

The Gold LEAF Institute

Senior College Kicks Off Fall Classes

FARMINGTON - The kick-off event of the fall /winter term of the Gold LEAF Senior College-UMF will be held from 3 to 5 p.m. on Wednesday, Oct. 15 at the University of Maine at Farmington Olsen Student Center, North Dining Hall, 111 South St., Farmington. The event is free and open to the public. Light refreshments will be served.

The 21 offerings for the term, which runs from October to March, are listed in detail at <http://goldleaf.wikispaces.com> but a summary is listed below. There is something for everyone, including a computer lab offering tips and techniques, poetry writing, book discussions, Tai Chi, tours, concerts, handcrafts, and classroom sessions on a variety of interesting topics.

The classes and activities are designed for people age 50 or older, and their spouses/partners regardless of age, who are interested in lifelong learning opportunities and socializing with people who have similar interests.

Registrations are open now. Because some classes fill up early, everyone is encouraged to register for classes as soon as possible rather than waiting until the kick-off event on Oct. 16, although registrations may be done that day.

Dues for members signing up for the first time are pro-rated at \$20. Annual membership dues are \$30 for the year, beginning July 1. Courses have nominal fees ranging from \$3 to \$20; two book discussions are free for members.

There are no tests, homework, or educational requirements to be a part of Gold LEAF (Lifelong Education at Farmington). Gold LEAF is a non-profit, member-run organization sponsored by the University of Maine at Farmington, and is one of 17 Senior Colleges in the state. Go to the website at <http://goldleaf.wikispaces.com> for much more information.

Learn more about the Gold LEAF Senior College at the fall kick off, meet the course presenters, socialize with some of the current members, become a member, and sign up for classes. Call 778-7063 or email goldleaf@maine.edu to get a course booklet, registration instructions, or general information.

Fall/Winter Classes

- 1. Poetry Sharing Workshop:** Fridays, October 17 and November 21, 2014, and January 16, 2015, 1-3 p.m. Fee \$7.50
- 2. French: A Conversation:** Saturdays, October 18 through December 20, 11 a.m.-1 p.m. Classroom conversations and local trips to places to put French phrases to practical use. Fee \$1200
- 3. Sandy River Paddle Trip:** Monday, October 20, 10 a.m.-4 pm. Canoe or kayak a five-mile section of the river. Fee \$3.00
- 4. Tai Chi: Beginners and Returnees:** Wednesdays, October 22 through March 4, 2015, 9-10 a.m. for new participants, 10-11 a.m. for those returning from a prior term. Tai chi, in the Yang Style Short Form, is led by Drew Holston. Fee \$ 12.00
- 5. Alpacas 101-A Farm Tour:** Wednesday, October 22, 10 a.m.-2 p.m. Tour Northern Solstice Alpaca in Unity, ME. Fee \$3.00
- 6. Who Am I, Today?:** Thursdays, October 23 and 30, November 6, 1-3 p.m. A creative art workshop for participants to learn more about themselves. Fee \$7.50
- 7. Our Town: Temple:** Monday, October 27, 9:30 a.m.-1 p.m. Learn more about the town of Temple. Fee \$3.00
- 8. Views on the News:** Fridays, October 31 and November 7, 10-11:30 a.m. Listen and/or share views on current and upcoming news. Fee \$6.00

- 9. Death and Dying:** Tuesdays, November 4 and December 2, 6:30-9:30 p.m. This course is an opportunity to face issues of mortality, death and loss with intergenerational sharing. Fee \$7.50
- 10. Basic Conversational Spanish Using Internet Resources:** Mondays, November 10, 17, 24 and December 1, 8 and 15, 10:30-11:45 a.m. For beginners to advanced beginners who want to develop or improve their basic speaking and listening vocabulary. Fee \$9.00
- 11. Creative Movement: Discover your authentic play-full self:** Friday, December 5, 10 a.m.-noon. No dance or movement experience required. Fee Donation to presenter is appreciated.
- 12. Pickleball: A New Experience:** Tuesday, December 9, 6-9 p.m. The game and its rules and scoring will be explained, and played. Fee \$2.00
- 13. Portland Symphony Orchestra Trip:** Friday, December 12, 10 a.m. departure; concert at 2 p.m.; return between 6 and 9 p.m. The Portland Symphony Orchestra presents The Magic of Christmas concert. Fee \$34.00
- 14. Road Scholar Birthday Breakfast:** Friday, January 9, 2015, 9:30-11 a.m. Gold LEAF members will share stories, impressions, adventures and memorable moments about the Road Scholar (Elderhostel) trips.
Fee None
- 15. Tips and Tricks in the Computer Lab:** Tuesdays, January 13 and February 17, 10 a.m.-noon. Get answers to computer questions and learn some shortcuts. Fee \$6.50
- 16. Film Series: A Tribute to Robin Williams:** Wednesdays, January 14, 21, 28 and February 4, 11 and 18, 3-5 p.m. View six films starring the late Robin Williams. Fee \$5.00
- 17. Quilting for Fun:** Thursdays, January 15, 22, 29 and February 5 and 12, 1-3 p.m. Complete a small quilting project; for beginners and experienced quilters. Fee \$9.50
- 18. Celtic Journey Armchair Travel:** Tuesday, January 27, 3-4:30 p.m. Gold LEAF members will share tales from their trip to Ireland. Fee \$5.25
- 19. Book Discussion Group:** Tuesday, February 17, 3-4:30 p.m. Discussion of *The Book Thief*, by Markus Zusak. Fee \$5.25
- 20. A Generation Apart:** Fridays, February 27 and March 6, 10-11:30 a.m. A group discussion about differences between the generations. Fee \$6.00
- 21. Senior Safe: Fraud and Financial Security:** Monday, March 2, 10-11 a.m. This session will offer advice and tips for seniors on ways to help protect their money and assets. Fee \$5.00