Don't Get Cold Feet
Sign Up NOW!

Classes start January 16, 2023
All Classes are on ZOOM

Sign up on Course Storm
www.MSAD1.coursesstorm.com
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 experiences.
- Topics include arts, science, current events, book discussions, practical skills and more.
- UMPI invites SAGE members to visit the art shows, take classes, and enjoy the cultural and sports activities on campus.

Join us and celebrate learning for life!

Visit the SAGE website: www.umpi.edu/sage Follow us on Facebook at SAGE-UMPI

Register at www.msad1.coursetorm.com or mail Registration Form, annual Assumption of Risk, Photo/Zoom Release Form and parking pass request with your payment to SAGE, PO Box 12, Bridgewater, ME 04735. Parking passes are available with a copy of your registration and the application.

Things You Need to Know About SAGE

Class Locations: All classes will be held on ZOOM for the winter session.

SAGE Annual Membership Fee is $25 and covers September 1 to August 31. The membership fee must be paid to take classes through SAGE or other Senior Colleges. Membership Fees Are Non-Refundable. We do not prorate this fee if someone joins for just one semester. Other fees may be eligible for reimbursement on a case-by-case basis. Please contact the SAGE Volunteer Office for more information. Any 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. Application forms are available through the SAGE Volunteer Office or at www.umpi.edu/sage. We can mail you one also. Deadline for submission is one-week before class begins. Applicants will be contacted as soon as possible regarding their application. It is there for you!
SAGE Host/Hostess Volunteers
SAGE believes in the value of assigning a host/hostess to each class to provide a warm welcome to each instructor and student, just as if they were guests in your home. This person will also act as a liaison between the instructor and the university staff. Contact the SAGE Volunteer Office if you are interested.

For People Without Reliable Email Addresses
The SAGE Volunteer Office is there for you. Call 207-768-9501 and leave a message. Someone will get back to you. Please let us know if you have a question or suggestion.

SAGE Winter 2023 Class Roster
All classes are on ZOOM

Yearning to Breathe: The Immigrant Experience in Maine  Fee: $5
Monday, Jan 30  6:00 – 7:30 PM
Yearning to Breathe Free begins with the arrival of the Europeans to what would become Maine and moves through the subsequent waves of French-Canadian, Irish, Swedish, Lebanese, Armenian, Chinese, and East Asian immigrants. Not all immigration to Maine was voluntary, however, and the presentation discusses the importation of African slaves into the state. Yearning To Breathe Free takes a deep look at the tension between the state’s need for labor and its recruitment of immigrants to fill that need, and the suspicion, discrimination, prejudice, and hatred that accompanied immigration. The program ends with a discussion of contemporary immigration to Maine, noting that, in contrast to earlier times, most immigrants coming into the state today are coming as refugees. Instructor: Erica Nadelhaft

Tour the Presque Isle Air Museum and Airbase  Fee: $5
Tuesday, Jan 17  6:00 – 7:00 PM
Take a guided tour of the Presque Isle Air Museum with board member Kim Smith. Learn about the early days on the air strip in Presque Isle, the conversion to an Army Airfield in 1940 and then Presque Isle Air Force Base in 1947. Hear how this military installation played a major role in the defense of the nation right up through early 1960. Take a step back in time to listen to stories of intrigue, sabotage, rescues, and military aviation crashes. Instructor: Kim Smith
The Pioneer Club                                                                        Fee: $5
Tuesday, Jan 24                                        6:00 – 7:00 PM
A group of men from Presque Isle decided they were the last founding fathers of the area, so they formed what they called, the Pioneer Club. Join Kim Smith, a local historian, to find out who they were, what they accomplished and changes their efforts made in the area. Instructor: Kim Smith

The Aleutian Islands                                                                   Fee: $5
Tuesday, Feb 7                                          1:00 – 3:00 PM
The Aleutian Islands is a 1200-mile-long chain of active volcanic islands that run from the Alaskan peninsula to Russia. They separate the Bering Sea from the Pacific Ocean. These remote islands were first inhabited some 6000-8000 years ago by the Unangan people. Later, Russians discovered its rich fur resources. Home to enormous seabird colonies, it houses the largest wildlife refuge in the U.S. Today its people practice subsistence living, as well as exploit its marine resources. This talk will cover some geography and natural history, as well as introduce you to its people, past and present. Instructor: Dave Hobbins

UFOs With a Side of Astronomy                                                  Fee: $5
Tuesday, Feb 7, 14, 21, 28                          6:30 – 8:00 PM
This 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

SAGE Book Club Class Listings                                                     Fee $5
Discussions held the third Wednesday each month from 10:00 – 11:00 AM

Jan 18     The Winter House by Joan MacCracken                       From Amazon: “What does an older woman do when she finds herself alone in her later years? ... The Winter House presents a creative alternative.”
            Host: Phyllis Taylor
Feb 15     Echoes of Deane Mountain by Beverly Knowles               From Amazon: “Jennie hears her deceased grandmother’s voice and embarks on a quest. On her path, she meets Amadeus, an old friend.... And then there are the children.”
            Host: Penny Kern
Mar 15     I’ve Got You Under My Skin by Mary Higgins Clark           From Amazon: “....a Manhattan ER doctor is brazenly murdered in front of his young son in a city playground. Five years later, his killer is still at large.”
            Host: Jayne Farrin
All classes are in person unless noted. Our backup is ZOOM.

**Tags, Bags and Boxes**  
Fee: $20  
Tuesday, Apr 4, 11, 18, 25  
9:30 - 11:30 AM  

This is a mixed media class in which students will create, alter, embellish, and otherwise creatively manipulate these three common items: tags, bags, and boxes. A variety of techniques will be used. No experience necessary, but please bring your basic art kit and a sense of curiosity. **Instructor:** Pam Crawford

**Surface Design: Create Your Own Unique Greeting Cards**  
Fee: $20  
Tuesday, May 2, 9, 16, 23  
9:30 – 11:30 AM  

Students will explore pattern, hand lettering, mark making, texture, composition, photo altering, and surface manipulation to enhance the visual appearance and/or functionality of handmade greeting cards. This is a playful look at creating fun, one-of-a-kind cards you'll be proud to share with family and friends. No experience necessary, but please bring your basic art kit and lots of enthusiasm and ideas. **Instructor:** Pam Crawford
Basic Piano: Lessons to Get You Started  Fee: $10
Wednesday, Apr 5, 12, 19, 26  1:00 – 3:00 PM

Studies show that time spent at the keyboard improves mental health: people who make music experience less anxiety, loneliness, and depression. Playing piano has also been shown to be a great source of stress relief and provides ample opportunities to bolster self-esteem. These simple lessons will help you get started on your musical journey. **Instructor:** Barbara Merryman

Take a Bite Out of Time  Fee: $10
Wednesday, May 3  1:00 – 3:00 PM

There is never enough time in the day! Time management is not a real term in that you don’t manage time you manage your behavior and abilities. As a leader there is an art to getting things done when they are scheduled. Building credibility, respect and reliability with people can be accomplished by just having a reputation for being on time/schedule. **Instructor:** Dennis Koch

SAGE Reader's Theater  Fee: $10
Thursday, Apr 20, 27, May 4,11  1:00 – 3:00 PM

What is reader's theater? It is **reading aloud.** In reader's theater, students "perform" by reading scripts. Usually, they do so without costumes or props. Reader's theater is a strategy that combines reading practice and performing. Join the fun and test your reading skills. **Instructor:** Guy Gallagher

Travels with Rena  Fee: $10
Thursday, May 4, 11, 18, 25  4:00 – 5:00 PM

Do you have some places on your "bucket list" you would like to visit? Come and visit some interesting places through PowerPoint presentation or DVD. Some places we might visit are England, Normandy, France, southwestern parts of the United States and possibly Costa Rica. **Instructor:** Rena Kearney

Using Ancestry.com to Discover Your Past  Fee: $10
Friday, Mar 31, Apr 7, 14, 21  1:00 – 3:00 PM

This course will set you on a path of discovery into your past. Meet your ancestors and start your family history using one of the largest, most comprehensive sources of documents, records, and information. You will also learn some “tricks of the trade” to make this research easier and more useful. **Instructors:** Spike Savage & Dennis Prue
Francis Malcolm Science Center Planetarium Schedule for Winter and Spring

Half of the fee benefits the Science Center and future programs.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Program</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat. Feb. 25</td>
<td>2:00 PM</td>
<td>Aztec Astronomy</td>
<td></td>
</tr>
<tr>
<td>Fee: $10.00</td>
<td></td>
<td>- An overview of Aztec Astronomy sites in central America. The show will also provide information about Aztec beliefs regarding the sky.</td>
<td></td>
</tr>
<tr>
<td>Sat. Mar 11</td>
<td>2:00 PM</td>
<td>Cosmic Colors</td>
<td></td>
</tr>
<tr>
<td>Fee: $10.00</td>
<td></td>
<td>- Explore the science of color in our universe. This program will talk about light and the causes of the blue sky on the Earth and the red skies on Mars</td>
<td></td>
</tr>
<tr>
<td>Sat. Mar 25</td>
<td>2:00 PM</td>
<td>Sun Struck</td>
<td></td>
</tr>
<tr>
<td>Fee: $10.00</td>
<td></td>
<td>- A look at the sun's evolution and its impact on the Earth.</td>
<td></td>
</tr>
<tr>
<td>Mon Apr 3</td>
<td>6:30 PM</td>
<td>From Earth to the Universe</td>
<td></td>
</tr>
<tr>
<td>Fee: $10.00</td>
<td></td>
<td>- Take a trip from the Earth to the universe as we look at the sun, the planets, and various extrasolar objects.</td>
<td></td>
</tr>
<tr>
<td>Sat. Apr 29</td>
<td>2:00 PM</td>
<td>Flight Adventure</td>
<td></td>
</tr>
<tr>
<td>Fee: $10.00</td>
<td></td>
<td>- A look at the evolution of flight.</td>
<td></td>
</tr>
<tr>
<td>Mon. May 8</td>
<td>6:30 PM</td>
<td>Hot and Energetic Universe</td>
<td></td>
</tr>
<tr>
<td>Fee: $10.00</td>
<td></td>
<td>- A look at the universe and how astronomers study it.</td>
<td></td>
</tr>
</tbody>
</table>

Excursions – If you would like to be kept informed about any trips or special events planned for the summer. This includes the Caribou Recreation Program and the Senior Programs at the Sargent Family Community Center, please indicate on the registration form.
Thank You to These Organizations and People

It is not possible to make SAGE work without the assistance of many other organizations and individuals. If you visit any of these locations or see any of these people, thank them for supporting SAGE.

University of Maine at Presque Isle
www.umpi.edu/for-the-community/things-to-do/sage/

MSAD #1 Adult Ed
www.msad1.coursestorm.com

Maine Senior College Network
www.maineSeniorcollege.org

Presque Isle Historical Society
www.pihistory.org

Caribou Parks and Recreation
www.caribourec.org

Sargent Family Community Center
www.pirec.org

- Barbara Merryman, Music Teacher
- David Hobbins, St John Valley Senior College
- Dennis Koch, Retired from higher education after 30 years.
- Dennis Prue & Spike Savage, Ancestry.com experts
- Erica Nadelhaft, Education Director, Holocaust & Human Rights Center of Maine
- Guy Gallagher, Retired UMPI professor
- Jim Stepp, Francis Malcolm Science Center
- Kim Smith, Presque Isle Historical Society
- Pam Crawford, Creative artist and teacher
- Penny Kern, AARP Smart Driver Instructor
- Rena Kearney, World traveler and teacher
- University of Maine at Presque Isle Staff

Equal Opportunity

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, genetic 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: Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).