FALL 2019 Program Offerings

FALL KICK-OFF
TUESDAY, SEPTEMBER 10, 2019 AT 10:00AM
UMPI CAMPUS CENTER

Light Refreshments and Door Prizes
Coffee will be served starting at 9:30am

JOIN US

To hear all about upcoming SAGE classes,
and have a chance to socialize.
Bring a friend so they can find out what SAGE is all about!

Conferences & Special Programs
University of Maine at Presque Isle
181 Main Street - Presque Isle, ME 04769
telephone: 207-768-9501
email: SAGEatUMPI@outlook.com
www.umpi.edu/sage
What is SAGE?
Lifelong Learning, Lifelong Connections!

Seniors Achieving Greater Education (SAGE) welcomes intellectually curious adults, age 50 and older, who have a desire to learn in the company of others with both shared and different perspectives. SAGE brings members together in a relaxed atmosphere to discover new things about the world and themselves.

There are no admission requirements, no exams and no grades – only the joy of learning with others.

All courses are planned and led by volunteers who are either SAGE members or guests from the area.

Course formats range from lectures to discussions and hands-on learnings. Topics include arts, science, current events, book discussions, practical skills and more. Special activities and clubs are also planned for the members.

Thanks to the generosity of SAGE members and community sponsors, financial assistance is available through TheSAGEfund.

As an UMPI SAGE member, you may also participate in classes offered by the other 16 Senior Colleges throughout the state. Many have online classes but, if you are in their area, you are welcome to register and attend in person.

SAGE looks forward to you joining with over 100 local seniors in discovering the joys of sharing in this life-long learning adventure!

Join us and celebrate learning for life!

Visit the SAGE website: www.umpi.edu/sage

Follow us on Facebook at SAGE-UMPI
Everything You Wanted To Know About SAGE

♦ It is a requirement of UMPI for SAGE members to have an **ASSUMPTION OF RISK** on file each year. Forms can be found on the back of the Registration Form, the UMPI website or in the SAGE office.

♦ Your **PARKING DECAL**, issued by UMPI Security, is free with your SAGE membership. Bring your car registration information to Kick-Off or your first class.

♦ **SAGE CLASSES ARE CANCELLED** whenever UMPI is closed for inclement weather or any other reason. Check cancellations on WAGM-TV, local radio (97.7), or the SAGE-UMPI facebook page.

♦ **MEMBERSHIP FEES ARE NON-REFUNDABLE**.

♦ **COURSE REGISTRATION FEES OF $5** will be refunded if the class is canceled or, with a two week notice from the participant.

♦ **COURSE LAB FEES** will be refunded at the discretion of the instructor, who uses fees to purchase materials and supplies. These purchases may have been made weeks before the beginning of the class.

♦ **IF YOU HAVE A REFUND DUE**, please contact the SAGE office. Money not refunded to members is deposited in the SAGEfund to help support financial assistance for those in need.

♦ **FINANCIAL ASSISTANCE** for membership/class fees is available through The-SAGEfund. Application forms are available in the SAGE office, on the website, or from nancyproe@gmail.com. Deadline for submission is Kickoff day. Applicants will be contacted the following week regarding their application.

♦ Some classes may qualify for CEU Credits to maintain certifications and licenses. Check the SAGE office for assistance.

♦ **UMPI INVITES SAGE MEMBERS** to get a library card, visit the art shows, take classes, and enjoy the cultural and sports activities on campus.

SAGE would love to have more people willing to help as OFFICE VOLUNTEERS. If you’d like to know more, and are willing to spend a few hours helping SAGE, please contact SAGE.

This disclaimer informs readers that the views, thoughts, and opinions expressed in the class belong solely to the instructor, and not necessarily to the instructor’s employer, organizations, host organizations (UMPI or SAGE), any committee or other group or individuals.
SCP 22130
The Power and Influence of Big Money
Tuesdays, February 4, 11, 18, 25, 2020
9:30 – 11:30 AM    Fee: $5    ZOOM-at-home course

Lively discussion is expected in this ZOOM-at-home class about effects of big money on legislative policy and citizens’ lives. Selected readings from a book in progress about life as a volunteer activist will be emailed to participants prior to each class. The title, *Through the Eye of a Needle* by Alice Bolstridge, refers to Jesus’ warning: “It is easier for a camel to get through the eye of a needle than for a rich man to enter the kingdom of Heaven.” The book includes extensive observations made in 2018 of the 128th Maine Legislature dealing with problems. The class will discuss: income inequality, the environment, health care, and education.


ZOOM-at-home tutorials
Tuesdays, January 21, 28, 2020
9:30-10:30 AM

NEW! ZOOM is easy-to-use videoconferencing. It is catching on in the Maine Senior Colleges as a way to teach online courses students take at home, even during a snowstorm! This is SAGE’s first ZOOM class. ZOOM is similar to Skype but better. You need a computer with a camera and a microphone. To see if your computer qualifies, and/or *if you are simply curious about zooming*, call Nancy Roe, 768-7271, or email her at nancyproe@gmail.com Two tutorials are scheduled to help you prepare for Alice’s class.

*Facilitator Nancy Roe is a founding member of SAGE, a member of the SAGE Board of Directors, a lifelong learner and a ZOOM enthusiast.*

*(Snowbirds are welcome to join this course from wherever you are)*
<table>
<thead>
<tr>
<th>COURSE</th>
<th>DAY</th>
<th>BEGINS</th>
<th>ENDS</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matter of Balance</td>
<td>Mon</td>
<td>30-Sep</td>
<td>2-Dec</td>
<td>9:30 - 11:30</td>
</tr>
<tr>
<td>Reading Contemporary Poets</td>
<td>Mon</td>
<td>30-Sep</td>
<td>4-Nov</td>
<td>1:00 - 3:00</td>
</tr>
<tr>
<td>Senior Water Fitness</td>
<td>Mon, Wed</td>
<td>21-Oct</td>
<td>6-Nov</td>
<td>11:00 - 11:50</td>
</tr>
<tr>
<td>Etymology; The Wealth of Wisdom in Our Words</td>
<td>Tue</td>
<td>1-Oct</td>
<td>22-Oct</td>
<td>9:30 - 11:30</td>
</tr>
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<td>Hospice &amp; End of Life Decision-Making</td>
<td>Tue</td>
<td>1-Oct</td>
<td>22-Oct</td>
<td>1:00 - 3:00</td>
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<td>6:00 - 8:00</td>
</tr>
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<td>Tue</td>
<td>1-Oct</td>
<td>29-Oct</td>
<td>6:30 - 8:00</td>
</tr>
<tr>
<td>Let's Play With Buttons</td>
<td>Tue, Thur</td>
<td>29-Oct</td>
<td>7-Nov</td>
<td>9:30 - 11:30</td>
</tr>
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<td>Tue</td>
<td>29-Oct</td>
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<td>1:00 - 3:00</td>
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<td>Reader's Theater</td>
<td>Tue</td>
<td>12-Nov</td>
<td>10-Dec</td>
<td>9:30 - 11:00</td>
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<td>Thur</td>
<td>3-Oct</td>
<td>24-Oct</td>
<td>9:30 - 11:30</td>
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<td>Thur</td>
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<td>5:30 - 7:30</td>
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<td>Sticks and Strings</td>
<td>Thur</td>
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<td>5-Dec</td>
<td>1:00 - 3:00</td>
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<td>7-Nov</td>
<td>5-Dec</td>
<td>3:30 - 5:30</td>
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<td>Finding Your Ancestors</td>
<td>Fri</td>
<td>4-Oct</td>
<td>25-Oct</td>
<td>10:00 - 12:00</td>
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<tr>
<td>Keepers of our Knowledge</td>
<td>Fri</td>
<td>18-Oct</td>
<td>18-Oct</td>
<td>1:00 - 3:00</td>
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<tr>
<td>Civil War Trails aboard Molly, the Trolley</td>
<td>Sat</td>
<td>26-Oct</td>
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<td>1:00 - 3:00</td>
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<td>Sat</td>
<td>9-Nov</td>
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<td>1:00 - 3:00</td>
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<td>Flower Arranging</td>
<td>Sat</td>
<td>16-Nov</td>
<td>16-Nov</td>
<td>2:30 - 4:00</td>
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<td>Sat</td>
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SCP 22101
Matter of Balance
Mondays, September 30, October 7, 21, 28, November 4, 18, 25 & December 2 9:30-11:30 AM Fee: $5
Maximum: 12

Older adults can take control of their fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a group of 8-12 participants led by a trained facilitator. The program benefits older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength

*Instructors Barbara Pierce and TBA. Barb has been coaching Matter of Balance since 2017.*

SCP 22102
Reading Contemporary Poets
Mondays, September 30 & October 21, 28, November 4 1:00 – 3:00 PM Fee: $10

This course will introduce several contemporary American poets born on or after 1940. The greatest emphasis will be on the poetry itself, but there will be some discussion of each poet’s background, education, and experience. Students should bring a standard three ring binder to class and a reliable pen. Since there will be a number of handouts, there will be a lab fee.

*Instructor Ginny White is a retired English teacher, a lifelong learner and a lover of learning and literature.*

SCP 22103
Senior Water Fitness
Mondays, Wednesdays, October 21, 23, 28, 30 & November 4, 6 11:00 – 11:50 AM Fee: $15

This low impact, shallow water fitness class promotes joint range of motion, flexibility, balance and agility while building cardiovascular fitness and muscle strength. It is especially suited to those with chronic conditions, including arthritis. All participants are encouraged to perform exercises to their tolerance. The ability to swim is not required as the class is done in the shallow end of the pool which is three and half feet deep. Participants should be ready to get in the water at 11:00 AM.

*Instructors Joyce Price and Sloan Dionne. Joyce is a Red Cross Water Safety Instructor. Sloan is the Aquatic Director at the Sargent Family Community Center.*
SCP 22104  
**Etymology: The Wealth of Wisdom in Our Words**  
Tuesdays, Oct. 1, 8, 15, 22  
9:30-11:30 AM  Fee: $5

The words we use every day, as well as our more sophisticated vocabulary, carry their history with them. They were marinating in the mouths of our ancestors as they pillaged and plundered, struggled to survive, and built civilizations. While analyzing the DNA of our words, we can regain contact with their deeper meanings and connotations. Along the way, we can learn some Latin, Gaelic, and Greek.

*Instructor Guy Gallagher holds a PH.D in French literature from University Laval in Quebec. He has taught French studies at UMPI and Latin for Upward Bound and MSSM.*

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SCP 22105  
**Hospice and End of Life Decision Making**  
Tuesdays, October 1, 8, 15, 22  
1:00 – 3:00 PM  Fee: $5

It is never easy to make end of life decisions but having the information you need to do so makes it less stressful. The group of staff members from the Aroostook House of Comfort will provide a video tour of the facility, insights from their respective roles about how and why hospice provides end of life care for patients in their homes or at the new facility, and details regarding how patients qualify for hospice admission. Volunteer opportunities at hospice will also be covered. Your questions will be welcomed by each speaker.

*Instructors are staff members at the Aroostook House of Comfort. Included are the medical director, registered nurse, social worker, chaplain, hospice manager and volunteer coordinator.*

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SCP 22106  
**Jim Cullen, New England’s Only Known Lynching**  
Tuesday, October 1     6:00 – 8:00 PM  
Fee: $5    Minimum: 10

Learn about New England’s only known lynching, which took place right here in our area in 1873. Find out about the background, the location of the crimes, where he was lynched, the approximate location of his unmarked grave, and the strange aftermath.

*Instructor Kimberly Smith has been with the Presque Isle Historical Society and has received several awards for her work with the society.*
SCP 22107
The Amazing Planets
Tuesdays, October 1, 8, 22, 29
6:30 – 8:00 PM   Fee: $7

This class will look at the information and images gathered by various space probes flown to the planets in our solar system since the 1960’s. Time will be spent looking at key planetary features on each planet and whether life could exist on these planets. During the last class we will look at the possibility of life on one of the thousand non-solar system planets known to exist. This class was last taught in the spring of 2015.

_Instructor Jim Stepp has been interested in astronomy for over 40 years. He has taught several SAGE classes, community classes, Cub and Boy Scout classes._

SCP 22108
Let’s Play with Buttons
Tuesdays, Thursdays, October 29, 31 & November 5, 7
9:30 -11:30 AM
Fee: $15   Maximum: 10

Remember playing with all the buttons in your Grandma’s button tin when you were a child? Come revive those happy memories while creating small projects using buttons of all kinds – different colors, sizes, textures, and types. Project options will likely include jewelry, wall décor, fabric postcards, flowers, banners, stationery/greeting cards, embroidery hoops and more. While most supplies will be provided, please bring to the first class any favorite, special buttons and a basic art kit (scissors, ruler, glue, etc.)

_Instructor Pam Crawford_

SCP 22109
Ripe for Incorporation: Maysville, Maine 1826-1883
Tuesday, October 29    1:00 – 3:00 PM
Fee: $5

The town of Maysville, now a part of Presque Isle, once boasted of being its own community and as such has its own history separate from Presque Isle. This course focuses on the settling and incorporation of Maysville, with particular attention to the stories of certain settlers that helped establish an unsettled frontier to an established farming community that made contributions to the local area, the state and the nation.

_Instructor Evan Zarkadas is a senior at UMPI in the History Program. He is very active on the campus; his goal is to finish MA and PhD degrees in order to teach._

SCP 22110
Reader’s Theater
Tuesdays, November 12, 19, 26 & December 3, 10
9:30 – 11:00 AM   Fee: $5

We all loved being read to when we were young and there is still a warm memory/feeling when it happens today. Readers Theater is a style of theater in which the actors do not memorize their lines. Actors use only vocal expression to help the audience understand the story rather than visual storytelling such as sets, costumes, intricate blocking, and movement. There is no need for memorization, just being able to show expression when you read. This is a performance class.

_Instructor Dennis Koch_
SCP 22111
Murderous Millinery: Victorian Bird Hats
Tuesday, November 19  6:00 – 8:00 PM
Fee: $5    Minimum: 10
Hats have long played a role in history. By the 1890s, fashionable, wealthy women were wearing feathers and even whole birds on their hats. Learn more about this trend and how it endangered multiple species of birds. Find out how it came to an end and how a well-known organization was established because of it. Interesting artifacts!

_Instructor Kimberly Smith_

SCP 22112
Poetry Chapbook – Great Personal Gift
Tuesdays, December 3, 10
1:00 – 3:00 PM   Fee: $8
Learn to compile, format, typeset and print a chapbook of poetry, family recipes, family history, etc. that is suitable for gifts. In this course, participants will bring personal poetry which the class will combine and format to create files for a print-ready 8.5” x 5.5” booklet using free software.

_Instructor Andrew Birden is the general manager of Northeast Publishing and Print Works. He has self-published poetry and recipe chapbooks._

SCP 22113
Leadership for What’s Next
Wednesdays, September 25 & October 2, 9, 16, 23  9:30 – 11:00 AM   Fee: $5
Being a lifetime learner is not about sitting but about being active. This class will help sharpen skills and show you how you can make a difference in the “what’s next” part of your life. Your life history, your skills, your talent, and your wisdom need to be shared and need to be used to keep you active and motivated. We will be covering goal setting (and completing), service, creativity, time management, and public speaking.

_Instructor Dennis Koch retired from higher education after 30 plus years. Currently trying to figure out what he will retire from next. Wants to make a difference here in the County._

SCP 22114
Acrylic Painting Workshop
Wednesdays, September 25 & October 2, 9, 16   1:00 – 3:00 PM   Fee: $10
Jack and Ruth are experienced acrylic paint artists. They are willing to share tips, hints, and help you to get started on a project or to finish one you just can’t get the motivation to complete. If you don’t have a project or the materials to start one, join us anyway. If you do not need materials, $5 of the fee will be returned to you at the first class. Experienced artists are welcomed to participate and share your expertise.

_Instructors Jack and Ruth Doughty are not professionals but love acrylic painting and would love to share._
SCP 22115  
**Living a Healthy Life with Chronic Conditions**  
Wednesdays, October 23, 30 & November 6, 13, 20, 27  
1:00 – 3:30 PM  
Fee: $5  
Maximum: 15

Nobody wants to have a chronic long-term illness. This course is designed to help people with chronic illness explore healthy ways to live with a physical or mental illness. This course will teach self-management techniques for living with heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions. These diseases cause most people to experience fatigue, as well as lose physical strength and endurance. Suffering chronic pain may bring on emotional distress. This course will be an educational class self-management tool and not a treatment or self-help group. Anyone with a chronic disease or who is a caregiver is welcome to enroll.

*Instructors Terry Sandusky and Royal Goheen have both received training in the Stanford Self-Management for Chronic Diseases and teach under the sponsorship of the Aroostook Area Agency on Aging.*

SCP 22116  
**CanAm Crown Dog Sled Racing in Aroostook County**  
Wednesdays, November 6, 13  
9:30-11:00 AM  
Fee: $5

As part of the first session I will show a documentary DVD of the 2008 CanAm Crown races. I showed it this year, and I think people enjoyed it. It was professionally produced and very well done. The remaining time would focus on sled dog racing, the history of the CanAm races, and plenty of time for questions and dialogue.

*Instructor Nick Pesut, VMD, graduated from University of Pennsylvania veterinary school in 1982. He and his wife Andrea owned the Presque Isle Animal Hospital from 1991 until 2017.*
ASSUMPTION OF RISK

This form must be filled out to participate in any SAGE activities. Take out of brochure to complete both sides.

Your Name (Please Print) ____________________________________________________

Mailing Address: ___________________________________________________________

City/Town: ___________________ State: ______________ Zip: ____________________

In consideration of being permitted to participate in this program at the University of Maine of Presque Isle, I hereby affirm and agree to the following terms:

- I realize there are potential physical dangers and dangers to me by participating in this program, and I accept the risk involved. I realize that these physical dangers could include the possibility of broken bones and injuries.
- Therefore, I do for myself, my heirs and my personal representatives, defend hold harmless, indemnify and release the University of Maine at Presque Isle, and all of its officers, agents and employees from and against all claims, demands, actions, and causes of actions resulting from any injuries to me, including death, which may be a result of my participation in the activities and/or field trip(s) and which results from causes which are not the fault of and negligence of the University of Maine at Presque Isle, its officers, agents, or employees during the period of my participation in this activity.
- This assumption of risk and release shall remain in effect from the date hereof to and for the period during which I am a participant in this SAGE program at the University of Maine at Presque Isle.

Signature: ___________________________________              Date: ________________

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Photo Release

I hereby affirm that I am ______________________ and without further consideration I hereby irrevocably consent that any photograph (s) which may be taken by representatives of the University of Maine at Presque Isle and/or their assignees during the SAGE program may be used for news media coverage and publicity.

Signature: ___________________________________              Date: ________________
Please make a note on your brochure of the courses, trips & excursions you signed up for BEFORE sending this form. No confirmation letters will be sent by mail. Assume you are in the class unless notified. **Complete both sides and mail with a check.**

Registrations will be processed on a first-come, first-served basis.

**Please Print:**

Name _________________________________________________________

Mailing Address __________________________________________________

_______________________________________________________________

Phone Number __________________________Cell _____________________

E-mail Address __________________________________________________

__ I am a new member
__ I would like to continue to receive my brochure through the mail **OR**
__ by email (choose one)

I am _____ years old. My date of birth is _____________________

**Financial Assistance** is available through *TheSAGEfund*. Application forms are available in the SAGE office, on the SAGE website or from nancyproe@gmail.com. Deadline for submission is Kick-Off day, September 10. Submit to the SAGE office in sealed envelope marked *SAGE Finance Committee* or online to nancyproe@gmail.com. You will be contacted the week after Kick-Off as to whether your request has been granted.
### FALL 2019

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>SCP 22101</td>
<td>Matter of Balance</td>
<td>$5</td>
</tr>
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<td>$7</td>
</tr>
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</tr>
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<td>SCP 22123</td>
<td>Finding Your Ancestors</td>
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<td>SCP 22124</td>
<td>Keepers of Our Knowledge</td>
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<td>SCP 22125</td>
<td>Field Trip: Civil War Trails Aboard Molly the Trolley</td>
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<td>SCP 22126</td>
<td>Field Trip: Maysville Museum</td>
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<td>Flower Arranging</td>
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<td>SCP 22128</td>
<td>Field Trip: PI Air Museum</td>
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<td>SCP 22130</td>
<td>Power &amp; Influence of Big Money</td>
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**Payment:**

$______$25 Annual membership (September 1, 2019 – August 31, 2020)

$_____ Fees

$_____ Contribution to TheSAGEfund which gives financial assistance to members and supports SAGE programming (Tax-deductible)

$_____________Total Payment  Take out of brochure to complete both sides.
MOTOR VEHICLE REGISTRATION FORM
Please bring your vehicle registration or mail a photocopy of it with form.

Driver Information
Name ___________________________ Campus Address: Campus Ctr Room 121
Mailing Address __________________________
City, State, Zip ______________________ Phone Number: __________________

Owner Information (if different from driver):
Name ___________________________ Home Phone __________________
Home Address __________________________

Auto/Bicycle Information: (Circle One): Passenger Car (regular) Conservation
(Loon) UMaine System UMaine Athletics (Black Bear) Handicap Veteran Disable Veteran Commercial Combination Motorcycle Firefighter Lobster Other

Make ____________________ Model ____________________ Year __________
Color ____________________ License Plate # ____________ State __________

I, the undersigned, understand that this motor vehicle or any other motor vehicle with a state registration in my name, is subject to be towed at my expense when found in violation of the University of Maine at Presque Isle parking and traffic policies and procedures. I authorize the transfer of unpaid tickets to my student account. I acknowledge that I have received a copy of the University of Maine at Presque Isle parking and traffic policies and procedures and its official parking map. The decal issued to me is for personal use of this motor vehicle. I further understand that if my decal is not properly displayed or if I fail to obtain a temporary permit should my decal be misplaced, then I will be obligated to pay any towing or ticket fines levied on my vehicle. I acknowledge that the University is not responsible for any damage that might occur to my vehicle as a result of parking on campus.

Monetary fine Towing
Signature __________________________ Date __________________________

******************************************************************************OFFICE USE ONLY******************************************************************************

Name of issuing person __________________________
Permit issued __________________________ Date issued __________________________

Payment received $ __________________________ Circle: 1st 2nd 3rd 4th
SCP 22117
Presque Isle Citizens’ Police Academy
Thursdays, September 26, October 3, 10, 17, 24, 31, November 7, 14, 21 & December 5  9:30 – 11:30 AM  Fee: $5
Maximum: 20

Class will be held at the Presque Isle Police Department on North Street.

Curious about how your local police department operates? SAGE has partnered with the Presque Isle Police Department to offer this 10-week course specifically geared to seniors. Topics, presented classroom style, will include dispatch operations, systems used to track police activity, canine use, patrol procedures, use of force issues, criminal investigations, traffic stops, and more. Gain perspective on the professional life of a police officer during a ride along and see demos on tasers and other safety equipment.

Instructors are Presque Isle Police Department officers and detectives.

SCP 22118
Let’s Go to the Movies
Thursdays, September 26, & October 3, 10, 17, 24, 31, & Tuesdays, November 5, 12  1:00 – 3:00 PM    Fee: $8

The movies are back and better than ever! Each week could be a rousing comedy or chilling drama, but all are carefully and lovingly selected for quality, variety, and timeless appeal. All will include trivia and fun anecdotes. And here’s the big news! There were simply too many wonderful choices for a six-week course. So, this semester will be eight weeks of great movies! I want all my loyal “regulars” to be there and bring a new member to share a super movie experience. See you all at the movies.

Instructor Gary Smith is an actor, director and former teacher of communication. He is an ardent student and collector of films.

SENIOR SCIENCE:
The first program will be September 4 from 11:30AM-12:30PM (bring your own lunch) for a full dome show called “Habitat Earth, Living in a Connected World. At the Francis Malcolm Science Center in Easton.

The SAGE Board of Directions: Judy Burleigh, John Cancelarich, Pam Crawford, Robert Gagnon, Penny Kern, Sharon Lester, Judy Mann, Barbara Merriman, Nancy Roe, Susanne Sandusky, Terry Sandusky, Gary Smith, Janet Snow, Nancy Theriault, Carolyn Wadman
SAGE Office Volunteers: Barbara Pierce, Phyllis Taylor

SPECIAL THANKS
To Gary Bowden for the SAGE brochure cover design and to Terry Sandusky for his photos
SCP 22119

Journaling for the Reticent
Thursdays, October 3, 10, 17, 24
9:30 – 11:30 AM   Fee: $15   Max: 10

Have you long wanted to try journaling, but just haven’t taken that first important step? Here’s your chance! In this class you will create four different journals (roughly the first half of class) and then follow suggested prompts to begin writing in each one (roughly the second half of class). You’ll learn why journaling is a particularly valuable activity for seniors and you’ll have the opportunity to share your work with classmates, as desired. This class will include both art and writing, so please bring your favorite writing implements and a basic art kit (scissors, ruler, glue sticks, pencil, etc.).

_Instructor Pam Crawford is a retired educator and dabbling artist._

SCP 22120

Ghost Photography
Thursday, October 24  5:30 – 7:30 PM
Fee: $5

From age 5 to present, I have had many paranormal experiences and possible UFO sightings, so I have always been very interested in learning more about both subjects. In the Ghost Photography class, I’ll show you some of my possible photographs of ghosts and ghost orbs. We’ll talk about how to increase your odds of catching some of these objects yourself and, if possible, we’ll try to take some photographs that night. Bring your camera.

_Instructor Lottie Michaud_

SCP 22121

Sticks and Strings
Thursdays, November 7, 14, 21 & December 5  1:00 – 3:00 PM
Fee: $5   Maximum: 12

Have you ever looked at a cabled hat/scarf/sweater and thought "I could never do that?" Guess what? You can! All it takes is occasionally knitting a few stitches out of order. Come learn how to do it while making a cabled cowl to keep your neck warm next winter. What you'll need: the ability to knit and purl, 160 yards (about 100 gm) of worsted weight yarn in a solid color, size 8 needles, and a cable or double pointed needle. Come join the fun and impress your friends!

_Instructor Nancy Beloungie learned to knit from her mother and grandmother many years ago. She is still learning._

SCP 22122

Chess: A Game for a Lifetime
Thursdays, November 7, 14, 21 & December 5   3:30 – 5:30 PM   Fee: $5

You will learn to play chess well enough to teach your grandchildren, giving them a new game to enjoy and a head start on critical thinking skills. No grandchildren? Learn for yourself! Recent studies indicate that chess players are 16% less likely than non-players to develop Alzheimer’s disease.

_Instructor Lance Beloungie was a chess coach for Caribou High School for 15 years. He was Maine’s 2014 Chess Player of the Year and has a mission to keep chess alive into the future._
SCP 22123
Finding Your Ancestors
Fridays, October 4, 11, 18, 25
10:00 AM – 12:00 PM Fee: $5

Meet your ancestors, and discover who they were, where they lived and what they did. Many records are now available online. Obituaries are particularly valuable as they reflect everyday activities. If your ancestors were in the Military, his/her personal records are very detailed. They include medal-winning actions, wounds received during the war and pension applications from dependent family members. Many cities in America and Europe published guidebooks every year, that included residences and places of work for adults living in the city.

Instructor Frances Heales has been finding her and other people's ancestors in America, and Europe for many years. She has had some surprises along the way. She enjoys discovering details about peoples' lives and how wars and other events changed their lives.

SCP 22124
The Keepers of Our Knowledge
Friday, October 18
1:00 - 3:00 PM Fee: $5

In the class we will show that our government has been keeping evidence of not only UFOs from the public but evidence of current life on Mars from us as well. I plan to present evidence to back up that claim and to share with anyone interested, the substantial evidence that not only are we being visited by people from other worlds, but past and present life exists on our nearest planetary neighbor- Mars.

Instructor Lottie Michaud has had UFO sightings since she was 5 years old as well as paranormal experiences. She is interested in UFOs, alien life, dogs and dog training, psychic awareness and the possibility of life after death.

This disclaimer informs readers that the views, thoughts, and opinions expressed in the class belong solely to the instructor, and not necessarily to the instructor’s employer, organizations, host organizations (UMPI or SAGE), any committee or other group or individuals.

SCP 22125
Field Trip: Civil War Trails Tour Aboard Molly the Trolley
Saturday, October 26 9:00 – Noon
Fee: $15 Minimum: 10 Maximum: 30

Discover the incredible impact the Civil War had on this community, learn more about one of Maine’s first Civil War Monuments, visit sites around the area of war graves, and take a guided look at the fascinating artifacts in the Historical Society’s collection including an officer’s sword and flintlock pistol. Participants will meet Molly the Trolley at the Historic Fire Station at 11 Church Street, Presque Isle.

Instructor Kimberly Smith
SCP 22126
Field Trip: Maysville Museum
Saturday, November 9
1:00 – 3:00 PM Fee: $5
Minimum: 10

Visit the former site of Maysville Town Hall, Maysville Grange and Maysville School. Knowledgeable guide will take you through the four cornerstone exhibits on Presque Isle’s 23 rural one-room schoolhouses, the Aroostook War, Presque Isle and the Civil War and agriculture. Smaller displays include bisque dolls, ‘what is it’, and more including a working vintage telephone switchboard. Meet at the Maysville Museum, 165 Caribou Road.

Instructor Kimberly Smith

SCP 22127
Flower Arranging
Saturday, November 16  2:30 – 4:00 PM Fee: $15  Maximum: 10

Fall into a flower arrangement for the season! The class will offer an opportunity to make a Fall centerpiece using design dishes and foam. Class will be held at One of a Kind Flowers at 250 Main St. Fort Fairfield, Me 04742.

Instructors Pat Canavan and Jenn Wortman have over 37 years of experience in floral design.

SCP 22128
Field Trip: Presque Isle Air Museum
Saturday, November 23
1:00 – 3:00 PM Fee: $5 Minimum: 10

Learn more about the history of Presque Isle’s airport as it transitioned from municipal field to Army Airfield to Air Force Base to the nation’s first nuclear missile site and back to municipal airport. Interesting artifacts and local veterans who served there will be on hand to guide you. Participants meet at the Presque Isle Air Museum at the Presque Isle International Airport, 650 Airport Rd. Enter at south end of building, not the main airport terminal doors.

Instructor Kimberly Smith

SCP 22129
Field Trip: Victorian Christmas at the Estey House
Saturday, December 14  1:00 – 3:00 PM Fee: $15

Start a new holiday tradition! Get in the holiday spirit with a private tour through this small, two story Victorian era house all decked out for Christmas with handmade Victorian inspired decorations. Includes a scavenger hunt based on “The Twelve Days of Christmas” with a “day” represented in each of the rooms. (No elevator and no public restrooms). Meet at the 1875 Vera Estey House Museum, 16 Third Street, Presque Isle.

Instructor Kimberly Smith
SAGE SPECIAL PROGRAMS

SAGE offers many diverse activities beyond the classroom. Some Special Programs may require participants to be a member of SAGE. There may also be a small fee to cover the costs of the activities. NOTE: Special Activities are not intended to be instruction events. All special activities will be announced on the Facebook page. You can sign up for any of the programs by contacting the person listed on each one.

**Book Club** – meets the third Wednesday of every month from 10-11AM to discuss the book being read for that month. Every three months, or so, the group chooses the titles and authors to be read and discussed. Refreshments will be served. We have some very lively discussions and a lot of laughs. If you’d like more information or have any questions, call Ginny White at 498-3872 or email her at vwhite03@maine.rr.com.

**Book Club Online (zoom)** – meets the second Thursday of the month from 1-3PM to discuss books by Maine authors. The club meets at Mary Jane Beardsley’s zoom number. Perfect for the homebound book lover! If your computer has a microphone and a camera (most computers do) you can join with others from senior colleges around the state. Interested or just curious? Call Nancy Roe at 768-7271 or email at nancyproe@gmail.com.

**Balance Screening** - Exercise and Nursing Programs will present Balance Screening, Blood Pressure, Flexibility, and other programs on October 1 from 9AM-3PM. Because SAGE classes are scheduled for the afternoon, we suggest attending between 9 and 10:30AM. More information will be available by the end of September. To RSVP, leave a message for the Exercise and Nursing Programs at 768-9501.

**Games Club** - meets at the Sargent Family Community Center in Presque Isle every Monday from 12:30-3PM. Everyone is welcome. Games can include Hand and Foot, Phase 10, Mexican Train or bring a game you would like to share with others. No need to sign up. Just drop by on Monday afternoons. You’ll know someone there when you arrive but, if not, you will meet lots of people. For more information, call Carol Monroe at 1-978-835-1228.
**Senior Science** – This is a partnership with the Francis Malcolm Science Center on Route 1A in Easton, Maine. Through the Science Center, members will explore the sciences directed by the interests of the group. Speakers, presentations, full dome shows, and members sharing their expertise will make up the content of monthly meetings. **The first program will be on September 4 from 11:30AM-12:30PM (bring your own lunch) for a full dome show called “Habitat Earth, Living in a Connected World.** Then, there will be a short walk outside to identify biodiversity in the real world. The next meeting will be October 2. The program will be about the changes in the environment to prepare for the changing season. Future meetings and topics will be chosen by the participants. For more information, email Suzanne Beaudet at suzanne.beaudet@maine.edu.

**Adventures Await** (formerly the Outing Club) – organizes and carries out several outdoor activities every season. Add your name to the contact list to be notified of upcoming events. **A Bike and Hike in Notre Dame du Lac, New Brunswick along the Le Petit Temis, is planned for August 22, 2019. On October 5 we plan to join the Hike to Freedom at Tomlinson Lake, New Brunswick. Other plans include the Pumpkin Festival at the Botanical Gardens, New Brunswick and hiking at Mt Carleton Provincial Park.** The plan is to also explore the Katahdin Woods and Waters National Monument at some point. Join the fun in planning, organizing and/or attending – whatever you’d like. Everyone is welcome at any aspect. Email Carol Shannon at shannon1@nb.sympatico.ca for more information or to get involved.

**SAGE Night Out** – Started last winter, SAGE members and their guest(s) are invited to enjoy a relaxed lunch or dinner together as a group. We’ll try new places, ethnic foods in different communities around Aroostook County. Contact Nancy Theriault at 760-7158 for more information.

**Bel-Crafts** – of Caribou has invited SAGE members to see her collection of porcelain dolls. Some were handmade by local artist Phyllis Belanger. We will travel to Caribou on October 14 from 1-3PM. Carpooling from UMPI will be available or you can drive on your own. RSVP to Penny Kern at penny.kern.pk@gmail.com. A hint on the size of the collection – she has over 400 dolls for sale.

**FALL 2019 Service Project** – SAGE has learned that UMPI staff provide meals to students who must stay at the university over holidays (because the cafeteria is closed). The SAGE Board chose to offer members the opportunity to help with providing meals for these students. If you are interested in cooking or serving or just being part of this effort, call Nancy Theriault at 760-7158 to get involved.
AARP Smart Driver Course
Wednesday, December 4    (Snow Date: December 11)    9AM-2PM
$15 for AARP members    $20 for non-AARP members

The AARP Smart Driver Course teaches valuable defensive driving skills and provides a refresher of the rules of the road. You will learn proven safety strategies to help keep you safe while on the road. Plus, you may qualify for an automobile insurance discount by completing the course. Please bring a lunch and arrive before 9AM so paperwork can be completed. Checks are payable at the class and made out to AARP Safe Driver. You must have your AARP member number (shown on your AARP card) with you to take advantage of the reduced fee. Contact Penny Kern at 200-6311 or by email at penny.kern.pk@gmail.com to register for the class.

It’s a P-A-R-T-Y!!!

SAGE HOLIDAY PARTY
DECEMBER 13
1:00 – 3:00 PM
144 Caribou Road
Presque Isle
EVERYONE INVITED!
RSVP to Nancy 760-7158

HAPPY HOLIDAYS
TAKE IT OUTDOORS ADULT SERIES
CARIBOU WELLNESS CENTER
These trips (and many more) are sponsored by the Take It Outdoors Series of the Caribou Wellness Center. Please register through the Caribou Parks and Rec by calling 493-4224 or by visiting the center at 55 Bennett Drive, Caribou.

September 5 – McAdam Rail Station, McAdam, NB, CA $40 lunch included, 7AM
Back by the “wow” factor! We promise when you round the corner you will have the same jaw dropping experience that we have. If the walls could talk of this magnificent old train station it would never be quiet. As a matter of fact if you close your eyes and envision what it would’ve been like in her heyday, you can envision the many travelers that made their way from Maine and across Canada through the doors of this Canadian gem. Still a diamond in the rough, the historical committee is doing a magnificent job bringing this building back to its glory.

September 24 – Red River Camps, fly tying and fly casting in Deboullie, $60 lunch & license included, 7AM. Red River Camps is synonymous with fly fishing. This year it has finally come to fruition thanks to Registered Maine Guide, Nancy Taylor. Red River Camps will still be our destination, but instead of just touring the camps, participants will be given fly tying, fly casting, and fly-fishing instruction.

For more information about their all programs, contact the Caribou Wellness or visit their website at caribourec.org. All of them are awesome!

HOW TO CONTACT SAGE:
Phone: (207)768-9501. Leave a message if no answer. You will receive a call back.
Email: SAGEatUMPI@Outlook.com
Location: UMPI Campus Center, Room 121, inside the North entrance.
SAGE Volunteer Office Hours: 9AM to 11AM on Monday, Wednesday and Friday around Kick Off time.
Mail to: SAGE, Conferences and Special Programs, UMPI, 181 Main Street, Presque Isle ME 04769

FOR CLASS CHANGES, UPDATES and OTHER INFORMATION:
SAGE Bulletin Board: In the Campus Center, Room 118
On the UMPI Website: www https://www.umpi.edu/sage/
On facebook: www.facebook.com/SAGE-UMPI
Call the SAGE Office: (207)768-9501. Leave a message if no answer.

MSAD#1 ADULT and COMMUNITY EDUCATION for ON LINE REGISTRATION:
For Coursestorm (online Registration) Assistance: (207) 764-4776
Location: 79 Blake St, Presque Isle, ME 04769 (behind Presque Isle High School)
Important Registration Information

• Registration is on a first come, first served basis, with payment of class fees at the time of registration.
• SAGE membership runs from September 1 to August 31. EVERYONE is a NEW MEMBER on September 1.
• SAGE accepts mail-in and walk-in registrations, but online registration gives the advantage to members who register on the website, especially for courses that limit the number of participants. Classes with less than four (4) registrants may be cancelled.

THREE WAYS TO REGISTER FOR SAGE
1. ONLINE: Registrations are encouraged and can be found at https://msad1.coursetorm.com. There is also a link on UMPI’s SAGE webpage. A valid email address is beneficial. Payment (online credit card purchases will include a $1.99 fee per item), will be by credit card, check or cash. When you register this Fall, you are a NEW member even though you may have been a member in the past. Contact MSAD1 for assistance.
2. IN PERSON: Registrations, with payment, can be dropped off at the SAGE Office during Volunteer hours. Please do not leave your registration if no one is in the office. Registrations can also be dropped off at the MSAD1 Adult & Community Education Center, which is open 5 days a week.
3. MAIL IN: Registrations with payment can be mailed to the SAGE Office. Checks should be made out to SAGE. Registrations are NOT accepted by phone, unless you are paying by credit card.

GENERAL REGISTRATION INFORMATION:
1. Those registering with a valid email address will receive an email confirmation.
2. Our registration process (and data collection for demographic purposes) requires we ask for your age, date of birth, and a valid email address.
3. Information found in this brochure is subject to change. The most current information can be found on the SAGE Page of the UMPI website, facebook and at msad1.coursetorm.com.
The University of Maine at Presque Isle is an EEO/AA employer, and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, generic information or veteran’s status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Sarah E. Harebo, Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711