

Memoir Writing

@ the San Mateo Senior Center

Dr. Chris Alan Foreman, Instructor

chrisalanforeman@gmail.com

Chrisalanforeman.com

Winter 2025

Memoir Writing

Do you want to pass down a written legacy to the next generation? Write your first-person life narrative. You will learn proper technique, practice your craft, receive encouragement, partner up, and polish your text. Join us!

Instructor: Senior Center Volunteer

Senior Center

142630-A1 Tue 10:00-11:00am Free 1/6-3/3

MEMOIR: noun. *a record of events written by a person having intimate knowledge of them and based on personal observation, an account of one's personal life and experiences.*

Classroom methods:

1. Short lectures on writing with discussion
2. In-class reading of student's compositions
3. One-page reading of popular memoirs followed by discussion
4. Advice from professional writers

Session 1 ~ January 6: Memoir Advice from Chris

The Dash Between the Dates – Chris Foreman

Session 2 ~ January 13: Writing advice from George Orwell

Seven Story Mountain _ Thomas Merton

Session 3 ~ January 20: Writing advice from C.S. Lewis

The Journals of Sylva Plath

~ Two-week break ~

Session 4 ~ February 10: Writing advice from Tucker Max

Helmet for my Pillow – Robert Lechie

Session 5 ~ February 17: Writing advice from Ethel Lee-Miller

The Year of Magical Thinking – Joan Didion

Session 6 ~ February 24: Writing advice from Stephen King

The Personal Memoirs of Ulysses S. Grant

Session 7 ~ March 3: Writing advice from Benjamin Hardy

Autobiography of Malcolm X

NOTE: No meeting on **January 27 and February 3** – Instructor in Cuba

All classroom handouts are at your fingertips: <http://chrisalanforeman.com/memoir>

The great thing about getting older is that you don't lose the ages you've been. ~ Madeline L'Engle