



# Fall 2023 Offerings

## Celebrating Our Silver Anniversary

**Location:** Mantle Lake Park  
**Date:** Monday, August 28th  
**Time:** 1:00 -- 3:00 PM  
**Cake Cutting:** 2:00 PM



Join us for a relaxed  
social gathering with  
lawn games!

**Registration for Fall Classes!**



University of Maine at  
**PRESQUE ISLE**  
*North of Ordinary*

**Conferences & Special Programs**  
**University of Maine at Presque Isle**  
181 Main Street - Presque Isle, ME 04769  
Telephone: 207-768-9501  
email: [sageatumpi@outlook.com](mailto:sageatumpi@outlook.com)  
[www.umpi.edu/sage](http://www.umpi.edu/sage)





# 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.
- Course formats range from lectures to discussions and hands-on experiences.
- Topics include arts, science, current events, book club, practical skills and more.
- UMPI invites SAGE members to visit the art shows, take classes, and enjoy the cultural and sports activities on campus.
- Trips, Meet Ups, Outdoor opportunities, and “SAGE Dine Out” provide a social opportunity outside of the classroom.

### Join us and celebrate learning for life!

Visit the catalog: [www.sageumpi.coursestorm.com](http://www.sageumpi.coursestorm.com)

Visit the SAGE website: [www.umpi.edu/sage](http://www.umpi.edu/sage)

Follow on Facebook: **SAGE-UMPI**

Register at [www.sageumpi.coursestorm.com](http://www.sageumpi.coursestorm.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 required, and we need a copy of your registration and the application to get them for you.





### **Knitting Workshop**

Monday, Sep 18, 25, Oct 2, 9 & 16

Fee: \$10

1:00 – 3:00 PM

Do you have a knitting stitch, a project, or a knitting problem you're trying to figure out or you'd like to learn? Bring in your own projects and/or supplies and let's work it out together. Or simply share what you're working on and socialize. Instructor: Nancy Beloungie – she has been knitting for many years and has taught several SAGE classes over the years.

### **Learn To Play**



### **Chess**

### **Chess for Beginners**

Monday, Sep 18, 25, Oct 2, 9 & 16

Fee: \$10

1:00 – 3:00 PM

Have you ever thought about learning something new, enjoyable, and also keeping your brain healthy? Why not learn how to play CHESS from the best. Lance will take you step by step through the game so you can start your journey down the road of chess playing. Once you get confident enough, maybe you'd like to move to the

Mark & Emily Turner Memorial Library on Thursday nights to play with more experienced players. Instructor: Lance Beloungie – champion chess player and retired chess coach for Caribou High School.



### **Homemade Wooden Sign for Fall**

Monday, Sep 25

Fee: \$25

10:00 – 12:00 PM

This picture is an example of what you can create at this awesome workshop Matt is willing to help you with. He will bring all the materials and you will use your creativity to make it your own. Instructor: Matt Patrick - Digital Designer, and owner of Cosmic on Main Street in Presque Isle.



### **Keeping the Heat INSIDE Your Home**

Tuesday, Sep 19

Fee: \$7

1:00 – 3:00 PM

Local BPI (Building Performance Institute) auditor, Paul Libby will advise us on how a home keeps heat inside. He'll speak on the problem areas where heat is escaping and how to insulate and air seal, to improve the comfort of your home. Instructor: Paul Libby - Local BPI (Building Performance Institute) auditor.







### **Handmade Holiday Fabric Book**

Tuesday, Nov 7 & 14

Fee: \$15

10:00 AM – 3:00 PM

Create a handbound fabric book to celebrate the Christmas season. Embellish the fabric and paper pages with vintage Christmas cards, a wide variety of holiday embellishments, quotes, and more.

Most materials will be provided, but a supply list for a basic art kit (most of which you likely already own) and suggestions to personalize your book will be provided via email a week before the start of class. Lunch is on your own. Instructor: Pam Crawford - a retired teacher, 10-year SAGE instructor, and a playful, messy mixed media artist.



### **Cribbage, A Game for a Lifetime**

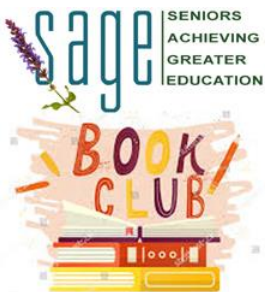
Tuesday, Nov 21, 28, Dec 5, & 12

Fee: \$10

1:00 – 3:00 PM

Remillie Norsworthy has been playing cribbage since she was 7, just old enough to do addition in one's head! Cribbage is an easy game to learn, but it takes strategy to play the odds in choosing the cards you keep before the communal trump card is revealed for everyone to use. We will learn

what card combinations score points, how to leapfrog pegs on the board to keep track of your score, and how to try to out-think your opponent(s) when playing the "pegging" part of the game. We will work on strategy and play for 2, 3 and 4 players in regular cribbage, and for a single person in "Chinese" cribbage. If participants have a cribbage board and a deck of cards at home, please bring them, but lacking a board, cribbage can be played on paper! Instructor: Remillie Norsworthy - a retired teacher.



### **SAGE Book Club by ZOOM**

3<sup>rd</sup> Wednesday of Each Month

Fee: Free

10:00 – 11:00 AM

September's Choice – *Trespasser* by Paul Doiron. Maine game warden Mike Bowditch's quest to find a missing woman leads him through a forest of lies in search of a killer who may have gotten away with murder once before. Facilitator: Each member takes a turn choosing a book and leading the discussion.



### **Conversational French**

Wednesday, Sep 20, 27, Oct 4 & 11

Fee: \$10

1:00 – 3:00 PM

Beginning French for conversational practice. Learn and practice with a master in the language. Instructor: Guy Gallagher - Doctorate in French Literature from Universite Laval in Quebec City. Taught French for 35 years at the University of Maine at Presque Isle.



### **Making and Canning Homemade Salsa**

Fee: \$8

Wednesday, Oct 18

1:00 – 3:00 PM

Held at the Cooperative Extension office at 57 Houlton Road,  
Presque Isle

Whether it is tomato based or fruit based, the flavors of homemade salsa simply burst with deliciousness. Join us for a salsa-making and canning class and go home with a jar of salsa to eat during the winter months (if you can keep it on the shelf that long). Instructor: Lisa Fishman - Cooperative Extension Nutrition Educator.



### **Hospice & End of Life Decision Making Conference**

Fee: Free

Wednesday, Nov 1

9:00 AM – 4:30 PM with lunch break

Open to the Public – no SAGE membership and no Age Restrictions. Sponsored by community donations and Conferences and Special Programs of UMPI.

It is never easy to make end of life decisions but having the information you need to do so makes it less stressful. This group of staff members from the Aroostook House of Comfort will provide a video tour of the facility, insights from their respective roles about how and why hospice provides end of life care for patients in their homes or at the new facility, and details regarding how patients qualify for hospice admission. Volunteer opportunities at the hospice will also be covered. Your questions will be welcomed by each speaker. Presenters are staff members at the Aroostook House of Comfort: medical director, registered nurse, social worker, chaplain, hospice manager, and volunteer coordinator.

### **Lunch and Learn by ZOOM**

Fee: Free

3<sup>rd</sup> Thursday – Sep, Oct, Nov, Jan, Feb, Mar, Apr, & May

11:30 AM -12:30 PM

“Lunch and Learn” is a monthly one-hour Zoom series of speakers presenting on a variety of topics including USA Flag Etiquette, history of the Aroostook Research Farm, and the experiences of several WW II soldiers from Central Aroostook County who were killed action. Other five subjects to be determined. Facilitator: Jayne Farrin – a retired Presque Isle resident who worked in municipal government for 34 years.



### **Let's Go to the Movies**

Fee: \$10

Thursday, Sep 21, 28 & Oct. 5, 12 & 19

1:00 – 3:30 PM

The popular “Let's Go to the Movies” class is set for this fall. Each class will be two and a half hours over five weeks. There will be hilarious comedy, spine-chilling drama, and more. Included will be interesting facts about the movie, discussion, and maybe a trivia game or two. Instructor: Gary Smith – an actor, director, and all-around expert on the world of entertainment and movies.



## Savvy Senior Saver

Thursday, Oct 5

Fee: Free

1:00 – 2:30 PM

Becoming ResourceFULL: Savvy Saving Seniors Financial Education program by the National Council on Aging and the Bank of America have put together a program to help low-income older adults get help and resources to put them on the path to economic security that begins with basic money management.

Learning how to budget, apply for benefits, avoid scams that can help you stay secure and independent longer. Instructor: Judy Anderson - Aroostook Agency on Aging



## AARP Smart Driver Course

Thursday, Nov 2

Registration Fee: \$5

9:00 – 2:00 PM

Held at the Caribou Wellness & Recreation Center,  
55 Bennett Dr., Caribou

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers aged 50 and older. Drivers may benefit from a discount on their auto insurance premium upon

completing the course. **Instructor will collect a check for \$20 for AARP members or \$25 for non-members made out to AARP.** The course fee is for administrative costs. Bring your AARP number to get the discount. Bring lunch and arrive by 9AM to complete the paperwork. Instructor: Penny Kern - an instructor for AARP for 5 years.



## ZEN Coloring

Friday, Sep 22, 29, Oct. 6 & 13

Fee: \$5

10:00 AM - Noon

Held at the Sargent Family Community Center, 24 Chapman Rd,  
Presque Isle

Bring your own coloring pages or books and pencils, markers, crayons, or any other media you would like to use or share from a common collection of supplies. Have fun, relax, and visit with friends.

Facilitator: Penny Kern is just there to get things started.

## Learn Basic Piano



## Basic Piano: Lessons to Get You Started

Friday, Sep 22, 29, Oct 6, 13, 20 & 27

Fee: \$10

1:00 – 3:00 PM

At Barbara Merryman's home in Fort Fairfield. Directions will be provided to those who register for the class.

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 - Barbara is a piano teacher.





## Using Ancestry.com to Discover Your Past

Friday, Oct 6, 13, 20 & 27

Fee: \$10

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 – both are experts with Ancestry.com and doing research on genealogy.



## Take a Bite Out of Time

Saturday, Oct 14

Fee: \$7

10:00 AM – Noon

There is never enough time in the day! Time management is not a real term in that you do not 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 - retired from higher education after 30 years.



## Mixed Media Art Retreat – NEW! NEW! NEW!

Saturday, Oct 21

Fee: \$15

9:00 AM – 4:00 PM

Life is busy and quite noisy these days. For a nice getaway day, give yourself permission to join us for 6 hours (plus a lunch break on your own) of playful mixed media artmaking to relax and unwind within a joyful community. Mixed media art includes a variety of techniques and applications in a collision of images, text, form, texture, and color. It's a fun, "anything goes" process that has no rules, lots of experimentation and the creative use of recycled, found, and other simple materials. No experience is required, but a willingness to play and laugh aloud is!

Most materials will be provided, but a list of specific projects and a supply list for a basic art kit (most of which you likely already own) will be provided via email a week before the start of class. Instructor: Pam Crawford - a retired teacher, 10-year SAGE instructor, and a playful, messy mixed media artist.



## WHAT IS HAPPENING

New this semester will be our Partnership Classes with the following organizations and programs. SAGE will not be offering separate programs, as we have in the past, but we will be taking the opportunities offered by them because our membership has asked for them. So, periodically you will receive a notification of something that is happening to give you the opportunity to sign up with them and participate. Similar to SAGE Dine Out events. It is a good sign that, if you get notified of something, other SAGE members plan to be there.

We suggest you contact the organizations you are particularly interested in so you can get on their mailing lists. They have amazing programs and a great group of people to participate with.

Following you will find their contact information. Click on the name of the organization you are interested in. We look forward to being a part of their programs and want to thank them for being there for helping to make the SAGE program stronger.

[CARIBOU PARKS AND RECREATION](#)  
493-4224

[FRANCIS MALCOLM SCIENCE  
CENTER](#) 488-5451

[GLASS WITH CLASS](#) 999-9004

[MARK & EMILY TURNER MEMORIAL  
LIBRARY](#) 764-2571

[MAINE SENIOR COLLEGE NETWORK](#)  
Subscribe to the Newsletter.

[MSAD1 ADULT ED](#) 764-4776

[PRESQUE ISLE  
HISTORICAL SOCIETY](#)

QR Code goes directly there.  
762-1151



[SARGENT FAMILY COMMUNITY  
CENTER](#) 764-2545

[UNIVERSITY OF MAINE AT PRESQUE  
ISLE](#) Conferences and Special  
Programs

### 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).



## Things You Need to Know About SAGE

**Class Locations:** Class will be held at the UMPI Campus Center unless otherwise noted on the brochure. Winter classes are by ZOOM.

**Registration Fees:** All instructors are volunteers, but we do have expenses. To cover these costs, we have to charge a registration fee. The fees charged are for administrative costs to SAGE and the funding needed to support the class either through course materials or extra administrative fees (mailing copies of the handouts for example).

**Minimum/Maximum Numbers in a Class and Registration Deadlines:** We must have a minimum of 6 people registered at least 1-week before the class begins or the class will be cancelled. Some classes do have a maximum number, so we suggest you register as early as possible.

**SAGE Annual Membership Fee** is \$30 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.

**Funding** is available for membership/class fees through donations to the *TheSAGEfund*. Application forms are available at [www.umpi.edu/sage](http://www.umpi.edu/sage), call 207-768-9501 or email us at [sageatumpi@outlook.com](mailto:sageatumpi@outlook.com). Or this information may be requested on the registration page. The money has been donated by members to help when anyone needs it for any reason.

### 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.



**Register by going to [www.sageumpi.coursestorm.com](http://www.sageumpi.coursestorm.com)**  
The QR code is to use on your smartphone to register, NOW!





# Fall 2023 REGISTRATION!

SAGE Phone (207) 768-9501

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

To register, go to **sageumpi.coursestorm.com**. Membership and all class registrations will be listed and can be paid for online with a credit card. Click or scan the QR code to go directly to the correct page.



To pay by check, click “alternative payment”, finish the registration process, and sign out of CourseStorm. Mail completed registration form with check payable to SAGE to PO Box 12, Bridgewater, ME 04735. Please include the completed Assumption of Risk, Photo/ZOOM Release and Motor Vehicle Registration Forms with a copy of your vehicle registration. You are NOT officially in the class until your payment and all accompanying forms arrive at the SAGE office. If you need assistance, please reach out to us at 207-768-9501 or by email at [sageatumpi@outlook.com](mailto:sageatumpi@outlook.com).

**I am requesting help with membership/class fees. Please contact me. YES NO**

	Class	Fee	Choices
	2023 – 2024 ANNUAL MEMBERSHIP FEE	\$30.00	
Mon.	Making a Decorative Sign	\$25.00	
	Knitting Workshop	\$10.00	
	Beginner Chess	\$10.00	
Tue.	Keeping Heat INSIDE Your Home	\$7.00	
	Homemade Holiday Fabric Book	\$15.00	
	How to Play Cribbage	\$10.00	
Wed.	SAGE Book Club on ZOOM	\$0.00	
	Conversational French	\$10.00	
	Making and Canning Homemade Salsa	\$8.00	
	Hospice and End of Life Decisions	\$0.00	
	Lunch and Learn on ZOOM	\$0.00	
	Let's Go to the Movies	\$10.00	
	Savvy Senior Saver	\$0.00	
	AARP Smart Driver Course	\$5.00	
Fri.	ZEN Coloring	\$5.00	
	Beginner Piano	\$10.00	
	Using Ancestry.Com	\$10.00	
Sat.	Take a Bite Out of Time	\$7.00	
	Mixed Media Retreat	\$15.00	
	<b>DONATION TO <i>the</i>SAGEfund</b>		
	<b>TOTAL ENCLOSED</b>		



## ASSUMPTION OF RISK

This form must be filled out once a year to participate in any SAGE activities.

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.

"Despite efforts to minimize risks, the University cannot categorically guarantee that any person entering University campuses or facilities will not contract COVID-19 or any other communicable disease and any such person must assess and accept the risks of illness or injury for themselves."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## **Photo/ZOOM 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: \_\_\_\_\_

I understand the ZOOM classes may be recorded to be used by people not able to attend the actual class. If I do not want my picture to appear in the recording, I will turn my camera off. I also understand that I can rename myself so even my name does not appear as an attendee.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**SAGE MOTOR VEHICLE REGISTRATION FORM**  
**Please submit with a photocopy of your vehicle registration**

- A.** Driver Information: Student/Employee ID: SAGE /CSP
- Name \_\_\_\_\_ Campus Address: Campus Center Rm 121
- Home Address \_\_\_\_\_ Campus Phone: 768-9501
- City, State, Zip \_\_\_\_\_ Status: ☐ University Employee
- ☐ Commuting Student
- Home/Cell Phone: \_\_\_\_\_ ☐ Resident Student
- ☐ Fitness Center Member
- B.** Owner Information (if different from driver): ☒ SAGE Member

Name: \_\_\_\_\_ Home/Cell Phone: \_\_\_\_\_

Home Address \_\_\_\_\_

**C.** Auto/Bicycle Plate Information:

**\*\*Please Circle One\*\*** Passenger Car Regular - Conservation Loon - UMaine System -  
UMaine Athletics w/Black Bear - Handicap - Veteran - Disable Veteran - Breast  
Cancer - Maine Agriculture - Commercial - Lobster - Firefighter - Wabanaki -Support  
Our Troops - Sportsman - Motorcycle - Other

Make \_\_\_\_\_ Model \_\_\_\_\_ Year \_\_\_\_\_

Color \_\_\_\_\_ License Plate # \_\_\_\_\_ State \_\_\_\_\_

**D.** Agreement and Acknowledgement:

I, the undersigned, understand that this motor vehicle or any other motor vehicle with a state registration in my name, is subject to be towed at my expense when found in violation of the University of Maine at Presque Isle parking and traffic policies and procedures. I authorize the transfer of unpaid tickets to my student account. I acknowledge that I have received a copy of the University of Maine at Presque Isle parking and traffic policies and procedures and its official parking map. The decal issued to me is for personal use of this motor vehicle. I further understand that if my decal is not properly displayed or if I fail to obtain a temporary permit should my decal be misplaced, then I will be obligated to pay any towing or ticket fines levied on my vehicle. I acknowledge that the University is not responsible for any damage that might occur to my vehicle as a result of parking on campus.

1. Monetary fine
2. Towing

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

\*\*\*\*\*For Office Use Only:\*\*\*\*\*

Name of issuing person \_\_\_\_\_

Permit issued \_\_\_\_\_ Date issued \_\_\_\_\_

Payment received \$ \_\_\_\_\_ Circle: 1st 2nd 3rd 4th



Seniors Achieving Greater Education  
181 Main Street  
Presque Isle, Maine 04769