

**Classy  
Permanent  
Name Tags  
For Senior College**

In response to many who have wanted a proof of membership card and to the increasing burden of making class name tags as registration grows, we have hit upon a plan that will solve both issues!

As of this fall we will be issuing permanent name tags which indicate proof of current payment. They will be much more substantial with Senior College logo lanyards and will be worn whenever you attend a Senior College function of class.

Those taking fall courses will receive your tag at the first class. Otherwise they will be available in the Senior College Office on Thursdays when the office is open or by mail by request.

Duplicates can be purchased for \$3.00 should you lose yours. Classes will still have class rosters for paid students. Please contact Judy Beebe by phone at 930-3604 or email [jcdsbeebe@gmail.com](mailto:jcdsbeebe@gmail.com) with questions.

**Who Says We Can't Drive?**

What is the most common traffic violation committed by older drivers? The two dozen folks who enrolled in this summer's AARP Driver Safety Course at Senior College found out, and garnered a lot more information about the effects of aging on our driving. The fast-paced class was packed with little insights about aging that elicited wincing of recognition throughout the day, and afterwards virtually everyone rated it "excellent." Our most common moving violation, by the way, is failing to yield the right of way. According to the statistics, the second most frequent violation is making an improper left turn. These are good facts to keep in mind as you turn into the Hutchinson Center this fall.

**ALERT!  
Parking Challenge  
First Day of Classes**

Hutchinson Center is hosting a conference with 120 attendees on our first day of classes. Plan enough time for parking, and if mobility is an issue, arrange to have a friend drop you off at the front entrance. There is plenty of parking, just allow a little extra time on the first day.

And as always, if you are looking to burn off a few more calories, park in the lower lot and leave the upper lot for those with difficulties.

## **WELCOME TO SENIOR COLLEGE!**

It's September, and Senior College chatter is in the air! If you haven't yet decided which of the 16 Thursday classes and two special courses sound most appealing, now is the time to act! Several courses have size limits, so keep a second choice in mind if you're just signing up now. Or just throw a dart at the list and see where it lands! You can't lose with the amazing selection offered in the fall course catalog.

New Senior College members are invited to come to one of the orientation meetings on the opening day of the fall semester, September 15. Senior College president Larry Theye will be giving helpful information to ease any first-day angst in Room 132 of the Hutchinson Center. The gatherings will be at 8:45 a.m. for those attending morning classes, and at 12:15 p.m. for anyone coming for the first time to an afternoon class. You'll find out more about the normal Senior College day – including those famous coffee breaks – and take a tour of the wonderful University of Maine building that Senior College is so fortunate to call home.

If you've never been in the Hutchinson Center before, that's not a problem. Just follow the folks streaming through the main doors of the Hutchinson Center into the atrium that joins the two wings of classrooms. On opening day Senior College will have a registration and information table just inside the doors. If you've already joined and signed up for a class, you don't need to do anything further. A helpful Senior College board member will direct you towards the hallway on your

right, where you will find Room 132 about two-thirds of the way down the hall, on your right.

If you're a serious procrastinator – we have lots of them in our midst! – do stop first and find out which classes are still available for you. We definitely have a spot for you in a course you'll enjoy!

There's an added "wrinkle" to this year's opening day on September 15. The Hutchinson Center is hosting a conference with 120 attendees at the same time we are having classes. This means you may need a few extra minutes when you come to find a parking place, and parking spots on the upper level nearest the main doors may all be filled. Don't be alarmed – there is ample parking for all – but you may find you are walking up from the lower parking lot. Those with mobility issues might do well to carpool this first morning so they can be dropped off first in front of the entrance. This shouldn't be much of a problem on subsequent Thursdays, but it's always good to keep your parking preferences in mind when you plan your arrival time.

So welcome all to the 11<sup>th</sup> academic year of the Belfast Senior College! YOU are the reason we are continuing to thrive – and grow.

Pat Griffith, Vice President

**Senior College  
Calendar at a Glance**

(as of August 22, 2011)

**Tuesday, August 30**

Boat trip from South Freeport to Eagle Island to visit the museum home of Admiral Peary, followed by lunch and the Peary/MacMillan Arctic Museum featuring Canadian Inuit Art. (More information available soon)

**Thursday, September 15**

First day of Fall classes

**Thursday, September 22**

Annual Meeting in between classes.

**Tuesday, October 11**

Fall Foliage Trip to Skowhegan Margaret Chase Smith Home and Museum

Lunch provided (menu choice on flyer)  
The Bates Museum at Goodwill-Hinkley.  
(registration form on flyer in this newsletter)

**Thursday, October 20**

Last day of Fall classes



Smiles after seeing *The Wiz*

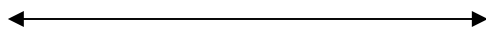
**Community Column**

**Friday, Oct 14th, 10 a.m. to 1 p.m.**

Waldo County Triad and the Waldo County YMCA have partnered to organize "Tribute to Seniors Day". The event, which focuses on senior citizen related issues and activities, will be held at the Waldo County YMCA

Vendors have been invited to set up exhibits where participants can interact with displays for a hands-on experience. There will be presentations relating to issues of wellness and safety and a luncheon. Participants will not be charged an admission fee, but a small fee will be charged for the luncheon.

For more information, contact Vyvienne Ritchie (930-6761 or [vritchie@wchi.com](mailto:vritchie@wchi.com)) or Pat Pierson (722-3298 or [ppier-son@midcoast.com](mailto:ppier-son@midcoast.com)).



From Andrea Rouillard at the Hutchinson Center

"I have a foldable walker in excellent condition that I'd like to offer to any Senior College member for free". See Andrea in the Hutchinson Center office, or call her at 338-8049.

## FALL CLASSES AT A GLANCE

### MORNING CLASSES 9:30 - 11:30 A.M.

#### History of Art: The Baroque

Soon after the Baroque period began in the 17th century, the new style spread throughout every continent on the globe except the Antarctic (and Australia). With it, or included in it, was the modern world as we know it—and in this class we will explore as much of it as we can.

#### Inside North Korea

The Democratic People's Republic of Korea is perhaps the most isolated, enigmatic, and secretive society in the world today, and perhaps the most dangerous. This course seeks to shed light on who the North Koreans are and how they view the rest of the world.

#### Maine's Forest Resources

In reviewing Maine's forestry throughout the 20th century and how it compares with other regions in North America, we will consider such developments as clearcutting and the mechanization of harvesting methods. We'll also assess the implications of various ecological and political concerns including the possibility of a national park in the north woods.

#### The Good Death?

Is there such a thing as a "good" death? If so, what does it look like and what does it entail? Does the term mean the same thing to us that it did to our parents? A series of professionals ranging from doctors and nurses to a hospice volunteer and a lawyer explain the changes they have observed in how people view their mortality.

#### The Roots of Rock and Roll

Elvis Presley made rock and roll an international phenomenon, but long before his rise to stardom, the distinctively new musical genre was set in motion by a fascinating group of musicians ranging from Hank Williams to Fats Domino, and from Louis Prima to Little Richard. We'll hear from all of them.

#### Basics of Good Reasoning

In this class we will focus on the concepts and principles used to distinguish good reasoning from bad. We will study the purposes and types of definitions, the concept of consistency, how to analyze arguments, and how to identify fallacies.

#### What Happens in Psychotherapy?

In this course we will follow a patient through psychotherapy as he grapples with problems of aging, depression, and alienation from his kids. Each week we will witness a video of one of the dramatically charged sessions he has with his therapist and then compare what we have all observed—both about the patient and about his doctor.

#### Intermediate Conversational French

Are you sick and tired of studying French grammar rules and vocabulary because you still don't feel comfortable putting two words together en français? If your answer is "yes" (or oui), this course is for you. Come prepared to have a good time.

**AFTERNOON CLASSES 1:00 - 3:00 P. M.**

An Introduction to Islam

"If you don't understand the wonderful spiritual, theological structure of Islam, you don't understand the Mideast!" declares Moorhead Kennedy, honored guest lecturer at Senior College this fall. A career diplomat, Mr. Kennedy was a senior U. S. Embassy official in Teheran during the Iran hostage crisis in 1979.

The Rise of Modern Art

If you are one of the many people who are quietly wondering "just what is this modern art stuff," writer, critic, and gadfly Robert Hughes has some answers for you. They are all contained in his landmark BBC series *The Shock of the New*, which first aired in 1980 and which remains as trenchant as ever. His series will be the basis of discussion and commentary by a noted local architect, writer, and lecturer.

Maine History to 1865

In this fresh look at early Maine history stretching roughly from the Ice Age to 1865, we will examine how the lay of the land—both geological and geopolitical— was a key factor in the development of the state as well as the vaunted Maine character.

Music to Our Ears

Music can evoke strong emotional responses, and new music in particular has often come in for some especially colorful descriptive language, as we will learn in this very human, often amusing tour of the great and not so great in Western music. Come find out why some music touches us so deeply that it endures for centuries.

Your Antiques and Heirlooms

Just how valuable are your most prized possessions and how can you keep them safe and in good condition? A team of top Maine antique authorities will tell us what we need to know about the items we cherish, whether they be furniture, books, silver, jewelry or artwork.

On the Waterfront in Watercolor

Let's get together and figure out how to use watercolors to paint the Belfast waterfront—or any other waterfront that strikes your fancy. Docks, pilings, gulls, boats, fishermen, lobster traps, buoys—the range of subject matter is almost limitless. Open to artists of all abilities, from beginner on up.

Darwin in the 20th Century

The theory of natural selection has endured its ups and downs in the 150 years since it was published, and in this course we will trace how it has been treated by the scientific community and a succession of critics since 1900.

The History of the Sonnet

"No poem can be more delightful or more idiotic than a sonnet," wrote poet Charles Simic in an essay he titled "You Can't Keep a Good Sonnet Down." He was right on both counts. It's no accident this fourteen-line verse form has endured for hundreds of years, and in this lively little class we will find out why.

## Two Special Classes

### Digital Photography Workshop for PC Users

In this special one-day workshop designed as an introduction for digital camera owners, the focus will be on the basics: working with camera settings and features, learning the mechanics of making better pictures, and finding out how to download images onto your PC. Class size is limited to 12. Meets on Wednesday, September 28, from 9:30 a.m. till 2:30 p.m. and includes lunch.

### The Greeks in Opera

A Saturday series of three great operas: Monteverdi's L'Orfeo, Mozart's Idomeneo, and Berlioz's magnificent Les Troyens. All of this is on the big screen with superb sound in the comfort of the Hutchinson Center Auditorium with introductions and commentary by a noted instructor of music. Dates and particulars are on the Senior College website.

### Pass It On

Do you have a new neighbor or friend who might be interested in the classes offered at Senior College? Please consider sharing your fall course catalog with them, or just tip off the Senior College office (338-8033) and we'll mail one to them. According to our last survey, more people learned about Senior College by word of mouth than any other way.

## An hour a week can really make a difference!

A new year at Senior College is also a great time to consider our volunteer opportunities. Any of the projects listed below takes either one hour a week or a few hours once a year. Please consider volunteering for one (or more!) of the projects below.

**Help in the library** at Captain Albert Stevens School. The librarian is there only part time and really needs some extra hands to shelve and label books. Times can be tailored to suit various schedules. The librarian will provide a short orientation session and work out a schedule with the volunteer.

**Tutor students here at the Hutchinson Center.** With the expansion have come more students and more tutoring needs in a variety of subject areas. There is also a need for mentors to pair with individual students to help guide them through their time here. For more information contact Jose' Cordero @ 338-8020.

**Volunteer to help with the nutrition program.** This involves helping students fix fresh fruit or vegetable snacks. It involves about one hour a week, probably on Fridays. The program is supervised and taught by staff. All volunteers have to do is help the students put the snacks together.

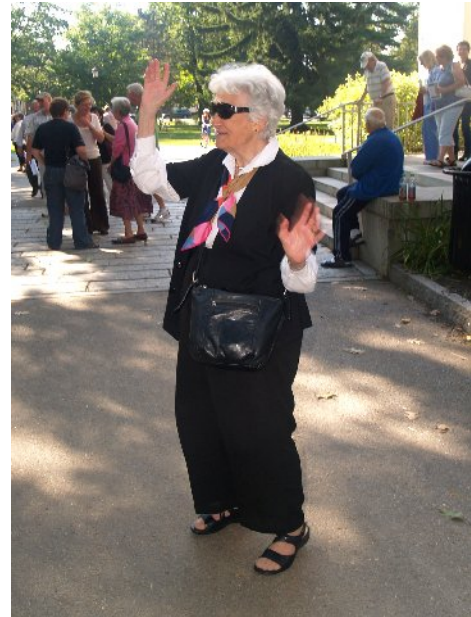
**Help Habitat for Humanity** has built its first house and is now in the process of raising funds and resources for the second. Volunteers are needed for a variety of jobs. From office work and mailings to the hammer and nails jobs.

**Read to residents of the local nursing homes.** This is a new project that we are very excited about. Many residents who can no longer read for themselves still enjoy a good book and especially enjoy being read to. An hour of your time doing this could really brighten someone's day.

***If you want more information, call Gail Smith@338-3704 or Marge Sheridan@525-4428 . Thanks in advance for considering these volunteer opportunities.***



Trip to see the Edward Hopper Exhibit at Bowdoin followed by lunch at Mae's Bakery in Bath, and then to see *The Wiz* at the Maine State Music Theater.



# **senior** COLLEGE

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Senior College admits members regardless of race, color, sexual orientation,  
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