



**St. John Valley
Senior College**

**Fall Term
2023**



IMPORTANT: Masking is at the discretion of the instructor in a classroom setting, or at the discretion of the driver when carpooling.

- 1 **Weatherizing Your Home** with Paul Libby. Local certified Home Energy Auditor Paul Libby will advise us on how a home keeps heat inside. He'll speak on finding problem areas where heat is escaping, and how to insulate and air seal a home. Join us and learn how to save energy and improve the comfort of your home. *Tue / Sept 12 / 6:00 PM UMFK Cyr Hall Room 204* **IN PERSON**
- 2 **Line Dancing** with Lucy Elliot. She will lead this group over seven fun filled evenings. Both beginning dancers and advanced dancers are encouraged to join in. The instructor and dancers are incredibly welcoming and generous with their talent and time. *Wed / Sept 13 to Oct 25 / 6:00 PM / Fort Kent Senior Center* **IN PERSON**
- 3 **Tai Chi for Balance and Arthritis** with Ben Paradis. Have you been a little uptight lately? Maybe it's time to relax! Tai Chi is a gentle form of exercise designed to help people with flexibility issues and other conditions affecting joints and muscles. Tai Chi is characterized by a series of slow flowing movements and is often called 'Meditation in Movement'. It has been shown to reduce joint pain and stress while increasing strength, flexibility and balance. *Fridays / Sept 22 to Dec 8 / 9:30 AM / Fort Kent Senior Center* **IN PERSON**
- 4 **Antisemitism in Maine and Across America** with Erica Nadelhaft. In 2022, as antisemitism has become more overt, more accepted, and more violent throughout the U.S., Maine had the second highest increase in the number of antisemitic incidents in the country. This class will examine the historical roots of antisemitism and how this two-thousand-year tradition of hatred continues into the present day. We will discuss not only what we are seeing on the national level, but the specifics of what we see on a daily basis in the state of Maine. We will talk about the work that the Holocaust and Human Rights Center of Maine is doing to combat the rising hatred and how local communities can step up to confront antisemitism and support Maine's small but vibrant Jewish community. *Tue / Sept 26 / 6:00 PM / UMFK Cyr Hall / Room 204* **IN PERSON**
- 5 **Fire Safety** with Jack Norris. This presentation starts with a discussion about the historical role regarding human interaction with fire, and how it has evolved over time. After you are presented with the risks relating to fire, you will be provided strategies for safely co-existing with it. Come and join us as we learn more about this essential and flaming hot topic. Helpful handouts will be available. *Tue / Oct 3 / 6:00 PM / UMFK Cyr Hall / Room 204* **IN PERSON**
- 6 **Katahdin Woods & Water's National Monument Tour**. Join Elaine and Eric Hendrickson for a Loop Road Tour of **KWNNM**. You will learn about the Park's formation, as well as its historical, geological and natural resources at the various stops we make. Come prepared for short hikes and splendid views of Mount Katahdin. The last stop will be Lunksoos Camp where Donn Fendler was rescued. Wear your hiking shoes, pack a lunch, bring snacks, and lots of water. *Wed / Oct 18 / Meet at UMFK Sports Center Parking Lot / 6:30 AM / Rain date: Thu / Oct 19* **FIELD TRIP**
- 7 **An Evening of Crafting** with Bev Nadeau. Take a break and come join us for an evening of fun as Bev, a well-known local crafting expert, takes you through the steps of creating a unique and stunning Christmas wreath. This could end up being a masterpiece you will proudly display in your home or use as a gift for someone special. If you have a glue gun, please bring it with you. There is an \$18 fee for the materials provided which will be collected upon arrival at this class. Register early, because there is a **cap of 25** for this class. *Tue / Oct 24 / 6:00 PM Fort Kent Senior Center* **IN PERSON**

Stay Sharp / Catch-Up With Old Friends / Make New Ones / Learn A lot / Have Fun

Membership Dues: \$15 for the entire Fall Term

More classes on back →

REGISTRATION: Register at Valley Unified Continuing Education Office Mon. to Fri. from 8:00 AM to 3:00 PM by:
(1) Phone: 834-3536 or 728-6314, (2) by mail: VUCE, ATTN Senior College, 84 Pleasant St, Fort Kent, ME 04743
(3) In person at Valley Unified Continuing Education Office at the Fort Kent Community High School.

Registration is \$15 per term for members aged 50-79 and free for those 80 years and older.

Make checks payable to Valley Unified Continuing Education or to VUCE

- 8 **Walking for Seniors** with Gene Gagnon. Cold! Ice! Snow! UGH!! Come and join us in the cleanliness and warmth of the UMFK Sports Center. We provide the place, you decide the pace. Come get a jump start on fitness. Exercise! Socialize! Have fun! *Mondays, Wednesdays, Fridays / Oct 30 to Dec 8 / 10:00 AM / UMFK Sports Center* **IN PERSON**
- 9 **The Veteran Experience** with Jodi Cote, Edmond Pelletier, Lucien Theriault, Melford Pelletier, Norman Fournier, Gary Dumond, Norm Albert. This event is to honor and recognize the bravest of our citizens who have served in the military in the name of freedom. Attendees will hear about the sometimes similar, and sometimes different military experiences of a local group of veterans. There will also be a demonstration of the folding of the flag, a symbolic ritual that honors the history and values of the United States. Join us in honoring our local veterans. *Fri / Nov 10 / 1:00 PM / The American Legion* Refreshments provided by AARP Maine **IN PERSON**
- 10 **Why Should Humans Go To Mars** with Ben Paradis. Why is it important for humans to travel long distances (1-2 years) to settle (one-way trip) in another world? How will they do it? When will this happen? Join us as Ben Paradis sheds some light on the subject. *Tue / Nov 14 / 6:00 PM / UMFK Cyr Hall / Room 204* **IN PERSON**
- 11 **Electric Vehicles** with Paul Kile. Please join us for a brief review of historical electric cars, present models, and what is in store for the future. We will also discuss the reasoning for a more sustainable mobility for mankind. Paul hopes to dispel some of the fear and uncertainty surrounding electric cars. *Tue / Nov 28 / 6:00 PM / UMFK Cyr Hall / Room 204* **IN PERSON**
- 12 **An Evening of Music** with Joanne Zafonte, The Acadian Singers, Galen Fongemie, The Rockin Ukes, and who knows who else..... If you enjoy local musicians playing a mixture of well-known tunes and regional favorites, this is a night for you! These musicians will be ready to get your toes tappin' and your jaws yappin'! It will also be a great chance to get a head start on the upcoming holiday as you are sprinkled with just enough seasonal songs to get you in the 'Spirit of Christmas'. *Fri / Dec 8 / 6:00 PM / Fort Kent Senior Center / Refreshments provided by AARP Maine* **IN PERSON**

Membership dues continue to be \$15.00 for the entire term whether you participate in one (1) or all twelve (12) of these classes. These dues allow your Senior College to continue to provide St. John Valley communities an avenue for our senior population to catch-up with old friends, make new ones, and to learn something new. Thank you for your support.

A CALL FOR INSTRUCTORS! Do you have a passion you'd love to share? St. John Valley Senior College is always looking for volunteer instructors who would like to share that passion. Choose to teach a class, a workshop, or lead a field trip. For information, please call VUCE at 834-3536 and ask for Don Lebel. We'd love to hear from you!



**Please join us.
We're excited to see all
of you!**



Detach here & retain the top part for your records -----

Registration Form (one form per member)	Fall 2023
	50-79 / \$15.00
	80 or older / FREE

Name: _____

Street: _____ Town/ST/Zip _____

Phone: _____ Email: _____

Check the course #s you plan to attend

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10	11	12

St. John Valley SENIOR COLLEGE

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