

Five Town CSD Adult & Community Education



Spring/Summer Course Catalog 2025

What do you want to learn?

We have hundreds of classes to choose from.



Message from the Director

Hello, Everyone!

We had a great Fall and Winter here at Five Town CSD Adult Ed. This year, we've seen a significant increase in multilingual learners in our Adult Education programs. Our Multilingual Learner (MLL) program is thriving, offering essential language skills that help individuals succeed in the workforce and fully engage in our community.

Our enrichment programs have been incredibly successful, with over one thousand students taking classes so far. From cooking and art to technology and woodworking, these courses are a great opportunity for community members to take advantage of our fantastic teachers and learn a new skill.

The HiSET (High School Equivalency Test) program continues to support learners in earning their high school diplomas, and our College & Career Access programs are helping adults navigate the pathways to higher education and career success. These initiatives are empowering more individuals to achieve their education goals.

As we move forward, we remain committed to expanding our offerings and supporting all adult learners on their educational and professional journeys. Thank you for your ongoing support; we look forward to continuing to serve you!

Sincerely,



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

Additional Classes Online!
fivetowns.maineadulted.org

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Cover art by: Mary Kelleher

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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.

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.

Please call us if you are ever unsure about the delivery model of a class. See the bottom of page 18 for icon meanings.

Academics



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

High School Equivalency (HiSET)

Brenda Hio-Hamdan, Peg Junge, Heather Corson

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 twelve 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



Multi-Lingual Learners (MLL)

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

Move Ahead with ADULTED

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

Five Towns Adult Education is a part of the Midcoast 7 hub of Adult Ed programs. We work collaboratively with programs at RSU 13, Belfast, RSU 3, Central Lincoln County, Midcoast School of Technology, RSU 40, and Merrymeeting Adult Ed. We make an effort to find the best fit for your educational needs. If you are interested in learning about hub-wide initiatives or you are looking for a referral to another program, please contact us today.



Our learning center is located at Rose Hall (The former Mary E. Taylor School), 22 Knowlton Street in Camden. This is where our academic classes are held. Please call ahead to make an appointment.



REGISTER ONLINE!

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

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 twelve months a year for academic support. Adult Education is your path to college and career success.

College Admissions 101

Michelle McAnaney

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

Mondays

Virtual live via Zoom

7:00 - 8:15 p.m.

begins 5/5/25

\$50

Free Tuition & Fees Extended

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

Reach out to our Academic Coordinator to learn more. 207-236-7803

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

adulted@fivetowns.net
www.fivetowns.maineadulted.org

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

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
 Advanced SQL \$595

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
 Leadership Principles \$395

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

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



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

5:30 - 8:00 p.m.

Tuesday

5/6/25

Virtual live, Zoom

\$45

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



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

Knox County Mutual Aid Association

Your local fire department needs YOU! Join the dedicated, everyday heroes who keep our community safer. Opportunities to serve come in different forms—firefighting, fund raising, community education, and department support—and you don't have to be available 24/7. Your contribution could be volunteering, on-call, part-time, or per diem. It could lead to a career! Get all your questions answered and more in this one-night presentation by the Knox County Mutual Aid Association. Meet area fire chiefs and firefighters and find out how your knowledge, skills, and abilities can be an asset to your community. Attendance is FREE but please register to let us know what numbers to expect. High school students are encouraged to attend.

1 night

6:00 - 8:00 p.m.

Thursday

5/8/25

CHRHS Rm 220

FREE

Captain 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? This informational session will help answer these questions and others about the two licenses. The different methods for completing the course requirements will also be discussed. We plan to offer both courses in Maine in Fall 2025, representing the Captain School Key West/ Miami. This information session is free, but please register in advance, so the instructor knows how many individuals will attend and can send login instructions.

1 night

6:00 - 8:00 p.m.

Wednesday

8/6/25

Virtual live, Zoom

FREE

Business & Workforce



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: 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 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
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
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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
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Introduction to Python 3 Programming	Enhance your professional profile by adding Python to your programming skills.	\$129

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



BOOMERTECH ADVENTURES

Class Name

Class Name	Fee
Conquer Your Photos App Chaos: Tame Your Mac Images - NEW!	\$49
Conquer Your Mac Photos App: Edit Your Images - NEW	\$49
Cooking with BoomerTech Adventures	\$49
Create & Deliver Online Zoom Courses	\$49
Digital Tools for the Beginning Memoir Writer	\$49
Fantastic Photo Finishes - Organize and Edit Images	\$49
Hidden Gems Lurking on Your iPhone & iPad	\$49
Introduction to iPhone Basics	\$49
iPad - Maximize Your iPad's Potential	\$49
iPhone/iPad Vision Accessibility Features	\$49
More Hidden Gems on Your iPhone & iPad	\$49
Photos, Take Fabulous Photos of the Flora and Fauna in Your World	\$49
Pictures: Taking Awesome Ones with iPhone/iPad	\$49
Safari - Unlock Safari's Secrets on Your iPad In Just 5 Lessons	\$49
Safari - Unlock Safari's Secrets on Your iPhone In Just 5 Lessons	\$49
Safari - Unlock Safari's Secrets on Your Mac In Just 5 Lessons	\$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 *backcourse.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	3/23/25	3/23/25	4:00 PM	5:00 PM	SUN
Computer Class for Older Adults	\$20	3/15/25	3/15/25	11:00 AM	12:00 PM	SAT
Excel for the Absolute Beginner	\$20	3/16/25	3/16/25	4:00 PM	5:00 PM	SUN
Design Business Cards, Flyers, invitations, and More!	\$20	4/7/25	4/7/25	2:00 PM	3:00 PM	MON
Creating Envelopes and Labels in Microsoft Word	\$20	3/27/25	3/27/25	4:00 PM	5:00 PM	THUR
Getting to Know your iPhone	\$60	2/26/25	2/28/25	11:00 AM	12:00 PM	W,Th,F



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, 3 options

6:00 - 7:30 p.m.

Wednesday

4/9 OR 5/7 OR 6/4

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.

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

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

5:30 - 7:00 p.m.

Wednesday

4/9 OR 5/14

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 www.applitrack.com/fivetowns/onlineapp/

"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!"



Healthcare Training

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.** *Skips 5/6 and 5/13

5 weeks
Tuesday
CHRHS Rm 218
6:00 - 9:00 p.m.
Begins 4/8/25
\$100

Pediatric CPR, AED, Standard First Aid

Andrew Eckman

IMPORTANT NOTE FOR CHILD CARE PROVIDERS: The Maine Department of Health and Human Services, Office of Child and Family Services now requires licensed childcare providers complete a specialized Pediatric First Aid course. The traditional Standard First Aid course does NOT meet the new requirement. Persons seeking licensure as childcare providers **MUST** take the Pediatric First Aid module. **THIS MODULE MEETS OR EXCEEDS STATE REQUIREMENTS FOR CHILDCARE LICENSURE.** Updated content meets or exceeds the scientific recommendations developed by the International Liaison Committee on Resuscitation (ILCOR) and is consistent with the CPR and ECC Guidelines as established by the American Heart Association.

5 weeks
Tuesday
CHRHS Rm 218
6:00 - 9:00 p.m.
Begins 4/8/25
\$100



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
Tuesday
CHRHS Rm 218
6:00 - 9:00 p.m.
3/4/25
\$87

Dog and Cat First Aid

Jessica Steele



This training teaches participants how to be prepared for emergencies that involve a cat or dog. The training will combine videos, lectures, interactive discussion, and hands-on practice. By the end of training participants will be able to perform or understand the following: What goes into a pet first aid kit; What is the normal physical condition, behaviors, and habits of your pet; Identify a normal heart rate, breathing rate, and temperature; How to safely approach an ill or injured cat or dog; How to capture and restrain a cat and muzzle a dog; How to perform bandaging for soft tissue injuries; Care for fractures including head and neck injuries; How to care for an animal with heat/cold related emergencies; Check for breathing and cardiac emergencies; Understand how to give rescue breathing and perform CPR for a dog or cat. **No handouts: be prepared to take notes. NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

1 night
Thursday
CHRHS Rm 111
5:00 p.m. - 8:30 p.m.
5/8/25
\$65

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
Tuesday
CHRHS Rm 218
6:00 - 9:00 p.m.
Begins 3/11/25
\$120

Babysitter Training (American Red Cross)

Andrew Eckman

The primary purpose of the Babysitters Training course is to provide prospective youth babysitters with the knowledge and skills necessary for safe and responsible childcare, such as diapering, bottle- and spoon-feeding, age-appropriate games, activities, and dealing with uncooperative children. This training will help participants to develop leadership skills and become better babysitters. They will learn how to build a babysitting business, keep themselves and others safe, and learn about basic childcare and basic first aid. This training is designed for students ages 11 to 15.

3 weeks
Thursday
CHRHS Rm 218
4:00 - 7:00 p.m.
Begins 3/6/25
\$105



Licensed Training Provider



WORKFORCE TRAINING CLASSES*

***FUNDING AVAILABLE FOR MOST WORK FORCE TRAINING COURSES**

CNA & CRMA Certificate Programs

- CNA - classes start 1/7, 4/1 or 7/19 weeks, T/W/TH 8:30am-3:00
- CRMA - classes start 1/17, 3/21 or 8/15 weeks, FRI 8:30am-4:00
- CRMA Recertification - class dates 3/14 or 5/16 1 day, FRI 8:00am-2:00

Dental Assisting NEW class starts 2/2810 Sessions, FRI 9:00am-4:00

Welding & Machining

- MIG Welding 1 - class starts 1/286 weeks, T/TH 4:30-7:30pm
- MIG Welding 2 - class starts 3/246 weeks, M/W 5:00-8:00pm
- Machining 1 - class starts 2/34 weeks, M/T 4:30-7:30pm
- Machining 2 - class starts 3/174 weeks, M/T 4:30-7:30pm

Technology for Home & Work

- Quickbooks Online-Basic & Intermediate - class starts 2/66 weeks, TH 6:00-8:00pm
- Quickbooks Online-Advanced - class starts 4/33 weeks, TH 6:00-8:00pm
- Google Drive - class dates 1/28 & 1/302 weeks, T/TH 6:00-8:00pm
- Document & File Management - class date 4/301 Session, W 6:00-8:00pm
- Outsmart the Scammers - class date 1/271 Session, M 6:30-8:00pm
- SketchUp for Woodworking - class starts 2/255 weeks, T 5:30-8:00pm

Enrichment Classes

Plumbing Basics
Basic Automotive-Theory/Maintenance 101
Power of Line 1 & 2
Watercolors Part 1 & 2
Simple & Creative Bookbinding
Marlinspike Seamanship Nautical Arts
Learning the Recorder
Intro to Photography
Drawing on the Right Side of the Brain Part 2
Intro to Portraiture

Medicare 101
Artisan Breads
Wooden Sailors Chest
Cupcakes with Buttercream Flowers
Panoramic Sugar Easter Eggs
Blooms Through the Season
Growing Cut Flowers
Designing Beds & Borders
Season Extension
Growing from Seed Indoors
.....and many more!

For complete list of courses and course details and to register,
go to midcoastadulthood.com, or scan the QR code above

adulthood@mcst8.org

207-596-7752 x 3

Our Instructors & Staff

We'd again like to highlight several teachers who are **NEW** this semester. Check them out!

Martha Brooks, Certified Zentangle teacher, finds great joy in sharing Zentangle with others! She is a retired Speech Pathologist who loves when people gather, the beauty found in the natural world around us, and rescuing greyhounds.

Dianne Daniels, MS, MA, is an exercise physiologist with over twenty years working in the fitness and wellness fields. She has taught on-line Zoom classes since 2020.

Artists and educators **Nina Devenney and Patrick Falls** are the husband-and-wife team behind Wild Rosie, offering workshops in block printing, metalsmithing, and textile arts. With over twenty years' combined experience teaching children and adults of all ages and abilities, they love sharing the joy that comes with creating and collaborating.

Erin Greenier has twenty-five years' experience in cardiovascular disease in medicine and ten years' in cardiovascular health. She has a bachelor's degree in health science, an associate's degree in cardiovascular physics, and is a registered Yin Yoga instructor and Reflexologist.

Brian Hebert has been playing pool in leagues and tournaments for over thirty years. He has taught kids and adults to play. Now an owner of Bears Den Billiards in Rockport, he enjoys sharing his knowledge and enthusiasm for the sport.

Angie Jones was a special ed educator for twenty-five years and is currently teaching art at the Giving Tree School. Angie enjoys rehabbing furniture, decorative welding, stone carving, pottery, abstract painting, sewing, and especially working with children using found objects to make recycled art.

Patti Kristiansen is a Registered Yoga Teacher and Certified Yoga Therapist in the midcoast area since 1998.

Joani Mitchell has been playing and teaching piano in the mid-coast area for nearly fifty years. You may have heard her play for Our Lady of Good Hope Church, many of the musicals at Camden Hills Regional High School, in local community theaters, or for many other local groups. She has a music degree in piano performance from the University of Maine and has studied at the Berklee College of Music in Boston.

Nathan Oxenfeld is dedicated to helping people achieve clearer vision naturally through a combination of techniques from the Bates Method, Yoga, Breathwork, and more. He has guided thousands of students worldwide through workshops, retreats, and online programs, offering practical tools to reduce eye strain, enhance visual clarity and foster healthier vision habits. He is the founder of Integral Eyesight Improvement, the author of *Give Up Your Glasses for Good: Holistic Eye Care for the 21st Century*, the host of The Naked Eye podcast and the Better Eyesight podcast, and the producer of the documentary film *Vision 2020: From Eyesight to Insight*.

Trevor H. Paul lived in the People's Republic of China from 2011-2013 in the city of Tianjin and has returned to various cities in China since then on many occasions. He lives in Lincolnville with his wife, Molly, and son, Caleb. He also has authored several fantasy novels and teaches English and Social Studies at Camden Hills Regional High School.

Elyse Socker is the program manager for Five Town Adult Ed. Her son graduated from UMaine Machias which gave her 4 years of opportunities to visit and travel around the Machias area. She thinks it's a hidden gem and she'd like to help people discover it!

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

Carving the American Kestral

Mike McCune

The American Kestral, the smallest of the falcons, is a beautiful and colorful addition to any collection. It is carved on its own base, either a piece of driftwood or a rock. This class can accommodate the intermediate or experienced carver. Students should bring a minimum of a 3/4 to 1" straight chisel, a 1/4 and 3/8 round gouge, a #7 x 3/8 fishtail gouge, and as much reference material as possible to aid in carving and painting. A \$40 materials fee is to be paid to the instructor who will supply basswood blanks, eyes, paints, and brushes.

9 weeks

Thursdays

CHRHS Woodshop

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

Wednesdays

CHRHS Rm 232

6:00-8:00 p.m.

begins 4/3/25

\$85 SR



6:00-8:00 p.m.

begins 4/30/25

\$105 SR

Sewing: Perfecting a Pants Pattern

Diana Falciani

In this class you will perfect a standard pants pattern by cutting out and sewing a muslin sample, ensuring your proper fit, then noting any alterations on your paper pattern. Bring three yards of muslin and a pants sewing pattern in your size along with scissors, pins, thread, seam ripper, Universal sewing needles, scotch tape, fabric marking pins, and a writing pen.

4 weeks

Tuesdays

CHRHS Rm 232

6:00-8:00 p.m.

begins 5/6/25

\$59 SR

Molded Leather Cuffs

Susan Hurst

Cut, mold, and dye your own beautiful leather cuffs. You'll receive materials to make two cuffs during this two-night workshop. You can choose from three 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 two lovely cuffs for yourself or make them as gifts for others. Registration includes materials fee. Bring a pair of scissors if you have them.

1 week

Mon/Wed

CHRHS Rm 231

5:30-8:30 p.m.

begins 3/3/25

\$35 SR



NEW!



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

Thursdays

CHRHS Rm 232

5:30-7:30 p.m.

begins 3/27/25

\$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 but with some basic experience. We will start out with a zippered pouch, a simple tote, and finish with a project of your choice from a pattern. Sandy will provide materials to complete the zippered pouch so there is no need to bring fabric to the first class. You may bring your sewing machine and favorite sewing notions if you wish. There are machines in the sewing room that may be used as well. A \$10 materials fee is included.

4 weeks

Thursdays

CHRHS Rm 232

5:30-7:30 p.m.

begins 5/8/25

\$69 SR

Sewing Open Studio

Sandy Clement

Have a project you need to finish or need some help? 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 (2 options)

Thursday

CHRHS Rm 232

5:30-7:30 p.m.

6/5 OR 6/12

\$15 per session

Sewing Camp for Children

Sandy Clement

Learn to sew! In this class you will learn both machine sewing and hand sewing techniques. In machine sewing you will learn how to make a small envelope pillow with pillow insert, a zippered pouch, a key fob, and small tote among other things. Along the way you will also learn sewing machine safety and sewing basics such as how to use and care for the machine, measuring and cutting fabric, and use of sewing tools. In hand sewing you will learn the whipstitch, ladder stitch, and how to sew on a button. Sewing machines will be supplied but feel free to bring your own working machine if you'd like. Tools will be supplied. Class is suitable for ages 10-13.

1 week

Monday-Thursday

Rose Hall, 22 Knowlton St., Camden

9 a.m.-12:00 p.m.

begins 7/7 or 7/14

\$99



"SR" means the class qualifies for a senior (age 65+) discount. Call to get discount.

Arts & Crafts

Focusing and the Creating Calm

Barbara Davis

NEW!

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, sculpt, and collage. Focusing offers us the possibility of being with all of our experience and encourages us to trust our innate inner wisdom 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 in registration.

4 weeks

Wednesdays

CHRHS Rm 231

6:00-7:30 p.m.

begins 3/19/25

\$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 5/15/25

\$99 SR

Drawing Room Collective

Deb Vendetti

Working primarily in graphite and other drawing media, we will come together for six weeks of Tuesday morning 2 ½-hour sessions to explore line, form, tonal value, seeing skills, abstraction, and 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. At the initial meeting, the group will determine together the direction of our focus. The instructor will provide resources and offer demos—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. A supply list is available on the Adult Ed website, or by calling the office.

6 weeks (two options)

Tuesdays

Rose Hall Rm 100, 2nd floor, 22 Knowlton St., Camden \$ 89

10:00 a.m-12:30 p.m.

begins 3/4/25

ART SHOW!

Our next show will be at the Rockport Library
- see page 29 for more information

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 thirty-one 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 to carve. 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 3/11/25

\$65 SR

Trips: The Best of Maine's Museums and Galleries

Deb Vendetti

NEW!

In this course we will be visiting what are arguably some of the best and most important art collections and exhibitions in Maine. Each week we will visit one of the following: Bowdoin College Museum of Art, Brunswick; Colby College Art Museum, Waterville; and Cove Street Arts and Maine Museum of Photographic Arts, Portland. There will be some self-touring, some tours with a docent or curatorial guides, and all trips will include a choice of curated lunch venues. This trip series ends with a follow-up presentation by students (with assignments given in advance) and group discussion time. Carpooling is encouraged. Our group will meet at Rose Hall, 22 Knowlton St., Camden, to start each trip and for the final presentation.



There are no entry fees, but you will be responsible for your lunch.

4 weeks

Tuesdays

9:00 a.m-4:00 p.m.

begins 5/6/25

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 thirty one 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 5/6/25

\$65 SR

Weaving a Life: The Receiving Bowl

Germaine Koomen

NEW!

Weaving a Life is a simple, symbolic weaving process suitable for both beginning and experienced weavers. The receiving bowl represents the openness to receive blessings and abundance. You will weave a three-dimensional bowl on a flat loom. Registration fee includes all materials.

1 night

Wednesday

CHRHS Rm 232

5:00-8:00 p.m.

4/16/25

\$40

Upholstering

Angie Jones



This course will cover basic upholstery. Bring a small piece such as a chair seat, small bench, or footstool to recover. (Check for finds at Goodwill or the ReStore!) Pieces must be brought home and back each week. You will remove the old cushion, add new stuffing if necessary, cover the cushion with batting, then add the fabric of your choice. Materials fee is included in registration.

4 weeks
Wednesday
CHRHS Woodshop
6:00-8:30 p.m.
begins 3/5/25
\$95

Upcycling Furniture

Angie Jones



Do you have a piece of furniture that you want to keep but need to update? Are you wondering whether you should strip off the old finish, paint, or do a combination of both? This class will cover those options. You will need to bring a small piece of furniture that you would like to transform. Pieces must be brought home and back each week. Angie will cover the basics of how to turn that outdated piece into something fabulous! You will need to bring your freshly scrubbed piece and some elbow grease! We will discuss supplies depending on what you want to accomplish.

5 weeks
Wednesday
CHRHS Woodshop
6:00-8:00 p.m.
begins 5/5/25
\$95

Knitting for Beginners

Karen Vellekamp

Now is your chance to learn to knit. We will cover the very basics: 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. Needles and practice yarn included in registration fee.

6 weeks
Tuesdays
CHRHS Rm 214
6:00-8:00 p.m.
begins 5/6/25
\$30 SR

Pottery: Finding Your Way with Clay

Randy Fein

This class is for students both new or returning students. Professional ceramic artist, Randy Fein will guide you on your creative journey into the world of clay. You'll learn basic skills on the potter's wheel and how to create beautiful hand-built servingware including decorative platters, bowls, drinking vessels, and more. A variety of low-fire glaze techniques will be explored to complete your unique clay works. Whether your goal is to create functional pottery or simply imaginative pieces, this class offers the tools and guidance to bring your ideas to life. The first three weeks of classes meet 2x/week. Each class builds on the other so it's recommended to attend all classes. Class fee includes clay and glazes to complete your pottery. Class meets: 4/8, 4/10, 4/15, 4/17 (work in wet clay), 4/29, 5/1 (glaze), and 5/8 (pick up work and paint sculptures). NO classes 4/22, 4/24, or 5/6.

4 weeks
Tues/Thurs
CHRHS Rm 3D Art
5:30-8:30 p.m.
begins 4/8/25
\$185 SR

Woodworking: Open Studio

Libby Schrum



Have you taken Woodworking I and II? Do you have projects that you need help with? Do you find you don't have the right tools and would like to use the tools in the wood shop? Then Open Studio is for you! This is a self-guided class with instructor assistance when needed. Bring your own supplies. Skips 4/23.

6 weeks
Wednesday
CHRHS Woodshop
6:00-8:00 p.m.
4/2/25
\$126.75 SR

Papercutting Around the World

Leslie Miller



PAPER CUTTING! Sounds simple—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. What can you do with this “simple” paper and cutting tools? You will explore the world of papercutting, an artform found in countries all over the world. Bring your experiences and curiosity! A \$5 materials fee is included in registration.

4 weeks
Mondays
CHRHS Rm 2D Art
6:00-8:00 p.m.
begins 3/10/25
\$79 SR

Needle Felting for Beginners: Gnomes

Mary Sabins



Come learn the basics of needle felting and make an adorable gnome approximately 6 inches tall that will fit in the palm of your hand! This course is designed for beginners but experienced needle felters are welcome. Fiber color options will be available to choose from, so you can customize your gnome to your liking. All materials will be provided. Materials fee of \$15.00 is payable to the instructor at the beginning of the class—cash or check. Storm make-up date will be April 8, please mark your calendar just in case. Limit 10 students; age 14+ welcome.

1 night
Tuesday
CHRHS Rm 222
5:30-8:30 pm
4/1/25
\$45

Mobile-Making Workshop

Antje Roitzsch

Have you ever wondered how a mobile gets balanced? This workshop is a glance behind the scenes. During the first class we will create some simple shapes out of recycled box board to learn the mechanics of mobile making. In the second class we will refine our mobiles and create them out of colored paper. 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. There will be a handout, so you don't forget the steps.

2 weeks
Tuesday
CHRHS Rm 211
6:00-8:00 p.m.
3/25/25
\$40

Arts & Crafts

Oil Painting: What's Hidden in the Trees

Linda Leach and Sandy Clement

Into the woods we go to discover the many species of trees and the companions they protect. Our main focus for this semester will be the wonderful trees of Maine, but hidden amongst the branches or behind the tree trunks can be glimpses of the creatures that live among them. Supplies needed: oil paints, 2-3 brushes, a painting or palette knife, a 16 x 20 canvas, and a palette or palette paper. A general materials list can be obtained through the Adult Ed office.

Class skips 4/22.

6 weeks

Tuesdays

CHRHS 2D Art

6:00-8:00 p.m.

begins 3/25/25

\$59 SR

NEW!

Painting Maine Birds

Gary Roberts

During this six-week

course you'll learn

about Maine birds, their habitats, behaviors, and songs, while you paint.

At the first session we will each pick a bird from a supplied selection of photos then draw preliminary sketches. During the next five sessions we will paint and talk about the birds we selected. This course is open to beginning and experienced painters. Bring the canvas, medium, and brushes of your choice.

6 weeks

Thursdays

CHRHS Rm 235

6:00-8:00 p.m.

3/13/25

\$29

NEW!



NEW!

Zentangle with Martha Brooks

Explore the creativity of Zentangle in these classes all offered over Zoom. Material kits are available for pickup at your local CLC office in Damariscotta or the Five Town office in Rockport or mailed for a nominal fee.

Zentangle 101

This introductory course teaches the basics of the Zentangle Method of pen and ink drawing—an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. This course will provide instruction in fundamental pen strokes, multiple tangle patterns, and simple shading techniques. We will cover the basic components of design and explore ideas for embellishment.

5 weeks

Begins Thursday 3/6/25 OR Wednesday 3/26/25

6:30-8:00 p.m.

\$59

A Tangled Tote

Decorate a roomy canvas tote bag with a variety of at least thirty-six Zentangle original tangles or tangles created by fellow CZTS. Participants can use either abstract designs, seasonal templates provided by the facilitator, or their own designs.

This ten-week course will explore instruction for overall design components, visual step-by-step directions for both simple and more complex tangle designs, as well as an opportunity to network with other Tangles! Your Tangled Tote can accompany you when you shop, head to the beach, or pack for a day's activities!

10 weeks

Begins Thursday 4/17/25

6:30-8:00 p.m.

\$99

Black on White, White on Black

Explore the differences in presentation—the “drama”—and the juxtaposition of these two colors in both tiles and in inking. Fundamental pen strokes, design components, ideas for embellishment, and differences in black/white shading techniques are covered.

10 weeks

Begins Thursday 3/11/25

6:30-8:00 p.m.

\$59

Zentangle Night with Mom or Dad and Me!

Come for a night of Zentangle Family Fun! This one-night class will provide instruction in simple Zentangle patterns (known as tangles). The kits for these classes contain all the supplies needed—paper, pens, and shading tools—enough for two family members.

1 night

Thursday 3/12/25

6:30-8:00 p.m.

\$59

NEW!

Plein Air Painting: Ridge

Gary Roberts

Wonderful vistas and plants make a stunning background for this fun plein air painting class overseen by Maine Guide and painter Gary Roberts. Standing easels, stools, painting supplies, a surface to paint on (canvas, watercolor paper, etc.) of any size, sunscreen, and bug spray should be among the materials brought with you for this one day class. Please also bring a bottle of water (or two) and lunch. Class will meet at the parking lot for Union Common.

1 day each

Monday

Knitting Socks

Tina Casteris

Have you always wanted to make socks? Have you dabbled in sock knitting but just can't seem to get the hang of it? Or, are you an experienced sock knitter looking to improve your skills? In these tutorials we'll break down sock construction from heel to toe, compare different methods, discuss patterns, yarns, books and resources to provide you with what you need to explore the rich world of sock knitting. Prerequisites: You must already know how to knit, purl, increase, decrease, cast on, and bind off. Experience knitting in the round is helpful. Double pointed or circular needles are both suitable. Materials: 100g sock weight yarn such as Berroco Sox; four or five double pointed knitting needles size 0, 1, or 2; darning needle, scissors, tape measure, and stitch markers if you have them.

1 night

4 weeks

Thursday

CHRHS Rm 222

6:00-8:00 p.m.

3/6/25

\$45 SR

Block Printing

Nina Devenney

Block printing is a unique and versatile medium used for centuries as a means of pattern making and textile design. In this class you will create an original block print of your own! You will learn how to transfer your vision onto a carving medium, carve the block, and then use it to print a repetitive, decorative design. Sharp carving tools will be provided. Bring ideas of what you might like to carve, a little patience, and a lot of creativity! We will be working on carving blocks that are 4 x 6". All materials are included in the registration fee.

6:00-8:30 p.m.

Wednesday

CHRHS Rm 2D Art

4/2 OR 4/9 OR 5/7

\$75

NEW!

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!

All but Explorer Pack Basket are NEW!

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 covers all materials, use of tools, and instruction.*

1 night 4:00-9:00 p.m.
Thursday 4/10/25
CHRHS Rm 111 \$130

Fishing Creel/Gathering Basket

Jessica Steele

You don't have to put fish in this beautiful basket—it's also perfect for picnics, vegetable gathering, or collecting fun things while foraging in the woods! Size is approximately 13"W x 8"H x 8"D. The lid will be cut to fit during class and added on with a piece of cut piano hinge.*

1 day 9:00 a.m.-5:30 p.m.
Thursday 7/24/25
Rose Hall, 22 Knowlton St., Camden \$135



Fiddlehead Basket

Jessica Steele

When you are hiking in the forest or wandering in your garden, this will be a nice basket for fiddleheads, mushrooms, or herbs. Size is approximately 4"W x 8"H x 10"D. The instructor will go through the process of making the basket step-by-step ensuring all will walk away with a finished basket.*

1 night 4:00-9:00 p.m.
Monday 3/10/25
CHRHS Rm 111 \$130

Ash Guide Pack Basket

Jessica Steele

In this course, we will weave a 15-17" tall basket with ash. We will go over the history of pack baskets and what materials have been used. Students will have the opportunity 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. The baskets will have a wooden base, feet, and handle along with pack straps. There will be a variety of color straps to choose from.*

1 day 9:00 a.m.-5:30 p.m.
Wednesday 7/23/25
Rose Hall, 22 Knowlton St., Camden \$200

*IMPORTANT NOTE

**for ALL these classes
No handouts, be prepared to take notes.
NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

Introduction to Whittling: Nordic Style Kuksa Wooden Coffee Cup and Spoons

Jessica Steele

Kuksa is a type of drinking cup traditionally crafted by the Sami people of northern Scandinavia. Perfect for tea or coffee. In class, we will use either basswood or birch woods for the cup. We will also carve wooden spoons. We will have many various woods to choose and whittle. Designed for both beginners and skilled carvers alike. We will go through the various tools and carving techniques needed to make this cup and wooden spoon.*

1 night 4:00-9:00 p.m.
Thursday 5/1/25
CHRHS Rm 111 \$75



Expedition Pack Basket

Jessica Steele

Ready for an adventure? In this course, we will weave a 21" pack basket. This is our largest basket. This basket will be made with premium reed and will have either an ash or oak handle. All baskets will have a base, feet, and pack straps of various colors. We will also have various colored reeds available to give your basket a little color. We will go through step-by step instructions to ensure that all students finish their basket. This class is for any ability even a beginner. Join us to make this beautiful pack basket and learn a skill for life!*

1 day 9:00 a.m.-5:30 p.m.
Tuesday 7/22/25
Rose Hall, 22 Knowlton St., Camden \$150

Eastern White Pine: Wild Edibles, Bark Baskets, and Pine Needle Uses

Jessica Steele

The Eastern White Pine is a magnificent tree, not only beautiful but filled with many incredible gifts. In this class we will explore its many uses. We will make tea, oils, and even some hard candies from the needles. We'll learn how to harvest pinenuts and inner bark for food and how to prepare them to eat raw, cooked, or dried. Lastly, we'll dive in the many uses of the bark and needles to be collected and processed to be used into functional baskets.*

1 night 4:00-9:00 p.m.
Thursday 3/20/25
CHRHS Rm 111 \$65

Gourd Bowl with Pine Needle Rim

Jessica Steele

Make a gourd basket! Perfect for a gift or to keep for yourself. Gourds will be pre-cut. Students will need to clean gourds, sand, and drill holes. Then we will sew white pine needles to the rim. You will be able to pick from a number of stains for a finish. Gourds are about 4-5" in diameter. During this class, we will also go over the basics of making pine needle baskets. This is another great class to learn a skill for life.*

1 night 5:00-8:00 p.m.
Wednesday 4/16/25
CHRHS Rm 111 \$65

More classes from Jessica on page 24

Cooking

Cooking: The Tastes of West Africa

Jordan Benissan

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 lemongrass broth with choice of vanilla or chocolate ice cream. Registration fee includes all ingredients. Bring containers for leftovers and be prepared to take notes.

1 night (2 options) 5:30-8:30 p.m.
Wednesday 4/30 OR 5/28
CHRHS Rm 231 \$49

Cooking: Vegetarian Indian Food

Dee Patel

An Indian dish with plenty of flavor, Saag Paneer is a well-loved vegetarian dish. Dee Patel will teach you how to make this dish that is rich in calcium and folate from spinach—and it's gluten free! The class will also make paratha (bread) and delicious basmati rice. Registration fee includes all ingredients.

1 night (2 options) 5:30-8:30 p.m.
Tuesday 3/11 OR 4/8
CHRHS Rm 231 \$49

Maple Tree Delight and Sweet Treat Workshop

Jessica Steele

It's that time of the year when the sap comes up from the roots of a maple tree and starts to feed the new tree buds. This is when we tap the maples to gather the sap and boil it down to make maple syrup or other yummy, sweet products. Learn the basics of maple syruping and how you could start making your own maple syrup from your own backyard! **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

1 night 5:00-9:00 p.m.
Thursday 3/27/25
CHRHS Rm 231 \$65

Homemade Root Beer, Soda, and Kombucha

Jessica Steele

You may call it soda, pop, soda pop, or even coke. No matter what you call it, we will learn how to make our own root beer and vanilla cream soda in this class, including how to collect the roots of plants and where you can purchase the supplies. We will also go over how to make your own kombucha and fun ways to flavor it. Each student will walk away with a one-gallon jar and kombucha mama or a half dozen bottles filled with soda. Each student will also build a wooden bottle holder which will include a bottle opener. Another class that builds on the skills for life! No hand-outs: be prepared to take notes. **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

1 night 4:00-9:00 p.m.
Thursday 4/3/25
CHRHS Rm 231 \$130



NEW!

Cooking: The Tastes of Modern Europe

Jordan Benissan

Enjoy a modern interpretation of European cuisine in this new class with Me Lon Togo's Jordan Benissan. His many French-influenced dishes reflect his native country of Togo having been a French territory from 1916 to 1960. 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. Bring containers for leftovers to take home and be prepared to take notes.

1 night 5:30-8:30 p.m.
Wednesday 5/14/25
CHRHS Rm 231 \$49

Cooking: Sourdough Bread

Bill Babb

There is nothing like the aroma of baking sourdough bread unless it is biting into a slice fresh from 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. Bring a 32-ounce container to take home some sourdough culture for home baking. A \$5 ingredients fee is payable to the instructor at class.

1 night 5:30-8:30 p.m.
Monday 3/31/25
CHRHS Rm 231 \$20

Cooking: Making A Buddha Bowl

Nancy Albertson

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. 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. Ingredients fee is included in registration.

1 night (2 options) 5:30-8:30 p.m.
Tuesday 5/6 OR 5/13
CHRHS Rm 231 \$35



Cooking: Plant-Based Pad Thai

Nancy Albertson

You will prep, cook, and combine ingredients in the kitchen to create a plant-based Pad Thai that can be eaten before you leave class or brought home for later. This variation on the typical Pad Thai will be just as delicious and nutritious without using animal protein, eggs, or fish sauce. This nutrient-packed meal is a delicious and easy way to incorporate more plants into your diet. Ideas and strategies to lean more into a plant-based lifestyle will be discussed as we prep in the kitchen. Ingredients fee is included in registration.

1 night 5:30-8:30 p.m.
Monday 5/5/25
CHRHS Rm 231 \$35

NEW!

Respiratory therapist, Carole Freeman focuses on recognizing and treating breathing disorders. Once registered you have unlimited access to your class. Link and code are emailed with registration confirmation.

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 four 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 woman'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

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

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.



The classes below are offered by Dr. Paula Apro who specializes in chronic conditions, both physical and emotional. She uses frequency and vibrational medicine along with her experience in many different modalities to uncover and balance the root causes of chronic health issues. Dr. Paula holds a Ph.D. in Natural Medicine, she is double board-certified as an Alternative Medicine Practitioner, and is a Quantum Health Coach.

What Is Your Body Trying To Tell You?

Dr. Paula Apro

Learn to read the subtle messages your body is constantly sending you through aches, pains, and various physical symptoms. They all mean something. Your body speaks in the Universal Language of Energy and in this class you will learn how to translate that language and connect some dots between your mind and body. All participants will receive a free digital PDF Symptom Decoder Guide.

NEW!

1 night

6:00-7:30 p.m.

Thursday

5/22/25

CHRHS Rm 218

\$15

Re-awaken to a NEW YOU

Dr. 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 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

6:00-8:00 p.m.

Tuesday

5/20/25

CHRHS Rm 219

\$15

Secrets to True and Lasting Health & Happiness

Dr. 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 the invisible, energetic roadblocks that can prevent your body from healing. This twenty 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

Birding by Ear

Gary Roberts

Have you ever imagined going birding unencumbered by field guides, binoculars, or spotting scope? or wondered what bird is singing just out of sight? Join Maine Guide and Naturalist Gary Roberts to learn the songs of the common birds of our fields, woods, and backyards. Class skips 4/14 and 4/21.

5 weeks
Mondays
CHRHS Rm 235
6:00-8:00 p.m.
begins 3/17/25
\$29

Check out Gary's class on painting birds on page 22!

Fly Fishing 101

Jeff Space

Learn the basics of fly casting in this hands-on workshop. We will cover rods, reels, lines, and what you will need to get started. In addition to the casting lesson, we will cover the basic knots used, fly selections and how to fish with them. We will also learn to read the stream or river you are fishing to find the most likely places to catch fish. The lesson will continue with a stream-side lesson on the St. George River on Saturday, June 7, 9:00-10:30 AM. This lesson will be optional to participants and weather dependent.

2 weeks
Monday
CHRHS Cafe
5:30-7:30 p.m.
begins 5/12/25
\$25 SR

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
Thursday
Goose River Golf Course, Rockport
12:00-1:00 p.m.
begins 9/4/25
\$99 SR

Food Addicts in Recovery Anonymous

Food Addicts in Recovery

Do you struggle with food obsession, overeating, undereating or purging? There is a Solution. Free Information Session Online and by Phone. Food Addicts in Recovery Anonymous (FA) is hosting information sessions on the following dates:

Tuesday, May 20, 2025; Monday, June 16, 2025; Tuesday, October 21, 2025; Monday, November 3, 2025. Meetings are from 6:30 p.m. to 8:00 p.m. on Zoom. At these sessions you will hear more about the FA program and from people who have found a solution through the FA program. There will also be an opportunity to ask questions. For more information and to receive the Zoom link Email: fa.newcastle.maine@gmail.com. Call Sharon for more information: 207-250-7373.

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!

Coastal Navigation

Alice Bean Andrenyak

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

2 weeks
Wednesdays
Virtual Live, Zoom
5:30-8:30 p.m.
begins 3/12/25
\$60

Map and Compass Fundamentals

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 in using a compass and map outdoors included. Students must have a DeLorme Maine Gazetteer and a 2-degree baseplate compass.

2 weeks
Mondays
Virtual Live, Zoom
5:30-8:30 p.m.
begins 3/24/25
\$60



Mike Shunney has been teaching Tai Chi for adult ed for 23 continuous years! His studio is located at 236 Cedar St. in Rockland.

Tai Chi for Beginners: Ten 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.

2 sessions all Wednesdays 6 weeks \$59 SR 10:30 a.m. - noon
March session Inner Works Center begins 3/12/25
April session Inner Works Center begins 4/30/25

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.

2 sessions all Wednesdays 6 weeks \$59 SR 3:30-5:00 p.m.
March session Inner Works Center begins 3/12/25
April session Inner Works Center begins 4/30/25

Exercise, Health & Outdoors

NEW YOGA AND PILATES CLASSES!!

Dianne Daniels, MS, MA, is an exercise physiologist with over 20 years working in the fitness and wellness fields. She has taught online Zoom classes since 2020.



Hatha Yoga Dianne Daniels

Strengthen and stretch your whole body in this Hatha Yoga class. Dianne provides easy-to-follow instructions suitable for all levels. Please have a mat to use during class.

2 sessions both Tuesdays 6:15-7:00 p.m.

March session	4 weeks \$75	begins 3/4/25
April session	5 weeks \$89	begins 4/1/25
	Virtual Live, Zoom	

NEW!

Nathan Oxenfeld is dedicated to helping people achieve clearer vision naturally through a combination of techniques from the Bates Method, Yoga, Breathwork, and more. He has guided thousands of students worldwide through workshops, retreats, and online programs, offering practical tools to reduce eye strain, enhance visual clarity, and foster healthier vision habits.

Relax Your Eyes, Improve Your Vision Nathan Oxenfeld

Discover how relaxation and mindful practices can transform your eye health and vision in this comprehensive class that empowers you to address the root causes of eye strain, fatigue, and vision challenges while cultivating healthier habits. We begin with relaxation techniques to release tension in the eyes and mind. Through guided practices and exercises, you'll create a foundation of calm and clarity that supports long-term eye health. From there we explore techniques to improve depth perception, color vision, and visual acuity while discovering strategies to reduce dependency on strong prescription lenses. Designed for all ages and all levels of vision whether you're looking to reduce eye strain, improve clarity, or simply care for your eyes more effectively.

8 weeks	TBD
Wednesdays	begins 7/9/25
Virtual live, Zoom	\$140 SR

NEW!

Patti Kristiansen is a Registered Yoga Teacher and Certified Yoga Therapist in the midcoast area since 1998.

Yoga Back Care Basics

Patti Kristiansen

In this gentle yoga class for a healthy back, participants will learn an evidence-based yoga movement practice to maintain and/or improve back strength and flexibility and reduce low back pain. Together with breath and specific movements, you will stretch and strengthen muscles, reduce muscular tension, build flexibility and strength, and improve balance and bone strength. Class is held at Thomaston Yoga Studio, 183 Main St., Thomaston. All necessary equipment (mats and props) provided.

5 weeks	5:00-6:15 p.m.
Mondays	begins 3/3/25

NEW!

Erin Greenier has twenty-five years' experience in cardiovascular disease in medicine and ten years' in cardiovascular health. and is a registered Yin Yoga instructor and Reflexologist.

Strength and Yin Yoga

Erin Greenier

In this 1.5 hour class you will learn strength training and yin yoga using a combination of Pilates, band work, ball, plyometrics, and body weight followed by slow stretching and restorative yoga on the floor. Students should have a yoga mat, 2 blocks, a bolster or large pillow, medium exercise ball (48-55cm), small hand exercise ball, 2" light band, resistance band with handle (light or 5-10lb), and 5lb dumbbell.

2 sessions both Thursdays 7 weeks 5:30-7:00 p.m. \$25 SR

March session	begins 3/6/25
May session	begins 5/1/25

Virtual Live, Zoom

NEW!



Pilates and Weights

Dianne Daniels

Focus on strengthening your core muscles—the abdominals and back—while toning all the muscles in your arms and legs. You'll be using hand held weights, ankle weights, and a foam roller. Attention is paid to achieving good form while progressively increasing the amount of weight you can use.

2 sessions both Tuesdays 5:00-5:45 p.m.		
March session	4 weeks \$75	begins 3/4/25
April session	5 weeks \$89	begins 4/1/25

NEW!

Exercise, Health & Outdoors/ General Enrichment



Midcoast Recreation Center (MRC) 535 West Street, Rockport

More info at Midcoastrec.org
Call to register: 236-9400

HOCKEY

Have you ever wanted to give ice hockey a try? We offer Adult Learn-to-Play Hockey sessions all through winter with a focus on beginner and intermediate level skill building. Gear provided.

SKATING

If you want to be comfortable on the ice, join one of our 4-week Learn to Skate programs.

PICKLEBALL

Learn to play the fastest growing sport in the US. We run 4-week Learn-to-Play pickleball sessions every month throughout the year. If you already know how to play, try out one of our Open Play sessions or clinics!

TENNIS

It's never too late to explore tennis. Adult Learn-to-Play Tennis programs run in six or seven-week sessions and are design to progress your skills.



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 3:45-6:45 p.m.

Summer class, Driving, and Final Exam are held at Rose Hall, 22 Knowlton St., Camden 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

The "SR" by a class registration fee means the class qualifies for a senior (65 and older) discount. You must call to get the discount. The senior discount is not available when you register online.

Changes & Cancellations:

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

Semester begins	March 3
Semester ends	August 28
<i>Vacation Days - Office and Learning Center closed:</i>	
Winter Break	Feb 16-22
Spring Break	Apr 20-26
Memorial Day	May 26
Junteenth	June 19
Summer Break	June 23-July 4

Also, we live in Maine and sometimes need to cancel due to weather. Because our classes are held primarily in the evenings, we don't necessarily follow the school closures. We will make every effort to call and/or email both the students and instructors when we do cancel. Please see our website, www.fivetowns.maineadulted.org for the full policy.

Come See Our Art!

Twice a year we showcase the amazing and beautiful work of our talented teachers and students. Group exhibitions have been at the Rockport and Camden libraries. Past shows have included work produced in our many arts and crafts classes—paintings, pottery, woodcarving, embroidery, felting, mobiles, and papercutting. We invite the community to join us for the opening of each exhibit where artists from our programs can meet visitors and each other to talk about their work. There is an opportunity to purchase some of the works as well.

Our next exhibit is for the month of May at the Rockport Public Library.

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



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 others both 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. A semi-private two-hour range lesson is arranged with the instructor at a separate cost and time.

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

5:30-8:30 p.m.
4/7/25
\$125

Developing a Personal and Home Defensive Protection Plan

Alice Bean Andrenyak

This three-hour course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the "What if's" to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home's defense. Part 1 of a 2-part series but can be taken separately.

1 night
Tuesday
Virtual Live, Zoom

5:30-8:30 p.m.
4/8/25
\$35

Understanding Constitutional Carry and Legal Use of Force

Alice Bean Andrenyak

This three-hour course is for firearm owners and non-owners. You will learn what to do when you see an attack or if you are attacked and respond with force. You will learn how to contact the first responders, how prosecutors might view what you did, rules about concealed carry in the US and Maine, and various ways to protect yourself without using a firearm. Part 2 of a 2-part series but can be taken separately.

1 night
Tuesday
Virtual Live, Zoom

5:30-8:30 p.m.
4/15/25
\$35

More classes from Alice's Awesome Adventures on page 26

Bridge for VERY Beginners

Kate Martino

Bridge is played by over twenty-five 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
Rose Hall Rm 100, 2nd floor, 22 Knowlton St., Camden

11:30 a.m.-2:00 p.m.
begins 3/20/25
\$75



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
Wednesday
Virtual Live, Zoom

5:30-8:30 p.m.
6/18/25
\$35

Billiards for Beginners

Brian Hebert

Learn some of the more popular pool games (8-ball, 9-ball, 10-ball). Work on proper form before taking the shot. Explore various bridge techniques to find the one that works best for you. We'll cover some alternative bridges that come in handy for difficult leaves. We'll work on having a smooth, consistent stroke. Then we can get into aiming and taking the shot. Finally we'll touch on the topics of cue ball control and banking. Each session will include plenty of practice time. REGISTRATION BY CHECKS OR CASH ONLY, PAYABLE TO ADULT ED.

4 weeks
Wednesday
Bears Den Billiards, 461 Commercial St., Rockport

6:00-7:30 p.m.
3/5/25
\$60

Trevor Paul lived in the People's Republic of China from 2011-2013 in the city of Tianjin and has returned to various cities in China since then on many occasions. He teaches English and Social Studies at Camden Hills Regional High School.

Modern Chinese Culture and History

Trevor Paul

Over four classes, you will learn the fundamentals of modern history and culture in the People's Republic of China. We will begin with an overview of the culture of China and how diverse the nation and peoples of China are. The next two courses will emphasize the events in China from the late 19th century to the present, with an investigation into events that have shaped the country into what it is today. The final class will be an experiential learning opportunity with calligraphy and watercolors using traditional Chinese inks and brushes.

4 weeks
Tuesday
CHRHS Rm 221

6:00-8:00 p.m.
3/18/25
\$75 SR

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 (3 options) 6:30-8:30 p.m.
 Tuesday 3/4 OR 4/15 OR 5/6
 CHRHS Rm 210 \$29

Mushroom and Wild Edible Plants Walk

David Spahr

Come explore along a trail that the instructor has found to be an excellent mushrooming area. The class will also discuss commonly found wild edibles including nutritious greens, their uses, and their niche in the local ecology. This course involves some moderate hiking. The group will meet at the Rt. 17 parking lot for the Georges Highland Path trail.

1 day 10:00 a.m.-1:00 p.m.
 Sunday 8/24/25
 Rt. 17 trail lot \$75

Foraging Walk

David Spahr

In this class you will learn about edible and medicinal wild plants commonly found in the spring. We will be looking for and examining nutritious greens, their uses, and their niche in the local ecology. Class will meet near the windmill behind school. Boots or waterproof footwear is recommended.

1 day 10:00 a.m.-12:00 p.m.
 Saturday 6/7/25
 CHRHS windmill \$29



Farming with Edible Native Plants

David Spahr

Learn to grow and harvest edible, native plants that provide essential ecological benefits. Instructor David Spahr shares examples from his own years of farming experience and from the educational public, edible landscape he installed across from the town hall in Washington, Maine, in 2014, where wild bees support the pollination and are supported in turn by the many wild local natives 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.

1 night 6:30-8:30 p.m.
 Tuesday 4/1/25
 CHRHS Rm 210 \$29



Composting at Home 101

Jacinda Martinez

Join Jacinda Martinez to learn about the basics of healthy soil and how to make your own using kitchen garden waste. Even with limited space you can compost and you will not only be helping your plants, you'll be taking less trash to the dump! Jacinda will walk you through different options and explain which gadgets actually do the trick.

1 night 5:30-8:30 p.m.
 Wednesday 5/21/25
 CHRHS Rm 231 \$35

Home & Garden

Gardening for Beginners: Starting from Scratch

Sharon Turner

You want to start a garden but you don't know where to begin. Planning and preparation are essential to the creation of productive, efficient, and beautiful vegetable and perennial gardens. In this class you will learn about garden design, plant varieties, seed starting, mulching, composting and fertilizing. Organic and "low-till" practices, native plants, and the inclusion of plants attractive to birds, bees, butterflies and other beneficials will be emphasized. \$10 for materials (handouts) to be paid to instructor. This class will include a visit to the instructor's nursery in Washington.

3 weeks
Wednesday 3/19/25
CHRHS Rm 235 \$40 SR

"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."

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
Mondays begins 3/17/25
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."

Learn to enjoy every minute of your life . . .



Gardening: Making the Most of Your Yard and Garden



Sharon Turner

Spring 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 or flower 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 to explore individualized, site-specific options. 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. A \$10 materials fee (handouts) is 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 4/9/25
CHRHS Rm 235 (1st night only) \$139

Native Plants: Why Are They So Important?

NEW!

Sharon Turner

Want to learn more about the importance of native plants? This one-night class will provide you with fundamental references and information. You will become acquainted with specific native trees, shrubs, and perennials and their particular beneficial roles in the ecosystem.

1 night
Wednesday 6:00-8:00 p.m.
CHRHS Rm 235 4/16/25
\$20



Machias - Historic Gem of Washington County

The town of Machias is the county seat for Washington County and a lovely but less-traveled part of Downeast. The word Machias in the Passamaquoddy language means “bad little falls”, which refers to the beautiful and rugged waterfalls located on the Machias River in the center of the community. The town became famous as the location of the first naval battle of the Revolutionary War, 250 years ago this year. In 1775, locals were told of the battles of Lexington and Concord. When a small Royal Navy ship demanded Machias provide lumber to be used by British forces down in Boston, the locals decided on a different plan. The Machias patriots sailed after the little British ship, fought its crew, and captured it. Today, you can visit Burnham Tavern (built in 1770), where the patriots came up with their audacious plan to take on the British, and which was set up as a hospital during the battle. Nearby Machiasport is known for the unique Jasper Beach, a sandless beach covered in beautiful stones worn round by the sea—a beach with its only match in faraway Japan—and the 1810 Gates House Museum. This trip will include a guided tour of Burnham Tavern, and visits to Jasper Beach, The Gates House, Helen’s Restaurant for lunch (famous for their blueberry pie), the stunning Bad Little Falls, and a final stop at lovely Roque Bluffs State Park. No meals or optional admission donations are included. We will meet at Camden Hills Regional High School then travel on a coach bus to Machias, with a brief rest stop in Ellsworth.



NEW!

1 day

Tuesday

Start at CHRHS

7/15/25

\$175 SR

The Best of Maine’s Museums and Galleries

Deb Vendetti

See details of these four weekly May trips on page 20.

Iceland!

Dave Oakes, CELLonline.org

Come join us for this fire, ice, and sustainability adventure in Iceland and explore how photography can change how you see the world. Reconnect with nature while experiencing some of the most inspiring landscapes and sustainable practices in the world today. Stay at one of the world’s oldest ecovillages, visit stunning waterfalls and volcanoes, explore an Icelandic farm with sheep and horses, tour a geothermal power plant, visit a traditional Icelandic turf house and farm, and transform your photography from simply taking pictures to making images that tell a story of who you are. You will sample traditional Icelandic food, learn about Iceland’s Viking history and about the culture and geography that have shaped who Icelanders are today. And finally, you will be invited to craft an action plan for growing what you have learned when you return home. Trip will be May 25-31. Cost: \$3,800 per person (includes all in-country food, lodging, travel, and activity fees). Does not include round trip airfare.



FREE ZOOM INFO NIGHT Wednesday, March 5, 6-8 p.m.

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

Beginners’ Spanish focuses on basic elements, emphasizing the 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. Textbook fee of \$15 is included in registration. The same book is used in all of Paul’s classes.

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. Open to any student who has had beginning Spanish language instruction, this course may be taken multiple times. Textbook fee of \$15 is payable to instructor at the first class, if you are continuing from an earlier class you will be using the same book.

Spanish - Continuing Instruction

Open to students who have completed and feel comfortable with the Intermediate class or those who have had previous Spanish language instruction, this course may be taken multiple times. Course goals and instruction are based on the students enrolling. Textbook fee of \$15 is payable to instructor at the first class, if you are continuing from an earlier class you will be using the same book.

Spanish - Advanced

Advanced Spanish is for those who are ready to move on from the Intermediate and Continuing classes. Textbook fee of \$15 is payable to instructor at the first class, if you are continuing from an earlier class you will be using the same book.

Mondays & Wednesdays	6:30 - 8:30 p.m.
Beginner - 3 weeks	begins 3/17/25
Intermediate - 3 weeks	begins 4/7/25
Continuing - 3 weeks	begins 5/5/25
Advanced - 3 weeks	begins 5/28/25
CHRHS Rm 216	Each Session \$65 SR

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	6:00-8:00 p.m.
Tuesdays	begins 4/29/25
CHRHS Rm 235	\$69 SR

Music, Dance & Theater

A Fun Modern Look at Shakespeare

Joseph Coté

Joseph Coté leads a lively discussion of some tragic, comic, and historic favorites—*Romeo and Juliet*, *A Midsummer Night's Dream*, and *King Henry IV, Part 1*—whose characters could well be people



living today, even next door. Perhaps Juliet is a ninth grader, Romeo on the hockey team, Puck a school play ham, by day Falstaff eats while shopping at Hannaford's, by night he's a Cuzzi's regular, and who isn't familiar with a certain renegade Prince Hal? Plays and study materials will be supplied well in advance. Come prepared to cover three plays over six sessions with the opportunity for jovial table reads.

6 weeks
Thursdays
CHRHS Rm 227

6:00-8:30 p.m.
begins 3/6/25
\$29 SR

NEW!

Intro to Piano

joani mitchell

Do you want to learn to play the piano? Did you quit lessons when you were a child and regret it? This Adult Beginner class is just the thing! Learn basic note reading, technique, theory, and chords. Some of our work will be done as a group, some with individual instruction during class time. Students will need access to a piano/keyboard at home for practice during the week. A \$30 fee is to be paid to the instructor for a book which includes piano songs, piano exercises, and music theory contained in one comprehensive textbook.

6 weeks
Tuesdays
CHRHS Ensemble Room

6:30-7:30p.m.
begins 3/4/25
\$119

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 3/11/25
\$59 SR

Guitar Workshop

David Bradbury

Guitar Workshop will provide an opportunity for students to consolidate what has been learned in the beginner guitar classes by offering new songs, a chance to talk music and to play guitar in jam session in order to play along with other groups of musicians.

6 weeks
Thursday
CHRHS Rm 224

6:00-7:00 p.m.
begins 3/13/25
\$49 SR



Fiddle Jam

Resa Randolph

This class is designed for people who want to play traditional fiddle tunes with others in a slow, friendly environment. Each week we will follow a set list of tunes and play them at a comfortable pace that will allow everyone to take part. Students will receive a list of tunes before each session so they can practice ahead of time. Perfect for the shy or advanced beginner/early intermediate musician. We welcome fiddle, guitar, mandolin, banjo, bass.

6 weeks
Thursdays
CHRHS Rm 219

6:00-8:00 p.m.
begins 3/13/25
\$ 75 SR

Ukelele for Beginners

Resa Randolph

Have you always wished you could play the ukulele but didn'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! *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 3/12/25
\$75 SR



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.



Five Town CSD

ADULT and COMMUNITY EDUCATION
enriching lives... strengthening community... since 1969

- *Over 160 Courses Offered
- *More than 400 Online Classes Available
- *Over 30 classes are NEW this semester!

PLUS...



"Information That Works!"

Visit our website!

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!



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

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

Five Town CSD Adult & Community Education
Camden Hills Regional High School
25 Keelson Drive
Rockport, Maine 04856
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