

# Happenings

**Spring Term March 30–May 22, 2009**

**Mark Your Calendar!**

February 25	Winter Appreciation and Spring Kick-off Luncheon
February 27	Early registration deadline
March 6	Winter term ends
March 10-11	Strategic planning / Council meeting
March 24	Study group leader and asst. orientation
March 25	New member orientation
March 25	Tea with Chee at Tweed
March 30	Spring term begins / welcome coffee
April 1	Council meeting
April 6	Journey Jargon: Norway
April 8	Library Tour
April 11	Dinner Dance at Northland Country Club
April 13	Lecture: US Director Jane Dolter
April 15	All member break out sessions
April 20	Journey Jargon: Israel
April 28	Brownlee Board meeting
April 22	Greenhouse Tour
April 23	<i>Much Ado About Nothing</i> UMD Dinner and Theater
April 27	Lecture: author Sam Cook
May 4	Journey Jargon: Turkey
May 6	Council transition meeting
May 11	Lecture: Dr. Conrad Firling on Study Abroad in Poland
May 13	Fall copy due
May 16	<i>Phantom of the Opera</i> at the Orpheum
May 20	Spring Appreciation Luncheon
May 22	Spring term ends
June 3	Council meeting (2009-10 council members)

**Journey Jargons & Lectures**

Journey Jargons, held on selected Mondays at 11:30 a.m. in Kirby Plaza 311, feature slides and personal experiences of trips taken by University for Seniors (US) members and guests. Lectures cover a myriad of topics, and are followed by a question and answer session.

**Journey Jargons**

**April 6–“Coastal Steamer Adventure in Norway”**

Long time US member John Collins kicks off the spring series with a presentation of his travels by coastal steamer to the top of Norway and back again. Join him as he recounts this adventure.

**April 20–“Israel”**

Bob and Selma Goldish have traveled to Israel 14 times, three as volunteers at a large Galilee hospital. He will show vistas of Israel and snippets of everyday life there that generally are not shown by our news media. He'll also introduce you to some of their Israeli friends.

**May 4–“Adventures in Turkey”**

Donna Effinger shares her journey to Turkey, visiting Istanbul, Troy, Ephesus, Kusadasi, Pergamon, Aphrodesias, Antalya, and Cappadocia.

**Lectures**

**April 13–“Where Do We Go From Here?”**

Jane Dolter, University for Seniors Director, has been in her position since December. With a completed strategic planning process in March, she will talk about what is on the horizon for University for Seniors. Come hear an update and have an opportunity to share your ideas and questions.

**April 27–“Outdoors in the North Country”**

Sam Cook, columnist and editor of the outdoor section of the Duluth News Tribune, and author of several books of favorite memories and stories, will tell about his life and work. Through the years Sam has brought appreciation and enjoyment of the wilderness, and a sense of his passion for being there, to readers who can only imagine the scenes and events he describes.

**May 11– UMD Study Abroad in Poland: Science Plus Culture”**

Conrad Firling, UMD Professor Emeritus, will explain the UMD Swensen College of Science and Engineering study abroad program in Wroclaw, Poland. For five weeks each summer, UMD students pursue a required course in chemistry or biology, plus attend lectures and discussions regarding the history, languages, geography, and culture of Eastern Europe.

**Please note: US staff will process the early registrations on February 27. After study groups have been assigned, you will receive one statement which includes payment confirmation, study groups for which you are registered with the room assignments, and any study groups for which you are waitlisted.**

## **Study Groups**

**Spring 2009 Study Groups: March 30 – May 22, 2009**

Study groups are eight weeks in length, unless otherwise listed. Each study group is limited by the size of the room and the wishes of the leader, with a maximum number of 40. Study groups are held in Kirby Plaza (KPlz), AB Anderson Hall (ABAH), and Sports Health Center (SpHC). All classes are filled based on members' priority choices. February 27 is the deadline for early registration. Oversubscribed study groups are determined, and members are notified if waitlisted. Additional registrations received after February 27 will be placed in open classes or added to the waiting lists. Remember to list your study group choices in priority order when you register. (4 week classes each count as one class.) Note carefully on your fee statement the starting date, time, and location for each study group. (Note special times and/or dates indicated by an \*).

### **Monday**

#### **Exercise for Silver Foxes (001) 8:00–9:00 a.m. SpHC 33 Monday, Wednesday, and Friday**

This head to toe exercise class uses video tapes and is geared specifically for seniors.

**Kay Campbell** is a US member and experienced Silver Fox.

#### **Seated Strength Training (002) 9:00–10:00 a.m. SpHC 33, Monday and Friday**

For those who desire increased mobility, strength, and endurance, chair exercises are done to enhance daily living in a safe and practical workout. Video by Anne Burnell of Stronger Seniors.

**Cheryl Jonason** is a US member.

#### **Singing for Joy (003) 9:00–11:00 a.m.**

We will be studying and singing Broadway music, spirituals, and the classics.

**Nancy Neilson** is a US member and music director at Glen Avon Presbyterian Church.

#### **Extreme Engineering (004) 9:00–11:00 a.m.**

Marvel at some of the most impressive engineering feats from around the world with this fascinating Discovery Channel series. Each episode features a major project involving moving massive amounts of earth or erecting enormous structures. Topics include widening the Panama Canal, tunneling under the Alps, building a network of immense floodgates in Venice, constructing a gigantic Danish container ship, rebuilding the Oakland Bay Bridge, subway systems in America, Boston's Big Dig, Transatlantic Tunnel, Millau Viaduct, and more.

**John Collins** is a US member.

#### **Cities of the Underworld (005) 1:00-3:00 p.m.**

This fascinating program takes you beneath today's international cities to discover hidden chambers and passageways leading to untold ancient secrets. Travel back in time as you descend below street level with guides Eric Geller and Don Wildman. While they crawl around in the muck, you'll gain access to surprising sites that are walked over by millions every day in cities such as Paris, New York, Bucharest, Rome, and London.

**John Collins** is a US member.

#### **Writers on the Natural World (006) 1:00–3:00 p.m.**

We'll read and discuss the writings of Sigurd Olson, Jim Vickery of Ely, Aldo Leopold, and many other authors of both prose and poetry. Guest speakers will bring new perspectives to the group.

**Fern Arpi** is a US member who appreciates the natural beauty of Northern Minnesota.

#### **\* We are All Americans, North and South: the Intersection of Our Common Interests (007) 1:00–3:00 p.m.**

This study group will take a close look at specific issues that are currently affecting the Americas: globalization and free trade agreements, human rights, and immigration. Through the lens of Latin American testimony, guest speakers will shed light on the human side of these important issues and offer options for bringing justice and peace to the Americas.

**Lyn and John Clark Pegg** have been actively involved in Latin American issues for the past 10 years on a personal level and as volunteers for Witness for Peace. They have coordinated delegations to Columbia, Nicaragua, Cuba, and Venezuela. (Note: First 4 weeks only; March 30, April 6, 13, 20)

#### **\* Iceland: Land of Fire and Ice (008) 1:00-3:00 p.m.**

A broad overview of Iceland, covering geology, culture, history, language, and sagas. There will be optional reading, listening to stories, lectures, and visual presentations.

**Marlene Johnson** is a US member and group facilitator. **Steve Guttormsson** is of Icelandic descent, and he and his wife **Rosemary** have traveled to Iceland several times. (Note: Second 4 weeks only; April 27, May 4, 11, 18)

### **Tuesday**

#### **Seated Stretching (009) 8:00-9:00 a.m. SpHC 33 Tuesday and Thursday**

Join us for exercise that increases flexibility and mobility, strengthens abdominal and back muscles, and reduces tension in the shoulders, neck, and back. DVD by Anne Burnell.

**Cheryl Jonason** is a US member.

Study groups requiring books will have them available for purchase in the UMD Bookstore (first floor Kirby Student Center). You will find a bookcase marked University for Seniors with the titles clearly marked. Every effort will be made to keep the cost of books to \$35 per study group or less. All members of a study group will be charged a fee if study group leaders provide a large volume of photocopied materials.

**\* Denotes a special time and/or dates**

**Conservation in the U.S.—Reflections of a Long Term Volunteer Activist (010) 8:30–10:30 a.m.**

We will discuss many of the issues connected to the movement to conserve and restore our natural resources, including politics and conservation, the uses of Lake Superior, forest, and private timber land management, endangered species, and more.

**Dave Zentner** has devoted much of his life as a volunteer in the conservation and environmental movement.

**American Presidents (011) 8:30–10:30 a.m.**

Several different presenters will bring you the PBS series on Presidents of the 20th century, with time for discussion each week. JFK, Jimmy Carter, Ronald Reagan, and LBJ will be covered during the spring session.

**Mavis Whiteman** is a US member.

**Freelance Writing (012) 8:30–10:30 a.m.**

This course will help you understand the market for freelance writing, learn where and how to get started, know how to target your story to your audience, and practice writing effective freelance pieces. We will “pick the brains” of some freelance writers and local editors. By the end of the course, each person will have at least one polished article to submit.

**June Kallestad** has 20 years of experience as a professional writer.

**Tai-Chi (013) 9:00–10:00 a.m. SpHC 33**

**Tuesday and Thursday**

Benefit from the study and practice of 108 Tai-Chi moves.

**Hilja Nast** is a US member and has studied Tai-Chi with Toast Monk, Master Mon Lin-Chin.

**\* What’s Playing in the Twin Ports (014)**

**11:00 a.m.–1:00 p.m.**

There are many classical music concerts in Duluth and Superior, including those from the Duluth-Superior Symphony Orchestra, Matinee Musicale, and the several colleges and universities. This study group introduces the musical selections to be played at upcoming concerts. This should help anyone attending the concerts to better understand the music they will hear. It will also provide a good general introduction to various types and periods of classical music.

**Paul Schmitz** is a classical pianist and has been the host of Channel 8’s live telecasts of the DSSO for over 20 years.

*(Note: First 4 weeks only; March 31, April 7, 14, 21)*

**\* Butterflies (015) 11:00 a.m.–1:00 p.m.**

Take a close look at butterflies and their anatomy, life cycle, and families. The emphasis will be on local butterflies. We will also discuss butterfly books and photography.

**Larry Weber** is a teacher, naturalist, and author of three books on butterflies.

*(Note: Second 4 weeks only; April 28, May 5, 12, 19)*

**\* Denotes a special time and/or dates for the study group.**

**\* Birding (016) 11:00 a.m.–1:00 p.m.**

Listen to the birds and learn their calls. We will look at birds often seen locally, including black birds, white birds, ducks, geese, snowbirds, and warblers. This is not a class for ornithologists!

**Audrey Monicken** is a US member and has been a birdwatcher for many years. She worked as a seasonal naturalist in the School Forest in Madison, WI.

*(Note: First 4 weeks only; March 31, April 7, 14, 21)*

**\* What Jesus Learned from his Yidisha Mama (017) 11:00 a.m.–1:00 p.m.**

The Jewish mother has always held a strong influence over the growth of her children and their future outside the nest. Jesus was no exception. This class explores the religion and culture that likely surrounded Mary and Jesus. Today’s Christian will find the influence of Judaism and Jewish mothers vital to understanding their Savior.

**Gary Gordon** is a US member, has been a rabbinical aide at Temple Israel for many years, and has led two multi-faith compassionate listening trips to Israel.

*(Note: Second 4 weeks only; April 28, May 5, 12, 19)*

**Memory into Memoir: Getting Started (018)**

**11:00 a.m.–1:00 p.m.**

A memoir is a collection of rememberings, and bits and pieces from a life. It’s a treasure only you can give to those who come after you. In this writing workshop you’ll be with others who’d like to share and discuss their writing as you generate new material and rework the old. You’ll be given helpful tips and skills as you reflect on where you’ve been. Class size limited to 15.

**Claudia Cohen** is a US member who taught English for 32 years, and is a life-long reader, writer, and lover of words.

**Cold War (019) 1:30–3:30 p.m.**

Explore the Cold War and study important issues such as civil liberties, alliances, and military interventions. We will examine the ideas and policies of world leaders who played leading roles in the nearly half century of conflict when the world was on the brink of nuclear war.

**Neil Storch** is a US member and UMD Professor Emeritus.

**Rocks and People (and Penguins): A Geological Mosaic (020) 1:30–3:30 p.m.**

From South India to Antarctica to the Iron Range of Minnesota, learn about the geology as well as the culture and people in many regions of the world. Topics include plate tectonics, volcanoes, earthquakes, glaciers, and global warming.

**Dick Ojakangas** is a UMD Professor Emeritus. During his 38 year career, various geological research projects, field trips, and lecturing on cruise ships took him to many parts of the world on all seven continents.

**Tracing the Tracks through Time II (021) 1:30–3:30 p.m.**

Join us as we delve a bit deeper into the combined history of Duluth and the railroad. We will explore the various industries that required this transportation, and how those industries, along with the railroad, built Duluth into what it is today.

**Michele Pearson** and staff from the Lake Superior Railroad Museum will lead this study group.

### **Hebrew (022) 3:30–5:30 p.m.**

Beginners will study the Hebrew alphabet, while intermediate students will study vocabulary. **Shirley Garber** is a US member who loves teaching Hebrew.

## **Wednesday**

### **Exercise for Silver Foxes 8:00–9:00 a.m. SpHC 33**

#### **Monday, Wednesday, and Friday**

This head to toe exercise class uses video tapes and is geared specifically for seniors.

**Kay Campbell** is a US member and experienced Silver Fox.

### **Pilates on the Ball for Seniors (023) SpHC 33**

#### **9:00 a.m.–11:00 a.m.**

Did you know that falling down is the leading cause of injuries for women and men over 55 years of age? Since STOTT PILATES helps improve your balance and coordination, it can help prevent such injuries. It also helps improve your overall strength, flexibility, and endurance. It revitalizes and aligns your body, sharpens your mind, and provides relief from stress and back pain. In this class, we will work hard but not take ourselves too seriously.

**Carol Peterson** is a US member and a certified STOTT PILATES instructor.

#### **\* The Buck Stops Here: Truman (024) 9:30–11:30 a.m.**

Examine the life of our 33rd president, Harry S. Truman, with emphasis on the momentous decisions he had to make upon succeeding to the presidency at the death of FDR in April 1945.

**John Sjogren** is a US member and has been interested in history since he was a young boy, and has read extensively on American history and U.S. presidents.

(Note: Second 4 weeks only; April 29, May 6, 13, 20)

### **Great Decisions (025) 9:30–11:30 a.m.**

Participants will purchase “Great Decisions 2009 Topics” and read and discuss one chapter each week. Topics include energy and the global economy, global food supply, Cuba after Castro, universal human rights, the Arctic Age, Egypt in the 21st century, and more.

**Howard Meyer** is a US member, a retired physician with a life-long interest in domestic and international events..

### **\* Seasoned Chix® Fitness Dance-a-Long (026) 11:00 a.m.–12:00 noon**

Each Seasoned Chix® Fitness class is a one hour dance-a-long party featuring choreographed fun and upbeat music. Class members can participate at their own level of fitness. Every step is a step in the right direction with Seasoned Chix®.

**Judy Gordon** enjoys teaching older women and has created fitness classes just for them.

(Note: Second 4 weeks only; April 29, May 6, 13, 20)

**\* Denotes a special time and/or dates for the study group.**

### **Food and Culture (027) 12:00 noon –2:00 p.m.**

We will discuss the history of the foods and cultures of various countries and regions of the world, while partaking of their unique cuisines. All sessions will be held at various locations off campus. Participants will be responsible for cost of meals. This class is limited to 20 people.

**Koresh Lakhan** is a US member, former owner of the India Palace restaurant, and a cooking instructor.

### **George Gershwin: the Man, the Music, the Movies (028) 12:00 noon–2:00 p.m.**

‘S wonderful, ‘s marvelous, ‘s Gershwin. Beginning with the PBS American Masters documentary, *Gershwin Remembered*, we’ll view the life and listen to the music as performed by Gershwin and others in a variety of movies, including Fred Astaire in *Shall We Dance?* (1937), Judy Garland and Mickey Rooney in *Crazy Girl* (1943), and Gene Kelly in *An American in Paris* (1956), among others.

**Clarice Roseen** and **Bob Goldish** are US members and Gershwin fans.

### **Classics of African Culture (029) 12:00 noon–2:00 p.m.**

This study group will focus on reading and writing about the concept of identity in African civilizations and cultures. We will examine the ways in which Africans experience tradition, and change individually and as communities. We will become familiar with classic works that represent current themes in African culture and societies, such as oral tradition, use of language, community, post-colonial influence, and gender roles. Required texts include *The Dark Child* by Camara Laye, and *Things Fall Apart* by Chinua Achebe.

**Adam Meyer** has a PhD in African Literature and has taught at Butler University, Ball State University, and the University of Alabama. His grandparents are Africanist, and he traveled from a young age to African countries.

### **Russian (030) 12:00 noon–2:00 p.m.**

A Russian language course for travelers. Learn basic phrases, words, and numbers that will help you when shopping, dining, getting around town, and meeting people. Required text is *Lonely Planet’s Russian Phrasebook*.

**Mike Jaros** has a degree in Russian as well as some practical travel experience.

## **Thursday**

### **Seated Stretching 8:00–9:00 a.m. SpHC 33**

#### **Tuesday and Thursday**

Join us for exercise that increases flexibility and mobility, strengthens abdominal and back muscles, and reduces tension in the shoulders, neck, and back. DVD by Anne Burnell.

**Cheryl Jonason** is a US member.

#### **\* History of Books (031) 8:30–10:30 a.m.**

Is a clay tablet a book? Is an electronic screen a book? We will talk about books, what they are, where they came from, and where they may be going.

**Jeanne Goessling** is a US member.

(Note: First 4 weeks only; April 2, 9, 16, 23)

**\* Genealogy: Finding Your Family (032)**

**8:30–10:30 a.m.**

Here is a chance to organize what you know about your family and learn how to add to your information. Find out which resources are available and how to use them.

**Mary Evans** is a US member who loves history.

(*Note: Second 4 weeks only; April 30, May 7, 14, 21*)

**Economics in the Obama Era (033)**

**8:30–10:30 a.m.**

This course will discuss the causes and effects of the economic problems that have faced the Obama administration since it took power in January 2009. These problems include the stock market crash of 2008, the economic recession of 2008-09, and the transition from the Bush administration Iraq war to the Obama administration withdrawal. Finally, the course will explore the national deficit and debt, and the economic problems that this may cause for future generations.

**Jerry Peterson** is a US member, and a UMD professor emeritus of Economics.

**\* Minnesota Authors (034) 8:30–10:30 a.m.**

This course will look at some of the Minnesota authors from the “biggies” like Lewis and Fitzgerald, to contemporaries like Hassler, Holm, and Carol and Robert Bly, and many in between. We will also look at many of the authors who have been honored with a Northeastern Minnesota Book Award.

**Mary Lewerenz** is a US member, and a retired history and English teacher.

(*Note: Second 4 weeks only; April 30, May 7, 14, 21*)

**Tai-Chi 9:00–10:00 a.m. SpHC 33**

**Tuesday and Thursday**

Benefit from the study and practice of 108 Tai-Chi moves.

**Hilja Nast** is a US member and has studied Tai-Chi with Toast Monk, Master Mon Lin-Chin.

**The Great Composers (035) 11:00 a.m.–1:00 p.m.**

Learn about Bach, Handel, Vivaldi, Mozart, Beethoven, Schubert, Mendelssohn, and Puccini with the video series “The Great Composers.”

**Ann Anderson** is a professional violinist and has been a UMD music professor for over 40 years.

**\* Nuclear Energy (036) 11:00 a.m.–1:00 p.m.**

Learn about the status of the nuclear industry in the U.S. and worldwide, sources and supply of uranium, safety issues and storage of nuclear waste, and the demand of nuclear energy for the production of electricity.

**Tom Boman** has a degree in Chemistry and is a UMD Professor Emeritus.

(*Note: First 4 weeks only; April 2, 9, 16, 23*)

**Mystical Traditions (037) 11:00 a.m.–1:00 p.m.**

A scholarly, indepth review of the great mystical teachers and their writings in Judaism, Christianity, and Islam. This will be a DVD/discussion course with Professor Luke Timothy Johnson from Emory University School of Theology.

**Donna Effinger** is a US member.

**\* Denotes a special time and/or dates for the study group.**

**Great Books (038) 1:30–3:30 p.m.**

*The Seven Deadly Sins Sampler*, a new anthology published by the Great Books Foundation, serves up a gluttonous banquet of fourteen of the best short stories ever written about seven of the worst human foibles. Required text is *The Seven Deadly Sins Sampler*.

**Bill Miner** and **Ron Kyllonen** are US members.

**Reading and Listening to Local Poets (039) 1:30–3:30 p.m.**

Using the new book *Trail Guide* as a resource, we will read several pieces from a local poet during the first hour of each class. During the second hour, the poet will come to class and read and talk to us about his/her work, and answer any questions we may have.

**Cal Benson** taught in high schools and colleges throughout the Midwest, starting just after the second glacier and moving that slowly, presenting his primary passion-poetry.

**Pharmacy Students Lecture (040) 3:45 p.m.**

Students from the UMD School of Pharmacy will lecture on topics such as physical activity and its benefits, bone health, living with depression for seniors, and many more interesting subjects. There will be time reserved for questions and answers. A list of topics will be posted on the bulletin board.

**Meg Little** is a Senior Lab Service Coordinator at the UMD College of Pharmacy.

**Friday**

**Exercise for Silver Foxes 8:00-9:00 a.m. SpHC 33  
Monday, Wednesday, and Friday**

This head to toe exercise class uses video tapes and is geared specifically for seniors.

**Kay Campbell** is a US member and experienced Silver Fox.

**Seated Strength Training (002) 9:00–10:00 a.m. SpHC 33,  
Monday and Friday**

For those who desire increased mobility, strength, and endurance, chair exercises are done to enhance daily living in a safe and practical workout. Video by Anne Burnell of Stronger Seniors.

**Cheryl Jonason** is a US member.

**Hiking (041) 9:30–10:30 a.m.**

Get out and explore the many trails that Duluth has to offer with a friendly group of hikers. We'll hike a different trail each week, including Bagley Nature Area, the Lakewalk, Willard Munger Trail, Hawk Ridge, and more.

**Lou Anne Siefert** and **Judy Rudman** are US members who enjoy the outdoors.

**Cosmos (042) 9:30–11:30 a.m.**

Renowned astronomer and author Dr. Carl Sagan explores the mysteries of the universe in this award-winning series. From the big-bang theory to early civilizations and purported UFO abductions, Sagan takes viewers on an educational and entertaining intergalactic journey with a focus on mankind's place in the grand scheme.

**John Collins** is a US member.

### **Art Studio: Watercolor (043) ABAH 135**

**9:30 a.m.–12:00 noon**

This study group is designed for the serious beginner or current artist who enjoys perfecting skills in an open studio. Lessons will consist of painting demonstrations by instructor and guest artists, with plenty of time for individual help and encouragement. Limited to 20.

**Edna Blanchard** is a US member.

## **SIGS**

**Special Interest Groups** are open only to paid US members. Call the contact person for more information.

### **Bridge**

Fridays, 12:30 – 3:00 p.m.

Meets each Friday afternoon when US is in session. New members are encouraged to join, 303 KPlz

Joan Varda, 218/728-3981

Karen Erickson, 218/727-5851

### **The Silver Pen: Writing Workshop**

1:00 p.m. - 3:00 p.m., March 6 and April 3

Cheryl Reitan, UMD University Relations, will work with writers in several genres; fiction, non-fiction, memoir, poetry, humor, and feature articles. Take your writing to the next level. Each class session will include writing time and a chance to share work. We will work on how a writer can seize the reader's attention with just a few sentences. **OPTIONAL:** The goal of the class will be to publish a book of University for Seniors work in April/May 2009. Area judges will choose the work from the submissions.

### **Friday Movies, 12:30 p.m., 311 KPlz**

Clarice Roseen, 218/722-1147

**Reading the Classics** is a small informal group of US members who choose a classic to read and discuss once a month. For more information please call Joan Setterlund, 218/728-4986 or Warren Howe, 218/722-7200.

## **Special Events, Winter Term 2009**

### **Winter Appreciation and Spring Kick-Off Luncheon**

Wednesday, February 25, 11:30 a.m. in Kirby Ballroom

Come visit with the study group leaders for spring term and show our appreciation for the winter term leaders. An "Honor Our History" program will feature photos, music, and memories. Wear your US shirt if you have one, or something blue. The menu is French dip with side salad or penne and roasted vegetable salad. \$9 per person. Sign up by February 18.

### **Study Group Leaders and Assistants Orientation**

Tuesday, March 24, 9:30 a.m. in KPlz 311

### **New Member Orientation**

Wednesday, March 25, 9:30 a.m. in KPlz 311

### **New Member Welcome**

Monday, March 30, 11:00 a.m.–12:00 noon, coffee and treats in KPlz Atrium

### **UMD Library Tour**

Wednesday, April 8, 2:15 p.m.

Participants will be introduced to the online catalog as well as learn where everything is located. Meet in 1st floor Library lobby.

### **Dinner Dance at Northland Country Club**

Saturday, April 11, 5:30 p.m. Enjoy a wonderful meal and then dance the night away or play games while you enjoy the live music of the Randy Lee Ensemble at this special event to celebrate our 20th anniversary year! \$29 per person includes all. Sign up by April 4.

### **Greenhouse Tour**

Wednesday, April 22 at 11:45 a.m.

Deborah Shubat will lead a tour of the UMD greenhouses. Enjoy the sights and scents of the greenhouse, and learn a bit about the many plants in the collection, including those used in Biology classes.

### **Dinner and Theater**

Thursday, April 23, UMD Marshall Performing Arts Center.

Dinner is at 6:00 p.m. in the Garden Room and features Southwest Pork Loin or Grilled Vegetables with Penne Pasta priced at \$11.00 per person. Enjoy the 7:30 p.m. opening night performance of Shakespeare's *Much Ado About Nothing*, considered by many to be the most enduring romantic comedy of all time. Sign up by April 10 for Theater tickets.

### **Spring Bus Trip to Orpheum Theater, Minneapolis**

Saturday, May 16, matinee at 2:00 p.m. Bus departs at 8:30 a.m. and returns at 7:30 p.m. \$62 includes theater, ticket, and bus.

Your chance to see *Phantom of the Opera* by Andrew Lloyd Weber, the longest running show in Broadway history. A timeless story of seduction and despair—the one show the London Sunday Times called "God's Gift to the Musical Theater." Deadline to sign up is March 6.

### **Spring Appreciation Luncheon**

Wednesday, May 20 at 11:30 in Kirby Ballroom.

Wrap up the "school year" at the spring luncheon, where a 20th Anniversary program is being planned to showcase US writers through the years. There will be poetry and short stories all written and presented by our members. Lunch is \$9 per person with a choice of Beef Stroganoff or Vegetable Penne Salad. Sign up by May 12.

**Sign-up sheets are available in the green books in the US classrooms. Please enclose reservation fees when you sign up. Reservations are valid only if the fee is included when you sign up, and a signed release of liability form is on file in the US Office.**

**University for Seniors**  
Registration Form - Spring 2009 (please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, and Zip Code \_\_\_\_\_

Home Telephone \_\_\_\_\_ Cellular Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

In case of emergency, please call (name and phone number) \_\_\_\_\_

**February 27 is the deadline for early registration.** Register only for the class(es) you plan on attending. If a class is oversubscribed, you will be notified that you are waitlisted for that class. Registrations received after February 27 will be placed in open classes or added to the waiting lists.

Mail your registration form to: Continuing Education Registration  
1049 University Drive  
104 Darland Administration Building  
Duluth, MN 55812

Deliver your registration to: Continuing Education Registration Window  
104 Darland Administration Building

Questions? Contact Carole Schweiger at 218/726-7637

**See other side of this registration form  
for information on how to register online!**

**Membership Options**

Please indicate which fees are enclosed:

- Annual membership (already paid)
- Term member \$95
- Winter Appreciation Luncheon  
(Feb. 25) \$9 each (Reservation deadline  
is Feb. 18.)

NOTE: If you would like to attend US classes but need financial assistance, please contact the University for Seniors Office at 218/726-7637 for a scholarship application.

**Optional Contribution to UMD/US Foundation**

Please enclose a separate check and indicate the amount of your tax deductible contribution. \$ \_\_\_\_\_

**Payment Method**

Total included: \$ \_\_\_\_\_ Please indicate payment method:

Online  Check (payable to UMD/US) Check # \_\_\_\_\_

Credit Card (circle one) Amount \_\_\_\_\_

VISA                      Mastercard                      Discover/Novus

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

## Study Group Registration – Spring 2009

1. Choose only the study groups you plan to attend.
2. You can register for 10 study groups.
3. Prioritize your choices by placing a number next to each study group you selected, using #1 as your first choice, etc. Use each number only once, including a separate number for each 4 week study group. Select only one study group per time slot unless two four-week study groups are offered at the same time. **Failure to prioritize your choices increases the possibility of being waitlisted.**

<b>Monday</b>			<b>Wednesday</b>		
_____ 001	8:00	Exercise for Silver Foxes (MWF)	_____ 023	8:00	Exercise for Silver Foxes (MWF)
_____ 002	9:00	Strengthening Exercise (MF)	_____ 024	9:00	Pilates
_____ 003	9:00	Singing for Joy	_____ 025	9:30	The Buck Stops Here: Truman (2nd 4 wks April 29, May 6, 13, 20)
_____ 004	9:00	Extreme Engineering	_____ 026	9:30	Great Decisions
_____ 005	1:00	Cities of the Underworld	_____ 027	11:00	Seasoned Chix® Fitness (2nd 4 wks April 29, May 6, 13, 20)
_____ 006	1:00	Writers on the Natural World	_____ 028	12:00	Food and Culture
_____ 007	1:00	We Are All Americans, North and South (1st 4 wks March 30, April 6, 13, 20)	_____ 029	12:00	George Gershwin
_____ 008	1:00	Iceland: Land of Fire and Ice (2nd 4 wks April 27, May 4, 11, 18))	_____ 030	12:00	The Classics of African Culture
<b>Tuesday</b>			<b>Thursday</b>		
_____ 009	8:00	Stretching (TTh)	_____ 031	8:00	Stretching (TTh)
_____ 010	8:30	Conservation in the U.S.	_____ 032	8:30	History of Books (1st 4 wks April 2, 9, 16, 23)
_____ 011	8:30	American Presidents	_____ 033	8:30	Genealogy: Finding Your Family (2nd 4 wks April 30, May 7, 14, 21)
_____ 012	8:30	Freelance Writing	_____ 034	8:30	Economics in the Obama Era
_____ 013	9:00	Tai-Chi (TTh)	_____ 035	8:30	Minnesota Authors (2nd 4 wks April 30, May 7, 14, 21)
_____ 014	11:00	What's Playing in the Twin Ports (1st 4 wks March 31, April 7, 14, 21)	_____ 036	9:00	Tai Chi (TTh)
_____ 015	11:00	Butterflies (2nd 4 wks April 28, May 5, 12, 19)	_____ 037	11:00	Composers
_____ 016	11:00	Birding (1st 4 wks March 31, April 7, 14, 21)	_____ 038	11:00	Nuclear Energy (1st 4 wks April 2, 9, 16, 23)
_____ 017	11:00	What Jesus Learned from His Yidisha Mama (2nd 4 wks April 28, May 5, 12, 19)	_____ 039	11:00	Mystical Traditions
_____ 018	11:00	Memory Into Memoir	_____ 040	1:30	Great Books
_____ 019	1:30	Cold War	_____ 041	1:30	Reading & Listening to Local Poets
_____ 020	1:30	Rocks and People (and Penguins): A Geological Mosaic	_____ 042	3:45	Pharmacy Students Lecture
_____ 021	1:30	Tracing the Tracks Through Time II	<b>Friday</b>		
_____ 022	3:30	Hebrew	_____ 041	8:00	Exercise for Silver Foxes (MWF)
			_____ 042	9:00	Strengthening Exercise (MF)
				9:30	Hiking
				9:30	Cosmos

## Online Registration

University for Seniors offers an online registration option. Visit our Web site at [www.d.umn.edu/goto/seniors](http://www.d.umn.edu/goto/seniors) and click on the online registration link. The registration site is secure and has the same safety measures in place as other UMD registration systems, which means you don't have to worry about your personal and credit card information falling into the wrong hands.