



## Preliminary Lifelong Learning-2020 Spring/Summer

(See Brochure for any final updates)



The Marshfield Lifelong Learning Opportunities Program will be kicking off the Spring Program on Tuesday, April 14 with breakfast at 9:00 am followed by registration from 9:30—11:00 am at the Senior Center.

**Registration will be ongoing at the Senior Center after the kick-off.**

A second kick-off will be held at the Ventress Memorial Library on Saturday, April 18 from 10:00 am-12 noon.

Below is a description of courses offered.

**Country Line Dancing w/ Maureen Godding on Fridays, (8 sessions) April 17, 24, May 1, 8, (NO Class May 15), May 22, 29, June 5 & 12 from 3:00-4:00 pm.** You will love this eight week class of "More than just Line Dancing" with lively instructor Maureen Godding. This fun, energetic, social line dance class will have you stomping your feet, clapping your hands, shaking your hips and laughing to music ranging from classics, Motown, Country, Oldies and a little Pop! **Cost \$40 @ Senior Center. Minimum 12; Limit 20**

**Strength and Fitness Circuit Training Class w / Neil Sullivan on Wednesdays, (8 sessions) April 22, 29, May 6, 13, 20, 27, June 3 & 10 from 1:00-2:00 pm.** The Strength & Fitness Circuit Training Class is a combination of strength and flexibility training designed to safely and effectively: build strength, endurance and stamina, increase range of motion and flexibility, improve balance, stability and coordination, injury and fall prevention. A typical class includes warm-up and stretching followed by 8-10 low-impact isometric and resistance exercise stations which alternate between muscle groups, such as upper body, lower body and core. These exercises will consist of body weight movements, hand-held weights, and Thera bands/elastic tubing. Chairs and walls are utilized for standing support. **Cost \$40 @ the Senior Center.**

**Beginner Ukulele w/ South Shore Conservatory of Music on Thursdays, (6 sessions) April 23, 30, May 7, 14, 21 & 28 from 1:00-2:00 pm.** All you need is a ukulele! Come to the first class to learn more about getting one. Total beginners are welcome, as are players who already know how to play a bit. We'll learn to strum some simple songs together, and there will be opportunities to sing for those who would like to practice accompanying their voice. We'll also learn a bit about scales, technique, and easy music theory that go along with playing the ukulele. In just a few weeks, you will be playing with confidence. **Cost \$30 @ Senior Center. Minimum 10; Limit 20**

**Great Ladies of Classical Music w/ Larry King on Fridays, (6 Sessions) April 24, May 1, 8, 15, 22 & 29 from 1:00-2:30 pm.** This course will consist of women composers and their contribution to classical music. Some of the better-known female composers include the German abbess Saint Hildegard von Bingen and Barbara Strozzi. In the 18<sup>th</sup> and 19<sup>th</sup> century, the sisters of Mozart and Mendelssohn shared their talent. In more contemporary times, Amy Beach, Dame Ethel Smyth and others made their significant contributions. Today, women composers share the spotlight with their male counterparts. The purpose of this course is to reveal the breadth and scope of women composers and their musical work. **Cost \$25 @ the Senior Center.**

**The Life and Times of C.S. Lewis w/ Beth Cameron-Kilbridge on Fridays, (8 sessions) April 24, May 1, 8, 15, 22, 29, June 5 & 12 from 1:00-2:30 pm.** From his childhood in Northern Ireland to military service in WW1 and onto Oxford and Cambridge, we follow Lewis through an author's life of literature for adults and children alike. We meet his friends and members of the Inklings and look at his family, the letter correspondence and eventual marriage to American poet, Joy Davidman. Handouts and outside readings will be given weekly. **Cost \$40 @ the Senior Center.**

**Introduction to Birds w/ Mass Audubon Staff on Wednesdays, (6 sessions) April 29, May 6, 13, 20, 27, & June 3 from 9:30-10:30 am.**

Birding is one of the fastest growing activities for all ages. With a small investment, birding provides hours of exercise, entertainment and opportunities for lifelong learning through all four seasons. Our staff with guide books, binoculars and spotting scopes, will provide approachable expertise to get you started. Everything from identifying birds in the field, birdsong and bird physiology will be covered. Our sanctuaries offer a number of bird habitats to explore. Program will be rain or shine. **Cost \$25 @ various locations.** Note: First session will meet at Mass Audubon's North River Office, 2000 Main Street, Marshfield.

**Great Decisions w/ Rich Hansen on Thursdays, (4 sessions) April 30, May 7, 14 & 21 from 10:30 am-12:00 pm.** Discussion leader Rich Hansen is a former teacher, administrator, and author. He will facilitate discussions based on the material from Great Decisions which is America's largest discussion program on world affairs with balanced, nonpartisan programs and publications from the Foreign Policy Association. This program will inform, engage, and inspire you. Topics covered over this course: U.S. Relations with the Northern Triangle, China's Road into Latin America, the Philippines and the U.S. and Artificial Intelligence and Data. **Cost \$20 (If you did not purchase the required booklet from the last winter session, the additional cost will be \$20 for the book) @ Senior Center. Minimum 5; Limit 20**

**The Gilded Age w/ John Sullivan on Thursdays, (6 sessions) April 30, May 7, 14, 21, 28 & June 4 from 1:00-2:30 pm.** The period after the Civil War has been called the "Gilded Age". The term comes from the novel of Mark Twain and Dudley Warner. The novel deals with rapid growth, corruption and consequences of industrial growth. Could we be experiencing a second Gilded Age? This course will explore this question. The topics covered will include; scientific advances that were critical to industrial growth, industrialization, major industrial figures, the labor movement, the Government's response and the impact of this period. **Cost: \$25 @ Senior Center.**

**Enhancing Your Travel Experience with Technology w/ Robin Billing on Wednesdays, (4 sessions) May 6, 13, 20 & 27 from 10:00-11:00 am.** This course will cover: using Apple Maps and Google Maps to explore new places and get directions, accessing Yelp to find restaurants, hotels and more, learning to use Trip Advisor to find places of interest, exploring the trip planning features of Trip Advisor, and practicing the use of Facetime and WhatsApp for video calling while traveling. **Cost \$20 @ Senior Center.**

**Let's Go Hiking! @ Webster's Wilderness w/ Ned Bangs and Friends on Wednesday, May 6 at 6:30 pm.** Let's explore another of Marshfield's outstanding hiking trails. No need to travel hours to hike, welcome to outdoor adventures right here in Marshfield! We will explore a trail and learn about history and more. Please note, certain trails may not be suitable for all individuals. On this hike we will explore the wonders of Webster's Wilderness! Participants should be able to navigate small hills, and walk over/around roots and stumps. We will walk up and down hills, bend, stoop and cross small footbridges. Sturdy shoes are helpful, along with a water bottle and peanut free snack. Do plan to bring tick repellent and a walking stick if desired. The hike will run between 1.5 and 2 hours, start to finish. Heavy rain and/or thunder will cancel the hike, rain date is the following day, same time. **Cost \$5 @ Senior Center but meet in the rear parking lot by the kiosk. Limit 10**

**Introduction to Pickleball w / Ned bangs and Friends on Thursdays, (4 sessions) May 7, 14, 21 & 28 from 5:30-6:30 pm.** A great opportunity to discover the Pickleball craze, one of the fastest growing sports in the United States. This intro class is perfect for new players and previous Lifelong Learning Pickleball participants. This four session program will focus on learning the game in a fun, supportive environment. Focus will include game history, strategy, ground strokes and rules, come dressed and ready to play. We will provide the equipment and instruction, bring your sneakers and a bottle of water. Members of the Recreation Department's Pickle ball League will provide additional coaching. **Cost \$20 @ Martinson Elementary School, 257 Forest Street (Gym entrance, back of the school, Door #3). Limit 10**

**Short Stories w/ Stephen Collins on Mondays, (6 Sessions) May 11, 18, June 1, 8, 15 & 22 from 1:00-2:00 pm.** This course will meet six times to read and discuss the short stories of Hawthorne. The first class will be biographical information placing him in the context of 19th Century Literature. We will read 1) Young Goodman Brown, 2) The Minister's Black Veil, 3) The Birthmark, and 4) Wakefield. All participants will be required to purchase a \$7.95 paperback edition of the stories. **Cost \$25 @ Senior Center.**

**Feasting from Literature w/ Liz Barbour on Wednesday, June 3 from 4:00-6:00 pm.** Think about all the times you have been engrossed in the pages of a novel! You join the characters and become a part of the scene, the setting and all that is taking place. You can be lost in your novel for hours when the author inserts a snack, a meal, or a culinary description that starts your mouth watering. Wouldn't you love to know what the characters taste? Join The Creative Feast's Liz Barbour for a delicious exploration of her favorite recipes discovered hidden in novels she has read. Enjoy a cooking demonstration of two recipes and samples for all to taste. A reading and cooking demonstration. **Cost \$10 @ Ventress Memorial Library. Limit 50**

**Continuing Skills in Ukulele w/ South Shore Conservatory of Music on Thursdays, (3 sessions) June 4, 11, 18 from 1:00-2:00 pm.** For people who have had some introduction to ukulele. Bring your ukulele and build on your ukulele skills, more chords, songs and strumming! Brush up on recently acquired skills or refresh old skills. Fun & engaging. **Cost \$15 @ Senior Center. Minimum 10; Limit 20**

**A Garden Walk with Eleanor Roosevelt w/ Carol Cohen on Saturday, June 20 from 2:00-3:00 pm.** "Visit" Eleanor for a backyard picnic lunch at her home in Hyde Park to hear about her love of gardening and the natural world. During World War II, Eleanor Roosevelt planted an iconic "Victory Garden" and encouraged other Americans to do the same. Through the use of first person narrative, audience participation and a variety of interesting primary sources, the audience will learn about Eleanor Roosevelt's appreciation of nature and her dedication to gardening as a means of both beauty and sustenance. The reenactment will be followed by a PowerPoint presentation outlining the place of Victory Gardens in American history and their relevance in today's world. **Cost \$5 @ Ventress Library**

**Let's Go Hiking! @ The Pratt Farm w/ Ned Bangs and Friends on Thursday, July 9 at 7:00 pm.** Let's explore another of Marshfield's outstanding hiking trails. No need to travel hours to hike, welcome to outdoor adventures right here in Marshfield! We will explore a trail and learn about history and more. Please note certain trails may not be suitable for all individuals. On this hike we will explore the wonders of The Pratt Farm. Participants should be able to navigate small hills, and walk over/around roots and stumps. We will walk up and down hills, bend, stoop and cross small footbridges. Sturdy shoes are helpful, along with a water bottle and peanut free snack. Do plan to bring trick repellent and a walking stick if desired. The hike will run between 1.5 and 2 hours, start to finish. Heavy rain and or thunder will cancel the hike, rain date is the following day, same time. **Cost \$5 @ Meet at the rear of the CVS parking lot, 1880 Ocean Street. Limit 10**