Winter 2016 Class Registration Form
For Current Members Only
(membership must have been paid in Fall 2015)

Name __________________________
Address __________________________
City __________________________
State _____ Zip Code ________
Telephone __________________________
Email __________________________

You may register for a maximum of 4 classes.
List by order of preference

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Mail to:
USM
Lewiston Auburn Senior College
51 Westminster Street
Lewiston, Maine 04240

51 Westminster Street
Lewiston, ME 04240

Senior College
2016 Winter Classes

- Are you tired of the snow and cold?
- Have you paid your membership dues for Fall 2015?
- Then we can help!

We are offering eighteen ½ and full day classes to keep your minds alert and ready for spring.

Classes are free to current Senior College Members Only!
Class size is limited so register early!

Peek inside and see what we are offering this year
Monday, January 25, 2016
Amazing Trivial Pursuit Challenge
Time: 9:30 a.m. to 11:30 a.m.
Presenter: June Spear
Class limit: 20
Groups of 3 or 4 will play a game of Trivial Pursuit (original Genus edition) to find out Who knows the most “trivia.” (participants are asked to bring the game if they own a copy)

Tuesday, January 26, 2016
Gentle Chair Yoga for Seniors
Time: 10:00 a.m. to 11:30 a.m.
Presenter: Tisha Bremner
Class limit: 25
Stretch, move and breathe in this educational class on how yoga can keep you happier, healthier and more balanced as you age gracefully.

Grand Canyon
Time: 1:00 p.m. to 4:00 p.m.
Presenter: Alan Elze
Class limit: 30
Using digital images taken by Alan and his wife Roberta, we will explore both the South and North Rim of the Grand Canyon and look at some of its history.

Wednesday, January 27, 2016
Strength Training and Balance for Elders
Time: 10:00 a.m. to 12:00 p.m.
Presenter: Mike Lachance, MPT
Class limit: 30
A look at the effects of aging on strength loss and its impact on balance and quality of life. Exercises to build strength will also be shown.

Friday, January 29, 2016
Genealogical Workshop
Time: 9:30 a.m. to 12:00 p.m.
Presenter: Ethelind Wright
Class Limit: 20
This class is an opportunity for both the beginner and intermediate level genealogist. We’ll explore strategies for beginning research, extending your line and breaking through brick walls. Bring documentation of what you already know. If possible, bring a Wi-Fi enabled laptop and power cord.

Monday, February 1, 2016
Jigsaw Puzzles, A Brief History
Time: 10:00 a.m. to 11:30 a.m.
Presenter: Anne Williams
Class limit: 25
Jigsaw puzzles — a brief history of their roles as pastimes and reflections of culture, art and technology.

Tuesday, February 2, 2016
Great Houses of America: The Winchester House
Time: 1:00 p.m. to 4:00 p.m.
Presenter: Alan Elze
Class limit: 30
Mrs. Sarah Winchester began building a house in San Jose, California in 1884 and continued until she died in 1922. What was the reason for this very unique house?

Wednesday, February 3, 2016
Sir Isaac Newton: The Man’s Accomplishments
Time: 9:00 a.m. to 12:00 p.m.
Presenter: Hugh Keene
Class limit: 30
We will trace the development of science up to Newton and look at his three Laws of Motion

Gravity, and his work in height.

Thursday, February 4, 2016
U.S. National Parks (at Schooner)
Time: 10:00 a.m. to 3:00 p.m. (with 1 hour lunch break either at Schooner - for a minimal fee or on own)
Presenter: Joanne Lebel
Class limit: 27
Come celebrate the National Park Service’s Centennial (2016) by joining a one-day journey to all 59 national parks. Joanne, along with her husband have visited all the parks. She will show the beauty of the parks and share travel experiences and fascinating facts.

Friday, February 5, 2016
Strawberry Fields Forever
Time: 1:00 p.m. to 3:00 p.m.
Presenter: David Bernier
Class limit: 25
A look at the Beatles and their lasting impact on music and culture during the Sixties and beyond.

Monday, February 8, 2016
Developing A Free Flowing Painting
Time: 10:00 a.m. to 12:00 p.m.
Presenters: Anita Poulin and Linda DeSantis
Class Limit: 20
Let your imagination flow as you work with a group of 5 artists developing 5 free flowing paintings using paper, paint and brushes! Each participant gets to bring their finished painting home. Interested students should be creative people willing to express themselves freely and just have a good time.
Tuesday, February 9, 2016
Androscoggin Historical Society: What, When, Where and Who?
Time: 9:30 a.m. to 11:30 a.m.
Presenter: Douglas Hodgkin
Class limit: 25
Learn everything about the Androscoggin Historical Society, including its long history dating back to 1923. Just what does this organization do? What are its resources? The presentation includes slides and commentary on some outstanding artifacts.

Wednesday, February 10, 2016
Warby v. Madison, 1803
Time: 1:00 p.m. to 3:00 p.m.
Presenter: Crystal Ward
Class limit: 25
This is the landmark U.S. Supreme Court case in which the Court formed the basis for the exercise of judicial review in the U.S. under Article III of the Constitution. This landmark decision helped define the boundary between the constitutionally separate executive and judicial branches of the American form of government. This case happened when we change political parties for the first time in the presidential election of 1801.

Thursday, February 11, 2016
Norman Rockwell: An Artist for the People
Time: 9:30 a.m. to 11:30 a.m. (at Schooner)
Presenter: Kirsten Larsson-Turley
Class Limit: 20
Learn about the life and work of one of our favorite illustrators. We will view some of his most memorable illustrations and explore the stories, if available, behind them.

Friday, February 12, 2016
Knowing and Sharing Your Story
Time: 1:00 p.m. to 3:00 p.m. (at Schooner)
Presenter: Ethelind Wright
Class limit: 20
This class is designed for beginner family historians/genealogists. The focus is two-fold: to document your tree and to explore ways to share it with others. Explore ways to leave a written or oral record for the younger members of your family.

Monday, February 22, 2016
America’s Landscaper: Frederick Olmsted
Time: 9:30 a.m. to 11:30 a.m.
Presenter: Alan Elze
Class Limit: 30
Frederick Law Olmsted designed hundreds of projects during his lengthy career. Some of the best known parks in the U.S. were designed by his firm.

Thursday, February 23, 2016
Klezmer: The Sacred and Not-So-Sacred Music of the East European Jewish Communities
Time: 1:00 p.m. to 3:00 p.m.
Presenter: Rabbi Sruli Dresnner
Class limit: 30
What makes Klezmer music unique in the world of folk music? What are the Sacred and profane stories behind the sound? And most important: Why is Klezmer now being played by Jewish and Non-Jewish musicians in every country in the world?
Monday, February 29, 2016
Sunny Portugal
ime: 9:30 a.m. to 11:30 a.m.
reseter: Rachel Morin
lass limit: 30
isit Sunny Portugal, a land with a proud seagoing
istory into the New World discoveries. See the
urches, including Our Lady of Fatima Basilica,
d Chapel of the Bones. Also see little fishing
llages, fish markets, medieval walled cities,
eries, folkloric dancers, the famous
ruguise tiles, and meet the warm and
ndly people in their everyday life.

Thursday, March 3, 2016
ergency Preparedness For Seniors
ime: 1:00 p.m. to 3:00 p.m.
reseter: Joanne Potvin
lass limit: 30
his presentation will introduce Seniors to their
nerabilities to various natural and man-made
ards. It will provide them with information to
elp them remain safe in their homes, as well as
at to do in the event that they must evacuate
heir homes.

Friday, March 4, 2016
he Black Robe Regiment
ime: 1:00 p.m. to 3:00 p.m.
reseter: Beverly Robbins
lass limit: 30
here were men in the Revolutionary Era who
oke out concerning the issues of the day. They
ere given the name by the King and were not
ho you would expect!
Senior College is pleased to announce the 2016 Winter Class Schedule.

These classes are free to current Senior College Members Only!

Membership for Fall 2015 must be paid
Not sure if you paid?
Look right below your name on the mailing label.

No phone registrations
No walk-in registrations
You may choose up to 4 classes

Classes begin the week of January 25

Registrations close on Wednesday, January 13th

You will be called the week of January 18
only if you did NOT get into a class

You may register for upcoming classes as the sessions moves forward.
You will be placed in the class as space allows.
You will then be notified either way.

There might be wait lists.
If you are unable to attend your class,
please call the Senior College office at 753-6610
in a timely manner and let someone else enjoy!

There will be a course schedule including classroom locations posted at all 3 entrances of the building. Look for the gold colored paper.

Classes:

Amazing Trivial Pursuit Challenge
Gentle Chair Yoga for Seniors
Grand Canyon
Strength Training for Elders
Genealogical Workshop
Jigsaw Puzzles, A Brief History
Great Houses of America: The Winchester House
Sir Isaac Newton: The Man’s Accomplishments
U.S. National Parks
Strawberry Fields Forever
Developing A Free Flowing Painting
Androscoggin Historical Society: What, When, Where and Who?
Marbury v. Madison, 1803
The Philosophy of Freedom and Liberation
Norman Rockwell: An Artist for the People
Knowing and Sharing Your Story
April 19, 1775, Lexington and Concord
Klezmer: The Sacred and Not-So-Sacred Music of the East-European Jewish Communities
Managing your Final Affairs
America’s Landscaper: Frederick Law Olmsted
Sunny Portugal
Emergency Preparedness for Seniors
The Black Robe Regiment

In the event of inclement weather, classes will be held as scheduled if Lewiston-Auburn College is open.

Closing and cancellation announcement naming:
USM’s Lewiston campus
or
USM’s Lewiston-Auburn College
will be made on:

Local television channels:
WCSH-6, WMTW-8, WGME-13

If you are unsure, call our storm line at 753-6595 or visit usm.maine.edu/lac for updates

Please do not call the main phone number.