



Five Town
Adult & Community Education

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



Fall/Winter 2024 Course Catalog



Cover art: *Sunflowers*,
by Karin Rector

Students In Action



What's New?

Hello Everyone!

As many of you know, this was my first year as the Director of Adult Ed, and I couldn't be happier with how the year went. First and foremost, I would like to extend my heartfelt thanks to all of our students. Your commitment to learning and personal growth is truly inspiring. Your determination fuels our programs and reinforces the importance of lifelong learning. We had a total of seven high school graduates last year, over 1,500 registrations for enrichment classes, and countless others who participated in programs that we offer. That is the second highest number of registrations for enrichment classes in the entire state!

I'd also like to express my appreciation for all of our instructors and staff members. Your passion, expertise, and unwavering support are instrumental in creating a nurturing and enriching learning environment for our students.

As always, we value your partnership and support in our shared mission to empower adult learners through education. If you have any questions or would like to discuss potential collaborations, please do not hesitate to reach out to me directly.



Nick Beverage, MS.Ed, Director
nicholas.beverage@fivetowns.net, 230-1667

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. 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 18 for icon meanings.

207.236.7803


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Additional Classes Online!

fivetowns.maineadulted.org

Highlights . . .

- 3 new felting classes! (p. 22)
- Italian is back! (p. 33)
- Learn about plant-based eating! (p. 27)
- New Beginning Photoshop! (p. 22)
- Learn to draw birds! (p. 26)
- Make a leather cuff! (p. 19)
- Daytime drawing class! (p. 20)
- Learn about Maine's 19th Century Black Liberation Movement! (p. 30)
- More online business classes! (p. 7 - 13)
- Help with college and career transitions! (p. 6)
- More grants available for those looking to enter or re-enter the workforce! (p. ^^)
- Look for HOT CLASSES! 

Adult Education



Adult Learning Center

Unsure of where to start? Call us. 236-7803

The Learning Center is open to all adults in need of academic instruction and guidance. Hours are flexible, 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:

Heather Corson

heather.corson@fivetowns.net

David Doubleday

david.doubleday@fivetowns.net

Brenda Hio-Hamdan

brenda.hio-hamdan@fivetowns.net

Peg Junge

margaret.junge@fivetowns.net

English as a Second Language (ESOL)

Heather Corson

We welcome all new English speakers. 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

Tutoring, conversation classes, and Citizenship classes are available. Call for more information. **FREE**

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Fall/Winter 2024

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. 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. 236-7803

HiSET

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. Students are expected to practice independently between the weekly classes with provided videos, worksheets, and quizzes 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

Get the Skills You Need
to Get Back to Work

Move Ahead with
ADULTED

Career Counseling

Cassie Robichaux



Cassie Robichaux is the Career Advancement and Navigation Specialist for HUB 7 which 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 cassie_robichaux@msad40.org or 857-277-4289. Or simply click on or scan the QR code and complete the simple survey.



SCAN ME

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 to 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. Other sectors may be possible if trainees themselves are eligible.

Need help to move forward?
Wondering about your eligibility?
Contact Bridge Coordinator, Joe Catalano at
joseph.catalano@fivetowns.net



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 skills and concepts needed for more advanced math studies. Accuplacer Arithmetic testing is provided 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 at no cost.

Schedule Individualized
Blended, In Person, or via Zoom

begin any time
FREE

College & Career

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. We also offer Accuplacer testing. Not 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? We can help!

ATTENDING COLLEGE REMOTELY?

- Services we offer right here in Camden:
- Math. Get help with homework any time you need assistance. We are a satellite tutoring site 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? We can help!

CERTIFICATE TRAINING

- Not attending college but want to pursue workforce training? Many possibilities exist right here in your backyard 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, CNC Machining, Welding 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.

College Admissions 101

Michelle McAnaney

New!

College admissions have changed drastically since the late 80s and early 90s. In this course, you will gain the knowledge and confidence to guide your student through the college admissions process. Throughout the four sessions, we will examine the following topics closely:

- How to build a college list that best fit the student
- How to research colleges to fully understand what they have to offer
- How to choose between the SAT, ACT and Test Optional
- The college application timeline
- College applications strategies for success
- Overview of financial aid

4 weeks

Tuesdays

Virtual live via Zoom

7:00 - 8:15 p.m.

begins 9/16/24

\$75

Free Tuition & Fees Extended

Maine's Free College Scholarship opportunity at all Maine Community Colleges has been extended to high school graduates for the 2024 and 2025 classes, including graduates from Adult Education.

Reach out to our Academic Coordinator to learn more.

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 before or along with certification training.

Schedule Individualized

Blended, In Person, or via Zoom

begin any time

FREE

CONTACT ADULT EDUCATION

236-7803

adulthood@fivetowns.net

www.fivetowns.maineadulthood.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 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. 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 supporting roles 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, 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

Business & Workforce



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 Online instructor-led
 Introduction to Power BI
 Intermediate BI
 Advanced BI \$495



Each of the programs on pages 7 and 8 start quarterly. Some require courses to be completed in sequence, while others offer the flexibility of taking courses individually and over multiple semesters. Call us to find out more about schedules. 207-236-7803



Certificate in Mastering Excel

Amy Klous, Betsy Flanagan, John Rutledge

A must-have skill to succeed in business, for entrepreneurs and valued employees, 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 present your data into meaningful information with confidence.

Students must have access to Microsoft Excel to complete this certificate.

3 one-month courses Online instructor-led
 Mastering Microsoft Excel
 Intermediate Excel
 Advanced Excel \$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 Online instructor-led
 Introduction to SQL
 Intermediate SQL



Leadership Development Certificate

Tawanda McLaurin

Especially geared for future leaders in the Gen Y generation (born 1980-1999), this certificate training 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, a new toolbox of leadership skills, and the information to move your leadership development into high gear.

3 one-month courses Online instructor-led
 Developing Your Leadership Skills
 Developing Your Professional Career



Graphic Design Software Essentials

Andy Helmi

The Adobe suite of software tools is the industry standard for graphic design. Adobe

Illustrator is the industry standard computer illustration software. Use Adobe Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. 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.

Adobe InDesign, the industry-standard page-layout program 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. Access to the Adobe software tools is required.

3 one-month courses Online instructor-led
 Adobe Illustrator Essentials
 Adobe Photoshop Essentials
 Adobe InDesign Essentials \$545



Business & Workforce

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 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 and 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 who 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. 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

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'ing, plus specialty skills for recreation, sea kayaking, tidewater fishing, inland fishing, and hunting. This ten-session hybrid program includes Zoom sessions, 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 1/21/25

Virtual live via Zoom

\$500

Registered Maine Guide Training FREE Info Night

Alice Bean Andrenyak

Want to be a Registered Maine Guide? Don't know the process? Trying to decide how to train to take your tests? Want to know the rules about guiding? Take this free one-hour interactive Zoom class. Get the answers and create your future!

1 night

7:00 - 8:00 p.m.

Thursday 11/7 OR 1/9

OR

Monday 12/9

Virtual live via Zoom

FREE



Captain's License Information Night

John Coffin

Are you interested in obtaining a USCG Captain's License? Do you want to learn the differences between an Operator Uninspected Passenger Vessel (OUPV) license and a Master 100GT license, and what experience the Coast Guard requires for each? These informational sessions will help answer these questions and others about the two licenses. This information night represents the Captain School Key West/Miami. This information session is free, but please register in advance, so the instructor knows how many will be attending and can send login instructions.

One night

6:00 - 8:00 p.m.

Wednesday

9/4/24

Virtual Live Via Zoom

Free

Captain's License Course - Six-Pack Level with Master Upgrade

John Coffin

This course qualifies students for a Coast Guard license to operate vessels carrying up to six passengers for hire (OUPV). The fee includes access to the Blended OUPV Course using Captain School Key West's Learning Management System, charts, navigation tools, and the USCG-approved and accepted test. Online 30 hours start on October 18 and run through November 8. Students' progress will be monitored online by the instructor, and students have assignments to complete. During this time, there will be 16 hours of online mentoring and coaching on Zoom, Wednesday evenings from 6:00 to 8:00 PM. Once online requirements are complete, there will be 16 hours of required in-person classroom sessions. The classroom sessions conclude with the administration of the four (4) Coast Guard approved and required examinations. Both the classroom sessions and the exam sessions take place at Merrymeeting Adult Ed in Topsham. **Payment by check or cash only.**

10 weeks

6:00 - 8:00 p.m.

Wednesday

Begins 9/18/24

Airbnb: How to Open and Run One Well

Debra Arter

Did you know that Airbnb hosts earn an average of \$13,000 annually? Airbnb listings in Maine reached 20,000 in 2022. Many property owners use short-term rentals as a strategy to supplement their income and afford their own home. If you have entertained the idea of opening up your guest bedroom or summer camp for short-term rental, this is a class not to miss. The instructor, herself an Airbnb owner since 2017, has interviewed many other Airbnb or VRBO owners and put together a packet of good information, tips, and actual stories of events in the life of a short-term landlord. The course will address issues dealing with ordinances, insurance, expectations, fees, safety, guests, communication, neighbors, and more.

1 night

6:00 - 8:30 p.m.

Thursday

10/17/24

Virtual live, Zoom



\$39

"The instructor clearly knows her content well and willingly shares all the tips she knows from her experiences."



Popular Online Courses

COURSE or SERIES TITLE	BRIEF DESCRIPTION	PRICE
A to Z Grant Writing	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 to Z Grant Writing Series	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
Accounting Fundamentals	Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.	\$129
Accounting Fundamentals Series	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
Accounting with QuickBooks Online Suite	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
Administrative Assistant Fundamentals	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
Administrative Assistant Suite	In this discounted bundle suite, you will learn the skills you need to excel as an administrative professional or executive assistant.	\$355
Aging and Health Bundle	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
Basic Computer Skills Suite	Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!	\$350
Beginning Conversational French	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
Computer Skills for the Workplace	Gain a working knowledge of the computer skills you will need to succeed in today's job market.	\$129
Conversational Japanese	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
Creating WordPress Websites Series	This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques.	\$230
Creative Writing Value Suite	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
Digital Marketing Suite	Learn how to develop an Internet marketing plan, use popular social media platforms, and achieve higher positions with major search engines.	\$365
Discover Sign Language	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



Business & Workforce

Drawing for the Absolute Beginner	Gain a solid foundation in drawing and become the artist you've always dreamed you could be!	\$115
Effective Business Writing	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
Explore a Career in Medical Coding	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
Fundamentals of Supervision and Management	Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.	\$135
Grammar Refresher	Develop your English grammar skills and take your writing and speaking to the next level of excellence in this course.	\$115
Grammar Refresher Series	These online courses will help you gain confidence in your ability to produce clean, grammatically correct work.	\$205
Grant Writing Suite	Learn everything you need to know to start writing grant proposals and consult or volunteer for non-profit, public foundations.	\$355
GRE Prep Series	With GRE Preparation Part 1 and Part 2, you'll be prepared for all aspects of the computerized GRE revised General Test.	\$225
Human Resource Management Suite	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
Individual Excellence (Self-Paced Tutorial)	Master twelve career-enhancing skills including goal setting, time management, personal organization, and creativity.	\$135
Instant Italian	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
Intermediate Microsoft Excel 2019	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
Introduction to Interior Design	Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.	\$129
Introduction to Microsoft Excel 2019	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
Introduction to Python 3 Programming	Enhance your professional profile by adding Python to your programming skills.	\$129
Introduction to QuickBooks Online	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.
 You will engage with the instructor and other participants.
 You will get to know your instructor and other participants.
 You may make friends. It's easy. It's fun.

Introduction to SQL	Learn the key concepts of SQL (Structured Query Language) the powerful and standard database management query language for relational databases.	\$129
Keyboarding	Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.	\$125
Mastering Public Speaking	Learn the secrets of effective public speaking and small group communication.	\$129
Medical Spanish Series	Communicate more effectively with Spanish-speaking patients after taking this discounted series of courses that teach Spanish for medical professionals.	\$245
Medical Terminology Series	Prepare for a career in the health services industry by learning essential medical terminology.	\$245
Medical Terminology: A Word Association Approach	Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.	\$135
Microsoft Excel 2016 Series	Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.	\$390
Microsoft Excel 2019 Series	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
Microsoft Office 2019 Value Suite	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
Nonprofit Management and Grant Writing Suite	Learn everything you need to know to enter the world of non-profits and writing grant proposals.	\$480
Nutrition and Health Bundle	Students interested in advancing within their healthcare professional career or newly pursuing the field of nutrition and healthy lifestyle coaching	\$215
Photography Suite	Learn everything from photography fundamentals to advanced portrait techniques to advance your photography hobby or turn it into a business.	\$335
Project Management Fundamentals	Gain the skills you'll need to succeed in the fast-growing field of project management.	\$135
Project Management Fundamentals Series	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
Project Management Suite	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
QuickBooks Online Series	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
Real Estate Investing	Build and protect your wealth by investing in real estate.	\$109



Business & Workforce

Real Estate Suite	These courses will help you understand what it takes to build wealth, how to invest in real estate, and legalities surrounding real estate.	\$340
Resume Writing Workshop (Self-Paced Tutorial)	Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.	\$135
SAT/ACT Prep Course - Part 1	Master the reading, writing, English, and science questions on the ACT and new SAT.	\$125
SAT/ACT Prep Series	This series will prepare you to excel in all sections of the undergraduate college entrance exams.	\$225
Solving Classroom Discipline Problems	Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline.	\$129
Spanish For Medical Professionals (Self-Paced Tutorial)	Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.	\$135
Speed Spanish	Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.	\$125
Speed Spanish (Self-Paced Tutorial)	Learn six easy recipes to glue Spanish words together into sentences, and you will be engaging in conversational Spanish in no time.	\$125
Speed Spanish II	Follow-up to the popular Speed Spanish course with several new ways to help you build fluency.	\$125
Speed Spanish Series	Learn shortcuts to help you engage in conversational Spanish, as you build your language skills and develop fluency.	\$340
SQL Series	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
Stock Trading Suite	Learn how to make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks.	\$340
Stocks, Bonds, and Investing: Oh, My!	Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement.	\$125
Supervision and Management Series	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
TEAS Prep Series	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
Twelve Steps to a Successful Job Search (Self-Paced Tutorial)	Learn how to get the job you want in any economy with these twelve steps.	\$135
Veterinary Assistant Series	Practicing veterinarian prepares you to work in a veterinary office or hospital.	\$485

Computers & Technology

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 below 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	Class Name	Fee
Conquer Your Photos App Chaos: Tame Your Mac Images - NEW!	\$49	iPad - Maximize Your iPad's Potential	\$49
Conquer Your Mac Photos App: Edit Your Images - NEW	\$49	iPhone/iPad Vision Accessibility Features	\$49
Cooking with BoomerTech Adventures	\$49	More Hidden Gems on Your iPhone & iPad	\$49
Create & Deliver Online Zoom Courses	\$49	Photos, Take Fabulous Photos of the Flora and Fauna in Your World	\$49
Digital Tools for the Beginning Memoir Writer	\$49	Pictures: Taking Awesome Ones with iPhone/iPad	\$49
Fantastic Photo Finishes - Organize and Edit Images	\$49	Safari - Unlock Safari's Secrets on Your iPad In Just 5 Lessons	\$49
Hidden Gems Lurking on Your iPhone & iPad	\$49	Safari - Unlock Safari's Secrets on Your iPhone In Just 5 Lessons	\$49
Introduction to iPhone Basics	\$49	Safari - Unlock Safari's Secrets on Your Mac In Just 5 Lessons	\$49
Introduction to Mac Basics	\$49		

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: Except for the iPhone class, these classes are for students with a PC, not MAC.*

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

Class Name	Fee	Start Date	End Date	Start Time	End Time	Day
AI (Ai) for Older Adults - So Easy and Practical!	\$20	10/1/2024	10/1/2024	1:00 PM	2:00 PM	TUE
AI (Ai) for Older Adults - So Easy and Practical!	\$20	10/30/2024	10/30/2024	6:00 PM	7:00 PM	WED
AI (Ai) for Older Adults - So Easy and Practical!	\$20	11/14/24	11/14/24	3:00 PM	4:00 PM	THU
AI (Ai) for Older Adults - So Easy and Practical!	\$20	9/15/2024	9/15/2024	2:00 PM	3:00 PM	SUN
AI (Ai) for Older Adults - So Easy and Practical!	\$20	9/18/2024	9/18/2024	1:00 PM	2:00 PM	WED
AI (Ai) for Older Adults - So Easy and Practical!	\$20	9/21/2024	9/21/2024	5:00 PM	6:00 PM	SAT
Computer Class for Older Adults	\$20	10/19/2024	10/19/2024	11:00 AM	12:00 PM	SAT
Computer Class for Older Adults	\$20	10/6/2024	10/6/2024	7:00 PM	8:00 PM	SUN
Computer Class for Older Adults	\$20	11/24/2024	11/24/2024	2:00 PM	3:00 PM	SUN
Computer Class for Older Adults	\$20	11/6/2024	11/6/2024	3:00 PM	4:00 PM	WED
Computer Class for Older Adults	\$20	9/16/2024	9/16/2024	1:00 PM	2:00 PM	MON
Computer Class for Older Adults	\$20	9/27/2024	9/27/2024	7:00 PM	8:00 PM	FRI
Excel for the Absolute Beginner	\$20	10/15/2024	10/15/2024	5:00 PM	6:00 PM	TUE
Excel for the Absolute Beginner	\$20	10/27/2024	10/27/2024	8:00 PM	9:00 PM	SUN
Excel for the Absolute Beginner	\$20	10/3/2024	10/3/2024	12:00 PM	1:00 PM	THU
Excel for the Absolute Beginner	\$20	11/17/24	11/17/24	2:00 PM	3:00 PM	SUN
Excel for the Absolute Beginner	\$20	11/9/2024	11/9/2024	12:00 PM	1:00 PM	SAT
Excel for the Absolute Beginner	\$20	9/17/2024	9/17/2024	1:00 PM	2:00 PM	TUE
Getting to Know your Android	\$55	10/22/2024	10/24/2024	10:00 AM	11:00 AM	T,W,Th
Getting to Know your Android	\$55	11/25/2024	11/27/2024	2:00 PM	3:00 PM	M,T,W
Getting to Know your iPhone	\$55	10/8/2024	10/10/2024	6:00 PM	7:00 PM	T,W,Th
Getting to Know your iPhone	\$55	11/10/2024	11/24/2024	5:00 PM	6:00 PM	SUN

Wills and Trusts Explained

Jesse Bifulco, Esq.

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, 6 options 6:00 - 7:30 p.m.
 Wednesday 9/25 OR 10/16 OR 11/13 OR 12/4 OR 1/15 OR 2/5
 CHRHS Rm 210 FREE

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

Winning at Retirement

Brie Pio

You will be well prepared to plan for your retirement after this one-night class. Learn about the most important financial steps for a happy and successful retirement: how much to save, where to save it, and what types of investments to consider. It's never too late to get prepared. This class is relevant whether you are twenty years away or quickly approaching retirement.

1 night 6:30 - 8:00 p.m.
 Thursday 10/17/24

"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 you 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 Online Instructor-led
 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 their 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 - 7:00 p.m.
 Thursday 9/19/24 OR 2/13/25
 CHRHS Rm 222 FREE

Are you looking for part-time or full-time work?

Come join our staff at Five Town CSD and Camden Rockport Schools!

Openings for Custodians,
 Bus Drivers, and Substitute Teachers.

Contact monica.gallagher@fivetowns.net for more details, or visit

<https://www.applitrack.com/fivetowns/onlineapp/>

Custodial Roth IRAs - Correctly Implementing

New!

Marta Haydym-Silver

Roth IRAs, a form of retirement account, are designed to grow tax-free for the owner's lifetime and ten years post-death. Many people are unaware that these accounts can be opened for children. With proper planning, Roth IRAs can serve as a financial resource for education, the purchase of a first primary residence, and they can provide a lifetime of flexibility.

1 night 6:00 - 7:30 p.m.
 Thursday 9/19/24
 CHRHS Rm 210 \$10

Stocks, Bonds, and Investing: Oh, My!

Matt Crabtree, CFP

Looking for a good solid class in the basics of stocks, bonds, finance, and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Do you wish you could do it all without having to pay a broker or a financial advisor? Well, look no further. The class you need is right here. Take a walk through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored but absolutely essential to your success as an investor.

6 weeks Online Instructor-led
 Starts monthly
 Register at <https://www.ed2go/fivetowns> \$125

Healthcare Training

Basic Life Support for Healthcare Providers

Andrew Eckman

Note: This course does NOT contain a First Aid component. This program ensures that individuals with a duty to respond (public safety professionals, healthcare providers, and others with a duty to respond) have the knowledge and skills necessary to respond to breathing and cardiac emergencies. Updated coverage of CPR, AED, cardiac arrest, respiratory arrest, airway adjuncts, "Team CPR," and Naloxone (Narcan®) is provided. Focus is on soft skills, with additional coverage relating to team-based resuscitation. This program is accepted for continuing education credit by CAPCE and NREMT for EMS personnel, and by most state agencies and licensing boards. **MUST ATTEND ALL CLASS SESSIONS.**

3 weeks 6:00 - 9:00 p.m.
Monday Begins 9/23/24
CHRHS Rm 218 \$120

CPR, AED, Standard First Aid

Andrew Eckman

Course will emphasize life-threatening conditions and a focus on critical life-saving skills using decision tables that provide a concise summary of what signs to look for and what treatment steps to take during an emergency. New and updated content on CPR, AED, first aid, epinephrine injectors (Epi-Pen®), hemorrhage control, opioid overdose response (Naloxone/Narcan®), compression-only CPR, and COVID-19 is provided. Accepted by most Federal and state regulatory and licensing agencies. **MUST ATTEND ALL CLASS SESSIONS.**

3 weeks 6:00 - 9:00 p.m.
Monday Begins 10/28/24
CHRHS Rm 218 \$100

CPR, AED, Standard First Aid

Recertification

Andrew Eckman

This is a refresher/recertification course for the Standard First Aid program. Prior to class, participants **MUST** present a valid certification from one of the following entities: American Heart Association (AHA), American Red Cross (ARC), Canadian Red Cross, Health and Safety Institute (ASHI, EMSS, 24-7 Medic), Emergency Care and Safety Institute (ECSI), or National Safety Council (NSC).

1 night 6:00 - 9:00 p.m.
Monday 10/21/24
CHRHS Rm 218 \$67



Firefighters Needed! Come and Learn More about how YOU can be a Firefighter!

Knox County Mutual Aid Association

The week of October 6 is National Fire Prevention Week. What better way to help prevent fires than to learn about helping your local fire department! Have you ever wondered what it takes to be a Firefighter? What exactly does a Firefighter do? Do you feel you are too busy to be a Firefighter? Opportunities to serve your community come in many different forms. It could be volunteering. It could be on-call. It could be part-time or per diem. It could lead to a career! Get all your questions answered and more in this one-night presentation by several area Fire Chiefs. Fire Departments in our area need Firefighters of every type. You don't have to be available 24/7, there are many ways you can help serve your community. Come meet with area Fire Chiefs and Firefighters to learn more about how your knowledge, skills, and abilities can be an asset to the Midcoast. High school students are encouraged to attend!

1 night 6:00 - 8:00 p.m.
Thursday 10/10/24
CHRHS Rm 220 Free

Basic Life Support for Healthcare Providers Recertification

Andrew Eckman

This is a refresher/recertification course for the Basic Life Support program. Prior to class, participants **MUST** present a valid certification from one of the following entities: American Heart Association (AHA), American Red Cross (ARC), Canadian Red Cross, Health and Safety Institute (ASHI, EMSS, 24-7 Medic), Emergency Care and Safety Institute (ECSI), or National Safety Council (NSC).

1 night 6:00 - 9:00 p.m.
Monday 11/25/24
CHRHS Rm 218 \$87



MID-COAST

SCHOOL OF TECHNOLOGY

ADULT EDUCATION

1 Main Street Rockland, ME 04841



CNA & CRMA Certificate Program

- CNA - Certified Nursing Assistant
- CRMA - Certified Residential Medication Aide
- CRMA Recertification

CNA & CRMA classes are held in person. Class size is limited so applying early is advised. Funding opportunities are available.

Welding & Machining



- MIG Welding 1
- MIG Welding 2
- Machining 1
- CNC Machining

QuickBooks & Excel



- QuickBooks Online - Basic & Intermediate
- QuickBooks Online - Advanced
- Excel 2019 - Basic & Intermediate
- Excel 2019 - Advanced



Baking Classes

- Artisan Breads
- Gingerbread House
- Bread Plaque
- Brittle Bonanza
- Bread Cornucopia Table Centerpiece
- Cornucopia Pumpkin Pie
- Holiday Candies
- Holiday Sugar Cookies
- Let's Make Mousse



Art Classes

- Power of Line Part 1
- Intro to Portraiture
- Color Wheels Aturning
- Drawing on the Right Side of the Brain
- Intro to Photography Part 1
- Watercolors Part 1
- Watercolors Part 2



Gardening Classes

- Culinary Herbs
- Intro to Garden Design
- New to Gardening in Maine
- Choosing Plants for the Front of Your Home
- Creating a Plant Palette
- No Dig Gardening
- Vegetable Gardening



General Enrichment Classes

- Health for Humans
 - Marlinspike
 - Sell on eBay
 - Plumbing Basics
 - Wooden Gift Chest
 - Death with Dignity
 - Dealing with Dementia
 - Amateur Ham Radio
-And many more!

For complete course details or to register, go to midcoastadulthood.com
adulthood@mcst8.org 207-596-7752 x 3

Our Instructors & Staff

We'd again like to highlight several teachers who are NEW for the 2024-25 year. Check them out!

Nancy Albertson is a certified plant-based nutrition coach and is passionate about sharing the benefits of a plant-based diet for anyone who is interested in improving their health.

Francis Boscoe is a retired university professor living in Camden. He leads an Italian conversation group at the Rockport Library, and in the fall of 2023 attended an advanced Italian course in Torino, Italy.

James Bradney lived in New York City from 1987 to 1997, while making slews of commercials, music videos, and movies there. He started as the lowly Production Assistant, moving up in experience and responsibilities to Production Coordinator, Production Manager and eventually Producer. The work was arduous and demanding, but with wonderful moments of hilarity, satisfaction, and the respect for the real masters at their craft.

Susan Hurst is a lifetime arts-and-crafter having worked in many different media. She has done metalsmithing and jewelry-making, broom-making and leatherwork, made birdhouses, worked in clay, and most recently basket-making.

Amory Lee is in her final year of a Master's degree in Ecopsychology. She is on a mission to educate folks on the topic. In her time outside of the classroom, she is working to provide children in public school everyday access to outdoor education. You can find out more about her work through www.ecopsychology101.org

Michelle McAnaney, former School Counseling Director at CHRHS, is the founder of The College Spy. She works with families nationwide to navigate the college admissions process with confidence, from choosing classes and building a thoughtful list of colleges to creating applications that truly tell an applicant's story. With over 25 years of experience and over 300 campuses visited, Michelle shares her insider knowledge with families through individual packages, group workshops, parent courses, free webinars, and media features. Learn more at TheCollegeSpy.com.

Andy O'Brien is a writer, labor educator, and journalist. He is currently the Communications Director of the Maine AFL-CIO and a former state legislator and managing editor of *The Free Press*. He has a BA in African American History from Drew University and an MS in Education from the University of Southern Maine. His work has appeared in *The Intercept*, *Down East*, *Labor Notes*, *The Bollard*, *Amjamba Africa* and more.

Annah Sullivan graduated from Husson University in 2011 as a Doctor of Physical Therapy. She has since worked with a variety of infants and children in the pediatric setting. Annah enjoys teamwork with parents and creating a relaxed setting that is open for questions and learning.

Karen Vellekamp is a retired math teacher who has been knitting for forty years. She taught herself to knit after finishing college. Her specialty is making sweaters; and her winter wardrobe consists almost exclusively of her knitted garments and accessories. She is also quite skilled at fixing mistakes in knitting (which is handy since she makes a lot of them) and helping others with their own knitting "disasters."

Steve White has been an avid amateur photographer for decades. He has produced radio commercials and television programs, taught call center agents, trained volunteers for public television auctions, and trained teachers of the deaf to design, produce, and teach with overhead project transparencies (pre-PowerPoint).

To see all of our instructors go to:

fivetowns.maineadulted.org/our-instructors/

Adult & Community Education Staff

Nick Beverage, Director

nicholas.beverage@fivetowns.net

230-1667

Nick has experience in a variety of roles, including adult education, non-profit management, research, and teaching. Nick is also an artist who shows his oil paintings locally from time to time.

Elyse Socker, Program Assistant

elyse.socker@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!

Sarah Price, Evening Secretary

sarah.price@fivetowns.net

236-7803

A native Tennessean, Sarah moved north to study writing at the University of New Hampshire where she met her husband to be. They moved to Maine in 1990 for his wooden boatbuilding career. Sarah is delighted to bring her experience in publishing, education, and customer service to the adult ed team.

Heather Corson, Academic Instructor

heather.corson@fivetowns.net

236-3358 ext. 4319

Heather has a degree in International Affairs in Political Science and Spanish and an M.A.T in Secondary Education. She teaches Spanish at Camden Hills Regional High School, and has previous experience teaching K-12 English language learners in Ecuador and South Korea.

David Doubleday, Academic Coordinator

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.

Brenda Hio-Hamdan, Academic Instructor

brenda.hio-hamdan@fivetowns.net

236-3358 ext. 4319

Brenda has a degree in English and writing. She has experience as a high school teacher and working with adults at RSU13.

Peg Junge, Academic Instructor

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.

Symbols & Abbreviations

CHRHS = Camden Hills Regional High School

SR = qualifies for Senior Discount. **MUST CALL TO REGISTER.**



= online class



= virtual live class



= very popular class

Felted Patch - Loon

Resa Randolph

Use wool felt and embroidery thread to make a fun 3" patch of a loon swimming on a pond. Some basic embroidery experience is recommended. We will use running stitch and French knots. Materials fee included in registration.

1 night 5:00-9:00 p.m.
 Wednesday 11/6/24
 CHRHS Rm 211 \$29

New!



Carving the Common Loon

Mike McCune

The Common Loon is an iconic bird of Maine and of lakes all over New England. With its distinctive black head, red eye, and beautifully patterned black-and white body, it's a striking sight as it floats belly-deep in lakes and ponds. 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, eyes, paints, and brushes. A \$35 materials fee is to be paid to the instructor. Class skips 11/28.

9 weeks 6:00-8:00 p.m.
 Thursdays begins 10/10/24
 CHRHS Woodshop \$85 SR

New!

Embroidery Personal Best

Susan Hill

This workshop is designed to give participants excellent skills in embroidery. Students will develop a working vocabulary of both plain and fancy stitches, with variations, including the stem stitch, chain stitch, split stitch, French knot, blanket and buttonhole, couching, feather and fly stitch. Illustrated instructions will be provided and students will create a personal sample book of stitches. Students are encouraged to share ideas as well as heirloom textiles they may have; workshops will support students to develop skills specific to personal projects. Linen fabric, wool and cotton embroidery threads, and best needles will be provided.

6 weeks 6:00-8:00 p.m.
 Wednesdays begins 10/16/24
 CHRHS Rm 232 \$105 SR

Susan is an excellent teacher. She is kind, knowledgeable, patient, and willing to share her gift.

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 (prewashed and machine dried) as well as matching thread and a spool of thread that doesn't match. Please also bring a seam ripper. Be prepared to cut out your fabric the first night of class.

5 weeks 6:00-8:00 p.m.
 Tuesdays begins 1/14/25
 CHRHS Rm 232 \$89 SR

Sewing for Beginners

Sandy Clement

Learn the basics of machine sewing and how to troubleshoot problems while working on two fun projects. We will start by sewing an envelope pillow with pillow insert. We will also be making a cute, 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 5:30-7:30 p.m.
 Thursdays begins 9/19/24
 CHRHS Rm 232 \$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. Class skips

10/24.
 4 weeks 5:30-7:30 p.m.
 Thursdays begins 10/17/24
 CHRHS Rm 232 \$69 SR

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 (4 options) 5:30-7:30 p.m.
 Thursday 1/16 OR 1/23 OR 2/6 OR 2/13
 CHRHS Rm 232 \$15 per session

Molded Leather

Cuffs

Susan Hurst

Cut, mold, and dye your own beautiful leather cuffs. You'll receive materials to make 2 cuffs during this 2-night workshop. You can choose from 3 different designs. The first night we'll cut the shapes and mold them. The second night, we'll dye them and add a finish. You'll go home with 2 lovely cuffs for yourself or make them as gifts for others. Registration includes materials fee, bring a pair of scissors if you have them.

2 weeks 5:30-8:30 p.m.
 Tuesdays begins 10/22/24
 CHRHS Rm 231 \$35 SR

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.

Arts & Crafts

Focusing and the Creative Spirit

Barbara Davis

This class combines the simple practice of focusing with creative expression, such as painting, collage, drawing, and writing. Focusing is the process of noticing and attending to one's internal experience, also known as one's felt sense. Focusing is similar to mindfulness in that it is a practice of being in the here and now without trying to change our experience. We learn to be friendly to and curious about our experience. A brief focusing exercise at the beginning of each class will lead to individual creative expression. Participants will have the opportunity to paint, draw, and collage. Focusing offers us the possibility of being with all of our experience and encourages us to trust our innate creative spirit while invoking our creativity to help us be present with ourselves. No art or meditation experience necessary to participate. A \$10 materials fee is included.

4 weeks
Tuesdays
CHRHS Rm 231

6:00-7:30 p.m.
begins 9/24/24
\$ 129

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
CHRHS 2D Art

6:00-8:00 p.m.
begins 9/19/24
\$99 SR

Pottery - Get Creative with Clay, an Introduction into the World of Clay

Randy Fein

Learn to use the potter's wheel and how to create hand-built clay vessels. Randy Fein, your dedicated instructor, will guide you on your creative journey. You'll explore a variety of clay techniques to create your own clay sculpture and pottery. You'll learn to use a variety of low-fire glaze techniques to complete your unique pottery. No experience necessary! This class is for both those who are new to clay and for returning to further explore finding their way in clay. The first three weeks of classes meet twice a week. Each class builds on the other, so it's recommended to attend all classes. Class meets: 10/1, 10/3 (work in wet clay), 10/8, 10/10 (work in wet clay), 10/22, 10/24 (glaze), and 10/31 (pick up work).

4 weeks
Tues/Thurs
CHRHS Rm 3D Art

5:30-8:30 p.m.
begins 10/1/24
\$210 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. For a second project the instructor will offer a variety of other small carved objects, such as birds, jack-o-lanterns, or small animals, which you can choose. 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
CHRHS Woodshop

6:00-8:00 p.m.
begins 11/5/24
\$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
CHRHS Woodshop

6:00-8:00 p.m.
begins 10/1/24
\$65 SR

Drawing Room Collective

Deb Vendetti

Working primarily in graphite and other drawing media, we will come together in 2 1/2, midday meetings to explore line, form, tonal value, seeing skills, abstraction, mark making—all and any aspect of the simple yet rich medium of drawing. The pace will be relaxed. Participants will be expected to bring work in progress for sharing and continued drawing. The group will determine the direction for our focus after the initial meeting. The instructor will provide resources and offer demos which may be one-on-one, small group, or whole group depending on the interests of the "drawing room collective." Suggested for any level of skill or experience. We will all share our interests in a supportive and energizing studio atmosphere. The supply list is available on our website or by calling the adult ed office.

6 weeks (two options)
Tuesdays
Rose Hall Rm 100, 2nd floor, 22 Knowlton St., Camden

10:00 a.m.-12:30 p.m.
begins 11/5 OR 1/7
\$ 89

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
Tuesday
CHRHS Rm 214

5:30-7:00 p.m.
begins 11/26/24
\$49 SR

New!

Check out the bird-drawing class
on page 26!

Papercutting Around the World

Leslie Miller

PAPERCUTTING! Sounds simple? Just think... a piece of paper...a tool with which to cut. Three-thousand-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. A \$5 materials fee is included in registration.



4 weeks

Mondays

CHRHS Rm 2D Art

Valentines - Create Your Own!

Leslie Miller

Scissors and paper. A little glue and Love. That’s all you need! The first cut-paper Valentines were made more than a hundred years ago in France. They were beautiful, frilly, layered cards with some writing. In this class you will craft your own cards for loved ones. The only requirement? Love of investigation! You may bring your own scissors and paper or use what the instructor provides. A \$5 materials fee is included in registration.

2 weeks

Wednesdays

CHRHS Rm 216

Weaving a Life - the Belt of Power

Germaine Koomen

Weaving a Life is a simple, symbolic weaving process suitable for both beginning and experienced weavers. The belt of power represents the strength to commit to your beliefs. You will weave a sheath, sew it closed, then twine a cord to wear around your waist. Embellish the belt and wear it home. Registration fee includes all materials.

1 night

Monday

CHRHS Rm 232

6:00-8:00 p.m.

begins 11/18/24

\$79 SR

New!

6:00-8:00 p.m.

begins 2/5/25

\$35 SR

New!

Weaving a Doll

Germaine Koomen

In this class you will warp a simple loom and weave the body of a three-dimensional doll. You will use wool roving to create a felted head with needle-felted hair. Next, find a special stone to ground your doll, add decorative touches, and fill it with your hopes and dreams. You may rent a loom from the instructor for a returnable deposit of \$50. Doll-making materials included in registration. “The doll is the symbol of the soul.”—Susan Barrett Merrill, *The Art of Weaving a Life*.

3 weeks

Monday

CHRHS Rm 232

6:00-8:00 p.m.

begins 10/21/24

\$125



New!

Woodworking 2 - Basic Hand Tool Skills

Libby Schrum

Looking to add hand skills to your toolbox of woodworking 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 11/27 and 12/25.

8 weeks

Wednesday

CHRHS Woodshop

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 the instructor and is based on wood prices as of press time, so the cost could be higher at class time. Students must take this class before Libby’s later hand tool class so that you have a good base skill set.

8 weeks

Wednesday

CHRHS Woodshop

6:00-8:00 p.m.

11/20/24

\$169



6:00-8:00 p.m.

9/18/24

\$169

Mobile-Making Workshop

Antje Roitzsch

Have you ever wondered how a mobile gets balanced? This workshop is a glance behind the scenes. We will create some simple shapes out of recycled box board to learn the mechanics of mobile making. Please bring scissors. This will get you started to make a more beautifully finished piece at home. Should you want to decorate your piece in class, you are welcome to bring some markers or colored paper and glue to the class. Handout with instructions included!

1 night

Tuesday

CHRHS Rm 211

6:00-8:00 p.m.

10/22/24

\$20

Arts & Crafts

Oil Painting

Linda Leach and Sandy Clement

This semester we are going to explore the textures of fur and feathers and what techniques are available in making our furry/feathered friends come to life. The first class will be devoted to sketching for compositional purposes and then we will venture into discovering texture on canvas. We will have some images for students' use, but please bring your favorite photo as a subject if you wish. Supplies needed are oil paints, 2-3 brushes, a painting or palette knife, a 16 x 20 canvas, and palette or palate paper. A general materials list can be obtained through the Adult Ed office. Skips 10/22.

6 weeks
Tuesdays
CHRHS 2D Art
6:00-8:00 p.m.
begins 9/24/24
\$59 SR

Polymer Clay Ornaments

Linda Leach and Sandy Clement

Join us for this 2-part class in which we'll cover glass ornaments with polymer clay. In the first class we'll assemble the chrysanthemum cane (simple but looks complex). We'll cover and bake our ornaments in the second class. Everyone goes home with three completed ornaments. A \$10 materials fee covers ornaments, clay, inclusions and extras. Tools and pasta machine will be provided.

2 weeks
Tuesdays
CHRHS Rm 231
5:30-7:30 p.m.
begins 12/3/24
\$25 SR



Needle Felting - Snowman

Mary Sabins

Come and learn how to make an approximately 6-inch snowman from white wool fibers to enjoy decorating with during the winter months. Choose to add a miniature red cardinal bird and faux greenery in your snowman's arms if desired, and make a winter hat and scarf from your choice of fiber colors to dress him for cold weather. No experience necessary. A separate \$15 materials fee is payable to the instructor at the start of the class (cash or check). Class size limited to 10 students; age 14+ welcome.

1 night
Monday
CHRHS Rm 222
5:30-8:30 p.m.
12/2/24
\$45



Needle Felting - Pumpkin Head

Mary Sabins

Come and learn how to sculpt an approximately softball-sized pumpkin from wool fibers for fall holiday decorating. Choose from a variety of materials to create the expression you will make for your pumpkin's face, whether silly, scary, funny, or just plain fun to look at! No experience necessary. A separate \$15 materials fee is payable to the instructor at the start of the class (cash or check). Class size limited to 10 students; age 14+ welcome.

1 night
Monday
CHRHS Rm 222
5:30-8:30 p.m.
10/7/24
\$45



New!

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 two relaxing hours with fellow artists and budding artists. Let's keep painting!

1 night (4 options)
Tuesdays
CHRHS 2D Art
6:00-8:00 p.m.
1/21 OR 1/28 OR 2/11 OR 2/25
\$59 SR

Knitting for Beginners

Karen Vellekamp

Have you always wanted to learn to knit? Now is your chance. We will cover the very basics of knitting in this course. You will learn casting on, the knit stitch, the purl stitch, and binding off. With this basic knowledge, you can eventually make almost any type of knitted garment or accessory. There will be a \$10 fee for needles and practice yarn.

4 weeks
Tuesdays
CHRHS Rm 232
6:00-8:00 p.m.
begins 10/15/24
\$30 SR

New!

Knitting Open Studio

Tina Casteris

This is an opportunity for you to finish up that project that has been languishing, to get some expert help fixing your mistakes, or just take some time to knit in the company of others. Bring your own materials including projects at any stage; instructor will have yarn and needles available for practice and demonstration.

1 night (2 options)
Thursday
CHRHS Rm 222
6:00-8:00 p.m.
9/26 OR 10/10
\$15

Photographs - Take Better Images and Make Better Photographs

Steve White

Learn the basics of taking better images and making them into better photographs during this introductory class to Photoshop. You will be asked to bring images you've taken to share with the class. The instructor will share some of his as well. You won't hear lectures. Instead, you and your instructor will ask each other questions about what's on class computer screens, and answer them. The class will delve into concepts of framing such as foreground, background, orientation of key elements, and drawing viewers into your photographs. Using Photoshop basics, you'll see the results of setting black levels, midtone contrast, white levels, brightness, and contrast. Skills learned will transfer to other photo editing toolsets. Making photographs can be fun!

6 weeks
Wednesday
CHRHS Rm 327
5:30-7:30 p.m.
10/2/24
\$49 SR

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 classes on this page are taught by Jessica Steele who has a deep passion for the wilderness and for teaching. Join her for a program of connection, learning, and growing.

Explorer Pack Basket

Jessica Steele

Making a pack basket can be a fun and rewarding project and a perfect gift! A pack basket is a traditional type of backpack used for carrying items while hiking, hunting, or for general outdoor activities. Pack baskets have a long history dating back centuries and have been used by various cultures around the world. Here in Maine our Maine Guides walked the woods with these packs to transport supplies and game through rugged terrain. In this course, we will weave a 10-12" tall basket with premium reed. We will go over the history of pack baskets and what materials have been used. Jessica will go through the process of making the basket step-by-step, ensuring all will walk away with a finished basket. The baskets will have a base and feet along with pack straps. There will also be a variety of color straps and even color reeds to add a little color to your basket. You will walk away with a pack basket and the knowledge for life! All levels of weavers are welcome EVEN if you have never weaved! The course fee will cover all material, use of tools, and instruction. **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**



1 night (2 options) 4:00-9:00 p.m.
 Tuesday 10/1/24 OR Thursday 11/7/24
 CHRHS Rm 217 \$130

Balsam Giant Gnomes and More!

Jessica Steele

In this class, we will learn how to make three



homemade gifts from natural items. These are wonderful gifts to continue to make and perfect for the holidays! Who loves Gnomes? In this class, we will make Giant Holiday Gnomes out of balsam fir and white pine while using the framework of a tomato cage. To finish them off, we will add a nose and large holiday hat. These Gnomes will be about 3' high and perfect for your holiday season. We will also make smaller gnomes

that can be a holiday decoration or used for a cork stopper in your holiday wine. They are very cute for that small holiday gift. Finally, we will learn how to collect and process balsam for your own balsam fir bags/pillows. In most gift shops here in Maine we sell the fragrance of the wilderness. Another perfect gift for yourself or a loved one. **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

1 night 5:30-8:30 p.m.
 Wednesday 12/11/24
 CHRHS Rm 217 \$59

New!

Small Ash Basket

Jessica Steele

In this course, we will weave a small ash pack basket around 5" tall. We will go over the history of pack baskets and what materials have been used. Students will have the opportunity to see how to pound an ash log. All ash has been prepared for the class ahead of time. The instructor will go through the process of making the basket step-by-step ensuring all will walk away with a finished basket. **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED**

New!



1 night 5:00-9:00 p.m.
 Wednesday 12/4/24
 CHRHS Rm 217 \$99

Balsam Wreath

Jessica Steele

'Tis the season! In this class, we will learn how to make holiday wreaths. We will use balsam and decorate it with other beautiful leaves from white pine and cedar. We will use a 12" ring to make this balsam wreath. These supplies will be made available: Balsam tips, 12" ring, wire, 2.5" ribbon for a bow, and other natural decorations. **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

New!

1 night 5:30-7:30 p.m.
 Wednesday 11/13/24
 CHRHS Rm 217 \$55

Introduction to Wild Basketry

Jessica Steele

Wild basketry is an ancient craft that involves weaving natural materials, such as grasses, leaves, wood, vines, and tree bark, into functional and decorative containers. In class, we will review how to collect, process, and create baskets with locally-sourced plants. Some of the materials that we may use in the class are cattail, pine needle, birch bark, ash, pine bark, willow, grasses, red osier dogwood, and grapevine. This will be an interactive and hands-on class, there will be a presentation and basket demos. Students will be given an opportunity to work with some of the material and create a basket. A PDF will be shared with information on the materials and patterns. **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

New!

1 night 5:00-9:00 p.m.
 Wednesday 10/23/24
 CHRHS Rm 217 \$65

Water Bath Canning - an Introduction

Jessica Steele

Do you grow a lot of vegetables and fruit? How about processing these into delicious, canned goods? In this one-evening class, you will learn how to do the basics when canning with a water bath. We will go over some really yummy salsa, jam, and pickled mix vegetables recipes. Every participant will go home with three half-pint jars filled with YUMMY goods! **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

New!

1 night 5:00-9:00 p.m.
 Wednesday 10/30/24
 CHRHS Rm 231 \$65

"Jessica was beyond patient and made everyone feel competent and successful."

"Jessica is thorough and fabulous! She is a very professional educator!" "Best class ever! Soup to Nuts!"

Cooking

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 in a reduced tomato sauce; served with white rice), and West African tapioca pudding cooked in lemon-grass broth with choice of vanilla or chocolate ice cream. Registration fee includes all ingredients.

1 night (2 options) 5:30-8:30 p.m.
Wednesday 10/9 OR 11/6
CHRHS Rm 231 \$49

"This was an amazing experience. Jordan is a fantastic teacher and person. The food choice was great!"

Cooking - the Tastes of Modern European

Jordan Benissan

Enjoy a modern interpretation of European cuisine in this new class with Me Lon Togo's Jordan Benissan. Jordan's native Togo was a territory of France from 1916 to 1960, which is reflected in the many French-influenced dishes of Togo where the official language is still French. Come learn his Togolese version of classic dishes which might include Beef Bourguignon, Navarin Lamb Stew, or Monkfish Osso Buco. The registration fee includes all ingredients.

1 night 5:30-8:30 p.m.
Wednesday 10/23/24
CHRHS Rm 231 \$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 will feature samosas, mint chutney, sweet chutney, and a lovely Indian Chai tea! Registration fee includes all ingredients.

1 night (three options) 5:30-8:30 p.m.
Tuesday 11/5 OR 1/14 OR 2/4
CHRHS Rm 231 \$49

24

Fall/Winter 2024

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 5:30-8:30 p.m.
Thursday 12/12/24
CHRHS Rm 231 \$20

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. A \$10 ingredients fee is included in registration.

1 night 6:30-8:30 p.m.
Tuesday 9/17/24
CHRHS Rm 231 \$49

Cooking - Making A Buddha Bowl

Nancy Albertson

You will prep, cook, and combine ingredients in the kitchen to create a simple Buddha Bowl that can be eaten before you leave class or brought home for later. A Buddha Bowl is essentially a grain, a bean, and veggies piled up and topped with a yummy sauce. This nutrient packed meal is a delicious and easy way to incorporate more plants into your diet. Ingredients fee is included in registration.

1 night 5:30-8:30 p.m.
Monday 11/25
CHRHS Rm 231 \$20

Learn all about plant-based eating in Nancy's related class on page 27!

Cooking - Baking with Nut Flours

Resa Randolph

In this class we will explore various nut flours as an alternative to traditional wheat flour. We'll bake a batch of muffins using almond, pecan, and hazelnut flours.

1 night 5:30-8:30 p.m.
Wednesday 11/20/24
CHRHS Rm 231 \$30

www.fivetowns.maineadulted.org



Exercise, Health & Outdoors

*Carole Freeman,
a career respiratory therapist, now focuses on
recognizing and treating breathing disorders. For her
online and self-paced classes you have unlimited access
to them once you sign up. You will receive a link and
code in your emailed registration confirmation. For her
Zoom class the link will come close to class day.*

Breath-Taking 101

Carole Freeman

Life is easier when you breathe easier. It's estimated that 85% of us unknowingly use some type of poor breathing pattern that's connected to feeling sick and tired. This class has helped many people feel healthier and stronger simply by learning to switch their everyday breathing to a more beneficial pattern.

Online, Self-paced

\$37

Breath-Taking at Night

Carole Freeman

This class teaches you how to fall asleep faster, stay asleep longer, stop snoring, and wake up feeling rested. You and I know that you can't possibly have your highest brain power, do your best performance, or function at your highest level when you are chronically fatigued and drained from lack of deep restful sleep. You'd be shocked at how many health disorders are related to, if not caused by, faulty breathing during sleep. While many people feel there's nothing they can do about snoring or waking frequently at night, they'd be just a surprised to know there's more you can do about it than you think.

Online, Self-paced

\$37

High-Altitude Vacationing

Carole Freeman

Don't spoil your trip to a higher altitude—condition your body first. People often feel short of breath, lightheaded, and fatigued at higher altitudes because their bodies work harder, while taking in less oxygen, as anxiety increases, your enjoyment decreases. You'll have more energy, feel better, and enjoy your trip when you condition your body first to increase oxygenation and endurance. Do the same preparation that elite athletes do with this 4-week, self-paced course at home, even if you live at sea level.

Online, Self-paced

\$47

Female Pain Matters

Carole Freeman

In this course, you will learn how women experience pain differently from men. You will discover how your hormones, nervous system, breathing patterns, and other factors affect the way a women's body perceives and responds to pain. You will also explore some strategies to cope with pain and improve your well-being. This course is designed to be informative, engaging, and empowering for all women who want to understand their pain better.

Online, Self-paced

\$29

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

The Female Advantage - Self-Paced

Carole Freeman

This comprehensive guide to women's fitness and wellness teaches you how to use knowledge about your female body to exercise smarter, breathe deeper, boost your metabolism, strengthen your core and pelvic floor, and improve your endurance and performance. You will learn how to optimize your breathing pattern to increase oxygen delivery to your muscles and brain, adjust your exercise intensity and duration to match your hormonal cycle, prevent common injuries and imbalances that affect women, and to burn more fat and build more muscle with effective workouts.

Online, Self-paced

\$47

The Female Advantage - Live

Carole Freeman

Same class as above but LIVE over Zoom.

5 weeks

Mondays

Virtual Live, Zoom

6:00-7:30 pm

begins 1/6/25

\$85

The Female Brain on Stress

Carole Freeman

This course is designed to help women understand how stress affects them differently than men. It explains how women's brains are wired to react to physical danger and life-threatening situations, and how this can impact their perception of reality and their stress responses. The course also provides insights into how women can use their unique talents to approach stress in a healthy way.

Online, Self-paced

\$29

Re-awaken to a NEW YOU

Paula Apro

Are you ready to break out of the funk that is keeping you from living your best, happiest, and most healthy life? In this free class you will get to experience an incredible system that lets you uncover some hidden energetic blockages and learn how they directly relate to your physical symptoms. All participants will have the opportunity to get a free Bioenergetic scan and access to their results.

1 night

Tuesday

CHRHS Rm 218

6:00-8:00 p.m.

10/8/24

FREE

Secrets to True and 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

Exercise, Health & Outdoors

All NEW from Gary Roberts!

Bird Adaptions and Behaviors: Fields and Deciduous Woods

Gary Roberts

Discover the fascinating physiological and behavioral adaptations birds use to survive the unique habitats of Maine and elsewhere. Maine Guide and expert birder Gary Roberts will discuss traits specific to birds of the fields and deciduous woods. This class includes a field trip, 8 AM - 10 AM, Saturday, September 21 to Erickson Fields Preserve in Rockport.

1 week
Monday/Saturday
CHRHS Rm 235
6:00-8:00 p.m.
begins 9/16/24
\$29

Bird Adaptions and Behaviors: Salt, Brackish, and Freshwater Marsh

Gary Roberts

Discover the fascinating physiological and behavioral adaptations birds use to survive the unique habitats of Maine and elsewhere. Maine Guide and expert birder Gary Roberts will discuss traits specific to birds of the salt, brackish, and freshwater marshes. This class includes a field trip, 8 AM - 10 AM, Saturday, October 26 to Weskeag Marsh in South Thomaston.

1 week
Monday/Saturday
CHRHS Rm 235
6:00-8:00 p.m.
begins 10/21/24
\$29

Avian Anatomy and Field Marks for the Casual Birder

Gary Roberts

Take your bird identification skills to the next level. Maine Guide and expert birder Gary Roberts teaches the nomenclature of bird anatomy and how to use field markings to see the nuanced differences in seemingly identical species. This class includes a field trip, 8 AM - 10 AM, Saturday, November 9 to Beech Hill Preserve in Rockport.

1 week
Monday/Saturday
CHRHS Rm 235
6:00-8:00 p.m.
begins 11/4/24
\$29

Drawing Birds for the Casual Birder

Gary Roberts

Not an artist? Not a problem. Maine Guide and expert birder Gary Roberts will teach you the skill of rough sketching birds in the field as a personal memory tool to aid in identification once you're home. All you'll need is a pencil, a pad of paper, and a love of birds.

1 night
Mondays
CHRHS Rm 235
6:00-8:00 p.m.
11/18/24
\$15



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 a Casco Bay Chart or Penobscot Bay Chart, parallel ruler, and dividers.

2 weeks
Tuesdays
Virtual Live, Zoom
5:30-8:30 p.m.
begins 10/8/24
\$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 know how to get to safety. Familiarization using a compass and map outdoors included. Students must have a *DeLorme Maine Gazetteer*, and a 2-degree baseplate compass.



2 weeks
Tuesdays
Virtual Live, Zoom
5:30-8:30 p.m.
begins 9/24/24
\$50

Mindful Meditation for Stress Reduction for Beginners

Kate McMorro

This is a beginner's class in mindfulness awareness practice and meditation for stress management. In this class you will learn the tools considered to be the foundation of mindfulness including focused attention, open monitoring, and loving kindness/compassion meditations. The class will also touch on mindful eating, and using meditation for pain management.

5 weeks
Wednesdays
CHRHS Rm 214
6:00-7:00 p.m.
begins 9/25/24
\$40

Food Addicts in Recovery Anonymous

Food Addicts in Recovery

Are you underweight? Overweight? Obsessed with food, weight, or dieting? You are not alone. Food Addicts in Recovery Anonymous (FA) offers a solution. At this free, online and by phone information session on 10/15/24 from 6:30-8:00 p.m. you will hear more about FA and from people who have found a solution through the FA program. For more information and meeting ID and Passcode call the coordinator (Sharon) at 207-250-7373 or email fa.newcastle.maine@gmail.com.

"Gary is great: he makes the class worthwhile. He is knowledgeable and helpful. Super nice man!"



New!

Mike Shunney has been teaching Tai Chi for adult ed for 22 continuous years! His studio is located at 236 Cedar St. in Rockland.

Tai Chi for Beginners - 10 Movements

Michael Shunney

Through the movements of Tai Chi and relaxed breathing you will cultivate, store, and 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.

3 sessions all Wednesdays 6 weeks \$59 SR 10:30 a.m. - noon

September session	Inner Works Center	begins 9/25/24
November session	Inner Works Center	begins 11/6/24
January session	Virtual Live, Zoom	begins 1/15/25

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 and Wu Ming Qigongs will be introduced.

3 sessions all Wednesdays 6 weeks \$59 SR 3:00-4:30 p.m.

September session	Inner Works Center	begins 9/25/24
November session	Inner Works Center	begins 11/6/24
January session	Virtual Live, Zoom	begins 1/15/25

Curling for Beginners

Belfast Curling Club

This course is for anyone who wants to learn how to curl and experience this great Winter Olympics sport! 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, 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. Wear loose comfortable clothing, dress in layers (you're on ice) and bring a separate pair of clean-soled sneakers. Sign up today at BelfastCurlingClub.org. A \$45 per person club fee must be prepaid to secure a slot. All Learn to Curl participants who join the club following the session will get \$45 taken off their membership dues if they decide to join. The following sessions are available:

- Sunday, 10/13/24 4 - 6 pm
- Monday, 10/14/24 1 - 3pm or 4-6pm
- Saturday, 1/4/25 10 am-12 pm or 1-3 pm
- Sunday, 1/5/25 10 am-12 pm or 1-3 pm

Please see our website for updated dates and times of sessions. Email learntocurl@belfastcurlingclub.org with any questions.

Plant-Based Eating Basics

Nancy Albertson

Are you curious about what a plant-based diet looks like? What is the difference between a “vegan” and “plant-based diet”? Can a plant-based diet help with weight loss? Can I get enough protein from a plant-based diet? Are you interested in reducing consumption of animal products for health or environmental reasons? This one-night informational evening will answer questions, share information, and provide a general overview of the benefits of a plant-based approach to eating.

1 night	6:00-8:00 p.m.
Monday	11/18/24
CHRHS Rm 220	\$20

Check out Nancy's class on making a Buddha Bowl on page 24!

Midcoast Recreation Center

Pickleball – Learn to Play

Come join this fast-growing sport and learn the rules, techniques, and strategies. We run four-week Learn to Play classes monthly throughout the year.

Tennis – Learn to Play

No matter your age, if you've ever wanted to get into tennis, we're here to help. Our Adult Learn to Play Tennis programs run in seven-week sessions; as these programs are designed to progress your skills at a steady rate.

Skating – Learn to Skate

Whether you want to safely learn how to skate for public skating, pond skating, recreational skating, figure skating, or hockey skating. We run 4 sessions throughout the winter. Sessions are 5-6 weeks in duration and start at the end of September and run through the end of March.

Hockey – Learn to Play

Adult Learn to Play Hockey runs October through December and equipment is available for a low-cost rental. We take all skill abilities but the program is focused mostly on beginner and intermediate skill building.

More info at Midcoastrec.org

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 9/5/24
Goose River Golf Course, Rockport	\$99 SR

Exercise, Health & Outdoors /General Enrichment

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 need to adjust this schedule and travel distance based upon availability of skiable areas.

4 weeks 10:00 a.m.-11:45 a.m.
Saturdays begins 1/25/25
CHRHS 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 need to adjust this schedule and travel distance based upon availability of skiable areas.

4 weeks 12:00-2:00 p.m.
Saturdays begins 1/25/25
CHRHS Field House \$49 SR

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. Due to the special adult ed rate for this class, no variations other than equipment needs are allowed. **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 1/22/25
Camden Snow Bowl \$168 SR



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.

Changes & Cancellations:

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

Semester begins Sept 16
Semester ends Feb 13

Vacation Days - Office and Learning Center closed:

Labor Day Sept 2
Indigenous People's Day Oct 14
Veteran's Day Nov 11
Thanksgiving Break Nov 27-29
Christmas Break Dec 22-Jan 1
Martin Luther King Day Jan 20
Winter Break Feb 16-22

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 \$650

Spring, Fall, and Winter Classes, Driving, and Final Exams are held at CHRHS 3:30-6:30 p.m.

Summer class, Driving, and Final Exam are held at CHRHS 9:00 a.m.-12:00 p.m.

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

Infant Movement Course for Parents

Annah Sullivan

The early days of infancy are crucial for motor development—infant motor skills set the foundation for all other developmental milestones! With a world of gadgets and technology available it can be overwhelming to know how to help your baby learn to move. Come join Physical Therapist Annah Sullivan and learn hands-on with your baby how to optimize these essential skills. This course is open for parents with infants 0-6 months at the time of the course. It is also open to expecting parents and a doll will be provided for hands-on practice. This course is for general learning and not meant to replace clinical physical therapy. Consult your pediatrician for medically-related questions or developmental concerns.

3 weeks 4:00-6:00 p.m.
Thursdays begins 11/7/24
CHRHS Rm 227 \$50

www.fivetowns.maineadulted.org

General Enrichment

Bridge for VERY 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.

6 weeks
Thursdays 11:30-2:00 p.m.
begins 9/19/24
Rose Hall Rm 100, 2nd floor, 22 Knowlton St., Camden \$75

iPhone Basics

Samantha Sharff

This course is for anyone new to their iPhone or for those who want a basics brush-up. Topics we've reviewed in the past include: powering the phone on/off; various cables and what they do; commonly used terms, settings (and how to search within Settings); downloading an app; low battery mode; taking photos; FaceTime, setting/labeling alarms, and email on your phone. There will also be plenty of time for questions as we move through material, so please bring them: they are welcome! Handouts will be available to take home.

1 night (3 options) 6:00-8:00p.m.
Wed 9/25, Wed 10/16, Or Tues 1/21
CHRHS Rm 221 \$15

ART SHOW!



Director Nick Beverage with a small sample of the art at our spring show.

Come See Our Art!

We have been holding Adult Ed Art Shows over the past two years featuring the amazing and beautiful work of our talented teachers and students. Our first one was held at the Rockport Library in October of 2022, the second again at Rockport in June of 2023, the third was at the Camden Library in November of 2023, and the fourth was back at Rockport. Showcasing paintings from our oil and watercolor classes, there is also stunning pottery, items from woodcarving, embroidery, felting, and paper-cutting classes and more. Opening night for each show has included live music and light refreshments.

Our next show is for the month of November at the Camden Library.

Come view our next show and see what YOU can create, too!

Freedom Isn't Free - Our Working Constitution

Tom Hepp

How well do you know our Constitution? Our political leaders are always referring to one part or another, but do you know what it means for you, the average citizen? In this class we will read, study, and discuss the Declaration of Independence, the Constitution, and other documents that became the foundation for the United States of America. We will look at how our original government was intended to operate by our founding fathers (and mothers) and what changes have taken place over the last 240 years. What are your unalienable rights? If you do not know your rights, you effectively have none. As William Jennings Bryan said, "Our government conceived in freedom and purchased with blood can be preserved only by constant vigilance." This vigilance requires "We the People" to keep a watchful eye on our government and be aware when our unalienable rights are being violated. In recent times it is more and more uncertain that we are being governed by the Constitution given to us by our founding fathers.

6 weeks 6:00-8:00 p.m.
Wednesdays begins 9/18/24
CHRHS Rm 235 \$19



Amory Lee is in her final year of a Master's degree in Ecopsychology. She is on a mission to educate folks on the topic. In her time outside of the classroom, she is working to get children in public school everyday access to outdoor education. You can find out more about her work through www.ecopsychology101.org

Ecopsychology 101

Amory Lee

This course is an introduction to the exciting and interdisciplinary field of Ecopsychology. This course covers the 3 sections of Ecopsychology: narrative change, neurobiology, and systems thinking, through sensory exercises, contemplative questions, and concrete science and history. This course is designed for a wide audience—from the person needing a shift in perspective and approach to the climate crisis, to the working professional wanting to stay up to date on the cutting-edge research coming out of Environmental/Ecological Psychology.

5 weeks 6:00-7:30 p.m.
Thursdays begins 10/3/24
CHRHS Rm 210 \$30 SR



Adult Ed Art Show Opening night at Camden Library November 2023

General Enrichment

Women's Defensive Pistol Fundamentals

Alice Bean Andrenyak

Over two weeks in a safe environment, you will learn the mindset and skills to protect yourself and those that you care deeply about with and without a firearm. You will learn or review the basics of handling a firearm and then about self-defense. Learn the difference between accurate target shooting and defensive shooting. Practice will be inside the classroom using SIRT pistols (laser only shooting pistols) but you will be seriously challenged. Holsters and special clothing will be used. A \$35 textbook is included. No firearms are to be brought to class. This course meets Concealed Carry Permit application requirements.



2 weeks
Mondays
Camden Public Safety, 31 Washington St., Camden

5:30-8:30 p.m.
11/18/24
\$135

When Your Office is Someone's Home

Alice Bean Andrenyak

This 2 1/2-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
Wednesday
Virtual Live, Zoom

5:30-8:00 p.m.
12/11/24
\$35

Constitutional Carry and Legal Use of Force Explained

Alice Bean Andrenyak

This 2 1/2-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
Tuesday
Virtual Live, Zoom

5:30-8:00 p.m.
12/10/24
\$35

Developing a Personal and Home Defensive Protection Plan

Alice Bean Andrenyak

This 2 1/2-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
Tuesday
Virtual Live, Zoom

5:30-8:00 p.m.
12/3/24
\$35

More classes from Alice's Awesome Adventures on page 26



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 prehistory of the island's use by 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 Bean Andrenyak.

1 night
Thursday
Virtual Live, Zoom

6:30-8:30 p.m.
2/6/25
\$35



Maine's 19th Century Black Liberation Movement

Andy O'Brien



Since the Colonial era, African Americans in Maine have fought for liberation, first by resisting their enslavement and petitioning for their emancipation and then by joining national movements for abolitionism and civil rights. This course traces the roots of Maine's racial justice movement from slavery to its formal abolition in 1865, covering the role of Black Mainers in electoral politics in the antebellum period and grassroots organizing in the abolitionist and National Colored Convention movements. Students will learn about influential Black Mainers including activist Reuben Ruby, author and intellectual Robert Benjamin Lewis, pioneering journalist John Brown Russwurm, crusading abolitionist organizer John W. Lewis and the radical preacher Reverend William C. Monroe.

2 weeks
Thursdays
CHRHS Rm 235

6:00-7:30 p.m.
begins 9/19/24
\$10

David Spahr is a naturalist, photographer, and forest farmer who has collected, photographed, and eaten wild mushrooms for 35 years.

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 (5 options) 6:30-8:30 p.m.
 Tuesday 10/8 OR 11/12 OR 12/10 OR 1/14 OR 2/4
 CHRHS Rm 210 \$29

Don't miss David's mushroom cooking class on page 24!



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 11/4/24
 CHRHS Rm 231 \$35

*"This was an excellent class!
 Very informative, hands-on and fun!"*

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.
 Monday 10/7/24
 CHRHS Rm 231 \$35



Farming with Edible 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 native varieties including 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 (3 options) 6:30-8:30 p.m.
 Tuesday 10/22 OR 11/19 OR 2/11
 CHRHS Rm 210 \$29

Chaga, the Famous Medicinal Mushroom

David Spahr

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

1 night 6:30-8:30 p.m.
 Tuesday 11/5/24
 CHRHS Rm 210 \$29



Home & Garden

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 9/23/24

CHRHS Woodshop

\$95 SR

“Wayne’s tips and tricks of the trade were invaluable. Wayne was easy to learn from and enjoyable to have as a teacher.”



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! The first meeting is the only one held at CHRHS, subsequent 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 9/18/24

CHRHS 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!”

“Five Town CSD Adult Ed does a terrific job of offering something for everyone”

Learn to enjoy every minute of your life . . .

Languages, Writing & Poetry

Francis Boscoe is a retired university professor living in Camden. He leads an Italian conversation group at the Rockport Library, and in the fall of 2023 attended an advanced Italian course in Torino, Italy.

Italian for Beginners

Francis Boscoe

Ciao a tutti! Have you ever wanted to travel to Venice, Rome, or Naples? Perhaps learn the language of your grandparents? This course will get you started, focusing on proper pronunciation, essential phrases, and the many English and Italian words that share a common Latin origin.

5 weeks
Thursdays
CHRHS Rm 221

New!

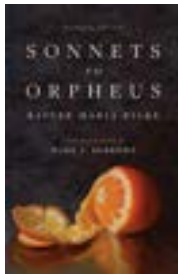
6:00-8:00 p.m.
begins 1/9/25
\$69 SR

“Desire the Change”: Exploring Rilke’s *Sonnets to Orpheus*

Mark Burrows

In 1922, Rainer Maria Rilke created a poetic masterpiece in a cycle of fifty-five poems dedicated to Orpheus, the god-like figure of ancient legends whose song enchanted the creatures, faced the anguish of loss, and sought to restore harmony to a disordered world. Rilke meant these poems to do the same for us: they invite us to turn from the hurried world of “acting without vision,” reminding us how we might inhabit our own lives with spaciousness and hope. This course will focus primarily on these poems, drawing on a newly published version by the workshop leader. It is meant for those who “desire the change,” as Rilke put it in one of these poems. Open to all—beginners and seasoned readers of Rilke—regardless of familiarity with the poet’s work.

4 weeks
Thursdays
CHRHS Rm 235



New!

6:00-8:00 p.m.
begins 1/9/25
\$59 SR

Spanish Language classes are taught by Paul García who taught at secondary and university levels for twenty years, and now earns his living as a translator and interpreter. He has lived and worked in Puerto Rico, Mexico, Spain, and Argentina. Paul has been teaching for Adult Ed since 1993!

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

This course is for students who have completed and feel comfortable with the Intermediate Beginner class, or for students who have had previous Spanish language instruction. Course goals and instruction are based on the students enrolling, and the course may be taken multiple times.

Spanish - Advanced

Advanced Spanish is for those who are ready to move on from the Intermediate and Continuing classes.

Mondays & Wednesdays
Beginner - 3 weeks
Intermediate - 3 weeks
Continuing - 3 weeks
Advanced - 3 weeks
CHRHS Rm 216
Each Session \$65 SR
6:30 - 8:30 p.m.
begins 9/16/24
begins 10/7/24
begins 10/30/24
begins 12/2/24
Textbook fee of \$15 is payable to the instructor at the first class. The same text is used for all four sessions.

Introduction to Fiction Writing

Nan Fitzgerald

Well-written stories don’t simply entertain readers—in the space of a few lines or pages they can convey complex ideas and emotional truths, expand our capacity for empathy, and transport us to other places entirely. This class is for anyone looking for an introduction to fiction writing, or who has been writing on their own and wishes to build on their skills in a class setting. Using story excerpts, hand-outs, and focused writing exercises, we’ll investigate how writers manage to telegraph meaning to readers using story elements such as character, plot, point of view, setting, description, and dialogue. Come ready to write, to learn how to give specific, constructive feedback, to revise your work, and, above all, to try your hand at creating and populating new and intriguing worlds out of your own experience and imagination.

6 weeks
Tuesdays
CHRHS Rm 235
6:00-8:00 p.m.
begins 9/17/24
\$89 SR

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.

“I think Adult Ed offers an abundance of courses - really amazing!”

Music, Dance & Theater

Movies - How Some Famous Filmmakers Got Their Start with Low- or No-Budget Movies

James Bradney

For movie buffs and the just curious, this is an informational course on the demanding, chaotic, and often epic world of low-budget filmmaking in New York City in the 1980s and 1990s. These movies were known for their innovative storytelling and unique visual styles, and often featured unknown actors, reflecting the vibrant independent film scene of the time. Filmmakers featured include Christopher Nolan, Spike Lee, Jim Jarmusch, David O. Russell, John Sayles, Luc Besson, Whit Stillman, Richard Linklater, Darren Aronofsky, Charlie Kaufman, Noah Baumbach, and more. Highlights of films will be shown in class with a possible option of access to full movies with links to streaming services for students to stream and view at home. Class skips 11/27.

6 weeks

Wednesdays

CHRHS Rm 221

6:00-8:00 p.m.

begins 11/6/24

\$ 75 SR

New!

James Bradney lived in New York City from 1987 to 1997, while making slews of commercials, music videos, and movies there. He started as the lowly Production Assistant, moving up in experience and responsibilities to Production Coordinator, Production Manager and eventually Producer. The work was arduous and demanding, but with wonderful moments of hilarity, satisfaction, and the respect for the real masters at their craft.

Introduction to West Coast Swing

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. Starting from scratch, getting back into dancing, or refining your basics, this class has something for all skill levels.

2 weeks

Tuesdays

CHRHS Mini Gym

6:15-7:45 p.m.

begins 10/22/24

\$29

Introduction to Salsa

Steve Hand

Get started with the basic moves of salsa, variations, and styling. Learn to hear the beat. Learn essential lead/follow skills that apply to any moves. Enjoy this fun, social activity with friends, because salsa is a social dance! This class is perfect for complete beginners and those who want a solid review. You will take home a strong introduction, class notes with moves, special tips, suggestions for home practice, music list, and video recap. Small class size means you get lots of support. Registry with a partner recommended.

2 weeks

Tuesdays

CHRHS Mini Gym

6:15-7:45 p.m.

begins 10/1/24

\$29



Fiddle for the Absolute Beginner

Resa Randolph

Have you always wished you could play the fiddle but didn't know where to start?

This class will begin at the very beginning: how to hold the instrument and how to hold the bow, as well as proper set up and tuning. We'll learn some simple tunes focusing on both ear training and sight reading. Yes! We will be playing "Twinkle, Twinkle Little Star" AND "Hot Cross Buns" along with some simple tunes from the New England fiddle repertoire. *You must have an instrument in order to take this class. Please contact the instructor if you need guidance about buying an instrument.

6 weeks

Thursdays

CHRHS Rm 219

6:00-8:00 p.m.

begins 1/2/25

\$ 75 SR

New!

Ukelele for Beginners

Resa Randolph

Have you always wished you could play the ukulele but don't know where to start? This class will begin at the very beginning: how to hold the instrument, as well as proper set up and tuning. We'll learn simple chords and basic strumming techniques. We'll learn a few fun songs and work on how to read chord charts, keep rhythm and have a lot of fun. We may even try singing and strumming at the same time. No singing experience required! Class skips 11/17. *You must have an instrument in order to take this class. Please contact the instructor if you need guidance about buying an instrument.

6 weeks

Wednesday

CHRHS Rm 219

6:00-8:00 p.m.

begins 11/6/24

\$75 SR

New!

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

Tuesdays

CHRHS Rm 224

6:00-7:30 p.m.

begins 9/17/24

\$59 SR

Registration and General Info

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

  DISCOVER 

Card Number: _____

Exp. Date: _____ Amount \$ _____

Cardholder's Name: _____

Signature _____

Zip Code for CC Billing: _____ CVV _____

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

Come In

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

Symbols & Abbreviations

CHRHS = Camden Hills Regional High School

SR = qualifies for Senior Discount. Call to register.



= 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 10% 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.

The \$1.99 credit card processing fee per class is non-refundable. Materials fees are not refundable. Exceptions to this policy may be made at the discretion of the Director.

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.



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www.fivetowns.maineadulted.org

Email: adult.education@fivetowns.net

Phone: (207) 236-7803

Fax: (207) 230-1059

Website: fivetowns.maineadulted.org

Director: Nick Beverage

Mailing Address:

Five Town CSD Adult & Community Education
25 Keelson Drive (Route 90)
Rockport, Maine 04856

Learning Center Address:

22 Knowlton Street
Camden, ME 04841

This is your adult education program. We try to provide diverse programming. If you have requests, or better yet, if you have talents you would like to share, please let us know. We would love to have additional classes in ethnic cooking, ornamental welding, jewelry, upholstery, web design, French, and German. If you've ever thought about becoming a teacher, please let us know!

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



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207-596-7752 opt 3

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Your local:
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