

University of Maine at Presque Isle
SAGE – Seniors Achieving Greater Education
Fall 2009 Course Offerings

SCP 12101 Moving to Music

Mondays, October 5, 19, 26, Nov 2, 9, 16

9:30—11:00 am; Wieden Gym

Enjoy moving to music at a pace that is comfortable for you. A fun way to activate body responses and stimulate the brain. Some of us like to dance, some of us like to exercise and the rest of us just like to ‘move to the beat.’ “We have lots of laughs and our hearts are light as we move to the music with fun and delight,” says Rolinda "Lindy" Fowler. ***Wear loose clothing and clean shoes for indoors.***

Facilitator: Lindy Fowler is a retired

Registered Occupational Therapist. She is one of the founders of The Children’s Center for Neuro-developmental Studies in Phoenix, Arizona.

SCP 12102 Civil War Discussions

Mondays, October 5, 19, 26, Nov 2

1:30-3:30 pm; Campus Center Room 118

Do you wonder why we had a civil war? Explore what the circumstances were around the start of the war and discuss the important battles from Gettysburg to Appomattox and the aftermath. Find out what role Maine’s Joshua Chamberlain played in the war. Join us for a series of lectures and discussions.

Facilitator: Philip St. Peter is a retired plumber, served for nine years on the Loring Development Authority. He resides in Caribou with his wife and family.

SCP 12103 Fall Oldies But Goodies Film Series: MUSIC MAKERS

Tuesdays, October 13, 20, 27 and

November 3

1:30 - 3:30 pm; Wieden Auditorium

This afternoon’s matinee film series will focus on biographies and music of famous American “music makers,” beginning with ***THE GLENN MILLER STORY***, starring James Stewart and June Allison. You won’t be able to sit still when you hear those famous swing tunes of the 1940s. Jitterbugging will be allowed...bring some tissues too.

The second week will feature ***THE GREAT CARUSO*** starring Mario Lanza as the famous Enrico Caruso, one of the greatest operatic tenors of all time. The lovely Ann Blyth stars as Caruso’s wife. The film is a stunning tribute to both men that includes twenty-seven numbers, each sung with passion and sentiment, including famous Metropolitan Opera singers of the day.

THE JOLSON STORY, nominated for four Academy Awards, stars Larry Parks (nominated for Best Actor) as the spellbinding minstrel and jazz performer, and Evelyn Keyes as his love interest. This film features 25 songs sung by Al Jolson himself. It’s a

compelling tribute to an incomparable performer once hailed as *America's Greatest Entertainer*.

The final film will be ***NIGHT AND DAY***, the song-filled biography of the 40-year career of legendary **Cole Porter**. The handsome Cary Grant, beautiful Alexis Smith, and a fine supporting cast are featured in this film which includes 20-plus dazzling Porter tunes as familiar to audiences today as they were decades ago. It's also pop-corn day!

Facilitator: Dan Ladner is a lifelong arts educator and a member of the SAGE Advisory Board. Dan has served the Central Aroostook communities for many years.

SCP 12104 Staying Sharp

Tuesdays, October 13, 20, 27, November 3

9:30—11:30 am; Campus Center Room 118

Adding years to our ages is inevitable, but “feeling old” is not. Research and common sense suggest that we can prevent (or at least slow down) the onset of decline by keeping our minds and bodies active and alert. Join us and share in our efforts to stay sharp through discussions, puzzles, games, and mental challenges. These will be fun and challenging hands-on experiences in a non-threatening atmosphere. If you love playing and learning, please join us.

Facilitator: Carol Reeves is a retired mathematics teacher and a member of the SAGE Advisory Board.

SCP 12105 Alzheimer's Project

Tuesdays, October 6, 13, 20, 27

6– 8 pm; Campus Center Room 118

We will view excerpts of the films of HBO's ***The Alzheimer's Project*** followed by discussions. Learn more about the disease and research being done as well as gain a greater understanding of the issues that surround Alzheimer's. The films go into lives of the individuals with Alzheimer's, their families, and the groundbreaking discoveries to find a cure. The videos are: *The Memory Loss Tapes*; *Grandpa, Do you Know Who I Am?*; *Momentum in Science*; and *Caregivers*.

Facilitator: Deborah McGann is a science instructor at the Maine School of Science and Mathematics in Limestone where she teaches chemistry and biology. She has recently completed a teacher internship, studying genetics, at The Jackson Laboratory in Bar Harbor, Maine. Her real connection to Alzheimer's stems from highly personal experience with the loss of a family member to this debilitating disease.

SCP 12106 Recreating Memories

Wednesdays, October 7, 14, 21, 28

3:30 - 5:00 pm; Campus Center Room 118

Recreating memories by recycling memorable bits and pieces: writings, pictures, objects, etc. of loved ones. We will reconstruct them into either two- or three- dimensional works of art to be saved or given to members of our families. Bring materials such as seeds, papers, glues, acrylic paints, anything of interest.

Facilitator: Carolyn Wadman is a professional artist and educator and a member of the SAGE Advisory Board.

SCP 12107 You and the Universe

\$8 Lab Fee

Thursdays, October 8, 15, 22, 29

10 - 11:30 am

Location: Francis Malcolm Science

Institute (Easton, Maine)

Enrollees will receive an introduction and practical survey to astronomy. Focus placed upon seasonal constellations (including International Space Station and Iridium Flare sightings), telescopes, giant planets, and Mars in particular.

Transportation will be arranged within the class

Facilitator: Larry Berz is a 20 year veteran of the Francis Malcolm Science Center staff.

SCP 12108 "Olive Kitteridge":

a book discussion

Thursdays, October 1, 8, 15, 22

1:30 - 3:30 pm

Location: Alumni Room (except Oct 15—Owl's Nest)

Class members will read and discuss the Pulitzer Prize winning novel "Olive Kitteridge" by Maine author Elizabeth Strout. Members should read the first four chapters prior to the first class meeting. Paperback books are available online for about seven dollars. The novel, set on the Maine coast, deals with problems and emotions of ordinary people, some of them retired. Newsweek wrote of Olive: "You will find yourself thinking of this touching, prickly character long after you have finished reading"

Facilitators: Glenna Smith has taught high school English and Social Studies for over 30 years. She taught SAGE and Elderhostel courses and was an adjunct faculty member of the University of Maine at Presque Isle. Sandra Leighton has taught high school English and history for over 26 years and is currently an adjunct faculty member of the University of Maine at Presque Isle.

SCP 12109 Islam

Fridays, October 9, 16, 23, 30

9:30 - 11:30 am; Campus Center Room 118

This class will look at the ancient roots of Islam and the development of the Koran and the life of the prophets. You will learn about the expansion of the Muslim Empire from 600 AD to 800 AD and about everyday living in the faith of Islam.

Facilitator: Reverend James Morgan was a U.S. Navy chaplain for 28 years and has had the opportunity to work with military people from the Near East and other parts of the world.

**Learning Excursions
or Special Sessions
All Departures From
Campus Center**

SCPE 12111 Knot-II-Bragg Farm

469 New Dunn Town Road

Wade, ME 04786

Tuesday, September 15

departing 12:30 p.m.; Fee: \$9

(\$4 transportation plus \$5 entrance fees)

Natalia Bragg, a founding member of the Aroostook County Herb Association, is the owner of the Knot-II-Bragg Farm. She is a 41 year practicing herbalist, specializing in native folk lore. Her farm is "Home of the Traditional Northern Maine Herbal Apothecary". Her "Old Log Drivers" product line is made on the farm using organic plants and trees that grow there using blends learned over six generations of her female family elders. Other farm specialties include apple wood pencils; stick wood furniture; bone and stone charms; porcupine quill earrings; and soaps. Knot-II-Bragg Farm is a unique place to visit and there is much to see and learn that Natalia is eager to share with us.

SCPE 12112 The National Weather Service

810 Main Street, Caribou, ME

Tuesday, September 22, 2009

departing 12:30 p.m.; Fee: \$4

We will see and learn about: official new weather observations, volunteer weather observing networks, the NOAA (National Oceanic & Atmospheric Adm) and NWS organization, the Caribou Weather Forecast responsibility, and programs, an overview of their web pages and the NOAA weather radio, and displays of satellite, Doppler radar, and weather maps. No bags, backpacks, or purses are allowed in the building. Cameras are allowed. Mike Cantin will be our host.

SCPE 12113 The Shakaree Red Deer Farm, French Road, New Limerick ME

Tuesday, October 6, 2009

departing 12:30 p.m.; Fee: \$6

Originating in 1990, Shakaree is one of the largest Red Deer operations in the country. Shakaree has a strong breeding program, a large venison market, and their own hunting business. The Red Deer Antlers are used to produce 'Red Deer Velvet', a Chinese formula said to maintain health, energy, and stamina (and other things). We will meet these beautiful animals and learn about this interesting 'operation' and Shakaree. Mark Drew will be our host.