Charting new pathways together for over 50 years
# Course Index

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Minutes a Day Can Change Your Life</td>
<td>37</td>
</tr>
<tr>
<td>Accounting Fundamentals Series</td>
<td>17</td>
</tr>
<tr>
<td>Adobe Illustrator - Beg / Inter</td>
<td>22</td>
</tr>
<tr>
<td>Adult Education</td>
<td>10</td>
</tr>
<tr>
<td>Adult Education</td>
<td>11</td>
</tr>
<tr>
<td>Adult Learning Center</td>
<td>10</td>
</tr>
<tr>
<td>Adult Transitions</td>
<td>11</td>
</tr>
<tr>
<td>Android Basics</td>
<td>22</td>
</tr>
<tr>
<td>Art Night Out* - Collage Glass Charm</td>
<td>29</td>
</tr>
<tr>
<td>Art Night Out* - Crochet Wire Jewelry</td>
<td>29</td>
</tr>
<tr>
<td>Art Night Out* - Sea Glass Pendants</td>
<td>29</td>
</tr>
<tr>
<td>Art Night Out* - Stained Glass Art</td>
<td>29</td>
</tr>
<tr>
<td>Art Night Out* - Wire Bound Jewelry</td>
<td>29</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>25 - 29</td>
</tr>
<tr>
<td>Astrological Review Covid-19: the Year</td>
<td>36</td>
</tr>
<tr>
<td>BLS for Healthcare Providers</td>
<td>12</td>
</tr>
<tr>
<td>BLS for Healthcare Providers - Recert</td>
<td>12</td>
</tr>
<tr>
<td>Birding by Sight, Song &amp; Habitat</td>
<td>35</td>
</tr>
<tr>
<td>BoomerTECH Adventures</td>
<td>23</td>
</tr>
<tr>
<td>Building Confidence</td>
<td>19</td>
</tr>
<tr>
<td>Business &amp; Workforce</td>
<td>12 - 20</td>
</tr>
<tr>
<td>Carving Signs</td>
<td>26</td>
</tr>
<tr>
<td>Carving the Harlequin Drake</td>
<td>26</td>
</tr>
<tr>
<td>Carving Wood Spoons &amp; More</td>
<td>26</td>
</tr>
<tr>
<td>Certificate in Accounting and Finance</td>
<td>15</td>
</tr>
<tr>
<td>Chaga Facts</td>
<td>39</td>
</tr>
<tr>
<td>Classroom definitions and icons</td>
<td>21</td>
</tr>
<tr>
<td>Clay Birds, Bells, and Beads</td>
<td>25</td>
</tr>
<tr>
<td>Climate Change Solutions</td>
<td>36</td>
</tr>
<tr>
<td>CNA - Certified Nursing Assistant</td>
<td>13</td>
</tr>
<tr>
<td>Coastal Navigation Level 1</td>
<td>33</td>
</tr>
<tr>
<td>College Next</td>
<td>11</td>
</tr>
<tr>
<td>Computers for the VERY Beginner</td>
<td>22</td>
</tr>
<tr>
<td>Computer Skills for the Workplace</td>
<td>20</td>
</tr>
<tr>
<td>Computers &amp; Technology</td>
<td>21 - 23</td>
</tr>
<tr>
<td>Cooking</td>
<td>30 - 31</td>
</tr>
<tr>
<td>Cooking Vegetarian Indian Food</td>
<td>31</td>
</tr>
<tr>
<td>Cooking with Mushrooms</td>
<td>31</td>
</tr>
<tr>
<td><strong>Covid-19 Protocols for F2F classes</strong></td>
<td>9</td>
</tr>
<tr>
<td>CPR/AED/ Standard First Aid</td>
<td>12</td>
</tr>
<tr>
<td>CPR/AED/ Standard First Aid - Recert</td>
<td>12</td>
</tr>
<tr>
<td>Creating an Online Presence to Grow Your Business</td>
<td>20</td>
</tr>
<tr>
<td>Creating WordPress Websites</td>
<td>13</td>
</tr>
<tr>
<td>Creating &amp; Organizing Files</td>
<td>21</td>
</tr>
<tr>
<td>Critical Reading &amp; Writing, Online</td>
<td>11</td>
</tr>
<tr>
<td>Cross-country Skiing for Beginners</td>
<td>34</td>
</tr>
<tr>
<td>Cultivating Healthy Lifestyle Habits</td>
<td>32</td>
</tr>
<tr>
<td>Data Analysis Certificate</td>
<td>14</td>
</tr>
<tr>
<td>David Spahr Mushroom Classes</td>
<td>39</td>
</tr>
<tr>
<td>Decluttering 101</td>
<td>39</td>
</tr>
<tr>
<td><strong>Definitions, Classroom</strong></td>
<td>21</td>
</tr>
<tr>
<td>Design Your Maine Landscape</td>
<td>38</td>
</tr>
<tr>
<td>Digital Marketing Certificate</td>
<td>14</td>
</tr>
<tr>
<td>Driver's Education</td>
<td>39</td>
</tr>
<tr>
<td>East Coast Swing, part 1</td>
<td>42</td>
</tr>
<tr>
<td>East Coast Swing, part 2</td>
<td>42</td>
</tr>
<tr>
<td>Easy Chinese Cookbook: Restaurant Favorites</td>
<td>30</td>
</tr>
<tr>
<td>English as a Second Language</td>
<td>10</td>
</tr>
<tr>
<td>Entrepreneurship Workshop</td>
<td>19</td>
</tr>
<tr>
<td>Essential Oils Classes</td>
<td>32</td>
</tr>
<tr>
<td>Essential Oils for Immune Support</td>
<td>32</td>
</tr>
<tr>
<td>Exercise, Health &amp; Outdoors</td>
<td>32 - 35</td>
</tr>
<tr>
<td>Experimental Drawing</td>
<td>25</td>
</tr>
<tr>
<td>Extend Your Maine Growing Season</td>
<td>38</td>
</tr>
<tr>
<td>Fantastic Photo Finishes—Organize &amp; Edit Images</td>
<td>23</td>
</tr>
<tr>
<td>Farming With Native Plants</td>
<td>39</td>
</tr>
<tr>
<td>Financial Literacy</td>
<td>24</td>
</tr>
<tr>
<td>Fly Tying 101</td>
<td>33</td>
</tr>
<tr>
<td>Food Fats and Oils as Healthy Choices</td>
<td>32</td>
</tr>
<tr>
<td>Genealogy Basics</td>
<td>36</td>
</tr>
<tr>
<td>General Enrichment</td>
<td>36 - 37</td>
</tr>
<tr>
<td>German, Beginner 1</td>
<td>40</td>
</tr>
<tr>
<td>German, Beginner 2</td>
<td>40</td>
</tr>
<tr>
<td>Gluten Free Baking</td>
<td>31</td>
</tr>
<tr>
<td>Go Green and Get Clean</td>
<td>32</td>
</tr>
<tr>
<td>Good Stories about Maine Statehood</td>
<td>36</td>
</tr>
<tr>
<td>Guitar, Acoustic for Beginners</td>
<td>42</td>
</tr>
<tr>
<td>Haiku, an Introduction</td>
<td>41</td>
</tr>
<tr>
<td>High School Equivalency (HiSET)</td>
<td>10</td>
</tr>
<tr>
<td>History of Malaga Island, Maine</td>
<td>36</td>
</tr>
<tr>
<td>Home &amp; Garden</td>
<td>38 - 39</td>
</tr>
<tr>
<td>Iceland: Land of fire, ice, Vikings, and sustainable energy...</td>
<td>37</td>
</tr>
<tr>
<td>I-Ching Intro: A Guide to Right Action</td>
<td>41</td>
</tr>
<tr>
<td>Independent Publishing Introduction</td>
<td>41</td>
</tr>
<tr>
<td>Introduction to iPhone Basics</td>
<td>23</td>
</tr>
<tr>
<td>Introduction to Mac Basics</td>
<td>23</td>
</tr>
<tr>
<td>Introduction to SQL</td>
<td>17</td>
</tr>
<tr>
<td>Introduction to Video Conferencing (Using Zoom)</td>
<td>22</td>
</tr>
<tr>
<td>Intro to Drawing</td>
<td>25</td>
</tr>
<tr>
<td>iPhone Basics</td>
<td>22</td>
</tr>
<tr>
<td>iPhone Photography, Mastering the Art</td>
<td>22</td>
</tr>
<tr>
<td>Italian Renaissance Art History</td>
<td>25</td>
</tr>
<tr>
<td>Knitting for Beginners</td>
<td>25</td>
</tr>
<tr>
<td>Languages, Writing &amp; Poetry</td>
<td>40 - 41</td>
</tr>
<tr>
<td>Laura Philbrook's</td>
<td>32</td>
</tr>
<tr>
<td>Learn to Curl at the Belfast Curling Club</td>
<td>34</td>
</tr>
<tr>
<td>Machine Sewing 101</td>
<td>28</td>
</tr>
<tr>
<td>Machine Sewing For Advanced Beg.</td>
<td>28</td>
</tr>
<tr>
<td>Magic Lessons for Everyone</td>
<td>42</td>
</tr>
<tr>
<td>Maine College and Career Access</td>
<td>11</td>
</tr>
<tr>
<td>Making Healing Salves Using Plants</td>
<td>33</td>
</tr>
<tr>
<td>Management Certificate</td>
<td>15</td>
</tr>
<tr>
<td>Map and Compass Level 1</td>
<td>33</td>
</tr>
<tr>
<td>Medical Assistant</td>
<td>16</td>
</tr>
<tr>
<td>Medical Terminology</td>
<td>13</td>
</tr>
<tr>
<td>Medicare 101</td>
<td>24</td>
</tr>
<tr>
<td>Message from the Director</td>
<td>5</td>
</tr>
<tr>
<td>Microsoft Excel 2019/Office 365 Series</td>
<td>17</td>
</tr>
<tr>
<td>Microsoft Word Introduction</td>
<td>22</td>
</tr>
<tr>
<td>Microsoft Word Made Easy (virtual class)</td>
<td>21</td>
</tr>
<tr>
<td>Middle Eastern Dance</td>
<td>42</td>
</tr>
<tr>
<td>Money Management 101</td>
<td>24</td>
</tr>
<tr>
<td>Moving Beyond Fear</td>
<td>37</td>
</tr>
<tr>
<td>Mushrooms, Edible and Medicinal</td>
<td>39</td>
</tr>
<tr>
<td>Music, Dance &amp; Theater</td>
<td>42</td>
</tr>
<tr>
<td>My Next Career Move</td>
<td>19</td>
</tr>
<tr>
<td>Natural Sleep &amp; Relaxation Support</td>
<td>32</td>
</tr>
<tr>
<td>New Ventures</td>
<td>19</td>
</tr>
<tr>
<td>Oil Painting - Feathers &amp; Fur Edition</td>
<td>27</td>
</tr>
<tr>
<td>Open Studio Painting</td>
<td>27</td>
</tr>
<tr>
<td>Origins of the Middle East Conflict</td>
<td>37</td>
</tr>
<tr>
<td>Our Instructors and Staff</td>
<td>6</td>
</tr>
<tr>
<td>Passive House Design 101</td>
<td>38</td>
</tr>
<tr>
<td>Pickleball - Learn to Play</td>
<td>35</td>
</tr>
<tr>
<td>Pickleball - Skills and Drills</td>
<td>35</td>
</tr>
<tr>
<td>Pottery for Beginners to Advanced</td>
<td>27</td>
</tr>
<tr>
<td>Preserving the Harvest</td>
<td>38</td>
</tr>
<tr>
<td>Project Management Certificate</td>
<td>14</td>
</tr>
<tr>
<td>QIGONG</td>
<td>34</td>
</tr>
<tr>
<td>Quick Virtual Computer Classes</td>
<td>21</td>
</tr>
<tr>
<td>QuickBooks 2019 Series</td>
<td>17</td>
</tr>
<tr>
<td>Quilting Beginner Basics 1 and 2</td>
<td>28</td>
</tr>
<tr>
<td>Registered Maine Guide Training</td>
<td>20</td>
</tr>
<tr>
<td>Retirement Planning 101</td>
<td>24</td>
</tr>
<tr>
<td>Russian, Beginner 1</td>
<td>40</td>
</tr>
<tr>
<td>Russian, Beginner 2</td>
<td>40</td>
</tr>
<tr>
<td>Scarecrow Centerpiece</td>
<td>25</td>
</tr>
<tr>
<td>Senior Fitness and Mobility</td>
<td>35</td>
</tr>
<tr>
<td>Sewing - Basic Pattern Fitting</td>
<td>28</td>
</tr>
<tr>
<td>Six Sigma Green Belt Certificate</td>
<td>15</td>
</tr>
<tr>
<td>Ski Lessons for Beginners</td>
<td>34</td>
</tr>
<tr>
<td>Social Media for Business Certificate</td>
<td>14</td>
</tr>
<tr>
<td>Social Security Retirement Workshop</td>
<td>24</td>
</tr>
<tr>
<td>Sourdough Bread Making</td>
<td>30</td>
</tr>
<tr>
<td>Spanish - Continuing Instruction</td>
<td>40</td>
</tr>
<tr>
<td>Spanish for Beginners</td>
<td>40</td>
</tr>
<tr>
<td>Spanish - Intermediate Beginner</td>
<td>40</td>
</tr>
<tr>
<td>Stocks, Bonds, and Investing: Oh My!</td>
<td>24</td>
</tr>
<tr>
<td>Supervisory and Leadership Certificate</td>
<td>15</td>
</tr>
<tr>
<td>Sushi Rolls</td>
<td>31</td>
</tr>
<tr>
<td>Tai Chi for Beginners</td>
<td>33</td>
</tr>
<tr>
<td>Taking Awesome Pictures iPhone/iPad</td>
<td>23</td>
</tr>
<tr>
<td>The Tastes of Cajun and Creole</td>
<td>30</td>
</tr>
<tr>
<td>The Tastes of West Africa</td>
<td>30</td>
</tr>
<tr>
<td>Transforming Stress</td>
<td>32</td>
</tr>
<tr>
<td>Transition Your Home</td>
<td>38</td>
</tr>
<tr>
<td>Vocal Technique for Beginners</td>
<td>42</td>
</tr>
<tr>
<td>WAITING: When the Soul Begins to Quiver</td>
<td>37</td>
</tr>
<tr>
<td>Watercolor for Everyone</td>
<td>27</td>
</tr>
<tr>
<td>Whisky Demystified #1 - the single malts</td>
<td>37</td>
</tr>
<tr>
<td>Windows 10, I Need Help</td>
<td>21</td>
</tr>
<tr>
<td>Woodworking for Beginners</td>
<td>26</td>
</tr>
<tr>
<td>Writing for Children, the Basics</td>
<td>41</td>
</tr>
<tr>
<td>Writing Winning Grant Proposals</td>
<td>20</td>
</tr>
</tbody>
</table>
Registration & Fees:
Course fees must be paid in full at the time of registration. Your place in class is held only with full payment. Late registrations are accepted where space is available.

How to Register:
ONLINE: www.fivetowns.maineadulted.org/. You may choose to register online and select ‘Pay By Check’. Simply mail the check to us after completing your registration. There is no additional fee for registering online and paying by check.

CALL:
Phone 207-236-7800, option 5. We will be happy to complete your registration by telephone using MasterCard, VISA, Discover or American Express.

WRITE:
Use the form on page 43 to mail in your registration. Include a personal check or money order (payable to 5 Town CSD Adult Ed), or fill in your MasterCard, VISA, American Express, or Discover information. Our mailing address is 5 Town CSD Adult & Community Education, 25 Keelson Drive, Rockport, Maine 04856.

COME IN:
Register in person at our office at Camden Hills Regional High School, 25 Keelson Drive (Rt. 90), Rockport. Our office hours are 11a.m. - 8p.m. Monday through Thursday. Please remember, we are a small staff so hours are subject to change. We recommend you call before coming in.

FAX:
Register anytime by faxing your registration to us at 207-230-1059. Be sure to include your MasterCard, VISA, American Express or Discover information. Please photocopy the registration form before faxing. Newsprint is not readable when faxed.

General Information

Senior Citizen Discounts:
Participants 65 or older can choose to take a 25% discount off their registration fee wherever there is an SR code next to the fee. There is no senior discount for one-night workshops, business & workforce training classes, and other multi-week classes that are specially priced. Other fees associated with a class are not discounted. Please call in advance if you need assistance getting to classrooms from your vehicle. Senior Citizen Discounts can only be applied by calling the office. Not available with online registrations.

Registration Confirmations:
Because we serve more than 2,000 students each year and we are a small office, only students who provide an email address will receive confirmation of enrollment. All others will only be contacted if there is a problem with or question about your enrollment.

Refund Policy:
For check or cash transactions: 100% of the registration fee will be refunded if we cancel a course or if a student withdraws at least 31 days before the start of a course. 100% minus a $5 processing fee will be refunded if a student withdraws within 30 days and up to 24 hours before the start of a course. No refunds are made after a class has started or within less than 24 hours of the start of a one-day class. For credit card transactions: Course registration fee refunds are the same as for check/cash. However, the $1.99 processing fee per class is non-refundable. Exceptions to this policy may be made at the discretion of the Director.

Inclement Weather:
Generally, if day school cancels or dismisses early, then adult education classes will also be cancelled. However, that depends on the timing of the weather event. Notification will be posted on our website or on our telephone answering machines. We also do our best to call everyone when we need to cancel or reschedule due to weather.

Changes & Cancellations:
We reserve the right to cancel courses, change times and substitute instructors as necessary.

Vacation Days:
Columbus Day Oct 12
Veteran's Day Nov 11
Thanksgiving break Nov 26-27
Christmas break Dec 24 - 31
New Years Day Jan 1
Martin Luther King Jr. Day Jan 18
February break Feb 15 - 19
“Love this course! Can’t wait until it is offered again!”

“Thank you for Adult Ed!”

“Loved taking this course because the instructor is so giving, making people feel comfortable and having clear instruction, goals.”

“Thanks for offering these great adult ed classes. I always enjoy them!”
Message from the Director

New Paths

What a difference six months makes. When I last wrote to you, I was quietly sitting next to our Christmas tree with our pets at my feet and a crackling fire in front of me. It was a time of reflection, hope, and renewal. Six months later, and I’ve spent most of today fighting with three window air conditioners whose installation will save me from this dreaded heat and humidity.

There has been little time recently for reflection or renewal. We’ve all been faced with challenges none of us could have expected. Not one of us. Yet I am encouraged by the people I work with both here in Five Town CSD and in our greater local communities. Not only has everyone been focused on providing meaningful educational opportunities for students of all ages, but everyone has also been focused on the ‘whole’ student - are students’ social, emotional, and physical needs being met. This is a great area of a great country to live in.

This brochure includes course offerings from September through the end of February. For the past four months, we’ve been trying to anticipate both the immediate, mid-term, and long-term effects the coronavirus will have on adult education. With changes in the economy, we have increased opportunities for adults to improve in their current careers or prepare for a new direction. Our partners at the Department of Labor and other organizations stand ready to work with us to help you find your way through unsteady times.

We also know that socialization is a key factor for adults participating in Community Education. We plan to be ‘socially close’ while still being appropriately physically distant. In-person class sizes will be smaller, so don’t delay registering for courses. They may fill up more quickly. Any instructors that are able have made plans for classes to continue through a virtual platform, primarily Zoom, in the case of another shut-down due to community health concerns OR weather. Yes, I’m thinking of snow days already! And we are here to support you in that case as well. Please see our Computer and Technology pages for FREE training to help you get started with video conferencing.

These times have created an immediate need for people to learn some new vocabulary. I’ve provided you with some definitions you’ll need to become familiar with. See Page 21 to help you navigate this brochure, including understanding some of the new icons you’ll see.

Keep this brochure in your homes through February. Call if you need assistance. We’re here just as in the past 50 years to help you chart new paths. We really look forward to seeing you out and about.

Be safe and well,

David A. Watts
Director
david.watts@fivetowns.net
207-236-7800, ext 3275

View all opportunities at our websites:
• fivetowns.maineadulted.org
• ed2go.com/fivetowns
• careertraining.ed2go.com/fivetowns

This is your adult education program. We try to provide diverse programming. If you have requests, or better yet, if you have talents you would like to share, please let us know.
Our Instructors & Staff

Our Instructors and Staff

We have found that many people only learn about the incredible talent of our instructors if they sign up to take a class they are interested in. However, learning about an instructor and their expertise may actually entice you into taking a class you might not otherwise have noticed.

So, all instructor bios are now here. Please take the time to read about the vast and interesting experience of the people who bring you so many opportunities. Then look through the brochure and find a class that interests you. The instructor’s name will be listed and you can always come back here to find out more about them.

Art Night Out instructors are experienced artists who provide a relaxed atmosphere, lots of support, and quality materials/tools to ensure a positive experience. Leave class with new skills and an amazing piece you created yourself.

Master Maine Guide Alice Bean Andrenyak is a Maine native who lives at Mere Point in Brunswick. Owner of Alice’s Awesome Adventures and Maine e-Learning, she is an outdoor enthusiast, naturalist, teacher, solo entrepreneur, a Kripalu trained Outdoor Guide, and a great cook. She has been visiting Malaga Island for over 30 years and has seen it change. She also trains future Registered Maine Guides and outdoor enthusiasts in navigation, canoeing, SUP, sea kayaking, snowshoeing, nature studies, and overnighting skills. She is a Kripalu Mindful Outdoor Guide leading Forest Bathing sessions and leads regular sea kayak and hiking tours of Malaga Island.

Bill Babb is a retired teacher and home baker. He has searched for the perfect baguette for fifteen years taking several King Arthur Baking Workshops and attending Skowhegan Kneading Conferences along the way.

Jordan Benissan has been cooking for friends and students ever since he arrived in Maine in 1999, and finally realized his dream of opening a restaurant in 2017. His Me Lon Togo restaurant is located in a distinctive blue and purple historic home on Rt. 1 in Searsport. He opened a new branch in Camden in July 2020. Jordan also teaches African drumming at Colby College, the Watershed School, and other area schools.

Rick Bernard, a former school counselor, has been performing magic for numerous parties and corporate events or over 35 years. He has also taught magic classes for over 25 years.

Carolyn Brown teaches a variety of visual art courses at CHRHS, and has taught Adult Ed pottery off and on for 20 years. She’s studied with a number of potters both in Maine and Japan, and sells her pottery and other artwork in local markets. More info is on her website carolynbrownstudio.com

Marc Bubar has been playing acoustic guitar for 17 years. He sings and writes songs, and has performed on stage at various venues across the country. Playing music, especially with other people, is one of Marc's favorite things in the whole wide world. He brings a big smile and patient demeanor to class. The goal is for everyone to have fun and to feel encouraged to keep practicing!

Frank Burtnett, Ed.D. is a veteran counselor, school and college educator, educational association officer and independent consultant. At various points in his career, Dr. Burtnett was responsible for the generation of external support for programs and services through the preparation of grant and contract proposals with philanthropic organizations, government agencies and independent gift-makers. Additionally, he has served as a proposal reader and evaluator for numerous philanthropic organizations and government agencies.

Tina Casteris is a self-taught knitter who loves sharing this craft with those who desire to learn, improve and have fun!

Sandy Clement has been teaching sewing classes for over 10 years. She has sewn since she was a child and has found it to be a valuable life-long skill. She has helped with costing for local school and theater groups.

Jenn Dean has worked for more than 20 years as a freelance writer and is currently employed as a publishing coordinator for Maine Authors Publishing & Cooperative. She has helped many authors publish their books by guiding them through the publishing process.

Jeff Dec is head of the Ski School at the Camden Snow Bowl.

Branden Densmore is founder of Gathered Minds Media Inc. and creator of the “Coaching For The Spiritually Gifted” Facebook group. He holds a B.A. in Philosophy from Vassar College and is a certified Spiritual Coach who loves creating growth opportunities for others, helping them move past their fears of entrepreneurship while having fun.

Keith Drago is the Deputy Director of the Rockport Public Library. He has worked in the library field for ten years and has his masters in Library and Information Sciences.

Erik Durbas has worked in the construction industry for over two decades. His hands-on skills range from cabinet making to custom building, with the last 12 years having been focused solely on architectural design. He currently practices sustainable, energy efficient residential design from his home office in Union.

Andrew Eckman has been teaching medical response courses for more than 25 years and has trained thousands of people in First Aid/CPR/AED, Professional Rescuer/Healthcare Provider CPR, and Emergency Medical Response.

Amy English has been cooking/baking gluten-free for 19 years for a family member who doesn’t like to eat. She has worked hard to make tasty gluten-free food! She has a BS in education which included courses in nutrition and cooking.

Diana Falciani’s experience includes apparel and costume design as well as pattern and hat making. She earned a Certificate of Achievement in Apparel Design from Diablo Valley College in Pleasant Hill, California and has been sewing since the age of twelve.

Since her first astrology class at a “University without Walls” in the late 1960s in Madison, WI, Beverly Feldt has had a life long passion for the subject and has studied with numerous astrologers, primarily for the purpose of self-understanding and integration. Interested in Jungian Archetypal Astrology, which holds that astrology is not concretely but archetypally predictive, she sees astrology as a way to move fluidly and freely in sync with the cosmos.

Anne Fensie has been teaching technology since the turn of the century! She is well-known for her patience with technophobes and uses her vast knowledge of learning strategies to help make your new knowledge usable and memorable.

Paul Garcia is a translator who has taught at secondary and university levels for many years. He has lived and worked in Puerto Rico, Mexico, Spain and Argentina.

www.fivetowns.maineadulted.org
Carolyn Hardman has a BA in history and government and an MA in education from the University of Rochester. She taught social sciences for 34 years with 22 years teaching Maine history and government in SAD 5. Carolyn is a 42 year resident of Nobleboro and currently the educator for the Nobleboro Historical Society.

Gary Harmatz has been a wildlife, nature, travel and underwater photographer for over 24 years. His nature and travel photography has taken him throughout Europe, Japan, the Bahamas, North and South America, Antarctica, Southeast Asia and Africa. He specializes in unique images from the grand scenic and exotic marketplaces to the fall foliage of New England.

Sherwood Hilt first discovered wood carving at Camp Bomazen in 1990 where he learned how to do relief carvings, neckerchief slides, signs and a variety of other items. In 2012 he started carving shorebirds and ducks. He has taught merit badge wood carving for the Boy Scouts for many years. Sherwood has a degree in building construction and worked at Lyman-Morse as a cabinet maker until retirement.

Fran Hodgkins is a Midcoast author who has written more than 25 books for young readers, including The Secret Galaxy (Tilbury House) and Andre the Famous Harbor Seal (Down East). In addition to writing, she has worked as an editor in both trade and educational publishing. She is currently at work on a middle-grade trilogy.

Tom Jamrog is a licensed clinical professional counselor, a nationally certified school psychologist, and a registered Maine Guide. For the past several years he's been consulting the I-Ching to assist with decision making.

Gilda Jaffe is a Certified HeartMath Trainer who works with individuals, in person, or by phone and internet. She presents workshops to leaders and staff of diverse organizations facilitating stress management and higher personal and professional productivity.

Namdol Kalsang is originally from Tibet. She grew up in India, and came to America in 2009. After living in Portland, Maine, for several years she recently moved to Rockland with her family.

Linda Leach and Sandy Clement have 30 plus years of painting and craft experience. They are the co-owner of the Maine Lights Collection. Visit their page at http://mainelightscollection.com/ or https://www.facebook.com/mainelightscollection/

Vina Lindley, University of Maine Cooperative Extension, has been teaching food safety, food preservation and horticulture for 7 years in the Midcoast and enjoys sharing the most up to date methods available for home gardeners and homesteaders to preserve the bounty from their gardens or CSA.

Kristen Lindquist is a published writer who has maintained a daily haiku blog for over 10 years. Her haiku have been published in a variety of haiku journals around the world. She has taught haiku workshops around the state; this will be her fourth year offering this through Adult Ed.

Tatiana Lopyreva started taking German in grade 4, chose it as a major at the university and taught German at the same university for 11 years. She also taught her native Russian in private and public schools in Toronto, Canada.

Patti Luchetti has studied Oriental Dance for 25+years with such stars as Katia of Boston, Morocco of NYC and most recently, Cassandra of Minneapolis. She is director/choreographer of Shalimar’s Studio in Rockland, where she also teaches Modern Dance and exercise classes. FMI: shalimar90@gmail.com

John Luft has worked at Revision Energy since 2003 and has designed and managed hundreds of solar projects. John is a Branch Manager for the Liberty office of Revision Energy.

Lee Ann Maher is the technical expert at the Rockland Social Security office. She has been employed there for 22 years.

Charles Mamane spent several years living in Morocco, France, and Israel. He served in the Israeli Defense Forces in the tank corps for 3 years and has traveled extensively in the Middle East. He has an MS in Electrical Engineering from Carnegie Mellon and an MBA. Over his past 50 years in the US he has developed a passion for the study of history.

Jacinda Martinez is an artist and a landscape designer in midcoast Maine. She specializes in food and flowers. You can find more about her work at www.groundedlocal.com

Mike McCune has a degree in Biology and has been carving and watching birds for over 20 years. He has taught duck carving for 12 years.

Kate McMorrow graduated the Scherer Institute of Natural Healing in 1990 as a licensed massage therapist. She went on to study the Hakomi Method of body centered psychotherapy as well as Sheng Zhen Qigong. In 2009 she became a Certified Holistic Health Practitioner with a focus on Electro-Dermal Stress Analysis and in 2019 became a Functional Medicine Certified Health Coach through FMCA.

Anna Moorman and Jo-Ann Neal have each been with Allen Insurance and Financial for over six years. Anna has a background in healthcare and public health, while Jo-Ann brings years of knowledge from her prior role in HR.

Dave Oakes, and his wife Sue, co-founded CELL, an educational nonprofit providing international study abroad experiences focusing on “sustainability through community.” He lived in Botswana, Africa for three years with his family directing an international environmental education program. Dave has also taught at Unity College and began his career teaching science and social studies in several public schools in Maine.

Dee Patel had so many requests for Indian food from her coworkers at Pen Bay Skin Care that she decided to open a three-days-a-week takeout in her family's lodging The Ledges in Rockport in June 2019. She not only has been received with rave reviews but routinely sells out of everything on the menu.

Laura Lee Perkins, BME, MS has authored 8 books, published 150+ articles, and recorded 5 professional flute CDs and 3 audio-books. Recipient of 14 grants and 5 artist residencies, Laura is a “Chicken Soup for the Soul: Hope & Miracles” author. Laura teaches 75 life-skills classes a year to 5,000+ people in ME, MA, NY, and AZ and enjoys working with her flute-maker husband Ken Green teaching folks to play Native American Flute.

207.236.7800, option 5 adult.education@fivetowns.net
Our Instructors & Staff

Laura Philbrook is a mom and wife who is always learning and making changes to live a more natural and healthy life. She uses essential oils to support many aspects of her family’s wellness.

Brie Pio is a CERTIFIED FINANCIAL PLANNER™ professional and is the Principal of Birch Point Wealth Management LLC, an investment advisory firm located in Rockport, Maine. Brie completed the Masters of Business Administration (MBA) degree at DePaul University in Chicago, completed the Personal Financial Planning Certificate Program at University of California, Los Angeles (UCLA), and has over ten years experience in finance, accounting, and operations.

Alex Plummer is a PGA apprentice studying to obtain his Class A certification. He has been involved in the golf business for over 10 years, teaching golf for the past 5. He was an assistant at Goose River Golf Club before moving on to the Samoset as their first assistant professional. Currently he is in his third year as the head golf professional at Goose River Golf Club. Alex wants to introduce the great game of golf to as many people as he can.

Jim Potter leads the Entrepreneurship Workshop. Speakers and panel members are all West Bay Rotary members who either own or have owned their own businesses. A staff member from the Maine Department of Economic and Community Development will also make a presentation outlining their services for new entrepreneurs.

Registered Maine Guide Gary Roberts is a resident of Appleton and has been a volunteer naturalist, trip leader, and speaker for over 30 years. He specializes in guiding from a natural history perspective and focuses particularly on the native flora and fauna of Maine. Gary has been a long time volunteer for Maine Audubon and has volunteered with the Maine Plant Conservation Volunteers, Mountain Birdwatch, Maine Owl Survey Project, and Seanet.

Jolinda Rockett has been in health care over 40 years: BSN (RN), MAC (Lic Acupuncturist), Certified Primal Health Coach, and is currently on the State Licensing Board for Complementary Health Care by appointment of the governor. She is also the author of the Glorious Health Project to be published summer 2020.

Rachel Romanski is an interdisciplinary artist living and working in Midcoast Maine. She received her Bachelor of Fine Arts in sculpture from MECA and studied Renaissance Art History through the UGA campus in the Tuscany. Since then she has focused much of her efforts in artistic collaborations with marginalized communities and teaching Art and English as a Second Language.

Joe Ryan has over 35 years of professional graphic design experience. He is the founder of Adventure Advertising, Rockport, Maine, and an Adobe software user since version 1.0.

Libby Schrum is a furniture designer and maker in Camden with nearly 20 years of woodworking experience. She often teaches at the Center for Furniture Craftsmanship and offers one-on-one instruction in her studio.

Geoff Scott has been involved in all forms of snow sports for most of his life and has enjoyed exploring midcoast trails for more than 20 years. He’s instructed downhill skiing as well as worked in the outdoor industry in various incarnations for almost all his life, including with Outward Bound.

Colette Shumate-Smith taught Middle School Art for 10 years. In 1993 she became an artist-in-residence with the Massachusetts Cultural Council State Artist Roster. She created many large murals in Central Massachusetts, the most complex of which is at Squannacook Elementary School in Townsend and North West School in Leominster. In 2018 she and her husband moved to Maine and purchased the Liberty Campus of the Original Haystack Mountain School hoping to restore the property and studios for Artist in Residence. Colette’s work is incredibly unique. Her themes are commenting on the state of the world, yet her color choice is sweet and mysterious.

Mike Shunney is the Director of Inner Works Taijiquan and Qigong in Rockland - http://www.InnerWorksCenter.com. Mike is privileged to be recognized by the First family of Taijiquan in China, the Yang Family, as qualified to teach their system of Traditional Yang Family Taijiquan, which includes Qigong, Taijiquan, Taiji Jian (sword), Taiji Dao (broadsword), Taiji Qiang (spear/staff), and two-person play. He is the first person in Maine to hold that honor.

Diane Smith, personal consultant, teacher, speaker, author, and owner of A Simple Life Awaits You...Organizing Your Home, has been inspiring clients thru confidential, gentle coaching since 2006. Her unique strategies for rightsizing ones home come from over 20 years as a nonprofit administrator; serving as host, writer, and associate producer of a public television series on quilting; and thru her own personal organizing journey and daily study of living a peaceful, fulfilled life.

A Maine native, Holly Smith graduated with a B.S. degree in Art Education from the University of Southern Maine. Retired from teaching 31 years high school art and photography, Holly is represented by the Portland Art Gallery, Bonnie Farmer Assemblage Art & Gallery and the Lincolnville Art Gallery.

Elyse Socker has been working in the Five Town CSD Adult & Community Education office since September 2007 when she began as the part-time evening secretary. Two months later she took over the position of Program Manager, where she has been ever since. She loves hunting for used and antique treasures and both her wardrobe and home are full of fabulous finds she has made!

Jeff Space Jeff Space has been tying flies for 20 years and loves to share his knowledge with others. Jeff is a resident of Hope and loves to be on the water.

David Spahr is a naturalist, photographer and forest farmer who has collected, photographed, and eaten wild mushrooms for 35 years. He is a member of the Maine Mycological Association and maintains a web site devoted to the subject, mushroom-collecting.com. He is currently writing a book on foraging.
**Our Instructors & Staff**

**Holly Vanorse Spicer** was born and raised in Rockport, graduating from CHRHS in 2002. She now lives in Thomaston with her family, works as a sports reporter for Courier Publications and as a personal trainer. She has been a pre-post-natal coach and a senior fitness specialist for almost 8 years. Holly also loves the great outdoors and building sand castles with her son.

**Chris Toy** is a lifelong teacher and learner. After a career as a school principal he traveled around the world as an educational consultant collecting recipes and stories from local cooks. As a registered Maine Guide and cooking instructor, Chris teaches classes and leads trips for adult education, Now You’re Cooking, Stonewall Kitchens, and privately.

**Katie Tranzillo** is an independent dance instructor leading partnered, individual and group programs for 18 years with children, teens, adults and people with disabilities. She is spreading the joy of dance across Maine and building strong dance communities. www.joyfuldancing.com.

**Sharon Turner** owns Crystal Lake Farm in Washington, ME. She specializes in open-pollinated vegetable and flower seedlings, native perennials, shrubs and trees, and cut flowers. She grows for Fedco Trees and Knox-Lincoln Soil and Water Conservation District. She also teaches MOFGA’s Grow Your Own Organic Garden class.

**Wayne Twitchell** is a retired welding instructor from Bath Iron Works and has been welding for over 40 years. Wayne is a recipient of the Navy’s Aegis Excellence Award for welding. He has taught welding through adult ed programs for 10 years and in his spare time enjoys making scrap metal sculptures.

**Paul Whiton** is a tenor with 45 years of teaching and performance experience in Connecticut, private and group teaching at the Warner Theater in Torrington, CT, as well as after school programs at high schools.

**Melinda Wildes** works in the Midcoast with New Ventures Maine, and lives in Rockland with her husband. Her office is located in the UMA Rockland Center. She is a Certified Global Career Development Facilitator and has been helping people take steps toward fulfillment through career/life/education planning for 15 years. Life is a journey with many transitions, some planned and some unplanned. Her wish is to help Maine people move towards a place of greater clarity on their life/career journey. She also enjoys coaching and teaching on personal money management.

**Mike Wilson** is an author of five easy-read computer books for adults. He has taught in 40 cities in Michigan over the last 15 years. Mike has trained 1000s of students with overwhelmingly excellent comments and ratings! He has taught or currently teaches at colleges, community education centers, and libraries, including Schoolcraft College where he has taught for about 16 years. His passion is to see adult students learn technology.

**Craig Wilson** is the director of Midcoast Recreation Center.

**The Belfast Curling Club** opened officially in February 1959, on a site which had previously been flooded for outdoor curling by a group of enthusiasts. Volunteer masons, carpenters, plumbers, electricians, and laborers built the club on donated land - even making their own 5,000 cinderblocks! They currently have a three-sheet clubhouse which provides activities for more than 100 members ranging in age from 16 to 75. A banquet and dance hall was added in 1977.

**Covid-19 Protocols for Students and Instructor Safety for F2F classes**

We in Adult and Community Education are going to continue being proactive to protect the safety and health of all our adult ed participants. To this end, we will be following the procedures below.

- Students and instructors are restricted to building entry using the front door only.
- Students and instructors may only access designated bathrooms in the building.
- Classes are restricted to the number of students who can safely be kept 6 feet apart during the class, and the spacing in class will be clearly marked.
- Face masks are required of all students and instructors while entering and moving throughout the building.
- Hand sanitizer must be used upon entering the building (provided) and is available in every room where a class is held.
- Classrooms will be thoroughly sanitized both before and after use.
- Students must follow quarantine periods on people entering Maine from specific areas as put forth on the Governor’s reopening plan and Keep Maine Healthy Plan.

These protocols are based on currently available information and may be adjusted based on future recommendations from the state and local CDC.

rev. July 15, 2020

**Adult & Community Education Staff**

David Watts, Director  
[ david.watts@fivetowns.net ]  
236-7800, ext 3275
Elyse Socker, Program Assistant  
[ elyse.socker@fivetowns.net ]  
236-7800, ext 3274
Beverly Shejen, Evening Secretary  
[ beverly.shejen@fivetowns.net ]  
236-7800, 3410
Rebecca Albright, Academic Instructor  
[ rebecca.albright@fivetowns.net ]  
236-7800, option 5
Brenda Hio-Hamdan, Academic Instructor:  
[ brenda.hio-hamdan@fivetowns.net ]  
236-3358 ext. 4319
Peg Junge, Academic Instructor:  
[ margaret.junge@fivetowns.net ]  
236-3358 ext. 4319

207.236.7800, option 5  
adult.education@fivetowns.net
Adult Education

Adult Learning Center
Unsure of where to start? Call us.

The Learning Center is open to all adults in need of academic instruction and guidance. Hours vary by day, and we will try to meet you on your schedule. Our staff provides individualized instruction in the areas of:

- High School Equivalency
- HiSET Prep
- Accuplacer Prep
- Math and ELA instruction to prepare you for college-level coursework
- General reading, writing, and math tutoring for anyone pursuing college or career education
- Workforce credential or certification tutoring and prep
- College and Career advising

All services through the Learning Center are FREE of charge. If you or anyone you know could use any of these services, please contact us.

**Instructional Hours**
Due to restrictions, please do not drop in unannounced to the Learning Center. Call us to schedule your first appointment.

Hours are available Monday through Friday
10:00 a.m. - 4:00 p.m.
and
Monday and Wednesday
4:30 p.m. - 7:00 p.m.

**Our Instructional and Advising Staff**
Rebecca Albright  
rebecca.albright@fivetowns.net
Brenda Hio-Hamdan  
brenda.hio-hamdan@fivetowns.net
Peg Junge  
margaret.junge@fivetowns.net

**TUTORS NEEDED:** Have a desire to give back to your community with the gift of education? We are in need of volunteers to assist with tutoring for students in our various programs. Even if it is simply one hour per week, you can make a difference in someone’s life. Call the Learning Center, (207)236-3358 ext. 4319.

High School Equivalency (HiSET)

If you are an adult without a high school diploma, The High School Equivalency Test (HiSET) program could be your route to improved career prospects, a college education and increased earnings potential. Adult diploma programs are central to the mission and tradition of Maine Adult Education. Join other students who have recently completed the program. Get your diploma and be one step closer to achieving your life’s goals.

Join us to begin your journey. Call our office for more information and to arrange for a private consultation.

![HiSET Logo](HiSET_Logo.png)

English as a Second Language

Five Town CSD Adult Education welcomes all foreign-born people. Are you interested in improving your English skills? Learning English can help you:

- Obtain a driver’s license
- Communicate with your child’s school
- Get a first job
- Improve your living situation
- Expand your job prospects

Let us work with you to help you meet your goals. You may qualify for FREE tutoring services. If you or a neighbor need assistance, please call our office to inquire.

![English as a Second Language](English_Logo.png)
Maine College and Career Access Services (MCCA)
(formerly College Transitions)

• Want to go to college?
• Want to change careers?
• Looking to earn a certificate for a new career?
• Need to brush up on your math and English skills?
• Need to pass the Accuplacer tests?
• Simply need help deciding where and how to advance?

The Maine College and Career Access Services grant provides high-quality comprehensive education and advising services to adults seeking education and training that leads to a post-high school credential of value. Formerly the College Transitions grant program, services under MCCA have been expanded. Let us help you find your way to a new career.

1:1 tutoring services are available during all times the Adult Learning Center is open. Call for more details.

FEES FOR SERVICES ARE WAIVED if you become a MCCA student through Five Town CSD Adult Education.

Critical Reading & Writing, Online
Michele Aronson, Merrymeeting Adult Ed

Writing well requires an understanding of language and its possibilities. In this online class, students work on Academic English IV materials designed to meet the final English class for adults in the high school diploma program. **Access to a reliable computer and reliable internet is required.** Coursework includes critical reading of required informational and narrative texts, writing a college essay through multiple drafts, a review of basic grammar, and peer feedback. Textbooks included. For more information, please contact Paul Elisha, academic counselor, at 729-7323, Ext. 2. Class meets with instructor and all students through distance learning on Sept. 28, and continues online.

**9 weeks, Mondays & Wednesdays, begins September 8 5:00 - 8:00 p.m.**
Class meets in-person in Topsham on 1/27, and continues online.

FREE if taken for high school diploma or MCCA

College Next
**Call or text 207-691-5751 to register**

**College Next** is designed to prepare students for college with the skills and confidence to be successful. The program is offered through RSU13 Adult Education and funded by Maine College and Career Access (MCCA), with support from UMA-Rockland Center. There will be an in-person orientation opportunity for technology support and distribution of books/materials. Classes will be held in-person via Zoom video conference and the UMA distance education platforms. Additional tutoring, technology, and academic supports are available upon request.

**College Next** consists of three sections; English skill building, Math skill building, COL 100-Introduction to the College Experience (3 credit course). Students may take any combination of the three sections. All instruction is provided free of charge. Book fee applies.

**Days:**
- Fall session - 13 weeks, begins Wednesday 9/9
- Spring session - 13 weeks, begins Wednesday 1/27

**Individual Class Times To Be Determined**

Adult Transitions

Considering a career change? Need assistance going back to college, but not sure where to start? Have you recently lost your job and don’t know what support services are available to you? Federal law provides access for free career training and support services for adults and youth to overcome barriers to employment. Set up an appointment with our Adult Ed team and let us help you navigate the murky waters of adult transitions.

We offer FREE advising services in the following:

- Career Transitions
- Referrals to partner agencies for adults with barriers
- Entrepreneurship and small business development
- Certificate programs
- Post-secondary education

Industry ‘certificates of value’ offer ways to set yourself apart from the field. These are short-term educational programs, generally from 3 to 12 months long, that provide targeted instruction based on specific career pathways. Some are for entry-level positions. Others are for advancement within your career. Still others provide an opportunity to position yourself to change careers. Peruse the following pages and find something that intrigues you. Then give us a call.
Business & Workforce

CPR and First Aid classes are taught by Andrew Eckman who recently retired from emergency services after more than 40 years in law enforcement, firefighting, and EMS. He has been a medical instructor for more than 20 years.

Basic Life Support (BLS) for Healthcare Providers
Andrew Eckman
This program ensures that individuals with a duty to respond (public safety professionals, healthcare providers, and others with a duty to respond) have the knowledge and skills necessary to respond to breathing and cardiac emergencies. The course emphasizes active, hands-on learning and uses scenario-based activities to help participants learn how to provide one rescuer and two rescuer CPR, multiple rescuer response, how to use an AED and relieve an obstructed airway for adult, child and infant patients. Participants will learn how to check both a conscious and unconscious patient, and how to give effective ventilations to a patient experiencing a cardiac and/or respiratory arrest, including using a resuscitation mask and bag-valve-mask (BVM) resuscitator. This program does NOT contain a First Aid component. This program is accepted for continuing education credit by CAPCE and NREMT for EMS personnel, and by AGD/PACE for dental providers; the State of Maine accepts the program’s credits for licensing requirements. The course also is approved by, or meets the requirements of, JCAHO (Healthcare Providers); AAAASF (Ambulatory Surgery); ACSM (Sports Medicine); BCAT, NATA and NCSA (Athletic Trainers); DANB (Dental Assistants); NAEMSE (EMS); and NOLS (Wilderness EMT)
3 weeks 6:00 - 9:00 p.m.
Tuesdays begins 10/13/20
CHRHS Rm 219 $95

“Education is not the filling of a pail, but the lighting of a fire.”
W.B. Yeats

Basic Life Support (BLS) for Healthcare Providers - Recertification
Andrew Eckman
This is a recertification course for healthcare providers. Each participant must show the instructor either a currently-valid certification or a certification that has been expired less than 90 days from any of the following: AHA, ARC, ECSA, ASHI, EMSS or NSC or accepted by MEMS and AGD/PACE (dental providers).
1 night 6:00 - 9:00 p.m.
Tuesday 10/6/20
CHRHS Rm 219 $80

CPR/AED/ Standard First Aid
Andrew Eckman
The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches participants to recognize and care for a variety of first aid emergencies such as cardiac and respiratory emergencies; head, neck, and back injuries; concussion; shock; choking; stroke; seizures; anaphylactic shock (including use of Epi-Pen); burns, cuts, scrapes, sudden illnesses, diabetic emergencies, and heat and cold emergencies. This program teaches participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.
2 weeks 6:00 - 9:00 p.m.
Tuesdays begins 11/10/20
CHRHS Rm 219 $80

CPR/AED/ Standard First Aid - Recertification
Andrew Eckman
This is a recertification course for lay responders. Each participant must show the instructor either a currently-valid certification or a certification that has been expired less than 90 days from any of the following: AHA, ARC, ECSI, ASHI, EMSS or NSC.
1 night 6:00 - 9:00 p.m.
Tuesday 11/3/20
CHRHS Rm 219 $65
CNA - Certified Nursing Assistant

*David Allen-Clark*

Through a collaboration with Windward Gardens in Camden and Harbor Hill in Belfast, both owned and operated by Genesis Healthcare Corporation, you can earn while you learn.

This comprehensive blended five-week training program meets all requirements of the Maine State Board of Nursing and will have you secured into a position before starting.

Students without a high school diploma, or those who have been out of school for a while, are encouraged to apply. Academic training and support is provided.

**Student Tuition:** FREE for accepted applicants

**Days/Time:** Full day classes, 5 days per week, five weeks

Portions of this course are completed by remote lectures. Access to a computer with camera and microphone plus internet is required.

To complete the entrance exam and for additional information: Call the Adult Education office (207)236-7800, option 5

Medical Terminology: A Word Association Approach

*Douglas Best*

This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes.

**6 weeks**

**Starts monthly**

Register at [https://www.ed2go.com/fivetowns/](https://www.ed2go.com/fivetowns/) $99

Other Medical Terminology courses available through our online portal.

Creating WordPress Websites

*Richard Mansfield*

Learn how to create attractive, sophisticated blogs and websites—without any coding! WordPress is the world’s most popular content management system, powering more than 34 percent of all sites on the Internet. WordPress is an easy-to-use solution that will help you put your site on the Web in far less time than by coding, and at a much lower cost than hiring a professional.

In these lessons, you’ll get hands-on experience with this powerful tool as you create your own WordPress.org site and blog. You’ll find out how to use WordPress to create pages and posts, add images and videos, change a site’s look and feel, and include user-friendly features. You’ll discover the ease of using WordPress design themes to express your creativity, and you’ll see how much fun it is to be part of the vibrant WordPress online community.

In addition to mastering the technical elements of WordPress, you’ll learn how to organize a blog or website, create appealing content, keep your site secure, and achieve better positions on search engine results pages. By the end of this course, you’ll be able to confidently use WordPress to create a blog or a personal, business, or organizational website.

The WordPress.org version covered in this class is the platform the pros use. While it normally requires a paid hosting account, this course includes a totally free, no obligation SiteGround hosting account for three months, along with a private place on the Web for practice.

**6 weeks**

**Starts monthly**

Register at [https://www.ed2go.com/fivetowns/](https://www.ed2go.com/fivetowns/) $99

adult.education@fivetowns.net

---

**Business Online Class Catalog**

**Medical Terminology: A Word Association Approach**

*Douglas Best*

This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes.

**6 weeks**

**Starts monthly**

Register at [https://www.ed2go.com/fivetowns/](https://www.ed2go.com/fivetowns/) $99

Other Medical Terminology courses available through our online portal.

**Creating WordPress Websites**

*Richard Mansfield*

Learn how to create attractive, sophisticated blogs and websites—without any coding! WordPress is the world’s most popular content management system, powering more than 34 percent of all sites on the Internet. WordPress is an easy-to-use solution that will help you put your site on the Web in far less time than by coding, and at a much lower cost than hiring a professional.

In these lessons, you’ll get hands-on experience with this powerful tool as you create your own WordPress.org site and blog. You’ll find out how to use WordPress to create pages and posts, add images and videos, change a site’s look and feel, and include user-friendly features. You’ll discover the ease of using WordPress design themes to express your creativity, and you’ll see how much fun it is to be part of the vibrant WordPress online community.

In addition to mastering the technical elements of WordPress, you’ll learn how to organize a blog or website, create appealing content, keep your site secure, and achieve better positions on search engine results pages. By the end of this course, you’ll be able to confidently use WordPress to create a blog or a personal, business, or organizational website.

The WordPress.org version covered in this class is the platform the pros use. While it normally requires a paid hosting account, this course includes a totally free, no obligation SiteGround hosting account for three months, along with a private place on the Web for practice.

**6 weeks**

**Starts monthly**

Register at [https://www.ed2go.com/fivetowns/](https://www.ed2go.com/fivetowns/) $99

adult.education@fivetowns.net
Data Analysis Certificate

John Rutledge, Mary Dereshiwsky, Jeff Kritzer

Data analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but need people with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. Finally you will find out how to perform inquiries. This certificate will take you to the next level where important decision-making is concerned.

3 one-month courses
Introduction to Data Analysis
begins 9/8/2020 $195
Intermediate Data Analysis
begins 10/5/2020 $195
Advanced Data Analysis
begins 11/2/2020 $195

SAVE! 48 hours $495 for all three courses & certificate

New! This Certificate is also offered in a Self-Study Format. Start anytime, end anytime.

Project Management Certificate

Andy Stanhope, Christina Martinez

Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools and templates to confidently develop and maintain a project. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes.

3 one-month courses
Introduction to Project Management
begins 9/8/2020 $195
Project Management Project Processes
begins 10/5/2020 $195
Project Management Knowledge Areas
begins 11/2/2020 $195

SAVE! 48 hours $495 for all three courses & certificate

New! This Certificate is also offered in a Self-Study Format. Start anytime, end anytime.

Social Media for Business Certificate

Nicole Siscaretti Doyle, Jennifer Selke

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. From Facebook to Twitter, YouTube, LinkedIn and more, discover the new principles of communication, how these social networks work, and the uses for your organization. Whether you are new to social networks or already involved, you will come away with practical, how-to techniques to integrate social networks into your organization.

3 one-month courses
Introduction to Social Media
begins 9/8/2020 $195
Marketing Using Social Media
begins 10/5/2020 $195
Integrating Social Media in Your Organization
begins 11/2/2020 $195

SAVE! 48 hours $495 for all three courses & certificate

New! This Certificate is also offered in a Self-Study Format. Start anytime, end anytime.

Digital Marketing Certificate

Dan Belhassen, Susan Hurrell

Get the keys to digital marketing success, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No digital marketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

3 one-month courses
Improving Email Promotions
begins 9/8/2020 $195
Boosting Your Web Site Traffic
begins 10/5/2020 $195
Online Advertising
begins 11/2/2020 $195

SAVE! 48 hours $495 for all three courses & certificate

New! This Certificate is also offered in a Self-Study Format. Start anytime, end anytime.
Certificate in Accounting and Finance for Non-Financial Managers

Sharon deFonteny, Jodie Trana

Every successful person in the workplace utilizes financial information to aid effective decision making. The financial concepts and accounting processes used in most businesses will provide practical techniques that will increase your effectiveness and career. Understand the seven steps in the accounting cycle and use financial information in decision making. Find out what you need to know about cash. Then acquire advanced financial information that drives your organization and see how business reports are assessed and analyzed. Come away with the knowledge to help you make smart decisions when it comes to budgeting, setting goals, and assessing performance.

3 one-month courses  Online instructor led
Accounting and Finance begins 9/8/2020 $195
Cash is King March begins 10/5/2020 $195
Financial Analysis and Planning begins 11/2/2020 $195
SAVE! $495 for all three courses & certificate

New! This Certificate is also offered in a Self-Study Format. Start anytime, end anytime.

Management Certificate

Sally Klauss, Joyce Oddison, Kassia Dellabough

Enhance your management skills with this program for supervisors, managers, and emerging leaders. Nothing creates success like a solid foundation. Discover the keys for effectively managing your employees. Find out how to create clear expectations, engage and motivate employees, and increase your effectiveness. Then explore the principles of collaborative management and gain insight on how to expand your collaborative skills for the success of your team or organization. Finally, get the keys to manage different generations in your workplace. Discover what motivates each generation at work, what incentives they respond to, and what messages they value.

Two-month course Online instructor led
Management Boot Camp 9/8/2020 - 10/31/2020 $395

Six Sigma Green Belt Certificate

Scott Follett

Six Sigma professionals are in strong demand by organizations around the world. On the front-lines of Six Sigma efforts are Green Belts. Our Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as a trained specialist able to work on Six Sigma projects that benefit the organization. Although not required, participants are strongly encouraged to have a project during the course.

3 one-month courses  Online instructor led
Introduction to Six Sigma Green Belt begins 9/8/2020 $195
Intermediate Six Sigma Green Belt begins 10/5/2020 $195
Advanced Six Sigma Green Belt begins 11/2/2020 $195
SAVE! $495 for all three courses & certificate

Online learning is a fun, enjoyable and a very productive way to learn. You will engage with the instructor and other participants. You will get to know your instructor and other participants. You may make friends. It’s easy. It’s fun.
Medical Assistant with CCMA Certification

Academy of Medical Professions

Medical Assistants are responsible for a variety of medical office tasks from administrative to technical and scientific duties and must have quality human relations skills. Some of the job duties include cleaning and dressing wounds, taking blood samples, administering medications, taking vitals, preparing a patient for EKGs, obtaining a patient's history, and assisting physicians during examinations.

Our program provides virtual reality style classroom work as well as traditional style teaching for a blended learning experience. Practicals are performed during the program to ensure that the student has proper techniques and will be ready to pass the National Certification. Upon completion of the program, you will sit for your CCMA (Clinical Certified Medical Assistant) national certification exams through NHA.

Tuition includes national certification, 6 practice exams, online study guide materials, books, resume assistance, and all other associated fees. Externships may be available in your area.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 weeks</td>
<td>5:30 p.m. - 8:30 p.m.</td>
<td>CHRHS Rm 217</td>
<td>$3,200</td>
</tr>
<tr>
<td>Tuesdays &amp; Thursdays</td>
<td>begins 10/13/20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

“All programs, except for Pharmacy Technician, Phlebotomy and Clinical Medical Assisting, can be completed through live online portals where students can watch previously recorded lectures at their leisure. This allows a student to start classes when they want and still have the same educational experience as those attending class since they are still working with the same instructor. It is a matter of when and where they are watching the lecture.”
QuickBooks 2019 Series
Scott Paxton, CPA, MBA
Understanding QuickBooks is one of the top skills a small business owner needs to successfully run their business. If you are a busy professional that wants to oversee your bookkeeping and accounting, the QuickBooks 2019 Series will teach you how to use this popular accounting software.

Course 1: Introduction to QuickBooks 2019
Course 2: Intermediate QuickBooks 2019
See our website for more details on each class

These courses must be taken on a PC device. A Mac OS is not compatible.

6 weeks, each course Asynchronous
Instructor led Start dates available each month
Online $199 series ($109 individual courses)

Additional QuickBooks, Accounting, and Excel courses are available. Call to discuss what option might be best for you.

Microsoft Excel 2019/Office 365 Series
Chad Wambolt
This course bundle will introduce you to Microsoft Office Excel 2019 and teach you its intermediate and advanced features. Whether you're new to Excel or need a refresher, the Microsoft Excel 2019 Series bundle will help you master this longstanding spreadsheet software.

I: Introduction to Microsoft Excel 2019/Office 365
II: Intermediate Microsoft Excel 2019/Office 365
III: Advanced Microsoft Excel 2019/Office 365
See our website for more details on each class

These courses must be taken on a PC device. A Mac OS is not compatible.

6 weeks, each course Asynchronous
Instructor led Start dates available each month
Online $299 series ($109 individual courses)

Introduction to SQL
Dr. Cecelia Allison
Learn the key concepts of Structured Query Language (SQL), and gain a solid working knowledge of this powerful and universal database programming language.

By the end of this course, you'll have a solid working knowledge of structured query language. You'll feel confident in your ability to write SQL queries to create tables; retrieve data from single or multiple tables; delete, insert, and update data in a database; and gather significant statistics from data stored in a database.

Intermediate -level course also available

This course must be taken on a PC. A Mac OS is not compatible.

6 weeks Asynchronous
Instructor led Start dates available each month
Online $99

Accounting Fundamentals Series
Charlene Messier
Whether you’re a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, the courses in this bundle will give you a solid foundation in financial matters. If you’re interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

Accounting Fundamentals
In this course, you’ll learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You’ll get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities. We’ll cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period.

Accounting Fundamentals II
This course will build on the knowledge you gained in Accounting Fundamentals, to provide you with a solid understanding of corporate accounting practices. You’ll explore such topics as special journals, uncollectible accounts receivable, plant assets, depreciation, notes and interest, accrued revenue and expenses, dividends, retained earnings, and various financial reports for corporations.

These courses can be taken on either a PC or Mac.

6 weeks, each course Asynchronous
Instructor led Start dates available each month
Online $175 series ($99 individual courses)

207.236.7800, option 5 adult.education@fivetowns.net
<table>
<thead>
<tr>
<th>Class at MCST Adult Ed, Rockland</th>
<th># of Wks</th>
<th>Day</th>
<th>Starts</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerial Lift Training L*</td>
<td>1</td>
<td>W</td>
<td>9/30</td>
<td>5:00-8:00</td>
<td>$58</td>
</tr>
<tr>
<td>Aerial Lift Training L</td>
<td>1</td>
<td>M</td>
<td>11/2</td>
<td>5:00-8:00</td>
<td>$58</td>
</tr>
<tr>
<td>AirBrak Intro Z*</td>
<td>2</td>
<td>M</td>
<td>11/30</td>
<td>6:00-8:00</td>
<td>$48</td>
</tr>
<tr>
<td>Am. Red Cross 1st Aid/CPR w/pediatric L</td>
<td>1</td>
<td>Sa</td>
<td>10/17</td>
<td>9am-3:30pm</td>
<td>$98</td>
</tr>
<tr>
<td>Am. Red Cross 1st Aid/CPR w/pediatric L</td>
<td>1</td>
<td>Sa</td>
<td>12/5</td>
<td>9am-3:30pm</td>
<td>$98</td>
</tr>
<tr>
<td>Automotive Technology L</td>
<td>6</td>
<td>T</td>
<td>10/13</td>
<td>5:30-8:00</td>
<td>$109</td>
</tr>
<tr>
<td>Aviation Ground School L/Z*</td>
<td>8</td>
<td>M/W</td>
<td>10/19</td>
<td>6:00-8:00</td>
<td>$325</td>
</tr>
<tr>
<td>Beyond the Birdefeeder L/Z</td>
<td>1</td>
<td>M</td>
<td>10/19</td>
<td>5:30-7:00</td>
<td>$18</td>
</tr>
<tr>
<td>Buying &amp; Selling on eBay L</td>
<td>2</td>
<td>T</td>
<td>9/29</td>
<td>5:30-8:00</td>
<td>$48</td>
</tr>
<tr>
<td>Certified Nursing Assistant L/Z</td>
<td>9</td>
<td>TWTh</td>
<td>9/1</td>
<td>8am-4pm</td>
<td>$1,195</td>
</tr>
<tr>
<td>Certified Nursing Assistant L/Z</td>
<td>9</td>
<td>TWTh</td>
<td>11/3</td>
<td>8am-4pm</td>
<td>$1,195</td>
</tr>
<tr>
<td>Certified Residential Medication Asst. L/Z</td>
<td>5</td>
<td>F</td>
<td>9/11</td>
<td>8am-4pm</td>
<td>$335</td>
</tr>
<tr>
<td>Certified Residential Medication Asst. L/Z</td>
<td>5</td>
<td>F</td>
<td>1/8</td>
<td>8am-4pm</td>
<td>$335</td>
</tr>
<tr>
<td>Certiport Testing L</td>
<td>by appt</td>
<td></td>
<td>9/21</td>
<td>4:15-7:00</td>
<td>TBD</td>
</tr>
<tr>
<td>Chair Seat Weaving L/Z</td>
<td>4</td>
<td>Th</td>
<td>9/17</td>
<td>6:00-8:00</td>
<td>$58+</td>
</tr>
<tr>
<td>CNC Machining L</td>
<td>7</td>
<td>T</td>
<td>10/13</td>
<td>4:30-7:30</td>
<td>$310</td>
</tr>
<tr>
<td>CRMA Recertification L/Z</td>
<td>1</td>
<td>F</td>
<td>10/16</td>
<td>8am-2pm</td>
<td>$95</td>
</tr>
<tr>
<td>CRMA Recertification L/Z</td>
<td>1</td>
<td>F</td>
<td>12/11</td>
<td>8am-2pm</td>
<td>$95</td>
</tr>
<tr>
<td>Cyber Safety - Security Awareness L/Z</td>
<td>1</td>
<td>T</td>
<td>9/29</td>
<td>6:30-8:00</td>
<td>$10</td>
</tr>
<tr>
<td>Document &amp; File Management L/Z</td>
<td>1</td>
<td>M</td>
<td>11/9</td>
<td>6:00-8:00</td>
<td>$22</td>
</tr>
<tr>
<td>Excel 2016 – Basics L/Z</td>
<td>6</td>
<td>W</td>
<td>10/7</td>
<td>6:00-8:00</td>
<td>$98+</td>
</tr>
<tr>
<td>Excel 2016-Advanced Applications L/Z</td>
<td>3</td>
<td>W</td>
<td>12/2</td>
<td>6:00-8:00</td>
<td>$58+</td>
</tr>
<tr>
<td>Fit for a King: Feasting in Medieval Eng., L/Z</td>
<td>2</td>
<td>M</td>
<td>9/28</td>
<td>6:00-8:00</td>
<td>$43+</td>
</tr>
<tr>
<td>Food Preservation – Fermentation L</td>
<td>1</td>
<td>Th</td>
<td>10/15</td>
<td>5:00-8:00</td>
<td>$23</td>
</tr>
<tr>
<td>Food Preservation – Canning L</td>
<td>1</td>
<td>Th</td>
<td>10/22</td>
<td>5:00-8:00</td>
<td>$23</td>
</tr>
<tr>
<td>Food preservation – Relish L</td>
<td>1</td>
<td>Th</td>
<td>10/29</td>
<td>5:00-8:00</td>
<td>$23</td>
</tr>
<tr>
<td>Fundamentals of Investing Z</td>
<td>1</td>
<td>Th</td>
<td>11/12</td>
<td>6:00-7:30</td>
<td>$18</td>
</tr>
<tr>
<td>Google Drive: Computer Organization+ L/Z</td>
<td>2</td>
<td>M/W</td>
<td>9/21</td>
<td>6:00-8:00</td>
<td>$72</td>
</tr>
<tr>
<td>Intro to Photography L</td>
<td>5</td>
<td>W</td>
<td>9/23</td>
<td>6:00-7:30</td>
<td>$98</td>
</tr>
<tr>
<td>iPhone/iPad – Basics to Super Skilled L</td>
<td>4</td>
<td>M</td>
<td>11/16</td>
<td>6:00-8:00</td>
<td>$72</td>
</tr>
<tr>
<td>Machining Basics L</td>
<td>7</td>
<td>M</td>
<td>10/5</td>
<td>4:30-7:30</td>
<td>$285</td>
</tr>
<tr>
<td>Marlinspike Seamanship L/Z</td>
<td>5</td>
<td>T</td>
<td>10/20</td>
<td>6:00-8:00</td>
<td>$78</td>
</tr>
<tr>
<td>Math for Welding/Machining L</td>
<td>12</td>
<td>Th</td>
<td>9/17</td>
<td>4:30-7:00</td>
<td>Free</td>
</tr>
<tr>
<td>MTA (Microsoft Technology Associate) L/Z</td>
<td>8</td>
<td>Th</td>
<td>10/8</td>
<td>6:00-8:00</td>
<td>$425</td>
</tr>
<tr>
<td>Personal Support Specialist (PSS) L/Z</td>
<td>8</td>
<td>M</td>
<td>10/26</td>
<td>8am-2pm</td>
<td>$415</td>
</tr>
<tr>
<td>Planes, Trains &amp; Automobiles (modeling) L</td>
<td>6</td>
<td>Th</td>
<td>10/29</td>
<td>5:30-7:30</td>
<td>$118</td>
</tr>
<tr>
<td>Preparing Your Estate Z</td>
<td>1</td>
<td>W</td>
<td>10/7</td>
<td>6:00-7:30</td>
<td>$18</td>
</tr>
<tr>
<td>Plants for Better Sleep L/Z</td>
<td>1</td>
<td>T</td>
<td>10/6</td>
<td>5:30-7:00</td>
<td>$28</td>
</tr>
<tr>
<td>Plants for Perfect Skin L/Z</td>
<td>1</td>
<td>T</td>
<td>10/13</td>
<td>5:30-7:00</td>
<td>$28</td>
</tr>
<tr>
<td>Plumbing Basics L/Z</td>
<td>5</td>
<td>T</td>
<td>10/20</td>
<td>6:00-8:00</td>
<td>$88</td>
</tr>
<tr>
<td>Podcasting Intro L/Z</td>
<td>1</td>
<td>Th</td>
<td>9/24</td>
<td>5:00-8:00</td>
<td>$35</td>
</tr>
<tr>
<td>QuickBooks 2019 – Intro L/Z</td>
<td>6</td>
<td>T</td>
<td>10/6</td>
<td>6:00-8:00</td>
<td>$98+</td>
</tr>
<tr>
<td>QuickBooks 2019– Beyond Basics L/Z</td>
<td>3</td>
<td>T</td>
<td>12/1</td>
<td>6:00-8:00</td>
<td>$58+</td>
</tr>
<tr>
<td>Safeguard Your Business L</td>
<td>1</td>
<td>2 hours; by appt.</td>
<td>9/21</td>
<td>11:17</td>
<td>$58</td>
</tr>
<tr>
<td>Shrub &amp; Tree Care L</td>
<td>2</td>
<td>Sa</td>
<td>11/7</td>
<td>9-11:30am</td>
<td>$48</td>
</tr>
<tr>
<td>The Chain Gang L/Z</td>
<td>6</td>
<td>W</td>
<td>9/30</td>
<td>5:30-7:30</td>
<td>$102</td>
</tr>
<tr>
<td>The Worry Machine L/Z</td>
<td>2</td>
<td>Th</td>
<td>10/1</td>
<td>5:30-7:00</td>
<td>$38</td>
</tr>
<tr>
<td>Tutoring Lab L</td>
<td>11</td>
<td>W</td>
<td>9/2</td>
<td>3:30-6:00</td>
<td>Free</td>
</tr>
<tr>
<td>Watercolors Z</td>
<td>6</td>
<td>W</td>
<td>9/30</td>
<td>5:30-7:30</td>
<td>$88</td>
</tr>
<tr>
<td>Welding – MIG L</td>
<td>6</td>
<td>M/W</td>
<td>9/16</td>
<td>4:30-7:00</td>
<td>$355</td>
</tr>
<tr>
<td>Welding – MIG II L</td>
<td>6</td>
<td>M/W</td>
<td>11/2</td>
<td>4:30-7:00</td>
<td>$355</td>
</tr>
<tr>
<td>Welding – STICK Intro L</td>
<td>3</td>
<td>T/Th</td>
<td>10/6</td>
<td>4:30-7:30</td>
<td>$175</td>
</tr>
<tr>
<td>Welding – TIG L</td>
<td>6</td>
<td>T/Th</td>
<td>10/29</td>
<td>4:30-7:30</td>
<td>$355</td>
</tr>
<tr>
<td>Your Kingdom for a Talking Stick L</td>
<td>1</td>
<td>W</td>
<td>11/4</td>
<td>5:30-8:00</td>
<td>$28</td>
</tr>
<tr>
<td>Zoom Basics L/Z</td>
<td>1</td>
<td>M</td>
<td>9/21</td>
<td>6:00-8:00</td>
<td>Free</td>
</tr>
<tr>
<td>Zoom Basics L/Z</td>
<td>1</td>
<td>T</td>
<td>10/20</td>
<td>6:00-8:00</td>
<td>Free</td>
</tr>
<tr>
<td>Zoom Basics L/Z</td>
<td>1</td>
<td>Th</td>
<td>11/12</td>
<td>6:00-8:00</td>
<td>Free</td>
</tr>
<tr>
<td>Zoom Deeper Dive L/Z</td>
<td>1</td>
<td>Th</td>
<td>9/24</td>
<td>5:00-8:00</td>
<td>$33</td>
</tr>
</tbody>
</table>

*L* = In person, live class   
*Z* = Presented via Zoom only   
*L/Z* = Live with potential for Zoom as needed
In uncertain times, one thing you can do is focus on your future. A little planning now can make a big difference in the long run. New Ventures Maine is here to help. Our interactive classes and workshops are available online this fall. Individual appointments are available by video conference or phone. Visit newventuresmaine.org for the fall schedule of free career development, money management, small business, and confidence-building courses.

Register at - newventuresmaine.org
All Classes below by New Ventures
Online self-paced, or F2F options available
Preregistration required, no cost for classes
Contact: 593-7942 or melinda.wildes@maine.edu

Building Confidence
Whether you are navigating recent changes, looking for a job, starting a business, or simply want to be more confident, join this class to assess your confidence and learn concrete tools to help you build your confidence and keep it strong.

My Next Career Move
Take charge of your career and create an action plan to achieve success. Learn how your current skills connect to future careers. Identify high-growth job fields. Explore education and training options. Strengthen your resume for a targeted job search. Graduates of this class are eligible to apply for the GEN Scholarship, to be used at any University of Maine System campus, Maine Community College or UNE.

Other classes available . . .
My Money Works, 5 weeks  First Impressions Matter, 2 wks, 1hr
Budgeting Basics 1 hr.  Let’s Talk about Credit 1 hr.
Start Saving 1 hr.  Introduction to Self-Employment 1hr.

Entrepreneurship Workshop - Starting Your Own Business
Jim Potter, West Bay Rotary
Are you interested in starting your own business? You will learn valuable and important information when you take this class. West Bay Rotary Club of Camden presents their annual class in entrepreneurship for people who are interested in starting their own businesses. Topics will cover the legal aspects of starting a business, financing a startup, accounting and tax issues, writing business plans, sales and marketing, managing a business, plus a discussion of traits commonly found in successful entrepreneurs. Each week features a speaker on one of the key topics and panel discussion members will be West Bay Rotary members who either own or have owned their own businesses.

5 weeks  6:00 - 8:00 p.m.
Wednesdays  begins 9/30/20
CHRHS 223  $49
adult.education@fivetowns.net
Creating an Online Presence to Grow Your Business

Branden Densmore

Discover the foundations for creating an online presence to promote your skills services, or products. We will show you how to clarify your target audience, leverage your personal Facebook page, create professional and group Facebook pages and brand your content using Canva (a powerful and free Graphic design tool). Instead of worrying you’ll be saving time, energy, and money while having fun! This course requires that you have some computer experience including the use of various internet browsers.

6 weeks 6:00 - 6:45 p.m.
Tuesdays & Thursdays begins 11/3/20
Virtual live $89

A good teacher can inspire hope, ignite the imagination, and instill a love of learning.

Computer Skills for the Workplace

Dave Paquin

Most jobs today require a working knowledge of certain computer skills. Employers seek and reward employees with the skills and knowledge to send messages across the country via e-mail; use a spreadsheet to create a graph and paste it into a report; add and edit data in a database; understand the implications of file sizes, memory limitations, and network arrangements; and recognize the function and features of modern computer components. Any job candidate who already possesses these skills will stand above those who do not.

This course is a great introduction to Windows 10 and Office 2016 and is designed to provide the fundamental computer competencies you need to survive and prosper in today’s fast-changing workplace. You will learn how to implement the powers of modern office software to work faster and more efficiently. This course will focus on practical application for software most common to the workplace. By the time you finish, you will have learned why employers consider technological literacy so critical to the success of any organization.

6 weeks instructor-led, online starts monthly
register at https://www.ed2go/fivetowns $99

Writing Winning Grant Proposals: Nuts, Bolts & Assembly

Frank Burtnett, Ed. D.

This course will present strategies that nonprofit organizations can utilize to develop proposals for external funding by foundations, agencies, organizations and corporations. Emphasis will be placed on the identification of the various types of grant makers and the process that must be followed to secure support for new or expanded initiatives.

The first two classes will cover the “nuts and bolts” of writing a grant – basic grant development and writing process, followed by the anatomy of a proposal and guidance on how to write your proposal and what to include. There will then be a one-week break during which participants will work on a draft of their proposal, the instructor will be available for consultation via email for this week.

For the final class students will bring their draft proposals for review and evaluation by peers and the instructor and learn the next steps for submission. Class will also address submission and follow-up strategies. Class meets for 2 hours/night for the first two classes, 3 hours for the third class.

4 weeks (3 class sessions) 6:00 p.m. - 8:00 p.m.
Mondays 9/21, 9/28, 10/12
CHRHS 225 $75

www.fivetowns.maineadulted.org
Quick and Simple Virtual Computer Classes for Recent Learners.

**Mike Wilson**
The classes below are live with instructor and author Mike Wilson. You will receive a link to join the class at the appointed date and time, without having to learn any technology or platform such as Zoom prior to signing in. All you need is a computer, the ability to access your email, point, and click. That's it! During each class session you can interact with Mike via a chat box to get your questions answered.

**Virtual live, all sessions** $40 per session

**Choose the course and session that meets your needs**

**I NEED HELP WITH MY WINDOWS 10 COMPUTER**
See how to navigate Windows 10, the desktop, icons, & taskbar. Understand how to use the start menu and explore features of the Microsoft Edge browser. Learn about calendars, maps, using your Photos app, and the Microsoft Store. Discover basic scanner and antivirus use. There will also be an introduction to Microsoft Word, using keyboard shortcuts. (Not for Apple/Mac users.)

| Session 1 | Sundays 9/13, 20, 27, 10/4 | 2 p.m. - 3 p.m. |
| Session 2 | Tue/Thu 9/15, 17, 22, 24 | 10 - 11 a.m. |
| Session 3 | Mondays 9/21, 28 | FULL |
| Session 4 | Sundays 10/11, 18, 25, 11/1 | 6:30 - 7:30 p.m. |

**MICROSOFT WORD MADE EASY - REALLY!**
Learn Microsoft Word in a clear, sensible, and enjoyable way! We'll navigate the basics and explore alignments, bullets, hard/soft returns, indents, and sort. See simple shortcuts and editing changes. Also, understand paragraphs, margins, and how to fix unwanted vertical spacing. Learn to properly use tabs and tables. Gain knowledge of text boxes, creating basic labels, and page views. This is a user-friendly class for recent learners! (Not for Apple/Mac users.)

| Session 1 | Tue/Thu 10/6, 8, 13, 15 | 10:30 - 11:30 a.m. |
| Session 2 | Tuesdays 10/6, 13 | FULL |
| Session 3 | Mondays 10/26, 11/2, 9, 16 | 2:30 - 3:30 p.m. |

**CREATING & ORGANIZING PICTURES, FILES, FOLDERS, & E-MAILS**
Learn how to create an orderly file management system, using pictures, files, and folders. Discover how to download and copy files and pictures from the Internet. See pictures transferred from a cell phone to a computer. See how to use files and place projects on your computer and flash drives. You’ll learn how to create, copy, move, and relocate pictures, files, and folders. Also, see a demonstration on arranging, grouping, and filing e-mails. (Not for Apple/Mac users.)

| Session 1 | Tue/Thu 10/20, 22 | 7:30 - 8:30 p.m. |
| Session 2 | Saturdays 11/7, 14, 21, 28 | 2:00 - 3:00 p.m. |

**Other virtual classes coming . . .**

- **“Help! I Have a Computer and I’m Downright Frustrated!”**
- **Let’s Close Your Digital Divide**
- **“Should I Click on That?” - Home Computer Safety**
- **Excel for Those Who Don’t Have a Clue**
- **Creating Simple Design Projects Using Templates**

**Classroom definitions and icons you need to know**

**F2F:** This is an abbreviation for face-to-face classes. This is your normal classroom, with an instructor and student in the same room.

**Distance learning:** a general term used to describe any learning that is not face-to-face.

**Online:** these classes take place 100% on a computer with internet access.

**Asynchronous:** students in asynchronous classes do not communicate with each other or an instructor in real-time. Instead, they reply to assignments and prompts that are posted online. There are typically clear deadlines for assignment completion. A well-designed asynchronous course allows students to develop a vibrant learning community online and communicate with each other regularly.

**Instructor-led:** a teacher manages enrollment and the timing of assignments.

**Self-paced:** students in a self-paced environment do have access to feedback from an instructor. However, there are typically no specific deadlines for individual assignments and there is no sense of a learning community. That is, students do not interact with each other.

**Virtual:** in terms of learning experiences, a virtual environment generally means live interaction through the use of a computer, tablet, or smartphone equipped with a camera and microphone. Examples of technologies used include Zoom, WebEx, and Skype.

**Live:** the lecture or demonstration is provided by the instructor and students view in real-time.

**Blended learning:** there can be many different combinations of the above terms. For example:

- **Online instructor-led:** the course uses an online learning management system and is asynchronous.
- **Virtual blended:** the course incorporates a live portion using regularly scheduled class meetings on Zoom, along with assignments that are completed asynchronously online.

For this brochure, in addition to our typical F2F locations like CHRHS Rm 219, you will see four new class locations:

- **Online instructor-led**
- **Online self-paced**
- **Virtual blended**
- **Virtual live**

**NOTE:** F2F classes that may be moved to Virtual depending if the school closes due to weather or health-related concerns will list a building and room location plus this ‘flip’ symbol.

If you are ever unsure of the delivery method or location of a class, please contact our office prior to completing your registration.

207.236.7800, option 5

adult.education@fivetowns.net
Computers & Technology

iPhone Photography, Mastering the Art
Gary Harmatz
Worldwide, more photographs are now taken with an iPhone than any other camera. You will learn what you need to know in order to capture creative and dynamic images using this high-powered camera that is almost always at your fingertips. Gary will guide you through the use and selection of apps for enhancing and embellishing photos along with the tools you need to take amazing on-the-go photos.

1 night 6:00 - 8:00 p.m.
Monday 10/5/20
CHRHS Rm 227 $15

iPhone Basics
Keith Drago, Rockport Library
Learn the basics of using your iPhone. We will cover the parts of the iPhone, navigating your device, browsing the web, managing your storage, installing apps and using the Apple Store, and more! We will only be covering iPhones, we will NOT be covering Android phones. Class is FREE but you must register.

1 night 6:00 - 7:30 p.m.
Wednesday 11/18/20
Rockport Public Library FREE

Android Phone Basics
Keith Drago, Rockport Library
In this class you will learn the basics of using your Android phone effectively and efficiently. You may bring your Android phone with you to follow along, or, if you prefer, just sit and watch. We will demonstrate how to operate the phone, change settings, navigate the web, and download and open apps. There will be time for questions after the class. This class is for the absolute beginner. We will NOT be covering iPhones. Class is free but you must register.

1 night 6:00 - 7:30 p.m.
Wednesday 12/9/20
Rockport Public Library FREE

Adobe Illustrator - Beginner / Intermediate
Joseph Ryan
Adobe Illustrator CC is an essential design tool for anyone who needs to express ideas visually in print, on the web, and in any other medium. You will also learn, step-by-step, the key techniques, as well as tips and tricks, for working in Illustrator CC. In this Illustrator Fundamentals training course, you will learn the basics of working with Illustrator CC through a combination of instructor-led demonstration and hands-on practice.

5 weeks 5:30 - 7:30 p.m.
Wednesdays begins 9/30/20
CHRHS 327 $95

Introduction to Video Conferencing (Using Zoom)
Five Town Adult Education Staff
Covid-19 and social distancing have meant missed time with many of the important people in our lives. Many folks have turned to video conferencing resources like Zoom to video chat with family, friends, and colleagues. It’s not the same, but it’s something. Whether you are just curious how video chat works or want to use it to take one of our courses, we’ll provide a basic understanding of the concept of video chat, and explore specifically how to initiate a free Zoom account.

1 night (3 options) 6:00 - 7:00 p.m.
Monday 9/14, 9/28, or 10/5
CHRHS Library FREE

Computers for the VERY Beginner
Anne Fensie
This NON-technical class will introduce the basics to those who have NO computer background. Topics covered will include word processing, internet, and email, as well as basics like keyboarding, getting around the computer, and terminology like cut and paste, edit and undo format and insert. Bring your own device if you are comfortable, or use one of ours.

6 weeks 5:30 - 7:00 p.m.
Tuesdays begins 10/13/20
CHRHS Library $89

Microsoft Word Introduction
Anne Fensie
Find out just how powerful Microsoft Word can be for all of your word processing and desktop publishing needs. We will begin with learning the most commonly used features, like formatting text, inserting images, and creating lists, then learn more advanced tools like tables, columns, and creating graphics.

6 weeks 7:00 - 8:30 p.m.
Tuesdays begins 10/13/20
CHRHS Library $89

www.fivetowns.maineadulted.org
BoomerTECH Adventures

BoomerTECH Adventures helps Boomers and Seniors create, connect, and contribute using today’s technology.

Ed Brazee, Jill Spencer, Chris Toy, instructors

Developed by experienced Maine educators, the courses on this page are fully asynchronous, online courses that students complete on their own time and at their own speed. Each course is a PDF booklet with information about the class, instructions for using the class, and the content of the class (videos and articles). The three instructors provide personalized support for the class via email and/or online chat.

Each course will take you approximately 6 hours +/- over a month’s time to complete the tasks depending upon how much time you want to commit. And once you gain access to the class content, you have it to keep and refer to for as long as you need.

TECH REQUIRED: A strong internet connection (or access to one) and a Mac computer, iPad, or iPhone to access videos and articles. Please note these courses are based on Mac and iOS.

Taking Awesome Pictures with your iPhone/iPad Camera

BoomerTECH Adventures

This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills. Students will learn to take photos, portraits, slo-motion, panos, and more. Also students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition.

Start anytime

Online self-paced $39

Fantastic Photo Finishes—Organize & Edit Images

BoomerTECH Adventures

Using your iPhone or iPad photo apps, this is a natural follow-up to the first course, but is a stand-alone course as well. The focus here is on editing images as well as knowing how to organize images and video on iPhones or iPads. Other areas of focus include using the “For You” section (ready-made slide shows), creating, using, and sharing albums, and search.

Start anytime

Online self-paced $39

Introduction to Mac Basics

BoomerTECH Adventures

In this course, students will learn how to make their Mac computer (laptop or desktop) hum! Areas of focus include: Mac features, choosing the best browser, using Spotlight Search, learning how to use the Finder and App Store, understanding the keyboard, and learning the icons that define a Mac computer. These are all essential elements that students will learn.

Start anytime

Online self-paced $39

Introduction to iPhone Basics

BoomerTECH Adventures

It is safe to say that the vast majority of iPhone users rarely use more than a fraction of the features available to them. In this course, students will learn to use their iPhones to the best possible advantage. Here are some of the critical features we’ll cover: Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to text, phone, FaceTime, and email; using the Control Center; mastering Settings; updating operating systems; using key apps; understanding the apps that come with your iPhone and more.

Start anytime

Online self-paced $39
Financial Literacy

Stocks, Bonds, and Investing: Oh My!  
Matt Crabtree, CFP
Looking for a good solid class in the basics of stocks, bonds, finance, and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Wish you had some guidance to put your finances into clear and understandable perspective? Well, look no further. The class you need is right here!

Stocks, Bonds, and Investing; Oh My! is an enjoyable class that walks you through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored, but absolutely essential, to your success as an investor.

This course won't just throw a bunch of terms at you, expecting you to memorize everything. The instructor takes the time to explain concepts in detail so you understand how and why things work in the investment world. You'll leave this course with a comprehensive and thorough education in personal finance and investment. And you will have provided yourself with the independence, confidence, and peace of mind you'll need to make your own investment decisions.

6 weeks instructor-led, online
starts monthly

Money Management 101  
Brie Pio
Do you feel stuck financially? Do you feel like you can't seem to get ahead? This course discusses the principles of building a healthy financial life. We will talk about budgeting, eliminating debt, planning for big purchases, paying for education, and saving. This course is free for students in our HiSET or College Transitions programs.

3 weeks
Thursdays begins 9/24/20
CHRHS 223 FREE

New!

Social Security Retirement Workshop  
Lee Ann Mahar
This popular class is an informative session to discuss all issues related to filing for Social Security and/or Medicare benefits.

1 night
Wednesday
CHRHS 245A 
FREE

Retirement Planning 101  
Brie Pio
Are you worried about retirement? Are you wondering if you are financially prepared? This course will address planning for retirement, living in retirement, and passing on assets to loved ones after retirement. We will discuss how much to save and how to invest it wisely to achieve your retirement goals.

3 weeks
Thursdays begins 10/29/20
CHRHS 223 FREE

Medicare 101  
Anna Moorman
Questions about Medicare? Join Anna Moorman and Jo-Ann Neal for this informational seminar. They will answer your questions including what Medicare does and does not cover, when to enroll, the difference between Medicare Advantage and Medicare Supplement Plans, and which plan is best for you. Anna and Jo-Ann will be available for a question and answer session following the presentation. The seminar is free and open to the public, but we do ask that you register by calling the Adult Education office at 236-7800, option 5. Anna Moorman and Jo-Ann Neal of Allen Insurance and Financial are licensed insurance agents specializing in Medicare.

1 night (2 options)
CHRHS 245A 
FREE

New!

New!

Social Security Retirement Workshop  
Lee Ann Mahar
This popular class is an informative session to discuss all issues related to filing for Social Security and/or Medicare benefits.

1 night
Wednesday
CHRHS 245A 
FREE

Retirement Planning 101  
Brie Pio
Are you worried about retirement? Are you wondering if you are financially prepared? This course will address planning for retirement, living in retirement, and passing on assets to loved ones after retirement. We will discuss how much to save and how to invest it wisely to achieve your retirement goals.

3 weeks
Thursdays begins 10/29/20
CHRHS 223 FREE

Medicare 101  
Anna Moorman
Questions about Medicare? Join Anna Moorman and Jo-Ann Neal for this informational seminar. They will answer your questions including what Medicare does and does not cover, when to enroll, the difference between Medicare Advantage and Medicare Supplement Plans, and which plan is best for you. Anna and Jo-Ann will be available for a question and answer session following the presentation. The seminar is free and open to the public, but we do ask that you register by calling the Adult Education office at 236-7800, option 5. Anna Moorman and Jo-Ann Neal of Allen Insurance and Financial are licensed insurance agents specializing in Medicare.

1 night (2 options)
CHRHS 245A 
FREE

New!

New!

Social Security Retirement Workshop  
Lee Ann Mahar
This popular class is an informative session to discuss all issues related to filing for Social Security and/or Medicare benefits.

1 night
Wednesday
CHRHS 245A 
FREE

Retirement Planning 101  
Brie Pio
Are you worried about retirement? Are you wondering if you are financially prepared? This course will address planning for retirement, living in retirement, and passing on assets to loved ones after retirement. We will discuss how much to save and how to invest it wisely to achieve your retirement goals.

3 weeks
Thursdays begins 10/29/20
CHRHS 223 FREE

Medicare 101  
Anna Moorman
Questions about Medicare? Join Anna Moorman and Jo-Ann Neal for this informational seminar. They will answer your questions including what Medicare does and does not cover, when to enroll, the difference between Medicare Advantage and Medicare Supplement Plans, and which plan is best for you. Anna and Jo-Ann will be available for a question and answer session following the presentation. The seminar is free and open to the public, but we do ask that you register by calling the Adult Education office at 236-7800, option 5. Anna Moorman and Jo-Ann Neal of Allen Insurance and Financial are licensed insurance agents specializing in Medicare.

1 night (2 options)
CHRHS 245A 
FREE

New!
**Arts & Crafts**

**Knitting for Beginners**  
*Tina Casteris*  
Anyone can knit! This class will cover everything you need to know to make your choice of beginner projects: a scarf, hat, cowl, or wrist warmers. The instructor will cover casting on, knit and purl stitches, increasing and decreasing and provide tips and support for making a wonderful woolen wearable that you’ll be proud to own. Materials lists for each project will be available at The Cashmere Goat in Camden or from the instructor at the first meeting. Please bring a pair of knitting needles size 6, 7, or 8 and some worsted weight yarn, preferably a light color. *Mention this class at The Cashmere Goat in Camden to receive a discount on materials.*  
4 weeks  
6:00 - 8:00 p.m.  
Thursdays begins 1/7/21  
CHRHS Rm 235  
$99 SR

**Intro to Drawing**  
*Rachel Romanski*  
This course focuses on the development of observational skills and drawing techniques. Students will learn the basic fundamentals of mark making, gesture, volume, and perspective to draw from life and photo. No prior drawing experience is necessary.  
5 weeks  
6:00 - 8:00 p.m.  
Wednesdays Virtual live  
$99 SR

**Italian Renaissance Art History**  
*Rachel Romanski*  
This lecture series will be a survey of Italian Renaissance Art from Giotto to Michelangelo highlighting the cultural shifts that led to the success of the Great Masters. Excellent for lovers of art, history, or Italian culture— you’ll develop a greater understanding of the art and architectural feats of Florence, Rome, and Venice and be able to identify symbols and techniques common of the Early and High Renaissance.  
6 weeks  
6:00 - 7:00 p.m.  
Tuesdays Virtual live  
$115 SR

**Experimental Drawing**  
*Rachel Romanski*  
This course takes an experimental approach to the question, “What is drawing?” We will explore traditional techniques of drawing and investigate connections between drawing and other disciplines. Abstraction, mindfulness, and “play” will inform our creations. Prior drawing experience is preferred but not necessary.  
6 weeks  
6:00 - 8:00 p.m.  
Wednesdays Virtual live  
$99 SR

**Clay Birds, Bells, and Beads**  
*Colette Shumate-Smith*  
Bird, Bell, and Bobbles. Be ready for your holiday with these timeless creations. Participants will learn how to construct basic forms in clay such as hollow birds and simple bells in one session. We will meet two weeks later to add beads and assemble the bells for a Holiday Window display. A $15.00 materials fee payable to the instructor at first class.  
2 weeks (see description)  
6:00 - 9:00 p.m.  
Tuesdays meets 9/30/20 & 10/14/20  
CHRHS Rm 211  
$35 SR

**Scarecrow Centerpiece**  
*Colette Shumate-Smith*  
This fun project is simple hand sewing with fun fabric scraps. You can bring some fabric to share to match your table settings if you want a coordinated look. A materials fee of $10.00 will be collected at the beginning of class. We will use hot glue, fake flowers popsicle sticks, Styrofoam, Raphia, and fabric, burlap and stuffing. It is such fun to create and see what your classmates make also. These little figures are a delight. Surprise yourself with your new skills. A $10 materials fee is payable to instructor at first class.  
1 night (2 options)  
6:00 - 8:00 p.m.  
Wednesdays  
10/7 or 10/21  
CHRHS Rm 211  
$19

207.236.7800, option 5  
adult.education@fivetowns.net
Arts & Crafts

Woodworking for Beginners
Libby Schrum
Jump right into the world of working with wood, tools and creating useful objects with your hands in this beginning woodworking course. Using materials found at your local hardware store, you will learn which tools to use for which tasks, and how you use each of them to cut, join, shape and sand wood into a simple functional piece. In addition to conversations about tool and shop safety we will have discussions about wood as a material, different types of joinery, and dip our toes (not literally!) into the basics of finishes and clear coats. Participants will choose between two projects: a set of three nesting serving trays or a small, wall hung wine bottle/glasses rack. Materials fee of $20-30 (depending on the project chosen) payable to the instructor on the first night.

5 weeks 6:00 - 8:30 p.m.
Wednesday begins 10/21/20
CHRHS Woodshop $175 SR

Many of our supply lists are available on our website. If unsure, call us.

Carving Signs
Sherwood Hilt
This class is for beginners in wooden sign carving. You will learn the art of designing and carving hand-carved signs of two types - relief and incised - creating a name or house number on pine. At the first class, we will discuss what tools you need and how to use them. A materials fee of $10 is payable to the instructor at the first class.

5 weeks 6:00 - 8:00 p.m.
Tuesdays begins 11/10/20
CHRHS Woodshop $59 SR

New!

Carving the Harlequin Drake
Michael McCune
The Harlequin Drake is a small sea duck native to arctic waters. It has very colorful plumage that makes it a beautiful bird to carve and paint. This class can accommodate the intermediate or experienced carver. Students should bring a minimum of a straight carving chisel, a 7mm #9 gauge, and an 8mm #7 fishtail. The instructor will supply basswood blanks and eyes, and paints. A $35 materials fee is to be paid to the instructor.

10 weeks 6:00 - 8:00 p.m.
Thursdays begins 10/1/20
CHRHS Woodshop $99 SR

Our Arts Teachers ROCK!
Within these pages are some of the most talented, caring, and giving artists you’ll find. Professional working artists and skilled hobbyist alike, they represent what it means to be an adult educator. It is all about community . . .

Carving Wood Spoons & More
Sherwood Hilt
This class is for beginners in wood carving. You will learn the art of carving a wooden spoon from an instructor who has been carving a variety of objects for 28 years. Spoons can be small or large, carved plain or with decorated handles, and made from a variety of wood. After carving your spoon, the instructor will offer a variety of other small carved objects, such as birds, jack o’lanterns, or small animals, which you can choose to carve for a second project. At the first class, we will discuss what tools you need and how to use them. The materials fee of $10 is payable to the instructor at the first class and includes a booklet on carving for you to keep as a reference.

5 weeks 6:00 - 8:00 p.m.
Tuesdays begins 9/29/20
CHRHS Woodshop $59 SR

Many of our supply lists are available on our website. If unsure, call us.

www.fivetowns.maineadulted.org
**Art & Crafts**

**Finding Your Way with Clay**

*Carolyn Brown*

This class is open to anyone interested in working with clay, beginning to advanced levels. Instruction will cover both handbuilding and wheel throwing, catered to what participants are interested in working on. You can work on specific projects you have in mind, or choose from a variety of techniques and projects introduced by the instructor. Project demos can include making slab-formed bowls and dishes with textured designs, constructing lidded containers, basic and advanced wheel throwing, and sculpting animals or figures. If you register ahead, you can receive an overview of ideas from the instructor ahead of time, to make the most of class studio time. Registration fee includes 25 lbs. of clay and the use of tools and glazes for painting your work. The last class will be used to pick up your fired pieces, do any final work and answer questions.

7 weeks 6:00 - 8:00 p.m.
Tuesdays begins 10/13/20
CHRHS 3D Art $169 SR

---

**Oil Painting - Feathers & Fur Edition**

*Linda Leach & Sandy Clement*

You will always learn new techniques in this popular class! This semester will be exploring techniques for painting the textures of fur and feathers, each subject its own 4-week session so you can sign up for just one or both. Both can be taken in-person or remotely! In part 1 join us for a 4-week study of animal fur and techniques for painting it convincingly. Subjects will be close up and from a distance. The first class will be devoted to drawing, in the second class our subject will be fur close up, then the third and fourth classes will be a painting of a furry animal using one of your own photos or one provided in class. In part 2 join us for the second 4-week study, of techniques for painting feathers. We will explore methods for painting convincing feathers with subjects both up close and from a distance.

The instructors will also be sharing their own online videos to review in class or later at home. The class is open to all levels of skill, but you must have had some painting experience. If you haven’t painted before, please contact instructor Linda Leach at 542-6572. For a supplies list, please see the link on our website or contact Adult Ed.

**Part 1 - Fur**

6 weeks 6:00 - 8:00 p.m.
Tuesdays begins 9/22/20

**Part 2 - Feathers**

6 weeks 6:00-8:00 p.m.
Tuesdays begins 10/20/20
CHRHS 2D Art each session $65 SR

---

**Open Studio Painting**

*Linda Leach & Sandy Clement*

You can keep painting after the class is over! Join us in-person or remotely for an open studio painting experience. Bring unfinished or blank canvas, paint, and easel to enjoy 2 relaxing hours with fellow artists and budding artists. Let’s keep painting! This class has 4 one-night sessions to choose from, be sure to specify which you are signing up for. Join us for one or ALL!

1 night (4 options) 6:00-8:00 p.m.
Tuesdays 11/17 or 12/1 or 12/15 or 1/19
CHRHS 2D Art $15

---

**Watercolor for Everyone**

*Holly Smith*

This class welcomes all levels of students wanting to experience watercolor painting. The weekly exercises are designed to build confidence through step by step instructions. Techniques such as wet on wet, dry brush, blotting etc. are integrated into each watercolor painting. Color theory and mixing is covered along with how to create a successful composition. Many students have returned each year remarking how much they enjoy the class. They learn something new each time they attend. Come and enjoy meeting great people who love to paint and have fun! For a supplies list, please see the link on our website or contact Adult Ed.

5 weeks 6:00 - 8:00 p.m.
Thursdays begins 9/24/20
CHRHS 2D Art $99 SR

---

207.236.7800, option 5
adult.education@fivetowns.net

---

"Love this course! Can’t wait until it is offered again!"
Arts & Crafts

Quilting Beginner Basics 1 and 2
_Beverly Shejen_

In these two 4-week classes, you will learn the techniques of buying, preparing and cutting fabric; understand the lengthwise vs bias grain of fabric; know how to accurately measure, cut pieces and determine exact seam allowances; sew uniform quilt blocks together; learn the proper use of a seam ripper; understand pressing vs ironing; learn the art of borders; how to calculate batting and backing needs; and ultimately learn machine quilting and binding.

In Quilting 1, you will create a simple sampler wall hanging quilt or table runner by fashioning a Square Dance block, Rail Fence block and a Nine-Patch block. In Quilting 2 you will either create a simple wall hanging quilt or use your wall hanging quilt from class 1, adding supplementary sampler blocks of Friendship Star, Flying Geese and Log Cabin, to create a sampler lap quilt. This class is for those of you who have already grasped the techniques taught in Quilting 1.

Prerequisites: You must have previously grasped the basics of simple sewing with a machine and have had your sewing machine serviced recently, including a new needle. Bring your sewing machine to class

**Quilting for Beginners 1**
4 weeks 6:00 - 8:00 p.m.
Tuesdays begins 10/6/20
CHRHS Rm 217 per class $69 SR

**Quilting for Beginners 2**
4 weeks 6:00-8:00 p.m.
Tuesdays begins 11/3/20
CHRHS Rm 217 per class $69 SR

Many of our supply lists are available on our website. If unsure, call us.

Sewing - Basic Pattern Fitting
_Diana Falciani_

Have you ever tried to make something from a pattern and had trouble getting it to fit you? Students of all levels will learn how to customize the fit of a shirt pattern from expert seamstress Diana Falciani. Before class, choose a pattern with a collar, cuffs and a button-down front - Vogue, McCall’s, Butterick or Simplicity are the best to work with. At the first class bring your pattern along with three yards of muslin or white cotton fabric, scissors, pins, measuring tape, a clear ruler and permanent markers in red and black.

5 weeks 6:00 - 8:30 p.m.
Mondays begins 9/14/20
CHRHS Rm 232 $79 SR

Machine Sewing For Advanced Beginners
_Sandy Clement_

This course is a good refresher for those who haven’t sewn for years or for those new at sewing with some basic experience. We will start out with a zippered pouch, a simple tote, and finish with a project of your choice from a pattern. The instructor will provide materials to complete the zippered pouch so there is no need to bring fabric to the first class. You may bring your sewing machine and favorite sewing notions if you wish. There are machines in the sewing room that may be used as well. A $5 materials fee is payable to the instructor at the first class.

4 weeks 5:30 - 7:30 p.m.
Thursdays begins 10/22/20
CHRHS Rm 232 $59 SR

Machine Sewing 101
_Sandy Clement_

Learn the basics of machine sewing and how to troubleshoot problems while working on 2 fun projects. We will start by sewing an envelope pillow with pillow insert. We will also be making a cute and easy zippered pouch. I will supply muslin for the pillow insert and polyester stuffing as well as the fusible fleece and zipper for the pouch. No need to bring fabric to the first class. You may bring your own machine or use one in the classroom. A $5 materials fee is payable to the instructor at the first class.

4 weeks 5:30 - 7:30 p.m.
Thursdays begins 9/24/20
CHRHS Rm 232 $59 SR

Many of our supply lists are available on our website. If unsure, call us.
Art Night Out® - Drilled Sea Glass Pendants
Sarah Walker
Learn the secrets to drilling glass, stones and shells. Add colorful beads and spirals using our easy wire-wrapped loop techniques to create your own unique jewelry. Use our collection of sea glass, beach stones and shells, or bring your own favorites. Workshop fee includes all materials to make one pendant and one key chain.
1 night 6:00 - 8:00 p.m.
Monday 9/28/20
CHRHS Makerspace $45

Art Night Out® - Wire Bound Jewelry
Sarah Walker
Twist, wrap, and loop your way to a sophisticated design using elements drawn from the sea. Using sterling silver wire, pearls and seaglass, you'll create a lovely necklace and earring set. No drilling necessary. Bring your own seaglass or choose from our collection. Workshop fee includes all materials to make a pendant and one pair of earrings in sterling silver.
1 night 6:00 - 8:00 p.m.
Wednesday 10/28/20
CHRHS Makerspace $65

Art Night Out® - Crochet Wire Jewelry
Sarah Walker
Learn to use crochet stitches in a new way! Using wire and high quality glass beads you'll learn how to construct a necklace or bracelet simply by crocheting. No prior experience is necessary. Choose from our variety of colorful beads to accent your stunning jewelry and give it a unique look. Give your piece a finishing touch with a beautiful gold or silver plated clasp. Workshop fee includes all materials to make one necklace or bracelet.
1 night 6:00 - 8:00 p.m.
Thursday 10/1/20
CHRHS Makerspace $45

Art Night Out® - Collage Glass Charm
Sarah Walker
Make your own meaningful mini-collages using paper, text, photos and other ephemera. Collage techniques include color washing, glazing, and applying pigment powders. After completing your two-sided collage, you will place it between glass and finish with a unique, solderless metal frame to achieve a polished look. This technique can be used to create ornaments or embellishments for jewelry design. NOTE: If using your own images, ONLY laser copies will work in these collages. Size of charm is 1”x 3”. Workshop fee includes all materials needed to make one two-sided ornament/charm.
1 night 6:00 - 8:00 p.m.
Monday 11/2/20
CHRHS Makerspace $45

Art Night Out® - Stained Glass Hanging Art
Sarah Walker
Learn the fundamentals of stained glass work while constructing a light-catching hanging artwork. Students will learn to copper foil and solder stained glass shards while incorporating wire to create links. Workshop fee includes all materials to make one artwork.
1 night 6:00 - 8:00 p.m.
Monday 11/16/20
CHRHS Makerspace $45

Be thoughtful of others . . . invite your friends and neighbors to join you at class!
Cooking

The Tastes of West Africa
Jordan Benissan
Learn a new cuisine as you join Togo native Jordan Benissan as he teaches you how to cook dishes from West Africa. Among the dishes you may be preparing are West African Chicken in Peanut Sauce, Jollof Rice (West African Paella), Gusi Dessi (Spinach, kale, and collard greens, cooked with melon seeds, cooked in a reduced tomato sauce; served with white rice), and West African tapioca pudding cooked in lemongrass broth with choice of vanilla or chocolate ice cream. Bring take-home containers. Registration fee includes all ingredients.

1 night (2 options) 5:30 - 8:30 p.m.
Monday 10/5/20 or Wednesday 11/18/20
CHRHS Rm 231 $49

The Tastes of Cajun and Creole
Jordan Benissan
Have you ever been curious about Cajun and Creole cuisine? It has amazing origins from several cultures. Jordan Benissan of Me Lon Togo recently added these cuisines to his menu to great success. You will learn the history and culture of this food with possible dishes such as Whole Red Snapper with Red Beans and Rice and Jambalaya, Gumbo, Cioppino (a stew which can include lobster, scallops, king crab legs, shrimp, basil, parsley, fennel, oregano, crushed red pepper, shallots, garlic, a vegetable white wine broth with tomato paste and fresh tomatoes), or the classic New Orleans dish, Étouffée. Bring take-home containers. Registration fee includes all ingredients.

1 night (2 options) 5:30 - 8:30 p.m.
Monday 10/26/20 or Wednesday 12/2/20
CHRHS 231 $49

Sourdough Bread Making
Bill Babb
There is nothing like the aroma of freshly baked sourdough bread unless it is enjoying a slice of freshly baked bread with butter shortly after coming out of the oven! Students will learn how to care for a sourdough starter, how to knead using two different techniques, and how to mix, shape and score the bread for baking. The instructor will demonstrate two ways to bake a loaf, using a cloche or on a stone with steam in the oven, followed by a taste testing. Students will then shape, score and bake a loaf of their own in class. They will take home some sourdough culture (bring a 32 ounce container) for bread baking at home. A $5 ingredients fee is payable to the instructor at class.

1 night (2 options) 5:30 - 8:30 p.m.
Thursday 10/15/20 or 10/22/20
CHRHS Rm 231 $20

Easy Chinese Cookbook: Restaurant Favorites Made Simple
Chris Toy
Join Stonewall and Leroux Kitchens cooking instructor Chris Toy ONLINE to learn how to make a few of his favorite take-out Chinese dishes at home. After you’ve mastered some of the techniques, invite your friends over for a fun evening of ‘take out’ and see how quickly popular you become!

Start at any time! Students will have access to the videos and recipes for a month. Get started by viewing the recipes and the videos. Decide what you’d like to try first, then make a shopping list. Practice, eat, repeat!

Upon registration, you will be sent links to access a Google Drive where you will find the video links and downloadable recipes.

Start anytime
Online self-paced $35
Cooking Vegetarian Indian Food

Dee Patel

Learn to make delicious vegetarian Indian food in this class taught by Dee Patel of Namaste Indian Food. Dee has had a passion for cooking Indian food since she was a teenager living with her grandmother in India, and she loves to share both her own and her grandmother’s recipes. Her menu features a daily special and several of her most popular dishes will be among those you will learn in this class, such as Paneer-Tikka Masala Curry, Dal (Lentil Soup), Naan, Raitu or her special Potato Salad. There will also be a lovely Indian Chai tea! Registration fee includes all ingredients.

1 night (2 options) 5:30 - 8:30 p.m.
Tuesday 10/13/20 or 11/17/20
CHRHS Rm 231 $49

Sushi Rolls

Nam Dol Kalsang

Have you always wanted to learn how to make simple sushi? You will learn to make delicious and beautiful hosomaki (thin roll) futomaki (thick rolls) and inside out rolls. We will work with vinegar, rice, carrots, cucumber, avocado, salmon and crab. You will learn lots of different sushi styles you’ll be able to recreate at home. The ingredients fee includes a bamboo sushi rolling mat and seaweed nori for sushi. Bring containers for leftovers and a sharp knife.

1 night (2 options) 5:30 - 8:30 p.m.
Wednesday 9/23/20 or 10/21/20
CHRHS 231 $35

Gluten Free Baking

Amy English

Are you new to gluten-free, or wondering how to improve the gluten-free foods you eat? Desserts are often the big challenge of gluten-free living. Experienced gluten-free baker Amy will teach you how to make a delicious gluten-free carrot cake. She will also show you terrific tips on how to dress up pre-packaged gluten-free mixes.

1 night 5:30 - 8:30 p.m.
Thursday 9/24/20
CHRHS 231 $39

Ingredient fees are now included in the price of most cooking classes.
Laura Philbrook's Essential Oils Classes

Natural Sleep & Relaxation Support with Essential Oils

Laura Philbrook
The power of smell is an increasingly popular area of research as scientists study ways in which certain scents can evoke a range of emotional and physical responses. In this class you will learn about different essential oils that are beneficial for sleep and relaxation and general sleep hygiene tips. Each participant will make a sleep roller & body scrub. A materials fee of $20 is payable to the instructor at class.

1 night 6:00 - 8:00 p.m.
Tuesday 9/29/20
CHRHS Rm 231 $15

Go Green and Get Clean with Essential Oils

Laura Philbrook
When we clean with many of the conventional products found in stores we might be getting rid of dirt and germs, but we are filling our homes with very toxic chemicals that can have serious consequences to our health. In this class you will learn about essential oils and other natural ingredients that can be used to make safer cleaners for you and your family. Each participant will make an all-purpose cleaner and a foaming hand soap. A materials fee of $20 is payable to the instructor at class.

1 night 6:00 - 8:00 p.m.
Tuesday 10/20/20
CHRHS Rm 231 $15

Essential Oils for Immune System Support

Laura Philbrook
There is a growing body of research demonstrating the efficacy of essential oils as agents of healing due to their antibacterial, anti-fungal, antiviral, immune-boosting, anti-inflammatory and antimicrobial properties. In this class we will learn about different essential oils that support our immune system and make essential oil infused elderberry syrup. Handouts and additional recipes will be provided. A materials fee of $20 is payable to the instructor at class.

1 night 6:00 - 8:00 p.m.
Tuesday 11/3/20
CHRHS 231 $15

Cultivating Healthy Lifestyle Habits

Kate Mc Morrow
Making healthy lifestyle choices might seem simple, but it isn’t necessarily easy. This class will offer guidance and tools to encourage each person to set health and wellness goals that are individualized, sustainable and FUN! Come be inspired to make some changes toward enjoying your healthy lifestyle!!! A $5 materials fee is due to the instructor at class.

6 weeks 6:00 - 8:00 pm.
Thursdays begins 9/24/20
CHRHS 211 $75 SR

Transforming Stress Into Peak Performance

Gilda Joffe
Heartmath is a collection of tools & strategies especially designed to lower stress and increase emotional and physical resilience. Whether in the boardroom, on stage or in the midst of chaos, Heartmath’s tools change one’s physiological responses, resulting in clarity and balance.

1 night 6:30 - 7:30 pm.
Tuesday 9/29/20
Virtual live $19

Food Fats and Oils as Healthy Choices

Jolinda Rockett
Are you confused about what to eat? Do you want to know which fats and oils to use, which to avoid, and how they can be used to reverse weight gain? And most of all, how can you balance all this and stay sane? In this mini course, the instructor explains what we know from scientific meta data. But best of all, she clarifies it for you! Her mantra is: when things get crazy with the diet, simplify. You have enough to worry about! Let’s make food feel good.

1 night 6:00 - 7:00 pm.
Thursday 11/5/20
CHRHS 221 $15

www.fivetowns.maineadulted.org

Exercise, Health & Outdoors

32 Fall 2020 - Winter 2021
Coastal Navigation Level 1
Alice Bean Andrenyak
Not sure where you are or where you are going when boat-
ing on Maine's coastal waters? Learn the basics of coastal
navigation including where you are on a chart/map, creating
bearings that will get you somewhere and back using a di-
vider and a parallel ruler. Excellent for boaters, paddlers, out-
door leaders and future Registered Maine Guides. Students
need access to the internet, computer/tablet with audio and
video capabilities and a printer. They will also need to get a
"divider", "parallel ruler", and have access to a nautical chart.
2 weeks 7:00 – 8:45 p.m.
Tuesdays begins 10/20/20
Virtual live $50

Map and Compass Level 1
Alice Bean Andrenyak
Taking this class prepares you to be safe in the woods, fields,
and on the waters of Maine and the world. No need to
depend on batteries or satellite connections using this tried
and true method. Excellent for hikers, mountain bikers, pad-
dlers, outdoor group leaders, and future Registered Maine
Guides. Students need access to the internet, computer/
tablet with audio and video capabilities and a printer. They
also must purchase on their own before class a 2 degree
baseplate compass, usual cost about $10 - $30.
2 weeks 7:00 - 8:45 p.m.
Tuesdays begins 9/22/20
Virtual live $50

Fly Tying 101
Jeff Space
Learn how to apply fur and feathers to create flies that catch
fish. In this class we will cover the basics of fly tying and
develop skills to create your own works of art. All tools and
materials will be provided. The class will be custom tailored
to the participants based on skill level. A materials fee of $10
is payable to the instructor at the first class.
4 weeks 6:00 - 8:00 p.m.
Tuesdays begins 11/3/20
CHRHS 216 $49 SR
Exercise, Health & Outdoors

Learn to Curl at the Belfast Curling Club

**Steve McLaughlin**

Curling is sometimes referred to as chess on ice, where players use skill and strategy to slide polished granite stones on a prepared ice surface to a target 150 feet away, using special curling brooms to influence the path of the stones. Today, curling is popular in many countries, and interest is increasing in the US. Enjoy a two hour session at the Belfast Curling Club and learn about this fun winter sport. Wear loose, comfortable clothing, dress in layers (you’re on ice) and bring a separate pair of clean soled sneakers. Curling is a great way to spend a night a week during the winter playing and socializing with fun loving folks.

**Please verify which session you are signing up for. Upon registering contact learntocurl@belfastcurlingclub.org or call Steve McLaughlin at 685-9540 to reserve your spot - classes fill up early.**

- **Session 1** - Saturday 10/24, 10:30a - 12:30p
- **Session 2** - Saturday 10/24, 1:00p - 3:00p
- **Session 3** - Sunday 10/25, 10:30a - 12:30p
- **Session 4** - Sunday 10/25, 1:00p - 3:00p
- **Session 5** - Saturday 1/2/21, 10:30a - 12:30p
- **Session 6** - Saturday 1/2/21, 1:00p - 3:00p

**Location:** Belfast Curling Club, 211 Belmont Ave. (Rt. 3), Belfast

**Fee:** $10 registration to adult ed, $10 to be paid to the Curling Club when you arrive for class.

**Online and credit card registration is not available for this program. Please complete a registration form and mail a check to our office.**

---

QIGONG - Mindful Movement with Natural Breathing

**Michael Shunney**

These ancient Qigong practices have improved the health of millions of people over millennia. The air that we breathe is our most important source of nourishment. There is a mountain of research in western medicine confirming the value of a regular practice of improved breathing for many health conditions, and even more benefits in combination with these movements. Ba Duan Jin, Swimming Dragon & Wu Ming Qigongs will be introduced.

2 sessions  **Wednesdays**  3:00 - 4:30 p.m.

- **October session**  6 weeks  **begins 10/7/20**
  - MRC  $59 SR
- **November session**  5 weeks  **begins 11/18/20**
  - MRC  $49 SR

---

**Cross-country Skiing for Beginners**

**Geoffrey Scott**

Anyone who wants to get outside and have some fun on XC skis this winter, from beginner to experienced, is welcome to attend this class. We'll talk about equipment, techniques, and explore a different ski trail every week. You'll need your own equipment. The first meeting will begin at Camden Hills Regional High School field house beside the athletic fields.

**4 weeks**  10:00 a.m. - noon

**Saturdays**  **begins 1/23/21**

**CHRHS field house**  **$49 SR**

---

**Ski Lessons for Beginners**

**Jeff Dec**

Winter will fly by if you come out to the Camden Snow Bowl and ski with us! We are offering ski lessons for adults, whether it's your first time, or you're feeling a bit rusty and just need some fine tuning and encouragement. Groups will be divided by ability. Our instructors are experienced, caring and fun! Registration fee includes a lift ticket good for the whole day, lesson and rental (if required).

**Note:** If you miss a class, there will be no make up; however, if it is weather related and the Snow Bowl cancels, the class will be made up.

**4 weeks**  11:30 a.m. - 1:00 p.m.

**Wednesdays**  **begins 1/20/21**

**Camden Snow Bowl**

- $156 for those up to 69 years of age
- $112 for those who have their own equipment
- $112 for those 70 years of age and older

**Online and credit card registration is not available for this program. Please complete a registration form and mail a check to our office.**

---

**Not sure what the icons mean?**

**Check page 21**
Senior Fitness and Mobility
Holly Vanorse Spicer
Everyone knows - a body in motion stays in motion! No matter your age, you can keep muscles strong and supportive with even the most simple exercises. You will learn functional movements key for balance, stability and most importantly - everyday movements. This class is for all skill levels and modifications needed by participants for each exercise movement will be available.

8 weeks 1:30 - 2:30
Thursdays begins 10/1/20
MRC $75

Birding by Sight, Song & Habitat
Session I
Gary Roberts
Birds are all around us, but can you identify that “little brown job” that just flew by, do you know where it builds its nest, the color of its eggs, what it eats? Join Maine Guide Gary Roberts for a six-week discussion on how to identify common Maine birds and how they are adapted to their habitats and the changing environment.

6 weeks 6:00 - 8:00 p.m.
Mondays begins 11/9/20
CHRHS Rm 222 $75 SR

Pickleball - Learn to Play
Staff Midcoast Recreation
Come try your hand at one of the fastest growing sports in the country - Pickleball. Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. This weekly clinic will be held on the tennis courts at MRC and will consist of general instruction and open play. This class must be paid by check or cash. Online registration is not available.

4 weeks (4 sessions) 9:00 - 10:00 a.m.
Wednesdays begins 10/7, 11/4, 1/6, and 2/3
MRC $35

Pickleball - Skills and Drills
Staff Midcoast Recreation
Ready to up your Pickleball Game? Join us for an hour of Pickleball skills and drills. Instructors will work on all aspects of your game – serve, volley, 3rd shot drop, game strategy and much more. Stop action games and lots of hitting will increase your accuracy and ability to win points. This class must be paid by check or cash. Online registration is not available.

4 weeks (4 sessions) 10:00 - 11:00 a.m.
Wednesdays begins 10/7, 11/4, 1/6, and 2/3
MRC $35
General Enrichment

Celebrate Maine’s 200th anniversary of Statehood by learning some of its (and your) history!

Good Stories about Maine Statehood
Carolyn Hardman
Separating Maine from Massachusetts was a long process which included bitter controversy. It’s a story of skillful leaders and how they won the hearts and minds of the people by making it a campaign for the more democratic political and economic life in Maine. In this illustrated talk/discussion, we will explore the personalities and events that created the State of Maine 200 years ago plus comparisons with current politics.

1 night 6:00 - 8:00 p.m.
Tuesday 1/12/21
CHRHS 235

History of Malaga Island, Maine
Alice Bean Andrenyak
Malaga Island is a 41-acre island at the mouth of the New Meadows River in Casco Bay, ME. It was the site of an inter-racial community from the Civil War until 1911, when the residents were forcibly evicted from the island. Travel back in history and learn about who used the island before the colony, about the colony and its history, and then about it now. Finish by taking a virtual tour of the island today with Master Maine Guide, Alice Bean Andrenyak, who specializes in its tumultuous history. A question and answer time is planned at the end of the 90 minute presentation.

This class is offered through video conferencing and pre-recorded video, in a combination of the two. Students must have an audio and video enabled computer, tablet or smartphone to participate. You will receive information about accessing the class prior to its start date.

1 day noon - 1:30 p.m.
Monday 10/5/20
Virtual live

Climate Change Solutions
Dave Oakes
Simply becoming aware of our climate crisis does not create the solutions necessary to reducing carbon pollution.” This interactive program will propose what can be done at the individual, family, community, and global level to resolve our climate crisis. This program will focus on solutions to global warming and include time for participant ideas and sharing.

1 night 6:00 - 8:00 p.m.
Tuesday 9/22/20
CHRHS 210

Genealogy Basics
Carrie Ehrfurth
Tracing your family’s history is a fascinating journey. Genealogy Basics will help you understand the genealogy research process and how to interpret the information you find. This course guides you through the search process for family names using several subscription-based websites, which you can access while enrolled in this class.

You will learn through hands-on examples that help you dig deeper into your family’s past. You will develop a strategy to accomplish your objectives, evaluate the results, and share that information with others. You will discover where to look, who to contact, and how to make your family history come alive!

6 weeks (monthly options) Asynchronous
Starting dates 9/16, 10/14, 11/11, or 12/9
Online instructor led

Celebrate Maine’s 200th anniversary of Statehood by learning some of its (and your) history!
General Enrichment

WAITING: When the Soul Begins to Quiver
Laura Lee Perkins, MS
Life is about soul-making, which requires creativity in how we respond to personal challenges. No one has an easy walk through life; we are all tested. Some crises are multi-layered and involve many people. Should we act or should we wait until things settle down? Some problems linger, testing us for months or even years. We yearn to respond, but we don’t know what to do. Patience grows thin. Why is this happening? What am I supposed to learn? Instructor’s optional workbook will be available for $10.

1 night 6:00 - 8:00 p.m.
Wednesday 9/23/20
CHRHS Rm 225 $25

3 Minutes a Day Can Change Your Life - a Simple, Effective Spiritual Practice
Laura Lee Perkins, MS
A Simple, Effective Practice Personal growth requires commitment to a simple daily practice. By simple, I mean a minimum of just 3 minutes each day. In our often hectic world of constant demands, are you wondering how you could ever add anything else to your daily routine? Read and then decide. If a daily practice of just 3 minutes a day allowed the other1437 minutes of your day to flow more easily, would you be willing to try the daily practice for 30 days? Instructor’s optional workbook will be available for $10.

1 night 6:00 - 8:00 p.m.
Wednesday 9/30/20
CHRHS Rm 225 $25

Moving Beyond Fear
Laura Lee Perkins, MS
Most of us struggle with some kind of fear which inhibits our lives. We have three choices: do nothing, mask our fear with medications, or learn how to move beyond it. This class will offer tools to move from viewing fear as an obstacle to understanding fear as an opportunity for growth. Fear steals peace and contentment, but we can learn to transform fear. This transformation is a gift you can give to yourself. Instructor’s optional workbook will be available for $10.

1 night 6:00 - 8:00 p.m.
Wednesday 10/7/20
CHRHS Rm 225 $25

Whisky Demystified #1 - the single malts
David Watts
Join Director David Watts to learn more about uisge beatha, the water of life. Have you wanted to know the difference between whisky and whiskey? One of David’s many interests is his heritage. So we will concentrate our discussion this time primarily on single malts from the land of his ancestors, Scotland. You’ll get to know a bit of the history and the process of making whisky. You’ll hear many of the factors that help determine a flavour profile of that wonderful amber liquid you pour a generation or more after it was distilled. If you are a novice and want to know what bottle to start with; if you are experienced and want to share your love of whisky with a group; or if you just love an Old Fashioned made with ‘well’ whisky and want to up your game, then join us! Note: this is not a tasting, simply a discussion.

1 night 6:00 - 7:15
Monday 1/25/21
Virtual live $15
(100% of the fee goes toward adult ed academic scholarships)

Origins of the Middle East Conflict
Charles Mamane
In this course, we will explore the state of the Middle East and trace its history from the end of the First World War to the present. Many people do not realize that the ongoing conflicts in the Middle East originated during World War I with The Balfour Declaration, which is regarded as one of the most controversial and contested documents in the modern history of the Arab world and has puzzled historians for decades. With this declaration, Britain publicly pledged to establish “a national home for the Jewish people”, but for the Palestinians, it resulted in what they call the Nakba – the Catastrophe.

4 weeks 4:00 - 6:00 p.m.
Wednesdays begins 1/20/21
CHRHS Rm 220 $39 SR

Iceland: Land of fire, ice, Vikings, and sustainable energy...
Dave Oakes
Iceland is known for its volcanoes, glaciers, unique geology, remote sub-arctic habitats, and rich geothermal resources. During this 90-minute presentation, we will explore Iceland’s natural beauty, history, and commitment to sustainable energy. Questions will be encouraged.

1 night 6:00 - 8:00 p.m.
Tuesday 9/29/20
CHRHS 210 FREE

Look for the FREE courses within these pages!

207.236.7800, option 5
adult.education@fivetowns.net
Design Your Maine Landscape

Sharon Turner
Do you want to make the most of your yard and gardens? Then this field-based class is for you! After the first meeting, classes will meet at each participant’s property where individualized, site-specific options will be explored. Organic practices will be emphasized as will the incorporation of native plants, especially those important for birds, bees, butterflies and other beneficials. Please give us your physical address when registering. The first night is mandatory; students will receive information and subsequent garden visits will be planned for all participants - this will be the only meeting held at CHRHS. Dates and times of subsequent meetings will be determined that evening. $10 for materials (handouts) to be paid to instructor. Approximately 8 weeks total, with some meetings at gardens on weekdays and some on weekends. The final meeting will be at the instructor’s nursery in Washington.

8 weeks 6:00 - 8:00 p.m. (first night only)
Wednesday 9/16/20 (first night only)
CHRHS 210 and area gardens $139

Passive House Design 101: A Crash Course

Erik Durbas
Are you curious about better energy efficiency in homes? In this talk, Erik will discuss the high-performance methods of building that we must adopt in order to secure our energy future. He will review the six tenets of the German Passivhaus standard and explain how they far exceed the current building code standards for new residential construction and the renovation of existing homes. Materials and methods will be discussed along with the economics of why building better, legacy structures should be considered for every home construction project. Erik will also touch on related topics such as Passivhaus approved high-efficiency components such as windows, heating and cooling systems, insulation products and some basic building science topics.

1 night 5:00 - 8:00 p.m.
Tuesday 10/13/20
CHRHS 227 FREE

Transition Your Home or Business From Fossil Fuels

John Luft
In this class we will explore the technologies and economics involved with transitioning our homes and small businesses away from fossil fuels to electricity. We will look into air source heat pumps, heat pump water heat, electric vehicles and solar electric energy systems. We will cover some of the design considerations and the economic effects of this transition.

1 night 6:00 - 8:30 p.m.
Tuesday 10/27/20
CHRHS 235 FREE

Preserving the Harvest

Vina Lindley
Did you grow a big garden this year and are looking for ways to preserve your bounty? These workshops will teach you recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety and how to check for properly sealed jars. We will prepare a recipe based on what is in peak season at the time of each workshop. Each participant will take part in this hands-on workshop and go home with a canned product and a “Preserving the Harvest” food preservation packet. Please bring a potholder.

Choose one or both sessions.
#1: This class will teach you the steps to safely can your produce with a water bath canner.
#2: This class will cover the new method of steam canning. Recent testing at the University of Wisconsin has indicated that atmospheric steam canning is a safe alternative to the traditional water bath canning method for use in preserving high-acid foods at home. An atmospheric steam canner, an appliance designed to preserve foods using steam, uses less energy and requires less heavy lifting than a water bath canner.

Each session 6:00 - 8:00 p.m.
#1: Tuesday 9/29
#2: Tuesday 10/6
CHRHS Cafe Kitchen $25 each session

Extend Your Maine Growing Season

Sharon Turner
Would you like to extend Maine’s short growing season? Discover the many ways you can lengthen that short season and have good wholesome food available through the fall, winter, and early spring. You will explore everything from old-fashioned cold frames and hot caps to the latest in low and high tunnels and coverings. Seed starting, winter vegetable storage and fall garlic planting will be covered, and organic practices will be emphasized. You will also be able to buy wonderful garlic to plant now for harvest next summer! Materials fee of $10 to be paid to instructor the first class.

3 weeks 6:00 - 8:00 p.m.
Wednesdays begins 9/23/20
CHRHS Rm 210 $29 SR

www.fivetowns.maineadulted.org
Farming With Native Plants
David Spahr
This class is about how you can grow and harvest edible native plants. David has been farming his land (and a nearby public plot) in Washington, Maine for many years, and his PowerPoint will show the native plants he farms with – such as wild high bush blueberries, American and beach plums, nut trees including American chestnut, Viburnums and dozens more - while he provides a discussion of the ecological implications.

1 night 6:30 - 8:30 p.m.
Wednesday 9/23/20
CHRHS Rm 217 $29

Mushrooms, Edible and Medicinal of New England
David Spahr
This class will feature easy-to-understand information on finding, collecting, identifying, and preparing the safer and more common edible and medicinal mushroom species of New England and Eastern Canada. Whether you are a cook, forager, herbalist, or restaurateur you will enjoy this class. The book “Edible and Medicinal Mushrooms of New England and Eastern Canada” will be available for purchase in class for $21.

1 night (3 options) 6:00 - 8:00 p.m.
Wednesday 9/16/20
Wednesday 10/14/20
Wednesday 11/18/20
CHRHS Rm 217

Chaga Facts
David Spahr
Chaga is a type of fungus that grows mainly on the bark of birch trees in cold climates. For centuries, it’s been used as a traditional medicine in Northern European and Asian countries, mainly to boost immunity and overall health. In this class we will cover chaga facts, myths, and miscellany. We will explore all aspects of chaga fungus from finding and harvesting it down to the microscopic level of its many uses.

1 night 6:00 - 8:00 p.m.
Wednesday 10/7/20
CHRHS Rm 217 $29

Decluttering 101: Simplified Ways to Rightsize Your Home
Diane Smith
As the seasons shift during a time that includes some uncertainty, this is a perfect occasion to look at rightsizing your stuff. Learn insider tips from a professional home organizer on how to create more time for what is important in life by bringing order and simplicity to your home. Your day is easier when your space is stress-free and things you need are found with ease. With a theme of kindness, compassion and love, this course covers all aspects of decluttering including household, clothing, paper, and sentimental and inherited items and includes a workbook. Come prepared to laugh and share your own challenges and success stories.

3 weeks 6:00 - 8:00 p.m.
Thursdays begins 10/8/20
Virtual live $55 SR

Driver’s Education
Roy’s Driver & Rider Education
Driver’s Education courses at Camden Hills Regional High School will continue this year, however, due to COVID-19 restrictions, classes have been meeting on Zoom. This may change throughout the school year. For the most up-to-date information, please visit the Roy’s Driving website. Start dates for the class portion are noted below.

9/8/20
10/5/20
11/2/20
12/7/20
M/T/Th 3:15 p.m. - 6:15 p.m.
CHRHS Rm 216 $530
To register call Roy’s at 784-6245 or visit www.roysdriving.com
Languages, Writing & Poetry

Spanish Language classes are taught by Paul García who taught at secondary and university levels for twenty years, and now earns his living as a translator and interpreter. He has lived and worked in Puerto Rico, Mexico, Spain and Argentina.

Spanish for Beginners
Beginner’s Spanish focuses on basic elements, giving emphasis to development of spoken language skills. One goal will be ‘thinking on one’s feet’—viable self-expression. Classroom practice spans the gamut from the traditional through situational exercises and ‘total physical response’ techniques.

Spanish - Intermediate Beginner
This course expands on elements introduced in the Beginner course, further developing spoken language skills and gradually delving into literature and culture. This course is open to any student who has had beginning Spanish language instruction, and the course may be taken multiple times.

Spanish - Continuing Instruction
“Continuing” Spanish is for students who have completed and feel comfortable with the Intermediate Beginner class, or for students who have had previous Spanish language instruction in another program. Course goals and instruction are based on the levels of students enrolling, and the course may be taken multiple times.

German and Russian Language classes are taught by Tatiana Lopyreva. Tatiana taught Russian to English and Russian speakers in a private school and in public schools in Toronto, Canada. She enjoys exploring her native language and having a great experience with her students. In addition, Tatiana started taking German in grade 4, chose it as a major at university and taught German at the same university for 11 years. She took a course in Aachen and gathered a lot of materials for research on Günter Grass.

Russian, Beginner 1
Learn Russian from a Native speaker! This course will introduce such topics as “About Myself and My family”, “My Friends”, “A city” and “School and the Schedule”. Learners will work on the Russian Alphabet, sentence structure, personal pronouns, plural nouns, verb conjugation and Russian noun cases.

Russian, Beginner 2
This follow up to beginner 1 will review the Russian alphabet, words and expressions, and introduce new topics, such as “My Daily Schedule” and “My Weekend. Learners will work on question words, sentence structure, noun and adjective endings and plural forms.

German, Beginner 1
Learn German with an expert! This course will focus on such topics as “First Contacts”, “Objects at Home and in the Household”, “Food and Drinks”, “Free time” and “My House”. Learners will work on statements, imperative sentences with Sie, verb conjugation in the present tense.

German, Beginner 2
This follow up to beginner 1 will cover new topics, such as “My Daily Schedule” and “City Living”, and students will practice their reading, writing and listening skills. They will also work on the accusative case of nouns, modal verbs and verbs with separable prefixes.

Please verify which session you are signing up for.

Mondays & Wednesdays
6:30 - 8:30 p.m.
Beginners - 3 weeks begins 10/28/20
Intermediate - 3 weeks begins 11/30/20
Continuing - 3 weeks begins 12/11/20
CHRHS Rm 216 $65 per session SR
Textbook fee of $15 is payable to the instructor at the first class. The same text is used for all three sessions.

Not sure what the icons mean?
Check page 21
Languages, Writing & Poetry

Writing for Children, the Basics
Fran Hodgkins
You want to write for children, but you don’t know where to start. Where do you find ideas? How do you target your readers? How do you submit a story or book for publication? Do you need an agent or an illustrator? This workshop will help answer your questions and get you underway. Explore fiction and nonfiction for children up to young adults. Short writing assignments and exercises will be included and shared in a safe and encouraging environment.

<table>
<thead>
<tr>
<th>5 weeks</th>
<th>6:30 - 8:00 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>begins 10/20/20</td>
</tr>
</tbody>
</table>

CHRHS 225 $35 SR

New!

I-Ching Intro: A Guide to Right Action
Thomas Jamrog
Almost all of us have heard of the “I-Ching”, one of the most influential books of all time. Tom Jamrog wants to help people deepen their understanding of this 3,000-year-old Chinese text. Based on Carol Anthony’s book “A Guide to the I-Ching” he will show you how to construct and interpret your own trigram out of 64 possible combinations, and practice the use of a three coin-toss method of interpreting Carol’s book. Students will need to purchase the book on their own before class.

<table>
<thead>
<tr>
<th>2 weeks</th>
<th>6:00 - 7:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>begins 10/7/20</td>
</tr>
</tbody>
</table>

CHRHS 220 $29 SR

Learn to enjoy every minute of your life . . .

Independent Publishing Introduction
Jenn Dean
Are you ready to independently publish your book? Now is the best time to finish your manuscript and learn about the publishing options available. This class will guide authors through the steps needed to publish responsibly, effectively and learn to avoid the many pitfalls in the fast-changing world of independent publishing.

1 night 5:00 - 7:00 p.m.
Tuesday 9/22/20
CHRHS Rm 235 $29 SR

Haiku, an Introduction
Kristen Lindquist
Originating in Japan over 300 years ago, the haiku is the world’s most popular poetic form. In this class we will learn about the history of the form, including contemporary English language haiku, as well as how to write and revise our own.

<table>
<thead>
<tr>
<th>5 weeks</th>
<th>6:00 - 8:00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>begins 10/21/20</td>
</tr>
</tbody>
</table>

CHRHS Library Conference Rm $45 SR

207.236.7800, option 5  adult.education@fivetowns.net 41
Guitar, Acoustic for Beginners
Marc Bubar
Learning to play the guitar can be fun and very rewarding! In this introductory course we will learn the names of the parts of the guitar and how to tune a guitar. We will cover the names of the notes on the guitar, learn some basic strumming patterns and try out some picking as well. Moving on to chords and common progressions, we will work up to playing a complete song of your choice, if students wish. Students should have their own guitar and an acoustic guitar tuner (clip-on style is best) and bring it to every class—we will be focusing on the acoustic steel-string or nylon-string guitar. The instructor will have handouts and course materials available for the students. No experience is necessary!

6 weeks 6:30 - 8:00 p.m.
Wednesdays begins 1/6/21
CHRHS Ensemble $95 SR

Music, Dance & Theater

Vocal Technique for Beginners
Paul Whiton
Have you always wanted to learn to sing? You will learn to sing in a variety of styles as you learn 4 songs—one classical, one folk, one from American musical theatre, and one sacred. By learning these very different types of songs you will learn the skills needed to sing the songs for additional singing or performance. Fee includes materials.

8 weeks 6:30 - 8:00 p.m.
Thursdays begins 10/1/20
CHRHS 227 $115 SR

East Coast Swing, part 1
Katie Tranzillo
East Coast Swing (aka jitterbug) is one of the most popular dances around! Learn the basics of this fun and upbeat dance, how to hear the music, and how to connect to your partner. Get individual support within the small group, class notes, music lists, and video links. Meet friends you will see on the social dance floor. Appropriate for beginners and those who want a quick review. Partner required.

3 weeks 6:30 - 7:45 p.m.
Mondays begins 9/21/20
Virtual live $39

East Coast Swing, part 2
Katie Tranzillo
Build off the basic steps to learn more variations and authentic style. Focus on musicality, partner connection, problem solving, and how to keep the focus on fun. Get individual support within the small group, tips for skill building, class notes, music lists, and video links. Meet friends you will see on the social dance floor. Appropriate for beginners and those who want a quick review. Partner required.

3 weeks 6:30 - 7:45 p.m.
Mondays begins 10/19/20
Virtual live $39

Middle Eastern Dance
Patti Luchetti
Middle Eastern Dance (Belly dancing) is native to the ancient middle east. It was widely spread by migrating tribes from India, north to Turkey and west to Spain. Egypt is renowned center of the art form in modern times and Cairo now hosts respected dances from Asia, Europe and the USA. Belly dancing gives gentle, strengthening exercise to the full torso with an emphasis on the belly and thighs. Sign up for one session or both. This is a continuing exercise class.

4 weeks each session (continuing) 6:30 - 8:00 p.m.
Thursdays session 1 begins 10/1/20
CHRHS Mini Gym $29 SR per session
REGISTRATION FORM
NO CONFIRMATION WILL BE SENT!

Please print:

NAME____________________________________________________________________________________
  First                                                                     Last
ADDRESS_________________________________________________________________________________
  Street or P.O. Box & City Zip
PHONE______________________________________ & ___________________________________________
  Best Number to Reach you at & Backup Number
(We require a daytime telephone number in the event of a cancellation.)

EMAIL___________________________________________________________________________________
(Email address is for registration confirmation)

Course                                                                 Day/Date                                                                 Reg. Fee
1._________________________________________________________________________ $____________
2._________________________________________________________________________ $____________
3._________________________________________________________________________ $____________
4._________________________________________________________________________ $____________

Total Included: $ ___________

Send only registration fee, unless otherwise specified. Most book and material fees will be collected at the first class.

___ Check here if you are aged 65 or older and would like the senior discount if applicable (see more information on pg. 3).

Circle Method of Payment: Check VISA MasterCard Discover American Express

Credit Card No:________________________________________Exp. Date: ___________ Sec Code:_________

Signature: _______________________________________________________________________

Zip Code for CC Billing: ____________ please note: a $1.99 fee is added to each CC registration

We need not only the name, but the address and phone numbers of everyone you are registering.

TO REGISTER:

By Mail: Use either check or credit card. Make check payable to: Five Town CSD Adult Education
  Send to: 25 Keelson Drive, Rockport, ME, 04856
  OR
  By Phone: Using credit card you can call us at 236-7800 option 5
  OR
  By Fax: Photocopy registration form first as newsprint is unreadable when faxed.
  Fax number 230-1059 using a credit card.

Please call our offices in advance if you will be needing any assistance.

Courses are filled on a first-come, first-serve basis. Avoid disappointment by registering early.
Five Town CSD
ADULT and COMMUNITY EDUCATION
*Over 130 LIVE Courses Offered
*More than 400 Online Classes Available
*Over 30 classes are NEW this semester!
PLUS...

ed2go
HiSET
AM Academy of MEDICAL PROFESSIONS

Visit our website!
www.fivetowns.maineadulted.org

Classes fill quickly!
Register now by Mail, Phone or Online!

Mid-Coast School of Technology Adult Education
Your local:
Career & Technical Training Center
http://midcoastadulted.com

Visit our website!
www.maineadulted.org