



Preliminary Lifelong Learning—2019 Fall

(See Brochure for any final updates)



The Marshfield Lifelong Learning Opportunities Program will be kicking off the Fall Program on Monday, September 16, 2019 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 21, 2019 from 10:00 am to 12 noon.

***Intro to Pickleball with Ned Bangs and Friends** on Wednesdays, September 18, 25, October 2 & 9 OR Thursdays, September 19, 26, October 3 & 10 from 5:30-6:30 pm

A great opportunity to discover one of the fastest growing sports in the United States. Perfect for new players and previous Lifelong Learning Pickleball participants. This four session program will focus on learning the game in a fun and supportive environment. Come dressed and ready to play. Bring your sneakers, positive attitude and a bottle of water. Members of the Recreation Department's Pickleball League will provide additional coaching. **Cost \$20 @ Martinson Elementary School. Limit: 10 per session**

***Country Line Dancing with Maureen Godding** on Fridays, (6 sessions) September 20, 27, October 4, 11, 18 & 25 from 3:30-4:30 pm

By popular demand we are offering this active class for another session. You will love this six week class of "More than just Line Dancing" with lively instructor Maureen Godding. It is a fun, energetic, and social line dance class that 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 \$30 @ Senior Center. Limit: 34**

Birds of Costa Rica with wildlife photographer Mark Grimason on Monday, September 23 from 7:00-8:30 pm

In March 2019 wildlife photographer Mark Grimason spent two weeks photographing birds in the various regions of Costa Rica. He started out in the cloud forests of the Baja del Toro area then moved on to the rain forest around Arenal Volcano. From there he went to Manuel Antonio National Park on the coast. His trip ended with a five day stay on Tambor Bay with early mornings on the birding trail along the Panica River. He photographed over 30 species of birds in this amazing country and will share his presentation and have time for Q&A. **Cost \$5 @ The Ventress Library**

***Coastal Explorations with Mass Audubon (Doug Lowry/Steve French/Sally Avery and others)** on Wednesdays, (6 sessions) September 25, October 2, 9, 16, November 6 & 13 from 9:00-10:30 am

Explore the intertidal life of our community's estuaries, barrier beaches, mud flats and salt marshes in appreciation of their critical contributions to our lives. Home to filtering mollusks, salt tolerant plants, boring sponges, herons that actually fish and horseshoe crabs that haven't changed much in the 445 million years they have plied our coast. This hands-on six part series will combine classroom visits and field trips to the South River, Duxbury Beach and other locations. Participants will walk short distances and will benefit from wearing shoes or boots that can get wet. **Cost \$25 @ Senior Center. Field trips on September 25, October 9 and November 13 will all leave from the Senior Center. Indoor classes on October 2, 16, and November 6 will be held at the Senior Center.**

Introduction to Italian with Joe Mastriani (Mastroianni) on Wednesdays, (6 sessions) September 25, October 2, 9, 16, 23 & 30 from 10-11:30 am

This class is for you whether this is your first class in Italian or you are looking to brush up on your beginner Italian! The class will cover basic pronunciation and simple grammar as a foundation. Every student will be able to develop their language skills. This is a very comprehensive and interesting course and you will learn more than just words! Learn about culture, geography, gain touring skills, and get information on finding relatives. Media and current events will further open the scope. **Cost: \$25 @ Senior Center. Limit: 20**

Collage and Mixed Media with Laura Harvey on Mondays, (5 sessions) September 30, October 7, 21, 28 & November 4 from 1:00-2:30 pm

In this fun class - for *all levels* of artist - students will explore the basic technique of collage, as well as taking it to the next level by playing with paint, ink, markers/pastels/craypas and other media. Along with reviewing the "how-to's" of collage making (composition, color, etc.), students will use additional media to really personalize their work. Processes covered will include photo/image transfer techniques, gold leaf, creating your own collage papers and more. Lots of individual attention in this "hands-on" class! All basic materials will be supplied, but participants are encouraged to bring any special papers, copies of photos, etc. This will be discussed in detail at the first class. **Cost \$25 @ Senior Center. Limit:12**

Intro to Photo Editing and Cataloging Software with Connie Drapeau Kennedy on Tuesdays, (6 Sessions) October 1, 8, 15, 22, 29 & November 5 from 10:30 am-12:00 pm.

There are five major stages in making a memorable photograph. The editing (or post-production) stage occurs after an image is captured on film or digital media. Software tools are employed to amend the captured photograph into an image that appears either closer to reality or closer to an artistic interpretation of the scene. It takes years to master Adobe's Photoshop, long the gold standard in digital editing. More recently, Adobe's Lightroom software offers an easier learning curve and more approachable interface for post capture work. In six classes we examine the power of Lightroom. It is critical that care is given to the less exciting file import steps in order to create and maintain a well-organized catalog of your photos in the "Library" module. Once well organized, your photos can be edited and enhanced in Lightroom's "Develop" module. We will use Develop to edit some sample and student images. Attendees should have a fundamental understanding of camera functions. **Cost \$25 @ Senior Center.**

Tour, Tea & Traditions with historian Regina Porter on Thursdays (Two part presentation) October 3 & 10 from 1:00-3:00 pm

This two part class will be held at two sites and in conjunction with the historic Winslow House. The first session held at the Winslow House will consist of a tour of the house with Regina Porter followed by an Afternoon Tea, complete with savory finger sandwiches and sweet treats. During the Afternoon Tea, Regina Porter will be available for Q&A about the historic Winslow House and what you saw on the tour. There is parking available at the Winslow House if you choose to go on your own or you can make arrangements to take the bus from the Senior Center. The second session will be held at the Senior Center and consist of a talk by Regina Porter on the traditions of Revolutionary War era Teas - from etiquette to traditions; what to wear to tea, what to do, and Marshfield's own tea incident. These two sessions will highlight a Marshfield treasure - the Winslow House - and you will also learn about tea and tradition. **Cost \$20 for 2 sessions @ The Historic Winslow House (October 3) and @ Senior Center (October 10)**

The Cuban Missile Crisis w/ John Sullivan on Thursdays, (6 sessions) October 3, 10, 17, 24, 31 & November 7 from 1:00-2:30 pm

The ultimate crisis: JFK and the Cuban Crisis - This six week course will examine in detail the thirteen days in which the world was on the brink of nuclear war. Participants will use primary sources both written and visual. Topics: 1. Khrushchev's reasons / Discovery of the missiles, 2. Threat to the United States, 3. Weighing the options, 4. The Show-down, 5. Negotiations and 6. Aftermath. **Cost \$25 @ Senior Center.**

***Let's Go Hiking! with Ned Bangs and Friends** on Friday, October 4 at 5:00 pm (Rain date Saturday, October 5 same time)

Corn Hill Woodland located on a 123 acre parcel in the northeastern corner of town features a rustic trail system threading through a mature forest crisscrossed by generations of stonewalls. This is a particularly quiet trail, mostly due to its remoteness. Participants are encouraged to wear sturdy shoes and dress for the weather. A water bottle, peanut free snack, tick repellent and walking stick are helpful. Some trails are more challenging than others, certain trails may not be suitable for all individuals. Hills, roots, footbridge,

rocks, water, bending down, climbing over tree limbs, walking on uneven surface and perhaps a little bushwhacking are all common challenges. Walks vary in length, we typically allow 1.5 – 2 hours per walk. Parking is limited, carpooling is encouraged. Corn Hill Woodland, located on the west side of Union Street, between 1087 and 1147, just north of Highland Street. **Cost \$5. Limit: 10**

New! The Great American Songbook with Larry King on Fridays, (6 Sessions) October 18, 25, November 1, 8, 15, & 22 from 1:00-2:30 pm

American popular songs and jazz standards from the early through mid-20th century. This will be a course presented in Larry's usual way-filled with the familiar, popular songs that everyone knows and loves from the 1920's through today. It's different from the classical music course previously taught by Larry and one that you are sure to enjoy. **Cost \$25 @ Senior Center.**

This is My Story: Telling Your Story with Judy Price on Tuesdays, (6 sessions) Oct 22, 29, Nov 5, 12, 19 & 26 from 11:00 am–12:00 pm

Instructor Judy Price, MBA, MSW was inspired to offer this program after hearing surprising stories from the past about an aunt who died at age 104. Do you wonder what people will remember about you or even what they know about you now? Why not write your own story (as little as a few paragraphs to a page or more) so others will know those things most important to you during your life...your interests and passions. Join this interactive group (this will not be a "lecture" series: YOU will provide the content) where we will explore and share those lovely memories of things that shaped us, from childhood to the present. Each week we'll traverse early childhood, young adulthood, middle adulthood, and our senior years, letting others' comments stimulate our own thoughts which we can then share. In the final weeks we'll select the most significant aspects of our lives and craft a few paragraphs. **Cost \$25 @ Senior Center. Limit: 18 (minimum of 4 to hold the class).**

***Aerobic Cardio Memory Challenge/ Exercise Class with Barbara Leary: Fridays, (8 sessions) October 4, 11, 18, 25, November 1, 8, 15, 22 from 12:00-1:00 pm**

Exercise is a vital part of any program. It strengthens your heart, increases circulation and burns calories. Recent studies have found that exercise is a great way to challenge your cognition by incorporating challenges within the cardio program. These challenges include delayed cueing, change of direction, two different speeds for upper and lower body, changing the name of the movement, strengthening muscles while moving and change of direction. Quick reaction is needed to stay on track which, in turn, improves cognition. While challenging, it's fun and rewarding! **Cost \$40 @ Senior Center.**

History of WW II's 10th Mountain Division with Andrea Miller on Wednesday (Two part presentation) October 23 & 30 from 6:00–7:30 pm

The Army 10th Mountain Division was formed in 1942 by General George C. Marshall and trained at Camp Hale, Colorado. They learned mountaineering, skiing and other survival skills in order to endure extremely adverse outdoor winter conditions in Europe during World War II. By late January of 1945, all 10th Mountain troops were stationed at the foot of the Italian Apennines where German troops were positioned blocking Allied Troops from moving north. Andrea Miller, daughter of Ruso Perkins, a veteran of the 10th Mountain will present a brief history of the division and the impact on the U.S. ski industry following the war. Each night will also feature a film presentation—"Climb to Glory" in the first session and "The Last Ridge" at the second session. "The Last Ridge" is a detailed account of the individual battles fought by the ski troops in the Aleutian Islands and Northern Italy. The movie ends with the ending of the war. Learn about this fascinating piece of history as we approach 2020 and the 75th anniversary of the end of WW II. **Cost \$10 @ The Ventress Library.**

Short Stories of Nathaniel Hawthorne with Stephen Collins on Mondays, (6 Sessions) October 28, November 4, 18, 25, December 2 & 9 from 10:00 -11:00 am

The 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.**

The Portland Gale: "Wreak of the Steamer Portland" with Art Milmore on Wednesday, November 13 from 7:00-8:30 pm

The fateful loss of the Steamship Portland in a devastating 1898 gale is considered one of the worst maritime disasters in New England history. Researching the Portland has been a lifelong pursuit for local author and historian Art Milmore. He wrote the book "And the Sea Shall Have Them All" to complete the work of his mentor Edward Rowe Snow. The book tells the story of the two one-hundred-year-old mysteries surrounding the sinking, and details the tragic story of the Steamer Portland lost in the Thanksgiving gale in 1898, with all hands. The Portland Gale is known locally as the storm that changed the course of the North River, separating Humarock from the rest of Scituate. **Cost \$5 @ The Ventress Library**

History of S.S. Pierce and Company with Anthony Sammarco on Monday, December 9 from 7:00-8:30 p.m.

When Samuel Stillman Pierce opened his store in 1831 at the corner of Tremont and Court Streets in downtown Boston, he vowed "I may not make money for the next five years, but I shall make a reputation." Pierce went on to become well known as the purveyor of fancy goods and potent libations to Victorian Bostonians as well as providing provisions to the ships that sailed from Boston Harbor. Bartering with ship captains, often exchanging his provisions for the delicacies that were brought to Boston from faraway ports, his renowned store catered to the carriage trade and the company he founded would be run by four generations of the Pierce Family in its immensely successful operations. With its own coat of arms adorning a distinctive red label on canned goods with the motto "Puritas et Cura," and the largest line of privately packed fancy foods in the world, S.S. Pierce & Company sold its wide assortment of delicacies not only at eight New England stores of its own but also through distributors across the United States and worldwide by mail order. In his upcoming book "S.S. Pierce: A Boston Tradition", Anthony M. Sammarco will recount the memories of the past and bring together the shared tradition of how Bostonians reveled in the gourmet foods, fine wines and potent libations of a once stalwart business. After a century and a half, S.S. Pierce & Company was sold in 1967 to Laird Corporation and since 1986 has been a part of Kraft Foods Group, Inc. **Cost \$5 @ The Ventress Library**

*** Participants must have a signed fitness activity release on file at the Senior Center**

SUMMER BLAST DINNER SPONSORED BY THE ELKS LODGE #2494 ON SUNDAY, SEPTEMBER 15 FROM 12:00 NOON – 3:00 PM. Come and enjoy the day with a full course dinner, entertainment and free raffle prizes at the Elks Lodge on Ocean St., Marshfield. We have 150 tickets available, with a limit of 2 tickets per person. The free tickets will be available on Monday, August 26, 2019, starting at 9:00 am at the Senior Center front desk. If you need a ride the Council on Aging bus will be available. Make your bus reservation at the time of sign up. If you get a ticket, but later find out you cannot make it, please turn it in back to the COA for someone else to use.

U.S. CENSUS JOB FAIR ON TUESDAY, SEPTEMBER 10 & 17 FROM 10:00 AM—2:00 PM

Earn extra income while helping your community. The U.S. Census Bureau is recruiting thousands of people across the country to assist with the 2020 Census count. They are hiring for a variety of temporary jobs, including census takers, recruiting assistants, office staff, and supervisory staff. To be eligible, you must be at least 18 years old, have a valid Social Security number, and be a U.S. citizen. Jobs for the 2020 Census offer competitive wages that are paid weekly. Authorized expenses, such as mileage, are reimbursed for employees doing fieldwork. Decennial census data are used to determine your representation in Congress, as well as how funds are spent for roads, schools, hospitals, and more. Help ensure that everyone in your community is counted in the next decennial census. Every 10 years since 1790, the United States has undertaken the momentous task of counting all of its residents. This is your chance to play a role.