



PVSC

# Voice

Learning for the Fun of It!

## A Gallery of Goodness

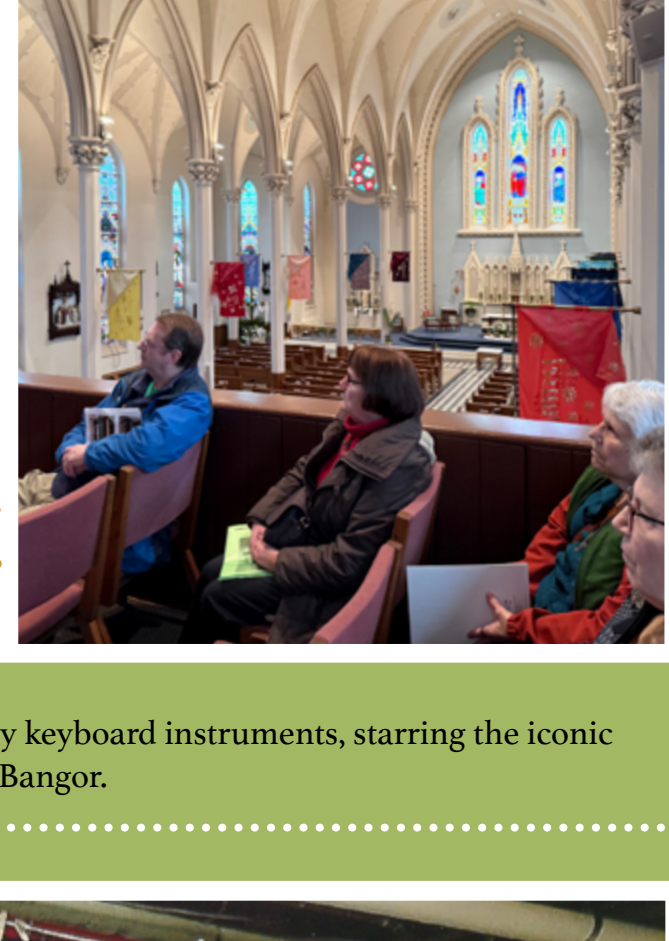
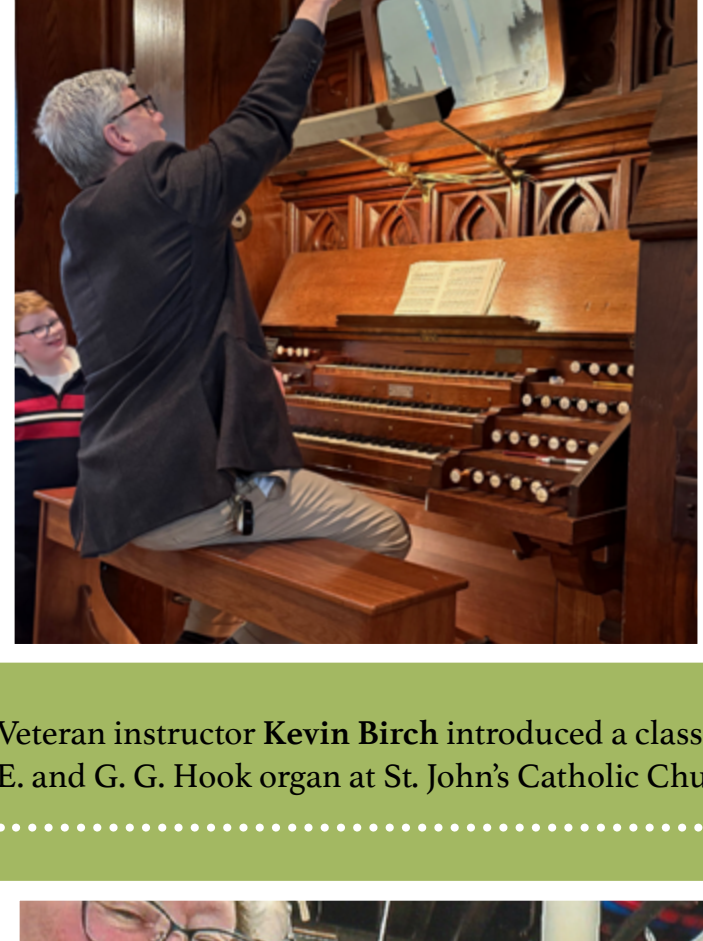
So much fun! Spring courses and One-Day Presentations gave us a rich variety of experiences, and members gobbled them up



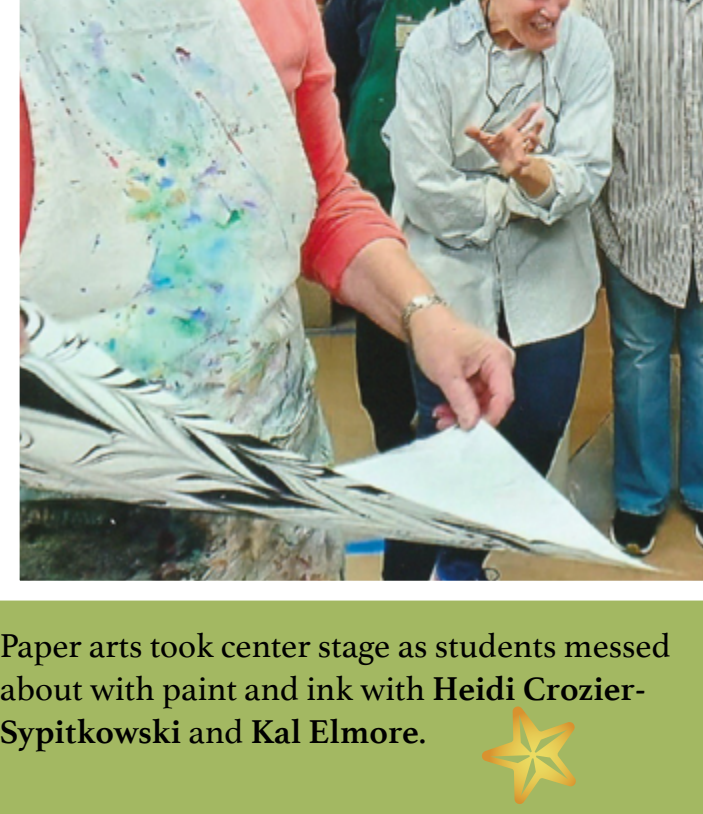
Barney Kubetz put together an extraordinary look at the state of democracy today. He somehow managed to bring both Senators Collins and King, Representative Golden, and Governor Mills to share their views with the class, either in person or by Zoom.



A happy clan of dancers kicked up their heels on the beautiful dance floor of the Keith Anderson Community Center in Orono, as Carol Plummer and Mary Smith taught beginning line dancing.



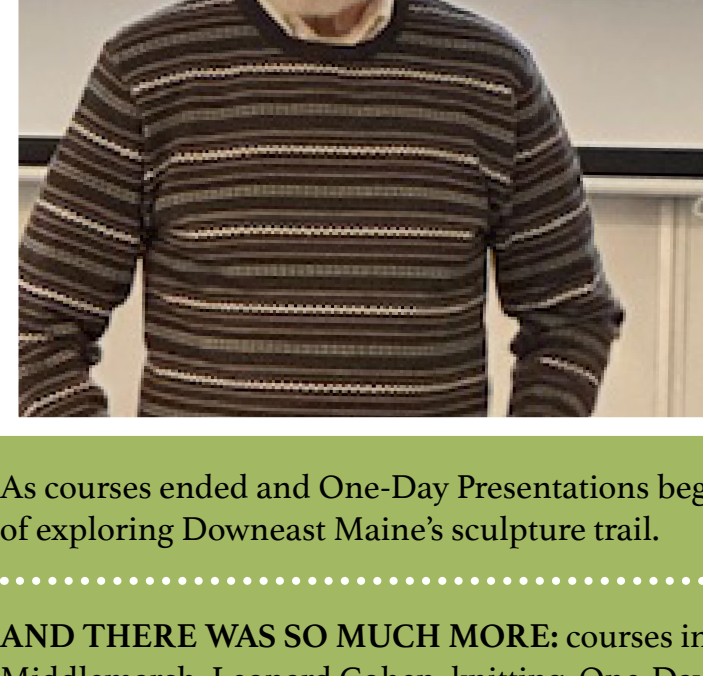
Veteran instructor Kevin Birch introduced a class to early keyboard instruments, starring the iconic E. and G. G. Hook organ at St. John's Catholic Church in Bangor.



Paper arts took center stage as students messed about with paint and ink with Heidi Crozier-Sypitkowski and Kal Elmore.



Members explored the surprisingly interesting history and culture of tea under the leadership of Jasmine Broadhead.



As courses ended and One-Day Presentations began, Marisue and John Pickering shared the joys of exploring Downeast Maine's sculpture trail.

AND THERE WAS SO MUCH MORE: courses in spoon-making, Tai Chi, English-Scottish folk music, Middlegarth, Leonard Cohen, knitting, One-Day Presentations for the young also included the solar system and Hansen's Disease. Really, we have something for everyone.

Huge thanks to our volunteer instructors and presenters, who enrich our lives. And to our gifted and very hard-working Curriculum and One-Day Presentation Committees, which continue, year after year, to bring us excellent learning for the fun of it!

(Photo credits: Sheila Krautkremer, Anita Kurth, Robert Sypitkowski, Ann Torrey, Shelia Zahm)

### How Does It All Happen?

June is the month when volunteers at PVSC can take a deep breath and relax a bit. No courses are offered in June. The committee for One Day Presentations has concluded their work and the July and August offerings are on the website with registrations happening. The Curriculum Committee has completed its work on the fall courses and they will be ready to run at the end of September. For these volunteer committees to have June moments to catch their breath belies how much work they have done.

How do these courses and presentations happen? Countless brainstorming sessions occur, using members' suggestions for topics. Will this idea make a good course? Who could be a resource for it? Then committee members assign themselves topics and a possible presenter to contact. Instructors write proposals. Once accepted, the committee assigns days of the week along with times. Classroom liaisons must be found, as well as technology hosts. The space for the courses must be located. The committee chairs ride herd on their members and keep everyone organized and on task. It is an extreme effort—all done by volunteers!

PVSC is an amazing organization! Here's to all the volunteers! Please join them in their efforts to keep us LEARNING FOR THE FUN OF IT!

Contact Roland at [admin@pvscmaine.org](mailto:admin@pvscmaine.org) to volunteer.

~Ann Torrey

## The Summer Extravaganza!

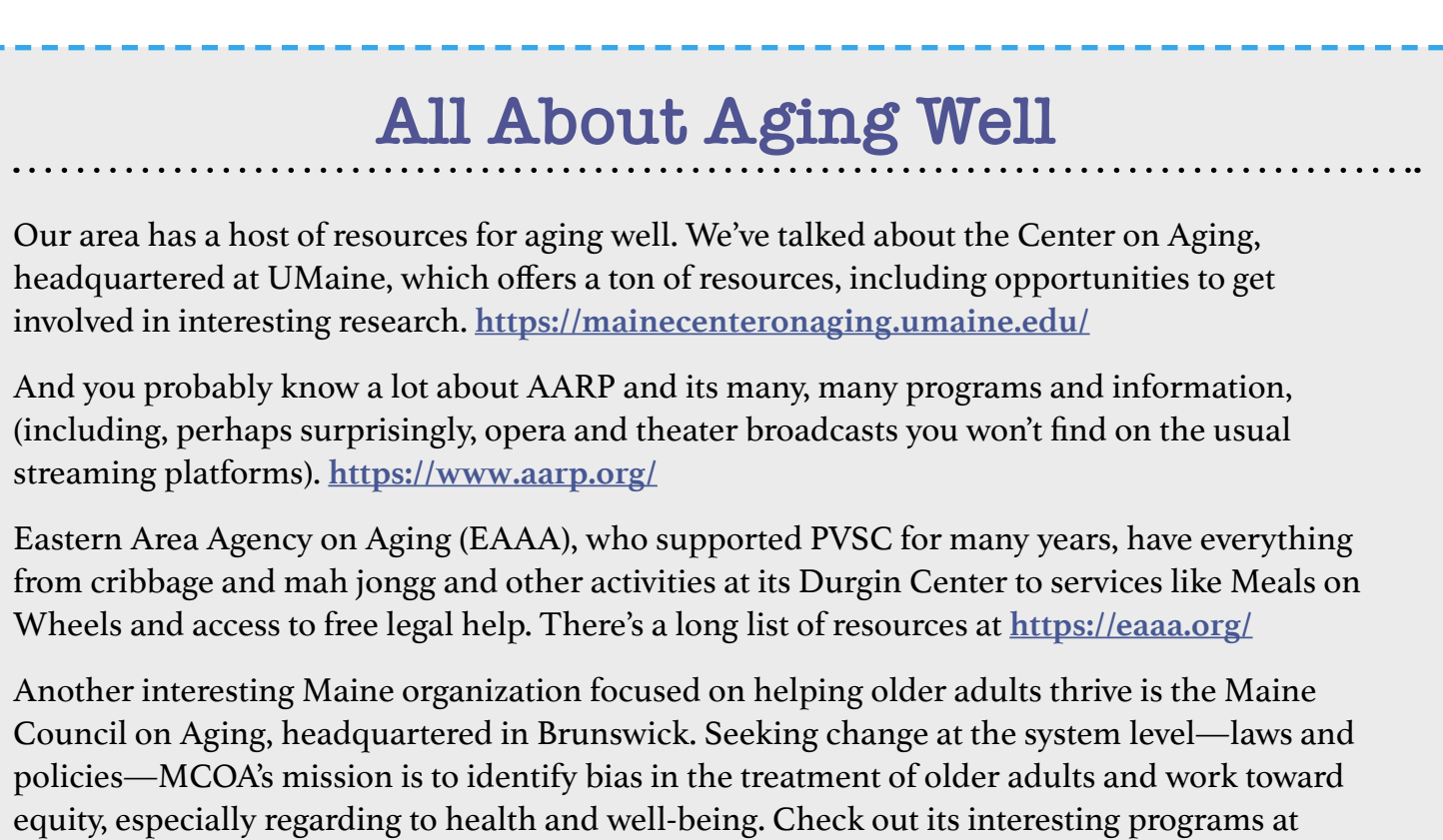
If you still haven't registered for our wonderful summer series of one-off talks and adventures, now's the time! Check out the details on the website: [pvscmaine.org](https://pvscmaine.org)

### FIELD TRIPS/TOURS WILL GO TO

- Advanced Structures and composites Center at the University of Maine—you know, the people who make the "bridge in a backpack" and other innovations
- Hirundo Wildlife Refuge in Old Town
- The Frances Perkins National Monument in Damariscotta
- Our historic Mt. Hope Cemetery

### PRESENTATIONS INCLUDE

- The Arctic Circle
- Downsizing
- Driving fitness
- Intuitive eating
- Lessons from 1776
- The Acadian Tragedy
- Exercise for bone health



### All About Aging Well

Our area has a host of resources for aging well. We've talked about the Center on Aging, headquartered at UMaine, which offers a ton of resources, including opportunities to get involved in interesting research. <https://mainecenteronaging.umaine.edu/>

And you probably know a lot about AARP and its many, many programs and information, (including, perhaps surprisingly, opera and theater broadcasts you won't find on the usual streaming platforms). <https://www.aarp.org/>

Eastern Area Agency on Aging (EAAA), who supported PVSC for many years, have everything from cribbage and mah jong and other activities at its Durgin Center to services like Meals on Wheels and access to free legal help. There's a long list of resources at <https://eaaa.org/>

Another interesting Maine organization focused on helping older adults thrive is the Maine Council on Aging, headquartered in Brunswick. Seeking change at the system level—laws and policies—MCOA's mission is to identify bias in the treatment of older adults and work toward equity, especially regarding to health and well-being. Check out its interesting programs at <https://mainecouncilonaging.org/>

The Voice is published bimonthly (or so).  
See more online at: <https://pvscmaine.org/>