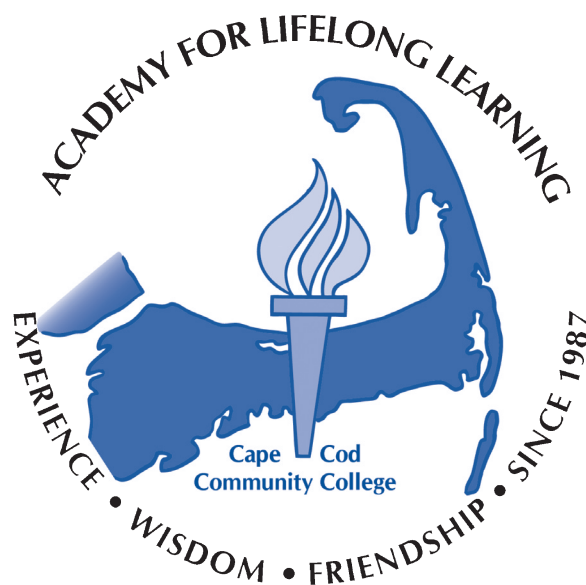


Fall 2023  
Course  
Catalog

Volume 22 Number 2

# ACADEMY FOR LIFELONG LEARNING of Cape Cod, Inc.



Academy for Lifelong Learning  
Cape Cod Community College

2240 Iyannough Road  
West Barnstable, MA  
02668-1599

774-330-4400

[www.capecodall.org](http://www.capecodall.org)

**Learn**  
something new,  
**Connect**  
with others,  
**Volunteer**  
and make new friends.

# The Academy for Lifelong Learning

## Academic Calendar Fall 2023

<b>Registration begins</b>	<b>Monday, August 21 at 9 a.m.</b>
New member orientation	Wednesday, September 6 at 10 a.m.
Fall classes begin	Monday, September 11
First six-week classes end	Monday, October 23
Second six-week classes begin	Tuesday, October 24
Classes end	Friday, December 15

### Holidays – no classes

Columbus Day	Monday, October 9
Veterans Day (Observed)	Friday, November 10
Thanksgiving break	Tuesday-Friday, November 21-24

### Beginning and end dates of courses:

#### 12-Week Courses

Mondays:	9/11 – 12/4
Tuesdays:	9/12 – 12/5
Wednesdays:	9/13 – 12/6
Thursdays:	9/14 – 12/7
Fridays:	9/15 – 12/15

#### First 6 Weeks

Mondays:	9/11 – 10/23
Tuesdays:	9/12 – 10/17
Wednesdays:	9/13 – 10/18
Thursdays:	9/14 – 10/19
Fridays:	9/15 – 10/20

#### Second 6 Weeks

Mondays:	10/30 – 12/4
Tuesdays:	10/24 – 12/5
Wednesdays:	10/25 – 12/6
Thursdays:	10/26 – 12/7
Fridays:	10/27 – 12/15

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## Academic Calendar Spring 2024

<b>Registration begins</b>	<b>Monday, January 8 at 9 a.m.</b>
New member orientation	Wednesday, January 24 at 10 a.m.
Spring classes begin	Monday, January 29
First six-week classes end	Monday, March 11
Second six-week classes begin	Monday, March 18
Classes end	Monday, April 29

### Holidays – no classes

Presidents Day	Monday, February 19
Spring recess	Tuesday-Friday, March 12-15
Patriots Day	Monday, April 15

### Beginning and end dates of courses:

#### 12-Week Courses

Mondays:	1/29 – 4/29
Tuesdays:	1/30 – 4/23
Wednesdays:	1/31 – 4/24
Thursdays:	2/1 – 4/25
Fridays:	2/2 – 4/26

#### First 6 Weeks

Mondays:	1/29 – 3/11
Tuesdays:	1/30 – 3/5
Wednesdays:	1/31 – 3/6
Thursdays:	2/1 – 3/7
Fridays:	2/2 – 3/8

#### Second 6 Weeks

Mondays:	3/18 – 4/29
Tuesdays:	3/19 – 4/23
Wednesdays:	3/20 – 4/24
Thursdays:	3/21 – 4/25
Fridays:	3/22 – 4/26

# Course Index by Category

## Arts and Culture

ALL711-C Beginning Watercolor ..... 15

## Current Events

ALL1311-Z Surviving Entropy..... 11  
 ALL999-HC 15 Challenges of the Future..... 13  
 ALL999-HZ 15 Challenges of the Future..... 13  
 ALL1328-HC The Economist ..... 13  
 ALL1328-HZ The Economist ..... 14  
 ALL1293-C Great Decisions..... 17

## Film, Music, Drama

ALL1308-C Twelfth Night: Alive! ..... 8  
 ALL1312-Z 12 Film Movements That Changed  
 the Art of Cinema ..... 9  
 ALL1316-C A Mob of Angry Villagers:  
 Universal Horror Films 1931-1948 ..... 11  
 ALL1317-C Deep Focus on Captivating Movie Scenes..... 12  
 ALL1318-Z Mahler ..... 15  
 ALL1315-C Rossini's One-Act Comedies ..... 20  
 ALL756-C Philosophy and Film..... 21

## Health and Wellness

ALL1319-C Alzheimer's Disease and Other Dementias..... 15  
 ALL-1296-Z Mindfulness: Cultivating Lasting Happiness..... 18  
 ALL1324-C Experiencing Aging: Continuing  
 Conversations for Women..... 19  
 ALL1324-Z Experiencing Aging: Continuing  
 Conversations for Women..... 19  
 ALL1323-C Mindfulness Meditation in  
 Theory and Practice ..... 21

## History

ALL1286-Z The Daughters of Yalta ..... 8  
 ALL1310-C Native American Tragedies and Triumphs..... 10  
 ALL1332-C Turning Points: Six Revolutions That  
 Changed Everything - Section A..... 13  
 ALL1336-C Turning Points: Six Revolutions That  
 Changed Everything - Section B..... 13  
 ALL1306-Z Six Men Who Shaped the  
 American Revolution ..... 14  
 ALL1327-HC The History of Earth: Four Billion Years  
 in Six Weeks..... 17  
 ALL1327-HZ The History of Earth: Four Billion Years  
 in Six Weeks..... 17  
 ALL1330-C The Gilded Age in America: 1870-1900..... 18

## Literature

ALL1307-C Delights to Move Your Mind and Heart:  
 Best-Loved Poems..... 8  
 ALL1267-Z Discussing the Essay ..... 9  
 ALL1314-C Are We Ready for Some Plague Lit?..... 10  
 ALL055-Z Loving the Short Story ..... 19

## Personal Interest

ALL1272-C Backgammon for Fun..... 9  
 ALL1329-C Sample a New Leisure Activity..... 10  
 ALL1321-C Aging, Philosophy and a  
 Changing Perspective ..... 10  
 ALL1340-Z Why not Wine? ..... 11  
 ALL1291-Z FUNNY Business!..... **Cancelled** ..... 11  
 ALL1292-Z MORE Funny Business! ..... 12  
 ALL1334-C The Enneagram: A Series of  
 Discussions - Section A ..... 12  
 ALL1322-C Your Missing Manual ..... 14  
 ALL636-C All About Dreams..... **Cancelled** ..... 15  
 ALL1313-Z Cooking With Carol..... 16  
 ALL1333-C The Art of Public Speaking - Section A ..... 16  
 ALL1335-C The Art of Public Speaking - Section B ..... 16  
 ALL1338-Z Beginning Tai Chi ..... 16  
 ALL1331-C Let's Play Chicago (Party) Bridge ..... 18  
 ALL1337-Z The Enneagram: A Series of  
 Discussions - Section B ..... 20

## Philosophy and Religion

ALL1248-C Creating Your Joy ..... 11  
 ALL1339-C Are You Really an Ethical Person?..... **Cancelled** ..... 12  
 ALL1325-Z Recovering from 20th Century Christianity ..... 14  
 ALL1309-C Hannah Arendt..... 17  
 ALL866-C Introduction to Nichiren Buddhism ..... 20

## Science

ALL1127-HC Climate Change and  
 What We Can Do About It..... 8  
 ALL1127-HZ Climate Change and  
 What We Can Do About It..... 8  
 ALL1265-C Butterflies Across Cape Cod..... 18  
 ALL1251-C Surviving the Climate Crisis ..... 20

## Writing and Rhetoric

ALL1210-Z Memoirs – Lest We Forget ..... 9  
 ALL1326-C So You Want To Be a Novelist..... 14  
 ALL077-C So You Want To Be a Poet..... 15  
 ALL780-Z Writing Incubator..... 19

## A Message from Our President

On behalf of our Board of Directors, welcome to the Academy for Lifelong Learning of Cape Cod! For the past thirty-six years, ALL has continued to offer quality enrichment and educational classes as well as host special and social events. We offer classes on three platforms: in-person learning on the campus of Cape Cod Community College, Zoom classes, and hybrid classes, which allow those at home on Zoom to interact with those in the classroom. There's something for everyone.

As usual, our catalog offers a variety of classes, some of which will grab your attention. Keep the following in mind as you select your classes and fill out your registration form:

- Read the catalog carefully for detailed information about choosing and registering for classes.
- Take note of which classes are in-person, Zoom, or hybrid and be sure to choose some alternatives.
- Registration forms may be mailed to the office or emailed to [allccregister@gmail.com](mailto:allccregister@gmail.com). If you have a question, it's best to email us at [lifelonglearning@capecod.edu](mailto:lifelonglearning@capecod.edu) or call and leave a message at 774-330-4400.
- All COVID restrictions have been lifted on campus.
- Encourage your friends and family to join ALL.

A big thank you for all the time and effort of the curriculum committee, coordinators, registration committee, office administrator Cynthia Jayne, our Board of Directors, and all the volunteers who work so hard to make ALL a success!

And as a very wise man once said, "Commit yourself to lifelong learning. The most valuable asset you will ever have is your mind and what you put into it." – Albert Einstein

Dianne Tattersall, *President*

## From the Curriculum Committee

Welcome to the fall 2023 semester of the Academy for Lifelong Learning of Cape Cod. We owe a debt of gratitude to our volunteer coordinators who continue to inspire us with their knowledge, commitment, and desire to share their skills and talents with all of us. We encourage those of you with a special interest of your own to share it with us in the coming semester. We look forward to learning together.

Registration opens on Monday, August 21, 2023 and classes begin on Monday, September 11, 2023. Second six-week classes begin on Tuesday, October 24, 2023. There are now two options for submitting your registration documents and payments. Please read the registration directions carefully.

If you are enrolled in a class but find that you cannot attend, please email the ALL office at [lifelonglearning@capecod.edu](mailto:lifelonglearning@capecod.edu). This will enable the coordinator to contact a person on the waiting list to take your place. We appreciate your suggestions and look forward to the new semester with great anticipation.

Miriam Kronish, *Chair*

**ALL Curriculum Committee:** Tim Maguire, Henry Tamzarian, Miriam Kronish, Erika Beasley, John Ward, Roger Shoemaker, Claire Driscoll, Denise Benjamin

**Note: The views and opinions expressed in classes are those of our coordinators and their guest speakers and may, on occasion, be controversial.**

# Welcome to ALL

The Academy for Lifelong Learning (ALL) is an organization open to anyone age 50 or over that offers its members the opportunity to pursue educational interests and to expand social relationships. Volunteerism is critical to ALL's ongoing success. Members are encouraged to become class coordinators (teachers), participate on committees, work on administrative activities, or just participate in any of ALL's activities and functions. The opportunity for social interaction is an important aspect of ALL. In addition to classes, the Academy offers social activities and special events such as lectures, occasional trips, theater productions and museum visits.

ALL standing committees are responsible for the day-to-day operations, both social and educational. Most of the real work ensuring the smooth running of ALL takes place through the activities of these volunteer committees. Please consider volunteering for one of these committees:

**Curriculum:** Recruits coordinators, develops class schedules, and publishes the catalog.

**Nominating:** Identifies and solicits candidates for the board of directors.

**Long Range Planning:** Addresses the future needs of the Academy.

**Special Events:** Plans and organizes lectures and outside events throughout the year.

**Policies and Procedures:** Maintains policies and procedures in accordance with ALL bylaws.

**Hospitality:** Plans and organizes social events for the membership.

**Finance:** Oversees the financial aspects of ALL, working with the treasurer.

**Communications:** Informs ALL members about events and programs via ALL's newsletter and website.

**Registration:** Processes applications, collects membership fees and confirms class enrollment.

## The Registration Process

### Course Selection

ALL offers a variety of learning experiences: traditional in-person classes, remote Zoom classes and hybrid classes. Hybrid classes allow a coordinator to teach in-person and remote members at the same time using our new DTEN technology. The ALL course numbers include a suffix which signifies the type of learning experience you are requesting.

**C=Classroom (in-person)**

**Z=Zoom (remote)**

**HC=Hybrid Classroom (In-person Hybrid)**

**HZ=Hybrid Zoom (Remote Hybrid)**

As classroom space is limited, HZ members are not permitted to attend in person unless prearranged with the coordinator. Please be aware of these distinctions as you select your classes. If you wish to attend a hybrid class either in-person or on Zoom, please enter your preferred location with your preferred courses and the other location as one of your alternates.

For your planning purposes, a consolidated list of courses, arranged by day and time, appears after the course descriptions in this catalog. This list will also be posted on our website, [www.capecodall.org](http://www.capecodall.org). Please complete the course selection area of the registration form using each course number, name, day and time. Each semester, a member can select up to four 6-week classes, two 12-week classes, or one 12-week and two 6-week classes. Class sizes may vary, so it is important to list alternatives in case your first-choice classes are filled. If no alternatives are listed and your first-choice classes are full, it will be assumed that none are desired, and your payment will be refunded after all registrations are processed.

## Registration

**New:** There are now two ways to register and pay your membership fee.

1. Mail your completed registration form and signed check for \$105 to:

**Academy for Lifelong Learning of Cape Cod, Inc.**

Cape Cod Community College

2240 Iyannough Road, West Barnstable, MA 02668-1599

**-OR-**

2. Email a copy of your registration form to [allccregister@gmail.com](mailto:allccregister@gmail.com) and pay \$105 plus a \$5 handling fee (\$110 total) by credit card online at [www.capecodall.org/registration](http://www.capecodall.org/registration). Important for credit card customers: Please do not list desired courses on the payment form. You must submit a registration form. Please make a copy of your completed registration form and payment for your records.

Registration processing begins Monday, August 21st, and all members will have an equal chance of getting their course choices if their completed registration forms with payments are received by Friday, August 18th. Registrations received after that date will be processed daily but not until the original group has been processed. To ensure a fair assignment of classes, ALL uses a random selection process. No preference will be given to early postmarks or online payments. Incomplete information or documentation may delay the processing of your registration. Please prioritize your course selections on the registration form and include alternate choices in the event that your selections are full.

We will attempt to contact you by email or telephone if none of your selected courses or alternate courses is available or if your payment is missing or unsigned. Complete and accurate contact information is important if questions come up about your registration form. It is very important that ALL has your correct email address, since that is how you will receive class enrollment confirmations and that is how the coordinator will contact you with class information. Email your questions regarding the registration process to [lifelonglearning@capecod.edu](mailto:lifelonglearning@capecod.edu). We will attempt to answer your questions promptly. Throughout the registration process and the semester, a list of courses with space available will be posted on the ALL website, [www.capecodall.org](http://www.capecodall.org). Please watch your email to take advantage of these opportunities to add classes with openings to your schedule as the semester begins.

## Membership Fees

The membership fee, currently \$105 per person, is paid for each semester in which a member chooses to take courses. (There is a \$5 handling fee for online payment.) The fee covers membership in ALL including any combination of courses as described above, plus other educational and social activities (though some events may involve an additional charge). Having been enrolled once, and even if no further fees are paid, members remain on our records for another year and will continue to receive communications. Course coordinators are not paid and are not subject to the membership fee. In keeping with the purpose of ALL, there may be circumstances where ALL grants free membership to applicants in financial need. Application for this assistance is made via a letter to the president of ALL, and all such information is kept strictly confidential. Classes with low enrollments may be cancelled outright, in which case registered attendees will be notified. Those who registered for these courses may enroll in other courses, based on space available, or receive a refund. Refunds of membership fees (not handling fees) are available only through the first week of class, except in special circumstances and will be issued after the class registration process is completed.

## Withdrawals

If you find you are unable to attend a course after receiving your course confirmation, please leave a message or email so we may add the seat back into our inventory. If you begin a course and find that you will not continue to attend, please notify the ALL office as well as the coordinator. There may be circumstances where one or more coordinators need to temporarily cancel a class session, in which case they will make reasonable efforts to reschedule that class.

## FYI

The office administrator is on duty from 9:00 a.m. to 3:00 p.m. most weekdays, and the telephone number to reach us is 774-330-4400. We suggest that you send us comments and questions by email to [lifelonglearning@capecod.edu](mailto:lifelonglearning@capecod.edu).

## Class Locations

In-person classes will be offered on the Cape Cod Community College main campus at 2240 Iyannough Rd. (Route 132) in West Barnstable. Courses will be held in rooms **C-106** and **C-115**. Both rooms are on the mezzanine level of the **Grossman Commons Building**. The **Art Center** is in the **Tilden Arts Center Building**.

## Use of Zoom

Classes will be in person, on Zoom, or hybrid, which is a combination of in-person and Zoom. If you have selected Zoom or hybrid classes and are unfamiliar with using Zoom, we recommend viewing a video entitled "Joining a Zoom Call for the First Time; Fun and Easy Online Connection," which is viewable at <https://www.youtube.com/watch?v=9isp3qPeQ0E>.

## Helpful Hints When Using Zoom

Conduct yourselves as you would if you were all in the same room. These tips below help ensure the class goes smoothly for all involved:

- Join early – up to 5 minutes before the class start time.
- Have your video on unless you are experiencing connection issues.
- Find a quiet space without interruptions or background noise.
- If possible, have a plain background and avoid backlight from bright windows.
- Have good lighting on your face so you can be seen clearly.
- Adjust your camera to be at around eye level if possible – especially take note of the angle of your laptop screen if using the built-in camera.
- Try to avoid talking over / at the same time as other participants.
- Be aware you are on camera and visible to your classmates, so try to avoid doing other tasks (eating, checking your phone, etc.).
- Use both the "mute" icon and the "leave video" icon (next to the "mute" icon) when eating or snacking, walking around, answering the phone, or leaving the room.
- If you wish to ask a question or offer a comment, please raise your hand so that the coordinator can see it on-screen.

## Important College Information

Holidays: If the college is closed on a holiday, ALL is also closed. See the holidays listed on the Academic Calendar page at the beginning of this catalog.

## Weather-Related School Closings and Delays

If the college is closed or has a delayed opening due to inclement weather or other reasons, then ALL is also closed. The college closing or delay caused by weather will usually be announced on the radio and TV, and on the college's website [www.capecod.edu](http://www.capecod.edu). If the college announces a delayed opening time, ALL classes that are scheduled to start before that time are also canceled.

## College Campus Public Safety Regulations and Disabled Parking Rules

### **General Regulations**

- The campus speed limit is 20 miles per hour.
- Crosswalks are clearly marked. Cars must stop and wait until pedestrians have crossed the street safely.
- The one-hour parking spaces in front of Grossman were not created to park while going to class. They are designed for temporary use to unload, go to the help desk, book store, cafeteria, etc.
- Park in public lots, being especially careful to park within the white lines (front, back, and sides).
- Be sure that your driver's license and registration are valid, and that you have a current inspection sticker and insurance.

### **Disabled Parking**

- Disabled parking is **ONLY** for those who display a Disabled plate/placard from the RMV.
- Park carefully within the designated white lines (front, back, and sides).
- Pick-up and drop-off areas are outside the Grossman Commons entrance near the elevator opposite the radio station.
- The direct phone number to College Police is **774-330-4349**. Please add this telephone number to your contact list. The College Police and Public Safety Office is located opposite the cafeteria on the first floor of Grossman.

Should you find that the Disabled Parking spots near Grossman Commons are not available and you have a valid RMV Disabled plate/placard, the following alternatives are suggested by College Police: Additional Disabled Parking is located on the drive leading to the Science Building. Another alternative is to call College Police **774-330-4949** to request to be taken to and from Grossman Commons before and after your class.

# Cape Cod Community College Campus Map

**ALL Classrooms and Office  
Grossman Commons**

## CAMPUS MAP

- 1 TILDEN ARTS CENTER
- 2 NICKERSON ADMINISTRATION BUILDING
- 3 WILKENS LIBRARY
- 4 MAUREEN M. WILKENS HALL (Wilkins South)
- 5 FRANK WILKENS BUILDING (Wilkins North)
- 6 FRANK AND MAUREEN WILKENS SCIENCE AND ENGINEERING CENTER
- 7 GROSSMAN COMMONS BUILDING
- 8 WKKL RADIO STATION
- 9 LORUSSO TECHNOLOGY BUILDING
- 10 LIFE FITNESS CENTER
- 11 FACILITIES/DELIVERIES

 Accessible Parking

 Bus Stop

 Elevator

 Walking path

 Bridge

 Stairs





# ALL WANTS YOU!

## Consider becoming a coordinator of a class at the Academy for Lifelong Learning in the Spring 2024 Semester.



We strive to offer a wide variety of learning opportunities for adults on Cape Cod. If you have a special skill, vocation or expertise in a field that you would like to share with our community, we invite you to propose a 12-week or 6-week course for next semester.

Please contact the ALL office at [lifelonglearning@capecod.edu](mailto:lifelonglearning@capecod.edu) or (774) 330-4400 if you are interested in exploring this wonderful opportunity.

For our veteran coordinators: The Curriculum Committee will begin scheduling spring classes on October 13. Proposals are greatly appreciated by early October. Contact [lifelonglearning@capecod.edu](mailto:lifelonglearning@capecod.edu) if you need help submitting courses.

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**Course Description (50 to 75 words)** Please describe your course and briefly discuss what you expect to accomplish in class. List any readings, materials, videos, etc. you intend to use. Explain the format of the course such as mostly lectures and discussion, mostly a lecture format, mostly class discussion and/or other teaching formats you will use in this class.

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**Bio (30 to 40 words)** Please list your qualifications including any degrees, educational background and interests that relate directly to this course. Include any relevant information that shows your mastery of the subject and your passion for the topic.

**MONDAY****Twelfth Night: Alive!**

Monday 9:00AM - 10:20AM  
12 Weeks 11-Sep

**ALL1308-C**

Grossman 106  
Limit: 18

We will take a deep dive into one of the Bard's best comedies! We will look at the play from the acting perspective and work toward a staged reading. High comedy, low comedy, mixups and love stories – it has it all. We will use the Folger Shakespeare Library edition (\$7), although almost any edition of the play will do because of act/scene/line numbers. No acting experience needed. And the language is a lot easier than you think. I promise. Just a fun time getting to better understand and explore this great play – and how it and the theater work!

**Coordinator: Roger Shoemaker.** Roger holds a BA from Yale in Dramatic Literature, and an MFA from Catholic University in Directing. He has taught and directed at Trinity College, Hartford; was Artistic Director of professional theater there; and was Dean for the Arts at Walnut Hill School for the Arts in Natick. Roger enjoyed 10 years in a fabulous post-retirement job as Director of Drama at Dennis-Yarmouth Regional High School. He has acted in *Twelfth Night* and directed it. Twice. He looks forward to this new approach. This will be his third course coordinating at ALL. Previous courses have been A Deep Dive into *Hedda Gabler* and An Intro to Theater for Theater-goers.

**Climate Change and What We Can Do About It**

Monday 9:00AM - 10:20AM  
First 6 Weeks 11-Sep

**ALL1127-HC**

Grossman 115  
Limit: 15

I will briefly explain the science behind climate change, covering the carbon cycle, ocean currents, atmospheric wind patterns and the greenhouse effect. Then we will determine our individual carbon footprints and discuss the myriad ways in which they can be reduced. The class will be a mix of lecture and discussion, so bring your climate questions and concerns. There is no text required, but I highly recommend *How Bad Are Bananas? The Carbon Footprint of Everything* by Mike Berners-Lee. Please send me a brief introduction, which I will share with the others before class starts. You might mention why you are taking the class and what you hope to learn.

**Coordinator: Paul Coteus.** Paul is a retired physicist and IBM Fellow. Starting with Rachael Carson in the 60's, through the ozone crisis of the 80's, and now the 21st century focus on climate change and greenhouse gas emissions, Paul has kept an active interest in how our planet is responding to human impact.

**Climate Change and What We Can Do About It**

Monday 9:00AM - 10:20AM  
First 6 Weeks 11-Sep

**ALL1127-HZ**

Zoom  
Limit: 10

This is the Zoom version of this hybrid course.

**Coordinator: Paul Coteus.** Hybrid Zoom version.

**The Daughters of Yalta**

Monday 10:30AM - 11:50AM  
First 6 Weeks 11-Sep

**ALL1286-Z**

Zoom  
Limit: 25

Author and American historian Catherine Grace Katz uncovers the dramatic and untold story of the three intelligent and glamorous young women (Sarah Churchill, Anna Roosevelt and Kathy Harriman) who accompanied their famous fathers to the Yalta Conference in February 1945. How much do you know or remember about the conference? We will read a part of Katz's book, *The Daughters of Yalta*, for each class. This is the author's first book and is available on Kindle and at your local library. Please read to page 51 for the first class. You will also be receiving maps and other printable materials for reference. This is a repeat course from Spring 2023.

**Coordinator: Patricia McKean.** Pat has taught several previous classes at ALL: Using Children's Literature to Teach Science and Would You like a Better Understanding of Climate Change? and others. She co-chairs the Sandwich Public Library Book Group.

**Delights to Move Your Mind and Heart: Best-Loved Poems**

Monday 10:30AM - 11:50AM  
First 6 Weeks 11-Sep

**ALL1307-C**

Grossman 106  
Limit: 25

We will read a variety of great poems from the United Kingdom and the United States gathered in one slim but ample volume, *100 Best-Loved Poems*, edited by Philip Smith. These memorable ballads, lyric poems, odes, sonnets, etc. vividly explore and express the complex interplay of human thought and feeling. Those new to poetry and long-time readers alike will find here timeless verse for reflection, pleasure and good conversation. Please note that this course is not a writing course. Please read: Christopher Marlowe, *"The Passionate Shepherd to His Love"* (page 5) and E.E. Cummings, *"anyone lived in a pretty how town"* (page 91).

**MONDAY (Continued)**

**Coordinator: Joseph Auciello.** Joseph, an unrepentant lover of literature, is a retired English and social studies teacher and department chair in public and private schools. He is a former member of a local school committee and a former member of the board of directors for the Cape Cod Collaborative. He has written widely on literature, education, and national and international politics. He looks forward to the meaningful depth of discussion this class will make possible.

**Backgammon for Fun**

Monday 10:30AM - 11:50AM  
First 6 Weeks 11-Sep

**ALL1272-C**

Grossman 115  
Limit: 25

Backgammon is a board game recommended for ages five and up. It is a game where a beginner can beat a tournament champion but not very often. It is a game for two and can be exciting to watch. Come, watch, play and learn. If you have a set, please bring it to class.

**Coordinators: Miriam Kronish, Herb Kronish.**

Miriam and Herb love the game. They have taught it to friends, students (for college credit) and seniors. Let us play! Herb plays and teaches the game to one and ALL.

**Memoirs – Lest We Forget**

Monday 10:30AM - 11:50AM  
Second 6 Weeks 30-Oct

**ALL1210-Z**

Zoom  
Limit: 18

We have all had time to reflect on our life experiences. Some of us have begun writing memoirs to share family history, events, travels and life experiences. Others want to begin this journey into their memory bank. In this class, participants are asked to bring and share some of their writings. Others will get ideas from class discussion and listening to others. During the first class, members will get to know each other, brainstorm some writing topics, and try a free writing technique. The class is interactive.

**Coordinator: Dianne Tattersall.** Dianne is a retired secondary English teacher and department chair who has taught a variety of writing classes and workshops. She has published articles on writing and student leadership.

**Discussing the Essay**

Monday 12:00PM - 1:20PM  
12 Weeks 11-Sep

**ALL1267-Z**

Zoom  
Limit: 25

This class discusses essays. Essays can offer opinions, impart knowledge and information, or share personal experience. This semester, we will be discussing the essays that span the time period of 1953 to 1982. The discussion of the essays revolves around considering the time period in which they were published as well as their continued relevance to today. Many of the essayists are writers you know. Class members are encouraged to summarize an essay of their choice, describe the background of its author, and lead a discussion of the essay. Two essays will be discussed each week. For the first class, read "Artists in Uniform" and "The Marginal World" from *The Best American Essays of the Century*, edited by Joyce Carol Oates and Robert Atwan, available via Amazon or Barnes & Noble in paperback.

**Coordinators: Marilyn Nouri, Brett Burgess.**

Marilyn is a retired professor of sociology from the State University of New York at Oneonta. She has coordinated classes on many topics for ALL and enjoys using the discussion format. Brett has been taking ALL classes for two years. He is a passionate reader, especially of the classics, and loves to discuss all genres of literature, including essays.

**12 Film Movements That Changed the Art of Cinema**

Monday 1:30PM - 2:50PM  
12 Weeks 11-Sep

**ALL1312-Z**

Zoom  
Limit: 35

A film movement is a filmmaking trend shaped by and reflecting the time, people, culture, social norms and political events of the location from which it emerged. Often these movements are generated by filmmakers or film critics who formed ideas through discussion about how to create films, then put those theories into motion. This course will watch and discuss 12 different films whose characteristics are representative of movements spanning, in chronological order, the silent era to present time. For the first class, please watch *Battleship Potemkin* (1925), directed by Sergei Eisenstein, an example of the Soviet Montage film movement. You can watch this silent film on YouTube. A complete program will be provided by the first class.

**Coordinator: Joseph Gonzalez.** Joe worked as a bilingual script supervisor of movies, commercials, music videos and television, as well as a screenwriter of short and feature films for 36 years before retiring. He studied film at the New School for Social Research in New York City and has taught several cinema courses at ALL.

**MONDAY (Continued)**

**Are We Ready for Some Plague Lit?** **ALL1314-C**  
 Monday 1:30PM - 2:50PM Grossman 106  
 First 6 Weeks 11-Sep Limit: 25

Daniel Defoe's *A Journal of the Plague Year* (1722) infects London with rumor and doubt no less than bubonic bacteria. Statistics, lockdown debates, fragmentalities of terror, pathos, irony and quirk show a medical/social/governmental crisis inciting one of knowledge/belief. Now that we've met our plague, Defoe's strange novel resonates newly. We will add shorter fictions by Katherine Anne Porter (flu) and Susan Sontag (AIDS), differently depicting diseased dynamics of uninformed, isolation and interdependency. Please acquire, if at all possible, the Penguin Classics edition of Defoe's *A Journal of the Plague Year*, ed. Cynthia Wall (Penguin, 2003), ISBN # 978-0-140-43785-0 so that we are all reading, literally, the same pages. For the first class meeting, please read at least pp 3-60. Shorter texts will be distributed as PDF files. I envision an environment of fairly free-wheeling discussion, with some lecture-like stretches interspersed when useful.

**Coordinator: Robert Chibka.** Bob taught fictions and fiction-writing at Boston College for 30-some-odd years before retiring to Brewster. He enjoys being pushed around by sentences and returning the favor. If you have questions about the course or the reading, please feel free to email him: [chibka@bc.edu](mailto:chibka@bc.edu).

**Sample a New Leisure Activity** **ALL1329-C**  
 Monday 1:30PM - 2:50PM Grossman 115  
 First 6 Weeks 11-Sep Limit: 25

Whether you are looking for relief from stress or an outlet for boredom – or just need a change of pace, this course can help you find your new passion. To get you inspired and motivated to try something new, we will offer a sampler buffet of activities presented by some amazing experts: ukulele (Mary Ann Donovan, Diane Bliudnikas and Linda Whittlesley); shellfishing (Judy Bell); Spanish for travelers (Mary Ann Donovan); butterflies (Joe Dwelly); bird carving (Diane Bliudnikas); and beekeeping (Linda and Steve Whittlesley). We will provide ukuleles and any other equipment you might need. Please come to relax and have fun!

**Coordinator: Patricia McKean.** Pat has taught many classes at ALL, including how to teach science courses using children's literature and, most recently, a history course. She will be moderating this course.

**Native American Tragedies and Triumphs** **ALL1310-C**  
 Monday 1:30PM - 2:50PM Grossman 106  
 Second 6 Weeks 30-Oct Limit: 25

Discover ordeals and victories experienced by Native American Indians from the past to the present. Topics will include Wounded Knee 1 and 2, the Navajo Long Walk, Chief Joseph's flight, the return of Blue Lake, Sequoia's alphabet, the Treaty of 1868, the Great Law of the Iroquois, Apache prisoners of war, Pocahontas and Sacajewea, Wampanoag federal recognition, Standing Bear legally recognized as a person, and more.

**Coordinators: Frank Cuphone, John Kennedy.** Frank has been a lifelong student of Native America, traveling extensively in Indian Country and teaching Native American Studies from preschool to ALL. John has coordinated numerous courses in history and literature at ALL.

**Aging, Philosophy and a Changing Perspective** **ALL1321-C**  
 Monday 3:00PM - 4:20PM Grossman 106  
 First 6 Weeks 11-Sep Limit: 18

How can aging be seen as an expansion versus a decline of life? Many are living engaged lives into their 80's and 90's. How might a different view of the philosophy of life demonstrate the most of older age? Explore how individuals 60+ can reveal the bounty of older life through moral agency, which is the ability to lead a good life, with and for others, according to one's highest aspirations and best capacities as full participating members of a society. I am looking forward to participants sharing views of "life after 60" along with aspirations and concerns at this time of life. Suggested readings will be provided.

**Coordinator: Maggie French.** Maggie—life coach and emerging crone. Maggie was a financial executive in manufacturing and health care for 25 years, followed by a decade as a certified life coach in personal and professional development. The study of philosophy, its changing nature and impact on the values on aging in our society provide her with an enhanced perspective of her life as she enters her 70th year.

**MONDAY (Continued)****Why Not Wine?**

Monday 3:00PM - 4:20PM  
Second 6 Weeks 30-Oct

**ALL1340-Z**

Zoom  
Limit: 25

This course will review wine from the grape, through winemaking, to the retail product and its storage. It will be global in scope touching on regional characteristics, the many varieties of grapes, and how to decide what to buy for oneself. The final session will be an optional early evening tasting event at a local restaurant for a modest fee.

**Coordinator: John Ward.** John is a lifelong (adult) wine drinker and researcher, and has taught this course both at Snow Library (Orleans) and Eldredge Library (Chatham). He has a chemistry degree from Oxford University and has taught several ALL classes, particularly The Chemistry of Life and The World Around Us. He established the Nauset Newcomers Wine Aficionados in 2008, and it is still running.

**TUESDAY****Surviving Entropy**

Tuesday 9:00AM - 10:20AM  
12 Weeks 12-Sep

**ALL1311-Z**

Zoom  
Limit: 25

Stew has taught two courses warning about impending entropy: an age of disorder. In this class he intends to explore how the world can survive this condition.

**Coordinator: Stew Goodwin.** Stew has been a coordinator at ALL for over 15 years teaching a variety of courses. Prior to moving to the Cape full time in 1989, he spent 35 years in the international investment business headquartered in New York City. After moving to the Cape, Stew has been involved in a number of nonprofit and governmental organizations.

**A Mob of Angry Villagers:  
Universal Horror Films 1931-1948**

Tuesday 9:00AM - 10:20AM  
Second 6 Weeks 24-Oct

**ALL1316-C**

Grossman 106  
Limit: 25

This class will take a look at the early horror film cycle that was produced at Universal Studios from 1931 to the mid and late 1940's. Beginning with the creation of the horror film in the silent era, we will then visit the early talkies starring Dracula, Frankenstein, the Wolf Man and the Mummy. Universal Studios teamed Bela Lugosi and Boris Karloff with a host of other wonderful character

actors to create these legendary and classic films that still entertain and maybe scare people to this day.

**Coordinator: Richard Slapsys.** Richard is an emeritus Fine Arts Librarian/teacher at the University of Massachusetts Lowell and has previously taught film courses at UMass and ALL. Film noir and horror are his favorite genres.

**FUNNY Business!**

Tuesday 10:30AM - 11:50AM  
First 6 Weeks 12-Sep

**ALL1291-Z**

Zoom  
Limit: 20

**CANCELLED**

Hands down, our sense of humor is one of our greatest survival tools! Through fun activities and discussion, we will explore humor's origins, what makes us laugh, what ignites, cultivates and suppresses it, plus its invaluable contributions to improving our interpersonal lives, promoting overall sanity (!) and appreciating gender differences in humor. Like what Groucho said, "Outside of a dog, a book is a man's best friend. Inside of a dog, it's too dark to read." There is no text for this class. There will be recommended articles on humor.

**Coordinator: Nina Greenwald.** Nina is an educational psychologist with a doctorate and former director of The Graduate Program of Critical and Creative Thinking, UMass Boston. Her specializations include creative thinking and creative problem solving, critical thinking, invention, humor and thinking, and educating gifted students. Author and consultant/trainer, Nina is elected to the Danforth Associates of New England, selected higher education faculty distinguished for excellence in teaching. She lives in Barnstable Village and coordinates many ALL courses.

**Creating Your Joy**

Tuesday 10:30AM - 11:50AM  
First 6 Weeks 12-Sep

**ALL1248-C**

Grossman 106  
Limit: 15

Is there a difference between joy and happiness? If so, what is it and what can one do to find both? Although it is not necessary to purchase *The Book of Joy* by the Dalai Lama and Desmond Tutu, much of the course is based on their writing. This discussion course is an offshoot of How Philosophy Can Change Your Life, which Claire Briand has taught at ALL for the past 10 years. All are welcome, whether you have taken How Philosophy Can Change Your Life or not.

**Coordinator: Claire Briand.** Claire is a retired speech/language pathologist with a lifelong passion for practicing positive thinking and philosophy.

**TUESDAY (Continued)****MORE Funny Business!**

Tuesday 10:30AM - 11:50AM  
Second 6 Weeks 24-Oct

**ALL1292-Z**

Zoom  
Limit: 20

Humor! - an instant vacation from life's impositions that helps us step back from its "crazies" to take a different view. This time, we will have fun exploring ways this invaluable attribute occurs in different personality styles, improves social and communication skills, plus cultural differences in humor. And who knows what else we will discover about how humor rescues us throughout our lives? Everyone is welcome to join, regardless of whether or not you have taken the first six-week course.

**Coordinator: Nina Greenwald.** Nina is an educational psychologist with a doctorate and former director of The Graduate Program of Critical and Creative Thinking, UMass Boston. Her specializations include creative thinking and creative problem solving, critical thinking, invention, humor and thinking, and educating gifted students. Author and consultant/trainer, Nina is elected to the Danforth Associates of New England, selected higher education faculty distinguished for excellence in teaching. She lives in Barnstable Village and coordinates many ALL courses.

**Are You Really an Ethical Person?**

Tuesday 10:30AM - 11:50AM  
Second 6 Weeks 24-Oct

**ALL1339-C**

Grossman 106  
Limit: 25

**CANCELLED**

This course delves into the processes we use to reach ethical judgments, particularly concerning professional and public issues. What factors influence our judgments? Are there blind spots in our thinking? Is it possible to come to recognize and compensate for these? We will grapple with such questions through use of case studies drawn from today's headlines.

**Coordinator: Howie Good.** Howie holds a PhD and is professor emeritus in the Digital Media and Journalism Department at SUNY New Paltz, where he taught for 37 years. He is the author or editor of several books on ethics, including *Media Ethics Goes to the Movies*, *Desperately Seeking Ethics*, and *Ethics and Entertainment*.

**Deep Focus on Captivating Movie Scenes**

Tuesday 1:30PM - 2:50PM  
Second 6 Weeks 24-Oct

**ALL1317-C**

Grossman 106  
Limit: 25

A typical movie consists of 40 to 60 scenes. Most should act to advance the film's narrative thread; some also promote character development. We will examine a sampling of scenes. While many are iconic, others are strong scenes from lesser-known works. Together, we will look at what makes a scene effective and entertaining, and how it fits within the structure of the entire film.

**Coordinator: Evan Cook.** Evan has offered many film courses at ALL. He has also conducted courses for the Eldredge Library Learning Series in Chatham.

**The Enneagram: A Series of Discussions - Section A**

Tuesday 1:30PM - 2:50PM  
Second 6 Weeks 24-Oct

**ALL1334-C**

Grossman 115  
Limit: 25

The Enneagram is a model that identifies nine distinct personality types and the dynamics of how they interact with one another. It has deep historical roots in multiple spiritual and psychological traditions. Each Enneagram type has a unique pattern of thinking, feeling and acting that filters one's actions and world view. This series of six discussions will help participants identify their own type and will explore how these same nine energies can be found in popular celebrities, and current economic, political and cultural leaders. It is a helpful tool for understanding personal and group interactions. Classes will be highly participatory and discussion oriented. This class works equally well for those who have never worked with the Enneagram, and for those who would enjoy a series of "refresher" conversations. All are welcome. This course will also be offered on Zoom in the evening at 7:00 p.m.

**Coordinator: Marianne Triplette.** Marianne is a certified Enneagram teacher. She is an active member of the Enneagram community and has facilitated its use in academic, spiritual, business assessment and team building. She has more than three decades of experience as a professor, political consultant and business leadership/life coach. She holds a BA, MA and PhD in individual and group dynamics.

**TUESDAY (Continued)**

**Turning Points: Six Revolutions That Changed Everything - Section A** **ALL1332-C**  
 Tuesday 3:00PM - 4:20PM Grossman 106  
 First 6 Weeks 12-Sep Limit: 25

Here we offer as broad a sweep of history as possible. First, we look at the long process of our becoming human. Next, we look at the agricultural revolution and the rise of urban life. Third, we investigate the Axis Age and its revolution in human thought. Next, the Age of Discovery and the rise of European colonialism. Our fifth revolution is industrial, radically changing the lives and productivity of everyone involved. Finally, we will look at the AI revolution we are living in now and where it might eventually lead us. There will be a textbook used in support of the course.

**Coordinator: Lawrence Brown.** Larry has taught history in three schools for a total of 42 years, 34 of those at Cape Cod Academy. He taught ancient history for 27 years. He has published five books, including a geography textbook with Addison Wesley and has written over 1,500 columns for *Cape Cod Times* since 1987.

**Turning Points: Six Revolutions That Changed Everything - Section B** **ALL1336-C**  
 Tuesday 3:00PM - 4:20PM Grossman 106  
 Second 6 Weeks 24-Oct Limit: 25

Here we offer as broad a sweep of history as possible. First, we look at the long process of our becoming human. Next, we look at the agricultural revolution and the rise of urban life. Third, we investigate the Axis Age and its revolution in human thought. Next, the Age of Discovery and the rise of European colonialism. Our fifth revolution is industrial, radically changing the lives and productivity of everyone involved. Finally, we will look at the AI revolution we are living in now and where it might eventually lead us. There will be a textbook used in support of the course. This course is a repeat of the first six-week session.

**Coordinator: Lawrence Brown.** Larry has taught history in three schools for a total of 42 years, 34 of those at Cape Cod Academy. He taught ancient history for 27 years. He has published five books, including a geography textbook with Addison Wesley and has written over 1,500 columns for *Cape Cod Times* since 1987.

**WEDNESDAY**

**15 Challenges of the Future** **ALL999-HC**  
 Wednesday 9:00AM - 10:20AM Grossman 115  
 Second 6 Weeks 25-Oct Limit: 18

Based upon the think tank, The Millennium Project's program of the 15 Global Challenges, each session focuses upon one of the challenges: the environment, global water, population growth, the internet, democracy, economies, health, women, war and peace, education, energy, crime, science and technology, and global ethics. These topics will include a data base for conversation about how we can create a healthy future plan for the challenge. Go to [millennium-project.org](http://millennium-project.org). 15 Global Challenges for free, brief summaries of each challenge.

**Coordinator: Tom Murphy.** Tom has worked with The Millennium Project, a think tank in Washington, DC, as an education associate for 20 years. As a physician, he has edited the "Challenge on Global Health," and has taught these challenges in the high schools of Washington, DC, and, at various times, as a lecturer in Vancouver and Toronto in Canada.

**15 Challenges of the Future** **ALL999-HZ**  
 Wednesday 9:00AM - 10:20AM Zoom  
 Second 6 Weeks 25-Oct Limit: 10

This is the Zoom version of this hybrid class.

**Coordinator: Tom Murphy.** Hybrid Zoom version.

**The Economist** **ALL1328-HC**  
 Wednesday 10:30AM - 11:50AM Grossman 115  
 12 Weeks 13-Sep Limit: 25

This popular and lively class is based on *The Economist*, a weekly publication acclaimed for its coverage and analysis of world events, politics, business, technology, the arts and other issues of current interest. Each week, we will discuss the previous week's edition. After the first session, volunteers will choose articles and lead the discussion for subsequent weeks. Access to *The Economist* is a requirement for the course. Short and long-term subscriptions are available in print and/or digital form directly from [www.economist.com](http://www.economist.com). *The Economist* articles for the first class will be sent by the coordinator during the prior week.

**Coordinators: Michael Sullivan, Bill Holcombe.** Mike, a mostly retired NYC litigator, has been an active member of ALL for several years, and has a keen interest in national and world events. Bill is retired, has lived and worked outside the US for over 20 years. He still travels to Europe regularly where he used to enjoy coffee with *The International Herald Tribune*.

**WEDNESDAY (Continued)****The Economist**

Wednesday 10:30AM - 11:50AM  
12 Weeks 13-Sep

**ALL1328-HZ**

Zoom  
Limit: 25

This is the Zoom version of this hybrid course.

**Coordinators: Michael Sullivan, Bill Holcombe.**

Hybrid Zoom version.

**Your Missing Manual**

Wednesday 10:30AM - 11:50AM  
12 Weeks 13-Sep

**ALL1322-C**

Grossman 106  
Limit: 25

Your car's manual is probably hundreds of pages long. Imagine if you were to purchase an even more complicated object and it arrived – you guessed it – with no manual. The truth is, you already possess one such complex object: your human brain. This course will cover, mostly in plain English, a collection of topics that can comprise your brain's "missing manual." Topics we will cover: the self, thinking, multi-tasking, habits, remembering, imagining, emotions, values (plus others).

**Coordinator: Don Ellicott.** Don has studied psychology and neurology for some years now and has taught several courses at ALL in these fields, in addition to courses in other fields. Prior to all of that, he had a teaching career in New Jersey in the field of history.

**Six Men Who Shaped the American Revolution**

Wednesday 10:30AM - 11:50AM  
Second 6 Weeks 25-Oct

**ALL1306-Z**

Zoom  
Limit: 25

We all have images in our minds of men, both celebrated and despised, who were the key figures in the founding of our country. But what were they really like? And how large a role did each of them play in the onset, progression and outcome of the revolution? We will consider six individuals who did play central roles in the birth of America: Samuel Adams (the revolutionary), John Adams (the advocate), Benjamin Franklin (the diplomat), Thomas Jefferson (the visionary), Benedict Arnold (the hero turned traitor) and George Washington (the commander). As we do so, we will consider the key events in which they each took their turns on center stage. There will be some suggested readings.

**Coordinator: Russell Leng.** Russ is a retired political science professor from Middlebury College. He has taught several previous courses at ALL, which have been on topics in international history, war and diplomacy. He currently resides in Middlebury, Vermont.

**Recovering from 20th Century Christianity**

Wednesday 12:00PM - 1:20PM  
12 Weeks 13-Sep

**ALL1325-Z**

Zoom  
Limit: 15

This course will focus on re-learning faith, love, hope, the Bible, church, forgiveness, conversion, prayer and Jesus. We liked what we were doing back then. The passage of time has exposed that which was traditional and pragmatic about a movement designed to be universal and eternal. We learn from our mistakes and there have been more than a few. This class attempts to separate the life-giving New Testament message from culture-bound contexts. There was solution-oriented literature, but it did not take. Few were listening. We hope to leave participants with a solid core, help reverse Christianity's decline and present a foundation for the new generation. Short readings, discussion material and suggested reading will be sent out the week before each class session.

**Coordinator: Rob Swanson.** Rob has served as a missionary and pastor for over 40 years. He is author of *The Bible Reader's Companion* and a partner in The Jesus Collective.

**So You Want To Be a Novelist**

Wednesday 12:00PM - 1:20PM  
12 Weeks 13-Sep

**ALL1326-C**

Grossman 115  
Limit: 12

A surprising number of people have written (or are currently writing) novels. This class is for wannabees, and we will discuss your ideas, how to get started (how to do research if needed), how to plot, develop characters, and eventually publish. Local authors will be invited to share their learnings – and maybe their frustrations.

**Coordinator: June Calender.** June has been teaching writing courses for ALL for over 10 years, and her approach has varied. She has edited the ALL anthology, *Reflections* for several years. Prior to coming to Cape Cod, June was an off-Broadway playwright (as far off as Alaska). June has recently published a novel called *The Friendship Quilts*.



**WEDNESDAY (Continued)****Alzheimer's Disease and Other Dementias****ALL1319-C**Wednesday 12:00PM - 1:20PM  
First 6 Weeks 13-SepGrossman 106  
Limit: 20

This course will discuss Alzheimer's disease and other dementias, including the signs, symptoms and stages of the illness. We will review how the diagnosis is made, consider treatment options and examine the crucial role of the primary family caregiver. We will also present a number of initiatives people can take to lessen their risk of developing Alzheimer's disease or other serious cognitive disorders. Recommended readings will be provided electronically.

**Coordinator: Robert Santulli.** Robert was the Director of Geriatric Psychiatry and the Memory Clinic at the Dartmouth-Hitchcock Medical Center and the Geisel School of Medicine at Dartmouth College in New Hampshire. He is a past President of the Alzheimer's Association of Vermont and New Hampshire.

**So You Want To Be a Poet****ALL077-C**Wednesday 1:30PM - 2:50PM  
12 Weeks 13-SepGrossman 106  
Limit: 15

This creative writing course involves writing poetry, reading and sharing students' poems in class, and gentle critiquing. The only rule is that there are no rules, except that you cannot say anything negative about your own writing. Please bring copies of a poem to the first class.

**Coordinators: Glyn Dowden, Mary Bonacker.** Glyn, from Wales, has self-published his memoirs, two poetry books, a book of essays and a book of short stories. He is currently working on three other books, performing poetry readings and is involved in a reenactment stage performance of the Welsh poet Dylan Thomas. Mary, a retired systems analyst, a paralegal and a special education aide, participated in a poetry group during Covid-19 and has been a member of a women's writing group since 2018.

**All About Dreams****ALL636-C**Wednesday 1:30PM - 2:50PM  
First 6 Weeks 13-SepGrossman 115  
Limit: 15**CANCELLED**

The class will explore through lectures and discussion why we dream. We will look at different types of dreams and theories about the meaning of dreams.

**Coordinator: Linda Koehler.** Linda has taught psychology for 30 years in diverse settings, including Mercy College in NY and Quincy College in MA.

**Beginning Watercolor****ALL711-C**Wednesday 2:30PM - 5:30PM \*  
Second 6 Weeks 25-OctTilden Arts Center  
Limit: 10

This class will introduce beginners to drawing and perspective principles needed for a watercolor composition using dry and wet on wet approaches. Following class demonstration, students will work on their own paintings with the guidance of the teacher. The extended period (2:30-5:30) allows time to set up, work and clean up. Note: The coordinator will send students a list of required materials (estimated cost: \$150) prior to the first class. Please notify the office if you do not receive the list by email at least three weeks before the start of the first class. Make sure you have the correct email address on your application.

**Coordinator: Mary Lou Mack.** Mary Lou has concentrated on watercolor since 1981 when she started taking classes at Bay Path College with Jack Flynn, an American Watercolor Society member. Since then, she has also taken workshops with many prominent watercolor artists. She has exhibited her work in galleries in one-woman and two-women shows and juried exhibitions.

**Mahler****ALL1318-Z**Wednesday 3:00PM - 4:20PM  
12 Weeks 13-SepZoom  
Limit: 25

Early in the 20th century, Gustav Mahler (1860-1911) was venerated as a conductor but often dismissed as a composer, and he didn't help matters by famously declaring, "My time will come." In hindsight, of course, he was right: today his music looms large in concert halls around the world. An ALL course of 12 classes provides a perfect opportunity to see and hear Mahler symphonies #1-9 in sequence, together with his major songs and song cycles, in inspiring video performances. In between, we will explore his extraordinary life and times, including through recorded reminiscences of celebrated musicians who played under him.

**WEDNESDAY (Continued)**

**Coordinator: John Temple.** John is a retired business writer, lifelong listener, long-ago music critic and 20-year Barnstable Village resident. This will be his twelfth ALL course and, like the others, it will focus on a relatively narrow area within the world of classical music. Prior examples have ranged from specific genres (chamber music, choral works, Mozart piano concertos) to topics that cross categories (nationalism in music, music of liberation, music of the 1930s, etc.).

**Cooking With Carol**

Wednesday 3:00PM - 4:20PM  
First 6 Weeks 13-Sep

**ALL1313-Z**

Zoom  
Limit: 25

I love to cook, but I don't take it too seriously! I am self-taught and far from professional, but I have worked in restaurants, designed and built my own kitchen, and like nothing better than sharing a meal I have prepared with friends and new acquaintances. In this Zoom class, I will email a recipe (maybe two) before each session, then prepare it for you. You can watch or cook along with me in your kitchen, and we will all share tips and stories.

**Coordinator: Carol Coteus.** Carol has had a rich and varied career which included all operations of the restaurant and food service industry, followed by several years as a travel agent and finally, as a teacher and administrator in the field of early childhood education. Although these may seem very different career paths, the common bond is people. Carol loves people, and the best way to bring people together is through a good meal. She loves to share recipes with others, to read cookbooks and to hear what others are cooking.

**The Art of Public Speaking - Section A**

Wednesday 3:00PM - 4:20PM  
First 6 Weeks 13-Sep

**ALL1333-C**

Grossman 106  
Limit: 25

Most Americans are terrified by the prospect of public speaking, but being capable and comfortable speaking in public is so empowering. You are never too old to learn and benefit from the skill. We will work on projecting our voices – and our presence. We will look at breath control and the theatrics of effective speaking. We will see how to set up written drafts to make delivery easier. We will look at the speaking styles of famous orators, and we will practice delivering some of the pivotal speeches of American history.

**Coordinator: Lawrence Brown.** Larry has been a humanities teacher at Cape Cod Academy for 34 years and a columnist for *Cape Cod Times* for 36. He has been teaching public speaking since the late 1970s and has developed an approach that's fun – and that works.

**The Art of Public Speaking - Section B**

Wednesday 3:00PM - 4:20PM  
Second 6 Weeks 25-Oct

**ALL1335-C**

Grossman 106  
Limit: 25

Most Americans are terrified by the prospect of public speaking, but being capable and comfortable speaking in public is so empowering. You are never too old to learn and benefit from the skill. We will work on projecting our voices – and our presence. We will look at breath control and the theatrics of effective speaking. We will see how to set up written drafts to make delivery easier. We will look at the speaking styles of famous orators, and we will practice delivering some of the pivotal speeches of American history. This course is a repeat of the first six-week session.

**Coordinator: Lawrence Brown.** Larry has been a humanities teacher at Cape Cod Academy for 34 years and a columnist for *Cape Cod Times* for 36. He has been teaching public speaking since the late 1970s and has developed an approach that's fun – and that works.

**THURSDAY****Beginning Tai Chi**

Thursday 9:00AM - 10:20AM  
12 Weeks 14-Sep

**ALL1338-Z**

Zoom  
Limit: 12

We will start by learning a short choreographed 10-movement "form." The short (about three-minute) forms can be used at home to relieve stress, insomnia and as low impact exercises to aid in strengthening flexibility, strength and balance. All that is required is comfortable clothing, a space about six feet wide and four feet deep. But be aware, one never learns Tai Chi; it is a continuing journey to extending the quality of life.

**Coordinator: Bill Mikulewicz.** When he retired, fearful of becoming a couch potato like his father, Bill started studying Tai Chi and became addicted. He has been learning Tai Chi for 12 years, and teaching it the last seven. He is certified to teach the hand form of Yang Family Tai Chi Chuan, one of the five historic schools recognized in China.

**THURSDAY (Continued)****Hannah Arendt**

Thursday 9:00AM - 10:20AM

First 6 Weeks 14-Sep

**ALL1309-C**

Grossman 106

Limit: 18

This course will discuss the life and works of Hannah Arendt, a young German/Jewish philosopher who escaped the holocaust and came to the US. She became one of the most prominent political philosophers in the world and left a legacy of important works, including *The Origins of Totalitarianism*, *The Human Condition* and *Eichmann in Jerusalem*. A fractured world needs her insights today. This will not be a lecture but a discussion course utilizing a few chapters each week of the book *Hannah Arendt* by Samantha Rose Hill, part of the *Critical Lives* series.

**Coordinator: David Mulligan.** Dave has been teaching at ALL for about 10 years. His background includes being a missionary in Bolivia, Commissioner of MA Dept. of Public Health, and a Professor at Stonehill College.

**The History of Earth: Four Billion Years in Six Weeks**

Thursday 9:00AM - 10:20AM

Second 6 Weeks 26-Oct

**ALL1327-HC**

Grossman 115

Limit: 20

This course will cover the history of our planet from its formation 4.56 billion years ago to the present. The focus will be on the interaction between geology and the biosphere throughout Earth's history and the inevitability of an unprecedented rate of climate change that confronts us now. All participants are encouraged to read *A Brief History of Earth: Four Billion Years in Eight Chapters* by Andrew H. Knoll (2021) on which this course is based. Meet the author in this interview at the Harvard Book Store: <https://www.youtube.com/watch?v=vnemuE9KCVM&t=7s>. For the first class, please read the Prologue and Chapter 1 (pp 3-35).

**Coordinators: Steve Munroe, Paul Coteus.** Steve is Professor Emeritus of Biological Sciences at Marquette University where he taught molecular biology and biochemistry for 35 years prior to retirement. He has lived full-time on Cape Cod since 2019. He has previously taught several courses at ALL and lectured at Snow Library, most recently on evolution and the origin of life. Paul is a retired physicist and IBM Fellow. Starting with Rachael Carson in the 60's, through the ozone crisis of the 80's, and now the 21st century focus on climate

change and greenhouse gas emissions, Paul has kept an active interest in how our planet is responding to human impact. Paul has also taught multiple courses at ALL including ones on climate change.

**The History of Earth: Four Billion Years in Six Weeks**

Thursday 9:00AM - 10:20AM

Second 6 Weeks 26-Oct

**ALL1327-HZ**

Zoom

Limit: 10

This is the Zoom version of this hybrid course.

**Coordinators: Steve Munroe, Paul Coteus.**

Hybrid Zoom version

**Great Decisions**

Thursday 10:30AM - 11:50AM

First 6 Weeks 14-Sep

**ALL1293-C**

Grossman 106

Limit: 25

Great Decisions is a political discussion course based on the *2023 Briefing Book* published by The Foreign Policy Association ([fpa.org](http://fpa.org)). There are eight topics listed for discussion with each having a 20-minute video. Given our six-week format, six topics will be chosen with a class format of watching the video first, followed by discussion of both the video and *Briefing Book* as well as outside sources, time permitting. The topic list is: Energy Geopolitics, War Crimes, China and the US, Economic Warfare, Politics in Latin America, Global Famine, Iran at a Crossroads and Climate Migration. As climate change accelerates and rising seas and drought become more common, millions of people must uproot themselves and seek safety elsewhere. The key questions are: how and where? Obviously, an hour's discussion will not give us a solution to any of these issues, but your facilitators are always hopeful. The *2023 Briefing Book* is a must for this course, \$35 from FPA or \$25 from Amazon Kindle.

**Coordinators: Paul Arnold, David Gilliland.** Paul is a past ALL president and generally teaches political discussion courses. He looks forward to a stimulating class, filled with very bright, educated ALL members. David is a Naval Academy graduate, a pilot who retired from Delta Airlines after 33 years of service with a strong interest in history and current events. He has very much enjoyed ALL classes and looks forward to co-coordinating this class.

**THURSDAY (Continued)****Mindfulness: Cultivating Lasting Happiness**

Thursday 10:30AM - 11:50AM  
First 6 Weeks 14-Sep

**ALL-1296-Z**

Zoom  
Limit: 15

This course will focus on teaching the core tenets of mindfulness, specific exercises utilizing it and the neurological research on how it works. Researchers have been discovering the calming effects of mindfulness and the benefits of practicing the exercises. Participants will be invited to incorporate them into their daily routine to reduce stress and enhance their sense of well-being. Discussion and feedback will take place and everyone will be welcome to share their experiences with mindfulness according to their individual comfort level. Suggested materials include *Wherever You Go, There You Are* by Jon Kabat-Zinn and *Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness* by Terry Frahlich.

**Coordinator: Leslie Dealy.** Leslie is a recently retired social worker. During her 35-year career, she focused on treating clients suffering from anxiety and depression. One of the most effective techniques was the use of mindfulness, helping clients to stay present in the moment. Leslie is an active and compassionate person. She has been involved in a variety of types of volunteer work and seeks to give back to the community. She has found ALL classes to be very stimulating and believes they foster community.

**Butterflies Across Cape Cod**

Thursday 10:30AM - 11:50AM  
Second 6 Weeks 26-Oct

**ALL1265-C**

Grossman 115  
Limit: 15

In this course, we will identify butterfly species that are found on Cape Cod and use a PowerPoint presentation to look at the identifying characteristics, anatomy and life stages of butterflies. We will explore the relationship between butterflies and plants that will guide us in finding habitat that supports the various species. We will also suggest publicly accessible places to find butterflies and discuss habitat rehabilitation and how to invite butterflies into our neighborhoods and yards.

**Coordinator: Joe Dwelly.** Joe has surveyed for butterflies across Cape Cod since 2011 and has established a database of species and species density. A member of the Massachusetts Butterfly Club, a chapter of the North American Butterfly Association (NABA), Joe has led NABA July counts and field walks and has served as a regional coordinator for the eButterfly database.

**The Gilded Age in America: 1870-1900**

Thursday 12:00PM - 1:20PM  
12 Weeks 14-Sep

**ALL1330-C**

Grossman 106  
Limit: 25

This course will examine the dynamic period of America's Gilded Age, which runs roughly from 1870 to 1900. Topics to be included are: "Big Business, Industry, and the American Dream," mass immigration and the rise of industrial cities, the World of the Worker, the New South and its Jim Crow laws, the New West, the demise of the Plains Indian peoples, the Populist Revolt, "New Women, Strenuous Men, and Leisure," and the US acquisition of an overseas colonial empire. Rather than a narrative history, the text is a series of documents on these topics, that illustrate different elements or viewpoints of them. The class format will start with an introductory lecture of about 20 minutes followed by a discussion of the topic based on the assigned documents. The course text is *The Gilded Age: A History in Documents*, edited by Janette T. Greenwood, Oxford Press, 2000.

**Coordinator: Richard Stewart.** Dick taught history for 43 years at Choate Rosemary Hall in Wallingford, CT and eight years at ALL. His degrees are BA in History from Allegheny College and MA from Wesleyan University in Middletown, CT.

**Let's Play Chicago (Party) Bridge**

Thursday 1:00PM - 4:00PM \*  
12 Weeks 14-Sep

**ALL1331-C**

Grossman 115  
Limit: 24

In this class we will play Chicago Bridge. It is a more casual way of playing in that a group of people gather and sit, four at a table. After playing four hands, everyone changes partners taking their scores with them, and half change tables. The individual with the highest score at the end is the winner. A basic set of bidding rules will be agreed on at the beginning. This class is open to beginning bridge players, to those who played a long time ago, and to those who prefer a more casual way of playing bridge than is found in the more competitive duplicate bridge. Luck is a part of Chicago Bridge. An attachment will be emailed to all those who sign up for the course that describes Chicago Bridge. Before the first class, please read the attachment.

**Coordinators: Marilyn Nouri, Carol Flynn.** Marilyn has coordinated many courses for ALL over the years. She also played both Chicago and Contract Bridge for many years a long time ago and looks forward to playing it again. Carol and her husband played Chicago Bridge where they used to live and were looking forward to continuing to do so when they moved to the Cape. After talking with Marilyn about her interest, Carol has taken our president, Dianne's words to heart, "Why not offer the course you want to take?"

**THURSDAY (Continued)****Loving the Short Story**

Thursday 1:30PM - 2:50PM

12 Weeks 14-Sep

**ALL055-Z**

Zoom

Limit: 25

Students will discuss two stories at each session, sharing ideas and perceptions to enhance the understanding of the readings. The new text for fall semester will be *The Best American Short Stories 2022*, edited by Andrew Sean Greer.

**Coordinators: Sheryl Lajoie, Deb Selkow.** Sheryl has led this class for many years and thoroughly enjoys analyzing the stories and gaining insights from class participants. Deb is a retired English teacher who has spent her life reading, writing and watching stories unfold. A long-time class participant, she loves to share story talk with others; sometimes it teaches her how to be in a complicated world.

**Writing Incubator**

Thursday 3:00PM - 4:20PM

12 Weeks 14-Sep

**ALL780-Z**

Zoom

Limit: 14

In the literary world, an incubator is a group of like-minded people who provide space and time, while offering mentoring to others, to accomplish their writing goals. This class encourages the formation and development of new ideas and stories in a relaxed atmosphere. We welcome all genres of writing.

**Coordinators: Nancy Shoemaker, Maggie French, Mary Lou Heinz.** Nancy is a printer, graphic designer, publisher, photographer and local historian. Maggie was a financial executive in the fields of manufacturing and health, followed by a career as a certified life coach in personal and professional development. She now enjoys studies in philosophy and writes essays and short stories. Mary Lou is a retired psychologist and long-time field naturalist who has been a part of the Writing Incubator for several years, writing about nature, history and travel.

**Experiencing Aging: Continuing Conversations for Women**

Thursday 3:00PM - 4:20PM

First 6 Weeks 14-Sep

**ALL1324-C**

Grossman 106

Limit: 16

This course continues the series focusing on aging in women, but this time drawing on an expanded list of resources for discussion, in addition to the writings of Mary Pipher, May Sarton and Judith Viorst from past classes. Most importantly, included in these resources are the stories of current class members. Course format is primarily class participation. We can support, encourage and inspire each other as we take this journey into aging together. There will be no main text for this course. Come to the first class prepared to introduce yourself to other class members by sharing where you are currently on your path into aging. What are the satisfactions and the joys, and what are the challenges for you right now?

**Coordinator: Pat Stover.** Pat has been coordinating classes at ALL for 13 years, primarily focused on women's issues from a feminist perspective. Currently, she continues her fascination with aging and the support, encouragement and inspiration we women can provide for each other by sharing our own stories of aging.

**Experiencing Aging: Continuing Conversations for Women**

Thursday 3:00PM - 4:20PM

Second 6 Weeks 26-Oct

**ALL1324-Z**

Zoom

Limit: 16

This course continues the series focusing on aging in women, but this time drawing on an expanded list of resources for discussion, in addition to the writings of Mary Pipher, May Sarton and Judith Viorst from past classes. Most importantly, included in these resources are the stories of current class members. Course format is primarily class participation. We can support, encourage and inspire each other as we take this journey into aging together. There is no main text for this course. Come to the first class prepared to introduce yourself to other class members by sharing where you are currently on your path into aging. What are the satisfactions and the joys, and what are the challenges for you right now?

**Coordinator: Pat Stover.** Pat has been coordinating classes at ALL for 13 years, primarily focused on women's issues from a feminist perspective. Currently, she continues her fascination with aging and the support, encouragement and inspiration we women can provide for each other by sharing our own stories of aging.

**THURSDAY (Continued)****The Enneagram: A Series of Discussions - Section B****ALL1337-Z**Thursday 7:00PM - 8:20PM  
Second 6 Weeks 26-OctZoom  
Limit: 25

The Enneagram is a model that identifies nine distinct personality types and the dynamics of how they interact with one another. It has deep historical roots in multiple spiritual and psychological traditions. Each Enneagram type has a unique pattern of thinking, feeling and acting that filters one's actions and world view. This series of six discussions will help participants identify their own type and will explore how these same nine energies can be found in popular celebrities, and current economic, political and cultural leaders. It is a helpful tool for understanding personal and group interactions. Classes will be highly participatory and discussion oriented. This class works equally well for those who have never worked with the Enneagram, and for those who would enjoy a series of "refresher" conversations. All are welcome. This is the Zoom version of the course, offered at 7:00 p.m.

**Coordinator: Marianne Triplette.** Marianne is a certified Enneagram teacher. She is an active member of the Enneagram community and has facilitated its use in academic, spiritual, business assessment and team building. She has more than three decades of experience as a professor, political consultant and business leadership/life coach. She holds a BA, MA and PhD in individual and group dynamics.

**FRIDAY****Rossini's One-Act Comedies****ALL1315-C**Friday 9:00AM - 10:20AM  
First 6 Weeks 15-SepGrossman 106  
Limit: 25

This course will present performances of Gioachino Rossini's five wonderful early one-act operas: *L'occasione fa il ladro*; *La scala di seta*; *La cambiale di matrimonio*; *L'inganno felice*; and *Il signor Bruschino*. These masterpieces in miniature will delight you with their humor and spectacular singing. The performances feature some of the most glorious Rossini singers in productions that fully bring out Rossini's effervescence and charm.

**Coordinator: Steve Piontek.** Steve has taught several courses on opera over the last few years, with Rossini's operas being a particular love of his. He has also been a co-coordinator for many years for a course on Nichiren Buddhism.

**Surviving the Climate Crisis****ALL1251-C**Friday 10:30AM - 11:50AM  
First 6 Weeks 15-SepGrossman 106  
Limit: 18

*An Inconvenient Sequel: Truth to Power* (2017) by Al Gore will serve as your handbook to learn the science, to find your voice and to help solve the climate crisis. Three questions will be addressed: Must we change? Can we change? Will we change? The increasing pace of global warming and the many solutions which are now available under the US Inflation Reduction Act (IRA) of 2022 allocating 370 billion dollars for energy security and climate solutions will be discussed. Please read pages 1-51 before the first class.

**Coordinator: Toivo Lamminen Jr.** Toivo had Climate Reality Leadership Corps training with Al Gore in 2021, took a United Nations e-course on Climate Change in 2019, and was ALL coordinator of The Sixth Extinction in fall 2019.

**Introduction to Nichiren Buddhism****ALL866-C**Friday 10:30AM - 11:50AM  
Second 6 Weeks 27-OctGrossman 115  
Limit: 20

Through the profound Buddhist teachings of hope, victory and personal discovery, we will delve deeply into our interconnectedness with all life and tap into the enlightened nature we already possess. This is suitable as an introductory class for first-timers and also as a second part of the Introduction to Nichiren Buddhism course taught for the last several years. The course text, *The Buddha in Your Mirror*, can be read as a companion piece to the course, but it is not required.

**Coordinators: Susan Whalley, Steve Piontek.**

Susan, a retired school counselor, has been a practicing Nichiren Buddhist for 48 years. Steve, a retired magazine editor who also teaches ALL courses about opera, has also been practicing Nichiren Buddhism for over 50 years.

**FRIDAY (Continued)****Philosophy and Film**

Friday 1:00PM - 4:00PM \*

12 Weeks 15-Sep

**ALL756-C**

Grossman 106

Limit: 18

This course explores some of the great ideas of both Eastern and Western thought. To understand the ideas as best we can, we will view and discuss six classic American films that illustrate them: *The Matrix*, *Crimes and Misdemeanors*, *Groundhog Day*, *High Noon*, *Double Indemnity* and *On the Waterfront*. No previous knowledge of philosophy is required, but a love of films and a desire to improve critical thinking about them is.

\*Class times will vary in length. Those classes in which we introduce a topic will be 90 minutes (weeks 1,3,5,7,9,11). Those classes in which we view and discuss the film will be three hours (weeks 2,4,6,8,10,12).

**Coordinator: Tom Gotsill.** Tom taught literature, philosophy and humanities on the secondary level for 40 years. He also taught graduate courses at Northeastern University. He is a writer whose work can be found at [www.tomgotsill.com](http://www.tomgotsill.com).

**Mindfulness Meditation in Theory and Practice**

Friday 1:30PM - 2:50PM

First 6 Weeks 15-Sep

**ALL1323-C**

Grossman 115

Limit: 25

This course will include the history and background of mindfulness meditation, plus in-class practice of a variety of meditation techniques. Subjects covered include the meaning of mindfulness and meditation, the benefits of meditation, various techniques of meditation, the history of meditation, guided meditation, and advanced meditation techniques. Students will be encouraged to meditate at home between classes.

**Coordinator: James Kershner.** James is a professor emeritus at Cape Cod Community College. He holds a bachelor's degree from Marietta College and a master's degree from Penn State University. He has been meditating for more than 50 years and was ordained by Zen Master Thich Nhat Hanh as a meditation leader in 2002. He has been leading a meditation group, the Cape Sangha, since 1997. He has taught workshops in a variety of settings. He is the author of a spiritual memoir, *Becoming Peacemaker*.

## Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	12 Weeks	11-Sep	ALL1308-C	Twelfth Night: Alive!	Grossman 106	Roger Shoemaker
Monday	9:00AM - 10:20AM	First 6 Weeks	11-Sep	ALL1127-HC	Climate Change and What We Can Do About It	Grossman 115	Paul Coteus
Monday	9:00AM - 10:20AM	First 6 Weeks	11-Sep	ALL1127-HZ	Climate Change and What We Can Do About It	Zoom	Paul Coteus
Monday	10:30AM - 11:50AM	First 6 Weeks	11-Sep	ALL1286-Z	The Daughters of Yalta	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	First 6 Weeks	11-Sep	ALL1307-C	Delights to Move Your Mind and Heart: Best-Loved Poems	Grossman 106	Joseph Auciello
Monday	10:30AM - 11:50AM	First 6 Weeks	11-Sep	ALL1272-C	Backgammon for Fun	Grossman 115	Miriam Kronish, Herb Kronish
Monday	10:30AM - 11:50AM	Second 6 Weeks	30-Oct	ALL1210-Z	Memoirs - Lest We Forget	Zoom	Dianne Tattersall
Monday	12:00PM - 1:20PM	12 Weeks	11-Sep	ALL1267-Z	Discussing the Essay	Zoom	Marilyn Nouri, Brett Burgess
Monday	1:30PM - 2:50PM	12 Weeks	11-Sep	ALL1312-Z	12 Film Movements That Changed the Art of Cinema	Zoom	Joseph Gonzalez
Monday	1:30PM - 2:50PM	First 6 Weeks	11-Sep	ALL1314-C	Are We Ready for Some Plague Lit?	Grossman 106	Robert Chibka
Monday	1:30PM - 2:50PM	First 6 Weeks	11-Sep	ALL1329-C	Sample a New Leisure Activity	Grossman 115	Patricia McKean
Monday	1:30PM - 2:50PM	Second 6 Weeks	30-Oct	ALL1310-C	Native American Tragedies and Triumphs	Grossman 106	Frank Cuphone, John Kennedy
Monday	3:00PM - 4:20PM	First 6 Weeks	11-Sep	ALL1321-C	Aging, Philosophy and a Changing Perspective	Grossman 106	Maggie French
Monday	3:00PM - 4:20PM	Second 6 Weeks	30-Oct	ALL1340-Z	Why Not Wine?	Zoom	John Ward
Tuesday	9:00AM - 10:20AM	12 Weeks	12-Sep	ALL1311-Z	Surviving Entropy	Zoom	Stew Goodwin
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	24-Oct	ALL1316-C	A Mob of Angry Villagers: Universal Horror Films 1931-1948	Grossman 106	Richard Slapsys
Tuesday	10:30AM - 11:50AM	First 6 Weeks	12-Sep	ALL1291-Z	FUNNY Business! <b>CANCELLED</b>	Zoom	Nina Greenwald
Tuesday	10:30AM - 11:50AM	First 6 Weeks	12-Sep	ALL1248-C	Creating Your Joy	Grossman 106	Claire Briand
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	24-Oct	ALL1292-Z	MORE Funny Business!	Zoom	Nina Greenwald
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	24-Oct	ALL1339-C	Are You Really an Ethical Person? <b>CANCELLED</b>	Grossman 106	Howie Good



**Course Schedule (continued)**

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	1:30PM - 2:50PM	Second 6 Weeks	24-Oct	ALL1317-C	Deep Focus on Captivating Movie Scenes.	Grossman 106	Evan Cook
Tuesday	1:30PM - 2:50PM	Second 6 Weeks	24-Oct	ALL1334-C	The Enneagram: A Series of Discussions - Section A	Grossman 115	Marianne Triplette
Tuesday	3:00PM - 4:20PM	First 6 Weeks	12-Sep	ALL1332-C	Turning Points: Six Revolutions That Changed Everything - Section A	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	24-Oct	ALL1336-C	Turning Points: Six Revolutions That Changed Everything - Section B	Grossman 106	Lawrence Brown
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	25-Oct	ALL999-HC	15 Challenges of the Future	Grossman 115	Tom Murphy
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	25-Oct	ALL999-HZ	15 Challenges of the Future	Zoom	Tom Murphy
Wednesday	10:30AM - 11:50AM	12 Weeks	13-Sep	ALL1328-HC	The Economist	Grossman 115	Michael Sullivan, Bill Holcombe
Wednesday	10:30AM - 11:50AM	12 Weeks	13-Sep	ALL1328-HZ	The Economist	Zoom	Michael Sullivan, Bill Holcombe
Wednesday	10:30AM - 11:50AM	12 Weeks	13-Sep	ALL1322-C	Your Missing Manual	Grossman 106	Don Ellicott
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	25-Oct	ALL1306-Z	Six Men Who Shaped the American Revolution	Zoom	Russell Leng
Wednesday	12:00PM - 1:20PM	12 Weeks	13-Sep	ALL1325-Z	Recovering from 20th Century Christianity	Zoom	Rob Swanson
Wednesday	12:00PM - 1:20PM	12 Weeks	13-Sep	ALL1326-C	So You Want To Be a Novelist	Grossman 115	June Calender
Wednesday	12:00PM - 1:20PM	First 6 Weeks	13-Sep	ALL1319-C	Alzheimer's Disease and Other Dementias	Grossman 106	Robert Santulli
Wednesday	1:30PM - 2:50PM	12 Weeks	13-Sep	ALL077-C	So You Want To Be a Poet	Grossman 106	Glyn Dowden, Mary Bonacker
Wednesday	1:30PM - 2:50PM	First 6 Weeks	13-Sep	ALL636-C	All About Dreams <b>Cancelled</b>	Grossman 115	Linda Koehler
Wednesday	2:30PM - 5:30PM *	Second 6 Weeks	25-Oct	ALL711-C	Beginning Watercolor	Tilden Arts Center	Mary Lou Mack
Wednesday	3:00PM - 4:20PM	12 Weeks	13-Sep	ALL1318-Z	Mahler	Zoom	John Temple
Wednesday	3:00PM - 4:20PM	First 6 Weeks	13-Sep	ALL1313-Z	Cooking With Carol	Zoom	Carol Coteus
Wednesday	3:00PM - 4:20PM	First 6 Weeks	13-Sep	ALL1333-C	The Art of Public Speaking - Section A	Grossman 106	Lawrence Brown
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	25-Oct	ALL1335-C	The Art of Public Speaking - Section B	Grossman 106	Lawrence Brown

**Course Schedule (continued)**

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Thursday	9:00AM - 10:20AM	12 Weeks	14-Sep	ALL1338-Z	Beginning Tai Chi	Zoom	Bill Mikulewicz
Thursday	9:00AM - 10:20AM	First 6 Weeks	14-Sep	ALL1309-C	Hannah Arendt	Grossman 106	David Mulligan
Thursday	9:00AM - 10:20AM	Second 6 Weeks	26-Oct	ALL1327-HC	The History of Earth: Four Billion Years in Six Weeks	Grossman 115	Steve Munroe, Paul Coteus
Thursday	9:00AM - 10:20AM	Second 6 Weeks	26-Oct	ALL1327-HZ	The History of Earth: Four Billion Years in Six Weeks	Zoom	Steve Munroe, Paul Coteus
Thursday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL1293-C	Great Decisions	Grossman 106	Paul Arnold, David Gilliland
Thursday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL-1296-Z	Mindfulness: Cultivating Lasting Happiness	Zoom	Leslie Dealy
Thursday	10:30AM - 11:50AM	Second 6 Weeks	26-Oct	ALL1265-C	Butterflies Across Cape Cod	Grossman 115	Joe Dwelly
Thursday	12:00PM - 1:20PM	12 Weeks	14-Sep	ALL1330-C	The Gilded Age in America: 1870-1900	Grossman 106	Richard Stewart
Thursday	1:00PM - 4:00PM *	12 Weeks	14-Sep	ALL1331-C	Let's Play Chicago (Party) Bridge	Grossman 115	Marilyn Nouri, Carol Flynn
Thursday	1:30PM - 2:50PM	12 Weeks	14-Sep	ALL055-Z	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	3:00PM - 4:20PM	12 Weeks	14-Sep	ALL780-Z	Writing Incubator	Zoom	Nancy Shoemaker, Maggie French, Mary Lou Heinz
Thursday	3:00PM - 4:20PM	First 6 Weeks	14-Sep	ALL1324-C	Experiencing Aging: Continuing Conversations for Women	Grossman 106	Pat Stover
Thursday	3:00PM - 4:20PM	Second 6 Weeks	26-Oct	ALL1324-Z	Experiencing Aging: Continuing Conversations for Women	Zoom	Pat Stover
Thursday	7:00PM - 8:20PM	Second 6 Weeks	26-Oct	ALL1337-Z	The Enneagram: A Series of Discussions - Section B	Zoom	Marianne Triplette
Friday	9:00AM - 10:20AM	First 6 Weeks	15-Sep	ALL1315-C	Rossini's One-Act Comedies	Grossman 106	Steve Piontek
Friday	10:30AM - 11:50AM	First 6 Weeks	15-Sep	ALL1251-C	Surviving the Climate Crisis	Grossman 106	Toivo Lamminen Jr.
Friday	10:30AM - 11:50AM	Second 6 Weeks	27-Oct	ALL866-C	Introduction to Nichiren Buddhism	Grossman 115	Susan Whalley, Steve Piontek
Friday	1:00PM - 4:00PM *	12 Weeks	15-Sep	ALL756-C	Philosophy and Film	Grossman 106	Tom Gotsill
Friday	1:30PM - 2:50PM	First 6 Weeks	15-Sep	ALL1323-C	Mindfulness Meditation in Theory and Practice	Grossman 115	James Kershner

**ALL Registration Form Fall 2023**

**If possible, please download and complete this form on your computer before printing.**

**Academy for Lifelong Learning  
Cape Cod Community College  
2240 Iyannough Road 02668-1599  
West Barnstable, MA 02688-1599**

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Invoice# \_\_\_\_\_ Amount \_\_\_\_\_  
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**NEW this semester:**

Mail your completed form with your check for \$105 to the above address. OR [allccregister@gmail.com](mailto:allccregister@gmail.com)  
Email this form to [allccregistration@gmail.com](mailto:allccregistration@gmail.com) and pay the membership fee plus a \$5 handling fee (\$110 total) by credit card online by selecting the "Pay By Credit Card Here" Button at [capecodall.org/registration](http://capecodall.org/registration).

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ New address? \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ New phone #? \_\_\_\_\_

Email \_\_\_\_\_ New Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

FIRST TIME Member? \_\_\_\_\_ How did you learn about ALL? \_\_\_\_\_

Please contact me about "coordinator" opportunities. Y \_\_\_\_\_ N \_\_\_\_\_

Please select up to four 6-week courses, two 12-week courses or one 12-week and two 6-week courses.  
Please choose alternates in case your preferred courses are full.  
Please list courses in order of preference, including alternate choices.

Please note: Course number suffixes signify location.  
C=Classroom Z=Zoom HC=Hybrid Classroom HZ=Hybrid Zoom

**Preferred Courses**

(Ofc. Use)	Course #	Location C,Z,HC,HZ	Course Name	Day/Time	12 wk	1 <sup>st</sup> 6 wk	2 <sup>nd</sup> 6 wk
___	1. ALL	___	_____	_____	_____	_____	_____
___	2. ALL	___	_____	_____	_____	_____	_____
___	3. ALL	___	_____	_____	_____	_____	_____
___	4. ALL	___	_____	_____	_____	_____	_____

**Alternate Courses (if preferred are full)**

___	1. ALL	___	_____	_____	_____	_____	_____
___	2. ALL	___	_____	_____	_____	_____	_____
___	3. ALL	___	_____	_____	_____	_____	_____
___	4. ALL	___	_____	_____	_____	_____	_____

The ALL Registration process will open on Monday August 21st, at 9 am for registration forms received by August 18th. No preference will be given to early postmarks or delivery dates.



**ALL Registration Form Fall 2023**

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West Barnstable, MA 02688-1599**

**For Office Use Only**  
Invoice# \_\_\_\_\_ Amount \_\_\_\_\_  
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NEW this semester:

Mail your completed form with your check for \$105 to the above address. OR [allccregister@gmail.com](mailto:allccregister@gmail.com)  
Email this form to [allccregistration@gmail.com](mailto:allccregistration@gmail.com) and pay the membership fee plus a \$5 handling fee (\$110 total) by credit card online by selecting the "Pay By Credit Card Here" Button at [capecodall.org/registration](http://capecodall.org/registration).

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ New address? \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ New phone #? \_\_\_\_\_

Email \_\_\_\_\_ New Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

FIRST TIME Member? \_\_\_\_\_ How did you learn about ALL? \_\_\_\_\_

Please contact me about "coordinator" opportunities. Y \_\_\_\_\_ N \_\_\_\_\_

Please select up to four 6-week courses, two 12-week courses or one 12-week and two 6-week courses.  
Please choose alternates in case your preferred courses are full.  
Please list courses in order of preference, including alternate choices.

Please note: Course number suffixes signify location.  
C=Classroom Z=Zoom HC=Hybrid Classroom HZ=Hybrid Zoom

**Preferred Courses**

<i>(Ofc. Use)</i>	Course #	Location C,Z,HC,HZ	Course Name	Day/Time	12 wk	1 <sup>st</sup> 6 wk	2 <sup>nd</sup> 6 wk
___ 1. ALL	_____	_____	_____	_____	_____	_____	_____
___ 2. ALL	_____	_____	_____	_____	_____	_____	_____
___ 3. ALL	_____	_____	_____	_____	_____	_____	_____
___ 4. ALL	_____	_____	_____	_____	_____	_____	_____

**Alternate Courses (if preferred are full)**

___ 1. ALL	_____	_____	_____	_____	_____	_____	_____
___ 2. ALL	_____	_____	_____	_____	_____	_____	_____
___ 3. ALL	_____	_____	_____	_____	_____	_____	_____
___ 4. ALL	_____	_____	_____	_____	_____	_____	_____

The ALL Registration process will open on Monday August 21st, at 9 am for registration forms received by August 18th. No preference will be given to early postmarks or delivery dates.





**Board of Directors 2023-2024**

Dianne Tattersall	President and Chair of Hospitality	2024
Paul Coteus	Vice President	2025
Kirk Young	Treasurer	2024
Patricia McKean	Clerk	2026
Rita Ailinger	Desk Volunteer Coordinator	2026
Jean DeVincentis	Registration	2024
Diane Hoover	Special Events	2024
Miriam Kronish	Curriculum	2024
Marilyn Nouri	Long Range Planning	2024
Marianne Triplette	Communications	2026
Joan Freeman	Member-at-Large	2025
Alice Mitchell	Member-at-Large	2026
Denise Benjamin	Member-at-Large	2026
Office Administrator	Cynthia Jayne	

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