### Tuesday Delights

**Cultural Change**

Dr. Arthur J. Anderson, specializing in New England/Maritime Archaeology.

**JANUARY 16**

An Invitation to Participate in the Healthy Water, Healthy Life Initiative

Dr. Tim Novotny and Patricia Lane, from the University of Maine School of Food and Nutrition Sciences

**JANUARY 23**

Advances in Cancer Treatment Using Precision Medicine

Jens Rueter, MD, and Andrew Bost, MD, from the University of Maine Medical Center.

**Tuesdays at 4:00,**

They are fun, informative, and include time for questions and answers. Mark your calendars for these great opportunities. Stay tuned for details about these Zoom courses:

- Chair Yoga
- Yoga for Seniors
- A Short Essay?
- Give the Gift of Experience
- Journaling/Marketing/Content Writing

- Bring Them On!

**Send your goodies, or your questions, to kurth@maine.edu.**

**Be sure you’re a member for 2024 so you can take advantage of these great opportunities. Stay tuned for details about these Zoom courses:**

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- Yoga for Seniors
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LaMott also says, “Enjoying how unremarkable life can be in its pretense and here and there for the little things that make life so interesting and joyous. These are the times when life is the simplest or the most complex because you learn to live fully in the moment.”

Read these delightful essays. **No subscription required.**

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### We Want You!

This newsletter is for and about you, our members. Hope you like what you see above! Send your comments and questions! Please make sure you're back to school soon after winter break.

### Surprising Winter Holidays

**Estelle Reel**

January 7 is a day to honor Estelle Reel, a woman who worked in the Wyoming state superintendent of schools in 1892. And in Wyoming elected to a state office, as well. From Wyoming, she began teaching in 1869, 51 years before the 19th Amendment. But some lesser-known winter observances may be worth thinking about for what they add to the richness inside us. “She could have been talking about us in Senior College, always learning!”

Anne LaMott is known for her delightful essays about growing older and the gifts of aging in The Washington Post. Popular fiction writer Anne LaMott recently wrote about the gifts of aging in The Washington Post. She notes that she “knew everything” when she was 33, but now has a very different view. As she puts it, “so much has been given to us in our more striving years. Why? Because experiences create memories. They can push us out of our comfort zone. They often involve being with others, always a plus. More concretely, a lot can be simpler than in our more striving years. Why? Because experiences create memories. They can push us out of our comfort zone. They often involve being with others, always a plus. More concretely, a lot can be simpler than in our more striving years. Why? Because experiences create memories. They can push us out of our comfort zone. They often involve being with others, always a plus. More concretely, a lot can be simpler than in our more striving years. 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