

PVSC

Voice












Learning for the Fun of It!

Our Summer Extravaganza



It's Time for Excitement!

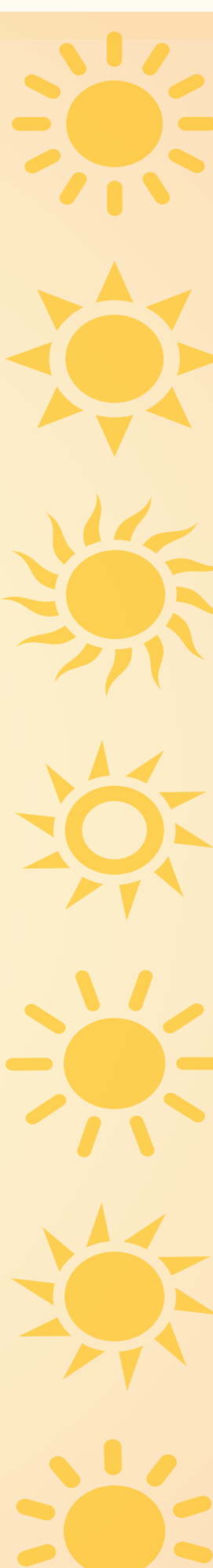
THE SUMMER EXTRAVAGANZA is a great deal: pay one course fee and attend as many of these varied offerings as you wish. Check our website for details. Most are in person on Tuesdays from 10:00-12:00, at various local venues. Please read the information on the website carefully; some presentations have enrollment limits or other requirements.

-  **JUNE 20:** "How the lowly water molecule affects Hirundo's wildlife" with Dick Andren. *Tour.* (Separate registration.)
-  **JUNE 25:** "Tuberculosis: The Disease and its Presentation in Art, Music and Literature" with Dr. John Kaiser. *In person.*
-  **JULY 2 OR JULY 8 (choose one):** "Possibilities for an Urban Garden" with Clara Ross. *Tour.*
-  **JULY 9:** "Nutrition for Older Adults" with Mary Lanvanway RDN, LD, CEDRD. *In person.*
-  **JULY 16:** "Two Founders of Modern Architecture: Frank Lloyd Wright and Le Courbusier" with David Wilson. *In person.*
-  **JULY 23:** "Long-term Climate Variability and Maine Ecosystems—Past and Future" with George Jacobson. *In person.*
-  **JULY 30:** "Physical Activity & Exercise for the Seasoned Adult: Movement Does Provide Spice for Life!" with Nicole Mullins, Ph.D. *In person.*
-  **AUGUST 6:** "Discovering the Collins Center for the Arts and the Hudson Museum" with Danny Williams and Gretchen Faulkner. *Tour.*
-  **AUGUST 13:** "The Intersection of Law, Ethics, and Morality" with Maine Supreme Court Justice Andrew Mead. *In person.*
-  **AUGUST 20:** "Maine Air National Guard 101st Air Refueling Wing Mission Brief and KC-135 Aircraft Tour with Lt. Col. Sarah Clapp and others. *Tour.*
-  **AUGUST 27:** "Introduction to Movement and Dance" with Suzanne Kelly. *In person.*

More Summer Fun

Maybe summer takes you upta camp, or to the coast. Maybe you stick close to home, enjoying your porch or garden. Of course you'll enjoy our Summer Extravaganza. But how about those restless days when you want to bust loose and try something? Here are just a few things to explore within an hour or so of Bangor.

- ◆ **The Monteaux Music Festival** has chamber concerts in a breezy barn on Wednesday evenings and orchestra performances on Sunday afternoons in Hancock, from June 16 to July 28. www.monteauxmusic.org/summer-festival-2024
- ◆ **The Kneisel Hall Music Festival** runs from June 15 to the end of August in their intimate, airy performance space in Blue Hill. Outstanding musicians perform on Fridays at 7:30 and Sundays at 4:00. www.kneisel.org/2024-festival/
- ◆ **Bar Harbor's classical music festival** has various dates, performers, and locations, running from July through the fall. www.barharbormusicfestival.org/
- ◆ **The Colby College Museum of Art** always has something enticing on exhibit; you don't have to recognize the artists' names to find something to like. And it's free! <https://museum.colby.edu/>
- ◆ **The Abbe Museum** in Bar Harbor is focused on Wabanaki history, art, and culture. Their "Dawnland Festival of Arts and Ideas" is July 12-14. www.abbemuseum.org/
- ◆ **The Farnsworth** in Rockland is showcasing what may be surprises from familiar names this summer: abstracts by Andrew Wyeth and sea paintings by Marsden Hartley. www.farnsworthmuseum.org/
- ◆ And let's not forget our own ZAM: **UMaine's Zillman Art Museum** in Bangor. It's small enough that you don't feel overwhelmed. www.zam.umaine.edu/ Afterwards, why not a spot of lunch downtown?
- ◆ Belfast's **Maine Celtic Celebration** happens July 19-21 on the waterfront. www.mainecelebration.com/.
- ◆ A site that lists all the **summer festivals** in the state is at www.untamedmainer.com/maine-festival-dates-2024/
- ◆ Close to home, the **Maine Forest and Logging Museum** in Bradley has outdoorsy summer classes and events. www.maineforestandloggingmuseum.org/



In Case You Were Wondering . . .

Where did this newsletter come from, and who's behind it? It's the next iteration of Memo for Members. We wanted to get PVSC information to you in a lively way and also broaden the approach to include other interesting and useful material.

We're a team of three. Current president Ann Torrey provides leadership and ideas. Anita Kurth does the wordsmithing, so far—other contributors would be happily welcomed! Tim Smith does design and general noodling.

THE MEMBERS' CORNER IS FOR YOU. We really want your stuff: things you've written and photos you've taken. Poems? Short essays? Travel pix? Sunsets, flowers, oddities along the road? We'd also love photos of your crafty output, whether it's something you built, created, or repurposed.

Send your goodies to kurth@maine.edu.



Online Resources for Seniors

A Google search for "Maine seniors" produces quite a few sites aimed at helping us oldsters navigate life. I investigated. The first thing I noticed: some useful-looking sites are run by for-profit businesses. Use your judgment if the address ends in ".com," signaling a commercial enterprise.

Here are a few resources that looked useful:

Our partners at the **UMaine Center on Aging** are a wealth of information about all facets of aging, including opportunities to participate in and read about new research. www.mainecenteronaging.umaine.edu/

Of course you know **EAAA** (Eastern Area Agency on Aging). They offer help in areas ranging from legal to pets. www.eaaa.org/

Maine government has a long list of resources in several areas: www.maine.gov/portal/residents/seniors.html

DHHS also has a resource page aimed at people coping with caregiving and disabilities: www.maine.gov/dhhs/oads

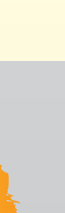
Also on the State's website, **Americorps** has volunteer opportunities: Foster Grandparents, Senior Companions, and RSVP. www.volunteermaine.gov/serve-in-maine/amicorps-seniors

Maine Senior Guide has a dual aim: to offer resources for caregivers and to help small businesses target potential clients (hmm). They sponsor expo around the state with an apparent focus on coastal and southern Maine. www.maineseniorguide.com/

AIM—Aging in Maine—is up front about being sponsored by a local law firm. But it has a nice list of resources, and gets points for including PVSC. www.aginginmaine.com/

Finally, it doesn't have a resources list, but has a ton of information about the status of our age group in the state. **The Maine Council on Aging** is a network of over 100 agencies that works to share information and shape public policy on issues like affordable housing and transportation for older adults. www.maineCouncilonaging.org/

—Anita Kurth



Members' Corner



Steve Norton revealed the wonders of Maine geology in a recent course



Bangor Symphony maestro Lucas Richman shared the view from his side of the podium

Photos by Tim Smith



PVSCers braved a hot June day to tour Hirundo Wildlife Refuge with guides Dick Andren and Brianna Guy.

Photos by Sheila Zahm

"I'm not old—I'm a classic!"