



Lifelong Learning – 2016 Spring/Summer



The Marshfield Lifelong Learning Opportunities Program will be kicking off the Spring Program on Tuesday, April 12, 2016 at 9:30 am breakfast, and 10:00 am registration until 11:30 at the Senior Center. Below is a final description of courses that we will offer. Registration will be ongoing at the Senior Center after the kick-off. A second kick-off will be available at the Ventress Memorial Library on Saturday, April 16, 2016 from 10:00 am to 12 noon.

1. History Course Nineteenth Century Marshfield Industries – w/ Bob Jackman @ 10-11:30 am, (6 Sessions) Thursdays, April 21, 28, May 5, 12, 19 & 26. History *Nineteenth Century Marshfield Industries* will focus on some industries that were practiced locally, but the course will not repeat those industries mentioned in earlier courses such as ship building. Working with documented sources, an effort will be made to cover a cross section of the widespread industries such as wool and cotton dyeing and also some more narrowly practiced industries such as tinsmithing. Course participants will have an opportunity to suggest some potential industries. We will attempt to identify some of the local craftsmen and business practices, the types of materials and tools they used, any colonial origin of the industry, and changes that occurred during the century. **Cost \$20 @ the Senior Center.**

2. Cooking Class on Spring Soups w/ Sandy Feinberg @ 1:30-3:00 pm (4 Sessions) Mondays, April 25, May 2, 9 & 23. This class will focus on soups all made from scratch. You will learn how to prepare these flavorful recipes and enjoy the delicious result. Monday afternoons from 1:30-3:00 pm (4 sessions). **Cost is \$30 includes all materials @ the Senior Center.** Limit of 10 students.

3. Remembrance and Writing w/ Doreen Grigaitis @ 10:30 – 11:45 (6 sessions) Tuesdays, April 26, May 3, 10, 17, 24 & 31. This program will stimulate your memories and help you set them down in writing. Each week we will explore a different set of events/places/people in your life and consider ways to write about them. This is not about how to write but more about the fun of putting your experiences into written form. There will be many ideas for selecting your topic for writing. No writing experience is necessary. Bring paper and pen or pencil or your own electronic device. **Cost \$20 @ the Senior Center.**

4. Drawing for Joy – w/ Cindi Walsh-Hamlin @ 1-2:30 pm (8 Sessions) Wednesdays, April 27, May 4, 11, 18, & 25, June 1, 8 & 15. There is no experience is necessary. Everyone can draw with a little help from their friends. Students explore drawing with graphite pencils, watercolor pencils, pen and ink and pastels. Both beginning and advanced students will develop their abilities and expand their skills through a broader experience with new materials, guided practice and interesting projects. *Materials list available at the COA and purchased on your own.* **Cost \$30 @ the Senior Center.**

5. Great Ladies of Classical Music w/ Larry King - @ 1-2:30 pm (6 sessions) Fridays, April 29, May 6, 13, 20 & 27 & June 3. This course will cover women composers and their contribution to classical music. Surprisingly, women have always been writing classical music. Some of the better-known female composers include the German abbess Saint Hildegard von Bingen and Barbara Strozzi. In the 18th and 19th 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 \$20 @ the Senior Center.**

6. Stellwagen Bank National Marine Sanctuary w/ John Galluzzo @ 9:00 am (6 sessions) Mondays, May 2, 9, 16, 23, June 6 & 13. The Stellwagen Bank National Marine Sanctuary is a remarkable place where deep water currents run against underwater cliff faces and produce upwelling, a nutrient transfer that brings protein sources from the deep to the surface. When that happens, wildlife congregates to feed, from small fish to larger fish to seabirds to whales. Perhaps more remarkably, it used to be dry land. During this six-week course we will explore the geological formation of Stellwagen Bank, the wildlife that uses it today, the human usage of the waters, the numerous shipwrecks that rest on the sea floor, the designation of the bank as a National Marine Sanctuary, and how you, as an average citizen, can get involved with the gathering and analysis of scientific data. **Cost \$20 @ the Senior Center.**

7. Pilgrims, Puritans and the Indigenous Tribes of Massachusetts w/ Dick Sullivan @ 10-11:30 (4 Sessions) Fridays, May 6, 13, 20, & 27. A study comparing and contrasting the Plymouth and Massachusetts Bay colonies, this class will take an in depth look at the theological, historical, environmental and other motivational differences separating the Pilgrims from the Puritans. We will analyze numerous important figures such as members of the Winslow family, Governor Winthrop and members of Massasoit's family. We will explore the history of the native tribes from well before 1620 through King Philip's War and the aftermath. The class will emphasize all aspects of the complicated, varied and often misunderstood relationships and dealings carried on between the English colonists and the natives. **Cost \$20 @ the Senior Center.**

8. "Creative Crockpot Appetizers" w/ Chris Woods and Pat McCauley @ 2:00 – 3:30 p.m. (1 session) Saturday, May 14, 2016. Come sample a variety of appetizers you can make in a crockpot; includes recipes. **Cost \$10 @ Ventress Library Classroom.** Limit of 20 students.

- 9. "Top 10 Day Trips – In and Around Boston" w/ Nancy Kelly, Weekend Concierge – Hotel 140 @ 6 – 7:30 p.m. (1 session) Tuesday, May 17, 2016.** A seasoned leisure-time professional gives tips about fun places to visit nearby. **Cost \$5 @ Ventress Library Classroom.** Limit of 60 students.
- 10. "Judge Isaac Winslow and Me: Neighborhood Birds of Green Harbor Then and Now" w/ Bill Dunn @ 10– 11 am (1 session) Wednesday, May 25, 2016** – Join Bill a bird lover, nature writer and native Green Harbor-ite). Come learn about the birds of Green Harbor, their habits, what to watch for, etc. **Cost: \$5, @ the Winslow House Tearoom Classroom.**
- 11. "Dating 101" w/ Nicole Anderson, MS, CRC, Life Coach and Consultant for Singles @ 7 – 8:30 p.m. (5 sessions) Wednesdays, June 1, 8, 15, 22 & 29.** This course includes Online Dating Profile Workshop, Getting Out of the Singles Rut, Tackling First Date Jitters, Date Ideas Seminar and Sidestepping the Dating Pitfalls. Course is geared to ages 40 and over, but all ages are welcome to sign up. **Cost \$25 @ Ventress Library Classroom.** Limit is 60 students.
- 12. "Walking a Labyrinth" w/ Chris Woods @ 10:00 a.m. – 1:00 p.m. (1 session) Friday, June 3, 2016.** Watch a film at the library first, and then walk a labyrinth together for meditation and relaxation at Glastonbury Abbey in Hingham. Wear comfortable clothing. Bring a bagged lunch to enjoy after the walk under the abbey's wisteria arbor, **@ Ventress Library Classroom at 10 a.m.** and then travel to Hingham and meet up for walk. **Fee: \$1 fee** per student goes toward donation to Glastonbury. Limit is 20 students.
- 13. Herbs and Spices w /Dick Sullivan @ 10-11:30 (2 sessions) Fridays, June 3, & 10** - In this course you will learn how food can make you well or ill. Herbs and spices (as well as wild and perennial edibles) can play a major role in creating a healthy diet. We will create a virtual menu that is not only delicious and nutritious but tailored to your tastes and individual health needs. **Cost \$10 @ the Senior Center.**
- 14. Boston Globe Tour w/ Edris Kelley @ 8:00 am (1 session) Wednesday, June 8 2016.** The COA bus will leave the Senior Center at 8:00 am for a 9:30 am arrival time. See how the paper is put together and tour of the Boston Globe. There will be a tour of the morning news meeting, then a question & answer with the Globe editors, a tour of the Globe Facility and then depart at noon. This may be one of the last opportunities to see the original Boston Globe Building, as they will be relocating in the near future. Please note that this is a 1.5 mile walking tour with no benches/seating area around the facilities. The group will then stop at the Phillips House Restaurant with choice of two entrees. **Cost is \$35 for Lunch and Bus. Meet @ the Senior Center to pick up the bus. Space is limited.**
- 15. History Course on Farming in Marshfield 1635-1920 - w/ Bob Jackman @ 10-11:30 am, (6 Sessions) Thursdays, June 9,16, 23, 30, July 7 and 14.** This is an overview Marshfield's history as a farming community. The course will look at the allocations of various tracts as vegetable fields, pasture, and woodlots and practices conducted on each of those areas. Working with documented sources, an effort will be made to present maps illustrating locations of some Marshfield farms. We will identify some of the local practices for raising livestock, growing and marketing produce, and managing woodlots to provide sufficient wood for heat and lumber. We will review changes in farming implements and machinery over time. Course participants will have an opportunity to suggest some farming practices to be examined. **Cost \$20 @ the Senior Center.**
- 16. Inner Balance w/ Dianne Legro @ 2:00 pm (1 session) Saturday, June 25.** Even the smallest amount of stress we experience 'freezes' the frontal cortex of our brain impairing thinking, learning and judgement. Every day people experience emotional, social, mental, and physical stressors in their work, home and social environments that affect their health and performance. This workshop introduces participants to solutions for recharging, enlivening and 'rebooting' their thinking and physical balance for longevity and joy of living. It reacquaints them with their individual powers as well as those that come to life collaboratively within a group. The workshop begins with participants standing in a large circle where they are introduced to simple mind body techniques great athletes and performers use to gain mental and physical readiness. The exercises include posture and body alignment, deep-breathing and breath control, self-talk, visualizing, meditation, diet and more. These techniques and practices improve focus, self-esteem, performance, relationships, health, creativity, problem solving and job performance. Participants then pair in teams of two in a fun improvisation mirroring exercise. These exercises increase our powers of observation and encourage leadership, creativity and collaboration. The mirroring is then expanded to include the whole group. After each round, a question and answer session leads participants through an evaluation of their responses and needs, guiding them to the benefits of group problem-solving and personal self-regulation. This hands-on workshop gives people new tools for dealing with the stressful challenges in their lives. This workshop is beneficial for all. **Cost \$10 @ Ventress Library Classroom.**
- 17. "Irish in Boston" w/ Regina Porter @ 2:00 pm (1 session) Saturday, July 23, 2016.** The Course will be a continuation of last summer's "Irish Famine" lecture; this talk will cover the immigrants' passage to America and what life was like for them when they arrived in Boston. **Cost \$5 @ Ventress Library Classroom.** Limit is 75 students.
- 18. History of Marshfield Beaches and Luncheon @ Haddads w/ Regina Porter @ 11:00 am (1 session) Friday, July 29, 2016.** What is your favorite beach? Come hear about how the beaches of Marshfield got their name, how the topography has changed over the years and more. **Cost \$25 (includes buffet lunch and talk) @ Haddad's restaurant.**
- 19. "Summer Salads" w/ Instructors: Regina Porter, Chris Woods, Mary Pat McCauley, Jennifer Struzziero @ 2-3:30 pm (1 session) Saturday, August 6, 2016.** Come enjoy fresh and colorful salads made with summer's bounty. Bring your summer memories to share. Includes recipes! **Cost \$10 @ Ventress Library Classroom.** Limit is 20 students.