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

- Intellectual stimulation, interaction and friendship for older 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: Enrollment Center, 1st floor, Bldg. 9 | 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 is not preparation for life; education is life itself” -John Dewey
Spring 2020 Opening Session

Meet M.I.L.E.S. facilitators • Enjoy light refreshments • Register for classes

Questions: Call Lauren at 781-280-3669 or e-mail career training@middlesex.mass.edu

Keynote: Rod Griffith
“The Beatles: 50 years later”

Wednesday, March 18, 2020
2:00pm – 4:00pm
Middlesex Community College
Cafe East, Campus Center, Building 8
591 Springs Road, Bedford, MA 01730

Break out your yellow submarines, silver hammers, and octopus’s gardens for a fun-filled jaunt down Abbey Road with the Fab four themselves, the Beatles!

Rod Griffith spent ten years in marketing positions at area technology companies including Data General and Digital Equipment Corporation before starting his own marketing services company twenty-five years ago called Market Reach, which is headquartered in Nashua. A resident of the greater Lowell area for over 30 years, Rod grew up in the Berkshires of Western Mass where as a teen he earned money dusting off the paintings of an elderly neighbor of his named Norman Rockwell. But it was his passion for collecting rare Beatles music and artifacts that led him to become a consultant to the Beatles and the estate of John Lennon.

Rod will be speaking on the Beatles – 50 years later – with in-depth insights into the studio workings of their last album, Abbey Road, as well as much of the political and social climate of the pivotal years of 1968-1970, both in the world of music and pop culture.

Rod is currently an active board member of COOL – the Cultural Organization of Lowell.

www.middlesex.mass.edu/MILES
MONDAY CLASSES

AMERICAN MOVIES
This spring’s film series is like a Jeopardy category. All the films we’ll be watching have the word “American” in the title. As an expression of popular culture, film tells us things about our societal values and what we are concerned with as a society at a given time in our history. The overarching question we’ll be exploring is, “What do these films tell us about what it means to be American? What is of a particular time and place in our culture and what is universal about being an American?” We will be watching: An American in Paris (1951), The Quiet American (1958), American History X (1998), American Beauty (1999), and American Honey (2016).

Presenter: Stan Hitron, retired MCC faculty
MIL 601 30 March 16 1-4 p.m. Trustee House, Galvani Room
MIL 601 31 March 23 1-4 p.m. Trustee House, Galvani Room
MIL 601 32 March 30 1-4 p.m. Trustee House, Galvani Room
MIL 601 33 April 6 1-4 p.m. Trustee House, Galvani Room
MIL 601 34 April 13 1-4 p.m. North Academic, G11

**Note different location for 4/13**

LEARN THE ART OF STORYTELLING: PART I
Want to tell a story? What’s your story? Storytelling is as old as humanity. Recently it has emerged as a popular form of social connection. Sharing your personal experiences provide an opportunity to reflect on one’s life. This two part session includes introductory activities, presentations and discussion of stories as you prepare to create your own story in part II on April 8th.

Presenter: Salvatore Lopes, Retired Social Studies Teacher
MIL 767 30 April 7 2-4 p.m. HH 113

ROARING TWENTIES
Join me for a trip, back to the roaring twenties and experience the political, social and technological change that would forever change the American culture and the lives of the people during that era. A period of history that went from prosperity to the stock market crash.

Presenter: Ed Alessi, MCC Adjunct Professor, Sociology
MIL 778 30 April 14 2-4 p.m. HH 113

Tuesday Classes

COMING OF AGE IN AMERICA
Sal traces his personal journey coming from Sicily, interacting with black students working on a tobacco farm as a teenager and after graduation attending a historically black college as a transfer student. After college, Sal served as a Peace Corp volunteer in a remote village in the northern part of Liberia (West Africa).

Presenter: Salvatore Lopes, Retired Social Studies Teacher
MIL 777 30 March 24 2-4 p.m. HH 113

CONVERSATIONS: MY TWO CENTS–TO SHARE OR NOT TO SHARE
Inspired by the movie “The Farewell”, a grandmother of a Chinese family has been diagnosed with terminal cancer. The family has chosen not to tell the grandmother that she is terminally ill. Which is common practice in some Asian countries. The movie is based on the writer-director’s personal family experience. This warm and endearing film gives us thought to ponder. Do we wish to know if we have a terminal illness? If so, do we wish to share this knowledge with those close to us? Viewing the film prior to the discussion is not required, but suggested.

Presenter: Elizabeth Valente, MILES Member
MIL 728 30 March 31 2-4 p.m. HH 113

GOOGLE SUITE FOR BEGINNERS: PART 1
Do you know what Google Suite is? Do you know how to use all that it has to offer? This two part class will introduce you to and provide hands on instruction in a computer lab so you can gain a better understanding and be able to use all that Google Suite has to offer. Google Suites is comprised of Gmail, Hangouts and Calendar. In addition, Google Suite (G-Suite) offers a drive for storage using Google Docs, Sheets, Slides, Forms and Sites for productivity and collaboration. There is so much you can do! Come and learn in a fun supportive environment with friends!

Presenter: Melissa Troche, MCC Noncredit Instructor
MIL 781 30 April 21 1-4 p.m. AR LIB 3 Library, Computer Lab room 3
WEDNESDAY CLASSES

IT’S MAKEOVER TIME!
Learn the basic principles of good skincare and applying makeup. Learn how to apply products and create a unique look to make your vision a reality. Learn some professional tips that will highlight your best features and have you looking picture perfect! You will look as good as you feel when you show off your new beauty skills.
Presenter: Amy Hahn, MCC Noncredit Instructor & Make-up Artist
MIL 783 30 March 25 2-4 p.m. HH 113

CUBA! HIGHLIGHTS OF A DIFFICULT STORY, A VIBRANT CULTURE AND A RECENT VISIT: PART I
In this two part robust class on Cuba, Hope Luder will speak about the national hero and poet Jose Marti, leader of the Cuban independence struggle. Hope will also cover Cuba History, Che Guevara, the Santeria religion, Cuban films and travel experiences of her most recent trip. Documentaries on the Cuban health system and daily living will also be included.
Presenter: Hope Luder, MILES Member
MIL 784 30 April 1 2-4 p.m. HH 113

THURSDAY CLASSES

CHINESE ART AS A WINDOW TO HISTORY
This class will discuss recent examples of visual art from China. We will explore the notion that visual art allows us to peer into a window of previous experiences so that we may envision new possibilities. The twentieth century ushered in a dramatic rethinking of Chinese civilization. What can traditional brush-and-ink painting, oil painting, woodcuts, and cinema reveal about Chinese society’s responses to upheaval, environmental degradation, and women’s emancipation?
Presenter: Shelley Drake Hawks, PH.D, MCC Adjunct Faculty
MIL 775 30 March 26 2-4 p.m. HH 113

THE ECONOMY’S ROLE IN THE 2020 ELECTION
The state of the economy is often the dominant issue when a president is up for re-election. This may be especially true for Donald Trump, who brags about his “best economy ever”. We will review the latest economic data that will play out this year before the election, as well as the underlying trends that could spell trouble in the years to come. We may also discuss policy positions of the top candidates on the major issues of employment, healthcare, trade and the environment.
Presenter: Robert Kaulfuss, MCC Credit for Prior Learning Coordinator & Faculty
MIL 780 30 April 22 2-4 p.m. HH 113

QUICK, EASY AND DELICIOUS!
Are you interested in healthy eating and easy food preparation? Focusing on simple techniques, be inspired to make a healthy menu a priority using fresh veggies, beans, whole grains and optimal animal products. Best of all, this class includes a generous tasting of food and recipes! Bon Appetit!
Presenter: Stacy Kirby, Demo Chef with Courtesy Demos & MILES Member
MIL 749 30 April 15 1:30-3 p.m. Nesmith House
GAME DAY

Come and join this, non-directed, drop in session where you can kick back and play games, have coffee or tea, and a lot of laughs! We will provide a deck of playing cards, UNO cards, Scrabble, multiple chess sets and more.

Presenter: Non-directed drop-in session
MIL 786 30 April 9 2-4 p.m. Trustee House, Galvani Room

OPPOSITE POLLS

We ran a poll, you answered, so here’s the class you wanted! This workshop will take a look at the use of polling in campaign elections. What is a poll? Who cares about them? Anyone running for office, that’s who! Are they right? Wrong? What’s an exit poll? How about a push poll? Who lives at the North Pole? For answers to these questions, and many more, join us for this sure-to-be animated class! 91.8 % of MILES students know this is the class to sign up for! Don’t be among that 8.7% that misses out! (Poll research indicates that 41.6% of you missed that math error)

Presenter: Patrick Cook, MCC Executive Director, Public Affairs
MIL 779 30 April 16 2-4 p.m. HH 113

PERSONAL ENRICHMENT CLASSES

Note: These classes are separate from the M.I.L.E.S Program

Intro to Drawing for Adults
Are you interested in learning how to draw but not sure the first steps? Join Artist, Bethany Peck of Studio 214 in Lowell, to learn all the basics of drawing. You will be introduced to the following topics: edges, light and shadow, negative and positive space. In addition, you will learn a variety of mediums that can be used such a charcoal, graphite, market or colored pencil. No experience is necessary to take this class only a sketch pad that you will need to bring with you.

(6 hours) $75
4/22 - 4/29 6-8:30 p.m. W B KALABOKIS PER 891 30 19228 NA G10

Let’s Do Brunch
Brunch offers up the perfect playground for exploration of new taste variations on some tried and true classics. Join us as we reach beyond oatmeal and explore the softer side of eggs, custard style French toast, gourmet crepes and more! Hope you can join us for this great class brimming with tasty ideas!

4/24 1-4 p.m. F B KIRBY PER 962 30 19863 OFF CAMPUS
This class is located at the Middlesex Meeting House, 294 Concord Road, Billerica, and is limited to 9 enrollments. (3 Hours) $45

Let’s Do Lunch
Luncheons can encompass everything from intimate Mother’s day celebrations to corporate affairs. Be prepared for both as part of our lunch bunch group where you will get the latest menu ideas from soup to salad to sandwiches. These menu options will go from a formal table to a picnic basket. Join us and explore the possibilities!

5/1 1-4 p.m. F KIRBY PER 961 30 19864 OFF CAMPUS
This class is located at the John Nesmith House located at 229 Andover Street, Lowell MA (3 Hours) $45

Spring Has Sprung Floral Arrangement
Daffodils, Tulips and other flowers are joyful harbingers of the season. Just in time for spring and Easter, learn tips for how to best care for these fresh flowers that you will arrange and take home. This hands on class is low key, geared for beginners, no experience necessary. Enjoy learning while you make something beautiful and you’ll get the bragging rights for doing it yourself. All flowers, tools and materials included. Materials fee of $25 is payable to the instructor at class via cash or check. Ms. Mattson is accredited as an American Institute of Floral Design member. (2.5 Hours) $35

03/23 6-8:30 p.m. M B MATTSON PER 784 30 18767 NA G10
COFFEE AND CONVERSATION – WITH LAUREN OF THE M.I.L.E.S. PROGRAM

Join us for this end of the semester gathering. On April 28 we will gather to debrief the MILES semester. Come join us to talk about courses you liked, what could be improved and ideas for the future. We will provide refreshments. There is no registration fee for this discussion, but please RSVP to Lauren at 781-280-3669 so we know how many to expect.

MIL 616 30 Tuesday, April 28 2–4 p.m. Meeting House, 294 Concord Road, Billerica

MIDDLESEX COMMUNITY COLLEGE

A World of Music CONCERT SERIES

FOR MORE INFORMATION, PLEASE CONTACT
Carmen Rodríguez-Peralta,
Director of A World of Music Concert Series,
781-280-3923 or peraltac@middlesex.mass.edu

FOR DIRECTIONS
MCC Concert Hall in Bedford:
https://www.middlesex.mass.edu/transportation/directions/bdirect.aspx
Academic Arts Center in Lowell:
https://www.middlesex.mass.edu/academicartscenter/directions.aspx

MCC 616 30 Tuesday, April 28 2–4 p.m. Meeting House, 294 Concord Road, Billerica

Spring 2020 Concert Schedule

Rasa String Quartet
The Rasa String Quartet was formed in 2019 at New England Conservatory and consists of violinists Kiyoshi Hayashi and Maura Shawn Scanlan; violist Claudia Do Minh Ramos and cellist Eunghee Cho. This ensemble is dedicated to creating meaningful connections with their audiences by performing repertoire from the classical, world and folk genres at the highest level of artistry. They will perform works by Felix Mendelssohn, Alberto Ginastera and some original arrangements of regional folk tunes.
3 p.m. • Sunday, March 29 • MCC Concert Hall • Bedford Campus

Evoking Landscapes through Music
The Lowell Chamber Orchestra, conducted by MCC faculty member Orlando Cela, will perform pieces reminiscent of places. Works by Bongani Ndodana-Breen, José Luis Elizondo, Francis Poulenc and Aaron Copland, from South Africa, Mexico, France and the United States respectively, will be performed.
7:30 p.m. • Saturday, April 18 • Donahue Family Academic Arts Center Recital Hall • Lowell Campus

MCC Student Recital
Student instrumentalists and singers.
12:30 p.m. • Monday, May 4 • MCC Concert Hall • Bedford Campus

Jérôme Mouffe, guitar
Belgian virtuoso guitarist Jérôme Mouffe will explore the reciprocal influences between music from the new and the old continents. From Agustin Barrios’ Mazurka or Antonio Lauro’s Waltzes to Roland Dyens’ fondness for jazz, or the flamenco Guajiras, this program will show how forms, genres, and musicians traveled thousands of miles to shape masterpieces of the guitar repertoire.
8 p.m. • Friday, May 8 • MCC Concert Hall • Bedford Campus

All Concerts are Free & OPEN TO THE PUBLIC
FOR MORE INFORMATION, PLEASE CONTACT Carmen Rodríguez-Peralta, Director of A World of Music Concert Series, 781-280-3923 or peraltac@middlesex.mass.edu

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FOR DIRECTIONS MCC Concert Hall in Bedford: https://www.middlesex.mass.edu/transportation/directions/bdirect.aspx

Academic Arts Center in Lowell: https://www.middlesex.mass.edu/academicartscenter/directions.aspx
M.I.L.E.S. 2020 Membership Information

Please review this section as it addresses many questions that we receive from members, in addition, to information you may not already know.

MILES MEMBERS:

• Are able to get DISCOUNTED TICKETS AT THE MERRIMACK REPERTORY THEATRE. When purchasing tickets please our special code: MILES and the discount will be applied.

• Can join a MOVIE CLUB lead by MILES member Elizabeth Valente. The movie club takes place when the MILES classes are not in session. If you are looking to stay in touch with the friends you have made when MILES in session then sign up to join the MILES Movie Club. After the movie is over members get together at a local coffee shop for discussion. In order to sign up please email Lauren Ellis, ellisl@middlesex.mass.edu or call 781-280-3669.

• Are able to OBTAIN AN MCC STUDENT ID from the MCC Fitness Center on the Bedford Campus. All you need is your Student ID #, which you can obtain from the Community Education & Training department by calling 781-280-3663 or 3669.

• Have access to and FREE USE OF THE MCC FITNESS CENTER on the Bedford Campus. All you need is your student ID.

• Have access to the MCC FITNESS TRAIL. The Fitness Trail consists of 2 loops: The 1.25-mile loop includes 10 Fit-Trail stations that outline a series of scientifically designed exercises at each stop. When combined with walking or jogging, this loop can provide a well-balanced physical fitness routine for the entire body. The shorter .75-mile walking/jogging loop, encircles the frog pond.

• Have access to the MCC LIBRARY, on both the Bedford and Lowell campuses. Rent books, magazines, videos or take advantage of some quiet time on the computer. You are able to obtain a Library card with your MCC Student ID Card.

EMAIL!! EMAIL!! EMAIL!! Are you checking your email? Email is how we communicate with all the MILES members – with the exception of a few paper mailings. It is very important to have an active email address so you can stay informed of classes you have registered for, upcoming events and any cancellations or room changes. If you need assistance creating an email address, let us know and we can help!

SUGGESTIONS FOR MILES PRESENTERS? Email Lauren Ellis at ellisl@middlesex.mass.edu or attend “Coffee and Conversation” on Tuesday, April 28 at the Meeting House from 2-4 p.m.

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

Walk-in:
Bedford Enrollment Center, 1st floor, Bldg. 9, 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.