

Spring 2026 Program Catalog In-Person + Online

Osher Lifelong Learning Institute (OLLI) at UMass Boston

PROVIDING LIFE-ENRICHMENT OPPORTUNITIES FOR OLDER ADULTS



**GERONTOLOGY INSTITUTE
DONNA M AND ROBERT J MANNING COLLEGE
OF NURSING AND HEALTH SCIENCES**



OLLI at UMass Boston Membership Categories, Fees, and Benefits – Effective July 1, 2025

✓ = Benefit/Program is included in a specific membership category.

N/A – Benefit/Program is NOT included in a specific membership category.

* = Support available for folks who may need help covering the membership fee.

Membership Fees, Programs, and Benefits	Membership Category		
	Full/Unlimited	OLLI Carte	General
Annual Membership Fee (Individual)*	\$245	\$120	\$65
Household Membership Discount	✓	✓	✓
Unlimited Courses (no additional fees)	✓	N/A	N/A
Fee per Course Option	N/A	\$40	N/A
Unlimited OLLI Talks/Walking Tours	✓	✓	N/A
Fee per OLLI Talk/Walking Tour Option	N/A	N/A	\$15
Shared Interest Groups	✓	✓	✓
Social Events	✓	✓	✓
Theater (group rate)	✓	✓	✓
Day Trips (group rate)	✓	✓	✓
Domestic Travel (group rates)	✓	✓	✓
International Travel (group rates)	✓	✓	✓
Winter & Summer Programs	✓	✓	✓
Mango Languages	✓	✓	N/A
UMass Student ID	✓	N/A	N/A
UMass Email Address	✓	N/A	N/A
UMass Parking Plan (per term)	\$45	N/A	N/A

Household Membership. Each membership category is eligible for a household discount. A household membership is designed for two individuals living at the same address and registering for the same membership category.

Mango Languages: Brush up your language skills before going on a trip. A free subscription to Mango Language is an OLLI membership perk for the Full and OLLI Carte membership levels.

UMass Student ID: Use your UMass Student ID to get discounts at selected cultural institutions (including the JFK Library & Museum) and retail establishments.

UMass Email Address: Use your UMass email address to get student discounts at online merchants. Some retail establishments also require a college or university email address to obtain a student discount. UMass email would allow you to also access the secure WiFi on campus.

UMass Parking Plan: OLLI offers a discounted parking rate of \$9/day for on-campus garages. Regular price is \$15. The semester parking plan allows Full members to pay \$45 each term for unlimited parking passes.

Cover photography by OLLI member Dorothy Farrell. Location: Cefalu, Sicily.

Keep Learning. Keep Growing. Keep Having Fun!

The Osher Lifelong Learning Institute (OLLI) at UMass Boston invites you to explore the more than 75 courses and other programs being offered during the spring 2026 semester. OLLI at UMass Boston is a member-based community of older adults (50 and better!) who truly enjoy learning simply for the love of it, regardless of their educational backgrounds. With no homework or tests, OLLI students' curiosities are satisfied by engaging in our non-credit courses, special lectures, social events, theatre outings, and field trips in the United States and abroad. *We hope to see you this spring at one of our courses, or enjoying a theatre performance, or even heading out on a learning excursion with your fellow OLLI members.*

What's Included in the OLLI Spring 2026 Catalog

At the time of printing, the information included in the spring catalog was current and accurate. Any updates to the listed information (changes, additions, cancellations, etc.) will be announced in OLLI's weekly newsletter, Connections, and online entries of courses and programs will be corrected to reflect the new information.

OLLI courses are typically 5-6 weeks long and meet once a week for 90 minutes. Courses explore a wide range of topics and are offered both in-person and online via Zoom. Class sessions are offered Monday-Saturday with varying times throughout the day, including some evening courses.

OLLI Talks are one-time lectures, presentations, or workshops typically held over the noon hour.

Shared Interest Groups (SIGs) are created around a common interest and like to meet outside the normal OLLI class environment to discuss and enjoy this mutual interest. Each group is different depending on

its focus, and all provide interesting lifelong learning opportunities as well as fun social experiences.

Theatre Outings. OLLI members enjoy discounted tickets to select theatre performances in the Boston area. The Theatre Committee works with various production companies to select shows and dates for OLLI to attend as a group.

Travel. Members enjoy fun and educational day trips as well as overnight travel (both domestic and international). Volunteers put together trip itineraries and promote them to OLLI members at discounted prices.

Important Spring 2026 Dates to Keep in Mind

Monday, January 5 – Course Request Process Begins

Friday, February 13 – Priority Registration Deadline (course requests due!)

February 16-20 – Course Lottery Allocation Period (course requests/registration paused)

Monday, February 23 – Final Spring 2026 Course Schedules Released

Monday, February 23 – Course registration re-opens on a first-come, first-served basis

Reminder: OLLI at UMass Boston uses a priority/lottery system to determine final course registrations. Full and OLLI Carte members must submit their course requests before the Priority Registration Deadline of February 13 to be included in the lottery allocation process. Please list your course choices in order of priority (highest priority = 1, and so on) on the Course Request Form or when using the online registration system www.campusce.net/umb/category/category.aspx

Questions?

Call: 617.287.7312 or email ollireg@gmail.com

Mail to: OLLI Office, UMass Boston, 100 Morrissey Blvd., Boston, MA 02125-3393

Visit our website: <https://www.umb.edu/olli>

Request courses online: <https://www.campusce.net/umb/category/category.aspx>

Learning at OLLI

OLLI at UMass Boston continues to provide in-person and online programming for its members. We are ever so grateful for the time and effort our facilitators, presenters, and tour guides dedicate to researching, creating, and offering their knowledge, passions, and expertise to OLLI students.

Learning Etiquette and Conduct

OLLI encourages rich dialogue and the exchange of ideas, opinions, and information in its courses and programs. This is at the heart of lifelong learning as older adults bring with them individual personal and professional experiences. OLLI and its facilitators/presenters wish to build a learning atmosphere (whether that is in-person or online) that is welcoming and accepting of differences. Members grow by actively listening to one another with respect and dignity. It is the expectation that members help one another in this endeavor, allowing various voices to be heard. We appreciate your cooperation in helping create this inclusive community.

Zoom

OLLI at UMass Boston uses Zoom as the main platform to deliver course and program content online. A personal Zoom account is not required to participate in OLLI courses and programs. ***We highly encourage Zoom participants to turn on their cameras as it is more inviting for both the facilitator/presenter and the OLLI students.*** Zoom is a free video-conference platform that allows users to meet online and participate via video and audio. It is an application that can be easily installed or downloaded for free on your mobile device or home computer/ laptop. OLLI does not publicly promote Zoom details for meetings or courses; they are intended strictly for OLLI members. Members can learn more about Zoom by visiting its website: www.zoom.us.

In-Person Locations and Directions

Approximately 50% of OLLI fall courses will be offered in-person at the UMass Boston Campus, Hingham Public Library, or Thayer Public Library in Braintree.

UMass Boston Campus

McCormack Hall, 3rd Floor, Room 003
100 Morrissey Boulevard
Boston, MA 02125-3393

Hingham Public Library

Whiton Room
66 Leavitt Street, Hingham, MA 02043

Thayer Public Library

Logan Auditorium
798 Washington Street, Braintree, MA 02184

Detailed information on directions and parking can be found on OLLI's contact/locations webpage: www.umb.edu/olli/contact. For those attending programs at the UMass Boston campus, OLLI has arranged for discounted parking of \$9/day. Members planning to be on campus for more than five days during the spring semester can purchase a \$45 semester parking plan available through the OLLI Office. This plan allows for unlimited single use parking passes to be used for OLLI courses and programs being held on campus during the spring semester.

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Language, Literature, and Writing



















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Off-Site Courses

The below in-person courses are offered at Braintree or Hingham. For in-person course on the UMass Boston Campus, please go to the Monday (pg 6), Tuesday (pg 10), Thursday (pg 18), or Friday (pg 23) course listings.

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Spring 2026 Courses by Day of the Week

Note: All course information is correct at the time of printing. Any changes to course details will be announced in the OLLI newsletter and reflected in the online information about the course. On the following pages, course descriptions and facilitator bios are listed by day of the week. **OLLI is offering both in-person and online courses this semester. Please note the location as you consider and submit your course requests.**

Please note that the views and opinions expressed are strictly those of the facilitators, presenters, and their guest speakers and may not reflect the philosophical and political perspectives of UMass Boston or OLLI leadership.

Monday

Introduction to Traditional Yang Style Tai Chi

Students will acquire a comprehensive understanding of Yang-style Tai Chi, the most widely practiced and popular style of Tai Chi, commonly referred to as “meditation in motion.” The Yang postures are characterized by their relaxed, expansive, simple, precise, centrally aligned, and harmoniously combined nature, incorporating both hard and soft elements. These postures can be positioned at high, middle, or low stances, accommodating individual preferences. This flexibility renders the Yang form suitable for health preservation and enhancement, thereby augmenting strength, balance, and overall fitness. Each class commences with warm-up exercises designed to promote softness, relaxation, and looseness. We will delve into fundamental principles and concepts, fostering body awareness, balance, and meditation.

Facilitators: John “Jack” Walsh, a retired U.S. official, studied the Yang style Tai Chi hand and sword forms under Master Liang Yin Zhao at Murray Hill Chinese School in New Jersey from 2003 to 2018. After retirement, he dedicated himself to studying Traditional Yang Tai Chi under Master Huan Zhang (former OLLI instructor) and Sifu David Watts. Jack also studied Sun style Tai Chi and received two Instructor Certifications for Tai Chi for Arthritis and Fall Prevention from Dr. Paul Lam. Since April 2024, he has taught Tai Chi for Arthritis and Fall Prevention for Brigham and Women’s Hospital at the Boston Public Library. In May 2025, Master Zhang conferred upon him an Instructor Certification for Traditional Yang Tai Chi, and he is an assistant instructor at Tong Hua Men School of Kung Fu and Tai Chi Chuan in Cambridge. Jack is currently an instructor at OLLI.

Dates: 13 Mondays, 3/2–6/8 (no class on 4/20 and 5/25)

Time: 12:15–1:15 p.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Exercise

Price: \$40 for OLLI Carte Members

Tai Chi for Arthritis and Fall Prevention

Developed by Dr. Paul Lam and the Tai Chi for Health Institute, this comprehensive program, rooted in the Sun style of Tai Chi, provides an in-depth understanding of its distinctive characteristics. This program offers an effective exercise regimen promoting holistic well-being, with customizable exertion levels for individuals of varying abilities, including young seniors. It incorporates unique qigong practices and a higher stance, making the learning process engaging and enjoyable. The program offers numerous health benefits, including arthritis symptom relief, reduced pain, improved balance, fall risk reduction, flexibility, strength, cardiovascular fitness, immune system support, and tranquility. Arthritis foundations and the CDC recommend these evidence-based exercises. Each class begins with warm-up exercises to foster softness, relaxation, and looseness, followed by learning the fundamental Tai Chi postures, principles and concepts.

Facilitator: John “Jack” Walsh, see bio above.

Dates: 13 Mondays, 3/2–6/8 (no class on 4/20 and 5/25)

Time: 2:00–3:00 p.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Exercise

Price: \$40 for OLLI Carte Members

Quantum Experiments for Everyone

The quantum world can seem mysterious, but it’s all around us! Come explore simple experiments that don’t require any special background but will help you see and appreciate the wonders of quantum mechanics. Labs will be set up for you, so you only have to do the fun stuff! We’ll talk about how what we see connects to core ideas of physics, how the discoveries played out historically, and how these principles relate to current research in quantum computing and quantum technologies.

Facilitator: Mary Fries is a UMB physics graduate student with an interest in quantum education and the foundations of quantum mechanics. Fries is also curriculum designer with over a decade and a half of experience developing math and computer science classroom materials and teacher professional development programs.

Dates: 5 Mondays, 3/2-4/13 (skip 3/16 and 3/23)
Time: 1:30–3:00 p.m.
Location: IN-PERSON at UMass Boston Campus
Format: Hands-on/Lecture
Price: \$40 for OLLI Carte Members

Adaptability: The Art and Science of Staying Resilient, Creative and Flexible

Adaptability, a natural, lifelong process, is life’s master skill — from the way a tree bends in the wind to the way humans reinvent themselves through change. In this course we explore how all living things adapt, how adaptability evolves across the lifespan, how creativity and resilience fuel adaptability and how we can consciously cultivate it as an art form for lifelong wellbeing physically, mentally and emotionally. We will learn from nature, psychology, and one another, examine our ability to adjust to change, recover from challenges, and, through classroom lectures, discussions, and interactive exercises, find innovative ways forward while practicing resilience and creativity.

Facilitator: Myrna Finn is a professor emerita at Salem State University where she taught courses in all aspects of oral communication. With her motto “you’re never too old to learn something new,” she is a life-long learner always looking to expand her horizons and understanding and have fun in the process.

Dates: 5 Mondays, 3/9–4/6
Time: 10:00–11:30 a.m.
Location: IN-PERSON at Thayer Public Library, Braintree
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

Autism Spectrum Disorders: Fact or Fantasy?

This course, designed for adults, offers a foundational overview of Autism Spectrum Disorder (ASD), focusing on characteristics, communication styles, and practical strategies for fostering positive interactions and support. Participants will explore topics such as understanding social cues and communication challenges, recognizing sensory issues, and navigating the nuances of relationships and lifetime experiences in adulthood. The class emphasizes a neurodiversity-affirming approach, promoting empathy, acceptance, and effective communication with persons with autism and their caretakers. The goal is to equip adults with the knowledge and skills to understand autism, its challenges and strengths, as well as a basic understanding of contemporary issues regarding autism in the world today.

Facilitator: Dr. Susan Gurry has been working in the field of Autism Spectrum Disorders since 1975. She retired from the Cambridge Public Schools in 2018 and was the Program Director for Severe Special Needs at Lesley University Division of Graduate Programs for 20+ years. She has been interested in ASD since 1975 and currently Life Coaches adults on the spectrum and consults to families.

Dates: 5 Mondays, 3/9–4/6
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

Is Liberation Theology Dead?

What is liberation theology? Why is it controversial? This course explores this combination of spirituality and social activism, which is centered on the belief that one cannot separate religious faith from the struggle for a just society. We will examine the history of this belief system, a case study showing its impact on social movements in Brazil, and debates about it. The last include the question of whether it is dying or is still relevant and whether it is more Marxist than religious. Except for some informational presentations, the course will be interactive.

Facilitator: Madeleine Cousineau is a retired sociology professor who has written books and articles based on years of research on religion and social activism in Latin America. She taught full-time at Mount Ida College and part-time at UMass Boston, gave guest lectures in three countries, and received a Fulbright for Brazil.

Dates: 5 Mondays, 3/9–4/6
Time: 10:00–11:30 a.m.
Location: IN-PERSON at UMass Boston Campus
Format: Discussion
Price: \$40 for OLLI Carte Members

A New Look at the Bible - Part II

Ever wanted to learn more about the Bible, but don’t know how to begin? Whether Christian, Jewish, Muslim, or otherwise, the Bible is still a relevant text to the 21st century global citizen due to its history and influence. Even after teaching its contents to high school students for 40 years, Sharon Bilodeau still thinks so! Join this class to dive into the Books of Joshua, Judges and Ruth. These are the books that continue the biblical story of the liberation from slavery in Egypt and the wilderness years, into “the promised land.” We will get to know the stories in all their unapologetic, ancient detail. We will also apply literary, historical critical and varied theological perspectives to glean an appreciation of the meaning, purpose and craft of the texts. It is not necessary to have attended the Fall (2025) session of this course.

Facilitator: Sharon Bilodeau is a retired High School theology teacher who loved exploring Scripture, ethics, service and justice issues with students at BC High. Sharon is part of a Muslim, Jewish, and Christian book group called "The Daughters of Abraham". She brings an interfaith approach to Scripture study. She is delighted to have the opportunity to explore Biblical studies with OLLI members at UMass.

Dates: 4 Mondays, 3/9–3/30

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Unlock the Power of Your Life Story

Everyone has stories worth telling—but many of us don't know where to begin. In this four-week interactive workshop, participants will use story-sparking techniques to uncover vivid memories and meaningful moments from their lives. Each session centers on a life theme—Turning Points, Family, and Aspirations—and includes guided prompts, brief writing, and supportive sharing. Adapted for OLLI from the Guided Autobiography (GAB) method developed by Dr. James Birren, this course emphasizes in-class reflection, engagement, and community. With a small group of up to eight participants, everyone will have time to write, read aloud, and receive affirmative feedback.

Facilitator: Angela Lifsey is an Executive Coach, Facilitator, and Certified Guided Autobiography Instructor who helps people explore meaning and purpose through coaching and storytelling. A former Harvard University program director, she contributed a chapter on Guided Autobiography to *The Next Chapter is Yours (2025)*, an anthology on reinvention.

Dates: 4 Mondays, 3/9–3/30

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Hands-on Activity/Discussion

Price: \$40 for OLLI Carte Members

The Media Mirage

In this 5-week course we will explore the rapidly changing landscape of American news media as guide to understanding the chaotic cultural and political changes we are living through. Using *The Siren's Call: How Attention Became the World's Most Endangered Resource* by MSNBC host Chris Hayes as our guide, we will trace the concurrent explosion of information available and the destabilizing distraction we all experience in trying to make sense of it all. Along the way we will also consider the recent works of authors such as Timothy Snyder and Ta-Nehisi Coates.

Facilitator: Joshua Frank provides Adult Education in Racial Equity and American History. He worked as an educator for twenty-eight years in Massachusetts public schools. He completed his undergraduate education at UMass/Amherst and Master's degrees from UMass/Boston and the Harvard Graduate School of Education.

Dates: 5 Mondays, 3/9–4/6

Time: 1:00–2:30 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Discussion

Price: \$40 for OLLI Carte Members

Artists and Inspiration

What do artists find their inspiration? Throughout time, artists have looked to current events, the work of fellow contemporary artists, as well as historical time periods to find inspiration for their art. Artists bring in references from nature, the industrial world, religious traditions, and everything in between, when creating art and responding to the world around them. This course will explore the many ways in which artists spark their creativity, and influence those around them. Session topics will include: the art historical inspirations that fuel contemporary Italian fashions in the special exhibition *Renaissance to Runway: The Enduring Italian Houses*; the artistic exchange between Impressionist artists Édouard Manet and Berthe Morisot in the special exhibition *Manet & Morisot*; the global histories that have inspired contemporary artist Martin Puryear's practice in the special exhibition *Martin Puryear: Nexus*; as well as various artistic influences across the museum's exhibitions and permanent collection.

Facilitator: Arielle Levine of the Cleveland Museum of Art teaches students all around the world during video conferences in the museum's Distance Learning Program. She has a degree in art history from Case Western Reserve University and has been with the museum's education department for over 15 years.

Dates: 6 Mondays, 3/9–4/13

Time: 1:30–2:45 p.m.

Location: ONLINE via Zoom

Format: Lecture

Price: \$40 for OLLI Carte Members

The Bauhaus: History of the World's Most Influential Art School

The Bauhaus existed between 1919 and 1933. In this brief time, it revolutionized art instruction, and the world of design. Its instructors were a who's who of famous artists such as Paul Klee, Vasily Kandinsky and Joseph Albers. We will learn about the school's founding, its methods and the legacy it has left us.

Facilitator: David Pogue is a veteran educator with over thirty years of experience. His main areas of interest are music, art, literature, history, and evolutionary psychology.

Dates: 8 Mondays, 3/16–5/11 (no class on 4/20)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture

Price: \$40 for OLLI Carte Members

Some Like It with Sugar

We will review the antics of Josephine, Daphne, and Sugar in the company of Spats, Osgood, and Sweet Sue, in the 1959 film gem *“Some Like It Hot.”* We’ll discuss how actions and interactions define this multi-faceted comedy genre to make it AFI’s greatest comedy of all time. Taking its cue from the artistry of Billy Wilder’s direction, and the masterful (over-the-top) performances from the cast, we’ll laugh our way through each session. Won’t that be fun!

Facilitator: Caroline Chiccarelli's family stories about cinema have inspired her to share her love of film appreciation with life-long learners, their memories, and perspectives. She enjoys reviewing the Hollywood experience through a variety of genres.

Dates: 5 Mondays, 3/16–4/13

Time: 1:30–3:00 p.m.

Location: IN-PERSON at Hingham Public Library

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

The World of Musical Satire

This course explores music which uses one of the oldest forms of humor: satire, which is a way to set boundaries of behavior as well as chide malefactors without violence. Adding music seems to make it more powerful; in early Germanic and Celtic societies, people who were mocked in songs would break out in boils and even commit suicide. This multimedia course explores the art of musical satire in a variety of genres and eras, especially America since 1950. No background in music is necessary; in fact, because satire is often dependent on social and historical events, this course is as much cultural history as musicology. However, while words are preeminent in musical satire, we’ll also discuss the music and its interactions with lyrics. But please – no students who are prone to boils.

Facilitator: David Misch is a former stand-up comic, screenwriter (*Mork and Mindy*, *Saturday Night Live*, *The Muppets Take Manhattan*), author (*Funny: The Book*), teacher (USC and UCLA) and lecturer at Yale, Columbia, Oxford, the Smithsonian, 92Y (NYC), Austin Film Festival, and more than 30 lifelong learning programs around the country. More at www.davidmisch.com

Dates: 5 Mondays, 3/16–4/13

Time: 6:00–8:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Crochet: Different Techniques and Tools

This class will provide information on different basic crochet techniques and go on to learn Amigurumi the Japanese technique to create different stuffed animals or objects.

Facilitator: Samia Awad was born in La Paz, Bolivia and learned knitting and crochet from her mother. She earned a degree in Biology from the American University of Beirut and worked as a Biochemist in the USA. She has been knitting since she was seven years old and now has lots of fun teaching the skill.

Dates: 7 Mondays, 4/6–6/1 (no class on 4/20 and 5/25)

Time: 10:00 a.m.–12:00 noon

Location: IN-PERSON at UMass Boston Campus

Format: Discussion/Hands-on Activity

Price: \$40 for OLLI Carte Members

Arabic Made Simple: Language and Culture for Beginners

Ever wanted to learn Arabic? This beginner-friendly multi-week course introduces the basics of the Arabic language through greetings, everyday expressions, and simple conversations. Participants will also explore cultural traditions, food, and customs from Arabic-speaking countries. Designed for absolute beginners, the course emphasizes interactive learning in a fun, relaxed environment. Each session combines language practice with cultural insights to build confidence and spark curiosity. By the end of the course, participants will be able to use simple Arabic expressions and gain a deeper appreciation of the culture that shapes the language.

Facilitator: Originally from Egypt, Nada Wanas is a native Arabic speaker passionate about sharing her language and culture. She introduces Arabic through conversation, traditions, and everyday expressions, making learning interactive and fun for adults eager to explore a new world of communication.

Dates: 6 Mondays, 4/6–5/18 (no class on 4/20)

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion/Hands-on Activity

Price: \$40 for OLLI Carte Members

Sickness on the Steppes: Russian Hospital Stories

What was it like to be sick in Russia? As a health care system was created in the late 19th century, traditional folk medicines and European specialists were replaced by Russian doctors and hospitals. How did these doctors view the hospitals they worked in? How did patients experience them? The writer Anton Chekhov used his medical training to explore 19th century Russian hospitals, and the writer Aleksander Solzhenitsyn examined 20th century hospital experiences in his novel *The Cancer Ward*. How does illness relate to our basic humanity? How do healers and healing support our self-understanding in our most vulnerable moments?

Facilitator: Patricia Suhrcke received her PhD in Russian Literature from the University of Chicago. She previously taught Russian literature in translation in Chicago and Atlanta. She has been facilitating course for OLLI since 2016 and enjoys using her experience leading public dialogues to discuss the great Russian novels with interested readers.

Dates: 6 Mondays, 4/27–6/8 (no class on 5/25)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

The Early Cold War: From Bretton Woods to the JFK Administration

This course aims to unveil the dark, draconic dealings of the early Cold War with a particular focus on the role of the Central Intelligence Agency in shaping American interventionist policies worldwide. The topics covered will range from: U.S assistance of former Nazi personnel for their own gain, regime changes in countries such as The Philippines, Guatemala, & Iran, the earliest US involvement in Southeast Asia, obsession with Cuban regime change, and the domestic sociopolitical dynamics that made such foreign policy possible. Fundamentally the goal is to uncover and come to terms with the dark origins of American hegemony.

Facilitator: Liam Canady has an undergraduate degree in History with a minor in English, and is currently pursuing a Master's Degree at UMB in Public History, which is the process of translating academic research into forms that are easily digestible to the public. He became fascinated by Cold War history after reading David Talbot's *The Devil's Chessboard* and via follow-up research on the topic. Despite working at a historic Revolutionary War site (The Old North Church), he has always been fascinated by the Cold War era and continues to learn more every day.

Dates: 5 Mondays, 4/27–6/1 (no class on 5/25)

Time: 10:00-11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture

Price: \$40 for OLLI Carte Members

When Ancestors Become Ghosts: Toni Morrison's *Beloved* as a Guide to Our Haunted Time

Participants analyze Toni Morrison's novel, *Beloved*, through lenses of history, psychoanalytic theory and our current tortured historical moment. We will consider Morrison's impact on the work of psychoanalyst Dionne Powell, and novelist Jesmyn Ward. Their insights help us understand impulses driving the current wave of book-banning and censorship, and the dangers of these impulses if they remain unexamined. The course title is an inversion of

psychoanalyst Hans Loewald's phrase "When Ghosts Become Ancestors." Instead of considering the growth that comes with recognition and acknowledgement, *Beloved* requires consideration of the consequences when we refuse to acknowledge and recognize our painful history.

Facilitator: Joshua Frank, see bio on page 8.

Dates: 5 Mondays, 4/27–6/1 (no class on 5/25)

Time: 1:00–2:30 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Discussion

Price: \$40 for OLLI Carte Members

Tuesday

A River Runs Through It: A Norman MacLean Book Discussion

Robert Redford was so taken by MacLean's novella; he made an extraordinary film. Norman MacLean wrote this story in his early 70s. Based on his experiences as a young man growing up in Montana, it is a tale of love- for a place, for people, for the art of fly fishing. It is a vivid story filled with poetry. From The University of Chicago Press: "From its first magnificent sentence, "In our family, there was no clear line between religion and fly fishing", to the last, "I am haunted by waters", *A River Runs Through It* is an American classic." We will read and discuss a portion of the story each week. You can find the book at the library or bookstore. Please do not read ahead!

Facilitator: Margarita Bonifaz began her lifelong relationship with books as a child when she discovered the treasures that could be found in a library. From that moment, she always had books nearby... in piles. After a teaching fellowship at Smith College, Margarita taught for 33 years. She believes in the power of books to transport, motivate, and comfort us. She also believes if librarians ran the world, there would be peace. Margarita has led classes at OLLI in writing and drama, and is delighted to lead her second book discussion at OLLI.

Dates: 5 Tuesdays, 3/10–4/7

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Discussion

Price: \$40 for OLLI Carte Members

S **Mayoral Elections in Boston, NYC & Hyderabad: Democracy & Minorities in the U.S. & India**

This course offers a comparative exploration of mayoral elections in three distinct urban and political contexts: Boston, New York City, and Hyderabad. By examining how campaigns are crafted, how candidates position themselves, and which strategies lead to electoral success, the course highlights both the similarities and the unique political cultures shaping each city. The course pays particular attention to how minority communities—across race, caste, religion, class, gender, and migration histories—experience electoral politics differently. OLLI students will learn how political messaging is tailored to specific identities and how these identities shape political belonging and exclusion. Participants will critically reflect on how urban democracy operates in practice, how representation is negotiated, and how questions of power and access unfold in everyday governance. The course ultimately encourages learners to engage in broader debates on citizenship, political participation, and the prospects for inclusive democratic futures across global cities.

Facilitator: Mahesh Admankar is a PhD Candidate in Public Policy at UMass Boston. He earned his bachelor's degree in social science and master's in economics in India. Prior to pursuing his doctorate at UMB, Mahesh worked as an assistant professor of economics for four years in Hyderabad, India. His research interests are discrimination in the labor market, healthcare, education, climate justice, and social exclusion. He has taught several courses with OLLI.

Dates: 5 Tuesdays, 3/10–4/7

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

The Scope of Presidential Power and the Role of the Courts: Navigating a Constitutional Crisis Under Trump 2.0

This course will examine the expansion of the power of the executive branch since Donald Trump took office in January, and the efficacy of the system of checks and balances envisioned by the framers of the Constitution. The course will first examine the Trump agenda from a political science perspective, noting parallels between the actions of the Trump administration and the erosion of democracy in other countries. The course will also provide a primer on presidential power under Article II of the Constitution, before turning to the Trump agenda in 2025, its precursors, and the legal theories underlying this agenda. The last classes will evaluate the role of the federal courts in placing limits

on excessive executive power and consider the nature and implications of a constitutional crisis. This is a repeat of the course taught in Fall 2025.

Facilitator: John S. Ross, III (Jack) earned an A.B. (history) degree from Yale University, a J.D. degree from the University of Virginia School of Law, and an LL.M. (taxation) degree from New York University School of Law. He practiced law for 20 years in Washington, D.C. and served as Adjunct Professor of Law at Washington and Lee University School of Law. Jack has taught numerous courses on constitutional law and other topics in the Worcester Institute for Senior Education at Assumption University and also facilitates the WISE Supreme Court Special Interest Group.

Dates: 5 Tuesdays, 3/10–4/7

Time: 10:30–12:00 noon

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Aging Smarter: Refresh & Strengthen Your Brain

Have you been feeling brain fog, fatigue, memory loss or overwhelmed? Scientists used to think that the brain naturally deteriorated as we age, but the newest research has coined a wonderful term called “neuroplasticity,” which is the ability of neural networks in the brain to change through growth and reorganization even as we age. In this class, we will utilize brain stimulating exercises with the intention of building an empowered perspective about our brains. Learn about the latest cutting-edge research and techniques that involve blending Western and Eastern philosophy and practices.

Facilitator: Katherine Robinson majored in psychology and anthropology at the University of Vermont. She also did graduate training in mental health counseling and is certified by the McLean Meditation Institute (AZ) and Yoga Body. She recently became a certified Brain Longevity Therapist through the Alzheimer's Research & Prevention Foundation. Her passions are teaching meditation, breathwork and energy techniques to calm the body & grow new neurons in the brain. She loves to explore the healing vibrations of sound and motivate and inspire others to be the best that they can be.

Dates: 5 Tuesdays, 3/10–4/7

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion/Exercises

Price: \$40 for OLLI Carte Members

S Massachusetts in the Civil War Era

Massachusetts was far removed from the fighting of the American Civil War geographically, but it still had an important role in the conflict. This course will discuss the Commonwealth's connection to the outbreak, fighting, and aftermath of the Civil War. The course follows the fight over runaway slaves who fled to Massachusetts, the experiences of native soldiers on the battlefield and of their families back home, and the work of Massachusetts men and women as teachers and politicians in the postwar south.

Facilitator: Miles Klotz is a graduate student in history at UMass Boston. His research focuses on the history of Massachusetts and its connection with the greater United States and the Atlantic world.
Dates: 5 Tuesdays, 3/10–4/7
Time: 1:30–3:00 p.m.
Location: IN-PERSON at UMass Boston Campus
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

**Course has been
CANCELLED**

S How Not to Get Hacked: Cybersecurity for Everyday Life

With online scams on the rise, knowing how to protect yourself has never been more important. This class will help you stay safe and confident online by covering the basics of personalized cybersecurity - designed especially for older adults. You'll learn easy ways to create strong passwords, recognize phishing attempts, and safeguard your personal and financial information. By the end, you'll have practical tools and habits to keep your digital life secure.

Facilitator: Tess Andrekus has spent over a decade helping Fortune 100 companies strengthen their technology and cybersecurity. She loves translating complex security issues into real business impact and is a Certified Information Security Manager. Tess is pursuing a Master's in Global Inclusion & Social Development.
Dates: 5 Tuesdays, 3/10–4/7
Time: 6:30–8:00 p.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

Put AI to Work for a Project of Your Choice

Are you ready to put AI to work as your project assistant? If you are curious to learn more about what ChatGPT and other AI tools can really do, there's no substitute for personal experience. With long-time AI user Scott Guthery as your guide, this course will be a hands-on AI workshop for people who want to accomplish a specific objective. No AI experience is required. All you need to bring to the first meeting is a description of what you want to work

on during the four-week workshop. This can be planning a vacation, learning about your neighborhood, writing a children's book, starting a business, or anything else that your smart, tireless assistant can help you with. From week to week, you will practice writing ChatGPT prompts that produce the most helpful results, discuss your results with other participants, and explore some of the advanced features that AI has to offer.

Facilitator: Scott Guthery was granted one of the first AI patents and has used AI both professionally and recreationally. Professionally, he recently used AI to transcribe over 2,000 handwritten US patents and the 26-volume borrowed registers of the Boston Athenaeum. Recreationally, he built chatbots on top of one of his recent books and Annie Haven Thwing's 125,000 index cards of Boston inhabitants.
Dates: 4 Tuesdays, 3/17–4/7
Time: 1:30–3:30 p.m.
Location: ONLINE via Zoom
Format: Hands-on Activity
Price: \$40 for OLLI Carte Members

Creative Writing

If you can tell a story, write a letter, or send an email, you're already an accomplished writer. This course is about developing your imagination and creating characters and story lines. No problem with spelling and grammar; I'm your editor. You can write in any style: poetry, short story, personal memoir...just write every day! The most important part of this course is writing your autograph. You'll need it at your first book signing!

Facilitator: Gerard Leary lives in Winthrop. He has taught several drawing and creative writing courses at OLLI. He teaches colored pencil drawing at the Winthrop Library and on WCAT Winthrop cable. He also offers a course titled "Drawing with Gerard" on YouTube. Gerard taught himself to draw when he was 60 years old.
Dates: 8 Tuesdays, 3/31–5/19
Time: 10:00–11:30 a.m.
Location: IN-PERSON at UMass Boston Campus
Format: Hands-on Activity/Discussion
Price: \$40 for OLLI Carte Members

Bach Inc.: The Leipzig Years

Johann Sebastian Bach spent the final twenty-seven years of his career in Leipzig, Germany creating unsurpassed masterpieces such as the Mass in B Minor, St. Matthew's Passion and the Goldberg Variations. We will delve in these riches (among others), and the circumstances under which they were created.

Facilitator: David Pogue, see bio on page 8.
Dates: 8 Tuesdays, 3/31–5/19
Time: 1:30–3:00 p.m.
Location: IN-PERSON at UMass Boston Campus
Format: Lecture
Price: \$40 for OLLI Carte Members

Advancing with Watercolor Painting

In this 8-week course, we will continue to explore the wonderful medium of watercolor painting! Through warm-up exercises designed to refine your value studies, we will focus on composition planning before you start painting. This will help ensure you start with a successful design...and painting! Each class, we will work with a photograph that needs some compositional editing. By practicing thumbnail sketching and quick small value studies, we will pre-plan for larger and more successful colorful paintings. This course assumes that you have had some watercolor painting and drawing practice. You are encouraged to paint from your own reference photographs or set up a still life in front of you from which to paint. This course is taught entirely online through the Zoom platform.

Facilitator: Kate Nordstrom is an artist and teacher based in Barrington, Rhode Island. Her passion for art started in childhood and has remained an important part of her life. Her most recent work details the ruggedness of the New England coastline, the majestic beauty of NE lighthouses, and the California landscape/ architecture. She is thrilled to be teaching at OLLI.

Dates: 8 Tuesdays, 4/14–6/2

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Hands-on Activity

Price: \$40 for OLLI Carte Members

Mel Brooks: Renaissance Man

As Mel Brooks approaches 100 years young, we will explore his entire career as an actor, filmmaker, producer, writer and comedian. He may be remembered mostly for his comedies and many of them are wonderful, but in his role as producer he worked on and/or financed such serious films as *Frances* and *The Elephant Man*. Brooks has been honored with almost every possible entertainment award, including a Tony, an Oscar, an Emmy and a Grammy. In this six-week class we will view and discuss a variety of his work including *Young Frankenstein*, *84 Charing Cross Road*, and *My Favorite Year*, a very funny and nostalgic look back at his time working on television's *Your Show of Shows* in the 1950s.

Facilitator: Julie Kinchla enjoyed taking several classes in film history and film appreciation while a student at UMass Boston in the 70s. The experience sparked a lifelong love of movies. She has facilitated OLLI classes on a variety of film topics, such as Film Noir, Boston in the Movies and Independent Film. Julie is a retired librarian with many years of experience developing and presenting programs for the public.

Dates: 6 Tuesdays, 4/14–5/19

Time: 1:00–3:30 p.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Film/Discussion

Price: \$40 for OLLI Carte Members

Can We Understand the Realities of U.S. Wars?

The United States has always interacted with foreign nations but only in the late 19th Century did it go abroad and begin to compete directly with other great powers and intervene violently in other nations. Since that time, the U.S. has been involved in many wars and smaller conflicts too numerous to enumerate. Are many Americans really aware of key realities of these numerous conflicts? What does the history of American foreign policy over the last century or so have to teach us about ourselves and our interactions with other peoples? Is it true that the United States has gone to war only reluctantly in opposition to the threats and aggressions of other states and individuals? Has Washington always fostered and promoted democracies and avoided conflict at all costs? Can we identify the underlying motivations and aims for specific policies carried out at different times? How may a critical examination of key episodes in the nation's foreign affairs from the late 19th Century to the present help us grasp the dangers of the modern era? This course will examine: the Annexation of Hawaii, the Spanish-American War, World War I and World War II, The Korean War, The Vietnam War, the Iraq War, and the Afghanistan War.

Facilitator: Paul Atwood is retired faculty at the University of Massachusetts where, a veteran himself, he also directed the Veterans Upward Bound Program, and the Joiner Center for the Study of War and Social Consequences. He holds his Ph.D. in American Foreign Policy from Boston University.

Dates: 6 Tuesdays, 4/14–5/19

Time: 1:00–2:30 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Discussion

Price: \$40 for OLLI Carte Members

Subject Matter Poetry

Often one runs out of ideas for new poems. This course is designed to help you find new source material to create new poems. By focusing on a topic, such as the Boston Molasses Flood for example, or paintings at the Museum of Fine Arts, you will do research and then write poems based on this research. By the end of the course, the goal is to have about 5–6 poems that could be the steppingstone to a chapter, book or longer length collection. You will learn to develop and flex your creative muscle.

Facilitator: Barbara Matteau graduated with an MFA in Creative Writing in May 2025. She has written both poetry and short stories and has a keen interest in finding art in the everyday of our lives.

Dates: 6 Tuesdays, 4/14–5/19

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Hands-on Activity/Discussion

Price: \$40 for OLLI Carte Members

Justice: Doing the Right Thing

What does it mean to do the right thing? How do we weigh individual freedom against the common good? And why do moral questions—about fairness, equality, and responsibility—stir such passionate disagreement? In this lively 5-week interactive discussion course, inspired by Harvard philosopher Michael Sandel's acclaimed Justice series, participants will explore some of the most important moral and political questions of our time. Each session features a video lecture from Sandel along with guided questions and reflections. No prior philosophy experience needed—just curiosity, an open mind, and a willingness to wrestle with the hard questions of moral choice.

Facilitator: Myrna Finn, see bio on page 7.

Dates: 5 Tuesdays, 4/14–5/12

Time: 10:00–11:30 a.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Tchaikovsky's Life and Music

Pyotr Ilyich Tchaikovsky (1840-1893) was Russia's most celebrated Romantic composer, whose emotionally powerful music bridged Western European traditions with Russian nationalism. Despite personal struggles, including his conflicted sexuality and bouts of depression, he created masterworks across multiple genres. His ballets, symphonies and concertos remain cornerstones of the classical repertoire. Tchaikovsky's gift for memorable melodies and dramatic orchestration made his music internationally beloved, establishing him as one of history's most influential composers whose works continue captivating audiences worldwide. In this course we'll listen to samples of his music in the context of what was happening in his life.

Facilitator: Steve Vorenberg earned a minor in music from University of New Mexico (BS/MA in Math), sang low bass in a classical music chorus, plays bassoon, and took piano lessons through college. He has a lifetime of attending concerts and recitals. He frequently listens to selections from his extensive classical music collection. His special passion is discovering good minor and little-known composers.

Dates: 5 Tuesdays, 4/14–5/12

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

From Swing to Spirit: A Journey Through Jazz

This course traces the evolution of jazz as a cultural, artistic, interdisciplinary, and political force—from its Pan-Afro American roots to its contemporary global expressions. Students will develop critical listening skills, engage with historical and social contexts, and encounter jazz as a living, ever-changing art shaped by creativity, resistance, and community. Topics include the origins of jazz, the swing and bebop eras, Toni Morrison's Jazz and her use of jazz praxis in literature, the deep connections between jazz and spirituality, and emerging ideas surrounding Global Jazz.

Facilitator: Patricia Zarate is a doctoral student in the Global Inclusion and Social Development PhD program at the UMass Boston. She holds a Bachelor's degree in Music Therapy from Berklee College of Music and a Master's degree in Jazz Studies from New York University. Currently, she is working on her dissertation, which explores how the musical experiences of children living in extreme poverty in Panama can inform social development policy. In addition to her research, Patricia serves on the faculty of the Berklee Global Jazz Institute.

Dates: 5 Tuesdays, 4/21–5/19

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Great Trials That Changed History: A Judge's Perspective

Some trials do not end simply with their verdict. They have a power that echoes throughout history. They have shaped and transformed the social, political and legal landscape. These trials deserve the description "Great" because they serve as enduring lessons for us all on such issues as social justice, race, abuse of power, and injustice. We will examine five of the greatest trials that have occurred across the globe in a search for the truth, from Socrates to the O.J. Simpson trial. This journey will take us from ancient Athens, to the village of Salem, Massachusetts to modern Los Angeles, all examined from the lens of history, as well as through the perspective of the general public, judges, attorneys, and witnesses.

Facilitator: Justice Dennis J. Curran (Ret.) is a graduate of Boston Latin School, the University of Pennsylvania (B.A. and M.A.) and the University of Virginia Law School. He served as a Massachusetts trial judge for 15 years and has presided over 450 civil and criminal trials. Justice Curran has had a lifelong passion for history. He was elected a Fellow of the Massachusetts Historical Society, a member of the Board of Advisors of the Lincoln Forum and annually appears as a guest speaker at History Camp – Boston. He has lectured extensively before historical societies, educational groups, public libraries, senior groups, attorneys, and fellow judges.

Dates: 5 Tuesdays, 4/21–5/19
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

S Living in the Digital Age: Social Media, AI & the Art of Disconnecting

Whether we spend hours online or rarely touch social media, we all live in a world shaped by it. News, friendships, politics, even our ideas of truth and beauty are influenced by digital platforms and artificial intelligence. This course explores how technology is changing the way we think, trust, connect, and disconnect. Through stories, reflection, and open discussion, we'll consider what it means to live meaningfully in a time when so much of life is filtered through screens and algorithms.

Facilitator: Afsana Alam is a Public Policy PhD student interested in how technology and digital world shape the way we live. She enjoys creating thoughtful spaces for reflection and storytelling, and she practices mindfulness as a way to stay grounded in an always-connected world.

Dates: 5 Tuesdays, 4/21–5/19
Time: 10:00–11:30 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

S Bridges or Barriers? How Infrastructures Shape Life In the US and Beyond

Infrastructures, often celebrated as symbols of modernity and national progress, are political. They tell stories about our aspirations, identities and what we collectively value in our societies. The course explores how big infrastructure projects from America's Interstate Highway System to China's Belt and Road Initiative in Pakistan reshape lives and displace communities. Through brief readings and engaging conversations, we will discuss the risks and rewards of "development" while connecting with familiar local histories such as Boston's Big Dig and Interstate 81. Together, we will reassess development goals by critically evaluating development discourses around large infrastructure projects.

Facilitator: Aamir Yaqoob is a PhD candidate in the Global Governance and Human Security program at the UMass Boston. His research examines narratives that project infrastructure-led development as a symbol of progress and a tool for diplomacy. His Global South experience adds a valuable comparative lens to the analysis.

Dates: 5 Tuesdays, 4/21–5/19
Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

S Gods, Giants, and Sagas: Exploring Norse Mythology

Discover the vivid world of Norse mythology in a five-week journey where we'll examine Óðinn, Thor, Loki, and Baldr, investigating how these deities reflected Viking Age values and anxieties. Using foundational texts like Eddas and Sagas, we'll learn about the creation of the Norse universe, Yggdrasil, and the Nine Worlds. From Baldr's death to Ragnarök, we'll explore themes of fate, honor, and magic, connecting them to their medieval contexts and examining how they continue to fascinate and resonate in modern culture. Perfect for beginners and history enthusiasts—no previous knowledge required.

Facilitator: Liilu Hansen family is from Denmark. She speaks Danish and is proficient in other Nordic languages. She is currently in graduate school studying Scandinavian history and is the recent recipient of the Bodtker Research Grant to do research in Denmark. She is passionate about the Viking Age and Medieval history. Liilu founded the Norse Community of SLC to help Utahns discover and connect with their ancestors that immigrated from Scandinavia. She lives in SLC with her four children and loves yoga, hiking, and cats.

Dates: 5 Tuesdays, 4/21–5/19
Time: 6:30–8:00 p.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

Watercolor Painting

This class is for anyone interested in learning the wonderful medium of watercolor painting! At the beginning of each class, the instructor will present a specific technique or concept. Topics of exploration include value studies, color theory, composition and landscape painting. Students will have the choice of subject matter or may choose to paint from a reference photo provided by the instructor. Students with prior experience will have opportunities for additional challenges. Some prior experience is helpful but students new to watercolor are always welcome. This course is taught entirely online through the Zoom platform.

Facilitator: Kate Nordstrom, see bio on page 13.

Dates: 6 Wednesdays, 3/4–4/15 (no class on 3/25)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Hands-on Activity

Price: \$40 for OLLI Carte Members

Creative Movement Classes for Older Adults

Our weekly virtual classes for older adults employ adaptive ballet/modern techniques. They are specially designed to promote social/emotional/physical fitness and artistic expression while catering to older adults' interests and needs. These classes provide a welcoming and supportive environment where older adults can explore the joy of dance, regardless of previous experience. These classes can be taken standing or seated. Class Highlights include:

1. Adaptive techniques: We adapt ballet and modern and yoga dance principles to accommodate various mobility levels, making it accessible to everyone.
2. Gentle warm-up to prepare the body for movement.
3. Technique and Creative Expression
4. Balance and Strength exercises
5. Community and fun!

Course

Note: Since this course seeks to accommodate all participants, it is essential that students make it possible for the instructor to provide feedback. It is useful for participants to leave their Zoom camera on so the instructor can most effectively guide and encourage participants.

Facilitator: Marcia Rotondo from Abilities Dance Boston. Abilities Dance centers disability culture through our performing company and community engagement programs. Our Community Engagement program teaches Adaptive Dance classes and/or lectures on disability culture, intersectionality, and more to multicultural communities

in Greater Boston. Working across language divides, varying disabilities, and more, teachers are trained with a curriculum that values social/emotional/physical wellness over technique readiness. We work extensively with children without access to dance, elder communities, and disabled individuals to teach within the scope of their unique challenges to develop dance and movement skills.

Dates: 8 Wednesdays, 3/11–5/6 (no class on 4/1)

Time: 10:00–11:00 a.m.

Location: ONLINE via Zoom

Format: Exercise

Price: \$40 for OLLI Carte Members

Shakespeare: *Henry V* and *As You Like It*

Rediscover Shakespeare as we take a deep dive into *Henry V* and *As You Like It*. For each play, outside of class, participants will be expected to read the play and view a film version. The texts we will use are the Folger Shakespeare Library editions (under \$10 apiece at Amazon and available for free download from the Folger Shakespeare Library). However, any editions with line numbers are acceptable. Both film versions are available for rent, but they may be viewed for free on Zoom (courtesy of the UMB OLLI program). In class we will discuss the plays in the contexts of Shakespeare's life and times and the historical period of the plays, with reference to major critical research. Our goal is a rich appreciation of Shakespeare's plays.

Facilitator: Evelyn Ryan is an experienced teacher who facilitated OLLI's "The Best of English Poetry" for eight years and began this Shakespeare series in 2024. Evelyn has been a Shakespeare enthusiast since she first saw *Macbeth* in junior high school. Since then, she has read and viewed Shakespeare's plays in London, New York, the Berkshires, and greater Boston, as well as in films. Her understanding of Shakespeare is enhanced by study of criticism, biographies, and histories of the period.

Dates: 6 Wednesdays, 3/11–4/22 (no class on 4/1; films at 4pm on 3/18 & 4/15)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Oh, Those Bros...Male Relationships In Opera

Be they friends, enemies, or frenemies, the relationships among men in opera produce some powerful singing. In this course, we will look at operas in which male relationships figure. Sometimes they rely on each other, sometimes, they are rivals, and sometimes they are partners in crime. From Mozart's *Don Giovanni*, who was served by Leporello, to Puccini's young Bohemians, we will see how these relationships are foundational to the stories.

Facilitator: Mary Doller is a graduate of Boston College and a retired educator. She first became aware of opera when, as a child, she saw artists from the Metropolitan Opera perform on *The Ed Sullivan Show* and enjoyed the Metropolitan Opera's Saturday afternoon performances as narrated by Milton Cross. As an adult, she has continued to enjoy opera both in live performance and in both audio and video recordings. She takes particular pleasure in sharing her enthusiasm with fellow OLLI members.

Dates: 6 Wednesdays, 3/11–4/22 (no class on 4/1)

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

S All Things Pop: Pop Culture of Past, Present, and Future

All Things Pop will bring students along a journey from the most popular movies, music, and shows of their time to the most popular TikTok trends of today. If you've ever wanted a space to learn about the strange words you may be hearing from your grandkids or time to relive the glory of '80s hair-metal, this class is for you. After taking a look at the most popular trends throughout time, students will have the chance to envision what the newest and coolest trends of the future might look like.

Facilitator: Sophia Crowley is currently in her third (and final!) year of the School Psychology program. She is passionate about all things psychology, sociology, and most importantly, how the two blend together to create the most popular music, movies, and internet trends of our time.

Dates: 5 Wednesdays, 3/11–4/15 (no class on 4/1)

Time: 6:00–7:30 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

S Disinformation and Digital Hygiene: Thinking Critically In the Information Age

We live in a world overflowing with information, some of which is true, some is misleading, and some is designed to manipulate. This interactive course helps participants understand how disinformation spreads and how to stay informed and secure online. We will also discuss common cybersecurity risks that individuals face, such as data breaches, scams, and personal data leaks, and learn how to prevent them through simple digital hygiene practices. Through short presentations, discussions, and hands-on activities, participants will explore how online messages shape perception and emotion, how to verify information, and how to protect their privacy. No technical background required, just curiosity and openness to learning.

Facilitator: Maka Petriashvili is a PhD student at UMass Boston, and her dissertation is about disinformation. She has over 15 years of international teaching and training experience and enjoys learning from her participants as much as she teaches them. Her classes emphasize curiosity, clarity, and critical thinking.

Dates: 5 Wednesdays, 4/15–5/20 (no class on 5/13)

Time: 10:00–11:30 a.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Discover Your Potential: The Peace Education Program

“Know your nature. Know your strength. Know who you are — and be that.” - Prem Rawat. The Peace Education Program (PEP) supports this discovery, of gaining access to one's own inner strengths and resources, so this knowledge of self may be recognized. This 6-week course, featuring a media-based peace education program created by The Prem Rawat Foundation, allows you to discover your inner resources such as peace, appreciation, inner strength, self-awareness, choice, hope, and contentment, among others. Using provided digital workbooks, the facilitators involve participants with insightful talks, activities, and meaningful interactions that explore the theme of personal peace through a process of self-discovery.

Facilitators: Monica Casco and Carol Post will lead this course. Monica Casco is a retired lecturer from Queens College, City University of New York. She is a trained Peace Education Program facilitator and has helped The Prem Rawat Foundation develop courses for schools and universities. Carol Post is the owner and director of an interpreting/translation business. She has been presenting the program since 2017.

Dates: 6 Wednesdays, 4/15–5/20

Time: 11:00 a.m.–12:30 p.m.

Location: ONLINE via Zoom

Format: Hands-on Activity/Lecture/Discussion

Price: \$40 for OLLI Carte Members

Chair Yoga for Everybody

Chair yoga is so popular now...for many reasons. One is because people can get the benefits without getting on the floor and most everyone can do it. It increases circulation, keeps the joints lubricated, promotes relaxation, helps with better breathing, works on balance and increases strength. Come reap the benefits of this practice. You can do it!

Facilitator: Elaine Kerrigan became a yoga teacher at 50 years old and has been teaching it ever since in yoga studios, health clubs, and senior centers. Elaine has taught yoga on the mat and now in a chair...which is great for people who prefer not to get on the floor. Elaine hopes that you will join her and reap the benefits.

Dates: 5 Wednesdays, 4/22–5/20

Time: 1:30–2:30 p.m.

Location: IN-PERSON at Hingham Public Library

Format: Exercise

Price: \$40 for OLLI Carte Members

A Beatles Musical History Tour: From Liverpool to Abbey Road (Part 3 of 3)

The Beatles touring days are over. They filmed Magical Mystery Tour for broadcast on BBC TV. Then travel to Rishikesh, India where they learn to meditate while composing more than two dozen songs for the “White Album”. Conflicts arise during the making of “Let it Be”, a documentary of producing that album. The Beatles story ends with the making of “Abbey Road”.

Facilitator: Gene Shwalb graduated from Oberlin Conservatory where he studied piano and cello. He received his M.Ed. from UMass Boston and recently retired after 17 years as a Learning Designer at UMass Boston. Gene edits the Music Museum of New England website: MMONE.org. He is also proficient on synthesizer, bass, and guitar.

Dates: 5 Wednesdays, 4/29-5/27

Time: 6:00–7:30 p.m.

Location: ONLINE via Zoom

Format: Lecture

Price: \$40 for OLLI Carte Members

Writing a "Legacy Letter"

A legacy letter (also called an “ethical will”) is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family and friends. This four-session online course includes discussion and brief writing exercises to help you examine your life history, explore your values and capture important insights. It offers advice, encouragement and a model structure to help you draft and complete your own legacy letter.

Facilitator: Jay Sherwin has practiced law, given away money for five different charitable foundations and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical wills and other legacy documents. Jay has taught this course for adult learning programs nationwide.

Dates: 4 Wednesdays, 4/29–5/20

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Screen Gems: A Film Appreciation Course

All movies are, in some sense, corporate/industrial products. Yet some shining movies are more: they reflect the perspective of single mind — because a few gifted filmmakers manage to achieve movies glowing with personal artistic vision. Participants will view, analyze, report on, and discuss a variety of such filmmakers from the whole range of movie history.

Viewing Requirements: Viewing Requirements: (1) Participants commit to 2 weekly online movie-viewings at home: on TV, pc, or tablet/laptop. (2) Must have Access to YouTube, Amazon Prime and Kanopy video streaming service (via Boston Public Library or other library e-card). Recommended: Access to Criterion Channel. Most films free, some rentals (less than \$30).

Course Note: This course is not a repeat of Bernie's previous courses.

Facilitator: Bernard F. Swain, PhD. A Boston-area native, began studying film at the Cinémathèque française in Paris at age 20, and spent the next 50+ years (in Cambridge, Washington, DC, Chicago, Boston, and back to Paris again) pursuing his passion to really see the beauty only cinema offers.

Dates: 10 Thursdays, 3/12–5/21 (no class on 4/2)

Time: 1:30–3:30 p.m.

Location: ONLINE via Zoom

Format: Film/Lecture/Discussion

Price: \$40 for OLLI Carte Members

A Poetry Workshop: Resistance Poetry

This poetry writing workshop will examine resistance poems written during significant periods of history from the American Revolution to the present day. Workshop participants will use published resistance poems as models and inspiration to write their own resistance poems, which can then be shared, discussed, and revised during the workshop. Among the poets we will read are Phillis Wheatley, John Greenleaf Whittier, James Weldon Johnson, Langston Hughes, Maya Angelou, Allen Ginsberg, and Amanda Gorman. The workshop time will be devoted to discussion of published poems and participants' poems. The writing of poems, as Mary Oliver tells us, will need to be done at the solitude of the writer's desk.

Facilitator: Bill Valentine has facilitated and participated in writing workshops at OLLI as well as at Manhattanville College, the West Side Y, the 92nd St. Y, Breadloaf, and the Frost Place. He has published poems in *Poetry Porch* and *Watermark*, the UMB literary journal.

Dates: 8 Thursdays, 3/12–5/7 (no class on 4/2)

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Hands-on Activity/Lecture

Price: \$40 for OLLI Carte Members

Boston: A Cultural History

Boston is a leader in the arts in America. How did it go from a rough-and-tumble trading port to the Cultural Mecca we know today? Who were the founders and creators of such venerable organizations like The Handel and Haydn Society and the Boston Public Library? We will take a closer look at the artists responsible for familiar works like the 54th Massachusetts Regiment Memorial and the Trinity Church on Copley Square.

Facilitator: David Pogue. See bio on page 8.

Dates: 8 Thursdays, 3/12–5/7 (no class on 4/2)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture

Price: \$40 for OLLI Carte Members

Oh, Those Bros...Male Relationships In Opera

Be they friends, enemies, or frenemies, the relationships among men in opera produce some powerful singing. In this course, we will look at operas in which male relationships figure. Sometimes they rely on each other, sometimes, they are rivals, and sometimes they are partners in crime. From Mozart's Don Giovanni, who was served by Leporello, to Puccini's young Bohemians, we will see how these relationships are foundational to the stories.

Facilitator: Mary Doller, see bio on page 17.

Dates: 6 Thursdays, 3/12–4/23 (no class on 4/2)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Booked for Life

Booked for Life invites lifelong learners to explore the enduring power of literature and memory. We will examine how books shape identity across time, revisit historic and contemporary works, and engage in thoughtful discussion on themes of resilience, legacy, and imagination. In addition to reading, participants will practice writing short reflections and personal narratives as a way of preserving memory and passing on stories across generations. The course concludes with a visit to the RISE Selfie Museum, a unique storytelling space that highlights women's history and invites participants to consider their own voices within a larger cultural narrative.

Facilitator: Michelle Mona Thompson's lifelong passion for books began as a child librarian in her own home. Over the years, she's authored devotionals and children's stories while creating spaces like the RISE Museum to celebrate women

and storytelling. This course blends her love for literature, memory, and empowering others to tell their stories.

Dates: 5 Thursdays, 3/12–4/16 (no class on 4/2)

Time: 10:00–11:30 a.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Discussion/Hands-on Activity

Price: \$40 for OLLI Carte Members

Life and Times of Elvis Presley

The course includes a slide show with musical and other video clips, a presentation and discussion on the life of Elvis Presley. The focus will be on the sociological and economic decades in which he was born into and lived, the "twinless-twin" syndrome, health and wellness, and the cost of fame. Spotlight, too, will be on Elvis's musical career, his skill and propensity for art and design, his Jewish roots and connections, and his religious and spiritual leanings.

Facilitator: Judith Magidson is an experienced classroom teacher from preschool age through college. She is a counselor/consultant, an English as a Second Language instructor, and a writer. She has authored a book as part of her doctorate degree, curriculum for college courses, a chapter in a history text, children's book (as yet unpublished), and poems.

Dates: 5 Thursdays, 3/12–4/16 (no class on 4/2)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

The Wild and Weird Side of Literature: Exploring Speculative Fiction

In this course, we will dive into the more unusual side of literature, namely speculative fiction, a type of fiction where the laws of nature do not apply. Starting with Franz Kafka's *The Metamorphosis*, to short stories by authors like George Saunders and Karen Russell, we'll discuss why these stories are considered speculative. We'll also explore the underlying meaning of each story, as well as why the author chose this particular sub-genre. Lastly, we'll question whether the story was successful. The course's overall goal is to better understand why speculative fiction is a powerful sub-genre in literature.

Facilitator: After twenty years working in disaster management, Sonja Nieuwejaar is now a second-year student at the UMass Boston's Master of Fine Arts program in creative writing. She has two boys in high school, a husband who is an avid cyclist, and a labradoodle named Biscuit.

Dates: 5 Thursdays, 3/12–4/16 (no class on 4/2)

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Labor in the U.S.: Yesterday, Today, and Tomorrow

The course will look at the past, present, and future of unions and the world of work. In the late 19th century, unions established a presence in our political and economic life, facing constant violence and opposition. Workers organized on an unprecedented scale in the 1930s, leading to a long period of prosperity and labor peace in the post WWII era. Millions of Americans entered the middle class and established organized labor as a vehicle for social mobility. In the late 1970s and 1980s the business community, supported by an emerging right-wing political opposition, launched an assault on union influence and drove an agenda that diminished the percentage of American workers in unions from 35% to 10%. Globalization and the fissuring of the economy contributed to labor's decline as well. There are signs of creative forms of organizing in the changing workforce – among low- waged workers, women and workers of color, and workers in the new "innovation economy." The last two sessions will focus on the increasingly precarious conditions at work, the gig economy, some of the new forms of organizing, and whether organized labor can challenge fundamental issues of income inequality and global corporate power. *This course was previously offered in Fall 2025.*

Facilitator: Mark Erlich has been a Wertheim Fellow at the Harvard Law School's Center for Labor & a Just Economy since retiring as head of the New England Regional Council of Carpenters in 2017. In addition to his long career in the trades and the labor movement, Mark has written and lectured extensively on labor issues. He is the author of *The Way We Build: Restoring Dignity to Construction Work* (2023) as well as two other books and dozens of essays, articles, and op-eds on labor history, politics, and contemporary union issues.

Dates: 5 Thursdays, 3/19–4/23 (no class on 4/2)

Time: 10:30 a.m.–12:00 noon

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Sex: A Biologist's Approach

Arguments about sex differences are a part of the current zeitgeist, so a foundational understanding of how sex works on a biological level is critical to being an informed voter and citizen. In this course we will explore how plants and animals determine sex, why they do that, how it evolved, and what the term "sex" even means. This course doesn't have a political agenda, but hopes to empower its students to think intelligently about political issues of our time.

Facilitator: Michael Allara is a current PhD student at UMass Boston and a former BPS science teacher who currently studies blood cell development in flies. He has contributed to a publication discussing the sexual dimorphism of fly blood and is very interested if any of the effects of sexual dimorphism in human blood are important for disease outcomes.

Dates: 5 Thursdays, 3/19–4/23 (no class on 4/2)

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

French for Travelers (or for Fun)

Are you going to France or to a French-speaking country? If so, you need to be able to communicate at least at a minimum to show that you are making an effort toward the culture of the host country. The people there will greatly appreciate (even if they answer in English) and may even be friendlier. In this class you will learn French basic vocabulary and phrases in a conversational setting. The course will integrate the Mango Languages computer program to practice and reinforce your new skills at home.

Facilitator: H el ene Olken is a native of France. She graduated in French and psychology from UMass and holds a master's degree in ESL. H el ene taught in Milton in the Grade 2 French Immersion Program for 25 years.

Dates: 7 Thursdays, 4/9–5/21

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Hands-on-Activity

Price: \$40 for OLLI Carte Members

Why Should Exercise Be Boring? Let's Dance!

Join the ultimate dance party that beats a boring exercise workout any day. Zumba® Gold is part of the popular Zumba® dance-based fitness program, designed for active older adults. Class includes the same variety of Latin and Other International music and rhythms - with the occasional pop tune or oldie - but no high impact moves. It's not a dance class, though, and there are no right or wrong moves in Zumba® Gold. Sit or stand, makes no difference. Wear comfortable clothes, sneakers and bring water.

Facilitator: Mary Ellen Reardon is a certified Group Exercise Instructor and has taught Zumba® Gold classes in the Greater Boston area for over 15 years. Her dance background is primarily tap-dancing and Irish step, which allows her to include "Fake Irish Step Dancing" as one of her Other International Rhythms!

Dates: 4 Thursdays, 4/9–4/30

Time: 10:00–11:00 a.m.

Location: ONLINE via Zoom

Format: Exercise

Price: \$40 for OLLI Carte Members

S Deaf Culture: A CODA's Perspective

This course explores the rich and diverse culture of the Deaf community, emphasizing that Deafness is not a disability but a distinct cultural and linguistic identity. Students will examine the history, values, social norms, and traditions of the Deaf community from the perspective of a CODA (Child of Deaf Adults). Topics include the development of American Sign Language (ASL), Deaf art, education, technology, and the impact of social and political movements on Deaf rights.

Facilitator: April Jardin is a Special Education Teacher at a local Deaf school. She is a Child of Deaf Adults (CODA), a native signer, and a caregiver for her mother with dementia. She was raised in the Deaf community with limited access to hearing people until kindergarten.

Dates: 5 Thursdays, 4/9–5/14 (no class on 4/23)

Time: 6:00–7:30 p.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Philosophical Origins of Today's Political Ideologies

The contemporary world has seen renewed and sharpened contests between competing (although sometimes overlapping) political worldviews; authoritarianism, democracy, liberalism, conservatism, social democracy, communism, fascism, and nationalism. This course will try to better understand the underlying philosophical ideas of these ideologies by considering the thought of such figures as Hobbes, Locke, Rousseau, Burke, Mill, Marx, Bernstein, Lenin, Schmitt and Arendt. The lectures and class discussions will assume no outside class reading, but relevant readings will be suggested. The goal of the course is not to persuade anyone to endorse or reject any view, but rather to explore what can be said for or against it in order to deepen our understanding of the position.

Facilitator: Mitchell Silver has taught philosophy at Tufts, Virginia Tech, and for 35 years at UMB till his retirement in 2017. He is the author of four books, as well as many academic and non-academic articles. His writing and teaching has often focused on political and ethical issues.

Dates: 6 Thursdays, 4/16–5/21

Time: 10:30 a.m.–12:00 noon

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Animal and Human Relationships

Through discussion, some lecturing and recommended readings we will try to refine our complex and often inconsistent relationships with animals. Why do we love some, hate some and eat others? We will explore

evolutionary psychology, speciesism, the influence of our cultural heritage and increasing knowledge of animal capabilities to help us clarify our personal attitudes towards the animals with which we share our planet.

Facilitators: Barbara Fournier is an emerita Professor of Psychology, having taught at Curry College for forty years, as well as a licensed psychologist.

Dates: 5 Thursdays, 4/23–5/21

Time: 10:00–11:30 a.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Meditation & Mindful Movement for Everyday Calm

Learn simple, chair-friendly practices to steady the nervous system. Each session blends brief education (why breathing helps), guided meditation, and gentle movement you can do at home—no mat required. We'll cover pacing the breath, grounding with the senses, and light mobility for stiff spots. Leave with a 10-minute daily routine and a personal "calm kit."

Facilitator: Stacy Thompson is a tattooed, cat-obsessed New Englander who skis to keep up with her kids and runs to find clarity. After a 15+ year corporate career, Stacy is now a full-time author working on her debut book and training to become a yoga instructor and a recovery coach.

Dates: 5 Thursdays, 4/23–5/21

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Discussion/Exercise

Price: \$40 for OLLI Carte Members

S Religions in Boston: From Conflict to Cooperation

Join us for a tour of Boston's colorful religious history. What basic beliefs did the Wampanoag and the Pilgrims share? Did Cardinal Cushing support Billy Graham's Boston Crusades? How did Malcolm X's pilgrimage to Mecca lay the groundwork for the Islamic Society of Boston Cultural Center? What does the Zakim Bunker Hill Bridge symbolize? You'll learn answers to these questions and many more. Boston is home to the spiritual and the skeptical alike; if you're interested in local history, this course is for you.

Facilitator: Katherine Richman holds a PhD in the history of Christianity from Boston College. She researches the history of religion in 20th-century Boston. She is currently a doctoral candidate at UMass Boston's Manning College.

Dates: 5 Thursdays, 4/23–5/21

Time: 1:30–3:00 p.m.

Location: IN-PERSON at UMass Boston Campus

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

S Founding Frenemies: The Friendships and Rivalries that Forged America

We will explore the turbulent early years of the United States through the close friendships and bitter rivalries of its founders. From the framing of the Constitution to the pivotal Election of 1800, we'll uncover the personal sides of George Washington, John Adams, Alexander Hamilton, James Madison, Benjamin Franklin, Abigail Adams, and Thomas Jefferson. Through their public and private words, we see how their dynamic relationships shaped the American experiment.

Facilitator: Howard Dorre writes and cohosts the history podcast, *Plodding Through the Presidents*, where he and his wife explore lesser-known stories of the American founders and their families. His work has appeared in *Smithsonian Magazine*. He lives in Los Angeles with his wife, two children, and two bunnies.

Dates: 5 Thursdays, 4/30–5/28

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture

Price: \$40 for OLLI Carte Members

The Empath's Path: Finding Your Center In a Stressful World

Being an empath or highly sensitive person is a profound gift — but in today's noisy, stressful world, it can also feel overwhelming. This 5-week class will help you understand your sensitivity, create healthy boundaries, and learn practices to stay grounded, centered, and at peace. Through gentle exercises, guided meditations, and heartfelt discussions, you'll explore how to manage emotional overload, reconnect with your intuition, and honor your sensitivity as a source of compassion, creativity, and inner wisdom. By the end, you'll feel more balanced, empowered, and aligned with the true strength of your empathic nature.

Facilitator: Katherine Robinson, see bio on page 11.

Dates: 5 Thursdays, 4/30–5/28

Time: 1:30–3:00 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion/Exercises

Price: \$40 for OLLI Carte Members

S Boston Public Schools: From Past to Present, & Beyond

This course will explore the history of the Boston Public Schools system, from its inception in 1642 through the tumultuous busing crisis of the 1960s and 70s and to the district's present-day realities of charter school competition, Exam School politics, and school mergers. As the first public school system in the nation, BPS holds

a unique position within our city and country's history — this course will allow participants to consider how BPS has changed over time and to explore what lessons the district's history holds that can help to shape the future of public education in Boston and beyond.

Facilitator: Haven Jones is a 5th year PhD student in Urban Education, Leadership, and Policy Studies. She has been working in the Boston Public Schools as a social worker since 2018, supporting middle and high school students with their mental health and social-emotional needs. Haven loves Boston history and all things BPS.

Dates: 5 Thursdays, 4/30–5/28

Time: 4:00–5:30 p.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Writing Workshop: 17 Cherry Tree Lane

Recognize the address? Mary Poppins came to visit 17 Cherry Tree Lane and transformed its inhabitants, the Banks family. We will explore imaginative and unusual ways to approach creative writing with the same whimsy and determination as Mary Poppins. Give yourself the gift of time to notice the magic of words and nearly "fly" into writing your own stories or poems. Through writing prompts and writing sessions, your imagination will be invited to the page. Participants will be encouraged to share their work and offer positive comments to others. Prior creative writing experience is not necessary. Please come ready to write, please keep camera on during sharing and prompts to encourage our special community.

Facilitator: Margarita Bonifaz, see bio on page 10.

Dates: 4 Thursdays, 4/30–5/21

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Hands-on Activity

Price: \$40 for OLLI Carte Members

Great Artists in American Roots Music

From its birth amid the rapid changes in American culture in the first years of the 20th century, country music has continually appealed to people from various backgrounds who feel left behind by a rapidly changing world. Country music, a key genre in American roots music, not only expresses the hardships of modern life, but also purposefully evokes an emotional response. Whether you are stuck in a troubled relationship, unemployed, homeless, spiritually bereft, or just lonesome, there's a country song for you. Each session of "Great Artists in American Roots Music" will involve a dynamic mix of lecture, performance and discussion. We will move beyond a historical survey of American roots music to focus on the individual stories and artistic developments of particular roots artists including Patsy Cline, Earl Scruggs, Willie Nelson and Brandi Carlile. We will also look at the role Roots music plays in various contemporary contexts, from community based activism to concert-hall spectacles. This class is an online continuation of the popular Great Artists in American Roots.

Facilitator: Taylor Ackley is first and foremost a folk musician. Born into a working-class family with a remarkable musical heritage, his work was influenced by generations of pickers, singers, songwriters and fiddlers across his family. He holds a Master's Degree and PhD in Composition and a Master's Degree in Ethnomusicology from Stony Brook University. His scholarly work examines American folk and popular music through analysis, composition, historical research, performance and ethnography.

Dates: 10 Fridays, 3/6–5/15 (no class on 4/3)

Time: 10:30 a.m.–12:00 noon

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Discovering Documentaries

This is a viewing and discussion program. First we watch, then we talk. We grow as we discover the value and/or purpose of what we watch. We critique the quality of the documentary; our enjoyment, or displeasure; did we learn anything new, were we surprised at anything. A full list of the documentaries will be provided at the first class.

Facilitators: This course is co-presented by Lee Colello and Howard Muise. Lee has been an off-site assistant for OLLI, and has been co-facilitating "Discovering Documentaries" for a number of years. She graduated from UMass Boston in 1984. Howard has been a member of OLLI since the winter of 2018. He is Vice Chair of the OLLI Board of Directors

and served on the Technology Committee working on the implementation of the new OLLI website. He has served as an on-site assistant for classes held in Braintree and he co-facilitated the Discovering Documentaries course in Fall 2024 and Spring 2025. Last November he presented an OLLI Talk on the Great Halifax Explosion.

Dates: 6 Fridays, 3/6–4/17 (no class on 4/3)

Time: 10:00 a.m.–12:00 noon

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Film/Discussion

Price: \$40 for OLLI Carte Members

Observational Drawing Using Colored Pencil

This class is for anyone interested in learning how to draw from life and from reference photos using both pencil and colored pencil. Students will learn some color theory in order to understand layering techniques with their colored pencils. This course will focus on observational drawing in order to capture form and space using simple still life objects for inspiration. Additionally, students may choose to draw from their own reference photos or still life, particularly if they have had prior drawing experience. All levels are welcome. This course is taught entirely online through the Zoom platform.

Facilitators: Kate Nordstrom, see bio on page 13.

Dates: 8 Fridays, 3/13–5/22 (no class on 3/27, 4/3, and 4/24)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Hands-on Activity

Price: \$40 for OLLI Carte Members

"Oil" Colored Pencil Drawing

For oil colored pencil drawings, we will use Vaseline petroleum jelly to blend with the pigment of the colored pencils, which creates the oil-colored pencil. Drawing subjects may include both human and animal portraits.

Facilitator: Gerard Leary, see bio on page 12.

Dates: 8 Fridays, 3/13–5/8 (no class on 4/3)

Time: 10:00–11:30 a.m.

Location: IN-PERSON at UMass Boston Campus

Format: Hands-on Activity

Price: \$40 for OLLI Carte Members

S Explore Longevity - Series 10

"I cannot change the wind of the natural aging process, but I can adjust the sails of my lifestyle and rhythm of living." In this 10th series of the Exploring Longevity course, we will examine the outlook of longevity in light of emerging technologies such as quantum computing, which holds the potential to vastly increase computational capacity and accelerate research into issues such as dysfunctional mitochondria and cellular senescence. While the "fountain of youth" remains a metaphor, new insights into extending health span are steadily on the horizon. This course has been enriched by the shared wisdom and insights from our participants' lived experiences.

Facilitator: OLLI Scholar Hua Chen is a fourth-year PhD student at The College of Nursing and Health Sciences. Specializing in human posture, his goal is to become a geriatric educator and researcher. Hua enjoys sharing knowledge and exploring the science and art of longevity with OLLI course participants.

Dates: 3 Fridays, 4/24–5/8

Time: 10:00–11:30 a.m.

Location: IN-PERSON at Thayer Public Library, Braintree

Format: Lecture

Price: \$40 for OLLI Carte Members

Great Conversations: Surprises In Contemporary Culture

The tagline of the *Hedgehog Review*, published by the University of Virginia, is "Reflections on Contemporary Culture." Published three times a year, each issue has 8 to 10 essays on a theme. I'm intrigued by the issue, "In Need of Repair," which provides novel perspectives on some of our most established institutions - the middle class, comedy, medicine, religion, philanthropy, to name a few. I believe these essays will surprise us with new ways of thinking about institutions we think we know and understand. Order "In Need of Repair" Fall 2024 for \$14 from <https://hedgehogreview.com/order>.

Facilitator: Linda Seale loves exploring new ideas with friends and colleagues and feels that Great Conversations is a perfect vehicle for doing so. She loves the wide-ranging discussions prompted by the readings and the mutual respect that develops among the participants who continue to enjoy this course, which has been an OLLI tradition for more than 20 years.

Dates: 4 Fridays, 4/24–5/15

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Discussion

Price: \$40 for OLLI Carte Members

Saturday

Poems In Conversation

Literature is a conversation across time. A single poem is powerful, but what's remarkable is how poems speak to one another—answering, challenging, and transforming ideas. Allen Ginsberg's *Howl* would not exist without Walt Whitman's *Song of Myself*, and B.H. Fairchild's *Brazil* emerges from Ginsberg's shadow. In this course, we explore these dialogues: how poets respond across decades or centuries, creating new meaning through intertextual exchange. Students will learn to trace influence, analyze creative responses, and understand how poetic conversations shape literary history—revealing that every poem is part of a larger, ongoing story.

Facilitator: Michele Harris received a BA in English from Allegheny College and an MFA in poetry from UMass Boston. She is the author of the poetry collection *Blackdamp* (David Robert Books, 2019), a recipient of the 2011 David A. Kennedy prize, and a finalist for the 2018 New Millennium Award. Her writing has appeared in *Cicada*, *New Millennium Writings*, *The Tishman Review*, *Anderbo*, *The Prose-Poem Project*, *Dirtflask*, *Escarp*, *The Columbia College Literary Review*, *Stirring*, and elsewhere. She has been a facilitator with OLLI since 2009.

Dates: 5 Saturdays, 3/14–4/11

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Discussion

Price: \$40 for OLLI Carte Members

A Journey into Haitian Art in New England

This engaging class will explore the origins and significance of Haitian art, examining its strong presence in New England. This course will also draw from Haiti's rich cultural history, unique techniques, and current environment to explain what triggers local artists' inspiration and shapes their work. By exploring its historical context, contemporary issues, and reference materials, and interacting with some artists remotely, students will gain valuable insights into how art reflects identity, resilience, and national pride. This class is beneficial for those interested in Haitian history and culture to interact with local Haitian communities.

Facilitator: Charlot Lucien is the founder of the Haitian Artists Assembly of Massachusetts. He has edited *Migrating Colors* (2018) and *Who We Art: Haitian Art in New England* (2026). He co-chaired in 2016 an art committee for Boston Creates, Boston's 30-year cultural roadmap. He has received multiple awards for his involvement in Haitian art in New England, including the City of Providence's Cultural Ambassador Award. Lucien holds a Certificate in Art Management and a master's in international relations from the University of Massachusetts.

Dates: 4 Saturdays, 3/14–4/4
Time: 10:00–11:00 a.m.
Location: ONLINE via Zoom
Format: Lecture/Discussion
Price: \$40 for OLLI Carte Members

S Murder, They Thought: Critical and Creative Thinking with Fictional Crime Solving Heroes

Let's travel to real and fictional places to learn how the combination of discernment, metacognition, imagination, along with a touch of wit and/or sarcasm result in correctly identifying the culprit. Father Brown, Jessica, Columbo, and others will take us under the wing to reveal their thought processes and commitment to fair and just outcomes. No investigator license or alibi required to participate!

Facilitator: Leslie Quarles is a graduate student in the MA Creative and Critical Thinking program at UMass Boston. She also works for the Institute for Community Inclusion. She loves exploring how creative and critical thinking can help us in our professional and personal lives, including the art of solving crimes in places where you should never visit - otherwise you may be falsely accused of a crime - or worse!

Dates: 5 Saturdays, 3/21–4/25 (no class on 4/4)

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

Islam: Faith, Civilization, and Political Order in Historical and Contemporary Perspective

This five-week course explores Islam both as a faith tradition and as a political-civilizational order. It seeks to bridge understanding between cultural perceptions and theological realities. The course examines Islam's spiritual foundations, moral vision, and institutional

expressions in governance—from the early Caliphate to contemporary Muslim societies. It also addresses how Islamic ideas have interacted with colonialism, modernity, secularism, and democracy. Students will critically engage primary sources, scholarly interpretations, and contemporary debates about Islam's role in the modern world.

Facilitator: Dr. Muhammad Iqbal Uddin Arif is a political scientist and interdisciplinary scholar whose teaching and research span climate governance, geopolitics, cultural and migration studies, human history, and philosophy. Dr. Iqbal's work focuses on bridging global divides through dialogue, sustainability, and inclusive perspectives that connect ideas across cultures, religions, political systems, and disciplines.

Dates: 5 Saturdays, 3/28–4/25

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture/Discussion

Price: \$40 for OLLI Carte Members

S Explore Longevity - Series 10

"I cannot change the wind of the natural aging process, but I can adjust the sails of my lifestyle and rhythm of living" In this 10th series of the Exploring Longevity course, we will examine the outlook of longevity in light of emerging technologies such as quantum computing, which holds the potential to vastly increase computational capacity and accelerate research into issues such as dysfunctional mitochondria and cellular senescence. While the "fountain of youth" remains a metaphor, new insights into extending health span are steadily on the horizon. This course has been enriched by the shared wisdom and insights from our participants' lived experiences.

Facilitator: OLLI Scholar Hua Chen, see bio on page 24.

Dates: 3 Saturdays, 4/25–5/9

Time: 10:00–11:30 a.m.

Location: ONLINE via Zoom

Format: Lecture

Price: \$40 for OLLI Carte Members

Financial Assistance for Membership Fees

While OLLI at UMass Boston strives to keep its annual fees affordable for members, we recognize that there are those that may need financial support to join. The purpose of the Harry Gloss Scholarship Fund is to provide scholarships (full or partial) to individuals who cannot afford to pay the annual OLLI membership fee. It was named in memory of the late Harry Gloss, who was a founding member of UMass Boston's lifelong learning program and was involved as a course facilitator and advisory council member. **Please email (ollireg@gmail.com) or call (617.287.7312) the OLLI office to inquire about the scholarship form and process.** Financial contributions to this scholarship fund can be accepted at any time and are tax deductible. Please send a separate check made out to "Friends of OLLI" with your registration and/or course request forms if you care to donate at this time. Thank you for your generosity!

Spring 2026 OLLI Talk Presentations and Walking Tours

Below are a few selections from the spring line-up of OLLI Talk presentations and Walking Tours. Specific dates and locations (whether ONLINE or IN-PERSON) will be announced approximately three weeks prior to each event. Detailed descriptions of the content and the presenters will also be available at that time. Members will be notified, and they can sign up at that time. **Please do not put any of these programs on your Course Request Form.** Additional presentations will be announced later.

Alaska: The Last Frontier

by Barry Pell

August Strindberg: Psychosis and Creativity

by Joshua Platt

Building Livable Communities

by Theresa Chaklos and Antron Watson

Centuries of Change Along Boston's Wharf District

(walking tour)

by Liz Nelson Weaver

Colonial Paintings and Stories

by Hasib Mahmud

Decluttering for You and for Our Environment

by Patricia DeVal

Eric Liddell - 1924 Olympic Champion

by Stephen Devaney

Exploring Gender and Disability

by Latha Patipandla Mallikarjuna

Florence and the Hill Towns of Tuscany

by Barry Pell

George Martin: The Fifth Beatle

by David Pogue

Global Problems, Local Solutions

by Nnaemeka Phil Eke-okocha

In Search of Home: Leaving, Beginning, Belonging

by Sahar Badiezadeh

Inspiration & Celebration for Women's History Month

by Janis Daly

Music and Memory: The Accidental Creation of a 92-year-old Social Media Sensation

by Randi Lebar

Poetry is Ageless: An Intergenerational Sharing

by Kali Lightfoot and M.P. Carver

Sip, Flip, Swirl and See the Future: Turkish Coffee and Fortune-Telling

by Buket Altincelep

Struggling Well: Building Resilience for Veterans

by Ramiro Oliveira, Jr.

Talking the Talk and Walking the Walk:

A Rehab Professional's Journey Through a Total Knee Replacement

by Marguerite Magri

The Barnes Foundation: Hidden Gem of Philadelphia

by David Pogue

The Motherhood Penalty: Injustice Women Face at Work and Beyond

by Afia Akbar

Travels on the Hippie Trail

by Jeffrey Calish

Zoonotic Diseases: Our Most Dangerous Contagions

by Jennifer Clifford

Upcoming Overnight Travel Opportunities

All participants in OLLI's overnight travel programs must be OLLI members at the time of travel. Future overnight trips not published in the catalog will be announced in OLLI's newsletter, *Connections*.

Canadian Maritime Provinces

Known for their natural beauty, unspoiled nature, rich history, seafaring folklore and friendly people, the Atlantic Maritimes are a popular and exciting destination. Enjoy spectacular scenery, interesting attractions, quaint towns, beautiful coastlines and the delicious foods of the various regions. This very special 10-day tour will include visits to the Provinces of New Brunswick, Nova Scotia (including Cape Breton Island), and Prince Edward Island. The overnight stays will be offered in deluxe hotels, and 16 meals are provided: 9 Breakfasts, 1 Box Lunch, and 6 Dinners including a lobster supper on Prince Edward's Island. For questions or more information, please contact OLLI member and trip leader Eileen Condon at 617-470-5612.

Dates: September 8–17, 2026

Cost: \$3,850.00 per person (double occupancy); single supplement: \$850.00. This travel opportunity is provided by Yankee Line Tours and features coach bus travel.

Historic Philadelphia and Valley Forge

Join us as we celebrate America's 250th Birthday and "travel through time" on a journey that will take us to Pennsylvania and the historic sights of Philadelphia and Valley Forge where it all began. Enjoy deluxe accommodation, delicious meals, informative sightseeing, historical attractions, and more! Besides a sightseeing tour of the "City of Brotherly Love" with a local guide, OLLI members will also enjoy tours of Valley Forge National Historical Park, Eastern State Penitentiary, and the National Constitution Center. Deluxe accommodation for four evenings will be at The Residence Inn Center City Philadelphia. The trip will also include breakfast at our hotel each morning, plus 3 dinners: Moshulu's a fine dining restaurant located on Philadelphia's waterfront, the Historic Mendenhall Inn, and at Positano Coast (indicate entree selections on your registration form). For questions or more information, please contact OLLI member and trip leader John Capuano at 617-913-3828.

Dates: October 18-22, 2026

Cost: \$1,500.00 per person (double occupancy); single supplement: \$495.00. This travel opportunity is provided by Yankee Line Tours and features coach bus travel.

France 2026: From the Loire Valley to Lyon & Paris

This travel experience offers an immersive journey through six captivating French cities: Angers, Limousin, Sarlat, Carcassonne, Lyon, and Paris. Explore the mesmerizing caves of Lascaux, where ancient artistry will take you back to prehistoric times. Indulge in Lyon's renowned culinary scene through an enriching food tour, showcasing why this city is celebrated as France's culinary capital. Finally, conclude your journey with a swift high-speed train ride to Paris, where you will have two days to immerse yourself in the iconic sights and vibrant atmosphere of the French capital. This itinerary promises a blend of cultural immersion, culinary delights, and unforgettable experiences, making it an ideal choice for any traveler seeking to explore the diverse beauty of France. For questions or more information, please contact trip organizer and leader Elaine Kerrigan at 781.985.4222.

Dates: November 3–19, 2026

Cost: \$6,245 (including international airfare); no single supplement fee. Ready to reserve your spot? Please call 1-800-955-1925 and mention this code (G6-29866) for the OLLI trip.

Let's Go to the Theatre

OLLI at UMass Boston is excited to offer the following theatre performances for winter, spring and early summer at very low discounted prices. All tickets are available on a first-come, first-served basis. Limit two per member. OLLI members are encouraged to use the ticket order form found on OLLI's website when ordering tickets.

Huntington Theatre presents

We Had a World



A dying woman calls her grandson and asks him to write a play about their family. "But I want you to promise me something," she says. "Make it as bitter and vitriolic as possible." In this searing, funny, and deeply personal play, the author of

Prayer for the French Republic recreates thirty years of family fights, monstrous behavior, enduring love, and unexpected dishes of home-cooked spaetzle.

Date: Saturday, February 28

Time: 2:00 p.m.

Cost: \$27

SpeakEasy Stage presents

The Antiquities



In the not-so-distant future, a team of curators at the Museum of Late Human Antiquities painstakingly reconstruct the past: vinyl records, yoga mats, even grief itself. But as their exhibit grows, so do the cracks in their understanding of what

it meant to be human. Jordan Harrison's *The Antiquities* is a haunting and surprisingly funny meditation on memory, extinction, and the strangeness of humanity.

Date: Saturday, March 14

Time: 2:00 p.m.

Cost: \$32

SpeakEasy Stage presents

Swept Away



"A thrilling suspenseful ride."
– BroadwayWorld

A storm. A shipwreck. Four survivors. As they fight to stay alive, these New Bedford whalers must confront who they are, what they've done, and whether forgiveness is possible. Featuring music

from The Avett Brothers, *Swept Away* is a gripping, heart-rending new musical about brotherhood, morality, and the cost of survival.

Date: Saturday, April 25

Time: 2:00 p.m.

Cost: \$32

Huntington Theatre presents

Oedipus El Rey



Luis Alfaro reimagines Sophocles' classic in his acclaimed and electrifying *Oedipus El Rey*, set in the heart of Los Angeles. Oedipus dreams of rewriting his own story — but liberation comes at a price: can he truly escape the

destiny laid out before him? What's fate, and what's just the system? A searing tale of love, family, and prophecy, *Oedipus El Rey* blends ancient myth with modern urgency and Chicano swagger with swaths of sly humor. Artistic Director Loretta Greco, who led the acclaimed premiere of *Oedipus El Rey* at The Magic Theatre, creates a production especially for Boston.

Date: Saturday, May 16

Time: 2:00 p.m.

Cost: \$27

Let's Go to the Theatre

Huntington Theatre presents

Eureka Day



Hot from celebrated productions on Broadway and in London, *Eureka Day* is a new, wildly funny, on-the-pulse satire which asks if parents at a progressive, welcoming private school can uphold their harmonious shared values when Eureka

Day faces an outbreak of the mumps. Jonathan Spector's sharp comedy explores in surprising turns what happens when facts become subjective, when inclusivity turns performative, and a "community activated conversation" turns into an all-out brawl — with uproarious, fresh, thought-provoking results. Margot Bordelon returns to direct following her hit production of *John Proctor is the Villain*.

Date: Saturday, June 6

Time: 2:00 p.m.

Cost: \$27

American Repertory Theater presents

Black Swan



Tony Award winner Sonya Tayeh (*Gatsby* at A.R.T., *Moulin Rouge! The Musical* on Broadway) returns to the A.R.T. to bring a bold new musical adaptation of the 2010 Academy Award-nominated psychological thriller *Black Swan* to life on

stage. As driven ballerina Nina fights for the lead role in *Swan Lake*, pressure increases and boundaries blur, and she begins to unravel. This haunting exploration of ambition, rivalry, and the cost of perfection features a book by Guggenheim Fellow Jen Silverman (*The Roommate*, *Collective Rage: A Play in 5 Betties*) and a score by Obie Award winner Dave Malloy (*Moby-Dick*, *The Great Comet*, and others at A.R.T.).

Date: Wednesday, June 17

Time: 2:00 p.m.

Cost: \$32

OLLI's Shared Interest Groups (SIGs)

Independent, self-directed **Shared Interest Groups (SIGs)** provide members with enriching activities outside OLLI courses and talks. Members form groups based upon shared and mutual interest and decide where and when they will meet and how the group will function. Most SIGs meet once a month, although they may meet more or less often if members wish. The OLLI office provides meeting space at UMass or a Zoom link to meet online, although a group may decide to meet at a location outside the UMass Boston campus.

If you think you are interested in joining one of these groups or have ideas about starting a new group, contact the OLLI office by email (ollireg@gmail.com) or phone 617.287.7312. A SIG leader will contact you with information about future meetings. SIGs are open to any current OLLI member.

Book Group (full)

OLLI's Book Group connects members who love to read and share their impressions of selected books. Meetings take place monthly on the second Thursday of each month, except July and August. They are held online via Zoom from 11:45 a.m. to 1:15 p.m. A mix of fiction and nonfiction titles are selected by group members, and the member who suggests the book becomes the discussion leader.

Culinary Adventures

The Culinary Adventures Group connects OLLI members with a shared interest or curiosity about food and all things culinary. Each month, a member of the 4-person steering committee takes responsibility for planning and coordinating an adventure on a culinary-related topic. The week of the month and day vary, and events generally last about 2 1/2 hours.

Genealogy Gems

Genealogy Gems are for those OLLI members who have an interest or hobby in genealogy. Group members will share and gain knowledge from each other on researching family history including using DNA to solve brick walls. Group members will exchange and identify tips, resources and other ideas on genealogical approaches, as well as share the results of their efforts!

French Conversations Through Cinema

Did you once study French? Would you like to improve your ability to understand and speak it now? The French Conversations through Cinema SIG represents a cooperative learning experience to help members become more confident in their French speaking and comprehending abilities. This is achieved through general discussion of current events, personal interests and hobbies, travel, and other happenings. Each weekly meeting also consists of watching portions of a French film with English subtitles. The current group members come from a variety of backgrounds and experiences using French. This SIG meets every Monday from 10:00 a.m. - 12 noon.

Intergenerational Book Chat

The Intergenerational Book Chat is open to all OLLI members and to any current graduate and undergraduate student at UMass Boston. The group currently meets online via Zoom once a month late on Monday afternoons to discuss a book selected by group members. The discussion is often co-led between an OLLI member and a UMass Boston student. In addition to a discussion about the book contents, participants appreciate hearing varied points of view and value building relationships across generations.

Knitting

The Knitting SIG brings together people interested in knitting, crocheting, or needlepoint art. We work as we talk, take time to share our current projects, get advice and tips from one another, and often times, enjoy a good laugh! The Knitting SIG currently meets monthly on Wednesday mornings (10 a.m.–12 noon) in-person on the UMass Boston campus.

Photography

The Photography SIG aims to bring OLLI members together who have an interest in taking and sharing pictures. Whether you use a smart phone, a digital camera, or some other photographic device, you are welcome to participate in the group's monthly meetings. One monthly meeting will be in-person gatherings to practice taking photos around a specified theme and/or location; the next monthly meeting will be held online (2nd Monday of the month at 4:00 p.m.) to share those photos from the previous month's assignment. Group members will help decide the monthly themes and meet-up locations.

Stonewall at OLLI

Stonewall at OLLI is a community of older LGBTQ learners at UMass Boston's OLLI. They are committed to providing a safe, friendly and welcoming place for people of all sexual orientations and gender identifications and expressions. Our monthly meetings offer our members a spirit of camaraderie within OLLI as well as share suggestions for activities outside of OLLI. Currently the group meets monthly online via Zoom on the 2nd Thursday from 11:45 a.m.–1:15 p.m.

Walking Group

The goal of the Walking Group is to promote a healthy lifestyle through walking as well as to provide a chance for socialization with other OLLI members. The group takes advantage of the area's natural resources. The walks usually take about 90 minutes, and the group can accommodate walkers of various abilities, both tortoises and hares! Most walking locations tend to be accessible by public transportation or have parking nearby. Members are encouraged to carpool when possible.

Writing Group (full)

This group, the outgrowth of an OLLI Memoir Writing Class offered more than 10 years ago, meets on Zoom every Wednesday, year-round, from 1– 3:00 p.m. Members write on any topic they choose. Many of the writers work on memoirs; others write fiction or poetry. We try to find time for each member to read aloud and for the group to offer comments and suggestions. Some of the SIG members have published books. Others have had submissions accepted by UMass Boston's literary journal and by various online magazines.

OLLI AT UMASS BOSTON MEMBERSHIP FORM SPRING 2026

Last Name _____ Preferred First Name _____
Please note any changes to any of the contact information since you last renewed your membership. If no changes, you can leave blank.
 Address _____
 City, State _____ Zip _____
 Primary Phone (_____) _____ Cell Phone (_____) _____
 Email _____
 Emergency Contact _____ Phone (_____) _____

MEMBER PROFILE

We **require** your responses to the following questions, which will be used for statistical purposes only. This information will help us to better serve our members.

<p>How did you hear about OLLI? _____</p> <p>Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> No response</p> <p>Year of Birth _____ <i>(required)</i></p> <p>College Degree <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>UMass Boston Alumnus/a <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Do you consider yourself to be retired? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Current/Former Occupation _____</p>	<p>Would you be interested in facilitating a course? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>What topic(s)? _____</p> <p>Are you a new member? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Ethnicity <input type="checkbox"/> Black/African/Caribbean <input type="checkbox"/> Caucasian <input type="checkbox"/> Chinese <input type="checkbox"/> Hispanic <input type="checkbox"/> Korean <input type="checkbox"/> Native American <input type="checkbox"/> Vietnamese <input type="checkbox"/> Other _____</p>
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ORDER INFORMATION

Membership Pricing Options Select ONE option below	AMOUNT
<input type="checkbox"/> Full Membership \$245 (\$460 for two at same household)	_____
<input type="checkbox"/> OLLI Carte Membership \$120 (\$225 for two at same household)	_____
<input type="checkbox"/> General Membership \$65 (\$125 for two at same household)	_____

Membership is valid for one year and expires December 31, 2026.

For Office Use Only

Date Received: _____
 Payment Information: _____
 Membership Expiration: _____
 Membership ID#: _____
 Notes: _____

CREDIT CARD PAYMENT INFORMATION

AmExpress VISA MasterCard Discover

Name on Card _____
 Card Number _____
 Expiration Date _____ CVV _____
 Amount to be Charged _____
 Signature _____

Please make checks payable to
 "OLLI/UMass Boston" and return this form to
**OLLI, McCormack Hall, 3rd Floor, UMass Boston,
 100 Morrissey Blvd., Boston, MA 02125-3393.**

*Annual membership dues must be paid in full at the time of course registration and are non-refundable after **March 27, 2026***

**OLLI AT UMASS BOSTON
COURSE REQUEST FORM — SPRING 2026**

Last Name _____ Preferred First Name _____

Note any changes to the below contact information if there have been changes since Spring 2024.

Address _____

City, State _____ Zip _____

Primary Phone (_____) _____ Cell Phone (_____) _____

Email _____

Emergency Contact _____ Phone (_____) _____

Important Information

A priority system is used to determine who will be admitted to classes that are oversubscribed. We believe it to be the most equitable method of deciding who gets into those classes. In order for you to participate in this system, you must return your request form to us by **February 13**, indicating your order of priority for each course (1st choice = most desired). After the deadline, class assignments will be made on a first-come, first-served basis.

Please indicate which courses you are requesting, including location. For locations, use the following abbreviations: **UMB** = UMass Boston Campus, **HPL** = Hingham Public Library, **BR** = Thayer Public Library, Braintree, or **Z** = Zoom. Please print the full course title.

(DO NOT include OLLI Talk, Walking Tours, or SIG registrations on this form!)

1st Course Choice _____ Day _____ Location _____

2nd Course Choice _____ Day _____ Location _____

3rd Course Choice _____ Day _____ Location _____

4th Course Choice _____ Day _____ Location _____

5th Course Choice _____ Day _____ Location _____

It is **IMPERATIVE** that all request forms are received in our office by **Friday, February 13** in order to be included in the lottery process. Registrations are accepted thereafter, but are subject to course availability.

For OLLI Carte members only. Your membership category allows you to add courses for an additional fee of \$40 per course. **Course Registration Fees:** _____ courses x \$40 = _____. Do **not** include this amount with your membership payment. Course fees are due a week after course confirmations are sent.

Course Confirmation

You are not registered for courses until you receive a confirmation letter by email in late February.

Questions about registration?

Call 617.287.7312 or email ollireg@gmail.com. Fax: 617.287.7076

Mail to: OLLI, UMass Boston, 100 Morrissey Blvd., Boston, MA 02125-3393

OLLI Course and Registration Information

Facilitators

OLLI course facilitators and OLLI Talk presenters share their areas of expertise with OLLI students on a volunteer basis. A course evaluation form is provided at the end of each course, and your constructive suggestions are welcomed by our facilitators. If you would like to complete an evaluation before the end of the course, please request a form from the OLLI office.

OLLI Scholars

This symbol indicates courses that are taught by UMass Boston graduate students under the OLLI Scholar program. The OLLI Curriculum Committee reviews proposals, interviews candidates, and mentors students from various graduate programs on campus. If accepted into the program, OLLI Scholars receive a stipend after successful completion of their courses. This intergenerational experience benefits both UMass graduate students and OLLI members.

Course Fees

- \$40 per course for OLLI Carte members, or
- Free for Full/Unlimited members.

Additional fees are sometimes required for courses that involve off-campus activities, special events, or a high amount of handout copying or instructional supplies.

Course fees are due a week after final course confirmations are released.

Course Cancellation

OLLI reserves the right to cancel a scheduled course because of low registration, non-availability of a facilitator, or any other unavoidable circumstance. Students will be notified as soon as possible.

Course Capacities

The maximum number of students registered for each course depends on the course topic (some may work best with a smaller class size) and the preference of the facilitator. If requests for a course exceed capacity, the registration priority system is used to determine who will be enrolled, based on the priorities set by each registrant.

Eligibility

Only current Full and OLLI Carte members are eligible to request and take courses. The General Membership category **does not** include the ability to take courses.

Course Registration Process

OLLI at UMass Boston uses a priority/lottery system to determine final course registrations. Full and OLLI Carte members must submit their course requests before the **Priority Registration Deadline of February 13** to be included in the lottery allocation process.

Please list your course choices in order of priority (highest priority = 1, and so on) on the Course Request Form or when using OLLI's online registration system. How does the lottery work? If demand exceeds the number of seats for a course, the computer assigns those seats by lottery based on your priority rankings.

Course requests received after the **February 13** deadline will be assigned based on availability on a first-come, first-served basis.

Paper Registration: Please complete the Course Request Form on page 32 and mail or fax to the OLLI office.

Online Registration: All current OLLI members have an account they can use for online course requests and registrations. Visit OLLI's online registration site where instructions are posted on how to use the system. Site address: <https://www.campusce.net/umb/category/category.aspx>

Course Confirmation: Students are not registered for courses until they receive a final confirmation. Confirmations will be emailed in late February. Please pay close attention to the details of the confirmation correspondence: "registered" means a student has been confirmed to attend the class; "not registered" means the course was oversubscribed, and the course request could not be accommodated; "registered not paid" indicates a student is registered for course but needs to pay the associated course fee.

Dropping or Adding Courses: Requests to drop a course or other OLLI program are handled by the OLLI office. Please email ollireg@gmail.com or call 617.287.7312 as soon as you determine that you will not be able to attending a program for which you are confirmed. If you would like to be placed on a waitlist for a course or program that is full, please contact the OLLI office, and you will be notified if a space becomes available.



FREE Online Winter Programs

During the months of January and February, OLLI will be offering free programs for OLLI members, their guests, and nonmembers. Don't let the bleakness of the winter months get you down. Sign up and engage in one (or more) of OLLI's winter events! These programs will be mostly held online via Zoom **and are available to nonmembers as well.**

From writing and art workshops to the Vietnam War to healthy aging, OLLI knows there is an event during our winter term that will pique your curiosity! Delight your senses with a wine and cheese tasting or listen (and learn) to the Broadway shows of the 1990s! OLLI will also have its annual winter film series showing on Tuesday mornings (online and in-person viewing options available) featuring seven Robert Redford films. To see a full listing of our current winter offerings, please visit our website: <https://www.umb.edu/olli>. We hope to see you at one of our winter programs!

OLLI will also be hosting a virtual open house on Friday, January 30 so nonmembers can learn more about our lifelong learning community! The program will run from 10:30 a.m.–12:00 noon and feature a keynote presentation on the liberation of Rome from our presenter who lives in Italy!

Registration is now open for all OLLI winter programs!

All events are filled on a first-come, first-served basis.

To register:

- OLLI members can register for these winter programs by logging into their OLLI account. The events and descriptions can be found under **Free 2026 Winter Programs** located in the **Courses & Programs** section of the **registration website**.
- Nonmembers can simply email the OLLI office (ollireg@gmail.com) and request to be registered for the programs in which they are interested.

Questions?

Please contact the OLLI office at 617.287.7312

