

YORK COUNTY SENIOR COLLEGE

SPRING 2020 Registration

Learning as it should be - Lifelong

Check the Lineup of Spring Classes - 2020

- Course Descriptions
- Times, Dates, Places
- Membership Application
- Registration Form

Or Current Occupant

Check course description for start dates, times and locations. Senior College classes are regularly presented at the following locations:

- Anderson Learning Center
21 Braden Street
Springvale, ME 04083
- Springvale Library
443 Main Street
Springvale, ME 04083
- Trinity Episcopal Church
15 Cleveland Street
(corner of Main Street)
Saco, ME 04072
- Huntington Common
1 Huntington Common Dr.
Kennebunk, ME 04043
- UMA Saco Center
4 Scammam Street
Saco Valley Shopping Complex
Saco, ME 04072
- Biddeford Pool
2 Yates Street
Biddeford Pool, ME 04006

Shaw's Plaza, Saco

4 SCAMMAN ST., SUITE 18
SACO, MAINE 04072





YORK COUNTY SENIOR COLLEGE SPRING 2020 Registration

– CLASSES BEGIN WEEK OF MARCH 30TH –

*Please Note: You must be a member of Senior College to enroll in classes
(see Registration Form)*

*Pot luck on Fridays, 11:30 a.m. to 12:30 p.m. at the Anderson Center
Come join us for a morning class, lunch and afternoon class.*

COURSES OFFERED IN SACO

Exploring Health Options, an Experiential Approach (NEW!)

(4 Weeks)

Bring your pain and mobility issues and we will come up with ways you can improve your condition at home. Wear loose fitting, comfortable clothing. The class includes acupuncture theory and demo, Shiatsu (massage of the meridians) theory and practice, massage theory and practice, and posture, poise, and stretching using the meridian map, musculoskeletal map, and common sense.

Instructor: Lisa Bouchard, LMT LAC

Bio: Lisa, owner of MassageCraft & Acupuncture Clinic in Biddeford, has been helping folks improve their health, and ease and understand their pain with hands-on therapies and acupuncture for 30 years.

Location: UMA Center, Saco

Day/Time: Monday, 12:30 to 2:30 p.m.

Starts: April 13, 2020 (no class May 4)

Class Size: Min 4, Max 8

Materials: Recommended but not required:

Touch, by Ashley Montague

The Web That Has No Weaver, by Ted Kapchuk, a nice overview of acupuncture.

Bridges of Understanding...Religion (NEW!)

(6 Weeks)

What do we believe? What/who do we worship and why? This is a Comparative Religion Course.... an interactive study of a variety of religions, major and obscure....traditions, belief systems and practices. Is there common ground? How does each group respond to current issues? Explore and experience.

Instructor: Rev. Jan Hryniewicz

Bio: Jan is a retired pastor (ABC & UCC) with years of experience leading worship and workshops, and teaching classes involving spiritual and religious development and understanding. This class will be interactive and thought provoking...as together we seek common ground.

Location: Jakeman Hall, 14 Temple Ave., Ocean Park

Day/Time: Tuesday, 9:30 to 11:30 a.m.

Starts: March 31, 2020

Class Size: Min 5, Max 16

Materials: None Required

Beginner Digital Photography

(8 Weeks)

Learn about your camera equipment. Increase your knowledge of your Digital Single Lens Reflex (DSLR) camera. This course will help you move from using your camera in auto mode to shutter to aperture priority and hopefully to full manual. Learn the exposure triangle - ISO, shutter speed and aperture - and their relationship to each other. This course will consist of classroom and field experiences. Please no point & shoot cameras.

Instructor: Millett Day

Bio: Millett has been an avid amateur photographer for over 10 years. He's taken numerous photography classes, and was the chair of the photography club while at IDEXX where a number of professional photographers lectured.

Location: UMA Center, Saco

Day/Time: Tuesday, 9:30-11:30 a.m.

Starts: March 31, 2020 (no class on April 21)

Class Size: Min 2, Max 8

Materials: DSLR camera, fresh batteries, a memory card, and your questions!

Novice and Intermediate Open Art Studio

(8 Weeks)

This art workshop involves learning, playing, discovering and pursuing your individual artistic goal. This may be engaging in the art process "for the pure fun of it" or incorporating aspects to further your art techniques, knowledge and skill. You determine your course of involvement. Short demonstrations occur which are most often based on questions or ideas that arise from you, the participants. All painting and drawing mediums are welcome and there are some beginner supplies available to use and try.

Instructor: Pat Scammon

Bio: A very accomplished artist, Pat has been involved in teaching various art classes with Senior College for the last 3 years.

Location: Trinity Church, Saco

Day/Time: Tuesday, 10:00 to 12:00

Starts: March 31, 2020

Class Size: Min 5, Max 10

Materials: Personal art materials

OFFERED IN SACO

Drawing 2 – A Continuation of Basic Drawing

(8 Weeks)

Basic drawing, perspective figure drawing still life. The worst complaint that I get from people is they know something is wrong but don't know how to fix it.

Instructor: Michelina Callahan

Bio: Michelina has attended the Portland School of Fine and Applied Art (now known as MECA). She taught drawing, perspective, watercolor, acrylic and oil at the First Coast Technical School in St. Augustine, FL. She has also been a private instructor.

Location: Trinity Church, Saco

Day/Time: Tuesday, 1:00-3:00 p.m.

Starts: March 31, 2020

Class Size: Min 4, Max 12

Materials: 1 soft lead pencil-2HB, 1 hard lead pencil-3H, eraser, ruler, 8 1/2" x 11" sketch pad.

Biddeford, The First 200 Years (NEW!)

(8 Weeks)

As a key piece of Biddeford history and in keeping with our state's 200th anniversary, this course will profile the founding of Biddeford from 1616 to 1820 showcasing the migration of the population from Winter Harbor (Biddeford Pool) to our present day city location. The survey will discuss the early settlers to key members of the 1820 community. We will explore their religion and commitment to the new nation, first churches, the first public meetinghouse (Town Gov.), first settlements, and moving up the Saco River to "Falls Village", as well as famous people including: Samuel de Champlain, Richard Vines, Samuel Jordan, James Sullivan, Jeremiah Hill Jr., Samuel Pierson, Dr. Aaron Porter and many more.

Instructor: Dana Peck

Bio: Dana has been a high school science teacher, adult ed instructor, certified corporate leadership trainer, small business owner, school board and city council member, and a farmer. He's been involved with the Biddeford Historical Society, Biddeford Mills Museum, and the Arundel Historical Society.

Location: UMA Center, Saco

Day/Time: Wednesday, 9:30 to 11:30 a.m.

Starts: April 1, 2020

Class Size: Min 4, Max 17

Materials: None Required

Masterpieces of American Art

(8 Weeks)

Explore the salient history of American art from its beginnings in the colonial past up until shortly before World War I. Become acquainted with the Master painters and their works which represent a political and historic view of this new nation. From painters such as Copley, Stuart, Peale, West, Eakins, Cole, Remington, Mount, Sargent, Cassatt and many others, view their work as we see the American land and people. The course will include a series of DVD lectures, followed by additional comments from the instructor and class discussion.

Instructor: Robert Dunn

Bio: Bob has always had an interest in art history, the artists, and their works. He has taught many courses for Senior College.

Location: The Wardwell, Saco

Day/Time: Wednesday, 9:30 to 11:30 a.m.

Starts: April 1, 2020

Class Size: Min 6, Max 15

Materials: None Required

The "Me Too" Movement is not new

(8 Weeks)

Over 2000 years ago, Greek dramatists wrote about women who actively protested against the ruinous wars in their towns. They told their husbands that there would be no sex until they agreed to stay home and quit the army. This play was a comedy. Another play, a tragedy, showed the anger of a woman whose daughter was to be married off to lure a prospective warrior to join a powerful army led by her husband. She vowed revenge on him, and when he eventually won the war and returned home, it did not go well. These Greek women were not silent partners.

Instructor: Kathleen Harder

Bio: Kathleen is a retired high school English, Latin, and Mythology teacher

Location: UMA Center, Saco

Day/Time: Wednesday, 1:00 to 3:00 p.m.

Starts: April 1, 2020

Class Size: Min 8, Max 17

Materials: Willingness to discuss issues

Remembering The Forties (NEW!)

(8 Weeks)

Students will enjoy the decade's most popular radio, film, and stage music against the backdrop of one of the most salient periods in the history of the United States. A just war?, patriotism, the divergent contrasts of happy times, air-raid shelters, emerging technology, the birth of the Baby Boomers. And yet, an intriguing culture with which most Americans identified. You Bet Your Life: the buck stopped there!

Instructor: Lorraine Masure

Bio: Lorraine has provided 30 years of Senior College education related to music.

Location: UMA Center, Saco

Day/Time: Thursday, 9:30 to 11:30 a.m.

Starts: April 2, 2020

Class Size: Min 10, Max 18

Materials: None Required

Let's Do Watercolors and/or Acrylics

(8 Weeks)

Exploring the many facets of the media using group critiques and testing different surfaces. Sharing different applications sparks the creativeness in our own work.

Instructor: Pat Wood

Bio: Pat has been an art instructor at the Elan School, Thornton Academy and Saco Public Schools, as well as an accomplished commercial Art Director.

Location: Trinity Church, Saco

Day/Time: Thursday, 9:30 to 11:30 a.m.

Starts: April 2, 2020

Class Size: Min 4, Max 12

Materials: Students should bring whatever media and project they are working on to the first class. New students should bring a pencil and notebook along with any media, brushes and colors they normally use.



Elders as Healers of the World (NEW!)

(6 Weeks)

Embracing our second half-of-life with curiosity, inner growth, passion, and purpose, we'll continue to explore our emerging roles in society. Using "conscious aging" materials and some of the music that moved us to act in our lives, we'll revisit by singing, reflecting, and finding empowerment together. We'll convene in a circle, using music, movement, sharing and reflective activities to explore "what's next"

Instructor: Anne Murray

Bio: Anne is a former employee of Southern Maine Agency on Aging in the Foster Grandparent Program and several activity coordinator positions in adult day programs and long-term care facilities. She is a Certified Saging leader, leading workshops and wisdom circles.

Location: Trinity Church, Saco

Day/Time: Thursday, 9:30 to 11:30 a.m.

Starts: April 2, 2020

Class Size: Min 10, Max 15

Materials: None required

Great Decisions (NEW!)

(8 Weeks)

Course material provided by the Foreign Policy Institute covers various current political and societal issues and consequences. The course includes coverage of climate change, human trafficking, and artificial intelligence.

Instructor: Steven Podsiadlo

Bio: Steve taught geology last semester and is returning to teach Great Decisions. He's been involved with designing and implementing workplace training and has volunteered with intermediate school level English Language Learners and assisted with STEM classes and projects.

Location: The Wardwell, Saco

Day/Time: Thursday, 9:30 to 11:30 a.m.

Starts: April 2, 2020

Class Size: Min 4, Max 15

Materials: Notebook and writing implement

Creative Writing Using Prompts (NEW!)

(6 Weeks)

Participants will write in response to prompts relating to the five senses. The emphasis of this workshop is on enjoying the sheer fun of creative writing - paying attention to the 'spontaneous authentic voice' that emerges from within and sharing it with others, rather than trying to edit or perfect a piece. No previous creative writing experience is required.

Instructors: Cris Hudson and Polly Nodden

Bio: The facilitators, both former educators, have participated in various writing groups over the years and are eager to share their experience.

Location: UMA Center, Saco

Day/Time: Thursday, 1:00-3:00 p.m.

Starts: April 2, 2020

Class Size: Min 5, Max 8

Materials: Small notebook, pens

Learning About Addictions (NEW!)

(5 Weeks)

This is a 5-week course (90-minute classes) that combines small group discussions with medical ideas of addiction and the brain changes that occur with alcohol, marijuana and long term medications. We will discuss vulnerabilities of the older person using alcohol or drugs. Throughout, we will be considering what to do with family and friends who may have these problems.

Instructor: Jeff Goldsmith, M.D.

Bio: Dr. Goldsmith was President of the American Society of Addiction Medicine. He is board certified in Addiction Medicine, and is lead addiction expert for the Opioid Response Network of Northern New England.

Location: UMA Center, Saco

Day/Time: Thursday, 1:00-3:00 p.m.

Starts: April 9, 2020

Class Size: Min 7, Max 15

Materials: None Required

OFFERED IN BIDDEFORD POOL

Watercolor Painting – Making Water Behave

(8 Weeks)

We will explore the Plein Air experience and indoor still life painting as weather dictates. Sites include local natural landscapes, village and urban settings, architectural features and seaside subjects. Student will plan for the changing light and shadows (and tides), and a variety of techniques and issues will be examined - color and perspective, water and reflections, and clouds and waves. For indoor classes we will have a setup for the class to paint and will have demonstrations for those interested in particular issues. Watercolor painters at all levels welcome.

Instructor: Brad Coupe

Bio: Brad has been a watercolor painter for much of his adult life. He is a member of a group of experienced watercolorists who paint each week. His work includes urban landscapes, seascapes and still life.

Location: Biddeford Pool Community House

Day/Time: Tuesday, 1:00-4:00 p.m.

Starts: April 7, 2020

Class Size: Min 5, Max 10

Materials: Basic watercolor painting materials - paints, brushes, paper, pencils, and erasers etc. A portable easel is recommended. A more detailed suggested list will be distributed in advance of the class. If you have questions about materials or class itself, please call Brad Coupe at 207-229-9402.

Birdwatching for Fun and Relaxation

(6 Weeks)

Walk outside in Biddeford Pool and other nearby locations to look for birds during this exciting period of migration. Learn how to use your birding field guide.

Instructor: Ann Hastings

Bio: Ann has been an amateur birder for more than 20 years, primarily in Southern Maine.

Location: Biddeford Pool Community House

Day/Time: Wednesday, 7:00-9:00 a.m.

Starts: April 15, 2020

Class Size: Min 4, Max 12

Materials: The Sibley Field Guide to Birds of Eastern North America, Second Edition if you own one, otherwise it will be provided.



OFFERED IN KENNEBUNK

Two Sides to Every Issue (NEW!)

(8 Weeks)

Abortion, Citizens United, welfare, health care, free speech, freedom of religion, vouchers, Affirmative Action, gun control, taxes, censorship, the news, inequality, prisons, and justice... The Left argues one way, the Right, another. We'll consider the two sides of each issue, and then we'll try to decide what's best. Mini-lectures and movie clips will give frameworks for discussion.

Instructor: Mike Berkowitz

Bio: Mike has taught at day care centers, fifth grade classes and college classes, before finding his niche teaching senior citizens. He enjoys introducing concepts and posing questions that make folks think about the world we live in.

Location: Huntington Commons, Kennebunk

Day/Time: Tuesday, 1:00-3:00 p.m.

Starts: March 31, 2020

Class Size: Min 8, Max 25

Materials: None Required

OFFERED IN SPRINGVALE

Bring a Book to Breakfast

(8 Weeks)

This course will survey most reading genres. It will include an in-depth discussion of the author's life and his/her body of work. We will look in depth to its contribution to our life today. All ideas and concepts are welcomed and encouraged. This is a social experience and an academic one. We cover material from best-sellers, mysteries, science fiction and classics. Come and participate in a fun group with no holds barred. The book list will be presented in order as follows: *American Pastoral* by Philip Roth, *Giver of Stars* by Jojo Moyes, *Thirteen Moons* by Charles Frazier, *The Plaza* by Julie Satow, *Gentleman in Moscow* by Amor Towles, *The Price of Time* by Tim Tigner, *The Dutch House* by Ann Patchett, *A Woman of No Importance* by Sonia Purnell.

Instructor: Arlene Jackson

Bio: Arlene has taught China at South Coast Senior College, as well as courses at YCSC.

Location: Springvale Library

Day/Time: Wednesday, 10:00 to 12:00

Starts: April 1, 2020

Class Size: Min 10, Max 25

Materials: None Required

Writing Memoirs

(8 Weeks)

Have you been wanting to write your childhood stories? Your high school shenanigans? And on and on? Come to this class where you will find a friendly, non-judgemental sharing atmosphere. Sharing stories helps bring back memories and presents ideas for telling your own story. We laugh a lot, sometimes we cry and we get inspired.

Instructor: Fleurette Bannon

Bio: Fleurette is a former teacher and guidance counselor at the elementary school level, and she's been writing and journaling for years. She was a guest columnist for the Sanford News for several years, basing the column on her written memoirs.

Location: Anderson Center, Springvale

Day/Time: Friday, 9:30 to 11:30 a.m.

Starts: April 3, 2020

Class Size: Min 4, Max 12

Materials: Writing materials

Ted's Favorite Classics

(8 Weeks)

Some of the films that will be viewed this semester are a Bogie and Bacall, "To Have and Have Not", Lee J. Cobb in "Death of a Salesman", Walter Pidgeon in "How Green Was My Valley", and Henry Fonda in "Grapes of Wrath". Come sit back and enjoy the films and then the good discussions that will follow!

Instructor: Ted Hargrove

Bio: Ted has presented courses in Senior College since 2000 and has been responsible for public relations for the past 18 years. He is a retired college English teacher and public relations director.

Location: Anderson Center, Springvale

Day/Time: Friday, 9:30-11:30 a.m.

Starts: April 3, 2020

Class Size: Min 3, Max 15

Materials: Open Mind

Open Art Group

(8 Weeks)

This course is described in past YCSC brochures as "an art experience" which is open to beginning or experienced artists, drawing and painting through individual medium of choice.

Instructor: Gary Wood

Bio: Gary has 3 decades of experience in painting and drawing.

Location: Anderson Center, Springvale

Day/Time: Friday, 9:30-11:30 a.m.

Starts: April 3, 2020

Class Size: Min 4, Max 12

Materials: Artist must bring their own materials.

The Urgent Reality of our Climate Crisis

(7 Weeks)

Using scientific and historic insights, we will examine our role in this crisis including the following topics: Sea Level Rise, Extreme Weather, Extinction of Life Forms, Consumerism and Our Throw Away Culture. Most Importantly..... IS IT TOO LATE TO REVERSE THIS SITUATION?

Instructors: Dr. Joe Yuhas and Brother Albert Heinrich

Bio: Dr. Joe and Br. Albert are both retired science teachers who have previously taught this course.

Location: Anderson Center, Springvale

Day/Time: Friday, 12:30 to 2:30 p.m., no class on April 10

Starts: April 3, 2020

Class Size: Min 4, Max 17

Materials: None required.

The Way They Were (NEW!)

(8 Weeks)

The course is a romp through the period of our parents and grandparents based on five Hollywood films set in the Gilded Age into the Roaring Twenties; i.e., *The Heiress*, *Ragtime*, *Sergeant York*, *A Tree Grows in Brooklyn*, and *Thoroughly Modern Millie*. There will be time spent reviewing the themes of this historical period in American history and hearing stories of family history from members of the class. Some time will be spent on genealogical research tips.

Instructor: Fred Boyle

Bio: Fred is a retired high school teacher, professional genealogist, and author.

Location: Anderson Center, Springvale

Day/Time: Friday, 12:30-2:30 p.m.

Starts: April 3, 2020

Class Size: Min 10, Max 20

Materials: None Required

Poets Choice (NEW!)

(8 Weeks)

We will explore different poetic styles from beginner to published. Bring your favorite poems of your own or Classics. We will read, discuss and write our own.

Instructors: Joseph Howes and Carrie Hill

Bio: Joseph and Carrie are readers and writers of short stories, poems and plays.

Location: Anderson Center, Springvale

Day/Time: Friday, 12:30-2:30 p.m.

Starts: April 3, 2020

Class Size: Min 4, Max 12

Materials: Pen and paper, favorite original or classic poems.

Mixed Media Art Group (NEW!)

(8 Weeks)

In this course, we will use a variety of art media and techniques, including drawing, painting, collage, and printmaking to make stunning and creative works of art. We will make both two dimensional pieces (drawings, paintings, and prints) and also three dimensional work (paper sculpture and hand made art books). This class is for students of all levels of experience or none.

Instructor: Georgia Renfroe

Bio: Georgia studied drawing, painting, sculpture and mixed media in Boston. For 25 years, she has been making and teaching art classes in a variety of media.

Location: Anderson Center, Springvale

Day/Time: Friday, 2:30-4:30 p.m.

Starts: April 3, 2020

Class Size: Min 4, Max 10

Materials: Mixed Media paper, pencils, drawing pens or markers, watercolor and/or acrylic paint, brushes, scissors, clear tape, glue stick, water based liquid glue, two ink brayers.

PARKING

Anderson Center: Anderson Center Lot, behind Springvale Library

Springvale Library: behind the Library, 443 Main Street, Springvale

UMA Saco: Shaw's Plaza, Saco

Trinity Episcopal Church: on Cleveland Street, Saco

The Wardwell: on street, 43 Middle Street, Saco

Huntington Common: lot on site, Kennebunk

Biddeford Pool Community Center: Street Parking

All sites are available to handicapped

**Gift Certificates for classes
may be purchased at
UMA, Saco Center.**

Minimum amount \$25.00



VISIT YORKCOUNTYSENIORCOLLEGE.ORG TODAY!