



YORK COUNTY SENIOR COLLEGE

Spring 2019 Registration

Learning as it should be: Life-long

Photo by Pat Scammon



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YORK COUNTY SENIOR COLLEGE

Spring 2019 Registration

– CLASSES BEGIN WEEK OF APRIL 1 –

Mail form on insert with check or charge card information by March 7.

Classes are 8 weeks, except where noted.

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

Pepperell - The Melting Pot

This course will review the history of Pepperell Manufacturing and the different immigrants recruited to meet their production needs from 1840 to 2009. What historical changes impacted the Biddeford/Saco area to evolve into a diverse population and economic powerhouse on the Saco River?

Instructor: Dana Peck
Location: UMA, Saco Center
Day/Time: Tuesday, 9:30 to 11:30
Starts: April 2
Class Size: Min 10, Max 18

Open Art Studio

This is an art workshop where participants have fun experimenting, playing or pursuing their own artistic goals. The workshop is designed to accommodate the beginning or experienced artist. This semester we will offer a brief technical video (optional) each week, complimented with one on one support throughout the class. Possible media includes: watercolor, acrylic, colored pencil, ink, graphite, charcoal and oil pastel. Some supplies are available for class use.

Instructors: Pat Scammon, Clara Martel, Ray Lund
Location: Trinity Episcopal Church
Day/Time: Tuesday, 10:00 to 12:00
Starts: April 2
Class Size: Min 4, Max 16

The Movie Music of the 50's and 60's

Long before computers, I-Phones or the like, folks of a certain age had a favorite weekend destination to look forward to, the movie theater. Many of the films shown were musicals, and their sustained entertainment value can well be underscored to this day by some of the Broadway musicals some of them became. From the 1950's "Doing What Comes Naturally" all the way to 1969's "Hello Dolly", this course will consider the history of the film industry itself and the background, lyrics, and the context of music from selected films. Come to listen, to sing, and mostly to look back on the endearing memories of a simpler time in the music of your life.

Instructor: Lorraine Masure UMA,
Location: Saco Center Wednesday,
Day/Time: 9:30 to 11:30 April 3
Starts: Min 10, Max 17
Class Size:

"The Long and Winding Road" (from Aging to Sage-ing®)

(6 Sessions starting April 17)

An interactive workshop set in "circle-style" with opportunities to "harvest" lessons of our lives, let go of some of the burdens, embrace mortality, explore our legacies, and articulate our gifts of service using the metaphor and music of "The Long and Winding Road" (Beatles). We'll practice contemplative tools to enrich this time of your life (journaling, reflection, music/movement, meditation and visualization).

Instructor: Anne Murray
Location: Trinity Church, Saco
Day/Time: Wednesday, 9:30 to 11:30
Starts: April 17
Class Size: Min 8, Max 15

Beginning Watercolor

(6 Sessions starting April 9 and end May 14)

We will begin with the basics, exploring different techniques in which to use watercolors and how it is different from using acrylics or oils. Classes include learning about color, simple composition, and how to begin (and end!) a design or painting. There will be some teacher directed in-class exercises as well as chances for participants to bring in an image they wish to paint. No experience needed, just an open, nonjudgmental mind.

Equipment needed: Prang 16-color watercolor paint box; size #8 and #2 round watercolor brushes, several 8 oz. clear glass or see through plastic containers for water; 9x12 spiral bound pads of 140# cold-press watercolor paper, pencil and separate eraser. These can be purchased at Michaels Crafts in Biddeford (use 50% newspaper coupon) or on-line through Cheap Joe's or Dick Blick.

Instructor: Linda K. Thompson
Location: Trinity Church, Saco
Day/Time: Tuesday, 1:00 to 3:00
Starts: April 9
Class Size: Min 6, Max 12

Reader's Theater...."Acting Up!" (6 Sessions)

Course participants will be involved in reading and acting out a variety of classic and contemporary one act plays. This is an interactive class which will awaken the actor in each of us. It will be reading with expression for the fun of it...no memorizing required! Possible plays are The Ugly Duckling by A.A. Milne or A Marriage Proposal by Anton Chekhov .

Instructor: Rev. Jan Hryniewicz
Location: UMA, Saco Center
Day/Time: Thursday, 9:30 to 11:30
Starts: April 4
Class Size: Min 8, Max 16

OFFERED IN SACO

Midsomer Murders, Part 3

This British series has run for 20 seasons. It still has gruesome murders, a dedicated constabulary, historical flourishes, surprising solutions, dramatic tension and comic touches of British wit. This course looks at the last 7 seasons in an effort to uncover the secret of its success as we are entertained by superb acting.

Instructor: Kathleen Harder
Location: UMA, Saco Center
Day/Time: Thursday, 1:00 to 3:00
Starts: April 4
Class Size: Min 4, Max 15

OFFERED IN KENNEBUNK

Discover the Eastern Trail by Bike (4 to 6 Sessions)

This is more an activity than a course...designed for seniors who are bikers and would like to explore segments of the Eastern Trail with a series of leisurely rides along the off road trail. We plan to cover the entire 22 miles off road trail in manageable "bites" from Kennebunk Elementary School to Bug Light in South Portland. I would lead and occasionally stop to describe some feature or a bit of history related to the development of the trail, but there would be no academic content. It would be more an experiential activity to take advantage of the spring season and blooming landscape.

Instructor: Joe Yuhas
Location: First class to meet at Kennebunk Elementary School entrance to the Eastern Trail
Day/Time: Thursday, 1:00 to 3:00
Starts: April 4
Class Size: Min 5, Max 12

Psychology Look at the Movies - IV

This course will focus on films, psychology and mini-lectures. We will examine 15 minute video clips from 24 movies not previously used and look at issues brought from the films and discuss how they relate to contemporary society.

Instructor: Mike Berkowitz
Location: Huntington Common, Kennebunk
Day/Time: Monday, 1:00 to 3:00
Starts: April 1
Class Size: Min 4, Max 25

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

OFFERED IN BIDDEFORD

"Watercolor Painting - Making Water Behave"

These classes will be 3 hours long for novice and intermediate watercolor painters. We will explore a variety of techniques and issues, such as basic washes, light and shadow and basic perspective. While class participants can do their own thing, we can have demonstrations for those interested in particular issues. We will also have a still-life setup for people to paint if they choose.

Equipment needed - If you have basic watercolor paints and brushes etc, you won't need to get more. For those who have no equipment we have paper and a limited supply of brushes and beginner paints. In addition, all students need a container for water (a tall plastic or water glass will do), a HB pencil and eraser, a simple watercolor palette (a plain white dinner plate will do) and several small plastic cups like the ones that salad dressing comes in.

Instructor: Brad Coupe
Location: Biddeford Pool Community Center
Day/Time: Tuesday, 1:00 to 4:00
Starts: April 2
Class Size: Min 5, Max 10

Goal Setting - Planning for Retirement (5 Sessions)

Dr. Al Shinkel, a professional career consultant, can help you make some sense of the realities of your retirement and its complexities. His basic approach to successful retirement centers on goal setting. He'll help you take a look at your interests and skills and to complete a goal setting form. The five sessions will also include lecture and discussion.

Instructor: Al Shinkel
Location: Biddeford Pool Community Center
Day/Time: Tuesday, 4:30 to 6:30
Starts: April 2
Class Size: Min 2, Max 10

Birdwatching for Fun and Relaxation (6 Sessions starting April 17)

This class will include how to use your birding field guide (The Sibley Field Guide to Birds of Eastern North America, 2nd Edition, is provided to students), how to use your binoculars for birdwatching and how to attract a variety of birds to your backyard for armchair birdwatching. We will walk in the Biddeford Pool and other nearby locations for birdwatching during the exciting period of spring migration. Locations to be chosen to allow for as wide a variation in individual mobility as possible.

Instructor: Ann Hasting
Location: Biddeford Pool Community Center for 1st class
Day/Time: Wednesday, 9:30 to 11:00
Starts: April 17
Class Size: Min 4, Max 12

Gift Certificates for classes

may be purchased at

UMA, Saco Center.

Minimum amount \$25.00

OFFERED IN SPRINGVALE

Writing Memoirs

We all have stories to tell. Here is an opportunity to share our stories with a group who have similar goals. Let's tell them, get them written down and ready to pass along to family members. Sharing is memory sparking, motivating and pleasantly helpful.

Instructor: Fleurette Bannon
Location: Anderson Center
Day/ Time: Friday, 9:30 to 11:00
Starts: April 5
Class Size: Min 8, Max 12

Exploring the Arts in Cuba

Join us to experience the vibrant world of Cuban music, art, and dance with its multicultural influences. The evolution of music and dance will be discussed, from the elegant danzón (the national dance), through lively Latin dances such as rumba and mambo, to the internationally respected National Ballet of Cuba. Some leading composers, musicians, and performers will be profiled from early zarzuela (musical theater) through the stars of the glittering Havana of the 1950's. Try playing some of the rhythm instruments that make up the heart of Cuban music. Development of the visual arts will be traced from early religious paintings, to the political statements of both revolutions, to the modern expressions of national identity.

Instructor: Zenaida Maicas
Location: Anderson Center
Day/Time: Friday, 12:30 to 2:00
Starts: April 5
Class Size: Min 4, Max 15

Open Art Group

If you attended the annual Luncheon in June, you saw a colorful exhibit that included some of the artwork of Dr. David Moberg's unique class. Beginner or veteran, you're invited to join others in "an art experience" drawing and painting using watercolors, oils, acrylic, pastels, ink, etc. Bring your own materials, your artistic questions and your advice for genuinely enjoyable, social sessions.

Instructor: Dr. David Moberg
Location: Anderson Center
Day/Time: Friday, 9:30 to 11:30
Starts: April 5
Class Size: Min 4, Max 12

DSLR 101 Photography (4 Sessions)

Learn how to fully use your camera equipment. In this course we will learn about the exposure triangle, ISO, shutter speed and aperture. We will learn how to compose and frame a photograph. Sunrise and night photography as well as other techniques will be discussed. To get the most out of this course, participants must have some familiarity with their DSLR camera. Bring your camera and its manual please.

Instructor: Millett Day
Location: Anderson Center
Day/Time: Friday, 9:30 to 11:30
Starts: April 5
Class Size: Min 2, Max 8

Discovering your Family Roots

A basic starting and intermediate course in family genealogy. How to discover, find and use genealogy sources. How to use the Internet and DNA sources. Learn something new about yourself from discovering your ancestors.

Instructor: Brother Albert Heinrich
Location: Anderson Center
Day/Time: Friday, 12:30 to 2:30
Starts: April 5
Class Size: Min 3, Max 15

TFC - Ted's Favorite Classics

Several classic motion pictures will be presented for your enjoyment, and analysis if you are so inclined. Selections are meant to appeal to a variety of tastes while providing perhaps, a touch of nostalgia for quality film. We'll begin with a Bogie and Bacall adventure in *To Have and Have Not*, sample simpler issues with Walter Pidgeon in *How Green was My Valley*, the vicissitudes of homesteading in *Shane*, and the heartbreak of revolution in *Fiddler on the Roof*. Others will be announced weekly.

Note: Effort is made to show films of two hours or less; however, some might run a few minutes longer. We hope you'll stick with each of them.

Instructor: Ted Hargrove
Location: Anderson Center
Day/Time: Friday, 9:30 to 11:30
Starts: April 5
Class Size: Min 4, Max 15

"Out in the Woods"

This is an opportunity to explore on foot some of the special natural areas around Sanford with the Directors from Mousam Way Land Trust. Six or seven walks about 2 miles in length will be made on existing hiking trails with some moderate slopes. Discussions of interesting aspects and observations of our natural communities, ecosystems and landscapes will be encouraged. We will also be doing a study of the spruces located at McKeon Preserve.

Instructor: Kevin McKeon
Location: First class meet at the McKeon Preserve
Day/Time: Friday, 12:30 to 2:30
Starts: April 5
Class Size: Min 4, Max 12

Great Decisions 2019

This course will follow the timely topics determined by the Foreign Policy Association for 2019 which include: Refugees and Global Migration, The Middle East: Regional Disorder, Nuclear Negotiations: Back to the Future?, The Rise of Populism in Europe, Decoding US - China Trade, Cyber Conflicts and Geopolitics, The US and Mexico: Partnership Tested, and the State of the State Department and Diplomacy. As in the past an attempt will be made to bring in informed, outside speakers.

Instructor: Fred Boyle
Location: Anderson Center
Day/Time: Friday, 12:30 to 2:30
Starts: April 5
Class Size: Min 8, Max 20

Bring a Book to Breakfast

This course will focus on discussions, author's biography and interpretations by the class. This experience will be a social and academic experience. We will discuss one book per week. Titles include: *The Button Man*, by Andrew Gross; *A Well Behaved Woman*, by Teresa Fowler; *Clock Dance*, by Ann Tyler; *The Man Who Loved China*, by Simon Winchester; *Transcription*, by Kate Atkinson; *Poisonwood Bible*, by Barbara Kingsolver; *Leadership*, by Doris Kearns Goodwin and *Bridge of Clay*, by Markus Zusack. Laughs, wisdom, beliefs and questions abound during these two hours of per delight!

Instructor: Arlene Jackson
Location: Springvale Library
Day/Time: Wednesday, 10:00 to 12:00
Starts: April 3
Class Size: Min 4, Max 30



4 SCAMMON ST., SUITE 18
SACO, MAINE 04072

Shaw's Plaza, Saco

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

Anderson Learning Center
21 Bradeen Street
Springvale, ME 04083

The Wardwell
43 Middle Street
Saco, ME 04072

Springvale Library
443 Main Street
Springvale, ME 04083

UMA Saco Center
4 Scammon Street
Saco Valley Shopping Complex
Saco, ME 04072

Trinity Episcopal Church
15 Cleveland Street
(corner of Main Street)
Saco, ME 04072

Huntington Common
1 Huntington Common Dr.
Kennebunk, ME 04043

Biddeford Pool
Community Center
2 Yates Street
Biddeford Pool, ME 04006

Or Current Occupant

Check the Lineup of Spring Classes - 2019

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

**SIMPLIFIED REGISTRATION THROUGH MARCH 7TH
CLASSES START THE WEEK OF APRIL 1**

*Reminder: You must be a member of Senior College in order to enroll in classes
~Please return this form with your choice of classes on Side B~*

Name _____ Date _____

Address _____

City, State, Zip _____

E-Mail _____

Please include your e-mail address above. (please print carefully) We do not sell or share e-mail addresses.

Telephone _____ Cell (please) _____

\$ _____ Annual Membership(s) (7/1/18 to 6/30/19) @ \$25 per person

\$ _____ Total Course Fees (\$25 per course) Financial Aid is available. (Contact Jane Carlson, 494-8884)

\$ _____ Total Due

Method of Payment

- Money order
 Check (payable to York County Senior College)

Please charge my:   

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Account Number

--	--	--	--	--

Expiration Date

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Security Code

Signature (required for credit card orders)

**Pay by check payable to:
York County Senior College
or by charge card.**

***Please fill out the forms on this insert
A and B and mail to:***

**York County Senior College
4 Scammon St., Suite 18
Saco, ME 04072**

All registrations are accepted on a first-come, first-served basis. You will be successfully enrolled in the course(s) you have selected unless you are notified otherwise.

YCSG this year plans to hold Friday luncheons - at the Anderson Center in Springvale - all are invited. These luncheons are provided by a committee of volunteers at nominal cost on the honor system. So plan to stay with us between morning and afternoon classes; it's a time to take on a little nourishment and to socialize with your fellow members.

FOR INFORMATION, CALL (207) 282-4030 OR CHECK OUR UPDATED WEBSITE AT www.yorkcountyseniorcollege.org.

If you call, leave a message and one of the committee of volunteers will return your call. York County Senior College is always looking for new members, volunteers, and ideas! Please call our phone line or send us an email. If you need more forms or you'd like us to send one to a friend, please refer to our website, or let us know.

Tel. (207) 282-4030 ~ e-mail: info@yorkcountyseniorcollege.org

***Reminder: The Senior College fiscal year runs from July 1 to June 30. Membership for 2018-2019 makes you eligible for classes in the fall semester, 2018 and the spring semester, 2019 and for the free annual luncheon in June, 2019.**

Sign-Up Form - Please Return This Page
Complete Both Sides

Courses Offered in Springvale/Sanford

- _____ Bring a Book to Breakfast - Wednesday, 10 to 12, at Springvale Library
- _____ Out in the Woods, Friday, 12:30 to 2:30, 1st class at McKeon Preserve

At the Anderson Center

- _____ Memoirs, Friday, 9:30 to 11:30
- _____ Open Art, Friday, 9:30 to 11:30
- _____ DSLR 101 Photography, Friday, 9:30 to 11:30
- _____ Ted's Classic's, Friday, 9:30 to 11:30
- _____ Arts of Cuba, Friday, 12:30 to 2:00
- _____ Great Decisions, Friday, 12:30 to 2:30
- _____ Discovering Family Roots, Friday, 12:30 to 2:30

Courses offered in Saco

- _____ Pepperell, The Melting Pot, Tuesday, 9:30 to 11:30, UMA Saco Center
- _____ Open Art, Tuesday, 10:00 to 12:00, Trinity Episcopal Church
- _____ Beginning Watercolor, Tuesday, 1:00 to 3:00, Trinity Episcopal Church
- _____ Music of 50's and 60's, Wednesday, 9:30 to 11:30, UMA Saco Center
- _____ Long and Winding, Wednesday, 9:30 to 11:30, Trinity Episcopal Church
- _____ Reader's Theater, Thursday, 9:30 to 11:30, UMA Saco Center
- _____ Midsomer Murders, Thursday, 1:00 to 3:00, UMA Saco Center

At Biddeford Pool Community Center

- _____ Making Water Behave, Tuesday, 1:00 to 4:00
- _____ Goal Setting, Tuesday, 4:30 to 6:30
- _____ Birdwatching, Wednesday, 9:30 to 11:30, first class meets here

In Kennebunk

- _____ Psychology Looks at the Movies, Monday, 1:00 to 3:00, Huntington Common
- _____ Eastern Trail, Thursday, 1:00 to 3:00, meet at Kennebunk Elementary
- _____ Eastern Trail for first class