



## Preliminary Lifelong Learning—2018 Fall/Winter

(See Brochure for any final updates)



The Marshfield Lifelong Learning Opportunities Program will be kicking off the Fall Program on Tuesday, September 11, 2018 with breakfast at 9:00 am followed by registration from 9:30—11:00 am at the Senior Center. Below is a description of courses offered.

**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, September 15, 2018 from 10:00 am to 12 noon.

### **Contemporary Conflicts-Islam & the West-Causes & Possible Solutions w/ Junaid Yasin on Wednesdays, (7 sessions) September 19, 26, 3, 10, 17, 24 & 31 from 1:00-2:30 pm**

The sessions will include an overview, Ottoman Empire Dissolution, Conflict in Palestine/Israel, Saudi-US, Jordan-UK relationships/Sykes-Picot 5, Conflict in the Afghanistan/Pakistan/South Asia, and Conflict in Iran and wrap up in other regions. The impact of colonialism will be discussed in most sessions. At the conclusion the participants should have a reasonable grasp of the history and probably causes of contemporary conflicts in various parts of the Muslim world. Students will think about various solutions to conflicts between various groups and encouraged to contemplate individual actions. **Cost: \$25 pp at the Senior Center.**

### **History of the Marshfield Department of Public Works w/ Bob Jackman on Thursdays, (6 Sessions) September 20, 27, October 4, 11, 18 & 25 from 10:00-11:30 am**

Students will follow the upgrade of Marshfield's infrastructure from extremely backward to the well-regarded systems of 2018. We will follow the department growth from a part-time road surveyor to the modern department, and the past, present, and planned billing procedures. Among the topics suitable for full day discussion will be the development and operation of the water supply system, treatment of runoff and waste water in Marshfield, and the growth of Marshfield's road network -particularly the two-phase widening of route 139. Some topics we may have time to discuss will be solid waste management, the two dikes and polder on the Green Harbor River, and the construction and repair of municipal seawalls along four miles of the town's fifty mile shoreline, and emergency responses such as to the Davenport Cleaners contamination of the water supply, and closing the breach of Rexhame dunes as ocean water flowed through during the storms of '69 and '78. As with other courses in this sequence, we will draw extensively on documented sources including DPW maps and records, town reports, newspaper accounts, and state reports to define the needed infrastructure improvements and the processes followed to achieve upgraded infrastructures. Classes will be centered around PowerPoint slide presentations with many images of the local setting and an opportunity for class members to raise questions. **Cost: \$25 pp at the Senior Center. Limit: 22.**

### **Memoir Writing w/ Wiesy MacMillan on Fridays, (8 sessions) September 21, 28, October 5, 12, 19, 26, November 2 & 9 from 10-11:30 am**

Remember playing marbles or catching fireflies on a dark summer night. Do you remember watching movies at the drive-in or eating a giant Milky Way that cost only 5 cents? Do you recall watching Kate Smith in the late afternoon sing "When the moon comes over the Mountain"? Given writing prompts, sparks each session where students will write on the spot for 20-45 minutes from personal memories and your imagination. During the second half of the session, participants will read their pieces and learn to give meaningful appreciation. **Cost: \$25 pp at the Senior Center.**

### **Bach, Beethoven and Brahms—The Three B's of Classical Music w/ Larry King on Fridays, (Six Sessions) September 21, 28, Oct 5, 12, 19 & 26 at 1:00 pm**

The stature of these three composers comes alive in a course about the "Founding Fathers" of today's classical music. Bach gave it foundation, Beethoven revolutionized it and Brahms expanded on it. Their music continues to be performed, recorded, studied and appreciated in our lifetime. Exploring the personalities, life and times of The Three B's brings a fresh perspective and deeper appreciation of classical music. **Cost: \$25 pp at the Senior Center.**

### **Introduction to Badminton w/ Ned Bangs & Friends on Mondays, (Four Sessions) September 24, October 1, 22, & 29 from 5:30-6:30 pm**

Perfect for beginners or those who played a long time ago! This 4 four week program will focus on increasing fitness levels, endurance and game knowledge in a fun and supportive environment. Focus on badminton techniques, and strategy while developing basic strokes, footwork and game play. Come dressed and ready to play. All equipment will be provided. **Cost: \$10 pp at the Martinson Elementary School, 257 Forest Street, gym entrance (back of the school) Door 3. Limit: 8**

### **Basic Photography w/ Connie Kennedy on Tuesdays, (6 sessions) September 25, October 2, 9, 16, 23 & 30 from 1:00-2:30 pm**

Technological advances have made it fairly easy to take an adequate photo with newer equipment. What should you do if adequate isn't good enough? Whether you have an old camera or a newer one it's helpful to learn how to adjust the essential controls of your camera. This is not a full beginner's course in photography. This workshop will help you to identify the essential controls in your camera so that you are comfortable making adjustments to the essential functions. Please bring your camera, a charged battery (or two) for your camera, and an empty camera disc. If you still have your camera's instruction manual please bring it as well. We will have a one group session discussing the primary controls. Attendees will sign up for a shorter one-on-one session for the second session. Your camera should allow you to access shutter speed, aperture (f-stop), and ISO control in order to benefit from this workshop and the "master your camera controls" class. The remaining sessions will cover your mastering your camera's controls. Elements of this course will provide the foundation for more advanced or creative courses. This technical course is designed to have you become more in control of the images you make, by choosing your shutter speed, aperture, ISO, focal point and color balance. **Cost: \$25 pp at the Senior Center.**

### **Sustaining Your Home's Structural Value w/ Yvonne Price on Wednesday, September 26 from 5:00-6:00 pm**

Whether you are planning on selling your home or planning on passing it on to your children, it is important to understand the structural issues that could affect the value of your home. Learn the important issues that will affect either the resale value or the enduring value to pass on to your heirs. Yvonne is a Massachusetts approved real estate instructor with a broker's real estate license necessary to own a real estate agency, and is experienced in guiding homeowners in successful sale of their homes through proper maintenance. She also consults with buyers in determining how to purchase a home with "good bones" and was brought up on a farm with a father and grandfather who were considered master carpenters. Handouts will be provided. Please bring a pen or pencil to jot down notes on the handout. **Cost: \$5 pp at the Senior Center. Limit: 10**

### **Downsizing - Decluttering - Home Staging and Upcycling w/ Barbara Graceffa (Interior Designer AKA Secretary of the Interior) on Wednesdays, (4 Sessions) September 26, October 3, 10 & 17 10:00-11:00 am**

Session I - Downsizing - If you are moving to a smaller home or just want to downsize your possessions this class is for you. Get tips on how to live with less but live in style. Discover ideas on furniture scale, creative storage solutions and making small room seem larger. Session II - Decluttering - Learn how to declutter and set up a plan, get rid of excess objects, advice on family heirlooms paperwork and other challenges. Session III - Home Staging - Are you thinking about selling your home? Before you put your home on the market learn some sensible ideas staging your own furniture and accessories to sell your home in record time. Session IV - Upcycling - Learn how to shop, plan and execute recycling, rein visioning or repurposing with budget-conscious items for adding a unique and fresh look to your space. **Cost: \$20 pp at the Senior Center.**

### **PROPHETS OR DEMAGOGUES? w/ John Sullivan on Thursdays, (6 Sessions) September 27, October 4, 11, 18, 25 & November 1 from 1:00-2:30 pm**

This course will examine the career and impact of Huey Long, Father Charles Coughlin and Joseph McCarthy. These men had a profound effect on both domestic and foreign policy. Their influence continues into the 21st century. We will cover the questions; What is a demagogue? - What role does a demagogue play in our history and does it change our domestic or foreign policy? Suggested readings: "The Radio Priest", in THE ASPRIN AGE, Voices of Protest, Alan Brinkley Joseph McCarthy, Richard Rovere. **Cost: \$25 pp at the Senior Center.**

**Essentrics w/ Barbara Leary on Fridays, (6 sessions) September 28, October 5, 12, 19, 26 & November 2 from 11:00 am-12:00 noon,**

Essentrics is a completely original, dynamic workout that draws on flowing movements that simultaneously lengthens and strengthens every muscle in the body. The proven result is greater joint mobility, increased flexibility and a reduction in chronic pain. This workout can be done standing or seated. **Cost: \$25 at the Senior Center.**

**Kayaking the mighty Green Harbor River w/ Jen and Dean Shanks on Saturday, September 29 from 10:00 am-12:00 pm**

The fall is a perfect time to paddle and explore all that the Green Harbor River has to offer. Jen and Dean Shanks of See to Sea Kayak Adventures, are located right here in Marshfield. Jen and Dean lead kayak trips to interesting places here on the south shore. We will learn basic kayak strokes as well as boat safety prior to exploring the Green Harbor River. We will talk, paddle and explore. All kayak equipment (paddles, kayak and pfd) will be provided. Participants should wear nylon shorts/bathing suit, and sneakers/sandals, water shoes. Water, a peanut free snack, hat and sunglasses are recommended. (In case of inclement weather - rain date will be Sunday, September 30, from 3:00 - 5:00pm) **Cost: \$20 pp at Peter Igo Park. Limit: 6**

**Pub Chat w/ Hank Phillippi Ryan on Wednesday, October 23 from 5:30-7:30 pm**

Hank Phillippi Ryan is an on-air investigative reporter for Boston's WHDH-TV (winning 34 Emmy's), a national best selling author of 10 mysteries and the recipient of many other awards, including the coveted Mary Higgins Clark award. Her newest psychological suspense thriller "Trust Me" is to be released 8/28/19. **Cost: \$15 at location to be determined.**

**Painting Furniture 101 w/ Laura Harvey on Mondays, (6 sessions) October 15, 22, 29, November 5, 19, & 26 from 1:00-2:30 pm.**

Don't be afraid! It's just paint! In this 6-week class, students will learn the basics of decorating furniture with paint. We'll discuss the pros and cons of recycling used furniture, the process of preparing pieces for decorating, and what kinds of paints to use (and not use!). Lots of tips and one-on-one instruction. If time allows, we'll also experiment a bit with decoupage (decorating with paper). *Students should bring to first class: A SMALL (portable) piece of furniture such as a chair, side table, and footstool.* Your furniture piece should be sanded, whether it is currently painted or bare wood. Students will provide their own paint for decorating, but won't need for the first class. **Cost: \$25 (plus materials) at the Senior Center.**

**The Poetry of Thomas Hardy w/ Stephen Collins on Mondays, (6 sessions) October 22, 29, November 5, 12, 19 & 26 from 10:00-11:00 am**

Thomas Hardy's reputation as a man of letter is firmly established by his novels. However, he had told his good friends that he wanted to be remembered first and foremost as a poet. He was writing poetry while writing the novels but his first book of poems wasn't published until 1898 when he was 58 years old. He is often considered to be the first modern poet. He looks un sentimentally and unflinchingly at the world and reports what he sees. This poetry does not *tell*, it *shows* what it often means in a world indifferent to suffering. His war or anti-war poems are among the best ever written. His love poems, or elegies, written after his Wife's Emma's death, are, according to D.H. Lawrence, some of the very best in the English language. During this seminar, we will study and examine some of his greatest work. **Cost: \$25 at the Senior Center.**

**Lunch and Lecture: Town Reports - Who, What, Where and When: Marshfield's Past Recorded w/ Regina Porter & Bill Frugoli on Friday, October 26 from 11:00-1:00 pm**

What were the issues facing Marshfield over the past 100 years? Well, some things never change. Regina and Bill will quote directly from the source: Town Reports. The buzz topics include money for seawalls, road repair, our schools as well as town meeting agenda items. Smile over some of the familiar names of our Town Officers, the records of marriages, births and deaths of our citizen's and who made the honor roll at Marshfield High? **Cost: \$25 pp at Haddad's.**

**Blue Hill Observatory Exploration w/ Ned Bangs on Saturday, October 27 from 9:00 am-12:45 pm.**

Many people have hiked, skied or rode a snowboard at Blue Hills, but how many have been inside the weather observatory? Join us as we travel to the Blue Hills to see the observatory in action and discover the tools used by Blue Hill meteorologists since 1885 on a detailed guided tour. The bus will depart from the COA at 9:00 a.m. sharp! Please arrive 15 minutes early so we may leave on time. By special permission our bus will drive us to the top of the Blue Hill but there are some stairs, where our tour will begin and last for approx. 70 minutes. After the tour, and time permitting we will enjoy the foliage and enjoy a short snack, (bring you own peanut free snack and water) we will return to the COA by approx. 12:45 p.m. **Cost: \$20 pp at the Blue Hill Observatory. Limit: 12**

**The History of South Shore Hospital in Marshfield w/ Bill Frugoli on Monday, October 29 from 7:00—8:30 pm**

South Shore Hospital's early start was here in Marshfield. Learn the history of the beginning of South Shore Hospital from a mid-17<sup>th</sup> century farm to 33 unit hospital in the mid-19<sup>th</sup> century. Photos and records will be presented. **Cost: \$5 pp at the Ventress Library.**

**People and Architecture of 1900 Brant Rock & Ocean Bluff w/ Bob Jackman on Thursdays, (6 Sessions) November 1, 8, 15, 29, December 6 & 13 from 10:00-11:30 am**

Bob Jackman will overview some of the more prominent figures in these resort communities during their early decades as resorts. We will also analyze the architectural styles and the patterns of variation in style from the High Road down to Sunrise Beach. Period photographs in the MHS Collection will allow us to view the original appearance of buildings before severe erosion, the Ocean Bluff fire of 1941, and expansions. As with other courses in this sequence, we will draw extensively on documented sources such as maps, town records, census records, diaries, journals, etc. to reach deeper insights into these early resort communities. Classes will be centered on Power-Point slide presentations with many images of the local setting and an opportunity for class members to raise questions. **Cost \$25 pp at the Senior Center. Limit: 22**

**Wildlife of Tanzania: A Photographic Safari w/ Mark Grimason on Monday, November 5 from 7:00-8:30 pm.**

Join wildlife photographer Mark Grimason as he shares stories and photos of wildlife of the coastal east African nation of Tanzania collected during his two-week visit to the area in December 2017. Be prepared to be amazed! **Cost \$5 pp at the Ventress Library.**

**Introduction to Pickle ball w/ Ned Bangs & Friends on Wednesdays, (4 Sessions) November 7, 14, 21 & 28 from 5:30 - 6:30 pm.**

A perfect opportunity to discover the pickle ball craze, one of the fastest growing sports in the United States. This 4 four week program will focus on learning the game in a fun and 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. Perfect for beginners or those who only stated playing recently. **Cost: \$10 pp at the Martinson Elementary School, 257 Forest Street, gym entrance (back of the school) Door 3. Limit: 8**

**A City of the Blind: Massachusetts' Response to the 1917 Halifax Explosion w/ Susanna Coit on Thursday, November 8 at 2:00 pm**

In December 1917, there was a horrific explosion in Halifax Harbour, Halifax, Nova Scotia. People in Massachusetts were quick to respond. The explosion caused thousands of deaths and hundreds of people suffered serious eye injuries. Using letters and reports documenting the explosion aftermath, Susanna Coit, who is the Archives and Research Library Assistant at Perkins School for the Blind, will present information about the relief efforts, focusing on the programs to treat and rehabilitate people with eye injuries. Come and hear about the call to action and the services that were born out of such a devastating event. **Cost: \$5 pp at the Ventress Library.**

**Astronomy for Everyone: Look to the Stars w/ Astronomer Kevin Manning on Monday, December 5 from 7:00-8:30 pm.**

Come to this family-friendly presentation presented by a consultant with NASA, and learn about the beauty and harmony of the universe. The instructor will lead a virtual tour throughout the cosmos, and then all will have a chance to take a "look at the stars" and view the night sky through a high powered telescope. Lecture in the Library Program Room and star gazing in the parking lot, weather permitting. Reach for the stars!! \*Bring a flashlight! **Cost: \$5 pp at the Ventress Library.**

**Nature Course - A Focus on Raptors including Owls w/Mass Audubon on Wednesdays, (6 Sessions) November 7, 14, 28, December 5, 12 & 19 at 3:00 pm**

The fall and early winter are a time when raptors are always present. The various facilitators will present information about raptors such as adaptations and habitats along with some alternating field trips to see the snowy owls, bald eagles and the like. Learn how to construct a few screech owl nesting boxes and learn more about these magnificent animals. The course will be a combination of classroom and field trips. **Cost: \$25 pp at the Senior Center.**