



# Midcoast Senior College SPRING TERM II 2025 COURSES

April 7, 2025—May 16, 2025  
Registration begins March 17, 2025

## MONDAY

### **Growing Up 9:30-11:00 a.m. 6-week, 90-minute in-person course begins April 14**

Surely an odd title for a course for people over 50. When I wrote the book on which this course will be based, I thought my target audience would be young people, their parents, and their educators. Instead, I discovered all of us, regardless of age, wonder whether when, and to what extent, if, we've grown up. We'll look at just what it means to be an adult, eschewing standard definitions; and in that context, explore such themes as mortality, power, fear of failure, identity, and relationships. **Required Reading:** Frank C. Strasburger, *Growing Up: Limiting Adolescence in a World Desperate for Adults*, ISBN 978-1770975576. **Frank Strasburger** has spent 45 years as an Episcopal priest, many of those as a campus chaplain. That experience helped him understand that the ways most of us think about growing up do not always lead to adulthood. Knowing that some children are surprisingly wise and mature while a great many adults are not is the paradox that led him over twelve years ago to write *Growing Up*. He is eager to share what he has discovered. **Class meets at University of Maine Augusta-Brunswick Center, Orion Hall, 12 Sewall St., Brunswick (Brunswick Landing), Room 101.**

### **Brain Repair 1:00-2:30 p.m. 6-week, 90-minute in-person course begins April 7**

This course will start with an overview of the evolution of ideas about the brain and how we came to think about what it does and how it works. Then there will be several lectures discussing the causes and the mechanisms of traumatic brain injury and stroke. This will be followed by a review of current approaches to treatment and repair of the damaged nervous system. In this context, we will then examine how males and females may differ in the outcomes of different types of brain injury occurring early or later in life. We will conclude the course with a discussion of aging and the brain. As we age, the chances of developing a degenerative nervous system disease or injury increase substantially. Accordingly, there will also be a class on what we think we know about dementia and related diseases and how to repair them. **Suggested Reading:** A list of readings will be provided prior to the start of the course. **Don Stein** retired in 2021 from Emory University School of Medicine as Asa G. Candler Professor and Distinguished Professor in Emergency Medicine and Neuroscience. His early work on sex differences in recovery from brain injury led to decades of research on the role of hormones in plasticity and repair of CNS injury. **Class meets at University of Maine Augusta-Brunswick Center, Orion Hall, 12 Sewall St., Brunswick (Brunswick Landing), Room 101.**

### **Healing 1:00-3:00 p.m. 6-week, 120-minute in-person course begins April 7**

When we say healing, most people think "biomedicine," which targets mainly disease and physical injury—definitely bad stuff. However, there are other serious afflictions not targeted by biomedicine which have effectively been targeted by social healing. This course will look at two books discussing social healing: Atul Gawande's *Being Mortal: Medicine and What Matters at the End* (responding to the ravages of aging) and Teya Sepinuck's cases in *Theater of Witness* (responding to myriad afflictions occasioned by our modern world). A final point to consider: while this approach does not seek to replace biomedicine, the course will discuss how social healing really does heal. **Suggested Reading:** Atul Gawande, *Being Mortal: Medicine and What Matters at the End*, ISBN 978-0805095159; and Teya Sepinuck, *Theater of Witness: Finding the Medicine in Stories of Suffering, Transformation, and Peace*, ISBN 978-1849053822. **Steve Piker** is an anthropologist who has done field work in Thailand and the U.S. He has also taught for 44 years at Swarthmore and instructed more than 30 courses at Maine's senior colleges. Healing is a lifelong career interest. **Class meets at University of Maine Augusta-Brunswick Center, Orion Hall, 12 Sewall St., Brunswick (Brunswick Landing), Room 119.**

## Registration

Registration opens March 17, 2025 at 9:00 a.m. for MSC members

Visit [www.midcoastseniorcollege.org](http://www.midcoastseniorcollege.org) or call (207) 725-4900



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## TUESDAY

### **Exercise and Aging 9:30-11:00 a.m. 4-week, 90-minute online course begins April 8**

This four-week course will provide detailed physiological information on how the skeletal muscle, cardiac muscle, and nervous systems operate. Exercise is shown to be a “tool” that induces stress on these systems, resulting in their favorable modifications or adaptations for a much-improved physical performance. The basics of physical training are further presented in terms of the acquisition of muscular strength, cardiovascular endurance, and physical movement (i.e., agility, balance, coordination). Aging is further revealed to be a stressor that promotes physiological adaptation, but not in a beneficial way. **Required Reading:** None. **Chris Scott** is a physiologist by training with experiences in the fitness and wellness industry, cardiovascular research, and clinical cardiology and pulmonary practices. He has over 20 years of academic teaching experience. **Class meets on Zoom.**

### **MSC Singers: A Celebration 2:30-4:30 p.m. 7-week, 120-minute in-person course meets April 8 to May 20, plus June 10 and June 12**

This spring, the MSC Singers will have the joy of studying, practicing, and perfecting four well-known, four-part folk choral arrangements that speak to the theme of CELEBRATION. Through song, we will celebrate Midcoast Senior College’s 25<sup>th</sup> anniversary as well as the MSC Singers’ 10<sup>th</sup> anniversary. Songs such as, “If I Had a Hammer” are part of the repertoire. As part of our weekly instruction, we will also study healthy singing habits through vocal exercises catering to the older voice in addition to the history of each choral piece. **Prerequisites:** Previous choral singing experience, a good musical ear, and a good memory for melody and words. Reading music is an asset but not a requirement. For those of you who have previously sung with the MSC Singers: welcome back. **Required Materials:** Sheet music and a choral folder will be provided. **Stu Gillespie** retired in 2004 as chair of the Fine Arts department and professor emeritus of choral music and music history at Naugatuck Valley Community College in Connecticut. He began his choral directing career in 1965 as a baritone with the US 7<sup>th</sup> Army Chorus-Europe. He is also a published composer who has written numerous pieces for the MSC Singers. **Class meets at Saint Paul’s Episcopal Church in Brunswick.**

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Thornton Oaks Retirement Community

## WEDNESDAY

### **Humor: Not Just a Laughing Matter 9:30-11:00 a.m. 5-week, 90-minute in-person course begins April 16**

Can you explain the interrelationship of wit, mirth, and laughter, and how they contribute to the humorous experience? What do theorists believe to be the purpose of laughter? Are there gender differences in the appreciation of humor, and what role do they play in societal norms? Is laughter the best medicine? What role does humor play in both our physical and psychological health? And, what happens to humor as we age? This course is designed to explore the role of humor in our lives while encouraging laughter during the learning process. **Required Reading:** None is required, although suggestions will be provided. **Susan Goran** is a nursing professional who has previously presented this content to both medical professionals and lay audiences at regional and national conferences. She has also conducted a research study on the role of humor in the ICU. **Class meets at University of Maine Augusta-Brunswick Center, Orion Hall, 12 Sewall St., Brunswick (Brunswick Landing), Room 101.**

### **American Religion 1820-1920 1:00-3:00 p.m. 6-week, 120-minute in-person course begins April 9**

This class will be a review of American religion from the Second Great Awakening to the Roaring Twenties, with an emphasis on the increasing influence of women in religion. We will review the creation of new denominations such as the Mormons, Seventh Day Adventists, Jehovah's Witnesses, and Christian Scientists. We will also discuss the abolitionist movement; the south's response to that movement; and, of course, the effect of the Civil War on denominations. During this period there was a vast increase in immigration which helped to establish the Catholic Church as the largest denomination. At the same time almost three million Jews came to America. Finally, we will look at the rise of the Social Gospel as well as the response of religious groups to modern science and thought. **Required Reading:** Martin E. Marty, *Pilgrims in Their Own Land*, ISBN 978-0140082685. **Ted Stainman** has been a military chaplain working with ministers of almost every denomination. He has come to appreciate each for their history and their struggles. **Class meets at University of Maine Augusta-Brunswick Center, Orion Hall, 12 Sewall St., Brunswick (Brunswick Landing), Room 101.**

### **The Wyeth Family of Artists 1:00-2:30 p.m. 4-week, 90-minute hybrid course begins April 9**

What makes a Wyeth painting so special? In this course we'll review and discuss selected works by four members of this illustrious family of American artists: N.C., Andrew, Jamie, and Carolyn. We'll look for what common features, besides enormous talent, their works might share. Also, we'll consider how their works relate to those of certain past and contemporary artists. After the completion of our four-week course, we will offer an opportunity to participate in an optional excursion to the Farnsworth Museum in Rockland for a tour of their outstanding collection of Wyeth family artworks. The planned date for the tour is May 16. Further details, including transportation and entrance fees, will be made known at an early point in our Wyeth family course. Between periods of academic employment and teaching college courses in Russian literature and general humanities, **George Young** and his wife ran (for more than twenty years) a fine arts business, buying, selling, and appraising works of Old Masters, nineteenth, and early twentieth century American and European art. **Class meets on Zoom (on-line) or Community Room, Patten Free Library, Bath (in-person).**

## THURSDAY

### **Introducing West African Textiles 1:00-3:00 p.m. 5-week, 120-minute in-person course begins April 17**

Using examples in my textile collection from West Africa (including Ghana, Mali, Nigeria, Sierra Leone, Togo, the Ivory Coast, plus the Congo), I will discuss the origins of West African strip-woven textiles, influenced by parts of North Africa. We will also explore other textile manifestations within these countries: their techniques, their makers, the meaning of creative designs, and their connections to specific cultures. Contemporary textiles, including "African Cloth," will also be demonstrated on clothing. Videos of weaving and other textile-making will be shown. Primarily, I will feature the amazing Ashanti and Ewe textiles, two of the most significant cultures in Ghana. Finally, I will suggest some possible connections to African American culture originating in West Africa where millions of enslaved Africans were taken to the Americas during the Atlantic Slave Trade. **Required Reading:** None. In addition to showing videos I may provide other forms of information. **Susan Bowditch** has been teaching about issues around and following the enslavement of Africans in America since 2013. These have included racism, white supremacy, white privilege, reparations, affirmative action, etc. **Class meets at the Theater in The Lodge, The Highlands, Topsham.**



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Email: [mscoffice@midcoastseniorcollege.org](mailto:mscoffice@midcoastseniorcollege.org)

***Please read the following important information:***

## HOW TO REGISTER

- Registration for courses is online; phone assistance is available at 207-725-4900.
- Registration opens March 17 at 9:00 a.m. for MSC members.
- Membership is required to register for a course. Annual membership fee is \$40 per year, from July 1, 2024 through June 30, 2025. To pay your membership fee, go to <https://midcoastseniorcollege.org/membership-form/>. Not sure if you're a member? Email us at [mscoffice@midcoastseniorcollege.org](mailto:mscoffice@midcoastseniorcollege.org).
- A link to the registration page (with full instructions) will be emailed to current members in advance. On March 19, 2025 the registration page will be published on our website.
- Space is limited; if a course is full, please notify us of your interest at [mscoffice@midcoastseniorcollege.org](mailto:mscoffice@midcoastseniorcollege.org).
- For Zoom classes, two persons in a household sharing one Zoom screen receive discounted tuition:

### SINGLE PERSON REGISTRATION

Tuition is \$60 per course

### TWO-PERSON REGISTRATION

Tuition is \$50 per course, each person

## ONLINE COURSES

Classes meet on Zoom. Information on Zoom will be provided upon registration. More information is on our [website](#). Please note that the following permission is granted by those registering for an online Zoom course/lecture: "I grant permission for a recording or online streaming of this course that may include my image or voice and give permission for the use of such recording or streaming by MSC in furtherance of its educational activities."

## IN-PERSON COURSES & CANCELLATION POLICY

Consult the course description for the location of class meetings. If inclement weather or illness requires the cancellation of an MSC in-person class meeting, the class will shift to Zoom or otherwise may be cancelled. The host venue sets the policy for weather cancellations; consult the host venue website or follow announcements on the radio/tv. If illness should require a teacher to cancel a class meeting, we will notify you by email/phone and determine a time/method to make up the class.

## BOOKS & READINGS

Course descriptions include information regarding course books and readings. It is the student's responsibility to acquire books.

## CONTACT US

Email at [mscoffice@midcoastseniorcollege.org](mailto:mscoffice@midcoastseniorcollege.org) or call 207-725-4900. Please visit our website for more information at: [midcoastseniorcollege.org](https://midcoastseniorcollege.org).