

Fall 2024  
Course  
Catalog

Volume 23 Number 2

**ACADEMY  
FOR  
LIFELONG  
LEARNING**  
of Cape Cod, Inc.



Academy for Lifelong Learning  
Cape Cod Community College

2240 Iyannough Road  
West Barnstable, MA  
02668-1599

774-330-4400

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

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

Visit our website [www.capecodall.org](http://www.capecodall.org) for a  
list of additional fall semester courses.

# The Academy for Lifelong Learning

## Academic Calendar Fall 2024

Registration begins	Monday, August 19 at 9 a.m.
New member orientation	Wednesday, September 4 at 10 a.m.
Fall classes begin	Monday, September 9
First six-week classes end	Monday, October 21
Second six-week classes begin	Tuesday, October 22
Classes end	Monday, December 9

### Holidays – no classes

Columbus Day	Monday, October 14
Veterans Day (observed)	Monday, November 11
Thanksgiving break	Tuesday-Friday, November 26 – 29

### Beginning and end dates of courses:

#### 12-Week Courses

Mondays:	9/9 – 12/9
Tuesdays:	9/10 – 12/3
Wednesdays:	9/11 – 12/4
Thursdays:	9/12 – 12/5
Fridays:	9/13 – 12/6

#### First 6 Weeks

Mondays:	9/9 – 10/21
Tuesdays:	9/10 – 10/15
Wednesdays:	9/11 – 10/16
Thursdays:	9/12 – 10/17
Fridays:	9/13 – 10/18

#### Second 6 Weeks

Mondays:	10/28 – 12/9
Tuesdays:	10/22 – 12/3
Wednesdays:	10/23 – 12/4
Thursdays:	10/24 – 12/5
Fridays:	10/25 – 12/6

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## Academic Calendar Spring 2025

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

### Holidays – no classes

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

### Beginning and end dates of courses:

#### 12-Week Courses

Mondays:	1/27 – 4/28
Tuesdays:	1/28 – 4/22
Wednesdays:	1/29 – 4/23
Thursdays:	1/30 – 4/24
Fridays:	1/31 – 4/25

#### First 6 Weeks

Mondays:	1/27 – 3/10
Tuesdays:	1/28 – 3/4
Wednesdays:	1/29 – 3/5
Thursdays:	1/30 – 3/6
Fridays:	1/31 – 3/7

#### Second 6 Weeks

Mondays:	3/17 – 4/28
Tuesdays:	3/18 – 4/22
Wednesdays:	3/19 – 4/23
Thursdays:	3/20 – 4/24
Fridays:	3/21 – 4/25

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# Welcome to ALL

## A Message from Our President

On behalf of our Board of Directors, welcome to the Academy for Lifelong Learning of Cape Cod! For over 36 years, ALL has offered quality enrichment and educational courses for those 50 and over, along with special and social events. If you are new to the Cape, it's a great way to meet new people. If you are a current member or just discovering us, I hope you will be impressed with our extensive catalog of courses.

A big thank you for the time and effort of the curriculum committee, coordinators, registration committee, office administrator Cynthia Jayne, our Board of Directors, and all the volunteers who work so hard to make ALL a success! As Albert Einstein once remarked, "Commit yourself to lifelong learning. The most valuable asset you will ever have is your mind and what you put into it."

Paul Coteus, *President*

## About the Academy for Lifelong Learning

The Academy for Lifelong Learning (ALL) offers its members the opportunity to pursue educational interests and to expand social relationships. Volunteerism is critical to ALL's ongoing success. Members are encouraged to become class coordinators (teachers), participate on committees, work on administrative activities, or just participate in any of ALL's activities and functions. The opportunity for social interaction is an important aspect of ALL. In addition to courses, ALL offers social activities and special events such as lectures, occasional trips, theater productions and museum visits. ALL standing committees are responsible for the day-to-day operations, both social and educational. Most of the real work ensuring the smooth running of ALL takes place through the activities of volunteer committees. Please consider volunteering for one of these committees:

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

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

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

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

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

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

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

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

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

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

## The Registration Process

### Course Selection

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

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

**Z=Zoom (remote)**

**HC=Hybrid Classroom (in-person hybrid)**

**HZ=Hybrid Zoom (remote hybrid)**

As classroom space is limited, HZ class members are not permitted to attend in person unless prearranged with the coordinator. If you wish to attend a hybrid class, please enter your preferred location with your preferred courses and the other location as one of your alternates.

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

## 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](mailto:allccregister@gmail.com) and pay \$130 by credit card online at [www.capecodall.org/registration](http://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 19th. All members will have an equal chance of getting their course choices if their completed registration forms with payments are received by Friday, August 16th. 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](http://www.capecodall.org). Please watch your email to take advantage of these opportunities to add classes with openings to your schedule as the semester begins.

## 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](mailto:lifelonglearning@capecod.edu) or call: 774-330-4400. Office hours: Monday – Friday, 9:00 a.m. – 3:00 p.m.

## Class locations

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

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

## From the Curriculum Committee

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

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

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

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

We strive to offer a variety of learning opportunities for adults. If you have a special skill, vocation or expertise in a field that you would like to share with our community, we invite you to propose a 12-week or 6-week course for next semester. Coordinating a course offers an opportunity to meaningfully engage with like-minded peers, and to keep your mind active and engaged. Please include the following:

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

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

Contact the ALL office at [lifelonglearning@capecod.edu](mailto:lifelonglearning@capecod.edu) or 774-330-4400 if you are interested in exploring this wonderful opportunity. The Curriculum Committee will begin scheduling spring courses on October 14. Course proposals are greatly appreciated by early October. 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](http://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**

**The American Revolution: A Different Perspective** **ALL1382-C**  
 Monday 9:00AM - 10:20AM Grossman 106  
 First 6 Weeks 9-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 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.

**Let's Read Science Times Together** **ALL1383-Z**  
 Monday 9:00AM - 10:20AM Zoom  
 First 6 Weeks 9-Sep Limit: 25

When the first issue of the Science section of the *The New York Times* appeared in 1978, I was teaching science to eighth graders. Reading the *Science Times* each week became a homework assignment. Students' parents were also hooked. I have been reading it ever since. Let's read it together! Each week, we will read the previous week's publication and discuss articles on the many wonders of science. The Tuesday edition of *The New York Times* is required for this class. Each Thursday, you will be notified about which articles to read for the following Monday's class discussion.

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

**Letters from an American - Section A** **ALL1376-HC**  
 Monday 10:30AM - 11:50AM Grossman 115  
 First 6 Weeks 9-Sep Limit: 24

Heather Cox Richardson is a Professor of History at Boston College and the author of seven books on history and politics. This course is based on her highly successful "Letters from an American," a daily newsletter covering national events in the context of American history. Either I or someone from the class will lead a discussion each week, covering three of her letters from the previous week. When appropriate and available, I will distribute other materials which may offer a different viewpoint from Heather's. I find Heather's articles insightful and thought provoking. I hope you will as well. I intend to keep discussions fact based and apolitical. Students are expected to obtain a subscription to her digital newsletter, short and easily read in a few minutes; both free and paid versions are available on her website and emailed to you daily. A few days before each class, I will pick which articles from the previous week you should read. Once you subscribe to her newsletter, however, I think you will want to read them every day!

**Coordinator: Paul Coteus.** Paul is a retired physicist and IBM Fellow. Some of the most entertaining and enriching classes he has taken at ALL involve a learned discussion of current events. He is hoping this course, focused on viewing the national news through the lens of American history, will be similar.

**Letters from an American - Section A** **ALL1376-HZ**  
 Monday 10:30AM - 11:50AM Zoom  
 First 6 Weeks 9-Sep Limit: 12

This the Zoom version of this hybrid course.

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

**Whitey Bulger: Declassified** **ALL1300-C**  
 Monday 10:30AM - 11:50AM Grossman 106  
 First 6 Weeks 9-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.

**MONDAY (Continued)**

**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. She is also 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.

**The Glorious American Essay**

Monday 10:30AM - 11:50AM

12 Weeks 9-Sep

**ALL1367-Z**

Zoom

Limit: 15

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

**Coordinators: Brett Burgess, Deborah Titolo.**

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

**Letters from an American - Section B**

Monday 10:30AM - 11:50AM

Second 6 Weeks 28-Oct

**ALL1377-HC**

Grossman 115

Limit: 24

Heather Cox Richardson is a Professor of History at Boston College and the author of seven books on history and politics. This course is based on her highly successful "Letters from an American," a daily newsletter covering national events in the context of American history. Either I or someone from the class will lead a discussion each

week, covering three of her letters from the previous week. When appropriate and available, I will distribute other materials which may offer a different viewpoint from Heather's. I find Heather's articles insightful and thought provoking. I hope you will as well. I intend to keep discussions fact based and apolitical. Students are expected to obtain a subscription to her digital newsletter, short and easily read in a few minutes; both free and paid versions are available on her website and emailed to you daily. A few days before each class, I will pick which articles from the previous week you should read. Once you subscribe to her newsletter, however, I think you will want to read them every day!

**Coordinator: Paul Coteus.** Paul is a retired physicist and IBM Fellow. Some of the most entertaining and enriching classes I have taken at ALL involve a learned discussion of current events. He is hoping this class, focused on viewing the national news through the lens of American history, will be similar.

**Letters from an American - Section B**

Monday 10:30AM - 11:50AM

Second 6 Weeks 28-Oct

**ALL1377-HZ**

Zoom

Limit: 12

This is the Zoom version of this hybrid course.

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

**Introduction to Chess**

Monday 10:30AM - 11:50AM

Second 6 Weeks 28-Oct

Grossman 106

Limit: 24

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

**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.

**MONDAY (Continued)****Photography Using a Smartphone**

Monday 12:00PM - 1:20PM  
12 Weeks 9-Sep

**ALL1379-C**  
Grossman 106  
Limit: 15

This course will introduce the basics of photography, like composition, focus and exposure, using the touchscreen of a smartphone. We will cover how to edit images using the software provided by the manufacturer, useful apps to aide our photography, and where to display excellent imagery online, social media and in our community. Videos and photography will be used in class to aid our understanding. Weekly assignments and review of our images will be part of class discussions. Pixoto.com is an online social media website for photographers to receive instant feedback on their images by other members. Please familiarize yourself with pixoto by doing an internet search for Daniel Gorman pixoto. Use the Leaderboard tab to look at images in the different categories and explore the other tabs as well. If you are comfortable, consider joining pixoto, as this will help the class run smoothly. Please write a paragraph describing what you hope to achieve in class. This will help tailor the class toward your goals and interest.

**Coordinator: Daniel Gorman.** Daniel has been published in two books: *Upper Cape Cod: A Photographic Portrait*, and *Mid & Lower Cape Cod: A Photographic Portrait*. In 2012 and 2014, the Photographic Society of Rhode Island accepted Daniel's pictures for its Ocean State International Exhibit. Daniel has won 20 awards at the Barnstable County Fair including Best in Show. Daniel's recent imagery can be found at pixoto.com.

**How to Read a Movie**

Monday 1:30PM - 2:50PM  
12 Weeks 9-Sep

**ALL1368-Z**  
Zoom  
Limit: 35

This is a new edition of a previous course and will cover different films. Each week, we will watch and discuss a different film and one particular craft of each film (script, cinematography, editing, mise en scène, acting, etc.) and "read" how that particular craft enhances the film's overall quality. The chosen films will be deliberately familiar for an easier grasp (reading) of how each craft works. A complete program of all 12 films will be emailed after the first class. Please watch *High Noon* (1952), directed by Fred Zinnemann.

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

**Sample a New Leisure Activity**

Monday 1:30PM - 2:50PM  
First 6 Weeks 9-Sep

**ALL1329-C**  
Grossman 106  
Limit: 20

Whether you are looking for relief from stress or an outlet for boredom – or just need a change of pace, this course can help you find your new passion. In this third semester, we will continue to inspire and motivate you with a sampling of activities: mah-jongg (Joyce Rogean and Pam Sullivan); chess (Larry Pincus); mushroom identification (Jane Zulkiewicz); chair yoga/meditation (Carol Coteus); all about chocolate (Mary Ann Donovan); and growing African violets (Peg Crawford). We will provide any equipment you might need. Please come to relax and have fun!

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

**How Best to Adapt to an Increasingly Complex World**

Monday 1:30PM - 2:50PM  
First 6 Weeks 9-Sep

**ALL1393-C**  
Grossman 115  
Limit: 25

It seems that life is getting steadily more complicated in a multitude of ways – paying bills, avoiding scams, buying the right brand, dealing with technology, choosing a church to attend, deciding on the right vacation, handling family matters, etc. The list goes on and on. You can't change the world, but you can get yourself better adapted to its funky ways. Develop your own individual pathway to your best life. Understand and use your brain's habit-forming abilities and organizational talents to the fullest. Our discussions will give you lots of new ideas and things that have worked well for others.

**Coordinator: Don Ellicott.** Don has taught courses at ALL for many years in subjects such as psychology, neurology, history and human interest. This course will be largely discussion based and will be aimed at encouraging each class member to come up with a solution tailored to his/her individual needs.

**MONDAY (Continued)**

**Words From a Bear: ALL1366-C**  
**Native American Experiences**  
 Monday 1:30PM - 2:50PM Grossman 106  
 Second 6 Weeks 28-Oct Limit: 25

Join us in using *Words From a Bear*, an N. Scott Momaday documentary, to sample a kaleidoscope of Native American life. Each week, we will view a segment of the video to cover specific topics: Momaday's Kiowa roots and culture; living in two worlds; government impacts, such as allotment, boarding schools and termination; protests, including Alcatraz and Second Wounded Knee; and Momaday's career as a poet and Pulitzer Prize winning author. Momaday's life, which ended this year at age 89, covers all these topics and more.

**Coordinators: Frank Cuphone, John Kennedy.** Frank is a lifelong student of Native America, learning from elders, traveling to reservations in the US and Canada, and teaching from pre-school to university levels. John taught for many years at the university level and has coordinated innumerable history and literature classes at ALL.

**Beyond Red or White: ALL1391-HC**  
**The Value vs Plonk Edition**  
 Monday 3:00PM - 4:20PM Grossman 115  
 First 6 Weeks 9-Sep Limit: 20

It is pretty easy to find an excellent bottle of wine when you're spending \$100 or \$1,000. That is not what this course is about! We are going to explore how and where to find great values and fantastic wines – and we are going to do it for \$20 or less for a bottle. You will get some insights and tips on the how and why that professionals use to seek out great value and under-discovered gems. There will be information on key "value" regions and "value" varietals as well as an optional at-home weekly tasting challenge with follow-up group discussion. No prior knowledge is needed. This is a fun, relaxed course. You will never worry about whether that next bottle for less than \$20 is plonk again! For the first class, bring (optional) a list of your two favorite whites and two favorite reds (\$20 maximum retail)!

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

**Beyond Red or White: ALL1391-HZ**  
**The Value vs Plonk Edition**  
 Monday 3:00PM - 4:20PM Zoom  
 First 6 Weeks 9-Sep Limit: 25

This is the Zoom version of this hybrid course.

**Coordinator: Ron Fernandes.** Hybrid Zoom version.

**Beyond Red or White: ALL1392-HC**  
**Bourbon ... and other bad decisions**  
 Monday 3:00PM - 4:20PM Grossman 115  
 Second 6 Weeks 28-Oct Limit: 20

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

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

**Beyond Red or White: ALL1392-HZ**  
**Bourbon ... and other bad decisions**  
 Monday 3:00PM - 4:20PM Zoom  
 Second 6 Weeks 28-Oct Limit: 25

This is the Zoom version of this hybrid course.

**Coordinator: Ron Fernandes.** Hybrid Zoom version.

**TUESDAY**

**Cape Cod History Course - Section A ALL1359-C**  
 Tuesday 9:00AM - 10:20AM Grossman 106  
 First 6 Weeks 10-Sep Limit: 21

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.

**TUESDAY (Continued)**

**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.

**Lessons From History**

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

**ALL1361-Z**

Zoom  
Limit: 35

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

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

**Cape Cod History Course - Section B**

Tuesday 9:00AM - 10:20AM  
Second 6 Weeks 22-Oct

**ALL1374-C**

Grossman 106  
Limit: 21

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.

**Nobody Lives Forever: Warner Brothers Gangster Films of the 1930s.**

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

Grossman 106  
Limit: 25

This course will focus on several of the classic gangster movies that the Warner Brothers Studio produced from 1930 until 1939. Many of the stars of these films will be familiar to movie fans: Humphrey Bogart, James Cagney and George Raft, to name a few. These films can be considered a precursor to the film noir movement.

**Coordinator: Richard Slapsys.** Richard is an emeritus fine arts librarian and adjunct to the English department at the University of Massachusetts Lowell. He has taught several film classes at both UMass Lowell and ALL. His areas of interest in film history are the Hollywood movies of the 1930s and 1940s.

**French Cinema: 1970 – Today**

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

**ALL1372-Z**

Zoom  
Limit: 25

France had just come through the 1968 student protests, the dissolution of the De Gaulle Republic, and the waning of the New Wave. We will view six French movies, across each decade, to once again act as guides through the years. We will discuss social conditions, 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 *Chloe in the Afternoon*, directed by Eric Rohmer, prior to the first meeting.

**Coordinator: John Stowe.** John has had a long career in the computer industry and 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.

**Memories Worth Saving**

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

**ALL1370-C**

Grossman 115  
Limit: 15

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

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

**TUESDAY (Continued)****A Political History of Palestine**

Tuesday 10:30AM - 11:50AM

Second 6 Weeks 22-Oct

**ALL1365-Z**

Zoom

Limit: 25

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

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

**Memoirs - Lest We Forget**

Tuesday 10:30AM - 11:50AM

Second 6 Weeks 22-Oct

**ALL1210-Z**

Zoom

Limit: 18

We have all had time to reflect on our life experiences. Some of us have begun writing memoirs to share family history, events, travels and life experiences. Others want to begin this journey into their memory bank. In this 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.

**Keeping Your Mind Sharp As You Age**

Tuesday 12:00PM - 1:20PM

First 6 Weeks 10-Sep

**ALL1381-C**

Grossman 106

Limit: 25

This course will review the activities you can undertake to keep your memory and thinking as sharp as possible with aging. We will begin with a discussion of the cognitive changes that occur in normal aging, and then consider the role of intellectual engagement, physical exercise, socialization, and a variety of other pursuits that can help maintain good mental functioning. Finally, we will review the signs that more serious cognitive difficulty may be

developing. Assigned materials will be made available as PDFs on Google Drive.

**Coordinator: Robert Santulli.** Bob was the Director of Geriatric Psychiatry and the Memory Clinic at the Dartmouth-Hitchcock Medical Center and the Geisel School of Medicine at Dartmouth College in New Hampshire. He taught Alzheimer's Disease and Other Dementias at ALL in fall 2023.

**History of Rock & Roll: The '50s and '60s** **ALL1375-C**

Tuesday 1:30PM - 2:50PM

12 Weeks 10-Sep

Grossman 106

Limit: 25

Rock & Roll was everything the suburban 1950s was not. While parents of the decade were listening to Frank Sinatra, Perry Como and watching *Your Hit Parade* on television, their children were moving to a new beat. To the horror of the older generation, young people were twisting, thrusting, and bumping and grinding to the sounds of this new beat: rock & roll. This generation of youth was much larger than any in recent memory, and the prosperity of the era gave them money to spend on phonographs and records. By the end of the '50s, the phenomenon known as rock & roll had become the dividing line between youth and adulthood. At the beginning of the 1960s, the music of Frankie Avalon, Paul Anka, Connie Francis and Mitch Miller (an avowed enemy of R & R) ruled the airwaves and the recorded music charts, giving some observers the hope that decency and order had returned to the popular mainstream. But within a couple of years, rock would regain its disruptive power with a joyful vengeance until, by the decade's end, it would be seen as a genuine form of cultural and political consequence. For quite a while it was a truism – or threat, depending on your point of view – that rock & roll could (and should) make a difference. It was eloquent and inspiring enough to change the world – maybe even to save it.

**Coordinator: Lew Taylor.** Lew is a retired public librarian and has a BA and an MA in American History and is currently pursuing an MA in Sociology. Lew has taught many courses at ALL and is now back after a four-year absence.

**TUESDAY (Continued)****Beadweaving**

Tuesday 1:30PM - 2:50PM  
First 6 Weeks 10-Sep

**ALL1380-C**

Grossman 115  
Limit: 25

Beadweaving or "off-loom" beading is creating beaded objects with needle and thread and relatively small beads. This course will explore Peyote and Herringbone shapes. Some bead experience is preferred. Classes will be personalized to the group's interests with weekly presentations, followed by hands-on instruction with plenty of student interaction. A materials list will be provided before the first class.

**Coordinator: Kathleen Taylor.** Kathy is a lifelong artisan with degrees in art and education. She currently runs a bead shop, Not Just Beads, in West Dennis. She is a member of the Cape Cod Bead Society.

**The Religions of India - Section A**

Tuesday 3:00PM - 4:20PM  
First 6 Weeks 10-Sep

**ALL1384-C**

Grossman 106  
Limit: 25

This course has two objectives: 1) to provide an understanding of what India's four religions believe and practice, and 2) to discuss our own reactions to the timeless questions each faith tries to address. We'll discuss the historical forces in India's history that drove her history; the fundamentals of reincarnation religions; Hinduism; Buddhism; the Jains and Sikhs; and the impacts Islamic and Christian colonialism have had in India.

**Coordinator: Lawrence Brown.** Larry has been a teacher for 46 years and a columnist for the *Cape Cod Times* for 36. He has published five books, including a text on Hindu theology, and lectured at two Parliaments of the World's Religions.

**The Religions of India - Section B**

Tuesday 3:00PM - 4:20PM  
Second 6 Weeks 22-Oct

**ALL1385-C**

Grossman 106  
Limit: 25

This course has two objectives: 1) to provide an understanding of what India's four religions believe and practice, and 2) to discuss our own reactions to the timeless questions each faith tries to address. We'll discuss the historical forces in India's history that drove her history; the fundamentals of reincarnation religions; Hinduism; Buddhism; the Jains and Sikhs; and the impacts Islamic and Christian colonialism have had in India.

**Coordinator: Lawrence Brown.** Larry has been a teacher for 46 years and a columnist for the *Cape Cod Times* for 36. He has published five books, including a text on Hindu theology, and lectured at two Parliaments of the World's Religions.

**WEDNESDAY****Beginning Tai Chi**

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

**ALL1338-Z**

Zoom  
Limit: 12

We will start by learning a short choreographed 10-movement "form." Along with movement, we will delve into Chinese culture and the history of this art and how we can use parts of what was once the most feared and lethal method of fighting in China to promote and to extend wellness. The short (about three-minute) forms can be used at home to relieve stress, insomnia and as low impact exercises to aid in strengthening flexibility, strength and balance. All that is required is comfortable clothing, a space about six feet wide and four feet deep. But be aware, one never learns Tai Chi; it is a continuing journey to extending the quality of life.

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

**15 Challenges of the Future**

Wednesday 9:00AM - 10:20AM  
Second 6 Weeks 23-Oct

**ALL999-HC**

Grossman 115  
Limit: 18

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

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

**WEDNESDAY (Continued)****15 Challenges of the Future**

Wednesday 9:00AM - 10:20AM  
Second 6 Weeks 23-Oct

**ALL999-HZ**

Zoom  
Limit: 18

This is the Zoom version of this hybrid course.

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

**The Economist**

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

**ALL1328-HC**

Grossman 115  
Limit: 23

This lively course is based on *The Economist*, a weekly publication acclaimed for its coverage and analysis of world events, politics, business, technology, the arts and other issues of current interest. Each week, we will discuss articles from the previous week's edition. After the first session, volunteers will choose articles and lead the discussion for subsequent weeks. Access to *The Economist* is recommended for this course. Short and long-term subscriptions are available in print and/or digital format directly from [www.economist.com](http://www.economist.com). The selected articles can also be accessed via the CLAMS library network. We will hold a practice session for those interested in using this method prior to the start of class to demonstrate how to bring articles up via the Gale research database. *The Economist* articles for the first class will be sent by the coordinator during the prior week.

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

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

**The Economist**

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

**ALL1328-HZ**

Zoom  
Limit: 9

This is the Zoom version of this hybrid course.

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

Hybrid Zoom version.

**Verdi's 'Shakespeare' Operas**

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

**ALL1371-C**

Grossman 106  
Limit: 25

Verdi's three operas based on plays by Shakespeare – *Macbeth*, *Otello* and *Falstaff* – are all supreme masterpieces. This course will feature performances from major singers and opera houses around the world.

**Coordinator: Steve Piontek.** Steve is a retired magazine editor. He has taught many opera courses at ALL, as well as a course on the poetry of William Butler Yeats. And for several years, he has been a co-coordinator in a class on Nichiren Buddhism.

**Rosencrantz and Guildenstern are Alive!**

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

**ALL1363-C**

Grossman 115  
Limit: 12

In a continuing series of investigating great plays, we leap into the 20th century. Tom Stoppard's Tony Award-winning comedy *Rosencrantz and Guildenstern are Dead* is a brilliant, irreverent play on the many themes in *Hamlet* and on ... well, the theater. Familiarity with *Hamlet* is not required! We will use tools of the thespian (reading aloud) to bring this play to life and appreciate the pleasure of its intricacies. For dessert, we might include Stoppard's *The Real Inspector Hound*, a short take on Agatha Christie's mysteries. This is all good, clean, intellectual fun.

**Coordinator: Roger Shoemaker.** Roger has a BA in Dramatic Literature from Yale and an MFA in Directing from Catholic University. He taught theater and directed productions at Trinity College, Hartford, CT and spent 25 years as the Dean for the Arts at Walnut Hill School for the Arts, outside Boston. He enjoyed 10 fabulous post-retirement years teaching and directing at Dennis-Yarmouth Regional High School.

**So You Want To Be a Poet**

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

**ALL077-C**

Grossman 106  
Limit: 15

This creative writing course involves writing poetry, reading and sharing students' poems in class, and gentle critiquing. The only rule is that there are no rules, except that you cannot say anything negative about your own writing. Please bring copies of a poem to the first class. **Coordinator: Glyn Dowden.** Glyn, from Wales, has self-published his memoirs, two poetry books, a book of essays and a book of short stories. He is currently working on three other books, performing poetry readings and is involved in a reenactment stage performance of the Welsh poet Dylan Thomas.



**WEDNESDAY (Continued)****Great Books**

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

**ALL013-C**

Grossman 106  
Limit: 15

The Great Books Foundation provides a thoughtful, analytical way to view classic literature. In this course, we will explore the works of great authors through a questioning lens to help us deconstruct and build meaning in complex and ambiguous text by the greatest authors of the Western world. Using a variety of questions and sharing insights through lively discussion makes Great Books a fabulous literary program. The coordinator will contact students with information about course materials prior to the first class.

**Coordinator: Judith Egan.** Judy, a professional teacher, has implemented a Great Books program in grades 1-6 for 10 years. She is an avid reader of a variety of genres and values the skill of questioning required to create deep meaning.

**How Philosophy Can Change Your Life**

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

**ALL489-C**

Grossman 115  
Limit: 25

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

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

**Aging, Philosophy and a Changing Perspective**

Wednesday 3:00PM - 4:20PM  
First 6 Weeks 11-Sep

**ALL1321-C**

Grossman 115  
Limit: 20

Do we live in a time where aging can be an expansion versus a decline of life? This course says, "Yes!"

Individuals labeled senior citizens are living engaged lives, some into their 80s and 90s. How might a different outlook on the philosophy of life reveal a better older age for you? The course will explore the topics of ageism, philosophy, elderhood, and quality of life that affect the bounty of older life. With a focus on one's moral agency, you will be challenged to explore just what older age means for you. What defines leading a good life, with and for others, according to your highest aspirations as a participating member of society? Participants will be invited to share their views of aging, along with aspirations and concerns at this time of life. Suggested readings will be provided.

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

**The Constitution Project - Section A**

Wednesday 3:00PM - 4:20PM  
First 6 Weeks 11-Sep

**ALL1388-C**

Grossman 106  
Limit: 25

The election looms large on everyone's horizon. Let's not get tangled up in the national argument, but ask ourselves what kind of government we would like to see. Participants will be asked to select from a menu of constitutional issues and offer alternative language and ideas. Who on the political spectrum would support your ideas and why? Who on the spectrum would object and why? You will each write the language of your constitutional amendment on the board and pitch it to the rest of the class. We will bring it to a discussion and, if the class agrees, vote as an ALL Constitutional Convention. You can work in teams and if you do not wish to offer an amendment, you are welcome to participate in our discussions and vote.

**Coordinator: Lawrence Brown.** Larry has been a teacher for 46 years and a columnist for the *Cape Cod Times* for 36. He has spent decades teaching geography, ancient history, American history and public speaking.

**WEDNESDAY (Continued)**

**Experiencing Aging: Continuing Conversations for Women** **ALL1324-Z**  
 Wednesday 3:00PM - 4:20PM Zoom  
 Second 6 Weeks 23-Oct Limit: 17

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

**Coordinators: Pat Stover, Regina Ralston, Linda Zimmerman.** Pat has been coordinating classes at ALL for over 14 years, primarily focused on women's issues from a feminist perspective. Currently, Pat continues her focus on women's aging and the support, encouragement and inspiration we women can provide for each other by sharing our own stories. Regina holds a BA from the University of Vermont and an MEd from Northern Arizona University. She comes from a long line of Cape Codders but grew up in Quincy. She moved to Arizona in 1982 where she became a caregiver group facilitator and caregiver coach. At age 78, she and husband Walter moved back to the Cape. Linda is a career coach interested in women's stories, especially about life transitions. During the last 10 years, Linda provided career services and workshops for job seekers. As a newcomer to the Cape, she enjoys learning about the people, places and experiences that make the Cape region a special place.

**The Constitution Project - Section B** **ALL1389-C**  
 Wednesday 3:00PM - 4:20PM Grossman 106  
 Second 6 Weeks 23-Oct Limit: 25

The election looms large on everyone's horizon. Let's not get tangled up in the national argument, but ask ourselves what kind of government we would like to see. Participants will be asked to select from a menu

of constitutional issues and offer alternative language and ideas. Who on the political spectrum would support your ideas and why? Who on the spectrum would object and why? You will each write the language of your constitutional amendment on the board and pitch it to the rest of the class. We will bring it to a discussion and, if the class agrees, vote as an ALL Constitutional Convention. You can work in teams and if you do not wish to offer an amendment, you are welcome to participate in our discussions and vote.

**Coordinator: Lawrence Brown.** Larry has been a teacher for 46 years and a columnist for the *Cape Cod Times* for 36. He has spent decades teaching geography, ancient history, American history and public speaking.

**THURSDAY**

**Recent Revolutions in Science** **ALL1378-Z**  
 Thursday 9:00AM - 10:20AM Zoom  
 Second 6 Weeks 24-Oct Limit: 25

This is a course about history and discovery – big-time changes in science in your lifetime. The focus will be on biology (molecular biology in particular), but there are other discoveries dating to the last half of the 20th century that will be covered, including plate tectonics and astronomy. Class participation is encouraged. Volunteers with interests and background in diverse areas are invited to participate in giving presentations on topics of their choosing in consultation with the coordinator. Short articles and videos will be suggested each week.

**Coordinator: Steve Munroe.** Steve is Professor Emeritus of Biological Sciences at Marquette University where he taught molecular biology and biochemistry for 35 years. He has lived full-time on the Cape in Harwich since 2019. He has previously taught several courses at ALL on related topics.

**THURSDAY (Continued)****Mindfulness: Cultivating Lasting Happiness - Section A**

Thursday 10:30AM - 11:50AM

First 6 Weeks 12-Sep

**ALL1296-Z**Zoom  
Limit: 15

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

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

**Mercy Otis Warren: Muse of the Revolution**

Thursday 10:30AM - 11:50AM

First 6 Weeks 12-Sep

**ALL1364-C**Grossman 106  
Limit: 25

Mercy Otis Warren grew up in Barnstable and, as author Nancy Rubin Stuart states, might be considered the first woman journalist and female historian of the Revolution. With her hand on the pulse of the patriots' passion for democracy, she anticipated and wrote about the impending Boston Tea Party, the fight at the North Bridge in Concord and the Battle of Bunker Hill. Her deep friendships with John and Abigail Adams and others made her the right person at the right time to advance the cause of freedom through her insight and

pen. This history book breathes life into what we may already know but may not have "felt." The text for this discussion course is *The Muse of the Revolution: The Secret Pen of Mercy Otis Warren and the Founding of a Nation* by Nancy Rubin Stuart, available on Kindle and from your local library. We will discuss Part I of the book during the first week and gauge our pace together week by week.

**Coordinator: Susan Whalley.** Susan, retired educator and lover of history, volunteers with Sandwich Town Archives. She enjoys protecting documents that demonstrate the patriots' spirit to birth a new democracy and all that evolved from that! Let's enliven what we thought we knew and provide new appreciation for this period in the American story.

**Albert Camus: Storyteller and a Conscience for our Humanity**

Thursday 10:30AM - 11:50AM

First 6 Weeks 12-Sep

**ALL1369-HC**Grossman 115  
Limit: 12

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

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

**Albert Camus: Storyteller and a Conscience for our Humanity**

Thursday 10:30AM - 11:50AM

First 6 Weeks 12-Sep

**ALL1369-HZ**Zoom  
Limit: 12

This is the Zoom version of this hybrid course.

**Coordinator: David Mulligan.** Hybrid Zoom version.

**THURSDAY (Continued)****Mindfulness: Cultivating Lasting Happiness - Section B**

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

**ALL1380-Z**

Zoom  
Limit: 15

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

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

**Introduction to Nichiren Buddhism**

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

**ALL866-C**

Grossman 106  
Limit: 20

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

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

**Stories to Tell**

Thursday 12:00PM - 1:20PM  
First 6 Weeks 12-Sep

**ALL1390-C**

Grossman 106  
Limit: 15

This is a course to share your personal stories. Using theatre games such as the Name Game, we will build an atmosphere of trust and playfulness to encourage authentic storytelling. We will discuss the elements of a good story and use the textbooks of your lives for material. Our goal is to create an oral story three to five minutes long that is original, vibrant and emotionally honest. Please come dressed in comfortable clothes, prepared to move a bit. Our stories spring from the oral, not written, tradition – stories to tell!

**Coordinator: Linda Monchik.** Linda has a bachelor's degree from Smith College with a major in history and a minor in theatre/dance; a master's degree from Columbia Teachers College; and a master's degree in Theatre Education from Emerson. She was an adjunct professor at Bristol Community College in public speaking for 15 years and has been producing, performing and directing on the South Coast and Cape Cod for ~~three~~ thirty years. Most recently, she has performed the one-woman shows, "An Hour with Eleanor" and "Rose" in Cotuit and Marion, and also in "Ripcord" in Barnstable. Linda has also coordinated a Zoom course of poetry at ALL for two years during the Covid outage.

**Music Video as an Art Form: Poetry in Motion**

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

**ALL1373-C**

Grossman 106  
Limit: 25

This course will explore how the music video has evolved into a new art form. Each video will contain thought-provoking themes for discussion and allow participants to share different views that may change the impact and understanding of an artist's work. Read the text that will be provided by the coordinator on the Sewol Ferry tragedy. The coordinator will also provide a link to a YouTube video, which will be the basis of class discussion of the artist's interpretation of the events surrounding the tragic events on that day.

**Coordinator: Julie Farkas.** Julie was the leader of the Lexington Prose Group in Kentucky for more than 10 years. She also taught creative writing at the Carnegie Center in Lexington, KY. She enjoys sharing her love of literature and music with others.

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

Thursday 1:30PM - 2:50PM

12 Weeks 12-Sep

**ALL055-Z**

Zoom

Limit: 25

Students will discuss two stories at each session, sharing ideas and perceptions to enhance the understanding of the readings. The new text for the fall semester will be *The Best American Short Stories 2023*, edited by Min Jin Lee.

**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.

**Beginning Watercolor**

Thursday 2:30PM - 5:30PM \*

First 6 Weeks 12-Sep

**ALL711-C**

Tilden Arts Center

Limit: 10

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

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

**The Great War: WWI**

Thursday 3:00PM - 4:20PM

12 Weeks 12-Sep

**ALL1394-C**

Grossman 106

Limit: 25

This is a discussion-based course on "The Great War," later known as World War I (1914-1918). It will be based on a collection of documents that address multiple aspects of the war, each through a number of voices. Thus, the readings will be from written or spoken accounts by participants in the war or their contemporaries, including statesmen, soldiers, women, people of numerous ethnic and racial identities, and supporters and critics of the war. We will then examine great issues raised by the war: its causes, combat on multiple fronts, the home front, the emotions and ideals unleashed by the war, and the final "peace settlement." The documents themselves and the students' unique interests should enable rich and varied discussions. The text for this course is *World War I: A History in Documents* by Marilyn Shevin-Coetzee and Frans Coetzee (2011). Please read the "Introduction," pp.1-7 and "Into the Abyss," pp. 9-19.

**Coordinator: Richard Stewart.** Dick taught history for 43 years at Choate Rosemary Hall in Wallingford, CT. His BA is from Allegheny College in Meadville, PA and his MA is from Wesleyan University in Middletown, CT. He has taught various history courses at ALL since 2016.

**Cooking With Carol**

Thursday 3:00PM - 4:20PM

First 6 Weeks 12-Sep

**ALL1313-Z**

Zoom

Limit: 25

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

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

**THURSDAY (Continued)****Writing Incubator 2.0**

Thursday 3:00PM - 4:20PM

12 Weeks 12-Sep

**ALL780-Z**

Zoom

Limit: 12

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

**Coordinators: Maggie French, Mary Lou Heinz.**

Maggie was a financial executive in the fields of manufacturing and health, followed by a career as a certified life coach in personal and professional development. She now enjoys studies in philosophy and writes essays and short stories. Mary Lou is a retired psychologist and long-time field naturalist who has been part of the Writing Incubator for several years, writing about nature, history and travel. She was a judge for The Golden Crown Literary Society for several years.

**Learning to Fish Cape Cod and Beaches**

Thursday 3:00PM - 4:20PM

Second 6 Weeks 24-Oct

**ALL1305-C**

Grossman 115

Limit: 25

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

Some of the Cape's best captains will also join in sharing their expertise in fly fishing, surf/beach fishing and tuna fishing.

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

**FRIDAY****Histories and Stories from Sandwich**

Friday 10:30AM - 11:50AM

First 6 Weeks 13-Sep

**ALL1386-C**

Grossman 106

Limit: 25

This course will consist of a telling of histories for the nearly 400-year-old town of Sandwich, the oldest town on Cape Cod, settled in 1637. This collection of stories is a result of the coordinator's original research from the town's archives and elsewhere over the last 20 years. There is something for everyone – from history buff to inquisitive visitor to lover of a good story – with maps, images and photographs to accompany these fascinating tales.

**Coordinator: William Daley.** Bill graduated from Northeastern University with a bachelor's degree in economics. After retiring to Sandwich, he returned to his fond interest in history and began exploring the Sandwich archives. For 15 years, he conducted walking tours of historic Sandwich Village. He is past Chairman of the Sandwich Historical Commission, a former member of the Board of Trustees of the Sandwich Glass Museum and past Chairman of the Sandwich Town Hall Preservation Trust.

**Philosophy and Film**

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

12 Weeks 13-Sep

**ALL756-C**

Grossman 106

Limit: 19

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

**FRIDAY (Continued)**

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

**The Doc Is In** **ALL433-C**  
Friday 1:00PM - 4:00PM \* Wilkens Library Media Center  
Second 6 Weeks 25-Oct Limit: 25

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

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

**Mindfulness Meditation in Theory and Practice** **ALL1323-C**  
Friday 1:30PM - 2:50PM Grossman 115  
First 6 Weeks 13-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*.

**Introduction to Modern Western Square Dance** **ALL1387-C**  
Friday 2:00PM - 4:00PM \* Life Fitness Center  
12 Weeks 13-Sep Limit: 25

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

**Coordinators: David Perrault, Anne Schiraga.** Dave has been a square dance caller and teacher since the '80s. He is the caller for Seaside Squares-Cape Cod and teaches Beginner Level through Plus Level dancing in Yarmouth. Dave travels New England calling dances and organizing square dance events and conferences. A class in a parking lot, a square dance flash mob in Hyannis, and a square dance in a swimming pool are some of his unusual accomplishments! Anne is a retired elementary reading teacher and an after-school program coordinator. She received a BA from the University of Albany and an MA from UMass Boston. She has enjoyed square dancing since 2013 and is a founding member and club coordinator for Seaside Squares in Yarmouth, MA.

## Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	First 6 Weeks	9-Sep	ALL1382-C	The American Revolution: A Different Perspective	Grossman 106	Janet Uhlar
Monday	9:00AM - 10:20AM	First 6 Weeks	9-Sep	ALL1383-Z	Let's Read Science Times Together	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	First 6 Weeks	9-Sep	ALL1376-HZ	Letters from an American - Section A	Zoom	Paul Coteus
Monday	10:30AM - 11:50AM	First 6 Weeks	9-Sep	ALL1376-HC	Letters from an American - Section A	Grossman 115	Paul Coteus
Monday	10:30AM - 11:50AM	First 6 Weeks	9-Sep	ALL1300-C	Whitey Bulger: Declassified	Grossman 106	Janet Uhlar
Monday	10:30AM - 11:50AM	12 Weeks	9-Sep	ALL1367-Z	The Glorious American Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	10:30AM - 11:50AM	Second 6 Weeks	28-Oct	ALL1377-HC	Letters from an American - Section B	Grossman 115	Paul Coteus
Monday	10:30AM - 11:50AM	Second 6 Weeks	28-Oct	ALL1377-HZ	Letters from an American - Section B	Zoom	Paul Coteus
Monday	10:30AM - 11:50AM	Second 6 Weeks	28-Oct	ALL1352-C	Introduction to Chess	Grossman 106	Larry Pincus, John Heneghan
Monday	12:00PM - 1:20PM	12 Weeks	9-Sep	ALL1379-C	Photography Using a Smartphone	Grossman 106	Daniel Gorman
Monday	1:30PM - 2:50PM	12 Weeks	9-Sep	ALL1368-Z	How to Read a Movie	Zoom	Joseph Gonzalez
Monday	1:30PM - 2:50PM	First 6 Weeks	9-Sep	ALL1329-C	Sample a New Leisure Activity	Grossman 106	Patricia McKean
Monday	1:30PM - 2:50PM	First 6 Weeks	9-Sep	ALL1393-C	How Best to Adapt to an Increasingly Complex World	Grossman 115	Don Ellicott
Monday	1:30PM - 2:50PM	Second 6 Weeks	28-Oct	ALL1366-C	Words From a Bear: Native American Experiences	Grossman 106	Frank Cuphone, John Kennedy
Monday	3:00PM - 4:20PM	First 6 Weeks	9-Sep	ALL1391-HC	Beyond Red or White: The Value vs Plonk Edition	Grossman 115	Ron Fernandes
Monday	3:00PM - 4:20PM	First 6 Weeks	9-Sep	ALL1391-HZ	Beyond Red or White: The Value vs Plonk Edition	Zoom	Ron Fernandes
Monday	3:00PM - 4:20PM	Second 6 Weeks	28-Oct	ALL1392-HC	Beyond Red or White: Bourbon ... and other bad decisions	Grossman 115	Ron Fernandes



**Course Schedule (continued)**

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	3:00PM - 4:20PM	Second 6 Weeks	28-Oct	ALL1392-HZ	Beyond Red or White: Bourbon ... and other bad decisions	Zoom	Ron Fernandes
Tuesday	9:00AM - 10:20AM	First 6 Weeks	10-Sep	ALL1359-C	Cape Cod History Course - Section A	Grossman 106	James Coogan
Tuesday	9:00AM - 10:20AM	12 Weeks	10-Sep	ALL1361-Z	Lessons From History	Zoom	Stew Goodwin
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	22-Oct	ALL1374-C	Cape Cod History Course - Section B	Grossman 106	James Coogan
Tuesday	10:30AM - 11:50AM	First 6 Weeks	10-Sep	ALL1362-C	Nobody Lives Forever: Warner Brothers Gangster Films of the 1930s.	Grossman 106	Richard Slapsys
Tuesday	10:30AM - 11:50AM	First 6 Weeks	10-Sep	ALL1372-Z	French Cinema: 1970 – Today	Zoom	John Stowe
Tuesday	10:30AM - 11:50AM	12 Weeks	10-Sep	ALL1370-C	Memories Worth Saving	Grossman 115	June Calender
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	22-Oct	ALL1365-Z	A Political History of Palestine	Zoom	Russell Leng
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	22-Oct	ALL1210-Z	Memoirs - Lest We Forget	Zoom	Dianne Tattersall
Tuesday	12:00PM - 1:20PM	First 6 Weeks	10-Sep	ALL1381-C	Keeping Your Mind Sharp As You Age	Grossman 106	Robert Santulli
Tuesday	1:30PM - 2:50PM	12 Weeks	10-Sep	ALL1375-C	History of Rock & Roll: The '50s and '60s	Grossman 106	Lew Taylor
Tuesday	1:30PM - 2:50PM	First 6 Weeks	10-Sep	ALL1380-C	Beadweaving	Grossman 115	Kathleen Taylor
Tuesday	3:00PM - 4:20PM	First 6 Weeks	10-Sep	ALL1384-C	The Religions of India - Section A	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	22-Oct	ALL1385-C	The Religions of India - Section B	Grossman 106	Lawrence Brown
Wednesday	9:00AM - 10:20AM	12 Weeks	11-Sep	ALL1338-Z	Beginning Tai Chi	Zoom	Bil Mikulewicz
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	23-Oct	ALL999-HC	15 Challenges of the Future	Grossman 115	Tom Murphy
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	23-Oct	ALL999-HZ	15 Challenges of the Future	Zoom	Tom Murphy

**Course Schedule (continued)**

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Wednesday	10:30AM - 11:50AM	12 Weeks	11-Sep	ALL1328-HC	The Economist	Grossman 115	Michael Sullivan, Bill Holcombe
Wednesday	10:30AM - 11:50AM	12 Weeks	11-Sep	ALL1328-HZ	The Economist	Zoom	Michael Sullivan, Bill Holcombe
Wednesday	10:30AM - 11:50AM	First 6 Weeks	11-Sep	ALL1371-C	Verdi's 'Shakespeare' Operas	Grossman 106	Steve Piontek
Wednesday	12:00PM - 1:20PM	12 Weeks	11-Sep	ALL1363-C	Rosencrantz and Guildenstern are Alive!	Grossman 115	Roger Shoemaker
Wednesday	12:00PM - 1:20PM	12 Weeks	11-Sep	ALL077-C	So You Want To Be a Poet	Grossman 106	Glyn Dowden
Wednesday	1:30PM - 2:50PM	12 Weeks	11-Sep	ALL013-C	Great Books	Grossman 106	Judith Egan
Wednesday	1:30PM - 2:50PM	12 Weeks	11-Sep	ALL489-C	How Philosophy Can Change Your Life	Grossman 115	Claire Briand
Wednesday	3:00PM - 4:20PM	First 6 Weeks	11-Sep	ALL1321-C	Aging, Philosophy and a Changing Perspective	Grossman 115	Maggie French
Wednesday	3:00PM - 4:20PM	First 6 Weeks	11-Sep	ALL1388-C	The Constitution Project - Section A	Grossman 106	Lawrence Brown
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	23-Oct	ALL1324-Z	Experiencing Aging: Continuing Conversations for Women	Zoom	Pat Stover, Regina Ralston, Linda Zimmerman
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	23-Oct	ALL1389-C	The Constitution Project - Section B	Grossman 106	Lawrence Brown
Thursday	9:00AM - 10:20AM	Second 6 Weeks	24-Oct	ALL1378-Z	Recent Revolutions in Science	Zoom	Steve Munroe
Thursday	10:30AM - 11:50AM	First 6 Weeks	12-Sep	ALL1296-Z	Mindfulness: Cultivating Lasting Happiness - Section A	Zoom	Leslie Dealy
Thursday	10:30AM - 11:50AM	First 6 Weeks	12-Sep	ALL1364-C	Mercy Otis Warren: Muse of the Revolution	Grossman 106	Susan Whalley
Thursday	10:30AM - 11:50AM	First 6 Weeks	12-Sep	ALL1369-HC	Albert Camus: Storyteller and a Conscience for our Humanity	Grossman 115	David Mulligan
Thursday	10:30AM - 11:50AM	First 6 Weeks	12-Sep	ALL1369-HZ	Albert Camus: Storyteller and a Conscience for our Humanity	Zoom	David Mulligan
Thursday	10:30AM - 11:50AM	Second 6 Weeks	24-Oct	ALL1380-Z	Mindfulness: Cultivating Lasting Happiness - Section B	Zoom	Leslie Dealy

**Course Schedule (continued)**

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Thursday	10:30AM - 11:50AM	Second 6 Weeks	24-Oct	ALL866-C	Introduction to Nichiren Buddhism	Grossman 106	Susan Whalley, Steve Piontek
Thursday	12:00PM - 1:20PM	First 6 Weeks	12-Sep	ALL1390-C	Stories to Tell	Grossman 106	Linda Monchik
Thursday	1:30PM - 2:50PM	First 6 Weeks	12-Sep	ALL1373-C	Music Video as an Art Form: Poetry in Motion	Grossman 106	Julie Farkas
Thursday	1:30PM - 2:50PM	12 Weeks	12-Sep	ALL055-Z	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	2:30PM - 5:30PM *	First 6 Weeks	12-Sep	ALL711-C	Beginning Watercolor	Tilden Arts Center	Mary Lou Mack
Thursday	3:00PM - 4:20PM	12 Weeks	12-Sep	ALL1394-C	The Great War: WWI	Grossman 106	Richard Stewart
Thursday	3:00PM - 4:20PM	First 6 Weeks	12-Sep	ALL1313-Z	Cooking With Carol	Zoom	Carol Coteus
Thursday	3:00PM - 4:20PM	12 Weeks	12-Sep	ALL780-Z	Writing Incubator 2.0	Zoom	Maggie French, Mary Lou Heinz
Thursday	3:00PM - 4:20PM	Second 6 Weeks	24-Oct	ALL1305-C	Learning to Fish Cape Cod and Beaches	Grossman 115	Steve Leary
Friday	10:30AM - 11:50AM	First 6 Weeks	13-Sep	ALL1386-C	Histories and Stories from Sandwich	Grossman 106	William Daley
Friday	1:00PM - 4:00PM *	12 Weeks	13-Sep	ALL756-C	Philosophy and Film	Grossman 106	Tom Gotsill
Friday	1:00PM - 4:00PM *	Second 6 Weeks	25-Oct	ALL433-C	The Doc Is In	Wilkens Library Media Center	Lili Seely
Friday	1:30PM - 2:50PM	First 6 Weeks	13-Sep	ALL1323-C	Mindfulness Meditation in Theory and Practice	Grossman 115	James Kershner
Friday	2:00PM - 4:00PM *	12 Weeks	13-Sep	ALL1387-C	Introduction to Modern Western Square Dance	Life Fitness Center	David Perrault, Anne Schiraga

**ALL Registration Form Fall 2024**

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

**Academy for Lifelong Learning  
Cape Cod Community College  
2240 Iyannough Road  
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Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street \_\_\_\_\_

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

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

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

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

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

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

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

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

**Preferred Courses**

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

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

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

The ALL Registration process will open on Monday, August 19th at 9 am for registration forms received by Friday August 16th. No preference will be given to early postmarks or delivery dates.



**Board of Directors 2023-2024**

Paul Coteus	President	2025
Roger Shoemaker	Vice President	2027
Maggie French	Treasurer	2027
Joan Freedman	Clerk	2025
Rita Ailinger	Member-at-Large	2026
Jean DeVincentis	Registration	2027
Denise Benjamin	Special Events	2026
Henry Tamzarian	Curriculum	2027
Marianne Triplette	Communications	2026
Patricia McKean	Member-at-Large	2025
Alice Mitchell	Hospitality, Membership	2026
Diane Tattersall	Immediate Past President	2025

Office Administrator: Cynthia Jayne

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 Email: [lifelonglearning@capecod.edu](mailto:lifelonglearning@capecod.edu)