

Memoir Writing

@ the San Mateo Senior Center

Dr. Chris Alan Foreman, Instructor

chrisalanforeman@gmail.com

Chrisalanforeman.com

Fall 2025

Connect & Learn

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

542030-A1	Tue	10:00-11:00am	Free	9/16-11/25
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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 memoir with discussion
2. In-class reading of student's compositions
3. One-page reading of popular memoirs followed by discussion
4. Review of basics: vocabulary and grammar

Session 1 ~ September 15: What is memoir? A Narrative Arc

Forgive Like a Rwandan – Chris Foreman

Session 2 ~ September 23: Audience, Five senses, Names, Truth

I Know Why the Caged Bird Sings – Maya Angelou

Session 3 ~ September 30: Word Choice, Point of View, Basic Elements

A River Runs Through It – Norman McClean

Session 4 ~ October 7: Discover your Voice, Consistencies, Moving around in Time

Wild – Cheryl Strayed

Session 5 ~ October 14: Parts of Writing, Paragraphs

The Diary of Anne Frank

Session 6 ~ October 21: Advice to writers

Little House on the Prairie – Laura Ingalls Wilder

Session 7 ~ October 28: Rewriting and Writing Tips

The Life of Fredrick Douglass

Session 8 ~ November 4: Elements of Style and Writer's Reference

The Confessions of Saint Augustine

Session 9 ~ November 18: Suggestions to Spark Memory and Word Processing Tools

Wave – Sonali Deraniyagala

Session 10 ~ November 25: The Incredible On-line World

Speak Memory – Vladimir Nabokov

NOTE: No meeting on November 11: Veteran's Day

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