Pursuit of a Net Zero Energy Home in Maine Climate
Wed. Feb. 6: 10:00-noon, Mike Brakey
This workshop reviews the ten-year attempt to achieve a net zero-energy Maine home (produces same amount of energy as it uses). The elements necessary to shrink any home’s energy footprint include: Insulation; level of air tightness; efficient lighting and appliances; and efficient HVAC systems while taking advantage of natural resources involving water, sun, wind and earth. (30)

The Science of Genetic Engineering, the Future of Mankind, and the Source of Human Happiness
Thurs. Feb. 7: 9:30-11:30 am, Charles Plummer (@ Schooner)
We will examine some of the experiments that have been carried out in the field of genetic engineering and the impact they may have on the future of natural selection and human kind. Then we will look at the sources that may, or may not, lead to the future (Gender, the Reproductive Revolution) (30)

Genealogy Quick Start
Fri. Feb. 8: 9:30-11:30 am, Lin Wright
Most Americans can start with themselves and build a four generation family tree in just a couple of hours. Explore some free resources to fill out yours, and get ideas about how to go next to establish your roots. (30)

Let the Games Begin II: Gamer’s Choice
Mon. Feb. 11: 9:30-11:30 am, Sally and Paul Belisle
Let the Games Begin II: Gamer’s Choice
Mon. Feb. 11: 9:30-11:30 am, Sally and Paul Belisle
This class will include the history of the development of electronic theory and will look at some interesting and mysterious facts about electricity such as how more resistors added to a line results in less resistance. (15)

When Presidents Come to Town
Tues. Feb. 19:10:00-11:30 am, Doug Hodgkin
Presidents and presidential candidates have visited the Lewiston-Auburn area throughout history, beginning with General Schuyler field and continuing through Trump. This presentation will illustrate how changes in views of presidents, campaigning, technology, and election laws affect these important visitors to our small cities (30)

The History of Reflexology
Wed. Feb. 20: 9:30-noon, Lynn Poor
This course is a brief introduction to the history of this non-invasive holistic modality. It can be utilized in daily life to assist in relaxation and wellness and can be practiced either on oneself, or others. A practical, hands-on course will be offered in the spring. (20)

Let the Games Begin III: Quest for the Antidote, Scrabble and other Board Games
Thurs. Feb. 21: 9:30-11:30 am, Carol Seward
This class will include the history of the development of electronic theory and will look at some interesting and mysterious facts about electricity such as how more resistors added to a line results in less resistance. (15)

A Pastor, a Priest, and a Rabbi: What Unites Us?
Tuesday Feb 12: 1:00-3:00 pm, Rabbi Sruli Dresdner, Pastor Stephen Carnahan, Father Robert Parent
Three dynamic religious leaders will discuss the meaning of life as they see it. (30)

The Lincoln Highway
Wed. Feb. 13: 9:30-11:30 am, Alan Elze
Ten years before the fabled Route 66 made its debut, a no less interesting road crossed the United States, from Times Square to San Francisco. Truly a trans-continental highway. A look at it’s beginning and how it is to travel today. (30)

Cultural Adventures in Saudi Arabia
Thurs. Feb. 14: 10:00-noon, Kay Campbell
Join Kay Campbell, author, journaler and former resident of Saudi Arabia as she shares her experiences researching and writing about traditional Saudi culture, especially the world of Saudi women in her book, “Women: A Quest for Understanding” (30)

Some Shocking News about Electricity
Fri. Feb. 15: 9:30-11:30 am, Hugh Keene
This class will include the history of the development of electronic theory and will look at some interesting and mysterious facts about electricity such as how more resistors added to a line results in less resistance. (15)

Genealogy Quick Start
Fri. Feb. 8: 9:30-11:30 am, Lin Wright
Most Americans can start with themselves and build a four generation family tree in just a couple of hours. Explore some free resources to fill out yours, and get ideas about how to go next to establish your roots. (30)

Let the Games Begin II: Gamer’s Choice
Mon. Feb. 11: 9:30-11:30 am, Sally and Paul Belisle
Let the Games Begin II: Gamer’s Choice
Mon. Feb. 11: 9:30-11:30 am, Sally and Paul Belisle
This class will include the history of the development of electronic theory and will look at some interesting and mysterious facts about electricity such as how more resistors added to a line results in less resistance. (15)

When Presidents Come to Town
Tues. Feb. 19:10:00-11:30 am, Doug Hodgkin
Presidents and presidential candidates have visited the Lewiston-Auburn area throughout history, beginning with General Schuyler field and continuing through Trump. This presentation will illustrate how changes in views of presidents, campaigning, technology, and election laws affect these important visitors to our small cities (30)

The History of Reflexology
Wed. Feb. 20: 9:30-noon, Lynn Poor
This course is a brief introduction to the history of this non-invasive holistic modality. It can be utilized in daily life to assist in relaxation and wellness and can be practiced either on oneself, or others. A practical, hands-on course will be offered in the spring. (20)

Let the Games Begin III: Quest for the Antidote, Scrabble and other Board Games
Thurs. Feb. 21: 9:30-11:30 am, Carol Seward
This class will include the history of the development of electronic theory and will look at some interesting and mysterious facts about electricity such as how more resistors added to a line results in less resistance. (15)
TO MEMBERS
Not a member? Become one!
and enjoy FREE winter Session Classes as well as other member benefits.
Membership FEE $35

51 Westminster St.
Lewiston, ME 04240

The Many Facets of Stained Glass
Thurs. Feb. 21: 1:00-3:00 pm, Janet Parkhurst
The owner of Stained Glass Express will explain what is happening in the Art/Craft/Hobby world of glass the many creative possibilities and techniques, old and new, using this colorful medium. (30)

Four Generations of Fine Art
Fri. Feb. 22: 10:00-noon, Anita Poulin
Artist Anita F. Poulin will show a video of her family’s art and speak about what inspires and excites her creativity. (30)

Sampler: 1860’s Civilian Life
Mon. Feb. 25: 1:00-3:00 pm, Tizz Crowley
Have you ever wondered what life was like in the 1860’s? It’s been over 150 years since the Civil War, and the City of Auburn is 150 years old on February 22nd. Hear from a lady of those times. (30) (Zoom)

An Armistice Doesn’t End a War
Tues. Feb. 26: 10:00 am-3:00 pm (1 hour lunch), Christie Holden
The Armistice of November 11, 1918, is often referred to today as the end of World War I. But the war didn’t end until the signing of the last treaty, in 1920. We will learn about what happened in this particular case, and also how some other wars ended—or didn’t. (25) (Zoom)

Gentle Chair Yoga
Wed. Feb. 27: 10-11:30 am, Tish Bremner
Increase vitality, gain a deeper sense of balance, and find your inner calm. This class combines meditation, easy warm-ups, light stretches, and gentle yoga postures with deep breath awareness to enhance a sense of well-being. Tisha has chair yoga videos available for purchase ($20), so you can take this practice home with you. (10)

Fake News
Fri. Mar. 1: 9:30-11:30 am, Marty Gagnon
The term “fake news” seems to be everywhere. This brief session will provide you tips for looking critically and analyzing digital, television, and print media resources. We will look at your own biases, the business side of “fake news”, the technology used to create it, and resources to help you find the truth. (20) (Zoom)

FOREVER LEARNING
ONE DAY WONDERS
USM LAC Senior College
2019 Winter Session
FREE TO MEMBERS
Not a member? Become one!
and enjoy FREE winter Session Classes as well as other member benefits.
Membership FEE $35

MORE WONDERS

REGISTRATION BEGINS
JANUARY 3, 2019

To register or become a member, go to: usm.maine.edu/seniorcollege or call: 207.780.5960

Our members can register for up to 5 courses this year when registration opens on (Jan.3)
After Jan.10, members may register for additional classes as long as they are still open by calling 207.780.5960. Class registration and new memberships will be confirmed by email from USM’s Department of Conferences.

Would you like to try ZOOMing?
This winter, we will be in five classes with our camera so YOU can view the class on YOUR computer anywhere in the USA! Just click on the ZOOM box when you register online, and we will be in touch. The day before your class, you will be sent an email with a link that will take you into the classroom.

Inclement Weather:
Classes will be held as scheduled if Lewiston-Auburn College is open. Call the Storm Line (207.780.4800) or visit usm.maine.edu for updates.

Class schedules and room locations will be posted at all three major entrances of the campus.