INSIDE: FALL 2020 PROGRAM OFFERINGS!

FALL KICK-OFF
A ZOOM EVENT!
FRIDAY
SEPTEMBER 11TH
10:00AM

LOG INTO:
https://maine.zoom.us/j/92553576853?
76853?=
UnNYallzMUFLWkwMBRF
hDJbTkTFYd69
PASSWORD: 578519

Or contact Penny Kern @
penny.kern.pk@gmail.com
for an invitation

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!
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.

SAGE looks forward to your 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

HOW TO CONTACT SAGE:
Phone: (207)768-9501. Leave a message if no answer. We have remote access.
Email: SAGEatUMPI@Outlook.com
Location: There is no access to the office until further notice.
SAGE Volunteer Office Hours: There are NO office hours until further notice.
Mail to: SAGE, Conferences & Special Programs, UMPI, 181 Main Street, Presque Isle, ME 04769

FOR CLASS CHANGES, UPDATES and OTHER INFORMATION:
SAGE Bulletin Board: No access until further notice.
On the UMPI Website: https://www.umpi.edu/sage/
On facebook: www.facebook.com/SAGE-UMPI
Phone: (207)768-9501. We will leave an outgoing message remotely.

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)
Website: www.msad1.coursestorm.com
Things You Need To Know About SAGE

♦ UMPI requires SAGE members have an ASSUMPTION OF RISK on file each year. Forms can be found on the back of the Registration Form, umpi.edu/sage website or in the SAGE Volunteer Office.

♦ Your PARKING PASS is not necessary this semester. If you visit the campus, park in the visitors’ spots. If needed, we will get them in the spring.

♦ 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. ZOOM classes will not be cancelled by weather.

♦ MEMBERSHIP FEES ARE NON-REFUNDABLE. Other FEES may be eligible for reimbursement on a case-by-case basis. Please contact the SAGE Volunteer Office for more information. This refund money may also be donated to TheSAGEfund for financial assistance and other SAGE projects.

♦ Apply for FINANCIAL ASSISTANCE for membership/class fees. Funding is available through TheSAGEfund. Contact the SAGE office by phone or email for an application. Deadline is the Kick Off and recipients will be notified as soon as possible.

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

♦ CLASS LOCATIONS— At this time, we can not hold classes on the UMPI campus.

♦ This DISCLAIMER informs readers that the views, thoughts, and opinions expressed in these classes belong solely to the instructor, and not necessarily to the instructor’s employer, organizations, host organizations (UMPI or SAGE or MSAD#1), any committee or other group or individuals.

♦ MEMBERSHIP is for the academic year of September 1 to August 31 and the membership dues are $25 for the year. We do not prorate this fee if someone joins for just one semester. ALL members are NEW as of August 31.

♦ BE CONSIDERATE OF OTHERS—not everyone can tolerate strong odors such as perfume, shampoo, or aftershave.

♦ In Person classes may not be an option by October. We will keep you posted.
2020 and 2021 MEMBERSHIP DUES are due!

SAGE Membership for 2020 – 2021
September 1st to August 31st of each year

These are difficult times, but difficult times require different skills, different resiliency and different plans but giving up is NOT on anyone’s list. We are going to move forward – just differently but safely. It is not easy to stop a program we all hold so dear in our hearts and that we know is good for our mental and physical health. Learning does not stop and neither do we.

Join Today! It is $25 for the entire year. Because of ZOOM, this Fall 2020 Semester is from September 11, 2020 to March 31, 2021. You do not have to leave the warmth and comfort of your home to join a class. There is something for everyone somewhere in the State of Maine through ZOOM and your SAGE membership gets you involved in all of it. You do not want to miss out.

KICK OFF by ZOOM and Meet & Greet

The Kick Off this semester will be held by a large group ZOOM meeting. Meet the instructors and get your questions answered. September 11, 2020 at 10 am at the following link: https://maine.zoom.us/j/92553576853?pwd=UnNYalIzMUFLWkNBRFhDZjBkTjFYdz09

Because we have the SAGE tote bags and pens to give out, we are also going to have a “meet and greet” time at the Aroostook Centre Mall parking lot to drop off your registrations, pay your membership fees, and pick up your tote bag.

This will happen September 12, 2020 from 10:00 am to Noon near the Kmart end of the Aroostook Centre Mall.

Notice This Logo?

Have you noticed this logo? This means the class is being held on the computer through ZOOM. Stay in your pajamas, have a coffee, wrap up in a blanket, and stay comfortable (but decent, please) and join us for some very interesting courses. If you like, take the tutorial to learn how or practice. Please don’t wait until the day of the class to try it.
In Person classes may not be an option by October. We will keep you posted.

<table>
<thead>
<tr>
<th>Where Held</th>
<th>Course</th>
<th>Day</th>
<th>Start</th>
<th>End</th>
<th>Time</th>
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<tbody>
<tr>
<td>Off Campus</td>
<td>Senior Science</td>
<td>4th Mon.</td>
<td>28-Sep</td>
<td>23-Nov</td>
<td>10:00 - 11:00</td>
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<tr>
<td>Off Campus</td>
<td>Games Galore</td>
<td>Mon.</td>
<td>Weekly</td>
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<tr>
<td>Campus?</td>
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<tr>
<td>ZOOM</td>
<td>ZOOM at Home</td>
<td>Tue.</td>
<td>6-Oct</td>
<td>13-Oct</td>
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<tr>
<td>ZOOM</td>
<td>An Easy Way to Write an Obituary</td>
<td>Tue.</td>
<td>20-Oct</td>
<td>27-Oct</td>
<td>1:30 - 2:30</td>
</tr>
<tr>
<td>ZOOM</td>
<td>The Amazing Planets</td>
<td>Tue.</td>
<td>6-Oct</td>
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<td>6:30 - 8:00</td>
</tr>
<tr>
<td>Off Campus</td>
<td>Stained Glass Workshop</td>
<td>Tue.</td>
<td>3-Nov</td>
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<td>1:00 - 4:00</td>
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<tr>
<td>ZOOM</td>
<td>Book Club</td>
<td>3rd Wed.</td>
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<td>10:00 - 11:00</td>
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<tr>
<td>ZOOM</td>
<td>Managing Your Money Wonders of America's State Parks</td>
<td>Wed.</td>
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<tr>
<td>ZOOM</td>
<td>Be Red Cross Ready for Seniors</td>
<td>Wed.</td>
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<td>Off Campus</td>
<td>SAGE Night Out</td>
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<tr>
<td>ZOOM</td>
<td>Latin</td>
<td>Thur.</td>
<td>1-Oct</td>
<td>22-Oct</td>
<td>9:30 - 11:30</td>
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<tr>
<td>Campus?</td>
<td>Knitting Workshop</td>
<td>Thur.</td>
<td>1-Oct</td>
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<tr>
<td>Campus?</td>
<td>Chess: A Lifetime Activity</td>
<td>Thur.</td>
<td>1-Oct</td>
<td>22-Oct</td>
<td>5:00 – 7:00</td>
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<tr>
<td>In your car</td>
<td>Haunted Hearse Tour</td>
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<td>29-Oct</td>
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<tr>
<td>ZOOM</td>
<td>We Demand: A Road Trip</td>
<td>Thur.</td>
<td>20-Oct</td>
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<tr>
<td>Campus?</td>
<td>Finding Your Ancestors</td>
<td>Fri.</td>
<td>2-Oct</td>
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<td>10:30 - 12:30</td>
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<tr>
<td>ZOOM</td>
<td>Invertebrate Fossils and Dinosaurs</td>
<td>Fri.</td>
<td>30-Oct</td>
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<td>9:30 - 11:30</td>
</tr>
<tr>
<td>Off Campus</td>
<td>Adventure Awaits</td>
<td>As Planned</td>
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<td>As Planned</td>
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<tr>
<td>Off Campus</td>
<td>PI Army Air Base Tour</td>
<td>Sat.</td>
<td>19-Sep</td>
<td></td>
<td>10:00 - Noon</td>
</tr>
<tr>
<td>Off Campus</td>
<td>Presentation on PI’s Nathan Perry Steamship</td>
<td>Sat.</td>
<td>19-Sep</td>
<td></td>
<td>1:00 - 3:00</td>
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<tr>
<td>ZOOM</td>
<td>Knot-II-Bragg Farm Wild-crafting Seminar</td>
<td>TBA</td>
<td>January</td>
<td>∞</td>
<td>TBA</td>
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</tbody>
</table>

**TheSAGEfund**

Do you think SAGE is beyond your means right now? Apply for FINANCIAL ASSISTANCE for membership/class fees. Funding is available through TheSAGEfund. It is there for you! Request an application by phone or email.
*** GROUPS, IN PERSON CLASSES AND TOURS ***
We are watching the COVID-19 numbers to decide if these classes are going
to happen and, in some cases, where they will happen.

SCP 23101
Senior Science
4th Monday  10:00 am-11:00 am
Fee: $5   Waiting for facility to open.
Francis Malcolm Science Center,
Easton, Maine

We have the opportunity to use the
Francis Malcolm Science Center and
resources to explore the World of Sci-
ence but when, we do not know. If you
are interested in science, sign up for the
program and you will become part of
the committee that plans what will be
offered.

Coordinator: Suzanne Beaudet

SCP 23110
SAGE Night Out
3rd Wednesday of every month   5:30 pm
Fee: $5 to get notices
Each month, a new restaurant is picked and
those interested are notified where and when
to meet. If you are interested in being noti-
ified of each outing, register for this event.

SCP 23120
Stained Glass Workshop
Tuesday, November 3   1:00 pm– 4:00 pm
Fee: $45     Min. 5   Max 20
Glass With Class, 499 Main St., Presque
Isle

Using glass, already cut into shapes, par-
ticipants will solder them together to
make a gorgeous sun catcher ready to
catch even the tiniest ray of sunshine.

Instructor: Lisa Wark

SCP 23119
Adventure Awaits
Dates, times, and places are set by the par-
ticipants.    Fee: $5 to get notices
Trips and outings are planned to meet the
groups’ schedules, activities happening in
and around the State and in Canada. It
could be a walk, hike, or exploring a tour-
maline mine. You help make the plans by
registering for this program. Carol Shan-
non is coordinator and she can be reached
at shannon1@nb.sympatico.ca

Contact: Carol Shannon

Games Galore
Monday, Noon to 3:00pm     No Fee
Normally meets at the Sargent Family
Community Center, Presque Isle

Everyone is welcome. Games can in-
clude Hand and Foot, Phase 10, Mexi-
can Train or bring a game you would
like to share with others. **No need to sign up.** Just drop by on Monday after-
noons. You will know someone there
when you arrive but, if not, you will
meet lots of new people. For more in-
formation, call Carol Monroe at 1-978-
835-1228.

Coordinator: Carol Monroe
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: ________________

Photo Release

I hereby affirm that I am (name)________________________ 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. Make checks payable to SAGE.

Complete both sides and mail with a check to the above address.

Please Print:

Name ____________________________________________________________
Mailing Address________________________________________________________________________
________________________________________________________________________________________

Phone Number ___________________________ Cell _____________________
E-mail Address ____________________________________________________________

___ I am a new member (if you took classes in Fall of 2019, you are NOT new)
___ I would like to receive my brochure by email.
___ Please send me a financial assistance form.
___ I am interested in being a host for a class I am attending.

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

A BIG CHANGE!!!
Because of the coronavirus precautions put into place to protect people using the university facilities, we are NOT going to be able to hold the Kick Off in person.

The entire program can be found on ZOOM. Go to zoom.com and download the program to your computer, phone, or tablet. Copy this link to your browser to join the meeting. If you need help, contact Penny Kern at penny.kern.pk@gmail.com or call her at 200-6311. LINK: https://maine.zoom.us/j/92553576853?pwd=UnNYaIlzMUFLWkNBRFhDZjBkTjFYdz09

Drop by the Aroostook Centre Mall on September 12, 2020 at 2 pm to pick up your tote bag and drop off any registration you want to turn in. Say Hi but you won’t even have to get out of your car.
FALL 2020

NAME ____________________________

__SCP23101 Senior Science
Fee: $5

__SCP23102 Manage Your Money
Fee: $5

__SCP23103 Collections
Fee: $5

__SCP23104 Be Red Cross Ready
Fee: $5

__SCP23105 We Demand: Road Trip
Fee: $5

__SCP23106 ZOOM at Home
Fee: $5

__SCP23107 Write an Obituary
Fee: $5

__SCP23108 Wildcrafting Seminar
Fee: $???

__SCP23109 The Amazing Planet
Fee: $7

__SCP23110 SAGE Night Out
Fee: $5

__SCP23111 Book Club
Fee: $5

__SCP23112 Wonders of State Parks
Fee: $5

__SCP23113 Latin
Fee: $8

__SCP23114 Knitting Workshop
Fee: $5

__SCP23115 Chess – A Lifetime...
Fee: $5

__SCP23116 Haunted Hearse Tour
Fee: $15

__SCP23117 Finding Your Ancestors
Fee: $5

__SCP23118 Invertebrate Fossils & Dinosaurs
Fee: $5

__SCP23119 Adventure Awaits
Fee: $5

__SCP23120 Stained Glass Workshop
Fee: $45

__SCP23121 PI Army Air Base Tour
Fee: $15

__SCP23122 Nathan Perry Steamship
Fee: $15

Payment:
$ ____25__ Membership Fee of $25  All membership dues are due at this time.
$ ______ Fees.
$______ Contribution to TheSAGEfund which gives financial aide to members and supports SAGE programming (Tax-deductible)

$______________Total Payment

Please make checks payable to SAGE . For Credit Cards, call 768-9501.
SCP 23117
Finding Your Ancestors
Friday, Oct 2, 9, 16 & 23
10:30 am – 12:30 pm Fee: $5
This course will help you to find your an-
cestors, no matter where they came from
without going to the places where infor-
mation on their births, marriages and
deaths are stored. In addition to official
records, you may be able to see school
yearbooks and obituaries in newspapers.
You will make family trees and learn who
was related to whom, where they lived and
what they did for a living.
Instructors: Francis Heales & Spike Savage

SCP 23116
Haunted Hearse Tour
Thursday, October 29 6:00 pm - 8:00
pm Fee: $15 Min. 6
This 1.5-hour tour highlights the findings
of Maine Paranormal Investigation
Team’s visits to Presque Isle as they
searched for lingering spirits in some of
our historic buildings. Tour-goers will
go into the historic fire station/jail and
possibly other buildings. Photographic
“evidence” will be presented. Photog-
raphy permitted. Tour-goers drive their
own vehicles as they follow the Society’s
hearse in their very own ‘funeral’ proce-
sion. We will no be going inside the
buildings at this time. RAIN OR
SHINE. Meet at the Historical Fire Sta-
tion, 11 Church St. Presque Isle.
Instructor: Kim Smith

SCP 23121
Tour of the Former Presque Isle Army
Air Base
Saturday, September 19 10:00 am to
Noon Fee: $15 Min. 10 Max. 30
This 1.5-hour tour will cover various
building locations, explore the im-
portance of the base to the defense of the
nation and growth of Presque Isle, and
include historic photographs and a guided
tour of the Presque Isle Air Museum.
Tour-goers will also go out onto the
launch pads of a SNARK missile, the na-
tion’s first ICBM. RAIN OR SHINE.
Face coverings will be required inside the
airport. Meet at the Historical Fire Sta-
tion, 11 Church St. Presque Isle and you
will remain in your own car for most of
the tour.
Instructor: Kim Smith

GENERAL REGISTRATION
INFORMATION:
1. Those registering with a valid email ad-
dress will receive an email confirmation.
2. Our registration process (and data col-
lection for demographic purposes) requires
your age, date of birth, and a valid email
address.
3. All checks should be made payable to
SAGE.
4. Information found in this brochure is
subject to change. The most current infor-
mation can be found on the SAGE Face-
SCP 23122
Presentation on Presque Isle’s Nathan Perry Steamship
Saturday, September 19 at 1:00 p.m. at the Maysville Museum, 165 Caribou Road  Fee: $15

Were you aware Presque Isle had its own steamship in the 1870s? It may not surprise you to learn it was owned and operated by “Presque Isle’s Pirate” Sidney Cook. Join Presque Isle Historical Society for a presentation to learn more! Will also include a guided tour of the Maysville Museum. Face coverings will be required inside the museum.

Instructor: Kim Smith

The $10 fee for the PI Historical Society tours is a direct donation to the historical society used to provide future programs.

SCP 23103
Collections of All Kinds
Mondays, October 5, 12, 19, & 26  1:00 pm– 3:00 pm    Fee: $5
Location of class is UNKNOWN at this time!

Collection Introduction at Eagle Hill on Main Street in Presque Isle October 5. Civil War by Jeff Hemphill and Gary Smith – Oct 12, location unknown, Gary Smith will talk about his movie collection and show a movie on Oct 19, location unknown. If possible, we will visit Phyllis Belanger on Oct. 26 to see her porcelain doll collection. This is very uncertain.

Coordinator: Gary Smith

SCP 23114
Knitting Workshop
Thursdays, October 1, 8, 15 & 22  1:00 pm– 3:00 pm    Fee: $5    Max. 15

Does a knitting project have you befuddled? Are you having trouble finishing a project because you are not sure you are doing it right? Is there a mistake in your knitting that you cannot figure out how to fix? Let us help. And maybe you can help solve someone else's problem. Let us see what knots we can untangle. And if you need inspiration, maybe we can help with that, too.

Instructor: Nancy Beloungie

SCP 23115
Chess—A Lifetime Activity
Thursdays, October 1, 8, 15 & 22  5:00 pm– 7:00 pm    Fee: $5    Max. 15

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
The following classes will definitely happen. They are by ZOOM and a huge thank you to the university for making this possible.

Take the tutorials and the special programs being offered so you become comfortable with ZOOM.

SCP 23106  
**ZOOM-At-Home Tutorial**  
Tuesdays, October 6 & 13  
1:30 pm– 3:30 pm   Fee: $5

ZOOM is a great way to take a class; it is a great way to communicate with friends and family far away. You will need a computer with a microphone and a camera. ZOOM is easy, free, and similar to Skype. SAGE is offering more classes ZOOM this semester. Other Senior colleges are offering such ZOOM classes you can join, also. No parking problems! Nancy Roe, a ZOOM enthusiast, will help you. Email her at nancyproe@gmail.com for more information.

SCP 23102  
**Managing Your Money**  
Wednesday, September 23, 30, October 7 & 14   9:00 am to 10:30 am   Fee: $5

"Edward Jones is an investment firm that believes your financial goals deserve a face to face conversation. We can help you prepare for retirement, save for education and be a tax-smart investor."

Instructors: Gretchen Morse, CFP  
Edward Escobar, Financial Advisor

SCP 23111  
**Book Club**  
Will begin meeting by ZOOM on October 14   10:00 am

The first book will be The Testament by John Grisham. Future meetings will be planned at that meeting. Days, times, and the books being read are decided by those participating.

Contact: Nancy Theriault

SCP 23106  
**ZOOM-At-Home Tutorial**  
Tuesdays, October 6 & 13  
1:30 pm– 3:30 pm   Fee: $5

We are offering practice ZOOM for anyone interested in learning, getting more comfortable with ZOOM or wanting to gain more skills at using it.

Email penny.kern.pk@gmail.com
SCP 23105
We Demand: America’s First Cross-Country Automobile Trip for a cause
Thursday, October 29 Fee: $5 9:30 am – 11:30 am

In September 1915, four women embarked in an open car from San Francisco’s Panama Pacific International Exposition on the country’s first cross-country road trip for a cause. They were carrying a petition to Congress and President Wilson demanding an amendment to the United States Constitution enfranchising women. Over primitive, poorly signed roads and through blazing heat, rain, snow, and mud, they battled their way across the country, stopping in towns along the way to collect more signatures and to raise awareness that most women in the country were prohibited from voting. Gass retraced their route in 2015 and blogged about it at www.suffrageroadtrip.blogspot.com about it. This lively talk is accompanied by historic slides.

Instructor: Anne Gass

SCP 23104
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 by completing three easy steps: 1. Get a Kit. 2. Make a Plan. 3. Be Informed. 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
SCP 23107
An Easy Way to Write an Obituary
Tuesdays, October 20 & 27
1:30 pm- 2:30 pm Fee: $5
Min. 3 Max. 18

In this ZOOM class, we will learn how to write obituaries and submit them for publication in physical newspapers and online platforms. Participants will leave the class knowing what information a typical obituary should include, formatting, and how to phrase sensitive aspects of a person’s life and death. Class materials include outlines of obituary forms.

Instructor: Andrew Birden

SCP 23109
The Amazing Planets
Tuesdays, October 6, 13, 20 & 27
6:30 pm- 8:00 pm Fee: $7 Min. 5

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.

Instructor: Jim Stepp

SCP 23118
Invertebrate Fossils and Dinosaurs
Friday, October 30 9:30 am to 11:30 am Fee: $5

Join Kevin McCartney for a look into the past and explore the fascinating world of invertebrate fossils and dinosaurs. Invertebrates, which include seashells and other simpler organisms, often include hard parts that commonly preserve as fossils. Dinosaurs are of course much rarer since these survived for a shorter interval of time and due to larger size the complete animals are less commonly preserved as fossils. The fossils of these organisms provide us with much information on how these individual organisms lived but also on the evolution of life itself on our planet.

Instructor: Dr. Kevin McCartney


SPECIAL THANKS : Gary Bowden for the SAGE brochure cover design and to Terry Sandusky for his photos.
SCP 23108  
Knot-II-Bragg Farm Wildcrafting Seminar  Class details to be announced Fee: TBA

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. She will also 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

SCP 23112  
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 Niagra 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.

Facilitator: Penny Kern

TWO WAYS TO REGISTER FOR SAGE

1. ONLINE: Registrations can be found at https://msad1.coursesstorm.com. There is also a link on UMPI’s SAGE webpage. A valid email address is needed. Payment can be by credit card, check or cash. Online credit card purchases will be charged a $1.99 fee per item.

2. MAIL IN: Registrations with payment should be mailed to SAGE, PO Box 12, Bridgewater, ME 04735. Make checks payable to SAGE.

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.
Seniors Achieving Greater Education
Conferences and Special Programs
181 Main Street
Presque Isle, Maine 04769

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