ALL OFFERINGS WILL BE CONDUCTED VIA ZOOM AND COST $20 EACH

HISTORY OF THE HARDING, COOLIDGE AND HOOVER ADMINISTRATIONS WITH JOHN SULLIVAN
Thursdays October 1, 8, 22, 29 (no class on Oct 15) @1:00pm-2:30pm
This four week course will examine the administrations of Harding, Coolidge, and Hoover. This period is often called the "Roaring Twenties". The roaring twenties span the end of World War I until the stock market crash of 1929. It was a time of prosperity and cultural changes. We will be looking at the time before the "Great Depression".

OVERVIEW OF THE PILGRIMAGE EXPERIENCE IN RELIGIOUS TRADITIONS WITH JUNAID YASIN
Wednesdays October 7,14,21,28 @ 10:30 am - 12:00 pm
Junaid Yasin, a 30 year Scituate resident, is a practicing Muslim who has been active in various interfaith discussions and has travelled extensively overseas. In the four sessions, we will explore the thoughts and motivations that lead to these pilgrimages, as well as describe and discuss these pilgrimages. Pilgrimages are undertaken by all major religious groups. Participants will be encouraged to share their thoughts of the objectives and desired results from pilgrimages.

SMARTPHONE PHOTOGRAPHY WITH ROBIN BILLING
Thursdays October 15, 22, 29, Nov 5, 12 @ 10:00-11:00 am
Would you like to increase your digital photography skills and develop greater confidence with smartphone technology? Then, this is the class for you! Robin will use an iPhone to demonstrate, but other smartphones are welcome. In this class, you will learn to: use your camera to take pictures and videos using a variety of settings, edit your photos and create special effects, navigate your photo collection and create personalized albums. Participants will be encouraged to practice skills on their own smartphones during class, so we can troubleshoot problems and address questions along the way. Limit: 10

LOCAL HISTORY LECTURES FROM THE MARSHFIELD HISTORICAL SOCIETY
Mondays October 19, 26, November 2, 9 @ 3:00 pm
Marshfield has a long and fascinating series of stories to tell. The presentations will be given by Marshfield Historical Society stalwarts Dottie Melcher and Tim Davidson and be on different topics each of the four weeks. The final order of the presentations is TBD. The topics will include: L.B. Howard, a turn of the 20th century photographer from Brant Rock. "Attic Treasures" talking about (and showing) some of the recent acquisitions of the Society. The first famous person from Marshfield’s Green Harbor, Edward Winslow who received a large land grant from the King in 1635-1640. Large portions of his Marshfield land eventually became owned by Daniel Webster in the 1800s. Travels of Trinity Episcopal Church from the Centre Marshfield, Seaview and Marshfield Hills neighborhoods and all of the various locations in Marshfield, a look at history of place.

EXPLORING SPIRITUALITY THROUGH POETRY WITH MARY BETH EMERSON
Tuesdays October 20, October 27, November 3, 10 @ 3:30 pm
Join us on an interior journey: Poetry and Spirituality, Explorations in Word and Image. Over four weeks, we'll play with the works of Poets known and unknown, we'll share the poetry that speaks to our souls, we'll play at being Poets ourselves ... and, we'll have fun with it! Facilitated by The Rev. Mary Beth Emerson, this journey of the spirit may open new portals of understanding and embracing the divine spark within us all. Mary Beth is a Poet, Spiritual Director and an Episcopal Deacon.

BALANCE & CONDITIONING EXERCISES TO HELP KEEP YOU SAFE AND STRONG WITH NEIL SULLIVAN
Tuesdays October 20, October 27, November 3, 10 @ 12:30—1:30 pm
Classes will consist of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. The stretching and strengthening exercises utilized in the class are focused on specific key muscles and joints designed to increase the ROM (range of motion) and strength in order to bring greater stability and increased awareness and reaction time so as to improve balance and prevent falls.

REGISTRATION DETAILS
• Register online by going to www.MyActiveCenter.com and submit your payment to Marshfield Senior Center at the address listed above.
  • Click on New User
  • Choose Marshfield Senior Center
  • Enter the number from the back of your swipe card and your home phone number. Enter your email and set up a password for your account.
  • Click on Details for the class you want to register for, then click on Register.
• All checks must be payable to the Marshfield Council on Aging.