

Fall 2026
**Course
Catalog**

Volume 25 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
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 fall courses.

The Academy for Lifelong Learning

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

Mondays: 9/14 – 12/14

Tuesdays: 9/15 – 12/8

Wednesdays: 9/16 – 12/16

Thursdays: 9/17 – 12/10

Fridays: 9/18 – 12/11

First 6 Weeks

Mondays: 9/14 – 10/26

Tuesdays: 9/15 – 10/20

Wednesdays: 9/16 – 10/21

Thursdays: 9/17 – 10/22

Fridays: 9/18 – 10/23

Second 6 Weeks

Mondays: 11/2 – 12/14

Tuesdays: 10/27 – 12/8

Wednesdays: 10/28 – 12/16

Thursdays: 10/29 – 12/10

Fridays: 10/30 – 12/11

Academic Calendar Spring 2027

Registration begins

Monday, January 11 at 9 a.m.

New member orientation

Wednesday, January 20 at 10 a.m.

Spring classes begin

Monday, January 25

First six-week classes end

Monday, March 8

Second six-week classes begin

Monday, March 15

Classes end

Monday, April 26

Holidays – no classes

Presidents Day

Monday, February 15

Spring Recess

Tuesday-Friday, March 16-19

Patriots Day

Monday, April 19

Beginning and end dates of courses

12-Week Courses

Mondays: 1/25 – 4/26

Tuesdays: 1/26 – 4/20

Wednesdays: 1/27 – 4/21

Thursdays: 1/28 – 4/22

Fridays: 1/29 – 4/23

First 6 Weeks

Mondays: 1/25 – 3/8

Tuesdays: 1/26 – 3/2

Wednesdays: 1/27 – 3/3

Thursdays: 1/28 – 3/4

Fridays: 1/29 – 3/5

Second 6 Weeks

Mondays: 3/15 – 4/26

Tuesdays: 3/9 – 4/20

Wednesdays: 3/10 – 4/21

Thursdays: 3/11 – 4/22

Fridays: 3/12 – 4/23

Course List by Category

C = Classroom Z = Zoom HC = Hybrid Classroom HZ = Hybrid Zoom

Arts and Culture

ALL1463-C	Designing and Painting Mats	11
ALL1494-C	Indigenous Elders Speak	11
ALL1495-C	All But Forgotten: Women Classical Music Composers	10
ALL1506-Z	12 Films That Help You Understand the Art of Cinema	10
ALL1499-C	More Than a Feeling: 12 Weeks of Legendary Artists	13
ALL1500-C	She's Got the Beat: Girl Groups of Rock & Roll	14
ALL1501-C	He's Got Soul: The Guy Groups of Rock & Roll	14
ALL1502-HC	Shakespeare's The Tempest	13
ALL1502-HZ	Shakespeare's The Tempest	13
ALL1507-C	A World of Pottery	14
ALL1509-C	Three Directors – Six Films	15
ALL1510-Z	Eastern European Cinema	14
ALL1516-C	To Be or Not To Bop: Bebop and Progressive Jazz ...	17
ALL1518-Z	Music and Literature	20
ALL1481-C	You're the Top: The Music of Cole Porter	21
ALL433-C	The 'Doc' Is In	26

Current Events

ALL1496-Z	A Fresh Look at the New World Order	13
ALL1328-HC	The Economist	17
ALL1328-HZ	The Economist	18
ALL1446-HC	State of the Union: Weekly Discussion	23
ALL1446-HZ	State of the Union: Weekly Discussion	23

Health and Wellness

ALL1521-C	Mindfully Strong: Finding the Gifts Within & Around You	7
ALL1464-C	Mindfulness With Reiki	16
ALL1508-C	Meditation With Reiki	16
ALL1530-C	Ageing 3.0: Politics, Community & Our Place	19
ALL1296-Z	Mindfulness: Lasting Happiness & Self-Compassion	22
ALL1458-C	Tai Chi and QiGong	23
ALL1531-C	Keeping Calm and Carrying On in 2026	23
ALL1323-C	Mindfulness Meditation in Theory and Practice	26

History

ALL1300-C	Whitey Bulger – Declassified	7
ALL1382-C	The American Revolution: A Different Perspective	9
ALL1128-C	Massachusetts History: Pride and Prejudice?	12
ALL1359-C	Cape Cod History Course – Section A	12
ALL1374-C	Cape Cod History Course – Section B	12
ALL1525-C	History of Sailing Ships: Pre-history to Clippers – Section A	16
ALL1527-C	History of Sailing Ships: Pre-history to Clippers – Section B	16
ALL1497-C	America in Turmoil: 1955–1980	18
ALL1511-C	The Wonder of Flight – Part 1	20

Law and Government

ALL1504-C	Murder in Massachusetts: Crimes, Trials and Outcomes	13
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Literature

ALL1349-Z	Discussing the Essay	8
ALL1350-Z	Still Discussing the Essay	8
ALL1524-Z	Fallen for France	8
ALL013-C	Great Books	14
ALL1498-C	Stephen King: America's Storyteller	18
ALL1529-C	20th Century American Short Stories	19
ALL1534-C	More 20th Century American Short Stories	20
ALL055-Z	Loving the Short Story	24
ALL1533-C	Ernest Hemingway	17

Personal Interest

ALL1329-C	Sample a New Leisure Activity	10
ALL1352-C	Introduction to Chess	9
ALL1514-C	Learn American Mah Jongg!	7
ALL1519-C	AI Literacy: What You Need To Know & Do – Section A	11
ALL1520-C	AI Literacy: What You Need To Know & Do – Section B	11
ALL1538-C	Making Smart Financial Decisions – Section A	12
ALL1483-Z	Van and RV Life for Retirees	16
ALL1522-C	Making Smart Financial Decisions – Section B	15
ALL1537-C	Tips & Techniques for Travelers	17
ALL1399-C	Topics of Interest in Retirement	24
ALL1473-C	Chess: Free Play With Instruction	26
ALL1523-C	How To Build an Online Business With AI	24

Philosophy and Religion

ALL1440-C	Logic: Syntax and Semantics	7
ALL1515-C	Pearls of Wisdom	10
ALL1503-C	Bento Spinoza: Leading Philosopher of the Dutch Golden Age	21

Science

ALL1265-C	Butterflies Across Cape Cod	22
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Social Issues

ALL1524-Z	A Disease Called Happiness	9
ALL1423-HC	Sociology of Age	15
ALL1423-HZ	Sociology of Age	15
ALL1517-C	Being an Ally for Racial Justice	19
ALL1512-C	Economic Justice	25
ALL1532-C	Working With Internal Family Systems Theory	24
ALL1539-Z	The Public Good	22

Writing and Rhetoric

ALL1210-Z	Memoirs – Lest We Forget	9
ALL1370-C	Memories Worth Saving 2.0	9
ALL1416-C	Pen, Pad and Prompt: Writing Improv Course	17
ALL1513-C	Writing is a Lifelong Sentence	18
ALL1526-C	The Secrets of Effective Public Speaking – Section A ..	21
ALL1528-C	The Secrets of Effective Public Speaking – Section B ..	21
ALL077-C	So You Want To Be a Poet	22
ALL1535-Z	Writing Incubator 2.0	25
ALL1536-Z	More Writing Incubator 2.0	25

NOTE: Titles in bold indicate Zoom and Hybrid Zoom courses.

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 80 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 24th. All members will have an equal chance of getting their course choices if their completed registration forms with payments are received by Friday, August 21st. 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, Cynthia Freyberger, Jo 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
(Wilkens South)

5 FRANK WILKENS BUILDING
(Wilkens North)

6 FRANK AND MAUREEN WILKENS
SCIENCE AND ENGINEERING CENTER

7 GROSSMAN COMMONS
BUILDING

8 WKKL RADIO STATION

9 LORUSSO TECHNOLOGY
BUILDING

10 LIFE FITNESS CENTER

11 FACILITIES/DELIVERIES

 Accessible Parking

 Bus Stop

 Elevator

 Walking path

 Bridge

 Stairs



MONDAY

Learn American Mah Jongg! **ALL1514-C**
Monday 9:00am - 10:20am Grossman 106
12 Weeks 14-Sep Limit: 12

This engaging class will take you from novice to confident Mah Jongg players! Learn the fundamentals, strategies and rhythm of the game in a supportive, positive learning environment. Along the way, you'll build confidence, sharpen your skills and enjoy the social fun that makes Mah Jongg so beloved.

Coordinators: *Susan Whalley, Dana Huekell, Clare Jeannotte.* Susan, a retired school counselor, has been teaching at ALL and playing Mah Jongg for 15 years. Her courses include Introduction to Nichiren Buddhism, Mercy Otis Warren, The Women of Elizabeth Peabody's Bookstore, and Groundbreaking Women. Susan lives in East Sandwich. Dana, a retired teacher living in Sandwich, began playing Mah Jongg when she arrived on Cape Cod a few years ago. She loves to share her strategies and enthusiasm for the game. A supportive and energetic guide, she makes learning the game fun and exhilarating! Clare is a retired school finance professional. She discovered the ALL program after becoming a full time Cape resident in 2024. She learned Mah Jongg here in 2023 and, having found many new friends with this game, looks forward to helping spread the joy!

Logic: Syntax and Semantics **ALL1440-C**
Monday 9:00am - 10:20am Grossman 115
First 6 Weeks 14-Sep Limit: 25

This course is a first introduction to logic, motivated by questions such as: 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 Ph.D. 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.

Whitey Bulger – Declassified **ALL1300-C**
Monday 10:30am - 11:50am Grossman 115
First 6 Weeks 14-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.

Mindfully Strong: Finding the Gifts Within & Around You **ALL1521-C**
Monday 10:30am - 11:50am Grossman 106
Second 6 Weeks 2-Nov Limit: 25

Life is hard. Difficulties abound. Scientific research tells us we are evolutionarily biased to notice the troubles. This attention keeps us ever on the lookout for danger, bobbing and weaving our way through life, fighting and fleeing. But new evidenced-based research, from the field of positive psychology, reminds us not to overlook our strengths and the gifts that surround us. Good things abound too! We

MONDAY continued...

are learning that becoming more aware of the many gifts in our lives can promote improvements in our physical, mental and emotional health, enable us to access untapped potential and resources, and enrich the experience of each day of our lives. As a result, you may learn to fight and flee a little less and to see and be a little more. In this course, you will learn to: develop a basic understanding of “mindfulness”; use mindful breathing and intention setting; increase self-awareness; monitor the dimensions of a well-balanced life; discover unique strengths in yourself and others; find the gifts in difficult situations; journal your experience; and use deeper self-knowledge to live a richer life. Bring a notebook and pen to class.

Coordinator: Debra Morin. Debra has completed certifications in Mindfulness-Based Strength Practice coaching, Positive Psychology, Integrative Wellness Coaching and Emotional Intelligence. Before fully retiring last year, she enjoyed a fulfilling career as an IT professional and management consultant. The strategic nature of her role often led to stressful client engagements, as significant change was always on the agenda. In an effort to create an environment primed for success, Debra often delivered workshops and mini-events focused on identifying and leveraging the strengths of the people and businesses involved. It helped!

Discussing the Essay

Monday 10:30am - 11:50am

First 6 Weeks 14-Sep

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 Essay

Monday 10:30am - 11:50am

Second 6 Weeks 2-Nov

ALL1350-Z

Zoom

Limit: 15

In this six-week session, we will be discussing 12 additional 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 the essay anthology. Reading assignments for the first class will be sent in the introductory email.

Coordinators: Brett Burgess, Deborah Titolo. Read coordinators’ biographies in Discussing the Essay.

Fallen for France

Monday 10:30am - 11:50am

First 6 Weeks 14-Sep

ALL1524-Z

Zoom

Limit: 25

Fallen for France is a historical fiction novel by Elizabeth Letts. Set during World War I, it tells the story of a magnificent Arabian mare that connects the lives of a young Moroccan boy named Beddou, a young French woman named Estelle, and an English veterinarian named Thomas, as they search for the stolen mare across Morocco and France. Each week we will read and discuss 1/6 of the book.

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

Introduction to Chess

ALL1352-C

Monday 10:30am - 11:50am

Grossman 106

First 6 Weeks 14-Sep

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.

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.

Memoirs – Lest We Forget

ALL1210-Z

Monday 10:30am - 11:50am

Zoom

Second 6 Weeks 2-Nov

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 others. 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.

Memories Worth Saving 2.0

Monday 10:30am - 11:50am

Second 6 Weeks 2-Nov

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*.

The American Revolution:

A Different Perspective

ALL1382-C

Monday 12:00pm - 1:20pm

Grossman 115

First 6 Weeks 14-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.

A Disease Called Happiness

ALL1524-Z

Monday 12:00pm - 1:20pm

Zoom

First 6 Weeks 14-Sep

Limit: 20

In 1992, psychologist Richard Bentall wrote a satirical article in the *Journal of Medical Ethics* where he argued that happiness is a mental health condition. Despite the satire, he points to a really revealing

MONDAY continued...

fact that happiness is rare. This course interprets research about happiness using a self-assessment at the beginning and end of the course. Each class explores aspects of happiness; participants will share insights, imitate the research and grow in the image of happiness.

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 information at www.kokoro4life.com.

All But Forgotten: Women Classical**Music Composers****ALL1495-C**

Monday 12:00pm - 1:20pm

Grossman 106

First 6 Weeks 14-Sep

Limit: 25

This course will discuss six wonderful but unjustly neglected female composers from the eighteenth, nineteenth and early twentieth centuries: Marianna Martines, Louise Farrenc, Fanny Mendelssohn Hensel, Clara Wieck Schumann, Amy Beach, and Florence Price. We will examine their lives, view videos of some of their works, and consider why they have been overlooked.

Coordinator: Robert Santulli. Bob is a retired geriatric psychiatrist who has given courses at ALL on dementia, aging, and staying sharp cognitively. A classical music lover, he has taught lifelong learning courses on musical topics at Osher Lifelong Institutes and elsewhere, but this will be his first course on a musical subject at ALL.

Pearls of Wisdom**ALL1515-C**

Monday 1:30pm - 2:50pm

Grossman 115

12 Weeks 14-Sep

Limit: 25

Over the years, each of us has had a multitude of experiences and, from them, has taken away many a valuable lesson, occasionally even coming up with some real pearl of wisdom. A person can never possess too many of such insights. (One example: There actually is a good side to procrastination.) How would you like to greatly enlarge your existing collection of pearls, not in years, but over a short

span of just 12 weeks? Then come join this discussion class – your brain will thank you!

Coordinator: Don Ellicott. Don has taught many classes at ALL on a wide variety of subjects – psychological, historical, entertaining, etc. Don had a long teaching career before moving to the Cape in the 1990s.

12 Films That Help You Understand the Art of Cinema**ALL1506-Z**

Monday 1:30pm - 2:50pm

Zoom

12 Weeks 14-Sep

Limit: 25

Understanding the art of filmmaking transforms viewers from passive consumers into active, appreciative audience members. It also allows viewers to uncover deeper thematic layers, appreciate the collaborative effort of filmmaking and enhance their emotional engagement with the story. Each week, we will travel forward in time watching and discussing films from different decades and genres. A list of the films will be provided before the first class. For the first class please watch Charlie Chaplin's *The Kid*, free on YouTube.

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, 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.

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

Monday 1:30pm - 2:50pm

Grossman 106

First 6 Weeks 14-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 seventh! semester, we will continue to inspire and motivate you with a sampling of activities: Introduction to genealogy (David Martin); Nordic walking (Carla Fogaren); Getting involved in local government (Jeff Picard); Who is WHOI (Victoria Smith); Become a savvy reader (Fran Ziegler); and Learn decoupage (Kate Senie). 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 is a manuscript reviewer for the NSTA journal *Science and Children*. Pat co-chairs the Sandwich Public Library Book Group and is President of Friends of the Sandwich Public Library. She will be moderating this course.

Designing and Painting MatsALL1463-C

Monday 1:30pm - 2:50pmTilden Arts Center

Second 6 Weeks 2-NovLimit: 12

Unleash your creativity. In this hands-on course, members will learn how to design and paint on cloth. We have made floor mats, laundry room mats, nautical mats, flags, dog mats, cat mats ... the items are powered by your imagination. We use durable, high-traffic materials so that your piece will be a treasure for a long time. Whether you are planning to make a unique piece for your home or a gift that will be treasured for years to come, this fun, up-beat class will provide the inspiration to create beautiful and functional art. We will share ideas and supplies as we learn new skills and become part of a creative and imaginative community. The coordinator will provide a list of supplies that members need to bring to class (~ \$35), along with instructions for mat preparation. *Note: This class will meet for three hours in the Tilden Arts Center.

Coordinator: Joan Freedman. Joan has been part of the ALL community for over a decade. She has served in many capacities and is delighted to be offering this class.

Indigenous Elders SpeakALL1494-C

Monday 1:30pm - 2:50pmGrossman 106

Second 6 Weeks 2-NovLimit: 25

Among traditional Native peoples, elders are respected for their cultural, spiritual and life experience knowledge. Come listen to interviews with individuals from various Native nations and then discuss the myriad topics raised by their words. Included are Lakota activist/actor Russell Means, first female Cherokee chief Wilma Mankiller, Onondaga leader Oren Lyons, Comanche political activist LaDonna Harris, Abenaki author Joseph Bruchac, and other elders from the Cree, Ojibwe, Hopi, Skwah, and Wampanoag peoples.

Coordinator: Frank Cuphone. Frank has been a lifelong student of indigenous North American peoples, visiting Native communities and learning from elders in the U.S. and Canada. He has taught Native topics to students from preschool to university to seniors.

AI Literacy: What You NeedTo Know & Do – Section AALL1519-C

Monday 3:00pm - 4:20pmGrossman 106

First 6 Weeks 14-SepLimit: 25

Artificial intelligence (AI) is everywhere and it is rapidly reshaping our world. This course is designed to demystify AI with a focus on understanding what AI is, how to use it in everyday life, and how to critically evaluate and navigate AI hallucinations, biases and deepfakes. We will demonstrate the use of major AI tools (ChatGPT, Claude, Gemini, CoPilot, Perplexity and NotebookLM) and explore how they can be used for fun, creativity, learning, planning and support. Just as reading and writing were necessary to navigate the old world, AI literacy is required to navigate this new world. A class and resource library website will be available to supplement class activities. No technical expertise is necessary.

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.

AI Literacy: What You NeedTo Know & Do – Section BALL1520-C

Monday 3:00pm - 4:20pmGrossman 106

Second 6 Weeks 2-NovLimit: 25

This course is a repeat of the first six-week session. See the full description of this course in Section A.

Coordinator: Heather Wilson. Read Heather’s biography in Section A of this course.

MONDAY continued...**Making Smart Financial Decisions –
Section A****ALL1538-C**

Monday 3:00pm - 4:20pm

Grossman 115

First 6 Weeks 14-Sep

Limit: 25

Is your retirement plan built to last – or just built on assumptions? Are you confident your financial plan will hold up through retirement – or just hoping it will? This course challenges participants to think critically about their financial future in a world of uncertainty. We will examine how to build a plan around your unique situation – income sources, family needs, current expenses, and long-term goals – while confronting real questions about risk, longevity, and market unpredictability. We will explore a wide range of investment choices, including stocks, bonds, mutual funds, collectibles, and less liquid assets – not just what they are, but how (and whether) they fit into a retirement strategy. This is an information-only course designed to encourage open discussion, differing viewpoints and practical thinking. Weekly handouts and articles will support an engaging and interactive class experience. Participants should consult their financial planner, attorney or accountant for specific advice.

Coordinator: Frederick Rice. Fred holds a B.A. in Economics from American University and an MBA from Rutgers. He has taught as an adjunct faculty member at Ramapo State College, Fairleigh Dickinson University, and Bridgewater State University. Over a 20-year career as a turnaround consultant, he was a Certified Turnaround Professional (CTP) and a Certified Valuation Analyst (CVA). Fred previously served as Chief Credit/Lending Officer at several banks.

TUESDAY**Massachusetts History:
Pride and Prejudice?****ALL1128-C**

Tuesday 9:00am - 10:20am

Grossman 115

Second 6 Weeks 27-Oct

Limit: 25

History is what we choose to remember. The Salem Witch Trials – victims, villains and motivations. Slavery in Massachusetts? We were the first English jurisdiction in North America with a Slave Code. Meet Mum Bett and Quock Walker whose lawsuits helped end enslavement. King Philip's War – he wasn't a king, and his name wasn't Philip; why was the war named after

him? When the Puritans arrived in 1630, the Shawmut Peninsula was 3.1 square miles. Now Boston is over 48 square miles. How did that happen? Hear from the woman who was the first girl to play little league. Consider a different approach to Crispus Attucks.

Coordinator: Stephen Anderson. Steve is a lifelong resident of Massachusetts. He is a retired trial lawyer who has traveled the state. His interest in local history was enhanced by plaques and memorials he read at courthouses while waiting for judges or juries, mostly judges. Steve has been a member of ALL for three years. So far so good!

**Cape Cod History Course –
Section A****ALL1359-C**

Tuesday 9:00am - 10:20am

Grossman 106

First 6 Weeks 15-Sep

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.

**Cape Cod History Course –
Section B****ALL1374-C**

Tuesday 9:00am - 10:20am

Grossman 106

Second 6 Weeks 27-Oct

Limit: 26

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 above.

Coordinator: James Coogan. Read Jim's biography in Section A of this course.

Murder in Massachusetts: Crimes, Trials and Outcomes**ALL1504-C**

Tuesday 9:00am - 10:20am

Grossman 115

First 6 Weeks 15-Sep

Limit: 25

We will review three murders, their trials and outcomes: Lizzie Borden, Nicola Sacco and Bartolomeo Vanzetti, and Christopher McCowen. We will consider what a fair trial is and how the concept has evolved. Societal norms and prejudices that may have impacted the outcomes will be debated. We will review rules of evidence and constitutional protections and how they limit the facts presented at trial. We will also consider the New Bedford Highway Killer case. Nine women were killed; two disappeared. The crimes remain unsolved. In 1926, Judge Benjamin Cardozo said, "The criminal shall go free because the constable has blundered." What does that mean today?

Coordinator: Stephen Anderson. Steve is a lifelong resident of Massachusetts. He is a retired trial lawyer who has traveled the state. His interest in local history was enhanced by plaques and memorials he read at courthouses while waiting for judges or juries, mostly judges. Steve has been a member of ALL for three years. So far so good!

A Fresh Look at the New World Order**ALL1496-Z**

Tuesday 9:00am - 10:20am

Zoom

12 Weeks 15-Sep

Limit: 35

This course will be divided into four sections: Spheres of weakness; Economic limitations; Government devolution; and Climate awakening. The globe is in turmoil. Where is it headed? What will the future bring?

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.

Shakespeare's The Tempest**ALL1502-HC**

Tuesday 10:30am - 11:50am

Grossman 115

12 Weeks 15-Sep

Limit: 25

Shakespeare's *The Tempest* is a masterpiece of the imagination, the examination of human behavior,

and the craft of playwriting. We will take our time to learn about this play from the play itself, reading scenes aloud, and investigating all that is happening on stage. *The Tempest* is one of the jewels of the Elizabethan and world theaters, and will richly reward us for our efforts to experience and understand it. Any text of the play will do, but the Folger Shakespeare library paperback is recommended.

Coordinator: Roger Shoemaker. Roger has a B.A. in Dramatic Literature from Yale and an MFA in Directing from Catholic University. He taught and directed at Trinity College, Hartford CT and was Artistic Director of a professional summer theater there. He is Dean for the Arts emeritus from Walnut Hill School for the Arts, and recently retired as Director of Drama at Dennis-Yarmouth High School. In addition to directing over 100 plays, Roger has written over 40 reviews for the *Cape Cod Times*. Conveniently, he directed a production of *The Tempest* as the thesis show for his MFA degree.

Shakespeare's The Tempest**ALL1502-HZ**

Tuesday 10:30am - 11:50am

Zoom

12 Weeks 15-Sep

Limit: 25

This is the Zoom version of this hybrid course.

Coordinator: Roger Shoemaker. Hybrid Zoom version.

More Than a Feeling: 12 Weeks of Legendary Artists**ALL1499-C**

Tuesday 10:30am - 11:50am

Grossman 106

12 Weeks 15-Sep

Limit: 25

From Chuck Berry to Michael Jackson; from James Taylor to Billy Joel, popular music has given us some of the most thrilling, rebellious and unforgettable moments in cultural history. Over 12 electrifying weeks, we'll dig into the stories, the heartbreaks and the genius behind 24 legendary artists – The Four Seasons, The Rolling Stones, Fleetwood Mac, Bruce Springsteen, Tina Turner and many more! Expect great music, lively debate and more than a few surprises. Fair warning: This class gets lively.

Coordinator: Lew Taylor. While his academic background is in history (B.A. and M.A. in American History), his two passions are music and reading. Lew is a retired public librarian and has taught many courses in history, literature and music at ALL.

TUESDAY continued...**Eastern European Cinema**

Tuesday 10:30am - 11:50am

First 6 Weeks 15-Sep

ALL1510-Z**Zoom**

Limit: 15

This movie tour will have us visit Eastern Europe cinema. Our journey will take us to Germany, Russia, Czechoslovakia, Poland and Bosnia. We will discuss societies, 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 *Wings of Desire* by Wim Wenders prior to the first meeting. It is currently available on MAX and the Criterion Channel, and on Prime and Apple to rent. Prior to the first meeting, the coordinator will share any additional online resources and also make participants aware of potential changes to accessing the films.

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

Great Books

Tuesday 12:00pm - 1:20pm

12 Weeks 15-Sep

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!

She's Got the Beat: Girl Groups of Rock & Roll

Tuesday 12:00pm - 1:20pm

First 6 Weeks 15-Sep

ALL1500-C

Grossman 106

Limit: 25

Before the British Invasion, before arena rock, before hip-hop – there were the girl groups. From the Chantels to Destiny's Child, these ensembles defined pop music, shaped American culture, and told the truth about young women's lives in three-minute masterpieces. This six-week course explores their music, their stories and the producers, songwriters and record labels who made them – and sometimes exploited them. No musical background required. Just bring your ears and your opinions.

Coordinator: Lew Taylor. While his academic background is in history (B.A. and M.A. in American History), his two passions are music and reading. Lew is a retired public librarian and has taught many courses in history, literature and music at ALL.

He's Got Soul: The Guy Groups of Rock & Roll

Tuesday 12:00pm - 1:20pm

Second 6 Weeks 27-Oct

ALL1501-C

Grossman 106

Limit: 25

Before the guitar hero, before the rapper, before the stadium rocker – there were the harmony groups. From doo-wop street corners to Motown's hit factory, from Philadelphia soul to the boy band blueprint, male vocal groups shaped American music for five decades and told their own complicated story about race, commerce and what men were allowed to feel in public. This six-week companion course to *She's Got the Beat* explores the music, the rivalries and the extraordinary voices behind it all.

Coordinator: Lew Taylor. While his academic background is in history (B.A. and M.A. in American History), his two passions are music and reading. Lew is a retired public librarian and has taught many courses in history, literature and music at ALL.

A World of Pottery

Tuesday 1:30pm - 2:50pm

First 6 Weeks 15-Sep

ALL1507-C

Grossman 115

Limit: 20

This course will introduce participants to a broad range of pottery topics (we will NOT be making pottery) – history/archeology, clay/glaze science, various techniques, art/creativity, pottery in cultures

and rituals, pottery in our travels, why/how to value pottery, museum pottery and selected stories of potters and potteries throughout the world. Participants will learn to understand and appreciate pottery and to spark a lifelong interest in learning more. Participants are expected to participate in class topics, and do some research. No particular knowledge of pottery is necessary (although you will be surprised how much you already know). This class curriculum is “a mile wide and an inch deep” – we will learn about many topics; you decide the direction of your further study. Some suggested readings and research will be provided. Bring a piece of pottery/ceramic to the first class to share and discuss.

Coordinator: John Kerrigan. John is a pottery student/hobbyist. He has been making pottery and taking classes for over 15 years, with the benefit of instruction from several excellent teachers. He has an in-house pottery studio and enjoys experimenting and learning about all things pottery. John has been a teacher and administrator. He retired as a public and private school educator working from kindergarten to graduate school. He now lives with his wife in Dennis and enjoys time with family, travel, fitness activities – and with pottery.

Three Directors – Six Films

Tuesday 1:30pm - 2:50pm

First 6 Weeks 15-Sep

ALL1509-C

Grossman 106

Limit: 25

We will examine the work of three noted directors by viewing two films from each. We'll concentrate on styles of narrative flow, scene construction and shot composition. We will then compare and contrast how they approach these elements in each of the movies. The directors and their films are: Billy Wilder: *Double Indemnity* and *Sunset Boulevard*; Alfred Hitchcock: *Rear Window* and *The Birds*; Susanne Bier: *After the Wedding* and *In a Better World*. Students will watch each film at home; we will discuss and show related clips in class.

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

Making Smart Financial Decisions – Section B

Tuesday 1:30pm - 2:50pm

Second 6 Weeks 27-Oct

ALL1522-C

Grossman 106

Limit: 25

This course is a repeat of the first six-week session. See the full description in Section A.

Coordinator: Frederick Rice. Read Fred's biography in Section A of this course on page 12.

Sociology of Age

Tuesday 1:30pm - 2:50pm

Second 6 Weeks 27-Oct

ALL1423-HC

Grossman 115

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.

Sociology of Age

Tuesday 1:30pm - 2:50pm

Second 6 Weeks 27-Oct

ALL1423-HZ

Zoom

Limit: 25

This is the Zoom version of this hybrid course.

Coordinator: Jay Green. Hybrid Zoom version.

TUESDAY continued...**Mindfulness With Reiki**

Tuesday 3:00pm - 4:20pm
First 6 Weeks 15-Sep

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.

Meditation With Reiki

Tuesday 3:00pm - 4:20pm
Second 6 Weeks 28-Oct

ALL1508-C

Grossman 115
Limit: 25

This is not a repeat of the first six-week Mindfulness with Reiki course. This course combines mindful resources and the healing benefits of reiki – with a focus on meditation. Participants will learn to cultivate present-moment awareness while harnessing their energy for self-healing, relaxation and wellness. The course covers foundational mindfulness techniques, introduces reiki principles and incorporates a variety of meditation practices. Ultimately, it aims to empower participants to connect with their inner selves and enhance their overall well-being through these holistic approaches.

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.

History of Sailing Ships: Pre-history to Clippers – Section A

Tuesday 3:00pm - 4:20pm
First 6 Weeks 15-Sep

ALL1525-C

Grossman 106
Limit: 25

A long-time ALL coordinator takes us on a maritime journey and a study of ancient ship design from the earliest papyrus vessels ... to the earliest maritime civilizations ... to the Vikings and the origins of North Atlantic trade ... to Arabian ship designs that open the trade switch to China ... to the development of the three-masted ship and global trade routes ... to the innovative designs of China and Polynesia.

Coordinator: Lawrence Brown. Larry has been a lifelong sailor, boat designer and editor-at-large for *Small Craft Advisor* magazine. He has written scores of articles for sailing magazines and published three books on small boat cruising. Larry has taught courses at ALL for seven years.

History of Sailing Ships: Pre-history to Clippers – Section B

Tuesday 3:00pm - 4:20pm
Second 6 Weeks 27-Oct

ALL1527-C

Grossman 106
Limit: 25

This course is a repeat of the first six-week session. See a full description of this course in Section A.

Coordinator: Lawrence Brown. Read Larry's biography in Section A of this course.

Van and RV Life for Retirees

Tuesday 3:00pm - 4:20pm
First 6 Weeks 15-Sep

ALL1483-Z**Zoom**

Limit: 25

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 the coordinator's 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 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

Tips & Techniques for Travelers

Wednesday 9:00am - 10:20am
First 6 Weeks 16-Sep

ALL1537-C
Grossman 115
Limit: 24

Whether you are ready to travel at a moment's notice, like to plan your trips well in advance, or are an armchair traveler, join us as we uncover travel secrets that will help you make the most of any trip and save you money. We will explore popular and off-the-beaten track destinations; discuss great internet travel sites; and share secrets that will help you plan your next trip. Everyone is invited to their share travel tips and advice. Class members are encouraged to bring their laptops and/or iPads to class. Learning modes: videos, internet sites, small group discussions, lecture, reading and book talks.

Coordinator: Connie Champlin. Connie has traveled extensively for the past 40 years to practically every state in the union and almost all continents. She has taught travel classes in Sandwich and this class many times at ALL.

To Be or Not To Bop: Bebop and Progressive Jazz

Wednesday 9:00am - 10:20am
First 6 Weeks 16-Sep

ALL1516-C
Grossman 106
Limit: 25

This course will examine a style of jazz called bebop which was popular during the 1950's and '60s, which eventually lead to a progressive jazz movement known as fusion. We will meet many musicians and groups that defined these styles and listen to many compositions that are/were popular from my personal extensive collection. Jazz music can

be complex, but many of these works can be both enjoyable and interesting.

Coordinator: Richard Slapsys. Richard is a Fine Arts librarian emeritus from the University of Massachusetts. He has a master's degree in Musicology from City College, New York and is a huge jazz fan. He has also been a coordinator of a number of film classes at ALL.

Pen, Pad and Prompt: Writing Improv Course

Wednesday 9:00am - 10:20am
Second 6 Weeks 28-Oct

ALL1416-C
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: This semester, the coordinator will have new material to share with returning class members.

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 16-Sep

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

WEDNESDAY continued...

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: Michael Sullivan, Frederick Rice, Denise Benjamin. Mike, a mostly retired NYC litigator, has been an active ALL member for several years and has moderated this course for the last four years. He has a keen interest in national and world events. Fred has a B.A. in Economics from American University and an MBA from Rutgers. He has taught courses at Ramapo 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. 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.

The Economist **ALL1328-HZ**
 Wednesday 10:30am - 11:50am **Zoom**
 12 Weeks 16-Sep Limit: 15

This is the Zoom version of this hybrid course.

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

America in Turmoil: 1955–1980 **ALL1497-C**
 Wednesday 10:30am - 11:50am Grossman 106
 12 Weeks 16-Sep Limit: 25

Freedom, as Martin Luther King wrote from a Birmingham jail cell, is never given – it must be demanded. But the demand does not begin with marches or manifestos. It begins in the cracks: in the quiet defiance of a veteran refused a seat at the counter he fought to defend, in the fractures of a democracy that preached equality and practiced exclusion. From Jackie Robinson to the Weather Underground, from Brown v. Board to Black Lives Matter, this is the story of a nation's broken promises

– and of the ordinary, extraordinary Americans who refused to stop demanding they be kept.

Coordinator: Lew Taylor. Lew is a retired public librarian with a B.A. and an M.A. in American History. He studied political science under Dr. Howard Zinn at Boston University. His lifelong passion for history and civic understanding drives his interest in exploring how social upheaval, protest and reform from 1955 to 1980 shaped modern America. This course offers a chance to engage others in examining a dynamic era of civil rights struggles, political realignments and cultural transformation. Lew aims to foster critical discussion about activism, dissent and the enduring quest for social justice in American life.

Stephen King:
America's Storyteller **ALL1498-C**
 Wednesday 12:00pm - 1:20pm Grossman 106
 12 Weeks 16-Sep Limit: 25

Stephen King has sold half a billion books, terrified three generations of readers, and quietly written some of the most searching fiction about ordinary American life ever published. This 12-week course uses King's short story collection *Bazaar of Bad Dreams* as our spine, reading all 20 stories while pausing to explore six major novels. We'll read King as craftsman, as biographical subject and as a mirror held up to what frightens us most – as individuals and as a country. No prior King experience required; all are welcome at this table. Read "Introduction," "Mile 81" and "Premium Harmony." Focus on the first sentences of each story and how King hooks immediately. Also consider how King discusses his philosophy of the short story as "a kiss in the dark," and how he uses his settings – particularly Maine – as almost a character.

Coordinator: Lew Taylor. Lew holds undergraduate and graduate degrees in American History. Though his academic roots are in history and political science, his true passion has always been the Golden Age of Mysteries and the darker side of fiction – from Agatha Christie's elegant puzzles to Darcy Coates's atmospheric horror to the incomparable Stephen King.

Writing is a Lifelong Sentence **ALL1513-C**
 Wednesday 12:00pm - 1:20pm Grossman 115
 12 Weeks 16-Sep Limit: 25

If you have begun your writing journey, this class will help you polish your work and become more

confident in your craft. We will help you find your path to self-expression. In a gentle cohort of experienced and new writers, you will find community and support for the writing process. We will discuss writing blocks and how to hurdle past them, writing from the heart, sharing your life experiences, avoiding the pitfalls of the publishing industry, and deciding your best route from words on a page to a finished product. Also covered will be how to edit and thoughtfully critique. This interactive class will help you discover your inner author.

Coordinator: Iris Leigh. Iris has been writing books in the Liza Kasner series since 2007. Her first novel, *Liza’s Secrets*, was first published in 2024. In “The Birth of a Thriller,” an article published in *Women Writers*, *Women’s Books*, she describes her writing process. Active in three writing groups and teaching writing at ALL, she has been published in the *Reflections* literary magazine. Iris continues to work on additional books in the Liza Kasner series, writing essays and authoring memoirs. She lives on Cape Cod with her husband and disobedient cat.

Ageing 3.0: Politics, Community & Our Place

Wednesday 1:30pm - 2:50pm

First 6 Weeks 16-Sep

ALL1530-C

Grossman 115

Limit: 25

Life is a three-act play. We are born and grow; we live and learn; we cast our learning to the future. What now? What is our place in today’s political environment? How do we add value in and for our community? What are ways we can use our wisdom and experience with those who will make the changes? This will be a six-week discussion to identify: 1.) A common thread in this political environment. 2.) What values, wisdom and experience speak to the future? 3.) Actions that complement all that is presently being done.

Coordinator: Maggie French. Maggie is an ever-exploring, seasoned soul. (Well, doing her best to be.) After 25 years as a financial executive in manufacturing and healthcare, she changed careers, and for more than a decade now offers assistance in personal and professional development as a life coach. The study of philosophy, this changing world, and the impact on the values of aging this has in our society provide her with an enhanced perspective on being oldER as she dances through her 70’s seeking out what lies ahead.

Being an Ally for Racial Justice

Wednesday 1:30pm - 2:50pm

First 6 Weeks 16-Sep

ALL1517-C

Grossman 106

Limit: 20

In 2020, there was a surge of interest in and support for racial justice issues in the U.S. Progress was made in recognizing the importance of diversity, equity and belonging initiatives across both private and public sectors, suggesting we were moving toward greater acceptance of those ideals. But historically, when gains are made toward equal rights for people who have been marginalized, there is often a backlash and regression, and we are once again seeing signs of that pattern. Now, more than ever, it is important for all of us to find ways to support our neighbors of color who once again find themselves targeted because of their race or culture. This course will introduce articles, graphics and other resources to inform our understanding, while also raising topics to encourage class discussions and shared reflections.

Coordinator: Karen Boujoukos. Following the 2020 murder of George Floyd, Karen felt an urgent need to understand more about race in the U.S. and began to read extensively about historic and contemporary racial justice issues. She is a member and chairperson of the MLK Action Team (a subcommittee of Nauset Interfaith Association). Karen is also a member of the Cape Cod chapter of NAACP and tries to immerse herself in as many learning activities and events on the Cape as possible. Last year, she was presented with the Barnstable County Human Rights Advisory Commission’s Cornerstone Award for her racial justice work.

20th Century American Short Stories

Wednesday 3:00pm - 4:20pm

First 6 Weeks 16-Sep

ALL1529-C

Grossman 115

Limit: 15

This course is an extension of the existing Great Books program, using the same model and format but applied to different course material. In this reading and discussions forum, we will focus on one short story per week. The coordinator will pose thought-provoking questions to kick off the discussions. Active participation is encouraged, and members are fully expected to engage with one another in class discussions. The coordinator will guide the class in order to gain insights into the stories, their authors and styles of writing. Course

WEDNESDAY continued...

materials will be provided from *The Best American Short Stories of the Century*, edited by John Updike. Additional stories will be discussed in the second six-week session of this course.

Coordinator: Bohdan Prypin. Boh has a B.S. in Management. He is an experienced manager of projects and people, retired from the utility industry. He has a diverse background in technology, music and the written word. Specifically, he has four years of experience in Great Books.

More 20th Century American Short Stories **ALL1534-C**
Wednesday 1:30pm - 2:50pm Grossman 115
Second 6 Weeks 28-Oct Limit: 20

In this second six-week session, we will read and discuss additional stories from *The Best American Short Stories of the Century*, edited by John Updike. This course is an extension of the existing Great Books program, using the same model and format but applied to different course material. In this reading and discussions forum, we will focus on one short story per week. The coordinator will pose thought-provoking questions to kick off the discussions. Active participation is encouraged, and members are fully expected to engage with one another in class discussions. The coordinator will guide the class in order to gain insights into the stories, their authors and styles of writing. Course materials will be provided.

Coordinator: Bohdan Prypin. Boh has a B.S. in Management. He is an experienced manager of projects and people, retired from the utility industry. He has a diverse background in technology, music and the written word. Specifically, he has four years of experience in Great Books.

The Wonder of Flight – Part 1 **ALL1511-C**
Wednesday 1:30pm - 2:50pm Grossman 106
Second 6 Weeks 28-Oct Limit: 25

This course will trace the history of flight up through 1939. Week 1: Kites, myths, balloons, gliders. Week 2: The advent of powered flight. Week 3: Rapid technological progress during World War I. Weeks 4 through 6: The “golden age” of aviation from

1919 through 1939 – barnstormers, airmail, record-breaking flights, airships, birth of the airlines, evolution of the airplane from a wood and fabric bi-plane to a sleek high-speed metal monoplane, and prelude to war. Class presentations will include PowerPoint and short videos. Part 2 of this course will be offered in the spring 2027 semester.

Coordinator: Dave Gilliland. Dave is a retired commercial pilot and naval aviator. He flew for Delta Airlines for 33 years and in the Navy (active and reserve) for 20 years. Dave has co-coordinated Great Decisions twice at ALL and is a huge fan of this marvelous program. He is excited to share his enthusiasm for one of mankind’s greatest achievements.

Music and Literature **ALL1518-Z**
Wednesday 3:00pm - 4:20pm Zoom
12 Weeks 16-Sep Limit: 25

People often divide classical music into two broad categories: absolute music, which is all about itself and therefore often seen as the purest music, and program music, composed in relation to some kind of extramusical content and therefore seen as less pure. In fact, there’s no dividing line: it’s a wide spectrum, and great works have been written all across it. This course will explore the issue through music tied to literature. We got a glimpse of it this past spring in the ALL course on religious music, but this time we’ll embrace a wider range of sources – prose to poetry, ancient to modern, tragic to comic. Ideally, music and literature together achieve things neither can do on its own. We’ll hear some great combinations ... explore some great partnerships ... and consider the special category of music for movies.

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.).

The Secrets of Effective Public Speaking – Section A

Wednesday 3:00pm - 4:20pm
First 6 Weeks 16-Sep

ALL1526-C
Grossman 106
Limit: 16

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

Coordinator: Lawrence Brown. Larry was a humanities teacher at Cape Cod Academy for 34 years and has been a columnist for the *Cape Cod Times* for 40. He has been teaching public speaking since the late 1970s and has developed an approach that's fun – and that works.

The Secrets of Effective Public Speaking – Section B

Wednesday 3:00pm - 4:20pm
Second 6 Weeks 28-Oct

ALL1528-C
Grossman 106
Limit: 16

This course is a repeat of the first six-week session. See the full description in Section A.

Coordinator: Lawrence Brown. Read Larry's biography in Section A of this course.

THURSDAY

Ernest Hemingway

Thursday 9:00am - 10:20am
12 Weeks 17-Sep

ALL1533-C
Grossman 106
Limit: 25

Enjoy the short stories of Ernest Hemingway, a complex and gifted individual who dominated American literature for 50 years and more. Using the Great Books format, students will read stories at home, then come together to discuss them in depth and in detail. With a shared and inquiring analysis of the literature, we will travel with Hemingway to Spain, France, Key West and Africa. It is fun to examine the writer's style in depth and discover how he grew to be such a phenomenal writer. Thanks to fellow coordinator, Lew Taylor for allowing us to continue what he started.

Coordinator: Judith Egan. Judy is a Gifted/Talented educator at elementary, middle school and college

levels. She enjoys teaching and loves the lively discussions and shared inquiry this program builds.

You're the Top: The Music of Cole Porter

Thursday 10:30am - 11:50am
First 6 Weeks 17-Sep

ALL1481-C
Grossman 106
Limit: 25

"Anything Goes." "Night and Day." "Begin the Beguine." The list goes on and on when it comes to the glorious songs of Cole Porter, whom 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.

Bento Spinoza: Leading Philosopher of the Dutch Golden Age

Thursday 10:30am - 11:50am
First 6 Weeks 17-Sep

ALL1503-C
Grossman 115
Limit: 20

For Bento Spinoza (1632-1637), the goal of life was happiness achieved through love for one another. The history of his time and his experiences can shed light on our time today. As a young man, he was banished from his synagogue and later had his life threatened by Christians. The rigid religious doctrines of his time led to violence and hatred (analogous to the White Christian Nation perspective of our times today). He favored both freedom of religion and democracy in government. This course uses a discussion format and the required book for the course is *Spinoza: the Outcast Thinker* by Devra Lehmann. Chapters will be assigned weekly upon which the discussions will be based.

Coordinator: David Mulligan. David began his career as a missionary in Bolivia. Later, he became the Commissioner of Public Health for the State of Massachusetts. After that job, David was a professor at Stonehill College.

THURSDAY continued...

Butterflies Across Cape Cod

ALL1265-C

Thursday 10:30am - 11:50am

Grossman 115

Second 6 Weeks 29-Oct

Limit: 15

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

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

Mindfulness: Lasting Happiness & Self-Compassion

ALL1296-Z

Thursday 10:30am - 11:50am

Zoom

Second 6 Weeks 29-Oct

CANCELED

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

Coordinator: Leslie Dealy. Leslie is a recently retired social worker. During her 35-year career, she focused on treating clients suffering from anxiety and depression. One of the most effective techniques was the use of mindfulness, helping clients to stay present

in the moment. Leslie is an active and compassionate person. She has been involved in a variety of types of volunteer work and seeks to give back to the community. She has found ALL classes to be very stimulating and believes they foster community.

So You Want To Be a Poet

ALL077-C

Thursday 12:00pm - 1:20pm

Grossman 106

12 Weeks 17-Sep

Limit: 15

In this writing workshop, you will read your poem, as well as share comments and reactions to the poems of other readers. This is not a didactic course on how to write poetry. Beginners are welcome. Recent works are preferred; older/re-worked poems are also welcome. Ground rules for this course are simple: confidentiality and a prohibition to negative commentary prior to reading your poem. Please bring copies of your poem to class meetings.

Coordinator: Bill Holcombe. Bill is fully retired and reads poetry in various venues. He convenes the monthly "4th Friday Poets" at the Cultural Center of Cape Cod. Published in obscure quarterlies in the '70s, more recently in the *Cape Cod Times* and *Quaker Gazette*, Bill's "Poems from the Last Third" came out in 2025. He used to be a competitive tennis player.

The Public Good

ALL1539-Z

Thursday 12:00pm - 1:20pm

Zoom

Second 6 Weeks 29-Oct

Limit: 25

My nephew and I have had many political discussions. He suggested that Republicans take risk, and that it is necessary to society. Got me to wondering which components are most important to the public good. Obviously, individual rights matter, too. In this course we will first list the most important components of the public good, and then consider which to cover in the remaining classes. You will pick one to explore in more depth to inform the class discussions.

Coordinator: Marilyn Nouri. After earning her doctorate in Sociology from Syracuse University, Marilyn taught in the Sociology Department at SUNY in Oneonta. When she and her husband retired, they moved to Cape Cod, their favorite vacation place. Offering courses for ALL became one of Marilyn's favorite retirement activities, as well as volunteering for Habitat for Humanity and Bay to Sound Neighbors.

State of the Union:**Weekly Discussion**

Thursday 12:00pm - 1:20pm

12 Weeks 17-Sep

ALL1446-HC

Grossman 115

Limit: 25

Each week, we will discuss three newsletters, articles or podcasts relevant to the week's news. We will select from Heather Cox Richardson (U.S. history), Joyce Vance (U.S. attorney), Christopher Armitage (public policy), Paul Krugman (economist), Timothy Snyder (European history), Robert Reich (lawyer) etc., as well as major newspapers. The authors offer a different perspective through their own professional perspectives of the news. There may be a guest speaker with a background in government. Reading/podcast assignments will be sent out on Tuesday morning prior to Thursday's class. Please read two assignments and review the questions prior to the first class and be prepared to introduce yourself.

Coordinators: *Susanne Adamson, Diane VerSchure, Tom Richardson.* Susanne grew up in Sweden, where she majored in political science. She got her M.D. from the University of Upsala, Sweden and did her residency at the University of Maryland. As an Ob/Gyn, she was amazed at how little she knew of U.S. history and how much 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 on 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. Tom is a retired international computer industry executive. He has multiple degrees in chemistry and a commission in the U.S. Navy. He is interested in discussing the puzzles created at the intersection of business, science, history and government.

State of the Union:**Weekly Discussion**

Thursday 12:00pm - 1:20pm

12 Weeks 17-Sep

ALL1446-HZ**Zoom**

Limit: 20

This is the Zoom version of this hybrid course.

Coordinators: *Susanne Adamson, Diane VerSchure, Tom Richardson.* Hybrid Zoom version

Tai Chi and QiGong

Thursday 1:30pm - 2:50pm

Second 6 Weeks 29-Oct

ALL1458-C

Life Fitness Center

Limit: 12

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. This is a one-hour class which will start at 1:40 to allow enough time for students to get to the gym.

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 both tai chi and qigong for the last six years.

Keeping Calm and Carrying On in 2026

Thursday 1:30pm - 2:50pm

First 6 Weeks 17-Sep

ALL1531-C

Grossman 115

Limit: 25

In 1939, the British Ministry of Information developed the "Keep Calm and Carry On" poster as a specific response to the expected rapid breakdown of society. Rooted in British stoicism, the poster advocated a sense of sober restraint and the control of one's reactions when things feel chaotic. In 2026, society is, once again, experiencing rapid unexpected change with technology and the chaos of global reframing. This course explores how individuals and society cope – from screen time and gaming to exercise, meditation, positive psychology and a variety of approaches to self-management and self-awareness. Topics will be shaped by class interest, covering the general themes of consciousness, artificial intelligence, health and wellness, individual and group dynamics, and personal values. Active class participation will contribute to thoughtful discussions. A list of resources will be provided for further exploration.

Coordinator: *Marianne Triplette.* Marianne was born in New York City and raised in Washington, D.C. She completed her B.A., M.A. and Ph.D. at the University of Maryland, majoring in Sociology and Organizational Development. She completed postgraduate work in Psychology and studied Leadership Development at

THURSDAY continued...

the Kennedy School, Harvard University. Marianne’s career has been divided between university teaching, consulting with senior level management, political consulting and advocacy with an emphasis on equity. For decades, she has divided her time between North Carolina, Washington, D.C., Martha’s Vineyard and Cape Cod.

Loving the Short StoryALL055-Z

Thursday 1:30pm - 2:50pmZoom

12 Weeks 17-SepLimit: 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 fall semester will be *The Best American Short Stories 2025*, edited by Celeste Ng.

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.

Topics of Interest in RetirementALL1399-C

Thursday 1:30pm - 2:50pmGrossman 106

Second 6 Weeks 29-OctLimit: 25

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

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

recently retired to Mashpee and is looking forward to teaching at ALL.

How To Build an Online Business With AIALL1523-C

Thursday 1:30pm - 2:50pmGrossman 106

First 6 Weeks 17-SepLimit: 25

It is never too late to start a new business and it is easier than ever with the help of AI tools. This course is designed to show how to develop an online business using AI. We begin where every good business begins by identifying a problem and creating a solution. From there, we move through every stage of building a real, working business, including the infrastructure that holds it together, a business plan that actually guides decisions, the creation or development of the product or service, a professional website that does not require a developer, and a marketing strategy that reaches the right people in the right way. AI is woven into every session as a collaborator, business partner and creator. No prior business or technical experience required. A class website will be provided as a repository of class materials, presentations and artifacts.

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.

Working With Internal Family Systems TheoryAII1532-C

Thursday 1:30pm - 2:50pmGrossman 115

Second 6 Weeks 29-OctLimit: 25

Internal Family Systems Theory is an increasingly popular tool for working with personal and group dynamics. Developed by psychotherapist Richard Schwartz, the theory postulates that each of us operates with a sort of “internal board of directors” that drives our actions and reactions. The course begins with an overview of the basic elements of the theory and moves into discussions and personal examples of how the theory can be applied for self-management, problem-solving and

understanding societal trends in social media. This is a seminar course with members expected to actively participate in discussions. A list of resources will be provided.

Coordinator: Marianne Triplette. Marianne was born in New York City and raised in Washington, D.C. She completed her B.A., M.A. and Ph.D. at the University of Maryland, majoring in Sociology and Organizational Development. She completed postgraduate work in Psychology and studied Leadership Development at the Kennedy School, Harvard University. Marianne's career has been divided between university teaching, consulting with senior level management, political consulting and advocacy with an emphasis on equity. For decades, she has divided her time between North Carolina, Washington, D.C., Martha's Vineyard and Cape Cod.

Economic Justice

Thursday 3:00pm - 4:20pm

First 6 Weeks 17-Sep

ALL1512-C

Grossman 115

Limit: 25

Does justice demand that we redistribute income or other resources from some citizens to others who are less well-off? We all have notions of what justice requires, but it is hard to get a very clear idea of why we think the way we do. In this course, we will compare five basic principles thought to justify redistribution: liberty, equality, utility, sufficiency, and something called (maxi)minimality, which means helping the least well-off as much as possible. Is one of these values fundamental to questions of economic justice, or should we attempt to blend or balance them in some way? How should such issues be decided in a free society? This six-week course will be run as an informal seminar, with at least as much discussion as lecture. Readings will be sent out by the coordinator.

Coordinators: Theodore Everett, Bruce 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 fourth course at ALL. Bruce is a retired ExxonMobil executive with multiple degrees in international economics. He taught energy economics at the Fletcher School of Law and Diplomacy at Tufts University and the Georgetown School of Foreign Service.

Writing Incubator 2.0

Thursday 3:00pm - 4:20pm

First 6 Weeks 17-Sep

ALL1535-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. Returning and new participants are welcome to register for the next six-week session.

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 for three years. Mary Lou is a retired psychologist and longtime 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.

More Writing Incubator 2.0

Thursday 3:00pm - 4:20pm

Second 6 Weeks 29-Oct

ALL1536-Z

Zoom

Limit: 25

Returning and new participants are welcome to register for this second six-week session. 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. Read coordinators' biographies in Writing Incubator 2.0.

THURSDAY continued...

Chess: Free Play With Instruction **ALL1473-C**
Thursday 3:00pm - 4:20pm Grossman 106
Second 6 Weeks 29-Oct 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. He has previously taught chess courses to seniors at ALL and in Virginia, and to K-12 students in various locations.

FRIDAY

The ‘Doc’ Is In **ALL433-C**
Friday 1:00pm - 4:00pm* Wilkens Library Media Center
First 6 Weeks 18-Sep Limit: 26

These are not your mother’s documentaries. Today’s docs inspire, educate, elucidate and entertain – and are the intellectual darlings of Sundance. Having moved to Salt Lake during the Olympics, a few blocks from Sundance Film Festival’s HQ, the coordinator spent the next five years in Sundance cinema heaven. Independent and foreign films, of course, were already favorites but docs done by creative filmmakers were regularly shown at one of six screening rooms within a short walk. Need more be said? You are invited to join in the pleasure of artistically creative learning, followed by open class discussion. *Please note: This course meets for three hours, with a possibility of extended sessions.

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 Grossman 115
First 6 Weeks 18-Sep 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*.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	12 Weeks	14-Sep	ALL1514-C	Learn American Mah Jongg!	Grossman 106	Susan Whalley, Dana Huekell, Clare Jeannotte
Monday	9:00AM - 10:20AM	First 6 Weeks	14-Sep	ALL1440-C	Logic: Syntax and Semantics	Grossman 115	Dan Dougherty
Monday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL1300-C	Whitey Bulger – Declassified	Grossman 115	Janet Uhlar
Monday	10:30AM - 11:50AM	Second 6 Weeks	2-Nov	ALL1521-C	Mindfully Strong: Finding the Gifts Within & Around You	Grossman 106	Debra Morin
Monday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL1349-Z	Discussing the Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	10:30AM - 11:50AM	Second 6 Weeks	2-Nov	ALL1350-Z	Still Discussing the Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL1524-Z	Fallen for France	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL1352-C	Introduction to Chess	Grossman 106	Larry Pincus, John Heneghan
Monday	10:30AM - 11:50AM	Second 6 Weeks	2-Nov	ALL1210-Z	Memoirs – Lest We Forget	Zoom	Dianne Tattersall
Monday	10:30AM - 11:50AM	Second 6 Weeks	2-Nov	ALL1370-C	Memories Worth Saving 2.0	Grossman 115	June Calender
Monday	12:00PM - 1:20PM	First 6 Weeks	14-Sep	ALL1382-C	The American Revolution: A Different Perspective	Grossman 115	Janet Uhlar
Monday	12:00PM - 1:20PM	First 6 Weeks	14-Sep	ALL1524-Z	A Disease Called Happiness	Zoom	Ken Silva
Monday	12:00PM - 1:20PM	First 6 Weeks	14-Sep	ALL1495-C	All But Forgotten: Women Classical Music Composers	Grossman 106	Robert Santulli
Monday	1:30PM - 2:50PM	12 Weeks	14-Sep	ALL1515-C	Pearls of Wisdom	Grossman 115	Don Ellicott
Monday	1:30PM - 2:50PM	12 Weeks	14-Sep	ALL1506-Z	12 Films That Help You Understand the Art of Cinema	Zoom	Joseph Gonzalez
Monday	1:30PM - 2:50PM	First 6 Weeks	14-Sep	ALL1329-C	Sample a New Leisure Activity	Grossman 106	Patricia McKean
Monday	1:30PM - 2:50PM	Second 6 Weeks	2-Nov	ALL1463-C	Designing and Painting Mats	Tilden Arts Center	Joan Freedman
Monday	1:30PM - 2:50PM	Second 6 Weeks	2-Nov	ALL1494-C	Indigenous Elders Speak	Grossman 106	Frank Cuphone
Monday	3:00PM - 4:20PM	First 6 Weeks	14-Sep	ALL1519-C	AI Literacy: What You Need To Know & Do – Section A	Grossman 106	Heather Wilson
Monday	3:00PM - 4:20PM	Second 6 Weeks	2-Nov	ALL1520-C	AI Literacy: What You Need To Know & Do – Section B	Grossman 106	Heather Wilson
Monday	3:00PM - 4:20PM	First 6 Weeks	14-Sep	ALL1538-C	Making Smart Financial Decisions– Section A	Grossman 115	Frederick Rice
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	27-Oct	ALL1128-C	Massachusetts History: Pride and Prejudice?	Grossman 115	Stephen Anderson
Tuesday	9:00AM - 10:20AM	First 6 Weeks	15-Sep	ALL1359-C	Cape Cod History Course – Section A	Grossman 106	James Coogan
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	27-Oct	ALL1374-C	Cape Cod History Course – Section B	Grossman 106	James Coogan
Tuesday	9:00AM - 10:20AM	First 6 Weeks	15-Sep	ALL1504-C	Murder in Massachusetts: Crimes, Trials and Outcomes	Grossman 115	Stephen Anderson
Tuesday	9:00AM - 10:20AM	12 Weeks	15-Sep	ALL1496-Z	A Fresh Look at the New World Order	Zoom	Stew Goodwin
Tuesday	10:30AM - 11:50AM	12 Weeks	15-Sep	ALL1502-HC	Shakespeare's The Tempest	Grossman 115	Roger Shoemaker

Course Schedule continued...

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	10:30AM - 11:50AM	12 Weeks	15-Sep	ALL1502-HZ	Shakespeare's The Tempest	Zoom	Roger Shoemaker
Tuesday	10:30AM - 11:50AM	12 Weeks	15-Sep	ALL1499-C	More Than a Feeling: 12 Weeks of Legendary Artists	Grossman 106	Lew Taylor
Tuesday	10:30AM - 11:50AM	First 6 Weeks	15-Sep	ALL1510-Z	Eastern European Cinema	Zoom	John Stowe
Tuesday	12:00PM - 1:20PM	12 Weeks	15-Sep	ALL013-C	Great Books	Grossman 115	Judith Egan
Tuesday	12:00PM - 1:20PM	First 6 Weeks	15-Sep	ALL1500-C	She's Got the Beat: Girl Groups of Rock & Roll	Grossman 106	Lew Taylor
Tuesday	12:00PM - 1:20PM	Second 6 Weeks	27-Oct	ALL1501-C	He's Got Soul: The Guy Groups of Rock & Roll	Grossman 106	Lew Taylor
Tuesday	1:30PM - 2:50PM	First 6 Weeks	15-Sep	ALL1507-C	A World of Pottery	Grossman 115	John Kerrigan
Tuesday	1:30PM - 2:50PM	First 6 Weeks	15-Sep	ALL1509-C	Three Directors – Six Films	Grossman 106	Evan Cook
Tuesday	1:30PM - 2:50PM	Second 6 Weeks	27-Oct	ALL1522-C	Making Smart Financial Decisions – Section B	Grossman 106	Frederick Rice
Tuesday	1:30PM - 2:50PM	Second 6 Weeks	27-Oct	ALL1423-HC	Sociology of Age	Grossman 115	Jay Green
Tuesday	1:30PM - 2:50PM	Second 6 Weeks	27-Oct	ALL1423-HZ	Sociology of Age	Zoom	Jay Green
Tuesday	3:00PM - 4:20PM	First 6 Weeks	15-Sep	ALL1464-C	Mindfulness With Reiki	Grossman 115	Tara Crowley
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	28-Oct	ALL1508-C	Meditation With Reiki	Grossman 115	Tara Crowley
Tuesday	3:00PM - 4:20PM	First 6 Weeks	15-Sep	ALL1525-C	History of Sailing Ships: Pre-history to Clippers – Section A	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	27-Oct	ALL1527-C	History of Sailing Ships: Pre-history to Clippers – Section B	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	First 6 Weeks	15-Sep	ALL1483-Z	Van and RV Life for Retirees	Zoom	Gina Hurley
Wednesday	9:00AM - 10:20AM	First 6 Weeks	16-Sep	ALL1537-C	Tips & Techniques for Travelers	Grossman 115	Connie Champlin
Wednesday	9:00AM - 10:20AM	First 6 Weeks	16-Sep	ALL1516-C	To Be or Not To Bop: Bebop and Progressive Jazz	Grossman 106	Richard Slapsys
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	28-Oct	ALL1416-C	Pen, Pad and Prompt: Writing Improv Course	Grossman 115	Ann Tucker
Wednesday	10:30AM - 11:50AM	12 Weeks	16-Sep	ALL1328-HC	The Economist	Grossman 115	Michael Sullivan, Frederick Rice, Denise Benjamin
Wednesday	10:30AM - 11:50AM	12 Weeks	16-Sep	ALL1328-HZ	The Economist	Zoom	Michael Sullivan, Frederick Rice, Denise Benjamin
Wednesday	10:30AM - 11:50AM	12 Weeks	16-Sep	ALL1497-C	America in Turmoil: 1955-1980	Grossman 106	Lew Taylor
Wednesday	12:00PM - 1:20PM	12 Weeks	16-Sep	ALL1498-C	Stephen King: America's Storyteller	Grossman 106	Lew Taylor
Wednesday	12:00PM - 1:20PM	12 Weeks	16-Sep	ALL1513-C	Writing is a Lifelong Sentence	Grossman 115	Iris Leigh
Wednesday	1:30PM - 2:50PM	First 6 Weeks	16-Sep	ALL1530-C	Ageing 3.0: Politics, Community & Our Place	Grossman 115	Maggie French
Wednesday	1:30PM - 2:50PM	First 6 Weeks	16-Sep	ALL1517-C	Being an Ally for Racial Justice	Grossman 106	Karen Boujoukos
Wednesday	3:00PM - 4:20PM	First 6 Weeks	16-Sep	ALL1529-C	20th Century American Short Stories	Grossman 115	Bohdan Prypin

Course Schedule continued...

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Wednesday	1:30PM - 2:50PM	Second 6 Weeks	28-Oct	ALL1534-C	More 20th Century American Short Stories	Grossman 115	Bohdan Prypin
Wednesday	1:30PM - 2:50PM	Second 6 Weeks	28-Oct	ALL1511-C	The Wonder of Flight – Part 1	Grossman 106	Dave Gilliland
Wednesday	3:00PM - 4:20PM	12 Weeks	16-Sep	ALL1518-Z	Music and Literature	Zoom	John Temple
Wednesday	3:00PM - 4:20PM	First 6 Weeks	16-Sep	ALL1526-C	The Secrets of Effective Public Speaking – Section A	Grossman 106	Lawrence Brown
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	28-Oct	ALL1528-C	The Secrets of Effective Public Speaking – Section B	Grossman 106	Lawrence Brown
Thursday	9:00AM - 10:20AM	12 Weeks	17-Sep	ALL1533-C	Ernest Hemingway	Grossman 106	Judith Egan
Thursday	10:30AM - 11:50AM	First 6 Weeks	17-Sep	ALL1481-C	You're the Top: The Music of Cole Porter	Grossman 106	Steve Piontek
Thursday	10:30AM - 11:50AM	First 6 Weeks	17-Sep	ALL1503-C	Bento Spinoza: Leading Philosopher of Dutch Golden Age	Grossman 115	David Mulligan
Thursday	10:30AM - 11:50AM	Second 6 Weeks	29-Oct	ALL1265-C	Butterflies Across Cape Cod	Grossman 115	Joe Dwelly
Thursday	10:30AM - 11:50AM	Second 6 Weeks	29-Oct	ALL1296-Z	Mindfulness: Lasting Happiness & Self-Compassion	Zoom	Leslie Dealy CANCELED
Thursday	12:00PM - 1:20PM	12 Weeks	17-Sep	ALL077-C	So You Want To Be a Poet	Grossman 106	Bill Holcombe
Thursday	12:00PM - 1:20PM	Second 6 Weeks	29-Oct	ALL1539-Z	The Public Good	Zoom	Marilyn Nouri
Thursday	12:00PM - 1:20PM	12 Weeks	17-Sep	ALL1446-HC	State of the Union: Weekly Discussion	Grossman 115	Susanne Adamson, Diane VerSchure, Tom Richardson
Thursday	12:00PM - 1:20PM	12 Weeks	17-Sep	ALL1446-HZ	State of the Union: Weekly Discussion	Zoom	Susanne Adamson, Diane VerSchure
Thursday	1:30PM - 2:50PM	Second 6 Weeks	29-Oct	ALL1458-C	Tai Chi and QiGong	Life Fitness Center	Corina Iukovici
Thursday	1:30PM - 2:50PM	First 6 Weeks	17-Sep	ALL1531-C	Keeping Calm and Carrying On in 2026	Grossman 115	Marianne Triplette
Thursday	1:30PM - 2:50PM	12 Weeks	17-Sep	ALL055-Z	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	1:30PM - 2:50PM	Second 6 Weeks	29-Oct	ALL1399-C	Topics of Interest in Retirement	Grossman 106	Brian Haendiges
Thursday	1:30PM - 2:50PM	First 6 Weeks	17-Sep	ALL1523-C	How To Build an Online Business With AI	Grossman 106	Heather Wilson
Thursday	1:30PM - 2:50PM	Second 6 Weeks	29-Oct	ALL1532-C	Working With Internal Family Systems Theory	Grossman 115	Marianne Triplette
Thursday	3:00PM - 4:20PM	First 6 Weeks	17-Sep	ALL1512-C	Economic Justice	Grossman 115	Theodore Everett
Thursday	3:00PM - 4:20PM	First 6 Weeks	17-Sep	ALL1535-Z	Writing Incubator 2.0	Zoom	Maggie French, Mary Lou Heinz
Thursday	3:00PM - 4:20PM	Second 6 Weeks	29-Oct	ALL1536-Z	More Writing Incubator 2.0	Zoom	Maggie French, Mary Lou Heinz
Thursday	3:00PM - 4:20PM	Second 6 Weeks	29-Oct	ALL1473-C	Chess: Free Play With Instruction	Grossman 106	Brian Haendiges
Friday	1:00PM - 4:00PM *	First 6 Weeks	18-Sep	ALL433-C	The 'Doc' Is In	Wilkens Library Media Center	Lili Seely
Friday	1:30PM - 2:50PM	First 6 Weeks	18-Sep	ALL1323-C	Mindfulness Meditation in Theory and Practice	Grossman 115	James Kershner

ALL Registration Form Fall 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, August 24th at 9 a.m. for registration forms received by Friday August 21st. No preference will be given to early postmarks or delivery dates.



Board of Directors 2026-2027

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Brian Haendiges	Vice President
Maggie French	Treasurer
Joan Freedman	Clerk
Linda Deasey	Finance
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Jay Green	Special Events
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Joe Dwelly	Desk Volunteer Coordinator
Denise Benjamin	Member-at-Large
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Academy for Lifelong Learning Cape Cod, Inc.

Cape Cod Community College

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