



FALL 2009

October 5 – November 13

SCHEDULE OF COURSES

ACTIVE ADULTS Age 50+
Fall, Winter, & Spring Sessions
Best buy in the county!

Website: www.mileonline.org

E-mail: mileatchapman@gmail.com

Message phone: 860-343-5863

Sponsored by Middlesex Community College

FRI, OCT 9

GETTING HIGH ON HIKING

10 AM – NOON

This lecture/slide show will explore how to engage one's mind and senses while hiking around New England. Attention will be given to identifying and appreciating flora and fauna and to familiarizing oneself with various tools and aids for hiking.

Presenter: Sally A. Roberts, Esq., BA, Radcliffe; JD, Washington College of Law; litigation associate for several years; law clerk at CT Appellate Court; currently an associate at Brown, Pain, Diris, & Scott; President of the Board of the Preventive Medicine Center; avid sports-woman.

FRI, OCT 9

GUIDED TRAIL WALK AT MXCC

1 – 3:00 PM

This hike will be an introductory road walk of two miles with the option of hiking ¾ mile on the CFPA's Mattabesett Blue-Blazed hiking trail. The trail is a section of the recently designated New England National Scenic Trail, the first National Scenic Trail designated in 25 years! The road is mostly level with one moderate up and down soon after leaving MxCC. The trail section of the hike is moderate – no large elevation changes, but constant up and down over ledge with rocky footing. The trail walk will provide excellent views of Asylum Reservoir #2. Participants should wear appropriate footwear, bring extra clothing as dictated by weather, water, and a snack to enjoy along the hike.

Hike Leader: Rob Butterworth, volunteer, Connecticut Forest & Park Association (CFPA); Volunteer Trail Manager for the Cockaponset and Demonstration Forest Blue-Blazed Hiking Trails, Crib manager, certified Family Rambo leader and current chairman of CFPA's Trail Committee; avid outdoorsman who enjoys hiking, mountain biking, kayaking, cross-country skiing, and snow shoeing.

FRI, OCT 16, 30 – EXPERIENCE GHANA

10 AM – NOON

Course will provide historical overview, discussion of customs, culture, common proverbs, living standards and conditions, and the presenter's personal life history and perspectives. The second session will end with a taste of typical Ghanaian food.

Cost for food sampling: \$5, payable at first class.

MILE FALL 2009 CALENDAR

Middlesex Institute for Lifelong Education

Orientation –Friday, September 11th 10AM

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>October 5</u></p> <p><u>First Lady of the World: Eleanor Roosevelt</u> Judy Bernstein 1 – 3 PM</p>	<p><u>October 6</u></p> <p><u>Journeys Across a Hidden Connecticut</u> Peter Marteka 1 – 3 PM</p>	<p><u>October 7</u></p> <p><u>East Coast Writers go West</u> Janice Albert 1 – 3 PM</p>	<p><u>October 8</u></p> <p><u>Calligraphy</u> Joanne Bugai 10 - 11 AM</p> <p><u>Great Decisions</u> Richard Kamins 1 – 3 PM</p>	<p><u>October 9</u></p> <p><u>Getting High on Hiking</u> Sally Roberts 10 AM – Noon</p> <p><u>Guided Trail Walk</u> Rob Butterworth 1 - 3 PM</p>
<p><u>October 12</u></p> <p><u>Withstanding the Lie</u> Roger and Nicole Brewer 1- 3 PM</p>	<p><u>October 13</u></p> <p><u>Marching Across Connecticut</u> Alicia Wayland 1 – 3 PM</p>	<p><u>October 14</u></p> <p><u>Writers Thornton Wilder and Eugene O’Neill</u> Janice Albert 1 – 3 PM</p>	<p><u>October 15</u></p> <p><u>Calligraphy</u> Joanne Bugai 10 - 11 AM</p> <p><u>Great Decisions</u> Richard Kamins 1 – 3 PM</p>	<p><u>October 16</u></p> <p><u>Experience Ghana</u> Mensimah Shabazz 10 AM - Noon</p>
<p><u>October 19</u></p> <p><u>From Mental Ward to Independence</u> Susan Aranoff 1 – 3 PM</p>	<p><u>October 20</u></p> <p><u>The American Revolutionary War</u> Ray Dennis 1 – 3 PM</p>	<p><u>October 21</u></p> <p><u>TRIP to New London</u> Lyman Allyn Museum & Monte Cristo Cottage 10 AM – 3 PM</p>	<p><u>October 22</u></p> <p><u>Calligraphy</u> Joanne Bugai 10 - 11 AM</p> <p><u>Great Decisions</u> Richard Kamins 1 – 3 PM</p>	<p><u>October 23</u></p> <p><u>Baltic Sea Cruise</u> Melanie Giamei 10 AM - Noon</p>
<p><u>October 26</u></p> <p><u>Seaplane to Alaska</u> Jolly and Charlie Steffens 1 – 3 PM</p>	<p><u>October 27</u></p> <p><u>TRIP to Lebanon, CT</u> 10 AM – 3 PM</p>	<p><u>October 28</u></p> <p><u>TRIP to The Village at South Farms</u> 10AM – 1:30 PM</p>	<p><u>October 29</u></p> <p><u>Great Decisions</u> Richard Kamins 1 - 3 PM</p>	<p><u>October 30</u></p> <p><u>Experience Ghana</u> Mensimah Shabazz 10 AM - Noon</p> <p><u>Sample Food of Ghana</u> Noon</p>
<p><u>November 2</u></p> <p><u>Life as a Radio Broadcaster and Journalist</u> Jim Senich 1 – 3 PM</p>	<p><u>November 3</u></p> <p><u>Founding Fathers: Connecticut Forum</u> Bill Olds 1 – 3 PM</p>	<p><u>November 4</u></p> <p><u>Frank Sinatra</u> Dr. Gil Gigliotti 1 – 3 PM</p>	<p><u>November 5</u></p> <p><u>Grapes of Wrath</u> Gay Fialko 10 AM – Noon</p> <p><u>Great Decisions</u> Richard Kamins 1 - 3 PM</p>	<p><u>November 6</u></p> <p><u>Prince Edward Island</u> Jean Chittenden 10 AM - Noon</p>
<p><u>November 9</u></p> <p><u>TRIP to the State Capitol and State Courthouse</u> 10AM – 3 PM</p>	<p><u>November 10</u></p> <p><u>Spirituality and Aging</u> Judith Felton 1 – 3 PM</p>	<p><u>November 11</u></p> <p><u>Slavery and the War Between the States</u> Frank Shoring 1 – 3 PM</p>	<p><u>November 12</u></p> <p><u>Grapes of Wrath</u> Gay Fialko 10AM - Noon</p> <p><u>Great Decisions</u> Richard Kamins 1 – 3 PM</p>	<p><u>November 13</u></p> <p><u>Second Annual Taste of MILE International</u> Ruth Armentano 11:30 AM – 1:30 PM</p>

MxCC Series: Soul of a People (Remembering the Great Depression)

Free and Open to the Public

9/18	<u>“Soul of a People” Celebration</u>	MxCC, Chapman Hall, Rm 808	6 – 8:30 PM
10/08	<u>Scholar Panel on CT Federal Writers’ Project</u>	Russell Library, Hubbard Rm	7 – 8:15 PM
10/22	<u>Oral Histories from the 1930s</u>	MxCC, Chapman Hall, Rm 808	11AM – 12:20 PM
11/12	<u>Soul of a People</u>	Russell Library, Hubbard Rm	7 – 8:15 PM
11/18	<u>Their Eyes Were Watching God</u>	MxCC, Library, Periodical Rm	12:30 - 1:30 PM



MILE

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