



**A FREE "POP-UP UNIVERSITY"
MARCH 2024
READFIELD MAINE
ALL CLASSES ARE FREE!
FULL DETAILS OF CLASSES at
www.readfieldu.org**

An Overview of Climate Resilient Farming Practices Used in Maine *Nicholas Rowley* This class will focus on farming practices that Maine farmers are adopting to buffer climate changes, including soil health, tillage and cover cropping.
Mon. March 4: 2:00-3:00 p.m. Ages: High school/Adult Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Chair Yoga *Ann Parker* Accessible to most people, including those who may have been inactive for some time or have physical limitations. No prior experience is necessary. This practice meets you where you are!
Tues. March 5: 10:00 -11:30 a.m. Ages: Young adult to seniors Gile Hall, Readfield Town Office 8 Old Kents Hill Road

AUTHOR EVENT Allagash-New England's Wild River with author and humorist Tim Caverly. Hear first-hand about the lore, legends, and characters Tim experienced during his 32-years while a Maine Park Ranger. Includes music and photos.
Thurs. March 7: 3:00 – 4:30 p.m. Ages: Any interested Gile Hall, Readfield Town Office 8 Old Kents Hill Road

An Hour of Community Dialogue about the Israel Hamas War *Camille Davidson* Bring a question you'd like to ask and Camille and Scott will lead a discussion at The Gallery.
Fri. March 8: 9:30-10:30 a.m. Ages: Teen/Adult The Gallery, 1138 Main St. Readfield (Beside Post Office)

The Benefits of Joining a Local Farm's Crop Share Program *Trent Emery* This is for anyone interested in a healthy and cost effective diet of locally grown and delicious produce.
Mon. March 11: 2:00-3:30 p.m. Age: Adult Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Introduction to Tai Chi for Health and Balance *Ann Parker* Tai Chi for Health and Balance has been shown to relieve pain, improve physical movement, strength, flexibility and balance. This mind-body practice is suitable for all.
Fri. March 15: 10:00-11:30 a.m. Ages: Young adults -seniors Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Conservation and Outdoor Recreation Across Generations- Kennebec Land Trust *Theresa Kerchner*
Mon. March 18: 6:30-7:30 p.m. Ages: Middle school - Adult Gile Hall, Readfield Town Office, 8 Old Kents Hill Road

How to Solve the New York Times Crossword Puzzle *Mary Denison* We will look at different tricks and wordplay that are used and then we will all solve a Monday NYT's puzzle completely. Bring a sharp pencil with an eraser.
Tues. March 19: 6:30-8:00 p.m. Age: Any interested Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Kents Hill School: A Third Century of Excellence *Chris Cheney* Join Head of School Chris Cheney as he shares Kents Hill School's past - 200 years of continuous co-education and the strategic vision for the future.
Weds. March 20: 10:00-11:30 a.m. Ages: 18+ Kents Hill School, Bibby and Harold Alfond Dining Commons 93, Kents Hill Loop Road

AUTHOR EVENT with David Florig *The Stones of Ailsa Craig*, a work of historical fiction, set in 1890s Scotland and present-day Belfast, Maine - centered around the 60 million year-old island of Ailsa Craig in Scotland and the ancient Scottish sport of curling.
Thurs. March 21: 6:00 -7:30 p.m. Age: Late Teens/ Adults Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Growing Lavender Successfully in Maine *Kathy Landrum* Lavender is a perennial herb that can be challenging to grow in Maine. Find out which varieties do well here and best practices for planting and sustaining their growth.
Fri. March 22: 2:00-3:00 p.m. Ages: 16+ Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Introduction to Permaculture Landscape Design *Kathy Landrum* Permaculture landscape design is a way of organizing and prioritizing your outdoor surroundings, so they become more efficient and satisfying.

Fri. March 22: 3:30-4:30 p.m. Ages: 16 + Gile Hall, Readfield Town Office 8 Old Kents Hill Road

The Aging Continuum: A Physical Therapist's Perspective *Mary Ellis* A 45 minute talk on the "normal aging process", followed by 30 minutes of seated gentle movement, a break, and 15 minutes of open question time

Sat. March 23: 9:30-11:00 a.m. Ages: All Gile Hall, Readfield Town Office 8 Old Kents Hill Road

The Beans of Readfield Maine *Dale Potter-Clark*

The Beans were significant landowners, manufacturers, town officials and farmers in Readfield from 1780 into the 19th century. Come and learn more about them.

Sun. March 24: 2:00-3:30 p.m. Age: Any interested Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Creative Paper-Folding *Cheryl Clark and Nan Bell* Participants will work through the steps to create 3-dimensional paper objects, using origami and other techniques. Bring scissors and two-sided tape.

Mon. March 25: 2:00-3:30 p.m. Any age interested Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Smart Eating, Healthy Living: Preventing & Managing Diabetes through Diet *Brenna Nelson, RD, LD, CLC*

Empower yourself or your loved ones with the knowledge and skills necessary to make informed dietary choices to prevent or manage diabetes. An interactive presentation *Ellen Bowman, LCPC*, will also share her work from a support group for children with diabetes.

Weds. March 27: 3:00-4:30 p.m. Age: 18+ Gile Hall, Readfield Town Office 8 Old Kents Hill Road

Readfield in the Good Old Days A panel of longtime Readfield residents will share recollections of their lives in this community. Organized by Ed Dodge and moderated by Dale Potter-Clark

Sat. March 30: 2:00-3:30 p.m. Age: Any interested Gile Hall, Readfield Town Office 8 Old Kents Hill Road

WAYS TO REGISTER:

- Sign up online at ReadfieldU.org **OR**
- Send an e-mail to ReadfieldU@gmail.com giving your name, phone number and the class/classes in which you are interested. **OR**
- Send a letter through the mail giving your name, phone number and the class/classes in which you are interested to Maggie Edmondson, 186 Chase Rd, Readfield ME 04355. **OR**
- Leave a phone message at 685-4797 giving your name, phone number and the class/classes in which you are interested.

Your registration will be confirmed after it has been received and you will be notified close to the time if there is insufficient registration for the class to run. Cancellations because of snow will follow school closure.

Some of your neighbors offering "classes" have asked for a maximum or minimum number of people to be registered in order to run them, so we encourage you to sign up ahead of time.

Readfield U is sponsored by Readfield's Age-Friendly Committee

