



Penobscot Valley Senior College
499 Broadway PMB #274
Bangor, ME 04401
Cell phone: 207-659-1359
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PVSC Courses Spring 2025

MEMBERSHIP: OPENS FOR REGISTRATION ON MARCH 3RD & CAN VIEW COURSES

Membership is required to take a PVSC course. Like similar organizations, we depend on yearly membership dues to offer great courses. Even if you can't take a course now, we'd love to have you join us and take a course when you can.

- Dues remain at \$25.00 for an individual and \$40.00 for two people at the same address.
- **NEW:** The date you register for membership will go forward to same date next year. You will get an emailed reminder to renew, or you can choose automatic renewal. All individuals who have a current 2025 membership, your renewal date will be January 1, 2026.
- In addition to your regular contact information, add an emergency contact name and phone number, and birthdate.

SPRING 2025 Term – Eleven (11) Courses:

- **Courses are four to six weeks long and most begin the week of March 24, 2025. Check dates to be certain. Each course is \$35.00 per person per course.**

REGISTRATION: OPENS FOR COURSES ON MARCH 10

- Register online on the secure website, or mail in a check with your registration form.
- Class registrations are accepted in the order received. Current members have precedence.
- If mailing, include the registration form with check to PVSC, and mail before March 15. The postmarked date will be noted when received. For courses with limited attendees' enrollment, we suggest you call 207-659-1359 to say you are mailing your registration. If mailed, we will do our best to accommodate your request.
- Registration closes three days before each course begins.
- You must have an email account to take a Zoom or Hybrid course, so please indicate your preferred email where you want the Zoom links sent. All receipts and information will be emailed to you.
- Be sure to check your junk or spam email folders if you don't receive a receipt in your inbox, especially if you've recently done updates to your browsers, or devices.

Zoom, Hybrid, and In-Person Course Information

- PVSC will comply with any policies of each location where we hold in-person courses and events.
- For all Zoom and Hybrid courses, a link will be included with your registration receipt. Zoom and hybrid class sessions will be recorded and available to view for two weeks for registered participants.
- If a location is not listed, it will be emailed to those registered for those courses.
- Any instructor's handouts will be distributed at each in-person class or will be emailed to you as soon we receive them.
- Some instructors will email class members directly. If so, the instructor will notify you.
- Certain courses may have additional fees and should be paid by cash at the first class. Some courses may require that you purchase books or materials at your own cost.
- An Assumption of Risk/Disclaimer form must be signed once a year and is kept on file for any courses that involve field trips, physical activities and/or carpooling.
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Members of other Maine Senior Colleges (MSCN):

- Open the website, add your information, and include the name of the Maine Senior College Network (MSCN) college you belong to. With reciprocity, you only pay the PVSC course fees. Questions? Call 207-659-1359 or email admin@pvscmaine.org.

PENOBSCOT VALLEY SENIOR COLLEGE SPRING 2025 COURSE LIST BY DAY OF WEEK (*Denotes recorded course)

Mondays	10:00-12:00	*The Current State of American Democracy... Berney Kubetz	6-week In-Person (Hybrid) Maximum in-person 65 No class April 21 No Zoom Maximum
Mondays	1:30-2:30	Line Dancing Mary Smith, Carol Plummer, Orono	6-week In-Person Active Min. 10, Max. 16 No class April 21
Tuesdays	10:00-12:00	Late Music of Leonard Cohen -Mary Eyerer	4-week In-Person Min. 8, Max. 16 Begins April 1st
Tuesdays	1:00-4:00	Carving Wooden Spoons – Wayne Hall, Orland	6-week Hands-on Min. 3, Max. 5
Tuesdays	2:00-4:00	Early Keyboard Instruments including historic organ Kevin Birch, St. John’s Catholic Church, Bangor	4-week In-Person Min. 10, Max. 30 Begins April 1st
Wednesdays	10:00-12:00	Gelatin Printing / Marbling - Kal Elmore and Heidi Crosier-Sypitkowski Location TBA	5-week Hands-on Art Min. 4, Max. 8 No class April 23
Wednesdays	10:00-12:00	Tai Chi / Qigong – Shiwa Noh, Orono	6- week In-Person Active Min. 8, Max. 24
Thursdays	10:00-12:00	Knit One, Purl Two Skill building for experienced Knitters -Jonas Edythe Dyer Library, Hampden	4-week In-Person Min. 4, Max. 8 Begins April 1st No class April 10
Thursdays	1:30-3:00	The History of Culture & Tea – Jasmine Broadhead	4-week In-Person Min. 3 Max 15
Fridays	10:00-12:00	*“Both Sides the Tweed”-Music in England & Scotland – Lisa Feldman	6-week (recorded) Min. 6, Max. 15 Max. In-Person 15, Total Max. w/Zoom 25
Fridays	1:30-3:30	*Deep Dive into Middlemarch – Ruth Nadelhaft	6-week In-Person (recorded) Min. 7 Max. 15

Courses by Day and Time

MONDAY MORNING

10:00 - 12:00

6-week In-Person Hybrid course (recorded)

March 24, 31, April 7, 14, 28, May 5
(No class April 21)

Minimum 20, Maximum 65 in-person

**The Current State of American
Democracy at Home and Abroad**

UMA-Bangor, Eastport Hall, Room 135



Topics that will be covered include the state of democracies around the world; whether our US Constitution is broken and how to fix it; how well our system of checks and balances of powers is working, and the potential of restructuring of the federal government under our new administration in Washington DC. Guest presenters will include elected officials and academicians.

Instructor: Bernard (Berney) Kubetz

Berney Kubetz is a semi-retired trial attorney who practiced for 50 years with the Eaton Peabody law firm and focused on civil litigation including constitutional law, representation of the media, legal malpractice and general civil litigation. His clients included the Bangor Daily News, The Ellsworth American, WABI TV, WLBZ TV, NBC, General Electric, the Bangor Region YMCA, Bangor Savings Bank and New Balance.

A native New Yorker, Berney attended Bowdoin College and Syracuse Law School. Frequent guest lecturer for clients, industry groups and at UMO, Berney also taught a PVSC course in Fall 2023, “Freedom of the Press and the First Amendment”, and Fall 2024, “Unmasking the Courts and the Fate of American Democracy.”

MONDAY AFTERNOON

1:30 - 2:30
6-week In-Person Active course

March 24, 31, April 7, 14, 28, May 5
Minimum 10, Maximum 16, No class April 21

Absolute Beginner Line Dancing

Keith Anderson Community House
19 Bennoch Rd., Orono

Carol and Mary will share their passion for line dance by teaching basic dancing steps and dances to mostly country music—which line dance is known for! The goal is to have fun and learn the basics of line dancing.



- Please bring a clean pair of comfortable shoes or sneakers to change into for dancing to prevent damage to the floor.
- There is a large, clean, and well-lit municipal parking lot just across the street from the venue, a walk of perhaps 50 feet.
- Note: The Community Connector bus service (Route V) passes within one block of the building. Makes for an excellent transportation opportunity for the venue and service to a full complement of seniors from the entire Bangor Region, those with or without cars.

Instructors: Carol Plummer and Mary Smith

Carol and Mary are both retired and love walking/hiking, line dancing, gardening, and kayaking. During Covid, they set out to walk all 37 trails in the Bangor Area Trails Guide. They completed all but two! They'll be sharing some of their favorite walks in this class—many on land trust properties. We welcome them back for more physical activity after their PVSC Fall 2024 Walking course!

TUESDAY MORNING

10:00 - 12:00
4-week In-Person course

April 1, 8, 15, 22
Minimum 8 Maximum 16

The Late Music of Leonard Cohen

UMA-Bangor, Eastport Hall, Room 105

Each class will begin with a period of meditation and move into listening to particular songs and reading of the lyrics. After taking time to absorb the music, class would break into dyads (social groups of two people) to respond and share perspectives, followed by a larger group discussion.

Instructor: Mary Eyerer

Mary is a relatively recent lover of Leonard Cohen's music (just a decade). She is particularly drawn to his music from late in his life. Mary has had a lifelong spiritual longing, like Leonard Cohen, and she finds the music that he wrote after his time at the Buddhist monastery particularly speaks to her. Mary teaches Mindfulness Based Stress Reduction as a separate class and would bring something of those classes into this course—breaking out into the dyads, now advice giving or correcting of another's point of view.



TUESDAY AFTERNOON

2:00-4:00 PM
4-week In-Person Course

April 1, 8, 15, 22
Minimum 10 Maximum 30

Early Keyboard Instruments: A Journey of Musical Discovery

St. John's Catholic Church
217 York St. Bangor

Dr. Kevin Birch returns to PVSC to introduce us to a garden of early keyboard instruments including clavichords, harpsicords, virginals, chamber organ, melodeons, reed organ, and the celebrated E. & G. G. Hook Organ, Opus 288 (1860) built for St. John's Catholic Church in Bangor.

Alongside readings from historical and modern sources, Birch will demonstrate mechanical and musical features of the selected instruments. Each session will conclude with time for "Q&A" and a short recital.



Credit Bangor Daily News NCM 6/16/22

Instructor: Kevin Birch, DMA

Since 1992, Dr. Kevin Birch has served as Director of Music at St. John's Catholic Church in Bangor, Maine, where he also serves as Executive Director of St. John's Organ Society – a nonprofit organization dedicated to the preservation and stewardship of E. & F. G. G. Hook's Opus 288, built for the church in 1860. He has performed recitals in the US, Canada, Europe, and in South America, and for several national conventions of the Organ Historical Society. Kevin is especially devoted to the many fine historic organs in Maine on which he enjoys frequent opportunities to study and perform.

Dr. Birch is also devoted to the art of the clavichord, an instrument long associated with the organ, especially in Germany and Scandinavia. He is a member of the Dutch Clavichord Society, the German Clavichord Society and the Boston Clavichord Society. Recent projects include solo clavichord recitals for the German Clavichord Society in Cologne, Germany, the Boston Clavichord Society, lecture recitals on "*The Clavichord and the Organ- Companions for Centuries*" at the Eastman School of Music in Rochester, NY, and at the Oberlin Conservatory in Oberlin, OH.

TUESDAY AFTERNOON

1:00-4:00
6-week Hands-on

March 25, April 1, 8, 15, 22, 29
Minimum 3 Maximum 5

Carving your own Wooden Spoons

Orland, ME (Address emailed to registrants)



In this beginner friendly class, learn basic woodcarving using a gouge, curved knife, rasps and files to craft your own unique wooden spoons and utensils.

Wayne will cover introduction to safe tool use, best materials, spoon design for use or display, and finishes. No prior experience required, but fair hand strength, curiosity, and enthusiasm is necessary.

All materials and tools supplied with a tool material fee of \$30 cash paid at the first class. Wayne's workshop is not handicapped accessible.

Instructor: Wayne Hall

Wayne Hall makes contemporary sculptural furniture from natural materials, primarily trees and parts of trees. Among the places he has taught are the Center for Furniture Craftmanship, Peters Valley Craft Center, Haystack Mountain School of Crafts, and Duke University. Wayne has been Adjunct Assistant Professor in the Art Department at the University of Maine, Orono since 2000. His work is available largely through galleries, and he is always open to discuss commissions or for a studio visit. His work brings some of the vitality, mystery and sometimes serenity of the forest into your home. Wayne taught a PVSC Fall 2024 course on "Rustic Furniture Making."

WEDNESDAY MORNING

10:00-12:00
5-week Hands-on course

March 26, April 2, 9, 16, 30 No class April 23
Minimum 4 Maximum 8

Gelatin Printing and Marbling

Bangor, ME (Address emailed to registrants)

Gelatin printing is a process that is open to experimentation and personal expression. Found objects and stencils are used to create images that are layered, colorful, and tactile. Participants will create a large number of prints which can be enhanced with watercolor, colored pencil, text, or collage.

Marbling is the centuries old art of hand printing paint designs on paper, fabric, and other surfaces.

All materials are supplied with a material fee of \$15.00 cash paid at the first class. The Bangor address will be listed on the receipt. This location is not handicapped accessible. If stairs are a problem, you may not wish to register for this class as there is no access to the basement except down the stairs.

Hand-outs and all the supplies they need to do the work. Familiar with gelatin prints? Feel free to bring materials to use. Acrylic paints will be used so wear clothes/aprons which can take the stains--there is no way to get the paint out. Since the floor often gets wet, wear shoes that are as slip resistant as possible.



Instructors: Kathy (Kal) Elmore and Heidi Crosier-Sypitkowski

Kathy (Kal) Elmore taught art at Bangor High School for about 25 years, and is now happily retired. She continues to work to encourage the best possible outcomes for her students, teaching privately and in workshops. Kal works in many different media, focusing on printmaking and collage.

Heidi Crosier-Sypitkowski worked as a clinical social worker, retiring after 38 years. Before, during and after her professional career, Heidi experimented with multiple crafts: photography, theatre arts, pottery, stained glass, and knitting, stumbling on marbling at the Maine Fiber Festival. After studying with Chena River Marblers she set up her own home studio, working with acrylics and a variety of paper stock and fabric.

WEDNESDAY MORNING

10:00-12:00
6-week In-Person Active course

March 26, April 2, 9, 16, 23, 30
Minimum 8 Maximum 24

Tai Chi / Qigong

Keith Anderson Community House
19 Bennoch Rd., Orono



This Tai Chi and QiGong course is designed for those who are new to these practices and also for more experienced practitioners who are looking to improve their overall health and well-being. In this course, you will learn the basic principles and movements of Tai Chi and Qigong. Throughout the course, you will be guided through a series of gentle and flowing movements which help to improve balance, flexibility, and coordination. You will also learn breathing techniques and meditation practices that can help reduce stress and promote a sense of calm and inner peace.

Please bring a clean pair of comfortable shoes or sneakers to change into to protect the wood floor, or if you prefer, go barefoot. There is a large, clean, and well-lit municipal parking lot just across the street from the venue, a walk of perhaps 50 feet.

Note: The Community Connector bus service (Route V) passes within one block of the building. Makes for an excellent transportation opportunity for the venue and service to a full complement of seniors from the entire Bangor Region, those with or without cars.

Instructor: Shiwa Noh

Shiwa is a dedicated Argentine Tango and Tai Chi instructor based in Maine, originally from Korea. Shiwa began training in Korean traditional dance at a young age and earned BIA in choreography from UC Irvine in 1986. Shiwa sees Tai Chi balancing the individual self with the natural world, encouraging better health and a deeper sense of connection. Shiwa recommends both Tango and Tai Chi to those seeking to better their well-being and connect with themselves and the world around them.

THURSDAY MORNING

10:00-12:00
4-week In-Person Hands-on course

March 27, April 3, 17, 24, (No class April 10)
Minimum 4 Maximum 8

Knit One, Purl Two: A Skill-building Workshop Series

Edythe Dyer Community Library
269 Main Rd, Hampden (at the top of the hill)



A skill-building knitting series for the confident beginner and curious veterans focused on “Tin Can Knits: The Simple Collection.” Choose a new project from this list or bring your own. Ample time will be provided for Q&A, show-and-tell, and meeting you where you are.

<https://blog.tincanknits.com/2020/09/24/the-simple-collection-revisited/>

Instructor: Janet Jonas

Janet is a self-taught knitter, former local yarn shop girl, and firm believer in “fiber therapy” through knitting while building community. Following careers in engineering, education, and community development, Janet returned to Maine where she’s connected with world-renowned knit designers, fiber producers and dyers, and PVSC.

THURSDAY AFTERNOON

1:30 - 3:30
4-week In-Person course

March 27, April 3, 10, 17
Minimum 2 Maximum 16

The History and Culture of Tea

UMA-Bangor Eastport Hall 105

This course offers an immersive exploration of tea’s rich history, diverse traditions, and the art of brewing. The course provides a comprehensive understanding of tea from its origins in Asia to its global impact. You’ll learn about the various types of tea, how they’re processed, and the unique brewing methods from cultures around the world—from China’s Gongfu Cha to Japan’s precise tea ceremonies, India’s vibrant chai rituals, and more.

Throughout the course, students will experience hands-on tastings, cultural immersion, and practical brewing techniques, giving a holistic understanding of this beloved beverage. We will also cover Maine’s unique tea history. Perfect for tea lovers and anyone interested in deepening their knowledge of tea.



Instructor: Jasmine Broadhead

Jasmine Broadhead is a homeschooling mother of two and business owner who recently moved to Maine with her family. She has developed a love for tea and tea cultures over the last few years. Through her online presence on Instagram and YouTube she has connected with tea drinkers, farmers, and business owners all over the world.

FRIDAY MORNING

10:00 - 12:00 AM
6-week In-Person course (recorded)

March 28, April 4, 11,18, 25, May 2
Minimum 8 Maximum 25

“Both Sides the Tweed”: Traditional Music in England and Scotland

UMA-Bangor Eastport Hall Room 105

English and Scottish traditional (folk) music has been captivating the non-folk for over 250 years. Early scholars believed the “rhymes” they found in old manuscripts were relics of a medieval art form. Edwardian collectors were amazed to find they were the words to songs people were still singing. In the 1950s, young people began singing these songs themselves “reviving” a tradition that had never died. In this course, you’ll meet the scholars—antiquarians, local history enthusiasts, ideologues, collectors—and examine their beliefs and biases. You’ll also listen to a lot of great music, performed by both traditional and revival musicians.



thesession.org

Instructor: Lisa Feldman

Lisa has been listening to and reading about traditional music for sixty-odd years. She previously taught classes on folk music for PVSC in 2019 and 2023.

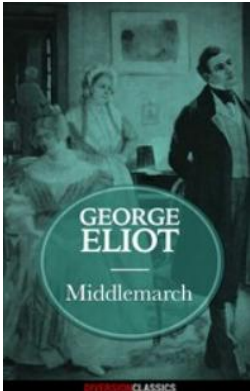
FRIDAY AFTERNOON

1:30 - 3:30 PM
6-week In-Person course with recordings

March 28, April 4, 11,18, 25, May 2
Minimum 6 Maximum 15

A Deep Dive into Middlemarch

UMA-Bangor Eastport Hall Room 105
Classes will be recorded



Middlemarch, by George Eliot, is the subject of this course. It is the most famous and probably the most accessible novel by Eliot. It features four marriage plots embedded in a sprawling narrative about England in the middle of the nineteenth century, a time of intense interest in the sources of Christianity and the Bible, labor unrest and a move towards liberalization of the voting process. Ruth is using a paperback published by Washington Square Press, but any edition will do.

Instructor: Ruth Nadelhaft

Ruth Nadelhaft was born and mostly educated in New York City, followed by graduate school at the U. of Wisconsin. She came to Maine with her husband who was hired to teach Early American History at the University of Maine. She, too, taught at the University, starting at was then Bangor Community College. Her background is in English Literature, but she also taught Women’s Studies and Women in Literature and was the Director of the University Honors Program. Their two children grew up in Bangor. Now retired, Ruth has taught a few courses for PVSC and enjoyed them.

Materials: Ruth is using a paperback published by Washington Square Press (Simon & Schuster), but any edition will do.

PENOBSCOT VALLEY SENIOR COLLEGE

Learning for the fun of it!



PVSC SPRING 2025 COURSES REGISTRATION FORM

**PVSC 499 Broadway PMB #274 Bangor, ME 04401
admin@pvscmaine.org (New email) (207-659-1359)**

Most classes start the week of Monday March 24, 2025

Online Registration Opens March 10th and ENDS 3 days before the start of each course.

Each course is \$35 for each 2025 household member or MSCN member.

Use initials if two people are registered on one form.

If location is not listed, in-person courses are held at UMA-Bangor campus.

\$ _____ *PVSC Individual Membership \$25*

\$ _____ *PVSC Household Membership \$40 (two people at the same mailing address)*

\$ _____ *Additional donation option - thank you.*

\$ _____ **Current State of American Democracy...
Hybrid, recorded** **Mon. 10:00 – 12:00 (6 weeks, Minimum 20)**
(No class Apr. 21) Choose in-person or Zoom

\$ _____ **Line Dancing** **Mon. 1:30-3:30 (6 weeks, Maximum 16) (No class Apr. 21)**
Orono- Keith Anderson Community House

\$ _____ **Late Music of Leonard Cohen** **Tues. 10:00-12:00 (4 weeks, Minimum 10)**
(Begins April 1)

\$ _____ **Early Keyboard Instruments** **Tues. 2:00-4:00 (4 weeks, Minimum 10 Max 30)**
St. John’s Catholic Church, Bangor *(Begins April 1)*

\$ _____ **Carving Wooden Spoons (Orland, TBA)** **Tues. 1:00-4:00 (4 weeks, Minimum 3 Max 5)**

\$ _____ **Gelatin Printing & Marbling (Bangor, TBA)** **Wed. 10:00-12:00 (5 weeks, Minimum 4 Max 8)**
(No class April 23)

\$ _____ **Tai Chi / Qigong, Orono-Keith Anderson** **Wed. 10:00-12:00 (6 weeks, Minimum 8, Max 24)**
Orono- Keith Anderson Community House

\$ _____ **Knit One, Purl Two.. (Hampden Library)** **Thurs. 10:00-12:00 (4 weeks, Minimum 4 Max 8)**
(No class April 23)

\$ _____ **History & Culture of Tea** **Thurs. 1:30-2:30 (4 weeks, Minimum 3 Max 16)**

\$ _____ **“Both Sides the Tweed”: Traditional Music...** **Fri. 10:00-12:00 (6 weeks, Limit 25)**

\$ _____ **Deep Dive into Middlemarch** **Fri. 1:30-3:30 (6 weeks, Minimum 6 Max 15)**

Checks to PVSC – Total enclosed: \$ _____ Check # _____

Name: _____ Email address: _____

Name: _____ Email address: _____

Mailing Address: _____

Phone number(s): _____ Home or Cell (Circle one).

All active courses require emergency contact with phone number, and disclaimer form to be signed at the activity.