course.** *Format includes lecture, discussion, and hands on learning.*

REQUIRED BOOK: *Six Easy Pieces*, Richard Feynman, ISBN 9780465025275

SUGGESTED BOOK: *Serengeti Rules*, Sean Carroll, ISBN 9780691167428

Hal Scheintaub is a student centered science educator who incorporates inquiry, collaboration, creativity, and attention to detail into his classes. He will guide you through science-based activities that will help you discover how and why you learn.



SELF KNOWLEDGE & ENRICHMENT

The Art of Living Well: Peace Education Program

TERRY LANDRY & RITA RUBIN-LONG

COURSE THU, 3/20 – 5/15 • 12:45 – 2:45 P.M. • \$60

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

SUGGESTED BOOK: *HEAR YOURSELF: How to Find Peace in a Noisy World*, Prem Rawat, ISBN 9780063070745

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


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

Find these icons to find the right style for you:



Let's Talk

MIKE LYNCH


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

Can We Talk? This course will be an honest, in-depth discussion on interesting thought-provoking topics. It will give you the opportunity to share your ideas and thoughts while learning from others' views and perspectives. You will be required to read or watch several items preparing for each class, and then be ready to participate during class. This repeat course will include past topics like "Parenting — Past & Present" and "Joy & Happiness" plus new topics like "What's Your Dream?," "Retirement — How's It Going?," and "Are You Braver Than You Think?" We will *not* be directly discussing political topics! **New in-person course.** *Format includes discussion.*

Mike Lynch has taught several traditional OLLI lecture courses, and taught this discussion course via zoom and in person. Mike will NOT be lecturing in this class. He will provide topic ideas and materials and then facilitate discussions.

FUN 2.0

DONI TAMBLYN

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

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

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


DID YOU KNOW?

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

SPECIAL OFFERING

Camping in Maine (All My Secrets for Successful Camping)

MARY ALTENBERN

 **WORKSHOP** SAT, 3/22 • 10:00 A.M. – 12:00 P.M. • \$20

This class is for the people that just want to get out there and simply camp for a few days. It will give you guidelines, tips, hints, and successful strategies it takes when 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.



QUESTIONS?

We are here to help you!

Email us:

olliatasm@maine.edu


Call us:

207-780-4406

SPECIAL OFFERING • continued from previous page

Cooking for One or Many

VIVEK BANDHU & CAROLYN JACOBS

 **WORKSHOP** WED, 3/19 – 4/9 • 12:45 – 2:45 P.M. • \$30

This is not your typical cooking course; it's a journey of self discovery, guided by your instructors and in collaboration with your classmates. We'll discuss essential cooking techniques, share successes and challenges in our kitchens, and learn from the experts the science of cooking, time saving tips, creative ingredient substitutions and recipes to make cooking a delightful and fulfilling experience. Join us in this fun adventure to become more confident in your cooking abilities. Whether you're cooking for yourself or preparing a meal to share with friends or family, this course should leave you feeling inspired and empowered. **Repeat in-person workshop.** Format will include discussion, film, and hands on learning.


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

Vivek Bandhu owned and operated two French restaurants in N.Y.C. for 33 years where he was the chef as well. After moving to Maine, he has been enjoying cooking with the excellent local ingredients in Portland for the last 12 years.

Carolyn Jacobs recently retired from GBH Boston, Education Department where she organized and led remote and in-person workshops for educators and was a corporate trainer, teaching English as a second language to employees of various companies. She has 53 years of home cooking experience and still wakes up each morning eager to figure out "what's for dinner tonight?"

Recognizing & Addressing Personal Financial Issues for Seniors

GEORGE MARCUS


 **WORKSHOP** SAT, 4/5 • 9:30 – 11:30 A.M. • \$20

Persons fifty (50) years old and older often encounter financial difficulties, which can include accumulation of substantial debt that cannot be readily repaid while satisfying other obligations and living expenses, to creditor enforcement action, including lawsuits and mortgage foreclosures. This course will educate seniors on how to avoid, if possible, and then to identify and deal with the accumulation of debt and enforcement of debt by creditors, including mortgage foreclosures. **New in-person workshop.** Format includes lecture and discussion.

George Marcus is a lifelong resident of Portland, Maine and its suburbs, having practiced law in this city since 1976. He graduated from Deering High School in 1969. He left Portland only to attend undergraduate school (University of Pennsylvania, BA in Economics, 1973) and law school (University of Chicago, JD in law, 1976). He returned to Portland immediately after graduation from Law School and began my practice of law with the Portland firm, Pierce Atwood. He left that firm in 1996, to form his own law firm, Marcus, Clegg which today is one of Portland's premier business law firms.

The Five Building Blocks of Medicare

BARBARA HOPKINS

 **WORKSHOP** SAT, 3/22 • 9:30 – 11:30 A.M. • \$20

Medicare is confusing. This course helps students understand the basics so they can begin to build knowledge from which to move forward. Covered topics: history of Medicare; overview of the basics, Medicare A, hospitalization and B, office visits, and overview of the three add on programs: Supplement/Medigap products, Medicare Part C, aka Medicare Advantage and Medicare part D, drug coverage. Also covered: enrollment guidelines, choosing coverage that works for your needs and budget, how to manage the mail/commercials/telemarketing, the value of independent insurance agents, and the Medicare.gov website. **Repeat remote workshop.** Format is lecture.

Barbara Hopkins is founder of Medicare Knight School, a non-biased Medicare Education module developed from her 36 years experience in the Health Insurance Industry. Experienced in Health Care Provider and Hospital Health Insurance Plan contracting, she is an expert in promoting quality patient/health provider relationships. A Licensed Health Insurance Agent since 2004, she translates bureaucracy into understandable steps so consumers can feel confident in choosing coverage. She holds a Masters Degree in Communications Management from Univ. of So. California, a Certificate in Instructional Design from the Univ. of Southern Maine and has contributed to multiple articles for publications including U.S. News and World Report.

Find these icons to find the right style for you:



WRITING

Writing Boot Camp

MARGARET CREIGHTON & LETA SERAFIM

WORKSHOP THU, 3/27 – 4/10 • 1:00 – 3:00 P.M. • \$30

Do you have a manuscript gathering dust? Or a piece of fiction that you began bravely but then abandoned? This short three-session workshop is for those who want a boost to activate their writing. We will consult bits and pieces of masterworks to inspire us and collaborate to offer each other critique and encouragement. **New in-person workshop.** *Format includes discussion and writing.*

Margaret Creighton, Professor of History Emerita at Bates College, is experienced in writing procrastination. It is true that she has published a few books, but a number of projects, from historical fiction to children's stories, languish in a drawer. She looks forward to sharing her expertise in distraction and delay and to working with others to push ahead with vigor and confidence.

Leta Serafim began her career writing for major American newspapers, including *The Boston Globe* and the *Los Angeles Times*. Perhaps most notably, she wrote obituaries for *The Washington Post*. Later on, she turned to fiction, writing a historical novel, a play, and a series of award-winning mysteries. She has been teaching creative writing for 20 years.

Return of the Misfit Poets

CRAIG SIPE & MARY TRACY

COURSE FRI, 3/21 – 5/9 • 9:30 – 11:30 A.M. • \$60

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

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

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

Mary Tracy lives and writes in Portland, Maine, at an ordinary kitchen 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 a published poet.



DID YOU KNOW?

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

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.

ARTS & CRAFTS

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

FMI: Contact Pat Jones at
pjone1943@gmail.com

BICYCLE & NOSH

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

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

BOOK CLUB

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

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

BRIDGE CLUB

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

FMI: Contact Barbara Freeman at
bhfreewoman@gmail.com

CIVIL WAR ROUNDTABLE

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

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

DOWNHILL SKI CLUB

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

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

ECELECTIC DIALOGUE JUNCTION: A TAPESTRY OF CONVERSATIONS

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

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

HISTORY BOOK CLUB

We will read and discuss one work of history each month, September – June. Topics include social, political, economic, and foreign policy as well as biography. The 2024–2025 season begins with titles *Democracy Awakening*; *The Last Days of the Ottoman Empire*; and *An Edible History of Humanity*.

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

LET’S KNIT!

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

FMI: Contact Linda Cuning at
cunninglk@gmail.com

NEW! MINDFULNESS MEDITATION

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

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

OLLI SINGERS

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

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

OUTDOOR/WALKING CLUB

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

FMI: Contact Rae Garcelon at
raegarcelon@gmail.com

PHOTOGRAPHY CLUB

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
sharonlh@gwi.net

PICTIONARY GAME NIGHT

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

FMI: Contact Steve Dorneman at
stephendorneman@gmail.com

SCIENCE READING CLUB

Every month, we will meet via Zoom to discuss *Scientific American*, a source covering a vast range of science topics. I will send some questions to think about before the meeting. Please read whatever appeals to you, so we can discuss things that might have puzzled, excited, or interested you.

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

TRAIL STEPPERS

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

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

TRIVIA GAME NIGHT

Use those fun facts you have stored in your gray matter. Join us for some laughs and interesting questions. You provide your own snacks and beverages. We provide the questions! All sessions will be on Monday evenings at 7:00 p.m. when announced.

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

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

Credit and debit cards are the only forms of payment you can use for online registration. For other payment forms (scholarship, gift certificate, or members of another Maine senior college), you must contact us at olliatism@maine.edu.

For checks or cash payment, please use the manual registration form — see [page 49](#). *Please note: We cannot guarantee your class will be available when we register you after online registration opens. Manual registrations will be processed in the order in which they are received.*

VISUAL INSTRUCTIONS

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

Visual Guides for our new online registration system

Guidesheet 1: [Visual guide to Step 1 & 2 Creating a new account & purchasing membership](#)

Guidesheet 2: [Visual guide to registration for current OLLI members](#)

Guidesheet 3: [How to Register and Pay for OLLI Courses & Workshops](#)

Guidesheet 4: [How to find your OLLI class online \(for registration\)](#)

Tips for making online registration in the new system a breeze

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

- **Log in early to test it out.**

We strongly recommend that everyone create their account and verify information *prior* to class registration day. We will share directions and be available for questions. If you run into a problem, email the OLLI Office at olliatism@maine.edu.

- **Sign in first, then browse.**

When you are ready to register (at 10:00 a.m. Wednesday morning), sign in first, then look for classes.

- **Make sure you're a member before you start.**

A current 2024–2025 membership is needed to register for a course. Memberships may be purchased at any time. See [page 5](#) for more information about membership.

Want more helpful tips?

Visit [OLLI Online Registration Assistance online at: usm.maine.edu/osher-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 as of August 2024!

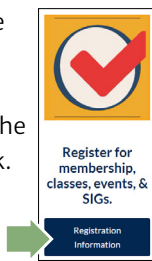
You may need to create a brand new account *even if you were a previous OLLI member*. See the steps, below.

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

1 START REGISTRATION

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

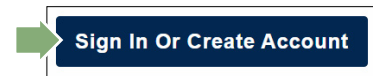
First, select the **Registration Information** button below the red check mark.



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



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



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

2a. If you enrolled in a fall 2024 or winter 2025 OLLI offering, sign in and proceed to STEP 4

2b. If you didn't enroll in a fall 2024 or winter 2025 OLLI offering, complete the Create New Account section.

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

3 IMPORTANT! ADD ANNUAL MEMBERSHIP TO YOUR CART

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

While we recommend all students register online, we also offer a traditional registration form — see below!

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/osher-lifelong-learning-institute/classes-programs/. Click on **Print Registration Form**. The form will open in a new window. To download, click the down arrow icon in the top right corner. To print, click the printer icon in the top right corner. To complete the form digitally, see instructions below.



2 FILL OUT FORM by hand or digitally.

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

3 SUBMIT COMPLETED FORM WITH CREDIT CARD INFORMATION.

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

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

4 THAT'S IT! We will be in touch with you on or after February 24 if we have questions.

Tips for a smooth manual registration

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

- **Please use only ONE form per registrant.**
For example, if you and your partner are both registering, each of you will need to complete your own form, even if you are registering for the same class(es).
- **Fill out the top section of the form completely.**
Leaving sections blank can slow registration.
- **Rank courses by importance to you.**
Write the course name for your first choice selection in the *1st Course* column, your second choice in the *2nd Course* column, and so on.
- **Provide alternative choices.**
We highly recommend adding alternative courses in case your top choices fill before we can register you. These should be written in the *Alternative 1st Course*, *Alternative 2nd Course*, etc. columns next to your primary choices.
- **Record prices accurately.**
Record itemized fees in the *Cost* column next to each entry, then add up the total fees for all courses and workshops (and membership, if applicable). Note the amount in the space marked *Total Registration Cost*.
- **Double check payment info.**
Provide credit card information in full to avoid possible delays.

Want more helpful tips?

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



Course Registration 2025

SESSION: WINTER SPRING SUMMER FALL OTHER

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

ABOUT YOU (Only one person per form, please)

First Name: _____

Last Name: _____

Mailing Address: Street _____

City, State, Zip _____

Phone _____

Email _____

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

Is any information above new? Address Phone Email

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

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

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: _____

YOUR PROGRAM SELECTIONS

COURSE / WORKSHOP TITLE

COST

1 1st Choice: _____ \$

Alt. Choice: _____

2 1st Choice: _____ \$

Alt. Choice: _____

3 1st Choice: _____ \$

Alt. Choice: _____

4 1st Choice: _____ \$

Alt. Choice: _____

5 1st Choice: _____ \$

Alt. Choice: _____

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 _____

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

NOTES

Horizontal lines for writing notes.

LAND ACKNOWLEDGMENT

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

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

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

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



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406

Important Dates

OLLI SPRING 2025

The spring session will run from March 17 – May 9.
Mark your calendar for these other important dates.

FEB 19	Online registration for OLLI spring courses begins. The registration system will automatically turn on at 10:00 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu before February 19 , so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted after February 19 , but some classes and workshops may be full, so please turn them in as soon as possible.
FEB 24	OLLI staff begins processing mail-in, drop-off, and taking phone registrations.
MAR 3	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatusm@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
MAR 17	OLLI spring session classes start
MAR 28	Deadline to receive a refund on dropped courses.
MAR 22, 29, APR 5	OLLI spring workshops
MAY 9	OLLI spring session ends
MAY 12–16	OLLI spring session make-up week

The OLLI Staff is on holiday February 17. The OLLI office and USM will be closed on this date. If you have an in-person class scheduled in Wishcamper on this date, your class will not meet. If you have a remote class scheduled on this date, please get in touch with your instructor to see if they plan to observe the holiday.



QUESTIONS?

We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406

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