



# Five Town

Adult & Community Education

*Enriching lives . . .  
Strengthening community . . .  
Since 1969*



**Fall 2023 / Winter 2024 Course Catalog**



over  
**30 New  
Classes  
Inside**



Students In Action



What's New?

Greetings!

This will be my final *Message* as Director of Five Town Adult and Community Education. I have thoroughly enjoyed working with everyone in the district and meeting so many wonderful community members. The Five Town region has so much to be proud of and thankful for. And I will miss you. I've developed many friendships that I know will continue. I won't be far.

I've decided to begin to slow down but not leave adult education. I will be working part time as a director closer to my home in Freeport. And I will continue to work in the midcoast region, collaborating with all of the adult education programs to develop and deliver opportunities for people to train for new career pathways.

Your new Director, Nick Beverage, will begin on September 1st. He is a resident of the Five Town CSD and will continue to bring energy to the program. Please welcome him as you did me. Our team of educators continues to serve over 1,000 students every year. You are our inspiration.

We have many new educational offerings. More opportunities to help high school students transition to college. More opportunities for new Mainers to move forward. More ways for employers and employees to work together to find success. More ways to enrich your life.

If you need assistance, get in touch. Be well. And thank you.

*David A. Watts*

David A. Watts, Director

**Classroom definitions you should 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.

**Online:** these classes take place 100% on a computer and require 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. 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 typically have no specific deadlines for individual assignments.

**Virtual:** 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 Google Meets.

**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.

**Please call us if you are ever unsure about the delivery model of a class. See the bottom of page 19 for icon meanings.**

207.236.7803

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Additional Classes Online!  
[fivetowns.maineadulted.org](http://fivetowns.maineadulted.org)

Highlights . . . **New!**

- 2 new embroidery classes!
- Pilates over Zoom is back!
- more new astronomy classes with Jim Della-Penna!
- 9 new arts and crafts classes!
- 2 new jewelry classes!
- new women's health series!
- more online business classes!
- help with college and career transitions!
- more grants available for those looking to enter or re-enter the workforce!
- Look for HOT CLASSES!







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.

Call us at 236-7803  
to schedule your first appointment.

Day and evening hours are available.  
Our Instructional and Advising Staff  
Rebecca Albright

[rebecca.albright@fivetowns.net](mailto:rebecca.albright@fivetowns.net)

David Doubleday

[david.doubleday@fivetowns.net](mailto:david.doubleday@fivetowns.net)

Brenda Hio-Hamdan

[brenda.hio-hamdan@fivetowns.net](mailto:brenda.hio-hamdan@fivetowns.net)

Peg Junge

[margaret.junge@fivetowns.net](mailto:margaret.junge@fivetowns.net)

English as a Second Language (ESOL)

We welcome all foreign-born people. Are you interested in improving your English skills? Learning English can help you:

- Prepare for a new career
- Obtain a driver's license
- Communicate with your child's school
- Improve your living situation
- Expand your job prospects
- Prepare for citizenship exam

1:1 tutoring, conversation classes, and Citizenship classes are available. Call for more information. FREE

High School Equivalency (HiSET)

If you are an adult without a high school diploma, the High School Equivalency Test (HiSET) is Maine's general education diploma (GED) program which is 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 Writing

Brenda Hio-Hamdan

You'll learn how to write an essay for the HiSET Writing Test. The class will focus on organizing your ideas and providing supporting details in an argumentative essay. Grammar, punctuation, and writing mechanics will also be covered. There will be opportunities for revising and editing with other students. Learn how to write your best essay for the HiSET!

Schedule Individualized begin any time  
Blended, In Person, or via Zoom FREE

Math for HiSET

Peg Junge

Placement testing is necessary to register for this course. Students prepare for their HiSET Math test through a structured process of refreshing prior math knowledge and learning new skills. This 12-week blended course (on Zoom or in-person) begins with a quick review of fraction, decimal, and percent usage, before continuing with topics such as ratios, statistics, probability, basic geometry, and algebra topics. Students are expected to practice independently between the weekly classes with provided videos, worksheets, and quizzes that are available online.

Schedule Individualized begin any time  
Blended, In Person, or via Zoom FREE

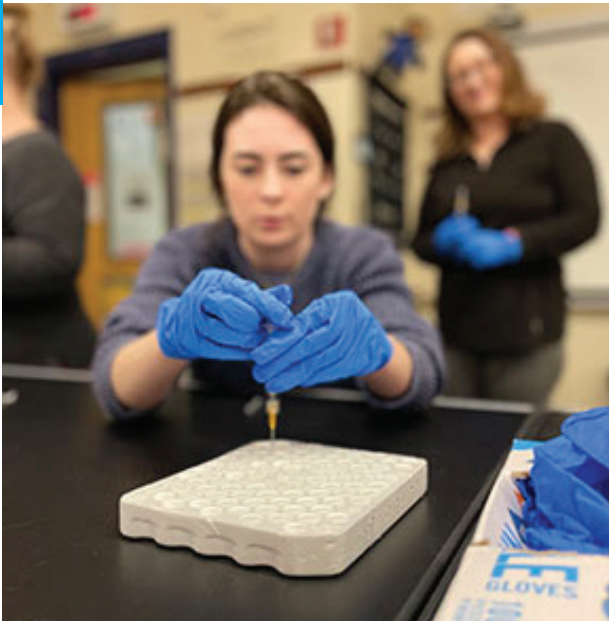
Critical Reading & Writing, Online

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 service 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 are included.

9 weeks 5:00 p.m. - 8:00 p.m.  
Mondays & Wednesdays call for information  
Virtual live via zoom & Google Classroom FREE

[www.fivetowns.maineadulted.org](http://www.fivetowns.maineadulted.org)



Above, adult students work on their clinical skills during the Medical Assistant class held on-site at Camden Hills Regional High School. During the past school year, over 20 students trained with us here in Rockport and passed their national certification exam. Most qualified through several programs to receive full funding for their training.



Tutoring for College Math

Prepare before attending college, or gain help during college. Enter at your own level and progress from there. Topics include operations with whole numbers, decimals, fractions and percents. This course is recommended for beginning math students who need to rebuild the foundational math skills and concepts needed for more advanced math studies. Accuplacer Arithmetic testing is provided for students at no cost.

Continue on with Quantitative Reasoning, Algebra and Statistics (QRAS). Topics include proportions, exponents, algebraic expressions, linear equations, statistics, probability and geometric concepts. Students entering at this level should be fluent in basic math operations (add, subtract, multiply and divide) and have confidence working with fractions. Accuplacer QRAS testing is provided for students at no cost.

Schedule Individualized begin any time  
Blended, In Person, or via Zoom FREE

[adult.education@fivetowns.net](mailto:adult.education@fivetowns.net)

Get the Skills You Need  
to Get Back to Work



Career Counseling

Cassie Robichaux

Cassie Robichaux is the Career Advancement and Navigation Specialist for HUB 7. HUB 7 serves Maine's Knox, Sagadahoc, Lincoln, and Waldo counties. Her primary goal is to support underemployed or transitioning adults (16+ and not currently enrolled in high school) in career planning services for education, training, and employment. She also works to create pathways to help employers attract qualified candidates through community outreach and helping them to connect with free hiring services.

If you would like to learn how you can advance your career, or kick start your hiring, please contact her at [cassee\\_robichaux@msad40.org](mailto:cassee_robichaux@msad40.org) or 857-277-4289. Or simply click on or scan the QR code and complete the simple survey.



SCAN ME

New!

We're looking for a few good employers and employees . . .

Bridge To Employment in the Midcoast

The programs of MidCoast Adult Education 7 have been awarded a competitive Strengthening Maine's Workforce grant to deliver services under the project title, Bridge to Employment in the Midcoast. Grant funding is available for employers who need support systems to access employees; and to potential employees who show a training need and are defined as:

- People or communities of color,
- Low-income,
- Immigrants,
- People with low levels of literacy,
- Women,
- The underemployed and unemployed.

Eligible business sectors include healthcare, manufacturing, transportation, hospitality, and retail. Others may be possible if trainees themselves are eligible.

Need help to move forward?  
Wondering about your eligibility?  
Contact the Bridge Coordinator, Joe Catalano at  
[joseph.catalano@fivetowns.net](mailto:joseph.catalano@fivetowns.net)

207.236.7803



SET YOURSELF UP FOR SUCCESS

COLLEGE AND CAREER ADVISING

Not sure what you want to do? We offer continuing college and career advising after you've left high school. Accuplacer testing. Now sure what math and English classes to enroll in? Find out your math and reading level to help you choose the best courses for your freshman year.

HEADING OFF TO COLLEGE?

- Services we offer:
- Math. Brush up on those skills before heading out.
  - Writing. Learn best ways to build your skills.
  - Chemistry with lab. Need this as a prerequisite for your major? Take it during the summer for free.
  - Study habits. Having trouble keeping track of all those notes? Or don't know how to take notes for your classes?

ATTENDING COLLEGE REMOTELY?

- Services we offer right here in Camden:
- Math. Get help with homework any time you need assistance. We are satellite tutoring sites for the Maine Community College System.
- Writing. Continue to gain help and learn best ways to build your writing skills.
- Study habits. Having trouble keeping track of all those notes? Or don't know how to take notes for your classes?

CERTIFICATE TRAINING

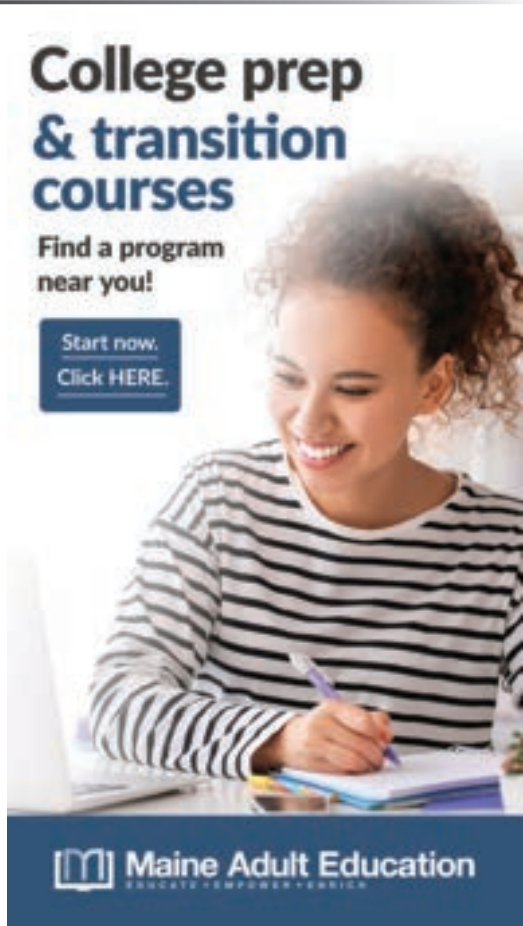
- Not attending college but want to pursue workforce training? Many possibilities exist right here in your backyard, and many are FREE\* and may offer externship or apprenticeship opportunities leading to a job in an in-demand career.

Clinical Medical Assistant, Dental Assistant, Certified Nursing Assistant, CDL Class B, Welding, CNC Machining, and more.

YEAR ROUND ACADEMICS

The Adult Learning Center is open 12 months a year for academic support. Adult Education is your path to college and career success.

\*Grant funding is based on learner eligibility and varies depending upon the career path chosen. We can help with that.



Math for Allied Health Careers

Thinking about entering the healthcare field as a CNA, Medical Assistant, or other health related career pathway? Has it been a while since you've taken or used technical math skills? Learn proportions, conversions, reading graphs and charts, and get ready for your next career move. This class can be taken prior to or concurrently with certification training.

Schedule Individualized      begin any time  
Blended, In Person, or via Zoom      FREE

CONTACT ADULT EDUCATION  
236-7803

adulted@fivetowns.net  
[www.fivetowns.maineadulted.org](http://www.fivetowns.maineadulted.org)

The adult ed office is located in  
Camden Hills Regional High School.  
The Adult Learning Center is located in  
Rose Hall, Room 107  
22 Knowlton Street, Camden



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      Online instructor led  
Introduction to Data Analysis  
Intermediate Data Analysis  
Advanced Data Analysis      \$495



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  
Introduction to Project Management  
Project Management Processes  
Project Management Knowledge Areas      \$495

Bookkeeping Certificate

Sharon deFonteny

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting.

No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

3 one-month courses      Online instructor led  
Understanding Debits and Credits  
General Ledger and Month End Procedures  
Closing Procedures and Financial Statements      \$495



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      Online instructor led  
Introduction to Project Management  
Project Management Processes  
Project Management Knowledge Areas      \$495



Social Media for Business Certificate

Jo-Carolyn Goode, Melissa Torres, and Travette Webster

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks..

3 one-month courses      Online instructor led  
Intro to Social Media  
Integrating Social Media Into Your Organization  
Marketing Using Social Media      \$495  
[adult.education@fivetowns.net](mailto:adult.education@fivetowns.net)





**Power BI Certificate**  
*Marion Williams*  
Gain insight into your data using business intelligence software – Power Business Intelligence. Power BI is a widely used business analytics service offered by Microsoft. Power BI Desktop is a complete data analysis and report creation tool that you install for free.  
Discover the process of creating interactive reports. Integrate financial, marketing, or any other source data in your accounting system, Excel, or on the Web. Streamline the data to what is needed using Power Query. Create charts, maps, and other visuals to see your data in real time. Delve into Power Query to ETL (Extract, Transform and Load) your data. Build the Data Model using relationships and DAX (Data Analysis Expressions). Utilize Time Intelligence functions. This certificate will enhance your skills in data analysis, giving you greater insight into your organization's performance and allowing you to make more informed decisions.  
3 one-month courses  
Introduction to Power BI  
Intermediate BI  
Advanced BI  
Online instructor led  
\$495

Each of the programs on pages 7 and 8 start quarterly. Some require courses to be completed in sequence, while others have the flexibility of taking courses individually and over multiple semesters. Call us to find out more about schedules.

**Certificate in Mastering Excel**  
*Amy Klous, Betsy Flanagan, John Rutledge*  
A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world.  
Once you master using the tools in Excel, this Certificate will help you discover how to attractively visualize your data into meaningful information with confidence.  
Students must have Microsoft Excel to complete this certificate.  
3 one-month courses  
Mastering Microsoft Excel  
Intermediate Excel  
Advanced Excel  
Online instructor led  
\$495

**SQL Certificate**  
*Cecelia Allison*  
Structured Query Language (SQL) is the industry standard database programming language. It is one of the most in demand skills in occupations that require interaction with data and analyzing data. Through your knowledge of Structured Query Language, you will become more marketable in computer related career fields that pertain to database administration. Learning SQL can also lead to a job that is specific to analyzing data such as a data analyst, a quality assurance analyst, or a business analyst.  
3 one-month courses  
Introduction to SQL  
Intermediate SQL  
Advanced SQL  
Online instructor led  
\$595

**Leadership Development Certificate**  
*Tawanda McLaurin*  
Especially geared for future leaders in the Gen Y generation (born 1980-1999), the certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society.  
Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals.  
Then learn the unspoken secrets that leaders know and the strategies they employ/exhibit in for influencing others. Leadership skills are acquired and learned. You can become a leader if you know the do's and don'ts; what to say, what not to say; what to do, what not to do.  
At the end of completing the three course certificate, you will come away with a new understanding, new toolbox of leadership skills, and the information to move your leadership development into high gear.  
3 one-month courses  
Developing Your Leadership Skills  
Developing Your Professional Career  
Leadership Principles  
Online instructor led  
\$395

**Graphic Design Software Essentials**  
*Andy Helmi*  
The Adobe software tools are the leading software for graphic design. Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. Adobe InDesign is the industry standard page-layout program that works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch and enhance existing images or create your own composite digital art work. Access to the Adobe software tools required.  
3 one-month courses  
Adobe Illustrator Essentials  
Adobe Photoshop Essentials  
Adobe InDesign Essentials  
Online instructor led  
\$545

**Real Estate Sales Agent**  
*Kim Coit, Center for Real Estate Studies*  
The Center for Real Estate Studies is offering the opportunity to participate in their online SALES AGENT'S COURSE. Students who pass the course with a grade of 75% or better are eligible to take the Maine Real Estate Licensing Exam. Students who pass the state exam may join a licensed Maine Real Estate Agency and obtain a Maine Real Estate Sales Agent license. The course is also useful for students who are considering buying or selling real estate to understand the process. And, because the course covers real property valuation and real estate finance, it helps investor students understand the forces that create value and why ownership of real estate is key to wealth accumulation.  
This entire course is offered online. This online course is asynchronous which means students may start and finish at any time; there are no set class hours. Students have a live instructor whom they may contact with questions and the instructor holds office hours monthly. Participation is optional. The Maine Real Estate Commission requires that the course be completed within one calendar year from the date of registration. Access to this course requires the student have a computer and Internet connection. Office hours are conducted over Zoom. Students must register with Adult Education which will forward your registration to the Center's website. The registration fee includes all materials and fees. A hard copy of the text is available for an additional \$25. **CALL TO REGISTER. Payment for this class is by cash or check only.**  
12 months  
Online, instructor led  
\$370

**Writing Winning Grant Proposals**  
*Frank Burnnett*  
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. Class does not meet on 9/25.  
*See our website for all of the topics covered in this course.*  
4 weeks (3 class sessions)  
Mondays  
CHRRS Library  
6:00 - 8:00 p.m.  
begins 9/11/22  
\$75

**Registered Maine Guide Training**  
*Alice Bean Andrenyak*  
Train to become a working Registered Maine Guide not just a test taker. Learn the skills that guides use daily including: map & compass, coastal navigation, shelter building, separated client searches, cooking, canoeing, snowshoeing, SUP'ng, plus specialty skills for recreation, sea kayaking, tide-water fishing, inland fishing, and hunting future guides. This ten-session hybrid program includes Zoom, optional all-day skill workshops, and homework assignments. Optional skills workshops are at an additional cost. Those thinking of becoming a Registered Maine Guide will need to take a first aid and CPR course, not included. No class on 2/20.  
10 weeks  
Tuesdays  
Virtual live via Zoom  
5:30 - 8:30 p.m.  
begins 1/23/24  
\$500  
**Attend a free information session held via Zoom on 11/15 or 1/9, 7:00 - 8:00 p.m. Register online or by calling our office.**

**Airbnb, How to Open and Run One Well**  
*Debra Arter*  
Did you know that the number of people turning to Airbnb for lodging in Maine has almost doubled in the past two years? The revenue earned by Airbnb owners in Maine was roughly \$40 million last year. If you have entertained the idea of turning your guest bedroom into a short term rental this is a class not to miss. Debra has operated River Escape for four years in Damariscotta as an active and popular Airbnb. She has put together a packet with good information and will present an on-line class using slides, live broadcast as well as on-line web demonstrations. Topics discussed will be ordinance, insurance, actual events, payment considerations, communication, Covid regulations, etc.  
1 night  
Wednesday  
Virtual live, Zoom  
6:00 - 8:30 p.m.  
11/1/23  
\$30



Popular Online Courses

| COURSE or SERIES TITLE                                  | BRIEF DESCRIPTION  | PRICE |
|---|--|-------|
| <a href="#">A to Z Grant Writing</a>                    | This course provides students with the hands-on experience and knowledge they need to successfully begin writing grant proposals, including real-world scenarios, and the opportunity to improve their work by reviewing previous grant proposals completed by peers.  | \$125 |
| <a href="#">A to Z Grant Writing Series</a>             | Learn all there is to know about writing grants, fundraising, and organizing a grant writing campaign. This group of online classes is ideal for those wanting to learn more about managing fundraising and grant writing fundamentals.  | \$225 |
| <a href="#">Accounting Fundamentals</a>                 | Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.   | \$129 |
| <a href="#">Accounting Fundamentals Series</a>          | If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you. You will learn the basics of double-entry bookkeeping, while also learning how to analyze and record financial transactions, as well as prepare various financial reports at the end of the fiscal period. | \$230 |
| <a href="#">Accounting with QuickBooks Online Suite</a> | This suite of courses will teach you the fundamentals of accounting with QuickBooks Online. You'll learn the essentials of double-entry bookkeeping and managing the financial aspects of your small business quickly and efficiently using QuickBooks.  | \$480 |
| <a href="#">Administrative Assistant Fundamentals</a>   | This course will help you discover and master the essentials of managerial and staff support, information and records management, communications technology, travel and meeting coordination, space planning, and office ergonomics.   | \$129 |
| <a href="#">Administrative Assistant Suite</a>          | In this discounted bundle suite, you will learn the skills you need to excel as an administrative professional or executive assistant.   | \$355 |
| <a href="#">Aging and Health Bundle</a>                 | Gain the knowledge and skills from the latest research and emerging trends in healthy aging, brain health, and gerontology to help you effectively care for and work with aging population.  | \$285 |
| <a href="#">Basic Computer Skills Suite</a>             | Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!   | \$350 |
| <a href="#">Beginning Conversational French</a>         | This course will teach you the proper pronunciation of French words that you can use in your travels and cultural tips about France and other French-speaking countries.   | \$115 |
| <a href="#">Computer Skills for the Workplace</a>       | Gain a working knowledge of the computer skills you will need to succeed in today's job market.  | \$129 |
| <a href="#">Conversational Japanese</a>                 | Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.   | \$115 |
| <a href="#">Creating WordPress Websites Series</a>      | This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques.  | \$230 |
| <a href="#">Creative Writing Value Suite</a>            | Spark your creativity and start writing with this online writing course bundle. You will learn the mechanics of writing and editing, and have your story workshopped by peers.   | \$350 |
| <a href="#">Digital Marketing Suite</a>                 | Learn how to develop an Internet marketing plan, use popular social media platforms, and achieve higher positions with major search engines.   | \$365 |
| <a href="#">Discover Sign Language</a>                  | It's truly amazing how much you can communicate just by using your hands. Add in different facial expressions, and you have a full conversation! In this course, you will discover how to use this graceful, expressive language to communicate.   | \$115 |



|   |   |       |
|---|---|-------|
| <a href="#">Drawing for the Absolute Beginner</a>           | Gain a solid foundation in drawing and become the artist you've always dreamed you could be!  | \$115 |
| <a href="#">Effective Business Writing</a>                  | Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.  | \$135 |
| <a href="#">Explore a Career in Medical Coding</a>          | Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.   | \$135 |
| <a href="#">Fundamentals of Supervision and Management</a>  | Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.  | \$135 |
| <a href="#">Grammar Refresher</a>                           | Develop your English grammar skills and take your writing and speaking to the next level of excellence in this course.  | \$115 |
| <a href="#">Grammar Refresher Series</a>                    | These online courses will help you gain confidence in your ability to produce clean, grammatically correct work.  | \$205 |
| <a href="#">Grant Writing Suite</a>                         | Learn everything you need to know to start writing grant proposals and consult or volunteer for non-profit, public foundations.   | \$355 |
| <a href="#">GRE Prep Series</a>                             | With GRE Preparation Part 1 and Part 2, you'll be prepared for all aspects of the computerized GRE revised General Test.  | \$225 |
| <a href="#">Human Resource Management Suite</a>             | These courses will teach you how to handle basic human resource functions, how to attract and retain top talent to be competitive in the global marketplace, as well as how to turn your company into a high performance workplace to increase profits, achieve a high rate of success, and become a desirable workplace. | \$365 |
| <a href="#">Individual Excellence (Self-Paced Tutorial)</a> | Master twelve career-enhancing skills including goal setting, time management, personal organization, and creativity.   | \$135 |
| <a href="#">Instant Italian</a>                             | This dynamic course will teach you how to express yourself comfortably in Italian. You'll read, hear, and practice dialogues of everyday words which will teach you to communicate in a wide variety of settings.   | \$115 |
| <a href="#">Intermediate Microsoft Excel 2019</a>           | If you use Microsoft Excel, this intermediate course will bring your Excel skills to the next level. You will learn how to use a number of powerful features in the 2019 version of Microsoft's longstanding Excel software.  | \$147 |
| <a href="#">Introduction to Interior Design</a>             | Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.   | \$129 |
| <a href="#">Introduction to Microsoft Excel 2019</a>        | If you work with data of any kind, knowing how to create a spreadsheet is key to effectively managing and organizing information. This course will introduce you to Microsoft Excel 2019 and teach you how to use this powerful software.   | \$147 |
| <a href="#">Introduction to Python 3 Programming</a>        | Enhance your professional profile by adding Python to your programming skills.  | \$129 |
| <a href="#">Introduction to QuickBooks Online</a>           | Learn to use QuickBooks Online to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.  | \$139 |





| Online learning is a fun, enjoyable and a very productive way to learn.<br>You will engage with the instructor and other participants.<br>You will get to know your instructor and other participants.<br>You may make friends. It's easy. It's fun. |  |       |
|--|--|-------|
| <a href="#">Introduction to SQL</a>  | Learn the key concepts of SQL (Structured Query Language) the powerful and standard database management query language for relational databases.   | \$129 |
| <a href="#">Keyboarding</a>  | Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.  | \$125 |
| <a href="#">Mastering Public Speaking</a>  | Learn the secrets of effective public speaking and small group communication.  | \$129 |
| <a href="#">Medical Spanish Series</a>   | Communicate more effectively with Spanish-speaking patients after taking this discounted series of courses that teach Spanish for medical professionals.   | \$245 |
| <a href="#">Medical Terminology Series</a>   | Prepare for a career in the health services industry by learning essential medical terminology.  | \$245 |
| <a href="#">Medical Terminology: A Word Association Approach</a>   | Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.   | \$135 |
| <a href="#">Microsoft Excel 2016 Series</a>  | Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.   | \$390 |
| <a href="#">Microsoft Excel 2019 Series</a>  | 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.  | \$390 |
| <a href="#">Microsoft Office 2019 Value Suite</a>  | Some of the world's most widely used software programs are part of the Microsoft Office suite. This course bundle will teach you how to use Word 2019, Excel 2019, and PowerPoint 2019, Office's top business productivity programs. You will learn the basic features of each program and gain skills applicable to most professional settings. | \$390 |
| <a href="#">Nonprofit Management and Grant Writing Suite</a>   | Learn everything you need to know to enter the world of non-profits and writing grant proposals.   | \$480 |
| <a href="#">Nutrition and Health Bundle</a>  | Students interested in advancing within their healthcare professional career or newly pursuing the field of nutrition and healthy lifestyle coaching   | \$215 |
| <a href="#">Photography Suite</a>  | Learn everything from photography fundamentals to advanced portrait techniques to advance your photography hobby or turn it into a business.   | \$335 |
| <a href="#">Project Management Fundamentals</a>  | Gain the skills you'll need to succeed in the fast-growing field of project management.  | \$135 |
| <a href="#">Project Management Fundamentals Series</a>   | In this group of project management online classes, you'll be introduced to the fundamentals of project management, tools for success, and high speed management tactics.  | \$235 |
| <a href="#">Project Management Suite</a>   | In this suite, learn the essentials of project management as you learn to plan, implement, control, and close any type of project along with essential quantitative and qualitative project management applications.   | \$365 |
| <a href="#">QuickBooks Online Series</a>   | Learn to use QuickBooks Online to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.   | \$250 |
| <a href="#">Real Estate Investing</a>  | Build and protect your wealth by investing in real estate.   | \$109 |



|   |   |       |
|---|---|-------|
| <a href="#">Real Estate Suite</a>   | These courses will help you understand what it takes to build wealth, how to invest in real estate, and legalities surrounding real estate.   | \$340 |
| <a href="#">Resume Writing Workshop (Self-Paced Tutorial)</a>                 | Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.  | \$135 |
| <a href="#">SAT/ACT Prep Course - Part 1</a>                                  | Master the reading, writing, English, and science questions on the ACT and new SAT.   | \$125 |
| <a href="#">SAT/ACT Prep Series</a>   | This series will prepare you to excel in all sections of the undergraduate college entrance exams.  | \$225 |
| <a href="#">Solving Classroom Discipline Problems</a>                         | Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline.   | \$129 |
| <a href="#">Spanish For Medical Professionals (Self-Paced Tutorial)</a>       | Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.   | \$135 |
| <a href="#">Speed Spanish</a>   | Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.  | \$125 |
| <a href="#">Speed Spanish (Self-Paced Tutorial)</a>                           | Learn six easy recipes to glue Spanish words together into sentences, and you will be engaging in conversational Spanish in no time.  | \$125 |
| <a href="#">Speed Spanish II</a>  | Follow-up to the popular Speed Spanish course with several new ways to help you build fluency.  | \$125 |
| <a href="#">Speed Spanish Series</a>  | Learn shortcuts to help you engage in conversational Spanish, as you build your language skills and develop fluency.  | \$340 |
| <a href="#">SQL Series</a>  | SQL is one of the most requested skills from today's data-driven employers. Learn the coding language in these easy to follow online courses.   | \$230 |
| <a href="#">Stock Trading Suite</a>   | Learn how to make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks.   | \$340 |
| <a href="#">Stocks, Bonds, and Investing: Oh, My!</a>                         | Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement.  | \$125 |
| <a href="#">Supervision and Management Series</a>                             | Whether you're new to managing employees or are a seasoned pro, these courses will help you brush up on your leadership and interpersonal communication skills, to help you lead your team to success.  | \$245 |
| <a href="#">TEAS Prep Series</a>  | The TEAS Prep Series will prepare you to sit for the Test of Essential Academic Skills (TEAS) exam. TEAS Prep 1 focuses on the Reading and English and Language Usage portions. TEAS Prep 2 focuses on the Mathematics and Science portion of the exam. | \$225 |
| <a href="#">Twelve Steps to a Successful Job Search (Self-Paced Tutorial)</a> | Learn how to get the job you want in any economy with these twelve steps.   | \$135 |
| <a href="#">Veterinary Assistant Series</a>                                   | Practicing veterinarian prepares you to work in a veterinary office or hospital.  | \$485 |

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. See our website for complete course descriptions.

Start anytime All classes are Online and Self-paced

| Class Name  | Fee  |
|---|------|
| Cooking with BoomerTech Adventures                                | \$39 |
| Create & Deliver Online Zoom Courses                              | \$39 |
| Digital Tools for the Beginning Memoir Writer                     | \$39 |
| Fantastic Photo Finishes - Organize and Edit Images               | \$39 |
| Hidden Gems Lurking on Your iPhone & iPad                         | \$39 |
| Introduction to iPhone Basics                                     | \$39 |
| Introduction to Mac Basics  | \$39 |
| iPad - Maximize Your iPad's Potential                             | \$39 |
| iPhone/iPad Vision Accessibility Features                         | \$39 |
| More Hidden Gems on Your iPhone & iPad                            | \$39 |
| Photos, Take Fabulous Photos of the Flora and Fauna in Your World | \$39 |
| Pictures: Taking Awesome Ones with iPhone/iPad                    | \$39 |
| Safari - Unlock Safari's Secrets on Your iPad In Just 5 Lessons   | \$39 |
| Safari - Unlock Safari's Secrets on Your iPhone In Just 5 Lessons | \$39 |
| Safari - Unlock Safari's Secrets on Your Mac In Just 5 Lessons    | \$39 |



Quick & Simple Virtual Computer Classes for New & Recent Learners.

Mike Wilson

The classes below are LIVE with instructor and author Mike Wilson. You will receive a Zoom link to join the class at the appointed date and time, from [backoncourse.net](#). 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. See our website for full course descriptions. NOTE: these classes are for students with a PC, not MAC.

All of Mike Wilson's classes are held remotely and LIVE

| Class Name   | Fee     | State Date | End Date | Start Time | End Time | Day                     |
|--|---------|------------|----------|------------|----------|-------------------------|
| All About Pictures - Finding, Organizing, Editing and Saving on your Computer 9.29.23  | \$20.00 | 9/29/23    |          | 3:00 PM    | 4:00 PM  | Regular Class FRI       |
| All About Pictures - Finding, Organizing, Editing and Saving on your Computer 10.16.23 | \$20.00 | 10/16/23   |          | 3:00 PM    | 4:00 PM  | Regular Class MON       |
| All About Pictures - Finding, Organizing, Editing and Saving on your Computer 12.10.23 | \$20.00 | 12/10/23   |          | 4:00 PM    | 5:00 PM  | Regular Class SUN       |
| Working with and Organizing Your Documents on a Windows 10 and 11 Computers 9.24.23    | \$20.00 | 9/24/23    |          | 3:00 PM    | 4:00 PM  | Regular Class SUN       |
| Working with and Organizing Your Documents on a Windows 10 and 11 Computers 9.27.23    | \$20.00 | 9/27/23    |          | 3:00 PM    | 4:00 PM  | Regular Class WED       |
| Working with and Organizing Your Documents on a Windows 10 and 11 Computers 10.28.23   | \$20.00 | 10/28/23   |          | 3:00 PM    | 4:00 PM  | Regular Class SAT       |
| Working with and Organizing Your Documents on a Windows 10 and 11 Computers 11.10.23   | \$20.00 | 11/10/23   |          | 3:00 PM    | 4:00 PM  | Regular Class FRI       |
| Excel for the Absolute Beginner 9.30.23  | \$20.00 | 9/30/23    |          | 11:00 AM   | 12:00 PM | Regular Class SAT       |
| Excel for the Absolute Beginner 10.4.23  | \$20.00 | 10/4/23    |          | 11:00 AM   | 12:00 PM | Regular Class WED       |
| Excel for the Absolute Beginner 11.3.23  | \$20.00 | 11/3/23    |          | 3:00 PM    | 4:00 PM  | Regular Class FRI       |
| Getting to Know your iPhone 11.4.23  | \$55.00 | 11/4/23    | 11/18/23 | 11:00 AM   | 12:00 PM | Regular Class SAT       |
| Getting to Know your iPhone 12.6.23  | \$55.00 | 12/4/23    | 12/6/23  | 2:00 PM    | 3:00 PM  | Regular Class M;T;W     |
| Save Time and Money with an Easy Computer Tune-up 9.25.23                              | \$20.00 | 9/25/23    |          | 3:00 PM    | 4:00 PM  | Regular Class MON       |
| Save Time and Money with an Easy Computer Tune-up 10.1.23                              | \$20.00 | 10/1/23    |          | 2:00 PM    | 3:00 PM  | Regular Class SUN       |
| Save Time and Money with an Easy Computer Tune-up 10.18.23                             | \$20.00 | 10/18/23   |          | 8:00 PM    | 9:00 PM  | Regular Class WED       |
| I Need to Host My Own Zoom Meeting? 9.17.23  | \$20.00 | 9/17/23    |          | 4:00 PM    | 5:00 PM  | Regular Class SUN       |
| I Need to Host My Own Zoom Meeting? 9.20.23  | \$20.00 | 9/20/23    |          | 4:00 PM    | 5:00 PM  | Regular Class WED       |
| I Need to Host My Own Zoom Meeting? 10.20.23   | \$20.00 | 10/20/23   |          | 8:00 PM    | 9:00 PM  | Regular Class FRI       |
| Computer/Digital Literacy Training   | \$99.00 | 10/1/23    | 10/22/23 | 7:30 PM    | 8:30 PM  | Regular Class SUN       |
| Computer/Digital Literacy Training   | \$99.00 | 10/3/23    | 10/12/23 | 1:00 PM    | 2:00 PM  | Regular Class TUE & THU |
| Workplace Skills Training  | \$99.00 | 10/29/23   | 11/19/23 | 7:30 PM    | 8:30 PM  | Regular Class SUN       |
| Workplace Skills Training  | \$99.00 | 10/17/23   | 10/26/23 | 1:00 PM    | 2:00 PM  | Regular Class TUE & THU |

New!

Wills and Trusts Explained

Jesse Bifulco

This course shows the difference between a Will and a Trust and how each is used as a tool in an estate plan. It covers the basics of a Will, Power of Attorney and Advanced Directive, as well as more complex topics such as trust use in Medicaid/MaineCare asset preservation, estate plans for blended families, and how to protect the inheritance of an adult child. Attendees will learn how estate planning techniques can be used to preserve assets and prevent family conflict. Taught with stories, this class shows attendees potential areas of loss in their own families.

|                    |    |                    |
|--------------------|----|--------------------|
| 1 night, 2 options |    | 6:00 - 8:00 p.m.   |
| Thursday 9/21/23   | OR | Wednesday 11/15/23 |
| CHRRS Rm 210       |    | FREE               |

Retirement Planning - How to Win at Retirement Savings

Brie Pio

This one-night class will discuss how much to save for retirement, where to save it, and what types of investments to consider.

|              |  |                  |
|--------------|--|------------------|
| 1 night      |  | 6:30 - 8:00 p.m. |
| Thursday     |  | 10/19/23         |
| CHRRS Rm 210 |  | FREE             |

*"I learned a lot from your course and I now feel that I have the knowledge to start working toward saving for my future. Thank you!"*

Personal Finance

Matt Crabtree, CFP

Do you have clear financial goals? Are you confident you will be able to retire someday? How can be sure you are making the right investments? Do you know how to change your credit report to reduce your expenses and increase your financial security? Do you know how to keep good financial records?

This course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make. You will learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, and plan for your financial future. You will develop a retirement savings plan, and you will be better prepared to make large purchases and plan for taxes. You will learn the essentials of household bookkeeping, record-keeping requirements, and much, much more.

6 weeks instructor-led, online  
Starts monthly  
Register at [https://www.ed2go/fivetowns](#) \$129

Medicare 101

Anna Moorman

Anna Moorman, of Allen Insurance & Financial, is a licensed insurance agent with a decade of experience helping individuals find the right Medicare coverage based on one's personal needs, budget, and risk tolerance. During this class she will help answer questions including: What does Medicare cover? What does Medicare NOT cover? When can I enroll in Medicare? What is a Medicare Advantage plan? What is a Medicare Supplement plan?

|              |                  |
|--------------|------------------|
| 1 night      | 5:00 - 6:30 p.m. |
| Thursday     | 9/14/23          |
| CHRRS Rm 222 | FREE             |

*A special thank you to our instructors who volunteer to provide FREE classes that are of special interest to our communities.*



Homebuyers Education

Heather Massow

MaineStream Finance is offering this homeWorks approved homebuyer education class. Class participants who attend all classes receive a homebuyer education certificate, recognized by Maine State Housing Authority and Rural Development. The certificate is good for 2 years. Homebuyer education class attendees over the years have given the classes high ranks and recommend that every first-time homebuyer consider taking the class. Note: last night of class will end before 8:30.

|              |                  |
|--------------|------------------|
| 1 week       | 5:30 - 8:30 p.m. |
| Mon/Tue/Wed  | begins 10/16/23  |
| CHRRS Rm 220 | \$40             |

Start a Business • Build Your Career • Manage Your Money

In uncertain times, one thing you can do is focus on your future. New Ventures Maine is here to help you get going with tuition-free classes and individual advising. Our graduates launch and grow successful businesses, land great jobs, and learn to budget, save, and reduce their debt.

Visit [www.newventuresmaine.org](#) or call 800-442-2092 or 207-625-3434.





Basic Life Support (BLS) for Healthcare Providers

Andrew Eckman

NOTE: This course does NOT contain a first aid component. There will be concise, current information given on what signs to look for and what treatment steps to take during an emergency, including how to perform CPR and use an AED, resuscitation mask, and bag-valve-mask resuscitator. We will cover blood-borne and airborne diseases, including precautions to take in response to COVID-19. We will also focus on soft skills, with additional coverage related to team-based resuscitation. MUST ATTEND ALL CLASS SESSIONS.

3 weeks  
Mondays  
CHRRS Rm 219  
6:00 - 9:00 p.m.  
begins 9/18/23  
\$100

Standard First Aid, CPR, AED

Andrew Eckman

There will be an emphasis on life-threatening conditions and a focus on critical life-saving skills; decision tables that provide a concise summary of what signs to look for and what treatment steps to take during an emergency. We will also cover current information on CPR, AED, injuries, and illnesses, new and updated content on hemorrhage control, opioid overdose response, compression-only CPR, and COVID-19. MUST ATTEND ALL CLASS SESSIONS.

3 weeks  
Mondays  
CHRRS Rm 219  
6:00 - 9:00 p.m.  
begins 10/16/23  
\$85



New funding sources are available for health career training. Call us to see if you qualify for FREE training.



Medical Assistant with CCMA Certification

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 develops proper techniques. Upon completion of the program, you will sit for your CCMA (Clinical Certified Medical Assistant) national certification exam through NHA. Tuition includes a voucher for the national certification exam, 6 practice exams, online study guide materials, books, resume assistance, and all other associated fees. Externships may be available in your area.

16 weeks  
Tuesdays & Thursdays  
CHRRS Rm 217  
5:30 p.m. - 8:30 p.m.  
begins 9/19/23  
\$3,500

Check our website for more information on these other health career opportunities!



Dental Assisting with RHS Certificate - \$3,200  
12 wks, begins 9/18, Mondays 6 - 8 p.m., 45 hrs.

Phlebotomy with CPT Certification - \$3,200  
10 wks begins 10/17, Tue & Thur, 5:30 - 8:30 p.m.

Pharmacy Technician with PTCB Cert. - \$2,050  
14 wks, open enrollment, online instructor-led

Medical Transcription - \$2,650  
16 wks, open enrollment, online instructor-led

Medical Coding with CPC Certificate - \$3,950  
20 wks, begins 10/12, Thursdays 5:30 - 8:30 p.m., 88 hrs

Medical Office Specialist with Billing Certification - \$3,200  
16 wks, begins 10/11, live on Wednesdays 6 - 8 p.m.



MID-COAST SCHOOL OF TECHNOLOGY ADULT EDUCATION

For complete course details or to register, go to [midcoastadulthood.com](http://midcoastadulthood.com) or call 596-7752 ext.3

| Class at MCST Rockland                                  | Classes | Day       | Starts | Time          | Cost    |
|---|---------|-----------|--------|---------------|---------|
| Am. Red Cross Adult & Pediatric CPR/1st Aid/AED         | 1       | Sat       | 10/14  | 9am-3:30pm    | \$103   |
| Amateur (Ham Radio) Technical License                   | 9       | Thurs     | 9/21   | 6-8:30pm      | \$20+   |
| AutoCAD Basics  | 10      | Tu/Th     | 10/26  | 5-8pm         | \$225   |
| Blueprint Reading Fundamentals                          | 10      | Tu/Th     | 9/19   | 5-8pm         | \$225   |
| Botany in the Garden                                    | 3       | Mon       | 10/30  | 5:30-8:30pm   | \$82    |
| Bread Cornucopia Table Centerpiece                      | 1       | Thurs     | 11/9   | 5-8pm         | \$48+   |
| Bûche De Noël (Yule Log)                                | 1       | Thurs     | 12/14  | 5-8pm         | \$48+   |
| Clear Writing for Poetry, Prose, and Persuasion         | 5       | Wed       | 10/4   | 6-8pm         | \$88    |
| CNA - Certified Nursing Assistant                       | 27      | Tu/Wed/Th | 9/19   | 8:30am-3:30pm | \$1195+ |
| CNA - Certified Nursing Assistant                       | 27      | Tu/Wed/Th | 11/28  | 8:30am-3:30pm | \$1195+ |
| CNC Machining   | 7       | Mon/Tue   | 11/20  | 4:30-7:30pm   | \$310*  |
| Creative Book Making                                    | 4       | Wed       | 10/25  | 5:30-7:30pm   | \$62+   |
| CRMA - Certified Residential Medication Aide            | 5       | Fri       | 10/13  | 8am-4pm       | \$355+  |
| CRMA Recertification                                    | 1       | Fri       | 12/8   | 8am-2pm       | \$95    |
| Cupcakes and Fall Buttercream Flowers                   | 1       | Thurs     | 11/2   | 5-8pm         | \$48+   |
| Document and File Management                            | 1       | Wed       | 11/15  | 6-8pm         | \$22    |
| Drawing on the Right Side of the Brain                  | 4       | Tues      | 10/17  | 6-8pm         | \$62*   |
| Excel 2019 - Basics & Intermediate                      | 6       | Thurs     | 10/5   | 6-8pm         | \$98+   |
| Excel 2019 - Advanced Applications                      | 3       | Thurs     | 11/30  | 6-8pm         | \$58+   |
| Food Preservation Workshop - Steam Canning              | 1       | Mon       | 10/16  | 5-8pm         | \$30    |
| Food Preservation Workshop - Water Bath Canning         | 1       | Thurs     | 10/5   | 5-8pm         | \$30    |
| Foundations of Investing Seminar                        | 1       | Tues      | 11/7   | 6-7pm         | \$18    |
| Fresh Maine Apple Pie and Vanilla Crème Brûlée          | 1       | Thurs     | 11/16  | 5-8pm         | \$48+   |
| Gingerbread House                                       | 1       | Sat       | 12/2   | 10am-2pm      | \$48+   |
| Google Drive  | 2       | Tu/Th     | 9/26   | 6-8pm         | \$48    |
| Holiday Sugar Cookies                                   | 1       | Tues      | 12/5   | 5-8pm         | \$48+   |
| Intro to Photography                                    | 6       | Tues      | 10/10  | 6-7:30pm      | \$93    |
| Machining I   | 8       | M/T       | 10/16  | 4:30-7:30pm   | \$310*  |
| Magic for Adults  | 4       | Mon       | 10/16  | 6-8pm         | \$62    |
| Marlinspike Seamanship                                  | 5       | Tues      | 10/3   | 6-8pm         | \$78    |
| Medicare 101  | 1       | Thurs     | 10/5   | 5:30-7pm      | FREE    |
| Outsmart the Scammers Seminar                           | 1       | Tues      | 10/17  | 6-7pm         | \$18    |
| Planting Bulbs in the Fall (for Spring!)                | 1       | Mon       | 9/25   | 5:30-7:30pm   | \$28    |
| Plumbing Basics   | 5       | Tues      | 10/10  | 6-8pm         | \$98    |
| Power of Line Z   | 4       | Wed       | 10/25  | 6-8pm         | \$62*   |
| QuickBooks (Online Version) 2021- Basics & Intermediate | 6       | Tues      | 10/3   | 6-8pm         | \$98+   |
| QuickBooks (Online Version) 2021- Advanced Applications | 3       | Tues      | 11/28  | 6-8pm         | \$58+   |
| Sellers' Forum for Online Marketing                     | 4       | Tues      | 10/3   | 6-8pm         | \$62    |
| Sew What?!  | 1       | Mon       | 11/13  | 5-8pm         | \$38*   |
| SketchUp for Woodworking                                | 4       | Wed       | 10/11  | 5:30-8:30pm   | \$88    |
| Vegetable Gardening                                     | 3       | Mon       | 11/27  | 5:30-8:30pm   | \$82    |
| Welding MIG I   | 12      | Tu/Th     | 9/19   | 4:30-7:30pm   | \$355*  |
| Welding MIG II  | 12      | M/W       | 11/6   | 5-8pm         | \$355*  |
| Welding TIG   | 12      | Tu/Th     | 11/7   | 4:30-7:30pm   | \$355*  |
| Winter Card Making Night                                | 1       | Thurs     | 10/5   | 6-8:30pm      | \$38+   |
| Woodworking Basics                                      | 3       | Wed       | 11/29  | 5:30-8:30pm   | \$82+   |

KEY: Z = Presented via Zoom only + = Materials Fee not included in tuition \*=Student provides some supplies  
ALL CLASSES LIVE UNLESS OTHERWISE SPECIFIED



As we enter our 55th year, we'd like to recognize several of our long-time teachers. Several began back when our program was much smaller and located at the old Camden-Rockport High School in Camden. Bios of all our instructors can be found on our website.

80's

**Patti Luchetti** began teaching her Belly Dancing class in winter of 1988. Patti retired from teaching adult ed just this past winter, which means Patti taught 70 full semesters, continuously teaching for 35 years! THANK YOU PATTI!!

90's

**Kate McMorrow** is better known as one of our long-time oil painting students, but she also has taught for us every now and then, including this semester. Kate's first class with us was in September of 1992.

**Paul Garcia** has been offering his popular Spanish classes every semester since February of 1993. Twenty years later, he is still teaching, now with three levels of Spanish every semester.

**Erika Manning** began teaching for us in October of 1999, when she offered a creative art class using several types of media. In 2001 she began teaching her yoga class and soon developed such a devoted following that after being away from adult ed a few years her recent return generated waiting lists for every class.

2000's

**Linda Leach and Sandy Clement** began with adult ed by taking art classes with us at the old high school with the late Georgia and Jim Hunt, who taught for us for many years. In September of 1990 Linda and Sandy began teaching their Oil Painting class at our new location in Camden Hills Regional High School, and many of their students have been with them ever since! Sandy then began offering sewing classes in 2006, with both new and devoted repeat students every semester.

**Mike Shunney** began teaching Tai Chi for adult ed in January of 2004. He soon expanded to three levels of classes per semester. Now teaching for adult ed out of his studio in Rockland, Mike holds his classes both in person and over Zoom.

**In Memoriam**

Sadly, we lost a wonderful teacher and caring individual in summer of 2022, when she lost her battle with cancer.

**Katie Tranzillo** not only was our popular leader of adult ed dance classes, she used dance as a medium to help others, and her career helping children with speech development gave her much joy. Her dance family helped her in her last days and are continuing her legacy with adult ed.



**Adult & Community Education Staff**

David Watts, Director  
[david.watts@fivetowns.net](mailto:david.watts@fivetowns.net)  
236-7800, ext 3275  
David has over 35 years' experience in a variety of roles, including adult education, music education, facility management, banking, appraising, commercial real estate development, and arts management. In addition, he has been a music director and performer his entire adult life.

Elyse Socker, Program Assistant  
[elyse.socket@fivetowns.net](mailto:elyse.socket@fivetowns.net)  
236-7800, ext 3274  
After 30 years of working in the book business, Elyse became the Program Assistant for adult ed in 2007. She loves the community connections, many opportunities to help people, and the fact there is never a dull moment!

Colleen Gleason, Evening Secretary  
[colleen.gleason@fivetowns.net](mailto:colleen.gleason@fivetowns.net)  
Colleen is a Maine native who worked for 25 years in various Maine State Government agencies. Among her diverse skills is a talent for photography.


Brenda Hio-Hamdan, Academic Instructor  
[brenda.hio-hamdan@fivetowns.net](mailto:brenda.hio-hamdan@fivetowns.net)  
236-3358 ext. 4319  
Brenda has a degree in English and writing. She recently moved to Maine and has experience as a high school teacher and working with adults at RSU13.


Peg Junge, Academic Instructor  
[margaret.junge@fivetowns.net](mailto:margaret.junge@fivetowns.net)  
236-3358 ext. 4319  
Peg has a degree in business and math, with numerous years of experience working with adults at RSU13 and MCST.


Rebecca Albright, Academic Instructor  
[rebecca.albright@fivetowns.net](mailto:rebecca.albright@fivetowns.net)  
236-7800, option 5  
Rebecca has a degree in English, works full-time as a teacher during the day, and has previous experience working with adults in ESL at Portland Adult Education and other subjects at RSU13.


David Doubleday, Academic Coordinator  
[david.doubleday@fivetowns.net](mailto:david.doubleday@fivetowns.net)  
236-7800, option 5  
David was a long-time teacher in the English department at Camden Hills Regional High School. He recently retired, and has joined our team to help direct students to appropriate pathways.

**Symbols & Abbreviations**  
CHRRHS = Camden Hills Regional High School  
MRC =Midcoast Recreation Center, 535 West St., Rockport  
SR = qualifies for Senior Discount. Call to register.

 = offers at least one session between June and August

 = online class

 = virtual class

 = very popular class

**Oil Painting**  
**Linda Leach and Sandy Clement**

Mixing the correct color for a project is often the most difficult aspect of painting. This semester will focus on honing the tools to mix/match colors for just the right tone. Join us while we explore color and use our knowledge and tools for color matching fun! Materials needed are oil paints, 2-3 brushes, a painting or palette knife, a 16 x 20 canvas, palette or palate paper. Medium sized canvas and basic painting supplies needed for first class as we will create the underpainting for the project. The general supply list is available on our website or by calling the adult ed office.

6 weeks  
Tuesdays  
CHRRHS 2D Art

6:00-8:00 p.m.  
begins 9/12/23  
\$59 SR

**Oil Painting Open Studio**  
**Linda Leach and Sandy Clement**

Join us in person for an open studio oil painting experience! Bring unfinished or blank canvas, oil paint, and easel to enjoy 2 relaxing hours with fellow artists and budding artists. Let's keep painting!

1 night (4 options)  
Tuesdays  
CHRRHS 2D Art

6:00-8:00 p.m.  
11/28 OR 12/12 OR 1/23 OR 2/6  
\$15 per session


**Autumn Flower Arrangement**  
**Mary Sabins**

Just in time for those holiday gatherings! Do you enjoy looking at beautiful flowers and wish you could design an arrangement of your own? Come have fun and join us for this step-by-step class to learn how to design a fall floral centerpiece arrangement that will be perfect for your home decorating needs! All materials will be provided, and no floral design experience is necessary. The freshest flowers will be provided having been given professional care in the 24 hours before class. You will learn not only how to create a beautiful arrangement but tips on the best ways to help your flowers last and how to choose containers. These tips can apply to your cutting garden flowers, too! Bring pruners to cut floral stems if you have them. Materials fee included in registration includes enough flowers for a beautiful arrangement and the container - perfect for your holiday table! **Must register by Friday, 11/10, so flowers and container can be ordered in time.**

1 night  
Tuesday  
CHRRHS Rm 231

6:00-8:00 p.m.  
11/21/23  
\$85

**New!**



**Sewing for Beginners**  
**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. Sandy 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 \$10 materials fee is included in the registration

4 weeks  
Thursdays  
CHRRHS Rm 232

5:30-7:30 p.m.  
begins 9/14/23  
\$69 SR

**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. Sandy 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 \$10 materials fee is included.

4 weeks  
Thursdays  
CHRRHS Rm 232

5:30-7:30 p.m.  
begins 11/2/23  
\$69 SR

**"Sandy is kind, helpful, patient, and really knowledgeable!"**

**Sewing Open Studio**  
**Sandy Clement**

Have a project you need to finish or need some help with one? This class is for you! Bring any sewing project and get hands-on help, or just use the time to join some fellow sewing friends. 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.

1 night (5 options)  
Thursday  
CHRRHS Rm 232

5:30-7:30 p.m.  
12/14 OR 1/11 OR 1/18 OR 2/8 OR 2/15  
\$15 per session

**Sewing with Knit Fabrics**  
**Diana Falciani**

Learn the basic properties of knit fabric and apply these toward the construction of a t-shirt. Bring a favorite crew neck t-shirt to copy as well as scissors, pins, ball point and universal needles of assorted sizes, fabric marking pen, measuring tape and 2 yards of solid cotton knit fabric (pre-washed and machine dried) as well as matching thread and a spool of thread that doesn't match. Be prepared to cut out your fabric the first night of class.

5 weeks (two options)  
Mondays  
CHRRHS Rm 232

6:00-8:00 p.m.  
begins 10/2/23 OR 1/8/24  
\$69 SR



Embroidery for Beginners

**Resa Randolph**  
In this class you will learn simple embroidery techniques including a variety of stitches, how to follow a pattern, how to use embroidery thread, etc. The class will include an embroidery kit with everything you'll need to start. Materials fee of \$15 included in registration.  
4 weeks  
Wednesdays  
CHRRS Rm 219  
6: 00-8:00 p.m.  
begins 1/10/24  
\$99 SR

New!

Collage - Creative Instincts

**Susan Hill**  
This course will introduce and strengthen visual art COLLAGE skills, integrating selected found images and mixed media to create unique, personal works; the course includes working intuitively to build images, plus selecting and editing important personal themes. This course will facilitate and strengthen your unique creative ideas and aesthetics, as you develop a small series of completed works. The final session is dedicated to creating either a box frame or accordion book to preserve and present your work. The instructor will provide materials, fee is included in registration. This class is open to all skill levels.  
6 weeks  
Thursdays  
CHRRS Rm 2D Art  
6: 00-8:00 p.m.  
begins 11/9/23  
\$119 SR

New!

Embroidery Personal Best

**Susan Hill**  
This course is designed to present a strong vocabulary of embroidery stitches, with particular attention to the beauty and function of each stitch. You will learn successful, simple practices that insure (and improve) beautiful, and secure, stitching. The instructor will be responsive to participant's requests for specific stitches and skills, giving support to individual styles and aesthetics. The instructor will provide class materials; individual supplies will also be welcome. Open to all skill levels. Materials fee of \$5 included in registration.  
5 weeks  
Wednesdays  
CHRRS Rm 232  
6: 00-8:00 p.m.  
begins 9/27/23  
\$99 SR

New!

Soap Making

**Susanna Elliott**  
Cold processed soap-making is a process that can be enlightening and fun for anyone looking to learn a slightly less accessible craft due to ingredient prices, time and appropriate space. Anna will give you an intro on week one about soap making, including a how-to, proper safety procedures, and ingredients run down. Week two will be spent making your own cold processed soaps. Ingredients fee of \$35 is included in the registration and will provide you with 4 soaps.  
2 weeks  
Mondays  
CHRRS Rm 231  
6: 00-8:00 p.m.  
10/16/23  
\$89 SR

New!

Woodworking 1 - Basic Power Tool Skills

**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 make a pair of nesting serving trays as they learn all these tools and techniques. Materials fee of \$30 is to be paid to instructor and is based on wood prices as of press time so may be higher at class time.  
8 weeks  
Wednesdays  
CHRRS Woodshop  
6:00-8:00 p.m.  
begins 9/13/23  
\$169 SR



Woodworking 2 - Basic Hand Tool Skills

**Libby Schrum**  
Looking to add hand skills to your toolbox of wood-working knowledge? Power tools are great but learning how to sharpen and use chisels and a handsaw to cut a set of dovetails or a mortise and tenon joint will set your creations apart. Each student will build a small wall hung shelving unit - learning how to plan out a project, create and maintain a sharp cutting edge on chisels and hand planes, and layout/cut dovetail and mortise and tenon joints. **You must have taken Libby's prior class in power tools or have comparable experience in order to take this class.** There is a required tool list available online and with registration, as well as a materials fee of \$40 (subject to market pricing) to be paid to the instructor on the first day of class. Class skips 12/27.  
8 weeks  
Wednesdays  
CHRRS Woodshop  
6:00-8:00 p.m.  
begins 11/29/23  
\$169 SR



Papercutting Around the World

**Leslie Miller**  
PAPER CUTTING! Sounds simple? Just think... a piece of paper...a tool with which to cut. 3,000 year old scissors were found in China, where we are pretty sure paper was invented, way before the papyrus in Egypt. Well... what can you do with this "simple" paper and cutting tools? You will explore the world of paper cutting, an art which is found in countries all over the world. Bring your experiences and curiosity! You can view Leslie's professional papercutting work at [www.originalpapercuts.com](http://www.originalpapercuts.com) A \$5 materials fee included in registration.  
3 weeks  
Wednesdays  
CHRRS Rm 219  
6:00-8:00 p.m.  
begins 10/4/23  
\$69 SR

New!

Journal Workshop

**Leslie Miller**  
Writing in journals has become very popular. Many book artists are producing gorgeous handmade books to be used as journals. In her years as an educator, Leslie has seen the joy and satisfaction derived from people writing in journals of their own making. In this course you will design and complete a handmade bound book, and several other forms of journals. Be prepared to be amazed at what you can do! This class does not meet at the same time each week. The first class meets from 5:30-9 PM. Weeks 2 and 3 meet from 6:00-8:30 PM. Class skips 11/22, then has a final meeting to discuss and share projects on 11/29, from 6:00-8:00 PM. A \$10 materials fee included in registration.  
4 weeks  
Wednesdays  
CHRRS Rm 2D Art  
1st wk only 5:30-9:00 p.m.  
begins 11/1/23  
\$119 SR

New!

**Thanks to everyone who participated in and attended our June art show at the Rockport Library. Our next show will be in November at the Camden Library - we hope to see you there!**

Felted Chickadee Ornament

**Resa Randolph**  
In this 2-week class you will create a felted ornament of Maine's state bird, the chickadee, perched by the state flower, a pine cone and tassel. The first week we'll cut out the pattern, felt the pieces together and add roving. Then in the second week we'll add embroidery for details, sew on the back, add stuffing and a ribbon. Registration fee includes all materials.  
2 weeks  
Wednesdays  
CHRRS Rm 219  
6:00-8:00 p.m.  
begins 11/29/23  
\$55 SR

New!



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 over 31 years. Spoons can be small or large, carved plain or with decorative 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 for a second project. At the first class, we will discuss the tools you will need and how to use them. The materials fee of \$12 is payable to the instructor at the first class.  
5 weeks  
Tuesday  
CHRRS Woodshop  
6:00-8:00 p.m.  
begins 9/12/23  
\$65 SR

Carving Signs

**Sherwood Hilt**  
This class is for beginners in wood carving. You will learn the art of carving a wood sign from an instructor who has been carving a variety of objects for over 31 years. Signs can be small or large, carved plain or decoratively, and made from a variety of wood. At the first class, we will discuss tools you will need and how to use them. The materials fee of \$12 is payable to the instructor at the first class.  
5 weeks  
Tuesdays  
CHRRS Woodshop  
6:00-8:00 p.m.  
begins 10/17/23  
\$65 SR

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  
Thursday  
CHRRS Rm 211  
6:00-8:00 p.m.  
begins 10/19/23  
\$49 SR

Carving the Hooded Merganser

**Mike McCune**  
This small colorful duck is a beautiful addition to any bookshelf and may be hand carved as a decoy or a highly textured decorative piece. Students should bring a minimum of a 3/4" straight chisel, a 7mm #9 gouge, an 8mm #7 fishtail gouge and a 12mm #5 gouge or equivalent. Students are also encouraged to look for as much reference material as possible to aid in carving and painting. The instructor will supply basswood blanks and eyes, and paints and brushes. **There will be the option of carving a male duck or a female duck, please contact adult ed a week before class with your choice.** A \$35 materials fee is to be paid to the instructor.  
9 weeks  
Thursdays  
CHRRS Woodshop  
6:00-8:00 p.m.  
begins 10/5/23  
\$85 SR

New!



Watercolor for Everyone - Explorations  
Holly Smith

This class is a continuation of Watercolor for Everyone. Come and enjoy the creative process of painting. Build on your painting abilities and experiences through class exercises and watercolor techniques. Exercises will cover semi abstraction, negative space painting, and perfecting your compositional skills plus more. Mixed media will also be explored by using watercolor with other drawing and painting materials. Learn how to use this medium to express who you are as an artist. Allow the playfulness of painting, come and have fun! Explore! Create! Open to any level of painting ability. The supply list is available on our website or by calling the adult ed office.

5 weeks  
Thursdays  
Virtual Live, **Zoom**

6:00-8:00 p.m.  
begins 1/11/24  
\$99 SR

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! The supply list is available on our website or by calling the adult ed office.

5 weeks  
Thursdays  
CHRRS 2D Art

6:00-8:00 p.m.  
begins 9/14/23  
\$99 SR

Pottery - Get Creative with Clay  
Randy Fein

Randy Fein will guide you on your creative journey to explore multiple ways to create unique vessels and sculpture in clay. This class is geared for both continuing adult education clay students and newcomers to the art of clay. Students will experience guided instruction in a variety of clay hand-building and wheel-thrown pottery techniques. Students can find inspiration from instructor-led presentations of visual and hand-on clay objects made by ancient cultures and various contemporary artists. All participants will explore the use of low fire glaze application to complete their handmade work. No experience necessary, just bring your desire to create in clay! The first three weeks of classes meet twice a week on Tuesday & Thursday. The last class meets on Thursday only. Each class builds on the other so it's advisable to attend all classes. Class meets: 9/26, 9/28 (work in wet clay), 10/3, 10/5 (work in wet clay), 10/10, 10/12 (glaze), and 10/19 (pick up work). Fee includes 20 lbs of clay, 1 bisque bowl to paint, and an assortment of clay and glazes. Please sign up early so we are able to get materials in time for class.

4 weeks  
Tues/Thurs  
CHRRS Rm 3D Art

5:30-8:30 p.m.  
begins 9/26/23  
\$199 SR

Jewelry - Killer Cuff or Bookmark + Messages in Metal Workshop  
Dana Ruth

This is a terrific crafter-evening for all ages 12+ and all experience levels! Let's make a killer cuff (or bookmark) and learn to forge, texture, stamp, file, and form your own original cuff bracelet in sterling silver. This form is a classic and has so many versatile design options it's a creation you can come back to again and again. It's a perfect project to dip into in your studio for some quick therapy or to make a gift for a loved one! Closed toe shoes required. Materials fee of \$50 to be paid to instructor at class.

1 night  
Wednesday  
CHRRS 2D Jewelry Lab

5:30-8:30 p.m.  
2/7/24  
\$45

Jewelry - Spin Ring Workshop  
Dana Ruth

Are you ready to learn how to move metal and add movement to your metal? Let's learn about this versatile anti-clastic form while making a Spin Ring! Dana loves this form with spinners or without spinners and to set stones on or set stones in. Design options are only limited by your inspiration and imagination. You will L-O-V-E this workshop. \*hint, maybe you'd like this workshop for Valentine's Day, Galentine's Day, or Palentine's Day, or maybe you'd like to gift this workshop! **You MUST have previous jewelry-making experience to take this class, strong foundation skills are required to guarantee success and smiles.** Torch soldering and ring fabrication WILL NOT be taught in this workshop. Closed toe shoes required. Materials fee of \$40 to be paid to instructor at class.

1 night  
Wednesday  
CHRRS 2D Jewelry Lab

5:30-8:30 p.m.  
1/31/24  
\$45

Plant Design with the Magical Air Plant Aerarium  
Elba-Gloria Rangel-Erazo

You will create an enchanted home called an Aerarium for the air plant known as a Tillandsia, so that you can enjoy it year-round in your house. There are plants, like vegetables, that require moist, nutrient-rich soil. Others, like your pet cactus, prefer dry rocky soil, and there are others that grow in mud or water, like the lotus flower. But have you ever seen a plant that grows with NO soil whatsoever? That's the Tillandsia - or "Air Plant", and this class will teach you how to care for this magical plant. Similar to building a terrarium, you will go home with a container, your new plant, and some decorative items to highlight your plant. You will also learn all about Tillandsia and how to care for them! Materials fee of \$30 to be paid to the instructor includes plant, container, and decorations for one Aerarium.

1 night (2 options)  
Thursday 10/12 OR Tuesday 12/5  
CHRRS Rm 231

6:00-8:00 p.m.  
\$15

Cooking Mushrooms  
David Spahr

Learn about using wild mushrooms. The various mushrooms are like vegetables. They have different flavors and widely varying textures, colors, moisture content and water absorbency. Hence, the various species respond to cooking processes differently. We will learn about matching mushroom species to cooking techniques. Also discussed will be the appropriate foods and wines to match with wild mushrooms and which species may be mixed together in a recipe. The book "Edible and Medicinal Mushrooms of New England and Eastern Canada" will be available for purchase in class for \$21. \$10 ingredients fee included in registration.

1 night  
Tuesday  
CHRRS Rm 231

6:30-8:30 p.m.  
9/26/23  
\$49

Cooking Chinese Dumplings  
Nanfei Wang

In this class, you will learn how to make real north-eastern Chinese dumplings from scratch, including how to make the dough and the dumplings' fillings using beef, shrimp and vegetables, along with a delicious dipping sauce. Let's have a dumplings dinner party! Great food with cultural significance! Registration fee includes ingredients.

1 night (2 options)  
Thursday  
CHRRS Rm 231

5:30-8:30 p.m.  
10/5 OR 10/19  
\$49

*In-person cooking classes are some of our most popular offerings and fill fast! Be sure to sign up early so you get the class you want!*

Cooking - Sourdough Bread  
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 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)  
Monday 12/11/23  
CHRRS Rm 231

5:30-8:30 p.m.  
OR  
Thursday 12/14/23  
\$20



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. Registration fee includes all ingredients.

1 night (2 options)  
Wednesday  
CHRRS Rm 231

5:30-8:30 p.m.  
10/4 OR 10/25  
\$49

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 Channa (chickpea) Masala, Pakora and Puri Bread. This class will also feature Dosa Sambar with potato stuffing, a dish of southern India, which is quite a different cuisine from northern India. There will also be a lovely Indian Chai tea! Registration fee includes all ingredients.

1 night (two options)  
Tuesday  
CHRRS Rm 231

5:30-8:30 p.m.  
11/7 OR 1/16  
\$49



The classes below are taught by Carole Freeman, a career respiratory therapist who now focuses on recognizing and treating breathing disorders.

You will receive a Zoom link after signing up

Women’s Health Series

Carole Freeman

In this 5-session series you will learn how breathing is different for women and why it matters, how to manage pain and stress through breathing techniques, how female sex hormones influence your breathing and health, how to prevent and treat pelvic floor dysfunction, and how to cope with menopause symptoms. This class will empower you to take charge of your health and well-being by understanding and improving your breathing habits. The full syllabus of topics for each day will be sent upon registration. Class will be recorded so you will get the full class even if you have to miss a day.

3 weeks 6:00-7:30 p.m.  
Mon/Wed begins 10/16/23  
Virtual Live, Zoom \$85

Women’s Health and Fitness Series

Carole Freeman

Women’s Health and Fitness is designed to help you improve your physical and mental well-being. You will learn how to regain lost energy and stamina, how to optimize your breathing for different activities and situations, how respiratory muscle strength affects your endurance, and what are the new rules for cardio and stamina. By the end of this course, you will have a better understanding of your body and its needs, and how to achieve your fitness goals in a healthy and sustainable way. The full syllabus will be sent upon registration. Class will be recorded so you will get the full class even if you have to miss a day.

2 weeks 6:00-7:30 p.m.  
Tues/Thu begins 10/17/23  
Virtual Live, Zoom \$85

Ski Lessons for Beginners

Camden Snow Bowl Ski School

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 for those up to 69 years old is \$168 (\$120 if you don’t need to rent equipment), for those 70 and over, \$120. Both include a lift ticket good for the whole day, lesson and rental. 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. **Payment for this class is by check or cash only. Please specify your equipment needs when you register.**

4 weeks 1130 a.m.-1:00 p.m.  
Wednesdays begins 1/24/24  
Camden Snow Bowl \$168 SR

Cross-country Skiing for First Timers

Geoff Scott

This class is for anyone who has never skied or who hasn’t skied in years, wants to brush up on the basics, and have some fun this winter. We’ll start from the beginning and build on the basics while enjoying different places to ski. We’ll talk about equipment, techniques, and explore a different ski trail every week as conditions permit. You’ll need your own equipment. The first meeting will begin at Camden Hills Regional High School field house beside the athletic fields. We may adjust the schedule based on snow coverage.

4 weeks 10:00 a.m.-12:00 p.m.  
Saturdays begins 1/20/24  
CHRRS Field House \$49 SR

Cross-country Skiing for Beginners and Up

Geoff Scott

Anyone who wants to get outside and have some fun on XC skis this winter, from comfortable 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. We may adjust the schedule based on snow coverage.

4 weeks 12:00-2:00 p.m.  
Saturdays begins 1/20/23  
CHRRS Field House \$49 SR

Indoor Walking is available at the high school when adult ed is in session, from 4-8 Monday-Thursday. Check in at our office then get your steps in!

Curling for Beginners

Belfast Curling Club

Curling is sometimes referred to as chess on ice, where players use skill and strategy to slide polished granite stones to a target 150 feet away, and using curling brooms to influence the path of the stones. Learn to curl in one two-hour session at the Belfast Curling Club, located at 211 Belmont Avenue, Belfast, and have fun playing this Winter Olympic sport. Wear loose comfortable clothing, dress in layers (you’re on ice) and bring a separate pair of clean-soled sneakers. Go to [BelfastCurlingClub.org](http://BelfastCurlingClub.org) or email [learntocurl@belfastcurlingclub.org](mailto:learntocurl@belfastcurlingclub.org). Provide your name, email address, phone number and desired session date and time. Registration fee of \$40 must be prepaid to reserve a slot.

A check, made out to “Belfast Curling Club” must be sent to Jacob Charles at 1390 Moosehead Trail, Jackson, ME. All Learn to Curl participants who join the club right after the Learn to Curl session will have \$40 deducted from their membership dues! The following sessions are available:

|                    |                                   |
|--------------------|-----------------------------------|
| Saturday, 10/14/23 | 10:00 am-12:00 pm or 1:00-3:00 pm |
| Sunday, 10/15/23   | 10:00 am-12:00 pm or 1:00-3:00 pm |
| Saturday, 1/6/24   | 10:00 am-12:00 pm or 1:00-3:00 pm |
| Sunday, 1/7/24     | 10:00 am-12:00 pm or 1:00-3:00 pm |



“I found that I enjoyed the Zoom class because I did not have to drive at night. I hope when the pandemic is done that there might still be some Adult Ed offerings via Zoom for us older folks.”

Noontime Yoga

Karen Tripolitis

Join us Mondays at noon as you begin each new week with a 45 minute mindful yoga practice. Modifications are offered to make this yoga class fit your needs. This Hatha or Classical Yoga is a yoga practice of physical postures and breathing with techniques based on achieving harmony and balance.

8 weeks 12:00-12:45 p.m.  
Mondays begins 9/11/23  
Virtual Live, Zoom \$139 SR

Pilates - Gentle

Sophia Arnall

This class focuses on gentle strength building via the ‘core’ muscles of the body. Using an anatomy-focused approach to functional movement, this class aims to increase mobility, and tone the whole body! A yoga mat is recommended, though the only requirement is some floor space. Class is not suitable for those with acute injuries.

10 weeks 12:00-1:00 p.m.  
Wednesdays begins 9/13/23  
Virtual Live, Zoom \$95 SR

Feeding Birds in Winter

Gary Roberts

That bird at your backyard feeder, what is it? Which feeder and what food does it prefer? In this class with Registered Maine Guide Gary Roberts, you will learn how to attract birds to your feeders this winter and what you need to do to keep them coming back.

2 weeks 6:00-8:00 p.m.  
Thursdays begins 10/19/23  
CHRRS Rm 235 \$29

Tai Chi for Beginners - 10 Movements

Michael Shunney

Through the movements of Tai Chi and relaxed breathing, you will cultivate, store & circulate your internal energy. The movements are non-impact, smooth and practiced very slowly at first. Western research has shown improvements in heart, bone and muscle strength, as well as large reductions in the effects of stress, and an improvement in overall balance, with regular practice. This is the 21st continuous year of Tai Chi classes through the Five Town Adult Education program!

|                    |            |                   |
|--------------------|------------|-------------------|
| 3 sessions         | Wednesdays | 10:30 a.m. - noon |
| October session    | 6 weeks    | begins 10/4/23    |
| Inner Works Center |            | \$59 SR           |
| November session   | 6 weeks    | begins 11/15/23   |
| Inner Works Center |            | \$59 SR           |
| January session    | 6 weeks    | begins 1/10/24    |
| Virtual Live, Zoom |            | \$59 SR           |

Coastal Navigation Level 1

Alice Bean Andrenyak

Learn the basics of coastal navigation using local charts, parallel ruler, and dividers. Learn what the symbols mean, how to determine safe and dangerous routes, create courses, learn rules of the “road”, what aids to navigation look like and do, plan for emergencies and more. For kayakers, sailors, powerboaters, and future Registered Maine Guides. Students will need access to either a Casco Bay Chart or Penobscot Bay Chart, parallel ruler and dividers.

2 weeks 5:30-8:30 p.m.  
Thursdays begins 11/9/23  
Virtual Live, Zoom \$50

Map and Compass Level 1

Alice Bean Andrenyak

Hike, snowshoe, geocache, hunt, and enjoy the woods and fields of Maine with confidence that you can read a topographic map, understand the symbols, know which way a river flows, plot a course bearing, use online resources, and how to get to safety. Familiarization to using a compass and map outdoors included. Students must have a DeLorme Maine Gazetteer, and a 2-degree baseplate compass.

2 weeks 5:30-8:30 p.m.  
Mondays begins 10/16/23  
Virtual Live, Zoom \$50

Mindful Meditation for Stress Reduction for Beginners

Kate McMorrow

Mindfulness Meditation is a mindfulness of breath, body scan, mindful eating, and loving kindness meditation. Each week you will learn a different aspect of how mindfulness practice and meditation can reduce stress, improve health and promote wellness.

5 weeks 6:00-7:30 p.m.  
Wednesdays begins 10/4/23  
CHRRS Rm 214 \$45

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.

|                    |            |                 |
|--------------------|------------|-----------------|
| 3 sessions         | Wednesdays | 3:00-4:30 p.m.  |
| October session    | 6 weeks    | begins 10/4/23  |
| Inner Works Center |            | \$59 SR         |
| November session   | 6 weeks    | begins 11/15/23 |
| Inner Works Center |            | \$59 SR         |
| January session    | 6 weeks    | begins 1/10/24  |
| Virtual Live, Zoom |            | \$59 SR         |



Discover the New Medicine of the Future

Paula Apro

Quantum physics states that consciousness, not matter, is the ground of all being. When this is realized, the practice of medicine transitions to being truly holistic. This new approach to medicine requires an awareness of subtle energy that gives us life. Learn what this subtle energy is all about and how to harness it for optimal health. It's time to transition from suppressing symptoms to addressing the underlying causes and healing the mind, body & spirit.

1 night 6:00-7:30 p.m.  
Tuesday 10/10/23  
CHRRS Library \$25

Overcoming Chronic Health Conditions

Paula Apro

Are you struggling with chronic issues? Have you visited many doctors, tried many options and still can't resolve the problem? There are basically only three things at the root of all illness and disease. Find out what they are and how to combat them with quantum energy medicine.

1 night 6:00-7:30 p.m.  
Tuesday 10/17/23  
CHRRS Library \$25

Wellness Practices for Optimal Health

Paula Apro

If you are looking to improve and maintain your health for the long run, there are many things you can do right at home without a prescription. Some are free and have been available since the beginning of time, while others are brand new, cutting edge quantum products. Come explore a whole new world of possibilities that can help you take back control over your health.

1 night 6:00-7:30 p.m.  
Tuesday 10/24/23  
CHRRS Library \$25

Secrets to True & Lasting Health & Happiness

Paula Apro

There's a secret formula to overcoming chronic pain and illness. If you're ready to try something new, this free lesson is for you! This is a chance to open your eyes to the powerful world of energy medicine and learn about invisible energetic roadblocks that can prevent your body from healing. This 20-minute lesson will explain what it really takes to achieve true and lasting health, and uncover seven of the energetic roadblocks that can be standing in your way.

Start any time Online self-paced FREE

Food Addicts in Recovery Anonymous

Food Addicts in Recovery

Are you having trouble controlling the way you eat? Do you struggle with food obsession, overeating, under-eating or bulimia? There is a solution. Food Addicts in Recovery Anonymous is holding a free information session online and by phone on 10/17/23 from 6:30-8:00 p.m. For more information and meeting ID and Passcode call the coordinator (Sharon) at 207-250-7373 or email fa.newcastle.maine@gmail.com.

New!

Gentle Yoga

Erika Manning

Students of all abilities will be introduced to gentle yoga and functional movement exercises specifically designed to help reduce stress in body and mind. Practices for arthritis, osteoporosis, the lymph system, backcare, and breathing will be explored. Please eat lightly before class, and bring a mat as well as a cushion or blanket. Students need to be able to get up and down off the floor by themselves or with the aid of a chair.

4 sessions all CHRRS Rm 227 6:00-7:30 p.m.  
October Tues session 10 weeks begins 10/3/23 \$99 SR  
October Thurs session 10 weeks begins 10/5/23 \$99 SR  
January Tues session 6 weeks begins 1/9/24 \$69 SR  
January Thurs session 6 weeks begins 1/11/24 \$69 SR



New!

Pickleball - Learn to Play

Midcoast Recreation Center Staff

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. You will learn all the skills necessary to play - rules, scoring, strategy, and much more. All equipment is provided. Classes begin the first Wednesday of the month and go for 4 weeks. Register online at [www.midcoastrec.org](http://www.midcoastrec.org) or call 236-9400. Space is limited and fills up fast, so register today. Cost is \$45 a session.

7 sessions Wednesdays 9-10am

September begins 9/6/23  
October begins 10/4/23  
November begins 11/1/23  
December begins 12/6/23  
January begins 1/3/24  
February begins 2/7/24  
March begins 3/6/24

Golf for Beginners

Ashton Benn

This course will focus on how to begin playing the game of golf. Each week will cover a different aspect of the game from basic rules, formats of play, and history of the sport through the fourth week playing a nine-hole round of golf. Along the way students will learn the mechanics of the golf swing, use of clubs, putting and chipping, and be introduced to the variety of golf equipment and apparel that is essential to playing the game. At the end of the course, students will feel confident in their game regardless of age, ability, and physique.

4 weeks 12:00-1:00 p.m.  
Thursday begins 9/7/23  
Goose River Golf Course, Rockport \$99 SR

The following 4 classes are taught by Jim DellaPenna who has been an amateur astronomer since he was a teenager performing observations for the American Society of Variable Star Observers in Cambridge. He loves teaching astronomy!



Astronomy 101

Jim DellaPenna

This class begins with a brief history of astronomy from 5000 BC to the present. Subsequently, we discuss the Sun, Earth's magnetosphere, comets & asteroids, the Kuiper Belt, the Oort cloud, dark matter, dark energy, the speed of light, double stars, star clusters, nebulae, galaxies, how we see backward in time, the Milky Way Galaxy and where we are inside it, the Andromeda Galaxy, and what happens when galaxies collide. Ample time will be provided for questions.

1 night 6:30-8:30 p.m.  
Monday 12/4/23  
CHRRS Rm 235 \$20

Where Are All the Aliens?

Jim DellaPenna

The Fermi Paradox addresses the common belief that our galaxy is teaming with intelligent alien life while simultaneously acknowledging the absence of any evidence that they exist. Where are all the aliens? This class addresses one of the solutions to the Fermi Paradox not always welcomed to the discussion, that there is no paradox, that we may essentially be alone in our galaxy. Attendees should understand this is not in any way to be regarded as a religious argument. This is a scientific presentation. It will address the odds of intelligent life existing elsewhere in the Milky Way Galaxy that we might be able to detect. Emphasis will be placed on what requirements other planets must meet before they are even capable of supporting life as we know it. Ample time will be provided for questions.

1 night 6:30-8:30 p.m.  
Monday 12/11/23  
CHRRS Rm 235 \$20

"I came to this course very much with a mindset very opposite to the position the instructor proposed and I am definitely less sure of my original position. This course provided amazing food for thought!"

"I came in with very little interest in this topic (a friend encouraged me to come) and I left feeling so genuinely intrigued. Jim was a really effective instructor and presenter."

So You Want to Buy a Telescope?

Jim DellaPenna

This class aims to guide "beginner" astronomy enthusiasts through the intricacies of what to buy and what not to buy for a telescope. Topics discussed are the nature of the telescope market, types of telescopes and mounts, recommendations for beginners, magnifying power, resolution, eyepieces, field of view, finder scopes, suggested accessories for beginners, and what it all costs. Emphasis will be placed on avoiding cheap substandard equipment commonly found in the marketplace because disappointment with such equipment is the leading reason people give up on this amazing hobby. Ample time is provided for questions.

1 night 6:30-8:30 p.m.  
Thursday 11/30/23  
CHRRS Rm 235 \$20

Our Sun's Nearest Neighbors

Jim DellaPenna

This class presents a tour through space comprising the immediate neighborhood of our star, the Sun. A close examination of "all" star systems within 10 light years of our Sun is discussed. Subsequently, the discussion extends to 15 light years from the Sun, limited only to stars visible to the naked eye. The purpose of this talk is to satisfy people's curiosity about what relatively close stars might be like. We often hear about the closest star system but seldom do we hear about anything beyond that. How many are there? What size are they? Which ones can we see with our naked eyes? Where in the sky are they located? Which ones have planets? Ample time is provided for questions.

1 night 6:30-8:30 p.m.  
Thursday 12/7/23  
CHRRS Rm 235 \$20

Buddhism - an Introduction

Patricia Earnest

What is Buddhism? You will learn the origins of Buddhism, how, where and when it started, how it developed through the centuries and how it is relevant today. Topics include the language and practices of Buddhism, meditation and chanting, how to calm the mind and become more self aware. What is karma and the wheel of life?

4 weeks 6:00-7:00 p.m.  
Tuesday begins 9/12/23  
CHRRS Rm 210 \$39 SR

New!

New!

New!

The "SR" by a class registration fee means the class qualifies for a senior (65 and older) discount. Call for more information or to sign up. The senior discount is not available with online registrations.



Bridge for Beginners

**Kate Martino**  
Bridge is played by over 25 million Americans of all ages and is one of the world's most popular card games. It is fun, a great way to meet new people and stimulates your brain..... a game for your lifetime! This class covers bridge basics for those who have never played or if you haven't played for a while and are looking to renew your skills. The textbook required for this class is "Basic Bridge I" by Audrey Grant and can be purchased on Amazon (new/used).  
6 weeks 4:00-6:30 p.m.  
Thursdays begins 9/14/23  
CHRHs Rm 224 \$75



Basic Bridge - Take the Next Steps

**Lance Bukoff**  
You will build on a beginner's understanding of Standard American bidding and skills in play of the hand - by bidding and playing! Hands will be duplicated for each table and played simultaneously. During play the instructor will be available to answer questions and give advice on an individual basis. After each hand has been played it will be discussed as a group, focusing on the challenges the hands present and how best to deal with them. Classes will also include open Q&A sessions as well as detailed examinations of specific, basic, bidding and play techniques. This course is intended primarily for beginner and novice bridge players, but also as a "refresher" for players who have been away from the game for a period of time and would like to catch up on concepts of bidding and play as they have evolved over the years.  
6 weeks 4:00-6:30 p.m.  
Thursdays begins 11/2/23  
CHRHs Rm 224 \$75

Moving Beyond Fear

**Laura Lee Perkins, MS**  
Don't allow fear to become too familiar. Most of us struggle with some kind of fear which is inhibiting. 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.  
Monday 9/18/23  
CHRHs Rm 228 \$25



Long-time teacher Sandy Clement with long-time student Duane Rowell, whose painting of the famous wrecks of Wiscasset graces our cover. Duane recently celebrated his 90th birthday by parachuting from a plane. Sandy has been teaching adult ed for 23 years and Duane has been a continuing student of adult ed for almost 50 years!

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 discover where to look, who to contact, and how to make your family history come alive!  
6 weeks approx. 24 hours  
Asynchronous sessions begin monthly  
Online instructor led, call to register \$100



Driver's Education

**Roy's Driver & Rider Education**  
Our driver's education class teaches the techniques of driving a vehicle, along with basic vehicle maintenance, safety precautions, traffic regulations and laws of the state of Maine. Roy's Driver & Rider Education is the only driving school in Maine authorized to provide a hybrid driver's education experience consisting of 15 hours of in-person classroom instruction paired with 15 hours of self-paced online component classes. The online content provider is OnlineDriversEd.com and they are the only provider authorized by the BMV for this curriculum.  
Monthly starts 3:30 - 6:30 p.m.  
Classes, Driving, and Final Exams are held at CHRHs \$530  
To register visit the Roy's website below, select Driver's Ed and then select Rockport as your location.  
For more information, call 207-784-6245  
www.roysdriving.com

Developing a Personal and Home Defensive Protection Plan

**Alice Bean Andrenyak**  
This three-hour course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the "What if's" to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home's defense. Part 1 of a 3-part series but can be taken separately.  
1 night 5:30-8:30 p.m.  
Monday 11/6/23  
Virtual Live, Zoom \$35



Constitutional Carry and Legal Use of Force Explained

**Alice Bean Andrenyak**  
This three-hour course is for firearm owners and non-owners. You will learn what to do when you see an attack or if you are attacked and respond with force. You will learn how to contact the first responders, how prosecutors might view what you did, rules about concealed carry in the US and Maine, and various ways to protect yourself without using a firearm. Part 2 of a 3-part series but can be taken separately.  
1 night 5:30-8:30 p.m.  
Monday 11/13/23  
Virtual Live, Zoom \$35



When Your Office is Someone's Home

**Alice Bean Andrenyak**  
This three-hour course is for anyone that goes into someone else's home to do work, repairs, estimates, sales, nursing, or outside the home contractors. How can you be safe? Learn the basics to access the surroundings, stay safe and protect yourself without using a firearm. Part 3 of a 3-part series but can be taken separately.  
1 night 5:30-8:30 p.m.  
Monday 11/20/23  
Virtual Live, Zoom \$35



Registered Maine Guide Training

**Alice Bean Andrenyak**  
Train to become a working Registered Maine Guide not just a test taker. Learn the skills that guides use daily including: map & compass, coastal navigation, shelter building, separated client searches, cooking, canoeing, snowshoeing, SUP'ng, plus specialty skills for recreation, sea kayaking, tide-water fishing, inland fishing, and hunting future guides. This ten-session hybrid program includes Zoom, optional all-day skill workshops, and homework assignments. Optional skills workshops are at an additional cost. Those thinking of becoming a Registered Maine Guide will need to take a first aid and CPR course, not included. No class on 2/20.  
10 weeks 5:30 - 8:30 p.m.  
Tuesdays begins 1/23/24  
Virtual live via Zoom \$500  
Attend a free information session held via Zoom on 11/15 or 1/9, 7:00 - 8:00 p.m. Register online or by calling our office.



The following classes are taught by Alice Bean Andrenyak, Master Maine Guide and owner of Alice's Awesome Adventures and Maine e-Learning.  
More classes by Alice on pages 9 and 25.

Women's Basics of Pistol Handling

**Alice Bean Andrenyak**  
In a non-threatening safe environment with no live ammunition present, learn the basics of: handgun safety at home; how to handle a pistol safely; parts of a pistol and ammunition; fundamentals of pistol shooting including holding, stance and aiming; common malfunctions; cleaning; and selecting a pistol just right for you. A textbook is included. The optional two-hour range time is separately scheduled and has a fee of \$50 payable to the instructor. If you go to the range, you will fire either your own pistol or one from the instructor and try to put five rounds of ammunition through 4 separate target circles at ten feet using only 20 rounds. You will need 50 rounds of ammunition for your personal handgun. If "renting" a pistol from the instructor, she will have 50 rounds of ammunition for you for a cost of \$25. To pass this nationally rated course and get certified you must: attend all sessions and actively participate, pass a written examination, and pass the ten-foot shooting qualification, all within two weeks of the last class session. Certification can be used to apply for a Concealed Carry Permit. Optional two hour range instruction session will be chosen by the student on one of these dates: October 30 or 31, separate fee.  
2 weeks 5:30-8:30 p.m.  
Tuesday begins 10/17/23  
Rose Hall (old MET, Camden) \$125



"Alice taught with expertise and professionalism, while also with a sense of humor and friendliness."

"Love these classes! You are a fantastic instructor!"

"I was very, very, impressed with this course as I came in totally green and feel confident now."

History of Malaga Island, Maine

**Alice Bean Andrenyak**  
Learn about the eviction of a complete community living on Malaga Island in Casco Bay in 1912. Learn the pre-history of the island's use by our indigenous people and post history of the island after the eviction. Learn a bit about the mainland African American village in coastal Maine that no longer exists but predated the Malaga Island Colony. Visit the island remotely through a slide show created by Master Maine Guide, Alice.  
1 night 6:30-8:30 p.m.  
Wednesday 10/11/23  
Virtual Live, Zoom \$35





Calendula Salve and Lip Balm from Fresh Flowers

**Jacinda Martinez**  
In this class, you will learn how to harvest calendula flowers in order to make salve and lip balm. Jacinda will also demonstrate how to harvest a few other plants, but calendula will be the focus. She will then demonstrate making salve and lip balm with already prepared materials. You will leave class with 1 tin of salve and 2 lip balms. Materials fee of \$20 to be paid to instructor at class.  
1 night 5:30-8:30 p.m.  
Monday 9/18/23  
CHRS Rm 231 \$35



Growing Garlic

**Jacinda Martinez**  
This class will teach you about the life cycle of garlic. Jacinda will demonstrate how to plant garlic in the fall for a successful harvest in the summer. Using videos and photos, she will then talk about best practices during spring emergence and harvest.  
1 night 5:30-8:30 p.m.  
Wednesday 10/11/23  
CHRS Rm 231 \$35

Composting at Home 101

**Jacinda Martinez**  
Join Jacinda Martinez to learn about the basics of healthy soil and how to make your own using kitchen garden waste. She will walk you through different options and which gadgets actually do the trick!  
1 night 5:30-8:30 p.m.  
Monday 11/6/23  
CHRS Rm 231 \$35



Gardening - Making the Most of Your Yard and Garden

**Sharon Turner**  
Fall is a great time to plan, prepare, and plant trees, shrubs and perennials! Whether you're starting from scratch, needing to renovate existing plantings, wanting to plan a new vegetable garden or create a special habitat for birds and beneficials, 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 in a classroom.** 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. This class will include a meeting at the instructor's nursery in Washington.  
8 weeks (1st night only) 6:00-8:00 p.m.  
Wednesday begins 9/13/23  
CHRS Rm 235(1st night only) \$139

*"I learned a lot as Sharon talked us through each garden. She provided a lot of valuable handouts, too!"*

Passive House Design 101

**Eric Durbas**  
In this class you will learn the major tenets of passive house design. Erik will explain building techniques, and cover materials and methods necessary to achieve low energy consumption and maximum comfort. He will also discuss the importance of the health of the built environment.  
1 night 5:30-8:30 p.m.  
Wednesday 11/1/23  
CHRS Rm 222 FREE

Basic Home Improvement and Repair for Beginners

**Wayne Sainio**  
You will learn several different home repair basics in this class taught by home maintenance guru Wayne Sainio. Over the course of six weeks, he will cover several topics including plumbing, electrical, and carpentry. The first class will be an introduction and a polling of student interest for the remaining five classes. He will also demonstrate one basic home repair in the first class. Handouts will be provided each week and you will leave this class knowing how to do many different home repairs on your own. Topics Wayne plans to cover are: broken pipes; faucet repair; changing a toilet fill valve and tank ball; replacing lights and outlets; changing light switches; replacing electrical panel fuses and circuit breakers; patching interior walls; replacing doors and windows; using wall anchors; repairing exterior siding; and much more! Class is suitable for those ages 18 and over.  
6 weeks 6:00-8:00 p.m.  
Mondays begins 9/18/23  
CHRS Wood Shop \$85 SR

*"Wayne's tips and tricks of the trade were invaluable. Wayne was easy to learn from and enjoyable to have as a teacher."*

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

*Vacation Days - office and Learning Center closed:*

|                            |              |
|----------------------------|--------------|
| Labor Day                  | Sep 4        |
| Fall session begins        | Sep 11       |
| Indigenous Peoples Day     | Oct 9        |
| Veteran's Day              | Nov 10       |
| Thanksgiving Break         | Nov 22-26    |
| Christmas & Holiday Break  | Dec 22-Jan 2 |
| Martin Luther King Jr. Day | Jan 15       |
| Feb/Winter Break           | Feb 16-25    |

Farming with Native Plants

**David Spahr**  
This class will teach you how you can grow and harvest edible, native plants. David Spahr installed a public, edible landscape across from the town hall in Washington, Maine, in June of 2014. The intention of this edible landscape is to educate and feed people. Wild bees support the pollination and are supported by the many wild local natives. Varieties include peaches, serviceberries, American plum, beach plum, American chestnut, shagbark hickory, highbush blueberries, raspberries, black raspberries, huckleberries, thimbleberries, strawberries, cranberries, raisin Viburnums, Sedum purpureum, violets, peppermint, garlic, day lily, Rosa rugosa, chives, rhubarb, Jerusalem artichoke and others. David has been farming wild, native plants for many years. His PowerPoint will show the native plants he farms with while he provides a discussion of the ecological implications.  
1 night 6:30-8:30 pm.  
Tuesday 11/14/23  
CHRS Rm 211 \$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 safe, most 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) 6:30-8:30 pm.  
Tuesday 11/7 OR 12/5 OR 2/6  
CHRS Rm 211 \$29

*See David's class  
Cooking Mushrooms on page 23*





French for Beginners 1

**Kimberly Helmstetter**  
This is a beginner course where we will cover topics such as greetings, personal preferences, shopping, asking for and giving directions, making plans with family members or friends, descriptions of people and places, ordering in a restaurant, how to get around town, go shopping, and ask for directions.  
5 weeks 6:00-8:00 p.m.  
Wednesdays begins 9/13/23  
CHRHs Rm 228 \$59 SR

Spanish Language classes are taught by **Paul Garcia** 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.  
Mondays & Wednesdays 6:30 - 8:30 p.m.  
Beginner - 3 weeks begins 10/11/23  
Intermediate - 3 weeks begins 11/1/23  
Continuing - 3 weeks begins 11/29/23  
CHRHs Rm 216 Each Session \$65 SR  
Textbook fee of \$15 is payable to the instructor at the first class. The same text is used for all three sessions.

Our French Language classes are taught by **Kimberly Helmstetter** who has been teaching French for 15 years, most recently at Camden Hills Regional High School. She has experience teaching levels 1-5.

French for Beginners 2

**Kimberly Helmstetter**  
More French! This class will be a continuation of French 1 - Beginner French.  
5 weeks 6:00-8:00 p.m.  
Wednesdays begins 10/18/23  
CHRHs Rm 228 \$59 SR

"Great class - Kim really makes it fun to learn French!"  
"Wonderful instructor, so patient with us."  
"Kim was a great teacher. Class was relaxed and fun."  
"Kim was great!"

Exploring a Poet's Life: Rainer Maria Rilke on Living the Questions

**Mark Burrows**  
This four-week seminar introduces participants to Rilke's poems, beginning with the first book that brought him European recognition (The Book of Hours) and continuing through to his later works (The Duino Elegies & The Sonnets to Orpheus, both completed in 1922). We will read excerpts of his letters, a remarkable testimony of his deep creativity and questing mind, and sample parts of the one novel he published. Readings for each session will be circulated in advance; no prior knowledge of Rilke is expected, though some familiarity with poetry would be useful.  
4 weeks 6:00-8:00 p.m.  
Tuesdays begins 1/9/24  
CHRHs Rm 235 \$59 SR



Guitar for Beginners

**David Bradbury**  
Learn to play the guitar in this foundational course. You will learn guitar features, parts, and construction; simple maintenance and tuning; and basic music. At the end of the course you will be able to prepare the instrument to play, follow basic sheet music and play two or three simple folk songs.  
6 weeks 6:00-7:00 p.m.  
Tuesdays begins 9/26/23  
CHRHs Rm 224 \$49 SR

Guitar Jam and Practice

**David Bradbury**  
This class is for students who have taken Beginner Guitar in prior semesters or have already learned to play and want to get together with others at a similar level to practice. In this informal gathering of musicians, you will play improvised or unrehearsed music in an "open studio" class ideal for you to work on songs and techniques not finished in class or that you need help with. Class is suitable for acoustic 6 string guitar or bass. You must be able to play sufficiently including being able to play basic chords.  
6 weeks 7:00-8:00 p.m.  
Tuesdays begins 9/26/23  
CHRHs Rm 224 \$49 SR



Explore the Native American Flute

**Laura Lee Perkins**  
The Native American flute's haunting, mystical tone quality echoes back through centuries. Flutes varied in the number of finger-holes, length, diameter, key, materials used and the modes. Each flute's totem animal is not just ornamental, but integral to the sound. Instructor Laura Lee Perkins has been forming and teaching this instrument for over two decades and will bring flutes to demonstrate.  
1 night 6:00-8:00 p.m.  
Monday 9/25/23  
CHRHs Rm 228 \$25

Easy Fiddle Jamming

**Resa Randolph**  
This class is designed for people who want to play traditional fiddle tunes with others in a slow, friendly environment. Each week we will follow a set list of tunes and play them at a comfortable pace that will allow everyone to take part. Students will receive a list of tunes before each session so they can practice ahead of time. Perfect for the shy or advanced beginner/early intermediate musician. We welcome fiddle, guitar, mandolin, banjo, bass.  
6 weeks 6:00-8:00 p.m.  
Tuesdays begins 1/9/24  
CHRHs Rm 219 \$49 SR



Acting - the Beginning of Character Study

**Joseph Cote**  
So, you think you want to be an actor in your next life? Maybe even have "acting" on your current "bucket list"? Well, come on along. Give it a whirl. This course is designed for fantasizers who want to make a little reality. Casual and informal, exploratory and fun; we shall consider what goes into the process of creating a "someone else" on the stage in our mind's eye. Some focus on voice. Some focus on movement. Some focus on words. Some focus on emotions. Some focus on the character's wants, needs and desires. A smorgasbord of discovery in a relaxed and interactive environment to include some play with actual words from actual playwrights. Please purchase before class "Play the Scene", ISBN 978-0312318796, available used for \$1.49 and up.  
8 weeks 6:00-8:00 p.m.  
Wednesdays begins 9/13/23  
CHRHs Rm 227 \$39 SR

Acting - Advanced Scene Study

**Joseph Cote**  
To come alive a character needs a play! Connecting the puzzle pieces supplied by the words of the playwright on the page and enriched by the actor's personal experiences on life's journey lay the foundation and breathe life into that character. The exploration of this course will be to place the character in the scene and the subsequent impact on the action as well as on that player from first line to last. Personal tools of curious mind, vocal variety, body language and the sympathies from heart and soul determine the character's responsibility to the action and the outcome. The course will focus on the characters crafted by the great American playwright, Tennessee Williams, in select one-act and three-act plays.  
8 weeks 6:00-8:00 p.m.  
Mondays begins 10/23/23  
CHRHs Rm 227 \$39 SR

New!



Easy Bluegrass Jamming

Resa Randolph

If you wish you had a group of fun friends to play Bluegrass music with, this class is for you! Easy Bluegrass Jamming offers a low-key, friendly and accepting environment to play bluegrass music. Each week we will review and learn several new songs. Class is open to any acoustic instrument that fits into the bluegrass genre, including but not limited to: guitar, banjo, mandolin, fiddle, bass, ukulele, auto-harp, dulcimer, etc. You must be able to tune your instrument quickly and accurately using an electronic tuner, able to play commonly used chords and to change between these chords smoothly. And you must be willing and eager to have a whole lot of fun! Materials fee of \$10 for a songbook payable to the instructor at class.

6 weeks

Tuesdays

CHRRS Rm 219

6:00-8:00 p.m.

begins 10/3/23

\$49 SR

Mandolin for Beginners

Resa Randolph

In this class you will explore how to play the mandolin as both a rhythm instrument and a lead instrument. You'll learn how to read tablature and work on sight reading skills, play a variety of tunes and learn how to back each other up with chords.

6 weeks

Tuesdays

CHRRS Rm 219

6:00-8:00 p.m.

begins 11/14/23

\$49 SR

Classes marked as 'hot' fill up quickly. Sign up early!

Piano for Adult Beginners

Kim Murphy

Have you always wanted to learn how to play piano? This course is geared for the Adult Beginner. You will learn how to read music - treble and bass clef. Learn the piano keyboard, beginner finger exercises, basic piano technique, and simple chord harmonizations. There will be group theory and performance exercises, yet each learner will progress at their own pace with mini-individualized instruction within the group setting. Students need to have access to a piano keyboard at home for practice between class meetings. A \$12 fee for a music book is to be paid to the instructor. Class skips 12/27.

10 weeks

Wednesdays

CHRRS Ensemble Room

6:30-7:30 p.m.

begins 11/29/23

\$119 SR

West Coast Swing Level 1

Steve Hand

West Coast Swing is a fun social partner dance that can be danced to many types of music including R&B, Blues, Pop, etc... In this class you will learn the basic rhythm and movement patterns of West Coast Swing with an ability to match your dance to the genre and tempo of the music. Whether starting from scratch, getting back into dancing, or refining your basics, this class has something for all skill levels.

3 weeks

Tuesdays

CHRRS Mini Gym

6:00-7:30 p.m.

begins 9/19/23

\$49 SR

West Coast Swing Level 2

Steve Hand

In this class we will expand upon the basics and learn how to make your dance more dynamic with cool patterns and variations, along with styling variations for both leaders and followers. You just need to know your basic West Coast Swing patterns. This is a great follow up to the Level 1 basics course.

3 weeks

Tuesdays

CHRRS Mini Gym

6:00-7:30 p.m.

begins 10/10/23

\$49 SR

Watercolor Retreat

Your instructor, Mary Laury, is an accomplished watercolorist and highly esteemed teacher. She encourages all her students to believe they can be successful. Painting is an exciting medium; it flows and moves and does beautiful things. If you have never painted in watercolors, we will start at the beginning. If you have painted before, you will pick up some new tips and tricks as well. We all learn together!

Asian Fusion Cooking Retreat

Your instructor, Chris Toy, is the author of six popular cookbooks, a private chef, and has taught Asian-fusion cooking for several Maine community education programs. Cooking students will learn how to prepare a variety of recipes from Asia, Europe, and the Americas incorporating traditional and local ingredients. Each meal will actively engage cooks with the tools, techniques, and stories behind the dishes being created.

www.fivetowns.maineadulted.org

Acadian Arts Retreat at Prospect Harbor

Chris Toy and Mary Laury

Escape to a Grand Victorian Inn, the Harbor View House in Prospect Harbor on the coast of Maine, with an intimate group of artist, cooks and creatives! All meals are included in the workshop fee plus special activities to extend your learning from the day's workshops, including a private house concert by Grammy balloted sing-songwriter, storyteller, and author Gordon Ward. Day students are welcome. For more information about the workshop, call Mary at 207-632-2251. To book your stay at the inn call 207-963-9122 or visit <https://harborviewhousellc.com/>.

4 days

Friday-Monday

Prospect Harbor

all day

September 1-4

\$495 each

Fall 2023 - Winter 2024

Registration

Have you registered for classes with us before?

Yes

No

Registrant Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ over 65? 

Yes

Course Title

Day/Date

Fee

TOTAL

Payment Method

Check – Payable to: Five Town CSD Adult Education

Credit Card

VISA

MasterCard

DISCOVER

AMERICAN EXPRESS

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Amount \$ \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Signature \_\_\_\_\_

Zip Code for CC Billing: \_\_\_\_\_

Please note: a \$1.99 fee is added to each CC registration

4 Easy Ways to Register

Mail

Use either check or credit card. Make check payable to Five Town CSD Adult Education. Send to: 25 Keelson Drive, Rockport, ME 04856

Call

Call us at (207)236-7800 opt. 5

Online

Register at [fivetowns.coursestorm.com](https://fivetowns.coursestorm.com)

Come In

Our office is at Camden Hills Regional High School. See address above.

Symbols & Abbreviations

CHRRS = Camden Hills Regional High School

MRC = Midcoast Recreation Center, 535 West St., Rockport

SR = qualifies for Senior Discount. Call to register.

= offers at least one session between June and August

= online class

= virtual class

= very popular class

Refund Policy:

Registration fees will be refunded if we cancel a course or if a student withdraws at least one month before the start of a course. A \$5 processing fee will be retained if a student withdraws within 30 days and up to 2 business days before the start of a course. No refunds are made after a class has started or within less than 2 business days of the start of a one-day class.

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. 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.

Inclement Weather:

Generally, if day school cancels or dismisses early, then F2F 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. Virtual classes are held regardless of school cancellation due to weather.

Changes & Cancellations:

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





# Five Town

Adult & Community Education

\*Over 160 Courses Offered

\*More than 400 Online Classes Available

\*Over 30 classes are NEW this semester!

PLUS...



## HiSET



"Information That Works!"

**Visit our website!**

[www.fivetowns.maineadulted.org](http://www.fivetowns.maineadulted.org)



Look for Jacinda Martinez's classes within!



1 Main Street  
Rockland, ME 04841  
207-596-7752 opt 3

Mid-Coast School of Technology Adult Education

Your local:

**Career & Technical Training Center**

<http://midcoastadulted.maineadulted.org>

**Five Town CSD Adult & Community Education**

**Camden Hills Regional High School**

25 Keelson Drive

Rockport, Maine 04856

(207) 236-7800 Ext 5

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