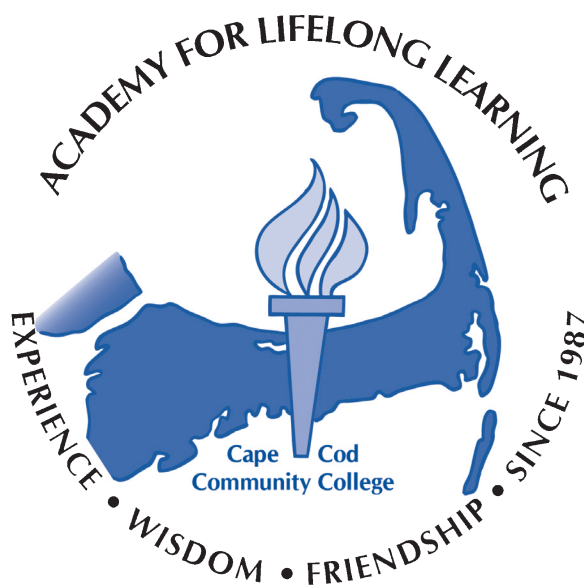


Fall 2025 Course Catalog

Volume 24 Number 2

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
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The Academy for Lifelong Learning

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 Weeks	Second 6 Weeks
Mondays: 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

Academic Calendar Spring 2026

Registration begins	Monday, January 12 at 9 a.m.
New member orientation	Wednesday, January 21 at 10 a.m.
Spring classes begin	Monday, January 26
First six-week classes end	Monday, March 9
Second six-week classes begin	Monday, March 16
Classes end	Monday, April 27

Holidays – no classes

Presidents Day	Monday, February 16
Spring recess	Tuesday-Friday, March 10-13
Patriots Day	Monday, April 20

Beginning and end dates of courses

12-Week Courses	First 6 Weeks	Second 6 Weeks
Mondays: 1/26 – 4/27	Mondays: 1/26 – 3/9	Mondays: 3/16 – 4/27
Tuesdays: 1/27 – 4/21	Tuesdays: 1/27 – 3/3	Tuesdays: 3/17 – 4/21
Wednesdays: 1/28 – 4/22	Wednesdays: 1/28 – 3/4	Wednesdays: 3/18 – 4/22
Thursdays: 1/29 – 4/23	Thursdays: 1/29 – 3/5	Thursdays: 3/19 – 4/23
Fridays: 1/30 – 4/24	Fridays: 1/30 – 3/6	Fridays: 3/20 – 4/24

Course List by Category

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ALL1435-Z	Around the World in 12 Films	10
ALL1426-C	Long Day's Journey into Night.....	12
ALL1437-Z	Scandinavian Cinema	12
ALL1449-C	Grand Finale: Films with an Intriguing Denouement.....	13
ALL1462-C	Script to Screen..... CANCELLED	14
ALL1441-C	Great American Westerns of the 20th Century..	16
ALL1444-Z	Which is Better?	18
ALL1432-C	Three Immortal Comic Operas	19
ALL433-C	The Doc is In.....	23

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ALL1433-Z	New Global Order Updated	11
ALL1328-HC	The Economist	15
ALL1328-HZ	The Economist	15
ALL1446-HC	State of the Union: Weekly Discussion.....	20
ALL1446-HZ	State of the Union: Weekly Discussion.....	21
ALL1447-HC	More State of the Union: Weekly Discussion ...	21
ALL1447-HZ	More State of the Union: Weekly Discussion ...	21

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ALL1458-C	Tai Chi and QiGong	9
ALL1460-Z	A Circle Journey for Life's Next Chapter.....	11
ALL1429-C	The Struggles and Satisfactions of Aging.....	13
ALL1434-C	Aging, Philosophy and YOUR Perspective	17
ALL1296-Z	Mindfulness: Cultivating Lasting Happiness and Self-Compassion.....	19
ALL1324-Z	Experiencing Aging: Continuing Conversations for Women	23
ALL1323-C	Mindfulness Meditation in Theory and Practice	23

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ALL1382-C	The American Revolution: A Different Perspective	9
ALL1425-C	Dispelling Native American Myths.....	10
ALL1451-C	Turning Points in the History of Women – Section A	14
ALL1452-C	Turning Points in the History of Women – Section B	14
ALL1037-C	Magical Musical Tour: The Story of the Beatles..	14
ALL1431-C	Elvis Presley: The Man and His Music	15
ALL1443-Z	Allies and Enemies:..... The US and Russia (1917-2025)	16
ALL1453-C	The Roots of Faith – Section A	18
ALL1454-C	The Roots of Faith – Section B	18
ALL1359-C	Cape Cod History Course - Section A	18
ALL1374-C	Cape Cod History Course - Section B	19
ALL1428-C	The US and Vietnam: 1950-1975	21

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ALL1403-Z	The Ride of Her Life	7
ALL1367-Z	The Contemporary American Essay.....	7
ALL1409-Z	More of The Contemporary American Essay	8
ALL013-C	Great Books.....	13
ALL1448-Z	Portraits of Challenge and Resilience in Picture Books	17
ALL055-Z	Loving the Short Story	
ALL1442-HZ	Simone Weil: Philosopher, Factory Worker, Rebel and Mystic	19
ALL1442-HC	Simone Weil: Philosopher, Factory Worker, Rebel and Mystic	19

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ALL1352-C	Introduction to Chess	7
ALL1329-C	Sample a New Leisure Activity.....	10
ALL1456-HC	Beyond Red or White presents: Corkscrewed!	11
ALL1456-HZ	Beyond Red or White presents: Corkscrewed!	11
ALL1436-C	Chair Caning.....	13
ALL1457-C	Intermediate Chess II.....	14
ALL1424-C	Investing for Retirees.....	17
ALL910-C	Bridge for Beginners	22
ALL1387-C	Introduction to Modern Western Square Dance	23

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ALL1440-C	Logic: Syntax and Semantics.....	7
ALL1455-C	America's Three Religions..... CANCELLED	16
ALL489-C	How Philosophy Can Change Your Life	17
ALL866-C	Introduction to Nichiren Buddhism.....	20

Science

ALL1383-Z	Let's Read Science Times Together	8
ALL1427-C	Topics in Environmental Studies	12
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ALL1266-HZ	How Life Began: Evolution and the Molecular Basis of Life	20

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ALL1461-C	Applying the Arts to Social Change	CANCELLED
ALL1423-C	Sociology of Age.....	11
ALL1430-C	Understanding Disagreement.....	22

Writing and Rhetoric

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ALL1439-C	A Novel Experience	10
ALL1416-C	Pen, Pad and Prompt: Writing Improv Course	15
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Welcome to ALL

A Message from Our President

Welcome to another exciting semester of discovery and connection at the Academy for Lifelong Learning!

Originally part of Cape Cod Community College, ALL has been serving our community for over 38 years – engaged and active seniors interested in exploring ideas, learning new skills, sharing viewpoints and meeting new people. What makes this all possible is our community of dedicated peer volunteers – students, faculty and administration who generously share their time and talents.

Each of you has extensive and varied life experiences to bring, not only to classes, but also to the wide variety of special events and gatherings we sponsor. We encourage you to explore, participate and consider getting involved. Whether you are a returning member or new to ALL, I hope that one or more of our over 70 diverse course offerings will spark your interest and curiosity.

Keep checking the website. There is a lot happening at ALL!

Roger Shoemaker, *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 board of directors also establishes *ad hoc* committees, as needed, for specific tasks and projects.

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 make an online payment of \$130 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, August 18th. All members will have an equal chance of getting their course choices if their completed registration forms with payments are received by Friday, August 15th. 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, Tim Maguire, 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 October for the spring 2026 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**
Powerful Futures Start Here

MONDAY**Logic: Syntax and Semantics**

Monday 9:00AM - 10:20AM

First 6 Weeks 8-Sep

ALL1440-C

Grossman 106

Limit: 25

This course is a first introduction to logic, motivated by questions such as these: What is a valid argument? What is the connection between logical arguments and truth in the real world? How much can human reasoning be captured by computers? The format of this course will be lecture, guided by class discussion. There are no mathematical prerequisites for this class. That said, we will learn to work with a certain amount of symbolic notation. We will learn how to encode natural language in the form of logical sentences, and how to reason with arguments in this form. Expected outcomes include sharpened critical thinking skills, insights into the difference between logical reasoning and rhetoric, and a framework for thinking about artificial intelligence. Readings will be provided.

Coordinator: Dan Dougherty. Dan has a PhD in Mathematics from the University of Maryland. He taught logic and computer science to undergraduate and graduate students at Dartmouth, Wesleyan, and Worcester Polytechnic Institute and is still active in research. His teaching is inspired by his conviction that mathematical logic is one of the humanities.

The Ride of Her Life

Monday 10:30AM - 11:50AM

Second 6 Weeks 27-Oct

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 courses 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*.

The Contemporary American Essay

Monday 10:30AM - 11:50AM

First 6 Weeks 8-Sep

ALL1367-Z

Zoom

Limit: 25

The course discusses essays. Essays can offer opinions, impart knowledge and information or share personal experience. This semester, we will be discussing 12 essays from the book *The Contemporary 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. We also look at themes, writing styles, and many other aspects of the essay. Many are by writers you know, all from the first quarter of the 21st century. Class members are encouraged to summarize an essay of their choice, describe the background of its author, and pose questions to the group for discussion. Two essays will be discussed each week. Please purchase the essay anthology, *The Contemporary American Essay*, edited by Phillip Lopate, Anchor Books. We will email the class a few weeks before the course begins with the two essays for the first week. Note: We will offer a continuation of this essay course in the next six weeks.

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 ALL. She has participated in all three previous semesters of the Essays course.

Introduction to Chess

Monday 10:30AM - 11:50AM

Second 6 Weeks 27-Oct

ALL1352-C

Grossman 106

Limit: 24

Chess is an exciting, engrossing game of strategy and skill which is played by hundreds of millions around the world and has been in existence for some 1500 years. Anyone can learn to play and have fun doing it. Come join us as we look to make the game readily accessible. No prior experience with chess is needed. When grandkids want to play, you'll be ready! Classes will be very interactive – a combination of teaching and game play. Participants are asked to bring a chess set to class.

MONDAY (Continued)

Coordinators: Larry Pincus, John Heneghan. Larry is a retired physician who has become an avid chess player in retirement. John is a retired IT professional who likewise has gravitated strongly to the game in retirement.

Whitey Bulger - Declassified **ALL1300-C**
Monday 10:30AM - 11:50AM Grossman 115
First 6 Weeks 8-Sep Limit: 25

For 16 years, Whitey Bulger was on the FBI’s Ten Most Wanted list. Books were written about him, movies and documentaries were produced and reams of newsprint were sold. The basis of the narrative came from testimony of fellow criminals who escaped the electric chair and long prison sentences by testifying against him. Not one journalist, author, producer, screenwriter or actor corresponded with or interviewed Bulger. In this course, we will explore Bulger’s own words and the circumstances of his criminality and creation. This is a repeat of a course that was offered in a previous semester.

Coordinator: Janet Uhlar. Janet is an author, a lecturer and a nurse. She is the co-founder of The Open Doorway, an advocacy group for those with substance use disorder and a member of the Cape Cod and Islands Commission on the Status of Women. In 2013, Janet was seated on the jury of the Whitey Bulger trial, deliberating for five days, and taking an active role in his sentencing hearing. She also corresponded with Bulger for five years following the trial (she has 70 letters) and conducted 15 hours of face-to-face conversation. Bulger had a lot to say. Janet listened.

More of The Contemporary American Essay **ALL1409-Z**
Monday 10:30AM - 11:50AM Zoom
Second 6 Weeks 27-Oct Limit: 15

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

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 ALL. She has participated in all three previous semesters of the Essays course.

Let’s Read Science Times Together **ALL1383-Z**
Monday 10:30AM - 11:50AM Zoom
First 6 Weeks 8-Sep Limit: 25

When the first issue of the *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 courses 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*.

MONDAY (Continued)**Applying the Arts to Social Change ALL1461-C**

Monday 10:30AM - 11:50AM Grossman 106
 First 6 Weeks 8-Sep **CANCELLED** Limit: 25

Calling all retired, active and aspiring artists, writers, filmmakers and designers! Learn how to apply your talent to driving individual and social change. Starting with the latest research on how the arts affect our perceptions and behavior, the course will introduce marketing principles and behavioral theories that have been used successfully to create change. Students will agree on a social issue and learn how to design a campaign aimed at shifting norms, reducing stigma and making healthy behavior easier. The coordinator will provide articles for students to read.

Coordinator: Lynda Bardfield. Lynda started applying her skills to addressing social issues over three decades ago. An award-winning creative professional, she has worked with creative and community-based partners in over 40 countries to design interventions that promote health and drive social change. She was an adjunct professor at Tufts University School of Medicine and also Emerson College, where she directed the Summer Institute for Social Marketing for 12 years. Lynda is a member of the editorial board of the *Social Marketing Quarterly* and currently serves as Vice President of the Social Marketing Association of North America.

Memoirs - Lest We Forget ALL1210-Z

Monday 12:00PM - 1:20PM Zoom
 Second 6 Weeks 27-Oct 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 course, participants are asked to bring and share some of their writings. Others will get ideas from class discussion and listening to one another. During the first class, members will get to know each other, brainstorm some writing topics, and try a free writing technique. The course 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. Dianne has been active on the ALL board of directors as Hospitality chair, ALL Vice President and ALL President.

The American Revolution: A Different Perspective ALL1382-C

Monday 12:00PM - 1:20PM Grossman 115
 First 6 Weeks 8-Sep 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.

Tai Chi and QiGong ALL1458-C

Monday 1:30PM - 2:50PM Life Fitness Center
 Second 6 Weeks 27-Oct Limit: 10

Tai Chi, often described as meditation in motion, is a gentle form of exercise that can improve your balance, coordination and flexibility. If you have never done Tai Chi or want to continue what you have started, this course is perfect for you – a good foundation from which to continue your journey in the world of Tai Chi. QiGong will bring good energy and relaxation in your life. You do not need to bring a mat to class.

Coordinator: Corina Iukovici. Corina has been practicing Tai Chi for many years. She is now an instructor at the Plymouth YMCA where she has taught Tai Chi and QiGong for the last six years.

MONDAY (Continued)**Dispelling Native American Myths****ALL1425-C**

Monday 1:30PM - 2:50PM

Grossman 106

Second 6 Weeks 27-Oct

Limit: 25

Explore with us the myriad instances of erroneous belief surrounding Native Indigenous peoples: How accurate are Hollywood depictions of Native women? What real messages do traditional Native spiritual beliefs convey? Was the Little Big Horn the greatest Native victory? Were tribal chiefs all powerful – or all male? How did Native nations compare with Europeans on being warlike and cruel? Were most Native Americans hunters/gatherers? How successful have male and female Native activists been?

Coordinators: Frank Cuphone, John Kennedy.

Frank has been a lifelong student of Native American history and culture. He has visited many Native communities in the US and Canada, while also learning from many tribal elders. John enjoyed a successful college and university career and has been a coordinator of history, literature and sports courses at ALL for many years.

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

Monday 1:30PM - 2:50PM

Grossman 106

First 6 Weeks 8-Sep

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 FIFTH semester, we will continue to inspire and motivate you with a sampling of activities: Introduction to Bridge (Christopher Senie); How to write a murder mystery (Jeannette de Beauvoir); Navigating travel in an online world (Susan Griffin); Making a sailor's valentine (Christa Edlund); Introduction to origami (Andrea Plate); and Making cheese at home (Pat McKean). We will provide any 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 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.

A Novel Experience

Monday 1:30PM - 2:50PM

First 6 Weeks 8-Sep

ALL1439-C

Grossman 115

Limit: 20

Do you have a great idea for a book and don't know how to begin? Through a variety of guided prompts and gentle feedback, participants will begin their writing journey. Topics include: defining genre, goals and writing style; the writing process; and what comes after "The End." Each class will allow time for writing and critiquing. The course format will include lectures, in-class and home writing assignments, class critiques, and editing responses to feedback. Please write three titles for your proposed work.

Coordinator: Iris Leigh. Iris wrote *Liza's Secrets*, traditionally published by Black Rose Writing. It was selected as Book of the Day by Amazon Kindle and BookBub International, and received high praise from *NY Times* and local best-selling authors. She was an international presenter on bullying prevention and taught occupational therapy in universities and community colleges.

Around the World in 12 Films**ALL1435-Z**

Monday 1:30PM - 2:50PM

12 Weeks 8-Sep

Zoom

Limit: 25

Welcome, Bienvenue, Bienvenidos, Willkommen, Benvenuti, Välkommen. This course is more than just watching movies from around the world. We will discuss the culture, beliefs and way of life as reflected in each film, as well as its cinematic values and director's intentions. We will start with *Blancanieves* from Spain and travel east, circling the globe and ending with the United States. *Blancanieves* in Spanish means Snow White in English. The film is free on tubitv.com. A full list of the 12 films will be provided prior to the first class.

Coordinator: Joseph Gonzalez. 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.

MONDAY (Continued)

A Circle Journey for Life's Next Chapter **ALL1460-Z**
 Monday 3:00PM - 4:20PM Zoom
 Second 6 Weeks 27-Oct Limit: 25

Join us for a six-week online journey into the ancient and powerful practice of Circle Keeping. In a supportive, peer-based space, you will learn to build trust, foster dialogue, and deepen community through inclusive restorative practices rooted in Indigenous traditions. This course is designed to help you navigate life transitions with wisdom, clarity and connection – tackling the challenges and celebrations that come with aging. Explore storytelling, listening, and shared decision-making as tools for healing, growth and meaningful engagement in this next chapter of life. Light readings and short videos will be assigned throughout the course to enhance your learning, with a curated post-course reading list provided to support continued growth and deeper understanding. For our first class, please bring a small item to share that holds deep personal meaning to you to use as a talking piece.

Coordinator: Maura Smith Stein. Maura is a certified mediator, wellness coach, restorative justice practitioner and vocational consultant. She lives in Provincetown, pursues art in her free time, and works as a consultant through her company focused on conflict resolution, personal growth and community healing.

Beyond Red or White Presents: Corkscrewed! **ALL1456-HC**
 Monday 3:00PM - 4:20PM Grossman 115
 Second 6 Weeks 27-Oct Limit: 20

Corkscrewed! is the most informative and fun wine class you can take without a glass in your hand. This six-week course features stand-alone weekly sessions, each a masterclass, as we take a look behind the wine glass at the people, moments, events and grapes that shaped the modern wine world. We will explore legendary stories like "The Judgment of Paris" – the tasting competition that changed everything – and laugh through the quirks of wine culture in "Somm-Thing Funny Happened on the Way to the Wine Cellar." And that's just the beginning! An optional reading and viewing list will be sent before the first class.

Coordinator: Ron Fernandes. Ron is a well-known professional in the wine and spirits industry. His courses are informative, engaging and entertaining.

Beyond Red or White Presents: Corkscrewed! **ALL1456-HZ**

Monday 3:00PM - 4:20PM Zoom
 Second 6 Weeks 27-Oct Limit: 20

This is the Zoom version of this hybrid course.

Coordinator: Ron Fernandes. Hybrid Zoom version

TUESDAY

Sociology of Age **ALL1423-C**
 Tuesday 9:00AM - 10:20AM Grossman 115
 Second 6 Weeks 21-Oct 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. Jay is currently a board member of the Town of Brewster Council on Aging, where his focus has been on grant applications and funding.

New Global Order Updated **ALL1433-Z**
 Tuesday 9:00AM - 10:20AM Zoom
 12 Weeks 9-Sep Limit: 35

The world is changing, it seems by the minute. We will look at all the major regions and the major issues. The object is to have made some sense of things by the 12th week.

TUESDAY (Continued)

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.

Topics in Environmental Studies **ALL1427-C**
 Tuesday 9:00AM - 10:20AM Grossman 106
 12 Weeks 9-Sep Limit: 15

This course will involve various aspects of environmental science today. Through lecture and discussion, topics covered will include: fundamental ecology, biogeography, natural and energy resources, climate change, wildlife management, the origins of Cape Cod, and coastal studies. Throughout the course, the relevance of Cape Cod will be stressed. To understand the complexities we are all facing today, knowledge is essential. Please come to class with an open mind and ready to learn the fundamentals! The coordinator will provide materials.

Coordinator: Kevin Dunleavy. Kevin was a high school science teacher for 42 years in CT. He created the environmental studies curriculum for his school, which gained recognition from a national environment organization. He has volunteered on various nature-related groups, including a lake authority in CT and as a field guide/aquarium docent at the Cape Cod Museum of Natural History in Brewster. Over the years, he has acquired a lot of information that he would like to share.

Long Day's Journey into Night **ALL1426-C**
 Tuesday 10:30AM - 11:50AM Grossman 106
 12 Weeks 9-Sep Limit: 25

We will examine the literary and theatrical importance of this pivotal play – one of the greatest plays of the 20th century. Eugene O'Neill summons the ghosts of his family and places their tortured battles squarely on stage. It is a primal story of bitterness and rage, betrayal and guilt, and the

individuals who inflict wounds while aspiring to forgiveness. Is the journey ultimately meaningful? Perhaps O'Neill gave a strong "yes" when he wrote, "The individual life is made significant just by the struggle." The text for this course is the 2nd edition of *Long Day's Journey into Night*, published by Yale University Press (March 1, 2002).

Coordinators: Roger Shoemaker, Joe Auciello. Roger has an MFA in Directing and has been teaching, directing and reviewing plays for over 50 years. His job in this course is to bring to life chosen scenes in the class, using the devices and wiles of the theater practitioner. Joe, an unrepentant lover of literature, is a retired English and social studies teacher in public, private and international schools. He enjoys the meaningful discussion ALL classes make possible.

Scandinavian Cinema **ALL1437-Z**
 Tuesday 10:30AM - 11:50AM Zoom
 First 6 Weeks 9-Sep Limit: 15

One might be inclined to think that Scandinavian cinema begins and ends in Sweden with Ingmar Bergman, but that would be a mistake. The Scandinavian Peninsula has produced a number of internationally acclaimed movies (Denmark has more Academy Awards for Best Picture than Sweden). Though no discussion would be complete without including Bergman, in this six-movie series, we will look at two movies each from Sweden, Denmark and Norway. 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 join a Zoom session for group discussions. Please watch *Through a Glass Darkly* by Ingmar Bergman prior to the first meeting. It is currently available on MAX and Criterion Channel with a subscription, and available for rent on Prime and Apple.

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.

TUESDAY (Continued)

Great Books **ALL013-C**
Tuesday 12:00PM - 1:20PM Grossman 106
~~12 Weeks 9-Sep~~ ~~12 Weeks 9-Sep~~ Second 6 Weeks 21-Oct 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!

Grand Finale: Films with an Intriguing Denouement **ALL1449-C**
Tuesday 1:30PM - 2:50PM Grossman 106
Second 6 Weeks 21-Oct Limit: 25

We will take a closer look at six films hailed by audiences and critics alike. While not all are well known, each has a compelling resolution which serves as a capstone to the narrative. We will look for hidden layers of meaning as we examine the visual imagery filmmakers use to propel the story. The list of the films to be viewed on your own are: *The Lives of Others*, *Chinatown*, *Goodbye, Lenin!*, *The Shawshank Redemption*, *Incendies* and *The Straight Story*.

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

The Struggles and Satisfactions of Aging **ALL1429-C**
Tuesday 1:30PM - 2:50PM Grossman 106
First 6 Weeks 9-Sep Limit: 25

Aging may bring some challenges but can also bring many gratifications. In this course, we will review the physical and cognitive changes that develop as we grow older. We will examine ageism and its effects, and also explore retirement, grandparenting, resilience, wisdom and other matters. In addition, we will consider the importance of reimagining our purpose in life in our later years. Each session will include a presentation and class discussion.

Coordinator: Robert Santulli. After retiring from practice as a geriatric psychiatrist, Bob taught college undergraduate courses on aging and dementia. He has previously taught courses at ALL on Alzheimer’s Disease and Other Dementias, and on Keeping Your Mind Sharp As You Age.

Chair Caning **ALL1436-C**
Tuesday 2:30PM - 5:30PM * Tilden Arts Center
First 6 Weeks 9-Sep Limit: 10

Learn the seven-step method of caning chair seats. Before the first class, participants will purchase a kit (\$70) which contains a small oak stool, tools and the cane needed to weave the seat. There will be a demonstration of each step and individual guidance as needed. After completing this project, you will be able to rescue Grandma’s chair from the attic and finally return it to its former glory. Self-help books and sources will be recommended. Note: Participants will receive instructions for ordering the kit three weeks prior to the first class. Please make sure your completed registration form arrives at ALL by August 15.

Coordinator: Cindy Olotka. Cindy has been a seatweaver for 40 years, starting with a caning class in adult ed such as this. As a board member of The Seatweavers’ Guild, a national organization, she has had the opportunity to learn many different chair seat techniques from skilled craftspeople around the country. Fifteen years ago, after retiring from a long career in nursing, Cindy started her own cottage business, Rush To Cane.

TUESDAY (Continued)

Turning Points in the History of Women – Section A **ALL1451-C**
 Tuesday 3:00PM - 4:20PM Grossman 106
 First 6 Weeks 9-Sep Limit: 25

This will be a crash course on the history of women across time and geography. During this six-week session, we will discuss: the status of women in our distant past; how they have been viewed by various religions and theologians; their historic roles in the politics of nations and public life; a woman's historical place in family life; the suffrage and women's liberation movements in modern times; and the backlash against women's progress in the new millennium, in light of the rise of AI technology and its impact on emotional relationships – in short, the future of women's rights.

Coordinator: Lawrence Brown. Larry has been a columnist at the *Cape Cod Times* for 39 years. He has been a teacher for 46 years: English, geography, ancient and American history, public speaking and photography. As an interfaith minister, Larry has been an invited speaker at two Parliaments of the World's Religions – Cape Town South Africa in 1999 and Barcelona in 2004. This will be his 6th year with ALL.

Turning Points in the History of Women – Section B **ALL1452-C**
 Tuesday 3:00PM - 4:20PM Grossman 106
 Second 6 Weeks 21-Oct Limit: 25

This course is a repeat of the first six-week session. See a full description of the course above: Turning Points in the History of Women – Section A.

Coordinator: Lawrence Brown. This course is a repeat of the first six-week session, Turning Points in Women's History – Section A.

Intermediate Chess II **ALL1457-C**
 Tuesday 3:00PM - 4:20PM Grossman 115
 12 Weeks 9-Sep Limit: 25

This course is appropriate for those who have been through previous chess courses: Basic Chess (fall 2024) or Intermediate Chess (spring 2025) or for those who otherwise have a decent knowledge of the fundamental rules and concepts of the game. It will consist of short lessons on one or two topics or themes, followed by a focus on game play accompanied by commentary and coaching. Bring a chess board and

set to class, along with score pads if you would like to keep a record of your games for later analysis.

Coordinator: Brian Haendiges. Brian is a United States Chess Federation player ranked at the Expert level, and has previously taught chess courses to seniors at ALL and in Virginia, and to K-12 students in various locations.

WEDNESDAY

Magical Musical Tour: The Story of the Beatles **ALL1037-C**
 Wednesday 9:00AM - 10:20AM Grossman 106
 12 Weeks 10-Sep Limit: 25

The course will offer a historical and critical analysis of the monumental contributions of The Beatles, not only to music but to Western culture as well. Almost every one of their albums broke new ground, and they demonstrated that pop/rock music was capable of incorporating numerous musical styles, harmonies and song forms. Virtually all innovations in pop/rock music from the mid-sixties to the present owe a debt to one or more of The Beatles' albums. We will trace the development of The Beatles from their beginnings to their solo careers, looking at them from both a musical and a sociological perspective.

Coordinator: Lew Taylor. Lew is a retired public librarian and has both a BA and an MA in American History. He has taught many courses at ALL and is the owner of I Cannot Live Without Books in West Dennis.

Script to Screen **ALL1462-C**
 Wednesday 9:00AM - 10:20AM Grossman 115
 First 6 Weeks 10-Sep **CANCELLED** Limit: 10

Script to Screen is an awareness hands-on presentation that will take participants through the film-making process. The coordinator will hand out copies from her original produced screenplay *Now Hiring*. Classes will involve table reads, followed by viewing of the produced film. Please bring a notebook and pen to class.

Coordinator: Sandra Bolton. Sandra is a Marstons Mills resident and member/former president of the Marstons Mills Historical Society. A graduate of Simmons University and Lesley University, she is also a member of the Cape Cod Writers Center, Screenwriters Group and secretary of Simmons College Club of Cape Cod. She has authored the book *Contemporary Marstons Mills*. An award-winning screenwriter, Sandra wrote, directed and produced the short film *Now Hiring* (2019).

WEDNESDAY (Continued)

Pen, Pad and Prompt: **ALL1416-C**
Writing Improv Course
 Wednesday 9:00AM - 10:20AM Grossman 115
 Second 6 Weeks 22-Oct 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 graduate of Bates College with a degree in English Literature. She received her MBA from the University of St. Thomas in MN. She has 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.

The Economist **ALL1328-HC**
 Wednesday 10:30AM - 11:50AM Grossman 115
 12 Weeks, 10-Sep 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. *The Economist* articles for the first class will be sent by the coordinator during the prior week.

Coordinators: Denise Benjamin, Frederick Rice, Michael Sullivan. Denise is a retired educator who has taught foreign languages on multiple levels from middle school to college. She enjoys traveling and experiencing other cultures. She tries to maintain an international perspective on current events. Fred has a BA in Economics from American University and an MBA from Rutgers. He has taught courses at Ramapo State College, Fairleigh Dickinson, and Bridgewater State University as an adjunct faculty. He has owned his own business as well as held senior positions at several banks. 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.

The Economist **ALL1328-HZ**
 Wednesday 10:30AM - 11:50AM Zoom
 12 Weeks 10-Sep Limit: 15

This is the Zoom version of this hybrid course.

Coordinators: Denise Benjamin, Frederick Rice, Michael Sullivan. Hybrid Zoom version.

Elvis Presley: **ALL1431-C**
The Man and His Music
 Wednesday 10:30AM - 11:50AM Grossman 106
 12 Weeks 10-Sep Limit: 25

This course explores the life, career and cultural impact of Elvis Presley, the undisputed King of Rock and Roll. From his early influences in gospel, blues and country music to his groundbreaking recordings at Sun Records, students will examine how Presley revolutionized the music industry and reshaped American popular culture. Through a combination of lectures and multimedia presentations, the course will analyze key moments in Presley's career, including his rise to fame in the 1950s, his transition into Hollywood, and his celebrated comeback in the late 1960s. Students will also explore the complexities of his personal life, including his relationship with fame, struggles with addiction, and his lasting legacy after his untimely death in 1977. In addition to studying Presley's music and films, the course will consider his broader cultural significance – his role in breaking racial barriers in music, his influence on later generations of artists, and his enduring mythos in American and global culture.

WEDNESDAY (Continued)

Coordinator: Lew Taylor. Lew is a retired public librarian and has both a BA and an MA in American History. He has taught many courses at ALL and is the owner of I Cannot Live Without Books in West Dennis.

**Allies and Enemies:
The US and Russia (1917-2025)**

Wednesday 10:30AM - 11:50AM
Second 6 Weeks 22-Oct

ALL1443-Z

Zoom
Limit: 25

We will examine the fraught relations between America and Russia from the Bolshevik Revolution to the present. The topics include: the two Red Scares in the US, the World War II alliance, the origins of the Cold War, the Cuban Missile Crisis, detente, the collapse of the Soviet empire, Vladimir Putin's challenge to American global supremacy and the Ukraine War.

Coordinator: Russell Leng. Russ is a retired professor of political science at Middlebury College. He has published widely on the interaction of states engaged in military crises. Russ taught in-person courses at ALL for many years before transitioning to Zoom so that he could continue from his home in Vermont.

America's Three Religions

Wednesday 12:00PM - 1:20PM
First 6 Weeks 10-Sep

ALL1455-C

Grossman 106
Limit: 15

CANCELLED

The 21st century is calling for a religion reality check. America is in the grip of core ideologies straining for the support of Jesus. This course focuses categorically on: 1) revisionisms starting with Critical Race Theory; 2) nostalgia centered in the cultural strongholds of tradition and nationalism; and 3) relationships where a sufficiently detailed blueprint is in hand but not developed. Class members will explore these and discuss with material mailed out each week. Course content is based on the coordinator's forthcoming book, *The Rebuild*.

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.

So You Want To Be a Poet

Wednesday 12:00PM - 1:20PM
12 Weeks 10-Sep

ALL077-C

Grossman 115
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.

Coordinator: Glyn Dowden. 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 also involved in a reenactment stage performance of the Welsh poet Dylan Thomas.

**Great American Westerns
of the 20th Century**

Wednesday 12:00PM - 1:20PM
Second 6 Weeks 22-Oct

ALL1441-C

Grossman 106
Limit: 25

This course will take a look at some western films that are considered the greatest ever made and some personal favorites as well. This particular genre has been around for a long time and is still going strong. We will look at clips from many wonderful films and also consider some of the great actors who were known for their westerns. We will also discuss why we think these films deserve the praise they have received from critics and audiences over time. We will start with John Wayne's classic *Stagecoach* (1939), the film that made him a star.

Coordinator: Richard Slapsys. Richard is an emeritus fine arts librarian from the University of Massachusetts Lowell, and has taught film classes at both the university's English Department and at ALL. His focus is usually on Hollywood films from the '30s and '40s, but he is also interested in international and independent films, both old and new.

WEDNESDAY (Continued)**Aging, Philosophy and
YOUR Perspective****ALL1434-C**

Wednesday 1:30PM - 2:50PM

Grossman 106

First 6 Weeks 10-Sep

Limit: 25

This is a deeper exploration of the previously offered course, Aging, Philosophy and a Changing Perspective. Aging is society's great experiment. It is more than statistics, health and -isms. Most of all, it is about you. We are fortunate to be alive at this time in human history as there is the greatest number of us over 60 experiencing the experiment – together. This course is a discussion on how we each want to live the experiment to our fullest potential and how we can assist one another.

Coordinator: Maggie French. Maggie is a life coach and emerging crone. After 25 years as a financial executive in manufacturing and healthcare, she changed careers and for more than a decade now is a certified life coach in personal and professional development. The study of philosophy, the changing nature and impact on the values of aging in our society provide her with an enhanced perspective on this thing called aging as she dances through her 7th decade of life.

**Portraits of Challenge and
Resilience in Picture Books****ALL1448-Z**

Wednesday 1:30PM - 2:50PM

Zoom

First 6 Weeks 10-Sep

Limit: 15

Picture books are nominally written for young children, but good ones are a treasure for all generations. Many brilliant authors, artists and author/illustrators have chosen this genre as a vehicle to portray the resilience of children (or animals who metaphorically represent children) in the face of poverty, prejudice, homelessness, gender conformity, or even misunderstanding by their own parents or family members. This will be a highly participatory, discussion-oriented course, in which we will take a deep dive into both artwork and narrative. In advance of each class, the coordinator will provide that week's theme, and you will be invited to bring a book that might be relevant for our discussion. We will read, listen to or watch read-alouds in class. During the first class, we will examine *Yertle the Turtle* by Dr. Seuss, *Swimmy* by Leo Lionni and *Stevie* by John Steptoe. No advance preparation is required. Bring your curiosity, your enthusiasm and your thirst for social justice and resilience in the face of difficult times.

Coordinator: Dale Fink. Dale retired in 2020 from Massachusetts College of Liberal Arts in North Adams, MA, where he taught courses related to early childhood education, special education and children's literature. Prior to that, he was involved in childcare, after-school care and support for the families of children with disabilities. Among his books are *Making a Place for Kids with Disabilities* (2000), *Control the Climate, Not the Children: Discipline in School Age Care* (1995), and a picture book, *Mr. Silver and Mrs. Gold* (1980). In 2018, he edited a volume of his father's recollections, called *Shopkeeper's Son*.

**How Philosophy Can
Change Your Life****ALL489-C**

Wednesday 1:30PM - 2:50PM

Grossman 115

12 Weeks 10-Sep

Limit: 25

This is a reading and discussion course based on Marietta McCarty's book *How Philosophy Can Change Your Life*, which will be the text for the course (available on Amazon). Each week, we will read and explore the significance of one of the book's 10 chapters; for example: "Simplicity," "Perspective," "Belonging" and "Joy." We will discuss in each chapter two well-known philosophers whose works lend themselves to an investigation of that chapter's idea. Please read the "Welcome" section of the text for the first class.

Coordinator: Claire Briand. Claire is a retired speech/language pathologist with a lifelong interest in philosophy.

Investing for Retirees**ALL1424-C**

Wednesday 1:30PM - 2:50PM

Grossman 106

Second 6 Weeks 22-Oct

Limit: 20

In this course, we will discuss developing financial goals based on unique situations, such as general sources of income, family situations, current expenses, and planning for the future. We will cover various investment products, including stocks, bonds, mutual funds, collectibles, and less liquid assets. We will discuss our options and how to access them; our risk tolerance as we age; and consider other factors, such as health concerns. This is an information only course! Contact your financial planner, attorney or accountant for legal investment advice. The coordinator will provide handouts and online articles you can access each week – and looks forward to open discussion and active participation in class!

WEDNESDAY (Continued)

Coordinator: Frederick Rice. Fred has a BA in Economics from American University and an MBA from Rutgers. He has taught courses at Ramapo State College, Fairleigh Dickinson, and Bridgewater State University as an adjunct faculty. He has owned his own business as well as held senior positions at several banks.

The Roots of Faith – Section A

Wednesday 3:00PM - 4:20PM

First 6 Weeks 10-Sep

ALL1453-C

Grossman 106

Limit: 25

This course has two objectives: 1) to provide an understanding of what historical forces helped shape the world's major faiths, and 2) to discuss our own reactions to the timeless questions each faith tries to address. In our six-week session, we will discuss: the intuition of something divine; Plato vs. Aristotle; the forces behind Christianity; the global explosion of Islam; Buddhism; Confucius and Lao Tzu. Each class session is built around one of the fundamental spiritual questions and the historical context in which the religions were formed. The first half of each class sets the stage; the second 45 minutes is open for discussion.

Coordinator: Lawrence Brown. Larry has been a teacher for 45 years and a columnist for the *Cape Cod Times* for 39. He has published five books, including a text on Hindu theology, and has lectured at two Parliaments of the World's Religions – in Cape Town, South Africa and Barcelona, Spain.

The Roots of Faith – Section B

Wednesday 3:00PM - 4:20PM

Second 6 Weeks 22-Oct

ALL1454-C

Grossman 106

Limit: 25

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

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

Which is Better?

Wednesday 3:00PM - 4:20PM

12 Weeks 10-Sep

ALL1444-Z

Zoom

Limit: 25

We all have favorite pieces of music that we like more than others. Do we think they're actually better than the others? How do we compare them? And how do we judge quality? This course pits great masterworks of classical music against each other and poses these impossible questions about all of them. It should make for a lively discussion about why we like what we like, what the works in question are actually trying to achieve, how well they succeed, and the complex relationships between knowledge, taste and judgment. Performance videos will range from obvious choices to pieces you've probably never heard.

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 16th ALL course and, like the others, it will focus on a relatively narrow topic 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.).

THURSDAY**Cape Cod History Course****- Section A**

Thursday 9:00AM - 10:20AM

First 6 Weeks 11-Sep

ALL1359-C

Grossman 106

Limit: 25

The course is for newcomers and "oldcomers" to Cape Cod. It will center on discussion points related to the Cape's history and mystery. Slides and handouts will supplement the lecture format. This course will be repeated in the second six-week session. Students are invited to register for either session.

Coordinator: James Coogan. Jim is a retired history teacher and a writer of more than a dozen books about Cape Cod. Raised in Brewster, he is a well-known lecturer on Cape-related topics. His most recent book, *Cape Cod Passage: A Novel of People and Events That Have Shaped the Narrow Land*, was published in 2022. Jim lives with his wife Beth in Sandwich, Massachusetts.

THURSDAY (Continued)**Cape Cod History Course
- Section B****ALL1374-C**Thursday 9:00AM - 10:20AM
Second 6 Weeks 23-OctGrossman 106
Limit: 25

This is a repeat of the course which is offered in the first six-week session: Cape Cod History Course – Section A. Please read a full description on page 18.

Coordinator: James Coogan. This is a repeat of the first six-week course.

**Simone Weil: Philosopher,
Factory Worker, Rebel and Mystic****ALL1442-HC**Thursday 10:30AM - 11:50AM
First 6 Weeks 11-SepGrossman 115
Limit: 20

Albert Camus believed that Simone Weil was “the only great spirit of our times.” This young Jewish-French woman was an original thinker steeped in the Greek and Christian traditions. The text for the course is *The Subversive Simone Weil: A Life in Five Ideas* by Robert Zaretsky. The five ideas are: 1. The affliction in our world, 2. Paying attention to both suffering and beauty, 3. Resisting injustice, 4. Finding roots, and 5. The good, the bad and the Godly. This is a discussion course based on our readings. Please read Chapter 1 for the first class.

Coordinator: David Mulligan. David has taught at ALL for over 11 years. He began his career as a missionary priest in Bolivia and later became Commissioner of Public Health in MA and a professor at Stonehill College.

**Simone Weil: Philosopher,
Factory Worker, Rebel and Mystic****ALL1442-HZ**Thursday 10:30AM - 11:50AM
First 6 Weeks 11-SepZoom
Limit: 20

This is the Zoom version of this hybrid course.

Coordinator: David Mulligan. Hybrid Zoom version.

Three Immortal Comic Operas**ALL1432-C**Thursday 10:30AM - 11:50AM
First 6 Weeks 11-SepGrossman 106
Limit: 25

This course will feature three of the greatest comedies in the operatic repertory in performances from leading opera houses around the world. The operas are Mozart's *The Marriage of Figaro*; Rossini's *The Barber of Seville*; and Donizetti's *L'elisir d'amore*. Enjoyment is guaranteed!

Coordinator: Steve Piontek. Steve has taught several opera courses at ALL, including operas by Mozart, Verdi, Puccini, Rossini and Wagner, among others. He has also taught a course on the poetry of William Butler Yeats. For a number of years he has been a co-coordinator of a course on Nichiren Buddhism.

**Mindfulness: Cultivating
Lasting Happiness and Self-Compassion****ALL1296-Z**Thursday 10:30AM - 11:50AM
Second 6 Weeks 23-OctZoom
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 Frahllich.

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.

THURSDAY (Continued)

Introduction to Nichiren Buddhism **ALL866-C**
 Thursday 10:30AM - 11:50AM Grossman 106
 Second 6 Weeks 23-Oct 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.

How Life Began: **ALL1266-HC**
Evolution and the Molecular Basis of Life
 Thursday 10:30AM - 11:50AM Grossman 115
 Second 6 Weeks 23-Oct Limit: 20

The study of biology at the molecular and cellular level has revealed common features shared by all living things. This insight provides the basis for understanding key events in evolution and underpins the study of life's origins on earth and the search for life on other worlds. The course will begin with a review of the molecular structure of the living cell and then discuss ways in which scientist have used this knowledge to study evolution before the appearance of plants and animals. Finally, we will discuss current research on the origin of life and related explorations of Mars and other worlds. Various articles and videos will be suggested.

Coordinator: Steve Munroe. Steve is Professor Emeritus of Biological Sciences at Marquette University where he taught molecular biology and biochemistry for 35 years. He completed graduate studies at Indiana University and did post-doctoral research at Boston's Children's Hospital and the Worcester Foundation where he began his research on RNA. His interest in molecular evolution dates from undergraduate work at Haverford College.

How Life Began: **ALL1266-HZ**
Evolution and the Molecular Basis of Life
 Thursday 10:30AM - 11:50AM Zoom
 Second 6 Weeks 23-Oct Limit: 10

This the Zoom version of this hybrid course.

Coordinator: Steve Munroe. Hybrid Zoom version.

State of the Union: **ALL1446-HC**
Weekly Discussion
 Thursday 12:00PM - 1:20PM Grossman 115
 First 6 Weeks 11-Sep Limit: 20

We will base our discussions on three free subscription newsletters. Two of the newsletters, from Heather Cox Richardson (US history) and Joyce Vance (US attorney), will give a historical vs. judicial perspective to the latest news. The third newsletter will rotate among Paul Krugman (economist), Timothy Snyder (European history), Scott Dworkin (journalist), Robert Reich (lawyer) and others. They each offer a different perspective through their own professional lens of the news. Coordinators will select three newsletters each week: one each from Heather Cox Richardson and Joyce Vance, plus an additional one from the others. There may be a guest speaker with a background in government in each six-week session. Please read the three newsletters forwarded to you prior to the first class. We look forward to great discussions! Note: We will offer a continuation of this discussion course in the following six-week session.

Coordinators: Susanne Adamson, Diane VerSchure. Susanne grew up in Sweden where she studied political science. She got her MD from the University of Upsala in Sweden and did her residency at the University of Maryland. As an OB/GYN, she was amazed at how little she knew of US history, and how her patients were affected by political decisions. Diane has a BA in Economics from Cornell University and an MBA from Dartmouth's Tuck School of Business. She was a CPA in Honolulu, then moved to the plastic packaging industry. She has served on advisory committees for Cornell, where she held alumni leadership positions on multiple committees. She currently runs the Cape's Intercollegiate Alumni Association.

THURSDAY (Continued)

State of the Union: ALL1446-HZ
Weekly Discussion
Thursday 12:00PM - 1:20PM Zoom
First 6 Weeks 11-Sep Limit: 20

This is the Zoom version of this hybrid course.
Coordinators: Susanne Adamson, Diane VerSchure.
Hybrid Zoom version

The US and Vietnam: 1950-1975 ALL1428-C
Thursday 12:00PM - 1:20PM Grossman 106
12 Weeks 11-Sep CANCELLED Limit: 25

This will be a discussion-based course on the history of the US and Vietnam. The class will address political decision-making, the war aims of each of the belligerents, the search for peace, and the effects of the war. Members will be encouraged to make a 10-15 minute oral presentation on one important event in the war. The text for the course is George C. Herring's *America's Longest War: The US and Vietnam, 1950-1975*. Look for used copies on Amazon, AbeBooks and/or Thriftbooks.com. The assignment for the first day is to read Chapter One, "A Dead-End Alley."
Coordinator: Richard Stewart. Dick taught history for 43 years at Choate Rosemary Hall in Wallingford, CT. His BA is from Allegheny College in Meadville, PA and his MA is from Wesleyan University in Middletown, CT. He has taught various history courses at ALL since 2016.

More State of the Union: ALL1447-HC
Weekly Discussion
Thursday 12:00PM - 1:20PM Grossman 115
Second 6 Weeks 23-Oct Limit: 20

Note: This is not a repeat of the first six-week session. We will discuss new topics and readings. We will base our discussions on three free subscription newsletters. Two of the newsletters, from Heather Cox Richardson (US history) and Joyce Vance (US attorney), will give a historical vs. judicial perspective to the latest news. The third newsletter will rotate among Paul Krugman (economist), Timothy Snyder (European history), Scott Dworkin (journalist), Robert Reich (lawyer) and others. They each offer a different perspective through their own professional lens of the news.

Coordinators will select three newsletters each week: one each from Heather Cox Richardson and Joyce Vance, plus an additional one from the others. There may be a guest speaker with a background in government in each six-week session. Please read the three newsletters forwarded to you prior to the first class. We look forward to great discussions!
Coordinators: Susanne Adamson, Diane VerSchure. Susanne grew up in Sweden where she studied political science. She got her MD from the University of Upsala in Sweden and did her residency at the University of Maryland. As an OB/GYN, she was amazed at how little she knew of US history, and how her patients were affected by political decisions. Diane has a BA in Economics from Cornell University and an MBA from Dartmouth's Tuck School of Business. She was a CPA in Honolulu, then moved to the plastic packaging industry. She has served on advisory committees for Cornell, where she held alumni leadership positions on multiple committees. She currently runs the Cape's Intercollegiate Alumni Association.

More State of the Union: ALL1447-HZ
Weekly Discussion
Thursday 12:00PM - 1:20PM Zoom
Second 6 Weeks 23-Oct Limit: 20

This is the Zoom version of this hybrid course.
Coordinators: Susanne Adamson, Diane VerSchure.
Hybrid Zoom version

Loving the Short Story ALL055-Z
Thursday 1:30PM - 2:50PM Zoom
12 Weeks 11-Sep 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 American Short Stories 2024*, edited by Lauren Groff.
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.

THURSDAY (Continued)**Bridge for Beginners**

Thursday 1:30PM - 2:50PM

12 Weeks 11-Sep

ALL910-C

Grossman 106

Limit: 25

This 12-week course is open to all who would like to learn the card game bridge, an excellent way to keep our minds active in an enjoyable social setting. No experience is required. The coordinator will offer a follow-on course in the spring of 2026, so students will have a chance to continue with their learning of the world's most popular card game. The text for this course is a handbook for beginners written by the coordinator and provided in digital form free of charge to all students at the start of the semester.

Coordinator: Christopher Senie. Chris has developed a love for the game of bridge and a passion for teaching the game to others.

Memories Worth Saving 2.0

Thursday 1:30PM - 2:50PM

12 Weeks 11-Sep

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 call *The Friendship Quilts*.

Understanding Disagreement

Thursday 3:00PM - 4:20PM

12 Weeks 11-Sep

ALL1430-C

Grossman 106

Limit: 25

Why do we disagree so bitterly on vital matters like religion, morality and politics? Is it because our opponents are unintelligent? Irrational? Immoral? Merely misinformed? Is it because we do not understand each other's language? Is it because each of us, including our opponents, has his own equally "valid" point of view? Examining the evidential sources of our disagreements may help us deal with them in a more helpful and reasonable way. In this

course, we will discuss the three dimensions of belief (perception, opinion and conviction), concentrating on the different types of evidence we all depend on, the ways that disagreements can be socially useful, and the moral reasons that we sometimes have to hold probably-false beliefs. The main text for this course is *Understanding Disagreement*, a book draft by the coordinator. There will also be short readings of Plato, Descartes, Thoreau, Mill, Nietzsche, William James, and others – all available for free.

Coordinator: Theodore Everett. Ted is Professor Emeritus at SUNY Geneseo, where he taught philosophy for 25 years before retiring with his wife to Brewster. This will be his second course at ALL.

Writing Incubator 2.0

Thursday 3:00PM - 4:20PM

12 Weeks 11-Sep

ALL780-Z

Zoom

Limit: 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: Mary Lou Heinz, Maggie French. 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. 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.

THURSDAY (Continued)

Experiencing Aging: **ALL1324-Z**
Continuing Conversations for Women
 Thursday 3:00PM - 4:20PM Zoom
 Second 6 Weeks 23-Oct Limit: 18

This course has been running for quite a few semesters now and we don't seem to be running out of topics to talk about! Topics covered in each course have varied; class members set the agenda with the current aging issues they bring to class. What's most important is sharing our stories and the insights, wisdom, resources and laughter we bring to each other. We use the "go-round" method of sharing: each class member speaks in turn, with general discussion when time permits. The coordinator will email an article, essay, book excerpt or poem, with discussion questions to reflect upon each week. Come prepared to introduce yourself by sharing your age and issues currently on your mind.

Coordinator: Pat Stover. Pat has been coordinating classes at ALL for over 15 years, primarily concerned with women's issues from a feminist perspective. Currently, she continues her focus on women's aging and the support, encouragement and inspiration we women can provide for each other by sharing our own stories.

FRIDAY

The Doc is In **ALL433-C**
 Friday 1:00PM - 4:00PM * Wilkens Library Media Ctr.
 12 Weeks 12-Sep Limit: 26

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 will screen docs on subjects as diverse as the arts, environment, science and politics, and from whimsical to sobering. Discussions in the course will be 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.

Mindfulness Meditation in Theory and Practice**ALL1323-C**

Friday 1:30PM - 2:50PM
 First 6 Weeks 12-Sep

Grossman 106
 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*.

Introduction to Modern Western Square Dance**ALL1387-C**

Friday 2:00PM - 4:00PM *
 12 Weeks 12-Sep

Fitness Center
 Limit: 25

Need a new workout? Share the teamwork and energizing fun of square dancing while learning Basic Level calls. A variety of modern music keeps you moving and smiling. No prior square dance experience needed. Sign up with a partner or solo. Dancers will learn either the "right hand" (women's) or "left hand" (men's) position to partner up in a square. Wear comfortable clothes and soft shoes. Bring a water bottle. Get up and dance! *Please Note: This course meets for two hours.

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! 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 been square dancing since 2013 and is a founding member and club coordinator for Seaside Squares in Yarmouth, MA.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	First 6 Weeks	8-Sep	ALL1440-C	Logic: Syntax and Semantics	Grossman 106	Dan Dougherty
Monday	10:30AM - 11:50AM	First 6 Weeks	8-Sep	ALL1300-C	Whitey Bulger - Declassified	Grossman 115	Janet Uhlar
Monday	10:30AM - 11:50AM	First 6 Weeks	8-Sep	ALL1367-Z	The Contemporary American Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	10:30AM - 11:50AM	First 6 Weeks	8-Sep	ALL1383-Z	Let's Read Science Times Together	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	First 6 Weeks	8-Sep	ALL1461-C	Applying the Arts to Social Change CANCELLED	Grossman 106	Lynda Bardfield
Monday	10:30AM - 11:50AM	Second 6 Weeks	27-Oct	ALL1403-Z	The Ride of Her Life	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	Second 6 Weeks	27-Oct	ALL1409-Z	More of The Contemporary American Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	10:30AM - 11:50AM	Second 6 Weeks	27-Oct	ALL1352-C	Introduction to Chess	Grossman 106	Larry Pincus, John Heneghan
Monday	12:00PM - 1:20PM	First 6 Weeks	8-Sep	ALL1382-C	The American Revolution: A Different Perspective	Grossman 115	Janet Uhlar
Monday	12:00PM - 1:20PM	Second 6 Weeks	27-Oct	ALL1210-Z	Memoirs - Lest We Forget	Zoom	Dianne Tattersall
Monday	1:30PM - 2:50PM	12 Weeks	8-Sep	ALL1435-Z	Around The World in 12 Films	Zoom	Joseph Gonzalez
Monday	1:30PM - 2:50PM	First 6 Weeks	8-Sep	ALL1329-C	Sample a New Leisure Activity	Grossman 106	Patricia McKean
Monday	1:30PM - 2:50PM	First 6 Weeks	8-Sep	ALL1439-C	A Novel Experience	Grossman 115	Iris Leigh
Monday	1:30PM - 2:50PM	Second 6 Weeks	27-Oct	ALL1458-C	Tai Chi and QiGong	Life Fitness Center	Corina Iukovici
Monday	1:30PM - 2:50PM	Second 6 Weeks	27-Oct	ALL1425-C	Dispelling Native American Myths	Grossman 106	Frank Cuphone, John Kennedy
Monday	3:00PM - 4:20PM	Second 6 Weeks	27-Oct	ALL1460-Z	A Circle Journey for Life's Next Chapter	Zoom	Maura Smith Stein
Monday	3:00PM - 4:20PM	Second 6 Weeks	27-Oct	ALL1456-HC	Beyond Red or White Presents: Corkscrewed!	Grossman 115	Ron Fernandes
Monday	3:00PM - 4:20PM	Second 6 Weeks	27-Oct	ALL1456-HZ	Beyond Red or White Presents: Corkscrewed!	Zoom	Ron Fernandes
Tuesday	9:00AM - 10:20AM	12 Weeks	9-Sep	ALL1433-Z	New Global Order Updated	Zoom	Stew Goodwin
Tuesday	9:00AM - 10:20AM	12 Weeks	9-Sep	ALL1427-C	Topics in Environmental Studies	Grossman 106	Kevin Dunleavy
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	21-Oct	ALL1423-C	Sociology of Age	Grossman 115	Jay Green
Tuesday	10:30AM - 11:50AM	12 Weeks	9-Sep	ALL1426-C	Long Day's Journey into Night	Grossman 106	Roger Shoemaker, Joe Auciello
Tuesday	10:30AM - 11:50AM	First 6 Weeks	9-Sep	ALL1437-Z	Scandinavian Cinema	Zoom	John Stowe

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	12:00PM - 1:20PM	Second 6 12 Weeks	9-Sep	ALL013-C	Great Books	Grossman 106	Judith Egan
Tuesday	1:30PM - 2:50PM	First 6 Weeks	9-Sep	ALL1429-C	The Struggles and Satisfactions of Aging	Grossman 106	Robert Santulli
Tuesday	1:30PM - 2:50PM	Second 6 Weeks	21-Oct	ALL1449-C	Grand Finale: Films with an Intriguing Denouement.	Grossman 106	Evan Cook
Tuesday	2:30PM - 5:30PM *	First 6 Weeks	9-Sep	ALL1436-C	Chair Caning	Tilden Arts Center	Cindy Olotka
Tuesday	3:00PM - 4:20PM	12 Weeks	9-Sep	ALL1457-C	Intermediate Chess II	Grossman 115	Brian Haendiges
Tuesday	3:00PM - 4:20PM	First 6 Weeks	9-Sep	ALL1451-C	Turning Points in the History of Women - Section A	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	21-Oct	ALL1452-C	Turning Points in the History of Women - Section B	Grossman 106	Lawrence Brown
Wednesday	9:00AM - 10:20AM	12 Weeks	10-Sep	ALL1037-C	Magical Musical Tour: The Story of the Beatles	Grossman 106	Lew Taylor
Wednesday	9:00AM - 10:20AM	First 6 Weeks	10-Sep	ALL1462-C	Script to Screen CANCELLED	Grossman 115	Sandra Bolton
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	22-Oct	ALL1416-C	Pen, Pad and Prompt: Writing Improv Course	Grossman 115	Ann Tucker
Wednesday	10:30AM - 11:50AM	12 Weeks	10-Sep	ALL1328-HC	The Economist	Grossman 115	Denise Benjamin, Frederick Rice, Michael Sullivan
Wednesday	10:30AM - 11:50AM	12 Weeks	10-Sep	ALL1328-HZ	The Economist	Zoom	Denise Benjamin, Frederick Rice, Michael Sullivan
Wednesday	10:30AM - 11:50AM	12 Weeks	10-Sep	ALL1431-C	Elvis Presley: The Man and His Music	Grossman 106	Lew Taylor
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	22-Oct	ALL1443-Z	Allies and Enemies: The US and Russia (1917-2025)	Zoom	Russell Leng
Wednesday	12:00PM - 1:20PM	12 Weeks	10-Sep	ALL077-C	So You Want To Be a Poet	Grossman 115	Glyn Dowden
Wednesday	12:00PM - 1:20PM	First 6 Weeks	10-Sep	ALL1455-C	America's Three Religions CANCELLED	Grossman 106	Rob Swanson
Wednesday	12:00PM - 1:20PM	Second 6 Weeks	22-Oct	ALL1441-C	Great American Westerns of the 20th Century	Grossman 106	Richard Slapsys
Wednesday	1:30PM - 2:50PM	12 Weeks	10-Sep	ALL489-C	How Philosophy Can Change Your Life	Grossman 115	Claire Briand
Wednesday	1:30PM - 2:50PM	First 6 Weeks	10-Sep	ALL1434-C	Aging, Philosophy and YOUR Perspective	Grossman 106	Maggie French
Wednesday	1:30PM - 2:50PM	First 6 Weeks	10-Sep	ALL1448-Z	Portraits of Challenge and Resilience in Picture Books	Zoom	Dale Fink
Wednesday	1:30PM - 2:50PM	Second 6 Weeks	22-Oct	ALL1424-C	Investing for Retirees	Grossman 106	Frederick Rice
Wednesday	3:00PM - 4:20PM	12 Weeks	10-Sep	ALL1444-Z	Which is Better?	Zoom	John Temple
Wednesday	3:00PM - 4:20PM	First 6 Weeks	10-Sep	ALL1453-C	The Roots of Faith - 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	22-Oct	ALL1454-C	The Roots of Faith - Section B	Grossman 106	Lawrence Brown
Thursday	9:00AM - 10:20AM	First 6 Weeks	11-Sep	ALL1359-C	Cape Cod History Course - Section A	Grossman 106	James Coogan
Thursday	9:00AM - 10:20AM	Second 6 Weeks	23-Oct	ALL1374-C	Cape Cod History Course - Section B	Grossman 106	James Coogan
Thursday	10:30AM - 11:50AM	First 6 Weeks	11-Sep	ALL1442-HC	Simone Weil: Philosopher, Factory Worker, Rebel and Mystic	Grossman 115	David Mulligan
Thursday	10:30AM - 11:50AM	First 6 Weeks	11-Sep	ALL1442-HZ	Simone Weil: Philosopher, Factory Worker, Rebel and Mystic	Zoom	David Mulligan
Thursday	10:30AM - 11:50AM	First 6 Weeks	11-Sep	ALL1432-C	Three Immortal Comic Operas	Grossman 106	Steve Piontek
Thursday	10:30AM - 11:50AM	Second 6 Weeks	23-Oct	ALL1296-Z	Mindfulness: Cultivating Lasting Happiness and Self-Compassion	Zoom	Leslie Dealy
Thursday	10:30AM - 11:50AM	Second 6 Weeks	23-Oct	ALL866-C	Introduction to Nichiren Buddhism	Grossman 106	Susan Whalley, Steve Piontek
Thursday	10:30AM - 11:50AM	Second 6 Weeks	23-Oct	ALL1266-HC	How Life Began: Evolution and the Molecular Basis of Life	Grossman 115	Steve Munroe
Thursday	10:30AM - 11:50AM	Second 6 Weeks	23-Oct	ALL1266-HZ	How Life Began: Evolution and the Molecular Basis of Life	Zoom	Steve Munroe
Thursday	12:00PM - 1:20PM	12 Weeks	11-Sep	ALL1428-C	The US and Vietnam: 1950-1975 CANCELLED	Grossman 106	Richard Stewart
Thursday	12:00PM - 1:20PM	First 6 Weeks	11-Sep	ALL1446-HC	State of the Union: Weekly Discussion	Grossman 115	Susanne Adamson, Diane VerSchure
Thursday	12:00PM - 1:20PM	First 6 Weeks	11-Sep	ALL1446-HZ	State of the Union: Weekly Discussion	Zoom	Susanne Adamson, Diane VerSchure
Thursday	12:00PM - 1:20PM	Second 6 Weeks	23-Oct	ALL1447-HC	More State of the Union: Weekly Discussion	Grossman 115	Susanne Adamson, Diane VerSchure
Thursday	12:00PM - 1:20PM	Second 6 Weeks	23-Oct	ALL1447-HZ	More State of the Union: Weekly Discussion	Zoom	Susanne Adamson, Diane VerSchure
Thursday	1:30PM - 2:50PM	12 Weeks	11-Sep	ALL055-Z	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	1:30PM - 2:50PM	12 Weeks	11-Sep	ALL910-C	Bridge for Beginners	Grossman 106	Christopher Senie
Thursday	1:30PM - 2:50PM	12 Weeks	11-Sep	ALL1370-C	Memories Worth Saving 2.0	Grossman 115	June Calender
Thursday	3:00PM - 4:20PM	12 Weeks	11-Sep	ALL1430-C	Understanding Disagreement	Grossman 106	Theodore Everett
Thursday	3:00PM - 4:20PM	12 Weeks	11-Sep	ALL780-Z	Writing Incubator 2.0	Zoom	Mary Lou Heinz, Maggie French
Thursday	3:00PM - 4:20PM	Second 6 Weeks	23-Oct	ALL1324-Z	Experiencing Aging: Continuing Conversations for Women	Zoom	Pat Stover
Friday	1:00PM - 4:00PM *	12 Weeks	12-Sep	ALL433-C	The Doc is In	Wilkens Library Media Center	Lili Seely
Friday	1:30PM - 2:50PM	First 6 Weeks	12-Sep	ALL1323-C	Mindfulness Meditation in Theory and Practice	Grossman 106	James Kershner
Friday	2:00PM - 4:00PM *	12 Weeks	12-Sep	ALL1387-C	Introduction to Modern Western Square Dance	Life Fitness Center	David Perrault, Anne Schiraga

ALL Registration Form Fall 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 transaction fee (\$130 total) online by selecting the "Pay Online 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
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1. ALL							
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2. ALL							
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3. ALL							
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4. ALL							
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Alternate Courses (if preferred are full)

1. ALL							
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2. ALL							
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3. ALL							
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4. ALL							
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The ALL Registration process will open on Monday, August 18th at 9 am for registration forms received by Friday August 15th. No preference will be given to early postmarks or delivery dates.



Board of Directors 2025-2026

Roger Shoemaker	President	2027
Brian Haendiges	Vice President	2028
Maggie French	Treasurer	2027
Joan Freedman	Clerk	2028
Rita Ailinger	Member-at-Large	2026
Jean DeVincentis	Registration	2027
Denise Benjamin	Special Events	2026
Henry Tamzarian	Curriculum	2027
Marianne Triplette	Communications	2026
Patricia McKean	Member-at-Large	2026
Alice Mitchell	Hospitality, Membership	2026
Joe Dwelly	Member-at-Large	2028
Paul Coteus	Immediate Past President	2026

Office Administrator: Cynthia Jayne

Academy for Lifelong Learning Cape Cod, Inc.
Cape Cod Community College

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Email: lifelonglearning@capecod.edu