Fall 2018 Program Offerings

20th Anniversary Kick-Off

Friday, September 7, 2018
11:00 am to 2:00 pm
UMPI Campus Center

Lunch will be served at 11:30 am
$5 RSVP by Sept. 1 ~ $7.50 at the door

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
e-mail: umpi-sage@maine.edu
www.umpi.edu/sage
What is SAGE?

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 – learning is its own reward.

SAGE has two semesters per year, one in the fall, beginning in September; the other in the spring, beginning in March. A Kick-off event begins each semester.

After 20 years SAGE has a new membership fee structure. The new annual membership fee is $25.00 (September 1, 2018 - August 31, 2019). No more semester fees. For each course you take there will be a $5 charge. Some courses may have an additional fee, usually for course materials.

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 learning. Course topics may include arts, science, current events, book discussions, practical skills and more. Special activities and clubs are also planned for members.

Thanks to the generosity of SAGE members, through The SAGE fund, and community sponsors, financial assistance is available. See registration form for information.

SAGE members have free access to most events sponsored by the UMPI Student Affairs Office. Your SAGE name tag serves as a ticket.

SAGE looks forward to you joining with over 100 local seniors in discovering the joys of sharing in this life-long learning adventure! Come for the learning, stay for the fellowship and fun!

Join us and celebrate learning for life!

Follow us on Facebook at SAGE – UMPI

Visit the SAGE website: www.umpi.edu/sage
SCP 21101
Make It Merry:
A Homemade Christmas
Mondays, October 8, 15, 22, 29
9:30 – 11:30 am • Class limit 10 Fee $10

Join us to create small but lovely holiday decorations to use in your own home or to give as gifts to family and friends. You’ll create unique items using burlap bags, jars, tiny trucks, baby shoes, white gloves, bird nests, and more. (Class fee provides these items plus additional supplies for each project.) Please bring to the first class: tacky glue, E6000 glue, and basic art supplies like scissors, ruler, pencil, paper, etc. No experience necessary, but please come with a playful spirit.

• Instructor Pam Crawford

SCP 21102
Theatre Arts Appreciation
Earn a certificate in Theatre Arts Appreciation from SAGE by completing the classes in all four of the theatre arts appreciation topics offered this semester. Facilities fee $8

Introduction to Theatre
Monday & Wednesday, September 24, 26
9:30 – 11:00 AM

The purpose of Introduction to Theatre is to increase students’ understanding, appreciation, and critical perceptions of the theatrical event. The class will focus on the elements of theatre, artists and innovators of theatre throughout history, and on the theatre’s development as an art form and a social phenomenon and participation in class discussions and sharing of critiques. The goal is to encourage your understanding and enjoyment of theatre.

Acting
Monday & Wednesday & Monday
October 1, 3, 8 • 9:30 – 11:00 AM

This class is about building confidence and having fun! Acting is about developing character and exploring through individual and group exercises, monologues and scene studies. This course helps students develop their acting potential and sharpen their skills. Previous theatre experience is not required. As this is an introductory acting class, it will start slowly, based on the group and its abilities. Don’t be nervous or intimidated; be STRONG.

Technical Support
Monday & Wednesday
October 15, 17 • 9:30 – 11:00 AM

Technical Support is a course that provides the opportunity to learn about the crafts and technologies of the “backstage” world of the theatre. Students acquire overview knowledge of theatre production, set design and construction, lighting design, sound, costumes, props, make-up and management. As a beginning technician, students will learn to interpret and execute a theatrical designer’s plans. Being involved in theatre means knowing about the front and backstage elements.

Musical Theatre
Monday & Wednesday
October 22, 24 • 9:30 – 11:00 AM

In a lecture and discussion format, students explore the history and examples of musical
theatre to illustrate the impact of this genre of theatre. Selected works are considered from the context of their relationship with historical and artistic values. Genres explored will include opera, burlesque, pantomime, vaudeville, the revue and musical comedy.

- Instructor Dennis Koch

SCP 21103
Reach For the Stars
Mondays, October 1, 8, 15, 22, 29
1:00 – 2:00 PM
Francis Malcolm Science Center, Rte. 1A, Easton, Maine
Minimum class 6 • Fee $10

Using both the optical/mechanical systems as well as full sky digital planetarium technology, students will empower their observational skills to better appreciate and participate with the celestial sphere above, including seasonal constellations, stars, and planets. Class highlights includes both the construction and launch of a small low altitude rocket to engage the cognitive senses towards our exploration of the solar system through robotic and human occupied spacecraft. As Neil de Grasse Tyson proclaimed: “Onward to the Edge.”

- Instructor Lawrence Berz

SCP 21104
Exploring the Geological Wonders of Our Western National Parks
Mondays & Thursdays, November 12, 15, 19, 26, 29 • 1:00 – 3:00 PM

A Great Courses series of lectures on DVDs, this program is a collaboration between Great Courses and National Geographic. The lectures promote the wonders of the National Parks, a fascinating introduction to the geological forces that forged the parks. The 36 half-hour lectures take you to more than a hundred spectacular sites guided by geologist and former college professor Ford Cochran.

- Facilitator Gina Clark

SCP 21105
UFOs With a Side of Astronomy
Mondays, October 1, 8, 15, 22 • 6:00 – 7:30 PM

The class was developed at the request of the SAGE students in last year’s astronomy class. During this class, we will discuss the history of UFOs, the possibility of extraterrestrial life, where extraterrestrial life may come from and what extraterrestrial life might look like.

- Instructor Jim Stepp

SCP 21106
Hoop Art
Tuesdays & Thursdays, October 30, November 1, 6, 8 • 11:30 AM – 1:30 PM
Class limit 10 • Fee $10

Get creative with old-fashioned embroidery

SAGE classes are cancelled whenever UMPI is closed for inclement weather or any other reason. Check with television/radio stations for information.
hoops! You will tackle four fun projects (one per class day), each featuring a wooden embroidery hoop with the addition of other materials – yarns and fibers, fabric and embroidery floss, fancy paper, flowers, and embellishments of different kinds. Most materials needed are covered by the course fee. Please bring scissors, ruler, pencil, paper (and any other basic art kit supplies you think you might use) to first class. No crafting experience necessary. Note that this class meets twice a week for two weeks.

• **Instructor Pam Crawford**

SCP 21107

**Let’s Talk TED**

Tuesdays, September 25, October 2, 9, 16, 23, 30
9:30 – 11:00 AM

TED talks are short videos done by renowned speakers, scientists, entertainers, and everyday people who want to share their ideas and success. These classes will allow you to expand your thoughts, express your opinion, learn something new, discover, and bring insight through class discussions. Critical thinking is the ability to analyze the way you think. Mastering critical thinking skills, gives you better control of your own learning and empathy for other points of view. Two topics per class will be explored: positivity – fun; community – service; second career – learning; paradigms – retirement; what’s new – travel; and energy – creativity.

• **Instructor Dennis Koch**

SCP 21108

**Optimism: Possibilities, Benefits, Risks**

Tuesdays, October 2, 9, 16, 23 • 1:00 – 3:00 PM

In this course, we will explore various questions and concerns about optimism: research about the topic, effects of personal and social optimism compared to pessimism, realism of optimism in various circumstances, how can optimism be bad? As conversation prompts, instructor presents readings about the topic from various authors: Stephen Pinker, *Enlightenment Now: The Case of Reason, Science Humanism, and Progress*; Barbara Ehrenreich, *Bright Sided: How Positive Thinking is Undermining America*; and others.

• **Instructor Alice Bolstridge**

SCP 21109

**Festival of Trees Project, 2018**

Tuesdays, October 30, November 6, 13, 20, 27
1:00 – 3:00 PM

SAGE has participated in the fundraiser, The Festival of Trees -- held in December for the non-profit St. Apollonia Pediatric Dental Clinic -- for several years. Everyone who has participated in the past has enjoyed sharing their creative and decorative skills by decorating one or two Christmas trees to enter the event. Join the fun this year and know that you are raising funds for a deserving organization. The Festival will be

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**SAGE office: (207) 768-9501**

An answering machine is available for your questions. Leave a message. The volunteer staff members are not in the office on a regular basis.
held on November 30, December 1 and 2, 2018. We hope all SAGE members will attend the event and admire our creations.

• *Facilitator Nancy Theriault*

SCP 21110
Presque Isle Citizens’ Police Academy
Wednesdays, September 26, October 3, 10, 17, 24, 31, November 7, 14, 21, 28 • 9:30 – 11:30 AM
Presque Isle Police Department
43 North Street, Presque Isle
Class limit 20

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 Sgt. Mark Barnes and officers of the Presque Isle Police Department*

SCP 21111
Sock It To Me!
Thursdays, September 27, October 4, 11, 18, 25
9:30 – 11:30 AM • Class limit 12

Learn the basics of sock knitting while creating a Christmas ornament. We’ll cover cuff, leg, heel flap and heel turn (it’s easier than you think), gusset, foot and toe, either worked in the round or knitted flat and seamed. All you need to provide is needles (more info to come), and ability to knit and purl.

• *Instructor Nancy Beloungie*

SCP 21112
Let’s Go to the Movies
Thursdays, September 20, 27, October 4, 11, 18, 25 • 1:00 – 3:00 PM

Each week, for six weeks, a movie will be featured, along with, hopefully, entertaining and informative anecdotes and trivia. The films have been carefully and lovingly selected for variety, quality, and timeless appeal. It may be a spooky drama from the 1940s one week and a hilarious comedy from the 1960s another week. Come see some great movies and join the fun!

• *Instructor Gary Smith*

SCP 21113
Finding Your Ancestors
Fridays, October 5, 12, 19, 26
10:30 AM – 12:30 PM • Computer Lab TBA
Class limit 18

Find your ancestors, discover who they were, where they lived, what they did and the effects of local, national and international events on their lives.

• *Instructors Dick Kimball & Frances Heales*
SCP 21114
Be Red Cross Ready for Seniors
Fridays, November 2, 9, 16, 30 • 1:00 – 3:00 PM
Emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighborhood or be confined to your home. Learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations, you can still protect and prepare yourself. Help may not be able to reach everyone right away. You can deal with disaster better by preparing in advance and by working with those in your support network: your family, neighbors and friends as a team. Knowing what to do is your responsibility. Course will include Community CPR (hands only).

- Instructor Penny Kern

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ONE DAY CLASSES
SCP 21115
Greek and Armenian Genocide
Wednesday, October 17 • 1:00 – 3:00 PM
This course will focus on the Greek and Armenian Genocide of 1914-1924 by the Ottoman Empire. We will focus on the means of systematic extermination of the native Greek and Armenian subjects of the Ottoman Empire before, during and after World War I (1914-1924). The base of our evaluation of genocide will be on the reasons, the means, and the civic diaspora that followed after the deportations. This was the first genocide of the modern world, and its history is unknown to most of the world. Following the movement “Never Again,” the message that is given describes that if people learn from history and condemned the past, then the following Jewish Holocaust could have been prevented.

- Instructor Evan Zarkadas

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SCP 21116
Balance Screening and Fall Risk Education
Thursday, October 25 • 9:00 – 11:00 AM
Wieden Hall, PT Lab/classroom
According to the American Physical Therapy Association, about one in three seniors above age 65 and nearly one in two seniors over age 80 will fall at least once this year. Many times this results in disastrous consequences. As our nation’s population ages, the rate of falls is rising. Falling and fear of falling may be reduced by physical therapy intervention. Students in the UMPI Physical Therapist Assistant program will use standardized balance screening to assess your risk of a fall. They will also provide handy education about how to easily reduce your risk of falls in your home by making simple changes.

- Instructor Vanessa Patenaude, PT

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Membership fees are non-refundable. Refunds for the materials fee are given if you drop the course and notify the SAGE office two weeks prior to the beginning of the course in writing.
SCP 21117
**John Allen, Maysville Pioneer, and His Journal (Circa Mid-1800s)**
Thursday, November 8 • 6:00 – 8:00 PM

John Allen, a Maysville pioneer, was an important figure in the history of Presque Isle. The class will examine his actual journal.

- **Instructor Kim Smith**

SCP 21118
**Living With Your Computer**
Tuesday & Thursday, November 13, 15
9:30 – 11:30 AM

This course of study will help with understanding basic computer usage and various aspects of managing the machine. No using computer during class. Take information and work on materials provided between classes. As questions arise with using a computer, jot them down and bring to class for solutions or resolutions.

- **Instructor Lynn McNeal**

SCP 21119
**Decorate a Gingerbread House**
Wednesday, November 28 • 12:30 - 3:30 PM
Class limit 10 • Fee $10

Gingerbread houses have been a holiday tradition for many generations of many different cultures. The instructor will provide gingerbread house pieces and several different choices for fastening them together. Houses can be uniquely decorated using candy participants bring to share, as well as candy provided by the instructor. While the houses set up, there will be a break for lunch. The university cafeteria is about $8 for an all-you-can-eat lunch or bring a bag lunch. Don’t forget to bring candy to share. Necco wafers, M&M’s, Tootsie Rolls are just a few favorites

- **Instructor Karen Hilt**

SCP 21120
**The Civil War Diary of Presque Isle’s Jeweler Robinson**
Thursday, November 29 • 6:00 – 8:00 PM

Mr. Robinson, a jeweler in Presque Isle, was a Civil War veteran. The class will examine the diary he kept during the War, before he returned home to raise his family.

- **Instructor Kim Smith**

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**SPECIAL ACTIVITIES & CLUBS**

SAGE offers many diverse activities beyond the classroom. To participate in any Special Activity or Club, you must be a current SAGE member.

Special Activities and Clubs are not intended to be instructional events. The activities will be announced on Facebook page SAGE – UMPI or call the SAGE office at 768-9501 for more information or to sign up.

- **Games Club** – Meets at the Sargent Family Community Center in Presque Isle every Monday from 12:30 – 3:00 PM. Everyone is welcome. Games can include Hand and Foot, Skipbo, 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.

- **Book Club** – Meets once a month for six months reading a book a month chosen by the
members. At the fourth month’s meeting, the next six months are planned out.

**Chess Club** - Learn or practice playing chess! Recent studies indicate that chess players are 16% less likely than non-players to develop Alzheimer’s disease. Join a state chess champion once a week to hone your skills, learn new techniques and have fun. Thursdays, September 27 – December 13. Contact Lance Beloungie or the SAGE office.

**Outing Club** - Organizes and carries out several outdoor activities every season. Events planned for this fall are: geocaching at Nordic Heritage Sport Center, biking and walking local trails across Aroostook County and Perth Andover, NB, Canada. Join the fun in planning, organizing and attending these activities.

**Lockbox Lunch** - One Day Event. This event will be put on by the MSAD #1 Adult Education Program; it will be held in the Campus Center on Monday, September 24, 11:30 AM – 1:30 PM. The Lockbox is a series of puzzles, riddles, and problems that need to be solved to get into a box with a surprise inside. You will have 45 minutes to work together as a group to get in the box. Lunch is available from the cafeteria at the university for $7.60. Fee $10.

**SAGE Night Out** – Come enjoy good food and good company with fellow SAGE gourmets who meet periodically at local restaurants. Watch the Facebook page.

**The Great Courses Media Library** – Need something to keep your brain active in between semesters? Try checking out a course from The Great Courses on DVDs. A list of courses available can be obtained from the SAGE office that will include the process for checking the DVDs out. A DVD player can be borrowed for a $15 deposit.

**AARP Smart Driver Course** –
Tuesday, November 27, 9:00 AM – 2:00 PM
Snow date: Friday, November 30

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 9:00 AM so paperwork can be completed. Fee $20 for non AARP members or $15 with proof of AARP membership (Membership number found on card). Checks are payable at the class and made out to AARP Smart Driver. Sign up by calling Penny Kern at 207-200-6311 or email penny.kern.pk@gmail.com.

**The Escape Room** - One Day Event. A whole new experience, scheduled for Friday, October 5. Beat the clock and escape the “Escape Room.” The theme of the room changes all the time, but it will include a series of clues, solving puzzles to unlock the secrets to accomplish a mission. Do you have what it takes to get out in time? Groups of 3 – 5 people will take on the challenge on a first-come, first-served basis or form a group and register together. Groups will have 60 minutes to solve the puzzles and escape the room! Please select 1st and 2nd choice for times: 9:00 – 10:00 AM; 10:30 – 11:30 AM; 1:00 – 2:00 PM or 2:30 – 3:30 PM. Fee $8.
Sgt. Mark Barnes and officers of the Presque Isle Police Department will teach the class. Students will meet the entire Police Department.

Nancy Beloungie has been a knitter of socks for at least 10 years; she has been a knitter for a lot longer.

Lawrence Berz is the Planetarium Director of the Francis Malcolm Science Center and an adjunct faculty member of The Maine School of Science and Mathematics.

Alice Bolstridge, Ph.D., is a retired English instructor. She has authored over 100 short works and two books, *Oppression for the Heaven of It* and *Chance & Choice*.

Gina Clark is a member of the SAGE Board of Directors.

Pam Crawford is a retired educator, a playful dabbling artist, a lifelong learner, a frequent SAGE instructor and a member of the SAGE Board of Directors.

Penny Kern has been an instructor for the American Red Cross for over 30 years teaching both health and safety classes and disaster services classes. She is currently chair of the SAGE Board of Directors.

Dick Kimball and Frances Heales have been discovering their ancestors for many years. They have had surprises, some good, some not; they now feel they really know their ancestors and have found skills and characteristics they share with earlier generations.

Dennis Koch recently retired from higher education after 30 plus years. He is currently trying to figure out what’s next and what he will retire from next.

Lynn McNeal has been an educator for 40 years at secondary and post-secondary levels. He taught math, algebra, computer applications and electronics for 23 years and followed this with 16 years of school administration.

Vanessa Patenaude, PT, is a licensed physical therapist and Assistant Professor at UMPI in the Physical Therapy Assistant (PTA) program.

Gary Smith is a former actor, director, and teacher of communication. An ardent student of film, he is teaching his third SAGE movie course. He is a member of the SAGE Board of Directors.

Kim Smith holds a Master’s degree in business and a nonprofit management certificate. She has been with the Presque Isle Historical Society since 2006 giving numerous tours and presentations.

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

Nancy Theriault is a retired postal employee. She is looking forward to working again with the group on the tree for the Festival of Trees.

Evan Zarkadas is from Portsmouth, Rhode Island, and is a junior in the History program at UMPI. This year he has been very active on campus and in the community. As a presenter, he has organized many presentations dealing with genocide.
Congratulations, SAGE, on its 20th Anniversary!

The SAGE Board of Directors: Judy Burleigh, John Cancelarich, Pam Crawford, Robert Gagnon, Gina Iacoponi-Clark, Penny Kern, Sharon Lester, Judith Mann, Barbara Merryman, Nancy Roe, Susanne Sandusky, Terry Sandusky, Gary Smith, Janet Snow, Carolyn Wadman; ex-officio Lydia Kieffer-Till, Llori Keirstead, Carol McGlinn

SPECIAL THANKS
To Gary Bowden for the SAGE brochure cover design; to Terry Sandusky for his photos.