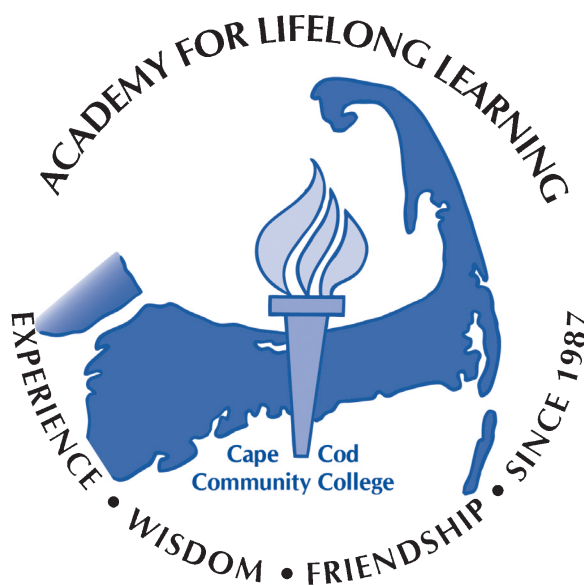


Spring 2025 Course Catalog

Volume 24 Number 1

Learning and enrichment
opportunities for
adults 50 and over

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

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

Visit our website www.capecodall.org for a
list of additional spring semester courses.

The Academy for Lifelong Learning

Academic Calendar Spring 2025

Registration begins	Monday, January 13 at 9 a.m.
New member orientation	Wednesday, January 22 at 10 a.m.
Spring classes begin	Monday, January 27
First six-week classes end	Monday, March 10
Second six-week classes begin	Monday, March 17
Classes end	Monday, April 28

Holidays – no classes

Presidents Day	Monday, February 17
Spring recess	Tuesday-Friday, March 11-14
Patriots Day	Monday, April 21

Beginning and end dates of courses:

12-Week Courses	First 6 Week	Second 6 Weeks
Mondays: 1/27 – 4/28	Mondays: 1/27 – 3/10	Mondays: 3/17 – 4/28
Tuesdays: 1/28 – 4/22	Tuesdays: 1/28 – 3/4	Tuesdays: 3/18 – 4/22
Wednesdays: 1/29 – 4/23	Wednesdays: 1/29 – 3/5	Wednesdays: 3/19 – 4/23
Thursdays: 1/30 – 4/24	Thursdays: 1/30 – 3/6	Thursdays: 3/20 – 4/24
Fridays: 1/31 – 4/25	Fridays: 1/31 – 3/7	Fridays: 3/21 – 4/25

Academic Calendar Fall 2025

Registration begins	Monday, August 18 at 9 a.m.
New member orientation	Wednesday, September 3 at 10 a.m.
Fall classes begin	Monday, September 8
First six-week classes end	Monday, October 20
Second six-week classes begin	Tuesday, October 21
Classes end	Monday, December 8

Holidays – no classes

Columbus Day	Monday, October 13
Veterans Day (observed)	Tuesday, November 11
Thanksgiving break	Monday-Friday, November 24-28

Beginning and end dates of courses:

12-Week Courses	First 6 Week	Second 6 Weeks
Monday: 9/8 – 12/8	Mondays: 9/8 – 10/20	Mondays: 10/27 – 12/8
Tuesdays: 9/9 – 12/9	Tuesdays: 9/9 – 10/14	Tuesdays: 10/21 – 12/9
Wednesdays: 9/10 – 12/3	Wednesdays: 9/10 – 10/15	Wednesdays: 10/22 – 12/3
Thursdays: 9/11 – 12/4	Thursdays: 9/11 – 10/16	Thursdays: 10/23 – 12/4
Fridays: 9/12 – 12/5	Fridays: 9/12 – 10/17	Fridays: 10/24 – 12/5

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Welcome to ALL

A Message from Our President

On behalf of our Board of Directors, welcome to the Academy for Lifelong Learning of Cape Cod! For over 37 years, ALL has offered quality enrichment and educational courses for those 50 and over, along with special and social events. If you are new to the Cape, it's a great way to meet new people. If you are a current member or just discovering us, I hope you will be impressed with our extensive catalog of courses.

A big thank you for 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! As Albert Einstein once remarked, "Commit yourself to lifelong learning. The most valuable asset you will ever have is your mind and what you put into it."

Paul Coteus, *President*

About the Academy for Lifelong Learning

The Academy for Lifelong Learning (ALL) 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 courses, ALL 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 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 members about events, programs via ALL's newsletter and website.

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

Membership: Recruits new members; assists chairs in determining interests of membership.

The Registration Process

Course Selection

ALL offers traditional in-person classes, remote Zoom classes and hybrid classes. Hybrid classes allow a coordinator to teach both in-person and remote members at the same time using our new DTEN technology. 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 class members are not permitted to attend in person unless prearranged with the coordinator. If you wish to attend a hybrid class, please enter your preferred location with your preferred courses and the other location as one of your alternates.

A consolidated list of courses, arranged by day and time, appears on the pages following the course descriptions in this catalog. This list is also posted on our website, 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.

Membership Fees

The membership fee, \$125 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. Once enrolled, members remain on our records for another year and will continue to receive communications. 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. Courses with low enrollments may be cancelled outright. 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. Note: Course coordinators are not paid and are not subject to the membership fee.

Registration

There are two ways to register for courses and pay your membership fee:

- 1. By mail.** Mail your completed registration form and signed check, if required, to: Academy for Lifelong Learning of Cape Cod, Inc., Cape Cod Community College, 2240 Iyannough Road, West Barnstable, MA 02668-1599.
- 2. Online.** Email a copy of your registration form to allccregister@gmail.com and pay \$130 by credit card online at www.capecodall.org/registration. Important: Please do not list desired courses on the payment form. You must submit a registration form as well. Make a copy for your records.

Registration processing begins Monday, January 13th. All members will have an equal chance of getting their course choices if their completed registration forms with payments are received by Friday, January 10th. Registrations received after that date will be processed daily, once the original group has been processed. To ensure a fair assignment of courses, 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.

Complete and accurate phone and email contact information is important! We will contact you if none of your selected or alternate courses is available or if your payment is missing or unsigned. You will receive course enrollment confirmations by email. That is also how the coordinator will contact you with class information.

Throughout the registration process and the semester, a list of courses with space available will be posted on the ALL website, 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.

Withdrawals

If 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.

Questions?

Contact the ALL office if you have any questions or need help with registration. We are glad to help. Email: lifelonglearning@capecod.edu or call: 774-330-4400. Office hours: Monday – Friday, 9:00 a.m. – 3:00 p.m.

Class locations

In-person classes: Classrooms are located in rooms C-106 and C-115 on the mezzanine level of the Grossman Commons Building #7. The Art Studios are on the lower level of the Tilden Arts Center Building #1. The Media Center is located in the Wilkens Library Building #3. The Life Fitness Center is in Building #10.

Zoom or hybrid classes: If you are unfamiliar with using Zoom, we recommend viewing a YouTube video entitled “Joining a Zoom Call for the First Time; Fun and Easy Online Connection.” To ensure each class goes smoothly for all involved, remember to conduct yourselves as you would if you were all in the same room.

From the Curriculum Committee

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 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.

ALL Curriculum Committee: Erika Beasley, Denise Benjamin, Miriam Kronish, Tim Maguire, Roger Shoemaker, Henry Tamzarian (Chair)

Note: Keep in mind that the views and opinions expressed in classes are those of our coordinators and their guest speakers and may, on occasion, be controversial. ALL members and coordinators should strive to create a positive and inclusive learning environment free from prejudiced, hostile or hurtful discussions.

Share a lifetime of learning – consider teaching a course next semester!

We strive to offer a variety of learning opportunities for adults. 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. Coordinating a course offers an opportunity to meaningfully engage with like-minded peers, and to keep your mind active and engaged. Please include the following:

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

Bio (30-40 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.

Contact the ALL office at lifelonglearning@capecod.edu or 774-330-4400 if you are interested in exploring this wonderful opportunity. The Curriculum Committee will begin scheduling courses in March for the fall 2025 semester. Please contact the office if you need help submitting courses.

Important College Information

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

Weather: If the college is closed due to inclement weather or other reasons, ALL is also closed. 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. If the college announces a delayed opening time due to inclement weather, ALL classes that are scheduled to start before that time are canceled.

College Campus Public Safety Regulations and Disabled Parking Rules

General Regulations

- 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 are designed for temporary use to unload, go to the help desk, bookstore, 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/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 outside Maureen Wilkens Hall which is opposite parking lots #4 and #5. Another alternative is to call College Police (774-330-4949) to request transportation to and from Grossman Commons before and after your class.

Cape Cod Community College Campus Map

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



MONDAY

Great Decisions

Monday 9:00AM - 10:20AM

First 6 Weeks 27-Jan

ALL1306-Z

ZOOM

Limit: 25

Great Decisions is a world affairs discussion program designed by the Foreign Policy Association (fpa.org). Each year, the FPA chooses eight topics to discuss, and produces print and video materials to provide the background for these discussions. Topics for 2025 are: American Foreign Policy at a Crossroads; US Changing Leadership of the World Economy; US-China Relations; India: Between China, the West, and the Global South; International Cooperation on Climate Change; The Future of NATO and European Security; AI and American National Security; and American Foreign Policy in the Middle East: Taking Stock and Looking Ahead. This will be a discussion class. Participants are invited to share insights, additional readings, knowledge and opinions on each of the topics discussed. We will begin each class by viewing an informational video. Text for the course is the *Great Decisions 2025 Briefing Book*, which can be ordered from FPA.org for \$35.00. For the first class, please read the first chapter, American Foreign Policy at a Crossroads.

Coordinator: William Gentes. Bill is a retired financial executive with a background in finance and global supply chain management. He has participated in and co-led several Great Decisions classes.

Memories Worth Saving 2.0

Monday 10:30AM - 11:50AM

12 Weeks 27-Jan

ALL1370-C

Grossman 115

Limit: 15

Class members will write about something they have not previously written about, creating a memoir sort of story they would like to share with their families or others.

Coordinator: June Calender. June has been teaching writing courses at 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 as Alaska). June has recently published a novel called *The Friendship Quilts*.

The American Revolution: A Different Perspective

Monday 10:30AM - 11:50AM

First 6 Weeks 27-Jan

ALL1382-C

Grossman 106

Limit: 25

The Declaration of Independence did not obtain freedom from Great Britain. Eight years of grueling warfare did.

Those we esteem as the Founding Fathers were men who achieved political renown. Yet, were it not for those who faced death in the earliest days of the Revolution, the soldiers in the field and the spies who informed them, the Declaration of Independence would have been meaningless. This course will consider forgotten heroes of the American Revolution. Assignment for the first class: Google the Founding Fathers to see how many were non-politicians; without googling, name five generals (apart from Washington) in the Continental Army and two generals in the state militias; and state when the American Revolution ended.

Coordinator: Janet Uhlar. Janet is the author of two books on forgotten heroes of the American Revolution. Her research has uncovered actions previously omitted, which played a pivotal role in the war. For 20 years, Janet has spoken extensively and to a wide variety of audiences, including National Historical Parks and other national conferences.

The Glorious American Essay

Monday 10:30AM - 11:50AM

First 6 Weeks 27-Jan

ALL1367-Z

Zoom

Limit: 15

The course discusses essays. Essays can offer opinions, impart knowledge and information, or share personal experience. This semester, we will be discussing essays from the book *The Glorious American Essay*, edited by Phillip Lopate. 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 essays are by writers you know, from the 18th century up to the 21st. Class members are encouraged to summarize an essay of their choice, describe the background of its author, and ask questions of the group for discussion. Two essays will be discussed each week. Please purchase the essay anthology *The Glorious American Essay*, edited by Phillip Lopate, Anchor Books, available from Amazon or other book sellers. We will email the class a few weeks before the class begins with the two essays for week one.

Coordinators: Brett Burgess, Deborah Titolo. Brett has been taking ALL classes for three years. He is a passionate reader, especially of the classics, and loves to discuss all genres of literature, including essays. Deborah is a retired high school librarian who has co-led numerous classes in global literature at her local ALL. She has co-led A Different Take on American History and Great Decisions at Cape Cod ALL. She has participated in all three previous semesters of the Essays course.

MONDAY (Continued)**Let's Read Science Times Together**

Monday 10:30AM - 11:50AM

First 6 Weeks 27-Jan

ALL1383-Z

Zoom

Limit: 25

When the first issue of *The New York Times* Science section appeared in 1978, I was teaching science to eighth graders. Reading the *Science Times* section each week became a homework assignment. Students' parents were also hooked. I have been reading it ever since. Let's read it together! Each week, we will read the previous week's publication and discuss articles on the many wonders of science. The Tuesday edition of *The New York Times* contains the *Science* section. You will be required to read this section either digitally (many of you may already have a subscription) or the paper copy.

Coordinator: Patricia McKean. Pat has taught many classes at ALL, including how to teach science and math using children's literature, understanding climate change and, most recently, a history course. She co-chairs the Sandwich Public Library Book Group. She is a manuscript reviewer for the NSTA journal *Science and Children*.

More of The Glorious American Essay

Monday 10:30AM - 11:50AM

Second 6 Weeks 17-Mar

ALL1409-Z

Zoom

Limit: 15

The course discusses essays. Essays can offer opinions, impart knowledge and information, or share personal experience. This semester, we will be discussing essays from the book *The Glorious American Essay*, edited by Phillip Lopate. 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 essays are by writers you know, from the 18th century up to the 21st. Class members are encouraged to summarize an essay of their choice, describe the background of its author, and ask questions of the group for discussion. Two essays will be discussed each week. Please purchase the essay anthology *The Glorious American Essay*, edited by Phillip Lopate, Anchor Books, available from Amazon or other book sellers. We will email the class a few weeks before the class begins with the two essays for week one. **Note: This is not a repeat class of the first 6-week session.** We will discuss 12 new essays.

Coordinators: Brett Burgess, Deborah Titolo. Brett has been taking ALL classes for three years. He is a passionate reader, especially of the classics, and loves to discuss all genres of literature, including essays. Deborah is a retired high school librarian who has co-led numerous classes in global literature at her local ALL. She has co-led A Different Take on American History and Great Decisions at Cape Cod ALL. She has participated in all three previous semesters of the Essays course.

The Ride of Her Life

Monday 10:30AM - 11:50AM

Second 6 Weeks 17-Mar

ALL1403-Z

Zoom

Limit: 25

Elizabeth Letts tells the story of Annie Wilkins, the indomitable heroine at the heart of *The Ride of Her Life*. Please read with me as she travels across our great country with her little dog and her horse. As Elizabeth tells the story, we will review American history in the 1950s. Each week, we will read 1/6 of the book.

Coordinator: Patricia McKean. Pat has taught many classes at ALL, including how to teach science and math using children's literature, understanding climate change and, most recently, a history course. She co-chairs the Sandwich Public Library Book Group. She is a manuscript reviewer for the NSTA journal *Science and Children*.

Examining Inequality

Monday 12:00PM - 1:20PM

First 6 Weeks 27-Jan

ALL1402-HC

Grossman 115

Limit: 25

Economic, social and political inequality have been a part of American society since its beginning. However, the amount of inequality has varied considerably over time. The Gilded Age and the battle to win the ability to vote by women and blacks are examples. We will examine the status of inequality in the present day and how it is impacting trends in society and individual lives. Registrants will be sent an email asking them to watch a YouTube video on the topic of inequality.

Coordinator: Marilyn Nouri. Marilyn holds a PhD in sociology and is a retired Professor of Sociology from SUNY Oneonta. Her studies and degree have led to an interest in offering courses for ALL that address social issues. Marilyn has offered many different courses for ALL on a variety of social issues, as well as courses on food trends.

MONDAY (Continued)**Examining Inequality****ALL1402-HZ**

Monday 12:00PM - 1:20PM

Zoom

First 6 Weeks 27-Jan

Limit: 12

This is the Zoom version of this hybrid course.

Coordinator: Marilyn Nouri. Hybrid Zoom version.

Women Directors: From Pioneers to Successful Filmmakers**ALL1399-Z**

Monday 1:30PM - 2:50PM

Zoom

12 Weeks 27-Jan

Limit: 30

During the birth and development of the film industry, women were kept off the director's chair. A few took the initiative against this prejudicial practice and paved the road for the numerous women directing films today. This course will celebrate the works of some of these pioneers and the many women successfully practicing the art of directing today. A full program of films/directors will be emailed by the first class. For the first class, please watch *The Hitchhiker* (1953) directed by pioneer Ida Lupino, available on YouTube and archive.org.

Coordinator: Joseph González. Joe's background is in publishing and 36 years in film writing and script supervision on set, as well as a Spanish coach. He holds a bachelor's degree in English Literature from Rutgers University, a master's degree in Spanish from Montclair State University and has studied filmmaking at The New School for Social Research in NYC.

Sample a New Leisure Activity**ALL1329-C**

Monday 1:30PM - 2:50PM

Grossman 106

First 6 Weeks 27-Jan

Limit: 20

Whether you are looking for relief from stress or an outlet from boredom or just need a change of pace, this course can help you find your new passion. In our fourth semester, we will continue to inspire and motivate you with a sampling of activities: becoming a savvy reader (Fran Ziegler); memoir writing (Dianne Tattersall); earth box gardening (Mary Ann Donovan); making cheese at home (Pat McKean); learning to crochet (Nancy Dutton); and rug hooking (Diane Bliudnikas).

Coordinator: Patricia McKean. Pat has taught many classes at ALL, including how to teach science and math using children's literature, understanding climate change and, most recently, a history course. She co-chairs the Sandwich Public Library Book Group. She is a manuscript reviewer for the NSTA journal *Science and Children*. She will be moderating this course.

Intermediate Chess

Monday 1:30PM - 2:50PM

Second 6 Weeks 17-Mar

ALL1405-C

Grossman 106

Limit: 25

This course will offer an overview of chess concepts for players who already have a basic understanding of how the pieces move and the rules of chess. We will cover the three main phases of a chess game: the opening, the middle game and the endgame, with attention to both principles and tactics – how to assess your position and choose a plan. Classes will include game play and exercises against each other and together against a computer. Please bring a game board and chess pieces to class.

Coordinator: Brian Haendiges. Brian is a United States Chess Federation expert-ranked player, and has taught chess to groups and individuals ranging from age 5 to 86.

Beyond Red or White - Bourbon ... and other bad decisions**ALL1392-HC**

Monday 3:00PM - 4:20PM

Grossman 115

Second 6 Weeks 17-Mar

Limit: 20

We are going to go on a journey to explore the wonders of bourbon – because no good story ever started with a salad! There will be a deep dive into the story of bourbon: what makes bourbon unique; an overview of the history of America's national spirit; a look at the science of distillation and aging; and some tips for sensory and aroma recognition, and what those descriptors mean. We will also take a look at Kentucky's "heritage" brands and the new wave of craft distillers. Finally, there will be an optional opportunity to build a virtual flight of three bourbons based on what you have learned in this course. No prior knowledge is required.

Coordinator: Ron Fernandes. Ron is a highly-regarded consultant in the wine and spirits industry. He loves sharing his industry knowledge in a relaxed and humorous way to vanquish the unnecessary aura and mystique that can surround both wine and spirits.

Beyond Red or White - Bourbon ... and other bad decisions**ALL1392-HZ**

Monday 3:00PM - 4:20PM

Zoom

Second 6 Weeks 17-Mar

Limit: 20

This is the Zoom version of this hybrid course.

Coordinator: Ron Fernandes. Hybrid Zoom version.

MONDAY (Continued)**Topics of Interest in Retirement**

Monday 3:00PM - 4:20PM

Second 6 Weeks 17-Mar

ALL1399-C

Grossman 106

Limit: 25

This course will review some of the basic principles of investments, income generation, social and emotional connections, and the importance of other considerations during retirement years. We will discuss various scams and cybersecurity, risk assessment and diversification, long-term care and estate planning. This course is not a replacement for seeking professional advice from a qualified financial adviser or legal and health professional who specializes in such matters. An important aspect of the class will be the sharing of best practices from one another and exploring all other aspects of leading a healthy and happy lifestyle.

Coordinator: Brian Haendiges. Brian has an extensive background in financial services and insurance and was the CEO of a company. He has taught business courses for various MBA programs, as well as chess classes at a Lifetime Learning Institute in Virginia. Brian has recently retired to Mashpee and is looking forward to teaching at ALL.

TUESDAY**Democracy at a Crossroad?**

Tuesday 9:00AM - 10:20AM

12 Weeks 28-Jan

ALL1420-Z

Zoom

Limit: 20

The new administration has raised a question many of us never thought we'd be asking: Is our democracy in danger? The good news is: There are several exit ramps off the road to authoritarianism. Drawing from decades of research by Harvard Professors Steven Levitsky and Daniel Ziblatt, we will learn how some democracies die, but others under similar circumstances survive and thrive. What was the difference? How were some countries able to keep their guardrails in place? We will delve into two books written by the researchers, *How Democracies Die* and *Tyranny of the Minority* and, through discussion, find out. Each week, we will read 30-40 pages. Five questions will be posted per week for class focus and discussion. Prior to the first class, please read the introduction to *How Democracies Die*, pages 1-10.

Coordinator: Susanne Adamson. Susanne was a political science major, born and raised in Sweden. She holds an MD from University of Uppsala Medical School. Having worked in the US for over 30 years as an OB/Gyn, she has remained keenly interested in political science, US history and race relations.

Lessons From History

Tuesday 9:00AM - 10:20AM

12 Weeks 28-Jan

ALL1361-Z

Zoom

Limit: 35

Learning from history is something Americans have never been good at but need to pay attention to. Some of the weekly topics in this course will be: imperial overstretch as described by Paul Kennedy; Mayan collapse from overtaxing their environment; Huey Long as a warning from American populism; pandemics and their effect; walls as porous barriers; institutional crumbling; the democracy of the Iroquois confederation and the Madison-Jefferson debate over minority vs. majority rule and China's view of itself as the center of the world.

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.

Sociology of Age

Tuesday 9:00AM - 10:20AM

Second 6 Weeks 18-Mar

ALL1423-C

Grossman 106

Limit: 25

This course discusses the social perception, status and treatment of older individuals. We will examine the perspective of social philosophers concerning age, psychosocial theories of aging, the heterochronic theory of age perception, treatment of older members of society by various cultures, the ageism concept of older individuals, personality structure and aging style biologically, psychologically and socioculturally. The concept of civilized behavior will be considered as it relates to the treatment of older individuals in contemporary culture. The course strives to create a better understanding of individual perceptions of older persons' place in our society through a better understanding of how older individuals have been treated throughout history and in our own society. The course will consist of lectures and discussions, with significant interaction among class participants.

Coordinator: Jay Green. Jay has a master's degree in sociology from Long Island University and teaching experience of over a decade as an adjunct professor at Connecticut State University, Post College and the New Haven campus of Community College of Connecticut. He also has a background in business as a building services contractor for almost 40 years. Jay is currently a board member of the Town of Brewster Council on Aging, where his focus has been on grant applications and funding.

TUESDAY (Continued)**A Political History of Palestine****ALL1365-Z**

Tuesday 10:30AM - 11:50AM

Zoom

First 6 Weeks 28-Jan

Limit: 20

This course will cover a short history of major political and military events in Palestine from 1350 BCE to the present. Our goal will be to take a dispassionate and objective view of the political evolution of this sacred but troubled land, so that we may gain a better understanding of why it has been so difficult to achieve a lasting peace among its residents. We will finish with a consideration of what the future is likely to hold.

Coordinator: Russell Leng. Russ is an emeritus professor of political science at Middlebury College. He has taught regularly at ALL for several years, specializing in courses on war, diplomacy and history.

Natural History of Cape Cod Kettle Ponds **ALL1418-HC**

Tuesday 10:30AM - 11:50AM

Grossman 115

First 6 Weeks 28-Jan

Limit: 20

Cape Cod hosts 900 kettle ponds, each created in a second by ice falling off a vast glacier 20,000 years ago. The wildlife, waterfowl, geology and lake science is complex and fascinating. We will use Steve Waller's book, *A Moving Meditation*, UMass Press, 2023, as background and to guide our dialogue on the topics that kettle ponds richly illustrate: how kettle pond geology on a glacial moraine was "created in a single moment"; intractable Cape Cod water issues; river herring, counting and protection; springtime and vegetation on a kettle pond; the value of canoe paddling on a kettle pond; and wildlife and waterfowl. Participants are encouraged to read Chapter 1 prior to the first class. Other readings will be assigned for subsequent classes. *A Moving Meditation* is available on the UMass website at a 20% discount using the code UMASS20 (cost about \$20).

Coordinators: Stephen Waller, Jane B. Ward. Steve is a retired Air Force ophthalmologist and medical school professor. He has lived on Long Pond in Centerville and its herring run since 2017, where he became fascinated with herring migration and kettle pond geology, botany, birds and wildlife. The peaceful nature of canoe trips on the Pond reminds him of walking meditation, so he wrote a book about all this in 2023: *A Moving Meditation*. Jane is a retired USAF physician and lifelong educator. She is currently an adjunct assistant professor at the Uniformed Services University medical school. She was the program director for the USAF ophthalmology residency. Since retiring from the USAF, Jane has been a community and

online educator for various topics, including lifestyle medicine, climate change, environmental health, and Cape Cod water issues.

Natural History of Cape Cod Kettle Ponds **ALL1418-HZ**

Tuesday 10:30AM - 11:50AM

Zoom

First 6 Weeks 28-Jan

Limit: 20

This the Zoom version of this hybrid course.

Coordinators: Stephen Waller, Jane B Ward

Hybrid Zoom version.

The Popular Verdi**ALL1406-C**

Tuesday 10:30AM - 11:50AM

Grossman 106

First 6 Weeks 28-Jan

Limit: 25

Verdi's three middle period masterpieces – *Rigoletto*, *La Traviata* and *Il Trovatore* – are among the most widely performed operas around the world. They are full of memorable tunes, spectacular singing and high emotion. This course will feature performances from Covent Garden, the Met and Vienna with some of the greatest singers of the last four decades.

Coordinator: Steve Piontek. Steve loves sharing great opera performances. He has taught ALL courses on the operas of Mozart, Verdi, Puccini, Wagner and Rossini, among others. He also recently taught a course on the poetry of William Butler Yeats. And for years he has been a co-coordinator of a course on Nichiren Buddhism.

Living with Aging - for Men**ALL1407-C**

Tuesday 10:30AM - 11:50AM

Grossman 106

Second 6 Weeks 18-Mar

Limit: 13

We will share our aging experiences in a small group setting. Each of us will bring subject matter grounded in our own experience – aches, pains, concerns, fears, uncertainties, etc. We will listen to and support one another. You will have the right to complain in this group. Since a similar course is planned for women, this will be for men only. Be prepared to share and/or listen empathetically. Emphasis will be on individual experience rather than theory or advice. There is no required reading for this class; individuals may suggest books or articles.

Coordinator: Bill Holcombe. Bill designed and led courses and workshops for nearly 50 years focused on experiential learning. He has two master's degrees in Psychology & Organization Development. He worked in community mental health, international business and external consulting. Bill has lived on the Cape for 11 years, where he coaches Tennis for Life, writes poetry and drives for Meals on Wheels.

TUESDAY (Continued)**Asian Cinema**

Tuesday 10:30AM - 11:50AM
Second 6 Weeks 18-Mar

ALL1415-Z

Zoom
Limit: 15

Movies have been shown in China and Japan for as long as they were viewed in western countries. However, international awareness of and appreciation for Asian movies only began in the 1950s with the popularity of Japanese films, starting with Akira Kurosawa's *Rashomon*. In this series, we will discuss movies from Japan and across Asia that provide a glimpse into what were for many years hidden societies. We will discuss the society, directors, actors and genres in our analysis of the movies. Participants will watch films online through streaming platforms or on DVD, and then join a Zoom session for group discussions. Please watch *Rashomon*, by Akira Kurosawa prior to the first meeting.

Coordinator: John Stowe. John has had a long career in the computer industry and has used movies to help see beyond the keyboard. He carried his love of movies into a study of movie history, techniques, genres and players during his retirement, particularly with foreign-language movies.

Great Books

Tuesday 12:00PM - 1:20PM
12 Weeks 28-Jan

ALL013-C

Grossman 115
Limit: 20

Great Books is a national reading and critical thinking program built around some of the best literature on this planet. One text provides numerous stories, both fiction and nonfiction. Once the reading process has been developed using shared inquiry and interpretation, interesting discussions will continue for the entire class on that one story! There is always room for everyone's opinion as long as we can prove it with text examples.

Coordinator: Judith Egan. Judy has been working with Great Books for over 20 years. Shared discussion, using higher-level thinking skills following Bloom's Taxonomy of Critical Thinking to boost reading comprehension, is what makes Great Books exciting and fun. Judy is a Gifted/Talented educator, elementary, middle school and college teacher who enjoys Great Books. She loves the lively discussions and shared inquiry this program builds. All ages need Great Books!

Writing Workshop Using Literary Models ALL1417-C

Tuesday 1:30PM - 2:50PM
12 Weeks 28-Jan

Grossman 115
Limit: 20

This course is intended for those who would enjoy the writing process in a workshop experience. We will explore specific writing techniques using literary models such as setting development, character, verbal/adjective usage, and dynamic/stative language as guidance in our own writing. Classes will be open for editing discussion and focused on writing passages by famous writers. Set your goals for writing and practice away. We will have lots of lively discussion and sharing in a positive, supportive environment. The text for this course is a Writer's Digest book, *Fiction Writer's Workshop* by Josip Novakovich.

Coordinator: Judith Egan. Judy is a 42-year educator with experience teaching grades 1 to college level. She studied professional writing at UMASS Dartmouth, then opted for a master's degree as a Consulting Teacher of Reading and Administration. Her teaching credits include the Buzzard Bay Writing Project and Donald Graves' Creating a Writing Classroom, which she continued to do in every class she taught. She spent 10 years creating a Gifted/Talented program at Dennis-Yarmouth in seven district schools and 350 elementary children per week.

The '60s – Section A

Tuesday 3:00PM - 4:20PM
First 6 Weeks 28-Jan

ALL1411-C

Grossman 106
Limit: 25

In the '60s, it seemed as though everything was up for grabs: gender roles, racial justice, respect for law, order, faith and country. Some theologians said God was dead; others insisted He was very much alive – and royally pissed. Prayer in school was banned; abortion was legalized – and the American Right woke up. The recent election sets this era in a clarifying light: what was accomplished and what festered for 60 years to blow up in our faces. During the course, we will have lots of discussion and reminiscence as we review the era and look at different developments that have shaped our future for over a half-century. This course will be repeated in the second six-week session.

Coordinator: Lawrence Brown. Larry retired from teaching at Cape Cod Academy after 34 years and has been teaching at ALL ever since. He has been a columnist for the *Cape Cod Times* for 38 years. He has published five books, including a text on Hindu theology and lectured at two Parliaments of the World's Religions.

TUESDAY (Continued)**The '60s – Section B**

Tuesday 3:00PM - 4:20PM
Second 6 Weeks 18-Mar

ALL1412-C
Grossman 106
Limit: 25

This course is a repeat of the first six-week session. See a full description of the course on page 12: The '60s – Section A.

Coordinator: Lawrence Brown. This course is a repeat of the first six-week session, The '60s – Section A.

WEDNESDAY**Beginning Tai Chi**

Wednesday 9:00AM - 10:20AM
12 Weeks 29-Jan

ALL1338-Z
Zoom
Limit: 12

We will start by learning a short choreographed 10-movement "form." Along with movement, we'll delve into Chinese culture and the history of this art and how we can use parts of 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: Bil Mikulewicz. When he retired, fearful of becoming a couch potato like his father, Bil 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.

Challenges to Clean Water on Cape Cod ALL1419-HC
Wednesday 9:00AM - 10:20AM Grossman 115
First 6 Weeks 29-Jan Limit: 20

This course will serve as an introduction to the challenges to clean water on Cape Cod. We will focus on our freshwater ponds and lakes and introduce strategies that remediate the high nutrient loads from our septic systems and cesspools. We are saddened every summer by the many ponds rated unsafe for recreation as they grow "harmful algae blooms." We will learn about strategies that can restore the health of our water: "ecological" strategies, the cost and timeline comparisons between sewer expansion, innovative-alternative septic systems, and eco-sanitation options. We will use a variety of read-ahead short articles, brief PowerPoint introductions to each class, plus video clips. We will share websites and resources for further study.

Coordinator: Jane Ward. Jane holds MD and MPH degrees and has completed 26 years in the US Air Force as an ophthalmologist, flight surgeon and educator. She returned to Centerville, Cape Cod, in 2017. She is a passionate citizen scientist who works to improve the health of Cape Cod waters and protect the river herring. Jane works closely with the Green Center and MASSTC on Cape Cod to promote urine diversion and other forms of eco-sanitation.

Challenges to Clean Water on Cape Cod ALL1419-HZ
Wednesday 9:00AM - 10:20AM Zoom
First 6 Weeks 29-Jan Limit: 20

This is the Zoom version of this hybrid course.

Coordinator: Jane Ward. Hybrid Zoom version.

**Pen, Pad and Prompt:
Writing Improv Class**

ALL1416-C

Wednesday 9:00AM - 10:20AM
First 6 Weeks 29-Jan

Grossman 106
Limit: 12

This is a course that encourages experimentation and challenges your assumptions on how to get started or improve your writing. It is an open and welcome writing community. Participants will bring their favorite pen, pad or notebook and write longhand using an improv approach responding to a prompt from the instructor. Each class will have a theme and explore different writing elements, including dialog, narrative, description and point of view. There are no homework assignments or required readings, no critique and no judgment. It is a place to fire up your imagination and try new things. Writers will take turns reading what they wrote or "pass." Sharing helps the writer and the group but is not required.

Coordinator: Ann Tucker. Ann is a retired corporate executive. She is a graduate of Bates College with a degree in English Literature. She received her MBA from the University of St. Thomas in MN. In her career, she worked in marketing communications responsible for developing and managing projects in Europe, the UK, South America and Asia. She taught at the undergraduate and graduate levels at Augsburg University in MN before moving full time to the Cape in 2019.

WEDNESDAY (Continued)~~**15 Challenges of the Future**~~~~Wednesday 9:00AM - 10:20AM~~~~Second 6 Weeks 19-Mar~~~~**ALL999-C**~~~~Grossman 106~~~~Limit: 25~~

Canceled

The Economist

Wednesday 10:30AM - 11:50AM

12 Weeks 29-Jan

ALL1328-HC

Grossman 115

Limit: 20

This lively course 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 articles from 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 recommended for this course. Short and long-term subscriptions are available in print and/or digital format directly from www.economist.com. The selected articles can also be accessed via the CLAMS library network, although the system is quite erratic. We will try, without promising much, to help those using CLAMS. *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 ALL member for several years and has moderated this course for the last three years. He has a keen interest in national and world events. Bill, 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*.

The Economist

Wednesday 10:30AM - 11:50AM

12 Weeks 29-Jan

ALL1328-HZ

Zoom

Limit: 15

This is the Zoom version of this hybrid course.

Coordinators: Michael Sullivan, Bill Holcombe. Hybrid Zoom version.

Theater: It's Alive

Wednesday 10:30AM - 11:50AM

First 6 Weeks 29-Jan

ALL1282-C

Grossman 106

Limit: 25

This course structure strives to improve your appreciation and understanding of live theater. We will look at all aspects of theatrical art and various ways to evaluate shows which you attend. We will share experiences, glad or sad, with comedy, tragedy, melodrama and musicals. If you enjoy going to "another opening of another show," this class may be for you.

Coordinator: Roger Shoemaker. Roger has a BA from Yale in Dramatic Literature and an MFA from Catholic University in Directing. He was an Associate Professor of Theater at Trinity College (Hartford), Artistic Director of Equity SummerStage Theater, Dean for the Arts at Walnut Hill School for the Arts, and wound up his career with nine years as Director of Drama at Dennis-Yarmouth Regional High School. Roger has also written 40 theatrical reviews for the *Cape Cod Times*.

Great Decisions

Wednesday 10:30AM - 11:50AM

Second 6 Weeks 19-Mar

ALL1293-C

Grossman 106

Limit: 25

Great Decisions is a political discussion course based on the *Great Decisions 2025 Briefing Book* published by the Foreign Policy Association (fpa.org). The publication is comprised of eight articles on important subjects in our modern world. We will choose six of the articles to fit our six-week format. Short videos on the particular subject are shown at the beginning of each class. Outside source materials are encouraged and welcome. The topics are complex and lend themselves well to discussion. We have found this course to be a wonderful opportunity to become more fully informed and to increase comprehension of the complex nature of the topics. The *Great Decisions 2025 Briefing Book* is \$35.00 from fpa.org. Topics this time around include US/China relations, India, international cooperation concerning climate change, and artificial intelligence and American national security.

Coordinators: Paul Arnold, David Gilliland. Paul wears many different hats. He is a past ALL President and has taught a number of courses, primarily political discussion. He looks forward to another stimulating discussion class empowered by our very bright, articulate and well-read ALL members. David is a retired Delta Airlines/Navy pilot. This will be his third time assisting with this course.

WEDNESDAY (Continued)**Broadway Musicals: ALL1225-Z****An American Invention**

Wednesday 12:00PM - 1:20PM

12 Weeks 29-Jan

Zoom

Limit: 25

We will explore the history and evolution of the Broadway musical. From its very beginnings in minstrel shows through the Golden Age of Rodgers and Hammerstein to the hip hop of *Hamilton* to the successful revival of *Merrily We Roll Along*, we will discuss and view excerpts of the shows that made Broadway great. Along the way, we will meet the composers, directors, choreographers, actors and designers that contributed to this very American genre. Join me for a very memorable trip to Broadway from the comfort of your home!

Coordinator: Fran Lautenberger. Fran, Professor Emeritus from the University of Alaska Anchorage, has worked in all areas of the theatre, including designing, directing, acting, playwriting and puppetry. She is eager to share her expertise with ALL.

Polarization!

Wednesday 12:00PM - 1:20PM

First 6 Weeks 29-Jan

ALL1401-C

Grossman 115

Limit: 15

It is not a simple problem. It does not have a simple solution. Or does it? This class will examine social and interpersonal conflict in six guided discussions, including the roles of (1) human nature, (2) morality, philosophy & religion, (3) politics, (4) cultural concessions, (5) media narratives and (6) the unintended result of technology. We will explore strategies to de-escalate, build bridges, maintain integrity, learn through conflict, and enhance community. Selected reading and discussion questions will be emailed to class participants each week.

Coordinator: Rob Swanson. Rob is a retired missionary and pastor, author of *The Bible Reader's Companion*, and past facilitator for courses on discussion, holism, postmodernity, gospel and contemporary issues.

Musical Tour de France

Wednesday 3:00PM - 4:20PM

12 Weeks 29-Jan

ALL1410-Z

Zoom

Limit: 25

What makes a piece of classical music sound French? What are the predominant flavors of French music? Do these qualities cross genres, or is classical music a thing unto itself? How has France's history helped shape its music? How do French composers stack up against those of other countries? Is it even possible to measure such things? Composers whose music we may hear include

Lully, Chambonnières, Couperin, Rameau, Forqueray, Marais, Berlioz, Bizet, Gounod, Franck, Massenet, Duparc, Saint-Saens, Fauré, Debussy, Ravel, Satie, Boulanger, Poulenc, Milhaud, and Messiaen.

Coordinator: John Temple. John is a retired business writer, lifelong listener, long-ago music critic and 22-year Barnstable Village resident. This will be his fifteenth 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.).

Becoming a Photographer – Section A ALL1413-C

Wednesday 3:00PM - 4:20PM

First 6 Weeks 29-Jan

Grossman 106

Limit: 25

This will be a course of show and tell. Be ready to have fun sharing each week's work. We will cover basic concepts of composition, use of natural light, graphic enhancements, techniques to use on PowerPoint and Photoshop, layering by editing unwanted elements and adding images, and creating effects as we learn about photographic enhancement software. As we work through our bucket list of projects, we will put together an online class portfolio to share with ALL members. Have existing photographs ready to share with the group. This course will be repeated in the second six-week session.

Coordinator: Lawrence Brown. Larry has been a photographer since the 1970s. Some of his rocket-launching sequences are archived at the aerospace section of the Smithsonian Museum in Washington. His marine photography has appeared in three of his books and in dozens of articles in various boating magazines over the years. He has been teaching photography for years at Cape Cod Academy and has offered courses at ALL as well. For the third year, Brown is running a Young Photographers Contest for middle and high school students across the Cape.

Becoming a Photographer – Section B ALL1414-C

Wednesday 3:00PM - 4:20PM

Second 6 Weeks 19-Mar

Grossman 106

Limit: 25

This course is a repeat of the first six-week session. See a full description of the course above: Becoming a Photographer – Section A.

Coordinator: Lawrence Brown. This course is a repeat of the first six-week session, Becoming a Photographer – Section A.

THURSDAY

The History of Earth:

ALL1327-HC

Four Billion Years in Six Weeks

Thursday 9:00AM - 10:20AM

Grossman 115

First 6 Weeks 30-Jan

Limit: 20

This course will cover the history of our planet from its formation 4.6 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. 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. Students can view an interview of the author on YouTube. The first class will be based on material covered by the Prologue and first chapter of Knoll's *A Brief History of Earth*.

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. Paul is a retired physicist and IBM Fellow. Starting with Rachael Carson in the '60s, through the ozone crisis of the '80s, 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 courses on climate change. Both instructors have given several ALL courses previously on a variety of topics, including the human genome project, evolution and climate change.

The History of Earth:

ALL1327-HZ

Four Billion Years in Six Weeks

Thursday 9:00AM - 10:20AM

Zoom

First 6 Weeks 30-Jan

Limit: 15

This is the Zoom version of this hybrid course.

Coordinators: Steve Munroe, Paul Coteus. Hybrid Zoom version.

Elizabeth Peabody's

ALL1404-C

West Street Bookshop

Thursday 10:30AM - 11:50AM

Grossman 106

First 6 Weeks 30-Jan

Limit: 25

Elizabeth Peabody founded Boston's Transcendentalist Club at the West Street Bookshop in 1839. The

Wednesday "Conversations" she offered ignited the flame for social change. Conversationalists included Margaret Fuller, Elizabeth Cady Stanton and Lydia Marie Child. Louisa May Alcott, though too young to attend at the time, was inspired by this community of Transcendentalist women (and men) in Concord. For the first class, please read any one of the following books and prepare to share the main points of interest and inspiration. *Marmee & Louisa: The Untold Story of Louisa May Alcott and Her Mother* by Eve LaPlante; *Margaret Fuller: A New American Life* by Megan Marshall; *The Peabody Sisters* (focus on Elizabeth) by Megan Marshall; or *Lydia Maria Child: A Radical American Life* by Lydia Moland. Course participants will receive additional book recommendations. We can learn a lot from one another. **Coordinator: Susan Whalley.** Susan is a retired school counselor and an enthusiast of early American history. She has led classes at ALL for more than a decade, most recently about the life of Mercy Otis Warren.

The Art We Love

ALL1408-C

Thursday 10:30AM - 11:50AM

Grossman 115

First 6 Weeks 30-Jan

Limit: 25

In this course, participants will bring works of art to each class, either originals (paintings, sculptures, textiles, photos, etc) or digital replicas, and together we will discuss why we like them, or not. The hope is that those of you better versed in art appreciation will be able to inform those of us not classically trained, and that all of us will enjoy conversing about what makes our chosen pieces special. There will be no textbook, readings or work outside of class. Participants are asked to bring something special to each class, including the first one. Give it a try!

Coordinator: Paul Coteus. Paul is a retired physicist and IBM Fellow. He is not trained in art or art appreciation, nor has he made much in the way of art. That said, he loves experiencing art and often knows what he likes. Some of the most entertaining and enriching classes he has taken at ALL involve a learned discussion of things well outside his field. He hopes this class, focused on discerning why each of us finds a particular work of art appealing (or not), will be similar.

THURSDAY (Continued)**Albert Camus: Storyteller and a Conscience for our Humanity****ALL1369-HC**

Thursday 10:30AM - 11:50AM

Grossman 115

Second 6 Weeks 20-Mar

Limit: 12

After World War II, this Nobel prize-winning author challenged the many crises confronting our humanity: nuclear weapons, aggressive nationalism, warfare, greed, racism, plagues and our lack of commitment to our common humanity. The crises still exist today and utilizing the book *Albert Camus and the Human Crisis* by Robert Emmet Meagher, this discussion course will ponder the problems and solutions investigated by this wonderful "storyteller." In this time of division in our country and world, we need his message today. Reading for the first class will be the introduction and the first three chapters.

Coordinator: David Mulligan. Dave has taught at ALL for over 10 years. He began as a missionary priest in Bolivia and later became Commissioner of Public Health in MA and a professor at Stonehill College.

Albert Camus: Storyteller and a Conscience for our Humanity**ALL1369-HZ**

Thursday 10:30AM - 11:50AM

Zoom

Second 6 Weeks 20-Mar

Limit: 12

This is the Zoom version of this hybrid course.

Coordinator: David Mulligan. Hybrid Zoom version.

Introduction to Nichiren Buddhism**ALL866-C**

Thursday 10:30AM - 11:50AM

Grossman 106

Second 6 Weeks 20-Mar

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 course 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 50 years. Steve, a retired magazine editor who also teaches ALL courses about opera, has been practicing Nichiren Buddhism for over 50 years.

Loving the Short Story**ALL055-Z**

Thursday 1:30PM - 2:50PM

Zoom

12 Weeks 30-Jan

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 the spring semester will be *The Best Short Stories 2024: O. Henry Prize Winners*, edited by Amor Towles.

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.

Functional Art**ALL1356-C**

Thursday 2:30PM - 5:30PM *

Tilden Arts Center

First 6 Weeks 30-Jan

Limit: 12

In this course, we will be using techniques from the Mackenzie-Childs style of design in order to create pieces of decorative furniture and furnishings. (See examples at mackenzie-childs.com.) This will be a three-hour class held in the studio of the Tilden Arts Center at Cape Cod Community College. *The extended period (2:30-5:30) allows time to set up, work and clean up. A list of supplies and instructions on furniture preparation will be sent to class participants before class begins. Members will be asked to come to class with a primed and base-coated piece of furniture or furnishing, along with basic painting supplies.

Coordinator: Joan Freedman. Joan has taken lessons in furniture painting for 10 years from Ginny Boylan in Cummaquid and at the Cotuit Center for the Arts. She is delighted to bring this course to ALL.

Beginning Watercolor**ALL711-C**

Thursday 2:30PM - 5:30PM *

Tilden Arts Center

Second 6 Weeks 20-Mar

Limit: 10

This course 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

THURSDAY (Continued)

students a list of required materials (estimated cost: \$150) prior to the first class. Make sure paints are Winsor & Newton, not Coleman. 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.

Plato’s RepublicALL1400-C

Thursday 3:00PM - 4:20PMGrossman 115

12 Weeks 30-JanLimit: 25

Plato’s *Republic* is his best-known work. In this dialogue, Socrates (Plato’s teacher and inspiration) tries to imagine an ideal, perfectly just society ruled by selfless philosophers. Can such a society exist? Would its citizens be truly happy? Socrates and his companions discuss a wide range of topics, including: human nature, knowledge and belief, illusion and reality, wealth and poverty, marriage and gender relations, democracy and tyranny, nepotism and succession, education and corruption, living in a simulation, and the magic ring that makes its wearer invisible. The questions and arguments they raise are just as gripping today as they were in the Athens of 380 BC. Like the dialogue itself, our classes will be about half lecture and half discussion. The recommended text for this course is Hackett’s Grube and Reeve edition, *Plato: Republic*. Penguin’s Lee and Lane edition is also very good, as is Benjamin Jowett’s classic translation in old-fashioned English.

Coordinator: Theodore Everett. Ted is Professor Emeritus at SUNY Geneseo, where he taught philosophy for 25 years before retiring with his wife to Brewster. He misses teaching but not grading papers. This will be his first course at ALL.

Writing Incubator 2.0ALL780-Z

Thursday 3:00PM - 4:20PMZoom

12 Weeks 30-JanLimit: 12

Do you want to write for others to read? Or are you writing but tentative about showing others what you

have written? If you quietly say, “Yes,” this course may be for you. This longstanding ALL course has been enriched. It retains its core, which offers writers a relaxed, comfortable atmosphere to create and deepen their writing habits through weekly reading, critique and discussion of developing writing skills. With 2.0, the course offers weekly writing prompts when “what to write” clouds your thoughts. Essay, novel or poetry – whatever your genre – sharing your work advances your writing style and deepens the growth and knowledge of your writing skills. Share your voice in a welcoming atmosphere.

Coordinators: Maggie French, Mary Lou Heinz. 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 part of the Writing Incubator for several years, writing about nature, history and travel. She was a judge for The Golden Crown Literary Society for several years.

Experiencing Aging - ALL1324-Z

Continuing Conversations for Women

Thursday 3:00PM - 4:20PMZoom

Second 6 Weeks 20-MarLimit: 17

This discussion course continues the series on aging for women. Class members will receive a weekly email containing a reading or article of interest on the topic of aging and questions for discussion. Most important are class members’ own stories about their aging experiences. We women can support, encourage and inspire one another and, most importantly, have a lot of laughs! There is no specific text for this class; lots of different resources are drawn upon. You will receive a bibliography of books for further reading on the topic. Come to the first class prepared to introduce yourself to other class members by sharing where you are currently on your aging journey. Prior to the first class, you will receive an email with more specific questions to help you with your introduction.

Coordinators: Pat Stover, Regina Ralston, Linda Zimmerman. Pat has been coordinating classes at ALL for over 14 years, primarily focused on women’s issues from a feminist perspective. Currently, Pat continues her focus on womens’ aging and the support, encouragement and inspiration we women can provide for each other by sharing our own stories. Regina holds

THURSDAY (Continued)

a BA from the University of Vermont and an MEd from Northern Arizona University. She comes from a long line of Cape Codders. She moved to Arizona in 1982 where she became a caregiver group facilitator and caregiver coach. At age 78, she and husband Walter moved back to the Cape. Linda is a career coach interested in women's stories, especially about life transitions. During the last 10 years, Linda provided career services and workshops for job seekers. As a newcomer to the Cape, she enjoys learning about the people, places and experiences that make the Cape region a special place.

Learning to Fish Cape Cod and Beaches ALL1305-C
 Thursday 3:00PM - 4:20PM Grossman 106
 Second 6 Weeks 20-Mar Limit: 25

Recent surveys have shown that more people fish worldwide than those who play golf and tennis combined. Women now represent the largest growth segment in recreational fishing. What better way to further embrace this beautiful place we live by getting on the water or walking the beaches, meeting new friends and catching dinner? Whether you are a beginner or seasoned beach or boat angler, this course will provide the fishing basics, affordable techniques and skills to participate in this great pastime. Learning where, when and how to fish can be as much about the adventure as it is about the fish. This includes understanding fishing gear types, best fishing times, tides, baits/lures and locations throughout the season. Course material and discussions will focus on the combined experience base of the participants to ensure course objectives are met for all. Some of the Cape's best captains will also join in sharing their expertise in fly fishing, surf/beach fishing and tuna fishing.

Coordinator: Steve Leary. Steve is a licensed US Coast Guard Charter Boat Captain and owner of Wingman Sportfishing Charters operating out of Barnstable Harbor. He has fished Cape Cod waters for over 30 years and has authored a number of articles for *My Fishing Cape Cod*. He gives seminars on Fishing Cape Cod Bay at the New England Boat Shows.

FRIDAY**Philosophy and Film**

Friday 1:00PM - 4:00PM *
 12 Weeks 31-Jan

ALL756-C

Grossman 106
 Limit: 20

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.

The Doc is In

Friday 1:00PM - 4:00PM *
 Second 6 Weeks 21-Mar

ALL433-C

Wilkins Library Media Ctr.
 Limit: 25

These are not your mother's documentaries. Today's docs inspire, educate, elucidate and entertain. They have become so popular that there are entire film festivals devoted to them and they are the intellectual darlings of Sundance. We screen docs on subjects as diverse as the arts, environment, science and politics, and from whimsical to sobering. Discussions are lively with opinions encompassing diverse points of view. *Please note: This course meets for three hours.

Coordinator: Lili Seely. Lili discovered fine film in her teens and has been in pursuit of "the great ones" ever since. She has worked or volunteered at many film festivals, including numerous month-long stints at Sundance Film Festival, and is passionate about film as an artistic medium.

FRIDAY (Continued)**Mindfulness Meditation in Theory and Practice****ALL1323-C**

Friday 1:30PM - 2:50PM

Grossman 115

First 6 Weeks 31-Jan

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 over the past 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*.

Beginners Square Dance-Phase 2**ALL1421-C**

Friday 2:00PM - 4:00PM *

Life Fitness Ctr.

12 Weeks 31-Jan

Limit: 24

This course is a continuation of the fall Introduction to Square Dance course. It is open to students from the fall course and only new students with square dance experience (must have Basic 1 and 2 – Mainstream dancing experience and want a refresher). Need a new workout? Build on the teamwork and energizing fun of square dancing while learning new Basic 2 – Mainstream Level calls. A variety of modern music keeps you moving and smiling. Prior square dance experience needed. Sign up with a partner or solo. Dancers will need to know either the “right hand” (woman’s) or “left hand” (man’s) position to partner up in a square. Wear comfortable clothes and soft shoes. Bring a water bottle. Get up and dance!

Coordinators: David Perrault, Anne Schiraga. Dave has been a square dance caller and teacher since the '80s. He is the caller for Seaside Squares - Cape Cod and teaches Beginner Level through Plus Level dancing in Yarmouth. Dave travels New England calling dances and organizing square dance events and conferences. A class

in a parking lot, a square dance flash mob in Hyannis, and a square dance in a swimming pool are some of his unusual accomplishments! If you want to dance, Dave will be there. He guarantees he'll get you dancing and keep you smiling. Anne is a retired elementary reading teacher and an after-school program coordinator. She received a BA from the University of Albany and an MA from UMass Boston. She has enjoyed square dancing since 2013 and is a founding member and club coordinator for Seaside Squares in Yarmouth, MA.

Música Cubana**ALL1057-C**

Friday 3:00PM - 4:20PM

Grossman 115

First 6 Weeks 31-Jan

Limit: 25

The small island nation of Cuba has had a huge impact on music around the world. Our class time will be spent listening to the music, including danzón, rumba, son, conga, bolero, mambo, cha cha chá and timba. We will discuss how geography, cultural history, religion and politics affected its development and evolution, and we will look at how the music moved to other countries and evolved into Afro-Cuban jazz and salsa.

Coordinators: Greg Polanik, Corina Iukovici. A semi-professional musician by night, Greg has over 50 years of performance experience, and has studied music theory, jazz history and jazz improvisation. He has traveled to Havana three times to research Cuban music. Greg previously taught this course, with Corina, in 2019 and 2022. Corina shares Greg's love of Cuban music and Havana. She is doing research and working on the computer presentation for the class. Corina coordinated, with Greg, their ALL course Jazz Fundamentals in 2015, 2020 and 2024.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	First 6 Weeks	27-Jan	ALL1306-Z	Great Decisions	Zoom	William Gentes
Monday	10:30AM - 11:50AM	12 Weeks	27-Jan	ALL1370-C	Memories Worth Saving 2.0	Grossman 115	June Calender
Monday	10:30AM - 11:50AM	First 6 Weeks	27-Jan	ALL1382-C	The American Revolution: A Different Perspective	Grossman 106	Janet Uhlar
Monday	10:30AM - 11:50AM	First 6 Weeks	27-Jan	ALL1367-Z	The Glorious American Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	10:30AM - 11:50AM	First 6 Weeks	27-Jan	ALL1383-Z	Let's Read Science Times Together	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	Second 6 Weeks	17-Mar	ALL1403-Z	The Ride of Her Life	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	Second 6 Weeks	17-Mar	ALL1409-Z	More of The Glorious American Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	12:00PM - 1:20PM	First 6 Weeks	27-Jan	ALL1402-HC	Examining Inequality	Grossman 115	Marilyn Nouri
Monday	12:00PM - 1:20PM	First 6 Weeks	27-Jan	ALL1402-HZ	Examining Inequality	Zoom	Marilyn Nouri
Monday	1:30PM - 2:50PM	12 Weeks	27-Jan	ALL1399-Z	Women Directors: From Pioneers to Successful Filmmakers	Zoom	Joseph Gonzalez
Monday	1:30PM - 2:50PM	First 6 Weeks	27-Jan	ALL1329-C	Sample a New Leisure Activity	Grossman 106	Patricia McKean
Monday	1:30PM - 2:50PM	Second 6 Weeks	17-Mar	ALL1405-C	Intermediate Chess	Grossman 106	Brian Haendiges
Monday	3:00PM - 4:20PM	Second 6 Weeks	17-Mar	ALL1392-HC	Beyond Red or White - Bourbon ... and other bad decisions	Grossman 115	Ron Fernandes
Monday	3:00PM - 4:20PM	Second 6 Weeks	17-Mar	ALL1392-HZ	Beyond Red or White - Bourbon ... and other bad decisions	Zoom	Ron Fernandes
Monday	3:00PM - 4:20PM	Second 6 Weeks	17-Mar	ALL1399-C	Topics of Interest in Retirement	Grossman 106	Brian Haendiges
Tuesday	9:00AM - 10:20AM	12 Weeks	28-Jan	ALL1420-Z	Democracy at a Crossroad?	Zoom	Susanne Adamson
Tuesday	9:00AM - 10:20AM	12 Weeks	28-Jan	ALL1361-Z	Lessons From History	Zoom	Stew Goodwin
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	18-Mar	ALL1423-C	Sociology of Age	Grossman 106	Jay Green
Tuesday	10:30AM - 11:50AM	First 6 Weeks	28-Jan	ALL1365-Z	A Political History of Palestine	Zoom	Russell Leng
Tuesday	10:30AM - 11:50AM	First 6 Weeks	28-Jan	ALL1418-HC	Natural History of Cape Cod Kettle Ponds	Grossman 115	Stephen Waller, Jane B. Ward

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	10:30AM - 11:50AM	First 6 Weeks	28-Jan	ALL1418-HZ	Natural History of Cape Cod Kettle Ponds	Zoom	Stephen Waller, Jane Ward
Tuesday	10:30AM - 11:50AM	First 6 Weeks	28-Jan	ALL1406-C	The Popular Verdi	Grossman 106	Steve Piontek
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	18-Mar	ALL1407-C	Living with Aging - for Men	Grossman 106	Bill Holcombe
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	18-Mar	ALL1415-Z	Asian Cinema	Zoom	John Stowe
Tuesday	12:00PM - 1:20PM	12 Weeks	28-Jan	ALL013-C	Great Books	Grossman 115	Judith Egan
Tuesday	1:30PM - 2:50PM	12 Weeks	28-Jan	ALL1417-C	Writing Workshop Using Literary Models Canceled	Grossman 115	Judith Egan
Tuesday	3:00PM - 4:20PM	First 6 Weeks	28-Jan	ALL1411-C	The '60s - Section A	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	18-Mar	ALL1412-C	The '60s - Section B	Grossman 106	Lawrence Brown
Wednesday	9:00AM - 10:20AM	12 Weeks	29-Jan	ALL1338-Z	Beginning Tai Chi	Zoom	Bil Mikulewicz
Wednesday	9:00AM - 10:20AM	First 6 Weeks	29-Jan	ALL1419-HC	Challenges to Clean Water on Cape Cod	Grossman 115	Jane Ward
Wednesday	9:00AM - 10:20AM	First 6 Weeks	29-Jan	ALL1419-HZ	Challenges to Clean Water on Cape Cod	Zoom	Jane Ward
Wednesday	9:00AM - 10:20AM	First 6 Weeks	29-Jan	ALL1416-C	Pen, Pad and Prompt: Writing Improv Class	Grossman 106	Ann Tucker
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	19-Mar	ALL999-C	15 Challenges of the Future CANCELED	Grossman 106	Tom Murphy
Wednesday	10:30AM - 11:50AM	12 Weeks	29-Jan	ALL1328-HC	The Economist	Grossman 115	Michael Sullivan, Bill Holcombe
Wednesday	10:30AM - 11:50AM	12 Weeks	29-Jan	ALL1328-HZ	The Economist	Zoom	Michael Sullivan, Bill Holcombe
Wednesday	10:30AM - 11:50AM	First 6 Weeks	29-Jan	ALL1282-C	Theater: It's Alive	Grossman 106	Roger Shoemaker
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	19-Mar	ALL1293-C	Great Decisions	Grossman 106	Paul Arnold, David Gilliland
Wednesday	12:00PM - 1:20PM	12 Weeks	29-Jan	ALL1225-Z	Broadway Musicals: An American Invention	Zoom	Fran Lautenberger
Wednesday	12:00PM - 1:20PM	First 6 Weeks	29-Jan	ALL1401-C	Polarization!	Grossman 115	Rob Swanson
Wednesday	3:00PM - 4:20PM	12 Weeks	29-Jan	ALL1410-Z	Musical Tour de France	Zoom	John Temple
Wednesday	3:00PM - 4:20PM	First 6 Weeks	29-Jan	ALL1413-C	Becoming a Photographer - Section A	Grossman 106	Lawrence Brown

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	19-Mar	ALL1414-C	Becoming a Photographer - Section B	Grossman 106	Lawrence Brown
Thursday	9:00AM - 10:20AM	First 6 Weeks	30-Jan	ALL1327-HC	The History of Earth: Four Billion Years in Six Weeks	Grossman 115	Steve Munroe, Paul Coteus
Thursday	9:00AM - 10:20AM	First 6 Weeks	30-Jan	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	30-Jan	ALL1404-C	Elizabeth Peabody's West Street Bookshop	Grossman 106	Susan Whalley
Thursday	10:30AM - 11:50AM	First 6 Weeks	30-Jan	ALL1408-C	The Art We Love	Grossman 115	Paul Coteus
Thursday	10:30AM - 11:50AM	Second 6 Weeks	20-Mar	ALL1369-HC	Albert Camus: Storyteller and a Conscience for our Humanity	Grossman 115	David Mulligan
Thursday	10:30AM - 11:50AM	Second 6 Weeks	20-Mar	ALL1369-HZ	Albert Camus: Storyteller and a Conscience for our Humanity	Zoom	David Mulligan
Thursday	10:30AM - 11:50AM	Second 6 Weeks	20-Mar	ALL866-C	Introduction to Nichiren Buddhism	Grossman 106	Susan Whalley, Steve Piontek
Thursday	1:30PM - 2:50PM	12 Weeks	30-Jan	ALL055-Z	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	2:30PM - 5:30PM *	First 6 Weeks	30-Jan	ALL1356-C	Functional Art	Tilden Arts Center	Joan Freedman
Thursday	2:30PM - 5:30PM *	Second 6 Weeks	20-Mar	ALL711-C	Beginning Watercolor	Tilden Arts Center	Mary Lou Mack
Thursday	3:00PM - 4:20PM	12 Weeks	30-Jan	ALL1400-C	Plato's Republic	Grossman 115	Theodore Everett
Thursday	3:00PM - 4:20PM	12 Weeks	30-Jan	ALL780-Z	Writing Incubator 2.0	Zoom	Maggie French, Mary Lou Heinz
Thursday	3:00PM - 4:20PM	Second 6 Weeks	20-Mar	ALL1324-Z	Experiencing Aging - Continuing Conversations for Women	Zoom	Pat Stover, Regina Ralston, Linda Zimmerman
Thursday	3:00PM - 4:20PM	Second 6 Weeks	20-Mar	ALL1305-C	Learning to Fish Cape Cod and Beaches	Grossman 106	Steve Leary
Friday	1:00PM - 4:00PM *	12 Weeks	31-Jan	ALL756-C	Philosophy and Film	Grossman 106	Tom Gotsill
Friday	1:00PM - 4:00PM *	Second 6 Weeks	21-Mar	ALL433-C	The Doc is In	Wilkens Library Media Center	Lili Seely
Friday	1:30PM - 2:50PM	First 6 Weeks	31-Jan	ALL1323-C	Mindfulness Meditation in Theory and Practice	Grossman 115	James Kershner
Friday	2:00PM - 4:00PM *	12 Weeks	31-Jan	ALL1421-C	Beginners Square Dance-Phase 2	Life Fitness Center	David Perrault, Anne Schiraga
Friday	3:00PM - 4:20PM	First 6 Weeks	31-Jan	ALL1057-C	Musica Cubana	Grossman 115	Greg Polanik, Corina Iukovici

ALL Registration Form Spring 2025

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

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

For Office Use Only

Invoice# _____ Amount _____
Reference/Ck# _____
C _____ L _____ S _____

Mail your completed form with your check for \$125 to the above address. OR
Email this form to allccregister@gmail.com and pay the membership fee plus a \$5 handling fee (\$130 total)
by credit card online by selecting the "Pay By Credit Card Here" Button at 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 st 6 wk	2 nd 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, January 13th at 9 am for registration forms received by Friday January 10th. No preference will be given to early postmarks or delivery dates.



Board of Directors 2025

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Academy for Lifelong Learning Cape Cod, Inc.

Cape Cod Community College

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