M.I.L.E.S. offers:

- Intellectual stimulation, interaction and friendship for older, active adults
- Daytime courses without term papers, tests or grades
- Enrollment in as many classes as you want to take for $95
- Personalized fitness program and free use of the MCC Fitness Center

To register for M.I.L.E.S., call 1-800-818-3434 or walk-in:
Building 9, First Floor | Monday-Friday from 8:30 a.m. - 5 p.m.

To learn more, call Lauren Ellis at 781-280-3669 or visit www.middlesex.mass.edu/MILES

Middlesex Community College
591 Springs Road
Bedford, MA 01730-1197

MILES is an Affiliate of the Elderhostel Institute Network

“Education in not preparation for life; education is life itself” - John Dewey
Fall 2017 Opening Session

2 to 4 p.m. • Wednesday, October 4, 2017
Middlesex Community College • Café East
Campus Center, Building 8
591 Springs Road, Bedford, MA 01730

FREE and open to the public.

Questions: Call Lauren Ellis at 781-280-3669 or email ellisl@middlesex.mass.edu
**TUESDAY CLASSES:**

**COMING TO AMERICA**

This workshop provides participants with an overview of past and present immigrants coming to America with a more detailed presentation of the Mexican, Chinese and Muslim immigrants. It will explore the prejudice and discrimination that all new immigrants face when coming to a new land and how they were able to rise above such a hostility. Lastly, the workshop will examine the concepts of prejudice, minorities and discrimination along with the major theories on prejudice.

**MIL 698-30**  October 17  2 - 4 p.m.  HH 114

**DEEP IN THE HEART OF TEXAS**

Join us as we “travel” through South Texas. Learn about the Spanish missions of San Antonio and the Native Americans of South Texas. What are the six flags of Texas? Come and find out from an overview of Texas history. Come along as we hike in Big Bend National Park and the Guadalupe Mountains National Park. Then follow us deep underground as we explore Carlsbad Caverns National Park. The presenters, Ron, and his wife, Carol have visited more than 50 national parks in the past 13 years. They have taken day hikes on many of the trails in the parks, which are all recorded on video, while Carol photographed wildflowers and wild life.

**MIL 699-30**  October 24  2 - 4 p.m.  HH 116

**SAVvy SOCIAL SECURITY & MEDICARE PLANNING**

This informative seminar covers basics of Social Security and reveals innovative strategies for maximizing your benefits as well as an overview of Medicare and the way health care works in retirement and what decisions you need to make now to prepare.

**MIL 710-30**  October 31  2 - 4 p.m.  HH 210

**WEDNESDAY CLASSES:**

**BEGINNING GENEALOGY AND MORE (2 WORKSHOP SESSION)**

A trio of local genealogists will discuss different aspects of genealogy, for the beginner and intermediate genealogists. Dave Welsh will address family research; Bob Oliphant will discuss federal census records and will describe how to research foreign language genealogy. Patti Mason will discuss the sources available on the internet, as well as some lesser-used sources.

**MIL 608-30**  October 11  2 - 4 p.m.  HH 210

**MIL 608-31**  October 18  2 - 4 p.m.  HH 210
WEDNESDAY CLASSES: (Cont.)

HONORING CHOICES: “WHO’S YOUR AGENT?”
Getting the best possible care that honors your choices is a lifelong journey. You can make a personal health care plan and direct your care at every phase of health: when promoting everyday wellness, managing health and chronic illness, and living with serious advancing illness. In this seminar you will learn and be given tools to choose a health care proxy, and draft a Personal Directive, Durable Power of Attorney, MOLST (Medical Orders for Life-Sustaining Treatment) form and a CC/DNR (Comfort Care/Do Not Resuscitate) form. You will also learn conversation starters for care providers and loved ones. Make your lifelong health care plan all about you. This program will also include an overview of the Bedford Council on Aging services and offerings to the growing 60+ demographic.

Presenter: Alison Cservenchi, Director, Bedford Council on Aging
MIL 701-30 October 25 2 - 4 p.m. HH 210

CULINARY ADVENTURES
Are you hungry for some culinary inspiration? Turn the task of cooking into an exciting food experience! Join us in the kitchen as we explore unique recipes and put some twists into some tried and true classics. Learn to apply techniques and develop shortcuts. Best of all we will sample the fruits of our labor! Enrollment is limited to 9 participants. This course will take place at the Middlesex Meeting House, 294 Concord Road, Billerica.

Presenter: Stacy Kirby, MILES member
MIL 700-30 November 1 2 - 4 p.m. MCC Meeting House

FOR THE LOVE OF FITNESS
Walk the MCC Fitness Trails, located behind the Trustee’s House on the Bedford campus, that wind in the woods, around a pond and across a meadow. Tour the MCC Fitness Center facility and learn how to become comfortable using the equipment. At the end of your tour you will be able to engage in a circuit training session.

Presenter: Emily Norton, MCC Staff
MIL 702-30 November 8 2 - 4 p.m. NA G2

URGENT CARE VS. THE EMERGENCY ROOM
Come and learn about the differences between an Urgent Care facility and an Emergency Room. The services that each entity provide are different. Learn where to go based on your injury and/or ailment.

Presenter: Jack Leeber, Emerson Hospital Emergency Room Staff Member
MIL 709-30 November 15 2 - 4 p.m. HH 115

THURSDAY CLASSES:

DEATH CAFÉ
A Death Café is an open discussion about any topic related to death. Participating in a death café helps to reduce the stigma of talking about death, so that we can focus our attention on living our (finite) lives well. A Death Café is not a presentation – it’s a participant-created dialogue. There is no set agenda or theme – no promotion of any service or product – no urging of any specific action, theory or belief – no cost. Death Cafés began in Europe (“Café Mortel”), patterned after the tradition of philosophical circles that gathered in coffee houses to discuss “big life topics.” Death Cafés have quickly spread across the United States and the world. Check out www.deathcafe.com for more information.

Presenter: Eileen Malloy, Circle Home Health
MIL 703-30 October 5 2 - 4 p.m. HH 116

LOUISA MAY ALCOTT AND LUCY MAUD MONTGOMERY
Little Women and Anne of Green Gables are among their most beloved books for many readers. The authors lives were very different but both were bright, determined, ambitious, and individualistic. Many direct quotes. (The instructor works at the Alcott home and met a friend of Montgomery on the first of several trips to Prince Edward Island).

Presenter: Hope Luder, MILES Member
MIL 704-30 October 12 HH 216
INTUITION DEVELOPMENT WORKSHOP
Want to learn more about your natural intuitive abilities? This workshop will provide information about intuition including a discussion and exercises in using clairvoyance, clair cognizance, clair sentience, and clairaudience. Discover how to connect with your higher self and your own personal spirit support system through a safe and nurturing exploration of your natural abilities.

Presenter: Jessica Frost, MCC Staff Assistant
MIL 705-30 October 19 2 - 4 p.m. HH 309

NORMAL AGE-RELATED FORGETFULNESS AND DEMENTIA
Have you ever wondered, “Does my loved one have dementia or is normal age related forgetfulness?” Certain changes are common as we age while memory changes that interfere with a person’s ability to function are not a part of normal aging. Learn more about the difference and discover how dementia isn’t just a memory loss, it is a condition that affects the entire brain.

Presenter: Jennifer Quinn, Owner ComForCare Home Care
MIL 706-30 October 26 2 - 4 p.m. HH 116

FALL FLORAL ARRANGEMENT
Make your own fall flower arrangement using bright and seasonal fresh flowers and grasses. We provide all the tools and supplies as well as step-by-step instructions. No experience required. You take home your masterpiece. Class size limited to 15.

Presenter: Cindy Mattson, from Given Erwin Florist
MIL 707-30 November 2 2 - 4 p.m. HH 220

DEFICITS, DEBT, & THE STATE OF THE U.S. ECONOMY
By the time of this session, Congressional deadlines for passing a federal budget and raising the federal debt ceiling will have passed and Congress and the Trump administration want to address taxes this fall. Will congress buckle down and take bipartisan action and reforms or devolve into political gamesmanship and kick the can down the road one more time? Either path could impact stock markets and the economy. We’ll cover what happened, but dig into the deeper underlying political, economic, and demographic challenges that face the U.S. in terms of government spending, taxes, and debt.

Presenter: Robert Kaulfuss, MCC Faculty
MIL 708-30 November 9 2 - 4 p.m. HH 116

PERSONAL ENRICHMENT COOKING CLASSES
NOTE: CULINARY CLASSES ARE SEPARATE FROM THE M.I.L.E.S. PROGRAM AND ARE OFFERED ON THURSDAY EVENINGS IN LOWELL.
To enroll call 1-800-818-3434

CULINARY ADVENTURES WITH THE UNITED TEEN EQUALITY CENTER (UTEC)
Parking Available At The Lower Locks Garage, Located At 90 Warren Street, Lowell

These classes use the industrial kitchen at the United Teen Equality Center (UTEC) located at 35 Warren Street, Lowell.

BASIC FRENCH CUISINE
Learn the basics of French cuisine while making Poulet sauté avec tomate concasse et champignons (or Sautéed chicken with tomato concasse and mushrooms). You will learn how to sauté properly, how to create and use tomato concasse, how to make and use a demi-glace and how to create a pan reduction. Understanding the basics will set you off to a creative pursuit of culinary delights.

Cuisine Bienvenue á Francaise!
(3 hours) $69
10/12 3 - 6 p.m. OFF-SITE GIORDANO
PER 798 80 17219

BASIC ITALIAN CUISINE
What makes a good Italian sauce? How do meats affect the flavor profile of a sauce? How can you vary the flavor profile with ingredients, herbs and spices? What are the variations on a basic sauce? Learn the basics of creating a solid, flavorful sauce that will have you saying “better than any restaurant or supermarket sauce I have ever tasted.” We will go over the basic ingredients and talk about variations. You then can proceed to create your sauce. We will also put together meatballs in various ways and add sausage as well. If you prefer a vegetarian approach, we can talk about meatless sauces. Adding pasta to the discussion in terms of cooking time, using the starch water for flavor, par-cooking and holding will expand your abilities to save time and avoid hassles.

Benvenuto a Cottura Italina!
(3 hours) $69
11/16 3 - 6 p.m. OFF-SITE GIORDANO
PER 799 80 17220
PERSONAL ENRICHMENT ART CLASSES

NOTE: THESE ART EXPLORATION CLASSES ARE SEPARATE FROM THE M.I.L.E.S. PROGRAM AND ARE OFFERED ON FRIDAY AFTERNOONS IN BEDFORD. To enroll call 1-800-818-3434

ART EXPLORATION SEMINARS WITH CREATIVE ARTIST, JENNIFER ARADHYA

ARTIST VINCENT VAN GOGH
Vincent Willem Van Gogh was a Dutch Post-Impressionist painter who is among the most famous and influential figures in the history of Western Art. This seminar presents an overview of Van Gogh’s life and art. His work is characterized by bold, symbolic colors, and dramatic, impulsive and highly expressive brushwork that contributed to the foundations of modern art.

(2 hours) $29
10/20 2 - 4 p.m. ARADHYA
PER 780 30 17232 HH-114

ARTIST MARY CASSATT
Mary Cassatt (1844-1926) was an American painter and printmaker. She was born in Pennsylvania, but lived much of her adult life in France, where she first befriended Edgar Degas and later exhibited among the impressionists. This seminar presents an overview of the artist and her work, including exquisite images of the social and private lives of women, with particular emphasis on the intimate bonds between mothers and children.

(2 hours) $29
12/01 2 - 4 p.m. ARADHYA
PER 778 30 17235 HH-114

GARDNER MUSEUM ART HEIST
Just after midnight on March 18, 1990, two men dressed as police officers broke into Boston’s Isabella Stewart Gardner Museum and committed the largest art heist in history. After thousands of leads—and a $5 million reward—none of the paintings have been recovered. This session will explore the facts of the crime, the dozen stolen masterpieces, including one Vermeer, three Rembrandts, and five Degas and recent developments in the case.

(2 hours) $29
11/3 2 - 4 p.m. ARADHYA
PER 844 30 17233 HH-114

ARTIST EDGAR DEGAS
Edgar Degas (1834 - 1917) was a French artist famous for his paintings, sculptures, prints, and drawings. This seminar presents an overview of the artist’s life and works. He is especially identified with the subject of dance; more than half of his works depict dancers. He is regarded as one of the founders of Impressionism, although he rejected the term, preferring to be called a realist. His portraits are notable for their psychological complexity and for their portrayal of human isolation.

(2 hours) $29
12/08 2 - 4 p.m. ARADHYA
PER 788 30 17235 HH-114

TO REGISTER FOR M.I.L.E.S.

Walk-in:
Building 9, First Floor
Monday-Friday: 8:30 a.m. - 5 p.m.

Call:
1-800-818-3434

Mail money order check, or charge details with the completed registration form to:
Middlesex Community College
Enrollment Processing Center
33 Kearney Square

MCC accepts checks, money orders, MasterCard. Visa, Discover. American Express is not accepted.
MIL 616.30 COFFEE AND CONVERSATION WITH LAUREN OF THE MILES PROGRAM

Join us for this end of the semester gathering. We will gather to debrief the MILES semester. Come join us to talk about courses you liked, what could be improved and ideas for future courses. We will provide refreshments. There is no registration fee for this discussion but RSVP to Lauren at 781-280-3669 so we know how many to expect.

One meeting, Thursday, November 16   2 - 3:30 p.m.   Bldg. 4 - Trustees’ House

SILENT SKY

OCT. 18 - NOV. 12
By Lauren Gunderson
Directed by Sean Daniels

The incredible true story of a boundary-shattering New England astronomer

FIND YOUR LIGHT

Astronomer Henrietta Leavitt trades the comforts of her rural home for a job at the Harvard Observatory in Massachusetts. Her ambition leaves both her family and her new colleagues (women known simply as “computers”) perplexed. But with a single discovery, their views of themselves, each other, and the universe itself will be upended for all time. An incredible story of bold love, boundless determination, and the vast grandeur of the cosmos—an unparalleled treat for the heart, mind, and senses.

(From the creator of MRT's smash hit I and You!)

NEW THIS YEAR!!!

Please note that M.I.L.E.S. participants are able to choose any performance you would like to attend for a discounted rate of $30 per ticket. When purchasing your ticket through the Merrimack Repertory Theatre, use promo code MILES.

Purchase tickets online at http://www.mrt.org/show/silent-sky, by phone or in person.

The Merrimack Repertory Theatre is located at 50 East Merrimack Street, Lowell, MA. This presentation is a separate fee and does not count toward the $95 membership fee.
Register for each course individually for a $15 per class fee with a maximum fee of $95 for the semester. 

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### MONDAY CLASSES

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<tr>
<th>COURSE</th>
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<tbody>
<tr>
<td>❑ Film Series: Strong Women Feminist Movement</td>
<td>MIL 601 30</td>
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<td>❑ Film Series: Strong Women Feminist Movement</td>
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<td>❑ Coming to America</td>
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<td>❑ Deep in the Heart of Texas</td>
<td>MIL 699 30</td>
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<td>❑ Savvy Social Security &amp; Medicare Planning</td>
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### WEDNESDAY CLASSES

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<td>❑ Beginning Genealogy - Session 1</td>
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<td>❑ Beginning Genealogy - Session 2</td>
<td>MIL 608 31</td>
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<td>❑ Honoring Choices: Who's Your Agent?</td>
<td>MIL 701 30</td>
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<td>❑ Culinary Adventures</td>
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<td>❑ For the Love of Fitness</td>
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<td>❑ Urgent Care vs. the Emergency Room</td>
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### PERSONAL ENRICHMENT CLASSES

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<td>❑ Basic French Cuisine</td>
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<td>❑ Basic Italian Cuisine</td>
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<td>❑ Artist Vincent Van Gogh</td>
<td>PER 780 30</td>
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<td>❑ Gardner Museum Art Heist</td>
<td>PER 844 30</td>
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<tr>
<td>❑ Artist Mary Cassatt</td>
<td>PER 845 30</td>
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<tr>
<td>❑ Artist Edgar Degas</td>
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ALL CLASSES TAKE PLACE FROM 2 TO 4 P.M. UNLESS OTHERWISE NOTED.

### PAYMENT OPTIONS

Method of Payment

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We accept Visa, MasterCard and Discover for payment of membership fees. Complete all items below if you are charging a course. 

Note: Refunds are applied to the card account.

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Cardholder’s Authorizing Signature 
Print Cardholder’s Name

Register over the telephone…………………Call 1-800-818-3434
Mail registration form and payment to: …….Middlesex Community College, Enrollment Center 591 Springs Road, Bedford, MA 01730