Spring 2019 Program Offerings

SPRING KICK-OFF
FRIDAY, MARCH 22, 2019 AT 10:00AM
UMPI CAMPUS CENTER
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
e-mail: SAGEatUMPI@outlook.com
www.umpi.edu/sage

University of Maine at Presque Isle
North of Ordinary
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.

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. Course 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, through TheSAGEfund, and community sponsors, financial assistance is available for membership/class fees.

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

As a SAGE member, you may also participate in classes offered by any of the other 16 members of the Maine Senior College Network. 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!

Come for the learning, stay for the fellowship and fun!

Join us and celebrate learning for life!
SAGE will still accept mail-in and walk-in registrations, but the immediacy of online registration clearly gives the advantage to members who sign up for classes on the website. Please consider giving online registration a try to ensure that you get into your chosen classes. (See the REGISTRATION HELP SCHEDULE). Registration is on a first come, first serve basis with payment of class fees at the time of registration. Classes with less than four (4) students may be cancelled.

If you took classes this fall, you ARE a member of SAGE, when it asks. Membership runs from September 1 to August 31. If you did not join in the fall, you are a NEW member even though you were a member in the past. ALL memberships expire on August 31 of every year.

1. **ONLINE Registrations** are encouraged and can be found at [www.MSAD1.coursestorm.com](http://www.MSAD1.coursestorm.com). There is also a link on the [www.umpi.edu](http://www.umpi.edu) site. **Payment will be by credit card.**

**IN PERSON:** Registrations, with payment, can be dropped off at the SAGE office at the Campus Center on Monday, Wednesday and Friday between 10am and 1pm. Please do not leave your registration if no one is in the office. MSAD1 Adult & Community Education Center** is open five days a week to drop off registrations also.

**MAIL IN:** Registrations with payment can be mailed to SAGE, Conferences and Special Programs, UMPI, 181 Main St. Presque Isle ME 04769. **Checks should be made out to SAGE.**

2. Registrations are NOT accepted by phone, unless you are paying by credit card.

No confirmation letters will be sent by mail. Assume you are in the class unless you get a message from the SAGE office to the contrary. Those registering with a valid email address will receive a confirmation through your email.

Our registration process (and data collection for demographic purposes) require we ask for your age, date of birth, and a valid email address. Our default, if we do not have the correct information, is January 1, 1920 and age 65. We have several email accounts to choose from so, if you do not have your own, one will be assigned.

Information found in this brochure is subject to change. The most current information can be found on the UMPI website, facebook and msad1.coursestorm.com. All other changes, because of emergencies, will be sent out by email, facebook or you can call or stop by the SAGE bulletin board in room 118 at the Campus Center.

STAFF (not student) HOLIDAYS will also affect the classes for SAGE. Any changes will be announced on facebook or the bulletin board. www.facebook.com/SAGE-UMPI -377619725935408/ Phone number: 768-9501. Please leave a message. [www.umpi.edu/for-the-community/things-to-do/sage/](http://www.umpi.edu/for-the-community/things-to-do/sage/)

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**ONLINE REGISTRATION HELP SCHEDULE**

**MSAD #1 Adult & Community Education Center**

79 Blake Street, Suite 2, Presque Isle, ME

**March 1, 9am & March 8, 1pm**

**UMPI Owl’s Nest, Campus Center**

**March 16, 9am - 2pm**
Everything You Wanted to Know About SAGE  
(But Were Afraid to Ask)

• **SAGE office** (207) 768-9501. If a volunteer staff person is not available, please leave a message. Someone will return your call as soon as possible.

• **SAGE email** address SAGEatUMPI@Outlook.com; **SAGE website** www.umpi.edu/sage; **SAGE Facebook name**: SAGE-UMPI

• **MSAD#1 website** for registration: www.MSAD1.coursestorm.com

• **It is a requirement of membership to have an ASSUMPTION OF RISK on file with the University of Maine Presque Isle each year. Forms can be found on the UMPI website or they are available in the SAGE office.**

• Your **parking decal** is free with your SAGE membership. Bring car registration information to Kick-Off or first class.

• **SAGE classes are cancelled** whenever UMPI is closed for inclement weather or any other reason. Check cancellations on WAGM-TV or local radio for information. Also, check SAGE-UMPI Facebook page.

• **Be Courteous.** If you decide not to attend a course, please notify the office as soon as possible. Instructors make plans and photocopies based on the number of registered students. This is particularly important in a class with limited enrollment; it might make the class available to someone on the waiting list.

• **Membership fees are non-refundable.**

• **Course registration fees of $5 will be refunded** if the class is **cancelled** or, with a two week notice from the participant. Lab Fees will be refunded at the discretion of the instructor, who use fees to purchase materials and supplies. These purchases may have been made weeks before the beginning of the class.

• **Financial assistance** for membership/class fees is available through TheSAGEfund. Application forms are available in the SAGE office, on the website, or from nancyproe@gmail.com. Deadline for submission is Kick-off day, March 22. You will be contacted the following week as to whether your request has been granted.

• Some classes may qualify for **CEU credits** to maintain certifications and licenses. Check with the UMPI staff and SAGE volunteers for assistance.

• All class changes, cancellations, and new events will be posted on our **Facebook page**, SAGE - UMPI. You do NOT have to select any friends besides SAGE-UMPI if you don’t have a Facebook account. Google “SAGE-UMPI facebook,” follow directions, and read the postings. Or check the link https://www.facebook.com/SAGE-UMPI-377619725935408/

• **The University of Maine at Presque Isle** welcomes SAGE members and urges them to eat lunch in the cafeteria, get a library card, visit the art shows, take classes, and enjoy the cultural and sports activities on campus.
<table>
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<tr>
<th>COURSE</th>
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<td>Let’s Talk Ted 2</td>
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<td>Found Object/Junk Box</td>
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<td>Let’s Go to the Movies</td>
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<td>Reliable News</td>
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<td>Geology of National Parks</td>
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<tr>
<td>Living Healthy-Chronic Condition</td>
<td>Fri</td>
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<td>Finding Ancestors</td>
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<td>2:30 - 4:00PM</td>
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Unless noted, all classes will be held in Room 118 at the UMPI Campus Center (CC). All classes are held in handicapped accessible classrooms/space.
Theatre Arts Appreciation: Intermediate

Earn a certificate in Intermediate Theatre Arts Appreciation from SAGE by completing all five of the following courses. Students need not have taken Theatre Arts Appreciation courses offered last semester.

Classes held at MSAD#1 Adult Education Center in the rear of the Presque Isle High School.

• All classes instructed by Dennis Koch

SCP21201
Improvisation
Monday, April 1 • 9:30 - 11:00 AM

Improvisation helps you think on your feet and develop techniques that are beneficial both on stage and in day-to-day life. You will learn many transferable skills by becoming a clearer communicator, better at listening and being more aware of your body language. Previous theatre experience is not required. As this is an introductory acting class, we will start slowly and based on the group and its abilities. This is a performance class but don’t be nervous or intimidated; be STRONG.

SCP21202
How to Select a Show
Monday, April 8 • 9:30 - 11:00 AM

You have so many things to consider when selecting a show to direct. There are always a lot of voices in the selection process, but ultimately it is what you feel is going to be the best experience for everyone including the audience. There are as many shows as there are opinions, and we will discuss the black and white reasons, but also the philosophical reasons, when selecting a show to produce.

SCP21203
Be a Stage Manager
Monday, April 22 • 9:30 – 11:00 AM

Stage managers typically provide practical and organizational support to the director, actors, designers, stage crew and technicians throughout the production process. They also are the director’s representative during performances, making sure that the production runs smoothly. The role of the stage manager is especially important to the director in rehearsals. Being a stage manager is excellent training to becoming a director.

SCP21204
Readers Theatre
Monday, April 29 • 9:30 – 11:00 AM

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 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 movements. There is no need for memorization, just being able to show expression when you read. This is a performance class.

SCP21205
Costumes and Props
Monday, May 6 • 9:30 – 11:00 AM

Layers and layers are involved when producing a play. Two of those layers are costumes and props and are often put on a back burner and then you have to rush through the process. Learn the process of costuming and props when producing a play. You don’t need to know how to sew or build. Organizational and people skills are needed to be successful. This class will show examples and give you tools to be a costumer and prop master.
SCP21206
**Altered Bowls and Clipboards**
Mondays April 1, 8, 15, 29 • 9:30 – 11:30 AM
Class maximum: 10 • Fee $10

Students in this class will alter two wooden bowls by painting each a different way, using personally created geometric designs and then more abstract styles. Clipboards will be creatively altered using paint, paper ephemera, photographs, and more. No experience necessary; a playful, creative spirit is recommended. All necessary supplies/materials will be provided, though you may want to bring a basic art kit to the first class (ruler, paper, pencil, scissors, paint brushes, etc.)

- *Instructor Pam Crawford*

SCP21207
**Senior Water Fitness Class**
Mondays, April 1, 8, 15, & Wednesdays, April 3, 10, 17 • 11:00 – 11:50 AM

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*

SCP21208
**As Others See Us**
Mondays, April 1, 8, 15, 29 • 1:00 – 3:00 PM

This course is based on a reading of *Americanah* by Nigerian writer Chimimanda Ngozi Adichie, also referred to as “the most prominent...of critically acclaimed young anglophone authors” who have succeeded in “attracting a new generation of readers to African literature.” Spanning three continents and numerous lives, Adichie’s novel explores our culture, challenges American stereotypes of African people and African culture, and looks at race in America from an immigrant perspective. Discussions should be lively. Participants are asked to acquire a copy of the book at least two weeks before the first class.

- *Instructor Virginia White*

SCP21209
**Understanding the Greeks**
Monday, April 22 • 1:00 – 3:00 PM

This presentation will focus on Greek culture and many different angles that someone has to look through to completely understand Greeks. From the ancient cultural patterns of the classical world, all the way to the modern continuation of these trends, Greek culture is always fascinating and full of surprises. The modern visitor only gets to see about 5% of what Greece
has to offer, and the rest remains unknown to them. This presentation will target the exposure of this “unknown” Greek culture, and through the use of music, dance, and traditions, we will get a step closer to what it means to really be Greek.

• *Instructor Evan Zarkadas*

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SCP21210

**Astronomy 101**

Mondays, April 1, 8, 15, 22 • 6:30 - 8:00 PM

This is a basic class for those individuals who are interested in astronomy. Each week we will cover areas of astronomy that will aid individuals in observing and understanding the universe, how it was created, and how it may end. This class was last offered in 2014. The subject is the same, but the information has gone through a major update.

• *Instructor Jim Stepp*

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SCP21211

**Let’s Talk TED 2**

Tuesdays, April 2, 9, 16, 23, 30 & May 7
9:30 – 11:00 AM

TED talks are short videos produced 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. Back again with all new topics and lively discussions!

• *Instructor Dennis Koch*

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SCP21212

**Veterinary Medicine 101: Health Needs of Our Dogs and Cats**

Thursdays, May 16, 23 & Tuesdays, May 21, 28
9:30 – 11:30 AM

This course will sharpen your observational skills and hone your ability to assess the health of your furry friends! We will familiarize you with the normal anatomy and behavior of cats and dogs. Important preventative health care measures will be discussed. We will describe various common medical problems and offer guidelines to help you recognize these problems in your pets. Learn what you can do at home and when you should seek the professional help of a veterinarian. We will instruct in some basic emergency first aid.

• *Instructor Andrea Pesut, VMD*

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SCP21213

**The Great Movie Series and Serials**

Tuesdays, April 9, 16, 23, 30, & May 7, 21, & Wednesday, May 29 • 1:00 – 3:00 PM

This course offers those low budget, but wonderful, movies made by the studios in the 1930s through the 1950s. Enjoy great movie series like “Blondie,” “Our Gang,” “Ma & Pa Kettle,” and the “Hardy Family” with Mickey Rooney as Andy Hardy. Take a look at the exciting movie
serials, with their weekly cliff hangers like “Flash Gordon” with Buster Crabbe, and Gene Autry’s “The Phantom Empire.” This is a new course and promises to be a very fun one!

- **Instructor Gary Smith**

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SCP 21214

**Let’s Fix It: Grammar Repair**

Wednesdays, April 3, 10, 17, 24 • 9:30 – 11:30 AM

Using actual (and sometimes hilarious) examples of poorly chosen wording, syntax, and punctuation, students will discuss why the examples create unfortunate misunderstandings, learn ways to correct them, and practice grammatically clarifying their own writing and speaking.

- **Instructor Remillie Norsworthy**

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SCP21215

**Trash to Fashion: Create Your Entry**

Wednesdays, April 3, 10, 17 • 9:30 – 11:30 AM

Show Date: April 22

Class held at the home of Nancy Theriault

Entry Fee $5

SAGE will participate in UMPI’s Trash to Fashion Show again this year in celebration of Earth Day. This class provides the opportunity for you to independently design and create your entry, with support and encouragement of your classmates. We will share recycled supplies, as needed, so start collecting now, please. SAGE members’ entries may be clothes or accessories (hats, purses, shoes, etc.) You will participate in the dress rehearsal and then the show on Earth Day, April 22.

- **Facilitator Judy Mann**

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SCP21216

**Found Object/Junk Box Jewelry**

Wednesdays, May 1, 8 & Fridays, May 3, 10

9:30 – 11:30 AM

Class maximum: 10 • Fee $10

Using found objects, junk box treasures, old broken costume jewelry, travel souvenirs/keepsakes, and miscellaneous other bits and bobs, students will create unique, one-of-a-kind, personal, fun and funky jewelry to wear or gift. Bring whatever is special to you, what speaks to you, fabulous found objects, whatever you would like to wear. Many materials/supplies will be provided; students should also bring E6000 glue, tacky glue, ruler, paper and pencil, and paper ephemera to the first class. No experience necessary; a playful, creative spirit is recommended.

- **Instructor Pam Crawford**

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SCP21217

**Chess: A Game of the Ages**

Wednesdays, April 10, 17, 24, & May 1, 8

1:00 – 3:00 PM

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! Join other chess beginners and lovers to spend the after-
noon practicing your skills and learning new ones. Recent studies indicate that chess players are 16% less likely than non-players to develop Alzheimer’s disease.

• **Instructor Lance Beloungie**

**SCP21218**  
**Some Assembly Required: Hat-Knitting Workshop**  
Thursdays, April 4, 11, 18, 25 • 9:30 – 11:30 AM  
Class maximum: 10

Are you looking for a small knitting project? Would you like to learn a new technique? Try a hat. We’ll provide several patterns you can choose from (or bring your own) that will give you the chance to try cabling or entrelac or fair isle or mosaic knitting or a knit/purl pattern or maybe another knitting technique you’ve been curious about. Bulky and worsted weight yarn will be provided. Prerequisite: ability to knit and purl.

• **Instructor Nancy Beloungie**

**SCP21219**  
**Let’s Go To the Movies**  
Thursdays, March 28 & April 4, 11, 18, 25 & May 9 • 12:30 – 3:00 PM

The movies are back! Each week is a new selection, with fun anecdotes and trivia about that movie. It may be a rousing comedy one week and a creepy drama the next. They are carefully and lovingly selected for quality, variety, and timeless appeal. I’m sure my movie “regulars” will be there, but there’s plenty of room for first-timers. All are welcome for good fun and great movies!

• **Instructor Gary Smith**

**SCP21220**  
**Publish Your Own Poetry Chapbook**  
Thursdays, April 4, 11, 18 • 3:30 – 5:30 PM

Over a three-week period, participants will gather and share their poetry and use free word processing software to create a chapbook.

• **Instructor Andrew Birden**

**SCP21221**  
**The People’s Guide to Reliable News**  
Thursday, April 25 • 3:30 – 5:30 PM

The world wide web has become a maze of information and dangerous misinformation. Andrew Birden, award winning journalist and general manager of Aroostook County newspapers, will show how people can determine if online news is real, biased or just plain fake.

• **Instructor Andrew Birden**

**SCP21222**  
**Exploring the Geological Wonders of Our Western National Parks, Part II**  
Thursdays, May 2, 9, 16 • 3:30 – 5:30 PM & Mondays, May 6, 13, 20 • 1:00– 3:00 PM

A Great Courses series of lecture DVDs, this program is a collaboration between Great Courses and National Geographic to promote
the Wonders of the National Parks. A fascinating introduction to the geological forces that forged North America’s national 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

SCP21223
Fashion Modeling 101
Thursday, April 4 • 6:00 – 8:00 PM
Build confidence and improve posture. Feel better for photos or walking across the stage or crowded room. Just have fun being a model for a day! Class for men and women of all ages, sizes, shapes. Be prepared for Trash to Fashion Show! Ladies, please wear low heels (no sneakers); men, dress shoes. Expect to do lots of walking and turning.

- Instructor Kim Smith

SCP21224
Victorian Houses and Painted Ladies
Thursday, April 18 • 6:00 – 8:00 PM
Using local houses as a reference, learn the characteristics of a Victorian house and that of a Painted Lady.

- Instructor Kim Smith

SCP21225
The Pseudoscience of Phrenology in Victorian Presque Isle
Thursday, May 2 6:00 – 8:00 PM
The Victorians were fascinated by the pseudoscience of phrenology (examination of bumps on the skull to predict personality characteristics) which led to incidents of grave robbery. Learn more about this fad especially as it manifested here in Presque Isle and how it relates to the only known lynching in New England.

- Instructor Kim Smith

SCP21226
Finding Your Ancestors
Fridays, April 5, 12, 19, 26 • 10:30 AM – 12:30 PM
Folsom 101A • Class Maximum: 18
Back by popular demand! 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

SCP21227
Living a Healthy Life with Chronic Conditions
Fridays, March 29, April 5, 12, 19, 26, & May 3 1:00 – 3:30 PM • Class 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 in self-management 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 & Royal Goheen**

**SCP21228**
**The Escape Room**
Friday, May 17 • Select a time: 9:30 – 10:30 AM, 11:00 AM – 12:00 PM or 1:00 – 2:00 PM • Fee $8

Event is held in a secret location; you will find out where to meet when you register.

The Escape Room is a whole new experience. Beat the clock and escape! The theme of the room changes all the time, but it will include a series of clues and puzzles needed to unlock the secrets to accomplish the mission. Do you have what it takes to get out in time? Groups of 3 – 5 people will be on a first-come, first-serve process or form your own group and register together. You will have 60 minutes to solve the puzzles and escape the room! Please select your 1st and 2nd choice for times.

- **Facilitator LeRae Kinney**

**SCP21229**
**Flower Arrangement**
Saturday, April 13 • 2:30 – 4:00 PM
Class Maximum: 10 • Fee $8

Participants will learn to make a simple flower arrangement using the elements of design. Class will be held at One of a Kind Flowers at 250 Main Street in Fort Fairfield.

- **Facilitators Pat Canavan & staff**

*SAGE Clubs & Special Activities*

SAGE offers many diverse activities beyond the classroom. To participate in any Special Activity, you must be a current SAGE member. NOTE: Special Activities are not intended to be instructional events. All special activities will be announced on the Facebook page 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 – 3:00PM. 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. I’m sure you’ll know someone there when you get there but, if not, you will know lots of people when you leave. For more information, call Carol Monroe at 1-978-835-1228.

**Book Club** – meets the third Wednesday of every month 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. Sometimes there is food involved. We meet from 10 – 11AM, 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.
New! 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. Sorry, no snacks. Interested or just curious? Call Nancy Roe at 768-7271 or email at nancyproe@gmail.com.

Outing Club – organizes and carries out several outdoor activities every season. Events we’ve done before are: geocaching at Nordic Heritage Sport Center, biking and walking local trails across Aroostook County and New Brunswick and Quebec, Canada. Join the fun in both planning, organizing and attending these activities. The Outing Club will meet on Thursday, May 23, 1:00 – 4:00 pm at Aroostook State Park. Email Carol Shannon at shannon1@nb.sympatico.ca.

Walking for Your Health and Fun
The SAGE goal for fitness this year – 2019 – is to walk to each of the University of Maine campuses across the state. That will take 2,192,000 steps. Want to go along on the journey? No, we aren’t going to walk to Portland, but will get in the steps as we walk around town, at the campus or even around your own home. You can track your steps, record them, and, when you are at Room 118 at the Campus Center, you can record them on the chart. Together we can walk (in our imagination) to Farmington, Fort Kent, Augusta, Machias, Portland and, even, just to UMPI. Northern Light Health donated 20 pedometers to help us achieve our goal. They are available from the SAGE staff at the office, first come, first serve. Pick one up, tie on your walking shoes and start walking. There are groups of us who walk at the Sargent Family Community Center Monday from 11am-Noon and another on Friday mornings if you’d like to join a trekking group. For more information, contact Penny Kern at penny.kern.pk@gmail.com.

A Matter of Balance – watch for a new program to start at UMPI. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. Several SAGE members are certified to teach this course and plans are in the works to offer this class through SAGE at UMPI.

SAGE Night Out – we asked if anyone would be interested in going out to eat lunch or dinner somewhere as a group. We did get some interest so we’re going to try it. We’ll try new places, ethnic foods and difference communities around Aroostook County. First thing we’re going to try is a group lunch at the UMPI cafeteria on Tuesday, right after the morning classes. We’ll all eat together at a reserved table. Plan on spending about $8 or less but it’s an all-you-can-eat buffet. This will be a meet and greet so bring your ideas and suggestions and a willingness to make new friends. Contact Nancy Theriault at 760-7158 for more information.

Follow us on Facebook at SAGE–UMPI
Instructors & Facilitators

**Lance Beloungie** was a chess coach for Caribou High School for 15 years. He was named Maine’s 2014 Chess Player of the Year and has a mission to keep chess alive in the 21st century.

**Nancy Beloungie**’s mother and grandmother taught her to knit many years ago. She is still learning.

**Pat Canavant** and **Sherry** have over 37 years of experience in floral design and are from One of a Kind Flowers in Fort Fairfield.

**Gina Clark** is a retired tour guide for a nationally known tour company. She was recently 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.

**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.

**LeRae Kinney** is the Director of MSAD#1 Adult & Community Education.

**Dennis Koch** 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. Dennis wants to make a difference here in the County.

**Judy Mann** is a prize winner from last year’s Trash to Fashion show. Judy is on the SAGE Board of Directors.

**Remillie Norsworthy** taught high school English/French for 33 years in Mars Hill and loves grammar. Her humorous course helps students learn to recognize/avoid public grammar errors.

**Dr. Andrea Pesut** is a graduate of the University of Pennsylvania School of Veterinary Medicine. She served as a veterinarian in the US Army Veterinary Corps for three years, then began general practice at the Presque Isle Animal Hospital. She became a co-owner of the Hospital in 1991 and practiced there until her retirement in May 2018.

**Joyce Price** is a Red Cross Water Safety Instructor. **Sloan Dionne** is the Presque Isle aquatic director. She teaches water exercise class for the City of Presque Isle and has taught swimming lessons for 17 years.

**Terry Sandusky** and **Royal Goheen** are both instructors who have received training in the Stanford Self-Management for Chronic Disease and teach under the sponsorship of the Aroostook Agency on Aging.

**Kimberly Smith** has been with Presque Isle Historical Society since 2006 and has received several awards for her work with the society. Her professional modeling career spanned 30 years in Florida and Virginia including teaching for modeling agencies.
The SAGE Board of Directors: Judy Burleigh, John Cancelarich, Pam Crawford, Robert Gagnon, Penny Kern, Sharon Lester, Judy Mann, Barbara Merryman, Nancy Roe, Susanne Sandusky, Terry Sandusky, Gary Smith, Janet Snow, Nancy Theriault, Carolyn Wadman; ex-officio Lydia Kieffer-Till, Carol McGlinn

SAGE Office volunteers: Barbara Pierce, Phyllis Taylor

SPECIAL THANKS

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