



**MARCH 2024**

A Free “Pop-up University” for the month of March in Readfield Maine - neighbors sharing their skills and knowledge with neighbors.

## **All classes are free and held in Readfield**

- **History** – “The Beans of Readfield” and “Readfield in the Good Old Days”
- **Farming and Gardening** – “Climate Resilient Farming Practices Used in Maine”, “The Benefits of Joining a Local Farm’s Crop Share Program”, “Growing Lavender Successfully in Maine”, and “Introduction to Permaculture and Landscape Design”
- **Health** – “Chair Yoga”, “Tai Chi for Health and Balance”, “The Aging Continuum – A Physical Therapist’s Perspective”, “Smart Eating, Healthy Living: Preventing & Managing Diabetes through Diet”
- **Two author events** with “Tim Caverly: *Allagash-New England’s Wild River*”, and with “David Florig: *The Stones of Ailsa Craig*”
- **Hobbies**: “Creative Paper-Folding” and “How to Solve the New York Times Crossword Puzzle”
- **Other topics of interest** – “An Hour of Community dialogue about the Israel Hamas War”, “Kents Hill School – A Third Century of Excellence”, “Conservation and Outdoor Recreation Across Generations- Kennebec Land Trust”

**FULL DETAILS OF ALL CLASSES ARE ON OUR WEBSITE:**

[www.readfieldu.org](http://www.readfieldu.org).

The class schedule and locations, as well as information on registration, are also in town offices, libraries and post offices in Readfield and surrounding communities. If you have questions you can also contact us through [ReadfieldU@gmail.com](mailto:ReadfieldU@gmail.com) or by telephone: **685-4797**. All locations are accessible.

*Need a ride, or interested in being a volunteer driver? Call 860-0677 to contact Neighbors Driving Neighbors or e-mail [neighborsdrivingneighbors@gmail.com](mailto:neighborsdrivingneighbors@gmail.com)*

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

