

THE COLLEGE FOR SENIORS

The College for Seniors at Washington County Community College will provide an open, stimulating learning community for intellectual growth and personal development for all seniors fifty years of age or older.

Offered through a variety of formats, the courses are taught by talented, volunteer instructors who are experts in their fields. There are no tests or grades, and no prior diploma or college education is required.

If you require a special accommodation in order to participate in this program, please contact Dora Adams, Accessibility Specialist at 454-1000 Ext. 4193

DATES

The sessions will run on various dates and times beginning on September 21 through November 9. Some courses may require more than one session.

An attempt will be made to schedule sessions so participants will be able to attend at least two of the offerings.

LOCATION

All classes are held at the Calais Campus of Washington County Community College unless otherwise specified. Certain classes may require field trips or an alternate location.

COSTS

Each individual course is \$5. Some courses may require a small fee for materials and supplies. Specific fees and/or supplies will be indicated in the course description.



E-CONVERSATION FOR GRANDFAMILIES

Resources/Policies/Changes Affecting Grandfamilies

Dates: Wednesday, Oct. 4 & Thursday Oct. 5, 2006

Times: Participate any time between 11am and 7pm each day - **Location:** Log-in from any computer that has Internet access - **Cost:** Free!

Presenters: Barbara Kates, Families & Children Together; and Len Kaye, U of Me. Center on Aging. All you need is Internet access for a couple of hours. Participating is as easy as looking at the website or sending an email. Please visit the website www.mainecenteronaging.org/moodle and click on the "Grandparenting E-Event" title to register and to learn more about this exciting event

FALL HIKING SERIES

Learn about Letterboxing (an intriguing pastime combining map-reading skills and artistic ability with delightful "treasure-hunts" and hikes in beautiful, scenic places – www.letterboxing.com, search for Downeast Maine).

Enjoy hikes with registered Maine Guides Tess Ftorek and Sandra Pottle who will enhance your love of hiking while investigating Downeast Maine. Transportation will be provided from WCCC at 11:00 a.m. to both locations. Wear comfortable clothing and bring water and a snack. More information will be available to registrants.

Fri., Sept. 22 – Pottle's Tree Farm

Fri, Oct. 6 – Shackford's Head

REGISTRATION

**Contact Washington County
Community College Continuing
Education Division (207) 454-1013**

NOTE: To assure your seat in a class you should pre-register; however, feel free to contact the college the week prior to a class to see if any seats are available in a course of interest.

Email: collegeforseniors@wccc.me.edu

*Washington County
Community College*

College for Seniors

Fall 2006



Providing life-long

educational experiences for

seniors fifty years of age or older

in Washington County

COLLEGE FOR SENIORS - COURSE DESCRIPTIONS

Safe Driving for Seniors - Tune up your driving skills, and update your knowledge of Maine driving rules. This driver safety program will help you learn how to adjust your driving to adapt to normal age-related physical changes. Instructor: Sgt. Christopher Donahue, Calais Police Dept.

Predatory Lending – Don't be a victim of loan fraud. Every year, misinformed homebuyers, often first-time purchasers or seniors, become victims of predatory lending or loan fraud. Understand the home buying process and how to be a smart consumer. NO COST for this session. Instructor: Paul Thibeault, Pine Tree Legal

Felted Hat Workshop – Participants will learn the ins and outs of knitting rolled brimmed hats. Basic knowledge of knitting required. There will be an additional supply cost between \$12 to \$20 depending on whether or not you have to purchase yarn and needles. More supply information will be available to registrants. Instructor: Jane Cook, Retired school teacher and lifelong knitter

Intro to Computers – Learn some tips and techniques for better computer usage. Instructor Bill Cody, IT Coordinator

Fall Hiking Series – See description on back of brochure.

Intro to the Internet – Learn how to “surf the Net” with ease. Instructor: David Sousa, WCCC Distance Education

Math for Seniors – Research indicates that performing simple math calculations quickly can benefit adults who wish to work on creativity, memory skills, communication skills, and slow the mental effects of aging. Participants will have some “fun with math” and learn how to “exercise the brain.” Instructor: Darin McGaw, WCCC Director of Continuing Education and Student Support Counselor

Writing “Your” History – Introductory – Learn some tips on how to put pen to paper to begin writing your family history. Personal laptops may be useful but not necessary. Instructor: Barbara Barrett, WCCC Liberal Studies Instructor

First Aid/CPR - Under the direction of a certified EMT and Calais fireman, participants will review some basic CPR and first aid techniques to assist them with emergency situations. Instructor: Ken Clark, Calais Fire Dept.

Shakespeare for Pun - A play off the currently running Shakespeare for Fun class, Shakespeare for Pun will offer students the opportunity to delve deep into the language of Shakespeare's plays through the development of an understanding of his use of sentence word order, English grammar, and puns. Instructor: Melissa Mitchell, WCCC Instructor/TRIO Learning Spec./Learning Counselor

Our Digital World – An insight to what digital means. This course includes a brief history and explanation of number systems and touches on basic electricity and astronomy to explain how digital came about. Instructor: Louis Bernardini

Writing “Your” History - Advanced – This is a follow-up session to the introductory where students will have a chance to polish their writing and share what they have written. Personal laptops may be useful but not necessary. Instructor: Barbara Barrett, WCCC Liberal Studies Instructor

Guide to Senior Living – An eight-hour seminar. More people are living longer and healthier lives. The health problems of advancing age are there for everybody to experience – reductions in hearing, sight, mobility, and strength are common. There are also many good aspects of retirement age – socially, financially, physically, medically, nutritionally, and spiritually. Living well as you get older is possible if you're willing to make good lifestyle choices. This seminar will help you explore possibilities, learn what to do, and choose those things that will enhance and lengthen life. Grandparenting, managing pain, coping with chronic disease, heart health, living alone, and many more helpful topics are explored. Instructor: Marie Emerson, WCCC Culinary Instructor

How Do I Find Senior Resources on the Internet? - Explore and access reliable senior citizen resources on the Maine.gov website in areas such as education, health care, home care, and legal services, to name a few. Participants must know how to use the computer and navigate the Internet. Instructor: Joline Cook, WCCC Librarian

Yoga for Seniors – Regardless of age, size, or physical ability (male/female) work at your own pace to learn how to move your body and breath to improve health and well-being. Build strength, flexibility, and improve energy to deepen the ability to relax. Postures will be adapted to individual needs. Wear comfortable clothing; bring mat or towel. Instead of standing or floor work, some people will use chairs which will be provided on site. Instructor: Christine Felker, Nationally certified massage therapist and has been teaching massage and leading yoga classes for 14 years.

Climbing Wall for Seniors – Participants will learn the basics for using the climbing wall that has been constructed in the St. Croix Hall Gymnasium. Sneakers and proper gym attire required. Instructor: Scott Fraser, WCCC Adventure Recreation and Tourism Instructor

Nutrition Tips for Seniors – Discuss the benefits of eating well and how to change to a healthier lifestyle. Instructor: Marianne Moore, Curves of Calais

LIST OF CLASSES AND DATES

- Safe Driving for Seniors
Thurs., Sept. 21 – 1 to 4 p.m.
- Predatory Lending
Thurs., Sept. 21 - 6 p.m.
- Felted Hat Workshop
Fri., Sept. 22, Oct. 6, 13 – 1 to 4 p.m.
- Introduction to Computers
Fri., Sept. 22 – 1 to 4 p.m.
- Fall Hiking Series
Fri. Sept. 22 – Pottle's Tree Farm
Fri. Oct. 6 – Shackford's Head
- Introduction to the Internet
Fri. Sept. 29 – 1 to 4 p.m.
- Math for Seniors
Fri., Sept. 29 – 10 to 12 a.m.
- Writing “Your” History – Intro
Thurs., Oct. 5 – 3:45 to 5:30 p.m.
- First Aid/CPR
Fri., Oct. 6 – 1 to 4 p.m.
- Shakespeare for Pun
Fri., Oct. 6 & 13, 2 – 3:30 p.m.
Mon., Oct., 16– 5:30 p.m.
- Our Digital World
Fri., Oct. 6 – 1 to 4 p.m.
- Writing “Your” History – Advanced
Thurs., Oct. 26 – 3:45 to 5:30 p.m.
- Guide to Senior Living
Fri., Oct. 27, Nov. 3 – 1 to 5 p.m.
- How Do I Find Senior Resources on the Internet?
Fri., Nov. 3 – 10 to noon
- Yoga for Seniors – Beginning
Fri., Nov. 3 and 10 – 10 to 11 a.m.
At Methodist Homes Rec. Hall
Sunrise Circle, Calais
- Climbing Wall for Seniors
Thursday, Nov. 9 – 1 to 4 p.m.
- Nutrition Tips for Seniors
Thurs., Nov. 9 – 1 to 3 p.m.