

OLLI

University of New Hampshire

Fall 2024 Catalog



Come for the Classes. Stay for the Friends.

A membership program providing learning and social opportunities for older adults.



University of
New Hampshire

OLLI
at UNH

MEMBER
SPOTLIGHT

Marilyn Astell '18



Meet OLLI Member and Volunteer Marilyn Astell

“Life is not about the destination, but rather, it is all about the journey.”

Having experienced many unique situations during our 47 years of marriage, my husband Jerry often says this about our life together. Prior to moving to Dunbarton, we raised four kids during our 25 years living in Hampstead, NH where I worked in the special education department in the public school system for over ten years. Life was, and still is, all about family for me.

When I am not enjoying my family time, you can usually find me at some OLLI at UNH function or another. I discovered OLLI when I picked up the course catalog while registering our cars at Dunbarton Town Hall back in 2018. I discovered there was a wealth of information, classes, events, and volunteer opportunities to choose from which helped both Jerry and I begin to feel at home in our new community. I immediately signed up for a class in North Conway and have been very involved in the OLLI organization ever since.

In the Capital Region, I am a member of both the Central Committee as well as the Membership Committee. I have served as a class assistant, as well as a Zoom moderator. Being an avid quilter for over 45 years, I created the OLLI

Piecemakers (Special Interest Group) SIG and we are now in our fifth year of existence. I have also facilitated a Creative Writing SIG as well as the newly formed Healthy Walking SIG.

I’m also an OLLI at UNH presenter. My latest endeavor as a presenter has been extremely popular as I taught “How to Paint a Barn Quilt” for three terms in the Capital Region. I will be teaching a new version of the barn quilt class in the Mt. Washington Valley during the upcoming term.

The one major difference we have found between the Hampstead community and the Concord/Dunbarton community is the many opportunities and organizations geared toward older adults in the Concord area. This has helped us to transition from a close family of six to the empty nesters we find ourselves today. Jerry, who is newly retired, joined OLLI in May 2024 and has participated in all our Healthy Walking SIG walks.

If during the sunny, pleasant days of summer and fall, you should happen to see two smiling black-clad riders perched atop a dark orange Honda Goldwing, that is just us as we set out to find more of life’s journey. Riding is our favorite thing to do together! After all, life is not about the destination, it is all about the journey.

Welcome to Osher Lifelong Learning Institute (OLLI)

Welcome to Osher Lifelong Learning Institute at the University of New Hampshire (OLLI at UNH). Since 2004, OLLI has been a learning for the fun of it, member-driven, volunteer-based educational program which supports adult learners in their continued pursuit of lifelong knowledge. OLLI courses are not for credit, there are no tests, grades, or homework. We value high standards of program excellence with an emphasis on educational and social enrichment, volunteerism, fiscal sustainability, a diverse membership, mutual respect, and member safety.

Our members are encouraged to select from any of the in-person, online, and hybrid courses offered in our four statewide learning regions, including the Capital region, Greater Manchester, Seacoast and Mount Washington Valley. In addition, social events, volunteer opportunities, cost-free complimentary programming, opportunities to engage in classes at our sister OLLIs, our monthly Outlook newsletter, and our special interest groups (SIGs) enhance the member experience and provide additional opportunities for our members to remain active and purposeful.

Now in our 20th year, OLLI is a self-sustaining program of the University of New Hampshire supported by program fees, in-kind contributions from UNH, endowments from the Bernard Osher Foundation, member donations and local corporate sponsorships and partnerships. We are one of 124 OLLIs at colleges and universities nationwide, representing more than 125,000 members.

➔ [learn more about Osher Lifelong Learning Institutes across the USA visit: nrc.northwestern.edu/](https://nrc.northwestern.edu/)

Your OLLI at UNH Team and Contact Info

Website: unh.edu/OLLI

Email: OLLI.office@unh.edu

Phone: 603-255-3553

OLLI Administrative Team

Toniann Leavitt, Director

Toniann.Leavitt@unh.edu

Tori Berube, Program Manager

Tori.Berube@unh.edu

Bryan Whittier, Enrollment Coordinator

Bryan.Whittier@unh.edu

Tessa McDonnell, Program Support

Tessa.McDonnell@unh.edu



**University of
New Hampshire**

*Cover Photo Credit: Janet Gagne, Greater Manchester, Class of 2017

Become an OLLI Member

Membership in OLLI offers you the opportunity to participate in a full range of offerings. Annual memberships (\$40) are valid for one year. There are three ways to join:

1. **Complete the secure online Membership application found on the OLLI website.**
2. **Complete the OLLI Membership and Registration Form found inside the catalog.** Mail it with your \$40 membership fee to the OLLI office, c/o OLLI at UNH, Taylor Hall, 59 College Rd, Durham, NH 03824. **Please use a separate registration form and check for each member applying.**
3. **Call the OLLI office at 603-255-3553** to make an over-the-phone payment with your credit card.

Contact Us

The OLLI Administrative Team is available to assist you:

- Visit our website: unh.edu/OLLI
- Call us: 603-255-3553
- Email us: OLLI.office@unh.edu



Get the latest news on new programs, special events, and more by following us on Facebook at: facebook.com/olliunh

Registration

- Online registration for courses will begin on **Monday, August 5, 2024, at 9:00 a.m.**
- Non-members may enroll in any OLLI course, unless otherwise indicated. Non-members must call the OLLI office at 603-255-3553 to register for a course. A \$20 non-member course registration fee will be added to the total cost of registration.
- Phone registrations for both members and non-members are available Monday through Friday from 9:00 a.m. to 4:00 p.m.
- Mail-in registration forms can be sent to OLLI at UNH, Taylor Hall, 59 College Rd, Durham, NH 03824 and will be processed in the order which they are received.
- All registrations, including free offerings, will result in an e-mailed confirmation receipt. If you do not receive a receipt, please check your e-mail spam folder.
- You may register online up to seven days before the course start date. After that, please call the OLLI office at 603-255-3553 to register.
- For important information about policies, including refunds, withdrawals, wait lists, credit card security and more, please visit: unh.edu/OLLI



Course Listing by Subject

Learning Region Abbreviation

Capital Region - C | Greater Manchester - M | Mt. Washington Valley - W | Seacoast - S | Zoom - Z

9 Arts & Humanities

9 Art Appreciation

In Search of India on Transferware (Hanson) W
Paris & New York in the Twenties and Thirties:
Some Films (Mahoney) M
The Life of a Theatre: Behind the Scenes of Crafting
Live Productions (Giacobbi) S
Working With Wool: From Sheep to Yarn
(Dunham-Miliotis) C

11 Creative Arts

Adaptive Reuse: Discarded Objects into Art (Carlin) W
Beginner Rug Hooking: The Old Fashioned Way
(O'Neill) S
Create Your Own Unique Seaglass Artwork (Chin) C
Creating a Fabulous Fox Pastel Drawing (Ayers) W
Creating Bucilla Felt Ornaments (Gray) W
Creating Gnomes: Imagination Unleashed! (Perry) W
Explore Your Creative Voice (King) Z
Floral Design: Even if You Have Never Been a Designer!
(Carey) C
Knitting: It's a Stitchin' Good Time! (McNiven) W
Let's Try Slow Stitch Embroidery (Brosch) S
Mixed Media Fun (Mitchell) W
More Creative Card Making with Rubber Stamps
& Other Good Stuff (Frost & Fargo) C
Paint a Fall Leaf Barn Quilt (Astell) W
Playing with Shape and Color in the Style of Henri
Matisse (Hall) W
Step-By-Step Decorative Painting (Pullo) C
Weaving A Bread Basket (Rennie) W
Writing a 'Legacy Letter' (Sherwin) Z

17 Film

Documentaries 101: How They're Produced & Why
They're Important (Sullivan) Z
Films: Reel Jewish Movies, Part II (Bender) C
Films Through the Decades VII (Jones) M
Happy Holidays: Hollywood Style! (Brogan) M
Madness & the Movies XIV (Soreff) M
Sherlock in Film & on Television (Fritsch) M
You're Getting To Be a Habit! Nuns in the Movies
(Brogan) C

20 Literature

Anton Chekhov: Master of the Storyteller's Art (Castle) Z
"Attack on the Village" in American Literature (Baker) C
Before Peyton Place: In Search of the Real Grace
Metalious (Perreault) M
Exploring Lesser Known Classics (Brosch) Z
Jump at the Sun: The Life & Works of Zora Neale Hurston
(Dworkin) W
Shakespeare's "Henry IV, Part I:" History or Comedy?
(Baker) M

22 Music

Boomwhackers: The New Way to Make Music
(Towner) M
Christmas Music Across the Centuries (Langley) S
Finding the Source: Music, Magic & Healing in West
Africa (Kobrenski) W

23 History

18th Century New Hampshire: Where Every Man Had
Guns & Every Woman Could Shoot (Schappels) M
A Brief History of Gundalows (Clyborne) Z
"A Deep Presence: 13,000 Years of Native American
History" (Goodby) Z
Beyond the Alarm: Dover Firefighters Enduring Legacy
Across History! (Hanna) S
Boston Massacre: A Fresh Look (Strang) M
Covered Bridges of New Hampshire: Past & Present
(Caswell) Z
Covered Bridges of the Capital Area: Past & Present
(Varney Chandler) C
Escape & Emigration of Scientists from Nazi Europe
1933-1943 (Schubert) Z
From Florence to Fauci: A Brief History of Public Health
(Boyd) Z
John G. Winant: War Hero, Governor, Statesman
(Eaton) Z
Mill Girls of New England (Fargo) W
"Monadnock: The Mountain That Stands Alone"
(Anderson) C
Moonshine, the Brinks Job & the New Hampshire
Connection (Stevens) C
New England's Quirky Sport Whose Television Ratings
Topped Yaz, Bird & Orr (Morin) M

- On & Off the Trail: Stories from White Mountains History (Dickerman) W
- Overpaid, Oversexed, & Over Here: American GIs in WWII Britain (Eaton) Z
- Post Mao China from Deng to Xi (Zink) Z
- Remembering Hiroshima: Nuclear Threat, the Peace Movement & Continuing War (Chong) C
- Samuel Sewall: From Salem Witch Trial Judge to Anti-Slavery Advocate (Strang) C & M
- The History of Psychiatry (Soreff) M
- The Life & Times of Dietrich Bonhoeffer (Graf) C
- The Underground Railroad in Amherst: Its Conductors & Anti-Slavery Friends (Fullerton) M
- Two Titans Collide to Transform Tourism & the U.S. (Lindblade) W
- WACS, WASPS & Rosies: The Women Who Served New Hampshire During World War II (Dearborn) M
- Why Save the Concord, New Hampshire, Gasholder? (Barton) C
- 33 Personal Enrichment**
- 33 Aging & Health**
- Advance Care Planning & More: It's a Family Affair (Lanoie) W
- Demystifying Primary Care (Castor) C & M
- Exploring Untreated Hearing Loss & Its Link to Greater Dementia Risk (Eastman) Z
- Hearing Challenges in a Noisy World (Canedy & Bieber) S
- Kidney Health Over a Lifetime (O'Neill) M
- Making Peace with Your Plate with Intuitive Eating (Nagle Griffin) W & Z
- Self-Care: It Shouldn't Be So Hard (Manning) S & Z
- Self-Myofascial Release: Roll Away Tension & Increase Mobility (Buerk) W
- Stages of Senior Care (Cawley) Z
- Understanding Alzheimer's & Dementia (Grenier) C
- What is a Sound Bath? No, You Won't Get Wet! (Starr) W
- 37 Cooking**
- Kitchen Chemistry, The Wow Factor Part II: Appetizers (Nicolino) S
- The Great Granite Fizz: New Hampshire's Long History with Sodas & Tonics (Sasseville) Z
- 38 Finance**
- Coin Collecting: Don't Get Ripped Off! (Fritsch) M
- Consumer Protection in New Hampshire (Benoit) C
- Ever Wonder How Your Real Estate is Actually Valued? (Campaniello) C & Z
- Protecting Your Hard-Earned Money & Understanding Investments (Glennon) W
- 39 Personal Development**
- Eco-Friendly Final Exits: Planning Funerals with an Environmental Flair (Webster) Z
- History & Mystery: A Genealogy Starter Guide (Moulton) M
- Intuitive Development: Intentional Guidance with Oracle Cards (Rose) M
- Raising Puppies to be Guide Dogs for the Blind (Masors) M
- Save Your Family's Heritage! (Muzerall) W
- TED Talks (Jones & Gilvar) M
- Thinking of Selling Your Homemade Foods? Learn What is Required in New Hampshire (Hamilton) Z
- 42 Science & Technology**
- 42 Computers, Smartphones & Tablets**
- Emerging Technology, Internet Safety & Social Media (Vachon) Z
- Fun With Artificial Intelligence (AI) (Isaak) C & M
- Introduction to Zoom: Personal Computers (PC), Laptops & Notebooks (McDonnell) Z
- Learning the iPhone & iPad (Jones & Nelson) C
- Scheduling & Hosting Zoom Meetings (McDonnell) Z
- Using Your iPhone Camera to Your Advantage (Border) W
- 44 Gardening & Nature**
- Becoming Wolf: The Eastern Coyote (Schadler) C
- Pollinators 101: Who They Are, Why They Matter & What We Can Do (Youzwak) Z
- Salt Marshes: Pushing the Boundaries Between Land & Sea (Petersen) S
- The Forest & the Trees at the Florence Tarr Wildlife Sanctuary (Wells & Butler) Z
- Ticks & Tick-Borne Diseases in New Hampshire (Notarangelo) Z
- What Would Nature Do? Biomimicry: Innovations Inspired by Nature (Long) W
- Wildlife in Our Backyards: Meet Your Neighbors! (Dwyer) Z
- Woods in Winter (Long) W
- 48 Math & Science**
- AMOC: What on Earth Is It? (Rock) Z
- Beautiful Experiments (Parodi) M
- From Oppenheimer's A-Bomb to Artificial Intelligence in a Warming World (Carr) M
- Harnessing the Sun's Energy in the Past, Present & Especially the Future (Lanoie) W

- Infinity & Beyond (Drutman) Z
 Lead & Arsenic: In Food, Water and the Home Environment (Backus) M
 Math Fun Galore: Powerball, Pi, Polls, Mega Millions & Buffon's Needle (Faulkner) C
 Mathematical Card Tricks for Everyone! (Stern) S
 New Hampshire's Geology: It's More Than Granite (Sasseville) Z
 Peach Fuzz: Can We Grow Peaches in New Hampshire? (Souther & Souther) C
 Torah & Physics (Drutman) M
 Where the Automotive Industry is Going (Meltzer) W
- 53 Social Sciences**
- 53 Philosophy**
 Jefferson as a Philosopher (Mahoney) M
 The Bear Who Wasn't (Luber Friedenber) M
- 54 Politics & Current Events**
 Civics Slam! Learning About Government Now That You're Older & Wiser! (Alcox) M
 Great Decisions Part II (McDonnell) Z
 Phony Number, Fake News (Russell) Z
 Picking-the-President 2024: Tell Me How This Ends (Hess) C
 Pundits, Polls & Politicians: The 2024 Election! (Stowell) Z
 Restoring Our Democracy (Zink & Raschick-Goodwin) C
- 56 Sociology, Religion, & Culture**
 Carrying the Noble Banner of Human Rights (Hedquist) C
 Matters of Life & Death in Judaism (Nafshi) C
 Next Day Delivery: How Amazon Quickly Delivers Online Orders (Richardson) Z
 New Hampshire Facts, Firsts, Bests & Worst: Or Are They? (Altilio) C
 Nourishing the Soul: Faith & Food (Rude) C
 Taking a Deep Dive into the Psalms (Day) M
 "The Return of Martin Guerre:" An Identity Crisis (Luber Friedenber) M
- 59 Exploring the Community**
 A Guided Home & Garden Tour of Historic Hamilton House (Sweet) S
 A Tour of the New Hampshire State Library (York) C
 A Walk Around Lower Corner: The Oldest Settled Area of Sandwich (Mykland) W
 A Walk Through Conway Village: Past & Present (Corrigan) W
 Alnoba Art Tour (Canedy) S
- American Independence Museum Historic Tour (Sycz Jaworski) S
 Amoskeag Corporate Housing Area Walking Tour (Eaton) M
 Art in Nature (Cook & St. Laurent) M
 Behind the Scenes at Strawberry Banke Museum (Dickinson) S
 Black Heritage Trail of New Hampshire Walking Tour (Steele) S
 Christmas at the Fells (Click) C
 Community Players of Concord: New Hampshire Studio Tour (Burger) C
 Daniel Webster Family: 220+ Years of Early Colonial & US History (Kovach) C
 Frank Lloyd Wright in Manchester (Harvey & Hollman) M
 History & Tour of Globe Manufacturing: Inventors of Turnout Gear (Smith) C
 History Comes Alive: Walking Tour of Historic Downtown Portsmouth (Lurie-Meyerkopf) S
 Look Behind the Curtain: Tour Granite State Candy Shoppe's Production Space (Bart) C
 Manchester Water Works: All About Our Most Precious Resource (Miller) M
 Mission Brief & Tour of New Boston Space Force Station (Zufelt) M
 Mt. Kearsarge Indian Museum: 10,000 Years in the Making (Bullock) C
 New Hampshire State House Through the Ages Tour (Drew) C
 Portsmouth Naval Shipyard Tour: From Sails to Atoms (Gluckert) S
 Rock the Audi! Meet Concord's Own 120-year-old Drama Queen (Bagan) C
 Take a Director's Tour of Bedrock Gardens (Forti) S
 Tour the Mason & Hamlin Piano Factory (Langley & Bullock) S
 Water Has a Memory: Sea Level Rise, Our Past & Our Future (Rowland) S
 What a Community "Meads"? A Small Business with Purpose! (Trahan & Fischbein) W
- 68 Outdoor Adventures**
 Explore Odiorne State Park (Russell) S
 Kayaking the Contoocook (Frankel & Atwell) M
 Merrimack River Floodplain Forest Wildlife & Fall Foliage Walk (Anderson) C
 Walk Around Wagon Hill Farm (Russell) S



TRIP DETAILS

Date: Thursday, September 19, 2024

- Pick-up in Concord
- Pick-up in Manchester
- Pick-up in Seacoast
- Tour and Viewing Museum
- Lunch at DiMillo's on the Water
- Depart from Portland

Trip cost will include motorcoach transportation and admission to museum with tour and great company.

Registration will open Monday, August 5 for this exciting trip.

Space will be limited. Reserve your seat today!

Call OLLI at 603-255-3553 to pay by credit card. Or send a check to OLLI at UNH, Taylor Hall, 59 College Rd, Durham, NH 03824

On The Road With OLLI

Portland Museum of Art

Travel in style and comfort on our premier motorcoach as we take you to Maine's largest and oldest public art institution, the Portland Museum of Art. This tour will immerse you in the museum's extensive collections, showcasing remarkable works of art from the 18th century to the present. You will encounter exhibits from distinguished American and European artists, including Winslow Homer, Edvard Munch, Louise Nevelson, and Abraham Walkowitz. After the guided tour, enjoy some free time to leisurely explore the collections and grounds at your own pace. We will then board the motorcoach for a delightful lunch at DiMillo's on the Water before heading home.

Look out for additional information in our upcoming newsletters!

Image Credits:

Image 1 Link - portlandmuseum.org/magazine/mainebiz-blueprint | Image 2 Link - portlandmuseum.org/eventscalendar/passages-and-connections | Image 3 Link - portlandmuseum.org/eventscalendar/free-friday-12-2-22

Course Descriptions

Arts & Humanities

Art Appreciation

In Search of India on Transferware

In early 2020, a group of American and English transferware collectors went to India in search of sites and monuments depicted on 19th century British pottery.

These 21st century collectors were following in the footsteps of several British artists who traveled to India in the 18th century to record the exotic landscape and architecture. Their paintings and drawings were later turned into prints on paper by London printers. In the 19th century, potters in the Staffordshire region of England copied these prints onto ceramic wares using the transfer-print process.

Join Transferware Collectors Club President, Scott Hanson, to learn about these artists, how these antique pottery pieces were made, and the group's journey retracing the footsteps of those artists through India in the 21st century, combining art history, industrial history, and travel!

Presenter: Scott Hanson is President of the Transferware Collectors Club, a US-based international organization. His collection of British transfer-printed pottery is focused on patterns that were used in his 1827 Maine house in the 19th century, and views of sites and monuments in India. Hanson is an architectural historian, preservation consultant, and author of the award-winning and bestselling "Restoring Your Historic House, The Comprehensive Guide for Homeowners."

Member Tuition: \$20.00 | 1 Sa: 9/14/24 – 9/14/24 | 12:30-2:30PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Paris & New York in the Twenties and Thirties: Some Films

This course is an addition to the four-part series that has been offered over the last several years. There will be at least four films shown, the first of which will be "Jules et Jim" 1962 by Truffaut. Then, "Un Chien Andalou" by Bunuel and Dali. The final film will be "Midnight in Paris" by Woody Allen. The third film will be chosen during the course. The length of the sessions will allow for discussion and analysis. It is not necessary to have taken other parts of the series to enjoy this course.

Presenter: Jim Mahoney holds a Ph.D. from the University of Notre Dame. He is an Emeritus Professor from Saint Anselm College where he taught Philosophy for forty years. Mahoney was strongly involved in the College's core Humanities Program, serving as Chair of the Jefferson unit, and developed the Paris & New York class for the program. His areas of specialization are Existentialism, American Philosophy and Ethics.

Member Tuition: \$35.00 | 4 T: 11/19/24 – 12/10/24 | 1:00-4:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

The Life of a Theatre: Behind the Scenes of Crafting Live Productions

Live theatre can be transformative for both the audience and actors, whether the production is on Broadway or in a local venue. But to do so successfully requires the skills, creativity and hard work of many. You'll follow a chronological journey through all the phases of how a production is crafted: how plays are chosen within a season, the audition process, the contribution of all creative functions such as set, lighting, costume and props, the role of the director and the overall managing a successful theatre. This class is designed for anyone who wishes to deepen their enjoyment of live theatre and will meet for two sessions. Those interested will have the opportunity to attend a rehearsal, a live production at a discounted rate at Players' Ring in Portsmouth, and a meet & greet with the cast.

Presenter: Margherita Giacobbi has been a producer and project manager for over 15 years, serving non-profit arts and cultural organizations around the world. She holds degrees in communications, acting, and arts administration, and began her career at the venerable La Scala Opera Theatre Academy in Milan, Italy. She then relocated to the United Arab Emirates, where she directed the prestigious Abu Dhabi Festival and then joined the task force behind the first opera theatre in the region. For the last four years she has served as Producing Director of Players' Ring, with emphasis on joy, excellence and efficiency.

Member Tuition: \$25.00 | 2 T: 10/22/2024 – 10/29/2024 | 10:00AM-12:00PM | Class Limit: 26

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801



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ArtWorks Gallery & Fine Crafts/CCAC
www.ChocoruaArtworks.com • 603-323-8041
132 White Mountain Hwy./Rt. 16, Chocorua, NH
Open year-round with seasonal hours.
June to December open 10 am-5 pm (Closed
Tuesdays) with First Friday Receptions from 5-7 pm.



Working With Wool: From Sheep to Yarn

Come explore the fascinating process of turning wool into yarn that is ready to knit, crochet or weave. The demonstration will include a discussion of the properties of different breeds of wool and touch on other non-wool fibers that can be used, preparing fibers by carding or combing, and spinning fibers into yarn on a variety of hand spindles and a modern spinning wheel. Participants will have the opportunity to try their hand at spinning on a drop spindle.

Presenter: Sarah Dunham-Miliotis has been working with fibers - knitting, spinning and a bit of weaving - for over 20 years. She is a member of the, NH Spinners and Dyers Guild and has presented about spinning at a variety of schools, nonprofits, libraries and community fairs in, NH. She also has a background in archaeology and environmental education and is a homeschooling mom, avid gardener and “nature nerd.”

Member Tuition: \$20.00 | 1 F: 9/6/24 – 9/6/24 | 10:00AM-12:00PM | Class Limit: 26

NHTI- Concord's Community College, 31 College Drive, Concord, NH 03301

Creative Arts

Adaptive Reuse: Discarded Objects into Art

Adaptive Reuse is an approach to life and art that our presenter learned from her parents: saving and reusing string, baby food jars to hold nails and screws and making doll houses from discarded wood scraps eventually influenced by own creative process. In this course, we will explore adaptive reuse by using the white tubes from old dry cleaner hangers and decorate them with paint, markers and unused cocktail napkins to create necklaces. Please bring any dry cleanser hangers you might have in the back of your closet, especially the attached tubes, and several of your colorful cocktail napkins. We will also provide some materials, but it is fun to use your own favorites.

Presenter: An educator by trade, Marsha Carlin now explores her passion for Adaptive Reuse by taking materials that wind up in a landfill and repurposing them into artistic and creative pieces. Think jewelry from toilet paper tubes, yogurt container tops, discarded wire and bottle caps, painted paper tube beads, origami boxes from discarded magazines and calendars. She has taught photography, biology, math and Chinese cooking from the elementary to the college levels and was the Editorial Director, VP of Elementary Math Education at Macmillan Publishing.

Member Tuition: \$20.00 | 1 F: 9/27/24 – 9/27/24 | 1:00-3:00PM | Class Limit: 12

Gibson Center For Senior Services, 14 Grove Street, North Conway, NH 03860



Beginner Rug Hooking: The Old Fashioned Way

Participants will learn the basics of hooking a rug using wool strips. Types of hooking equipment, backings for rugs, and the process of binding rugs will be discussed and practiced in a hands-on approach. Participants will complete a small project learning about equipment choices, hooking techniques, color selection and binding the finished product. Participants will have a choice between two designs (a heart or star design) to complete a small project approximately 13" X 14." Samples of the designs will be available. This is a perfect class for anyone who loves wool and likes a craft that is practical as well as beautiful.

Presenter: Seacoast resident Sandy O'Neill, an OLLI at UNH member since 2013, is a retired middle school teacher with a variety of interests, many of which involve textiles. After taking a beginner course in rug hooking, Sandy forged ahead to learn as much as she could as a self-taught rug hooker. She will share what she has learned with you.

Member Tuition: \$30.00 | 3 M: 10/14/24 – 10/28/24 | 1:00-3:00PM | Class Limit: 8

Note: A \$15 materials fee will be added to your registration. Total cost: \$45.

UNH-Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801

Create Your Own Unique Seaglass Artwork

You will be guided through the steps of creating your own 5”x7” art piece from seaglass with pen and ink accents. Come with ideas. Bring something for inspiration. Start looking around and thinking about the shapes that make everything up – a snowman has three circles and so does a cloud, a cat can be made from two triangles, a half-moon could make a leaf on a flower stem or a puppy dog tail. You will leave with your own beautiful handmade piece that will make you smile every time you look at it.

Presenter: Keira Chin is the owner of Kickin’ Glass, a graphic design/art business making hand-crafted and whimsical scenes from natural and handmade sea glass. She graduated from RIT with a BFA in Graphic Design and has been working as a Designer, Creative Services Manager and Packaging Design Manager at Stonyfield Yogurt for the last 25 years. Many people feel that they aren’t creative, but Keira feels that creativity is in the world around us and anyone who is willing to give it a try can create their own work of art.

Member Tuition: \$20.00 | 1 F: 9/27/24 – 9/27/24 | 1:00-4:00PM | Class Limit: 20

Note: A \$10 materials fee will be added to your registration. Total cost \$30.

City-Wide Community Center, 14 Canterbury Road, Concord, NH 03301



Creating a Fabulous Fox Pastel Drawing

The fox is one of nature’s loveliest and most elegant creatures; adept, clever with a luxurious coat and a glorious tail. Through learning about the unique abilities and qualities of a fox the participants will be inspired to create their own special portrait of a fox using chalk pastels. Instructions will include how to draw an animal using basic shapes to create still or action poses, as well as how to use pastels to blend colors and how to create layers and textures. All levels of art experience are welcome. No prior art experience is necessary. Let your creativity come out and play!

Presenter: Deb Ayers is a former art teacher who taught in Mt. Washington Valley for many years. She has been blessed to be able to share her love of art with her love of teaching. The natural world is the inspiration for all of her artwork in pastels, watercolors, acrylics and oils.

Member Tuition: \$20.00 | 1 M: 10/7/24 – 10/7/24 | 1:00-3:00PM | Class Limit: 12

Note: A \$14 materials fee will be added to your registration. Total cost: \$34.

Gibson Center For Senior Services, 14 Grove Street, North Conway, NH 03860

Creating Bucilla Felt Ornaments

Get ready for the holidays by beginning to create Gingerbread Santa Christmas Ornaments! Use a Bucilla felt applique kit to create beautiful ornaments to use in your home or give as a holiday gift. You will become familiar with the materials, instructions and tools necessary to complete the kit’s 12 ornaments at your leisure. The kits are all hand sewn and no prior experience is necessary. Registrants will receive a Bucilla kit, scissors and fiber fill.

Presenter: Paula Gray is a retired third grade teacher. She is an active crafter. She enjoys scrapbooking, card making, crocheting and sewing Bucilla felt projects.

Member Tuition: \$25.00 | 2 T: 11/12/24 – 11/19/24 | 1:00-4:00PM | Class Limit: 10

Note: A \$31 materials fee will be added to your registration. Total cost: \$56.

Gibson Center For Senior Services, 14 Grove Street, North Conway, NH 03860

Creating Gnomes: Imagination Unleashed!

Create your own gnome – a mythological creature and diminutive spirit – from start to finish! We will make a pattern, cut out the gnomes from felt, and create the hats in a small matching fabric. Participants must bring their own sewing machine; a list of materials (including colored felt for body and hat, faux fur, rice and polyester fill, thread and decorative items) will be provided prior to the first session.

Presenter: Sandy Perry has a Master’s degree in speech pathology and audiology and a Ph.D. in deaf education. She presently teaches “A Matter of Balance” and “Tai Ji Quan” classes at The Gibson Center for Senior Services and at Memorial Hospital. Perry has been knitting for more than 50 years and is currently teaching a knitting class at Silver Lake Landing.

Member Tuition: \$30.00 | 3 T: 10/8/24 – 10/22/24 | 1:00-2:30PM | Class Limit: 10

Gibson Center For Senior Services, 14 Grove Street, North Conway, NH 03860

Explore Your Creative Voice

“Creative writing comes so easily to me; the words just flow,” said nobody EVER. Creative writing is a process which can sometimes be arduous. However, exploring creative expression can also be fun and reflective. This three-session course will provide in-class exercises and group feedback designed to get your creative juices flowing in the genres of fiction, non-fiction, and poetry, and will include the devices of language, dialogue, characterization, description, action, and grab-the-reader beginnings. Exercises suggested and pre-class materials on Literary Elements will be sent between class sessions two and three.

Presenter: A retired Professor of English and Administrator in the Community College System of New Hampshire, Diane King believes creative writing can be both a playful and a problem-solving activity. For more than 25 years, she taught Creative Non-fiction, Creative Writing, and Composition and Research, as well as different genres of literature. Her favorite part of teaching was fostering students’ creative voices.

Member Tuition: \$30.00 | 3 T: 9/24/24 – 10/8/24 – 10/22/24 | 9:30AM-12:00PM | Class Limit: 12

Online – Virtual via Zoom



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Floral Design: Even if You Have Never Been a Designer!

Confidence and imagination are all that are required to begin to learn basic floral designing. Discussions about color use, line and texture, while using materials that are easily available in nature or at a local store, will empower you to create your own floral arrangements. Class members will all begin with the same materials and finish with a unique design. Examples will be provided, but students will be encouraged to make a design different from the samples provided. This is a hands-on class. No previous experience is required. Materials to complete your project are provided.

Presenter: Lorrie J. Carey is a New Hampshire native and small business owner. Lorrie volunteers for the arts and education, having served on the boards of public, private and charter schools as well as local government and UNH Cooperative Extension. She is a current member of the NH House of Representatives. As the longtime owner of Marshall's Florist, Lorrie has won many design awards. She teaches design workshops at Twiggs Gallery in Boscawen.

Member Tuition: \$30.00 | 3 M: 11/18/24 – 12/2/24 | 10:00-11:30AM | Class Limit: 12

Note: An \$25 materials fee will be added to your registration. Total cost: \$55.

Marshall's Florist & Gifts, 151 King Street, Boscawen, NH 03303

Knitting: It's a Stitchin' Good Time!

This course is for the person who has never knitted before but would like to try it in a well-supported environment. Participants will learn to cast on, knit, join yarn, cast off and sew a knitted cowl. Participants will have to work on their cowls at home to complete the project. Participants need to bring to class two (s) balls or skeins (194 yards in total) of super bulky yarn (6 weight) and a pair of size 10 (6.00 mm) 10 inch knitting needles.

Presenter: Kerry McNiven recently retired from a long career as a Professor of Respiratory Therapy in CT. She, her husband, and bird Libby moved to NH in 2022. She has served on the national board of her professional association and has been very active in the respiratory therapy boards in CT and NH. She works as a part-time instructor for Kettering National Seminars. She has been knitting, sewing, and crafting for many years.

Member Tuition: \$30.00 | 3 M: 9/23/24 – 10/7/24 | 10:30AM-12:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Let's Try Slow Stitch Embroidery

Slow stitching is a relatively new definition of hand needlework with the objective of helping you enjoy using needle and thread as if it were a paintbrush. The emphasis is on the process rather than a perfect finished product. It is intended to encourage relaxation and mindfulness. Instructor will demonstrate various ideas for inspiration and guide in use of various embroidery stitches. For those who may want to use a design on fabric to work from, the instructor will provide a light box to trace designs on fabric.

Presenter: Lynne Brosch retired after 34 years of teaching students with reading and learning disabilities as well as providing teacher inservice and grant writing. Lynne now enjoys avid reading and reviews books for NetGalley and BookBrowse as well as doing all kinds of crafts including embroidery, knitting, quilting and more. She has a Great Books discussion leader certification and was a demonstration leader for Creative Expressions sales many years ago.

Member Tuition: \$25.00 | 2 T: 9/3/2024 – 9/10/2024 | 1:00-3:00PM | Class Limit: 26

Note: Registrants will be provided a materials list prior to the course and are expected to bring the materials to class.

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801

Mixed Media Fun

Just like the title says we'll use a variety of materials to create abstract works of art. We will use inks, acrylic paints, stencils, mark making tools and more to make our own collage papers. Using our papers in combination with writing and materials of your choice we will express what is important to you in this moment. We will focus more on the process than the product which is where the fun comes in.

Presenter: Gaie Mitchell has been passionate about creative expression throughout her career as a classroom teacher and guidance counselor. She was introduced to calligraphy while living in Chicago and soon after combining painting with words. From there it was a quick jump into bookmaking, paper making and collage. She currently teaches abstract art to elders with dementia as well as private lessons.

Member Tuition: \$25.00 | 2 T: 9/24/24 – 10/1/24 | 10:30AM-12:30PM | Class Limit: 25

Note: A \$5 materials fee will be added to your registration. Total cost: \$30.

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

More Creative Card Making with Rubber Stamps & Other Good Stuff

Learn techniques you can use with stamps you may already own and enjoy being creative while creating all new rubber-stamped cards for Fall. Week 1 will feature Fall Colors. Week 2 is a variety of all-occasion cards and week 3 cards feature die cuts and embossing techniques for holiday cards. Use of the Sizzix die-cutting machine and Misti stamp positioner will be demonstrated. Please bring scissors, glue stick, pencil, ruler, plastic grocery bag for trash, paper towels, 1" wide painter's tape, clipboard, water container, small round paint brush with a good tip and bone folder if you already have one. No experience or artistic talent required.

Presenters: Donna Frost was a member of the former Society of Decorative Painters and is a current member of the White Mountain Decorative Painters Guild.

Peg Fargo has presented several classes in all four of our learning regions. She enjoys sharing the human stories that surround any historical event, giving us so much more than the facts we learned - and had to memorize - in our school history classes. Peg counts making greeting cards as one of her hobbies.

Member Tuition: \$30.00 | 3 Th: 10/24/24 – 11/7/24 – 11/21/24 | 10:00AM-12:30PM | Class Limit: 12

Note: A \$26.50 materials fee for making 12 cards will be added to your registration. Total cost \$56.50.

City-Wide Community Center, 14 Canterbury Road, Concord, NH 03301

Paint a Fall Leaf Barn Quilt

Barn quilts are not just for hanging on barns. You can find these decorative wooden plaques on the sides of sheds, fences, mailboxes, and even on the inside walls of many homes. Anyone can paint a barn quilt. No experience necessary. Come learn how to create a pattern, paint, and finish a beautiful fall leaf barn quilt for your yard or home. Learn about this new barn quilt craze that is sweeping across the country. Bring an oversized shirt or apron to protect your clothing. A one-hour, on-your-own lunch period is included during each class.

Presenter: Marilyn Astell has been quilting for over 45 years. Also a decorative painter, she has recently begun combining her passions into the making of barn quilts. Marilyn is an experienced teacher, having taught both quilting, decorative painting and the making of barn quilts at various classroom facilities.

Member Tuition: \$25.00 | 2 W: 9/4/24 – 9/18/24 | 10:00AM-3:00PM | Class Limit: 8

Note: A \$20 materials fee will be added to your registration. Total cost: \$45. No class 9/11/24.

Gibson Center For Senior Services, 14 Grove Street, North Conway, NH 03860

Playing with Shape and Color in the Style of Henri Matisse

Create your own “Masterpiece” with colored paper cut into shapes to design a personal collage in the style of Henri Matisse, a French visual artist known for his bold use of color and shapes. The class will begin with a short presentation on the life and works of Henri Matisse.

This fun-filled, hands-on class will inspire you to create a colorful collage while considering the elements of color, shape, balance, design, and composition. It can take on traditional or modern design elements. The goal is to have fun and complete a “creation” to take home.

Registrants will be asked to bring a piece of white poster board, scissors, glue stick and colored construction paper or colored stock paper to share. No art skill or experience is needed!

Presenter: Nancy Hall taught K-12 Art in the public schools in CT and ME for many years and adult art classes in SC. Upon returning to NH, she has been teaching drawing and painting for the Mt. Washington Valley Arts Association. Art has always been part of her life and she continues to be excited about creating art and sharing her knowledge.

Member Tuition: \$20.00 | 1 F: 10/25/24 – 10/25/24 | 1:00-2:30PM | Class Limit: 12

Gibson Center For Senior Services, 14 Grove Street, North Conway, NH 03860



Step-By-Step Decorative Painting

Paint three lovely pieces while learning decorative painting in this fun, slow-paced beginner class. You will learn how to decoratively paint, step-by-step, with acrylics. Prep work, base coating, shading, highlighting, stroke and finishing will be introduced. The three pieces include a sea scene with a summer lighthouse (painted on wood), a summer floral piece with daisies, leaves and filler flowers (painted on a round, papier mache box), and a wall hanging with a fall theme featuring pumpkins and crows. Go home each week with a lovely painted project. Join us to learn the joy of painting!

Presenters: Dotty Pullo, CDA, has always been interested in painting, fiber arts and fine arts. She has enjoyed her learning journey from quilting to Shaker basketry to painting. After joining the Painters’ Guild in 1995 she developed her skills further from teachers at her local guild to painting conventions. For the last 12 years she has taught classes at NET, the Painters’ Guild, her home study and Zoom. She is all about enjoying the process of creating and sharing what she has learned with others.

Sue Hodgkins has been painting for more than 45 years. She started painting with oils and then moved to acrylics for the ease of cleanup. Sue taught classes in her home in the Concord area for many years. She especially loves to paint scenes and Santas.

Jacque Seastedt has always enjoyed being involved with the creative arts. For the last 35 years, decorative painting has been her love. She has enjoyed taking classes from many talented artists to learn and improve her skills. She has been a member of the Painters’ Guild for many years, serving on the board and, presently, as its president. An elementary teacher for 40 years, she is excited to use her teaching experience to pass on her love for painting to others.

Member Tuition: \$30.00 | 3 Sa: 9/14/24 – 9/28/24 | 9:00AM-1:30PM | Class Limit: 12

Note: A \$30 materials fee will be added to your registration. Total cost \$60.

City-Wide Community Center, 14 Canterbury Road, Concord, NH 03301

Weaving A Bread Basket

This basket is a very easy design to weave with beautiful results. Skills learned include weaving a slotted base, plain weave and rim lashing. This basket weaving course will include your basket kit and all the tools necessary to make your basket.

Presenter: Mary Rennie learned basket-making from Pat Libby 20 years ago and has made many baskets in the years since. In her first OLLI course, she led the class in the creation of beautiful Williamsburg baskets and now shares her expertise to make charming and functional herb baskets.

Member Tuition: \$25.00 | 2 Th: 9/19/24 – 9/26/24 | 1:00-4:30PM | Class Limit: 6

Note: A \$18.95 materials fee will be added to your registration. Total cost: \$43.95.

Gibson Center For Senior Services, 14 Grove Street, North Conway, NH 03860

Writing a ‘Legacy Letter’

Your legal will and testament bequeaths your valuables, but how do you transmit your values to your loved ones? A legacy letter (also called an “ethical will”) is a written document that allows people to share their life lessons, express their values and transmit their 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, friends and loved ones. This one-session online workshop 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.

Presenter: 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 extensive experience facilitating adult learning programs and he has taught this course for OLLI programs nationwide. He holds a BA from the University of Pennsylvania and a JD from Northeastern University School of Law.

Member Tuition: \$20.00 | 1 W: 12/4/24 – 12/4/24 | 10:00-11:30AM | Class Limit: 25

Online – Virtual via Zoom

Film

Documentaries 101: How They’re Produced & Why They’re Important

This is a “crash course” on the art of documentary film, including a brief history of how the form has evolved and a discussion about why it’s become so important in recent years. We’ll cover how documentary topics are researched, filmed, and edited, how films are distributed, and get a glimpse of how film festivals are managed. You’ll also view clips from classic documentaries and highlights from the Newburyport (MA) Documentary Film Festival, held every year in September. Students will also receive discounted admission to a documentary film of the instructor’s choosing during this year’s film festival in Newburyport.

Presenter: James Sullivan is the Program Director for the Newburyport Documentary Film Festival. He is the author of five books and a longtime arts and culture reporter for the “Boston Globe.” James is the co-founder of Lit Crawl Boston, an annual literary event, and a professor of journalism at Emerson College.

Member Tuition: \$20.00 | 1 F: 9/6/24 – 9/6/24 | 10:00AM-12:00PM | Class Limit: 30

Online – Virtual via Zoom

Films: Reel Jewish Movies, Part II

This fall’s movies vary from comedy to drama and include a documentary. They are “Yentl,” “Denial,” “The Angel Levine,” “The Catcher Was a Spy,” “Almonds and Raisins,” and “Enemies, a Love Story.” Before and after each film, there will be discussion about the movie, the actors and Judaism.

Presenter: Martin Bender is a retired member of the NH Bar Association who graduated from Franklin Pierce Law School in 1980. He joined VISTA which sent him to Legal Aid of Central Texas where he practiced law, was able to sue Lampasas County jail and teach law to kids in the county. Upon returning to New England, he was a criminal defense, family, bankruptcy, and personal injury lawyer though his passion was teaching law to kids through mock trials. He co-authored the book “Patriots, Pirates, Politicians & Profit Seekers.” He is an avid film watcher who has seen thousands of movies. And he’s Jewish!

Member Tuition: \$45.00 | 6 W: 11/13/24 – 12/18/24 | 9:00AM-12:00PM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Films Through the Decades VII

The eight films we will watch and discuss over the eight weeks are “Sherlock Jr.” (Buster Keaton, USA, 1924), “The Rules of the Game” (Jean Renoir, France, 1939), “The Red Shoes” (Michael Powell and Emeric Pressburger, UK, 1948), “Daisies” (Vira Chitilova, Czechoslovakia, 1966), “News From Home” (Chantal Akerman, Belgium, 1976), “Where is the Friend’s House?” (Abbas Kiarostami, Iran, 1987), “City of God” (Fernando Meirelles, Brazil, France, Germany 2002) and “Moonlight” (Barry Jenkins, USA, 2016).

Presenter: Bob Jones is a retired systems engineer with a life-long passion for the environment, philosophy, social justice politics, films, and literature.

Member Tuition: \$55.00 | 8 M: 9/9/24 – 10/28/24 | 1:00-4:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Happy Holidays: Hollywood Style!

In the past 100 years, Hollywood has created some memorable films that have become “must viewing” during the holiday season. We all have our favorites and look forward to an annual revisit. During this class, we will talk about our own favorites and why they resonate. We will also view clips from Hollywood classics as well as some that may not be as well known. We will view several titles that, while not as familiar, may become new favorites after watching them. Among the stars who decorate these titles are Cary Grant, Bing Crosby, Barbara Stanwyck and Loretta Young to name but a few. Come enjoy the magic of these tinsel-laden seasonal treats.

Presenter: Since 2012, Paul Brogan has been presenting classes for OLLI. In the process he has made a great many new friends as well as having the opportunity to share some of his interests. When not presenting, Paul is writing books (he is on his fourth), hosting a show for Concord TV, or producing events for nonprofits in the community.

Member Tuition: \$35.00 | 4 M: 11/25/24 – 12/16/24 | 9:30AM-12:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101



Did You Know?

For the Fall 2024 term, 64% of our courses are one-session courses, while 4.5% of our courses are comprised of five or more sessions.

Madness & the Movies XIV

Films have a long history of portraying mental illnesses in its many dimensions. They have shown the patient to be either a monster or a victim; the therapists as either scheming villains, bungling fools, or compassionate heroes, and mental institutions either as chambers of cruelty or corridors of caring. In this class, we will look at some of the classic mental illness movies that the students have selected from the films in sessions I through XII as well as new movies. We will look at films revealing the cinematic approach to mental illness and how each movie helps us understand it.

Presenter: Stephen Soreff, M.D., a retired board-certified psychiatrist, is a nationally known healthcare and mental health services lecturer, author and innovator of a number of programs. In his work, he emphasizes interactive, experiential learning. Soreff has authored ten books including: “The Handbook of the Treatment of the Seriously Mentally Ill,” “The Documentation Survival Handbook,” and “EMS Street Strategies, Edition 2” as well as his most recent book, “Life’s Dueling Dualities: A Grandfather’s Legacy of Wisdom.”

Member Tuition: \$55.00 | 8 W: 9/25/24 – 11/13/24 | 9:30AM-12:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Sherlock in Film & on Television

Over 70 actors have portrayed Sherlock Holmes on stage, screen and tube, and many more have played Dr. Watson. We will view six productions during this course, plus extras as necessary. The actors include Benedict Cumberbatch and Martin Freeman, Jeremy Brett and David Burke, Jeremy Brett and Edward Hardwicke, Basil Rathbone and Nigel Bruce, Jonny Lee Miller and Lucy Liu, and Matt Frewer and Kenneth Welsh, among others. The 1950s TV series with Ronald Howard and H. Marion Crawford and other shorts will fill the available time when necessary. Discussion of the story, actors and production will follow each viewing.

Presenter: Robert Fritsch first read about Sherlock Holmes as a pre-teen, has read the Canon several times and has conducted a series of courses about Holmes. His Sherlockian library numbers over 500 books, magazines, movies and games. He is a member of several Sherlockian societies and a founding member of The Fourth Garrideb, The Numismatics of Sherlock Holmes. Fritsch started his numismatic career over 50 years ago by collecting pocket change while stationed with the US Navy in Japan. He is heavily involved with organized numismatics and is an award-winning author, presenter, exhibitor, and exhibit judge.

Member Tuition: \$45.00 | 6 F: 10/4/24 – 11/15/24 | 1:00-3:30PM | Class Limit: 48

Note: No class 11/8/24.

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

You’re Getting To Be a Habit! Nuns in the Movies

Nuns have been at the center of some of the most popular films made during the 20th century. We’ll discuss why this was and view four stellar examples of both comedy and drama. Among those donning a habit are Ingrid Bergman, Loretta Young, Celeste Holm, Rosalind Russell, Maggie Smith and Whoopi Goldberg. You don’t need to be a Catholic to appreciate the impact that nuns made on the Silver Screen.

Presenter: Since 2012, Paul Brogan has been presenting classes for OLLI. In the process he has made a great many new friends as well as having the opportunity to share some of his interests. When not presenting, Paul is writing books (he is on his fourth), hosting a show for Concord TV, or producing events for nonprofits in the community.

Member Tuition: \$35.00 | 4 T: 9/10/24 – 10/1/24 | 9:30AM-12:00PM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Literature

Anton Chekhov: Master of the Storyteller’s Art

In his short stories, Anton Chekhov (1860-1904) depicted the heights and the depths of the human condition. Class members will read seven of the Russian master’s stories, exploring such themes as narcissism, misogyny, compassion, antisemitism, mature love and above all, the purpose of our lives. Chekhov handled great topics with little words, making his insights accessible across the barriers of language and time. These are indeed stories: we long to know what happens next, and when it does finally happen, it seems inevitable. The course will be offered via Zoom in three 90-minute sessions. The required text is the 2014 Norton Critical Edition, “Anton Chekhov’s Selected Stories,” available in paper or on Kindle, ISBN 10: 0393925307; ISBN 13: 9780393925302.

Presenter: As a journalist, Bill Castle edited hundreds of stories, some of them hackneyed. He had a 13-year stint at “The Boston Herald,” much of it directing coverage of white color crime, and an 11 year-stint at “The Boston Globe,” where he corrected punctuation and factual errors as a senior copy editor. Then, as now, it was always a delight to turn to the short stories of Anton Chekhov, stories which range from the severe to the dreamlike, but which almost always show the sure touch of genius. Earlier, Bill honed his appreciation of literature at Boston University.

Member Tuition: \$30.00 | 3 T: 10/29/24 – 11/12/24 | 10:00AM-11:30AM | Class Limit: 15

Online – Virtual via Zoom

“Attack on the Village” in American Literature

American writers have long challenged the notion of the “small town” as a place where “dear hearts and gentle people” gather to enjoy conversation with one another over “white picket fences.” Sherwood Anderson, Robert Frost and Sinclair Lewis are among those who rejected the romantic view of small-town America portrayed in popular culture. We will read and discuss “Main Street” by Sinclair Lewis and short selections from other American authors. Read the first 100 pages of “Main Street” (ISBN 13:978-1-4209-5931-4) for the first class.

Presenter: Mike Baker, a former teacher and administrator, is a frequent presenter for the OLLI program.

Member Tuition: \$40.00 | 5 T: 10/1/24 – 10/29/24 | 1:00-3:00PM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Before Peyton Place: In Search of the Real Grace Metalious

Grace DeRepentigny Metalious believed that in rejecting her own ethnic and religious heritage, she would come closer to inheriting the “American Dream.” Her Quebecois ancestry and her formative years in Manchester reveal aspects of the author that the public rarely knew. Robert Perreault focuses on Metalious’s most autobiographical and ethnically-oriented but little-known novel, “No Adam in Eden.”

Presenter: Robert B. Perreault has worked as a research assistant/oral history interviewer, librarian/archivist, freelance writer, historical tour guide, public speaker, photographer and French teacher to promote Manchester’s history and New England’s Franco-American culture since 1973. His works, written in French and English, include seven books and over 160 articles, essays and short stories published in three countries. He holds an M.A. in French with specialization in New England Franco-American studies from Rhode Island College and an MFA in Creative Writing/Fiction from Southern New Hampshire University (SNHU). In 2012, Manchester’s Franco-American Centre named him “Franco-American of the Year.”

Member Tuition: \$20.00 | 1 Th: 8/29/24 – 8/29/24 | 10:00AM-12:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Exploring Lesser Known Classics

This course will be a guided discussion of classic reads with one book to be discussed every two weeks. The three books to be discussed will be “Wind in the Willows” by Kenneth Grahame, “Of Mice and Men” by John Steinbeck and “My Antonia” by Willa Cather. No specific ISBN is required for any of the three books and registrants are requested to have read the three books before each discussion date.

Presenter: Lynne Brosch retired after 34 years of teaching students with reading and learning disabilities as well as providing teacher inservice and grant writing. Lynne now enjoys avid reading and reviews books for NetGalley and BookBrowse as well as doing all kinds of crafts including embroidery, knitting, quilting and more. She has a Great Books discussion leader certification and was a demonstration leader for Creative Expressions sales many years ago.

Member Tuition: \$30.00 | 3 M: 11/18/24 – 12/2/24 – 12/16/24 | 10:00AM-11:30AM | Class Limit: 20

Online – Virtual via Zoom

Jump at the Sun: The Life & Works of Zora Neale Hurston

This class will include a short oral performance of Zora Neale Hurston’s life, followed by discussion of her life and works. Hurston, a noted figure of the Harlem Renaissance, published seven books during the 1930s-1940s. She drew on her experiences growing up in an all-black community in Florida, as well as on her fieldwork collecting African American folklore in the American South and the Caribbean. Her work, both praised and criticized when first published was forgotten by the time of her death in 1960. Rediscovered in the 1970s, she became an inspiration for new generations of black women writers. Her most significant novel, “Their Eyes Were Watching God,” is now widely taught in college curriculums. Though not required, it is suggested registrants read anything by Hurston before the course begins. Learn more about this fascinating woman and go home with a reading list.

Presenter: Vicky Dworkin, a retired librarian, is an artist and storyteller now living in Sandwich, NH. She has an undergraduate degree in Asian Studies and a Master’s degree in American Studies, as well as her Master’s in Library Services. She is currently serving on the boards of the Sandwich Friends of the Library, the NH Storytelling Alliance, and Advice to the Players, a local Shakespeare theater company. Her fabric collage art is available at Artworks Gallery in Chocorua.

Member Tuition: \$20.00 | 1 Th: 11/7/24 – 11/7/24 | 1:00-2:30PM | Class Limit: 30

Conway Public Library, 15 Greenwood. Avenue, Conway, NH 03818

Shakespeare’s “Henry IV, Part I:” History or Comedy?

“Henry IV, Part I” traces the development of Prince Hal from youthful rogue to the man who will become one of England’s most influential monarchs. Along his journey he will be accompanied by the wily John Falstaff, one of Shakespeare’s greatest comic characters. We will examine the background of the play and how Shakespeare turned it into art. Join us in reading, discussing and viewing this delightful play. William Shakespeare’s “Henry IV, Part I,” Simon and Schuster Paperbacks (ISBN 978-0-7434-8504-3). Participants should read Act I before the first class.

Presenter: Mike Baker, a former teacher and administrator, is a frequent presenter for the OLLI program.

Member Tuition: \$35.00 | 4 T: 11/5/24 – 11/26/24 | 10:00AM-12:00PM | Class Limit: 24

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Music

Boomwhackers: The New Way to Make Music

Boomwhackers are all the rage! Just what are they? Colorful, plastic tubes of different lengths that create different pitches when hit (whacked). Music is in color for beginners, so it is easy to read and play. Each person gets one or two tubes to play and the group works as an ensemble. There are fun play-along videos as well. Anyone from 5 to 95 can play this fun instrument. Harvard University even has a student group called THUD. Check them out on YouTube. We will have a boomwhacker stand so you will not need to hit the tubes on your body. No pressure, no pain, just pure fun!!

Presenter: Polly Towner has taught elementary through high school music in public schools for 17 years. She has taught voice and beginning piano to students from 7 to 84 years of age. Towner is currently the Director of Education for the Manchester Community Music School.

Member Tuition: \$35.00 | 4 W: 10/2/24 – 10/23/24 | 10:00-11:00AM | Class Limit: 15

Manchester Community Music School, 2291 Elm Street, Manchester, NH 03104

Christmas Music Across the Centuries

Join Pam Langley and friends for an exploration of music composed to celebrate the Christmas story. Enjoy a live performance of works from five centuries that illustrate the mysteries and beauty of the Christmas story. Even join in some singing!

Presenter: Pamela Langley studied piano locally as a child and then at the University of New Hampshire. She has performed through the years with individuals and choral groups. Langley was a church musician and accompanist for the Church of the Holy Spirit in Portsmouth area in the 1980s, and after her retirement from a career at NHTI-Concord's Community College, she continues to perform. She performs a wide repertoire with her partner, James Bullock.

Member Tuition: \$20.00 | 1 Th: 12/12/24 | 2:00-4:30PM | Class Limit: 50

Community Church of Durham, 17 Main Street, Durham, NH 03824

Course Cancelled

Finding the Source: Music, Magic & Healing in West Africa

Music, culture and storytelling combine in this unique cultural event. For two decades, author Dave Kobrenski traveled extensively in West Africa, where he was drawn ever-deeper into the music and cultural traditions of Upper Guinea. There, he found a land of ancient traditions where occult knowledge is guarded by secret societies and blacksmith artists carve sacred masks that invoke deities. There, art is magic...and it is not for the uninitiated. Dave's journeys brought him deep into traditions that challenged his worldview and ultimately forced him to reckon with the source of his own deteriorating health. Insightful, often moving, and always engaging, Dave's stories are woven around skillful performances of the three-holed Fulani flute, the 12-string kamale ngoni, and the djembé. Recommended reading (not required): "Finding the Source" by Dave Kobrenski. ISBN: 978-0-9826689-8-6

Presenter: Dave Kobrenski is an artist, musician and author of three books, including his latest narrative memoir, "Finding the Source." His work draws from his travels in West Africa, where he lived and studied with master musicians over the course of two decades. When he's not traveling, he performs music, builds flutes, writes and illustrates books, and continues his anthropology studies.

Member Tuition: \$20.00 | 1 Th: 11/14/24 – 11/14/24 | 6:00-7:30PM | Class Limit: 30

Conway Public Library, 15 Greenwood Avenue, Conway, NH 03818

History

18th Century New Hampshire: Where Every Man Had Guns & Every Woman Could Shoot

Learn of the forgotten time when Indians and Frenchmen prowled the NH frontier, kidnapping citizens, and marching them to Canada for ransom; a time when every man carried a gun, when everyone feared the scalping knife, the Redcoats and Tories. Not for the faint of heart. Explore the life, music and food of the 18th century. Weather permitting, our second session will be a tour of one of New England's most interesting cemeteries, which shines a light on those who helped forge a national identity for a fledgling country. Please wear sturdy footwear for the second session tour. The tour is not recommended for those with mobility or balance issues.

Presenter: Julia Schappals is a semi-retired business lawyer, a transplant from southern California who became fascinated with the colonial history of New England, particularly the 18th century's nearly forgotten dramas, heroes, and heroines.

Member Tuition: \$25.00 | 2 T: 9/3/24 – 9/10/24 | 1:00-3:30PM | Class Limit: 24

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Back River Road Cemetery, 88 Back River Road, Bedford, NH 03110



A Brief History of Gundalows

Come explore the rise and fall of the gundalow, a flat-bot-tomed barge once crucial to the movement of goods on the waterways of southern New Hampshire and Maine. Learn about the conditions in the Piscataqua region that led the first European settlers to develop these unusual vessels and the critical role gundalows played in the development of the area's economy throughout the 18th and 19th centuries before they nearly disappeared in the 20th century. Nearly lost, but not forgotten, resurgent interest in the gundalow has made it possible to once again see this hardy workhorse sailing Portsmouth Harbor and the Great Bay estuary.

Presenter: Rich Clyborne, Executive Director of the Gundalow Company, is a 1982 graduate of the US Naval Academy. He served six years in active duty before transitioning to the Naval Reserve. Clyborne has worked as a defense contractor, a physical science teacher, a major gift officer at the Naval Academy Foundation, a systems analyst at Verizon, and a contract program manager at the Naval Academy and the Social Security Administration. He holds an MAT from Sacred Heart University in Fairfield, CT.

Member Tuition: \$20.00 | 1 T: 11/26/24 – 11/26/24 | 6:00-8:00PM | Class Limit: 30

Online – Virtual via Zoom

“A Deep Presence: 13,000 Years of Native American History”

This book discussion group focuses on “A Deep Presence, 13,000 Years of Native American History” by Robert Goodby. Participants will discuss tribal identity and the archaeological evidence for the first 400 generations of human history in northern New England. Four sites will be considered in detail: the Swanzy Fish Dam, built 4,000 years ago to trap migratory fish; Raft Bridge, a site in Peterborough overlooking a wetland where people came for millennia to catch turtles and trap beaver; the Wantastiquet Mountain site in Hinsdale, where rattlesnakes were hunted for more than 4,000 years, and the 12,600-year-old Tenant Swamp site in Keene, where Paleoindian caribou hunters living in hide-covered tents endured frigid winters. Recent Abenaki history will also be discussed. Required reading: “A Deep Presence: 13,000 Years of Native American History” by Robert G. Goodby (ISBN 978-1942155409).

Presenter: Robert Goodby is a professor of Anthropology at Franklin Pierce University, holds a Ph.D. from Brown University and has spent forty years studying Native American archaeological sites in New England. He has served as president of the NH Archeological Society and on the NH Commission on Native American Affairs. His book “A Deep Presence: 13,000 Years of Native American History” received a 2021-2023 People’s Choice Award from the NH Writer’s Project.

Member Tuition: \$30.00 | 3 Th: 9/5/24 – 9/19/24 | 6:30-8:00PM | Class Limit: 24

Online - Virtual via Zoom

Beyond the Alarm: Dover Firefighters Enduring Legacy Across History!

Through immersive storytelling, archival materials, and a multimedia presentation, registrants embark on a fascinating journey discovering the Dover Fire Department’s history. Amazing events, both locally, nationally, and even internationally are unveiled. From Dover’s humble beginnings through the modern era, we delve into personal accounts and historical records to uncover the hidden stories of valor, sacrifice, and resilience that define the essence of the Dover Fire Department. Many fascinating historical ironies are uncovered as we traverse through the pivotal moments as seen through the eyes of the those present. Whether a history enthusiast, a fan of the fire service, or simply curious about the rich tapestry of Dover’s past, this promises to be an enlightening journey through time.

Presenter: Assistant Chief David Hanna of the Dover Fire and Rescue Department manages the department’s daily operations consisting of over 60 personnel. Throughout his 30-year career he has not only demonstrated an unwavering dedication to public safety but also a profound passion for preserving Dover Fire’s rich history. Beyond the realm of firefighting Assistant Chief Hanna has a bachelor’s degree of Architecture from the University of Maryland which helps creating a unique style and precision to his lectures.

Member Tuition: \$20.00 | 1 F: 11/1/24 – 11/1/24 | 10:00AM-12:00PM | Class Limit: 26

UNH-Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801

Boston Massacre: A Fresh Look

The Boston Massacre on March 5, 1770, is a window into a turbulent and fascinating period of American history, the beginnings of the American Revolution in Boston. We will explore what led up to the event and how it was used to mold public opinion. We will examine the role of Sam Adams and Paul Revere in the opinion-molding process, and the surprising role of John Adams, including why and how he defended the British soldiers in the ensuing trials. We will look at the changing portrayals of Crispus Attucks and see that history is not an unchanging account of the “facts,” but instead changes depending on who tells the story and why and when.

Presenter: Eleanor Strang has been presenting popular courses for OLLI since 2013. She received her M.A. from the University of Michigan and her MLS from Simmons College. Strang was the director of the Kelley Library in Salem, NH for 15 years, and since retirement has pursued her interest in American and Canadian history.

Member Tuition: \$20.00 | 1 M: 11/4/24 – 11/4/24 | 1:00-3:00PM | Class Limit: 24

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Covered Bridges of New Hampshire: Past & Present

A century ago, the covered bridge was a ubiquitous part of NH's landscape. Fire, flood and progress have destroyed 90% of them so that only some number over 50 remain. Take a virtual tour of some of the state's past and present covered bridges while learning about their designs, the craftsmen who built them, how the bridges met their demise and the efforts to preserve those that remain.

Presenter: Bill Caswell has been interested in covered bridges for over 40 years. In 2003, he co-founded Covered Spans of Yesteryear, a project which has documented over 14,000 existing and former covered bridges in the US. and Canada. His research is available to others at www.lostbridges.org. In 2013, Caswell became president of the National Society for the Preservation of Covered Bridges, a nonprofit organization dedicated to preserving American Historic Covered Bridges.

Member Tuition: \$20.00 | 1 M: 9/30/24 – 9/30/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

Covered Bridges of the Capital Area: Past & Present

New Hampshire is home to well over fifty covered bridges, 46 of which are over a century old. This course will share the rich histories of the existing covered bridges in the greater Concord Area (Rowell, Contoocook Railroad, New England College, Bement, Waterloo and Dalton Bridges) as well as information about the many covered bridges that have been lost to time.

Presenter: Kim Varney Chandler is the award-winning author of “Covered Bridges of New Hampshire,” published by Peter E. Randall Publisher in November 2022. A graduate of the University of New Hampshire, she has worked as a high school counselor for almost three decades. She is a researcher, amateur genealogist, bird-watcher and dog lover who lives in Hancock with her husband, Marshall, and Pemi, the Hiking Therapy Dog.

Member Tuition: \$20.00 | 1 M: 9/9/24 – 9/9/24 | 4:00-5:30PM | Class Limit: 26

NHTI- Concord's Community College, 31 College Drive, Concord, NH 03301

Escape & Emigration of Scientists from Nazi Europe 1933–1943

Many fled Europe during the Nazi era including several scientists. Learn the personal stories and work of some of these scientists, and a surgeon, who left their lives behind and contributed important work to their adopted countries during a most turbulent period.

Presenter: Frederic Schubert has taught at the University of Southern Maine and Stony Brook University. He was an invited speaker to the chemistry department at the University of New Hampshire, and also created and taught a history of science course at Friends Seminary in Manhattan. An author of history articles in the “Journal of Chemical Education,” Schubert holds a Ph.D. in physical chemistry, is the inventor on 18 U.S. patents and has also published in “The Journal of Chemical Physics.”

Member Tuition: \$20.00 | 1 W: 9/18/24 – 9/18/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

“I have worked in a variety of venues, including other senior college forums, and truly, the intellectual curiosity, breadth of personal interests, and creativity of members of OLLI is inspiring!”

– Martha Brooks | OLLI at UNH Presenter | Zentangle 101

From Florence to Fauci: A Brief History of Public Health

Embark on a fascinating journey through the dynamic landscape of public health! Together we will delve into the origins of public health, tracing its roots from ancient civilizations to modern-day societies. Explore the pivotal figures who shaped the field, from Florence Nightingale to John Snow, and uncover their groundbreaking contributions.

But our exploration doesn't stop in the past – we'll also dive into the complexities of current public health issues. From the global challenges of our recent pandemic to local community health disparities, we'll examine the ways in which we are all engaged in public health, whether we know it or not. This class is your gateway to understanding the past, engaging with the present, and shaping the future of public health.

Presenter: Cassidy Boyd, MPH, serves as Manager of Population Health at Rady Children's Hospital-San Diego, focusing on health equity for vulnerable pediatric populations. With nine years at the hospital, she engaged in clinical research, notably the Modern KIDCOVE pediatric vaccine trial. Boyd holds a master's in public health from National University. Her undergraduate degree in environmental science is from Green Mountain College. A native of Conway, NH, she enjoys visiting family and skiing.

Member Tuition: \$20.00 | 1 F: 9/13/24 – 9/13/24 | 1:00-2:30PM | Class Limit: 30

Online – Virtual via Zoom

John G. Winant: War Hero, Governor, Statesman

This talk traces the inspiring life of John G. Winant (1889-1947) from his years as a student and teacher at St. Paul's School in Concord, to his service as a reconnaissance pilot in France in World War I, to his remarkable political and diplomatic career. Winant served three terms as Governor of, NH and, after helping the state face the challenges of the Great Depression, he headed the new US Social Security system, assuring its successful launch. He later led the International Labor Organization and was the Ambassador to Great Britain during World War II. The tragic end of his life came during a time when he was facing overwhelming personal challenges. Winant is honored with a statue and bench in front of the, NH State Library, installed in 2016.

Presenter: Aurore Eaton's popular newspaper column, "Looking Back," has appeared weekly in the "New Hampshire Union Leader" for over 12 years. In it she connects the intimate stories of New Hampshire's people to the wider scope of American history. She is a former Executive Director of the Manchester Historic Association and has served on the Manchester Heritage Commission. She is the author of the book "The Amoskeag Manufacturing Company – A History of Enterprise on the Merrimack River."

Member Tuition: \$20.00 | 1 T: 9/24/24 – 9/24/24 | 10:00AM-12:00PM | Class Limit: 30

Online - Virtual via Zoom

Mill Girls of New England

1820s in America - just 44 years after the Declaration of Independence - and the face of the new country was changing. The development of a textile industry dramatically changes the lives of women. Leaving their homes and societal norms of the time, women were recruited to come into the textile mills. The class will focus on the mill girls of Lowell, MA - both the excitement of living on their own and the challenges and hazards these women faced working in the mills. We'll share the stories of the mill girls as they transitioned from the innocence of accepting whatever was required of them to the maturity of self-determination. These mill girls taught America a powerful lesson about ordinary women who learn to do extraordinary things.

Presenter: Peg Fargo enjoys sharing the human stories that surround any historical event, giving us so much more than the facts we learned - and had to memorize - in our school history classes.

Member Tuition: \$25.00 | 2 W: 10/23/24 – 10/30/24 | 10:30AM-12:30PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

“Monadnock: The Mountain That Stands Alone”

A screening and live discussion of the film “Monadnock: The Mountain That Stands Alone” by Rabbit Ear Films. The film premiered in 2023. Filmed over 10 years, this documentary uses live cinematography, original music, and historical archival imagery to tell the story of the region’s original inhabitants and the writers and thinkers inspired by the iconic peak, including Mark Twain, Ralph Waldo Emerson and Henry David Thoreau. The film tells the story of the second-most climbed mountain in the world using live cinematography, photographs, music, archival footage, poetry, quotes and stories from the people who have studied and cared for this iconic mountain in southwestern New Hampshire. A discussion and Q&A with Dave Anderson will follow.

Presenter: Dave Anderson is the Senior Director of Education for the statewide Society for the Protection of New Hampshire Forests (SPNHF). His monthly “Forest Journal” column appears in the statewide “New Hampshire Sunday News.” His quarterly “Nature’s View” columns are a regular feature in the Forest Society’s quarterly magazine, “Forest Notes.” Anderson is a writer and host of the Friday “Something Wild” feature on the stations of New Hampshire Public Radio (NHPR).

Member Tuition: \$20.00 | 1 T: 12/3/24 – 12/3/24 | 1:00-2:30PM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Moonshine, the Brinks Job & the New Hampshire Connection

In 1950, a group of armed, masked men emerged from 165 Prince Street in Boston, MA, dragging bags containing \$1,218,211.29 in cash and \$1,557,183.83 in checks, money orders and other securities. They had just committed the crime of the century, the Brink’s robbery. Ensuing events were connected to a farm on Old Still Road in Canterbury and Northfield, NH, where there was an illegal distillery run by members of a gang. The arrest of one of the gang for bootlegging probably led to bringing these criminals to justice.

Presenter: Mark Stevens is a licensed land surveyor, certified wetlands scientist and licensed designer of subsurface disposal systems. He has a degree in engineering from the Community College of the Air Force and a degree in surveying and wildlife & forestry management from Unity College.

Member Tuition: \$20.00 | 1 F: 10/25/24 – 10/25/24 | 10:00AM-12:00PM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

New England’s Quirky Sport Whose Television Ratings Topped Yaz, Bird & Orr

“Hang on to your tray tables, boys and girls!” was the signature call of Boston TV sports legend Don Gillis of Channel 5. It let viewers know something exciting was about to happen on the show, “Candlepin Bowling,” a Saturday staple for 38-years on WCVB.

Candlepin bowling (the game and show) were cultural juggernauts through the 1990s. With over 300,000 weekly viewers, Candlepin Bowling often out-rated Boston’s Red Sox, Bruins, Celtics, and Patriots telecasts. Because of massive TV exposure, many local pro bowlers became as popular as Larry Bird and Carl Yastrzemski.

Players like Stasia Czernicki and Tom Olszta were recognized everywhere and enjoyed star status wherever they went in New England. Their stories are surprising and heartfelt. Presenter Mike Morin knew them all and shares their lives.

Presenter: Mike Morin is a 53-year radio and TV personality. Following retirement from WZID-FM in 2014, he became a full-time author, columnist, and speaker. In 2015, he received the Will Rogers Humanitarian Award from the National Society of Newspaper Columnists. He writes a column twice monthly for the “Nashua Telegraph” and has written three books, one of which was awarded Best Work of Non-Fiction in 2021 by the NH Writer’s Project: “Lunch with Tommy and Stasia – TV’s Golden Age of Candlepin Bowling.”

Member Tuition: \$20.00 | 1 T: 8/27/24 – 8/27/24 | 10:00-11:30AM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101



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On & Off the Trail: Stories from White Mountains History

The storied history of NH's White Mountains is covered in this program based on the presenter's companion books, "Stories from the White Mountains" and "White Mountains Hiking History," both published in 2013. Presented in two parts, the first half of this class concentrates on the history of hiking in the White Mountains and the evolution of today's well-known regional trail system. The second half of the class focuses on various other aspects of White Mountains history, including everything from the grand hotel and logging railroad era, to the Hurricane of 1938 and famous plane crashes in the region.

Presenter: Mike Dickerman is an award-winning writer and journalist and author or editor of more than a dozen books. He is also founder of Bondcliff Books, a Littleton, NH-based publishing company specializing in books related to northern New England hiking and history, with an emphasis on the White Mountains region. His published books include the best-selling guide, "The 4000-Footers of the White Mountains," co-authored by Steven D. Smith.

Member Tuition: \$20.00 | 1 Th: 10/31/24 – 10/31/24 | 10:30AM-12:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Overpaid, Oversexed, & Over Here: American GIs in WWII Britain

During World War II America's alliance with Great Britain meant a "friendly invasion" of nearly two million American soldiers, sailors, and airmen by the summer of 1944. This class will explore the experiences of American GIs and their British hosts in a cultural collision that was often marked at first by mutual misunderstanding and annoyance but eventually fostered respect and affection.

Presenter: Scott Eaton is a retired legislative attorney who has taught OLLI courses on Occupied France and Free France in World War II, Americans in World War II Britain and, most recently, the history behind "The Little Prince" by the French aviator-writer Antoine de Saint-Exupery. Scott is also the son of an American airman and an English war bride.

Member Tuition: \$25.00 | 2 W: 10/23/24 – 10/30/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

Post Mao China from Deng to Xi

China has undergone momentous changes in its economy and society and, most especially, in its relation to the rest of the world. We'll explore the genesis for these changes and their impacts. We'll review the state of China upon Mao's death, and then study the next four leaders, Deng Xiaoping, Jiang Zemin, Hu Jintao and Xi Jinping. How did China go from a largely isolated country with a poor agrarian society to a world power with a fully diversified economy and a burgeoning middle class? How does the government maintain its grip on power despite shredding the social safety net and moving nearly completely away from Mao's vision of an egalitarian communist society and economy, with a populace that is fully aware of the outside world and different forms of governance?

Presenter: Carol Zink is a retired high school history teacher who taught Modern World and AP European History. She teaches courses for OLLI at UNH and OLLI at UHM, including Russian History, the French Revolution, Chinese History, Indian History, the Scientific Revolution and the Enlightenment, the Renaissance and the Reformation, the Cold War and the Palestine-Israel Conflict. She has a B.A. in History from Northwestern University and an M.B.A. She is also a retired Navy Captain and Nana, tutors Spanish speakers in English, assists "first generation" high school seniors in applying to college, and advises low income people on money management and finances. In her free time, she hikes, kayaks, sings in choral groups, bakes, reads, and plays with grandkids.

Member Tuition: \$40.00 | 5 T: 8/27/24 – 9/24/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

Remembering Hiroshima: Nuclear Threat, the Peace Movement & Continuing War

There are many ways to remember the bombing of Hiroshima. This course will be an exploration through history, literature and film of how we both collectively and individually make sense of the immensity of nuclear destruction and its continued threat. The course will include the impact and historical significance of the bombing of Hiroshima, the large-scale development of nuclear weapons and the grassroots peace movement to oppose these weapons. The course will address the ways “conventional” war, military spending, and the various demands for peace over the last 80 years are rooted in our remembering Hiroshima and how our collective memory shapes today’s nuclear disarmament conversation and the modern peace movement. Required reading will be shared with registrants prior to the course start date.

Presenter: Lynn Chong is a retired Plymouth State professor, poet, and longtime New Hampshire peace activist. She has helped organize the annual Hiroshima Remembrance Day in Concord for decades.

Member Tuition: \$35.00 | 4 W: 10/2/24 – 10/23/24 | 1:00-3:00PM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Samuel Sewall: From Salem Witch Trial Judge to Anti-Slavery Advocate

The story of Samuel Sewall is a story of redemption and a fascinating look into the mind of a New England Puritan. Born in 1652, he spent most of his life as a prominent citizen of the Puritan colony of Massachusetts Bay. He is most well-known for his voluminous diary and for being one of the judges in the infamous Salem witch trials. Alone of all the judges, he later publicly apologized for his role in that tragedy. This apology unleashed a torrent of creativity, and he published the first anti-slavery tract in the English colonies, as well as essays on the importance of the indigenous people and on women’s rights. He was a complex man, ahead of his time and yet comfortable in it. He is worthy of being remembered for much more than his role in the Salem tragedy.

Presenter: Eleanor Strang has been presenting popular courses for OLLI since 2013. She received her M.A. from the University of Michigan and her MLS from Simmons College. Strang was the director of the Kelley Library in Salem, NH, for 15 years, and since retirement has pursued her interest in American and Canadian history.

Section #1: Member Tuition: \$20.00 | 1 Th: 10/24/24 – 10/24/24 | 1:00-3:00PM | Class Limit: 26

NHTI - Concord’s Community College, 31 College Drive, Concord, NH 03301

Section #2: Member Tuition: \$20.00 | 1 W: 10/30/24 – 10/30/24 | 1:00-3:00PM | Class Limit: 24

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

The History of Psychiatry

Join us for this journey through the very long, fascinating, and complicated history of psychiatry. From ancient times to the present, mental illnesses have been a challenge to both understand and treat for patients, their families and practitioners. This course looks at the various treatments for mental illness and also reviews the theories of the mind and the disorders that underlie their interventions. It is being taught by a retired board-certified psychiatrist, who has witnessed and practiced during the advent of the psychopharmacologic revolution.

Presenter: Stephen Soreff, M.D., a retired board-certified psychiatrist, is a nationally known healthcare and mental health services lecturer, author, and innovator of a number of programs. In his work he emphasizes interactive, experiential learning. Soreff has authored ten books including: “The Handbook of the Treatment of the Seriously Mentally Ill,” “The Documentation Survival Handbook,” and “EMS Street Strategies, Edition 2” as well as his most recent book, “Life’s Dueling Dualities: A Grandfather’s Legacy of Wisdom.”

Member Tuition: \$25.00 | 2 F: 12/6/24 – 12/13/24 | 10:00AM-12:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

The Life & Times of Dietrich Bonhoeffer

One of many martyrs during the Holocaust, Dietrich Bonhoeffer's action in the world was formed by his faith and his response to dangerous times. Early loss led to Christian faith, an interest in theology, travel to the US and a strong interest in African-American spirituality. After the rise of Hitler in 1933, Bonhoeffer spoke out against the Nazi-influenced German State Church. During World War II he participated in several dangerous plots against Hitler. This class will be about Dietrich Bonhoeffer's journey from a privileged young boy to a pastor and theologian, to a spy and, eventually, a martyr. What led him to embark on this difficult journey and what led to such a deep sense of peace despite the horrors around him? Let's look at Bonhoeffer's life and find out.

Presenter: Jen Graf is a retired training manager from the NH Department of Transportation. She has taught courses in technology and history at OLLI. Along with satisfying her curiosity with OLLI courses, she enjoys playing pickleball, attending musical performances and doing lots of volunteer work. She is fascinated by how spiritual growth impacts engagement with the world.

Member Tuition: \$25.00 | 2 T: 12/3/24 – 12/10/24 | 10:00-11:30AM | Class Limit: 26

NHTI- Concord's Community College, 31 College Drive, Concord, NH 03301

The Underground Railroad in Amherst: Its Conductors & Anti-Slavery Friends

In 1854, Luther and Lucinda Melendy welcomed a fugitive slave into their farmhouse on the outskirts of Amherst, NH. With this act of mercy, they became criminals under the Fugitive Slave Law enacted by the US Congress in 1850. This course will examine the "crime" committed by the Melendys and explore their labors and associations as dedicated members of the NH Anti-Slavery Society where Luther served as its vice president. The course will include both a classroom presentation and an optional field trip to the site of the Melendy Underground Railroad site which rests quietly beside a nature trail within the New Boston Space Force Tracking Station.

Presenter: George Fullerton is a retired Software Engineer who, over decades, has collected and read 18th and 19th Anti-Slavery literature including books, pamphlets, newspapers, sheet music, and other ephemera. As a resident of NH, he has given particular attention to this "stuff" as it relates to local Anti-Slavery and Underground Railroad activity.

Member Tuition: \$25.00 | 2 W: 9/25/24 – 10/2/24 | 1:00-3:00PM | Class Limit: 30

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101 (9/25/24)

New Boston Space Force Station Trail, 317 Chestnut Hill Road, New Boston, NH 03070 (10/2/24)

Two Titans Collide to Transform Tourism & the U.S.

Harvey Dow Gibson of North Conway rose to become one of America's greatest bankers while Austrian Hannes Schneider rose to become one of the World's Greatest Ski instructors. Together (with the help of Hitler and Himmler) they joined forces to transform not only US skiing but indeed tourism as well across the US and beyond.

Presenter: Carl Lindblade has been an OLLI presenter since OLLI came to the Mount Washington Valley over 10 years ago. He's had a long hotel career beginning at the Balsams and including 22 years as Innkeeper at the Red Jacket in North Conway. Carl then moved to teaching Hospitality Management at UNH/Paul College. Among his recognitions: NH Travel Person of the Year, NH Innkeeper of the Year and Nationally Hotel Volunteer of the Year. Community Service includes terms as Past President of both Mount Washington Valley Chamber and Memorial Hospital. He's considered a lively presenter and with always a dash of humor.

Member Tuition: \$20.00 | 1 M: 9/16/24 – 9/16/24 | 10:30AM-12:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

WACS, WASPS & Rosies: The Women Who Served New Hampshire During World War II

Around 350,000 American women served in uniform during WWII, both at home and abroad, and countless more aided the war effort as civilians. In NH, they volunteered for the WACs, the Navy Women’s Reserve, the Marine Corps Women’s Reserve, the Coast Guard Women’s Reserve, the Women Airforce Service Pilots, the Army Nurses Corps, and the Navy Nurse Corps. All across the country, thousands of women dubbed “Rosies” were taking on jobs that had previously been exclusive to men. Learn the stories of women in the war effort from NH such as Sister Teresa of Nashua, who trained as a WASP and later became a Carmelite nun, or Doris Moore of Portsmouth, a member of the “Six Triple Eight,” an all-black, all-female battalion stationed in Europe during the final days of the war.

Presenter: Leah Dearborn became assistant of the Aviation Museum of New Hampshire in June of 2021 and was promoted to associate director in 2024. She holds a B.A. in Journalism from UMass Amherst, and, in 2019, earned a Master’s Degree in International Relations from UMass Boston’s McCormack Graduate School of Policy and Global Studies. Leah’s professional background includes working as a reporter and newspaper editor, and she also has experience in the financial services industry. She strives to tell stories from the past that might otherwise be lost.

Member Tuition: \$20.00 | 1 Th: 9/26/24 – 9/26/24 | 6:30-8:00PM | Class Limit: 35

Aviation Museum of New Hampshire, 27 Navigator Road, Londonderry, NH 03053

Why Save the Concord, New Hampshire, Gasholder?

Are you curious about the historic 1888 Concord, NH, Gasholder? Interested in knowing how a brick building with windows was used to store gas? Do you wonder about the Gasholder’s history, current condition, and possible future uses for the two-acre gasworks property?

The Gasholder is a defining feature of the capital city’s skyline. A large cylindrical brick building with a conical roof and tilted cupola, it’s as recognizable as the gold NH State House dome. The Gasholder was on the verge of demolition, but a campaign by the NH Preservation Alliance, the City of Concord and property owner Liberty to save and repurpose the site has made tremendous progress toward protecting this last-of-its-kind landmark for public benefit. Come learn about this iconic piece of NH history!

Presenter: Althea Barton is a member of the Gasholder team at the NH Preservation Alliance, working with stakeholders to engage the community through various media and events. Other work includes a statewide study of the housing potential of former religious properties, and a pilot internship program in the old building trades for high school students. She lives in Concord and is a member of the Concord Heritage Commission and the Penacook Historical Society board.

Member Tuition: \$20.00 | 1 Th: 12/12/24 – 12/12/24 | 10:00-11:30AM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

“I joined OLLI because I love to learn lots of different things. I started volunteering almost immediately just to help with some things that needed doing and, over the years, I enjoy the volunteer work every bit as much as the courses. I love knowing I contribute to a very worthwhile organization and that my particular skills have an appreciative audience in OLLI.”

– Jacki Fogarty | Class of 2012 | Capital Region

Personal Enrichment

Aging & Health

Advance Care Planning & More: It's a Family Affair

Every family deserves peace of mind when emergencies arise, or as you plan for end of life transition. Depending on past family experiences you may or may not feel fully prepared. Let's look at what really matters: is it quality of life, is it simply having your financial matters in order, is it deciding where and how you will spend your final days, is telling your family where "important papers" are kept enough? How do you begin the conversation? What matters to you will matter to your caregivers and it is important to communicate your wishes and plans before an unexpected event occurs. What better gift to give to your family than relieving them of the burden to second guess not only your end-of-life wishes but where to locate all those important papers.

Presenter: Joan Lanoie has been assisting folks with advance care planning including advance directives and living wills for many years at The Memorial Hospital, Visiting Nurse Association, the Gibson Center and the Saco Valley Medical Group. She also worked at The Memorial Hospital for 16 years as the Director of Volunteer Services. She believes that preparation for end of life, not unlike preparation for birth, alleviates the fears of the unknown and will aid in a more informed and peaceful transition for the entire family.

Member Tuition: \$20.00 | 1 T: 12/3/24 – 12/3/24 | 10:30AM-12:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Demystifying Primary Care

Primary care is an important gateway to one's health care. Given the changes in health care delivery and limited access to one's primary care, this course offers useful tools to help individuals make informed decisions as well as practical ways to lower one's out of pocket health care costs. In this course, we will discuss what every patient ought to know about their primary care office, the value of having a primary care doctor, ten questions one should ask when meeting a doctor, and how to obtain great primary care that is guaranteed. We'll also explore costly misconceptions about primary care, common complaints patients have about their primary care office, primary care office rip-offs, errors to avoid when choosing a primary care doctor, and mistakes to avoid after one has chosen their primary care doctor.

Presenter: Dr. Belinda Castor is a board-certified internist practicing medicine for over 30 years working in various capacities including private practice, corporate-owned practice, urgent care, missionary to Romania, and currently, a direct primary care practice. Her diverse experience affords her the ability to advise individuals on how to best seek their health care in an affordable, effective, and relational fashion. Dr. Castor was named one of Castle Connolly's Top Doctors in New Hampshire for 2020 and 2021.

Section #1: Member Tuition: \$20.00 | 1 M: 9/30/24 – 9/30/24 | 1:00-3:00PM | Class Limit: 26

NHTI - Concord's Community College, 31 College Drive, Concord, NH 03301

Section #2: Member Tuition: \$20.00 | 1 Th: 10/3/24 – 10/3/24 | 1:00-3:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Exploring Untreated Hearing Loss & Its Link to Greater Dementia Risk

With over-the-counter hearing aids recently making their debut and the wealth of data coming from recently concluded long-term studies, we are finally talking about the importance of hearing to brain health. Just the way that vision connects you to the things around you, hearing connects you with people. In this course we will be exploring the now well-established link between hearing loss and the incidence of dementia. We will also be discussing how the latest research, regarding how properly treating hearing loss, may affect the likelihood of dementia development and alter the prognosis of an individual. We also address the availability of hearing care and how to navigate the hearing aid marketplace to meet the individual's needs. Closed captioning via Zoom is available for those who may need assistance attending this online course.

Presenter: Dr. Alyssa Eastman is a board-certified, licensed Doctor of Audiology in the state of NH. She obtained her Bachelor of Science degree in speech-language pathology and her doctoral degree in audiology at Northeastern University. She has been caring for patients in the Manchester, NH, area since 2013, and specializes in hearing aid fitting and aural rehabilitation. Dr. Eastman is a clinically certified member of the American Speech-Language-Hearing Association.

Member Tuition: \$20.00 | 1 Th: 10/24/24 – 10/24/24 | 1:00-2:30PM | Class Limit: 30

Online – Virtual via Zoom

Hearing Challenges in a Noisy World

Do you have to strain to listen? Do you feel frustration when you are conversing? Do you have to ask people to repeat themselves? Do you have difficulty when someone speaks in a whisper? Do you misunderstand people and respond inappropriately? Do you find yourself withdrawing from social activities because it is difficult to hear? Do you have difficulty talking on the telephone or hearing the TV or radio? Do you have trouble hearing in a restaurant?

If you answer yes to the majority of these questions, join us and explore the topic of hearing difficulties and what to do about them. Learn from others in this discussion about practical information on hearing loss and possible solutions from personal and professional experience.

Presenters: Kathy Canedy is a NH Allied Health and ASHA certified Speech & Language Pathologist. Her 40+ years of experience in special education has reinforced the importance of hearing and processing of auditory information in the process of learning and socially communicating. In addition, living with a family member who endures hearing difficulties, she has gained personal insight as well. Outside of professional interests, Kathy is a docent at Alnoba, sings with Rockingham Choral Society, takes piano lessons, and loves to garden and cook with harvests!

Linda Bieber is a retired music educator having taught for 30 years in the NJ public schools. She is also a professional flutist who is actively performing in the seacoast area. Linda has served on the board of ALDA Seacoast NH (Association of Late Deafened Adults) since 2019 which supports people with hearing loss. She received a cochlear implant in 2010 as part of a clinical study at NYU Medical Center and is currently a network volunteer for Cochlear Americas, offering presentations and support for people in the greater Boston area.

Member Tuition: \$20.00 | 1 W: 10/2/2024 – 10/2/2024 | 10:00-11:30AM | Class Limit: 36

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801



Did You Know?

The Queen City (Manchester) is home to the most OLLI at UNH members – with over 130 members!

Kidney Health Over a Lifetime

The course is an exploration of the kidneys in health and disease over a lifetime. Subjects considered include what the kidneys do, how their function is assessed, the natural history of kidney function through life, what the risk factors are for accelerated kidney function loss, how individuals can work with their healthcare team to minimize the impact of their risk factors on their kidney function and what their options are should their kidney function decline to the point where dialysis or transplantation are required for survival. Emphasis is placed on patient empowerment and affirmative shared management with the healthcare team. Attendees are provided with a printed kidney function tracker & a summary of milestones in care to individualize.

Presenter: Terrence “TJ” O’Neil graduated with honors from CalTech in 1971. He received an MD from University of California San Diego in 1976 and served in the US Air Force for 30 years as an Internist & Nephrologist worldwide and at several Stateside locations. After Air Force retirement he joined the Veterans Administration for 11 years. Since retirement he worked on a hemodialysis safety device and taught medicine residents and veterans. He is married, has two daughters and two grandchildren.

Member Tuition: \$20.00 | 1 F: 12/6/24 – 12/6/24 | 1:00-2:30PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Making Peace with Your Plate with Intuitive Eating

Statistics show that 95% of all diets fail and that 90% of dieters gain weight back within three years. It is no wonder that weight loss is nearly a 4-billion-dollar industry. Yet, the industry rarely gets to the root questions: Why are people so focused on weight loss? Why is “thin” valued over “fat?” Why do people value themselves based on a number on the scale or pant size? Intuitive Eating is a research-based, anti-diet approach that embraces body neutrality while delving into these questions and reconnecting one with innate wisdom about food and eating. This course helps one understand how diet culture shapes the thoughts, feelings and behaviors around food and how to transform the shame and blame around weight and body image with the 10 Principles of Intuitive Eating.

Presenter: Beth Nagle Griffin is a Certified Cognitive Mindset Coach & Intuitive Eating Expert who guides people on their journey to discover their authentic self by focusing on healing their personal relationship with food.

Section 1 Member Tuition: \$20.00 | 1 W: 11/6/24 – 11/6/24 | 6:00-7:30PM | Class Limit: 30

Conway Public Library, 15 Greenwood. Avenue, Conway, NH 03818

Section 2 Member Tuition: \$20.00 | 1 W: 11/13/24 – 11/13/24 | 6:30-8:00PM | Class Limit: 30

Online – Virtual via Zoom

Self-Care: It Shouldn’t Be So Hard

What nourishes, energizes, and supports you? What small changes can you make that would impact your overall health and well-being? What gets in the way? Begin the process of discovering what will have the greatest impact on your health and well-being starting today. It doesn’t have to be so hard to do what is right and good for you if you have the right tools and the intention to make it happen. Learn how to create tiny habits to integrate the key elements of wellness- healthy food choices, physical activity, quality sleep, stress relief/spiritual care, connections that matter, and finding what brings you joy. No discipline, no motivation....no problem. This course is for you!

Presenter: Trish Manning enjoyed a successful career as an RN in a variety of roles including Critical Care Nurse, Nurse Manager, Director of Nursing, Clinical Educator, and Director of Quality Improvement. Manning brings these skills to her role as a Health Coach, along with additional education/certification and experience in holistic health including Meditation, Reiki and Therapeutic Touch. Begin your unique journey to optimal health and wellness and with her support and guidance, become a more vibrant you!

Note: This course will be offered in-person and via Zoom (a hybrid format). Please select your preference at registration.

Section 1 Member Tuition: \$20.00 | 1 T: 11/26/2024 – 11/26/2024 | 11:00AM-12:30PM | Class Limit: 26

UNH-Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801

Section 2 Member Tuition: \$20.00 | 1 T: 11/26/2024 – 11/26/2024 | 11:00AM-12:30PM | Class Limit: 30

Online – Virtual via Zoom

Self-Myofascial Release: Roll Away Tension & Increase Mobility

Self-myofascial release is a gentle manipulation of the fascial and muscle tissue that you perform on yourself. Participants will be introduced to the information superhighway of connective tissue, your fascia, and why it is essential for healthy living. Using tools such as tennis balls, yoga blocks, and rolled blankets, she will share how self-myofascial release techniques can help hydrate your tissues to ease the pain of stiff muscles, facilitate a greater range of motion, and experience greater ease throughout the body. To participate, please bring a yoga or exercise mat and a blanket or towel.

Presenter: Lisa Buerk is a self-myofascial release instructor, RAD mobility and recovery specialist, and registered yoga teacher and has been studying the human body and how we move for over 30 years. Lisa holds a 200-hour yoga certification and has completed over 100 hours of myofascial release training.

Member Tuition: \$20.00 | 1 W: 11/20/24 – 11/20/24 | 10:30AM-12:00PM | Class Limit: 15

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Stages of Senior Care

This course will educate and guide you through the continuum of care that adults 50+ typically need. We will discuss the options seniors have and the pros and cons of each, the different costs and funding, what to look for and avoid, how to know which option is right and how to deal with any complications (e.g., family conflict and caregiver stress).

Presenter: Caitlin Cawley is the Director of Community Engagement at Home Instead, where she works to ensure that older adults stay at home safely and successfully and works with hospitals and rehabilitation communities to keep readmissions low. As an advocate and resource for families, Caitlin is always pursuing education and opportunities to address the growing needs within the aging community.

Member Tuition: \$20.00 | 1 F: 10/18/24 – 10/18/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

Understanding Alzheimer’s & Dementia

Join us to learn about the impact of Alzheimer’s: the difference between healthy aging and when you should be concerned; the difference between Alzheimer’s and dementia; an overview of different types of dementia; stages of the disease; risk factors such as age, family history and more; current research and treatments available for some symptoms, and resources available from the Alzheimer’s Association.

Presenter: Melissa Grenier, LCSW, has two social work degrees and has worked in a variety of settings serving people living with memory loss. She has worked for the Alzheimer’s Association, MA/NH Chapter, for over twelve years, and is currently the Regional Manager for the State of NH. Her role includes overseeing the operations of the Bedford, NH regional office and providing the Alzheimer’s Association’s wide range of programs, services and training across NH.

Member Tuition: \$20.00 | 1 T: 11/12/24 – 11/12/24 | 10:00-11:30AM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301



What is a Sound Bath? No, You Won't Get Wet!

Sit back and enjoy learning about the benefits of sound therapy. You will be introduced to different tools that have been proven to help the mind, body, and spirit connection that we are all craving today. The vibrations of crystal bowls, tuning forks, drums, and chimes will be talked about and experienced in this class. Most people describe it as receiving a massage at a cellular level.

Presenter: Marci Starr has been in the healing arts since 1994. She has been sharing her gift of sound therapy in Maine and NH for 15 years with Crystal Singing bowls and various other tools. Marci has been ordained "The Crystal Bowl Lady" by her community and plays these beautiful instruments to help others relax and find peace. She moved to Fryeburg, ME from Naples, FL in 2008 and is a Reiki Master, Shamanic Practitioner and teacher of Crystal Bowls and Tuning Fork therapy.

Member Tuition: \$20.00 | 1 T: 9/17/24 – 9/17/24 | 1:00-2:30PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Cooking

Kitchen Chemistry, The Wow Factor Part II: Appetizers

This class focuses on creating appetizers that are both tasty and good looking. Following the structure of the first class in the Kitchen Chemistry series (Salads and Dressings) we start with discussing key factors that make snack/first course offerings both interesting and diverse.

We will be hands-on once again as we explore a wide range of ingredients and preparations. There will be platters of food ready for tasting so you can more easily assess what appeals to you personally. Then choose a few recipes and work on them yourself.

The ingredients we use will focus on readily available items, with a few specialty products from Stonewall Kitchen, Trader Joe's or other "reachable premium" vs gourmet store twists to consider. You can take home samples of what you made, recipes and notes.

Presenter: Pat Nicolino's 40+ year career in marketing and new product development within the consumer products industry included famous brands in both foods and personal care products. She developed a specialty in new product development and the (then) new idea of change management and innovation. After retirement, she learned silversmithing and launched her jewelry business, NICO Artisan Jewelry Workshop. She teaches simple, fun approaches to cooking and entertaining with "Wow Factor" appeal.

Member Tuition: \$20.00 | 1 M: 11/18/24 – 11/18/24 | 1:00-3:00PM | Class Limit: 36

Note: A \$5 materials fee will be added to your registration. Total cost \$25.

UNH-Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801

The Great Granite Fizz: New Hampshire's Long History with Sodas & Tonics

In the US since 1825, more than 30,000 soft drink bottlers have created and sold fizzy soft drinks. Amazingly, those companies produced over 16,000 different brands – most of which survive only as part of our collective memories and because of ardent researchers and collectors.

Many Granite State beverage companies rose to the challenge of a thirsty public. Over 205 bottling companies have operated in our state representing some 60 cities and towns. They supplied product to Granite Staters from family mom-and-pop operations in residential garages up to modern industrial powerhouses.

In our presentation we'll explore the roots of carbonated beverages from their early dates as a patent medicine to their evolution as a bubbly refreshment, praised by some and vilified by others.

Presenter: Dennis Sasseville is a native New Englander and a 45-year resident of NH. His love for all things New England provides the framework for his popular writings and in-depth research. In 2019 he co-authored the history of that iconic New England carbonated soda, Moxie ("Moxie, Images of America Series," Arcadia Publishing). In 2023 he published "Granite Fizz: The Untold Story of Spring Water and Flavored Tonic in New Hampshire."

Member Tuition: \$20.00 | 1 W: 9/4/24 – 9/4/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

Finance

Coin Collecting: Don't Get Ripped Off!

Everyone has some old coins in a drawer or caught in the seams of the couch. Are they worth anything? And everyone has seen the high-pressure coin salesmen on TV. Are these good deals or a ripoff? This course will give students the knowledge to make informed decisions. Our presenters will also assess the value of coins brought by participants (up to three coins per person).

Presenters: Robert Fritsch first read about Sherlock Holmes as a pre-teen, has read the Canon several times and has conducted a series of courses about Holmes. His Sherlockian library numbers over 500 books, magazines, movies, and games. He is a member of several Sherlockian societies and a founding member of The Fourth Garrideb, The Numismatics of Sherlock Holmes. Fritsch started his numismatic career over 50 years ago by collecting pocket change while stationed with the US Navy in Japan. He is heavily involved with organized numismatics and is an award-winning author, presenter, exhibitor, and exhibit judge.

The Nashua Coin Club was founded in 1960 and is dedicated to promoting numismatics in NH. Its members will assist the presenter in identifying and evaluating coins that the participants bring.

Member Tuition: \$20.00 | 1 Th: 9/12/24 – 9/12/24 | 1:00-3:30PM | Class Limit: 50

Hunt Community; 10 Aldds Street, Nashua, NH 03060

Consumer Protection in New Hampshire

You just bought a car in NH. As you drive out of the driveway, the steering part... you get your money back? You used your debit card to buy a sweater. You did not receive the sweater... any. Can you get your money returned? These and other questions will be answered.

Presenter: Phyllis Benoit's first career was as a divorce mediator and i... Her second career was as a and her husband, Herb, love to t... office of Consumer Protection. She

Member Tuition: \$20.00 | 1 M: 9/12/24 – 9/12/24 | 2:30PM | Class Limit: 26

NHTI- Concord's Community College, 31 College Drive, Concord, NH 03301

Ever Wonder How Your Real Estate is Actually Valued?

As the saying goes, "It's complicated." Hopefully, this course will not only simplify the differences between how your town "assesses" the value of your property and how an appraiser values your property, but will answer questions like: Is the value on your tax bill really what the sale price might be? What should you expect from a bank appraisal? Could your tax card contain errors? This course will also help decipher the information on your tax card (get yours FREE from your town office!); demystify the tax abatement process; explain what Current Use is all about, and break down how your property taxes are calculated. Have more questions you have always wanted to ask an appraiser? This course includes a PowerPoint presentation, with Q and A strongly encouraged.

Presenter: Marsha Campaniello has been a, NH-Certified General Real Estate Appraiser for 20+ years supporting bank financing, tax abatement, eminent domain, and estate planning; performed court testimony; wrote articles and taught appraisal-related courses. In addition, she was a conversion project manager for a bank software company both here and abroad, and spent years in bank management. Marsha is now content to play in her permaculture gardens, and maybe write a book or two.

Section #1: Member Tuition: \$25.00 | 2 W: 10/23/24 – 10/30/24 | 10:00AM-12:00PM | Class Limit: 28

NHTI- Concord's Community College, 31 College Drive, Concord, NH 03301

Section #2: Member Tuition: \$25.00 | 2 W: 11/13/24 – 11/20/24 | 10:00AM-12:00PM | Class Limit: 25

Online – Virtual via Zoom

Course Cancelled

Protecting Your Hard-Earned Money & Understanding Investments

This dynamic course is about understanding investments and how to protect your hard-earned money. The first session focuses on protecting your money by understanding some of the most common investment scams and fraud occurring right here in NH, discovering how you can protect yourself, knowing what to do if you suspect a problem, and learning how the state's Bureau of Securities Regulation can help. The second session will be focused on understanding and protecting your investments, you will be provided an overview of financial products and how to understand them. The presenter will also address the basics of financial planning including matters such as the importance of a will, advanced medical directives, and a power of attorney.

Presenter: Barry Glennon is the Director of the NH Bureau of Securities Regulation. He joined the Bureau in 2001 and later was appointed Deputy Director of Licensing & Administration, and then Director in 2012. Barry was previously employed by the former Chubb Life/Jefferson Pilot Financial Insurance Company in Concord, NH and is a lifelong Manchester resident. The favorite part of his job with the Bureau is speaking with NH residents about how to protect their investments.

Member Tuition: \$25.00 | 2 T: 10/15/24 – 10/22/24 | 10:00AM-12:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Personal Development

Eco-Friendly Final Exits: Planning Funerals with an Environmental Flair

How we care for our dead reflects prevailing cultural, spiritual and economic norms that are being challenged for a variety of reasons. Learn how the funeral industry came to be, what influences are still at play, and how you can negotiate the design and purchase of goods and services that resonate with your values. We'll debunk some myths about health and public safety, explore the laws around who owns the dead, and explain in detail how to create meaningful, affordable, and healing funerals that are family directed and community supported. And we'll talk about social justice in the death space, the ecologically and spiritually redeeming qualities of home care and natural burial, plus emerging processes and products that seek to care for the planet and those left behind.

Presenter: Lee Webster is an internationally recognized authority on funeral reform, author of several books, and leader of several major nonprofits, including NH Funeral Resources & Education, Green Burial Council, National Home Funeral Alliance, National End-of-Life Doula Alliance and Conservation Burial Alliance. She teaches general and adult education classes and lectures frequently at colleges and mortuary schools. Her latest collaborative book, "The Future of the Corpse," was published in 2021.

Member Tuition: \$30.00 | 3 Th: 11/7/24 – 11/21/24 | 9:00-10:00AM | Class Limit: 30

Online – Virtual via Zoom

History & Mystery: A Genealogy Starter Guide

Are you interested in family history? Do you spend a lot of time in graveyards wondering about the names behind the stones? Then you just might be a genealogy enthusiast! Genealogy is the exploration of ancestral lines and can be done through countless records, resources, and artifacts. Join us to explore useful methods for research planning through the case study of Elsie Gaskin (an eccentric librarian from NH) and become a better researcher along the way.

Presenter: Erin E. Moulton writes books and tracks dead people. As a researcher, slipping into old records and exploring past lives is something she has done for herself and for others for over 14 years. Erin is a member of the Association of Professional Genealogists, The NH Historical Society, The NH Society of Genealogists and she serves on the landmark committee for the Black Heritage Trail of NH. She has written several books, mostly for children.

Member Tuition: \$20.00 | 1 M: 10/14/24 – 10/14/24 | 9:30-10:30AM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101



EXPERIENCE A VIBRANT AND FUN LIFESTYLE AT RIVERMEAD

Live life on your terms, while we take care of the rest at RiverMead, Southern New Hampshire's premier Life Plan Community (CCRC). At RiverMead, you'll have peace of mind knowing that your future healthcare needs are planned for.

Take advantage of our on-campus trails, gardens, and riverfront. Take a course or attend a lecture. Focus on your wellness in our fitness center and indoor pool.

It's all within reach! Enjoy easy access to al fresco dinners, special events, pickleball, and amenities just steps from your front door. You'll enjoy a unique and vibrant approach to senior living that can only be found at RiverMead.

RIVERMEAD

VISIT [RIVERMEAD.ORG](https://www.rivermead.org)
TO SCHEDULE A TOUR

Intuitive Development: Intentional Guidance with Oracle Cards

Is it magic or a magical feeling? Although Oracle cards are not considered magic there is a magical feeling that comes with learning the art of reading Oracle cards and receiving the messages our souls are longing to hear. Oracle cards offer us the opportunity to delve deeper into our true selves and receive messages from our inner guide to become the best selves we can be. In this workshop, you'll be guided to learn how to intentionally choose Oracle cards, read the messages in the guidebook, and then apply these messages to your life through journal prompts, daily readings, intentional questions, and reflection. This workshop will give you the confidence to trust in the messages of the Universe and read cards for others. Oracle cards have been used for centuries to guide us in understanding life. Join us for a deep dive into oracle cards, what they are, reading a spread, and applying the message to your life to become your best self. Divine guidance is at your fingertips. Namaste'

Presenter: Anjali Rose is an educator, mindfulness instructor, yoga teacher, Reiki master teacher and Oracle Card Reader. She holds an M.Ed., a 500-hour yoga teacher certification, and is certified as a Reiki master teacher. As an educator, Rose brings reiki, yoga, mindfulness, and oracle cards into her teachings while supporting people in their life's journey. She has a private practice offering Reiki Energy Healing, Oracle Card Readings, and Yoga for overall health and wellness.

Member Tuition: \$25.00 | 2 Th: 10/17/24 – 10/24/24 | 4:00-5:30PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Raising Puppies to be Guide Dogs for the Blind

Guiding Eyes for the Blind is a nonprofit organization that breeds, raises, trains and provides guide dogs to people who are visually impaired. Guiding Eyes accomplishes this by using volunteers to help raise and train the pups who will become guide dogs. We will discuss the steps Guiding Eyes goes through to provide guide dogs, concentrating on the involvement of the volunteer puppy raisers. Topics will include an introduction to Guiding Eyes for the Blind, how a guide dog contributes to the life of a visually impaired person, the life of a guide dog, and how volunteer puppy raisers raise and train a potential guide dog. And yes, there will be time to interact with a puppy or two, currently training to be a guide dog!

Presenter: Jeffrey Masors and his wife are retired and live in Pelham, NH. They have been volunteer puppy raisers since 2018. Together, they have raised six puppies with Guiding Eyes for the Blind.

Member Tuition: \$20.00 | 1 W: 11/13/24 – 11/13/24 | 1:00-2:30PM | Class Limit: 24

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Save Your Family's Heritage!

Every family has stories to tell. Unfortunately, these stories are often lost through the years. In this course, our presenter will share the work he and his wife did sorting and archiving nearly 15,000 pictures, arranging them into bound books, and tracking their ancestry. They also collected many stories of their families and put them down in written form for future generations. Registrants will be asked to share some of their favorite stories if they'd like.

Presenter: Bob Muzerall began his career as a high school literature teacher. He later switched into the medical field. Bob and his family have a strong family heritage and continue to learn new information about their earlier generations.

Member Tuition: \$20.00 | 1 T: 10/29/24 – 10/29/24 | 10:30AM-12:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

TED Talks

This class will focus on recent TED talks covering current technologies and research. We will watch a selection of talks and discuss their impact on our lives.

Presenters: Bob Jones is a retired systems engineer with a life-long passion for the environment, philosophy, social justice politics, films, and literature.

Steve Gilvar is a retired engineer with a long history of volunteering for nonprofits. Besides OLLI, he is active in Destination Imagination and the Society of Plastics Engineers. He and his wife, MerryLu, live in Bedford and have been members of a continuous care retirement community since 2012.

Member Tuition: \$30.00 | 3 W: 12/4/24 – 12/18/24 | 10:00-11:30AM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101



Thinking of Selling Your Homemade Foods? Learn What is Required in New Hampshire

Starting a homestead food business is a dream of many home cooks. Beginning small, in your own kitchen, with shelf-stable baked goods and other allowed foods, is a practical way to try out this venture. Find out when you are exempt from requiring a NH Homestead license and when you are non-exempt and need a Homestead H license or commercial food service license. This class is beneficial for anyone looking to sell food from their home kitchen, especially when selling at farmers markets and farm stands. The class will include an overview of the Homestead Act and will allow time for questions and answers.

Presenter: Ann Hamilton is a Food Safety Field Specialist with the UNH Cooperative Extension Food & Agriculture team. Ann works with farmers, market vendors and managers, very small value-added food processors, food service workers, food pantry volunteers, and consumers to support their food safety and food preservation efforts with science-based research and training. Ann has worked for UNH Cooperative Extension since 1988 and has a background in working with all Family & Consumer Science disciplines.

Member Tuition: \$20.00 | 1 Th: 9/5/24 – 9/5/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

Science & Technology

Computers, Smartphones & Tablets

Emerging Technology, Internet Safety & Social Media

This course will cover social media, online predators, how technology impacts today’s youth (and all of us!), cyberbullying, and internet safety and awareness. Course content, based on training prepared by the Internet Crimes Against Children Task Force (ICAC), is appropriate for not only grandchildren – but for parents, grandparents, or great-grandparents! Case examples will be discussed.

Presenter: Allison Vachon works as an Investigator at the NH Attorney General’s Office in the Criminal Justice Bureau. She is a member of the NH Internet Crimes Against Children (ICAC) Task Force as well as the AG’s Task Force on Child Abuse and Neglect. Among the numerous cases she has investigated are child exploitation, economic crimes, sexual assault, and public integrity. She was part of the investigative team for the AG’s Diocese Task Force and was a Concord (NH) Police Officer.

Member Tuition: \$20.00 | 1 W: 11/6/24 – 11/6/24 | 10:00-11:00AM | Class Limit: 30

Online - Virtual via Zoom

“I joined OLLI in 2014 after retiring from teaching in Merrimack and being an activity coordinator for Benchmark Senior Living in Chelmsford and Nashua. I wanted to keep involved with other people and my friends, Steve and Merry Gilvar, told me about OLLI. I looked over a catalog and liked the different course offerings. After a couple years, I wondered what I could do to offer an event to OLLI members and decided on presenting a Game Day to those who liked playing cards and board games. I have been doing game days for five years now – and enjoy seeing our members have fun!”

– Diane Parks | Class of 2014 | Greater Manchester

Fun With Artificial Intelligence (AI)

In 2022 a new set of Artificial Intelligence (AI) tools became available first to research, then to the public. These include ChatGPT, Google Bard, Microsoft Bing and Chat, DALI and more. These tools are evolving very quickly in terms of their capabilities, inconsistencies and outright errors. AI “will alter our experience as reasoning beings and permanently change our relationship with reality.” (Kissinger/Schmidt/Huttenlocher; “The Age of AI and Our Human Future”; 2022) In this course, we will play with some of these AI tools and get a sense of how reliable or unreliable they might be.

Note: Please be prepared to bring your laptop or tablet – and your power cord. Your device will need to be connected to the local wireless network during the class and have access to a web browser. Registrants will be sent a list of AI tools so they may register for these tools before the first class.

Presenter: Jim Isaak is a retired, recovering techie with a diverse set of interests including artificial intelligence, privacy, social media, lies, spies, and sunken subs. Isaak is also interested in the limits and approaches to critical thinking that span all sorts of topics.

Section #1: Member Tuition: \$30.00 | 3 M: 9/9/24 – 9/30/24 | 10:00-11:30AM | Class Limit: 15

Note: No class 9/23/24.

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Section #2: Member Tuition: \$30.00 | 3 M: 11/18/24 – 12/2/24 | 1:00-2:30PM | Class Limit: 15

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Introduction to Zoom: Personal Computers (PC), Laptops & Notebooks

This class is an introduction to the Zoom online platform for video meetings, OLLI courses, and events. Zoom is an application that enables users to meet online with family, friends and colleagues. It is an easy way to stay connected, share, and keep in touch at a distance. You will learn how to join a meeting and take advantage of all the features for participating. This course is for those using Zoom on computers, tablets and laptops. No experience required. Free and open to the public.

Presenter: Tessa McDonnell works for OLLI part-time and is an adjunct faculty member at UNH’s College of Professional Studies in Education. She has been engaged in teaching through technology for over 30 years. McDonnell has used Zoom for meetings with non-profit agencies and with her students for many years. Ever curious about the world around her, she enjoys deep discussions and exploring new ideas.

Member Tuition: \$0.00 | 1 W: 8/21/24 – 8/21/24 | 10:00-11:30AM | Class Limit: 24

Online – Virtual via Zoom

Learning the iPhone & iPad

Did you recently get an iPhone or iPad, or have you had one for a while and are wondering how to make it work better for you? This class is an introduction to the history, basic buttons and the iOS operating system of these devices. We hope to make you familiar and comfortable with this marvel of modern engineering. Topics will include learning the buttons, sliders, and finger gestures; what all those funny symbols mean, and how we personalize these wonderful tools and toys and make them work. We will explore a few of the millions of apps that could make life easier and more fun. Please bring your own iPhone or iPad to class, and don’t silence them when we start!

Presenters: Bob Jones is a retired systems engineer with a life-long passion for the environment, philosophy, social justice politics, films, and literature.

Dottie Nelson is a retired software engineer who enjoys playing with the latest technology. She likes helping her OLLI friends feel more comfortable using their iPhone and iPad devices.

Member Tuition: \$35.00 | 4 T: 10/1/24 – 10/22/24 | 1:00-3:00PM | Class Limit: 16

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Scheduling & Hosting Zoom Meetings

Do you want to see your friends and family members in a virtual setting? Or conduct meetings for other organizations? As a follow-up to Zoom 101, this class covers how you can host meetings yourself using the Zoom platform. You can subscribe to a free or paid account, depending on features. You will learn how to sign up for a subscription, schedule meetings, use security measures, host meetings, take polls, share documents, and use break-out rooms. For those who have enjoyed participating in Zoom meetings, we will prepare you to take a step forward so you can invite others to join you for social or other types of gatherings.

Presenter: Tessa McDonnell works for OLLI part-time and is an adjunct faculty member at UNH's College of Professional Studies in Education. She has been engaged in teaching through technology for over 30 years. McDonnell has used Zoom for meetings with non-profit agencies and with her students for many years. Ever curious about the world around her, she enjoys deep discussions and exploring new ideas.

Member Tuition: \$20.00 | 1 W: 9/25/24 – 9/25/24 | 1:00-2:30PM | Class Limit: 24

Online – Virtual via Zoom

Using Your iPhone Camera to Your Advantage

The iPhone camera has a variety of features to enable outstanding image quality in a wide variety of situations. However, accessing these features can be hard to figure out. We will discuss how to use features to compose your images with selective focus, in dim lighting, portraits, panoramas, slow-mo, time-lapse, live view, timer and exposure adjustments.

Presenter: John Border is a former engineer at Kodak, Apple, and several smaller companies. At Kodak, John was the leader of digital camera development responsible for lenses, image sensors, displays, autofocus, video, and image capture techniques. At Kodak he helped to envision the ubiquitous use of small camera modules and is a co-inventor of the compact multi-lens camera module for cellphones, now in use worldwide. At Apple he was the leader of optics development for the Vision Pro head worn displays, recently released by Apple. He is listed as an inventor on over 200 patents related to image capture, display and optics.

Member Tuition: \$20.00 | 1 W: 10/16/24 – 10/16/24 | 1:00-3:00PM | Class Limit: 30

Conway Public Library, 15 Greenwood. Avenue, Conway, NH 03818

Gardening & Nature

Becoming Wolf: The Eastern Coyote

Myths surround the coyote and cloud our understanding of it. Originating as the smaller western coyote, our eastern coyote shares genes with the Eastern wolf and the western coyote. Its hybrid nature enables its resilience and adaptability to live in farms, forest or city. It has rewilded the northeast with its howl and ability to prey on large and small mammals but, despite its ecological benefits, it is the most persecuted carnivore in North America. And despite human efforts to eradicate it, it survives and thrives among us.

How to live with this creature and why we must, depends upon the human will to move over, make room and appreciate that a new “wild” is now with us.

Presenter: Chris Schadler holds a Master's degree in Conservation Biology and offers 40 years of research and specialization in wild canids, particularly the Eastern Wolf and the Eastern Coyote. Now retired from teaching Conservation, Dendrology and Wolf Ecology at UNH and Conservation at Granite State College, she provides education and presentations throughout New England.

Member Tuition: \$20.00 | 1 F: 11/1/24 – 11/1/24 | 10:00-11:30AM | Class Limit: 26

NHTI- Concord's Community College, 31 College Drive, Concord, NH 03301

Pollinators 101: Who They Are, Why They Matter & What We Can Do

Did you know that there are seven types of native pollinators in New Hampshire that fertilize plants-- from wildflowers to much of the food we eat? This course will give an overview of pollinators, from bees to butterflies to birds, some 30,000 species in North America alone. We will look at the grave threats they are facing (some species have declined over 80%) and, perhaps most importantly, what we can do to help restore pollinators and their habitats. The good news is that we can each make a difference for our pollinators, and thus for our world.

Presenter: Kathy Youzwak is a core member of Pollinator Pathways New Hampshire, a grassroots organization that works to restore our pollinators and their habitats one yard at a time through community partnerships, education and engagement. Kathy is passionate about the environment and has over fifteen years in teaching and presenting on a wide variety of topics. She and her husband live in Danville, NH.

Member Tuition: \$20.00 | 1 T: 10/1/24 – 10/1/24 | 10:00AM-12:00PM | Class Limit: 30

Online – Virtual via Zoom

Salt Marshes: Pushing the Boundaries Between Land & Sea

Salt marshes are dominant geologic features of the East Coast, starting in southern Maine and continuing down much of the seaboard. Colonists considered them prime real estate, but over time, people degraded them and called them wastelands to be filled for more “productive” uses. Most people continue to misunderstand them. This class will have an inside component in which participants will learn about some history and modern issues, followed by a field portion where they will experience the salt marsh up close. The field portion will involve a walk on some uneven terrain and potentially muddy conditions. Low mud boots or old sneakers are recommended. The Wednesday, September 18 class will run from 10 a.m. to 11 a.m. and the Wednesday, September 25 class will run from 10:30 a.m. to 1 p.m.

Presenter: Suzanne Petersen is a seasoned environmental science educator. She has an extensive background in the ecology of estuaries and has led educational programs about salt marshes for many years to much of coastal New England.

Member Tuition: \$25.00 | 2 W: 9/18/2024 – 9/25/2024 | See above for course times | Class Limit: 15

UNH Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801

The Forest & the Trees at the Florence Tarr Wildlife Sanctuary

Join Piscataquog Land Conservancy-PLC Director Chris Wells and board member Dave Butler for a two-week course learning about conserving the natural environment of Southern NH. Week 1 is presented online with Chris reviewing the basics of land conservation, including wildlife habitat, clean water, outdoor recreation opportunities, volunteer stewardship work, legal defense and advocacy. Week 2 is an in-person walk at the Florence Tarr Wildlife Sanctuary in Goffstown/Bedford. While walking we’ll discuss impacts of past land use, forest disturbances and soil types. As we encounter trees we’ll discuss their habitat preferences and learn identification tips. Dave will provide a history of the property, focused on the efforts of Florence Tarr to protect wildlife habitats in this rapidly growing region.

Presenters: Chris Wells has been the Executive Director at the Piscataquog Land Conservancy since 2014, and has more than two decades of experience in land conservation, including several years with the Society for the Protection of NH Forests. Chris holds a BA in history from Wesleyan University and a Master’s in Urban Planning from the City University of New York. Chris is often seen on a bicycle, and occasionally on mountain summits against his better judgment.

Dave Butler has been the property monitor/caretaker of the Florence Tarr Wildlife Sanctuary since 2017. Dave has led outings for various outdoor organizations since retiring in 2015 and has also written a number of articles for the Piscataquog Land Conservancy newsletter related to natural and human history.

Member Tuition: \$25.00 | 2 Th: 11/7/24 – 11/14/24 | 1:00-2:30PM | Class Limit: 12

Online – Virtual via Zoom (11/7/24)

Florence M. Tarr Wildlife Sanctuary, 83 Joppa Hill Road, Goffstown, NH 03045 (11/14/24, with rain date of 11/21/24)

Ticks & Tick-Borne Diseases in New Hampshire

New Hampshire has eight known locally-transmitted vector-borne diseases: three mosquito-borne and five tick-borne. As part of this course, participants will be exposed to information on the status of tick-borne diseases in NH. Participants will learn what species of ticks are primarily responsible for disease transmission in the state, where these ticks can often be found and what steps individuals can take to mitigate human-tick encounters. Participants will also learn about the status of the various tick-borne diseases that are locally transmitted in the state, including information on how these pathogens present, how these pathogens are transmitted and when these pathogens are most commonly acquired.

Presenter: Marco Notarangelo is a vector ecologist, epidemiologist and public health educator dedicated to helping New Hampshire residents and visitors understand and prevent vector-borne diseases. He has worked with arthropods, including mosquitoes and ticks, for over a decade and holds a Master’s degree in biology. He is currently the Vectorborne Disease Surveillance Coordinator for the NH Department of Health & Human Services, helping direct surveillance efforts for vector-borne diseases in humans and animals, including arthropods.

Member Tuition: \$20.00 | 1 W: 10/16/24 – 10/16/24 | 1:30-2:30PM | Class Limit: 30

Online - Virtual via Zoom

What Would Nature Do? Biomimicry: Innovations Inspired by Nature

How did the Kingfisher save the country of Japan many billions of dollars? How do whale fins help wind energy? How did the Burdock plant seed change the world? The answer to these and other questions on how nature has helped humans create and innovate better will be discussed. Learn the fascinating problem-solving approach of Biomimicry – innovation inspired by nature. This one- hour powerpoint/hands-on program delves into the products, processes and innovations that have been used to solve human problems and enhance the well-being of life.

Presenter: Clare Long has been actively involved in the field of interpretation and education for over 30 years. A retired Forest Service Ranger for Education and Interpretation, Clare successfully pioneered many programs and continues to be involved in natural and cultural history education and interpretation. She has designed and created numerous educational materials, displays, workshops and trainings. Awards received include a national award for Excellence in Youth Education.

Member Tuition: \$20.00 | 1 M: 12/9/24 – 12/9/24 | 1:30-3:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Wildlife in Our Backyards: Meet Your Neighbors!

Picture your backyard and envision gray squirrels, those forest acrobats, springing between the thin treetop branches. Chipmunks scampering on the ground, vacuuming up seeds at a frenzied pace. Possums and skunks are active at night, leaving evidence of their presence with prints in the snow or mud (or dug up lawns!).

We see and hear these amazing mammals, including foxes and coyotes, throughout the year as they share outdoor spaces with us. Join Kelly Dwyer as we explore the fascinating natural histories of these animals.

During the program, we will also discuss the essential ecological roles they play in various habitats and strategies we can adopt to keep them safe and healthy and co-exist together!

Presenter: Kelly Dwyer, founder of Nature Education Opportunities, is a self-taught naturalist, an environmental educator, and a certified elementary teacher and certified wellness coach. She has been developing and presenting engaging programs on a variety of natural history topics for over twenty years. Dwyer sees herself as a facilitator, connecting people of all ages with the joys of nature and sparking their curiosity to continue learning.

Member Tuition: \$20.00 | 1 Th: 11/14/24 – 11/14/24 | 7:00-8:30PM | Class Limit: 30

Online – Virtual via Zoom



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Woods in Winter

How do animals withstand the cold and freezing temperatures? How does the weather and snow impact where and how they live? How do plants survive the winter season in NH? How do both plants and animals help the other make it through to Spring? Come learn the fascinating ins and outs of winter and how the animals and plants adapt to the nature of our frozen area. Join retired US Forest Service Ranger and Valley Naturalist, Clare Long, in this engaging one-hour PowerPoint presentation, including time for questions.

Presenter: Clare Long has been actively involved in the field of interpretation and education for over 30 years. A retired Forest Service Ranger for Education and Interpretation, Clare successfully pioneered many programs and continues to be involved in natural and cultural history education and interpretation. She has designed and created numerous educational materials, displays, workshops and trainings. Awards received include a national award for Excellence in Youth Education.

Member Tuition: \$20.00 | 1 W: 12/4/24 – 12/4/24 | 1:30-3:00PM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Math & Science

AMOC: What on Earth Is It?

The Atlantic Meridional Overturning Circulation (AMOC) is an ocean current conveyor belt that moves the North Atlantic waters due to differences in water density. Fresh water is lighter than salt water, and as the Greenland Ice Sheet melts, more and more fresh water is entering the North Atlantic and affecting the AMOC. The AMOC has happened in the past (1,600 years ago), dramatically altering the Earth's climate. Recent scientific studies indicate that we may be entering an AMOC collapse. Learn how the AMOC works, what are the anticipated climate consequences if it should collapse, and why we should care.

Presenter: Dr. Barrett “Barry” Rock is Professor Emeritus in the Department of Natural Resources and Environment at the University of New Hampshire. Trained as a botanist and geologist, his current research is focused on the use of the Scanning Electron Microscope (SEM) to study small pieces of woody vegetation.

Member Tuition: \$20.00 | 1 F: 9/20/24 – 9/20/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

Beautiful Experiments

In 2002 George Johnson wrote an article that appeared in the “New York Times” entitled “Here They Are, Science’s Ten Most Beautiful Experiments.” We shall begin by reading his short article and briefly discuss what might make an experiment beautiful. In the first session several experiments from his list will be described and discussed. Subsequent meetings will include additional experiments. No special prior knowledge is assumed. To understand the significance of each experiment we shall discuss what was known, and more importantly not known, before the experiment. Among the scientists whose experiments and/or explanations we shall consider are Galileo, Newton, Pasteur, Bunsen, Urey, Bohr and Einstein.

Presenter: George Parodi taught chemistry for eight years at the University of Pittsburgh, Johnstown Campus and 30 years at Saint Anselm College. His research, at the boundary of physics and chemistry, involves the interaction of light with matter.

Member Tuition: \$30.00 | 3 T: 11/5/24 – 11/19/24 | 9:00-10:30AM | Class Limit: 24

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

From Oppenheimer's A-Bomb to Artificial Intelligence in a Warming World

How should we deal with the moral issues of new technologies? The award-winning film "Oppenheimer" reminds us of the life-changing questions that arose from the development of the atomic bomb. On the hot afternoon of August 6, 1945, presenter Paul Carr heard on the radio that a single atomic bomb destroyed Hiroshima. He had an intense desire to learn how this was possible. We begin this course by asking registrants to share the events and people that influenced their own lives.

The course then explores how Regenerative AI (Artificial Intelligence), like ChatGPT, works and how AI might be used to slow the rising seas and weather extremes of our warming world. In 2023, U.S. billion-dollar weather disasters increased to the all-time record of 28. Global warming, which began in the 1800s at the beginning of the industrial era, is an unintended consequence of burning fossil fuels to power steam and gasoline engines. As our climate warms, normally-wet areas are getting wetter (floods) and dry regions dryer (droughts). Can AI offer a much-needed solution to this complicated issue?

Presenter: The 1945 A-bomb motivated Paul H. Carr to earn his physics BS and MS at MIT and Ph.D. at Brandeis University in 1966. He then led a branch of the Air Force Research Laboratory that helped develop Surface Acoustic Wave (SAW) components used in radar and cell phones. Retiring in 1995, he was awarded a Templeton Foundation Grant to teach his philosophy course at U Mass Lowell. This inspired his book "Beauty in Science and Spirit (2007)." In 2023 he published "Loves in My Life: Spirituality, Science, Family."

Member Tuition: \$30.00 | 3 F: 9/6/24 – 9/20/24 | 9:30-11:00AM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Harnessing the Sun's Energy in the Past, Present & Especially the Future

From ancient civilizations through our grandparents, we understood how to live in harmony with the sun. But since the Industrial Age we've learned to use fossil fuels for most of our energy needs. Now science offers us a more sustainable plan of action. Energy efficiency in buildings and transportation and converting the sun's energy directly into electricity provides a way to use the sun as our servant once again. We'll look at how solar electricity can meet most of our energy needs and how we can transition to this renewable resource. We'll also review how energy conservation is still as important as ever to reduce heating and cooling needs in our homes. Insulate before your InSOLate.

Presenter: Russ Lanoie is a long-time energy conservation & alternative energy advocate and built one of the first passive solar houses in the Mount Washington Valley. He was a member of the Town of Madison Energy Team and is an energy program presenter for Tin Mountain Conservation Center as well as a frequent writer and local distributor for the "Green Energy Times." He earned his Associate degree from The Thompson School of Applied Science at UNH.

Member Tuition: \$20.00 | 1 T: 10/8/24 – 10/8/24 | 10:00-11:30AM | Class Limit: 30

Tin Mountain Conservation Center, 1245 Bald Hill Road, Conway, NH 03818

Infinity & Beyond

Starting from the Earth and Moon, reaching across the solar system, on to the nearest stars, out into the Milky Way galaxy and across the Universe to the most distant Quasars, this grand tour is a top-level survey of the universe and all the things we find in it. We'll cover our place in the cosmos, stars from white dwarves to red giants, gas, dust, nebulae, galaxies, star clusters and more.

Presenter: Charles Drutman is a physicist whose day job involves theoretical modeling of material damage from lasers and various aspects of signal and image processing, but at night his head and mind are in the stars. Astrophysics and astronomy are his forte and he loves teaching others about it. Aside from astrophotography, his other passions are 3-D printing and flying drones to gain an alternate perspective on reality. Drutman received his Master's degree in Physics from the University of Arizona and his Bachelor's degree in Physics, Earth and Space Sciences from the State University of New York at Stony Brook.

Member Tuition: \$35.00 | 4 Th: 10/31/24 – 11/21/24 | 4:30-6:00PM | Class Limit: 30

Online - Virtual via Zoom

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 SCAN ME

Lead & Arsenic: In Food, Water and the Home Environment

Did you leave lead and arsenic behind when you finished your high school or college chemistry course? What have you heard about these naturally occurring elements in recent months? Our presenter was prompted to think again about lead, for example, when she learned that children were becoming ill from applesauce and that the Consumer Protection Agency had issued a recall of some children's applesauce in a pouch. Before that, we heard about serious exposure from lead in drinking water in Flint, MI. In the first session of this two-part course, we'll look at lead as a toxin in food, water and the home environment in terms of sources, health impacts and regulations. In the second session, we'll discuss the toxin, arsenic, with the same approach. NH Arsenic is a special story!

Presenter: Ann Backus, MS, is an instructor in occupational safety at the Harvard TH Chan School of Public Health (HSPH) and director of Community Engagement for the Harvard Chan – NIEHS Center for Environmental Health. As director she provides community groups with information about the health effects of environmental exposures to harmful chemicals. She is an active member of the environmental justice committee of the Pediatric Environmental Health Specialty Unit at Boston Children's Hospital.

Member Tuition: \$25.00 | 2 T: 10/1/24 – 10/8/24 | 10:00AM-12:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Math Fun Galore: Powerball, Pi, Polls, Mega Millions & Buffon's Needle

How big does a jackpot have to be before the expected value of one ticket exceeds the cost of the ticket? How can the odds of winning the Powerball (Mega Millions) jackpot be 1 in 292.2 million (1 in 302.6 million)? How did George Buffon, using algebra and geometry in the 18th century, calculate the value of pi? Why do polling results differ, should they be believed, and can they be made better? These questions and more will be discussed and answered, with comprehensive handouts. N.B., these topics were covered in Spring 2016 during the presenter's OLLI at UNH course "Are You Curious? More Math Fun" and in his Fall 2017 course "Polls, Powerball, Publishers Clearing House & More."

Presenter: Bill Faulkner has presented more than 32 times with OLLI, ten or more unique courses in at least seven cities. With more than 50 years of teaching under his belt, he likes to interact with inquiring minds and welcomes suggestions for the content of his upcoming courses.

Member Tuition: \$25.00 | 2 F: 9/13/24 – 9/20/24 | 10:00AM-12:00PM | Class Limit: 26

NHTI- Concord's Community College, 31 College Drive, Concord, NH 03301



Mathematical Card Tricks for Everyone!

Come learn and be amazed by twelve card tricks – which all work via the mathematics of the deck with no pre-setting, behind-the-back, or under-the-table happening here! It's all about the mathematics of the card deck! Registrants receive written instructions for all of the tricks.

Presenter: Jeffrey Stern is a retired dentist who enjoys golf, travel, kayaking, and playing his saxophone and harmonica with the Brewery Lane Big Band. Originally from Pittsburgh, PA, he's been a Stratham resident for 35 years and looks forward to sharing his amazing card tricks with OLLI members.

Member Tuition: \$30.00 | 3 W: 11/6/24 – 11/20/24 | 10:00-11:30AM | Class Limit: 26

UNH-Professional Development & Training, 230 Commerce Way, Portsmouth, NH 03801

New Hampshire's Geology: It's More Than Granite

New England has a rich and complex geologic history, and nowhere is this more evident than in our Granite State. We will explore the physical geologic factors that make NH what it is, starting with its bedrock features and Appalachian Mountain heritage. But a majority of our focus will be on exploring the physical landscape we come into contact with daily. This includes the lingering effects of the last great glaciation – kettle holes, moraine and eskers, how open-water ponds turn into bogs, the constant effects of mechanical and chemical weathering, the influence of stream erosion, the shaping of our coast by tidal currents and wave actions, and finally the human impacts on our state's landscape. All these are intertwined with our unique geologic heritage.



Presenter: Dennis Sasseville holds degrees in geology and geochemistry from the University of New Hampshire and the University of Maine and has a 40-year-long career in environmental consulting. His research specialties include water quality of lakes and streams, impacts from superfund sites, New England's glaciated landscape and processes that shape our coastlines and seashores. He is a retired certified and licensed Geologist and a Hazardous Material Manager.

Member Tuition: \$25.00 | 2 T: 12/3/24 – 12/10/24 | 10:00-11:30AM | Class Limit: 30

Online - Virtual via Zoom

Peach Fuzz: Can We Grow Peaches in New Hampshire?

Learn about the research Concord's Apple Hill Farm is doing by planting new peach varieties. Five years ago, they were approached by UNH Cooperative Extension to plant a stone fruit orchard to do research on varieties, cultural practices and winter hardiness. Apple Hill planted 31 different varieties of stone fruit, peaches (flat, yellow, and white) and nectarines (yellow and white). The research hopefully will illustrate cold hardiness and the impacts of the climate changes we are facing in agriculture, including all the weather swings – hot, cold, wet and dry. Hopefully, with a great crop in 2024 there will be sampling and tasting to provide to registrants. Note: This course will be offered outside in the field or at the farmstand with limited seating available. Registrants may wish to bring a camp chair if seating is required.

Presenter: Out of a graduating class of almost 500 at Concord High School, Diane and Chuck Souther were the only two wanting a career in agriculture. At UNH, they decided they wanted a farm - and went for it. A few years later, they married and bought the parcel that has successfully become Apple Hill Farm and the rest is history.

Member Tuition: \$20.00 | 1 W: 8/28/24 – 8/28/24 | 2:30-4:30PM | Class Limit: 20

Apple Hill Farm, 580 Mountain Road, Concord, NH 03301

Torah & Physics

There are many ways to study Torah, and in this class we look at Torah from a physics perspective. We will compare how quantum physics (the exceedingly small) and cosmology (the exceedingly large) are viewed in Torah in light of physics (and yes, we will also discuss light). We will investigate how Torah can help us understand physics, and, conversely, how physics can help us understand Torah.

Presenter: Charles Drutman is a physicist whose day job involves theoretical modeling of material damage from lasers and various aspects of signal and image processing, but at night his head and mind are in the stars. Astrophysics and astronomy are his forte, and he loves teaching others about it. Aside from astrophotography, his other passions are 3-D printing and flying drones to gain an alternate perspective on reality. Drutman received his Master's degree in Physics from the University of Arizona and his Bachelor's degree in Physics, Earth and Space Sciences from the State University of New York at Stony Brook.

Member Tuition: \$30.00 | 3 Th: 8/29/24 – 9/12/24 | 5:00-6:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Where the Automotive Industry is Going

If you own and drive a car, you won't want to miss this course! Our presenter is a specialist in anything with a motor, whether it's in a train, plane, automobile, motorcycle or boat. If it has a motor, he has worked on it. This class will be an informal discussion where the presenter will share his thoughts on the automotive landscape: Are EVs the vehicle of the future? If so, will gasoline engines go the way of the horse drawn carriage? Should we be planning on buying an EV? Can EVs successfully fill our needs in the Mount Washington Valley? This and other topics will be covered during the class.

Presenter: Eric Meltzer has been writing his automotive column, "Wheels," published weekly in the Conway Daily Sun for more than 12 years. A lifetime car guy, he met his wife 37 years ago, while working at a new car dealership and together they currently own and operate Fryeburg Motors, a sales and service operation. Eric is passionate about all modes of transportation. His current collection consists of a train caboose, a Cessna Skyhawk, and a constantly fluctuating inventory of cars and trucks.

Member Tuition: \$20.00 | 1 Th: 10/10/24 – 10/10/24 | 10:00-11:30AM | Class Limit: 25

Pope Memorial Library, 2719 Main Street, North Conway, NH 03860

Social Sciences

Philosophy

Jefferson as a Philosopher

This presentation will argue that, in addition to his other achievements, it is helpful to understand Thomas Jefferson as a philosopher. His ideas about human nature inform his political vision. The group discussion will likely reflect the many disagreements about that vision.

Presenter: Jim Mahoney holds a Ph.D. from the University of Notre Dame. He is an Emeritus Professor from Saint Anselm College where he taught Philosophy for forty years. Mahoney was strongly involved in the College's core Humanities Program, serving as Chair of the Jefferson unit, and developing the Paris & New York class for the program. His areas of specialization are Existentialism, American Philosophy and Ethics.

Member Tuition: \$20.00 | 1 W: 10/23/24 – 10/23/24 | 1:00-3:00PM | Class Limit: 24

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

The Bear Who Wasn't

This class will explore identity, conformity, and authority with this modern fable about a bear forced to navigate society's perception of who he is. Though appearing as a children's book, the story is a critical satire addressing aspects of society. It revolves around the concept of people believing a repeated idea even though it may not be true. We will address questions such as whose opinions and beliefs have the greatest effect on how you think about your own identity?

Presenter: Merle Luber Friedenber, Ph.D., has been a college professor for many years. Recently, she has taught for lifelong-learning programs at Brandeis University and Rivier University, as well as OLLI. Her classes always reflect her in-depth historical reading and research as well as her ability to present serious topics as both education and entertainment.

Member Tuition: \$20.00 | 1 Th: 9/12/24 – 9/12/24 | 1:30-3:30PM | Class Limit: 50

RiverWoods Manchester, 200 Alliance Way, Manchester, NH 03102

Politics & Current Events

Civics Slam! Learning About Government Now That You're Older & Wiser!

There has been an increasing need to provide civics education to adults for the past number of years. Recently, we have seen a growing division among people on social media, television and in person. Part of this hostility towards each other can be found in civic illiteracy and the lack of basic understanding of government. This lecture series will explore why we need government. However, the bulk of the course will be topics people wish to learn about and discuss. This will be a participant-generated curriculum class, which makes each semester different and exciting!

Presenter: David Alcox taught civics at Milford High School for 25 years. He earned his Master's of Teaching Social Studies at Indiana University in Bloomington, IN, in 2006. He has been the recipient of a number of awards and honors, including NH State Teacher of the Year three times, National Civics Teacher of the Year twice, the 2000 NH James Madison Fellowship recipient and the 2013 Milford Citizen of the Year.

Member Tuition: \$35.00 | 4 M: 9/9/24 – 9/30/24 | 10:00AM-12:00PM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Great Decisions Part II

Developed by the Foreign Policy Association to promote understanding of American Foreign Relations, "Great Decisions" provides the perfect opportunity to learn about issues concerning US policymakers today and pose foreign policy challenges for tomorrow. Read, watch and join the discussion on contemporary international issues. The current topics for this year can be explored at fpa.org/great_decisions. You must obtain the most current Great Decisions Book on your own. It can be purchased online from Foreign Policy Association at greatdecisions.org for \$35 or from your favorite e-book vendor.

Presenter: Tessa McDonnell works for OLLI part-time and is an adjunct faculty member at UNH's College of Professional Studies in Education. She has been engaged in teaching through technology for over 30 years. McDonnell has used Zoom for meetings with non-profit agencies and with her students for many years. Ever curious about the world around her, she enjoys deep discussions and exploring new ideas.

Member Tuition: \$35.00 | 4 Th: 10/31/24 – 11/21/24 | 10:00AM-12:00PM | Class Limit: 24

Online – Virtual via Zoom

Phony Number, Fake News

"Figures don't lie, but liars figure." Some people intentionally use numbers to deceive and mislead us; some unconsciously use numbers inappropriately; and some actually know what they're doing. The purpose of this course is to explore some of the many ways data are misinterpreted so we can understand what reported facts and figures really mean, separate reality from hype, and tell fact from fiction. The goal is to create statistical cynics.

Presenter: John Russell enjoys the outdoors, poetry, the history of science, and mathematics (especially statistics). He is a retired quality engineer, former trip leader for the Appalachian Mountain Club, amateur musician, and sometime poet.

Member Tuition: \$20.00 | 1 F: 10/4/24 – 10/4/24 | 10:00AM-11:30AM | Class Limit: 20

Online – Virtual via Zoom

Picking-the-President 2024: Tell Me How This Ends

Contrary to the wishes of 70% of American voters, and absent unforeseeable but not inconceivable intervening events (think falls, strokes, criminal convictions, bankruptcies, etc.), we will see a rematch of 2020's nail-biting election between President Biden and former President Trump. We will focus on the 7 battleground states where the election will be decided; the swing voter groups who are up for grabs; BOTG, FOTI and GOTV efforts; the impact of AI and Deep Fakes; the money; and "Surprises from the Sky". And then there are the third-party candidates such as RFK Jr., etc. Will they be spoilers or just an irrelevant sideshow? It will be nasty. Very nasty. So join us for a no-holds-barred, politically incorrect analysis of perhaps the most important presidential election in our lifetimes.

Presenter: Dave Hess is a graduate of Dartmouth College and Yale Law School and was a Fellow at Harvard's Kennedy School of Government. He is a retired trial lawyer who served as a NH Assistant Attorney General under Warren Rudman. He was a member of the NH House of Representatives for 25 years, including terms as Majority Leader. He has been involved in politics for more than 50 years and has presented numerous classes at OLLI since 2017. History in general and political, military, and American western history have been some of his lifetime interests.

Member Tuition: \$35.00 | 4 Th: 9/5/24 – 10/2/24 – 10/31/24 – 12/5/24 | 10:00AM-12:00PM | Class Limit: 65

Note: The October 2nd class will be held on a Wednesday.

City-Wide Community Center, 14 Canterbury Road, Concord, NH 03301

Pundits, Polls & Politicians: The 2024 Election!

The 2024 Election is here! Join us for this non-partisan discussion where we will review presidential approval history from 1945-2020, explore how better voter polls are done, discuss the role of pundits, define generational impact and review current polls and focus on the issues by doing some actual in-class polls! We'll also try a Corporate Assessment Model (CAM), a business tool by which we can rank the issues AND the candidates! Finally, we will do a class electoral vote prediction. Do just 6% of eligible voters actually decide an election? How can we voters be part of that 6%? A cellphone and some familiarity with Q/R codes is helpful, but not required.

Presenter: Doug Stowell has been an OLLI instructor at Forman University since 2015 and a national instructor since 2018. His career includes Director of Market Research of the Xerox Corp, US Director for the UK firm National Opinion Polling, Ltd. and Senior Consult with Wirthlin Worldwide Polling in DC. He opened his own firm in 2008 and continues conducting global consumer issues surveys and political polls.

Member Tuition: \$20.00 | 1 Th: 9/19/24 – 9/19/24 | 10:00AM-12:00PM | Class Limit: 30

Online – Virtual via Zoom

“Every time someone learns that I became 86 years old in 2024, they seem to comment that either I don't look it, or I don't act like it. Seems to me that OLLI at UNH helps - social opportunities for older adults, as advertised. But the "Come for the Classes. Stay for the Friends" keeps me involved. People who don't know about OLLI at UNH don't know what they are missing.”

- Steve Gilvar | Class of 2009 | Greater Manchester

Restoring Our Democracy

Over the years, bad actors have caused an erosion of our democracy in the form of gerrymandering, campaign finance practices that serve large donors, and efforts to restrict the voting rights of marginalized groups. In this course, we will discuss state and national policy changes and advocacy strategies on establishing fair redistricting practices, campaign finance reforms to limit pay-to-play politics, and the freedom to vote for all. We will also discuss the importance of encouraging youth voters to become more civically engaged. We will provide tools for practicing democracy beyond the ballot box and becoming part of a team working to restore our democracy.

Presenters: Olivia Zink has worked as a community organizer in NH since 2000. Before becoming Open Democracy’s Executive Director, she served as the Grassroots Engagement Coordinator for the Governing Under the Influence Project in Concord, a project of the American Friends Service Committee. Olivia served as the Program Director for the Coalition for Open Democracy for four years. Over the years, she has worked on a broad range of campaigns for economic and social justice with groups.

Autumn Raschick-Goodwin has four years of experience working in the nonprofit sector with a focus on volunteer coordination, event planning, fundraising and marketing. Prior to her role as Open Democracy’s Program Coordinator, she served as the Program Assistant for the NH Public Health Association. Autumn also served with the AmeriCorps VISTA program as the Marketing & Outreach VISTA Leader for Families in Transition, and the Volunteer Engagement VISTA for the NH Food Bank.

Member Tuition: \$20.00 | 1W: 8/28/24 – 8/28/24 | 10:30AM-12:00PM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Sociology, Religion, & Culture

Carrying the Noble Banner of Human Rights

Tom Lantos was the only Holocaust survivor ever elected to the U.S. Congress. The painful experiences of his childhood made him a uniquely effective advocate for the human rights of all people. As co-founder of the Congressional Human Rights Caucus and later as Chairman of the House Foreign Relations Committee, he was one of Congress’ boldest defenders of human rights. Today, the Lantos Foundation strives to carry on his proud legacy and to carry the noble banner of human rights to every corner of the globe. In this course, the Foundation’s executive director, also Tom Lantos’ granddaughter, will share about key human rights issues and the way that a modest NH-based organization has helped influence policy and public opinion to protect and promote human rights.

Presenter: Chelsea Hedquist is Executive Director of the Lantos Foundation for Human Rights and Justice, a nonprofit established to carry on the legacy of her grandfather, the late Congressman Tom Lantos. In this role, Chelsea directs the Foundation’s human rights programs and initiatives. She is a graduate of Stanford University and the Columbia Graduate School of Journalism. She has worked as a radio reporter and spent a decade as a global health communicator with the UN Foundation and WHO in Europe.

Member Tuition: \$20.00 | 1 T: 10/15/24 – 10/15/24 | 10:00- 11:00AM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301



Did You Know?

For the Fall 2024 term, statewide, 51% of our courses are in a traditional classroom setting, 27% are out in the community or exploring the outdoors and 22% are online via Zoom.

Matters of Life & Death in Judaism

We hear much in the news about when life begins as well as issues related to death including medical aid in dying. The religious voice is usually a Christian one; rarely does the public discourse include a Jewish perspective. In this class, these topics and others related to life and death will be explored through the lens of Judaism.

Presenter: Robin Nafshi is the rabbi of Temple Beth Jacob in Concord. She embraces the definition of rabbi as “teacher” and has generously shared her knowledge as an OLLI presenter for many years.

Member Tuition: \$20.00 | 1 M: 11/18/24 – 11/18/24 | 10:00-11:30AM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Next Day Delivery: How Amazon Quickly Delivers Online Orders

Have you wondered how Amazon is able to deliver your orders so fast? Have you contemplated what goes on in the massive Amazon buildings? This class answers these questions by taking you into the inner workings of the large Amazon fulfillment centers. You will see how robots and associates work together to pick and pack your orders. After the order is packed, you will see the path taken to get the order onto a truck and then follow the order until it arrives at your doorstep. To complete the picture, we will also follow how inventory from a global supply network gets into the fulfillment centers to be ready for picking.



Presenter: Keith Richardson retired from a career of managing software development in industries ranging from manufacturing to information technology. He recently spent a decade developing robotics for warehouse management including robot plan optimization at Amazon, embedded control software for mobile warehouse robots at Symbotic and user control of case manipulation robots at Boston Dynamics.

Member Tuition: \$20.00 | 1 M: 11/4/24 – 11/4/24 | 10:00-11:30AM | Class Limit: 30

Online – Virtual via Zoom

New Hampshire Facts, Firsts, Bests & Worst: Or Are They?

Google, NH Firsts and you will find millions of results. Our small state can claim many “firsts in the nation,” not just the first presidential primary. You probably know the first American in space, Alan Shepard, was born in NH but did you know NH was a pioneer in American ski racing or that the Library of Congress, the largest building in the world when it was built, is made of 350,000 cubic feet of NH granite? Or that the John Swenson Granite Company supplies over 330,000 linear feet of granite curbing for New England each year? This class will take a closer look at some of NH’s facts: firsts, bests and worsts, what are they, how did they come to be, what was the impact of these events and actions, and are they even true. We’ll encourage you to share your stories about unique NH.

Presenter: Iris Altilio has been an OLLI member since 2015. She is a transplant to NH, semi-retiring here in 2014 from Staten Island, NY. After a career of over forty-five years in banking and technology, Iris uses her knowledge and experience as a volunteer with several NH nonprofits including OLLI at UNH, AARP NH and the Granite State Ambassadors. Sleep is overrated so Iris is also the Chair of the Supervisors of the Checklist in Pembroke, NH.

Member Tuition: \$20.00 | 1F: 12/6/24 – 12/6/24 | 1:00-3:00PM | Class Limit: 26

NHTI- Concord’s Community College, 31 College Drive, Concord, NH 03301

Nourishing the Soul: Faith & Food

Faith traditions influence not only how food is prepared and eaten, but also when to abstain and when to feast. This class will explore foodways of world religions, with a special focus on food traditions arising from large and small North American faith communities. Our exploration will include food-based holy days; halal and kosher traditions; vegetarianism and other specific faith-based food preferences; the relationship of black churches to soul food; how certain recipes became associated with specific spiritual traditions, and social justice issues surrounding food.

Presenter: Rev. Suzanne Rude is an ordained interfaith minister with One Spirit Interfaith Seminary in NYC. Her ministry focuses on supporting interfaith understanding and cooperation. She has served as Vice President of the NH Council of Churches and President of the Greater Concord Interfaith Council. Suzanne holds a B.Sc. from McGill University and an MBA from the University of Vermont. She has taught college finance and economics, as well as NH LINEC culture and religion classes.

Member Tuition: \$20.00 | 1 F: 9/27/24 – 9/27/24 | 10:00AM-12:00PM | Class Limit: 26

NHTI- Concord's Community College, 31 College Drive, Concord, NH 03301

Taking a Deep Dive into the Psalms

This course follows an introduction to the Psalms, offered in Spring 2024. This Fall 2024 class will examine some of the most moving and famous psalms (8, 22, 44, 51, 68, 71, 89, 91, 92, 138, 139, etc.). Each of the three classes is expected to consider three or four psalms. Taught from a Christian perspective, the class is open to all those eager to explore the literary beauty, theological wisdom, historical complexity and contemporary social relevance of these beautiful songs, once used in the great Temple of Jerusalem and even now a fundamental part of worship in both Jewish and Christian traditions. Students might even be invited to try composing their own personal psalm! Registrants are requested to bring their own Bible to class weekly.

Presenter: Fr. Jerome, O.S.B., is the pastor emeritus of Saint Raphael Parish on the West Side of Manchester. He is a member of the Benedictine community at Saint Anselm College, where he teaches English and communication. He has master's degrees from Trinity College and University College, both in Dublin, and a Ph.D. from McGill University, Montreal.

Member Tuition: \$30.00 | 3 F: 11/8/24 – 11/22/24 | 9:30-11:00AM | Class Limit: 48

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

“The Return of Martin Guerre:” An Identity Crisis

“The Return of Martin Guerre” reads like a work of fiction with surprising plot twists and reversals of fortune, but the events are factual. Martin Guerre deserted his wife and family. Some years later, to everyone's delight he returns. For years things are great; he and his wife prosper and have more kids. But then something goes wrong. The true identity of Martin Guerre is put into doubt. Everyone had accepted the returned deserter as Martin Guerre; he lived as Martin Guerre. And then the true Martin Guerre returns.

What if your neighbors decided you were not really who you said you were? Would you cease being the person that you are? We tell ourselves stories about ourselves and how others perceive us. Is who I am dependent to some extent on who others will let me be?

Required reading for this course includes “The Return of Martin Guerre” by Natalie Zemon Davis and “The Wife of Martin Guerre” by Janet Lewis.

Presenter: Merle Luber Friedenberg, Ph.D., has been a college professor for many years. Recently, she has taught for lifelong-learning programs at Brandeis University and Rivier University, as well as OLLI. Her classes always reflect her in-depth historical reading and research as well as her ability to present serious topics as both education and entertainment.

Member Tuition: \$45.00 | 6 Th: 9/12/24 – 10/24/24 | 10:00AM-12:00PM | Class Limit: 48

Note: No class 10/3/24.

UNH-Manchester, 88 Commercial Street, Manchester, NH 03101

Exploring the Community

A Guided Home & Garden Tour of Historic Hamilton House

Visit the beautiful Hamilton House, a striking Georgian mansion in South Berwick, Maine, overlooking the Salmon Falls River. Built in 1785, the mansion was used by merchant Jonathan Hamilton to manage his shipping business. After a long stint as a farm in the 1800s, the property was eventually acquired by the Tyson family at the turn of the last century, who lovingly restored the mansion as their Colonial Revival summer retreat. On this guided tour, we will have the house to ourselves to view whimsical murals, antique furnishings, and decorative arts collected by the Tysons. The tour also includes the elaborate perennial garden, with its charming garden cottage, providing lovely views overlooking the river. This building is not ADA-compliant.

Presenter: Hamilton House is one of 37 sites managed by Historic New England, the oldest and largest regional heritage organization in the nation. Its sites span four centuries of architectural styles and five New England states. The organization engages diverse audiences in developing a deeper understanding and enjoyment of New England home life by being the national leader in collecting, preserving, and using significant buildings, landscapes, archives, stories and objects from the past to today.

Member Tuition: \$20.00 | 1 T: 10/1/24 – 10/1/24 | 1:30-3:30PM | Class Limit: 20

Note: A \$13 admissions fee will be added to your registration. Total cost: \$33.

The Jonathan Hamilton House, 40 Vaughan's Lane, South Berwick, ME 03908

A Tour of the New Hampshire State Library

The NH State Library is the oldest institution of its type in the country, dating back to 1717. Join State Librarian Michael York as he takes us through the State Library's current home, built in 1895 of native NH granite. On your tour you will learn the history of the State Library, explore this magnificent building, its collections and repositories. You will hear about the mission and the major purpose of the State Library and discover the services it provides to you, the citizens of NH. You will see documents dating back to the 1700s and current digital documents and hear about new innovations, a testament to how the State Library continues to change to remain current and meet your needs.

Presenter: Michael York has been the State Librarian for NH since 1999. He has been appointed by every governor since Jeanne Shaheen with the exception of Governor Benson and has received an affirmative vote from every Executive Councilor during that period. Before coming to the State Library, Michael served as the Dean of Libraries at UNH Durham from 1991 to 1996. In 2023 Michael received the Emerson Greenaway Award for Distinguished Service to Librarianship from the New England Library Association.

Member Tuition: \$20.00 | 1 Th: 12/5/24 – 12/5/24 | 1:30-3:00PM | Class Limit: 20

New Hampshire State Library, 20 Park Street, Concord, NH 03301

A Walk Around Lower Corner: The Oldest Settled Area of Sandwich

Come take a walk around the oldest settled part of Sandwich. View an interesting mix of post-colonial architecture and the eclectic mix of building styles that make up Chestnut Manor, the home of Isaac Adams, the eccentric inventor who came back to Sandwich and made good on his promise to come back to his home town and buy up and tear down all the homes of the people who wouldn't lend him coach fare to Boston when he wanted to head out to make his fortune.

This is a walking tour, not a house tour, come and see the wonderful architecture and building styles that make up this largely undisturbed corner of Town and hear the fascinating stories of the early settlers and the irascible Isaac Adams. All this and a tremendous view of the front range of the White Mountains, the Sandwich Range.

Presenter: Jim Mykland is the Director of the Sandwich Historical Society (SHS). A longtime local historian, Mykland has served as a Trustee and President of the Society. He is a retired Dispatcher from the Conway Police Department and is currently Town Moderator in Sandwich, as well as a former Chief of the Sandwich Fire-Rescue Department. When not attending to his duties at SHS, he can be found walking the forests and fields around central NH.

Member Tuition: \$20.00 | 1 W: 9/18/24 – 9/18/24 | 10:00AM-12:00PM | Class Limit: 25

Sandwich Historical Society, 22 Schoolhouse Road, Sandwich, NH 03227

A Walk Through Conway Village: Past & Present

Main Street in Conway Village was lined with businesses, factories and family homes. Which ones are no longer with us and which still remain? Take a stroll through Conway Village past and present as we study the historic buildings and the individuals that make up Conway's history. This course will be presented in two classes; a classroom presentation and a walking tour around Conway Village.

Presenter: Heather Corrigan is the Executive Director of the Conway Historical Society. She took the helm in the fall of 2023 and brings her knowledge of the area, historic preservation and a love of all things history. Originally from CT, she has called the mountains home for almost 15 years. Heather received her Master's degree in Heritage Studies and minor in Historic Preservation from Plymouth State University. She lives in North Conway with her cat, Oliver.

Member Tuition: \$25.00 | 2 W: 9/25/24 – 10/2/24 | 10:00AM-12:00PM | Class Limit: 30

Conway Old Firehouse, 111 Main Street, Conway, NH 03818

Alnoba Art Tour

Alnoba's renowned art collection was created to inspire, delight, challenge and provoke. On your tour, your guide will introduce you to the stories behind the artists and their work. The art collection at Alnoba, part of the private collection of the Lewis Family, was created to be a place for everyone to approach art, be outdoors and enjoy Mother Nature's beauty. Walk the trails, experience the sculptures, and leave refreshed and more connected to the natural world. Please dress appropriately for exploring the outdoors, including footwear for comfortable walking on paths through fields and wooded areas, and bring water, bug spray and sunscreen as needed. Be prepared to walk at an easy pace for the full ninety minutes.

Presenter: Kathy Canedy is a NH Allied Health and ASHA certified Speech & Language Pathologist. Her 40+ years of experience in special education has reinforced the importance of hearing and processing of auditory information for the purpose of learning and socially communicating. In addition, living with a family member who endures hearing difficulties has provided personal insight as well. Outside of professional interests, Kathy is a docent at Alnoba in Kensington, NH, sings with Rockingham Choral Society, takes piano lessons, and loves to garden and cook with the harvest ingredients.

Member Tuition: \$20.00 | 1 F: 9/13/24 – 9/13/24 | 10:00AM-12:00PM | Class Limit: 15

Note: A \$15 admissions fee will be added to your registration. Total cost: \$35.

Alnoba, 24 Cottage Road, Kensington, NH 03833

American Independence Museum Historic Tour

By 1775, Exeter was a thriving seaport and served as the capital of NH throughout the American Revolution. This tour covers two significant properties from that time: the Ladd-Gilman House and the Folsom Tavern. Seen through the lens of NH, you'll explore not only the events that shaped the foundations of our country, but also the people who contributed to the cause of Independence, some of whom will be familiar and others who may be new to you. You'll also learn about the place taverns held in Colonial America as gathering places for people from all ranks of society. This facility is not ADA-compliant.

Presenter: Founded in 1991 in historic Exeter, NH, the American Independence Museum seeks to engage, educate and excite people of all ages to understand and celebrate the American struggle for freedom and self-governance. Through programs, exhibits and tours, the museum preserves and shares its buildings, grounds and collection to advance an inclusive understanding of the fight for independence.

Member Tuition: \$20.00 | 1 W: 10/2/24 – 10/2/24 | 10:00-11:30AM | Class Limit: 20

Note: A \$10 admissions fee will be added to your registration. Total cost: \$30.

American Independence Museum, 1 Governors Lane, Exeter, NH 03833

Amoskeag Corporate Housing Area Walking Tour

Walk through the central portion of the picturesque former workers housing area that is a distinguishing feature of Manchester's urban landscape. Stretching between the Amoskeag Millyard and Elm Street, these brick tenements, boarding houses, and townhouses were constructed by the Amoskeag Manufacturing Company over a 75-year period. The tour will explore the history and architecture of several distinct sections of corporate housing including five Historic Districts listed on the National Register of Historic Places. We will stop along the way to hear stories of the people who lived in these buildings during the 19th and early 20th centuries. Please note that this will be a moderately challenging walk due to the uneven brick sidewalks and the sloping streets.

Presenter: Aurore Eaton's popular newspaper column, "Looking Back," has appeared weekly in the "New Hampshire Union Leader" for over 12 years. In it she connects the intimate stories of New Hampshire's people to the wider scope of American history. She is a former Executive Director of the Manchester Historic Association and has served on the Manchester Heritage Commission. She is the author of the book "The Amoskeag Manufacturing Company – A History of Enterprise on the Merrimack River."

Member Tuition: \$20.00 | 1 Sa: 10/5/24 – 10/5/24 | 10:00AM-12:00PM | Class Limit: 25

SEE Science Center and the Millyard Museum Parking Lot, 200 Bedford Street, Manchester, NH 03101

Art in Nature

Experience the Andres Institute of Art up-close and personal. In the exhibit area of the Welcome Center, learn the history of the land prior to the AIA, how over 100 sculptures came to be there on permanent display and how the mission supports both artists and visitors. The 24th Annual International Sculpture Symposium will be underway. We will take the opportunity to meet the three visiting artists at work on their new sculptures.

Set on a former ski hill, the terrain can be challenging. Trekking pole or poles advised. We will cover trail safety, preparations (such as hydration and snacks), and the use of trekking poles. Participants required to wear sturdy shoes - no sandals or smooth soles. There will be the opportunity to ride up and/or down the one paved trail with an instructor. There will be stops to see sculptures along the way up to rest and to learn. Descent can be self-paced in small groups or with an instructor by car.

Presenters: Peter Cook was born and brought up in England and came to the USA in 1967 to take up a graduate fellowship in mathematics and statistics at Rutgers University. He is on the Board of Directors and is the Treasurer of the Andres Institute of Art in Brookline, NH. He serves on several town boards, both appointed and elected, and was a founder of the Amoskeag Rugby Football Club in Manchester, NH. Since 1979, Peter has lived in Brookline, NH, with his wife Judy, where they raised two daughters.

Kristi St. Laurent has volunteered with the Andres Institute of Art (AIA) for five years. She is currently serving as President. While not an artist, she has a life-long appreciation for all forms of art and now uses her organizational skills to support the AIA. She comes to the role with many years of community service at the Town & County level. She also has over thirty years of experience as a physical therapist in in-patient rehabilitation with patients following traumatic injury or illness.

Member Tuition: \$20.00 | 1 Th: 9/19/24 – 9/19/24 | 9:00AM-12:00PM | Class Limit: 20

Andres Institute of Art Welcome Center and Trails, 106 Route 13, Brookline, NH 03033

Behind the Scenes at Strawberry Banke Museum

Have you ever wondered what is behind those barriers in the historic houses at Strawberry Banke? This tour will give you the opportunity to go behind the barriers of a couple of the houses at the museum. You will be exploring a couple of the older houses and get to see them up close and personal. A rare opportunity for certain!

Presenter: Nancy Dickinson has worked at Strawberry Banke since 2007. She is a museum teacher, costumed role player, 18th century hearth cook and textile weaver as well as an historic house interpreter at the Museum. Dickinson and her husband have lived in Dover since 1992 and are both US Air Force veterans where they had the opportunity to travel to both Asia and Europe as well as in the US for assignments.

Member Tuition: \$20.00 | 1 M: 9/9/24 – 9/9/24 | 10:30AM-12:00PM | Class Limit: 10

Note: A \$25 admissions fee will be added to your registration. Total cost: \$45.

Strawberry Banke Museum, 14 Hancock Street, Portsmouth, NH 03801

Black Heritage Trail of New Hampshire Walking Tour

Institutionalized slavery in Colonial America provided immense wealth and material culture to many European immigrants and their descendants in the Americas, as Portsmouth’s house museums bear witness. This tour brings into focus an economic system dependent upon the international slave trade with its constant supply of kidnapped unpaid African workers and their descendants, who, against the odds, created one of this country’s oldest Black communities.

Presenter: The Black Heritage Trail of New Hampshire promotes awareness and appreciation of African American history and life in order to build more inclusive communities today. We believe that if we could embrace our shared history, we could heal racial anxiety and misunderstanding in our communities, our state and in this country.

Member Tuition: \$20.00 | 1 W: 9/25/24 – 9/25/24 | 10:00AM-12:00PM | Class Limit: 15

Note: A \$15 admissions fee will be added to your registration. Total cost: \$35.

Black Heritage Trail NH, 222 Court Street, Portsmouth, NH 03801

Christmas at the Fells

The Fells, one of New England’s finest early 20th-century summer estates, was the home of John Milton Hay, Abraham Lincoln’s private secretary. The house, listed on the National Register of Historic Places, is decorated for Christmas and open for tours. This tour includes pastries before the tour and lunch after the tour. Please note the steps are steep. Parking is in the lower lot.

Presenter: This tour will be given by a docent from The Fells.

Section #1: Member Tuition: \$20.00 | 1 M: 11/4/24 – 11/4/24 | 10:00AM-12:00PM | Class Limit: 18

Note: A \$35 admissions fee will be added to your registration. Total cost: \$55.

John Hay National Wildlife Refuge, 456, NH-103A, Newbury, NH 03255

Section #2: Member Tuition: \$20.00 | 1 T: 11/5/24 – 11/5/24 | 10:00AM-12:00PM | Class Limit: 18

Note: A \$35 admissions fee will be added to your registration. Total cost: \$55.

John Hay National Wildlife Refuge, 456, NH-103A, Newbury, NH 03255

Community Players of Concord: New Hampshire Studio Tour

The Community Players of Concord, NH, is an all-volunteer community theatre organization, founded in 1927, which produces four shows and two children’s camps each year at the Concord City Auditorium. Its headquarters, the Players Studio in East Concord, houses a two-story workshop and the largest collection of costumes and props of any theatre organization in the state. Participants will tour all areas of the Studio with ample opportunity to learn about the Players’ history and the work that goes into producing the groups’ full-scale musicals, plays, children’s camps and other activities. Participants will also be invited to return for a subsequent visit during a rehearsal of “Elf The Musical,” the Players’ show scheduled to be performed on the weekend of November 22-24, 2024.

Presenter: Ellen Burger is a long-time member of The Community Players of Concord, NH, who has served in many roles with the group since 2009, including as its president from 2020-2024. She loves to sing and act and looks forward to doing more of that again soon now that her term as president is coming to an end.

Member Tuition: \$20.00 | 1 T: 10/29/24 – 10/29/24 | 10:00-11:00AM | Class Limit: 30

The Community Players’ Studio, 435 Josiah Bartlett Road, Concord, NH 03301

Daniel Webster Family: 220+ Years of Early Colonial & US History

Come and hear the history of the Daniel Webster Birthplace in Franklin, NH, and follow the Webster family starting in 1636 with the arrival of Thomas Webster. The course involves a guided tour of the grounds and house, an interpretive talk about the founding of NH, the colonial times, the revolution, the life and times of both Ebenezer and Daniel Webster, and their impact on the colonies' relationship to Britain and France, the revolution, the beginnings of America as a nation, and, finally, Daniel's impact on the new and future U.S. until his death in 1852.

Presenter: Randy Kovach is the Docent and Site Manager for the Daniel Webster Birthplace and works for the NH State Parks' Bureau of Historical Sites.

Member Tuition: \$20.00 | 1 W: 9/4/24 – 9/4/24 | 12:00-2:00PM | Class Limit: 30

Daniel Webster Birthplace, 131 North Road, Franklin, NH 03235

Frank Lloyd Wright in Manchester

Visit the Frank Lloyd Wright Houses at the Currier Museum of Art, the only Wright buildings open to the public in New England. Find out how two Usonian homes, the Zimmerman House and the Kalil House, are on the same street, and how Wright realized his vision for domestic architecture. Discover how the different sites and materials provide intriguing contrasts in experience. Registrants are welcome to tour the Currier Museum of Art prior to the shuttle bus departure at 2:15 p.m.

We will meet at the Currier Museum of Art where docents will welcome guests to the museum and then take the Currier van to the houses. At the end there will be time for discussion and debrief in the comfort of the Kalil House.

The tour involves walking and standing; collapsible chairs are available. Part of the tour takes place outside, please dress for the weather, comfortable shoes are recommended. Before the van departs the Museum, access to the Museum's galleries is included.

Presenters: Pamela Harvey is a retired librarian and educator. She is a volunteer docent for the Currier Museum and at the Frank Lloyd Wright Houses at the Currier Museum of Art.

Carolyn Hollman is a retired professor. She is a volunteer docent for the Currier Museum and at the Frank Lloyd Wright Houses at the Currier Museum of Art.

Member Tuition: \$20.00 | 1 W: 9/18/24 – 9/18/24 | 2:15-5:00PM | Class Limit: 14

Note: This special Currier program, led by two Frank Lloyd Wright docents, is a tour exclusively designed for OLLI at UNH members. An additional \$48.00 will be added to your course registration for a total of \$68.00. Standard Currier Museum of Art member admission fees do not apply.

Currier Museum of Art, 150 Ash Street, Manchester, NH 03104



Did You Know?

OLLI at UNH members come from nine states! Our members live in New Hampshire, Connecticut, Florida, Massachusetts, Maine, North Carolina, New York, Pennsylvania and Rhode Island!

History & Tour of Globe Manufacturing: Inventors of Turnout Gear

Globe Manufacturing, operating in Pittsfield, NH, invented turnout gear in 1887. It is the oldest, largest and most trusted manufacturer of turnout gear, the protective jackets and pants that firefighters wear, in the world. Learn about the history of innovation, including the invention of Gore-Tex, as you tour the state-of-the-art manufacturing facility.

Presenter: Globe Manufacturing Company invented turnout gear over 130 years ago. Now part of MSA Safety Incorporated, Globe’s mission is to serve firefighters by providing innovative, head-to-toe PPE solutions that advance innovation in firefighter performance and safety. This tour will be led by a member of the Globe Manufacturing Company staff.

Section #1: Member Tuition: \$20.00 | 1 M: 10/7/24 – 10/7/24 | 10:00AM-12:00PM | Class Limit: 13

Globe Manufacturing Company, 37 Loudon Road, Pittsfield, NH 03263

Section #2: Member Tuition: \$20.00 | 1 T: 10/29/24 – 10/29/24 | 10:00AM-12:00PM | Class Limit: 13

Globe Manufacturing Company, 37 Loudon Road, Pittsfield, NH 03263

History Comes Alive: Walking Tour of Historic Downtown Portsmouth

On this lively tour of downtown Portsmouth, you’ll learn why this charming city is the hub of the NH Seacoast. Incorporated in 1653 and named after its founder, John Mason, who had been a captain of Portsmouth, England, Portsmouth’s downtown is filled with hidden treasures. You’ll begin at the Portsmouth Historical Society, where you’ll view a brief film. Knowledgeable walking tour guides will then introduce you to the city’s rich past and lively present—a unique mix of architecture, specialty shops, and bustling streets nestled in a village-like setting. This 90-minute guided walking tour is sure to bring the history of Portsmouth alive! Listening devices will be provided.

Presenter: Founded in 1917, the Portsmouth Historical Society has gathered a diverse collection that fulfills its mission to illustrate and understand the history and material life of Portsmouth and the Seacoast area from the seventeenth century to the present. It offers many public programs and operates two properties – its main building located at 10 Middle Street, and the John Paul Jones House located just across the street.

Section 1 Member Tuition: \$20.00 | 1 W: 9/18/24 – 9/18/24 | 1:30-3:30PM | Class Limit: 12

Portsmouth Historical Society, 10 Middle Street, Portsmouth, NH 03801

Section 2 Member Tuition: \$20.00 | 1 T: 10/15/24 – 10/15/24 | 1:30-3:30PM | Class Limit: 12

Portsmouth Historical Society, 10 Middle Street, Portsmouth, NH 03801

Note: A \$12 admissions fee will be added to your registration. Total cost: \$32.

Look Behind the Curtain: Tour Granite State Candy Shoppe’s Production Space

Peter Bart, founder of the Granite State Candy Shoppe, arrived in Lawrence, MA in 1909 from the Greek Island of Lesbos. In Lawrence, Peter found a job as a candy maker where he learned the trade and honed his skills. Several years later he moved to Concord, NH where he found an old building on Warren Street and started making candies the old-fashioned way. Presenter Jeffrey Bart shares the history of his family’s business dating back to 1927 before guiding a tour of the Shoppe’s new candy kitchen and sharing the secrets to the chocolate and candy-making processes. Enjoy a chocolate or two!

Presenter: Jeffrey Bart is a third-generation candy and chocolate maker. He has been working in the business for more than 20 years. Granite State Candy Shoppe has been making a wide variety of chocolates, candies and super premium ice cream in-house for over 90 years.

Section #1: Member Tuition: \$20.00 | 1 T: 10/8/24 – 10/8/24 | 10:00-11:30AM | Class Limit: 12

Granite State Candy, 126 Hall Street, Units D & E, Concord, NH 03301

Section #2: Member Tuition: \$20.00 | 1 T: 10/15/24 – 10/15/24 | 10:00-11:30AM | Class Limit: 12

Granite State Candy, 126 Hall Street, Units D & E, Concord, NH 03301

Manchester Water Works: All About Our Most Precious Resource

Tour the state-of-the-art Water Treatment Plant that supplies an annual average of 18 million gallons of potable water daily to 160,000 people in the Greater Manchester area. Learn about the importance of the Lake Massabesic Watershed -- the source of Manchester's drinking water.

Presenter: David Miller is the Deputy Director of Water Supply for Manchester Water Works. He is the primary facility operator/manager and is also responsible for planning, coordination and engineering design for various water projects at the utility.

Member Tuition: \$20.00 | 1 W: 9/4/24 – 9/4/24 | 9:30-11:00AM | Class Limit: 20

Manchester Water Treatment Plant, 1581 Lake Shore Road, Manchester, NH 03109

Mission Brief & Tour of New Boston Space Force Station

Transferred from the US Air Force to the US Space Force in the summer of 2020, the New Boston Space Force Station was originally established in 1942, as a practice area for bombers and fighter planes from nearby Grenier Army Airfield (now Manchester-Boston Regional Airport). The Commander will provide a short Mission Brief, and then lead participants on a tour of Heritage Hall. Bring your questions as the course ends with a Q&A period.

Presenter: Lt Col Devin Zufelt is the Squadron Commander, at New Boston Space Force Station, NH. He leads more than 240 military, Department of Defense (DoD) civil service and contractor personnel, providing operations and maintenance to eight Satellite Control Networks, two GPS, and seven specialized antenna systems worth more than \$3 billion - all of which provide command and control to the DoD, national, and civil satellite control centers operating over 200 satellites.

Member Tuition: \$20.00 | 1 T: 9/10/24 – 9/10/24 | 9:00-11:00AM | Class Limit: 20

New Boston Space Force Station, 317 Chestnut Hill Road, New Boston, NH 03070

Mt. Kearsarge Indian Museum: 10,000 Years in the Making

Through a partnership with Native peoples, exhibits, and workshops, Mt. Kearsarge Indian Museum serves as a living center for artistic expression, traditional values and contributions from past and contemporary Native life. Join us for an introductory video, lively discussion and tour of 7 galleries representing all of North America.

Presenter: Andrew Bullock has had a long-time association with Mt. Kearsarge Indian Museum and Native art. As the Executive Director, he combines his understanding of the New Hampshire Native community, oral traditions and programming. Bullock has facilitated Traditional Teachings and beading workshops at his alma mater, Trent University, as well as the University of Ontario Institute of Technology and the Canadian Canoe Museum.

Member Tuition: \$20.00 | 1 W: 11/6/24 – 11/6/24 | 1:00-3:30PM | Class Limit: 20

Note: An \$11 admissions fee will be added to your registration. Total cost: \$31.

Mount Kearsarge Museum, 18 Highlawn Road, Warner, NH 03278



New Hampshire State House Through the Ages Tour

Tour the 205-year-old NH State House anew, focusing on the changes that have happened to our historic building over the years. The tour will begin outside where you will hear behind-the-scenes stories of the statues and monuments on the State Plaza. Continuing outside, the tour will highlight the original building construction from 1819 and show changes made during the 1860s renovation and 1910 construction that doubled the size of the building. Moving inside, you will learn about historic events that occurred in the legislative and executive chambers and hear the story of changes inside the building over the years with the addition of the Annex and the purchase of the old Court House. While there will be some opportunities to sit, this tour requires a lot of standing and walking.

Presenter: Virginia Drew is the Director of the State House Visitor Center. She is a NH native, on the Board of Selectman in Epsom, a founder and member of the Friends of The Epsom Library, a Municipal Budget Committee member and active in the Epsom Historical Association. Drew is on the Executive Board of the National Legislative Services and Security Association. She has visited forty-one U.S. capitals and four Canadian capitals, the British Parliament, and the seats of the French and Netherlands parliaments.

Member Tuition: \$20.00 | 1 T: 9/17/24 – 9/17/24 | 1:00-3:00PM | Class Limit: 45

New Hampshire State House, 107 N. Main Street, Concord, NH 03301

Portsmouth Naval Shipyard Tour: From Sails to Atoms

For more than 200 years, Yankee ingenuity and artisanship have been the keys to success for Portsmouth Naval Shipyard. Today, the Shipyard is the premier maintenance, overhaul, and modernization facility for US Navy nuclear-powered attack submarines. In this popular tour, learn about the role and achievements of the Shipyard in times of war and peace from a military historian's perspective. A government-issued picture ID is required. Participants will be transported by a US Navy bus from the Albacore Park parking lot located at 569 Submarine Way, Portsmouth NH to stops in the Shipyard. Participants must be able to use the bus and negotiate stairs. Neither the bus nor comfort facilities are handicapped accessible. Gather at the meeting spot by 9:15 a.m. so the tour can begin promptly at 9:30 a.m.

Note: A security background check is required for all registrants in advance of the course. This background check is automatically processed by the Portsmouth Naval Shipyard; registrants do not need to supply any additional information. Registration for US Citizens only.

Presenter: Joe Gluckert is the historian at Portsmouth Naval Shipyard. A graduate of the University of New Mexico, he was selected as the Portsmouth Naval Shipyard Historian and Museum Director in 2014. Before his rewarding career as a US Navy Museum Specialist, Gluckert served in both the US Army's and US Air Force's Field History Programs documenting US military operations on the home front and overseas.

Section 1 Member Tuition: \$20.00 | 1 Th: 9/26/24 – 9/26/24 | 9:15AM-12:30PM | Class Limit: 30 Portsmouth Naval Shipyard, Albacore Park, 569 Submarine Way, Portsmouth, NH 03801

Section 2 Member Tuition: \$20.00 | 1 Th: 10/17/24 – 10/17/24 | 9:15AM-12:30PM | Class Limit: 30 Portsmouth Naval Shipyard, Albacore Park, 569 Submarine Way, Portsmouth, NH 03801

Rock the Audi! Meet Concord's Own 120-year-old Drama Queen

A 120-year-old "Drama Queen," Concord's own City Auditorium, gathers her Friends to share the secrets and stories that place her on the National Register of Historic Places. Then follow her crew on stage into the spotlight and - BAM! - right through the theatre's legendary "fourth wall." We'll start with morning coffee in a house with no kitchen and end with the promise that you will never watch a performance anywhere in quite the same way again. We will climb stairs, so please wear flat shoes.

Presenter: Carol Bagan and the Friends of the Audi welcome you to their second home, where they have enjoyed being on, off, and backstage at Concord's "Arts Park."

Member Tuition: \$20.00 | 1M: 10/28/24 – 10/28/24 | 10:00-11:30AM | Class Limit: 20

Concord City Auditorium, 2 Prince Street, Concord, NH 03301

Take a Director’s Tour of Bedrock Gardens

Bedrock Gardens is an oasis for horticulture, art and inspiration. It has been described as a haven in the ever-expanding land of stoplights and traffic jams on our formerly quiet by-ways. Over the last 30 years, this 37-acre 1740’s farm site was recreated as a unique garden journey through numerous outdoor rooms with artful installations, rare botanical collections, diverse habitats, and a whole lot of joy. When you tour this garden, you are supporting the non-profit Friends of Bedrock Gardens, as this private garden has just transferred ownership from the founders (Jill Nooney & Bob Munger) so that it might be shared with the general public for generations to come.

Presenter: John Forti is the Executive Director for Bedrock Gardens. Prior to taking this position, he was the Horticulture Director for the MA Horticultural Society, Strawberry Banke Museum, and Plimoth Patuxet Museum. He is also the author of the best-selling book “The Heirloom Gardener - Traditional Plants and Skills for the Modern World.”

Member Tuition: \$20.00 | 1 W: 9/11/24 – 9/11/24 | 10:30AM-12:30PM | Class Limit: 25

Note: A \$25 admissions fee will be added to your registration. Total cost: \$45.

Bedrock Gardens, 45 High Street, Lee, NH 03861

Tour the Mason & Hamlin Piano Factory

In 1854, Henry Mason and Emmons Hamlin joined forces to form a company that by the start of the 20th century was producing pianos championed by Sergei Rachmaninoff and Maurice Ravel. Come see how these wonderful instruments are hand-crafted in Mason & Hamlin’s six-floor factory pairing the original designs and quality of the founders with modern technological advancements of the 21st century. The tour will end in the showroom where participants will hear the finest performance of works composed for two pianos, featuring pianists Pamela Langley and James Bullock. The tour is NOT handicapped accessible. The tour requires prolonged standing and walking.

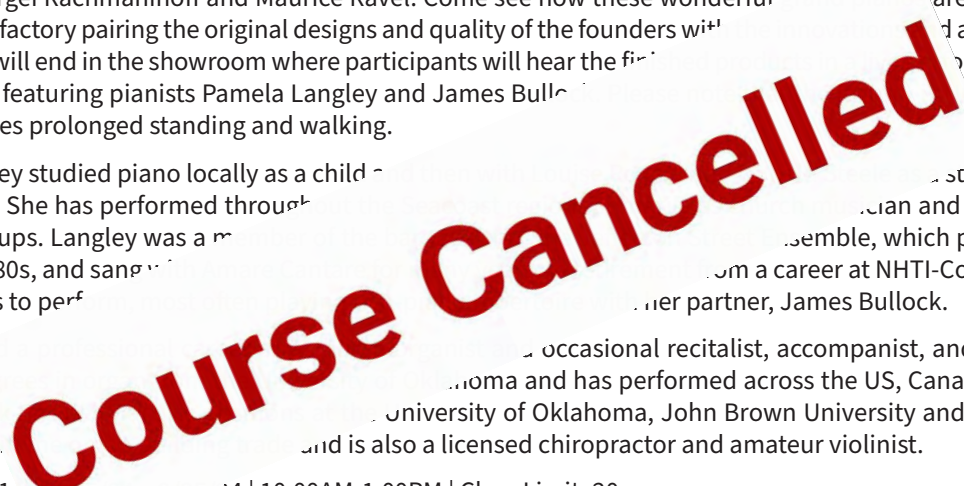
Presenters: Pamela Langley studied piano locally as a child and then at the University of New Hampshire. She has performed throughout the state for individuals and choral groups. Langley was a member of the Portsmouth area in the 1980s, and sang with the Portsmouth Community College, she continues to perform with her partner, James Bullock.

James Bullock has enjoyed performing as an occasional recitalist, accompanist, and harpsichordist. He holds performance degrees from the University of Oklahoma and has performed across the US, Canada, Europe, Asia and the Caribbean. Bullock has performed at the University of Oklahoma, John Brown University and Plymouth State University. He has worked as a teacher and is also a licensed chiropractor and amateur violinist.

Member Tuition: \$20.00 | 1 W: 9/11/24 | 10:00AM-1:00PM | Class Limit: 20

Note: Participants will be required to pay a \$20 cash tour admission fee upon arrival at the factory.

Mason & Hamlin Factory, 35 Duncan Street, Haverhill, MA 01830



Water Has a Memory: Sea Level Rise, Our Past & Our Future

Strawbery Banke Museum, like many historic sites around the world, is under threat from encroaching flood waters. This presentation and walking tour will show these impacts, the causes and the solutions as the museum looks to overcome the biggest threat in its 65 year history. The connection between climate change, sea level rise and our history will be demonstrated as a way to explain our current situation. Lastly, changes we are making in our lives to help protect our own towns, homes and history will be shown in hopes of encouraging sustainability and resiliency for all. Registrants are requested to read “White Pine: American History and the Tree that Made a Nation” by Andrew Vietze. ISBN: 9781493009077.

Presenter: Rodney Rowland is Director of Facilities and Environmental Sustainability for Strawbery Banke Museum. He has worked for over 30 years at this important historic site working to strengthen its mission and ensure a sustainable future. Since 2012, Rowland has been in charge of a large resiliency project at the museum. The Sea Level Rise Initiative seeks to protect the very fabric the museum uses to teach 500 years of history and ensure that the lessons learned and the work done is shared.

Member Tuition: \$20.00 | 1 T: 10/15/24 – 10/15/24 | 10:00-11:30AM | Class Limit: 20

Note: A \$25 admissions fee will be added to your registration. Total cost: \$45.

Strawbery Banke Museum, 14 Hancock Street, Portsmouth, NH 03801

What a Community “Meads”? A Small Business with Purpose!

Discover the story of Sap House Meadery, founded in Ossipee, NH, by cousins Ash and Matt to rejuvenate their hometown and redefine mead. This experience offers an inside look at the meadery’s inception, housed in a renovated 1800s building, exploring mead production and its business philosophy focused on community impact. Visitors learn how Sap House, as a local attraction, helps support Center Ossipee’s revival, benefiting neighboring businesses and reviving vacant properties. Despite challenges in balancing growth with sustainability, Sap House is expanding to North Conway and increasing distribution, all while maintaining its core mission. The visit includes a tour, tasting, and discussion on sustaining community-focused growth, with options for non-alcoholic beverages.

Presenters: Matt Trahan and Ash Fischbein started Sap House Meadery with a vision to revitalize their hometown of Center Ossipee and reimagine what mead can be. Over the past twelve years they have built Sap House into a focal point for the community that brings visitors and locals together. They are also deeply engaged in the community, serving on the boards of local non-profits and municipal roles such as the Ossipee Economic Development Council, Planning Board, Budget Committee, Makers Mill, and more.

Member Tuition: \$20.00 | 1 M: 11/18/24 – 11/18/24 | 1:00-2:30PM | Class Limit: 25

Sap House Meadery, 6 Folsom Road, Center Ossipee, NH 03814

Outdoor Adventures

Explore Odiorne State Park

The Odiorne family settled near Rye in the mid-1660s and lived at Odiorne Point into the 1900s. From 1942 to 1947, Odiorne Point was the site of Fort Dearborn. Come explore the park with a mostly level, approximately two-mile walk. Highlights include a walk along the shore with views of the Wood Island Life Saving Station and White Island Lighthouse, the Frost Point Breakwater, the Battery Seaman, the Dolphin Fountain, and the Odiorne Point Cemetery. Afterwards, participants can explore the grounds of the Seacoast Science Center and visit it for an admission fee collected at the door. Not recommended for people who have difficulty walking.

Presenter: John Russell enjoys the outdoors, poetry, the history of science, and mathematics (especially statistics). He is a retired quality engineer, former trip leader for the Appalachian Mountain Club, amateur musician, and sometime poet.

Member Tuition: \$20.00 | 1 F: 10/11/24 – 10/11/24 | 1:00-2:30PM | Class Limit: 14

Note: Rain date for this course will be 10/18/24.

Odiorne State Park, 570 Ocean Boulevard, Rye, NH 03870

Kayaking the Contoocook

Join us for a relaxing day on the Contoocook River in Concord. We'll take a leisurely paddle on flat water. New paddlers are welcome, and instruction will be available. Canoes welcome. Bring your own lunch and beverage. The put-in point can be slippery. The ability to enter and exit a kayak is required. You may bring your own kayak or rent one. Put-in and rental rates will be provided for registrants prior to the start of the course.

Presenters: Nancy Frankel is a retired Girl Scout Camp Director. She loves to teach canoeing and kayaking to children and adults with TLC for new paddlers and tips for experienced ones! Nancy also performs as Corky the Clown/Magician for seniors, children, camps, events and everyone else.

Mary Atwell has been an avid kayaker for many years and has co-taught this course a number of times. She retired from a career in human services and HR and has volunteered as a Court Appointed Special Advocate (CASA) for over 20 years.

Member Tuition: \$20.00 | 1 Th: 9/5/24 – 9/5/24 | 10:00AM-2:00PM | Class Limit: 12

Note: A \$40.00 fee for on-site rental of a single kayak; \$5.00 put-in fee for all others. Payment made the day of course directly to Contoocook River Canoe Co.

Contoocook River Canoe Co., 9 Horse Hill Road, Concord, NH 03303

Merrimack River Floodplain Forest Wildlife & Fall Foliage Walk

This Fall Foliage themed field trip meets at The Forest Society's Concord Conservation Center for a naturalist-led hike along the trails at the Merrimack River Floodplain. Learn why and how deciduous tree leaves change color and lose leaves in autumn. Do evergreens always remain so? What are the advantages and disadvantages of a coniferous vs. deciduous lifestyle? Which native forest trees are best adapted to grow on riparian riverside floodplains? Practice basic tree identification. Learn and see the natural and cultural history events that shaped the forests and wildlife habitats of the Merrimack River Floodplain Forest. Visit an active beaver pond to learn about associated wildlife which benefit from beavers. A two-hour walking tour of less than 1 mile. Stay for a BYO picnic lunch on the deck overlooking the city of Concord and Merrimack River floodplain with your hosts, The Forest Society.

Presenter: Dave Anderson is the Senior Director of Education for the statewide Society for the Protection of New Hampshire Forests (SPNHF). His monthly "Forest Journal" column appears in the statewide "New Hampshire Sunday News." His quarterly "Nature's View" columns are a regular feature in the Forest Society's quarterly magazine, "Forest Notes." Anderson is a writer and host of the Friday "Something Wild" feature on the stations of New Hampshire Public Radio (NHPR).

Member Tuition: \$20.00 | 1 F: 10/18/24 – 10/18/24 | 9:30-11:30AM | Class Limit: 35

Society for the Protection of, NH Forests, 54 Portsmouth Street, Concord, NH 03301

Walk Around Wagon Hill Farm

If you've driven US Route 4 between Durham and Dover you've been by Wagon Hill Farm. Come join us for a walk by the water, through the woods, through the bob-o-link breeding grounds and ending at the Monarch Butterfly habitat. Wear long pants (this will be tick season) and sturdy shoes (no sandals or flip-flops). Hats, water bottles and cameras are encouraged. This course is not suitable for those who have difficulty walking or utilize a mobility-accessible device.

Presenter: John Russell enjoys the outdoors, poetry, the history of science, and mathematics (especially statistics). He is a retired quality engineer, former trip leader for the Appalachian Mountain Club, amateur musician, and sometime poet.

Member Tuition: \$20.00 | 1 Th: 10/10/24 – 10/10/24 | 10:00AM-11:30AM | Class Limit: 14

Note: Rain date for this course will be 10/18/24.

Wagon Hill Farm, Route 4, Durham, NH 03824



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Capital Region - Continued

COURSE TITLE	START DATE	D.O.W	START TIME	END TIME	PRESENTER(S)	PG
Floral Design: Even if You Have Never Been a Designer!	11/18/24	M	10:00AM	11:30AM	Carey	14
Matters of Life & Death in Judaism	11/18/24	M	10:00AM	11:30AM	Nafshi	57
The Life & Times of Dietrich Bonhoeffer	12/3/24	T	10:00AM	11:30AM	Graf	31
"Monadnock: The Mountain That Stands Alone"	12/3/24	T	1:00PM	2:30PM	Anderson	27
A Tour of the New Hampshire State Library	12/5/24	Th	1:30PM	3:00PM	York	59
New Hampshire Facts, Firsts, Bests & Worst: Or Are They?	12/6/24	F	1:00PM	3:00PM	Altilio	57
Why Save the Concord, New Hampshire Gasholder?	12/12/24	Th	10:00AM	11:30AM	Barton	32

Greater Manchester Region

COURSE TITLE	START DATE	D.O.W	START TIME	END TIME	PRESENTER(S)	PG
New England's Quirky Sport Whose Television Ratings Topped Yaz, Bird & Orr	8/27/24	T	10:00AM	11:30AM	Morin	27
Before Peyton Place: In Search of the Real Grace Metalious	8/29/24	Th	10:00AM	12:00PM	Perreault	20
Torah & Physics	8/29/24	Th	5:00PM	6:00PM	Drutman	52
18th Century New Hampshire: Where Every Man Had Guns & Every Woman Could Shoot	9/3/24	T	1:00PM	3:30PM	Schappals	23
Manchester Water Works: All About Our Most Precious Resource	9/4/24	W	9:30AM	11:00AM	Miller	65
Kayaking the Contoocook	9/5/24	Th	10:00AM	2:00PM	Frankel & Atwell	69
From Oppenheimer's A-Bomb to Artificial Intelligence in a Warming World	9/6/24	F	9:30AM	11:00AM	Carr	49
Civics Slam! Learning About Government Now That You're Older & Wiser!	9/9/24	M	10:00AM	12:00PM	Alcox	54
Films Through the Decades VII	9/9/24	M	1:00PM	4:00PM	Jones	18
Mission Brief & Tour of New Boston Space Force Station	9/10/24	T	9:00AM	11:00AM	Zufelt	65
Return of Martin Guerre: An Identity Crisis	9/12/24	Th	10:00AM	12:00PM	Luber Friedenber	58
Coin Collecting: Don't Get Ripped Off!	9/12/24	Th	1:00PM	3:30PM	Fritsch	38
The Bear Who Wasn't	9/12/24	Th	1:30PM	3:30PM	Luber Friedenber	53
Frank Lloyd Wright in Manchester	9/18/24	W	2:15PM	5:00PM	Harvey & Hollman	63
Art in Nature	9/19/24	Th	9:00AM	12:00PM	Cook & St. Laurent	61
Madness & the Movies XIV	9/25/24	W	9:30AM	12:00PM	Soreff	19
The Underground Railroad in Amherst: Its Conductors & Anti-Slavery Friends	9/25/24	W	1:00PM	3:30PM	Fullerton	31
WACS, WASPS & Rosies: The Women Who Served New Hampshire During World War II	9/26/24	Th	6:30PM	8:00PM	Dearborn	32
Lead & Arsenic: In Food, Water and the Home Environment	10/1/24	T	10:00AM	12:00PM	Backus	51
Boomwhackers: The New Way to Make Music	10/2/24	W	10:00AM	11:00AM	Towner	22
Demystifying Primary Care	10/3/24	Th	1:00PM	3:00PM	Castor	33
Sherlock on Film & Television	10/4/24	F	1:00PM	3:30PM	Fritsch	19
Amoskeag Corporate Housing Area Walking Tour	10/5/24	Sa	10:00AM	12:00PM	Eaton	61
History & Mystery: A Genealogy Starter Guide	10/14/24	M	9:30AM	10:30AM	Moulton	39
Jefferson as a Philosopher	10/23/24	W	1:00PM	3:00PM	Mahoney	53
Samuel Sewall: From Salem Witch Trial Judge to Anti-slavery Advocate	10/30/24	W	1:00PM	3:00PM	Strang	30
Boston Massacre: A Fresh Look	11/4/24	M	1:00PM	3:00PM	Strang	24
Beautiful Experiments	11/5/24	T	9:00AM	10:30AM	Parodi	48
Shakespeare's Henry IV, Part I: History or Comedy	11/5/24	T	10:00AM	12:00PM	Baker	21
The Forest & the Trees at the Florence Tarr Wildlife Sanctuary	11/7/24	Th	1:00PM	2:30PM	Wells & Butler	45

Greater Manchester Region - Continued

COURSE TITLE	START DATE	D.O.W	START TIME	END TIME	PRESENTER(S)	PG
Taking a Deep Dive into the Psalms	11/8/24	F	9:30AM	11:00AM	Day, O.S.B.	58
Raising Puppies to be Guide Dogs for the Blind	11/13/24	W	1:00PM	2:30PM	Masors	41
Fun With Artificial Intelligence (AI)	11/18/24	M	1:00PM	2:30PM	Isaak	43
Paris & New York in the Twenties and Thirties: Some Films	11/19/24	T	1:00PM	4:00PM	Mahoney	9
Happy Holidays: Hollywood Style!	11/25/24	M	9:30AM	12:00PM	Brogan	18
TED Talks	12/4/24	W	10:00AM	11:30AM	Jones & Gilvar	41
The History of Psychiatry	12/6/24	F	10:00AM	12:00PM	Soreff	30
Kidney Health Over a Lifetime	12/6/24	F	1:00PM	2:30PM	O'Neil	35

Seacoast Region

COURSE TITLE	START DATE	D.O.W	START TIME	END TIME	PRESENTER(S)	PG
Let's Try Slow Stitch Embroidery	9/3/24	T	1:00PM	3:00PM	Brosch	14
Behind the Scenes at Strawberry Banke Museum	9/9/24	M	10:30AM	12:00PM	Dickinson	61
Take a Director's Tour of Bedrock Gardens	9/11/24	W	10:30AM	12:30PM	Forti	67
Alnoba Art Tour	9/13/24	F	10:00AM	12:00PM	Canedy	60
Salt Marshes: Pushing the Boundaries Between Land & Sea	9/18/24	W	10:00AM	11:00AM	Petersen	45
History Comes Alive: Walking Tour of Historic Downtown Portsmouth	9/18/24	W	1:30PM	3:30PM	Lurie-Meyerkopf	64
Black Heritage Trail of New Hampshire Walking Tour	9/25/24	W	10:00AM	12:00PM	Steele	62
Tour the Mason & Hamlin Piano Factory	9/25/24	W	10:00AM	1:00PM	Langley & Bullock	67
Portsmouth Naval Shipyard Tour: From Sails to Atoms	9/26/24	Th	9:15AM	12:30PM	Gluckert	66
A Guided Home & Garden Tour of Historic Hamilton House	10/1/24	T	1:30PM	3:30PM	Sweet	59
American Independence Museum Historic Tour	10/2/24	W	10:00AM	11:30AM	Carr	60
Hearing Challenges in a Noisy World	10/2/24	W	10:00AM	11:30AM	Canedy & Schepps-Bieber	34
Walk Around Wagon Hill Farm	10/10/24	Th	10:30AM	12:00PM	Russell	69
Explore Odiorne State Park	10/11/24	F	1:00PM	2:30PM	Russell	68
Beginner Rug Hooking: The Old Fashioned Way	10/14/24	M	1:00PM	3:00PM	O'Neill	11
Water Has a Memory: Sea Level Rise, Our Past & Our Future	10/15/24	T	10:00AM	11:30AM	Rowland	68
History Comes Alive: Walking Tour of Historic Downtown Portsmouth	10/15/24	T	1:30PM	3:30PM	Lurie-Meyerkopf	64
Portsmouth Naval Shipyard Tour: From Sails to Atoms	10/17/24	Th	9:15AM	12:30PM	Gluckert	66
The Life of a Theatre: Behind the Scenes of Crafting Live Productions	10/22/24	T	10:00AM	12:00PM	Giacobbi	10
Beyond the Alarm: Dover Firefighters Enduring Legacy Across History!	11/1/24	F	10:00AM	12:00PM	Hanna	24
Mathematical Card Tricks for Everyone!	11/6/24	W	10:00AM	11:30AM	Stern	51
Kitchen Chemistry, The Wow Factor Part II: Appetizers	11/18/24	M	1:00PM	3:00PM	Nicolino	37
Self-Care: It Shouldn't Be So Hard	11/26/24	T	11:00AM	12:30PM	Manning	35
Christmas Music Across the Centuries	12/12/24	Th	2:00PM	4:30PM	Langley	22

Mt. Washington Region

COURSE TITLE	START DATE	D.O.W	START TIME	END TIME	PRESENTER(S)	PG
Paint a Fall Leaf Barn Quilt	9/4/24	W	10:00AM	3:00PM	Astell	15
In Search of India on Transferware	9/14/24	Sa	12:30PM	2:30PM	Hanson	9
Two Titans Collide to Transform Tourism and the U.S.	9/16/24	M	10:30AM	12:00PM	Lindblade	31
What is a Sound Bath? No, You Won't Get Wet!	9/17/24	T	1:00PM	3:00PM	Starr Brennan	37
A Walk Around Lower Corner: The Oldest Settled Area of Sandwich	9/18/24	W	10:00AM	12:00PM	Mykland	59
Weaving A Bread Basket	9/19/24	Th	1:00PM	4:30PM	Rennie	17
Knitting: It's a Stitchin' Good Time!	9/23/24	M	10:30AM	12:00PM	McNiven	14
Mixed Media Fun	9/24/24	T	10:30AM	12:00PM	Mitchell	15
A Walk Through Conway Village: Past & Present	9/25/24	W	10:00AM	12:00PM	Corrigan	60
Adaptive Reuse: Discarded Objects into Art	9/27/24	F	1:00PM	3:00PM	Carlin	11
Creating a Fabulous Fox Pastel Drawing	10/7/24	M	1:00PM	3:00PM	Ayers	12
Harnessing the Sun's Energy in the Past, Present & Especially the Future	10/8/24	T	10:00AM	11:30AM	Lanoie	49
Creating Gnomes: Imagination Unleashed!	10/8/24	T	1:00PM	2:30PM	Perry	13
Where the Automotive Industry is Going?	10/10/24	Th	10:00AM	11:30AM	Meltzer	53
Protecting Your Hard-Earned Money & Understanding Investments	10/15/24	T	10:00AM	12:00PM	Glennon	39
Using Your iPhone Camera to Your Advantage	10/16/24	W	1:00PM	3:00PM	Border	44
Intuitive Development: Intentional Guidance with Oracle Cards	10/17/24	Th	4:00PM	5:30PM	Rose	40
Mill Girls of New England	10/23/24	W	10:30AM	12:30PM	Fargo	26
Playing with Shape and Color in the Style of Henri Matisse	10/25/24	F	1:00PM	2:30PM	Hall	16
Save Your Family's Heritage!	10/29/24	T	10:30AM	12:00PM	Muzerall	41
On & Off the Trail: Stories from White Mountains History	10/31/24	Th	10:30AM	12:00PM	Dickerman	29
Making Peace with Your Plate with Intuitive Eating	11/6/24	W	6:00PM	7:30PM	Nagle Griffin	35
Jump at the Sun: The Life & Works of Zora Neale Hurston	11/7/24	Th	1:00PM	2:30PM	Dworkin	21
Creating Bucilla Felt Ornaments	11/12/24	T	1:00PM	4:00PM	Gray	12
Finding the Source: Music, Magic & Healing in West Africa	11/14/24	Th	6:00PM	7:30PM	Kobrenski	22
What a Community "Meads"? A Small Business With Purpose!	11/18/24	M	1:00PM	2:30PM	Trahan	68
Self-Myofascial Release: Roll Away Tension & Increase Mobility	11/20/24	W	10:30AM	12:00PM	Buerk	36
Advance Care Planning & More: It's a Family Affair	12/3/24	T	10:30AM	12:00PM	Lanoie	33
Woods in Winter	12/4/24	W	1:30PM	3:00PM	Long	48
What Would Nature Do? Biomimicry: Innovations Inspired by Nature	12/9/24	M	1:30PM	3:00PM	Long	46



Did You Know?

Our most popular zip code in New Hampshire for OLLI at UNH members is 03301 (Concord), where we have over 70 OLLI members?

Online - Virtual via Zoom

COURSE TITLE	START DATE	D.O.W	START TIME	END TIME	PRESENTER(S)	PG
Introduction to Zoom: Personal Computers (PC), Laptops & Notebooks	8/21/24	W	10:00AM	11:30AM	McDonnell	43
Post Mao China from Deng to Xi	8/27/24	T	10:00AM	11:30AM	Zink	29
The Great Granite Fizz: New Hampshire's Long History with Sodas & Tonics	9/4/24	W	10:00AM	11:30AM	Sasseville	37
Thinking of Selling Your Homemade Foods? Learn What is Required in New Hampshire	9/5/24	Th	10:00AM	11:30AM	Hamilton	42
A Deep Presence: 13,000 Years of Native American History	9/5/24	Th	6:30PM	8:00PM	Goodby	24
Documentaries 101: How They're Produced & Why They're Important	9/6/24	F	10:00AM	12:00PM	Sullivan	17
From Florence to Fauci: A Brief History of Public Health	9/13/24	F	1:00PM	2:30PM	Boyd	26
Escape and Emigration of Scientists from Nazi Europe 1933–1943	9/18/24	W	10:00AM	11:30AM	Schubert	25
Pundits, Polls & Politicians: The 2024 Election!	9/19/24	Th	10:00AM	12:00PM	Stowell	55
AMOC: What on Earth Is It?	9/20/24	F	10:00AM	11:30AM	Rock	48
Explore Your Creative Voice	9/24/24	T	9:30AM	12:00PM	King	13
John G. Winant: War Hero, Governor, Statesman	9/24/24	T	10:00AM	12:00PM	Eaton	26
Scheduling & Hosting Zoom Meetings	9/25/24	W	1:00PM	2:30PM	McDonnell	44
Covered Bridges of New Hampshire: Past & Present	9/30/24	M	10:00AM	11:30AM	Caswell	25
Pollinators 101: Who They Are, Why They Matter & What We Can Do	10/1/24	T	10:00AM	12:00PM	Youzwak	45
Phony Number, Fake News	10/4/24	F	10:00AM	11:30AM	Russell	54
Ticks & Tick-Borne Diseases in New Hampshire	10/16/24	W	1:30PM	2:30PM	Notarangelo	46
Stages of Senior Care	10/18/24	F	10:00AM	11:30AM	Cawley	36
Overpaid, Oversexed, and Over Here: American GIs in WWII Britain	10/23/24	W	10:00AM	11:30AM	Eaton	29
Exploring Untreated Hearing Loss & Its Link to Greater Dementia Risk	10/24/24	Th	1:00PM	2:30PM	Eastman	34
Anton Chekhov: Master of the Storyteller's Art	10/29/24	T	10:00AM	11:30AM	Castle	20
Great Decisions Part II	10/31/24	Th	10:00AM	12:00PM	McDonnell	54
Infinity & Beyond	10/31/24	Th	4:30PM	6:00PM	Drutman	49
Next Day Delivery: How Amazon Quickly Delivers Online Orders	11/4/24	M	10:00AM	11:30AM	Richardson	57
Emerging Technology, Internet Safety & Social Media	11/6/24	W	10:00AM	11:00AM	Vachon	42
Eco-Friendly Final Exits: Planning Funerals with an Environmental Flair	11/7/24	Th	9:00AM	10:00AM	Webster	39
Ever Wonder How Your Real Estate is Actually Valued?	11/13/24	W	10:00AM	12:00PM	Campaniello	38
Making Peace with Your Plate with Intuitive Eating	11/13/24	W	6:30PM	8:00PM	Nagle Griffin	35
Wildlife in Our Backyards: Meet Your Neighbors!	11/14/24	Th	7:00PM	8:30PM	Dwyer	46
Exploring Lesser Known Classics	11/18/24	M	10:00AM	11:30AM	Brosch	21
Self-Care: It Shouldn't Be So Hard	11/26/24	T	11:00AM	12:30PM	Manning	35
A Brief History of Gundalows	11/26/24	T	6:00PM	8:00PM	Clyborne	23
New Hampshire's Geology: It's More Than Granite	12/3/24	T	10:00AM	11:30AM	Sasseville	52
Writing a 'Legacy Letter'	12/4/24	W	10:00AM	11:30AM	Sherwin	17

Special Interest Groups (SIGs)

Special Interest Groups or SIGs are a wonderful OLLI membership benefit! What's a SIG? It is when members interested in a specific topic or who enjoy the same activity get together on a regularly scheduled basis – whether it be in-person or online. From book and movie clubs to outdoor or community adventures, OLLI members are welcome to participate in any of the current 18 SIGs throughout our four learning regions.

There is no fee for joining a SIG, though there may be costs associated with activities planned by the members of the SIG. As this is a benefit for OLLI member, only OLLI members may participate in a SIG.

Please reach out to the contact listed below to learn more about the group and their meetings throughout the term!

CAPITAL REGION

Chapter Chats (ZOOM)

Contact Donna Frost | dfrost49@hotmail.com

Creative Writing (ZOOM)

Contact Alan Pardy | alan.pardy@icloud.com

Healthy Walking (In-Person)

Contact: Ray Mercier | mercier.raymond@gmail.com or
Mari Astell | maastell@gmail.com

Lunch Bunch (In-Person)

Contact: Jean Russell | j6russ@aol.com

Movie Club (ZOOM)

Contact Marty Bender | mbender@tds.net

Quilting (In-Person)

Contact Mari Astell | mastell@comcast.net

Technology Spring Cleaning (ZOOM)

Contact Kathy Gray | kbushmv@gmail.com

MOUNT WASHINGTON VALLEY

Candlepin Bowling (In-Person)

Contact Barb Butler | barbara.butler@yahoo.com

Hiking & Snowshoeing (In-Person)

Contact John Rozek | eajohninnh@yahoo.com or
Betsy Gemmecke | betsygemmecke@gmail.com

Munch Bunch (In-Person)

Contact Diane Rozek | dlmh2002@yahoo.com

GREATER MANCHESTER REGION

Happy Hour (ZOOM)

Contact Dennis McGivern | dmcgivern52@gmail.com

Lunch Bunch (In-Person)

Contact Mike Baker | mbmikebaker0@gmail.com or
JoAnn Meyers | joannmeyers6@comcast.net

Manchester Book Group (ZOOM)

Contact Mike Baker | mbmikebaker0@gmail.com

Meditation Group (In-Person)

Contact Janet Romaine | jromaine@anselm.edu

Reading America's Founding Documents (ZOOM)

Contact Jim Isaak | olli@JimIsaak.com

SEACOAST

Fresh Reads (ZOOM)

Contact John Russell | russelljohnt@comcast.net

Local Hiking Trails (In-Person)

Contact Sandy O'Neill | sandy_oneill@comcast.net

Tour the Seacoast (In-Person)

Contact Pat Nicolino | pfnico07@gmail.com



Mount Washington Valley Munch Bunch SIG



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Fall 2024 Term Course Previews

Course previews are a wonderful way to learn about an upcoming term's courses as presenters join us to promote their courses and to answer your questions about the course. Previews are also a terrific way to meet other OLLI at UNH members. We hope you will join us at any (or all) of these Fall 2024 Course Preview events. Please bring a not-yet-an-OLLI member to a Preview event and introduce them to our OLLI at UNH program!

Seacoast

Tuesday, July 23 at 10:30 a.m.

St. John's Methodist Church
28 Cataract Ave, Dover, NH 03820

Mt. Washington Valley

Wednesday, July 24 at 10:30 a.m.

Journey Church
15 Hutchins Drive, Conway, NH 03818

Capital Region

Monday, July 22 at 9:30 a.m.

Tad's Place at Havenwood Heritage Heights
149 East Side Drive, Concord, NH 03301

Greater Manchester

Friday, July 26 at 10 a.m.

UNH-Manchester – Multi-Purpose Room
88 Commercial Street, Manchester, NH 03101

Save the Date

Join us for brunch!

Saturday, October 5, 2024

at the UNH Durham campus
to celebrate 20 years of our
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Havenwood
33 Christian Avenue
Concord, NH 03301

Heritage Heights
149 East Side Drive
Concord, NH 03301

Toll Free: 1-800-457-6833
hhinfo.com



OLLI at UNH
 Taylor Hall
 59 College Rd
 Durham, NH 03824

Registration for Spring Courses

Begins Monday, August 5, 2024 at 9:00 a.m.

*Learning
 for the
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Fall Term

August 26 - December 20

Featuring over 170 affordable, non-credit courses for older adults. Single-session to eight-session courses are offered via Zoom, in a classroom, or out in the community.

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