Senior College

Courses for People Over Fifty

FALL 2015 CATALOG
September 18 - November 18

51 Westminster Street, Lewiston, Maine 04240 753-6610 usm.maine.edu/seniorcollege
Welcome!

Greetings from the Chair

On behalf of the Board of Directors, I would like to welcome you to the fall 2015 Senior College semester. As the newly elected Chair I want to encourage you to become a part of this organization. Although this is a Senior “College” the classes are meant to pique our interest and increase our knowledge on a given topic without all of the pressure of a graded class. The course offerings for this fall are varied and interesting, and offer an opportunity for members to keep their minds busy. We all know the saying “use it or lose it”, so come join us and use your mind to learn new and exciting stuff.

We continue to hold classes at the USM LAC campus as well as Schooner Estates in Auburn and now, SeniorsPlus in Lewiston.

Our clubs: Dine Around, Theater, Outdoor Activities and Cross Country Skiing have been very popular in their first year. We hope to increase the number of clubs in the future. Please let us know if you have an interest in creating a new club and if someone is willing to volunteer to be the leader, we will do our best to make it happen.

In advance I want to thank all of the board members, volunteers and our USM liaison person who help make these classes and clubs happen. Without them we could never make this happen. I also want to thank our previous Chair, Dr. Patricia Vampatella, for all of the hard work and long hours she has generously given to Senior College. She has taken the squeaks and rattles out of this organization. I look forward to working with her in the months to come.

We look forward to meeting you during this next semester.

Lucy Bisson
Chair, USM LAC Senior College

Greetings from the Dean

We at USM’s Lewiston-Auburn College welcome you, and thank you for enrolling here in the Fall 2015 session of Senior College! We are happy to have you join our intergenerational campus family as you continue your lifelong learning with one or more of the interesting classes offered.

While on the grounds, please explore all that LAC has to offer: the current Atrium Gallery exhibit, the award-winning Café L-A, the Franco-American Collection, and the Information Commons.

Electronic message boards around the building keep you apprised of upcoming events and other important information.

Enjoy your time here with old and new friends, and have a wonderful semester!

Sincerely,

Joyce T. Gibson, Ph.D.
Dean
Tips, Hints and Reminders

When and how should I register?
LOTTERY FOR OVERBOOKED COURSES
Registration will be accepted by MAIL ONLY. All classes have a maximum number of people who can be enrolled-limited by the size of the rooms at USM LAC and by the instructors. TO ENSURE ALL COURSE REQUESTS ARE HANDLED EQUALLY, ANY ADMISSIONS TO OVERBOOKED COURSES WILL BE DETERMINED BY A LOTTERY DRAWING. To be included in the lottery Senior College MUST receive your completed registration form and payment by Friday, August 28, 2015. Registrations received after the lottery can only be placed in classes that are not full. Registration ends on September 11, 2015.

How can you pay for a course and membership?
Payments must be made by personal check or money order.

How will I know where my classroom is located?
There will be a course schedule posted at all 3 entrances on the 1st day of classes and will remain there throughout the semester. Please look for the "goldenrod" colored paper. Classroom locations will be posted on the web site.

What if I decide I don't want to take a course after I have attended the first one?
A student has the first two weeks of the semester to drop a course from his/her schedule, and
• Choose another course for the remainder of the semester Or
• Receive 100% refund for each dropped class. Annual membership fee will not be refunded.
Please leave a message with your choice of one of the above options at the Senior College office at 753-6610. Your call will be returned. After the first two weeks, no refund will be made.

Inclement Weather
In the event of inclement weather, classes will be held as scheduled if Lewiston-Auburn College is open. If you are unsure, call our storm line at 753-6595 or visit usm.maine.edu/lac for updates.

Parking at USM/City Bus Service
The USM/LAC campus has safe and well-lit parking for students, members of Senior College and guests. Senior College members do not have to pay a parking fee. In addition, USM LAC is served by the city bus. It has regular stops on campus throughout the day which make attending Senior College classes easy and convenient! The bus stop is located by the corner of the building near the Senior College office. Riders may wait inside where it is warm, safe and dry! Visit: purplebus.org for L/A bus schedule.

USM ID Cards/Lost and Found: To receive a USM ID Card, go to the Student Success Center. The ID card allows access to the computers for Senior College students attending a Senior College course, borrowing books from the Information Commons and adding money to use at the Cafe without paying sales tax. If you realize your classmate has left an item behind after class, please bring it to the Student Success Center across from the Information Commons.

Maine Association of Retirees (MAR) Member Benefits
IMPORTANT- Please read carefully
MAR members’ benefits include reimbursement for registration costs to attend Maine’s Senior College. MAR members receive reimbursement up to $15 of the membership registration cost when signing up to attend courses through Maine’s Senior College.
Please provide your MAR member number (found on your MAR newsletter address label or by calling MAR at 582-1960) on the registration form for reimbursement. Arrangements have been made with MAR as follows: Senior College will fax reimbursement information to MAR when registration closes. Senior College will NOT mail out reimbursement receipts to members for submission to MAR.
Senior College Community Collaborations

Senior College has entered into agreements with four local organizations:

- **Schooner Estates** in Auburn is a retirement community located at 200 Stetson Rd. that provides free transportation for the residents to Senior College classes. They also provide for the Schooner Estates Scholarship Fund, which helps any senior who wishes to take a Senior College class, but needs help in paying for the class. (see inside cover for details). At least one class will be conducted each semester at Schooner Estates. The course will be open first to Schooner residents until August 14, 2015 and then to the rest of the Senior College members.

- Senior College will offer free one-day events, at **Auburn Public Library** and **Lewiston Public Library**. Library space will be provided free of cost.

- Senior College will offer at least one class each semester at **SeniorsPlus** located at 8 Falcon Road, Lewiston. Space will be provided free of cost. These collaborations will provide more people in the community an opportunity to experience programs provided by USM - LA Senior College.

Other Interests on Campus

**Atrium Art Gallery:** The Atrium Art Gallery, centrally located in the expansive center of USM LAC, presents a year-round schedule of exhibitions. For more details, please visit the web site located at: usm.maine.edu/atriumgallery

**Franco-American Treasures**
June 8-October 10, 2015
A selection of photographs and memorabilia from the Franco-American Collection, housed at USM’s Lewiston-Auburn Campus.
Franco-American Treasures presents an encompassing survey of local Franco-American history, from bluegrass to classical music, shoe shop workers to nurses, the breathtaking Basilica to the modest Grand Trunk Railroad Station. The 59 photographs printed by professional photographer Jere DeWaters, both historical archival copies and contemporary images, from the late 1800s up to 1995, are from the Franco-American Collection at USM’s Lewiston-Auburn Campus.
Summer hours: Monday-Friday, 8 a.m.-4:30 p.m. Free and open to the public.

Melita Westerlund.
November 6, 2015-February 27, 2016
This fall the Atrium Art Gallery will present a retrospective of internationally acclaimed sculptor Melita Westerlund. The exhibition will highlight the artist’s work from the past 35 years, including work in aluminum, steel, bronze, and hand cast paper. The exhibition opens Friday, November 6, 2015, with a reception free and open to the public, and continues through Feb. 27, 2016.
Hours: Monday-Thursday, 8 a.m.-8 p.m.; Friday, 8 a.m.-4:30 p.m.; Saturday, 9 a.m.- 3 p.m.; closed holidays.
Free and open to the public.
For more information contact 753-6500.

**Café L-A:** Visit the Café L-A for freshly baked goods, salads, sandwiches and daily specials, The cafe is open Monday-Thursday 7:45-3:00 p.m. and Friday 7:45-1:00 p.m. For more information, visit the web site at usm.maine.edu/seniorcollege or www.usmdining.com

**Franco-American Collection:** The College houses a collection of documents, photographs, artifacts, and audio/visual materials relating to the French presence in North America with a concentration on the local Franco-American community. In keeping with its educational, research, and community service mission, the College acquired this collection to develop and promote interest in the study of Franco-American culture and history on the part of the University community, the broader academic community, and the community at large. The collection focuses on the Lewiston-Auburn area, with additional regional materials providing a link to the wider contexts of French North America. Room 171. The Collection is currently open by appointment only and will remain so until a new coordinator has been hired. You can leave a message at 207-753-6545 or call Maureen Perry at 753-6546 or e-mail mperry@usm.maine.edu You can find more interesting information by visiting usm.maine.edu/franco
2015 Clubs

Special Memberships at USM LAC Senior College

Senior College at USM LAC - offers a variety of activities beyond the classroom. Four Senior College Clubs for members have been approved by the Board of Directors. The number and types of clubs are based on member interest and volunteer leaders. For additional details go to usm.maine.edu/seniorcollege and click Clubs on the right side of the screen.

Cross Country Skiing - Members gather at the Auburn Nordic Ski Club Training Center for 2-3 hours of x-country skiing on their groomed trails. Fees are $2.50 per person per week or $70 for the season for the group. Rentals are available at Lost Valley, Auburn. Beginner and experienced skiers are welcome. If you can walk, you can x-country ski!

Monthly Dine Around - Members eat out at least once a month, generally in the evening. The meeting schedule is decided by the membership. Group leader needed. Contact Sandi Croft at 207-753-6610.

Night at the Theater - Members meet to visit theater productions in the south-central part of Maine. The visit schedule is decided by the membership.

Outdoor Adventure - Activities may include canoeing, kayaking, snowshoeing, skating, zip lining, etc. Activities, locations and frequency are determined by the membership.

Instructors Wanted - If you have a job or hobby you enjoy perhaps it is time to volunteer to teach a course to share your skills and knowledge with others at Senior College. We are always looking for different and interesting courses that meet for a few hours a day or for several weeks. There are no tests or papers to grade and you will meet some terrific people who have a curious mind and an interest in learning just for the fun of it. For more details, contact the Curriculum Committee by calling David Bernier at 207-784-0890 or e-mail him at dbernier@midmaine.com. You may also contact our USM LAC Liaison, Sandi Croft at 207-753-6610.

Other Volunteers Wanted!

Senior College is a volunteer run organization and USM LAC is very generous in donating space as well as Sandi Croft as staff liaison. However, much work is required to achieve our goals and “many hands make light work.” Members of Senior College are encouraged to volunteer and provide valuable assistance with our activities.

Please circle the kind of activity that interests you, then mail in with your Registration.

Committee work: Catalog, Curriculum, Finance, Nominations, Policy/By-laws, Public Relations, Excursions, Special Events, Bulletin Board, Food for Thought.

Registration Committee: Data entry-computer skills needed.

Volunteer Committee: Photographer, photocopying, mailing, greeters, answering phones, etc.

Club Leader: We need a new club leader for “Dine Around”

Member: Board of Directors.

NAME ________________________________

ADDRESS ____________________________________________

E-MAIL ____________________ PHONE ________________

Mail in with your registration form to:

USM LAC Senior College, 51 Westminster Street, Lewiston, ME 04240
### Course Schedule At-a-Glance

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<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>9:30 to 11:30 a.m.</td>
<td>Humanity - A Search for Meaning and Identity</td>
<td>Jewelry Making</td>
<td>Badly Behaved Women</td>
<td>The Reformation</td>
<td>Stories of WWII</td>
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<td>You and Your Brain (Schooner Estates)</td>
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<td>Made in Maine (Schooner Estates)</td>
<td>Painting with Acrylics</td>
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<td>Understanding Investments</td>
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<td>Afternoon</td>
<td>Windows 7, 8.1</td>
<td>Phun with Physics</td>
<td>True Womanhood</td>
<td>All 59 US National Parks (Schooner Estates)</td>
<td>Intro. to Spanish</td>
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<td>1:00 to 3:00 p.m.</td>
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<td>Jubilados: Platicando y Practicando</td>
<td>I Always Wanted to Perform Improv</td>
<td>National Parks</td>
<td>Genealogy</td>
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<td>(Schooner Estates)</td>
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<tr>
<td>1:00 to 3:30</td>
<td>Discovering Watercolor (SeniorsPlus)</td>
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<td>Great Ideas in Economics</td>
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### Excursion Trips

Cindy Boyd and Joyce Berg are this year’s Excursion Trip leaders. On June 22nd a group enjoyed a cruise and buffet lunch aboard the M/S Mount Washington. The cruise was on Lake Winnipesaukee. An overnight is planned for August going to the West Point Military Academy and the September 11th Memorial in NYC. The trip includes a meal and show at the Westchester Dinner Theatre. A fall trip to the Ogunquit Playhouse is also planned, details will be available later on our web site. The Excursion Trips give everyone an opportunity to spend time together enjoying different experiences.

**Watch for the Flier and E-mails!**
Monday Classes

The Gods and Us: Religion and the Human Career

Religion is universal to human cultures and has been a vital part of the human career. This course will explore such questions as What is religion? How does religion figure in the lives of individuals and in the workings of communities and cultures? and Why has religion been so important in lives and history? Text and case material will be emphasized in class.

Instructor: Steven Piker
Steven is an anthropologist with a B.A. from Reed College and a Ph.D from the University of Washington. After a long teaching career at Swarthmore College he retired in 2010. He has researched Theravada Buddhism and religious conversion in the U.S. and has provided courses at Senior College in Portland.

6 Mondays 9:30-11:30 a.m.
September 21, 28
October 5, 19, 26 (No class Oct. 12)
November 2
Class limit: 25 (NO EXCEPTIONS)

Introduction to Windows 7 and Windows 8.1 Desktop

This course will familiarize students with Windows 7 Operating System and Windows 8.1 Desktop. It will cover operation of the computer and its parts; desktop fundamentals; using programs, files and folders; printing and painting; the Internet, networking and e-mail; pictures and games; and Microsoft help and support. Classes will be held in the L-A College Computer Lab using its computers.

Instructor: Thomas Barden
Thomas graduated from the University of Connecticut with a B.S. in Agricultural Engineering. Since 1965 he has worked with computers and has taught computer courses at Senior College in Augusta.

8 Mondays 1:00-3:00 p.m.
September 21, 28
October 5, 19, 26 (No class Oct. 12)
November 2, 9, 16
Class Limit: 20 (NO EXCEPTIONS)

Humanity—A Search for Meaning and Identity

The journey from the Ego to the I and the centrality of mankind’s greed is the basis for this course. The class will analyze, discuss and experience this journey as seen through Joseph Conrad’s novel, “Heart of Darkness.”

Instructor: George R. Blouin
George retired in 1999 after an extensive career teaching English, speech and drama at high schools in New York state. He has a B.A. from the Univ. of Maine-Orono and a M.A. from the Univ. of New York at Stonybrook. An organist and choir director, his cantata was sung at the inauguration of Lewiston’s Basilica of Saints Peter and Paul.

6 Mondays 9:30-11:30 a.m.
September 28 (Note date)
October 5, 19, 26 (No class Oct. 12)
November 2, 9
Class Limit: 30 (NO EXCEPTIONS)

Discovering Watercolor

This class in using watercolor requires no previous experience and is for anyone, either to experiment with a new medium or to take their skill to a new level. Students will learn to use watercolor paint with a background of drawing in pencil and pen.

Instructor: Helen “Joie” Crockett
Joie is a graduate of USM with a BFA degree. She has taught macrame, drawing and photography to small groups and worked as a freelance photo-journalist with the Sun Journal. Now retired, she has facilitated two drawing classes for Senior College.

8 Mondays 1:00-4:00 p.m. (Note Time)
New Location: (SeniorsPlus )
September 21, 28
October 5,19, 26 (No class Oct. 12)
November 2, 9,16
Class Limit: 18 (NO EXCEPTIONS)
Tuesday Classes

Intermediate French
This course is for those who already have some skills in French or want to acquire more knowledge.
Instructor: Ann Anctil
Ann received degrees from St. Joseph's College and a M.A. in French from the University of Maine. She was a French interpreter in France and the U.S. for 20 years. Ann is bilingual in Canadian French and standard French.
8 Tuesdays 9:30-11:30 a.m.
September 22, 29
October 6, 13, 20, 27
November 3, 10
Class Limit: 15 (NO EXCEPTIONS)

Jewelry Making
Create your own jewelry by making necklaces, earrings, bracelets and anklets using beads, chains and findings.
Instructor: Lorraine Giasson
Lorraine is a retired teacher with a B.S. from the University of Maine and a M.A. from the University of New England. She has been making jewelry for six years.
4 Tuesdays 9:30-11:30 a.m.
September 22, 29
October 6, 13
Class Limit: 10 (NO EXCEPTIONS)

You and Your Brain, and How to Optimize its Fitness
The latest research on how our brains function reveals that we can optimize its fitness. In this course participants will learn how the brain grows and develops, how it is organized, and the activities that we can do that will improve its fitness at any age.
Instructor: Charles W. Plummer, Ph.D.
Dr. Plummer has taught many courses for Senior College at USM-LA and MidCoast Senior College related to the biology of human behaviors. He firmly believes that those who take Senior College courses do optimize their brains' fitness.
Charles holds degrees in Education, Religious Studies and Metaphysics.
8 Tuesdays 9:30-11:30 a.m. (Schooner Estates)
September 22, 29
October 6, 13, 20, 27
November 3, 10
Class Limit: 20 (NO EXCEPTIONS)
This course will be open to Schooner residents until August 14, 2015.

Understanding Investments
This course will provide insight into the foundations of investing, including the stock and bond markets, annuities, mutual funds, retirement healthcare needs, and estate planning.
Instructor: Andrew M. Sauzier
Andrew received a B.A. in Political Science with a minor in Economics from USM in 2008. He is a financial advisor with Edward Jones Investments, registered with FINRA, NYSE, NASDAQ and is a certified investment advisor representative in all 50 states.
8 Tuesdays 9:30-11:30 a.m.
September 22, 29
October 6, 13, 20, 27
November 3, 10
Class Limit: 30 (NO EXCEPTIONS)

Phun with Physics (Nuclear)
This course will provide a visit to the amazing but mysterious world of the sub-atomic level. Participants will trace the various models of the atom and the story of how atomic energy came to be.
Instructor: Hugh Keene
Hugh received a B.A. at UMF, a M.A. at UMO, and an advanced degree in physics at Wesleyan University. He chaired the science department at Edward Little H.S. for 28 years and was the drama coach, producing over 65 plays and musicals.
4 Tuesdays 1:00-3:00 p.m.
September 22, 29
October 6, 13
Class Limit: 30 (NO EXCEPTIONS)
Tuesday Classes

Jubilados: Platicando y Practicando
This advanced course is for students who know basic Spanish grammar and many verbs in commonly used tenses and moods. Goals for this session are to increase vocabulary and to refine grammatical skills.

Instructor: Barbara Oliver
Barbara earned a B.A. in Music Education from the College of William and Mary and a M.A. in French from Middlebury College. She has studied in Madrid and has taught Foreign Language Methodology.
8 Tuesdays 1:00-3:00 p.m.
September 22, 29
October 6, 13, 20, 27
November 3, 10
Class Limit: 8 (NO EXCEPTIONS)

Wednesday Classes

Badly Behaved Women
If “well-behaved women seldom make history” (Laurel Ulrich), guess which women do! This course will examine European women’s history, considering the lives of some women you may have heard of (Eleanor of Aquitaine, Florence Nightingale) and others you probably haven’t (Alexandra Kollontai, Margaret Fell).

Instructor: Christine Holden
Christine has a Ph.D in European History and has taught at Bates College and USM. She originated courses in European and U.S. Women’s History at USM, and researches the history of Ravensbruck, the concentration camp for women in Nazi Germany.
5 Wednesdays 9:30-11:30 a.m.
September 23, 30
October 7, 14, 21
Class limit: 25 (NO EXCEPTIONS)

Forgotten Nuggets of Memory
This course will help participants find the nuggets that will make memoirs special. Exploring your “mines” can be fun. Come write your memories and share with others.

Instructors: Pauline L. Fortin, Leelaine R. Picker
Pauline has a B.S. in English from USM. She has taught high school English for 15 years and adults through Literacy Volunteers for 28 years. Leelaine has a B.A. in English and in Political Science from Middlebury College and has done graduate work at the University of Hartford. She has been an editor and a grant writer.
8 Wednesdays 1:00-3:30 p.m. (Note Time)
September 23, 30
October 7, 14, 21, 28
November 4, 18 (No Class Nov. 11)
Class Limit: 15 (NO EXCEPTIONS)
Wednesday Classes

True Womanhood and Women’s Activism in 19th Century America

America in the 19th century was characterized both by a strong set of ideas about what it meant to be a “lady” and by women’s increasing activism. This course examines the relationship between these two phenomena.

Instructor: Jean Potuchek, Ph.D
Jean earned a bachelor's degree in sociology at Salve Regina College and a M.A. and Ph.D in sociology from Brown University. She taught sociology at Bates College and Gettysburg College from where she retired.
8 Wednesdays 1:00-3:00 p.m.
September 23, 30
October 7, 14, 21, 28
November 4, 18 (No Class Nov. 11)
Class Limit: 20 (NO EXCEPTIONS)

I Always Wanted to Perform Improv Comedy!
Back by popular demand, this course will provide the basic elements of improvisation through a series of games and skits designed to make the participant a better listener, communicator, and responder to situations and challenges.
Improvisational training exercises will sharpen performance skills for an improv performance at the end of the course.

Instructor: Dan Marois
Dan owns the Mystery for Hire and the Mainely Improv theater ventures. He has over 30 years experience in public relations with an extensive background in public speaking and theater techniques. He holds a degree in English and Communications from Boston University.
6 Wednesdays 1:00-3:00 p.m.
September 23, 30
October 7, 14, 21, 28
Class Limit: 12 (NO EXCEPTIONS)

Thursday Classes

Advanced Conversational French
This course is for students well versed in French who want better language skills.

Instructor: Ann Anctil
Ann received a degree in History from St. Joseph’s College and a M.A. in French from the University of Maine.
She was a French interpreter for over 20 years in France and the United States. Ann is bilingual in Canadian French and standard French.
8 Thursdays 9:30-11:30 a.m.
September 24
October 1, 8, 15, 22, 29
November 5, 12
Class limit: 15 (NO EXCEPTIONS)

The Reformation
What was the Reformation? Did Martin Luther start it? And who was Martin Luther? Was the Catholic Church having problems and how did it respond to the rise of Protestantism?

Instructor: Alan Elze
Alan has taught over two dozen courses for Senior College. He has a M.A. degree in Early American History and Museum Science. Alan and his wife Roberta have travelled over the U.S. several times and have presented several programs in conjunction with the Auburn Public Library.
8 Thursdays 9:30-11:30 a.m.
September 24
October 1, 8, 15, 22, 29
November 5, 12
Class limit: 30 (NO EXCEPTIONS)
Thursday Classes

Made in Maine: The Artists Who Brought Maine to Life
We will gain insight into the life, the character, and the genius of major artists, as they worked from shimmering coast to the inscrutable mountains.
Instructor: Kirsten Larsen-Turley
Kirsten is a graduate of the University of Maine with a B.A. degree and one and a half years of graduate work, 15 years as a docent at the Portland Museum of Art and retired as a Docent Emerita. She has served as a docent at several other museums.
6 Thursdays 9:30-11:30 a.m. (Schooner Estates)
September 24
October 1, 8, 15, 22, 29
Class limit: 20 (NO EXCEPTIONS)
This course will be open to Schooner residents until August 14, 2015.

Great Ideas in Economics and Why They Matter
This is an introductory class in the basic ideas and theories of economics. It will include the laws of demand and supply, the theory of the firm, how prices are set, the law of diminishing returns and the market structure of the American economy.
The classes will include a variety of media to help students understand course content.
Instructor: Alene Staley
Alene has a B.S. in Business Administration from the University of Illinois, and a M.S. from Southeastern University. She was on the business faculty of St. Joseph’s College for 12 years, has taught at other colleges in Maine, and held positions in business, government, and educational administration.
6 Thursdays 1:00-3:00 p.m.
September 24
October 1, 8, 15, 22, 29
Class limit: 25 (NO EXCEPTIONS)

All 59 U.S. National Parks
Joanne, along with her husband, has visited all 59 U.S. National Parks.
Come along and see the beauty of our national treasures, learn interesting facts, and explore the wonders of our Parks.
Instructor: Joanne Lebel
Joanne has a B.S. in Elementary Education; a M.S. in Guidance & Counseling, a C.A.S. in Educational Administration; and has been an Elementary School Teacher and Principal, and an Assistant Superintendent of Schools totaling 27 years.
4 Thursdays 1:00-3:00 p.m. (Note Date; Begins October 1st at Schooner Estates)
October 1, 8, 15, 22
Class limit: 27 (NO EXCEPTIONS)
This course will be open to Schooner residents until August 14, 2015.

Friday Classes

Stories of WWII in Fiction, Film and Fact
This course will focus on the attack on Pearl Harbor, Japanese American internment camps, the Allies preparation for D-Day and the Tuskegee Airmen.
Instructor: David Bernier
David graduated from the University of Southern Maine with a B.S. degree in Education and later earned a M.S. in classroom science education from USM. He taught 30 years in Lewiston schools and then 8 years at Poland Regional High School.
6 Fridays 9:30-12:00 p.m. (Note Time)
September 25
October 2, 9, 16, 23, 30
Class limit: 25 (NO EXCEPTIONS)
Friday Classes

Painting with Acrylics
This is a course for individuals who have experience with mixing colors and painting. This is not a beginner’s course. Classes consist of 45 minute demonstrations, 1 hour for student painting, and 15 minutes for critique. Come have some fun with acrylics.

Instructor: Anita F. Poulin
Anita is the owner of AP Graphics & Fine Arts and Greenwood Gallery. She is self-taught in oils, pastels, and acrylics, and has been painting for 45 years and teaching locally and privately for over 30 years.
6 Fridays 10:00-12:00 p.m. (Note Time)
September 25
October 2, 9, 16, 23, 30
Class limit: 12 (NO EXCEPTIONS)

Introduction to Spanish
Students will learn basic speaking skills such as greetings, expressions of courtesy and well-being, numbers, and menu items.

Instructor: Jean Roy
Jean received a B.A. degree in French & Spanish from Bates College and earned a Masters degree in Secondary Education from the University of Maine in Orono. She also taught both languages at Lewiston High School and at Mt. Blue High School in Farmington.
6 Fridays 1:00-3:00 p.m.
September 25
October 2, 9, 16, 23, 30
Class limit: 20 (NO EXCEPTIONS)

Genealogy Online (and off)
Strategies and resources for online genealogical research, record types, locations, organizing what you find, and what to do when it isn’t online. Students should be comfortable using a computer.

Instructor: Ethelind “Lin” Wright
Lin is a self-taught genealogist with more than three decades of experience. She has a Masters degree in American and New England Studies and volunteers as church historian and DAR registrar.
8 Fridays 1:00-3:00 p.m.
September 18, 25
October 9, 16, 23, 30 (Note Dates)
November 6, 13
Class limit: 20 (NO EXCEPTIONS)

Treat Your Mind and Body
Join Us At Our
Food For Thought
Luncheons and Programs
On the Second Friday of Each Month

Look for Our Announcements of Upcoming Events On

September 11, 2015
October 9, 2015
November 13, 2015
December 11, 2015
January 8, 2016
February 12, 2016
March 11, 2016
April 8, 2016
May 13, 2016

Function Room 170 at USM LAC
Doors Open at 11:30 for Lunch
Program: 12:00 to 1:00
$7.00 for advance reservations
$8.00 at the door
Advance Reservations – call 753-6510
By noon on Wednesdays
# Celebrating 18 Years

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**Note:** All pages are dedicated to educational purposes and do not contain any personal or sensitive information.