The Wonders of America’s State Parks
Wednesday, January 6, 13, 20, & 27  9:30 AM - 11:30 AM      Fee: $5

Through lecturer, Joe Yogerst, we will visit the state parks of New York, New Jersey, Pennsylvania, and New Hampshire. We will start with Niagara Falls, the first state park in the United States and we will visit our own Aroostook State Park, which is the first state park in Maine, with a presentation by Scott Thompson, manager. This is a The Great Courses program that is owned by SAGE. There is a possibility of extending this course to cover the other 21 presentations available if there is interest.

Facilitators: Penny Kern and Scott Thompson

Senior Science
4th Monday of Every Month     10:00 AM – 11:00 AM
Fee: $5 to get notices
Register by emailing sageatumpi@outlook.com

Participants choose the topic for the next meeting. Join us and explore “Science”!! November will be an overview of what is available and we will plan the next few sessions.

Coordinator: Sue Beaudet

Knot-II-Bragg Farm Wildcrafting Seminar
March 23 & 24, April 6, 13, 20 & 27   10:00 AM to Noon
Fee: $45

Natalia Bragg, an herbalist for over 50 years, will take us on an adventure through the world of wild plants and trees that have been around for centuries benefitting the human race, if only they knew they were there. There will be virtual walks through the fields, demonstrations on how to use them and a discussion on how the natural world protects and preserves your health and well-being, if you want it to. These techniques, in no way, replace the need for modern medicine but it is an alternative to stay in charge of your everyday health both mentally and physically. When you register for the class, she will share her Four Horseman technique, how to ward off colds and flu before they grab you, and how to boost your immune system so you do not fall victim to everything that comes your way.

Instructor: Natalia Bragg
TED Talks: Democracy
February 2, 9, 16 & 23 9:30 AM – 11:30 AM   Fee: $5

Using videos and discussion, this course will explore questions about democracy ranging from basic to more complex and thorny issues: What is democracy? Why does it matter? What role does it play in our government? What are the constitutional issues? What are benefits and risks? What are threats to it that pundits keep warning us about? And more as the interests of the class dictate.

Instructor: Alice Bolstridge

Aroostook County in World War 1
February 9, 2021    1:30 PM – 3:30 PM       Fee: $5

"Maine National Guard Historian Jonathan Bratten details the sacrifices and stories of Mainers in the Great War, as he follows Houlton’s Company L of the 103rd Infantry Regiment from its mobilization at Camp Keyes in Augusta all the way to France, and back again. The “Pine Tree Regiment,” as it was called, experienced some of the heaviest fighting in the American experience of World War I. The actions of the men in the regiment helped change the course of the war and of history."

Presenter:    Jonathan Bratten, D CPR US ARMY NG MEARNG (USA)

German POW Camps
February 11, 2021   1:30 PM – 3:30 PM     Fee:  $5

Erica Nadelhaft teaches history at the University of Maine at Fort Kent and she is the Northern Maine outreach educator for the Holocaust and Human Rights Center of Maine. She is offering a presentation on the German POW Camps in Maine during World War II. One of the camps was located in Houlton and, during harvest, the POW’s helped Aroostook County farmers harvest potatoes. This should be an interesting presentation and of interest to many people.

Be Red Cross Ready for Seniors
Wednesdays, March 3, 10, 17, & 24      9:30 am – 11:30 am
Fee: $5 for SAGE

The American Red Cross and their partners are committed to lending a helping hand to those in need, but during times of disaster, assistance may be delayed. That is why it is important for your family to Be Red Cross Ready. Would you know what to do or even how to prepare? Join us and get some ideas and help us celebrate RED CROSS MONTH 2021.

Instructor: Penny Kern

Adventure Awaits
Planned by participants       Fee: $5 for notices

Throughtout the winter, they will venture outdoors cross-country skiing, snowshoeing, and hiking. Join to help plan and get notices of trips.
LATIN II
Wednesday, January 6, 13, 20 & 27  1:00 PM – 3:00 PM   Fee:  $5

Linguam latinam scire voluistine?  Now is your chance. Guy Gallagher has offered to do a part II of the Latin class. It really was not learning like we did in high school. It is much easier – still challenging but easier. Learning something new, especially a language, is the number one way to keep your brain sharp. Join us!

Instructor: Guy Gallagher

MAINE SENIOR COLLEGE NETWORK website lists all the classes open to members of SAGE and the other senior colleges in the State of Maine. Being a member of SAGE gives you the opportunity to join in on other ZOOM classes conducted by them with no membership fee. Course fees still apply. You can reach the catalog of all available classes by going to: maineseniorcollege.org. Each senior college has a different way to register for their classes so follow the directions you find on the blog.

MEMBERSHIP IS FOR SEPTEMBER 1 – AUGUST 31 AND IT IS $25 PER YEAR. THIS MUST BE PAID BEFORE YOU CAN TAKE CLASSES IN SAGE OR OTHER SENIOR COLLEGES.