

Western Mountains Senior College

"Our Mission: To support life-long learners in their quest for new knowledge and experience by providing a variety of programs and activities."

Western Mountains Senior College is honored to highlight three of our favorite programs.

To Your Health

"To Your Health" is a volunteer-led committee made up of current and retired area healthcare professionals. Now celebrating its 20th year, "To Your Health" provides four free health-wellness programs per year for Bethel and several surrounding Western Maine communities. The 90-minute programs feature guest speakers from the healthcare field. They lead lively, informative presentations followed by an interactive Q&A on topics such as Caring for Your Heart, Eating Well, Living Well, Getting Comfortable with Your Diabetes, Navigating the Healthcare System, Tai Chi, Chair Yoga, Mindfulness Meditation, Musical Singalongs, Cooking for Two, and more. Although topics are generally geared to older populations, all ages are welcome. Collaborators include the Bethel Area Health Center and Adult Education.

Senior Players

Our Senior Players work diligently and in joy to present a series of original plays, written each season by the Senior Players themselves, to be performed live before an audience for the first time. This past fall friends and neighbors were invited to join in exploring the ins and outs of life, love, and dating through these four new original plays: "Jingle Ladies," "Equitable Split," "The Dreamworld of J. Alfred Rockpruf" and "Late Bloomers," whose main character Evie oversees a balcony full of temperamental flowering plants. Will they approve of her latest beau? Or is he an affront to their "scentsibilities?" These performances are just as fulfilling for the creators as they are for the community.



Senior Players as "Late Bloomers"

Great Decisions

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the *Great Decisions Briefing Book*, watching the video series, and meeting in a discussion group to discuss the most critical global issues facing America today. This is a class held in the Fall and Spring and is greatly anticipated by our Senior College members.

We look forward as a Senior College to continue to develop and connect to our greater community as well as branching out in shared learning with our sister Senior Colleges around the state.