

Winter 2018 Course Schedule

Monday Jan. 22:

9:30-11:30, Alan Treworgy–**Following the Ancient Silk Road in Western China**

From Urumqi we traveled by car to Turpan, back to Urumqi, and by air to Kuqa, and then followed directly the route of the ancient camel caravans as early as 200BC by crossing the Taklamakan Desert - by car however- to Hotan, then to Yakand, and finally to Kashgar, the ancient meeting point and trading center of the trade from China to the Roman Empire. (limit 30)

Tuesday Jan. 23:

10:00-12:00, Mike Parker – **Adventures in New Zealand**

I'm happy to share highlights and answer questions about my travels to New Zealand and Australia last February. (class limit 30)

Wednesday Jan. 24:

2:00-4:00, Rosemary Word – **Visits to Scotland and Prince Edward Island**

I am happy to share information, experiences and pictures of a trip to Scotland in 2014 and PEI in 2017. (class limit 20)

Thursday Jan. 25:

9:30-11:30, Carol Seward – **Let the Games Begin, I**

We are back once again this winter with the first of a trilogy of games (Scrabble) for all of us to enjoy! (limit 20)

1:00-3:30 Alan Elze – **Frank Lloyd Wright at 150**

This year is the 150th anniversary of FLW's birth. We'll look at his life and some of his iconic houses: Fallingwater and Taliesin and others. (class limit 30)

Friday Jan. 26:

1:30-3:30 Kathy Baillargeon – **The Joy of Downsizing**

Thinking about downsizing? Feeling overwhelmed? There can be great joy in downsizing and getting started is more than half the battle. The best time to downsize is before you have to. You will learn manageable steps to get the job done, whether you are looking to downsize your belongings or moving to a smaller home, this class is for you. (limit 30)

Monday Jan. 29:

9:30-11:30, Hugh Keene–**Evolving Histories of the Universe**

The course will trace the theories about the universe from earth at its center to the concept of multiple universes in which laws of physics may not be the same. (limit 30)

Tuesday Jan. 30:

10:00-12:00, Juliana L'Heureux –**Humble Heroes: Maine Veterans Histories**

Recognition of veterans for their military service to our nation is a tribute with documentation beginning in the Revolutionary War. Modern communications technologies allow us to capture these special veterans experiences and recognize all our heroes for their extraordinary place in our nation's modern history. Attendees are encouraged to document their personal experiences. (limit 30)

Wednesday Jan 31:

10:00-12:00, Kay Campbell – **Women in Saudi Arabia-History and Change**

This class will explore the modern history of women in Saudi Arabia, from before the founding of the country in 1932 through the present day. The concept is to explore women's experience and role in shaping today's Saudi Arabia. There will be plenty of time for discussion. (limit 30)

Thursday Feb. 1:

9:00-11:00, Lucy Bisson – **A Pictorial Guide to Egypt**

Come join me, as my son, daughter-in-law and I visit the monuments of Egypt from the Pyramid at Giza to Abu Simbel. (limit 30) (Seniors Plus)

Friday Feb. 2:

9:00-11:30, Lin Wright– **Getting Started in Genealogy**

This course is designed for people who aren't sure how to start climbing their family tree, or need to start again at the beginning. (limit 30)

Monday Feb. 5:

9:30-11:30, Joanne Bollinger–**Travel in sub-Saharan Africa: Working with a non-profit is a great way to go**

Joanne has worked for the past 5 years with **WISE-Women's Initiatives that Strengthen and Empower**. (www.wisezambia.org) She will present a brief overview of Africa, Zambia in more detail, and the lives of people who live in the poorest part of that country. She will share the non-profit's story (begun by Mainers), the interactions and friendships that develop when one returns over the years, and travel issues in sub-Saharan Africa. Also covered: geography, tradition vs modernity, women's and children's issues, health, agriculture and animal life. (limit 30)

Tuesday Feb. 6:

9:30-11:30, Rachel Morin – **Travelogue of Turkey**

Rachel invites you to come along to the land of Sultans, the Ottoman Empire, and Whirling Dervishes. Visit Istanbul, the Blue Mosque, St. Sophia, The Spice Market, The Grand Bazaar, and the ancient Library of Ephesus, for starters! (limit 30)

Wednesday Jan. Feb. 7:

10:00-12:00, Anita Poulin and Linda DeSantis – **Free-Flowing Painting**

This is a fun class! Students at each table will work to design a portion of each other's canvas. When the design is completed the original owner of the canvas will then outline the design with a permanent marker, then paint the outlined drawing with acrylic paints. Everyone brings home a finished art piece. No experience needed. (limit 15)

Thursday Feb. 8:

12:30-3:00, Alan Elze – **Textile Mills of Lewiston**

In 1846 Benjamin Bates visited Lewiston with the intention of building a textile city like Lowell, Massachusetts. We will examine the growth of Lewiston from a farming community to an industrial center and the people that made it happen. (limit 30)

Friday Feb. 9:

1:00-3:00, David Bernier – **Take it Easy**

A look at the music and success of the rock group, the Eagles. (limit 25) 207.784.0890

Monday Feb. 12:

9:00-11:00, YuLi Huang- **Understanding Chinese Culture**

This class is a brief introduction of Chinese history, culture and customs, including general rules for doing business with Chinese, and the differences culture between Chinese and Western cultures. (limit 20)

Tuesday Feb. 13:

1:00-4:00, Lenny Sharon (with Ray Luc Levasseur) – **Movement Law**

In the 60's and 70's the civil rights and anti-war movements were in full force. The term "movement lawyer" was coined to proudly describe the lawyers and legal workers who not only represented the movement, but participated in it as well. (limit 15)

Wednesday Feb. 14:

No class scheduled

Thursday Feb. 15:

9:00-12:00, Dr. Charles Plummer - **The History of Freedom and the Philosophy of Liberation**

We will begin with a description of the most ancient roots of the philosophy of freedom in the Republic of Athens, The Hindu Holy Works, and the Christian Tradition, and end by looking at four great proponents of freedom in the 20th Century: Emma Goldman, Mahatma Gandhi, Malcom X, and Martin Luther King, Jr. (limit 25) (Schooner)

Friday Feb. 16:

9:00-12:00 Alan Elze – **Let the Games Begin II, Trivial Pursuit**

If you like trivia, this is a game day for you. (limit 30)

Monday Feb. 19:

Presidents Day-No classes

Tuesday Feb. 20:

2:00-3:30, Margery Landis – **For the Love of Music, Ukulele and Hawaii**

With this introductory class, I would like to share my love of music, and what others may enjoy about the ukulele and Hawaii. The ukulele is currently enjoying a huge revival and I want others to see how they may take part as listeners or active participants. (limit 30)

Wednesday Feb. 21:

10:00-12:00, Doug Hodgkin – **The Unknown Edward Little**

Edward Little was far more involved in the development of Lewiston and Auburn than the founding of an academy. Moreover, he settled in this area as late as at age 53. Why? What did he do in his previous life elsewhere? Learn about the checkered career of this founding father. (limit 30)

Thursday Feb. 22:

9:00-11:30 Lynn Poor – **Reflexology for Health**

This course is a brief introduction in how Reflexology, a non-invasive holistic modality, can be utilized in daily life to assist in relaxation and wellness. It can be practiced either on oneself, or others. (limit 20)

Friday Feb. 23:

1:00-2:30, Katherine Amsden – **Endings Matter: Advanced Healthcare Planning**

It has been said that nothing is sure in life but death and taxes. While most of us try to reduce our tax burden, we tend to have less success at defining our health care wishes for the final years. This class shows you how to ensure the highest quality of life and how to navigate complex medical decisions as life's end nears. (limit 30)

Monday Feb. 26:

No class scheduled

Tuesday Feb. 27:

9:30-12:00, Alan Elze – **The Lincoln Highway**

In 1913, a group of automotive related individuals envisioned a highway across the United States, from Times Square to San Francisco. Predates the more famous Route 66, but no less interesting. (limit 30)

Wednesday Feb. 28:

1:00-3:00, Tizz Crowley – **Sampler- 1860's Civilian Life**

Have you ever wondered what everyday life was like in the 1860's? It's been over 150 years since the American Civil War and yet today the remnants of the war are today's headlines. (limit 30)

Thursday Mar. 1:

9:30-11:30, Sally and Paul Belisle – **Let the Games Begin III**

Last chance to enjoy a fun-filled morning of fun and games! (limit 30)

Friday Mar. 2:

1:00-3:00, Kay Galloway – **Teaching in Europe**

Having taught 37 years in Europe including Italy, Germany and Great Britain, Kay has some stories to tell. Come hear them! (limit 30)