

Spring 2026
Course
Catalog

Volume 25 Number 1

Learning and enrichment
opportunities for
adults 50 and over

ACADEMY
FOR
LIFELONG
LEARNING
of Cape Cod, Inc.



Academy for Lifelong Learning
Cape Cod Community College

2240 Iyannough Road
West Barnstable, MA
02668-1599

774-330-4400

www.capecodall.org

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

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

The Academy for Lifelong Learning

Academic Calendar Spring 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

Academic Calendar Fall 2026

Registration begins	Monday, August 24 at 9 a.m.
New member orientation	Wednesday, September 9 at 10 a.m.
Fall classes begin	Monday, September 14
First six-week classes end	Monday, October 26
Second six-week classes begin	Tuesday, October 27
Classes end	Wednesday, December 16

Holidays – no classes

Columbus Day	Monday, October 12
Veterans Day	Wednesday, November 11
Thanksgiving break	Monday-Friday, November 23-27

Beginning and end dates of courses:

12-Week Courses	First 6 Weeks	Second 6 Weeks
Mondays: 9/14 – 12/7	Mondays: 9/14 – 10/26	Mondays: 11/2 – 12/14
Tuesdays: 9/15 – 12/8	Tuesdays: 9/15 – 10/20	Tuesdays: 10/27 – 12/8
Wednesdays: 9/16 – 12/16	Wednesdays: 9/16 – 10/21	Wednesdays: 10/28 – 12/16
Thursdays: 9/11 – 12/10	Thursdays: 9/17 – 10/22	Thursdays: 10/29 – 12/10
Fridays: 9/12 – 12/11	Fridays: 9/18 – 10/23	Fridays: 10/30 – 12/1

Course List by Category

Arts and Culture

ALL1477-Z	Melodrama: Bigger Than Life.....	10
ALL1478-Z	Italian Cinema.....	12
ALL1481-C	You're the Top: The Music of Cole Porter	12
ALL1468-C	Hitsville USA: A Cultural History of Motown.....	15
ALL1472-HC	Why a Rhinoceros? The Plays of Ionesco	18
ALL1472-HZ	Why a Rhinoceros? The Plays of Ionesco	18
ALL813-C	Jazz Fundamentals	21

Current Events

ALL1306-Z	Great Decisions 2026	7
ALL1466-Z	What's Up With Fresh Water?	11
ALL1487-C	Understanding the Middle East – Section A	12
ALL1488-C	Understanding the Middle East – Section B	13
ALL1328-HC	The Economist.....	13
ALL1328-HZ	The Economist.....	14
ALL1446-Z	State of the Union: Weekly Discussion	18
ALL1447-HC	More State of the Union: Weekly Discussion	19
ALL1447-HZ	More State of the Union: Weekly Discussion	19

Health and Wellness

ALL1464-C	Mindfulness with Reiki	9
ALL1491-Z	Secrets of a Satisfied Life	9
ALL1323-C	Mindfulness Meditation in Theory and Practice ...	21

History

ALL1300-C	Whitey Bulger - Declassified.....	7
ALL1382-C	The American Revolution: A Different Perspective	8
ALL1465-C	Groundbreaking Women	18

Language

ALL1482-C	Speak French in Paris.....	11
-----------	----------------------------	----

Literature

ALL1349-Z	Discussing the Essay.....	7
ALL1350-Z	Still Discussing the Essay.....	7
ALL1403-Z	The Ride of Her Life	8
ALL013-C	Great Books	12
ALL1467-C	The Short Stories of Ernest Hemingway.....	14
ALL1474-C	The Poems of Robert Frost.....	17
ALL1442-HC	Simone Weil: Philosopher, Factory Worker, Rebel and Mystic.....	17
ALL1442-HZ	Simone Weil: Philosopher, Factory Worker, Rebel and Mystic.....	17
ALL055-Z	Loving the Short Story	19

Personal Interest

ALL1424-C	Investing for Retirees	8
ALL1329-C	Sample a New Leisure Activity	9
ALL1490-C	AI Skills for Everyday Life	10
ALL1483-Z	Van and RV Life for Retirees.....	13
ALL1469-C	Beading Brick and Peyote Basics.....	14
ALL1470-C	Beading Brick and Peyote Projects	14
ALL1479-C	Mixed Media and Beads.....	15
ALL1480-C	Mixed Media and Beads Continued	15
ALL1485-C	Telling the Most Important Story You've Got – Section A	16
ALL1486-C	Telling the Most Important Story You've Got – Section B	16
ALL1473-C	Chess: Free Play With Instruction.....	16
ALL1476-C	Story Buffet: Life Lessons.....	16
ALL965-C	Intermediate Bridge	20
ALL1305-C	Learning to Fish Cape Cod and Beaches.....	20

Philosophy and Religion

ALL866-C	Introduction to Nichiren Buddhism	17
ALL756-C	Philosophy and Film	21

Science

ALL1483-HC	Update: Challenges to Water Quality on Cape Cod	10
ALL1483-HZ	Update: Challenges to Water Quality on Cape Cod	10
ALL1484-C	The Scientific Method: A Tool for Understanding Our World.....	11
ALL1471-Z	What the Data Says!	15
ALL1489-HC	Decoding the Genome.....	16
ALL1489-HZ	Decoding the Genome.....	17

Social Issues

ALL1423-C	Sociology of Age.....	11
ALL1475-Z	Personal and Social Identity	20

Writing and Rhetoric

ALL1370-C	Memories Worth Saving 2.0	9
ALL1416-C	Pen, Pad and Prompt: Writing Improv Course	13
ALL077-C	So You Want To Be a Poet	14
ALL1439-C	A Novel Experience	19
ALL780-Z	Writing Incubator 2.0	20

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 39 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 60 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 allcregister@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, January 12th. All members will have an equal chance of getting their course choices if their completed registration forms with payments are received by Friday, January 9th. 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, Cynthia Freyberger, Jo Ann Johnson, 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. Please contact the office if you need help submitting courses.

Important College Information

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

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

College Campus Public Safety Regulations and Disabled Parking Rules

General Regulations

- Campus speed limit is 20 miles per hour.
- Crosswalks are clearly marked. Cars must stop and wait until pedestrians have crossed the street safely.
- The one-hour parking spaces in front of Grossman are designed for temporary use to unload, go to the help desk, bookstore, cafeteria, etc.
- Park in public lots, being especially careful to park within the white lines (front, back and sides).
- Be sure that your driver's license and registration are valid, and that you have a current inspection sticker and insurance.

Disabled Parking

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

Should you find that the Disabled Parking spots near Grossman Commons are not available, and you have a valid RMV Disabled plate/placard, the following alternatives are suggested by College Police: Additional Disabled Parking is located outside Maureen Wilkens Hall which is opposite parking lots #4 and #5. Another alternative is to call College Police (774-330-4949) to request transportation to and from Grossman Commons before and after your class.

Cape Cod Community College Campus Map

CAMPUS MAP

- 1 TILDEN ARTS CENTER
- 2 NICKERSON ADMINISTRATION BUILDING
- 3 WILKENS LIBRARY
- 4 MAUREEN M. WILKENS HALL (Wilkins South)

- 5 FRANK WILKENS BUILDING (Wilkins North)
- 6 FRANK AND MAUREEN WILKENS SCIENCE AND ENGINEERING CENTER
- 7 GROSSMAN COMMONS BUILDING

- 8 WKKL RADIO STATION
- 9 LORUSSO TECHNOLOGY BUILDING
- 10 LIFE FITNESS CENTER
- 11 FACILITIES/DELIVERIES

-  Accessible Parking
-  Bus Stop
-  Elevator
-  Walking path
-  Bridge
-  Stairs



Powerful Futures Start Here



MONDAY**Great Decisions 2026**Monday 9:00AM - 10:20AM
First 6 Weeks 26-Jan**ALL1306-Z**Zoom
Limit: 25

Great Decisions is a world affairs discussion program designed by the Foreign Policy Association (fpa.org). Each year the FPA chooses eight topics to discuss and produces print and video materials to provide the background for these discussions. Topics for 2026 are: America's global role; Trump 2.0 foreign policy; Trump tariffs; US-China relations; today's nuclear age; Ukraine and European security; multilateral institutions in a changing world order; US engagement of Africa; the future of human rights and international law. This will be a discussion course. Participants are invited to share insights, additional readings, knowledge and opinions of each of the topics presented. The *Great Decisions 2026 Briefing Book* can be pre-ordered from fpa.org for \$35. For the first class, please read the first chapter: "America and the World: Trump 2.0 Foreign Policy."

Coordinator: William Gentes. Bill is a retired finance executive with experience in finance and global supply chain management. He has participated in and coordinated several Great Decisions classes.

Whitey Bulger - DeclassifiedMonday 10:30AM - 11:50AM
Second 6 Weeks 16-Mar**ALL1300-C**Grossman 106
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.

Discussing the EssayMonday 10:30AM - 11:50AM
First 6 Weeks 26-Jan**ALL1349-Z**Zoom
Limit: 15

The course discusses essays. Essays can offer opinions, impart knowledge and information or share personal experience. In this six-week session, we will be discussing 12 essays from the book, *The Touchstone Anthology of Contemporary Creative Nonfiction*, edited by Lex Williford and Michael Martone. 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 1970 to 2007. 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 this essay anthology. Reading assignments for the first class will be sent in the introductory email.

Coordinators: Brett Burgess, Deborah Titolo.

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

Still Discussing the EssayMonday 10:30AM - 11:50A
Second 6 Weeks 16-March**ALL1350-Z**Zoom
Limit: 15

In this six-week session, we will be discussing 12 additional essays from the book *Touchstone Anthology of Contemporary Creative Nonfiction*,

MONDAY (Continued)

edited by Lex Williford and Michael Martone. 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 1970 to 2007. 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. Reading assignments for the first class will be sent in the introductory email.

Coordinators: Brett Burgess, Deborah Titolo.

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

Investing for Retirees

Monday 10:30AM - 11:50AM
Second 6 Weeks 16-Mar

ALL1424-C

Grossman 115
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!

Coordinator: Frederick Rice. Fred has a B.A. 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 Ride of Her Life

Monday 10:30AM - 11:50AM
First 6 Weeks 26-Jan

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 American Revolution:
A Different Perspective**

Monday 12:00PM - 1:20PM
Second 6 Weeks 16-Mar

ALL1382-C

Grossman 106
Limit: 25

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

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

MONDAY (Continued)**Mindfulness with Reiki**Monday 12:00PM - 1:20PM
12 Weeks 26-Jan**ALL1464-C**
Grossman 115
Limit: 15

Reiki is a Japanese technique for stress reduction, healing and relaxation. It helps enhance our overall sense of well-being and assists healing at an elemental level of many conditions, illnesses and diseases. It is nonjudgmental, nondenominational and all inclusive. Mindfulness is the practice of being present and fully engaged in the current moment. It involves paying attention to one's thoughts, feelings and sensations without judgment. Miracles can happen when we combine these two modalities. Class includes meditations, affirmations, mindful resources, a focused mindful topic each class, reiki and energy healing while seated, discussions and teachings, along with music and much more. Optimize your health and change your life!

Coordinator: Tara Crowley. Tara is a Reiki Master, Animal Reiki Master, Kid Reiki Master, Master Dowser/pendulum healing and Energy Healing Master. She is certified in PTSD and autism studies. She is a minister, teacher and published author, passionate about the healing benefits of reiki/energy healing and mindful practices. Tara has worked with energy healing almost 25 years and has seen a lot of positive transformation. She is the owner of Timeless Energy Healing and brings in the healing power of the ocean.

Secrets of a Satisfied LifeMonday 12:00PM - 1:20PM
First 6 Weeks 26-Jan**ALL1491-Z**Zoom
Limit: 20

Our days are pixels of the photo of our life. This course is for people who want to make a great picture and build a legacy of goodness. We will address a six-facet wellness wheel, a process to increase vitality in all facets of the human wellness categories (physical, mental, emotional, occupational, social and spiritual). With an eye towards some common limitations of older populations, we will work on ideals that reset us and challenge assumptions about how we age. First, we will work to strengthen our internal systems, then take on external interests (people, purpose and passions). The second half of the course is to implement some intended changes and test the impact of these practices.

Coordinator: Ken Silva. Ken has been teaching and coaching for 15 years. As a certified health and wellness coach, he focuses on mental and physical health with a philosophical and spiritual focus on the beauty of life, to reduce sadness and suffering, and for societal wellness. He helps people break free of self-imposed chains to find their original self. Find more info at www.kokoro4life.com

Sample a New Leisure ActivityMonday 1:30PM - 2:50PM
First 6 Weeks 26-Jan**ALL1329-C**Grossman 106
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 SIXTH semester, we will continue to inspire and motivate you with a sampling of activities: Identifying butterflies (Joe Dwelly); Libraries are more than "just books" (Brian Meneses); Become a sea turtle volunteer (Randy Buckner); Online word and number games (Peg Holmes); and Introduction to reiki (Tara Crowley). 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.

Memories Worth Saving 2.0Monday 1:30PM - 2:50PM
12 Weeks 26-Jan**ALL1370-C**Grossman 115
Limit: 15

Class members will write the stories of their early life. They will create a memoir sort of story to share with family and/or others.

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

MONDAY (Continued)**Melodrama: Bigger Than Life**Monday 1:30PM - 2:50PM
12 Weeks 26-Jan**ALL1477-Z**Zoom
Limit: 30

Melodrama is a dramatic genre in which events, conflict and characters are overplayed and sensationalized to elicit strong emotional reactions from the audience. We will view 12 films and discuss these characteristics, along with the success of melodrama from its infancy (1920s) to present times (2020s). For the first class, please watch *Broken Blossoms* (1919), available online: archive.org or YouTube.com.

Coordinator: Joseph Gonzalez. Cuban born, Joe has lived and worked in the NYC metro area. He is a former magazine editor, script supervisor, scriptwriter and Spanish dialect coach in films for 36 years. He has written and published short stories in both English and Spanish. He has taught film and Spanish classes at ALL. Joe holds a bachelor's degree in English from Rutgers University, and a master's degree in Spanish Literature and certificate in Translation from Montclair State University. He studied film at The School for Social Research, NYC.

AI Skills for Everyday LifeMonday 3:00PM - 4:20PM
First 6 Weeks 26-Jan**ALL1490-C**Grossman 106
Limit: 20

Artificial Intelligence (AI) can be overwhelming and frightening. It is also wonderful and unbelievably helpful. The goal of this six-week course is to demystify AI, with a focus on using it to navigate some of the challenges of aging and making life easier. AI can help plan trips, save money, navigate digital portals, avoid scams, and serve as a personal assistant, a thought partner, a research librarian (Google on steroids!) and a time saver. Demonstrations will include some of the best AI tools (ChatGPT, Claude, Perplexity, NotebookLM, and Nano Banana). Links to supplemental readings will be provided weekly. Prior technology experience is not necessary. Access to a smartphone, tablet or computer is helpful. If possible, download ChatGPT to your device. Links to supplemental readings will be provided weekly.

Coordinator: Heather Wilson. Heather is a longtime educator and entrepreneur who holds a Ph.D. in Pastoral Psychology. She spent much of her career in the hospice field and founded and sold several

successful companies, including an online education platform specifically for hospice professionals. Her lifelong interest in technology is now directed towards leveraging the massive capabilities of AI to save time, make life easier and navigate the challenges of aging.

TUESDAY**Update: Challenges to Water Quality on Cape Cod**Tuesday 9:00AM - 10:20A
Second 6 Weeks 17-March**ALL1483-HC**Grossman 115
Limit: 25

An update of the popular Spring 2025 course, this session explores current challenges and emerging solutions for protecting Cape Cod's clean water. We'll examine strategies to reduce nutrient pollution from septic systems, cesspools, fertilizers and road runoff—the main drivers of harmful algae blooms that close ponds each summer. Through guest speakers and case studies, we'll compare ecological restoration, innovative septic technologies, sewer expansion and eco-sanitation—highlighting effectiveness, costs, timelines and community efforts to restore healthy waters.

Coordinators: Jane Ward, Steve Waller. Jane completed 26 years in the US Air Force as an ophthalmologist, flight surgeon and educator. She returned to Centerville in 2017. She is a passionate citizen scientist who works to improve the health of Cape Cod waters and protect the river herring. Jane works closely with pond associations, water focused non-profits, Green Center, MASSTC and the Town of Barnstable to promote urine diversion, eco-sanitation, and sustainable practices for water and wastewater management. After more than 30 years as an Air Force ophthalmologist, Steve joined his medical alma mater's faculty, advancing to Professor and authoring over 100 scientific papers. His book *A Moving Meditation* (UMass Press) reflects on Long Pond, Centerville; a sequel on river herring migration is under consideration.

Update: Challenges to Water Quality on Cape CodTuesday 9:00AM - 10:20A
Second 6 Weeks 17-Mar**ALL1483-HZ**Zoom
Limit: 25

This is the Zoom version of this hybrid course.

Coordinators: Jane Ward, Steve Waller.
Hybrid Zoom version

TUESDAY (Continued)**What's Up With Fresh Water?**Tuesday 9:00AM - 10:20AM
12 Weeks 27-Jan

All kinds of crazy things have been happening to fresh water around the globe. There are droughts. There are floods. There are intense storms. There are melting glaciers. What can be done to reallocate fresh water to places that need it, including the Cape? I plan to explain.

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.

**The Scientific Method:
A Tool for Understanding Our World**Tuesday 9:00AM - 10:20AM
First 6 Weeks 27-Jan

Science rests on the scientific method, but what is the scientific method? Where did it come from? Why is it so important? How is it used to guide scientific inquiry, its interpretation and application? We will use *The Scientific Method* (2023), a short book by retired NASA astrophysicist Gordon Holman as our guide as we explore these questions. We will consider examples and learn to be scientists ourselves. Our goal is to become better informed and better able to evaluate the many scientific claims we encounter in the news or on social media.

Coordinator: William Seymour. Will grew up on a small working farm near Albany, NY. His interest in agriculture led to a B.S. in Animal Science from Cornell University and an M.S. and Ph.D. in Animal Science and Nutrition at Virginia Tech. Will worked as a research manager at the Agway Farm Research Center in Tully, NY and later for two other farm cooperatives, Roche Vitamins and Novus Nutrition. He conducted and monitored research in private facilities and at land-grant universities and has authored or co-authored peer-reviewed scientific papers.

ALL1466-ZZoom
Limit: 35**Sociology of Age**Tuesday 9:00AM - 10:20AM
Second 6 Weeks 17-Mar**ALL1423-C**Grossman 106
Limit: 25

This course discusses the social perception, status and treatment of older individuals. We will examine the perspective of social philosophers concerning age, psychosocial theories of aging, the heterochronic theory of age perception, treatment of older members of society by various cultures, the agism 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.

Speak French in ParisTuesday 10:30AM - 11:50AM
First 6 Weeks 27-Jan**ALL1482-C**Grossman 115
Limit: 24

Imagine you are going to Paris in 2026, and you want to communicate in French. The goal of this course is to help you feel comfortable speaking French to get around in Paris. We will work on six everyday scenarios, practicing with multiple classmates using a French/English pronunciation script. Brave people can also present to the class, if desired. This is a basic course for adult learners who have no foundation in French and are seeking to learn in a nonjudgmental environment. We will use the Google Translate app and the phrase book, *My First French Phrases* by Jill Kalz.

TUESDAY (Continued)

Coordinator: Sandra Waite. Sandra has been to France four times, most recently for the Olympics in 2024. She has been teaching for the last 25 years: yoga for adults and children, teaching interviewing skills, aqua arthritis and water pilates classes. Sandra has also taught adults with different abilities how to get jobs.

Italian Cinema

Tuesday 10:30AM - 11:50AM
First 6 Weeks 27-Jan

De Sica, Fellini, Antonioni. Italy has a long, illustrious history in cinema. Some of the greatest directors and actors gaining international acclaim are Italian, and Italy has won more Academy Awards for foreign language films than any other country. We will examine some of its most acclaimed movies and directors in this six-movie series: movies from the post-war neorealism period to the 21st century. Participants will watch films online through streaming platforms or on DVD and join a Zoom session for group discussions. Please watch *Umberto D.* by Vittorio De Sica prior to the first meeting, currently available free on Kanopy, with subscription on Disney+ and for rent on Prime.

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.

**You're the Top:
The Music of Cole Porter**
Tuesday 10:30AM - 11:50AM
First 6 Weeks 27-Jan

Anything Goes. Night and Day. Begin the Beguine. The list goes on and on when it comes to the glorious songs of Cole Porter, who many consider the greatest composer of American standards. This course will feature vintage and modern performances of the songs as well as video clips where available.

Coordinator: Steve Piontek. Steve has taught several courses on opera at ALL as well as on the poetry of William Butler Yeats. He has also been a co-coordinator for a course on Nichiren Buddhism for many years.

ALL1478-Z

Zoom
Limit: 15

Great Books

Tuesday 12:00PM - 1:20PM
First 6 Weeks 27-Jan

ALL013-C

Grossman 115
Limit: 20

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

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

**Understanding the Middle East
– Section A**

Tuesday 3:00PM - 4:20PM
First 6 Weeks 27-Jan

ALL1487-C

Grossman 106
Limit: 20

The course intends to offer as much insight into unfolding events as possible. It is important to get grounded in the area's ancient history, faith and culture, moving from approximately 3,500 BC into the Greco-Roman era, into the period when the Christian West begins to impact the Arabic/Muslim world, and into the colonial era, leading to the Age of Oil, its wars and tensions.

Coordinator: Lawrence Brown. Larry has been a teacher for 45 years, seven of those years teaching at ALL, 34 years teaching geography and 27 years teaching ancient history. He was twice an invited speaker at the Parliament of the World's Religions, 1999 in Cape Town, South Africa and 2004 in Barcelona, Spain. Larry is a practicing interfaith clergy and has spent 40 years teaching world religions.

TUESDAY (Continued)**Understanding the Middle East ALL1488-C****- Section B**

Tuesday 3:00PM - 4:20PM

Second 6 Weeks 17-Mar

Grossman 106

Limit: 20

This course is a repeat of the first six-week session. See a full description of this course above: Understanding the Middle East – Section A.

Coordinator: Lawrence Brown. Read Larry's bio in Understanding the Middle East on page 12.

Van and RV Life for Retirees ALL1483-Z

Tuesday 3:00PM - 4:20PM

First 6 Weeks 27-Jan

Zoom

Limit: 20

This course is for those who are retired or nearing retirement, who are interested in RV or van travel. The goal of this course is to share my experience and help others plan to travel in a van or RV throughout North America. The course will be mostly lecture and discussions, with the use of photos from travel around North America. Various apps and websites will be used to supplement the lectures. A strong emphasis will be placed on the specific interest of the participants to make the course informative and useful for them.

Coordinator: Gina Hurley. Gina has been in the field of education for 35 years. She holds degrees from the SUNY at Geneseo, UMass at Boston, and Indiana University of Pennsylvania. She was an adjunct faculty member teaching psychology at Cape Cod Community College for 25 years. Since retiring nearly five years ago, she has enjoyed traveling North America in her converted van, finding great hiking and skiing destinations.

WEDNESDAY**Pen, Pad and Prompt: ALL1416-C****Writing Improv Course**

Wednesday 9:00AM - 10:20AM

First 6 Weeks 28-Jan

Grossman 115

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. Note to returning class members: This semester, the coordinator will have new material to share.

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. In her career, she worked in marketing communications responsible for developing and managing projects in Europe, the UK, South America and Asia. She taught at the undergraduate and graduate levels at Augsburg University in MN before moving full time to the Cape in 2019.

The Economist

Wednesday 10:30AM - 11:50AM

12 Weeks 28-Jan

ALL1328-HC

Grossman 115

Limit: 20

This lively course is based on *The Economist*, a weekly publication acclaimed for its coverage and analysis of world events, politics, business, technology, the arts and other issues of current interest. Each week, we will discuss articles from the previous week's edition. After the first session, volunteers will choose articles and lead the discussion for subsequent weeks. Access to *The Economist* is recommended for this course. Short and long-term subscriptions are available in print and/or digital format directly from www.economist.com. The selected articles can also be accessed via the CLAMS library network. *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 B.A. 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.

WEDNESDAY (Continued)**The Economist**

Wednesday 10:30AM - 11:50AM
12 Weeks 28-Jan

ALL1328-HZ

Zoom
Limit: 15

This is the Zoom version of this hybrid course.

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

So You Want To Be a Poet

Wednesday 10:30AM - 11:50AM
12 Weeks 28-Jan

ALL077-C

Grossman 106
Limit: 20

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.

Beading Brick and Peyote Basics

Wednesday 12:00PM - 1:20PM
First 6 Weeks 28-Jan

ALL1469-C

Grossman 115
Limit: 10

Take your beading to the next level with this beginner-friendly peyote stitch course. Each week features a short presentation followed by hands-on practice using needle, thread and Miyuki 8/0 beads. Starter kits are available or bring your own (supply list will be provided). By the end of the course, you will complete a custom bracelet and gain confidence in peyote stitch techniques. Perfect for beginner- and intermediate-level beaders looking to build skills in a supportive setting. Optional homework reinforces learning. If you are a newbie to beading, check out videos on YouTube for Peyote Beading. Assignment for the first class: bring whatever supplies you have.

Coordinator: Kathleen Taylor. Kathy is an experienced and passionate beading artist focusing in peyote and herringbone stitches. With years of creative exploration, Kathy enjoys helping students of all skill levels discover the joy of working with needle, thread and beads to create beautiful, unique projects. Whether you're new to beading or looking

to take your skills to the next level, Kathy encourages experimentation and individual expressions and will guide you through every step of your beading journey.

Beading Brick and Peyote Projects

Wednesday 12:00PM - 1:20PM
Second 6 Weeks 18-Mar

ALL1470-C

Grossman 115
Limit: 10

This course is an extension of the Beading Brick and Peyote Basics first six-week session, but is also open to new students who have some peyote experience. Explore different ways to use your peyote and brick stitch skills with a few more stitches thrown in. Please note that jewelry is not our only finished project. Beads will be available for purchase and/or bring your own. Homework is required for best results. Work at your own pace. Bring those unfinished projects you need help with. Bring your ideas and whatever supplies you have to the first class.

Coordinator: Kathleen Taylor. Read Kathy's bio in Beading Brick and Peyote Basics.

The Short Stories of Ernest Hemingway

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

ALL1467-C

Grossman 106
Limit: 25

This course explores the artistry, themes and emotional depth of Hemingway's short stories, with a special focus on the autobiographical Nick Adams cycle, tracing Hemingway's emotional evolution from childhood through wartime and recovery. Each session examines three stories through the lens of Hemingway's minimalist style, historical context and enduring influence. Topics include: war and trauma, masculinity, gender dynamics, nature and healing, violence, irony, and existential reflection. We will discuss how Hemingway's signature Iceberg Theory shaped modern fiction. The text for this course is *The Complete Short Stories of Ernest Hemingway: The Finca Vigía Edition*. Assignment for the first week is to read: "A Very Short Story," "Out of Season" and "The End of Something."

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

WEDNESDAY (Continued)

What the Data Says!

Wednesday 12:00PM - 1:20PM
First 6 Weeks 28-Jan

ALL1471-Z

Zoom
Limit: 25

Reliable data informs our understanding of public opinion, trends, public welfare, and demographic characteristics in our community, the state, country and world. Without accurate data, misrepresentation can prevail. We will cover two topics in each class, first by presentation of the data, and then our discussion of its meaning for us personally, and for the larger community. We will use Pew Research Center and National Opinion Research Center (NORC) data, as well as government data when appropriate. Information will be provided to you ahead of time via email when appropriate. If you register for this course, feel free to recommend topics you would like covered before the class starts.

Coordinator: Marilyn Nouri. Marilyn has an academic background with a Ph.D. in Sociology from Syracuse University and a teaching career at SUNY at Oneonta. After retiring, she and her husband moved to Dennis, where she did data analysis for BPS as well as several volunteer organizations. She has offered many classes for ALL as well as serving on its board.

Mixed Media and Beads

Wednesday 1:30PM - 2:50PM
First 6 Weeks 28-Jan

ALL1479-C

Grossman 115
Limit: 15

Are you searching for creative ways to use your craft and bead collection? This course invites you to embark on an imaginative journey where beads are combined with fiber and found objects. Each week, there will be a brief demonstration showcasing different project ideas followed by a hands-on workshop. Potential projects may include amulet bags, brooches, mobiles, ornaments, etc. The demos are intended to inspire and encourage you to explore new techniques and possibilities with beads and fiber. No prerequisites needed. Bring whatever supplies you have to the first class.

Coordinator: Kathleen Taylor. Kathy is an experienced and passionate beading artist focusing in peyote and herringbone stitches. With years of creative exploration, Kathy enjoys helping students

of all skill levels discover the joy of working with needle, thread and beads to create beautiful, unique projects. Whether you're new to beading or looking to take your skills to the next level, Kathy encourages experimentation and individual expressions and will guide you through every step of your beading journey.

Mixed Media and Beads Continued **ALL1480-C**

Wednesday 1:30PM - 2:50PM
Second 6 Weeks 18-Mar

Grossman 115
Limit: 15

This course is an extension of the first six-week session because there was just not enough time to do everything we imagined. The course is open to new students who want to channel their inner gypsy and play. Same game plan as the first six-week session. Bring whatever supplies you have to the first class.

Coordinator: Kathleen Taylor. Read Kathy's bio in Mixed Media and Beads above.

Hitsville USA:

ALL1468-C

A Cultural History of Motown

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

Grossman 106
Limit: 25

Step inside the rhythm, soul and cultural revolution of "Motown: The Sound That Changed America." We'll trace the rise of Berry Gordy's musical empire—from its humble beginnings in a Detroit bungalow to its reign as the most influential Black-owned label in American history. We'll explore the artists who defined a generation: Smokey Robinson, The Supremes, Marvin Gaye, Stevie Wonder, The Temptations and the Jackson 5. We'll listen to the hits, unpack the harmonies and discuss how Motown's "assembly line" of talent shaped not only pop music but the civil rights movement, fashion and youth culture. This course offers a front-row seat to the music that moved the nation.

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

WEDNESDAY (Continued)

Chess: Free Play With Instruction	ALL1473-C
Wednesday 3:00PM - 4:20PM	Grossman 115
Second 6 Weeks 18-Mar	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, and 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.

Telling the Most Important Story	ALL1485-C
You've Got – Section A	
Wednesday 3:00PM - 4:20PM	Grossman 106
First 6 Weeks 28-Jan	Limit: 20

If you could only tell a single story about yourself that, once heard, would enable your listeners to understand you, what would that story be? Previous experience suggests that, by letting the bravest folks tell their stories first, other class members will find their moments of comfort to share theirs as well. Questions and discussions will take care of themselves. This is an idea first tried quite successfully with 7th and 9th grade students—and as older adults, we have more stories to tell.

Coordinator: Lawrence Brown. Larry has been a teacher for 45 years, seven of those at ALL. He has been a Sunday columnist at *Cape Cod Times* for 39 years. Larry has twice been an invited speaker at the Parliament of the World's Religions, 1999 in Cape Town, South Africa and 2004 in Barcelona, Spain. He is the author of five books, including a geography textbook published by Addison-Wesley and a book on Hindu theology in Mumbai, India.

Telling the Most Important Story

You've Got – Section B

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

ALL1486-C

Grossman 106
Limit: 20

This course is a repeat of the first six-week session. See a full description of the course in: Telling the Most Important Story You've Got – Section A.

Coordinator: Lawrence Brown. Read Larry's bio in Telling the Most Important Story You've Got - Section A.

THURSDAY

Story Buffet: Life Lessons

Thursday 9:00AM - 10:20AM
Second 6 Weeks 19-Mar

ALL1476-C

Grossman 106
Limit: 25

This course offers a story-based review of topics from the coordinator's upcoming book, *Corporate Campfire Stories: A Practical Career Guide for Aspiring Leaders* (Spring 2026). Though the target book audience is age 30-45, the coordinator and class will share and discuss personal stories from life experience regarding how we learn; building and maintaining relationships; motivating individuals and teams; communication; decision-making and prioritization; facing challenges and adversity; negotiating; process improvement; and innovation, in order to pass knowledge on to another generation.

Coordinator: Brian Haendiges. Brian has 40+ years of story-based coaching and mentoring as a Fortune 500 executive, with individuals, small teams and large groups. He has also guest-lectured on these topics with both UConn's and VCU's MBA programs.

Decoding the Genome

Thursday 9:00AM - 10:20AM
Second 6 Weeks 19-Mar

ALL1489-HC

Grossman 115
Limit: 25

This course will cover the history and science behind the human genome project, beginning with the discovery of the DNA double helix and the deciphering of the genetic code in the mid-20th century and extending to discoveries and technological advances of the present decade. We will discuss the many ways in which such studies of DNA have provided insight into the biology of cells and organisms and have greatly impacted medical science. Readings and videos will be provided following each week's class.

THURSDAY (Continued)

Coordinator: Steve Munroe. Steve is Professor Emeritus of Biological Sciences at Marquette University where he taught in the Department of Biological Sciences for 35 years. He has lived on Cape Cod since 2019 and has taught several previous courses at ALL on various aspects of molecular biology, earth science and related topics. After completing graduate work in Indiana, he spent four years as a research fellow in the Boston area before moving to Wisconsin. Shortly after the human genome sequence was published in 2001, Steve spent a fascinating week at one of the laboratories where the sequence of DNA in all the human chromosomes had first been discovered and in 2003 spent a sabbatical semester at a laboratory in Boston where new methods for DNA research were being developed.

Decoding the Genome

Thursday 9:00AM - 10:20AM
Second 6 Weeks 19-Mar

ALL1489-HZ

Zoom
Limit: 25

This is the Zoom version of this hybrid course.

Coordinator: Steve Munroe. Hybrid Zoom version

The Poems of Robert Frost

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

ALL1474-C

Grossman 106
Limit: 20

Robert Frost cultivated a popular but misleading self-image reminiscent of maple syrup and pancakes. What brought him four Pulitzer Prizes, though, and what causes him to endure as a major poet, is a spare and unflinching vision of human life told with an extraordinary use of American language within traditional forms. We will examine Frost's distinctive achievement by reading selections from his first three books of poems to discover the roads he took and the difference it made. The text for this course is *Robert Frost, The Road Not Taken And Other Poems*, ed. David Orr. (Penguin Classics Deluxe Edition). Please read "Stars" on page 5.

Coordinator: Joseph Auciello. Joseph, an unrepentant lover of literature, is a retired English and social studies teacher and department chair in public and private schools. He has a B.A. in English from Boston University and an M.A. in English from Boston College. He has written widely on literature, education, and national and international politics.

Joe's classes combine careful reading with meaningful discussion and a variety of opinion. Joe has offered several courses on short stories, drama, and poetry at ALL.

Simone Weil: Philosopher, Factory Worker, Rebel and Mystic

Thursday 10:30AM - 11:50AM
Second 6 Weeks 19-Mar

ALL1442-HC

Grossman 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

Thursday 10:30AM - 11:50AM
Second 6 Weeks 19-Mar

ALL1442-HZ

Zoom
Limit: 20

This is the Zoom version of this hybrid course.

Coordinator: David Mulligan. Hybrid Zoom version.

Introduction to Nichiren Buddhism

Thursday 10:30AM - 11:50AM
Second 6 Weeks 19-Mar

ALL866-C

Grossman 106
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.

THURSDAY (Continued)**Groundbreaking Women**Thursday 10:30AM - 11:50AM
First 6 Weeks 29-Jan

Let's learn more about groundbreakers who fought societal norms to fulfill their inner senses of mission. Expect guest experts and local stars. Learn about groundbreakers who paved the way: Jane Goodall, Mercy Otis Warren, Amelia Earhart, Eleanor Roosevelt, Rosa Parks, Sacagawea. Share what you know about great women. Speakers who will join us (virtually) include actor-director Janet Rodgers performing "Tea at 3:00 with Eleanor & Me" and Laurie Gwen Shapiro, author of *The Aviator and the Showman*, who will engage us in a dynamic conversation about the real Amelia Earhart. Suggested readings: *The Aviator and the Showman* and *The Muse of the Revolution: The Secret Pen of Mercy Otis Warren*.

Coordinators: Susan Whalley, Judy Luongo, Mary LeClair. Susan, retired from a career as a school counselor, has taught at ALL for the last 14 years. In addition to Introduction to Nichiren Buddhism, her other courses focused on Mercy Otis Warren and the women of Elizabeth Peabody's Bookstore's era in Boston. She lives in East Sandwich and enjoys playing Mah Jongg. Judy, originally from western Pennsylvania, earned her master's degree in Regulatory Affairs. She enjoyed great encouragement from her mother, who made the education of her daughters a priority, and has passed this enthusiasm on to her own daughters. She enjoys learning people's stories, friends and public figures alike. Former Barnstable County Commissioner and Treasurer, Mary has served the Cape community for over six decades. Her efforts establishing affordable housing, resources for addiction recovery and for children have impacted many. Mary co-facilitated courses focused on Mercy Otis Warren and the women of Elizabeth Peabody's Bookstore's era in Boston.

Why a Rhinoceros?**The Plays of Ionesco**Thursday 10:30AM - 11:50AM
First 6 Weeks 29-Jan

The Romanian-French playwright Eugène Ionesco was one of a number of artists who created highly imaginative, non-realistic plays following World War

ALL1465-C
Grossman 106
Limit: 25

II. This cadre of philosopher/playwrights, writing in French, also includes Sartre, Camus and Beckett. The plays explore human behavior through stage poetry and imagery, in styles variously described as existential, absurd and surreal. We will read Ionesco's most famous plays. It's a wild ride. There are two texts: *Rhinoceros and Other Plays* and *The Bald Soprano and Other Plays*. They are relatively inexpensive and also available through the CLAMS library network.

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

Why a Rhinoceros?**The Plays of Ionesco**Thursday 10:30AM - 11:50AM
First 6 Weeks 29-Jan**ALL1472-HZ**Zoom
Limit: 25

This is the Zoom version of this hybrid course.

Coordinator: Roger Shoemaker. Hybrid Zoom version.

State of the Union: Weekly Discussion **ALL1446-Z**Thursday 12:00PM - 1:20PM
First 6 Weeks 29-JanZoom
Limit: 25

Each week, we will discuss three new topics from newsletters and/or podcasts. We will select among Heather Cox Richardson (US history), Joyce Vance (US attorney), Christopher Armitage (public policy), 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. The coordinators will select a total of three newsletters and/or podcasts which we will discuss each week. There may be a guest speaker with a background in government. Please read/listen to the three newsletters or podcasts forwarded to you prior to the first class. Looking forward to great discussions! Note: Diane will lead a continuation of this discussion course in the next six weeks.

ALL1472-HC

Grossman 115
Limit: 25

THURSDAY (Continued)

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 B.A. 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 and held Cornell alumni leadership positions on multiple committees. She currently runs the Cape's Intercollegiate Alumni Association.

More State of the Union: Weekly Discussion

Thursday 12:00PM - 1:20PM
Second 6 Weeks 19-Mar

ALL1447-HC

Grossman 115
Limit: 20

Note: This is not a repeat of the first six-week session. Each week, we will discuss three new topics from newsletters and/or podcasts. We will select among Heather Cox Richardson (US history), Joyce Vance (US attorney), Christopher Armitage (public policy), 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. The coordinator will select a total of three newsletters and/or podcasts which we will discuss each week. There may be a guest speaker with a background in government. Please read/listen to the three newsletters or podcasts forwarded to you prior to the first class. Looking forward to great discussions!

Coordinator: Diane VerSchure. Diane has a B.A. 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 and held Cornell alumni leadership positions on multiple committees. She currently runs the Cape's Intercollegiate Alumni Association.

More State of the Union: Weekly Discussion

Thursday 12:00PM - 1:20PM
Second 6 Weeks 19-Mar

ALL1447-HZ

Zoom
Limit: 20

This is the Zoom version of this hybrid course.

Coordinator: Diane VerSchure. Hybrid Zoom version

A Novel Experience

Thursday 12:00PM - 1:20PM
First 6 Weeks 29-Jan

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.

Loving the Short Story

Thursday 1:30PM - 2:50PM
12 Weeks 29-Jan

ALL055-Z

Zoom
Limit: 25

Students will discuss two stories at each session, sharing ideas and perceptions to enhance the understanding of the readings. The new text for the spring semester will be *The Best Short Stories 2025: The O. Henry Prize Winners*, edited by Edward P. Jones.

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)**Intermediate Bridge**

Thursday 1:30PM - 2:50PM
12 Weeks 29-Jan

ALL965-C
Grossman 106
Limit: 25

This course is open to those who have taken Bridge for Beginners with this coordinator during the previous few semesters, or those at a fairly advanced level who wish to refine and further develop their skills at the card game bridge, both the bidding and the play of the hand. The text for this course is *Learn to Speak Bridge*, a handbook provided by the coordinator.

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

Learning to Fish

Cape Cod and Beaches
Thursday 3:00PM - 4:20PM
Second 6 Weeks 19-Mar

ALL1305-C
Grossman 106
Limit: 25

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

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

Personal and Social Identity

Thursday 3:00PM - 4:20PM
12 Weeks 29-Jan

ALL1475-Z
Zoom
Limit: 25

This course will examine a range of questions about social identity. Who are you? Is there some essence, like a soul or genome or a chain of memories, which maintains your personal identity throughout your life? What does it mean for someone to "identify" as a certain type of person? Could social identity be understood as a kind of overlapping between individuals? Can such questions shed light on current moral issues around nationality, race, class, gender, and family? The course will be part lecture with a lot of discussion. Readings from Plato, Descartes, Locke, Hume, Reid, Parfit, Nagel and others will be made 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 third course at ALL.

Writing Incubator 2.0

Thursday 3:00PM - 4:20PM
12 Weeks 29-Jan

ALL780-Z
Zoom
Limit: 25

Have you wanted to write, wondering where to begin? Do you write yet hesitate to share with others? Or are you a writer looking for feedback? This course offers a relaxed, comfortable atmosphere in which to create and deepen your writing skills and habits through weekly readings, critiques, and discussions. Essay, novel or poetry—whatever your genre—sharing your work advances your writing style and deepens the growth and knowledge of your writing skills.

Coordinators: Maggie French, Mary Lou Heinz.

Maggie was a former financial executive in manufacturing and health, followed by a career as a certified life coach in personal and professional development. She has been writing most of her life and has been with the Writing Incubator three years. 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.

FRIDAY

Philosophy and Film

Friday 1:00PM - 4:00PM *
12 Weeks 30-Jan

This course explores some of the great ideas of both Eastern and Western thought. To understand the ideas as best we can, we will view and discuss six classic American films that illustrate them: *The Matrix*, *Crimes and Misdemeanors*, *Groundhog Day*, *High Noon*, *Double Indemnity* and *On the Waterfront*. No previous knowledge of philosophy is required, but a love of films and a desire to improve critical thinking about them is. *Class times will vary in length. Those classes in which we introduce a topic will be 90 minutes (weeks 1,3,5,7,9,11). Those classes in which we view and discuss the film will be three hours (weeks 2,4,6,8,10,12).

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

Mindfulness Meditation in Theory and Practice

Friday 1:30PM - 2:50PM
First 6 Weeks 30-Jan

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*.

ALL756-C
Grossman 106
Limit: 20

Jazz Fundamentals

Friday 3:00PM - 4:20PM
12 Weeks 30-Jan

ALL813-C
Grossman 115
Limit: 25

Jazz is not a What—it's a How. This course will explore the origin, evolution, cultural context, theory, stylistic periods and influential contributors to America's original art form. We will listen to and analyze significant recordings and watch music videos. Our goal is to help you develop a deeper understanding of jazz, so you can fully enjoy listening to recordings and watching live performances.

Coordinators: Greg Polanik, Corina Lukovici.

A semi-professional musician by night, Greg has over 50 years of performance experience. While his formal studies included music theory, jazz history, jazz improvisation and musical acoustics, his real education took place in the jazz clubs of St. Louis. Corina shares Greg's love of jazz. She co-coordinated previous editions of this class, as well as their Música Cubana course.

ALL1323-C

Grossman 11
Limit: 25

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	First 6 Weeks	26-Jan	ALL1306-Z	Great Decisions 2026	Zoom	William Gentes
Monday	10:30AM - 11:50AM	First 6 Weeks	26-Jan	ALL1349-Z	Discussing the Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	10:30AM - 11:50AM	First 6 Weeks	26-Jan	ALL1403-Z	The Ride of Her Life	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	Second 6 Weeks	16-Mar	ALL1300-C	Whitey Bulger - Declassified	Grossman 106	Janet Uhlar
Monday	10:30AM - 11:50AM	Second 6 Weeks	16-Mar	ALL1350-Z	Still Discussing the Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	10:30AM - 11:50AM	Second 6 Weeks	16-Mar	ALL1424-C	Investing for Retirees	Grossman 115	Frederick Rice
Monday	12:00PM - 1:20PM	12 Weeks	26-Jan	ALL1464-C	Mindfulness with Reiki	Grossman 115	Tara Crowley
Monday	12:00PM - 1:20PM	First 6 Weeks	26-Jan	ALL1491-Z	Secrets of a Satisfied Life	Zoom	Ken Silva
Monday	12:00PM - 1:20PM	Second 6 Weeks	16-Mar	ALL1382-C	The American Revolution: A Different Perspective	Grossman 106	Janet Uhlar
Monday	1:30PM - 2:50PM	12 Weeks	26-Jan	ALL1370-C	Memories Worth Saving 2.0	Grossman 115	June Calender
Monday	1:30PM - 2:50PM	12 Weeks	26-Jan	ALL1477-Z	Melodrama: Bigger Than Life	Zoom	Joseph Gonzalez
Monday	1:30PM - 2:50PM	First 6 Weeks	26-Jan	ALL1329-C	Sample a New Leisure Activity	Grossman 106	Patricia McKean
Monday	3:00PM - 4:20PM	First 6 Weeks	26-Jan	ALL1490-C	AI Skills for Everyday Life	Grossman 106	Heather Wilson
Tuesday	9:00AM - 10:20AM	12 Weeks	27-Jan	ALL1466-Z	What's Up With Fresh Water?	Zoom	Stew Goodwin
Tuesday	9:00AM - 10:20AM	First 6 Weeks	27-Jan	ALL1484-C	The Scientific Method: A Tool for Understanding Our World	Grossman 106	William Seymour
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	17-Mar	ALL1483-HC	Update: Challenges to Water Quality on Cape Cod	Grossman 115	Jane Ward, Steve Waller
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	17-Mar	ALL1483-HZ	Update: Challenges to Water Quality on Cape Cod	Zoom	Jane Ward, Steve Waller
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	17-Mar	ALL1423-C	Sociology of Age	Grossman 106	Jay Green
Tuesday	10:30AM - 11:50AM	First 6 Weeks	27-Jan	ALL1482-C	Speak French in Paris	Grossman 115	Sandra Waite
Tuesday	10:30AM - 11:50AM	First 6 Weeks	27-Jan	ALL1478-Z	Italian Cinema	Zoom	John Stowe
Tuesday	10:30AM - 11:50AM	First 6 Weeks	27-Jan	ALL1481-C	You're the Top: The Music of Cole Porter	Grossman 106	Steve Piontek

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	12:00PM - 1:20PM	First 6 Weeks	27-Jan	ALL013-C	Great Books	Grossman 115	Judith Egan
Tuesday	3:00PM - 4:20PM	First 6 Weeks	27-Jan	ALL1487-C	Understanding the Middle East – Section A	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	17-Mar	ALL1488-C	Understanding the Middle East – Section B	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	First 6 Weeks	27-Jan	ALL1483-Z	Van and RV Life for Retirees	Zoom	Gina Hurley
Wednesday	9:00AM - 10:20AM	First 6 Weeks	28-Jan	ALL1416-C	Pen, Pad and Prompt: Writing Improv Course	Grossman 115	Ann Tucker
Wednesday	10:30AM - 11:50AM	12 Weeks	28-Jan	ALL1328-HC	The Economist	Grossman 115	Denise Benjamin, Frederick Rice, Michael Sullivan
Wednesday	10:30AM - 11:50AM	12 Weeks	28-Jan	ALL1328-HZ	The Economist	Zoom	Denise Benjamin, Frederick Rice, Michael Sullivan
Wednesday	10:30AM - 11:50AM	12 Weeks	28-Jan	ALL077-C	So You Want To Be a Poet	Grossman 106	Glyn Dowden
Wednesday	12:00PM - 1:20PM	12 Weeks	28-Jan	ALL1467-C	The Short Stories of Ernest Hemingway	Grossman 106	Lew Taylor
Wednesday	12:00PM - 1:20PM	First 6 Weeks	28-Jan	ALL1469-C	Beading Brick and Peyote Basics	Grossman 115	Kathleen Taylor
Wednesday	12:00PM - 1:20PM	Second 6 Weeks	18-Mar	ALL1470-C	Beading Brick and Peyote Projects	Grossman 115	Kathleen Taylor
Wednesday	12:00PM - 1:20PM	First 6 Weeks	28-Jan	ALL1471-Z	What the Data Says!	Zoom	Marilyn Nouri
Wednesday	1:30PM - 2:50PM	12 Weeks	28-Jan	ALL1468-C	Hitsville USA: A Cultural History of Motown	Grossman 106	Lew Taylor
Wednesday	1:30PM - 2:50PM	First 6 Weeks	28-Jan	ALL1479-C	Mixed Media and Beads	Grossman 115	Kathleen Taylor
Wednesday	1:30PM - 2:50PM	Second 6 Weeks	18-Mar	ALL1480-C	Mixed Media and Beads Continued	Grossman 115	Kathleen Taylor
Wednesday	3:00PM - 4:20PM	First 6 Weeks	28-Jan	ALL1485-C	Telling the Most Important Story You've Got – Section A	Grossman 106	Lawrence Brown
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	18-Mar	ALL1473-C	Chess: Free Play With Instruction	Grossman 115	Brian Haendiges
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	18-Mar	ALL1486-C	Telling the Most Important Story You've Got – Section B	Grossman 106	Lawrence Brown
Thursday	9:00AM - 10:20AM	First 6 Weeks	29-Jan	ALL1474-C	The Poems of Robert Frost	Grossman 106	Joseph Auciello
Thursday	9:00AM - 10:20AM	Second 6 Weeks	19-Mar	ALL1476-C	Story Buffet: Life Lessons	Grossman 106	Brian Haendiges
Thursday	9:00AM - 10:20AM	Second 6 Weeks	19-Mar	ALL1489-HC	Decoding the Genome	Grossman 115	Steve Munroe

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Thursday	9:00AM - 10:20AM	Second 6 Weeks	19-Mar	ALL1489-HZ	Decoding the Genome	Zoom	Steve Munroe
Thursday	10:30AM - 11:50AM	First 6 Weeks	29-Jan	ALL1465-C	Groundbreaking Women	Grossman 106	Susan Whalley, Judy Luongo, Mary LeClair
Thursday	10:30AM - 11:50AM	First 6 Weeks	29-Jan	ALL1472-HC	Why a Rhinoceros? The Plays of Ionesco	Grossman 115	Roger Shoemaker
Thursday	10:30AM - 11:50AM	First 6 Weeks	29-Jan	ALL1472-HZ	Why a Rhinoceros? The Plays of Ionesco	Zoom	Roger Shoemaker
Thursday	10:30AM - 11:50AM	Second 6 Weeks	19-Mar	ALL1442-HC	Simone Weil: Philosopher, Factory Worker, Rebel and Mystic	Grossman 115	David Mulligan
Thursday	10:30AM - 11:50AM	Second 6 Weeks	19-Mar	ALL1442-HZ	Simone Weil: Philosopher, Factory Worker, Rebel and Mystic	Zoom	David Mulligan
Thursday	10:30AM - 11:50AM	Second 6 Weeks	19-Mar	ALL866-C	Introduction to Nichiren Buddhism	Grossman 106	Susan Whalley, Steve Piontek
Thursday	12:00PM - 1:20PM	First 6 Weeks	29-Jan	ALL1446-Z	State of the Union: Weekly Discussion	Zoom	Susanne Adamson, Diane VerSchure
Thursday	12:00PM - 1:20PM	First 6 Weeks	29-Jan	ALL1439-C	A Novel Experience	Grossman 115	Iris Leigh
Thursday	12:00PM - 1:20PM	Second 6 Weeks	19-Mar	ALL1447-HC	More State of the Union: Weekly Discussion	Grossman 115	Diane VerSchure
Thursday	12:00PM - 1:20PM	Second 6 Weeks	19-Mar	ALL1447-HZ	More State of the Union: Weekly Discussion	Zoom	Diane VerSchure
Thursday	1:30PM - 2:50PM	12 Weeks	29-Jan	ALL055-Z	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	1:30PM - 2:50PM	12 Weeks	29-Jan	ALL965-C	Intermediate Bridge	Grossman 106	Christopher Senie
Thursday	3:00PM - 4:20PM	12 Weeks	29-Jan	ALL1475-Z	Personal and Social Identity	Zoom	Theodore Everett
Thursday	3:00PM - 4:20PM	12 Weeks	29-Jan	ALL780-Z	Writing Incubator 2.0	Zoom	Maggie French, Mary Lou Heinz
Thursday	3:00PM - 4:20PM	Second 6 Weeks	19-Mar	ALL1305-C	Learning to Fish Cape Cod and Beaches	Grossman 106	Steve Leary
Friday	1:00PM - 4:00PM *	12 Weeks	30-Jan	ALL756-C	Philosophy and Film	Grossman 106	Tom Gotsill
Friday	1:30PM - 2:50PM	First 6 Weeks	30-Jan	ALL1323-C	Mindfulness Meditation in Theory and Practice	Grossman 115	James Kershner
Friday	3:00PM - 4:20PM	12 Weeks	30-Jan	ALL813-C	Jazz Fundamentals	Grossman 115	Greg Polanik, Corina Iukovici

ALL Registration Form Spring 2026

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

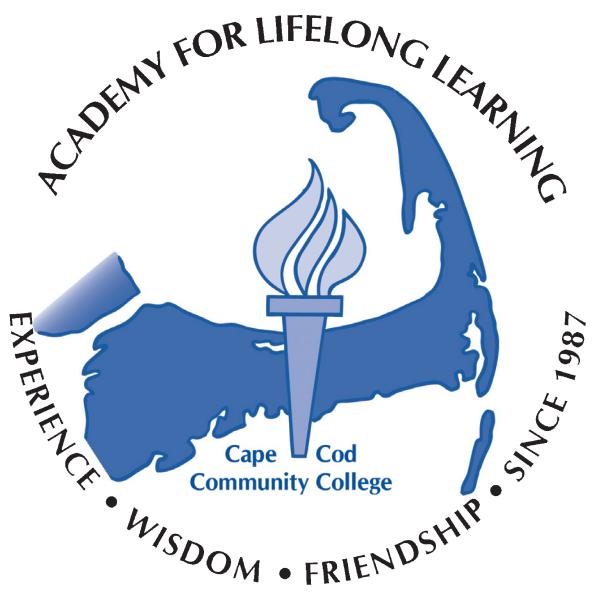
Preferred Courses

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

Alternate Courses (if preferred are full)

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

The ALL Registration process will open on Monday, January 12th at 9 am for registration forms received by Friday January 9th. 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 DeVincenzo	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
2240 Lyannough Road • West Barnstable, MA 02668-1599
Tel: 774-330-4400 • Website: www.capecodall.org
Email: lifelonglearning@capecod.edu